

Happy New Year!!



Welcome to 2012!!! We wish you all a very healthy and happy new year. Please let us know if we can help in any way throughout the year! You mean a great deal to us and we thank you for allowing us to serve you each day. Here's to a great new year!!!

Winter is here!! As you know, the roads around town are extremely hilly which makes it difficult for our bus to travel on icy and snowy days. Therefore, in case of snow or ice the Caldwell, West Caldwell, Roseland Bus will be forced to cancel services. When possible, we will delay bus service until 10:00 a.m. Remember, your safety is our first priority!! We ask that you please be patient. If you have any questions, please do not hesitate to contact Maria at 973-403-4623. Please note that there will be no bus on January 2nd, 5th and 16th.

Speaking of winter, in case of bad weather, the Grover Cleveland Senior Center will not be open. If you hear the school whistle in the morning and schools are closed, please do not venture outside – we will be closed. This is for your own safety.

Please join us on Tuesdays and Thursdays at 11:30 a.m. for our fitness class. The class is a great way to keep fit while having fun. The cost of each class is \$2.00 payable at the door. For more information, call the center at 973-403-4637.

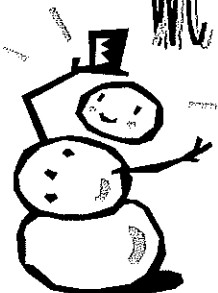
Join us for lunch every Wednesday and Friday. Check out the front of the calendar for lunch specials. As always, please call us to make a reservation for lunch the day before you would like to eat. Also, brunch is served every Monday followed by chair yoga. Please sign up for this fun event.

Join us on January 19th as we celebrate our Winter Festival Luncheon on January 19th at 12:00 noon. The cost is \$3.50 and is co-sponsored by the West Caldwell Stop and Stop Store.

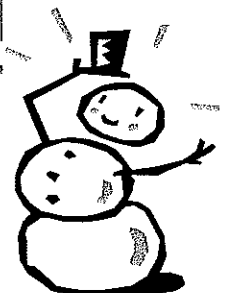
Need help paying your heating bill? Now is the time to apply for the Home Energy Assistance Program. This program pays a portion of your heating/oil bill in order to keep you warm in the winter. Please call 973-485-0796 for a HEAP application.

Join us for a Feel Good Friday when we discuss "Putting Your Best Foot Forward". This event will feature a Podiatrist from Mountainside Hospital at the Caldwell Public Library on Friday, January 20, 2011 at 10:30 a.m.

WE WISH YOU A HAPPY AND HEALTHY 2012!!!!



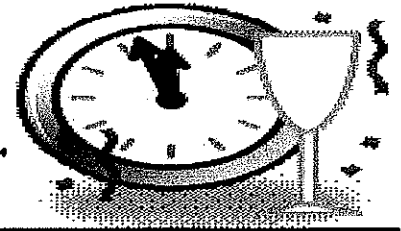
**Grover Cleveland Senior Center
1 Provost Square, Caldwell
973-403-4637**





January 2012

Grover Cleveland Senior Center



<p>2</p> <p>Center Closed Happy New Years 2012!</p>	<p>3</p> <p>Bridge 12:30 Fitness 11:30 \$2 <i>Livingston Mall</i></p>	<p>4</p> <p>Knitting Class 11:00 Lunch 12:00 \$2.00 Chicken Fricassee</p>	<p>5</p> <p>Bridge 12:30 Fitness 11:30 \$2 Sorry NO Bus Today</p>	<p>6</p> <p>Lunch 12:00 \$2.00 Italian Turkey Sausage</p>
<p>9</p> <p>Health and Fitness Cafe 10:00 \$2.00 Chair Yoga</p>	<p>10</p> <p>Blood Pressure Screening 9:00 Bridge 12:30 Fitness 11:30 \$2 <i>Willowbrook Mall</i></p>	<p>11</p> <p>Knitting Class 11:00 Lunch 12:00 \$2.00 Stuffed Cabbage</p>	<p>12</p> <p>Bridge 12:30 Fitness 11:30 \$2</p>	<p>13</p> <p>Lunch 12:00 \$2.00 Broccoli Stuffed Fish</p>
<p>16</p> <p>Center Closed for Martin Luther King's Day</p>	<p>17</p> <p>Blood Pressure Screening 9:00 Bridge 12:30 Fitness 11:30 \$2 <i>Parsippany</i></p>	<p>18</p> <p>Knitting Class 11:00 Lunch 12:00 \$2.00 Seafood Salad & Soup</p>	<p>19</p> <p>Sorry NO Fitness or Bridge Today Winter Festival Luncheon \$3.50 12:00</p>	<p>20</p> <p>Lunch 12:00 \$2.00 Pepper Steak</p>
<p>23</p> <p>Health and Fitness Cafe 10:00 \$2.00 Chair Yoga</p>	<p>24</p> <p>Bridge 12:30 Fitness 11:30 \$2 <i>K-Mart</i></p>	<p>25</p> <p>Knitting Class 11:00 Lunch 12:00 \$2.00 Roast Pork</p>	<p>26</p> <p>Bridge 12:30 Fitness 11:30 \$2</p>	<p>27</p> <p>Lunch 12:00 \$2.00 Orange Chicken</p>
<p>30</p> <p>Health and Fitness Cafe 10:00 \$2.00 Chair Yoga</p>	<p>31</p> <p>Bridge 12:30 Fitness 11:30 \$2 <i>Walmart</i></p>	<p>Happy New Year!</p>		