**REVISED**
Garth Road Center
235 Garth Road
725-6406 or 771-3340
Wednesdays and Fridays, 10:00AM-2:00PM
Maureen Casey, Director

**JANUARY 2022**
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 (No Voicemail Reservations Accepted)
Limited Capacity, Temperature Checks, Masks Required!

**Wednesday, January 5**  
* CLOSED  
10:00 Yoga with Peggy  
11:00 Lunch - Bring your own  
12:30 Cards

**Friday, January 7**  
* CLOSED  
10:00 Coffee & Conversation  
11:00 Cards & Games  
12:00 Pizza Lunch (Order/Pay by 10:30)  
12:30 Bingo & Brownies

**Wednesday, January 12**  
10:00 Yoga with Peggy  
11:00 Sewing Crafts  
12:00 Lunch - Bring your own  
12:30 Cards

**Friday, January 14**  
10:00 Coffee & Tea  
11:00 Pokeno  
12:00 Pizza Lunch (Order/Pay by 10:30)  
12:30 Games

**Wednesday, January 19**  
10:00 Yoga with Peggy  
11:00 Blood Pressure Screening, Donna Kane, RN & Health talk  
12:00 Lunch - Bring your own  
12:30 Cards

**Friday, January 21**  
10:00 Coffee & Conversation  
11:00 Cards & Games  
12:00 Pizza Lunch (Order/Pay by 10:30)  
12:30 January Birthday Celebration

**Wednesday, January 26**  
10:00 Yoga with Peggy  
11:30 Medicare Update with Sharon  
12:00 Lunch - Bring your own  
12:30 Cards

**Friday, January 28**  
10:00 Coffee & Conversation  
11:00 Craft with Maureen  
12:00 Pizza Lunch (Order/Pay by 10:30)  
12:30 Cards

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)