

THE NUTRITION CENTER AT LAKE ISLE

Peter Basha, Director

June 2019

TOWN OF EASTCHESTER

Supervisor Anthony S. Colavita

<p>MONDAY 3 EARLY BIRD SWIM SIGN UP STARTS 9:30 Line Dancing with Theresa 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY 4 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO</p>	<p>WEDNESDAY 5 10:00 Tap Dancing w/ Paula 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p>THURSDAY 6 POOLSIDE LUNCH <i>Or</i> The Westchester Mall Shopping & Lunch</p>	<p>Friday 7 8:30 Exercise Video 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy</p>
<p>MONDAY 10 POOLSIDE LUNCH <i>Or</i> Painting & Pizza \$35</p>	<p>TUESDAY 11 POOLSIDE LUNCH</p>	<p>WEDNESDAY 12 Janice Appreciation Day 10:00 Tap Dancing w/ Paula 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p>THURSDAY 13 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>Friday FLAG DAY 14 8:30 Exercise Video 10:30 Drawing, Games and Cards FINISH BY 1PM</p>
<p>MONDAY 17 9:30 Line Dancing with Theresa 10:30 Strength & Balance with Sonya FINISH BY 1PM</p>	<p>TUESDAY 18 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO</p>	<p>WEDNESDAY 19 9:00 Coffee & Conversation 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Cards FINISH BY 1PM</p>	<p>THURSDAY 20 POOLSIDE LUNCH <i>Or</i> Hibachi Lunch \$35</p>	<p>Friday 21 8:30 Exercise Video 10:30 Drawing, Games and Cards 10:30 Book Club w / Tracy 12:15 Chair Yoga w / Peggy</p>
<p>MONDAY 24 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 12:30 ARTS & CRAFTS w/ JULIE 1:00 Bridge/Cards/Mahjong/Board Games</p>	<p>TUESDAY 25 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:15 BINGO</p>	<p>WEDNESDAY 26 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Card 11:00 YANKEE GAME 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Game</p>	<p>THURSDAY 27 9:00 Line Dancing with Theresa BIRTHDAY CELEBRATION w/Ralph Caruso</p>	<p>Friday 28 EARLY BIRD SWIM SIGN UP ENDS 8:30 Exercise Video 10:30 Drawing, Games and Cards 12:15 Chair Yoga w Peggy</p>
			<p>Senior Nutritional Center 660 White Plains Road Eastchester, NY 10709</p>	<p>Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</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.