


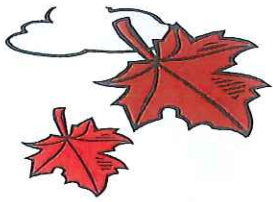


October 2018

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Blood Pressure Clinic 9-11</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Livingston Mall</i></p>	<p>3</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>4</p> <p>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</p> <p><i>No Chair Yoga Today</i></p>	<p>5</p> 
<p>8</p> <p>COLUMBUS DAY CENTER CLOSED</p>	<p>9</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Target</i></p>	<p>10</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>11</p> <p><i>No Chair Yoga Today</i></p> <p>Pizza and Bingo 12:00 \$4</p>	<p>12</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>
<p>15</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>	<p>16</p> <p>Blood Pressure Clinic 9-11</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to K-Mart</i></p>	<p>17</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>18</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</p>	<p>19</p> 
<p>22</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>	<p>23</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Wal-Mart</i></p>	<p>24</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>25</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Pizza and Bingo 12:00 \$4</p>	<p>26</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>
<p>29</p> 	<p>30</p> <p><i>Fitness: 11:00 \$2</i></p> <p>SANDS CASINO TRIP \$30 LEAVES AT 9:00 A.M.</p>	<p>31</p> <p><i>Knitting 10:30 -12:00</i></p> 		



October, 2018

Welcome to Fall!!! As the leaves and the weather change, don't forget to protect yourself against the upcoming flu season. The Caldwell Health Department will be offering their annual **Flu Clinic with the dates to be announced and details to follow**. Please call the Health Department for information regarding this clinic after October 15th. Thank you.

Pizza and Bingo - Join us as we host Pizza and Bingo on October 11th and 25th. For the cost of \$4 you will receive a drink, slice, dessert, and one bingo board. Call Maria to reserve your place at 973-403-4623.

Our **senior bus** is ready to take you out each day to Jack's, Shoprite, Stop and Shop and/or Walgreens. As always, each Tuesday we will be going to the Mall. On October 2th we are going to Livingston Mall; on the 19th we are going to Target; on the 16th we will be going to K-Mart in West Orange and on the 23rd we will be going to Wal-Mart. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108. Please note that there will be not bus on October 5th and 30th.

Fitness takes place on Tuesdays 11:00 for the cost of \$2. We are now in the gym so there is plenty of room for new participants. Come out, get fit and have some fun.

Chair Yoga: Join us on Thursdays at 11:00 for our Chair Yoga class sponsored by the Caldwell Community Center. The cost is \$1 in the gym.

Sands Casino: On Tuesday, October 30th we will be going to the Sands Casino in Bethlehem PA. The cost will be \$30 and you will receive \$20 and a \$5 food voucher from the casino. If you are interested in attending, please reserve your place by calling 973-403-4623. Seats will be assigned when payment is received.

Knitting Class: Please join us on Wednesdays at 10:30 a.m. when we hold a free knitting class for anyone interested. This is a fun way to meet new friends.

Blood Pressure: Join us on October 2nd and 16th for a free Blood Pressure Screening and assessment. This clinic takes place from 9:00 – 11:00 in the Activities Room of the Senior Center.



Grover Cleveland Senior Center
1 Provost Square, Caldwell
973-403-4637.

