



# GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR



## MAY 2017

### WEDNESDAY, MAY 3

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 SUPERVISED MAHJONGG WITH SUSAN
- 1:00 CARDS/GAMES
- 2:00 BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



### FRIDAY, MAY 5

- 11:00 YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN  
TOPIC OF DISCUSSION: VITAMINS & THYROID DISEASE
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 MAY BIRTHDAY SOCIAL
- 1:30 CARDS/GAMES



### WEDNESDAY, MAY 10

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 INDOOR FLOWER PLANTING WITH MAUREEN (SIGN UP BY MAY 3<sup>RD</sup> REQUIRED)
- 2:00 CORE STRENGTHENING EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



### FRIDAY, MAY 12

- 11:00 YOGA WITH PEGGY
- 12:00 MOTHER'S DAY LUNCHEON (RESERVATIONS REQUIRED BY 5/5/17)
- 1:00 LIVE ENTERTAINMENT - HARPIST, MARGARET SNEDDON



### WEDNESDAY, MAY 17

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 POPCORN & A MOVIE: LION
- 2:00 BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

### FRIDAY, MAY 19

- 11:00 CARDS
- 11:00 YOGA WITH PEGGY
- 12:00 "FAREWELL GATHERING FOR SENIOR SERVICES DIRECTOR, GILDA PRESS"
- 12:30 PIZZA LUNCH (ORDER BY 11:30AM)
- 1:00 ICE CREAM SOCIAL
- 1:30 BOOKMARKING CRAFT FOR THE EASTCHESTER PUBLIC LIBRARY WITH MAUREEN



### WEDNESDAY, MAY 24

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 LIBRARY NEWS WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY
- 1:00 MEDICARE UPDATE WITH SHARON MOSCOWITZ

### FRIDAY, MAY 26

- 11:00 YOGA WITH PEGGY
- 12:30 MEMORIAL DAY CELEBRATION - WEAR YOUR RED, WHITE & BLUE
- 12:30 POT LUCK LUNCHEON (BRING A SUMMER DISH)
- 1:30 PATRIOTIC BINGO



### WEDNESDAY, MAY 31

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

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)

