November 2023

Hispanic Brotherhood Inc. 124 Greenwich Street, Hempstead, NY 11550 516-483-6018

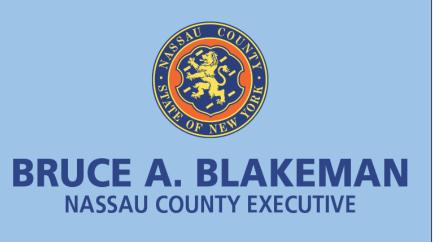


Nassau County Office for the Aging

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
Gwe		9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	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	3
6	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM- Lyndell: Senior Scams Presentation 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO *** ELECTION DAY	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9 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	OFFICE CLOSED WARPPY VETERANS DAY
13	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:30AM- EATING FOR BRAIN HEALTH Nutrition Educator COOKING DEMONSTRATION CORNELL 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTSTBA 9:30AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 11AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	17

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