

SENIOR OUTLOOK

FOREVER YOUNG XIII

JUNE 2015 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

Collin A.L. Baptiste

Abenaa Bey

John Davis

Keith Foreman

Annette Lockley

Leah Morgan

Susan A. Mularz

Jamette Nash

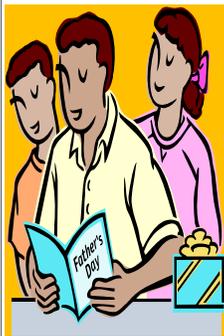
Nathaniel Singleton

George Smith

Gary Van Liew

Marion Wesley

Workforce 55



MAYOR ADRIAN O. MAPP

Mayor Adrian O. Mapp wants to remind all registered voters to get out and vote on Tuesday, June 2nd. The polls will be open from 6:00 a.m. to 8:00 p.m. Please sign up now for transport to the polls.

Please Note: Mayor Adrian O. Mapp's monthly meeting will be held at the center on Wednesday, June 3rd at 10:30 a.m.

STONE SOUP PRESENTS

GUYS & DOLLS AT GILL ST. BERNARDS'

We will travel to Gill St. Bernards' on Monday, June 1st to see the play *Guys and Dolls*. The bus leaves the center at 9:00 a.m. Lunch will be served following the show.

TAKE CONTROL OF YOUR HEALTH

Jan Ramos of Prevention Links will host a six week health seminar in the fitness room beginning on Wednesday, June 3rd from 12:30 p.m. to 3:00 p.m. A healthy lunch will be provided. Anyone who attends at least five classes will receive a \$25 gift card from Shop Rite and a certificate of completion.

FOREVER YOUNG XIII

Plainfield Senior Center in conjunction with Plainfield Public Schools cordially invites you to the 13th annual Forever Young Senior Prom at Washington Community School on Friday, June 5th from 5:00 p.m. to 10:00 p.m. Plainfield residents must leave a \$10 deposit to reserve their seat by Wednesday, June 3rd. All deposits made must be picked up by Monday, July 6th. Payments made at the door are non-refundable. Non-Plainfield residents must pay \$20 which is also non-refundable. Please sign up now for transportation.

SENIOR CENTER PROM DAY HOURS

The center hours of operation on Friday, June 5th are from 9:00 a.m. to 5:00 p.m. Please be advised there will be no bus transportation, lunch or staff services provided on that day.

U. C. SENIOR ART SHOW & RECEPTION

The Union County Senior Art Show invites all senior artists to a reception at the NUI/ Elizabethtown Gas Company in Union, NJ on Wednesday, June 10th from 5:30 p.m. to 7:30 p.m. The art show is open to Union County residents ages 60 and over. To obtain an application, see Colin Baptiste. The exhibit lasts from Monday, June 1st to Monday, July 13th.

JUNETEENTH & FATHERS' DAY CELEBRATE

Juneteenth signifies the end of slavery in Galveston, Texas on June 19th 1865. The center will recognize Juneteenth on Friday, June 19th at 11:00 a.m. Please see Sharron Brown if you would like to join the Juneteenth committee to help make the event a success. We will also honor our fathers and grandfathers with a special BBQ as part of the Juneteenth celebration.

MONMOUTH PARK RACETRACK

The center is traveling to Monmouth Park Racetrack on Saturday, June 20th at 11:00 a.m. to enjoy an afternoon of horse racing. You must leave a \$2 deposit to reserve your seat. Come and enjoy the thrill of the track!

92ND ANNUAL FOURTH OF JULY PARADE

Come enjoy the 92nd Annual Fourth of July parade on Saturday, July 4th at 10:00 a.m. Later, enjoy a free concert in Cedar Brook Park at 5:30 p.m. followed by a fireworks display at 9:30 p.m. All are welcome to attend. Please bring your own lawn chair to relax.

UNION COUNTY VEGETABLE VOUCHER

The Union County Aging and Disability Resource Connection will be at the center on Wednesday, July 29th from 10:00 a.m. to 12:00 noon to distribute food vouchers to Union County residents ages 60 and over. Please bring proof of residency and current income with you. You will receive four vouchers totaling \$20.00.

Please Note: Social Security no longer provides a representative at the center. Your membership must be current in order to receive a voucher.

JUNE HEALTH PROGRAMS

♥ **FOOT DOCTOR:** Dr. Dave will be at the center on Monday, June 15th at 10:00 a.m. to see members.

♥ **BLOOD PRESSURE:** Nurse Debra from JFK Hartwyck will be at the center on Monday, June 8th and again on Monday, June 22nd at 10:00 a.m. to administer blood pressure screenings.

