

November 2023

Hispanic Brotherhood Inc.

124 Greenwich Street, Hempstead, NY 11550

516-483-6018



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 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>2</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- National Eat Smart Month, presentation Mt. Sinai by MSSN registered dietitians. 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>3</p>
<p>6</p>	<p>7</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM- Lyndell: Senior Scams Presentation 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>8</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>9</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM - 4PM: CSFP PROGRAM DISTRIBUTION, ISLAND HARVEST 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>10</p> <p>OFFICE CLOSED</p> 
<p>13</p>	<p>14</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:30AM- EATING FOR BRAIN HEALTH Nutrition Educator COOKING DEMONSTRATION CORNELL 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>15</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTSTBA 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>16</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p> 	<p>17</p>

Monday

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20	21	22	23	24
	Thanksgiving Party! 9:30AM- COFFEE AND ANNOUNCEMENTS 11AM- TIME TO SOCIALIZE 12PM- LUNCH HOUR 1:00PM- BINGO OR DOMINO 1:30PM -TURKEY DISTRIBUTION	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	OFFICE CLOSED 	
27	28	29	30	
	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:30AM- Carmen Quinones: Nutrition and Dementia diseases 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO 	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	November Birthday Party 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	



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**