

# November 2022

Hispanic Brotherhood Inc.  
124 Greenwich Street, Hempstead, NY 11550  
(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>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- COLORING LEAF MANDALA, FALL COLORS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>2</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>3</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SAMANTHA'S YOGA CLASS (SUB)</p>	<p>4</p> <p>Yoga</p> 
<p>7</p>	 <p>8</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BRAIN HEALTH: THINKING GAMES &amp; PUZZLES 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>9</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>10</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SAMANTHA'S YOGA CLASS (SUB)</p>	<p>11</p> 
<p>14</p> 	<p>15</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 10:30AM- MEDICARE 101/OPEN ENROLLEMTN QUESTIONS 11AM-SPECIAL WORKOUT SESSION W/ SHEILA HAWKINS 12PM- LUNCH HOUR 1PM- BINGO/DOMINO</p>	<p>16</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>17</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- PROJECT HOPE: INTERACTIVE ACTIVITY WITH JEZEBEL 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDY'S YOGA CLASS</p>	<p>18</p>

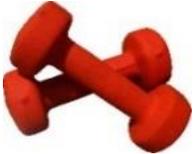
Monday

Tuesday

Wednesday

Thursday

Friday

<p>21</p>	<p>22</p> <p><i>Thanksgiving Party!</i></p> <p><b>9:30AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE  <b>10:30AM-</b> NUTRITION EDUCATION:  UNDERSTANDING SWEETNERS  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> SUPER BINGO WITH SPECIAL PRIZES</p>	<p>23</p> <p><b>9:30AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE  <b>11AM- HEALTH PROMOTION:</b>  VICTORIA'S EXERCISE CLASS  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p>24</p> <p><i>Happy Thanksgiving</i></p> <p><b>OFFICE CLOSED</b></p>	<p>25</p> 
<p>28</p> <p><i>Exercise</i></p> 	<p>29</p> <p><b>9:30AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE  <b>11AM- PROJECT HOPE:</b>  RESILIENCE WITH CAROLINA  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p>30</p> <p><i>November Birthday Party</i></p> <p><b>9:30AM-</b> COFFEE AND ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE  <b>11AM- HEALTH PROMOTION:</b>  VICTORIA'S EXERCISE CLASS  <b>12PM-</b> LUNCH HOUR  <b>12:30PM-</b> BIRTHDAY CAKE!  <b>1PM-</b> 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: 9:30am – 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 516-483-6018 TO RESERVE MEALS & EXERCISE CLASSES.**