

March Activities

Location: **Hispanic Brotherhood, Inc.**
59 Clinton Avenue, Rockville Centre, NY 11570

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	4	5	6
	9:30am - 10:30am YOGA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	9:30am - 10:30am ZUMBA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	10:00am Workshop: Nutrition Education 10:30am - 11:30am FCA Finance/HEAP Presentation 10:30am - 12:00pm Jewelry Making Class 12:00pm - 1:00pm LUNCH 1:00pm - 2:00pm BINGO/DOMINO	
9	10	11	12	13
	9:30am - 10:30am YOGA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	9:30am - 10:30am ZUMBA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	10:00am - 12:00pm Recreation & Social Time! 10:30am - 11:30am NuHealth Cancer Presentation 12:00pm - 1:00pm LUNCH 1:00pm - 2:00pm BINGO/DOMINO	
16	17	18	19	20
	St. Patrick's Day Party! 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO 	9:30am - 10:30am ZUMBA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	10:00am - 12:00pm Recreation & Social Time! 10:30am - 12:00pm Jewelry Making Class 12:00pm - 1:00pm LUNCH 1:00pm - 2:00pm BINGO/DOMINO	First day of SPRING! <i>¡Primer día de primavera!</i> 
23	24	25	26	27
	9:30am - 10:30am YOGA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	9:30am - 10:30am ZUMBA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO	10:00am - 12:00pm Recreation & Social Time! 10:30am - 11:30am Senior Painting Class by Empire 12:00pm - 1:00pm LUNCH 1:00pm - 2:00pm BINGO/DOMINO	
30	31	<p>¿Qué hace una abeja en el gimnasio? ¡Zumba! <i>La práctica de una actividad física es considerada el arma secreta para sentirse mejor, vivir más tiempo y desacelerar el proceso de envejecimiento. ¡Participen en una de nuestras clases!</i></p> <p>What does a bee do in the gym? Zumba! <i>Physical activity is considered the secret weapon to feel better, live longer and slow down the aging process. Try one of our classes!</i></p>		
	9:30am - 10:30am YOGA with Sandy 10:00am – 12:00pm Recreation & Social Time! 12:00pm – 1:00pm LUNCH 1:00pm – 2:00pm BINGO/DOMINO			