

**EASTCHESTER COMMUNITY CENTER**  
**Peter Basha, Director**

**APRIL ACTIVITIES 2024**  
**THE NUTRITION CENTER AT LAKE ISLE**

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

<p><b>MONDAY 1</b>            10:15 <i>Cards &amp; Games</i></p>	<p><b>TUESDAY 2</b>            10:30 TAI CHI w/ALEX            12:15 <i>Cards &amp; Games</i></p>	<p><b>WEDNESDAY 3</b>            10:15 SHAPE UP W/GINA            12:15 <i>Cards &amp; Games</i></p>	<p><b>THURSDAY 4</b>            12:30 BINGO</p>	<p><b>FRIDAY 5</b>            10:15 <b>TIDS</b>            HEALTHY LIFESTYLES            12:30 STRENGTH &amp; BALANCE            w/ MARYANNE</p>
<p><b>MONDAY 8</b>            9:45 EXPRESS YOURSELF            ART CLASSES w/ MAYA            12:30 CHAIR YOGA W/NATASHA</p>	<p><b>TUESDAY 9</b>            10:30 TAI CHI w/ALEX            12:15 <i>Cards &amp; Games</i></p>	<p><b>WEDNESDAY 10</b>            10:15 SHAPE UP W/GINA            12:15 <i>Cards &amp; Games</i></p>	<p><b>THURSDAY 11</b>            12:30 B'DAY BINGO            w/ Ralph Caruso</p>	<p><b>FRIDAY 12</b>            10:15 <b>TIDS</b>            HEALTHY LIFESTYLES            12:30 STRENGTH &amp; BALANCE            w/ MARYANNE</p>
<p><b>MONDAY 15</b>            10:15 <i>Cards &amp; Games</i>            12:30 CHAIR YOGA W/NATASHA</p>	<p><b>TUESDAY 16</b>            10:30 TAI CHI w/ALEX            12:30 Medicare Minute w/ George</p>	<p><b>WEDNESDAY 17</b>            10:15 SHAPE UP W/GINA            12:30 Book Club w/Tracy</p>	<p><b>THURSDAY 18</b>            12:30 BINGO</p>	<p><b>FRIDAY 19</b>            10:15 <b>TIDS</b>            HEALTHY LIFESTYLES            12:30 STRENGTH &amp; BALANCE            w/ MARYANNE</p>
<p><b>MONDAY 22</b>            9:45 EXPRESS YOURSELF            ART CLASSES w/ MAYA            12:30 CHAIR YOGA W/NATASHA</p>	<p><b>TUESDAY 23</b>            10:30 TAI CHI w/ALEX            12:15 <i>Cards &amp; Games</i></p>	<p><b>WEDNESDAY 24</b>            10:15 SHAPE UP W/GINA            12:15 <i>Cards &amp; Games</i></p>	<p><b>THURSDAY 25</b>            12:30 BINGO</p>	<p><b>FRIDAY 26</b>            10:15 <b>TIDS</b>            HEALTHY LIFESTYLES            12:30 STRENGTH &amp; BALANCE            w/ MARYANNE</p>
<p><b>MONDAY 29</b>  <b>90+ Birthday Party</b>            Reservations Essential</p>	<p><b>TUESDAY 30</b>            10:30 TAI CHI w/ALEX            12:30 ORIGAMI w/RINA</p>		<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.</p>	<p><b>660 White Plains Road</b>  <b>Eastchester, NY 10709</b>  <b>Information and Reservations</b>  <b>Call: 914-337-0390</b>  <a href="mailto:seniorss@eastchester.org">seniorss@eastchester.org</a></p>