

November 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

		1	2	3
		9:00AM -COFFEE, Affirmations & ANNOUNCEMENTS 9:30AM - TIME TO SOCIALIZE! 10:30AM - HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM - TIME TO SOCIALIZE! 10AM - Nutrition Education: Cornell Cooperative Mind & Diet Presentation 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO	10AM - 1PM: GRAB & GO MEALS 
6	7	8	9	10
	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM - HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM - TIME TO SOCIALIZE! 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO 	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM - TIME TO SOCIALIZE! 10AM - 4PM: CSFP PROGRAM DISTRIBUTION, ISLAND HARVEST 10:30AM - HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM - TIME TO SOCIALIZE! 10:30AM - Lyndell: Senior Scams Presentation 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO 	OFFICE CLOSED 
13	14	15	16	17
	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM - HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM - TIME TO SOCIALIZE! 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO Beginning of TurkeyDistribution!	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM - TIME TO SOCIALIZE! 10:30AM - HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO 	9AM - COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM - TIME TO SOCIALIZE! 10:30AM - Carmen Quinones: Nutrition and Dementia diseases 12PM - LUNCH HOUR 1PM - BINGO OR DOMINO	10AM - 1PM: GRAB & GO MEALS 


Monday

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Thursday

Friday

20	21	22	23	24
	Thanksgiving Party 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO 1:30PM-TURKEY DISTRIBUTION	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	OFFICE CLOSED 	
27	28	29	30	
	9AM-- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- Mount Sinia-Diabetes Month, presentation 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	November Birthday Party 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 10:30AM- Word Puzzle Games 12PM- LUNCH HOUR 12:15PM- BIRTHDAY CAKE 1PM- BINGO OR DOMINO	10AM - 1PM: GRAB & GO MEALS 



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, 2023

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