

August 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

3 9:15AM -BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 	4 9:00 AM- COFFEE, & ANNOUNCEMENTS 9.45 AM- MOUNT SINAI HOSPITAL HEALTH CHECK 10:00 AM-SANDY'S YOGA CLASS 11:00 AM- ARTS & CRAFTS W/SHEILA 12:00 PM- THIN SLICED HAM & CHESSE ON RYE W/ L&T 1:00 PM- BINGO OR DOMINO	5 9:00 AM- COFFEE, & ANNOUNCEMENTS 9:30 AM- TIME TO SOCIALIZE! 10:00 AM- SANDRA'S EXERCISE CLASS 11:00 AM-COLORING 12:00 PM- BREADED CHICKEN CUTLET W/GRAVY 1:00 PM- BINGO OR DOMINO	6 9:00 AM- COFFEE, & ANNOUNCEMENTS 9:45 AM- ZUMBA DANCE CLASS WITH NILO 11:00 AM-ENGLISH CLASSES 12:00 PM- STUFFED SHELLS W/MARINARA SAUCE. 1:00 PM- BINGO OR DOMINO	7 11:00AM-11.30AM-Island Harvest CSFP BOX Delivery 
10 9:15AM -BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 	11 9:00 AM- COFFEE, & ANNOUNCEMENTS 10:00 AM-SANDY'S YOGA CLASS 11:00 AM- POISON CONTROL CENTER W/EDUARDO 12:00 PM- THIN SLICED HAM & CHESSE ON RYE W/ L&T 1:00 PM- BINGO OR DOMINO	12 9:00 AM- COFFEE, & ANNOUNCEMENTS 9:30 AM- TIME TO SOCIALIZE! 10:00 AM- SANDRA'S EXERCISE CLASS 11:00 AM-COLORING 12:00 PM- BEEF TACOS W/CHEESE 1:00 PM- BINGO OR DOMINO	13 9:00 AM- COFFEE, & ANNOUNCEMENTS 9:45 AM- ZUMBA DANCE CLASS WITH NILO 11:00 AM- ENGLISH CLASSES 12:00 PM- CHICKEN FRANCASE 1:00 PM- BINGO OR DOMINO	14
17 9:15AM -BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 	18 9:00 AM- COFFEE, & ANNOUNCEMENTS 10:00 AM-SANDY'S YOGA CLASS 11:00 AM- PRECENATION OAK ST. HEALTH 12:00 PM- SEAFOOD SALAD ON TORTILLA W/ L&T 1:00 PM- BINGO OR DOMINO	19 9:00 AM- COFFEE, & ANNOUNCEMENTS 9:30 AM- TIME TO SOCIALIZE! 10:00 AM- SANDRA'S EXERCISE CLASS 11:00 AM-COLORING 12:00 PM- BREADED FISH W/ TARTAR SAUCE 1:00 PM- BINGO OR DOMINO	20 9:00 AM- COFFEE, ANNOUNCEMENTS 9:45 AM- ZUMBA DANCE CLASS WITH NILO 11:00 AM- ENGLISH CLASSES 12:00 PM- CAESAR SALAD W/ GRILLED CHICKEN 1:00 PM- BINGO OR DOMINO	21

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24 9:15AM -BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 	25 9:00 AM- COFFEE, & ANNOUNCEMENTS 10:00 AM-SANDY'S YOGA CLASS 11:00 AM- ARTS & CRAFTS W/SHEILA 12:00 PM- CHICKEN SALAD ON WHEAT W/ L&T 1:00 PM- BINGO OR DOMINO	26 9:00 AM- COFFEE, & ANNOUNCEMENTS 9:30 AM- TIME TO SOCIALIZE! 10:00 AM- SANDRA'S EXERCISE CLASS 11:00 AM-COUNCIL MEETING 12:00 PM- MEATLOAF W/GRAVY 1:00 PM- BINGO OR DOMINO	27 Birthday Celebration 9:00 AM- COFFEE, & ANNOUNCMENTS 9:45 AM- ZUMBA DANCE CLASS WITH NILO 11:00 AM- ENGLISH CLASSES 12:00 PM- KIELBASA W/SAUERKRAUT 1:00 PM- BINGO OR DOMINO	28 
31 9:15AM -BUS PICKUP: TOH SENIOR SUMMER BEACH PROGRAM TO LIDO BEACH 	 <i>Like the nice summer rain, humor can suddenly cleanse and refresh the earth, the air and you..."</i>			



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: August 26, 2026

Birthday Celebration: August 27, 2026

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-766-6610 TO RESERVE MEALS & EXERCISE