



# GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

WEDNESDAYS AND FRIDAYS, 11:00AM - 3:00P  
MAUREEN CASEY, PROGRAM COORDINATOR



## OCTOBER 2017

### WEDNESDAY, OCTOBER 4

- 11:30 HOT GERMAN LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 OKTOBERFEST CELEBRATION -HOT PRETZELS & DESSERTS  
LIVE GERMAN MUSIC BY DAVE BLOCK
- 2:00 STRENGTHENING & BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



### FRIDAY, OCTOBER 6

- 11:00 CHAIR YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN  
TOPIC OF DISCUSSION: BREAST CANCER AWARENESS & FLU PREVENTION
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 2:00 CARDS, GAMES & BOOKMARKING CRAFT



### WEDNESDAY, OCTOBER 11

- 11:00 CARDS, SCRABBLE, COLORING
- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 OPEN ENROLLMENT MEDICARE UPDATE WITH SHARON
- 12:30 SUPERVISED MAHJONG WITH SUSAN
- 2:00 BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



### FRIDAY, OCTOBER 13

- 11:00 CHAIR YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 "EXERCISE YOUR MIND" WITH THERAPIST MARYELLEN SAENGER
- 2:00 CARDS



### WEDNESDAY, OCTOBER 18

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 "NON-SURGICAL JOINT REPLACEMENT-STEM CELL INJECTIONS" & FALL PREVENTION-  
GUEST SPEAKER ROB DELIA, DIRECTOR OF REHABILITATION, THE OSBORNE
- 2:00 CORE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T



### FRIDAY, OCTOBER 20

- 11:00 CARDS & BOARD GAMES
- 11:00 CHAIR YOGA WITH PEGGY
- 12:00 PIZZA LUNCH (ORDER BY 11:00PM)
- 12:30 OCTOBER BIRTHDAY SOCIAL
- 1:00 CLAY CRAFT WITH MAUREEN (SIGN UP REQUIRED) CLASS 1 OF 2



### WEDNESDAY, OCTOBER 25

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 CLAY CRAFT WITH MAUREEN (SIGN UP REQUIRED) CLASS 2 OF 2
- 12:30 SUPERVISED MAHJONG WITH SUSAN
- 2:00 CORE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T



### FRIDAY, OCTOBER 27

- 11:00 CARDS
- 11:00 CHAIR YOGA WITH PEGGY
- 12:30 HALLOWEEN COSTUME PARTY (PIZZA, DESSERTS, CANDY & PRIZES)  
PUMPKIN CONTEST, BEST COSTUME CONTEST  
PIZZA LUNCH (ORDER BY 12:00PM)



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)

