

GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR



MARCH 2017

WEDNESDAY, MARCH 1

- 11:30 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED**)
- 12:30 **MOVIE "FUNNY FACE" STARRING FRED ASTAIRE & AUDREY HEPBURN**
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, MARCH 3

- 11:00 GENTLE YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN
DIAGNOSTIC SCREENING & PROCEDURES DISCUSSION
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 **MARCH BIRTHDAY SOCIAL**



WEDNESDAY, MARCH 8

- 11:00 CARD GAMES
- 11:30 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED**)
- 12:00 LIBRARY NEWS WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY
- 12:30 CARDS, PUZZLES & COLORING
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, MARCH 10

- 11:00 STRENGTHENING YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 12:30 CARDS & COLORING
- 12:30 SUPERVISED MAHJONGG WITH SUSAN



WEDNESDAY, MARCH 15

- 11:30 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED**)
- 12:00 BEGINNERS & INTERMEDIATE MAHJONGG WITH SUSAN
- 12:30 **SUPERVISOR COLAVITA'S VISIT, COMPLEMENTARY IRISH SODA BREAD (RESERVATIONS REQUIRED)**
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, MARCH 17

- 11:00 YOGA WITH PEGGY
- 12:30 **ST PATRICK'S DAY LUNCHEON (RESERVATIONS REQUIRED BY 3-10-17)**
- 1:00 ST PATRICK'S DAY CRAFT WITH MAUREEN
- 1:30 CARDS



WEDNESDAY, MARCH 22

- 11:30 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED**)
- 12:30 MEDICARE UPDATE WITH SHARON MOSCOWITZ
- 1:00 SUPERVISED MAHJONGG WITH SUSAN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, MARCH 24

- 11:00 YOGA FOR BALANCE WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 EXERCISE YOUR MIND WITH MARYELLEN SAENGER, THERAPIST
- 2:00 BOOKMARKS CRAFT FOR THE EASTCHESTER PUBLIC LIBRARY WITH MAUREEN

WEDNESDAY, MARCH 29

- 11:30 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED**)
- 12:00 SUPERVISED MAHJONGG WITH SUSAN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, MARCH 31

- 11:00 CHAIR YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 BINGO



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)

