

September 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

	1 9:00 AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30-COLORING 10:00 AM- SANDYE'S YOGA CLASS 11:00 AM- TIME TO SOCIALIZE! 12:00 PM- THIN SLICED HAM & CHEESE ON RYE W/ L&T & MUSTARD 1:00 PM- BINGO OR DOMINO	2 9:00 AM- COFFEE, AFFIRMATIONS & 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	3 9:00 AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45 AM- ZUMBA DANCE CLASS WITH NILO 11:00 AM-CORNEL 12:00 PM- STUFFED SHELLS W/ MARINARA SAUCE 1:00 PM- BINGO OR DOMINO	4 END OF SUMMER PARTY 9:00 AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00 AM- PRESENTATION OAK ST. HEALTH 11:00 AM-2.00 PM- DJ 12:00 PM-PIZZA 
7 	8 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45-MOUNT SINAI HOSPITAL HEALTH CHECK 10AM- SANDYE'S YOGA CLASS 11AM- CHOLESTEROL PRESENTATION MOUNT SINAI 12PM- HAMBURGUER ON BUN W L&T. 1PM- BINGO OR DOMINO	9 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:00AM-SANDRA'S EXERCISE CLASS 11AM- WORD SEARCH 12PM- PORK LOIN W/GRAVY 1PM- BINGO OR DOMINO	10 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45 AM- COLORING 11AM- TIME TO SOCIALIZE! 12PM- CHICKEN FRANCESE 1PM- BINGO OR DOMINO	11 
14	15 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30-COLORING 10AM- SANDYE'S YOGA CLASS 11:00 AM- ARTS & CRAFTS W/SHEILA 12PM- STUFFED CABBAGE 1PM- BINGO OR DOMINO	16 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- TIME TO SOCIALIZE! 10:00AM-SANDRA'S EXERCISE CLASS 11AM- COLORING 12PM- BREADED FISH W/ TARTAR SAUCE 1PM- BINGO OR DOMINO	17 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45 AM- ZUMBA DANCE CLASS WITH NILO 11AM-COLORING 12PM- CAESAR SALAD W/CHICKEN 1PM- BINGO OR DOMINO	18 

Monday

Tuesday

Wednesday

Thursday

Friday

21	22	23	24	25
	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30- COLORING 10AM- SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- BEEF TACOS W/L&T SMALL SOFT TACO SHELLS 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- COLORING 10:00AM- SANDRA'S EXERCISE CLASS 11AM- TIME TO SOCIALIZE! 12PM- STUFFED PEPPERS W/RICE AND CHOP MEAT 1PM- BINGO OR DOMINO	Birthday Celebration 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45 AM- ZUMBA DANCE CLASS WITH NILO 11AM- TIME TO SOCIALIZE! 12PM- KIELBASA W/SAUERKRAUT 1PM- BINGO OR DOMINO	
28	29	30		
	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30- COUNCIL MEETING. 10AM- SANDYE'S YOGA CLASS 11:00 AM- ARTS & CRAFTS W/SHEILA 12PM- JUMBO RAVIOLI W/MARINARA SAUCE 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- WORD SEARCH 10:00AM- SANDRA'S EXERCISE CLASS 11AM- TIME TO SOCIALIZE! 12PM- MEATLOAF W/GRAVY 1PM- BINGO OR DOMINO		



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: September 29, 2026

Birthday Celebration: September 24, 2026

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