

THE NUTRITION CENTER AT LAKE ISLE

Peter Basha, Director

JUNE ACTIVITIES 2023

TOWN OF EASTCHESTER

Supervisor Anthony S. Colavita

<p>660 White Plains Road Eastchester, NY 10709 Information and Reservations Call: 337-0390 www.eastchester.org/seniorservices</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><i>the Community Fund</i> <small>Bronxville Eastchester Tuckahoe</small></p>	<p>THURSDAY 1 10:15 TIPS HEALTHY LIFESTYLES 12:30 B'DAY BINGO w/Ralph Caruso</p>	<p>Friday 2 10:00 CARDS & GAMES 12:30 STRENGTH & BALANCE w/ MARYANNE</p>
<p>MONDAY 5 10:15 CHAIR YOGA W/NATASHA 10:15 THREAD & YARN SOCIAL CLUB 12:00 STAY ACTIVE! W/ PAULA</p>	<p>TUESDAY 6 10:15 TAI CHI W/ALEX 12:15 CARDS & GAMES</p>	<p>WEDNESDAY 7 10:30 SHAPE UP W/GINA</p>	<p>THURSDAY 8 10:15 TIPS HEALTHY LIFESTYLES 12:30 BINGO</p>	<p>Friday 9 10:00 CARDS & GAMES 12:15 STRENGTH & BALANCE w/ MARYANNE</p>
<p>MONDAY 12 10:15 CHAIR YOGA W/NATASHA 10:15 Walking with Friends 12:15 <i>Origami w/ Rina</i></p>	<p>TUESDAY 13 9:45 STAY ACTIVE! W/ PAULA 12:20 TAI CHI W/ALEX</p>	<p>WEDNESDAY 14 10:15 BOOK CLUB W/ TRACY 10:30 SHAPE UP W/GINA</p>	<p>THURSDAY 15 10:15 TIPS HEALTHY LIFESTYLES 12:30 BINGO</p>	<p>Friday 16 10:15 Medicare Minute w/ George 12:15 STRENGTH & BALANCE w/ MARYANNE</p>
<p>MONDAY 19 10:15 CHAIR YOGA W/NATASHA 10:15 THREAD & YARN SOCIAL CLUB Early Bird Swim Signup Starts</p>	<p>TUESDAY 20 9:45 STAY ACTIVE! W/ PAULA 12:20 TAI CHI W/ALEX</p>	<p>WEDNESDAY 21 10:30 SHAPE UP W/GINA Mahjong Bootcamp Session 1 @ 12:00</p>	<p>THURSDAY 22 10:15 TIPS HEALTHY LIFESTYLES Mahjong Bootcamp Session 2 @10:00 Session 3 @ 12:00</p>	<p>Friday 23 10:00 CARDS & GAMES Mahjong Bootcamp Session 4 @10:00 Session 5 @ 12:00</p>
<p>MONDAY 26 10:15 CHAIR YOGA W/NATASHA 10:15 Walking with Friends 12:15 CARDS & GAMES</p>	<p>TUESDAY 27 9:45 STAY ACTIVE! W/ PAULA 12:20 TAI CHI W/ALEX</p>	<p>WEDNESDAY 28 10:30 SHAPE UP W/GINA</p>	<p>THURSDAY 29 10:15 TIPS HEALTHY LIFESTYLES 12:30 BINGO</p>	<p>Friday 30 10:00 CARDS & GAMES 12:15 STRENGTH & BALANCE w/ MARYANNE Early Bird Swim Signup Ends</p>