

July 2026

**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

		1 9:00 AM – COFFEE AND ANNOUNCEMENTS 9:30 AM – ZUMBA W/NILO 10:30 AM – TIME TO SOCIALIZE 11AM- POISON CONTROL CENTER W/EDUARDO 12:00 PM – BREADED CHICKEN CUTLET W/ GRAVY 1:00 PM – BINGO OR DOMINO	2 9:00 AM – COFFEE AND ANNOUNCEMENTS 10:00 AM – TABLE BOARD GAMES 11:00 AM –YOGA W/SANDY 12:00 PM –STUFFED SHELLS W/ MARINARA SAUCE 1:00 PM – BINGO OR DOMINO PARTY 4TH OF JULY	3  WE WILL BE CLOSED
6	7 9:00 AM – COFFEE AND ANNOUNCEMENTS 9:15 AM – BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 10:00 AM - COLORING 11:00 AM - TIME TO SOCIALIZE 12:00 PM – THIN SLICED TURKEY & SWISS ON RYE L&T MAYO 1:00 PM - BINGO OR DOMINO	8 9:00 AM – COFFEE AND ANNOUNCEMENTS 9:30 AM – ZUMBA W/NILO 10:30 AM – TIME TO SOCIALIZE 11:00 AM – ENGLISH CLASSES 12:00 PM – MEALTLOAF W/ GRAVY 1:00 PM – BINGO OR DOMINO	9 9:00 AM – COFFEE AND ANNOUNCEMENTS 10:00 AM -MOUNT SINAI HOSPITAL HEALTH CHECK 11:00 AM –YOGA W/SANDY 12:00 PM – CHICKEN PICATTA 1:00 PM – BINGO OR DOMINO	10
13	14 9:00 AM – COFFEE AND ANNOUNCEMENTS 9:15 AM – BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 10:00 AM - COLORING 11:00 AM - TIME TO SOCIALIZE 12:00 PM – SEAFOOD SALAD ON TORTILLA W/ L&T 1:00 PM - BINGO OR DOMINO	15 9:00 AM – COFFEE AND ANNOUNCEMENTS 9:30 AM – ZUMBA W/NILO 10:30 AM – SAN FRANCIS HOSPITAL 11:00 AM – ENGLISH CLASSES 12:00 PM – BREADED FISH W/TARTAR SAUCE 1:00 PM – BINGO OR DOMINO	16 9:00 AM – COFFEE AND ANNOUNCEMENTS 10:00 AM – TABLE BOARD GAMES 11:00 AM –YOGA W/SANDY 12:00 PM – CHICKEN PICCATA 1:00 PM – BINGO OR DOMINO	17

Monday

Tuesday

Wednesday

Thursday

Friday

20	<p>9:00 AM – COFFEE AND ANNOUNCEMENTS 9:15 AM – BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 10:00 AM - COLORING 11:00 AM - TIME TO SOCIALIZE 12:00 PM – EGG SALAD ON WHEAT W/L&T 1:00 PM - BINGO OR DOMINO</p>	21	<p>9:00 AM – COFFEE AND ANNOUNCEMENTS 9:30 AM – ZUMBA W/NILO 10:30 AM – TIME TO SOCIALIZE 11:00 AM – ENGLISH CLASSES 12:00 PM – MEATLOAF W/GRAVY 1:00 PM – BINGO OR DOMINO</p>	22	<p>9:00 AM – COFFEE AND ANNOUNCEMENTS 10:00 AM – TABLE BOARD GAMES 11:00 AM –YOGA W/SANDY 12:00 PM – CHICKEN PICATTA 1:00 PM – BINGO OR DOMINO</p>	23	24
27	<p>9:00 AM – COFFEE AND ANNOUNCEMENTS 9:15 AM – BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 10:00 AM - COLORING 11:00 AM - TIME TO SOCIALIZE 12:00 PM – CHICKEN SALAD ON TORTILLA W/L&T 1:00 PM - BINGO OR DOMINO</p>	28	<p>9:00 AM – COFFEE AND ANNOUNCEMENTS 9:30 AM – ZUMBA W/NILO 10:30 AM – COUNCIL MEETING 11:00 AM – ENGLISH CLASSES 12:00 PM – MEATLOAF W/GRAVY 1:00 PM – BINGO OR DOMINO</p>	29	<p>Birthday Celebration 9:00 AM – COFFEE AND ANNOUNCEMENTS 10:00 AM – TABLE BOARD GAMES 11:00 AM –YOGA W/SANDY 12:00 PM_ CHICKEN PICATTA 1:00 PM – BINGO OR DOMINO</p>	30	31



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.

Site Council Meeting: JULY 29, 2026

Birthday Celebration: JULY 30, 2026

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-483-6018 TO RESERVE MEALS & EXERCISE