



Happy 4th of July!

July 2018

Grover Cleveland Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Senior Center ~ 973-403-4637</p> <p>Sorry No Bus Today</p>	<p>3</p> <p><i>Senior Bus is going to Livingston Mall</i></p> <p>Sorry No Fitness Today</p>	<p>4</p> <p>Center Closed - Forth of July</p> 	<p>5</p> <p>Sorry No Chair Yoga Today</p>	<p>6</p> <p>Summer Hours: Senior Center Closes at 1:00 p.m. today</p> 
<p>9</p> <p>All Programs will take place in the upper level firehouse until September</p>	<p>10</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 in West Orange</i></p>	<p>11</p> <p>Caldwell/ West Caldwell BBQ at Westville Pool</p> <p><i>Knitting 10:30 -12:00</i></p>	<p>12</p> <p>Citi Green's Farmer's Market Veggie Stand on Town Green 10:30 -12:30</p> <p>Sorry No Chair Yoga Today</p>	<p>13</p> <p>Summer Hours: Senior Center Closes at 1:00 p.m. today</p>
<p>16</p> <p>Senior Transportation - Betty - 973-226-5108</p> 	<p>17</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>18</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>19</p> <p><i>Chair Yoga with Joanne: 11:00 \$1</i></p> <p>Free Lunch and Caldwell Trivia Game sponsored by Coldwell Banker 12:00</p>	<p>20</p> <p>Summer Hours: Senior Center Closes at 1:00 p.m. today</p> 
<p>23</p> <p>All Programs will take place in the upper level firehouse until September</p>	<p>24</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Target</i></p>	<p>25</p> <p><i>Knitting 10:30 -12:00</i></p> 	<p>26</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>27</p> <p>Summer Hours: Senior Center Closes at 1:00 p.m. today</p>
<p>30</p> <p>Senior Center ~ 973-403-4637</p> 	<p>31</p> <p><i>Fitness: 11:00 \$2</i></p> <p><i>Senior Bus is going to Wal-Mart</i></p>			



JULY 2016



At the Caldwell Fire House... Please remember that all of our programs will be taking place at the Caldwell Fire House for the months of July and August. The Fire House entrance is located behind the Community Center. Please drive into the parking deck and to the back of the lot. The Fire Department is the building to the left.

Senior Bus: The senior bus travels each day, Monday through Friday, to Jack's, Shoprite and the Stop and Shop. Each Tuesday in July we will venture to a different shopping area. Please see the reverse side of the calendar for where we are going. Join us each day by calling Betty between 8:15 and 8:45 at 973-226-5108. Please note that there will be no bus on July 2nd or 4th.

Fitness: We will continue our fitness program throughout the summer at the Caldwell Fire House on July 10th. Please join us each Tuesday at 11:00 a.m. for gentle stretch and resistance. Classes are \$2.00 each. Please note that the Firehouse doors will open at 10:30 for this class.

Chair Yoga: We will continue our Chair Yoga Classes throughout the summer at the Caldwell Firehouse on July 19th. Please join us each Thursday at 11:00 a.m. The cost of the class is \$1. Please note that the Firehouse doors will open at 10:30 for this class.

Wednesday is Pool Day: Each Wednesday starting in July, older residents from Caldwell and West Caldwell can swim at the Westville Pool or Cedar Street Pool for free. In addition, the Recreation Department will be sponsoring a Senior BBQ / Pool Party on July 11th from 11:30 to 3:00 at the Westville Pool. Please call the Recreation Department for more information at 973-226-3621.

Knitting: Join us on Wednesdays at 10:30 for our knitting group at the upper level of the Caldwell Firehouse. Please note that the doors will open for this program at 10:30 a.m.

Blood Pressure: Free Blood Pressure screenings will be offered by the Caldwell Health Department on July 10th and 17th from 9:00 – 11:00. Call for an appointment at 973-403-4623.

Free Lunch and Trivia Game: Join us on July 19th for a free lunch sponsored by Kathleen Prior and Patrice Fazzini of Coldwell Banker. Please reserve your place by calling 973-403-4623. Please leave a message if there is no answer.

Grover Cleveland Senior Center

Located for the summer at the Caldwell Fire House

973-403-4637

