

July 2026

**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

<p>ENJOY THE SUN, BEACH DAY</p>		<p>1 9:00 AM – COFFEE, & AFFIRMATIONS 9:30 AM – SAN FRANCIS HOSPITAL 10:00 AM – SANDRA’S EXERCISE CLASS. 11:00 AM – COLORING 12:00 PM – BREADED CHICKEN CUTLET W/ GRAVY 1:00 PM – BINGO</p>	<p>2 9:00 AM – COFFEE & AFFIRMATIONS 9:45 AM – ZUMBA W/ NILO 11:00 AM – ENGLISH CLASSES 12:00 PM – STUFFED SHELLS W/ MARINARA SAUCE 1:00 PM – BINGO PARTY 4TH OF JULY</p>	<p>3  WE WILL BE CLOSED</p>
<p>6 9:20 AM – 🚌 BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH</p>	<p>7 9:00 AM – COFFEE, AFFIRMATIONS 9:30 AM – COLORING 10:00 AM – YOGA CLASS W/SANDY 11:00 AM – POISON CONTROL CENTER W/EDUARDO 12:00 PM – THIN SLICED TURKEY & SWISS ON RYE L&T MAYO 1:00 PM – BINGO</p>	<p>8 9:00 AM – COFFEE, & AFFIRMATIONS 10:00 AM – SANDRA’S EXERCISE CLASS 11:00 AM – COLORING 12:00 PM – MEALTLOAF W/ GRAVY 1:00 PM – BINGO</p>	<p>9 9:00 AM – COFFEE & AFFIRMATIONS 9.45 AM – ZUMBA W/ NILO 11:00 AM – ENGLISH CLASSES 12:00 PM – CHICKEN PICATTA 1:00 PM – BINGO</p>	<p>10</p>
<p>13 9:20 AM – 🚌 BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH</p>	<p>14 9:00 AM – COFFEE, AFFIRMATIONS 9:30 AM – COLORING 10:00 AM – YOGA CLASS W/SANDY 11:00 AM – TIME TO SOCIALIZE 12:00 PM – SEAFOOD SALAD ON TORTILLA W/ L&T 1:00 PM – BINGO</p>	<p>15 9:00 AM – COFFEE, & AFFIRMATIONS 10:00 AM – SANDRA’S EXERCISE CLASS 11:00 AM – COLORING 12:00 PM – BREADED FISH W/TARTAR SAUCE 1:00 PM – BINGO</p>	<p>16 9:00 AM – COFFEE & AFFIRMATIONS 9.45AM – ZUMBA W/ NILO 11:00 AM – ENGLISH CLASSES 12:00 PM – CHICKEN PICCATA 1:00 PM – BINGO</p>	<p>17</p>

Monday

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Thursday

Friday

<p>20</p> <p>9:20 AM – 🚌 BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH</p>	<p>21</p> <p>9:00 AM – COFFEE, AFFIRMATIONS 9:30 AM – COLORING 10:00 AM – YOGA CLASS W/SANDY 11:00 AM – TIME TO SOCIALIZE 12:00 PM – EGG SALAD ON WHEAT W/L&T 1:00 PM – BINGO</p>	<p>22</p> <p>9:00 AM – COFFEE, & AFFIRMATIONS 10:00 AM – SANDRA’S EXERCISE CLASS 11:00 AM – COLORING 12:00 PM – MEATLOAF W/GRAVY 1:00 PM – BINGO</p>	<p>23</p> <p>9:00 AM – COFFEE & AFFIRMATIONS 9:45 AM – ZUMBA W/ NILO 11:00 AM – ENGLISH CLASSES 12:00 PM – CHICKEN PICATTA 1:00 PM – BINGO</p>	<p>24</p>
<p>27</p> <p>9:20 AM – 🚌 BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH</p>	<p>28</p> <p>9:00 AM – COFFEE, AFFIRMATIONS 9:30 AM – COLORING 10:00 AM – YOGA CLASS W/SANDY 11:00 AM – TIME TO SOCIALIZE 12:00 PM – CHICKEN SALAD ON TORTILLA W/L&T 1:00 PM – BINGO</p>	<p>29</p> <p>9:00 AM – COFFEE, & AFFIRMATIONS 10:00 AM – SANDRA’S EXERCISE CLASS 11:00 AM-SITE COUNCIL MEETING 12:00 PM – MEATLOAF W/GRAVY 1:00 PM – BINGO</p>	<p>30</p> <p>Birthday Celebration 9:00 AM – COFFEE & AFFIRMATIONS 9:45 AM – ZUMBA W/ NILO 11:00 AM – ENGLISH CLASSES 12:00 PM_ CHICKEN PICATTA 1:00 PM – BINGO</p>	<p>31</p>



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 516-766-6610 TO RESERVE
MEALS & EXERCISE**