



GARTH ROAD CENTER
235 GARTH ROAD 725-6406 or 771-3340
WEDNESDAYS AND FRIDAYS, 10:00AM-2:00PM
DIRECTOR, MAUREEN CASEY

JANUARY 2020



WEDNESDAY, JANUARY 1

NEW YEAR'S DAY
CENTER CLOSED



FRIDAY, JANUARY 3

10:00 YOGA FOR IMPROVING BALANCE WITH PEGGY
11:00 COFFEE & CATCH UP WITH FRIENDS AFTER THE HOLIDAYS
12:00 PIZZA LUNCH (ORDER BY 11:00AM)
12:30 CARDS/PUZZLES

WEDNESDAY, JANUARY 8

LAKE ISLE CENTER CLOSED

10:00 CARDS
11:00 LOW IMPACT BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/7)
12:30 JANUARY BIRTHDAY SOCIAL (SIGN UP REQUIRED BY 1/3)



FRIDAY, JANUARY 10

10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
11:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN & HEALTH TALK
11:30 PIZZA (ORDER BY 11:00AM)
12:30 CARDS/LRC



WEDNESDAY, JANUARY 15

10:00 CARDS
11:00 LOW IMPACT BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/14)
12:30 "CENTENNIAL OF WOMAN'S SUFFRAGE" DAVID OSBORN, HISTORIAN, ST PAULS' CHURCH

FRIDAY, JANUARY 17

10:00 YOGA FOR STRENGTH & BALANCE WITH PEGGY
11:00 CARDS
11:30 PIZZA LUNCH (ORDER BY 11:00)
11:30 HOT LUNCH AVAILABLE (ORDER BY 1/16)
12:00 BINGO FOR BUCKS



WEDNESDAY, JANUARY 22

10:00 POKENO/CARDS
11:00 LOW IMPACT BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/21)
1:00 "MEDICARE UPDATE" WITH SHARON

FRIDAY, JANUARY 24

10:00 YOGA FOR IMPROVING BALANCE WITH PEGGY
11:00 CARDS
12:00 PIZZA LUNCH (ORDER BY 11:00)
12:30 "BEE-LINE/PARA-TRANSIT" WESTCHESTER COUNTY TRANSIT TEAM



WEDNESDAY, JANUARY 29

10:00 CARDS/GAMES
11:00 LOW IMPACT BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 1/28)
12:30 SUPERVISED MAHJONG WITH SUSAN



FRIDAY, JANUARY 31

10:00 YOGA WITH PEGGY
11:00 CARDS
12:00 PIZZA LUNCH (ORDER BY 11:00)
12:30 LIBRARY NEWS WITH TRACY WRIGHT, DIRECTOR EASTCHESTER PUBLIC LIBRARY



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)