



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



DECEMBER 2018

MAYOR ADRIAN O. MAPP

Mayor Adrian O. Mapp's monthly meeting will be held on Wednesday, December 5th at 10:30 a.m. 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.

PLFD SENIOR CENTER MEMBERSHIP

Plainfield Senior Citizens Center membership election was held on Tuesday, November 13th. Here are your elected officials: For president, George Gore, for vice-president, Pamela Alston-Harris, for secretary, Casandra Chambers, and for sergeant-at-arms, Larry Bolding. Congrats to all of our newly elected officials.

CENTER HOLIDAY PARTY

The senior center's annual holiday party will be held at Washington 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 transport, please print your name, address and phone on the East or West End ride list located at the transportation desk.

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.

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	ANNETTE LOCKLEY
COLIN A.L. BAPTISTE	LEAH MORGAN
ABENAA BEY	DENNIS PENNANT
TIMOTHY BRADSHAW	CARMENCITA PILE
CHARLENE BURNETT	LEROY ROBINSON
KEITH FOREMAN	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 Monday, December 3rd at 9:00 a.m.

NCC Food Bank		12/5/18
Holiday Party	\$10 / \$20	12/7/18
Senior Space at the Plainfield Library		12/12/18
Golden Acres Mall		12/14/18
CLG Food Bank		12/18/18

DECEMBER HEALTH PROGRAMS

♥ **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.

♥ **FOOT DOCTOR:** Dr. Henry Borrelli will be at the center on Friday, December 14th 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 in December. Time and date to be announced.

HANUKKAH CELEBRATION—Known as the “Feast of Lights,” Hanukkah, an eight day celebration symbolizes the dedication of the temple of Jerusalem over 2000 years ago. Hanukkah begins on Sunday, December 2nd at sundown and lasts through Monday the 10th.

KWANZAA—An African American celebration that focuses on traditional values like community responsibility, self improvement, and family commerce, the Kwanzaa holiday is celebrated from Wednesday, December 26th to Wednesday, January 2nd. The center will celebrate Kwanzaa on Wednesday, December 26th at 11:00 a.m.

PREMIER STAGES DRAMA CLUB

The center in conjunction with Premier Stages Drama Club of Kean University will host a six-week writing class with members of the memoir writing class at the center. The exact date and time is to be announced.

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. to 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.

NCC FOOD BANK

The community food bank at New Covenant Church of God 225 E. 7th St. happens on Wednesday, December 5th from 8:00 a.m. to 12:00 noon. There will be an early pickup on that day at 8:30 a.m.

SENIOR SPACE AT THE PUBLIC LIBRARY

Join Kim Todd for a holiday sugar scrub at the Plainfield Public Library on Wednesday, December 12th. The bus leaves the center at 10:00 a.m. Please sign up now with Ms. Bey for an early morning pickup.

GOLDEN ACRES MALL & SHOP RITE

The center will travel to Golden Acres Mall in South Plainfield on Friday, December 14th at 11:00 a.m. The return pickup will be at 2:00 p.m. Sign up now.

CLG FOOD BANK

Join the members of the center on Tuesday, December 18th as they travel to the food bank on East 4th Street at 11:00 a.m.

PLAINFIELD SCHOOL DISTRICT CHOIR

The students of Cook, Evergreen, and Maxson schools will be at the center on Tuesday, December 18th at 10:30 a.m. to spread some much needed holiday cheer through song.

SING-A-LONG IN A HOLIDAY SWEATER

Join the center staff for a celebration full of holiday cheer on Friday, December 21st at 11:00 a.m. Don’t forget to wear your holiday sweater and bring your voices as we commemorate the magical season.

PRAISE MOVES YOGA

Learn how to exercise your body, mind and spirit with certified yoga instructor Kim Todd two times a week on Tuesdays at 1:30 p.m. and Fridays at 10:45 a.m.

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**PRAY FOR OUR FRIENDS WHO HAVE GONE ONTO GLORY**

1. MAC CAMPBELL

PLEASE PRAY FOR OUR FRIENDS WHO ARE SICK / SHUT-IN

1. JOYCE ANDREWS 2. ROSALYN BRADSHAW 3. ELMA HEMBREE
4. PETER HENRY 5. JUDITH JOHNSON 6. GAYLE LEWIS 6. LILLIE MCNEIL
7. CHERYL QUINCE 8. REBECCA RATLIFF 9. HELEN RODRIGUEZ

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

THE NEXT SUNSHINE CLUB MEETING IS SCHEDULED FOR WEDNESDAY, DECEMBER 19TH AT 11 A.M.

