



# January 2019

## Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>Center Closed Happy New Year</p>	<p>2</p> <p>Knitting 10:30 -12:00</p> 	<p>3</p> <p>Chair Yoga with Joanne: 11:00 \$1</p>	<p>4</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>
<p>7</p> 	<p>8</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Livingston Mall</p>	<p>9</p> <p>Knitting 10:30 -12:00</p> 	<p>10</p> <p>Chair Yoga with Joanne: 11:00 \$1</p>	<p>11</p> 
<p>14</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>	<p>15</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Parsippany</p>	<p>16</p> <p>Knitting 10:30 -12:00</p> 	<p>17</p> <p>Chair Yoga with Joanne: 11:00 \$1</p> <p>Pizza and Bingo 12:00 \$4</p>	<p>18</p> 
<p>21</p> <p>Center Closed Martin Luther King, Jr. Day</p>	<p>22</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to Target</p>	<p>23</p> <p>Knitting 10:30 -12:00</p> 	<p>24</p> <p>Chair Yoga with Joanne: 11:00 \$1</p>	<p>25</p> <p>Senior Center's Telephone number ~ 973-403-4637</p>
<p>28</p> <p>Senior Transportation - Betty's Telephone number - 973-226-5108</p>	<p>29</p> <p>Fitness: 11:00 \$2</p> <p>Senior Bus is going to K-Mart</p>	<p>30</p> <p>Knitting 10:30 -12:00</p> 	<p>31</p> <p>No Chair Yoga Today</p> <p>Pizza and Bingo 12:00 \$4</p>	

# Happy New Year!!



*Welcome to 2019!!! We wish you all a very healthy and happy New Year. Please let us know if we can help in any way throughout the year! You mean a great deal to us and we thank you for allowing us to serve you each day. Here's to a great new year!!!*

*Winter is here!!* As you know, the roads around town are extremely hilly which makes it difficult for our bus to travel on icy and snowy days. Therefore, in case of snow or ice the Caldwell, West Caldwell, Roseland Bus will be forced to cancel services. When possible, we will delay bus service until 10:00 a.m. Remember, your safety is our first priority!! We ask that you please be patient. If you have any questions, please do not hesitate to contact Maria at 973-403-4623. Please note that there will be no bus on January 1<sup>st</sup> and 21<sup>st</sup>.

Speaking of winter, in case of bad weather, the Grover Cleveland Senior Center will not be open. If schools are closed, please do not venture outside – we will be closed for all activities. This is for your own safety.

Please join us on Tuesdays for our **fitness class** at 11:00 a.m. The class is a great way to keep fit while having fun. The cost of each class is \$2.00 payable at the door. For more information, call the center at 973-403-4637. Please note that if the roads are bad and the schools are closed, there will not be fitness class. There is no class on January 1<sup>st</sup>.

Please join us on Thursdays for our **Chair Yoga** class at 11:00 a.m. This class is a great way to maintain flexibility. The cost of the class is \$1 payable at the door. For more information, call the center at 973-403-4637. Please note that if the roads are bad and the schools are closed, there will not be a class. There is no class on January 31<sup>st</sup>.

Need help paying your heating bill? Now is the time to apply for the **Home Energy Assistance Program**. This program pays a portion of your heating/oil bill in order to keep you warm in the winter. Please call 973-485-0796 for a HEAP application.

Join us on January 17<sup>th</sup> and 31<sup>st</sup> for Pizza and Bingo. The cost is \$4 and begins at 12:00 noon. Please sign up today by calling 973-403-4623.



WE WISH YOU A HAPPY AND HEALTHY 2019!!!!

*Grover Cleveland Senior Center  
1 Provost Square \*\* 973-403-4637*

