

November 2022

Hispanic Brotherhood Inc.

124 Greenwich Street, Hempstead, NY 11550

(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

	<p>1</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- COLORING LEAF MANDALA, FALL COLORS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>2</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>3</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SAMANTHA'S YOGA CLASS (SUB)</p>	<p>4</p> <p><i>Yoga</i></p> 
<p>7</p>	<p>8</p>  <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BRAIN HEALTH: THINKING GAMES & PUZZLES 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>9</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>10</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- BINGO OR DOMINO 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SAMANTHA'S YOGA CLASS (SUB)</p>	<p>11</p> 
<p>14</p> 	<p>15</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 10:30AM- MEDICARE 101/OPEN ENROLLEMTN QUESTIONS 11AM-SPECIAL WORKOUT SESSION W/ SHEILA HAWKINS 12PM- LUNCH HOUR 1PM- BINGO/DOMINO</p>	<p>16</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>17</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- PROJECT HOPE: INTERACTIVE ACTIVITY WITH JEZEBEL 12PM- LUNCH HOUR 1PM- HEALTH PROMOTION: SANDY'S YOGA CLASS</p>	<p>18</p>

Monday

Tuesday

Wednesday

Thursday

Friday

<p>21</p>	<p>22</p> <p><i>Thanksgiving Party!</i></p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 10:30AM- NUTRITION EDUCATION: UNDERSTANDING SWEETENERS 12PM- LUNCH HOUR 1PM- SUPER BINGO WITH SPECIAL PRIZES</p>	<p>23</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>24</p> <p><i>Happy Thanksgiving</i></p> <p>OFFICE CLOSED</p>	<p>25</p> 
<p>28</p> <p><i>Exercise</i></p> 	<p>29</p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- PROJECT HOPE: RESILIENCE WITH CAROLINA 12PM- LUNCH HOUR 1PM- BINGO OR DOMINO</p>	<p>30</p> <p><i>November Birthday Party</i></p> <p>9:30AM- COFFEE AND ANNOUNCEMENTS 10AM- TIME TO SOCIALIZE 11AM- HEALTH PROMOTION: VICTORIA'S EXERCISE CLASS 12PM- LUNCH HOUR 12:30PM- BIRTHDAY CAKE! 1PM- BINGO OR DOMINO</p>	<p><i>“There is always something to be grateful for...”</i></p> 	



BRUCE A. BLAKEMAN
NASSAU COUNTY EXECUTIVE

IMPORTANT INFORMATION!

Hours of Operation: 9:30am – 2:00pm

Meals suggested contribution: \$3.00

Suggested contribution for transportation, workshops, and exercise classes: \$2.00

November Birthday Party: November 30, 2022

RESERVATIONS FOR ALL CENTER ACTIVITIES ARE REQUIRED. PLEASE CALL 516-483-6018 TO RESERVE MEALS & EXERCISE CLASSES.