

June 2019



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

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amanda@friendsofhp.org
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SUN	MON	TUE	WED	THU	FRI	SAT
						1 Volunteer Morning
2	3	4	5	6 Volunteer Morning	7	8 Yoga & Plains Tour 10am-12 \$25pp
9	10	11 Sunset Yoga	12	13 Volunteer Morning	14	15
16	17	18 Sunset Yoga	19	20 Volunteer Morning	21 Table at: Cross- roads Farms Food Truck Ro- deo 5pm-9	22 Volunteer Morning
23	24	25 Sunset Yoga *Native Plants Lecture	26	27 Volunteer Morning	28	29
30	Native Plants for Sustainable Suburbs - This lecture by Amanda Furcall is part of the Hofstra University Environmental Sustainability Certificate Program Learn about how to integrate attractive native plants into home, business and public spaces. 6:30pm– 9:30pm RSVP Email: Annetta.CentrellaVitale@hofstra.edu					