



SENIOR OUTLOOK



WELCOME TO THE QUEEN CITY
ONE PLAINFIELD, ONE FUTURE

Plainfield Senior Citizens Service Center
400 East Front Street (1st floor)
Plainfield, NJ 07060-1320
Seniors@plainfieldnj.gov
Phone: 908-753-3506 Fax: 908-753-3101

NOVEMBER 2018

MAYOR ADRIAN O. MAPP

Mayor Adrian O. Mapp's monthly meeting will be held on Wednesday, November 7th at 10:30 a.m.

Please Note: All questions to be directed to the mayor or his staff must be made in writing prior to their visit to ensure that we have all of your voices heard.

CENTER HOURS FOR ELECTION DAY

- * Tuesday, November 6th.
- * No regular transportation available.
- * Center open for a half-day session:
- * 9:00 a.m. - 12:00 noon.
- * No staff services or lunch served.
- * Sign up now for transportation to the polls



VETERANS DAY OBSERVANCE

The center will be closed in observance of the Veterans Day holiday from Saturday, November 10th through Monday, November 12th. The center will re-open for regular staff services on Tuesday, November 13th at 9:00 a.m.

STONE SQUARE MASONIC LODGE PRE-THANKSGIVING DAY LUNCHEON

Stone Square Masonic Lodge will serve our members a pre-Thanksgiving Day dinner at the center on Wednesday the 14th at 12:00 noon.

THANKSGIVING DAY DINNER

The Annual Thanksgiving Day Dinner will be held on Thursday, November 22nd from 11:30 a.m. to 2:00 p.m. We invite members who are celebrating the holiday alone to come out and join us. The center will be closed from Friday, November 23rd through Saturday, November 24th and will re-open on Monday, November 26th at 9:00 a.m.

CITY OF PLAINFIELD

Mayor	Adrian O. Mapp
City Administrator	Carlos N. Sanchez
Director of Public Works & Urban Development	Oren K. Dabney, Sr.
Chief-of-Staff	Jazz Clayton-Hunt

PLAINFIELD SENIOR CITIZENS SERVICE CENTER



SHARRON BROWN, DIRECTOR

COLIN A.L. BAPTISTE

ABENAA BEY

TIMOTHY BRADSHAW

CHARLENE BURNETT

KEITH FOREMAN

ANNETTE LOCKLEY

LEAH MORGAN

DENNIS PENNANT

CARMENCITA PILE

LEROY ROBINSON

GEORGE SMITH

ALL CENTER TRIP DONATIONS MUST BE MADE TO THE FRIENDS OF THE CENTER AND CAN BE RECEIVED BY THE THRIFT STORE ON TUESDAYS, WEDNESDAYS, OR THURSDAYS BETWEEN THE HOURS OF 10AM AND 2PM

Sign-up for upcoming trips & events beginning on Thursday, November 1st at 9:00 a.m.

Golden Acres Mall	11/2/18
Watchung Ave Farmers' Market	11/5/18
NCC Food Bank	11/7/18
Senior Space at the Plainfield Library	11/14/18
CLG Food Bank	11/20/18
Thanksgiving Day Dinner	11/22/18
Blue Star Mall	11/26/18
Watchung Square Mall	11/27/18

NOVEMBER HEALTH PROGRAMS

♥ **FOOT DOCTOR:** Dr. Henry Borrelli will be at the center on Friday, November 9th at 12:30 p.m. Please see Colin Baptiste prior to meeting with the doctor.

♥ **FOOT DOCTOR:** Dr. Dave Poonai will be at the center on Tuesday, November 13th at 10:00 a.m. See Colin Baptiste prior to meeting with the doctor.

♥ **BLOOD PRESSURE:** Nurse Debra from JFK Hartwyck will be at the center on Monday, December 10th at 10:00 a.m. for blood pressure screenings.

PREMIER STAGES DRAMA CLUB

The center in conjunction with Premier Stages Drama Club of Kean University will be holding a six-week drama class here at the center beginning in November. The exact start date is to be announced.

DAYLIGHT SAVINGS TIME ENDS

Please do not forget to set your clocks back by one hour on Sunday, November 4th at 12:01 a.m. as part of daylight savings time.

DIABETES CLASS

Marilyn Zic of Kean University is holding a six-week diabetes class here at the center every Friday at 12:30 p.m. Please sign up now.

