



<p>MONDAY, 7/2/18</p> <p>9:30 Line Dancing with Theresa 10:30 Strength & Balance with Sonya 10:30 Drawing, Games and Cards 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 7/3/18</p> <p>8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY , 7/4/18</p> <p>4TH OF JULY Center Closed</p>	<p>THURSDAY , 7/5/18</p> <p>9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:30 Knitting with Paula 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY, 7/6/18</p> <p>8:30 Exercise Video 9:30 Muscle Toning Video 10:30 Drawing, Games and Cards 12:30 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games</p>
<p>MONDAY, 7/9/18</p> <p>9:30 Line Dancing with Theresa 10:30 Strength & Balance Video 10:30 Drawing, Games and Cards 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games 1:00 Arts & Crafts with Julie</p>	<p>Tuesday, 7/10/18</p> <p>8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 7/11/18</p> <p>10:15 Tap Dancing with Paula 10:30 Birthday Celebration – Music with Ralph Caruso 10:30 Drawing, Games and Cards 12:30 BINGO & TREATS 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 7/12/18</p> <p>9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:30 Knitting with Paula 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY, 7/13/18</p> <p>8:30 Exercise Video 9:30 Muscle Toning Video 10:30 Drawing, Games and Cards 12:30 Chair Yoga with Peggy 1:00 Mahjong/Pokeno/Cards/Games</p>
<p>MONDAY, 7/16/18</p> <p>9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 7/17/18</p> <p>8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 10:30 Blood Pressure Screening with Barbara O'Hagen, RN 12:30 BINGO & TREATS 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 7/18/18</p> <p>10:15 Tap Dancing with Paula 10:30 Drawing, Games and Cards 1:00 Mahjong/Bridge/Cards/Board Games 1:00 Chair Yoga w Peggy</p>	<p>THURSDAY, 7/19/18</p> <p>POOL SIDE LUNCH – 10:30 – 2:00 OR TJ MAX/ CHRISTMAS TREE/LUNCH @ CITY LIMITS – 10:30 – 2:00</p>	<p>FRIDAY, 7/20/18</p> <p>Pool Side Lunch 10:30 – 2:00 OR Explore Mamaroneck Village – many shops and nearby Harbor – Lunch at the Smokehouse Restaurant</p>
<p>MONDAY, 7/23/18</p> <p>9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 7/24/18</p> <p>8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>WEDNESDAY, 7/25/18</p> <p>10:15 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:30 BINGO & TREATS 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY, 7/26/18</p> <p>9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 1:00 Mahjong/Pokeno/Cards/Games 1:00 Chair Yoga w Peggy</p>	<p>FRIDAY, 7/27/18</p> <p>POOL SIDE LUNCH 10:30 – 2:00 OR EMPIRE CASINO</p>
<p>MONDAY, 7/30/18</p> <p>9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY, 7/31/18</p> <p>8:30 Low Impact Exercise Video 10:30 ZUMBA GOLD with Angela Cancelled 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>EARLY BIRD SWIM WEEKDAYS –</p>  <p>8:00 – 9:30 AM</p>	<p>ENJOY SUMMER</p> <p>July Birthday – Ralph Caruso</p>	 <p>TUESDAY, 7/3, WEDNESDAY, 7/11. TUESDAY, 7/17 & WEDNESDAY 7/25</p>

Funded by the Department of Health & Human Services, NY State Office for the Aging, Westchester County Department of Senior Programs & Services, the Community Fund and the Town of Eastchester.
contribution: Residents \$3.00, Non-Residents \$4.00. No one 60 years or older is denied lunch due to inability to pay.



Suggested

And the Town of Eastchester. Suggested contribution: Residents \$3.00, Non-Residents \$4.00. No one 60 years or older is denied lunch due to inability to pay.