



Open Hours

Monday, Tuesday,
Thursday
10:00am - 2:00pm

Volunteer Mornings

10:00am - 12:00pm

Sunset Yoga

6:00pm - 7:00pm
\$20 per person
For All Levels

Nassau Community College
Friends of Hempstead Plains
Department of Biology
1 Education Drive
Garden City, NY 11530

631-320-8240
amanda@friendsofhp.org
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August 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Volunteer Morning	2	3 Volunteer Morning
4	5	6 Sunset Yoga	7	8 Volunteer Morning	9	10 Yoga & Plains Tour 10am-12 \$25pp
11	12	13 Sunset Yoga	14	15 Volunteer Morning	16	17 Volunteer Morning
18	19	20 Sunset Yoga	21	22 Volunteer Morning	23	24
25	26	27 Sunset Yoga	28	29 Volunteer Morning	30	31 Volunteer Morning