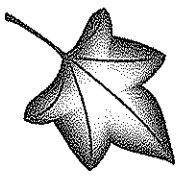




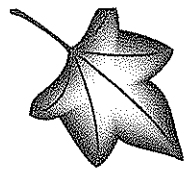
# Grover Cleveland Senior Center October 2009



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>  Lunch: 12:00 \$1.75 Chicken Fricassee	<b>2</b>  Bridge 1:00 Lunch: 12:00 \$1.75 Beef Pot Roast
<b>5</b>  Health & Fitness Cafe 10:00 \$1.75 Brunch & Line Dancing  Social Worker Karen Brand on site	<b>6</b>  Blood Pressure Screening 9:00  Bridge 12:30 Fitness 10:30 \$1  <i>Livingston Mall</i>	<b>7</b>  Employment Services 9 - 12  Flu Shot Clinic 1:00 - 2:30  Lunch: 12:00 \$1.75 Orange Chicken	<b>8</b>  1:00 Bingo  Fitness 10:30 \$1 Lunch: 12:00 \$1.75 Crab Cake	<b>9</b>  Bridge 1:00 Lunch: 12:00 \$1.75 Stuffed Cabbage
<b>12</b>  <b>AC Trip 8:30am</b> <b>\$25 Taj Mahal</b>  <i>Center Closed: for Columbus Day!</i>	<b>13</b>  Bridge 12:30 Fitness 10:30 \$1 Lunch: 12:00 \$1.75 Eggplant Rotini  <i>Willowbrook Mall</i>	<b>14</b>  Employment Services 9 - 12  Lunch: 12:00 \$1.75 Italian Turkey Sausage	<b>15</b>  1:00 Bingo  Fitness 10:30 \$1 Lunch: 12:00 \$1.75 Roasted Pork	<b>16</b>  Bridge 1:00 Lunch: 12:00 \$1.75 Turkey Pot Roast
<b>19</b>  Health & Fitness Cafe 10:00 \$1.75 Brunch & Line Dancing  Social Worker Karen Brand on site	<b>20</b>  Blood Pressure Screening 9:30  Blood Screening 8:30 - 9:30  Bridge 12:30 Fitness 10:30 \$1  <i>K-Mart</i>	<b>21</b>  Employment Services 9 - 12  Lunch: 12:00 \$1.75 Eggplant Rotini	<b>22</b>  <b>\$3.50 special Lunch 12:00</b> <b>Baked Ham</b> 1:00 Bingo Fitness 10:30 \$1	<b>23</b>  Bridge 1:00 Lunch: 12:00 \$1.75 Breaded Tilapia  <b>NO BUS TODAY</b>
<b>26</b>  Health & Fitness Cafe 10:00 \$1.75 Brunch & Senior Stretch  Social Worker Karen Brand on site	<b>27</b>  Bridge 12:30 Fitness 10:30 \$1  <i>Walmart</i>	<b>28</b>  Employment Services 9 - 12  Lunch: 12:00 \$1.75 Pork Chop	<b>29</b>  1:00 Bingo  Fitness 10:30 \$1 Lunch: 12:00 \$1.75 Stuffed Peppers	<b>30</b>  Bridge 1:00 Lunch: 12:00 \$1.75 Chicken Marsala  <b>NO BUS TODAY</b>



# October, 2009



Our 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 on Wednesday, October 7th from 1:00 – 2:30 pm**. This clinic will be held in the conference room at the Caldwell Community Center adjacent to the Grover Cleveland Senior Center. There is No appointment necessary, you can just show up. This clinic is free to those who present their Medicare Card – sorry no HMO's. If you do not have a Medicare Card there is a \$25 charge for this clinic.

**Our last Atlantic City Trip of the year will take place on October 12<sup>th</sup>**. The bus will leave the center at 8:30 a.m. sharp! Tickets are going fast so please call to make your reservation. The cost is \$25 and you will get \$20 back in slot credit and a \$5 food credit.

**Blood Pressure screenings** are available on **October 6<sup>th</sup> and October 20<sup>th</sup>** by appointment only. Please call 403-4623 for more information and/or an appointment.

**Blood Screening:** On **October the 20<sup>th</sup>** the Caldwell Health Department will offer a low cost **blood screening** starting at 8:30 a.m. The screening will take place at the Grover Cleveland Senior Center in the activities room. The cost will be \$17.00 for a SMAC test, which features 20 different tests. Other tests, including a Prostrate Screening Test (PSA) for \$30.00 and a Lime Disease Test for \$30.00 will also be offered. Please call 403-4623 for an appointment and/or information.

Our **senior bus** is ready to take you out each day to Jack's, Shoprite and/or Kings. As always, each Tuesday we will be going to the Mall. On Tuesday, October 6<sup>th</sup> we will go to Livingston Mall; on October 13<sup>th</sup> we will be going to Willowbrook Mall, on October 20<sup>th</sup> we will be going to K-Mart on October 27<sup>th</sup> we will be going to Wal-Mart. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108. There will be no bus on October 12<sup>th</sup> due to Columbus Day and the 23<sup>rd</sup> and 30<sup>th</sup>.

**Fitness** continues on Tuesday and Thursday at 10:30 a.m. The cost for this program is \$1 for each class. Come out, get fit and have some fun.

**Senior Lunch** continues on Wednesday, Thursday and Friday at the center. Our Thursday homemade lunch will take place on October 22<sup>nd</sup> at 12:00 noon. The cost is \$3.50 and we will be serving Baked Ham. On Wednesdays and Fridays and all of the other Thursdays throughout October, the catered lunch from the Suburban Essex Nutrition Program will also take place at 12:00 noon. The cost is \$1.75. On Mondays, we will once again hold the Fitness Café at 10:00 a.m. with a variety of fitness activities afterward. On Monday, October 5<sup>th</sup> and 19<sup>th</sup> we will host line dancing; on October 26<sup>th</sup> we will provide the opportunity for participants to swim in the pool. Please make reservations for all of our programs by signing up by 12:00 noon the day before you would like to join us.

**Upcoming FREE Events:** **October 4<sup>th</sup>** – Caldwell Street Fair on Bloomfield Avenue. **October 14<sup>th</sup>** 7PM at the Caldwell Public Library - Learn how to save money and energy. Ms Toria Williams will discuss rebates as part of the NJ Clean Energy Program. **October 18<sup>th</sup>** Fall Festival on Bloomfield Avenue 12 -4. **October 24<sup>th</sup>** 12-4 at Caldwell College Student Center. Learn how to go green & save green - presentations, environmental organizations, vendors, silent auction, raffles, giveaways, children's activities.



# Welcome to Fall

