

**GARTH ROAD CENTER**

235 GARTH ROAD  
725-6406 OR 771-3340

WEDNESDAYS AND FRIDAYS, 11:00AM - 3:00PM  
MAUREEN CASEY, PROGRAM COORDINATOR

**FEBRUARY 2018**



**FRIDAY, FEBRUARY 2**

*NATIONAL WEAR RED DAY - FOR HEART HEALTH*

- 11:00 GENTLE YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN  
TODAY'S TOPIC: HEART HEALTH
- 1:00 SUPERBOWL LUNCHEON (RESERVATIONS REQUIRED BY 1-31-18)



**WEDNESDAY, FEBRUARY 7**

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 2-2-18)
- 12:00 VALENTINE'S DAY SEWING CRAFT WITH MAUREEN (SIGN UP REQUIRED)
- 12:00 CARDS & GAMES
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



**FRIDAY, FEBRUARY 9**

- 11:00 YOGA WITH PEGGY
- 12:00 CARDS & GAMES
- 12:30 PIZZA LUNCH (ORDER BY 12:00)
- 1:00 CHOCOLATE DIPPING DESSERT DEMONSTRATION WITH MAUREEN



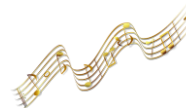
**WEDNESDAY, FEBRUARY 14**

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 2-9-18)
- 12:00 VALENTINE'S DAY PARTY (WEAR PINK OR RED)  
SUPERVISOR COLAVITA'S VISIT -  
-CANDY HEART RAFFLES & STRAWBERRY SHORTCAKE  
"LIVE MUSIC: LOVE SONG MELODIES" WITH HARPIST MAI THEODORATUS
- 2:00 LITE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



**FRIDAY, FEBRUARY 16**

- 11:00 YOGA WITH PEGGY
- 12:00 "CHINESE NEW YEAR LUNCHEON CELEBRATION "YEAR OF THE DOG" (RESERVATIONS REQUIRED BY 2-9-18)
- 1:00 "LATEST SCAMS & FRAUD" DET. SGT. MATTHEW KIERNAN, EPD  
& ASSISTANT DISTRICT ATTORNEY, CHRISTINE HATFIELD



**WEDNESDAY, FEBRUARY 21**

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 2-16-18)
- 12:00 CARDS
- 12:00 SUPERVISED MAHJONG WITH SUSAN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



**FRIDAY, FEBRUARY 23**

- 11:00 YOGA WITH PEGGY
- 12:00 INTRO SESSION "HEALTH FOR LIFE 6 WEEK PROGRAM" WITH MARIKAY CAPASSO,  
WESTCHESTER COUNTY SENIOR PROGRAMS & SERVICES
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 FEBRUARY BIRTHDAY SOCIAL



**WEDNESDAY, FEBRUARY 28**

- 11:00 CARDS & GAMES
- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 2-23-18)
- 12:00 MEDIGARE UPDATE WITH SHARON
- 2:00 LOW IMPACT 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)

