

SENIOR OUTLOOK

THE CENTER RECOGNIZES WOMEN'S HISTORY MONTH

MARCH 2014 EDITION

Plainfield Senior Citizens Service Center
908-753-3506

400 East Front Street
Plainfield, NJ 07060-1320

PLEASE SIGN UP 24 HOURS IN ADVANCE FOR ALL TRIPS. A MINIMUM OF 8 PEOPLE IS REQUIRED TO PREVENT CANCELLATION

CITY OF PLAINFIELD



Mayor

Adrian O. Mapp

City

Administrator

Rick Smiley

Administration, Finance, Health & Social Services

Ron West

Chief-of-Staff

John Stewart Jr.

Senior Citizens Service Center

Sharron Brown

Director

Colin A.L. Baptiste

Abenaa Bey

John Davis

Vanessa Delgado

Keith Foreman

Mary Jackson

Annette Lockley

Leah Morgan

Terry Morris

Susan A. Mularz

George Smith

Gary Van Liew

Marion Wesley

Workforce 55



MAYOR ADRIAN O. MAPP

Come meet and greet Mayor Adrian O. Mapp at his first mayoral meeting here at the center on Wednesday, March 5th at 10:45 a.m.

WOMEN'S HISTORY MONTH CELEBRATION

1. **WHMC:** Before Rosa Parks, there was Claudette Colvin. At age 15, she made history for her role in taking a seat for justice. Come hear more about her on Tuesday, March 4th at 12:30 p.m.
2. **WHMC:** At the age of 16, Dr. Shirley Bailey became the youngest secretary of the NAACP Youth Council in Jackson, Miss. Come hear more about her on Tuesday, March 11th at 12:30 p.m.
3. **WHMC:** Youth President of the McComb, Mississippi Chapter of the NAACP, Brenda Laverne Travis led a march on city hall as a teen in a heavy laden KKK town. Come hear more about her on Tuesday, March 18th at 12:30 p.m.
4. **WHMC:** As a student at Fisk University, Diane Nash became the founding member of the Student Non-violent Coordinating Committee. (SNCC) Come hear more about her on Tuesday, March 25th at 12:30 p.m.
5. **WHMC:** At the age of 16, Annie Pearl Avery became secretary of the Student Non-violent Coordinating Committee. In 1961 she narrowly escaped a house bombing in Mississippi. Come hear more about her on Monday, March 31st at 12:30 p.m.

MAKE IT FUNKY!

Plainfield Senior Citizens Center cordially invites you to a night of funk with the *RT Funk Band* here at the center on Thursday, March 27th from 5:00 p.m. to 8:00 p.m. Doors open at 4:30 p.m. The tickets are \$3.00 for members and \$5.00 for non-members.



Don't forget to "Spring Forward" by one hour on Sunday, March 9th at 2:01 a.m.

NATIONAL COUNCIL OF NEGRO WOMEN

Plainfield/Scotch Plains Section of the NCNW presents the *Committed, Caring, and Concerned Women of Color Roundtable Discussion* and Harambee Breakfast on Saturday, March 22nd at the center from 9:00 a.m. to 12:00 noon. The cost is \$25 for adults and \$12.50 for children ages 12 and under. Please contact Director, Sharron Brown at (908)753-3506 for tickets.

AARP TAX PREPARATION

AARP tax counselors will be providing free tax appointments from now until Tuesday, April 15th from 9:00 a.m. to 1:00 p.m. Please call (908) 753-3506 for an appointment.

PLEASE BRING IN THE FOLLOWING:

- * 2012 federal and state income tax return if you filed
- * 2013 federal and state income tax booklet
- * 1099 SSA and/or 1099 Forms
- * W-2 Forms per employer
- * 1098 Form if you own a mortgage
- * Social Security card for all dependents
- * ID for anyone in your household ages 18 and over.
- * Child care and dependent care provider info, including employer's name, SS# or EIN#.
- * Your 2013 tax receipt
- * Tenants must have all rent receipts or total annual rent paid.

If you're interested in having a PTR done, please have your proof of taxes paid completed by the City Hall Tax Office prior to making an appointment.

