



GARTH ROAD CENTER

235 GARTH ROAD

771-3340 OR 725-6406

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

DIRECTOR, MAUREEN CASEY



OCTOBER 2018

NEW CENTER HOURS

WEDNESDAYS 10:00AM-2:00PM

FRIDAYS 10:00AM-2:00PM

WEDNESDAY, OCTOBER 3

- 10:00 CARDS
- 11:00 "STRENGTH & BALANCE EXERCISE" WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/2)
- 12:30 "OKTOBERFEST CELEBRATION" (MUSIC, HOT PRETZELS & ROOTBEER) (SIGN UP REQUIRED)



FRIDAY, OCTOBER 5

- 10:00 "YOGA FOR FLEXIBILITY" WITH PEGGY (OPEN AT 10:00AM FOR EXERCISE CLASS ONLY)
- 11:00 CARDS & BOOKMARKING FOR BREAST CANCER AWARENESS
- 11:30 PIZZA LUNCH (ORDER BY 11:00)
- 12:00 MOVIE: "COLUMBUS DAY DOCUMENTARY"



WEDNESDAY, OCTOBER 10

- 10:00 COFFEE, CARDS & COLORING TO CLASSICAL MUSIC
- 11:00 "STRENGTH & CONDITIONING EXERCISE WITH DOLORES," LAWRENCE HOSPITAL P.T
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/9)
- 12:30 "JEWELRY MAKING CRAFT" WITH MAUREEN, COME MAKE A BEADED BREAST CANCER AWARENESS BRACELET (SIGN UP REQUIRED)
- 12:30 CARDS



FRIDAY, OCTOBER 12

- 10:00 YOGA FOR IMPROVING BALANCE" WITH PEGGY (OPEN AT 10:00AM FOR EXERCISE CLASS ONLY)
- 11:00 CARDS & GAMES
- 12:00 PIZZA LUNCH (ORDER BY 11:30)
- 12:30 "OCTOBER BIRTHDAY CELEBRATION" (SIGN UP REQUIRED BY 10/9)
- 1:00 BINGO FOR BUCKS \$2.00/4 GAMES



WEDNESDAY, OCTOBER 17

WEAR PINK TODAY

- 10:00 CARDS & GAMES
- 11:00 "GENERAL CONDITIONING EXERCISE WITH DOLORES", LAWRENCE HOSPITAL P.T
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/16)
- 12:30 "BREAST CANCER AWARENESS EDUCATION:" WITH ASHLEY HARDESTY, YWCA
*PINK AWARENESS GIVE AWAY BAGS, PINK REFRESHMENTS & SNACKS



FRIDAY, OCTOBER 19

- 10:00 "YOGA FOR RELAXATION" WITH PEGGY (OPEN AT 10:00AM FOR EXERCISE CLASS ONLY)
- 11:00-1:15 CANVAS PAINTING CLASS WITH ARTSWESTCHESTER (REGISTRATION REQUIRED BY 10/12)
(CLASS OPEN TO LAKE ISLE SENIOR, JACKSON AVE SENIORS & GARTH RD SENIORS)
- 11:00 CARDS
- 12:00 PIZZA LUNCH (ORDER BY 11:30)



WEDNESDAY, OCTOBER 24

- 10:00 CARDS
- 11:00 "LOW IMPACT EXERCISE WITH DOLORES", LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/23)
- 12:30 "LIBRARY NEWS" WITH TRACY WRIGHT, DIRECTOR EASTCHESTER PUBLIC LIBRARY

FRIDAY, OCTOBER 26

- 10:00 "YOGA FOR RELIEVING STRESS" WITH PEGGY (OPEN AT 10:00 FOR EXERCISE CLASS ONLY)
- 11:00 "SEASONAL CERAMICS" WITH MAUREEN (SIGN UP REQUIRED)
- 12:00 PIZZA LUNCH (ORDER BY 11:30)
- 12:30 CARDS



WEDNESDAY, OCTOBER 31

- 10:00 CARDS
- 11:00 "LOW IMPACT EXERCISE WITH DOLORES", LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/30)
- 12:30 **Halloween Costume Party-1st, 2nd, 3rd Prizes for Best Costumes, Candy Corn Jar Contest-Win a Prize, Punch, Desserts & Sweet Treat Bags**
(RESERVATIONS REQUIRED BY 10/26)



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)