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.

DR. DAVE POONAI

Podiatrist, Dave Poonai, requests that all members review their health insurance cards prior to meeting with him at the center. He is a specialist and may require a co-pay. This means you may be charged a fee of \$50. If you're not sure of what to look for, please see Colin Baptiste prior to Monday, June 15th.

SENIOR CENTER EXCHANGE STORE

The senior center welcomes Ms. Johnnye Hansford as its new exchange store manager. Store hours are 10:00 a.m. to 2:00 p.m. Tuesday through Thursday.

ATTORNEY ANDREW BARON

Union County Attorney Andrew Baron will be at the center on Wednesday, June 10th at 11:00 a.m. to meet with all members who have appointments. If you would like to schedule an appointment with the county attorney, please sign-up now at the front desk.

SIZZLING THURSDAY BINGO

Join the center for a night of bingo here at the center on Thursday, June 25th called by special guests. Doors open at 4:30 p.m. The first game begins promptly at 5:30 p.m. The cost is \$3.00 to enter and \$1.00 per board. Enjoy.

THE SUNSHINE CLUB CORNER

PLEASE REMEMBER THOSE WHO'VE GONE ON TO GLORY

WHERE HOPE COMES ONE SMILE AT A TIME



1. ELOISE TURNER

PRAY FOR OUR FRIENDS WHO ARE SICK/SHUT-IN

1. MARIE VAN LIEROP
2. GARY VAN LIEW

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, JUNE 10TH 11:00 AM

Please sign-up and note all upcoming trips & events on Monday, June 1st at 9:00 a.m.

Gill St. Bernard's Play		6/1/15
Transportation to the polls		6/2/15
Forever Young XIII	\$10/\$20.00	6/5/15
Jersey Gardens Mall		6/8/15
Juneteenth Celebration/Fathers Day		6/19/15
Monmouth Park Racetrack	\$2.00	6/20/15
Food Bank		6/23/15
Sizzling Thursday (Bingo Night)	\$3.00	6/25/15

JERSEY GARDENS MALL

Join the center on Monday, June 8th at 11:00 a.m. as we travel to Jersey Gardens Mall in Elizabeth.

PRAISE MOVES YOGA

Learn how to exercise your body, mind and spirit with certified instructor, Kim Todd on Friday, June 12th and again on Friday, June 26th from 10:45 a.m. to 11:45 a.m.

HEALING DRUMS

The Healing Drum Circle led by Judi Johnson and Shelia Bracey-Liggins continues on Saturday, June 13th and again on Saturday, June 27th from 12:30 p.m. to 1:30 p.m.

FOR YOUR INFORMATION

♥ Priscilla Pyke-Angoy, health educator, will be at the center on Monday, June 15th at 11:00 a.m. to speak about *Mammogram Early Detection* for cancer.

TRIP COMMITTEE MEETING

~~The trip committee will hold its meeting on Wednesday, June 17th at 11:30 a.m. If you have ideas for trips or events, please plan to attend this meeting.~~

CLG FOOD BANK

~~Join center members on Tuesday, June 23rd as they travel to the Food Bank on East 4th Street at 11:00 a.m.~~

WATER COOLER USAGE

Attention all members and staff: In an attempt to reduce the amount of drinking water consumption here at the center, no one is allowed to bring in their own personal water bottle from home and fill them up at the cooler any longer. You may still get water from the cooler to make your coffee or tea while at the center. Thank you.

WHERE'S MY NEWSLETTER?

If this is a common question you keep asking yourself every month, then here are a few reasons why you may or may not be receiving your newsletter on time or at all. First, when was the last time you checked with a staff member to see if your membership was up-to-date? Second, have you recently moved and forgotten to give the staff your new change-of-address? Finally, all bulk-mailing (newsletters) are mailed in Union, NJ and then sent to Kearny, NJ for distribution. For that reason, delays occur in the delivery of your newsletter. If you are still having issues receiving your newsletter, please leave your name and email address at the front desk or just pick up your newsletter here at the center.