SITTING PRETTY AT L'AFFAIRE RESTAURANT

Ladies and gentlemen on Thursday, March 27th the Union County Senior Council will host a program on skin care, health, dental, and wellness at L'Affaire Restaurant. It's all about looking your best! The bus is full and leaves at 9:00 a.m. If you would still like to attend, please sign-up on the main floor and get there on your own.

MARCH HEALTH PROGRAMS

♥**BLOOD PRESSURE:** Representatives from the Neighborhood Health Center will be at the center on Monday, March 3rd, March 17th and March 31st at 10:00 a.m. for blood pressure monitoring.

♥**BLOOD PRESSURE:** Nurse Juanita Richardson of Solaris Health System will be at the center on Monday, March 10th and again on Monday, March 24th at 10:00 a.m. for blood pressure screenings.

♥**PHILLIPS EYE CENTER:** Don Pieri of Phillips Eye Center will be at the center on Friday, March 14th at 10:00 a.m. to administer fee eye exams.

♥**FOOT DOCTOR:** Dr. Dave will be at the center on Monday, March 24th at 10:00 a.m. to see members.

IN CASE OF A WEATHER EMERGENCY

In the event of an emergency or city shut down, please call 908-753-3508. A detailed announcement will be on this line. Please do not leave a message.

Please Be Advised: Make sure your steps and sidewalks are clear. The bus driver is unable to help anyone over the ice and snow. This note is for your own safety as well as the bus driver's. If the path in front of your home is not clear, please notify the center that you will not be able to be picked up.

FOR YOUR INFORMATION

♥Priscilla Pyke-Angoy, health educator, will be at the center on Monday, March 10th at 11:00 a.m. to discuss nutrition and food safety for seniors.

SENIOR CENTER PARKING SPOTS

On Monday, March 3rd, the center will update its reserved parking for its members. You will now be able to park in spots 10, 11, 13, 14, 16, 17, 18, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, and 61. There will also be four handicapped spots available. If you park in any spot other than those listed above, Mathew's Towing will tow your car and it will cost \$185 to get it back.

THE SUNSHINE CLUB CORNER



WHERE HOPE COMES ONE SMILE AT A TIME

PLEASE REMEMBER THOSE WHO'S GONE ON TO GLORY

1. MARJORIE ARMSTRONG
2. PATRICIA BILAL
3. CAROL CRAIG
4. RALPH DOWKER Sr.

REMEMBER THOSE WHO ARE SICK & SHUT-IN

1. LEE BOGGS
2. SHELIA BRACEY-LIGGINS
3. CLEMENT CURRY
4. JOSEPH DECLEMENTE
5. BESSIE MCCREARY
6. SANDRA TAYLOR-WILLIAMS

If you know someone who is recovering from illness, please call the center at (908) 753-3506 and let us know.

THE NEXT SUNSHINE CLUB MEETING WILL BE HELD ON WEDNESDAY, MARCH 12TH 11:00 AM

Sign-up for upcoming trips & events beginning on Monday, March 3rd at 9:00 a.m.

Daylight Savings Time		3/9/14
Phillips Eye Center		3/14/14
Food Bank		3/18/14
Hadley Theatre	\$ 10.00	3/21/14
NCNW Breakfast	\$ 25.00	3/22/14
Watchung Sq. Mall		3/26/14
Affordable Healthcare Act Seminar		3/27/14
Sizzling Thursday	\$ 3.00	3/27/14

Attention All Members: Due to changes in healthcare laws, members that want to see Dr. Poonai, the podiatrist, for foot care concerns will now have to pay a co-pay and/or deductible prior to receiving their exam. New healthcare rules now make it illegal for providers not to collect co-payments and/or deductibles from patients for services rendered. Members who have Medicare Blue Cross/Blue Shield insurance must now get a referral from their primary care physician prior to seeing the podiatrist.

HEALING DRUMS

The Healing Drum Circle led by Judith Johnson and Shelia Bracey-Liggins resumes on Saturday, March 1st from 1:00 p.m. to 2:30 p.m.

CLG FOOD BANK

The center will travel to CLG Food Bank on Tuesday, March 18th at 11:00 a.m.

BARBARA'S CRAFT WORKSHOP

Due to the success of our Valentine's Day cards session, we're now extending the concept to include Afro-themed greeting cards for birthdays, get well and thank you. Join Barbara Scuzzese on Tuesday March 11th from 1:00 p.m. to 3:00 p.m. to create your own unique and beautiful cards using fabric and paper with African designs.

