



February 2019

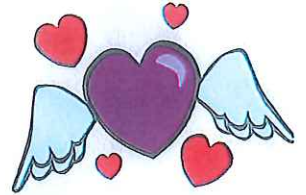
Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday																																																		
			<table border="1" style="margin: auto; border-collapse: collapse;"> <tr> <th colspan="7">Mar 2019</th> </tr> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> <tr> <td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td> </tr> <tr> <td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td> </tr> <tr> <td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td> </tr> <tr> <td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td> </tr> <tr> <td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td> </tr> </table>		Mar 2019							M	T	W	T	F	S	S					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>1</p> <p>Celebrate Heart Month at the Caldwell Community Center</p> 
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<p>4</p> <p>Sorry No Bus Today</p> 	<p>5</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Livingston Mall</i></p>	<p>6</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>7</p> <p>Blood Pressure ClinicCaldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Sorry No Bus Today</p>	<p>8</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>																																																		
<p>11</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>	<p>12</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Parsippany</i></p>	<p>13</p> <p><i>Knitting 10:30 -12:00</i></p>	<p>14</p> <p>Blood Pressure ClinicCaldwell College Nursing Students 9-1</p> <p><i>Free Lunch and Activity by Sunrise Assisted Living - Limited to 35 people - 12:00</i></p> <p><i>No Chair Yoga to day</i></p>	<p>15</p> 																																																		
<p>18</p> <p>Center Closed President's Day</p>	<p>19</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to K-Mart in West Orange</i></p>	<p>20</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>21</p> <p>Blood Pressure ClinicCaldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p>	<p>22</p> 																																																		
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If it is snowing or icy outside, please call before you make the trip to the center. I will leave a message on my answering machine regarding specific programs and if they are cancelled at 973-403-4623. We will close the senior center when the Caldwell/ West Caldwell Schools are closed or delayed.

It's that time of year again....to get your taxes filed. AARP will provide free **Tax preparation** at **United Way building** in Montclair, 60 South Fullerton Avenue or **Montclair Public Library** 50 So Fullerton Avenue. **CALL 211** to arrange an appointment. The program runs February 1st thru April 15th. You **MUST call for your free appointment.**

The **Caldwell, West Caldwell, Roseland Bus** is available daily for door to door service for anyone over the age of 60 who lives in Caldwell, West Caldwell or Roseland. Anyone who would like to go food shopping at Jacks, Stop and Shop or Shoprite or who would like to go to the Mall on Tuesday is welcome to use our bus service. Check out the front of the calendar for the Mall schedule. Call Betty between 8:15 – 8:45 a.m. on the day you would like to travel. Please note that there will be no bus on February 4th and 7th and we will be closed on February 18th for President's Day. Also, we ask that you are patient on snowy/icy days. We will delay sending out the bus or cancel service if we feel the roads are not safe. **Remember, this is for your safety.**

On February 14, 2019 Sunrise Assisted Living will be providing a **free lunch and water color painting activity** to our seniors. Please register with Maria since this program will be limited to the first 35 individuals who sign up. Please call 973-403-4623.

Join us for our **Fitness Class** on Tuesdays at 11:00 a.m. The cost for the class is \$2 and it is a great way to meet new friends while getting in shape.

Join us for our **Chair Yoga Class** on Thursdays at 11:00 a.m. The cost for this class is \$1 and a great way to learn to take a breather and relax.

Join us on Thursdays in February for a **FREE BLOOD PRESSURE SCREENING** from 9:00 – 1:00. Senior Nursing Students from Caldwell University will be on hand to provide this service. Just stop by, no appointment necessary.

Anyone interested in attending the daily **County Lunch in Cedar Grove** should call Jennifer at Chrill Care. Her telephone number is 973-744-8103.

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