



February 2012

Grover Cleveland Senior Center



		<p>1 Knitting Class 11:00 Lunch 12:00 \$2.00 Pork Chop</p>	<p>2 Bridge 12:30 <i>Fitness 11:30 \$2</i></p>	<p>3 Lunch 12:00 \$2.00 Hamburger</p>
<p>6 Health and Fitness Cafe 10:00 \$2.00 Chair Yoga Sorry NO Bus Today</p>	<p>7 Blood Pressure Screening 9:00 Bridge 12:30 <i>Fitness 11:30 \$2</i> <i>Livingston Mall</i></p>	<p>8 Knitting Class 11:00 Lunch 12:00 \$2.00 Curried Chicken</p>	<p>9 Bridge 12:30 <i>Fitness 11:30 \$2</i></p>	<p>10 Lunch 12:00 \$2.00 Pepper Steak</p>
<p>13 Health and Fitness Cafe 10:00 \$2.00 Chair Yoga <i>Willowbrook Mall</i></p>	<p>14 Blood Pressure Screening 9:00 Sorry NO Bridge Today Valentine's Day Luncheon \$3.50 12:00</p>	<p>15 Knitting Class 11:00 Lunch 12:00 \$2.00 Eggplant Rotini & Meatballs</p>	<p>16 Bridge 12:30 <i>Fitness 11:30 \$2</i></p>	<p>17 Lunch 12:00 \$2.00 Roasted Chicken</p>
<p>20 Center Closed for President's Day</p>	<p>21 Bridge 12:30 <i>Fitness 11:30 \$2</i> <i>Parsippany</i></p>	<p>22 Knitting Class 11:00 Lunch 12:00 \$2.00 Broccoli Stuffed Fish</p>	<p>23 <i>Fitness 11:30 \$2</i> Girl Scout Luncheon 12:00 \$3.50 Sorry NO Bridge Today</p>	<p>24 Lunch 12:00 \$2.00 Vegetable Lasagna</p>
<p>27 Health and Fitness Cafe 10:00 \$2.00 Chair Yoga</p>	<p>28 Bridge 12:30 <i>Fitness 11:30 \$2</i> <i>K~Mart</i></p>	<p>29 Knitting Class 11:00 Lunch 12:00 \$2.00 Chicken Marsala</p>		



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Don't forget to come to our Fitness Café for all to enjoy. Join us each Monday at 10:00 a.m. as we present brunch along with chair yoga. The price for the Fitness Café is \$2.00 and includes brunch, exercise and a take home box lunch. Please join us for this exciting program. Please note that there will be no brunch on February 20th due to President's Day.

Check out the front of the calendar for our weekly *lunch schedule*. This month we are featuring great meals for your enjoyment. Remember please make your reservation by 12:00 noon the day before you would like to eat. *If it is snowing or icy outside, please call before you make the trip to the center. We will close the senior center when the Caldwell/ West Caldwell Schools are closed.*

Join us on *Valentines Day* for a special luncheon. The cost for the lunch is \$3.50 and begins at 12:00 noon. Also, on February 23rd, the Girls Scouts will be sponsoring a lunch for our center. The cost is \$3.50 and also begins at noon. Please sign up for each of these events.

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 (973) 746-4235 or **Montclair Public Library** 50 So Fullerton Avenue (973) 744-0500. The program runs February 1st thru April 15th 2012. 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. Please note that we will be going to Willowbrook Mall on Monday, February 13th instead of Tuesday. This is in order for Betty to drive seniors to our Valentine's Luncheon. 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 6th and we will be closed on February 20th 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.*

Join us as we venture off to *Myrtle Beach* for a 7 day – 6 night trip from September 30th to October 6th. The cost for this exciting trip is \$619 per person double occupancy. Call for additional information now.

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