



# February 2017

## Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday																																																																																																									
 <h1 style="color: red; font-size: 2em;">FEBRUARY</h1>	<p><b>1</b></p> <p>Knitting 10:30 -12:00</p> 	<p><b>2</b></p> <p><i>Chair Yoga with Joanne:</i> <b>11:00 \$1</b></p>	<p><b>3</b></p> <p>Senior Transportation - Betty - 973-226-5108</p>																																																																																																										
<p><b>6</b></p> <p>Sorry no bus today</p>	<p><b>7</b></p> <p>Blood Pressure Clinic 9-11</p> <p><i>Bus to Livingston Mall</i></p> <p><i>Fitness: 11:00 \$2</i></p>	<p><b>8</b></p> <p>Knitting 10:30 -12:00</p> 	<p><b>9</b></p> <p><i>Chair Yoga with Joanne:</i> <b>11:00 \$1</b></p>	<p><b>10</b></p> 																																																																																																									
<p><b>13</b></p> 	<p><b>14</b></p> <p><i>Bus to K-Mart</i></p> <p><i>Fitness: 11:00 \$2</i></p>	<p><b>15</b></p> <p>Knitting 10:30 -12:00</p>  <p><i>Knitting</i></p>	<p><b>16</b></p> <p><b>Pizza and Bingo 12:00 \$3.00</b></p> <p>Sorry No Chair Yoga Today</p>	<p><b>17</b></p> <p>Senior Center - 973-403-4637</p>																																																																																																									
<p><b>20</b></p> <p style="color: red;"><b>Closed</b></p>  <p><b>PRESIDENTS' DAY</b></p>	<p><b>21</b></p> <p>Blood Pressure Clinic 9-11</p> <p><i>Bus to Willowbrook Mall</i></p> <p><i>Fitness: 11:00 \$2</i></p>	<p><b>22</b></p> <p>Knitting 10:30 -12:00</p> 	<p><b>23</b></p> <p>Sorry No Chair Yoga Today</p>	<p><b>24</b></p> 																																																																																																									
<p><b>27</b></p> <p><b>Health and Meditation with Mya 11:00 Coffee/snacks</b></p>	<p><b>28</b></p> <p><i>Bus to Parsippany</i></p> <p><i>Fitness: 11:00 \$2</i></p>	<table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7">Jan 2017</th> </tr> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </tbody> </table> <table border="1" style="margin: auto; border-collapse: collapse;"> <thead> <tr> <th colspan="7">Mar 2017</th> </tr> <tr> <th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th><th>S</th> </tr> </thead> <tbody> <tr><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </tbody> </table>			Jan 2017							M	T	W	T	F	S	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						Mar 2017							M	T	W	T	F	S	S			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
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*If it is snowing or icy outside, please call before you make the trip to the center. We will close the senior center when the Caldwell/ West Caldwell Schools are closed.*

It's that time of year again....to get your taxes filed. AARP will provide free *Tax preparation* at **United Way building** in Montclair, 60 South Fullerton Avenue (973) 746-4235 or **Montclair Public Library** 50 So Fullerton Avenue (973) 744-0500 Or CALL 211 to arrange an appointment. The program runs February 1<sup>st</sup> thru April 15<sup>th</sup>. You **MUST call for your free appointment.**

The *Caldwell, West Caldwell, Roseland Bus* is available daily for door to door service for anyone over the age of 60 who lives in Caldwell, West Caldwell or Roseland. Anyone who would like to go food shopping at Jacks, Stop and Shop or Shoprite or who would like to go to the Mall on Tuesday is welcome to use our bus service. Check out the front of the calendar for the Mall schedule. Call Betty between 8:15 – 8:45 a.m. on the day you would like to travel. Please note that there will be no bus on February 6<sup>th</sup> and we will be closed on February 20<sup>th</sup> for President's Day. Also, we ask that you are patient on snowy/icy days. We will delay sending out the bus or cancel service if we feel the roads are not safe. **Remember, this is for your safety.**

Join us for our *Fitness Class* on Tuesdays at 11:00 a.m. The cost for the class is \$2 and it is a great way to meet new friends while getting in shape. We are trying to build up this program, so please bring a friend to keep this program active.

Join us for our Chair Yoga Class on Thursdays at 11:00 a.m. The cost for this class is \$1 and a great way to learn to take a breather and relax.

Join us on February 7<sup>th</sup> and 21<sup>st</sup> for a **FREE BLOOD PRESSURE SCREENING** from 9:00 – 11:00. Appointments are necessary, so please call 973-403-4623 to make your appointment today.

*Meditation with Mya* will take place on Monday, February 27<sup>th</sup> at 11:00 a.m. In keeping with Valentine's Day this month's topic will be heart health and relaxation.

Anyone interested in attending the daily *County Lunch at Verona Park* should call Jennifer at Chrill Care. Her telephone number is 973-744-8103.

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