



GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR



JANUARY 2018

Happy Healthy New Year!!!

WEDNESDAY, JANUARY 3

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/2 AT 11:00)
- 12:30 CARDS & CATCH UP WITH FRIENDS AFTER THE HOLIDAYS
- 2:00 BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, JANUARY 5

- 11:00 GENTLE YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00)
- 1:30 "LA LA LAND" MOVIE & POPCORN



WEDNESDAY, JANUARY 10

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 ADULT COLORING TO CLASSICAL MUSIC
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, JANUARY 12

- 11:00 STRENGTHENING YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN & HEALTH TALK
- 12:30 PIZZA LUNCH
- 1:00 BINGO & HEALTHY SNACKS

WEDNESDAY, JANUARY 17

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 JANUARY BIRTHDAY SOCIAL
- 2:00 TONING EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, JANUARY 19

- 11:00 YOGA WITH PEGGY
- 12:30 PIZZA LUNCH
- 1:00 "SKIN CARE, WEATHER SAFETY & TIPS ON ADVOCATING FOR YOURSELF" WITH VICTORIA RIZZO, RIGHT AT HOME

WEDNESDAY, JANUARY 24

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

FRIDAY, JANUARY 26

- 11:00 YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 "ELECTIONS & POLITICS IN EARLY AMERICA" WITH HISTORIAN, DAVID OSBORNE



WEDNESDAY, JANUARY 31

- 11:00 CARDS & GAMES
- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 1:00 MEDICARE 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)

