



April 2018

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Blood Pressure Clinic 9-11</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Livingston Mall</p>	<p>4</p> <p>Knitting 10:30 -12:00</p> 	<p>5</p> <p>Caldwell College Nursing Students 9:00 - 1</p> <p>Chair Yoga with Joanne: 11:00 \$1</p>	<p>6</p> <p>Senior Center ~ 973-403-4637</p> <p>TIA CHI - 8 week session 11:15</p>
<p>9</p> <p>Senior Center ~ 973-403-4637</p>	<p>10</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Target</p>	<p>11</p> <p>Knitting 10:30 -12:00</p> <p>Limited bus service today</p> 	<p>12</p> <p>Caldwell College Nursing Students 9:00 - 1</p> <p>Limited Bus Service</p> <p>Sorry - No Chair Yoga</p>	<p>13</p> <p>Sorry no bus service today</p> <p>TIA CHI - 8 week session 11:15</p>
<p>16</p> <p>Limited Bus Service</p> 	<p>17</p> <p>Blood Pressure Clinic 9-11</p> <p>Fitness: 11:00 \$2</p> <p>Limited Bus Service</p> <p>SANDS TRIP 8:45 \$30</p>	<p>18</p> <p>Knitting 10:30 -12:00</p> <p>Limited Bus Service</p> 	<p>19</p> <p>Limited Bus Service</p> <p>Sorry - No Chair Yoga Today</p> <p>Trivia and lunch sponsored by Sunrise Assisted Living and Dignity Home Care</p>	<p>20</p> <p>Limited Bus Service</p> <p>TIA CHI - 8 week session 11:15</p>
<p>23</p> <p>Limited Bus Service</p> 	<p>24</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Target</p>	<p>25</p> <p>Knitting 10:30 -12:00</p> <p>No Bus Today</p> 	<p>26</p> <p>Caldwell College Nursing Students 9:00 - 1</p> <p>Chair Yoga with Joanne: 11:00 \$1</p> <p>Pizza and Bingo 12:00 \$3.00</p>	<p>27</p> <p>Senior Transportation - Betty - 973-226-5108</p> <p>TIA CHI - 8 week session 11:15</p>
<p>30</p> <p>Senior Transportation - Betty - 973-226-5108</p>				



April – 2018

Happy Passover and Easter to all!



Tax Time: There is still time to get your taxes filed. Tax Preparation will be available at the **United Way building** in Montclair, 60 So. Fullerton Avenue or **Montclair Public Library** 50 So Fullerton Avenue. This year, please call 211 to make your appointment. The program runs to April 18th. You **MUST** call for an appointment and there is no cost to the tax payer.

Senior Bus: Join us for daily bus service via our Caldwell, West Caldwell, Roseland Senior Bus. In April, Betty will be out on leave from the 11th through the 25th. We will have limited bus service from 10:00 to 1:00 each day. Therefore, we will only be going to Livingston Mall on the 3rd and Target on the 10th. Regular bus service will take place on the other Tuesdays of this month. Call 973-226-5108 between 8:15 and 8:45 a.m. the day you want to travel to reserve your place. Please note during the 11th through the 25th, we would appreciate if you would leave a message and we will get back to you as soon as possible. Thanks for your patience during this time. Please note there will be no bus service on the 13th and 25th.

Blood Pressure Clinics: Join us on April 3rd and 17th for a free Blood Pressure Clinic at the senior center. Please call 973-403-4623 to make an appointment today.

Fitness Class and Chair Yoga: Join us on Tuesdays at 11:00 a.m. for our fitness class for a cost of \$2 per class. Join us on Thursdays at 11:00 for chair yoga. The cost for this class is \$1. This is a great way to learn how to relax. There will be no Chair Yoga on the 12th and 19th.

SANDS: Join us on the 17th as we venture off to the SANDS CASINO. The bus will leave the Community Center at 8:45 and make a stop at Marion Manor for pick up at 9:00 a.m. The cost will be \$30 with a \$25 play/\$5 food voucher. Sign up today since seats are going quickly. You must pay in order to get a seat assignment. Please note that all payments are non-refundable.

Trivia and Games: On Thursday, April 19th at 12:00 noon, Sunrise Assisted Living in conjunction with Dignity Home Care will be providing sandwiches and trivia games. Please call to reserve your place for this free event. 973-403-4623.



Grover Cleveland Senior Center
1 Provost Square, Caldwell
973-403-4637

