



GARTH ROAD CENTER

235 GARTH ROAD

771-3340 OE 725-6406

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

MAUREEN CASEY, PROGRAM COORDINATOR

MAY 2018



WEDNESDAY, MAY 2

- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5-1-18**)
- 12:00-2 HEALTH FOR LIFE PROGRAM WORKSHOP (FOR REGISTERED PARTICIPANTS ONLY)
WESTCHESTER COUNTY DEPT. SENIOR PROGRAMS & SERVICES
- 12:00 CARDS & BOOKMARKING CRAFT FOR LIBRARY
- 2:00 "LITE EXERCISE" DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, MAY 4

- 11:00 YOGA & MINDFULNESS WITH PEGGY
- 12:00 CARDS & GAMES
- 12:30 PIZZA LUNCH (**ORDER BY 12:00**)
- 1:00 BOOKMARKS CRAFT FOR EASTCHESTER LIBRARY



WEDNESDAY, MAY 9

- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY (5-7-18)**)
- 12:00 MAY BIRTHDAY SOCIAL- REFRESHMENTS
- 1:00 CARDS & ADULT COLORING TO CLASSICAL MUSIC
- 2:00 "STRENGTH & BALANCE EXERCISE" WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, MAY 11

- 11:00 YOGA & BREATHING PRACTICE WITH PEGGY
- 11:30 MOTHER'S DAY BRUNCH CELEBRATION (**RESERVATIONS REQUIRED BY 5-4-18**)
- 12:00-1 LIVE HARP MUSICAL ENTERTAINMENT



WEDNESDAY, MAY 16

- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5-14-18**)
- 12:00 "LIBRARY NEWS" WITH TRACY WRIGHT
- 12:30 CARDS & GAMES
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T

FRIDAY, MAY 18

- 11:00 NO YOGA CLASS TODAY
- 11:00-1:00 "BLOOD PRESSURE SCREENING" WITH DONNA KANE, RN
- 11-2:00PM TAG SALE (**PROCEEDS BENEFIT THE GARTH ROAD SENIOR'S SUNSHINE FUND**)
- 12:30 PIZZA LUNCH (**ORDER BY 12:00PM**)



WEDNESDAY, MAY 23

- 11:00 CARDS & GAMES
- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5-21-18**)
- 12:00-1:30 PIZZA & PRE-PLANNING SEMINAR WITH DIGNITY MEMORIAL
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T



FRIDAY, MAY 25

- 11:00 CARDS
- 11:00 YOGA FOR STRESS RELIEF WITH PEGGY
- 12:00 MEMORIAL DAY POT LUCK LUNCHEON (**BRING A DISH**)
- 1:30 CARDS & GAMES



WEDNESDAY, MAY 30

- 11:00 CARDS & GAMES
- 11:15 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5-28-18**)
- 12:00 "MEDICARE UPDATE" WITH SHARON
- 12:30 CARDS
- 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)