HOLSMAN PHYSICAL THERAPY

Did you know that yearly physical therapy visits are just as important as cholesterol tests? For an appointment and free consultation, please visit Holsman Physical Therapy at the center every Monday and Wednesday in the fitness room from 12:30 p.m. - 4:00 p.m.

CREATIVE INTERPRETIVE GROOVY DANCE

Express yourself to different rhythms. Dance is your voice, your creative freedom. There's no right, no wrong. Just let go and let be every Thursday afternoon from 1:00 p.m. to 2:30 p.m. with Judi Johnson.

BALL ROOM / LATIN DANCE CLASS

Join instructors Fred Harris and Prince Hinds every Thursday afternoon for ballroom and Latin dancing in the fitness room from 2:30 p.m. to 4:00 p.m.

GOLDEN ACRES MALL & SHOP RITE

The center will travel to Golden Acres Mall in South Plainfield on Friday, November 2nd at 11:00 a.m. The return pickup will be at 2:00 p.m. Sign up now.

WATCHUNG AVE FARMERS' MARKET

Join the membership on Monday, November 5th at 11:00 a.m. as they travel to the farmers' market on Watchung Ave for fruits and veggies. Please sign up now with Ms. Bey.

COMMUNITY FOOD BANK

The community food bank at New Covenant Church of God 225 E. 7th St. happens on Wednesday, November 7th from 9:00 a.m. to 1:30 p.m. There will be an early morning pickup on that day at 8:30 a.m.

INCIDENT AT WILLOW CREEK

The center will be hosting the play *Incident at Willow Creek* here at the center on Thursday, November 8th. The doors open at 4:30 p.m. for light refreshments and the curtain goes up at 6:00 p.m.

SENIOR SPACE AT THE PUBLIC LIBRARY

Join Kim Todd on Wednesday, November 14th at the Plainfield Public Library. The bus leaves the center at 10:00 a.m. Please sign up now with Ms. Bey for an early morning pickup.

CLG FOOD BANK

Join the members of the center on Tuesday, November 20th as they travel to the food bank on East 4th Street at 11:00 a.m.

HOLIDAY SHOPPING

Join the membership as they travel to Blue Star Mall on Monday, November 26th and Watchung Square Mall on Tuesday, November 27th at 11:00 a.m. for some joyous holiday shopping.

PLAINFIELD POLICE DEPT. PILL DROP

Members can now drop off their bottles of unused medicine at the center with Detective John Franklin every first and third Thursday of the month from 10:00 a.m. to 1:00 p.m. Please make sure that your bottles are labeled before dropping them off.

SUNSHINE CLUB CORNER**HELP US REMEMBER THOSE WHO'VE GONE ON TO GLORY**

1. NO ONE HAS GONE ON TO GLORY THIS MONTH.

PLEASE PRAY FOR OUR FRIENDS WHO ARE SICK

1. RICHARD HALL
2. PETER HENRY

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 IS SCHEDULED FOR WEDNESDAY, NOVEMBER 21ST AT 11 A.M.

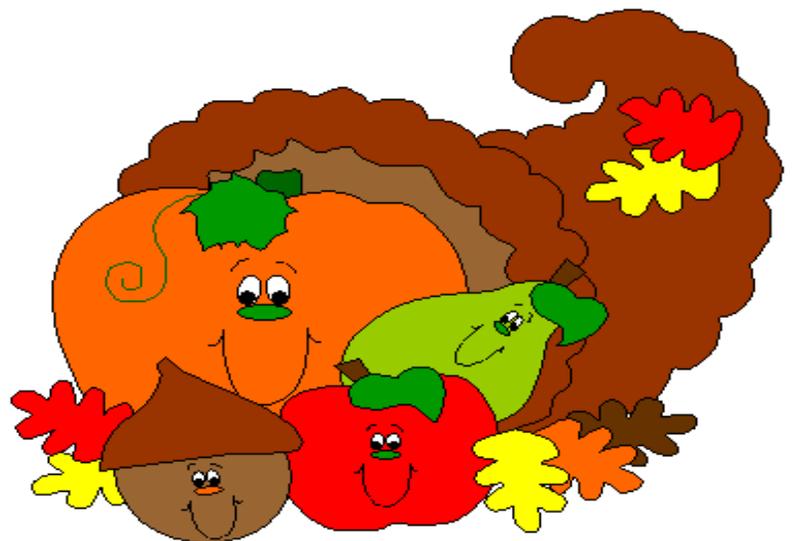
NOVEMBER WORD SEARCH

Thanksgiving Word Search

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

cook
 corn
 dinner
 fall
 family
 feast
 food
 gravy
 harvest

maize
 pilgrims
 pumpkin
 relatives
 settlers
 squash
 stuffing
 thanks
 turkey



FROM THE DIRECTOR'S DESK

Dear Seniors: The holiday season is upon us and we are working hard to bring you all the info needed to jump start your holiday season.

