



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**)
- 12:30 **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**)
- 12:30 **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