HADLEY THEATRE

Join the membership as we travel to Hadley Theatre on Friday, March 21st. The bus leaves the center at 12:30 p.m. Please bring at least \$10.00 with you.

WATCHUNG SQUARE MALL

Join the membership on Wednesday, March 26th at 11:00 a.m. as they travel to Watchung Square Mall.

COMMUNITY ACTION PROJECT

Sharron Brown, in conjunction with Community Action Project (C.A.P.), will be holding their meeting on Thursday, March 27th at 4:00 p.m.

HOME ENERGY ASSISTANCE

To be eligible for home energy assistance, applicants must be responsible for their own heating and cooling costs either directly or as a part of their rent. Monthly eligibility guidelines for LIHEAP and USF programs are as follows: LIHEAP is \$1,915 if single, and \$2,585 if married. USF is \$1,676 if single, and \$2,262 if married.

GREATER CENTRAL JERSEY COMMUNITY CHOIR

The center would like to recognize the Greater Central Jersey Community Choir for becoming the largest gospel choir according to the Guinness World Book of Records. The choir surpassed a record previously held by England. The feat was undertaken at Newark Symphony Hall.

SHARE YOUR GIFT

Auntie Minnie's Baked Filet of Sole or Haddock Fish

- 1 1/2 tsp. of salad oil
 - 1/2 cup of white wine
 - 1/2 cup of thinly sliced green onion with tops
 - 1 tsp. of tarragon leaves
 - 1 1/2 tsp. of flour
 - 1/4 lb of sliced mushrooms
 - 1/4 cup of fresh chopped parsley
 - 1 1/2 lbs of filet of sole, haddock
 - 1/2 tsp. of salt
 - 1/4 tsp. of pepper
 - 1/4 tsp. of paprika
 - 1 tbsp. of melted butter
 - 1/2 cup of soft bread crumbs
 - 4 oz. of grated Swiss cheese
1. Pour oil into an 8 x 11 inch baking dish. Stir in flour. Then stir in the wine and spread it all over the bottom of the dish.
 2. Combine the mushrooms, onions, and tarragon.
 3. Sprinkle two tablespoons of chopped parsley evenly over the dish.
 4. Arrange two filets over the mushrooms and season them with salt, pepper and paprika.
 5. Stir together butter, bread crumbs and remaining parsley. Then sprinkle over the fish.
 6. Bake uncovered at 350 degrees for 20 minutes.
 7. Cover with cheese then return it to the oven until the cheese melts. Serve with pan juices.

UNION COUNTY TRAVEL SECTION

Union County Senior Council trip schedule includes all day and multi-day trips. All trips are aboard a deluxe motor coach. No center transportation will be provided.

1. *After Midnight*: A new musical starring Toni Braxton and Kenny *Babyface* Edmonds celebrates the glamour and exuberance of Harlem's Golden Age. Hear the timeless songs of Duke Ellington, Harold Arlen and Cab Calloway. The bus leaves on Saturday, March 22nd at 10:30 a.m. The show is at 2:00 p.m. The cost is \$115.00.
2. *Sight & Sound*: Take a trip to Sight & Sound Theatre to see the play *Moses* on Thursday, April 3rd. The cost of the play is \$105. This price includes the ticket, transportation to and from the show and dinner. Lunch will be on your own. A deposit of \$35.00 must be made by Friday, March 7th. The bus leaves the center at 8:00 a.m. and returns at 9:00 p.m.

PLAINFIELD SENIOR CITIZENS CENTER **FROM THE DIRECTOR'S DESK**

Dear Seniors: Thank you once again for giving me the opportunity to serve you. I would like to think of myself as a forward thinker who is always searching for new and creative ideas to improve upon the center and its numerous services.

March promises to be filled with excitement and lots of fun and inspiring activities. We will celebrate Women's History Month by highlighting the accomplishments of women small and great. The national theme is *Celebrating Women of Character, Courage, and Commitment*. Gentlemen, take the time to let that special someone in your life know she is loved and appreciated.

Irish eyes will be smiling on Monday, March 17th in recognition of St. Patrick's Day.

