

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

July 2010

Caldwell LIVE
 Lifelong Involvement for Vital Elders
 973 403-0972

*See back for more information
 on programs, services & trips.*

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
 to change!*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Be safe this summer</p> <ul style="list-style-type: none"> Take advantage of the FREE handyman repair service and home safety assessment available to Caldwell residents 60+ Sign up for the two day AARP Driver Safety Course and be eligible for a discount on auto insurance 				
<p>5 Senior Center and Library Closed</p> 	<p>6 Blood Pressure@SC,9 Fitness@SC,10:30</p>	<p>7 Lifelong Employment@SC Lunch@SC, Noon Wii Bowling@SC,1:00 Quilt Show & Demonstration @CPL,6:30</p>	<p>8 Fitness@SC, 10:30 KIP2@CPL, 6:15</p> 	<p>9 Movie, "Lady in the Water" @CPL, 10 Lunch@SC, Noon</p>
<p>12 Social Worker@SC</p>	<p>13 Fitness@SC,10:30</p> 	<p>14 Lifelong Employment@SC Lunch@SC, Noon Wii Bowling@SC,1:00</p>	<p>15 Fitness@SC, 10:30 Summer Salad Spectacular @SC, noon \$3.50 RSVP 973 403-4637 KIP2@CPL, 6:15</p>	<p>16 ***** *Feel Good Friday: Pep Up *Your Palate@CPL, 10 ***** Lunch@SC, Noon</p>
<p>19 Social Worker@SC Trip to Atlantic City from SC, call 973 403-4637</p> <p>AARP Driver Safety Course @SC, 9:30am-1pm see back for fees & registration information</p>	<p>20 Blood Pressure@SC,9 Fitness@SC,10:30</p> 	<p>21 Lifelong Employment@SC Lunch@SC, Noon Wii Bowling@SC,1:00 Art Reception with Margie Samuels@CPL,6:30</p>	<p>22 Fitness@SC, 10:30 KIP2@CPL, 6:15</p>	<p>23 Movie, "Anchors Aweigh" @CPL,10 Lunch@SC, Noon</p>
<p>26 Social Worker@SC</p> <p>AARP Driver Safety @SC, 9:30-1:00 (part 2)</p>	<p>27 Fitness@SC,10:30</p>	<p>28 Lifelong Employment@SC Lunch@SC, Noon Wii Bowling@SC,1:00</p>	<p>29 Fitness@SC, 10:30 Grand Parenting with a Purpose @Cong. Agudath Israel, 1:00 KIP2@CPL, 6:15</p> 	<p>30 Movie, "Poseidon"@CPL,10 Lunch@SC, Noon</p>

July 2010

973-403-0972

****Programs****

AARP Driver Safety Program– This 2 day course will be on July 19 & 26 from 9:30 am to 1:00 pm. To register, make your check payable to AARP and send it to: Grover Cleveland Senior Center, 1 Provost Sq., Caldwell, NJ 07006. The fee is \$12 for AARP members; \$14 for non-members. Seating is limited.

Grand Parenting with a Purpose–Wendy Sabin, JFS social worker, will lead a discussion about how to better communicate with your grandchildren and how to make use of technology. The program on July 29, 1:00 pm at Congregation Agudath Israel, 20 Academy Rd., Caldwell is open to all.

Feel Good Friday: Pep Up Your Palate– Get tips on making your food tastier from Emily Johnston, RD, Mountainside Hospital dietician, on July 16, 10 am at the Caldwell Public Library. Recipes and samples will be available.

Movies at the Library–Watch a movie with friends on Friday mornings at 10 am at the Caldwell Public Library.

Quilt Show & Demonstration– Marilyn Belford, award winning quilter, will share stories and her quilts on July 7, 6:30 pm at the Caldwell Public Library.

KIP2– Knit 1 Purl 2 is a lively group of knitters who make blankets for others 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. A special *Summer Salad Spectacular* for \$3.50 will be held on July 15. Reservations are required.

Trip to Atlantic City–The senior center is sponsoring a fun filled bus trip on July 19. Call 973-403-4637 to register.

Trips from Congregation Agudath Israel–The following trips are open to all. Call 973 226-3600x119 for reservations and fee information.

July 7–Morristown including Acorn Hall, Morris Museum

August 9– Museum of Jewish Heritage in NYC

July 15– Jazz in the Garden at Newark Museum

August 17–Lafayette Village

July 20–NJ State Capital, WWII Memorial and lunch

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

- **Lifelong Employment Counseling**– Thinking about going back to work? Call or drop in on Wednesday mornings for information from Inna Kramers.
- **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.
- **Social Worker**–Wendy Sabin, a JFS social worker, is in the LIVE office on Mondays to provide information and answer your concerns.

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