

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



<p>1</p> 	<p>2</p> <p>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</p>	<p>3</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>4</p> <p>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 ECLIPSE GIFT GIVEAWAY!</p>	<p>5</p>
<p>8</p>	<p>9</p> <p>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</p>	<p>10</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>11</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</p>	<p>12</p>
<p>15</p> 	<p>16</p> <p>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</p>	<p>17</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>18</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</p>	<p>19</p>

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<p>22</p>	<p>23</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM-TIME TO SOCIALIZE 10:30-HEALTH PROMOTION : ZUMBA W/ NILO 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>24</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: EXERCISE CLASS WITH VICTORIA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>25</p> <p><i>April Birthdays!</i> 9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDYE'S YOGA CLASS</p>	<p>26</p> 
<p>29</p>	<p>30</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM-TIME TO SOCIALIZE 10:30-HEALTH PROMOTION : ZUMBA W/ NILO 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>			



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

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](tel:516-483-6018) TO RESERVE MEALS & EXERCISE CLASSES.**