

GARTH ROAD CENTER  
235 GARTH ROAD  
725-6406 OR 771-3340  
WEDNESDAYS AND FRIDAYS  
JUDY CONNOLLY, DIRECTOR

FEBRUARY 2012

WEDNESDAY, FEBRUARY 1

- 11:30 HOT LUNCH AVAILABLE, RESERVATIONS REQUIRED  
12:30 BINGO BASH  
2:00 EXERCISE WITH ROWENA: LAWRENCE HOSPITAL PHYSICAL THERAPY

FRIDAY, FEBRUARY 3

- 12:30 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN  
1:00 HEALTH DISCUSSION WITH DONNA KANE, RN

WEDNESDAY, FEBRUARY 8

- 11:30 HOT LUNCH AVAILABLE, RESERVATIONS REQUIRED  
12:30 MOVIE, TO BE ANNOUNCED  
2:00 EXERCISE WITH ROWENA: LAWRENCE HOSPITAL PHYSICAL THERAPY

FRIDAY, FEBRUARY 10

- 11:30 EXERCISE WITH JULIE ROSEN  
1:30 DAVID OSBOURNE "ST. PAULS" PRESENTS THE LIFE AND TIMES OF  
ALEXANDER HAMILTON

WEDNESDAY, FEBRUARY 15

- 11:30 HOT LUNCH AVAILABLE, RESERVATIONS REQUIRED  
1:00 LET'S IMAGINE WITH JANE ROSE  
2:00 EXERCISE WITH ROWENA: LAWRENCE HOSPITAL PHYSICAL THERAPY

FRIDAY, FEBRUARY 17

- 11:30 EXERCISE WITH JULIE ROSEN  
12:30 PIZZA PARTY  
1:30 PUZZLE SOLVING WITH ED STEIN

WEDNESDAY, FEBRUARY 22

- 11:30 HOT LUNCH AVAILABLE, RESERVATIONS REQUIRED  
12:30 POKENO AND CARDS  
2:00 EXERCISE WITH ROWENA: LAWRENCE HOSPITAL PHYSICAL THERAPY

FRIDAY, FEBRUARY 24

- 11:30 EXERCISE WITH JULIE  
1:30 BOOK REVIEW WITH TRACEY WRIGHT

WEDNESDAY, FEBRUARY 29

- 11:30 HOT LUNCH AVAILABLE, RESERVATIONS REQUIRED  
1:00 MEDICARE UPDATE  
2:00 EXERCISE WITH ROWENA: LAWRENCE HOSPITAL PHYSICAL THERAPY

THE GARTH ROAD CENTER IS A PROGRAM OF  
EASTCHESTER SENIOR PROGRAMS AND SERVICES

