



GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, DIRECTOR



MAY 2019

WEDNESDAY, MAY 1

- 10:00 CARDS, COFFEE
- 11:00 STRENGTH EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 4/29**)
- 12:30 "CLASSICAL MUSIC APPRECIATION" WITH GUEST SPEAKER TONG BLACKBURN



FRIDAY, MAY 3

- 10:00 STRENGTHENING YOGA WITH PEGGY
- 11:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN
HEALTH TOPIC: PREDIABETES & FOOT CARE
- 12:00 PIZZA LUNCH (**ORDER BY 11:00**)
- 12:30 MAY BIRTHDAY SOCIAL (SIGN UP REQUIRED)



WEDNESDAY, MAY 8

- 10:00 CARDS
- 11:00 STRENGTH & BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL PT
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5/6**)
- 12:30 MAHJONG

FRIDAY, MAY 10

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
- 11:00 CARDS
- 11:00 *Mother's Day Brunch & Live Harpist Entertainment*
(PAID RESERVATIONS REQUIRED BY 5/3/19)



WEDNESDAY, MAY 15

- 10:00 CARDS & GAMES
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5/13**)
- 12:30 BOOKMARKS FOR THE LIBRARY



FRIDAY, MAY 17

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
- 11:00 *Healthy Eating Workshop - Information & Healthy Snack Samples*
with Peggy Belles, Health Coach (Signup Required by 5/10)
- 12:15 PIZZA LUNCH (**ORDER BY 11:00**)
- 1:00 CARDS & GAMES



WEDNESDAY, MAY 22

- 10:00 CARDS & GAMES
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5/20**)
- 12:30 LIBRARY NEWS WITH TRACY WRIGHT, DIRECTOR EASTCHESTER PUBLIC LIBRARY

FRIDAY, MAY 24

- 10:00 YOGA FOR STRENGTH & BALANCE WITH PEGGY
- 11:00 CARDS & GAMES
- 12:00 PIZZA LUNCH (**ORDER BY 11:30**)
- 12:15 BINGO



HAVE A NICE MEMORIAL DAY WEEKEND!



WEDNESDAY, MAY 29

- 10:00 MEDICARE UPDATE WITH SHARON MOSCOWITZ
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T
- 12:00 HOT LUNCH AVAILABLE (**RESERVATIONS REQUIRED BY 5/27**)
- 12:30 CARDS

FRIDAY, MAY 31

- 10:00 YOGA WITH PEGGY
- 11:00 CARDS & GAMES
- 12:00 PIZZA LUNCH (**ORDER BY 11:30**)
- 12:15 MAHJONG WITH SUSAN



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)

