

# September 2019

**THE NUTRITION CENTER AT LAKE ISLE**  
**Peter Basha, Director**

**TOWN OF EASTCHESTER**  
**Supervisor Anthony S. Colavita**

<p><b>MONDAY 2</b></p> <p><b>CLOSED</b> <b>LABOR DAY</b></p>	<p><b>TUESDAY 3</b></p> <p>8:30 Exercise Video            10:15 <b>ZUMBA GOLD</b> with Angela            10:30 Games and Cards            12:15 <b>BINGO</b></p>	<p><b>WEDNESDAY 4</b></p> <p>12:30 Energizing Exercise w/Evey            Games and Cards</p>	<p><b>THURSDAY 5</b></p> <p>9:30 Line Dancing with Theresa            10:30 Games and Cards            12:15 Chair Yoga w/ Peggy            1:00 Games and Cards</p>	<p><b>Friday 6</b></p> <p><b>NUTRITION CENTER CLOSED</b></p> <p><b>GARTH ROAD OPEN</b>            Call 771 3340 for reservations</p>
<p><b>MONDAY 9</b></p> <p>9:30 Line Dancing with Theresa            10:30 <b>Strength &amp; Balance</b> with Sonya            12:30 Tai Chi with Angela            1:00 Games and Cards</p>	<p><b>TUESDAY 10</b></p> <p>8:30 Exercise Video            10:15 <b>ZUMBA GOLD</b> with Angela            10:30 Games and Cards            12:15 <b>BINGO</b></p>	<p><b>WEDNESDAY 11</b></p> <p><b>NUTRITION CENTER CLOSED</b></p> <p><b>GARTH ROAD OPEN</b>            Call 771 3340 for reservations</p>	<p><b>THURSDAY 12</b></p> <p><b>BIRTHDAY</b>  <i>w/Ralph Caruso</i></p>	<p><b>Friday 13</b></p> <p>8:30 Exercise Video            10:30 Games and Cards            12:15 Chair Yoga w/ Peggy            TBA Free Movie @Library</p>
<p><b>MONDAY 16</b></p> <p>9:30 Line Dancing with Theresa            10:30 <b>Strength &amp; Balance</b> with Sonya            12:30 Tai Chi with Angela            1:00 Games and Cards</p>	<p><b>TUESDAY 17</b></p> <p>8:30 Exercise Video            10:15 <b>ZUMBA GOLD</b> with Angela            10:30 Games and Cards            12:15 <b>BINGO</b></p>	<p><b>WEDNESDAY 18</b></p> <p>COFFEE AND CONVERSATION            10:00 Tap Dancing w/Paula            12:30 Energizing Exercise w/Evey            Games and Cards</p>	<p><b>THURSDAY 19</b></p> <p><b>NUTRITION CENTER CLOSED</b></p> <p><b>POOLSIDE LUNCH</b></p>	<p><b>Friday 20</b></p> <p>8:30 Exercise Video            10:30 Games and Cards            12:15 Chair Yoga w/ Peggy            TBA Free Movie @Library</p>
<p><b>MONDAY 23</b></p> <p>9:30 Line Dancing with Theresa            10:30 <b>Strength &amp; Balance</b> with Sonya            12:30 Tai Chi with Angela            12:30 <b>Arts and Crafts</b> w/ Julie            1:00 Games and Cards</p>	<p><b>TUESDAY 24</b></p> <p>8:30 Low Impact Exercise w/Grace            10:15 <b>ZUMBA GOLD</b> with Angela            10:30 Games and Cards            12:15 <b>BINGO</b></p>	<p><b>WEDNESDAY 25</b></p> <p>10:00 Tap Dancing w/Paula            10:30 <b>Blood Pressure Screening</b>            w/ Barbara            12:30 Energizing Exercise w/Evey            Games and Cards</p>	<p><b>THURSDAY 26</b></p> <p><b>NUTRITION CENTER CLOSED</b></p> <p><b>Foxwood Casino</b></p>	<p><b>Friday 27</b></p> <p>8:30 Exercise Video            10:30 Games and Cards            12:15 Chair Yoga w/ Peggy            TBA Free Movie @Library</p>
<p><b>MONDAY 30</b></p> <p>9:30 Line Dancing with Theresa            10:30 <b>Strength &amp; Balance</b> with Sonya            12:30 Tai Chi with Angela            1:00 Games and Cards</p>				<p>660 White Plains Road            Eastchester, NY 10709            Information and Reservations  <b>Call: 337-0390</b>  <a href="http://www.eastchester.org/seniorservices">www.eastchester.org/seniorservices</a></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.