DO BLACK LIVES MATTER? NAME SEARCH

S	H	O	W	E	L	L	A	C	Z	S	I	R	R	A	H	C	C
U	S	A	D	W	H	A	T	K	A	J	I	E	M	E	P	Q	I
T	A	M	I	R	R	I	C	E	P	E	A	C	I	Z	O	W	R
S	H	A	P	P	E	N	S	R	L	O	V	E	C	V	W	N	E
U	H	I	S	T	O	P	P	E	N	E	W	Z	H	O	E	A	Y
J	X	Q	P	M	L	S	A	K	A	I	G	X	A	R	L	R	E
C	H	I	L	D	R	E	N	A	N	P	U	F	E	I	L	H	S
T	Z	J	O	R	D	A	N	B	E	L	R	A	L	G	P	C	E
T	A	N	D	E	R	S	O	N	E	O	L	C	B	I	E	O	Z
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R	I	P	E	A	C	E	D	H	O	M	E	Z	N	Y	E	Z	F
E	N	F	B	P	D	A	N	T	E	P	A	R	K	E	R	N	O
T	A	N	I	S	H	A	A	R	E	S	P	E	C	T	Y	E	R
L	T	U	E	M	I	R	I	A	M	C	A	R	E	Y	Q	K	D
A	P	R	O	T	E	C	T	F	A	M	I	L	Y	S	W	C	B
W	T	H	E	C	T	O	R	M	O	R	E	G	O	N	Q	M	Z

The Organization, Killed By Police, has logged at least *91 people* killed by police in the month of January 2015 alone. At least 1,106 people were killed in 2014, a number which calls into question the integrity of the FBI's previous estimate of around 400 per year.

Here are some names you may not have heard. Find the names that are in bold.

- Walter Scott**, 50, West Ashley, SC--April 4, 2015
- Justus Howell**, 17, Zion, IL -- April 4, 2015
- Eric C. Harris**, 44, Tulsa, OK – April 2, 2015
- Hector Moregon**, Long Beach, CA—April 2015
- Tanisha Anderson**, 37, Cleveland OH—November 13, 2014
- Yvette Smith**, 47, Bastrop, TX – February 16, 2014
- Tamir Rice**, 12, Cleveland, Ohio—Nov. 22, 2014
- Akai Gurley**, 28, Brooklyn, NY—Nov. 20, 2014
- Kajiem Powell**, 25, St. Louis, Mo.—August 19, 2014
- Ezell Ford**, 25, Los Angeles, Calif.—August 12, 2014
- Dante Parker**, 36, San Bernardino County, Calif.—August 12, 2014
- Michael Brown**, 18, Ferguson, Mo.—August 9, 2014
- Yvette Smith**, 47, Bastrop, Texas—February 16, 2014
- McKenzie Cochran**, 25, Southfield, Mich.—January 28, 2014
- Jordan Baker**, 26, Houston, Texas—January 16, 2014
- Miriam Carey**, 34, Washington, D.C.—October 3, 2013



PLAINFIELD SENIOR CITIZENS CENTER
FROM THE DIRECTOR'S DESK

Dear Seniors: The center staff is busy preparing exciting events for your entertainment. This month, we will celebrate the Forever Young XIII Senior Prom on Friday, June 5th and our 18th Annual Juneteenth celebration on Friday, June 19th. Fathers' Day is on Sunday, June 21st. Remember to let him know how special he really is.

Start preparing yourself now for the 92nd Annual Central Jersey Fourth of July Parade happening on Saturday, July 4th at 10:00 a.m. Also the Union County Fruit and Vegetable Market will be held on Wednesday, July 29th from 10:00 a.m. to 12:00 noon. You must be an updated member, 60 years or older, live in Union County, and meet the income guidelines to receive a voucher.

Thank you for this year's continued support of my staff and me. Our mission is to be of service to you. Please let us know how we can surpass your expectations. Please let us know how we can make it better. Remember, communication is the human connection that holds the key to success.

Sharron Mitchell-Brown, Director

PLAINFIELD SENIOR CENTER MEMBERSHIP

Dear Seniors: Our next membership meeting will be held on Tuesday, June 9th at 10:30 a.m. Please leave any questions you would like addressed at the next meeting in the suggestion box on the main floor.

Larry Bolding, Membership President

2015 STONE CONNECT TRAVEL SECTION

The 2015 Union County Senior Council trip schedule includes all-day and multi-day trips. All trips are aboard a deluxe motor coach which leaves from Jeannette Ave in Union, NJ. Ten or more members must sign up for transport from the center. All trips are open to seniors, their families, and friends. For a full listing of trips, please see the *Senior News*, which can be picked up at the center.

1. Travel to *Kutztown & Pennsylvania Dutch Country* on Thursday, July 2nd from 9:00 a.m. to 6:00 p.m. The cost is \$60.
2. Travel to *Sight & Sound Theatre* in Lancaster, Pa to see the play *Joseph* on Thursday, July 9th from 8:30 a.m. to 10:00 p.m. The cost is \$120.
3. Travel to *Gypsy at the St. George Theatre on Staten Island* on Sunday, August 9th from 11:30 a.m. to 7:30 p.m. The cost is \$100.
4. Travel to the *Westchester Broadway Theatre* to see the play *Backwards in High Heels* on Wednesday, August 19th from 9:30 a.m. to 5:30 p.m. The cost is \$86.
5. Travel to a *Hawaiian Luau* at Mt. Haven Resort in the Poconos on Tuesday, September 1st from 9:00 a.m. to 6:30 p.m. The cost is \$85.

