

September 2010

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
 <h2 style="font-size: 2em; margin: 0;">September</h2>		1 Employment Services 9:00-12:00 Lunch 12:00 \$1.75 Beef Pot Roast Sorry NO Bus Today	2 <i>Fitness 10:30 \$1</i>	3 Bridge 1:00 Lunch 12:00 \$1.75 Mild Western Turkey Chili
6 Center CLOSED for Labor Day	7 Blood Pressure Screening 9:00 Bridge 12:30 <i>Fitness 10:30 \$1</i> <i>Livingston Mall</i>	8 Employment Services 9:00-12:00 Lunch 12:00 \$1.75 Lemon Chicken	9 <i>Fitness 10:30 \$1</i>	10 Bridge 1:00 Lunch 12:00 \$1.75 Filet of Fish in Lemon Sauce
13 Social Worker Wendy Sabin on Site	14 Bridge 12:30 <i>Fitness 10:30 \$1</i> <i>Willowbrook Mall</i>	15 Employment Services 9:00-12:00 Lunch 12:00 \$1.75 Stuffed Cabbage	16 <i>NO Fitness today</i> Senior Safety Seminar 9:30 - 12:00	17 Bridge 1:00 Lunch 12:00 \$1.75 Pork Chop
20 Health and Fitness Cafe 10:00 \$1.75 Social Worker Wendy Sabin on Site	21 Blood Pressure Screening 9:00 Bridge 12:30 Essex Co. Senior Wellness Day <i>Fitness 10:30 \$1</i>	22 Employment Services 9:00-12:00 Lunch 12:00 \$1.75 Vegetable Lasagna	23 <i>Fitness 10:30 \$1</i> Lunch 12:00 \$3.50 "End of Summer" BBQ	24 Bridge 1:00 Lunch 12:00 \$1.75 Orange Chicken
27 Health and Fitness Cafe 10:00 \$1.75 Social Worker Wendy Sabin on Site Trip to Pocono Downs Mohegan Sun Casino \$25	28 Bridge 12:30 <i>Fitness 10:30 \$1</i> <i>Parsippany</i>	29 Employment Services 9:00-12:00 Lunch 12:00 \$1.75 Sliced Roasted Pork w/ Gravy	30 <i>Fitness 10:30 \$1</i>	

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Senior Safety Seminar: On Thursday, September 16th at 9:30 a.m. we will join forces with the Caldwell Police Department to present information on Senior Safety. Chief Kurt Dombrowski and his team will provide valuable information on Senior Scams, Identity Theft and Personal Safety. There are many ways to learn how to be protected. Don't miss this opportunity to learn first hand on how to feel empowered about your own personal safety! Please register at 973-403-4637. A free continental breakfast will be served.

Mohegan Sun: Join us on Monday, September 27 as we try something new and go to Mohegan Sun in Wikes-Barres, PA. Enjoy a beautiful two hour bus ride enjoying the fall foliage and receive a \$30 slot bonus and \$10 food credit. You must present GOVERNMENT ID in order to receive your reward. In addition anyone with a Total Rewards Card will be eligible to receive an additional reward from the casino. The cost will be \$25 per person and we will leave 8:30 a.m. sharp!!! Come join us on this adventure. Please note that if you do not have a Government Issued ID, the Senior Bus will be going to Motor Vehicles on Tuesday, September 14th.

Showboat: Join us on Monday, October 18th as we venture off to the Showboat in Atlantic City. Seats are going fast, so please make your reservation as soon as possible. The cost of the trip is \$25 with a return of \$30 via slot credit. Remember, we leave at 8:30 a.m. sharp!!!

Senior Bus: The senior bus travels each day, Monday through Friday, to Jack's and Shoprite. As always, each Tuesday we will be going to the Mall. On Tuesday, September 7th we will go to Livingston Mall; on September 14th we will be going to Willowbrook Mall and Division of Motor Vehicles, on September 21st we will be going to Senior Wellness Day in West Orange and on September 28th we will be going to Parsippany. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108. There will be no bus on September 1st.

End of Summer BBQ: Join us for our "End of the summer" BBQ on September 23rd at 12:00 p.m. for the cost of \$3.50. This BBQ will consist of hamburgers / hotdogs, potato and pasta salad and a wonderful dessert. Call 973-403-4637 for reservations.

Fitness: Our fitness program continues throughout the fall on Tuesdays and Thursdays at 10:30 am for the cost of \$1.00 a class. As of 9-07-10, all of our classes will be in the gym. Please note that there will be no fitness on September 16th due to our Senior Safety Seminar.

Lunch: Join us on Wednesday and Friday for a complete lunch sponsored by the Suburban Essex Nutrition Program and the Essex County Division on Aging. The cost remains \$1.75. We will begin our Fitness Café on September 20th and continue on Monday's with brunch.

Health Clinics: Join us the first and third Tuesday of the month for our blood pressure clinic. Please call for an appointment.



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