Enjoy some rest by turning your clocks back an hour on Sunday, November 4th at 12:01 a.m.

On Tuesday, November 6th, don't forget to get out and vote. The center will only be open for a half-day session from 9:00 a.m. to 12:00 noon. No lunch, transportation or staff services will be provided on that day.

The center will be closed in observance of Veterans' Day from Saturday, November 10th to Monday, November 12th and will reopen on Tuesday, November 13th at 9:00 a.m.

The center will host its Annual Thanksgiving Day Dinner on Thursday, November 22nd from 11:30 a.m. to 2:00 p.m.

Finally, please be aware that the 2018-2019 open enrollment period for Medicare Part D officially ends on Friday, December 7th. Happy Holidays.

Sharron *M. Brown*, Director

2018 STONE CONEC TRAVEL SECTION

The Union County Senior Council trip schedule includes all-day and multi-day trips. All trips are aboard a deluxe motor coach which leaves from the Kenilworth ACME supermarket parking lot located at 801 Kenilworth Blvd. Ten or more members must sign up now for the bus to pick up here at the center. All checks must be made payable to Stone Conec. For more info contact Rick Stone at (973) 255-8617.

1. ***Carmen at the MET***—Enjoy the musical *Carmen* on Saturday, November 5th at Lincoln Center. The cost is \$155 and lunch will be included. The bus leaves at 10:00 a.m. and returns at 5:30 p.m.
2. ***Christmas in the Air***—Enjoy the day at Hunterdon Hills Playhouse on Thursday, November 29th. Lunch will be provided. The cost is \$105. The bus leaves at 10:00 a.m. and returns at 5:00 p.m.
3. ***Radio City Christmas Spectacular***—Enjoy lunch in NYC and a Christmas Show at Radio City on Thursday, December 6th. The cost is \$148. The bus leaves at 9:00 a.m. and returns at 4:00 p.m.
4. ***Ain't Misbehavin'***—Enjoy a trip to the Westchester Broadway Theatre to see *Ain't Misbehavin'* on Thursday, February 21st 2019. The cost is \$100. The bus leaves at 9:30 a.m. and returns at 5:30 p.m.

THE SEWING ROOM NEEDS VOLUNTEERS

As many of you may know, we receive numerous donations from all over the community. These donations are used to create some of the most beautiful handbags and quilts this side of Union County. However, the ladies of the sewing room need your help. They are requesting volunteers to help sew labels onto all of the finished creations. If you've never used a sewing machine before, that's fine. You can also sew the labels on by hand. If you are interested in helping out, please see Ms. Brown to sign up.

PLFD SENIOR CENTER MEMBERSHIP

Nominations for office at the Plainfield Senior Citizens Service Center membership election have been cast. The nominees for president are George Gore, and Elizabeth Lee; for vice president, Pamela Alston Harris; for secretary, Casandra Chambers and for sergeant-at-arms, Larry Bolding. The election will take place on Tuesday, November 13th at 10:30 a.m. You must be an updated member in order to participate in the electoral process.

SMOKE-FREE FOR A BETTER ME

Stephanie Kile from the Plainfield Health Department will be at the center on Tuesday, November 27th at 10:45 a.m. to discuss methods for seniors to wean themselves off of cigarettes and live a smoke-free lifestyle.

CENTER HOLIDAY PARTY

The senior center's annual holiday party will be held at Washington Community School on Friday, December 7th from 5:00 p.m. to 10:00 p.m. Because of low participation in our large catered events in the recent past, the Friends of the Center requests that all updated Plainfield residents leave a \$10.00 deposit to reserve their seat. Once you attend the event, your deposit will be refunded to you on the following Monday. To attend this event, non-Plainfield residents must pay \$20 which is non-refundable. All guests are asked to sign up in advance. If you require transportation, please print your name, address and phone number on the East or West End ride list.

