

October 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 HISPANIC HERITAGE PARTY 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45AM- ZUMBA DANCE CLASS WITH NILO 11AM- PRESENTATION OAK ST. HEALTH 12.00PM – 2:00 PM -DJ 12PM- PERNIL AND YUCA CON MOJO	2 
5 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10.00 AM-COLORING 11AM- TIME TO SOCIALIZE! 12PM- PIZZA 1PM- BINGO OR DOMINO	6 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:00AM-COLORING 10AM- SANDYE'S YOGA CLASS 11:00 AM- ARTS & CRAFTS W/SHEILA 12PM- BREADED CHICKEN CUTLET W/GRAVY ON SIDE 1PM- BINGO OR DOMINO	7 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM-TIME TO SOCIALIZE! 12PM- QUICHE W/SPINACH CHEESE 1PM- BINGO OR DOMINO	8 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45AM- ZUMBA DANCE CLASS WITH NILO 11AM- CORNELL 12PM- STUFFED SHELLS W/ MARINARA SAUCE 1P HM- BINGO	9
12  OFFICE CLOSED	13 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:00 AM_2:00 PM TD BANK VOLUNTEER 9.30AM-MOUNT SINAI HOSPITAL HEALTH CHECK 10AM-SANDYE'S YOGA CLASS 12PM- HAMBURGER ON BUN W/ L&T 1PM- BINGO OR DOMINO	14 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- COLORING! 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM-TIME TO SOCIALIZE! 12PM- PORK LOIN W/GRAVY 1PM- BINGO OR DOMINO	15 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45AM- ZUMBA DANCE CLASS WITH NILO 11AM- POISON CONTROL W/EDUARDO 12PM- CHICKEN FRANCESE 1P HM- BINGO	16

Monday

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Wednesday

Thursday

Friday

19	20	21	22	23
	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30AM- COLORING 10AM- SANDYE'S YOGA CLASS 11:00 AM- ARTS & CRAFTS W/SHEILA 12PM- STUFFED CABBAGE 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- COLORING! 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM-TIME TO SOCIALIZE! 12PM- BREADED FISH W/TARTAR SAUCE. 1PM- BINGO OR DOMINO	Birthday Celebration 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45AM- ZUMBA DANCE CLASS WITH NILO 11AM- TIME TO SOCIALIZE! 12PM- CAESAR SALAD W/CHICKEN 1P HM- BINGO	
26	27	28	29	30
	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.30AM- COLORING 10AM- SANDYE'S YOGA CLASS 11AM- TIME TO SOCIALIZE! 12PM- BEEF TACOS W/L&T 1PM- BINGO OR DOMINO	9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:30AM- COLORING! 10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS 11AM-COUNCIL MEETING! 12PM- RAVIOLI W/MARINARA SAUCE 1PM- BINGO OR DOMINO	HALLOWEEN PARTY 9AM- COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9.45AM- ZUMBA DANCE CLASS WITH NILO 11AM- TIME TO SOCIALIZE! 12PM- SLICED TURKEY ROLLS W/ GRAVY. 1P HM- BINGO.	



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