



September 2019

Grover Cleveland Senior Center



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 2 LABOR DAY CENTER CLOSED | 3 <i>Senior Bus is going to Livingston Mall</i> Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY | 4 Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY | 5 City Green's Farmer's Market Veggie Stand in front of Borough Hall 11:00 -1:00 Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY | 6 Sorry Senior Center and Community Center Closed - NO PROGRAMS TODAY |
| 9  | 10 Fitness: 11:00 \$2 <i>Senior Bus is going to K-Mart</i> | 11 Caldwell/ West Caldwell Club at the West Caldwell Library 12:00 noon Knitting 10:30 -12:00 | 12 City Green's Farmer's Market Veggie Stand in front of Borough Hall 11:00 -1:00 | 13 Caregivers Support Group 10-11  |
| 16 Senior Transportation - Betty's Telephone number - 973-226-5108 | 17 Fitness: 11:00 \$2 <i>Senior Bus is going to Target</i> | 18 Knitting 10:30 -12:00 | 19 City Green's Farmer's Market Veggie Stand in front of Borough Hall 11:00 -1:00 | 20 Senior Center's Telephone number ~ 973-403-4637 |
| 23  | 24 <i>Bus to Senior Wellness Day in West Orange</i> NO FITNESS TODAY | 25 Knitting 10:30 -12:00 | 26  END OF SUMMER LUHA - Doors open at 11:15 - \$8 | 27 City Green's Farmer's Market Veggie Stand in front of Borough Hall 11:00 -1:00 Thursday 8-19 |
| 30 Senior Center's Telephone number ~ 973-403-4637 |  | | | |

September, 2019



On the Move... The Senior Center is on the move again... We will be returning to the Community Center on Tuesday, September 10th for all our programs. During the shutdown we are making some great changes. Programs will start on the 10th with Senior Fitness hopefully in our new room. 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 3rd we will be going to Livingston Mall; on September 10th we will be going to K-Mart, on the 17th we will be going to Target; on the 24th 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.

End of Summer Luau: Join us on September 26th at 11:30 for an end of summer **LUAU CELEBRATION**. This event will include lots of surprises including a great lunch of Chicken Kabob, Rice and Vegetables. The cost is \$8 and the doors open at 11:15 a.m. Please sign up with Maria at 973-403-4637 – feel free to leave a message on her answering machine.

Senior Wellness Day: The Annual Senior Wellness Day will take place on Tuesday, September 24th 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 20th to reserve your place.

Fitness: The Fitness Program will begin again in the Community Center Gym on September 10th. The cost remains \$2.00. Unfortunately, Chair Yoga will not continue until October. Please note that there is no Fitness on September 3rd or 24th.

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

