



GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, DIRECTOR



SEPTEMBER 2019

WEDNESDAY, SEPTEMBER 4

- 10:00 Welcome Back Breakfast (Reservations Required by 8/28)
- 11:00 STRENGTH EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 8/28)
- 12:30 CARDS & CATCH UP WITH FRIENDS



FRIDAY, SEPTEMBER 6

- 10:00 YOGA FOR CORE STRENGTH WITH PEGGY
- 11:00 BLOOD PRESSURE SCREENING
- FOOD SAFETY HEALTH TALK WITH DONNA KANE, RN
- 12:00 PIZZA LUNCH (ORDER BY 11:00)
- 12:30 September Birthday Celebration (RESERVATIONS REQUIRED BY 9/1)



WEDNESDAY, SEPTEMBER 11

- 10:00 CARDS & GAMES
- 11:00 CORE STRENGTHENING EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 9/9)
- 12:30 LIBRARY NEWS WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY



FRIDAY, SEPTEMBER 13

NO YOGA TODAY

- 10:00 CARDS
- 11:00 POKENO
- 12:15 PIZZA LUNCH (ORDER BY 11:00)
- 12:30 BOOKMARKING CRAFT, LRC GAME



WEDNESDAY, SEPTEMBER 18

- 10:00 CARDS
- 11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 9/16)
- 12:30 SUPERVISED MAHJONG WITH SUSAN



FRIDAY, SEPTEMBER 20

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
- 11:00 CARDS
- 11:30 PIZZA LUNCH (ORDER BY 11:00)
- 12:00-1:30 "Bling's The Thing" Jewelry Making Workshop with Joan Lloyd (SIGN UP BY 9/13)

*WORKSHOP FOR A GOOD CAUSE - LEARN TO MAKE EARRINGS;
MAKE ONE PAIR FOR YOURSELF & MAKE AND DONATE A PAIR FOR THE
BATTERED WOMEN'S SHELTER*



WEDNESDAY, SEPTEMBER 25

- 10:00 CARDS & GAMES
- 11:00 LOW IMPACT BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T
- 12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 9/23)
- 12:30 MEDICARE UPDATE WITH SHARON



FRIDAY, SEPTEMBER 27

- 10:00 YOGA FOR STRENGTH & BALANCE WITH PEGGY
- 11:00 BINGO FOR BUCKS
- 12:00 PIZZA LUNCH (ORDER BY 11:00)
- 12:30 CREATIVE COLORING FOR RELAXATION



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)

