



# August 2018

## Grover Cleveland Senior Center



| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
|  |  | <b>1</b><br>Knitting 10:30 -12:00<br>  | <b>2</b><br>Chair Yoga with Joanne: 11:00 \$1   | <b>3</b><br>Summer Hours:<br>Senior Center Closes at 1:00 p.m. today<br>                    |
| <b>6</b><br>All Programs will take place in the upper level firehouse until September                        | <b>7</b><br><b>Blood Pressure Clinic 9-11</b><br>Fitness: 11:00 \$2<br><i>Senior Bus is going to Livingston Mall</i> | <b>8</b><br>Caldwell/ West Caldwell BBQ at Westville Pool<br>Knitting 10:30 -12:00 | <b>9</b><br><b>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</b><br>Sorry No Chair Yoga Today          | <b>10</b><br>Summer Hours:<br>Senior Center Closes at 1:00 p.m. today                       |
| <b>13</b><br><b>Senior Center ~ 973-403-4637</b><br>   | <b>14</b><br>Fitness: 11:00 \$2<br><i>Senior Bus is going to K-Mart</i>  | <b>15</b><br>Knitting 10:30 -12:00<br>   | <b>16</b><br>Pizza and Bingo 12:00 \$3<br>Sorry No Chair Yoga Today<br>   | <b>17</b><br>Summer Hours:<br>Senior Center Closes at 1:00 p.m. today                       |
| <b>20</b><br><b>Senior Transportation - Betty - 973-226-5108</b>   | <b>21</b><br><b>Blood Pressure Clinic 9-11</b><br>Fitness: 11:00 \$2<br><i>Senior Bus is going to Target</i>         | <b>22</b><br>Knitting 10:30 -12:00<br>   | <b>23</b><br>Chair Yoga with Joanne: 11:00 \$1<br><b>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</b> | <b>24</b><br>Summer Hours:<br>Senior Center Closes at 1:00 p.m. today<br>                   |
| <b>27</b><br>All Programs will take place in the upper level firehouse until September<br>Sorry No Bus Today | <b>28</b><br>Fitness: 11:00 \$2<br><i>Senior Bus is going to Willowbrook</i>   | <b>29</b><br>Knitting 10:30 -12:00<br>   | <b>30</b><br>Chair Yoga with Joanne: 11:00 \$1<br>  | <b>31</b><br>Sorry No Bus Today<br>Summer Hours:<br>Senior Center Closes at 1:00 p.m. today |



# August 2018



**Senior Bus:** Please join us for the bus and daily to travel to Jack's, Shoprite and Stop and Shop. As always, each Tuesday we will be going to the Mall. On Tuesday, August 7<sup>th</sup> we will be going to Livingston Mall; August 14<sup>th</sup> we will go to K-Mart in West Orange; August 21<sup>st</sup> we will be going to the new Target and on August 28<sup>th</sup> we will be going to Willowbrook. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108.

**Fitness:** During August, our fitness program will remain on Tuesdays at 11:00 a.m. for the cost of \$2.00 a class. Join us at the Fire House for this activity.

**Knitting Class:** Our Knitting Class will continue during August on Wednesday mornings at 10:30 in the Fire House. Just bring some wool and needles and join us.

**Chair Yoga:** During August, our Chair Yoga Class will stay on Thursdays at 11:00 a.m. at the Upper Level Firehouse. The cost is \$1 per class. Please note that there is no Chair Yoga on August 9<sup>th</sup> and 16<sup>th</sup>.

**Lunch at the Firehouse:** Join us on Thursday, August 16<sup>th</sup> for **Pizza and BINGO** for \$3.00. Please sign up in advance by calling Maria at 973-403-4623. If no answer, please leave a message.

**Free Blood Pressure Screening:** The Caldwell Health Department is offering free Blood Pressure Screening on Tuesday, August 7<sup>th</sup> and August 21<sup>st</sup> from 9:00 – 11:00 at the Caldwell Firehouse, Upper Level. Call 973-403-4623 for information and/ or appointment.

**City Green Veggie Mobile:** Stop by on Thursday, August 9<sup>th</sup> and 23<sup>rd</sup> at the Caldwell Farm Stand sponsored by the City Green Veggie Mobile and the Caldwell Board of Health. Fresh Fruits and Veggies are available from 10:30 – 12:30. Please note that you can use your Senior Farmer Market Vouchers or SNAP benefits here for 2 for 1. Every \$5 voucher will allow you to buy \$10 worth of produce.

**Drink Water:** During the summer months don't forget to drink water specially when it is hot outside!

**The Grover Cleveland Senior Center**

**Located for the summer at the Caldwell Fire House**

**1 Provost Square, Caldwell 973-403-4637**

