



GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR



SEPTEMBER 2017

WEDNESDAY, SEPTEMBER 6

- 11:00 BAGELS & COFFEE - CATCH UP WITH FRIENDS
- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 CARDS
- 12:30 BOOKMARKING CRAFT FOR THE EASTCHESTER PUBLIC LIBRARY WITH MAUREEN
- 2:00 STRENGTHENING & BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, SEPTEMBER 8

- 11:00 CHAIR YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN
TOPIC OF DISCUSSION: SLEEP & AGING
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 MOVIE



WEDNESDAY, SEPTEMBER 13

- 11:00 CARDS & COLORING
- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 "LIBRARY NEWS" WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY
- 12:30 SUPERVISED MAHJONG WITH SUSAN
- 2:00 BALANCE EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, SEPTEMBER 15

- 11:00 CHAIR YOGA WITH PEGGY
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 "PROTECTING YOURSELF FROM PHONE SCAMS & MAIL FRAUD"
LT. JEFF HUNTER, EASTCHESTER POLICE DEPT.
- 1:30 SEPTEMBER BIRTHDAY SOCIAL



WEDNESDAY, SEPTEMBER 20

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 "LACE LUMINARY JAR CRAFT" WITH MAUREEN (SIGN-UP REQUIRED)
- 12:00 CARDS & GAMES

FRIDAY, SEPTEMBER 22

- 11:30 Autumn Afternoon Tea Party, catered by Patisserie Salzburg - LADIES WEAR YOUR PEARLS, HAT & FLORAL DRESS/SHIRT. GENTLEMEN WEAR YOUR HAT, JACKET & BOW TIE.
LIVE CLASSICAL & JAZZ MUSIC: SHELLY GARTNER
(RESERVATIONS REQUIRED BY 9/15)



WEDNESDAY, SEPTEMBER 27

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



FRIDAY, SEPTEMBER 29

- 11:00 CHAIR YOGA WITH PEGGY
- 11:00 CARDS
- 12:30 PIZZA LUNCH (ORDER BY 12:00PM)
- 1:00 BINGO & BROWNIES



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)

