

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)

