




April 2019

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Livingston Mall</i></p>	<p>3</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>4</p> <p>Blood Pressure Clinic Caldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p>	<p>5</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>
<p>8</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>	<p>9</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Parsippany</i></p>	<p>10</p> <p>Caldwell/ West Caldwell Club at Franco's Pizzeria, West Caldwell \$10</p> <p><i>Knitting 10:30 -12:00</i></p>	<p>11</p> <p>Blood Pressure Clinic Caldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p>	<p>12</p> <p>New Alzheimer Caregivers Support Group 10-11 IN SENIOR LOUNGE</p>
<p>15</p> 	<p>16</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>No Bus today</i></p>	<p>17</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>18</p> <p><i>No Blood Pressure today</i></p> <p><i>No Chair Yoga today</i></p> <p>Pizza and Bingo 12:00 \$4</p>	<p>19</p> <p>Center Closed Good Friday</p> <p>Happy Easter!</p> <p>Happy Passover!</p>
<p>22</p> 	<p>23</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Wal-Mart</i></p>	<p>24</p> <p><i>Knitting 10:30 -12:00</i></p>	<p>25</p> <p>Blood Pressure Clinic Caldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p>	<p>26</p> <p>TIA CHI - Free Class Today 11:15 a.m.</p>
<p>29</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>	<p>30</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to K-Mart</i></p>			



April – 2019

Happy Passover and Easter to all!



May Day Party: Join us on the 2nd of May for Spring Fling May Day Party. Celebrate Spring with a fun afternoon filled with music and fun surprises. The cost of this event will be \$8 and includes a full lunch and a wonderful dessert. The main course will be Chicken Francese. Please call today to reserve your place at 973-403-4623.

NEW PROGRAM – Alzheimer’s Support Group – Join us for our first meeting of our new Alzheimer’s Caregiver’s Support Group on April 12th from 10-11 in the Senior Lounge. This program is open to all caregivers. Please feel free to bring your loved one, who will have their own activities while you are meeting. This groups is co-sponsored by Unity Home Care and the Alzheimer’s Association. Call for more information at 973-403-4623.

Join us on April 18th for **Pizza and BINGO**. The cost of this fun afternoon is \$4. Please call to put your name on the reservation list. 973-403-4623.

NEW PROGRAM – Tia Chi: Join us on April 26th at 11:15 a.m. for a Free Tia Chi Class. Come try it out and see if you would be interested in taking a six week class. Classes for the six week program will start May 3rd with the cost of \$35 for all six classes. Please sign up today for both the free class and the six week program with Maria by calling 973-403-4623. We need at least 8 people in order to hold the six week program.

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 15th. 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. During April we will be going to Livingston Mall on the 2nd; Parsippany on the 9th, Wal-Mart on the 23rd and K-Mart on the 30th. Call 973-226-5108 between 8:15 and 8:45 a.m. the day you want to travel to reserve your place. Please note there will be no bus service on the 16th and 19th.

Blood Pressure Clinics: Join us on Thursday, April 4th, 11th and 25th for a free Blood Pressure Clinic at the senior center. Please note that there will be no Clinic on the 18th.

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 18th of April.



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

