November 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
2	3 **9AM-** CAFÉ, AFIRMACIONES Y ANUNCIOS **9:30AM-** COLOREAR **10AM- PROMOCIÓN DE LA SALUD: CLASE DE YOGA CON SANDYE** **11:00AM- ARTES Y MANUALIDADES CON SHEILA** **12PM- PECHUGA DE POLLO EMPANIZADA CON SALSA** **1PM**- BINGO O DOMINÓ	4 **9AM-** CAFÉ, AFIRMACIONES Y ANUNCIOS **9:30AM**- ¡COLOREAR! **10:00AM- PROMOCIÓN DE LA SALUD: CLASE DE EJERCICIO DE SANDRA** **11AM-** ¡HORA DE SOCIALIZAR! **12PM-** QUICHE CON ESPINACAS Y QUESO 1PM- BINGO O DOMINÓ	5 **9AM**- CAFÉ, AFIRMACIONES Y ANUNCIOS **9.45AM- CLASE DE ZUMBA CON NILO** **11AM- SALUD EN OAK ST** **12PM- CONCHAS RELLENAS CON SALSA MARINARA** **1PM-** BINGO	6
9	10 **9AM-** CAFÉ, AFIRMACIONES Y ANUNCIOS **9.30AM**- CHEQUEO DE SALUD EN EL HOSPITAL MOUNT SINAI **10AM-** PROMOCIÓN DE SALUD: CLASE DE YOGA DE SANDYE **11AM-** COLOREAR **12PM-** HAMBURGUESA EN PAN **1PM-** BINGO O DOMINÓ	11 	12 **9AM-** COFFEE, AFFIRMATIONS & ANNOUNCEMENTS **9.45AM- ZUMBA DANCE CLASS WITH NILO** **11AM- TIME TO SOCIALIZE!** **12PM- CHICKEN FRANCESE** **1P HM**- BINGO	13 **9AM-** COFFEE, AFFIRMATIONS & ANNOUNCEMENTS **9.30AM**-COLORING **10AM- COLORING** **11AM-** TIME TO SOCIALIZE! **12PM- SAUSAGE W/ PEPPERS AND ONIONS** **1PM**- BINGO OR DOMINO
16	17 **9AM-** COFFEE, AFFIRMATIONS & ANNOUNCEMENTS **9.30AM**-COLORING **10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS** **11:00 AM- ARTS & CRAFTS W/SHEILA** **12PM- STUFFED PEPPERS W/RICE** **1PM**- BINGO OR DOMINO	18 **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	19 **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	20

Monday	Tuesday	Wednesday	Thursday	Friday
23 **9AM-** COFFEE, AFFIRMATIONS & ANNOUNCEMENTS 9:45- ZUMBA **11AM-** TIME TO SOCIALIZE! **12PM- RAVIOLI W/MARINARA SAUCE** **1PM**- BINGO OR DOMINO	24 **9AM-** COFFEE, AFFIRMATIONS & ANNOUNCEMENTS **9.30AM**-COLORING **10AM- HEALTH PROMOTION: SANDYE'S YOGA CLASS** **11AM-** TIME TO SOCIALIZE! **12PM- HEARTY CHICKEN STEW** **1PM**- BINGO OR DOMINO	25 **THANKSGIVING PARTY** **9AM-** COFFEE, AFFIRMATIONS & ANNOUNCEMENTS **10:00AM- HEALTH PROMOTION: SANDRA'S EXERCISE CLASS** **11AM-COUNCIL MEETING!** **12PM- SLICED TURKEY ROLLS W/GRAVY AND STUFFING** **1PM**- BINGO OR DOMINO	26	27
30				

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: November 25, 2026

Birthday Celebration: November 19, 2026

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