The Center at Lake Isle 660 White Plains Road, Eastchester, NY 10709 Edith Cirrincione, Nutrition Program Director Information and Reservations Call: 337-0390

FEBRUARY 2017

TOWN OF EASTCHESTER Supervisor Anthony S. Colavita

Gilda Press, Senior Programs and Services Director

www.eastchester.org/seniorservices

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Make Your Reservations for the Valentine's Day Concert with Greenvale & Anne Hutchinson Schools February 13th	BINGO & GOODIES February 3, 7, 16, 21 and 27	WEDNESDAY, 2/1 9:30 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games	THURSDAY, 2/2 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 10:30 Council Meeting 12:30 Open Council Meeting 1:00 Mahjong/Pokeno/Cards/Games 1:00 Canasta Club 1:00Knitting with Paula	FRIDAY, 2/3 8:30 Exercise Video 9:30 Strength & Balance with Sonya 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Chair Yoga with Peggy 1:00 "See It-Draw It" with Stephanie
MONDAY, 2/6 9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 1:00 Canasta Club 1:00 Bridge/Cards/Mahjong/Board Games	TUESDAY, 2/7 8:30 Low Impact Exercise with Grace 9:30 Muscle Toning with Patricia 10:30 Blood Pressure Screening with Barbara O'Hagen, RN 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Bridge/Cards/Mahjong/Board Games	WEDNESDAY, 2/8 9:30 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games	THURSDAY, 2/9 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15 "History & Legacy of the Lenape Indians", David Osborn, St. Paul's Church 1:00 Canasta Club 1:00 Knitting with Paula	FRIDAY, 2/10 8:30 Exercise Video 9:30 ZUMBA GOLD with Patricia 10:30 Drawing, Games and Cards 12:15 "Heart Health" with NY Presbyterian/Lawrence Hospital 1:00 Chair Yoga with Peggy 1:00 "See It-Draw It" with Stephanie
9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 12:15 Valentine's Day Concert with Greenvale & Anne Hutchinson Schools	TUESDAY, 2/14 8:30 Low Impact Exercise with Grace 9:30 Muscle Toning with Patricia 10:30 Valentine's and Birthday Celebration! 1:00 Bridge/Cards/Mahjong/Board Games Valentine's Day Treats from Supervisor Colavita	WEDNESDAY, 2/15 9:30 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games	THURSDAY, 2/16 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 12:15BINGO & TREATS! Bring a Friend! 1:00 Mahjong/Pokeno/Cards/ Games 1:00 Canasta Club	FRIDAY, 2/17 8:30 Exercise Video 9:30 Strength & Balance with Sonya 10:30 Drawing, Games and Cards 1:00 Chair Yoga with Peggy 1:00 "See It-Draw It" with Stephanie
MONDAY, 2/20 CENTER CLOSED PRESIDENT'S DAY	TUESDAY, 2/21 8:30 Low Impact Exercise with Grace 9:30 Muscle Toning with Patricia 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Crafts with Julie 1:00 Bridge/Cards/Mahjong/Board Games	WEDNESDAY, 2/22 9:30 Tap Dancing with Paula 10:30 Drawing, Games and Cards 12:15 Medicare Update with Micaela 12:30 Energizing Exercise with Evey 1:00 Mahjong/Bridge/Cards/Board Games	THURSDAY, 2/23 9:30 Intermediate Line Dancing 10:30 Drawing, Games and Cards 1:00 Knitting with Paula 1:00 Mahjong/Pokeno/Cards/ Games 1:00 Canasta Club	FRIDAY, 2/24 8:30 Exercise Video 9:30 ZUMBA GOLD with Patty 10:30 Book Review with Tracy 10:30 Drawing, Games and Cards 12:30 Chair Yoga with Peggy 1:00 "See It-Draw It" with Stephanie
9:30 Line Dancing with Theresa 10:30 Drawing, Games and Cards 12:15 BINGO & TREATS! Bring a Friend! 1:00 Canasta Club 1:00 Bridge/Cards/Mahjong/Board Games	TUESDAY, 2/28 8:30 Low Impact Exercise with Grace 9:30 Muscle Toning with Patricia 10:30 Drawing, Games and Cards 1:00 Bridge/Cards/Mahjong/Board Games	KEEP FIT AND STRONG EXERCISE CLASSES	TRANSPORTATION AVAILABLE TO RESIDENTS FOR EARLY EXERCISE CLASSES! (Bus pick up at 9am or 10am)	Community Fund American Technican

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.