

THE NUTRITION CENTER AT LAKE ISLE

Peter Basha, Director

October 2018

TOWN OF EASTCHESTER

Supervisor Anthony S. Colavita

<p>MONDAY 1F 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 2F 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>WEDNESDAY 3F 10:30 Drawing, Games and Card Golden Harvest 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY 4 9:30 Intermediate Line Dancing 12:15 Chair Yoga w Peggy 12:30 Knitting with Paula 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY 5 8:30-9:30 Exercise Videos 10:30 Drawing, Games and Cards 12:15 BINGO 12:30 Free Movie @Library</p>
<p>MONDAY 8 NUTRITION CENTER CLOSED Columbus Day</p>	<p>TUESDAY 9 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 Drawing, Games and Cards 12:30 FALL PREVENTION 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>WEDNESDAY 10 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Card 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY 11 9:30 Intermediate Line Dancing 10:30 Blood Pressure Screening 12:15 Chair Yoga w Peggy 12:30 Knitting with Paula</p>	<p>FRIDAY 12 NUTRITION CENTER CLOSED Lunch at Garth Road or UTERMAYER GARDENS LUNCH @ PAS-TINA'S</p>
<p>MONDAY 15F 9:30 Line Dancing with Theresa 10:30 Strength & Balance with Sonya 12:30 Tai Chi with Angela 1:00 Arts and Crafts w/Julie</p>	<p>TUESDAY 16F 8:30 Low Impact Exercise w/Grace 10:30 ZUMBA GOLD with Angela 10:30 EXEC SENIOR COUNCIL MTG 12:30 SENIOR COUNCILGENERAL MTG</p>	<p>WEDNESDAY 17 10:00 Tap Dancing w/ Paula 11:00 Birthday Celebration with Ralph Caruos 12:30 BINGO</p>	<p>THURSDAY 18 9:30 Intermediate Line Dancing 12:15 Chair Yoga w Peggy 12:30 Knitting with Paula 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY 19 8:30 Exercise Video 9:30 Strength & Balance Video 10:30 Drawing, Games and Cards 12:30 Free Movie @Library</p>
<p>MONDAY 22F 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 23F Lake Isle Senior Center 40th Anniversary Party</p>	<p>WEDNESDAY 24 10:00 Tap Dancing w/ Paula 10:30 Drawing, Games and Cards 12:00 MEDICARE MINUTE 12:30 EXERCISE WITH EVEY 1:00 Mahjong/Bridge/Cards/Board Games</p>	<p>THURSDAY 25 9:30 Intermediate Line Dancing 12:15 Chair Yoga w Peggy 12:30 Knitting with Paula 1:00 Mahjong/Pokeno/Cards/Games</p>	<p>FRIDAY 26 8:30-9:30 Exercise Videos 10:30 Drawing, Games and Cards 10:30 BOOK CLUB 12:15 BINGO 12:30 Free Movie @Library</p>
<p>MONDAY 29 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 30 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 31 Halloween Party! FUN, FOOD, FILM, & FOOLISHNESS 12:15 Trivia w Marlene Rodman</p>		<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</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. Suggested contribution: Residents \$3.00, Non-Residents \$4.00. No one 60 years or older is denied lunch due to inability to pay. 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.



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