

**THE NUTRITION CENTER AT LAKE ISLE**

**Peter Basha, Director**

**JANUARY 2019**

**TOWN OF EASTCHESTER**

**Supervisor Anthony S. Colavita**

<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 <a href="http://www.eastchester.org/seniorservices">www.eastchester.org/seniorservices</a></p>	<p><b>TUESDAY 1</b> New Year's Day <b>NUTRITION CENTER CLOSED</b> <b>NO HOME DELIVERED MEALS</b></p>	<p><b>WEDNESDAY 2</b> 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Card 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p><b>THURSDAY 3</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>Friday 4</b> 8:30 Exercise Video 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy 12:30 Free Movie @Library</p>
<p><b>MONDAY 7</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength &amp; Balance with Sonya 12:30 Tai Chi with Angela</p>	<p><b>TUESDAY 8</b> 10:30 Blood Pressure Screening 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO</p>	<p><b>WEDNESDAY 9</b> 10:00 Tap Dancing w/Paula 10:30 Drawing, Games and Card 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p><b>THURSDAY 10</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>Friday 11</b> 8:30 Exercise Video 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy 12:30 Free Movie @Library</p>
<p><b>MONDAY 14</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength &amp; Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY 15</b> 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 11:00 Birthday Celebration with Ralph Caruso 1:00 BINGO</p>	<p><b>WEDNESDAY 16</b> 9:00 Coffee &amp; Conversation 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Card 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p><b>THURSDAY 17</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 12:15 Andy from UPPER CLASS TOURS 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>Friday 18</b> 8:30 Exercise Video 9:30 Book Club 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy 12:30 Free Movie @Library</p>
<p><b>MONDAY 21</b> Martin Luther King Jr. Day <b>NUTRITION CENTER CLOSED</b> <b>NO HOME DELIVERED MEALS</b></p>	<p><b>TUESDAY 22</b> 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO</p>	<p><b>WEDNESDAY 23</b> 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Card 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p><b>THURSDAY 24</b> 9:30 Line Dancing with Theresa <b>WESTCHESTER BROADWAY THEATER</b> The Phantom 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>Friday 25</b> 8:30 Exercise Video 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy 12:30 Free Movie @Library</p>
<p><b>MONDAY 28</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength &amp; Balance with Sonya 12:30 Tai Chi with Angela 12:30 Arts and Crafts w/Julie 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p><b>TUESDAY 29</b> 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO</p>	<p><b>WEDNESDAY 30</b> 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Card 12:00 Medicare Minute w/ Micaela 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p><b>THURSDAY 31</b> 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 12:15 Presentation and Discussion with David Osborne 1:00 Bridge/Cards/Mahjong/Board Games</p>	

Funded by the Town of Eastchester, Westchester County Department of Senior Programs and Services, New York State Office for Aging and the U.S. Administration on Aging.  
Suggested voluntary contribution: Residents \$3.00, Non-Residents \$4.00. Contributions are made anonymously. No one 60 years or older is denied lunch due to inability to pay.  
If you are unable to meet the suggested amount, we ask that you contribute whatever amount you feel you can afford.  
All contributions go directly back into the nutritional program to help pay for meals and other meal program expenses to pay.