

October 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 HISPANIC HERITAGE PARTY 9:00AM- COFFEE AND ANNOUNCEMENTS 10:00- PRESENTATION OAK ST. HEALTH 11AM- SANDYE'S YOGA 12:00 PM- 2:00 PM DJ 12PM- PERNIL AND YUCA CON MOJO	2
5 9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- - PIZZA 1 PM- BINGO OR DOMINO	6 9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ZUMBA WITH NILO 11AM- POISON CONTROL W/EDUARDO 12PM- BREADED CHICKEN CUTLET W/GRAVY ON SIDE 1:00PM-BINGO OR DOMINO	7 9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- QUINCHEW/ SPINACH & CHEESE 1 PM- BINGO OR DOMINO	8 9:00 AM - COFFEE AND ANNOUNCEMENTS 9:45 AM - HEALTH CHECK AT MOUNT SINAI HOSPITAL 10:00 AM - ARTS AND CRAFTS W/ SHEILA 11:00 AM - YOGA WITH SANDYE 12:00 PM - STUFFED CONCHIGLIONI W/ SAUCE 1:00 PM - BINGO OR SUNDAY	9
12  OFFICE CLOSED	13 9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ZUMBA WITH NILO 11AM CORNELL COOPERATIVE NUTRIENTS OF CONCERN 12PM- HAMBURGER ON BUN 1:00PM-BINGO OR DOMINO	14 9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- PORK LOIN W/GRAVY 1 PM- BINGO OR DOMINO	15 9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- COLORING 11AM-HEALTH PROMOTION: SANDYE'S YOGA 12PM- CHICKEN FRANCESE 1PM-BINGO OR DOMINGO	16

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19	20	21	22	23
	9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ZUMBA WITH NILO 11AM CORNELL COOPERATIVE NUTRIENTS OF CONCERN 12PM- STUFFED CABBAGE 1:00PM-BINGO OR DOMINO	9:00 AM- COFFEE AND ANNOUNCEMENTS 10 AM- TIME TO SOCIALIZE 11 AM- GAMES AND PUZZLES 12 PM- BREADED FISH W/TARTAR SAUCE. 1 PM- BINGO OR DOMINO	Birthday Celebration 9:00AM- COFFEE AND ANNOUNCEMENTS 10:00 AM- ARTS & CRAFTS W/SHEILA 11AM-HEALTH PROMOTION: SANDYE'S YOGA 12PM - CAESAR SALAD W/CHICKEN - 1PM-BINGO OR DOMINGO	
26	27	28	29	30
	9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- ZUMBA WITH NILO ZUMBA WITH NILE 11AM CORNELL COOPERATIVE NUTRIENTS OF CONCERN 12PM- BEEF TACOS W/L&T 1:00PM-BINGO OR DOMINO	9:00 AM- COFFEE AND ANNOUNCEMENTS 10:00 AM- TIME TO SOCIALIZE 11:00 AM-SITE COUNCIL MEETING. 12 PM- RAVIOLI W/MARINARA SAUCE 1 PM- BINGO OR DOMINO	HALLOWEEN PARTY 9:00AM- COFFEE AND ANNOUNCEMENTS 10:00AM- COLORING 11AM-SANDYE'S YOGA 12PM- SLICED TURKEY ROLLS W/ GRAVY. 1PM-BINGO OR DOMINGO	



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: October 28, 2026

Birthday Celebration: October 22, 2026

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

MEALS & EXERCISE