

# Garth Road Center

235 Garth Road 725-6406 or 771-3340  
Wednesdays and Fridays, 10:00AM-2:00PM



## APRIL 2024



Reservations Required the day before to attend center & also for exercise class (No walk-ins)  
Call 771-3340 the Day before Between 10:00am -1:00pm  
Temperature Checks Upon Arrival & Masks Optional

### Wednesday, April 3

- 10:00 **Chair Yoga with Peggy (Exercise Participants Only)**
- 11:00 Cards /Games
- 11:45 Lunch **(Bring your own)**
- 12:15 Movie: **"Ticket to Paradise"** with George Clooney & Julia Roberts

### Friday, April 5

- 10:00 *Meditation & Gentle Yoga with Arta (Exercise Participants Only)*
- 11:00 Cards & Games
- 12:00 Pizza Lunch **(Order by 10:30)**
- 12:30 **Ice Cream Social**

### Wednesday, April 10

- 10:00 Cards
- 11:00 **Blood Pressure Screening with Donna Kane, RN & Health Talk**
- 12:00 Lunch **(Bring your own)**
- 12:30 Games

### Friday, April 12

- 10:00 *Meditation & Gentle Yoga with Arta (Exercise Participants Only)*
- 11:00 Games & Cards
- 12:00 Pizza Lunch **(Order by 10:30)**
- 12:30 **Bingo for Bucks**

### Wednesday, April 17

- 10:00 **Chair Yoga with Peggy (Exercise Participants Only)**
- 11:00 Cards & Games
- 12:00 Lunch **(Chinese- order/pay by 10:45)**
- 12:30 Craft Corner with Maureen

### Friday, April 19

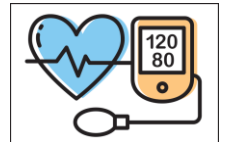
- 10:00 *Meditation & Gentle Yoga with Arta (Exercise Participants Only)*
- 11:00 Cards & Games
- 12:00 Pizza Lunch **(order by 10:30)**
- 12:30 **April Birthday Social**

### Wednesday, April 24

- 10:00 Craft corner with Maureen
- 11:00 **Guest Speaker, Barbara Stern, FSW. "Protect yourself from Fraud as a Senior"**
- 12:00 Lunch **(Bring your own)**
- 12:30 Cards & Games

### Friday, April 26

- 10:00 *Meditation & Gentle Yoga with Arta (Exercise Participants Only)*
- 11:00 **Medicare Update with Sharon**
- 12:00 Pizza Lunch **(Order by 10:30)**
- 12:30 Cards/Games



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)

