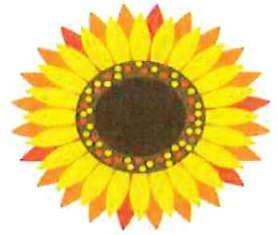




September 2018

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p style="font-size: 24px; font-weight: bold;">3</p> <p style="text-align: center;">LABOR DAY CENTER CLOSED</p>	<p style="font-size: 24px; font-weight: bold;">4</p> <p><i>Senior Bus is going to Livingston Mall</i></p> <p>Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY</p>	<p style="font-size: 24px; font-weight: bold;">5</p> <p>Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY</p>	<p style="font-size: 24px; font-weight: bold;">6</p> <p>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</p> <p>Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY</p>	<p style="font-size: 24px; font-weight: bold;">7</p> <p>Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY</p>
<p style="font-size: 24px; font-weight: bold;">10</p> <p>All Programs are back in the Grover Cleveland Senior Center located within the Caldwell Community Center</p>	<p style="font-size: 24px; font-weight: bold;">11</p> <p>Blood Pressure Clinic 9-11</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Walmart</i></p>	<p style="font-size: 24px; font-weight: bold;">12</p> <p><i>Knitting 10:30 -12:00</i></p>	<p style="font-size: 24px; font-weight: bold;">13</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Pizza and Bingo 12:00 \$4</p>	<p style="font-size: 24px; font-weight: bold;">14</p> <p>All Programs are back in the Grover Cleveland Senior Center located within the Caldwell Community Center</p>
<p style="font-size: 24px; font-weight: bold;">17</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>	<p style="font-size: 24px; font-weight: bold;">18</p> <p>Blood Pressure Clinic 9-11</p> <p><i>Bus to Senior Wellness Day in West Orange</i></p> <p><i>Fitness: 11:00 \$2</i></p>	<p style="font-size: 24px; font-weight: bold;">19</p> <p><i>Knitting 10:30 -12:00</i></p>	<p style="font-size: 24px; font-weight: bold;">20</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 style="font-size: 24px; font-weight: bold;">21</p>
<p style="font-size: 24px; font-weight: bold;">24</p>	<p style="font-size: 24px; font-weight: bold;">25</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Parsippany</i></p>	<p style="font-size: 24px; font-weight: bold;">26</p> <p><i>Knitting 10:30 -12:00</i></p>	<p style="font-size: 24px; font-weight: bold;">27</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Pasta and Bingo 12:00 \$4</p>	<p style="font-size: 24px; font-weight: bold;">28</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>



Aug 2018						
M	T	W	T	F	S	S
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13	14	15	16	17	18	19
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27	28	29	30	31		

Oct 2018						
M	T	W	T	F	S	S
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22	23	24	25	26	27	28
29	30	31				

September, 2018



On the Move... The Senior Center is on the move again... We will be returning to our home in the Community Center on Monday, September 10th. Programs will start on the 11th with Senior Fitness. Please check out the front of the calendar for all of our programs.

Senior Bus: The senior bus travels each day, Monday through Friday, to Jack's Stop and Shop and Shoprite. As always, each Tuesday we will be going to the Mall. On Tuesday, September 4th we will be going to Livingston Mall; on September 11th we will be going to Walmart, on the 25th we will be going to Parsippany; on the 18th we will be going to Wellness Day at the Cody Arena. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108.

Lunch /BINGO: Join us on September 13th at 12:00 noon for a Pizza and BINGO and on September 27th for Pasta and BINGO. The cost for each lunch is \$4.00. Please sign up with Maria at 973-403-4637.

Senior Wellness Day: The Annual Senior Wellness Day will take place on Tuesday, September 18th from 10:00 a.m. 2:00 p.m. at the Essex County Richard Cody Arena. This year, we are asking if you want a ride on the Senior Bus for Wellness Day that you call by September 14th to reserve your place.

Fitness: The Fitness Program will begin again in the Community Center Gym on September 11th. The cost remains \$2.00. Chair Yoga will also continue on Thursdays at 11:00 a.m. the gym. The cost remains \$1.00.

Blood Pressure Clinics: Join us for our blood pressure clinic on September 11th and 18th. Call 973-403-4623 for an appointment of information.

Knitting: Join our knitting group on Wednesdays at 10:30. We welcome novice as well as experienced knitters.



Grover Cleveland Senior Center
Located in the Caldwell Community Center
973-403-4637