HOLIDAY BAZAAR

The annual center holiday bazaar will be held on Saturday, December 15th from 11:00 a.m. to 3:00 p.m. If you are interested in becoming a vendor, please call (908) 753-3506. The cost of a table is \$10 for members and \$15 for non-members. All proceeds benefit the Friends of the Center.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REGULARLY SCHEDULED EVENTS EVERY WEEK				
10:00 EXERCISE CLASS 11:00 SEWING CLASS 12:00 LUNCH PROGRAM 12:30 PHYSICAL THERAPY 12:45 SHOP RITE 1:30 LINE DANCING	10:00 HIDDEN TREASURES OPEN 10:00 EXERCISE CLASS 10:30 ADELL'S QUILTING CLASS 11:00 SPANISH CLASS 12:00 LUNCH PROGRAM 1:30 PRAISE MOVES YOGA 2:30 TAI CHI CLASS	10:00 HIDDEN TREASURES OPEN 10:00 SEW EASY CLASS 10:00 EXERCISE CLASS 12:00 LUNCH PROGRAM 12:30 PHYSICAL THERAPY 1:30 LINE DANCING 1:30 JEWELRY MAKING CLASS	10:00 HIDDEN TREASURES OPEN 10:30 ADELL'S QUILTING CLASS 12:00 LUNCH PROGRAM 1:00 INTERPRETATIVE DANCE 1:30 DEEP DIABETES CLASS 2:30 BALL ROOM/LATIN DANCING	10:30 ADELL'S QUILTING CLASS 10:45 PRAISE MOVES YOGA 12:00 LUNCH PROGRAM 12:00 MILLINERY CLASS 1:30 KEAN DIABETES CLASS
6 NOVEMBER 2018				
		DECEMBER HOLIDAY PARTY AT WASHINGTON SCHOOL FRIDAY 7 TH 5PM-10PM	10:00 POLICE PILL DROP 10:30 BINGO AT CENTER 1:30 D.E.E.P DIABETES CLASS	2 VAN TRIP 11:00 GOLDEN ACRES MALL 12:30 KEAN DIABETES CLASS
SUNDAY DAYLIGHT SAVINGS TIME 11:00 VAN TRIP FARMERS' MARKET 12:30 PHYSICAL THERAPY 12:45 SHOPPING: SHOPRITE	4 5 ELECTION DAY HALF DAY SESSION 9:00 AM – 12:00 NOON	7 VAN TRIP FOOD BANK 8:30 10:30 MAYOR'S MEETING 12:30 PHYSICAL THERAPY 1:00 EXECUTIVE POOL CLUB	8 10:30 BINGO AT CENTER 1:30 D.E.E.P DIABETES CLASS SIZZLING THURSDAY 6:00 PLAY - INCIDENT AT WILLOW CREEK PLAY	9 12:30 DR. BORRELLI FOOT DR 12:30 KEAN DIABETES CLASS SATURDAY CENTER CLOSED
CENTER CLOSED IN OBSERVANCE OF VETERANS DAY	12 10:00 SPANISH CLASS 10:00 DR. DAVE-FOOT DR. 11:00 MEMBERSHIP MEETING 1:00 SENIOR POOL CLUB 2:30 TAI CHI CLASS	14 VAN TRIP SENIOR SPACE LIBRARY PRE-THANKSGIVING DAY 12:00 STONE SQ LUNCHEON 12:30 PHYSICAL THERAPY 1:00 BINGO AT CENTER	15 10:00 POLICE PILL DROP 10:30 BINGO AT CENTER 1:30 D.E.E.P DIABETES CLASS	16 12:30 KEAN DIABETES CLASS
12:30 PHYSICAL THERAPY 12:45 SHOPPING: SHOPRITE	19 10:00 SPANISH CLASS 10:00 ADVISORY BOARD & FRIENDS OF THE CENTER 11:00 VAN TRIP FOOD BANK 2:30 TAI CHI CLASS	21 10:30 MEMOIR WRITING 11:00 SUNSHINE CLUB 12:30 PHYSICAL THERAPY 12:30 KEAN DIABETES CLASS	22 THANKSGIVING DAY 11:30 A.M. – 2:00 P.M. TRANSPORTATION AVAILABLE	23 CENTER CLOSED IN OBSERVANCE OF THANKSGIVING WEEKEND SATURDAY CENTER CLOSED
VAN TRIP 11:00 BLUE STAR MALL 12:30 PHYSICAL THERAPY 12:45 SHOPPING: SHOPRITE	26 27 10:45 PLFD HEALTH DEPT. VAN TRIP 11:00 WATCHUNG SQ. MALL 2:30 TAI CHI CLASS	28 11:00 TRIP COMMITTEE 12:30 PHYSICAL THERAPY 1:00 BINGO AT CENTER	29 10:30 BINGO AT CENTER	30 12:00 BIRTHDAY PARTY
HOURS: MON., TUES., WED., & FRI.: 9 AM TO 5 PM; THURS.: 9 AM TO 8:30 PM; SAT.: 11:30 AM – 3:30 PM				
ALL TRIPS ARE WEATHER PERMITTING. TUNE INTO COMCAST CHANNEL 96 OR VERIZON CHANNEL 34 FOR MORE DETAILS				

