

GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR



JUNE 2017

FRIDAY, JUNE 2

- 11:00 CARDS/PUZZLES
- 11:00 YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN
TOPIC OF DISCUSSION: DIABETES
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 SUMMER BIRTHDAY CELEBRATION



WEDNESDAY, JUNE 7

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 SUPERVISED MAHJONGG WITH SUSAN
- 12:30 BOOKMARKING CRAFT FOR THE EASTCHESTER PUBLIC LIBRARY WITH MAUREEN
- 2:00 CORE STRENGTHENING EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, JUNE 9

- 11-2PM TAG SALE (DONATIONS ACCEPTED AT 10:00AM)
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)



WEDNESDAY, JUNE 14

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 1:00 BINGO
- 2:00 BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, JUNE 16

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

WEDNESDAY, JUNE 21

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 11:30 LIBRARY NEWS WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY
- 12:00 MOVIE (RESCHEDULED) & POPCORN: LION
- 2:00 EXERCISE WITH DELORES



FRIDAY, JUNE 23

- 11:00 CARDS/GAMES
- 11:00 YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00)
- 1:00 FRESH ITALIAN ICES (PRE-ORDER REQUIRED)

WEDNESDAY, JUNE 28

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

FRIDAY, JUNE 30

- 11:00 YOGA WITH PEGGY
- 12:30 BEACH PARTY SUMMER LUNCHEON (RESERVATIONS REQUIRED)
BEACH BOYS MUSIC



CENTER IS CLOSED FOR THE SUMMER, SEE YOU IN SEPTEMBER

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)

