



December 2018

Grover Cleveland Senior Center



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| <p>3</p>  <p>HAPPY HANUKKAH</p> | <p>4</p> <p>Blood Pressure Clinic 9-11</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Livingston Mall</p> | <p>5</p> <p>Knitting 10:30 -12:00</p>  | <p>6</p> <p>No Chair Yoga Today</p> | <p>7</p> <p>Happy Holidays</p> |
| <p>10</p> <p>Sorry No Bus Today</p>  | <p>11</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Parsippany</p> | <p>12</p> <p>Knitting 10:30 -12:00</p>  | <p>13</p> <p>Holiday Party - Doors open at 11:15 \$8</p> <p>No Chair Yoga Today</p> | <p>14</p> <p>Sorry Limited Bus Service Today</p> |
| <p>17</p> <p>Sorry No Bus Today</p> | <p>18</p> <p>Fitness: 11:00 \$2</p> <p>Say "Good-bye" to Annamae & Katie 9-11</p> <p>Senior Bus is going to K-Mart</p> | <p>19</p> <p>Knitting 10:30 -12:00</p> <p>Sorry Limited Bus Service Today</p>  | <p>20</p> <p>No Chair Yoga Today</p> | <p>21</p> <p>Merry Christmas</p>  |
| <p>24</p> <p>Center Closed Merry Christmas</p> | <p>25</p> <p>Center Closed Merry Christmas</p> | <p>26</p> <p>Sorry No Bus Today</p> <p>Sorry No Knitting Today</p> | <p>27</p> <p>No Chair Yoga Today</p> | <p>28</p> <p>Sorry No Bus Today</p> |
| <p>31</p> <p>Happy New Year!</p> |  | | | |



Happy Holidays from our Families to Yours....

It is with a heavy heart that we announce that after 30 years of working for the Caldwell Health Department and the Borough of Caldwell, our Nurses, Annamae Curran and Katie Shaw will be retiring at the end of the year. We will be hosting a "Good-bye" open house with light refreshments on Tuesday, December 18th from 9:00 – 11:00 a.m. Please stop by and say good-bye to both of the nurses. They certainly will be missed!

Join us for our **Holiday Party on Thursday, December 13th**. Doors open at 11:15 and the party starts at 11:30 a.m. There will be music, dancing and many holiday surprises. The cost for this event is \$8 and we will be servicing Chicken Francoise, Roasted Potatoes and Vegetables as well as a wonderful dessert. This event is co-sponsored by Abor Glen in Roseland. Please call to make your reservation today.

Please feel free to use the **senior bus** for trips to the supermarket and mall during this holiday season. Make holiday shopping easy by letting Betty drive you to the Mall. Tuesday, December 4th, we will be going to the Livingston Mall; on December 11th we will be going to Parsippany and December 18th we will be going to K-mart. Please note that we will not have service on December 10th, 17th, 24th, 25th and 26th and we will have limited service on December 14th and 19th. Call Betty the morning you would like to ride by 8:45 am at 226-5108.

Sorry we will not have **Chair Yoga** during the month of December. We will hold Senior Fitness every Tuesday at 11:00 a.m. The cost is \$2. Please join us.

Please join us for a **Free Blood Pressure check** on Tuesday, December 4th 9:00 a.m. to 10:30 a.m. in the Activities Room of the Senior Center. Please call 973-403-4623 for an appointment today.

Join us on Wednesdays at 10:30 for our **Knitting** club. Free to come and fun to join!!

Please remember if the Caldwell / West Caldwell School System is closed then the Senior Center will also be closed. Also please note, on snowy and icy days, the senior bus will be delayed.

The Grover Cleveland Senior Center * 973-403-4637

We wish you a Joyful Holiday Season!!