

# GARTH ROAD CENTER

235 GARTH ROAD

771-3340 OR 725-6406

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

MAUREEN CASEY, PROGRAM COORDINATOR

JUNE 2018



## FRIDAY, JUNE 1

- 11:00 CARDS
- 11:00 YOGA & MINDFULNESS WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN  
HEALTH TOPIC: MEDICATION SAFETY
- 12:30 PIZZA LUNCH (ORDER BY 12:00)
- 1:00 CARDS & GAMES



## WEDNESDAY, JUNE 6

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 6/4)
- 12:00 SUPERVISED MAHJONG WITH SUSAN
- 12:00 CARDS & GAMES
- 2:00 "STRENGTH & BALANCE EXERCISE" WITH DELORES, LAWRENCE HOSPITAL P.T.

## FRIDAY, JUNE 8

- 11:00 YOGA & BREATHING PRACTICE WITH PEGGY
- 12:00 LUNCH - ITALIAN COMBO HERO (RESERVATIONS REQUIRED BY JUNE 6/6)  
"BRONX REUNION" COME REMINISCE & SHARE YOUR FAVORITE  
BRONX NEIGHBORHOOD MEMORY, YEARBOOK OR PHOTOS & MAP YOUR HOMETOWN
- 1:00 MOVE; "A CATERED AFFAIR" STARRING BETTY DAVIS & ERNEST BORGNINE



## WEDNESDAY, JUNE 13

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 6/11)
- 12:30 CARDS & GAMES
- 1:00 YOGA WITH MARYANN
- 1:30 MEET OUR NEW COUNTY LEGISLATOR DAMON MAHER
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T



## FRIDAY, JUNE 15

- CELEBRATING FLAG DAY - WEAR PATRIOTIC COLORS
- 11:00 CARDS
- 11:00 YOGA & MINDFULNESS WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 JUNE, JULY & AUGUST BIRTHDAY CELEBRATIONS



## WEDNESDAY, JUNE 20

- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 6/18)
- 12:00 CARDS
- 1:00 BINGO & LEMONADE
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T



## FRIDAY, JUNE 22

- 11:00 Summer Luau Party
- 11:15-12 Hula Dancer
- 12:00 Lunch- Pineapple Chicken Teriyaki, Rice, Salad. (Reservations required by 6/15)
- 12:30-1:30 DJ Musical Entertainment -Hawaiian Love Songs, Beach Music



## WEDNESDAY, JUNE 27

- 11:00 CARDS & GAMES
- 11:15 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 6/25)
- 12:00 "MEDICARE UPDATE" WITH SHARON
- 1:00 CARDS
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T



## FRIDAY, JUNE 29

- 11:00 CARDS
- 11:00 YOGA & MINDFULNESS WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 ICE CREAM SOCIAL



Have a wonderful 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)

