


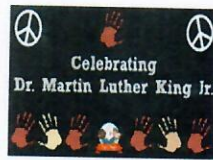







January 2018

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
1 Center Closed 	2 Blood Pressure Clinic 9-11 <i>Bus to Livingston Mall</i> No Fitness Today	3 <i>Knitting 10:30 -12:00</i>	4 <i>Chair Yoga with Joanne: 11:00 \$1</i>	5 Senior Center ~ 973-403-4637 
8 	9 <i>Bus to West Orange</i> Fitness: 11:00 \$2	10 <i>Knitting 10:30 -12:00</i>	11 No Chair Yoga Today Pizza and Bingo 12:00 \$3.00	12 Senior Transportation - Betty - 973-226-5108
15 Center Closed 	16 Blood Pressure Clinic 9-11 <i>Bus to Willowbrook Mall</i> Fitness: 11:00 \$2	17 <i>Knitting 10:30 -12:00</i>	18 <i>Chair Yoga with Joanne: 11:00 \$1</i>	19 
22 	23 <i>Bus to Target</i> Fitness: 11:00 \$2	24 <i>Knitting 10:30 -12:00</i>	25 <i>Chair Yoga with Joanne: 11:00 \$1</i> Pizza and Bingo 12:00 \$3.00	26 Senior Center ~ 973-403-4637
29 Senior Transportation - Betty - 973-226-5108	30 <i>Bus to Parsippany</i> Fitness: 11:00 \$2	31 <i>Knitting 10:30 -12:00</i>		

Happy New Year!!



Welcome to 2018!!! We wish you all a very healthy and happy New Year. Please let us know if we can help in any way throughout the year! You mean a great deal to us and we thank you for allowing us to serve you each day. Here's to a great new year!!!

Mardi Gras - New Event – Join us as we celebrate 2018 with our very own Mardi Gras Party on Fat Tuesday – February 13, 2018. Get ready to dance the afternoon away and enjoy a delicious lunch and dessert. The cost for this event is \$8. Doors open at 11:15. Please call today for your reservations!!

Winter is here!! As you know, the roads around town are extremely hilly which makes it difficult for our bus to travel on icy and snowy days. Therefore, in case of snow or ice the Caldwell, West Caldwell, Roseland Bus will be forced to cancel services. When possible, we will delay bus service until 10:00 a.m. Remember, your safety is our first priority!! We ask that you please be patient. If you have any questions, please do not hesitate to contact Maria at 973-403-4623. Please note that there will be no bus on January 1st and 15th.

Speaking of winter, in case of bad weather, the Grover Cleveland Senior Center will not be open. If schools are closed, please do not venture outside – we will be closed for lunch and all activities. This is for your own safety.

Please join us on Tuesdays for our **fitness class** at 11:00 a.m. The class is a great way to keep fit while having fun. The cost of each class is \$2.00 payable at the door. For more information, call the center at 973-403-4637. Please note that if the roads are bad and the schools are closed, there will not be fitness class. There is no class on January 2nd.

Please join us on Thursdays for our **Chair Yoga** class at 11:00 a.m. This class is a great way to maintain flexibility. The cost of the class is \$1 payable at the door. For more information, call the center at 973-403-4637. Please note that if the roads are bad and the schools are closed, there will not be a class. There is no class on January 11th

Need help paying your heating bill? Now is the time to apply for the **Home Energy Assistance Program**. This program pays a portion of your heating/oil bill in order to keep you warm in the winter. Please call 973-485-0796 for a HEAP application.

Join us on January 2nd and 16th for a **Free Blood Pressure Clinic**. Call 973-403-4623 to make your appointment today.



WE WISH YOU A HAPPY AND HEALTHY 2018!!!!

**Grover Cleveland Senior Center
1 Provost Square ** 973-403-4637**

