



March 2010



Grover Cleveland Senior Center

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 1 Health & Fitness Cafe 10:00 \$1.75 Line Dancing | 2 Blood Pressure Screening 9:00 Bridge 12:30 Fitness 11:00 \$1 | 3 Employment Services Lunch 12:00 \$1.75 Turkey Pot Roast Wii Bowling 1:00 | 4 Fitness 10:30 \$1 | 5 Bridge 1:00 Lunch 12:00 \$1.75 Eggplant Rotini |
| 8 Health & Fitness Cafe 10:00 \$1.75 Senior Stretch | 9 Bridge 12:30 Fitness 11:00 \$1 | 10 Employment Services Lunch 12:00 \$1.75 BBQ Chicken Wii Bowling 1:00 | 11 NO Fitness today St. Patty's Day Feast 12:00 \$5.00 | 12 Bridge 1:00 Lunch 12:00 \$1.75 Soup w/ Breaded Talapia |
| 15 Health & Fitness Cafe 10:00 \$1.75 Senior Stretch Social Worker Karen Brand on Site | 16 Blood Pressure Screening 9:00 Bridge 12:30 Fitness 11:00 \$1 | 17 Employment Services Lunch 12:00 \$1.75 Soup & Corned Beef w/ Cabbage Wii Bowling 1:00 | 18 Fitness 10:30 \$1 | 19 Bridge 1:00 Lunch 12:00 \$1.75 Crab Cake |
| 22 Health & Fitness Cafe 10:00 \$1.75 Senior Stretch Social Worker Karen Brand on Site | 23 Bridge 12:30 Fitness 11:00 \$1 | 24 Bingo w/ Tracy 1:00 Employment Services Lunch 12:00 \$1.75 Pepper Steak | 25 Fitness 10:30 \$1 | 26 Bridge 1:00 Lunch 12:00 \$1.75 Soup Tuna Salad |
| 29 Health & Fitness Cafe 10:00 \$1.75 Senior Stretch Social Worker Karen Brand on Site | 30 Bridge 12:30 Fitness 11:00 \$1 | 31 Employment Services Lunch 12:00 \$1.75 Italian Turkey Sausage Wii Bowling 1:00 | | |



March, 2010



Happy Spring to everyone!!!! Could it possibly be spring already? Well not until March 20th! Remember to Spring Ahead your clocks on Sunday morning March 14th when Daylight Savings Time begins.

It's that time of year again....to get your taxes filed. Tax Preparation will no longer be available at this site. AARP has moved the location to the **United Way building** in Montclair, 60 So. Fullerton Avenue (973) 746-4235 or **Montclair Public Library** 50 So Fullerton Avenue (973) 744-0500. You **MUST** call for an appointment for this free service.

Join us each Monday in March at 10:00 a.m. as we present brunch along with an exciting fitness program for our **Fitness Cafe**. The cost is \$1.75 and you also get a boxed lunch to take home. Please join us each Monday for this exciting event!!!

Our **Annual St. Patrick's Day Party** is just around the corner. Please join us on Thursday March 11th at 12:00 p.m. for our annual dinner of Corn Beef and Cabbage. The cost of this year's lunch will be \$5.00, which includes Irish Soda Bread, Corn Beef and Cabbage and a wonderful Carrot Cake. Join us for this wonderful Irish tradition. Please call early for reservations.

The **Caldwell, West Caldwell, Roseland Bus** travels daily to take our seniors shopping to Jack's, Kings and ShopRite. As always, on Tuesdays in March we will be going to the Mall. Join us each day!

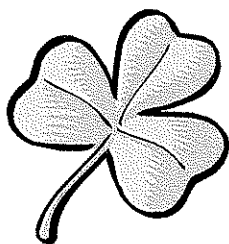
Please join us on Tuesdays at 12:30 and Fridays at 1:00 for a friendly game of **bridge**.

Please join us on Tuesdays at 11:00 and Thursdays at 10:30 (please note the new time) for our **fitness class**. The cost of the class is \$1. The class consists of gentle stretch and resistance. This is a wonderful way to keep fit.

Wednesday is **Wii bowling day** at the center. The games begin at 1:00 p.m. Join us.

On Wednesday March 24th we will be playing **Bingo** with Tracy after lunch. Tracy will bring prizes and anyone is welcome to come to this free event.

Save April 12th for our first trip to **Atlantic City**. The cost is \$25.



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

