


April 2024




**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	4	5
	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! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- ZUMBA DANCE CLASS! 9:30- COFEE, AFFIRMATIONS & ANNOUCEMENTS 11AM- LUZ BLANCO PRESENTS: MUSIC W. DJ ALL WHITE PARTY! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO 1:30pm- SOLAR ECLIPSE GIFT GIVAWAY!	10AM - 1PM: GRAB & GO MEALS
8	9	10	11	12
	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! 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM-ZUMBA DANCE CLASS! 9:30AM- COFFE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE! 11AM- OAK STREET PRESENTS: SALSA DANCING w. JOHNNY ESPINAL 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	10AM - 1PM: GRAB & GO MEALS
15	16	17	18	19
	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 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 11AM- OAK STREET PRESENTS: MAKE A WISH FOUNDATION 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9AM- ZUMBA DANCE CLASS! 9:30AM- COFFE, AFFIRMATIONS & ANNOUNCEMENTS 11AM- CORNELL PRESENTATION: ARE YOU SMARTER THAN A NUTRITIONIST? 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	10AM - 1PM: GRAB & GO MEALS

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>22</p>	<p>23</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>24</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- MOUNT SINAI SOUTH NASSAU: HEALTH SCREENING 10:30AM- HEALTH PROMOTION: SHEILA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>25</p> <p><i>April Birthdays!</i> 9AM- ZUMBA DANCE CLASS! 10AM- TIME TO SOCIALIZE! 11AM- OAK STREET PRESENTS: SPRING CELEBRATION W. DJ! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO 1:30PM- FOOD DONATION!</p>	<p>26</p> <p>10AM - 1PM: GRAB & GO MEALS</p>
<p>29</p>	<p>30</p> <p>9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>			
 <p>BRUCE A. BLAKEMAN NASSAU COUNTY EXECUTIVE</p>		<p>IMPORTANT INFORMATION!</p> <p><i>Hours of Operation: 9:00am – 2:00pm</i></p> <p><i>Meals suggested contribution: \$3.00.</i></p> <p><i>Suggested contribution for transportation, workshops, and exercise classes: \$2.00.</i></p> <p>Birthday Celebration: April 25, 2024</p> <p>RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-766-6610 TO RESERVE MEALS & EXERCISE CLASSES</p>		