Dear Seniors,

The Eastchester Senior Nutrition Center reopens August 9th
M-T-W-T from 10AM to 2PM in the Gatsby Room at Lake Isle Country Club

IMPORTANT

Before returning, all participants need to comply with the Westchester County program
guidelines and update your documentation! Please see below:

- **Physicians Consent Form**
  - You *must* have your physician sign, stamp and fax this form to us before you
    attend the Nutrition Center even if you do not plan to attend exercise activities.

- **NAPIS Form**
  - You *must* drop off the completed form on or before your first day back for lunch.

**LIMITED SEATING**

**RESERVATIONS REQUIRED**

RESERVATION TAKEN BETWEEN 8AM & 2PM FOR THE NEXT DAY OF LUNCH SERVICE.

NO RESERVATION WILL BE ACCEPTED FOR THE SAME DAY!

You can only make a reservation for yourself and spouse.

No reservations accepted on answer machine.

- **The Town of Eastchester** website will continue to post menus, activity calendars and
  updates.

  **Early Morning Swim is back!**
  August 9th to September 3rd!

  **Registration and Physicians Consent Form required by July 30th!**

Looking forward to seeing you again,

Peter Basha
Nutrition Program Director
Town of Eastchester
914-337-0399
Seniors@eastchester.org
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<td>10  BAKED HAM</td>
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<td>LENTIL PILAF</td>
<td>ORANGE COUS COUS SALAD</td>
<td>TOMATO SAUCE</td>
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<td>TOSSLED SALAD &amp; CHICKPEAS</td>
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<td>18  MOZZARELLA CHEESE SANDWICH</td>
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<td>SALAD</td>
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<td>PEAS &amp; ONIONS</td>
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<td>30  SOLE FLOURINE</td>
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<td>GLAZED CARROTS</td>
<td>RED CABBAGE</td>
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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.
SENIOR NUTRITION CENTER AT LAKE ISLE

August 9th Reopening
Monday through Thursday from 10 AM to 2 PM
in
Mulino’s Gatsby Room!

MONDAYS
- 8:00 AM Early Bird Swim – OPEN SWIM
- 9:30 AM Pool Closed
- 10:00 AM Nutrition Center Opens
- 10:30 AM Strength & Balance w/Sonya
- 11:45 AM Lunch
- 12:15 PM Chair Yoga w/Natasha
- 2:00 PM Nutrition Center Closes

TUESDAYS
- 8:00 AM Early Bird Swim – Aqua Toning w/Angela
- 9:30 AM Pool Closed
- 10:00 AM Nutrition Center Opens
- 10:30 AM Cards & Games
- 11:45 AM Lunch
- 12:15 PM Cards & Games
- 2:00 PM Nutrition Center Closes

WEDNESDAY
- 8:00 AM Early Bird Swim – OPEN SWIM
- 9:30 AM Pool Closed
- 10:00 AM Nutrition Center Opens
- 10:30 AM Line Dancing w/ Theresa
- 11:45 AM Lunch
- 12:15 PM BINGO
- 2:00 PM Nutrition Center Closes

THURSDAY
- 8:00 AM Early Bird Swim – Aqua Toning w/Angela
- 9:30 AM Pool Closed
- 10:00 AM Nutrition Center Opens
- 10:30 AM Strength & Balance w/Sonya
- 11:45 AM Lunch
- 12:15 PM Chair Yoga w/Natasha
- 2:00 PM Nutrition Center Closes

FRIDAY
- 8:00 AM Early Bird Swim
- 9:30 AM Pool Closed
- Nutrition Center Closed