

November 2022

**Hispanic Brotherhood of Rockville Centre Inc.
59 Clinton Avenue, Rockville Centre, New York 11570
(516) 766-6610**



Nassau County Office for the Aging

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging





Monday

Tuesday

Wednesday

Thursday

Friday

	<p>1</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>2</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>3</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 10:30AM- NUTRITION EDUCATION: UNDERSTANDING SWEETERS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>4</p> <p>10AM - 1PM: GROCERIES DISTRIBUTION</p>
<p>7</p> <p>11AM - 1PM: HOME DELIVERED MEALS</p>	<p>8</p>  <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SHEILA'S YOGA CLASS (SUB) 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>9</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>10</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:30AM- MEDICARE 101/OPEN ENROLLMENT QUESTIONS 11AM- ROCK ART WORKSHOP W/ SHEILA HAWKINS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>11</p>  <p>OFFICE CLOSED</p>
<p>14</p> <p>11AM - 1PM: HOME DELIVERED MEALS</p> 	<p>15</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- PROJECT HOPE: INTERACTIVE ACTIVITY WITH JEZEBEL 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>16</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>17</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 11AM- PROJECT HOPE: RESILIENCE WITH CAROLINA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>18</p> <p>10AM - 1PM: GROCERIES DISTRIBUTION 10AM - 4PM: CSFP DISTRIBUTION, ISLAND HARVEST.</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>21</p> <p>11AM - 1PM: HOME DELIVERED MEALS</p>	<p>22</p> <p><i>Thanksgiving Party!</i></p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE 12PM- LUNCH HOUR 1PM- SUPER BINGO WITH SPECIAL PRIZES</p>	<p>23</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>24</p> <p><i>Happy Thanksgiving</i></p> <p>OFFICE CLOSED</p>	<p>25</p> 
<p>28</p> <p>11AM - 1PM: HOME DELIVERED MEALS</p>	<p>29</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>30</p> <p><i>November Birthday Party</i></p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p><i>"There is always something to be grateful for..."</i></p> 	



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

IMPORTANT INFORMATION!

Hours of Operation: 9:00am – 2:00pm

Meals suggested contribution: \$3.00
Suggested contribution for transportation, workshops, and exercise classes: \$2.00

November Birthday Party: November 30, 2022

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-766-6610 TO RESERVE MEALS & EXERCISE CLASSES