

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

September 2010

Caldwell LIVE

Lifelong Involvement for Vital Elders

See back for more information
 or call 973 403-0972.


Calendar Key

CPL
 Caldwell Public Li-
 brary, 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 demonstra-
 tion program whose
 goal is to help older
 adults remain in the
 community. This
 non-sectarian pro-
 gram is in partner-
 ship with Borough
 and local organiza-
 tions. 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><i>Save the Date For.....</i></p> <p>Taste of Wellness October 14, Congregation Agudath Israel</p> <p>Join us that morning for a sampling of ways to feel healthier such as chair yoga, guided meditation & other mind/body/spirit techniques. Watch for more information in the October calendar.</p>		<p>1 Lifelong Employment@SC</p> <p>Lunch@SC,noon</p>	<p>2 Fitness@SC,10:30</p> <p>KIP2@CPL,6:30</p>	<p>3 Lunch@SC,noon</p>
<p>6 Labor Day</p>	<p>7 Blood Pressure@SC,9</p> <p>Fitness@SC,10:30</p>	<p>8 Social Worker@SC</p> <p>Lunch@SC,noon</p>	<p>9 Fitness@SC,10:30</p> <p>KIP2@CPL,6:30</p>	<p>10 Lunch@SC,noon</p>
<p>13 Social Worker will be in the LIVE office on Thursday</p> <p>Health & Fitness Café@SC,10</p>	<p>14 Fitness@SC,10:30</p>	<p>15 Lifelong Employment@SC</p> <p>Lunch@SC,noon</p> <p>John Lanza Book Reading@CPL,6:30</p>	<p>16 Social Worker @SC</p> <p>Senior Safety Seminar@SC,9:30</p> <p>KIP2@CPL,6:30</p>	<p>17 Lunch@SC,noon</p>
<p>20 Social Worker@SC</p> <p>Health & Fitness Café@SC,10</p>	<p>21 Blood Pressure@SC,9</p> <p>Fitness@SC,10:30</p>	<p>22 Lifelong Employment@SC</p> <p>Twelve Week Exercise Course Begins Move Today@SC, 10 (see back for registration information)</p> <p>Lunch@SC,noon</p>	<p>23 Fitness@SC,10:30</p> <p>KIP2@CPL,6:30</p>	<p>24 Lunch@SC,noon</p>
<p>27 Social Worker@SC</p> <p>Health & Fitness Café@SC,10</p>	<p>28 Feel Good Tuesday: Managing Your Medications Do's and Don'ts @CPL, 10</p> <p>Fitness@SC,10:30</p>	<p>29 Lifelong Employment@SC</p> <p>Move Today@SC,10</p> <p>Lunch@SC,noon</p>	<p>30 Fitness@SC,10:30</p> <p>KIP2@CPL,6:30</p>	



****Programs****

Book Talk-Author John Lanza will discuss his book, *Shot Down Over Italy*, on September 15 at 6:30 pm at the Caldwell Public Library.

Senior Safety Seminar -Caldwell Police Chief Kurt Dombrowski and his team will present information on keeping yourself safe and secure at a program on September 16 at 9:30 am at the Grover Cleveland Senior Center. A light breakfast and hand-outs will be available. Call 973-403-4637 to make a reservation.

Move Today-This is a 12 week gentle exercise program to improve balance, flexibility and well-being. The course runs from September 22 to December 8 from 10-11am at the Grover Cleveland Senior Center. The course fee is \$12 which includes resistance bands and a manual. Bring checks payable to the JCC MetroWest to the first session. Call the LIVE office at 973-403-0972 to register. Class size is limited and advance registration is required.

Feel Good Tuesday: Managing Your Medications Do's and Don'ts- Richard Adamczyk, Pharm.D., Mountainside Hospital, Pharmacist, will discuss drug interactions and how to safely take your vitamins and various medications on Tuesday, September 28 at 10 am 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 6:30pm 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.

Health & Fitness Café-A brunch and exercise program on Monday mornings at the Grover Cleveland Senior Center. The cost is \$1.75. Please call 973-403-4637 to register.

DOROT, a non-profit social agency, is offering To Your Health, classes and support groups given over the phone. There are also programs for Caregivers. From the comfort of your home, you can get important information provided by professionals. For a schedule or more information, call 973-763-1511 or email frod@dorotusa.org.

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

- **Social Worker**-Wendy Sabin, LCSW, JFS social worker, is in the LIVE office each week to provide information and discuss issues with you.
- **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 to schedule an appointment.

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