



# June 2017

## Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>Chair Yoga with Joanne: 11:00 \$1</i> 	2 TIA CHI - six week session for \$40 
5 <b>Senior Center</b> ~ <b>973-403-4637</b> 	6 <b>Blood Pressure Clinic 9-11</b> <i>Bus to Livingston Mall</i> <i>Fitness: 11:00 \$2</i> 	7 <b>Healthy Bones - Health Education and Fitness Program 9:00 - 10:15</b> <i>Knitting 10:30 -12:00</i>	8 <i>Chair Yoga with Joanne: 11:00 \$1</i>  <b>Pizza and Bingo 12:00 \$3.00</b>	9  TIA CHI - six week session for \$40
12 <b>Senior Transportation - Betty - 973-226-5108</b> 	13 <i>Bus to Parsippany</i> <i>Fitness: 11:00 \$2</i> 	14 <i>Flag Day</i> <b>Healthy Bones - Health Education and Fitness Program 9:00 - 10:15</b> <i>Knitting 10:30 -12:00</i>	15 <i>Chair Yoga with Joanne: 11:00 \$1</i>  	16  TIA CHI - six week session for \$40
19 <b>Summer Fun</b> 	20 <b>Blood Pressure Clinic 9-11</b> <i>Bus to Target</i> <i>Fitness: 11:00 \$2</i> 	21 <b>Healthy Bones - Health Education and Fitness Program 9:00 - 10:15</b> <i>Knitting 10:30 -12:00</i>	22 <i>Chair Yoga with Joanne: 11:00 \$1</i>  <b>Pizza and Bingo 12:00 \$3.00</b>	23  TIA CHI - six week session for \$40
26 <b>Camp Starts - Starting July we will be in the Firehouse for our programs</b>	27 <i>Bus to K-Mart</i> <b>Sorry No Fitness Today!!</b> 	28 <b>Sorry No Knitting or Healthy Bones Today!!</b>	29 <b>Sorry No Chair Yoga Today!!</b> 	30 <b>Moving to Upper Level Firehouse</b>



# JUNE 2017

**Senior Bus:** The senior bus travels each day, Monday through Friday, to Jack's, Shoprite and Stop and Shop. On Tuesday, June 6th we will go to Livingston Mall; on June 13<sup>th</sup> we will be going to Parsippany, June 20<sup>st</sup> we are going to Target and on June 27<sup>th</sup> we are going to K-Mart. Make your reservation by calling Betty between 8:15 and 8:45 at 973-226-5108.

**Fitness:** Please join us on Tuesdays at 11:00 for our Senior Fitness Class. The cost is \$2.00 a class. This is a great way to stay in shape for the summer!!! Please note there is no class on June 27<sup>th</sup>.

**Chair Yoga:** Please join us on Thursdays at 11:00 for our Chair Yoga with Joann Class. The cost is \$1.00 and takes place in the gym. Please note there is no class on June 29<sup>th</sup>!!

**Wednesday is Pool Day:** Each Wednesday starting in July, older residents from Caldwell and West Caldwell can swim at the Westville Pool or Cedar Street Pool for free. In addition, the Recreation Department will be sponsoring a Senior BBQ / Pool Party on June 14<sup>th</sup> from 11:30 to 3:00 at the Westville Pool. Please call the Recreation Department for more information at 973-226-3621.

**Blood Pressure:** Please join us on June 6<sup>th</sup> and 20<sup>th</sup> for a **FREE** Blood Pressure Screening. Screenings are available by appointment from 9:00 – 10:30. Call 973-403-4637 for an appointment.

**Knitting Class:** Join us on Wednesdays from 10:30 -12:00 for a group knitting class. This is a great way to learn new patterns while meeting new friends. Please note there is no knitting class on June 28<sup>th</sup>.

**On the Move:** The Senior Center is on the move again for the summer. As of July, we will be holding all of our programs in the Upper Level Firehouse. Check with Maria for details.



**Grover Cleveland Senior Center**  
**973-403-4637**