November 2023

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

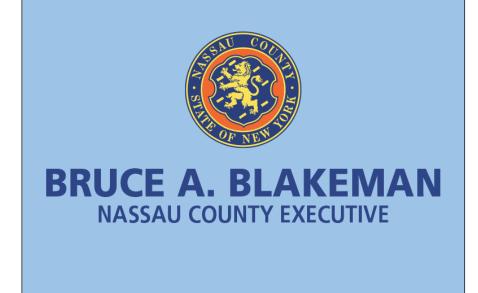


Nassau County Office for the Aging

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
		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 GRAB & GO
6	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	9 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 10:30AM- Lyndell: Senior Scams Presentation 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO BUNGO	OFFICE CLOSED WATER AND DAY
13	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	17 10AM - 1PM: GRAB & GO MEALS GRAB & GO

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



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