



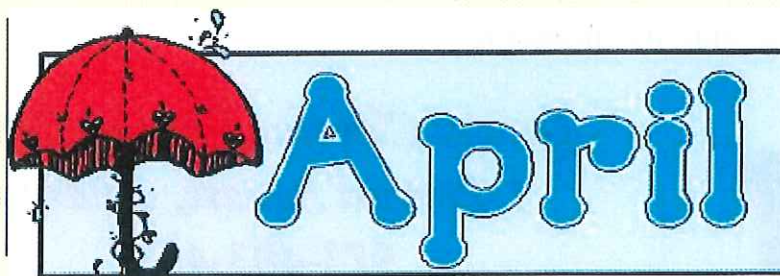
April 2017

Grover Cleveland Senior Center

Happy

Spring!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Senior Center ~ 973-403-4637	4 Blood Pressure Clinic 9-11 <i>Bus to Livingston Mall</i> <i>Fitness: 11:00 \$2</i>	5 <i>Knitting 10:30 -12:00</i> 	6 <i>Chair Yoga with Joanne: 11:00</i> \$1 	7 TIA CHI - six week session for \$40
10 Senior Transportation - Betty - 973-226-5108	11 <i>Bus to K-Mart, West Orange</i> <i>Fitness: 11:00 \$2</i> 	12 <i>Knitting 10:30 -12:00</i> 	13 <i>Chair Yoga with Joanne: 11:00</i> \$1 	14 Center Closed - Good Friday
17 Health and Meditation with Maya 11:00 Coffee/snacks	18 Blood Pressure Clinic 9-11 <i>Bus to Willowbrook</i> <i>Fitness: 11:00 \$2</i>	19 <i>Knitting 10:30 -12:00</i> 	20 <i>Chair Yoga with Joanne: 11:00 \$1</i> Pizza and Bingo 12:00 \$3.00	21 TIA CHI - six week session for \$40
24 	25 <i>Bus to Target</i> <i>Fitness: 11:00 \$2</i> 	26 <i>Knitting 10:30 -12:00</i> 	27 <i>Chair Yoga with Joanne: 11:00</i> \$1 	28 TIA CHI - six week session for \$40





April – 2017

Happy Passover and Easter to all!



Tax Time: There is still time to get your taxes filed. Tax Preparation will be available at the **United Way building** in Montclair, 60 So. Fullerton Avenue or **Montclair Public Library** 50 So Fullerton Avenue. This year, please call 211 or 877-652-1148 ext. 27. The program runs to April 15th. You **MUST** call for an appointment and there is no cost to the tax payer.

Senior Bus: Join us for daily service 877-652-1148 ext. 27 on our Caldwell, West Caldwell, Roseland Senior Bus. In April we will be going to Livingston Mall on the 4th, to K-Mart in West Orange on the 11th, to Willowbrook Mall on the 18th and Parsippany on the 25th. Call Betty between 8:15 and 8:45 a.m. the day you want to travel at 973-226-5108.

Blood Pressure Clinics: Join us on April 4th and 18th for a free Blood Pressure Clinic at the senior center. Please call 973-403-4623 to make an appointment today.

Fitness Class: Join us on Tuesdays at 11:00 a.m. for our fitness class for a cost of \$2 per class. This is a great way to stay in shape and meet new friends.

Chair Yoga: Join us on Thursdays at 11:00 for chair yoga. The cost for this class is \$1. This is a great way to learn how to relax.

Tia Chi: We are hosting a six session program of Tia Chi on Fridays in March, April and May for the cost of \$40. If you are interested, please sign up right away since we are limiting this class to 15 participants.

Knitting Class: Always wanted to learn how to knit? Join us on Wednesdays at 10:30 for our knitting class. The class is free – just bring needles and yarn.

Healthy Bones: Join us for as we start a new program called Healthy Bones. This 20 week program will start on May 10th and continue throughout the summer on Wednesdays at 9:15 a.m. This program is a culmination of Health Education and Exercise. See Maria if you are interested in joining this program

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

