


The Center at Lake Isle
 660 White Plains Road, Eastchester, NY 10709
 Norah Rossi, Nutrition Program Director
 Information and Reservations Call: 337-0390

MARCH 2010

TOWN OF EASTCHESTER
 Supervisor Anthony S. Colavita
 Senior Programs and Services, Director, Gilda Press

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Line Dancing, Theresa Kover and Pat MacLeod 12:15 Exercise, Patricia Aurrichio 12:30 Beginners Computer Lessons, Vincent Antonelli 1:15 Bob Moynihan, Musical Memories, CDs and DVDs Cards Daily	8:30 Exercise, Alyssa Klein, Lawrence Hospital Physical Therapist 9:30 Exercise, Patricia Marinello 12:30 Trip Committee 12:30 Bridge and Cards 12:30 Guest Speakers & Special Interest Programs	9:30 Tap Dancing, Paula Tarrantino 9:30 Drawing, Stephanie Rocker 11:00 Choral Session, Noel Hart 12:30 Music/Drama 12:30 Mahjong, Miriam Roschell 12:30 Art Class, Betty Uses 12:30 Exercise, Evey Riccobono 1:15 Bob Moynihan, Musical Memories, CDs and DVDs	9:15 Country Western Dancing, Pat MacLeod 10:00 Yiddish Class 12:30 Pokeno and Cards 12:30 Beginners Computer Lessons, Vincent Antonelli 12:30 Hot Topics, Mary Ann Frusciante, Discussion	8:30 Exercise, Julie Rosen 9:30 Lite Exercise, MaryAnne Scrobe 10:30 Spanish Class, Anita Marin 11:00 Gilda Press: Information and Conversation 12:30 Bridge/Cards 12:30 Bob Moynihan, Musical Memories, CDs and DVDs
3-1 No Exercise Class Today 12:30 Nicole Leahy, RN, Burn Outreach Coordinator, Burn and Fire Prevention	3-2 10:30-12:00 Blood Pressure Screening 10:30 Council Officers Meeting 12:15 Open Membership Council Meeting	3-3 11:00-1:00 Mt. St. Vincent Student Nurses, Blood Pressure & Health Q&A 12:30 Bingo, Bring a Friend (No Exercise with Evey Today)	3-4 Regular Schedule	3-5 Regular Schedule
3-8 Regular Schedule	3-9 12:30 Bus Leaves for Italian Cultural Center, Leonardo DaVinci, Inventions Exhibit Regular Schedule	3-10 11:00-1:00 Mt. St. Vincent Student Nurses, Blood Pressure & Health Q&A Regular Schedule	3-11 12:30 Bus Leaves for Westchester Arts Center, Quilt Exhibit "Patterns" Regular Schedule	3-12 No Spanish Class Today 12:30 Tracy Wright, Book Discussion Regular Schedule
3-15 Regular Schedule	3-16 12:30 Bingo, Bring a Friend Regular Schedule	3-17 (No Student Nurses, No Exercise Evey) 12:30 Center Celebrates March Birthdays, St. Patrick's Day, St. Joseph's Day, Virgil Scott & Joe Kay Entertain	3-18 Regular Schedule	3-19 12:15 Diane Lombardi, R.D. Nutritionist, "Downsizing Dishes & Portions" 1:15 Regular Schedule
3-22 Regular Schedule	3-23 12:30 Lawrence Hospital Comfort Team, "Joint Pain & Treatment" 1:15 Regular Schedule	3-24 11:00-1:00 Mt. St. Vincent Student Nurses, Blood Pressure & Health Q&A	3-25 12:30 Lt. Jeff Hunter, Eastchester Police Department, Pedestrian Traffic Safety	3-26 10:45 Dawn Donato, Financial Focus 12:00-1:00 Premier Physical Therapy, Aches & Pains Assessment
3-29 Regular Schedule	3-30 12:30 Bill Nugent, Westchester Bar Association, Reverse Mortgages Regular Schedule	3-31 10:00 Bus Leaves for Empire City, Yonkers 11:00 Yuiko Matsuna, Pianist, Entertains 11:00 Mt. St. Vincent Student Nurses 12:00 Grace Katz, Medicare Update		

Funded by the Department of Health & Human Services, NY State Office for Aging, Westchester County Department of Senior Programs and Services, The Community Fund, and the Town of Eastchester. Residents \$3.00, \$4.00 non-residents. No one is denied lunch due to inability to pay.

Suggested voluntary contribution: \$3.00 for residents, \$4.00 for non-residents. No one is denied lunch due to inability to pay.