LINEDANCING WITH JAMETTE & LEAH

Calling all line dancers: Please be advised that the time for daily line dancing has been changed from 1:00 p.m. to 2:00 p.m. Monday through Friday with Jamette and Leah on the main floor.

51 ST ANNUAL QUEEN CITY ARTS FESTIVAL

The Plainfield Outdoor Festival of Art will celebrate fifty-one years of art and cultural events on Saturday, July, 11th from 10:00 a.m. to 4:00 p.m. on North Ave Plaza between Park and Watchung Aves. This year's event will be a fun-filled day of food and music for the entire family. Artists can participate in the categories of professional, non-professional and student. Interested parties should complete an entry form and return it to the Plainfield Division of Parks and Recreation on the first floor of the Annex building at 510 Watchung Ave.

SANDS CASINO

The center membership will be traveling to Sands Casino in Bethlehem, Pa on Tuesday, July 21st. The bus leaves the center at 9:00 a.m. Please see Ms. Bey for price, slot play, and food voucher information.

COLUMBUS MARKET

The center will travel to Columbus Market and Mastoris's Restaurant on Thursday, August 13th at 9:30 a.m. Please bring at least \$15 with you. Come enjoy a cool breeze, delicious food, and endless shopping! Must have eight or more members to go.

P.M.U.A ENVIRONMENTAL FAIR

Plainfield Municipal Utilities Authority 16th Annual Environmental Fair will be held at Library Park on Saturday, September 5th from 11:00 a.m. to 3:00 p.m. All are invited to learn new ways to help keep our environment clean. There will be exhibits, vendors, children's activities, music, games, and much more! For more information about the fair, contact the PMUA at (908) 226-2518.

YATES HOUSE ANNUAL VETERANS BREAKFAST

VFW Memorial Post 7474 in conjunction with Yates House will be holding its third annual breakfast fundraiser at the center on Saturday, November 7th from 10:00 a.m. to 1:00 p.m. The cost is \$10.00. Tickets can be purchased at the center.

THE BROWNSTONE

Ace in the Hole Productions invites you to its 2015 fall/winter season of shows at the Brownstone. Show times are T.B.A. A \$20 deposit is required to hold your seat.

1. On Tuesday, October 20th: *Motown Revue* stars Lonnie Youngblood and Lyn Locamy.
2. On Wednesday, December 30th: A New Years' Eve show *Whole Lotta Soul* stars Lonnie Youngblood.

PLEASE NOTE: ALL TRIPS ARE SUBJECT TO CANCELLATION DUE TO WEATHER AND PARTICIPATION.

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

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U.S. POSTAGE PAID
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UNION, NJ 07083

CURRENT RESIDENT OR

On-Site Classes ♀ ♀ ♀ ♀ ♀

Gloria's Sewing Class: Practice sewing every Monday at 11:00 a.m. with Gloria Williams in the sewing room.

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.

Healing Drums: Develop a sense of peace and calm with Judi Johnson and Shelia Bracey-Liggins every second and fourth Saturday of the month from 12:30 p.m. to 1:30 p.m.

Sew Easy: Learn how to sew every Wednesday at 10:00 a.m. with Marie Van Lierop in the sewing room.

Ceramics: Learn how to mold and glaze sculptures every Thursday from 1:00 p.m. to 2:30 p.m. with Davette Bivins in the art room.

Belly Dancing: Learn Middle-Eastern belly dancing techniques with instructor Gayle Lewis and consultant Judi Johnson every Thursday from 1:00 p.m. to 2:00 p.m. in the fitness room.

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

June Meetings ♀ ♀ ♀ ♀ ♀

→ **The mayor's meeting** will be held on Wednesday, the 3rd at 10:30 a.m.

→ **The membership meeting** will be on Tuesday the 9th at 10:30 a.m.

→ **The Sunshine Club meeting** will be on Wednesday the 10th at 11:00 a.m.

→ **The advisory board meeting** will be on Tuesday the 16th at 10:00 a.m.

→ **Trip Committee meeting** will be on Wednesday, the 17th at 11:30 a.m.

→ **The Senior Pool Club meeting** will be on Tuesday the 23rd at 1:00 p.m.

Large print copies of the *SENIOR OUTLOOK* are 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.

