

GARTH ROAD CENTER

235 GARTH ROAD

725-6406 OR 771-3340

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

MAUREEN CASEY, PROGRAM COORDINATOR



FEBRUARY 2017

WEDNESDAY, FEBRUARY 1

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 INTRO TO MAHJONG, OVERVIEW WITH NORAH ROSSI
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.



FRIDAY, FEBRUARY 3

- 11:00 GENTLE YOGA WITH PEGGY
- 12:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN & HEART HEALTH COUNSELING FOR A HEALTHIER YOU
- 12:30 PIZZA LUNCH



WEDNESDAY, FEBRUARY 8

- 11:00 CARD GAMES
- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:00 BOOK MARKING CRAFT WITH MAUREEN FOR THE EASTCHESTER PUBLIC LIBRARY
- 12:30 BEGINNERS MAHJONGG WITH SUSAN
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, FEBRUARY 10

- 11:00 STRENGTHENING YOGA WITH PEGGY
- 12:30 LUNCH: PIZZA & PASSION PUNCH
- 12:30 VALENTINE'S DAY CELEBRATION, A ROSE FOR ALL, LOVE SONGS MUSIC. SUPERVISOR COLAVITA'S VISIT
-CANDY HEART RAFFLES & STRAWBERRY SHORTCAKE
- 1:00 VALENTINE BINGO -PRIZES



WEDNESDAY, FEBRUARY 15

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 BEGINNERS MAHJONGG WITH SUSAN
- 12:30 CARDS
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, FEBRUARY 17

- 11:00 YOGA WITH PEGGY
- 12:30 PIZZA LUNCH
- 1:00 FEBRUARY BIRTHDAY SOCIAL
- 1:30 GAMES & CARDS



WEDNESDAY, FEBRUARY 22

- 11:30 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED)
- 12:30 MEDICARE UPDATE WITH SHARON MOSCOWITZ
- 2:00 LOW IMPACT EXERCISE WITH DELORES, LAWRENCE HOSPITAL P.T.

FRIDAY, FEBRUARY 24

- 11:30 YOGA WITH PEGGY
- 12:30 PIZZA LUNCH
- 1:00 LIBRARY NEWS WITH TRACY WRIGHT, DIR. EASTCHESTER PUBLIC LIBRARY
- 1:30 CARDS, SKIP-BO, LRC DICE GAME



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)

