



January 2017

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Closed</p> 	<p>3</p> <p>Blood Pressure Clinic 9-11</p> <p>Bus to Local Shopping</p> <p>Sorry No Fitness Today!!</p>	<p>4</p> <p>Knitting 10:30 -12:00</p> 	<p>5</p> <p>Celebrate 2017 - New Year's Party 11:15 \$8</p> <p>Sorry No Chair Yoga Today</p>	<p>6</p> 
<p>9</p> 	<p>10</p> <p>Bus to Willowbrook Mall</p> <p>Sorry No Fitness Today!!</p>	<p>11</p> <p>Knitting 10:30 -12:00</p> 	<p>12</p> <p>Chair Yoga with Joanne: 11:00 \$1</p>	<p>13</p> <p>Senior Center - 973-403-4637</p>
<p>16</p> <p>Closed</p> 	<p>17</p> <p>Blood Pressure Clinic 9-11</p> <p>Bus to Parsippany</p> <p>Fitness: 11:00 \$2</p>	<p>18</p> <p>Knitting 10:30 -12:00</p> 	<p>19</p> <p>Chair Yoga with Joanne: 11:00 \$1</p> <p>Pizza and Bingo 12:00 \$2:00</p>	<p>20</p> <p>Senior Transportation - Betty - 973-226-5108</p>
<p>23</p> <p>Health and Meditation with Mya 11:00 Coffee/snacks</p>	<p>24</p> <p>Bus to Target</p> <p>Fitness: 11:00 \$2</p>	<p>25</p> <p>Knitting 10:30 -12:00</p> 	<p>26</p> <p>Chair Yoga with Joanne: 11:00 \$1</p>	<p>27</p> 
<p>30</p> 	<p>31</p> <p>Bus to K-Mart</p> <p>Fitness: 11:00 \$2</p>			

Happy New Year!!



Welcome to 2017!!! 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!!!

New Year - New Event – Join us as we celebrate 2017 with our very own New Year's Party. We will toast the New Year at 12:00 p.m. on January 5, 2016. Get ready to dance the afternoon away and enjoy a delicious lunch and dessert. The cost for this event is \$8. 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 2nd and 16th.

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

Mondays with Maya is back for January 23rd at 11:00 a.m. Join Mya as she helps us find mindfulness and relaxation. Coffee and snacks will be provided.

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 3rd.

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 5th

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.

WE WISH YOU A HAPPY AND HEALTHY 2017!!!!

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