All you basketball fans remember that March Madness is on the horizon. Grab some snacks and have a fantastic time. Finally, don't forget to spring your clocks forward on Sunday, March 9th at 2:01 a.m. As winter's door closes and gives way to spring, a new beginning will be in bloom. Spring brings an array of natural beauty for your enjoyment. Take time to smell the roses.

Sharron Mitchell-Brown, Director

PLAINFIELD SENIOR CENTER MEMBERSHIP

Dear Seniors: Our next meeting will be held on Tuesday, March 11th at 10:30 a.m. Please write down any questions you would like to see addressed, and place them in the suggestion box on the main floor. Thank you.

Suzanne Koonce, Membership President

WHAT'S NEW AT THE BROWNSTONE

Ace in the Hole Production invites our members to come and enjoy their upcoming spring shows at the Brownstone. The bus leaves the center at 10:00 a.m. The cost of each show is still to be determined.

1. *I Feel Good* is a tribute to James Brown starring Lonnie Youngblood on Thursday, April 10th.
2. *The Kings of Comedy Tour* stars Floyd Vivino, Dave Heenan, and Melvin George on Thursday, May 8th.
3. *The Platters Review* stars Joe Coleman on Thursday, May 22nd.
4. *Soul & Inspiration* stars Renee Bailey, Richard Lanham and Saints of Swing on Friday, June 20th.

Please see Colin Baptiste to select which show you would like to attend and leave a \$20 good faith deposit.

PING PONG ANYONE?

Attention all members: The center recently purchased a brand new ping pong table for your enjoyment. It's located in the fitness room. If you are interested in using it, please see Keith Foreman to develop a schedule.

PLEASE NOTE: ALL TRIPS ARE SUBJECT TO CANCELLATION DUE TO INCLEMENT WEATHER

AFFORDABLE HEALTHCARE ACT

Do you have questions concerning the Affordable Healthcare Act also known as "Obama Care"? CBC Health and Educational Ministry will be at Community Baptist Church located at 20 Grove Street in No. Plainfield on Saturday, March 15th from 9:00 a.m. to 5:00 p.m. They are providing a free educational seminar that explains how the plan works, what your options are, and how to enroll in the correct plan.

THE HISTORY OF ST. PATRICK'S DAY

St. Patrick's Day will be celebrated on Monday, March 17th. This religious feast day marks the anniversary of St. Patrick's death in the fifth century. The Irish have observed this day as a religious holiday for over a thousand years. On St. Patrick's Day, Irish families traditionally attend church in the morning and celebrate in the afternoon. They dance, drink, and feast on Irish bacon and cabbage.

PLEASE SAVE THE DATES
CROSSROADS THEATRE

On Wednesday, April 16th the Crossroads Theatre Company invites us to see the play *Lift*, a gripping tale of a couple trapped in an elevator by Walter Moseley. The bus leaves at 8:30 a.m. The cost is \$20.00.

VFW SEMINAR EXPLAINING VETERANS BENEFITS

State Service Officer Bernard McElwee of the NJ Veterans of U.S. Foreign Wars will be at the center on Saturday, April 21st from 10:00 a.m. to 11:00 a.m. to provide a free informational seminar explaining veteran benefits. This seminar is open to all veterans and their loved ones. Doors open at 9:30 a.m. Light refreshments will be served.

APRIL IN PARIS
SPRING FASHION SHOW

Attention all models: Johnnye Hansford is holding her spring fashion show rehearsals at the center every Thursday at 5:00 p.m. on the main floor. *April in Paris* will be held on Thursday, April 24th. Doors open at 4:30 p.m. The cost is \$10.00. Tickets can be purchased in advance at the front desk. Dinner will be served.

43RD SENIOR COUNCIL AWARD LUNCHEON

The Senior Council Awards Luncheon will be held at L'Affaire Restaurant on Thursday, May 8th. The bus leaves the center at 8:30 a.m. Please sign up now. The price is \$16.00 for the first twenty updated members and \$32.00 for all non-members.

MOTOWN REVUE 2014

Motown Revue 2014 is on its way! Join Ernestine Ridley and the cast for this Spring's most memorable event on Thursday, May 15th. Doors open at 4:30 p.m. The cost is \$3.00. Light refreshments will be served.

