

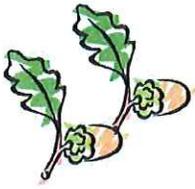


November 2016

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Blood Pressure Clinic 9-11 <i>Bus to Livingston Mall</i>  Fitness: 11:00 \$2	2 <i>Knitting 10:30 -12:00</i> 	3 <i>Chair Yoga with Joanne: 11:00 \$1</i>	4 New Session Starting Tai Chi 11:15 a.m. Studio \$40/ 5 classes
7 Senior Center - 973-403-4637 Senior Transportation Betty - 973-226-5108	8  Bus to Voting today!! Call 973-226-5108 for a Ride Center Closed for Election Day No Fitness Today!	9 <i>Knitting 10:30 -12:00</i> 	10 <i>Chair Yoga with Joanne: 11:00 \$1</i> Sorry no bus today!	11  Closed Veteran's Day 
14 Color and Coffee 10:30 - 12:00	15 Blood Pressure Clinic 9-11 <i>Bus to Rockaway Mall</i> Fitness: 11:00 \$2	16 <i>Knitting 10:30 -12:00</i> 	17 Sorry no Chair Yoga today! <i>Thanksgiving Feast 12:00 \$8</i>	18 New Session Starting Tai Chi 11:15 a.m. Studio \$40/ 5 classes
21 Health and Meditation with Mya 11:00 Coffee/snacks	22  <i>Bus to Local Shopping</i> Fitness: 11:00 \$2	23 <i>Knitting 10:30 -12:00</i> Sorry no bus today! 	24 Closed Happy Thanksgiving 	25 Closed Happy Thanksgiving
28 Color and Coffee 10:30 - 12:00	29  <i>Bus to Wal-Mart</i> Fitness: 11:00 \$2 	30 <i>Knitting 10:30 -12:00</i> 	 <p>THANK YOU VETERANS</p> <p>Veterans Day - November 11</p>	



Happy Thanksgiving



We wish you all a happy and healthy Thanksgiving!

Our **THANKSGIVING FEAST** will take place on Thursday, November 17th at 12:00 p.m. in the gym. As always, you will receive a complete Thanksgiving Dinner with all of the trimmings. In addition, we have a few surprises to make this event a great one!! Make your reservations early for this grand meal!!! The cost this year is \$8.00 the same as last year.

Don't forget to set back your clocks on Sunday morning, November 6th. Remember Fall behind – Spring ahead.

Don't forget to **VOTE** on **November 8th!!** Our senior bus will be running to take anyone to the polls. Please call 226-5108 the morning of the 8th for Betty to pick you up.

Speaking of the **senior bus**... Please feel free to use the senior bus for trips to the supermarket and mall. Holiday shopping is right around the corner and if you do not want to drive to the mall, let us give you a ride. This month's mall trips include Livingston on November 1st, Voting and K-Mart on November 8th, Rockaway Mall on November 15th, on the 22nd we will be staying local for everyone to shop before Thanksgiving and on the 29th we will go to Wal-Mart. Call Betty the morning you would like to ride by 8:45 a.m. at 226-5108. Please note that there will be no senior bus services available on November 10th, 11th due to Veteran's Day and on November 24th and 25th due to Thanksgiving holiday.

Veterans Day is on November 11th. Please don't forget to thank a veteran for all that they have done for us!!!! Thanks gents!!!

Meditation Monday with Mya will take place on Monday, November 21st at 11:00 a.m. Coffee and light refreshments will be served.

We wish you all a very **Happy Thanksgiving**. Please take a moment to see the good things in your life and share them with friends, family and loved ones. Also, if you or someone you know needs some help at the holidays or if you know anyone who needs a home delivered meal on Thanksgiving Day, please call Maria at 973-403-4623. All information will be kept confidential.



Grover Cleveland Senior Center
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