

**March 2023**

**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><i>“Be like flowers, they are renewed every spring.”</i></p> 		<p>1</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>9:30AM-</b> TIME TO SOCIALIZE! <b>10:30AM-</b> HEALTH PROMOTION: SHEILA’S EXERCISE CLASS <b>12PM-</b> LUNCH HOUR <b>1PM-</b> BINGO OR DOMINO</p>	<p>2</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>10AM-</b> TIME TO SOCIALIZE! <b>10:30AM-</b> NUTRITION EDUCATION BY PAUL OF CCE: NUTRIENTS OF CONCERN &amp; SUPPLEMENTS <b>12PM-</b> HORA DE ALMUERZO <b>1PM-</b> BINGO O DOMINO</p>	<p>3</p> <p><b>10AM - 1PM:</b> GROCERIES DISTRIBUTION</p> 
<p>6</p> <p><b>11AM - 1PM: HOME DELIVERED MEALS</b></p>	<p>7</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>10AM-</b> HEALTH PROMOTION: SANDYE’S YOGA CLASS <b>11AM-</b> TIME TO SOCIALIZE! <b>12PM-</b> LUNCH HOUR <b>1PM-</b> BINGO OR DOMINO</p>	<p>8</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>9:30AM-</b> TIME TO SOCIALIZE! <b>10:30AM-</b> HEALTH PROMOTION: SHEILA’S EXERCISE CLASS <b>12PM-</b> LUNCH HOUR <b>1PM-</b> BINGO OR DOMINO</p>	<p>9</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>10AM-</b> TIME TO SOCIALIZE! <b>10:30AM-</b> BASIC CROCHETING WORKSHOP BY VALENTINA (LIMITED SEATING, MUST RSVP) <b>12PM-</b> HORA DE ALMUERZO <b>1PM-</b> BINGO O DOMINO</p>	<p>10</p> <p><b>10AM - 1PM:</b> GROCERIES DISTRIBUTION <b>10AM - 4PM:</b> CSFP PROGRAM DISTRIBUTION, ISLAND HARVEST</p>
<p>13</p> <p><b>11AM - 1PM: HOME DELIVERED MEALS</b></p> 	<p>14</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>10AM-</b> HEALTH PROMOTION: SANDYE’S YOGA CLASS <b>11AM-</b> WORKSHOP FROM CORNELL COOPERATIVE EXTENSION: INTERIOR PLANTS (LIMITED SEATING, MUST RSVP) <b>12PM-</b> LUNCH HOUR <b>1PM-</b> BINGO OR DOMINO</p>	<p>15</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>9:30AM-</b> TIME TO SOCIALIZE! <b>10:30AM-</b> HEALTH PROMOTION: SHEILA’S EXERCISE CLASS <b>12PM-</b> LUNCH HOUR <b>1PM-</b> BINGO OR DOMINO</p>	<p>16</p> <p> <b>PARTY FOR St. Patrick’s Day</b></p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS <b>10AM-</b> TIME TO SOCIALIZE! <b>11AM-</b> MT. SINAI SOUTH NASSAU: BLOOD PRESSURE SCREENINGS BY ABIGAIL <b>12PM-</b> HORA DE ALMUERZO <b>1PM-</b> BINGO O DOMINO</p>	<p>17</p> <p><b>10AM - 1PM:</b> GROCERIES DISTRIBUTION</p> 



Monday

Tuesday

Wednesday

Thursday

Friday

<p style="text-align: right;">20</p> <p><b>11AM - 1PM: HOME DELIVERED MEALS</b></p> 	<p style="text-align: right;">21</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- HEALTH PROMOTION:</b> SANDYE'S YOGA CLASS  <b>11AM-</b> TIME TO SOCIALIZE!  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p style="text-align: right;">22</p> <p><i>March Birthdays!</i>  <b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>9:30AM-</b> TIME TO SOCIALIZE!  <b>10:30AM- HEALTH PROMOTION:</b> SHEILA'S EXERCISE CLASS  <b>12PM-</b> LUNCH HOUR  12:30PM -BIRTHDAY CAKE!  <b>1PM-</b> BINGO OR DOMINO</p>	<p style="text-align: right;">23</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE!  <b>11AM- PRESENTAION BY LI ALZHEIMER'S &amp; DEMENTIA CENTER:</b> RECOGNIZING DEMENTIA  <b>12PM-</b> HORA DE ALMUERZO  <b>1PM-</b> BINGO O DOMINO</p>	<p style="text-align: right;">24</p> <p><b>10AM - 1PM:</b> GROCERIES DISTRIBUTION</p>
<p style="text-align: right;">27</p> <p><b>11AM - 1PM: HOME DELIVERED MEALS</b></p>	<p style="text-align: right;">28</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM- HEALTH PROMOTION:</b> SANDYE'S YOGA CLASS  <b>11AM-</b> OAK STREET HEALTH <b>ARTS &amp; CRAFTS WORKSHOP</b> BY GLORIA  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p style="text-align: right;">29</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>9:30AM-</b> TIME TO SOCIALIZE!  <b>10:30AM- HEALTH PROMOTION:</b> SHEILA'S EXERCISE CLASS  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p style="text-align: right;">30</p> <p><b>9AM-</b> COFFEE, AFFIRMATIONS &amp; ANNOUNCEMENTS  <b>10AM-</b> TIME TO SOCIALIZE!  <b>11AM- PROJECT HOPE PRESENTATION:</b> SELF COMPASSION BY LOU ANNE  <b>12PM-</b> LUNCH HOUR  <b>1PM-</b> BINGO OR DOMINO</p>	<p style="text-align: right;">31</p> <p><b>10AM - 1PM:</b> GROCERIES DISTRIBUTION</p> 



**BRUCE A. BLAKEMAN**  
NASSAU COUNTY EXECUTIVE

**IMPORTANT INFORMATION!**

**Hours of Operation: 9:00am – 2:00pm**

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

**BIRTHDAY CELEBRATIONS: March 22, 2023**

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