










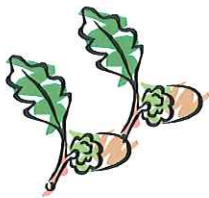


November 2018

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</p>	<p>2</p> <p>TIA CHI - 6 week session 11:15 Starts Today \$35</p>
<p>5</p> 	<p>6</p> <p>Center Closed for Election Day - No Activities today</p> <p><i>Senior Bus is going to Livingston Mall and to the Voting Polls</i></p>	<p>7</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>8</p> <p><i>No Chair Yoga Today</i></p> 	<p>9</p> <p>TIA CHI - 6 week session 11:15 \$35</p>
<p>12</p> <p>Center Closed Veteran's Day Observance</p>	<p>13</p> <p>Blood Pressure Clinic 9-11</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Parsippany</i></p>	<p>14</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>15</p> <p>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</p> <p><i>No Chair Yoga Today</i></p> <p>Thanksgiving Feast \$8 Doors open at 11:15</p>	<p>16</p> <p>TIA CHI - 6 week session 11:15 \$35</p> 
<p>19</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>	<p>20</p> <p>Blood Pressure Clinic 9-11</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to K-Mart</i></p>	<p>21</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>22</p> <p>Center Closed Thanksgiving Holiday</p>	<p>23</p> <p>Center Closed for Thanksgiving Holiday</p>
<p>26</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>	<p>27</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Target</i></p>	<p>28</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>29</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p>	<p>30</p> <p>TIA CHI - 6 week session 11:15 \$35</p> 



Happy Thanksgiving



We wish you all a happy and healthy Thanksgiving!

Our **THANKSGIVING FEAST** will take place on Thursday, November 15th at 11:30 a.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 including music by Shooting Star Productions!! 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 4th. Remember Fall behind – Spring ahead.

Don't forget to **VOTE** on **November 6th!!** Our senior bus will be running to take anyone to the polls. Please call 973-226-5108 the morning of the 6th for Betty to pick you up.

TAI CHI: Starting Friday, November 2nd for 6 weeks we will be holding a Tai Chi Class at 11:15. The cost is \$35 for all six classes. Sign up today!!!

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 Voting and Livingston Mall on November 6th, Parsippany on November 13th, K-Mart on the 20th and on the 27th we will go to Target. Call Betty the morning you would like to ride by 8:45 a.m. at 973-226-5108. Please note that there will be no senior bus services available on November 12th due to Veteran's Day and on November 22nd and 23rd 27th 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 and ladies!!!

Free Blood Pressure screenings will take place on November 13th and 20th. Call 973-403-4623 to arrange for an appointment today.

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
1 Provost Square, Caldwell, NJ 07006 ** 973-403-4637

