## **April 2024**

## 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
	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM-TIME TO SOCIALIZE 10:30-HEALTH PROMOTION: ZUMBA W/ NILO 11:30AM- SPRING CELEBRATION WITH MUSIC! 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDYE'S YOGA CLASS 1:30pm- SOLAR ECLISPE GIFT GIVEAWAY!	5
8	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM-TIME TO SOCIALIZE 10:30-HEALTH PROMOTION: ZUMBA / NILO 11AM- OAK STREET PRESENTS: SALSA DANCING 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDYE'S YOGA CLASS	12
B ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM-TIME TO SOCIALIZE 10:30-HEALTH PROMOTION: ZUMBA W/ NILO 11AM- OAK STREET PRESENTS: MAKE A WISH FOUNDATION 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO	9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDYE'S YOGA CLASS	19

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ZUMBA W/ NILO
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1PM- BINGO OR DOMINO

9:30AM- COFFEE AND
ANNOUNCEMENTS
10AM- TIME TO SOCIALIZE
11AM- HEALTH PROMOTION:
EXERCISE CLASS WITH VICTORIA
12PM- LUNCH HOUR
1PM- BINGO OR DOMINO

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April Birthdays!
9:30AM- COFFEE AND
ANNOUNCEMENTS
10AM- TIME TO SOCIALIZE
11AM- BINGO OR DOMINO
12PM- LUNCH HOUR
1PM- HEALTH PROMOTION:

SANDYE'S YOGA CLASS

25

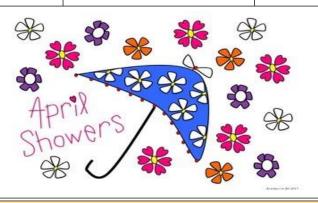


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9:30AM- COFFEE AND ANNOUNCEMENTS 10AM-TIME TO SOCIALIZE 10:30-HEALTH PROMOTION: ZUMBA W/ NILO 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO

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## **IMPORTANT INFORMATION!**

Hours of Operation: 9:30am - 2:00pm

Meals suggested contribution: \$3.00.

Suggested contribution for transportation, workshops, and exercise classes: \$2.00.

**Birthday Celebration: April 25, 2024** 

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED.

PLEASE CALL 516-483-6018 TO RESERVE MEALS & EXERCISE

CLASSES.