

Mailing Address:  
 Caldwell LIVE  
 UJC MetroWest  
 901 Route 10 East  
 Whippany, NJ 07981  
 973 403-0972

**March 2010**

# Caldwell LIVE

Lifelong Involvement for Vital Elders

See back for program details  
 or call 973 403-0972.



**Calendar Key**

**CPL**  
 Caldwell Public Library,  
 268 Bloomfield Ave.  
 973 226-2837  
 www.caldwellpl.org

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

Caldwell LIVE is a federal demonstration program whose goal is to help older adults remain in the community. This non-sectarian program is in partnership with Borough and local organizations. Everyone age 60+ is welcome to participate! For more information, call 973-403-0972.

*Please note:  
 Schedule subject*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 10am-Health & Fitness Café @SC \$1.75 Caldwell Public Library closed	<b>2</b> 9:30am-Blood Pressure @SC 10:30am-Fitness @SC 6:30pm-Local Poets Take on Longfellow@CPL	<b>3</b> Lifelong Employment @SC Move Today Exercise @SC Noon-Lunch @SC \$1.75	<b>4</b> 10:30am-Fitness @SC 11am-The Saturday Club of Boston @CPL 1:15pm-Footprints on the Sands of Time@CPL 6:15pm-KIP2 @CPL	<b>5</b> Noon-Lunch @SC \$1.75 
<b>8</b> Social Worker @SC 10am-Health & Fitness Café @SC \$1.75	<b>9</b> 10:30am-Fitness @SC 6:30pm-Local Poets Take on Longfellow@CPL 	<b>10</b> Lifelong Employment @SC Move Today Exercise @SC Noon-Lunch @SC \$1.75	<b>11</b> 10:30am-Fitness @SC 11am-The Saturday Club of Boston @CPL 1:15pm-Footprints on the Sands of Time@CPL 6:15pm-KIP2 @CPL	<b>12</b> Noon-Lunch @SC \$1.75
<b>15</b> Social Worker @SC 10am-Health & Fitness Café @SC \$1.75	<b>16</b> 9:30am-Blood Pressure @SC 10:30am-Fitness @SC 1:30pm-Movie <i>Evangeline</i> @CPL 6:30pm-Local Poets Take on Longfellow@CPL	<b>17</b> Lifelong Employment @SC Move Today Exercise @SC Noon-Lunch @SC \$1.75	<b>18</b> 10:30am-Fitness @SC 6:15pm-KIP2 @CPL	<b>19</b> Noon-Lunch @SC \$1.75 6:30pm-Celtic Songs and Reflections \$25@Lumen Center 973 403-3331x25
<b>22</b> Social Worker @SC 10am-Health & Fitness Café @SC \$1.75	<b>23</b> 10:30am-Fitness @SC 7pm-An Evening with Christopher Bing @Mount Saint Dominic Academy	<b>24</b> Lifelong Employment @SC Move Today Exercise @SC Noon-Lunch @SC \$1.75	<b>25</b> 10:30am-Fitness @SC 6:15pm-KIP2 @CPL	<b>26</b> <i>Feel Good Friday</i> 10 am-Keeping Your Gut in Good Order@CPL Noon-Lunch @SC \$1.75
<b>29</b> 10am-Health & Fitness Café @SC \$1.75	<b>30</b> 10:30am-Fitness @SC 6:30pm-Local Poets Take on Longfellow@CPL	<b>31</b> No Lifelong Employment No Move Today	<i>See calendar for Big Read events: Footprints on the Sands of Time, Local Poets, The Saturday Club of Boston, Evening with Christopher Bing and lots more!</i>	

March 2010



973 403-0972

**\*\*Programs\*\***

**Footprints on the Sands of Time**-Write your special memory and share it with a high school student at this 2 week program on March 4 & 11 from 1:15 to 2:00 pm at the Caldwell Public Library. This event is part of the Big Read. You may choose to enter your story in the Essex County Legacy Contest.

Call 973 403-0972, if you plan to attend or need more information.

**Midmonth/Midweek/Midday Movie at the Library**-Enjoy popcorn and view the film, "Evangeline", on March 16 at 1:30 pm at the Caldwell Public Library.

**An Evening with Christopher Bing**- Hear the illustrator of "The Midnight Ride of Paul Revere" discuss Longfellow's work on March 22 at 7 pm at Mount Saint Dominic Academy Performing Arts Center. Free and open to all.

**Feel Good Friday: Keeping Your Gut in Good Order**-Dr. Shakira Slater, Chief Resident Physician at Mountainside Family Practice, will provide tips on dealing with digestive problems. The free program is on March 26 at 10 am at the Caldwell Public Library. Call 973 403-0972 for more information and to register. Refreshments will be served.

**Move Today** -This gentle exercise class meets on Wednesdays for twelve weeks. Call 973 403-0972 for information.

**KIP2**- Knit 1 Purl 2 is a lively group of knitters who meet on Thursday evenings at 6:15 pm at the Caldwell Public Library.

**Lunch at the Grover Cleveland Senior Center** - Lunch is \$1.75. Please call 973 403-4637 at least a day in advance to register and for menu information.

**LifeLong Learning Institute of Caldwell College**- Classes begin in early March. For a brochure, call 973 618-3543.

**\*\*Caldwell LIVE Services\*\* For information, call 973 403-0972**

- **Social Worker**-Need help with filling out forms? Want information about services? Call or drop in on Mondays to talk with social worker, Karen Brand.
- **Lifelong Employment Counseling**- Thinking about going back to work? Call or drop in on Wednesday mornings for information.
- **Non-emergency Medical Transportation**-Available on a limited basis for Caldwell residents 60+. Call 973 403-0972 for information.
- **Home Maintenance**-A day of free minor repairs is available for Caldwell residents 60+. Contact JVS at 973 674-2415x296.

**Caldwell LIVE Office**  
1 Provost Square, Caldwell  
973 403-0972  
rschoenberg@jfsmetrowest.org

