



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



OCTOBER 2019

WEDNESDAY, OCTOBER 2

- 10:00 CARDS
11:00 STRENGTH EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/1)
12:30 LAMINATED BOOKMARK CRAFT FOR THE EASTCHESTER LIBRARY, WITH MAUREEN
12:30 LRC & BOARD GAMES



FRIDAY, OCTOBER 4

Lake Isle Closed

- 10:00 YOGA WITH PEGGY
11:00 CARDS
11:30 PIZZA LUNCH (ORDER BY 11:00)
11:30 HOT LUNCH AVAILABLE (ORDER BY 10/3)
12:30 **"See Your Way Clear" with Jocelyn Kenner, Professional Organizer**
(Informative workshop on how to declutter, donate, sell and dispose of clutter)



WEDNESDAY, OCTOBER 9

- 10:00 CARDS
11:00 CORE STRENGTHENING EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/8)
12:30 BINGO FOR BUCKS



FRIDAY, OCTOBER 11

- 10:00 YOGA FOR BALANCE WITH PEGGY
11:00 CARDS
12:15 PIZZA LUNCH (ORDER BY 11:00)
October Birthday Celebration (SIGNUP REQUIRED BY 10/9)



WEDNESDAY, OCTOBER 16

- 10:00 POKENO
11:00 LOW IMPACT EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/15)
12:30 SUPERVISED MAHJONG WITH SUSAN



FRIDAY, OCTOBER 18

- 10:00 YOGA FOR RELIEVING STRESS WITH PEGGY
11:00 BLOOD PRESSURE SCREENING WITH DONNA KANE, RN
HEALTH TOPIC: FLU / PARKINSON'S DISEASE
12:00 PIZZA LUNCH (ORDER BY 11:00)
12:30 CARDS & ADULT COLORING



WEDNESDAY, OCTOBER 23

Lake Isle Closed

- 10:00 SEASONAL FELT SEWING CRAFT WITH MAUREEN
11:00 LOW IMPACT BALANCE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P. T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/22)
12:30 MEDICARE UPDATE WITH SHARON

FRIDAY, OCTOBER 25

- 10:00 YOGA FOR STRENGTH & BALANCE WITH PEGGY
11:00 CARDS
11:30 PIZZA LUNCH (ORDER BY 11:00)
12:00 CERAMIC PUMPKIN PAINTING WITH MAUREEN (SIGN UP REQUIRED BY 10/23)



WEDNESDAY, OCTOBER 30

- 10:00 CARDS, LRC
11:00 LITE EXERCISE WITH DOLORES, LAWRENCE HOSPITAL P.T.
12:00 HOT LUNCH AVAILABLE (RESERVATIONS REQUIRED BY 10/29)
Halloween Costume Party-Prizes, Snacks, Desserts & Candy (Signup required by 10/23)
Halloween Bingo-Win a prize



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)

THE COMMUNITY FUND