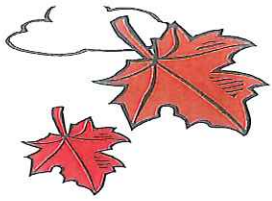


October 2019

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Fitness: 11:00 \$2 Senior Bus is going to Livingston Mall	2 Knitting 10:30 -12:00 NO BUS TODAY	3 Free Lunch and Activity by Sunrise Assisted Living - Limited to 35 people - 12:00	4 Every Thursday City Green's Farmer's Market Veggie Stand in front of Borough Hall 11:00 -1:00
7 Senior Transportation - Betty's Telephone number - 973-226-5108	8 Fitness: 11:00 \$2 Senior Bus is going to Wal-Mart	9 Knitting 10:30 -12:00 NO BUS TODAY TIA CHI - 11:15 a.m. \$35/6 classes	10 Chair Yoga with Joanne: 11:00 \$1 Every Thursday City Green's Farmer's Market Veggie Stand in front of Borough Hall 11:00 -1:00 NO BUS TODAY	11 Senior Center's Telephone number ~ 973-403-4637
14 COLUMBUS DAY CENTER CLOSED	15 Fitness: 11:00 \$2 Senior Bus is going to Parsippany	16 Caldwell/West Caldwell Club at the West Caldwell Library 12:00 noon Knitting 10:30 -12:00 TIA CHI - 11:15 a.m. \$35/6 classes	17 Pizza and Moved to the 24th \$4 	18 Caregivers Support Group 10-11 
21 Senior Center's Telephone number ~ 973-403-4637	22 Fitness: 11:00 \$2 Free Blood Pressure Clinic 9:30 -11:30 Senior Bus is going to Willowbrook	23 Knitting 10:30 -12:00 TIA CHI - 11:15 a.m. \$35/6 classes	24 Chair Yoga with Joanne: 11:00 \$1 Pizza and Bingo 12:00 \$4	25 Flu Shots 1:00 - 3:00 
28 	29 Fitness: 11:00 \$2 Senior Bus is going to K-Mart	30 Knitting 10:30 -12:00 TIA CHI - 11:15 a.m. \$35/6 classes	31 Halloween Pizza and Bingo 12:00 \$4	



October, 2019

Welcome to Fall!!! As the leaves and the weather change, don't forget to protect yourself against the upcoming flu season. The Caldwell Health Department will be offering their annual **Flu Clinic Friday, October 25, 2019 from 1:00 – 2:30 at the Caldwell Community Center**. No need to sign up, just come on the 25th.

Tia Chi Chih: Join us as we offer a six week Tia Chi Chih Class on Wednesdays, at 11:15 a.m. The cost for the six classes is \$35. Please sign us as soon as possible since there is a 7 participant requirement for this class. See Maria at the Senior Center.

Sunrise Assisted Living Lunch: On October 3rd, Sunrise Assisted Living will be offering a free lunch of sandwiches and a special activity at the senior center. Anyone interested in attending this lunch should call Maria at 973-403-4623 to reserve their place. This program is limited to 35 people.

Pizza and Bingo – DATE CHANGE FROM OCTOBER 17 TO OCTOBER 24TH. Join us as we host Pizza and Bingo on October 24th and 31th. The cost of pizza and bingo is \$4. Feel free to dress up in costume on the 31st. Call to reserve your place at 973-403-4623.

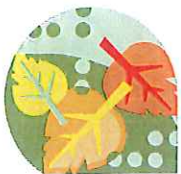
Our **senior bus** is ready to take you out each day to Jack's, Shoprite, Stop and Shop and/or Walgreens. As always, each Tuesday we will be going to the Mall. On October 1st we are going to Livingston Mall; on the 8th we are going to Wal-Mart; on the 15th we will be going to Parsippany; on the 22nd we are going to Willowbrook Mall and on the 29th we will be going to K-Mart. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108. Please note that there is no bus on October 9th and 10th.

Fitness takes place on Tuesdays 11:00 for the cost of \$2. We are now in our new senior activities room so there is plenty of room for new participants. Come out, get fit and have some fun.

Chair Yoga: We will be holding chair yoga on November 10th and 24th at 11:00 in our new Senior Activities Room. The cost is \$1.

Knitting Class: Please join us on Wednesdays at 10:30 a.m. when we hold a free knitting class for anyone interested. This is a fun way to meet new friends. This program will take place in our new Senior Lounge.

Blood Pressure: Join us on October 22nd for a free Blood Pressure Screening and assessment. This clinic takes place from 9:30 – 11:30 in the Senior Lounge in the Senior Center.



Grover Cleveland Senior Center
1 Provost Square, Caldwell
973-403-4637.

