

March 2019

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>
<p>4</p> 	<p>5</p> <p><i>Fitness: 11:00</i> \$2</p> <p><i>Senior Bus regular shopping today</i></p>	<p>6</p> <p><i>Knitting 10:30 -12:00</i></p> <p><i>Senior Bus is going to Livingston Mall</i></p>	<p>7</p> <p>Blood Pressure ClinicCaldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Sorry No Bus Today</p>	<p>8</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>
<p>11</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>	<p>12</p> <p><i>Fitness: 11:00</i> \$2</p> <p><i>Senior Bus going to Parsippany</i></p>	<p>13</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>14</p> <p>No Chair Yoga today</p>	<p>15</p> <p>New Alzheimer Caregivers Support Group 10-11 IN SENIOR LOUNGE</p>
<p>18</p> 	<p>19</p> <p><i>Fitness: 11:00</i> \$2</p> <p><i>Senior Bus going to K-Mark in West Orange</i></p>	<p>20</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>21</p> <p>Blood Pressure ClinicCaldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p>	<p>22</p> 
<p>25</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>	<p>26</p> <p><i>Fitness: 11:00</i> \$2</p> <p><i>Senior Bus going to Willowbrook</i></p>	<p>27</p> <p><i>Knitting 10:30 -12:00</i></p> <p>SANDS CASINO TRIP \$30 LEAVES AT 9:00 A.M.</p> <p>Sorry No Bus Today</p>	<p>28</p> <p>Blood Pressure ClinicCaldwell College Nursing Students 9-1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Pizza and Bingo 12:00 \$4</p>	<p>29</p> 



March, 2019



Happy Spring to everyone!!!! Remember to Spring Ahead your clocks on Sunday morning March 10th when Daylight Savings Time begins. Here's to enjoying a sunny spring!!!

It's that time of year again....to get your taxes filed. **AARP provides free tax preparation** to seniors. This Free Tax Prep is being offered at the **United Way building** in Montclair, 60 So. Fullerton Avenue. Please note that you **MUST** call for an appointment for this free service. Please call 211 or 877-652-1148 ext. 27.

The **Caldwell, West Caldwell, Roseland Bus** travels daily to take our seniors shopping to Jack's, Stop and Shop and ShopRite. As always, on Tuesdays in March we will be going to the Mall except the first Tuesday, March 5th where we will be going grocery shopping. Then on Wednesday, March 6th we will be going to Livingston Mall. On Tuesday, March 12th we will be going to Parsippany; on Tuesday, March 19th we will be going to K-Mart in West Orange, on March 26th we will go to Willowbrook Mall. Please join us each day by calling the morning you want to ride between 8:15 – 8:45 a.m. We will make every attempt to go out each day; however, if the roads are snowy or icy, we will delay or not go out. Again, this is for your safety.

Please join us on Tuesdays for our **fitness program** at 11:00 a.m. The cost for this program is \$2 per class. Stop by ... have some fun and get fit.

Please join us on Thursdays for our **Chair Yoga** at 11:00 a.m. in the gym. The cost of each class is \$1. This is a wonderful way to keep fit and relaxed. There will be no Chair Yoga on March 14th.

Join us on Thursday, March 7th, 21st and 28th for a free **Blood Pressure Clinic** at the Senior Center sponsored by the Caldwell Health Department and Caldwell University. Blood Pressure is available from 9:00 – 1:00 p.m.

NEW PROGRAM – Alzheimer's Support Group – Join us for our first meeting of our new Alzheimer's Caregiver's Support Group starting March 15th from 10-11 in the Senior Lounge. This group is co-sponsored by Unity Home Care and the Alzheimer's Association. Call for more information at 973-403-4623.

Join us on March 28th 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.

Join us as we venture off to the **SANDS** Casino and Resort on Wednesday, March 27th. The bus will leave the Caldwell Community Center at 9:00 and Marion Manor at 9:15. The cost for the trip is \$30 and you receive \$25 in slot credits. Seats on the bus will be assigned when payment is received. Please make checks payable to the Grover Cleveland Senior Center.



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

