

GARTH ROAD CENTER

235 GARTH ROAD
725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR

APRIL 2018

SPRING



WEDNESDAY, APRIL 4

- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 4-2-18**)
- 12:00-2 HEALTH FOR LIFE PROGRAM WORKSHOP #5 (FOR REGISTERED PARTICIPANTS ONLY)
WESTCHESTER COUNTY DEPT. SENIOR PROGRAMS & SERVICES
- 12:00 CARDS & GAMES
- 2:00 "RESISTANCE EXERCISE FOR STRENGTH," DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, APRIL 6

- 11:00 YOGA & MINDFULNESS WITH PEGGY
- 12:00 "LIBRARY NEWS" WITH TRACY WRIGHT
- 12:30 PIZZA LUNCH (**ORDER BY 12:00**)
- 1:00 APRIL BIRTHDAY SOCIAL



WEDNESDAY, APRIL 11

- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY (4-9-18)**)
- 12:00-2 HEALTH FOR LIFE PROGRAM WORKSHOP #6 (FOR REGISTERED PARTICIPANTS ONLY)
WESTCHESTER COUNTY DEPT. SENIOR PROGRAMS & SERVICES
- 12:00 CARDS
- 2:00 "STRENGTH & BALANCE EXERCISE" WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, APRIL 13

- No YOGA CLASS*
- 11:00 CARDS
- 12:00-2:15 "PINOT'S PALETTE" & PELLEGRINO PAINTING CLASS
(**REGISTRATION REQUIRED BY 4-4-18**)
- 12:30 PIZZA LUNCH (**ORDER BY 12:00**)



WEDNESDAY, APRIL 18

- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 4-16-18**)
- 12:00-2 HEALTH FOR LIFE PROGRAM WORKSHOP #1 MAKEUP DAY (FOR REGISTERED PARTICIPANTS ONLY)
WESTCHESTER COUNTY DEPT. SENIOR PROGRAMS & SERVICES
- 12:00 CARDS
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T

FRIDAY, APRIL 20

- 11:00 *No YOGA CLASS*
- 12:00 -1 "BLOOD PRESSURE SCREENING" WITH DONNA KANE, RN
TOPIC OF DISCUSSION " EMERGENCY PREPAREDNESS"
- 12:30 PIZZA LUNCH (**ORDER BY 12:00PM**)
- 1:00 CARDS



WEDNESDAY, APRIL 25

- 11:00 CARDS & GAMES
- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 4-23-18**)
- 12:00 "MEDICARE UPDATE" WITH SHARON
- 12:30 "BOOKMARKING" CRAFT WITH MAUREEN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T

FRIDAY, APRIL 27

- 11:00 CARDS & GAMES
- 11:00 YOGA FOR STRESS RELIEF WITH PEGGY
- 12:00 PIZZA LUNCH (**ORDER BY 11:30**)
- 12:30 BINGO & PRIZES WITH WEICHAFT REALTY (REFRESHMENTS WILL BE SERVED)



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)