DECEMBER WORD SEARCH

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

Word List

- SANTA
- RUDOLPH
- DASHER
- DANCER
- PRANCER
- VIXEN
- COMET
- CUPID
- DONNER
- BLITZEN
- NORTHPOLE
- SNOWFLAKE
- PRESENTS
- SNOW
- CHIMNEY
- ELVES
- CAROLS
- CHEER

Christmas Word Search

Start Over

PLAINFIELD SENIOR CITIZENS CENTER 2018 DONORS AND VOLUNTEERS ♥

- ⇒ Friends of the Center. ♥
- ⇒ Honorable Mayor Adrian O. Mapp and the Plainfield City Council. ♥
- ⇒ National Council of Negro Women. ♥
- ⇒ Jersey Sharks Minor League Football Team. ♥
- ⇒ Plainfield Police Benevolent Association. ♥
- ⇒ Stop & Shop Supermarket of Watchung ♥
- ⇒ The Sunshine Club ♥
- ⇒ Tommie and Maria of Plainfield Donut Shop. ♥
- ⇒ Bob Stevens, Scotch Plains-Fanwood High School
- ⇒ Vicki's Diner of Westfield. ♥
- ⇒ Zeta Phi Beta Sorority, Plainfield Chapter ♥
- ⇒ Sigma Phi Beta Fraternity, Plainfield Chapter ♥
- ⇒ **Our center volunteers:** Larry Bolding, Velinda Canty, Marguerite Cisson, Ronnie Davis, Greg Gilchrist, George Gore, Johnnye Hansford, Fred Harris, Prince Hinds, Judi Johnson, William Jones, Preston Lambert, Elizabeth Lee, Nelson Medina, Cheryl Quince, Violet Smalls, Leola Venable, Randy Wilson, Loretta Winston and Mazie Wormley. ♥



PLAINFIELD POLICE HOLIDAY DINNER

Sergeant Mahasin El-Amin, and the National Organization of Black Law Enforcement Executives, (N.O.B.L.E) will be at the center on Thursday, December 13th at 4:00 p.m. to provide our members with a delicious holiday dinner. Please sign up now.

CENTRAL JERSEY LEGAL SERVICES

On Friday, December 21st at 11:00 a.m. attorney Debbie Morgan from Central Jersey Legal Services will be at the center to answer most of your questions concerning estates, trusts, wills and general litigation.

SENIOR DRAMA CLUB CASTING CALLS

The senior drama club is holding open casting calls for its upcoming play Let Everyone 'No' the Truth (L.E.N.T) in the fitness room on Friday January 4th at 1:00 p.m. Please see Colin Baptiste for more info.

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. **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.
2. **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. Bus leaves at 9:30 a.m. and returns at 5:30 p.m.

CENTER CLOSINGS FOR DECEMBER

🎁 1/2 day session on Monday, December 24th from 9:00 a.m.—12:00 noon.

(NO REGULAR TRANSPORTATION)

🎁 Center closed Tuesday, December 25th for Christmas.

🎁 1/2 day session on Monday, December 31st from 9:00 a.m. - 12:00 noon.

(NO REGULAR TRANSPORTATION)

🎁 Center closed Tuesday, January 1st for New Year's Day and will re-open on Wednesday, January 2nd 2019.

Director Sharron Brown and her executive staff wish everyone a safe and happy holiday.

