

**GARTH ROAD CENTER**

**235 GARTH ROAD**

**725-6406 OR 771-3340**

**WEDNESDAYS AND FRIDAYS, 11:00AM - 3:00PM**

**MAUREEN CASEY, PROGRAM COORDINATOR**



**APRIL 2017**

**WEDNESDAY, APRIL 5**

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 LIBRARY NEWS WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY
- 1:00 GAME: FAMILY FEUD
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



**FRIDAY, APRIL 7**

- 11:00 GENTLE YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN  
TOPIC OF DISCUSSION: FALL PREVENTION
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 APRIL BIRTHDAY SOCIAL
- 1:30 CARDS/GAMES



**WEDNESDAY, APRIL 12**

- 11:00 CARDS
- 11:00 MATZOS/EASTER BREAD
- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 11:45 JELLY BEAN CONTEST (PRIZE)
- 12:00 MOVIE: ENCHANTED APRIL
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



**FRIDAY, APRIL 14**

**CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY**

**WEDNESDAY, APRIL 19**

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 "LIVE WITH CARE": UNDERSTANDING PALLIATIVE CARE & HOSPICE CARE,  
PRESENTED BY CHRISTINA STAUDT, WELC
- 1:30 BOOKMARKS CRAFT FOR THE EASTCHESTER PUBLIC LIBRARY WITH MAUREEN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

**FRIDAY, APRIL 21**

- 11:00 YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 EYEGLASS HOLDER CHAIN CRAFT WITH MAUREEN (SIGN UP REQUIRED)
- 1:00 CARDS

**WEDNESDAY, APRIL 26**

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 MEDICARE UPDATE WITH SHARON MOSCOWITZ
- 12:30 SUPERVISED MAHJONG WITH SUSAN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



**FRIDAY, APRIL 28**

- 11:00 YOGA FOR BALANCE WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:30 BINGO & BISCOTTI



THE GARTH ROAD CENTER IS A PROGRAM OF  
EASTCHESTER SENIOR PROGRAMS AND SERVICES  
OPEN TO SENIORS (60+) WHO ARE RESIDENTS OF TOWN OF EASTCHESTER (INCLUDING VILLAGES OF  
TUCKAHOE & BRONXVILLE)