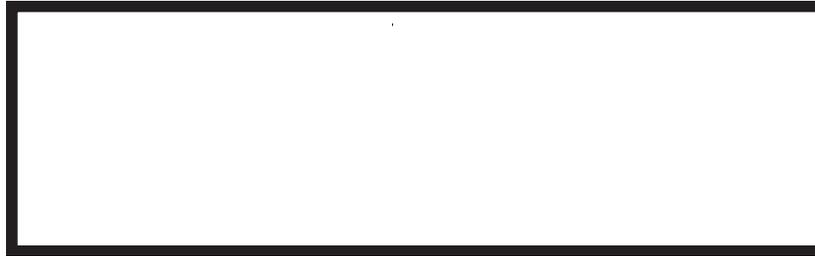
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Plainfield Senior Citizens Service Center
400 East Front Street (1st Floor)
Plainfield, New Jersey 07060-1320
908-753-3506

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

CURRENT RESIDENT OR



On-Site Classes ♣ ♣ ♣ ♣ ♣

Exercise Class: Practice new ways to strengthen your body every Monday, Tuesday, and Wednesday from 10:00 a.m. to 12:00 noon in the fitness room.

Sewing Class: Practice sewing every Monday at 11:00 a.m. in the sewing room.

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

Tai Chi For Health: Join Ms. Bey every Tuesday from 2:30 p.m. to 3:30 p.m. in the fitness room.

Praise Moves Yoga: Find your center every Tuesday at 1:30 p.m. and Friday at 10:45 a.m. with instructor Kim Todd on the main floor.

Sew Easy Class: Learn how to sew every Wednesday at 10:00 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.

Interpretive Groovy Dance: Express yourself responding to different rhythms through dance with Judi Johnson every Thursday from 1:00 p.m. to 2:30 p.m.

Intro to Drawing: Sharpen your drawing skills with Greg Gilchrist on Thursdays from 1:30 p.m. to 3:00 p.m.

Digital Photography: Sharpen your photography skills with Greg on Fridays from 1:30 p.m. to 3:00 p.m.

Ball Room/Latin Dancing: Learn how to tango and fox trot with instructors Fred Harris and Prince Hinds every Thursday from 2:30 p.m. to 4:00 p.m.

Millinery Class: Learn how to design your own hat with instructor Johnnye Hansford every Friday afternoon from 12:00 noon to 2:00 p.m.

Arts & Crafts: Explore arts & crafts with Greg Gilchrist on Saturdays from 12:00 noon to 2:00 p.m.

November Meetings ♣ ♣ ♣ ♣ ♣

The Mayor's meeting will be held on Wednesday the 7th at 10:30 a.m.

The Executive Pool Club meeting will be held on Wednesday the 7th at 1:00 p.m.

The Membership Meeting will be held on Tuesday the 13th at 11:00 a.m.

The Senior Pool Club meeting will be held on Tuesday the 13th at 1:00 p.m.

The Advisory Board & Friends of the Center will be held on Tuesday the 20th at 10:00 a.m.

The Sunshine Club meeting will be held on Wednesday the 21st at 11:00 a.m.

Trip Committee meeting will be on Wednesday the 28th at 11:00 a.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.
- ❖ Americans with Disabilities Act permits the use of portable oxygen tanks and service animals while on board our NJ Transit bus.

Made possible by funds from the Union County Office of Cultural & Heritage Affairs, a partner of the New Jersey State Council on the Arts.

