











# May 2019

## Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Knitting 10:30 -12:00	<b>2</b> <b>Spring Fling</b> <b>Party Doors</b> <b>Open 11:15</b> <b>Cost \$8.00</b> 	<b>3</b>  <b>Happy</b> <b>Birthday Betty</b>  TIA CHI - 11:15 a.m. \$30/5 classes
<b>6</b> <b>Senior</b> <b>Transportation</b> <b>- Betty's</b> <b>Telephone</b> <b>number -</b> <b>973-226-5108</b>	<b>7</b> Fitness: 11:00 \$2 Senior Bus is going to Livingston Mall	<b>8</b> Caldwell/ West Caldwell Club at the West Caldwell Library 12:00 noon  Knitting 10:30 -12:00	<b>9</b> Chair Yoga with Joanne: 11:00 \$1	<b>10</b> Senior Bus is going to TIA CHI - 11:15 a.m. \$30/5 classes
<b>13</b> <b>HAPPY</b> <b>Mother's</b> <b>DAY</b> 	<b>14</b> Fitness: 11:00 \$2  Senior Bus is going to Parsippany	<b>15</b> Knitting 10:30 -12:00  	<b>16</b> Chair Yoga with Joanne: 11:00 \$1  <b>Free Lunch and</b> <b>Learn sponsored</b> <b>by Alzheimers</b> <b>Association and</b> <b>Unity Health Care</b>	<b>17</b> TIA CHI - 11:15 a.m. \$30/5
<b>20</b> <b>Senior</b> <b>Center's</b> <b>Telephone</b> <b>number ~</b> <b>973-403-4637</b>	<b>21</b> Fitness: 11:00 \$2  Senior Bus is going to K-Mart	<b>22</b> Knitting 10:30 -12:00  	<b>23</b> No Chair Yoga today!  Pizza and Bingo 12:00 \$4	<b>24</b> <b>Summer Hours:</b> <b>Senior Center Closes</b> <b>at 1:00 p.m. today</b>  TIA CHI - 11:15 a.m. \$30/5
<b>27</b> Center Closed  	<b>28</b> Fitness: 11:00 \$2  Senior Bus is going to Willowbrook	<b>29</b> Knitting 10:30 -12:00	<b>30</b> Chair Yoga with Joanne: 11:00 \$1  	<b>31</b> <b>Summer Hours:</b> <b>Senior Center Closes</b> <b>at 1:00 p.m. today</b>  TIA CHI - 11:15 a.m. \$30/5





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**SENIOR BUS / MEMORIAL DAY PARADE:** Join us for daily bus service via our Caldwell, West Caldwell, Roseland Senior Bus. During May we will be going to Livingston Mall on the 7<sup>th</sup>; Parsippany on the 14<sup>th</sup>, K-Mart on the 21<sup>st</sup> and Willowbrook on the 28<sup>th</sup>. 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 Monday, May 27<sup>th</sup> due to Memorial Day; however, you can ride the bus in the parade. Anyone wishing to ride in the Parade, should call and leave a message by May 24<sup>th</sup>.

**MAY DAY PARTY:** Join us on the **2<sup>nd</sup> 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.

**MUNCH AND LEARN** – Join us on May 16<sup>th</sup> at 12:00 noon for a free lunch and educational program on Memory Loss and Caregiver's Support. This program is open to all caregivers and/ or individuals who are interested in learning about Memory Loss. This lunch is co-sponsored by Unity Home Care and the Alzheimer's Association. Call for more information at 973-403-4623.

**KNITTING:** Join us on Wednesdays at 10:30 for our knitting group. This group is a fun way to meet new people and have fun.

**PIZZA & BINGO:** Join us for Pizza and Bingo on May 23<sup>rd</sup> at 12:00 noon. The cost will be \$4. Please call 973-403-4637 to reserve your place for these events.

**FITNESS:** Join us on Tuesdays at 11:00 a.m. for our fitness program. The cost for the class is \$2. There is no limit to this class so bring your friends. On Thursdays at 11:00 a.m. we will continue with our Chair Yoga. The cost for this class is \$1. There is no Chair Yoga on May 23<sup>rd</sup>.

**TIA CHI:** Join us for a five week session of Tia Chi on Fridays at 11:15 a.m. The cost will be \$30 for all 5 sessions. Please call 973-403-4637 to reserve your place for this program.

**Grover Cleveland Senior Center**  
**1 Provost Square, Caldwell, NJ 07006**  
**973-403-4637**



**Happy Mother's Day!!!**