



GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

WEDNESDAYS AND FRIDAYS, 10:00AM-2:00PM

MAUREEN CASEY, DIRECTOR



JUNE 2019

WEDNESDAY, JUNE 5

- 10:00 CARDS, COFFEE
- 11:00 STRENGTH EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 6/3**)
- 12:00 SUMMER BIRTHDAYS CELEBRATION (**SIGN UP REQUIRED BY 6/3**)
- 12:30 BINGO



FRIDAY, JUNE 7

No YOGA CLASS TODAY

- 10:00 CARDS
- 11:00-1:15 *Pinot's Palette Canvas Painting Program* (**SIGN UP REQUIRED BY 6/1**)
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 6/5**)
- 12:00 PIZZA LUNCH (**ORDER BY 11:00**)
- 12:30 CARDS



WEDNESDAY, JUNE 12

No EXERCISE CLASS TODAY

- 9:30 TAG SALE DONATIONS ACCEPTED
- 11:00 **Tag Sale 10:00AM-1:00PM**
- 12:00 BRING YOUR OWN LUNCH
- 1:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN



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FRIDAY, JUNE 14

FLAG DAY - WEAR RED, WHITE & BLUE

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
- 11:00 *Healthy Eating Workshop #2 - Information & Healthy Snack Samples with Peggy Belles, Health Coach* (**Signup Required by 6/7**)
- 12:15 PIZZA LUNCH (**ORDER BY 11:00**)
- 12:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 6/12**)
- 12:30 CARDS



WEDNESDAY, JUNE 19

- 10:00 CARDS & GAMES
- 10:30 MEDICARE UPDATE WITH SHARON
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 6/17**)
- 12:30 MAHJONG WITH SUSAN
- 12:30 BOOKMARK CRAFT FOR THE EASTCHESTER LIBRARY

FRIDAY, JUNE 21

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
- 11:00 CARDS
- 11:30 *Nautical Party & Retirement Celebration for Janice Munson, Ass't Dir SP&S* (**RESERVATIONS REQUIRED BY 6/14**) *WEAR NAVY BLUE & WHITE*



WEDNESDAY, JUNE 26

- 10:00 CARDS & GAMES
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 6/24**)
- 12:30 POKENO

FRIDAY, JUNE 28

- 10:00 YOGA FOR STRENGTH & BALANCE WITH PEGGY
- 11:00 CARDS & GAMES
- 12:00 PIZZA LUNCH (**ORDER BY 11:00**)
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 6/26**)



HAVE A WONDERFUL AND RELAXING 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)