FOREVER YOUNG XII

Plainfield Senior Center in conjunction with Plainfield Public Schools cordially invite you to the 12th annual Forever Young Senior Prom. This year's theme is going to have a 70's feel to it. We're asking our members to pull out their afros, bell-bottom jeans, plaid shirts and skirts and come on down to Washington Community School on Friday, June 6th from 5:00 p.m. to 10:00 p.m. All Plainfield residents must leave a \$10 deposit to reserve their seat. Once you attend, your deposit will be refunded on the following Wednesday. Non-Plainfield residents must pay \$20 which is non-refundable.

AN EVENING OF COMEDY AT THE CENTER

The Plainfield Vulcans present an evening of comedy at the center to commemorate Father's Day on Thursday, June 19th. Doors open at 5:00 p.m. Refreshments served

YATES ANNUAL VETERANS BREAKFAST

VFW Memorial Post 7474 in conjunction with Yates House will be holding their annual breakfast fundraiser on Saturday, June 28th at 11:00 a.m. The cost is \$10.00. Tickets can be purchased in advance here at the center.

AFRICAN AMERICAN WOMEN WORD SEARCH

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| 1. Mahalia Jackson | 8. Wilma Rudolph |
| 2. Althea Gibson | 9. Aretha Franklin |
| 3. Norma Merrick Sklarek | 10. Alice Walker |
| 4. Madam C.J. Walker | 11. Jackie Joyner-Kersey |
| 5. Lena Horne | 12. Maya Angelou |
| 6. Rosa Parks | 13. Mae Jemison |
| 7. Oprah Winfrey | |

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Plainfield Senior Citizens Service Center
400 East Front Street (1st Floor)
Plainfield, New Jersey 07060-1320
908-753-3506

PRESORTED STD
U.S. POSTAGE PAID
PERMIT NO. 757
UNION, NJ 07083

CURRENT RESIDENT OR

On-Site Classes ♀ ♀ ♀ ♀ ♀

Yarn Class: Learn how to knit and crochet with the Pussycat Club every Monday through Thursday from 9:30 a.m. to 3:00 p.m.

Quilting Class: Sharpen your skills every Tuesday, Thursday, and Friday at 10:30 a.m. in the sewing room.

Jewelry Making Class: Learn to make fine jewelry every Wednesday from 1:30 p.m. to 3:00 p.m. in the art room with Mazie Wormley.

Memoir Writing Group: Learn how to write your own memoir every third Wednesday at 10:30 a.m. with the memoir group in the conference room.

Zumba Class: Has been postponed until further notice.

Sew Easy: Learn how to sew every Wednesday from 11:00 a.m. to 1:00 p.m. with Marie Van Lierop in the sewing room.

Ceramics Class: Learn how to mold, glaze and fire precious works-of-art every Thursday from 1:00 p.m. to 2:30 p.m. with Davette Bivins in the art room.

Ball Room Dancing: Learn tango, fox trot and rumba with Fred Harris, Prince Hinds, and Judith Johnson every Thursday at 2:00 p.m. in the fitness room.

March Meetings ♀ ♀ ♀ ♀ ♀

- ➔ **The center staff meeting** will be on Monday the 10th at 11:00 a.m.
- ➔ **The membership meeting** will be on Tuesday the 11th at 10:30 a.m.
- ➔ **The Sunshine Club meeting** will be on Wednesday the 12th at 11:00 a.m.
- ➔ **The advisory board meeting** will be on Tuesday the 18th at 10:00 a.m.
- ➔ **The Senior Pool Club meeting** will be on Tuesday the 25th at 1:00 p.m.

Large print copies of *SENIOR OUTLOOK* available by request.

- ❖ The center is handicap accessible and smoke-free.
- ❖ Trip schedules are available in Spanish upon request.
- ❖ Free parking is available in designated spots in the rear of the building.

FUNDING HAS BEEN MADE POSSIBLE IN PART BY THE NEW JERSEY STATE COUNCIL OF THE ARTS, DEPARTMENT OF STATE, A PARTNER AGENCY OF THE NATIONAL ENDOWMENT OF THE ARTS, THROUGH A GRANT ADMINISTERED BY THE UNION COUNTY OFFICE OF CULTURAL AND HERITAGE AFFAIRS.

NEW JERSEY STATE
COUNCIL ON
THE ARTS