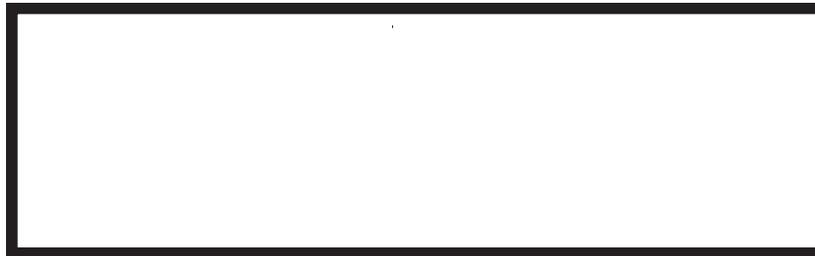
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
REGULARLY SCHEDULED EVENTS EVERY WEEK				
10:00 EXERCISE CLASS 11:00 SEWING CLASS 12:00 LUNCH PROGRAM 12:30 PHYSICAL THERAPY 12:45 SHOP RITE 1:30 LINE DANCING	10:00 HIDDEN TREASURES OPEN 10:00 EXERCISE CLASS 10:30 ADELL'S QUILTING CLASS 12:00 LUNCH PROGRAM 1:30 PRAISE MOVES YOGA 2:30 TAI CHI CLASS	10:00 HIDDEN TREASURES OPEN 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 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
6 DECEMBER 2018				
<u>2</u> HANUKKAH BEGINS 10:30 SENIOR CENTER CHOR REHEARSAL 12:30 PHYSICAL THERAPY 12:45 SHOPPING: SHOPRITE	<u>4</u> 10:45 PLFD HEALTH DEPT. 2:30 TAI CHI CLASS	<u>5</u> VAN TRIP 8:30 FOOD BANK 10:30 MAYOR'S MEETING 12:30 PHYSICAL THERAPY 1:00 EXECUTIVE POOL CLUB	<u>6</u> 10:00 POLICE PILL DROP 10:30 BINGO AT CENTER	<u>7</u> HOLIDAY PARTY AT WASHINGTON SCHOOL 5PM-10PM
<u>10</u> HANUKKAH ENDS 12:30 PHYSICAL THERAPY 12:45 SHOPPING: SHOPRITE	<u>11</u> 11:00 MEMBERSHIP MEETING 1:00 SENIOR POOL CLUB 2:30 TAI CHI CLASS	<u>12</u> VAN TRIP 10:00 SENIOR SPACE LIBRARY 12:30 PHYSICAL THERAPY 1:00 BINGO AT CENTER	<u>13</u> 10:30 BINGO AT CENTER SIZZLING THURSDAY 4:00 NOBLE HOLIDAY DINNER	<u>14</u> VAN TRIP GOLDEN ACRES MALL 12:30 DR. BORRELLI FOOT DR SATURDAY 11:00 HOLIDAY BAZAAR
<u>17</u> 12:30 PHYSICAL THERAPY 12:45 SHOPPING: SHOPRITE	<u>18</u> 10:00 ADVISORY BOARD FRIENDS OF THE CENTER 11:00 VAN TRIP FOOD BANK 2:30 TAI CHI CLASS	<u>19</u> 10:30 MEMOIR WRITING 10:30 PLAINFIELD SCHOOL DISTRICT YOUTH CHOIR 11:00 SUNSHINE CLUB 12:30 PHYSICAL THERAPY	<u>20</u> 10:00 POLICE PILL DROP 10:30 BINGO AT CENTER	<u>21</u> WINTER BEGINS UGLY SWEATER DAY 11:00 CHRISTMAS CAROL SING-A-LONG CELEBRATION
<u>24</u> HALF-DAY SESSION IN OBSERVANCE OF CHRISTMAS EVE 9AM - 12 NOON	<u>25</u> CENTER CLOSED IN OBSERVANCE OF CHRISTMAS DAY	<u>26</u> KWANZAA BEGINS 11:00 TRIP COMMITTEE 12:30 PHYSICAL THERAPY 1:00 BINGO AT CENTER	<u>27</u> 10:30 BINGO AT CENTER	<u>28</u> VAN TRIP NURSING HOME VISIT 12:00 BIRTHDAY PARTY
<u>31</u> HALF-DAY SESSION IN OBSERVANCE OF NEW YEARS' EVE 9AM - 12 NOON	<u>1</u> JANUARY 2019 CENTER CLOSED IN OBSERVANCE OF NEW YEARS' DAY 			
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 34 FOR MORE DETAILS				

HOURS: MON., TUES., WED., & FRI.: 9 AM TO 5 PM; THURS.: 9 AM TO 8:30 PM; SAT.: 11:30 AM TO 3:30 PM
ALL TRIPS ARE WEATHER PERMITTING. TUNE INTO COMCAST CHANNEL 96 OR VERIZON CHANNEL 34 FOR MORE DETAILS

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.

December Meetings ♀ ♀ ♀ ♀ ♀

The Mayor's meeting will be held on Wednesday the 5th at 10:30 a.m.

The Executive Pool Club meeting will be held on Wednesday the 5th at 1:00 p.m.

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

The Senior Pool Club meeting will be held on Tuesday the 11th at 1:00 p.m.

The Advisory Board & Friends of the Center will be held on Tuesday the 18th at 10:00 a.m.

The Sunshine Club meeting will be held on Wednesday the 19th at 11:00 a.m.

Trip Committee meeting will be on Wednesday the 26th 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.

