

# THE CENTER OUTLOOK WHERE EVERYBODY IS SOMEBODY



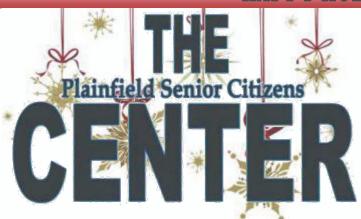
Plainfield Senior Citizens Service Center 400 East Front Street (1<sup>st</sup> floor) Plainfield, NJ 07060-1320



Seniors@plainfieldnj.gov Phone: 908-753-3506 Fax: 908-753-3101

**DECEMBER 2020** 

# HAPPY HOLIDAYS TO ALL



**HANUKKAH** - Known as the Festival of Lights, Hanukkah, an eight day celebration, symbolizes the dedication of the temple of Jerusalem over 2000 years ago. It begins on Thursday, December 10th at sundown and lasts through Friday, December 18th.

<u>KWANZAA</u> – An African American celebration that focuses on traditional values like community responsibility, self improvement, and family commerce, the Kwanzaa holiday is celebrated from Saturday, December 26th to Friday, January 1st.

#### CENTER CLOSINGS FOR DECEMBER

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

(NO REGULAR STAFF SERVICES)

Center closed Friday, December 25th in observance of Christmas.

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

(NO REGULAR STAFF SERVICES)

Center is closed on Friday, January 1st 2021 for New Year's Day.



#### JOHNNYE HANSFORD'S Millinery Class

Are you someone who is very creative with your hands? Are you looking for something to do on Friday afternoons? Then why haven't you joined Johnnye's Millinery class yet? It's held every Friday afternoon at 12:00 noon on Zoom. Here's the meeting info: Website: www.zoom.us Meeting ID: 908 726 5140







# ONE PLAINFIELD, ONE FUTURE

## \*\* ARISTACARE AT NORWOOD TERRACE

PREMIER POST HOSPITAL, INPATIENT REHAB & NURSING CENTER

AristaCare at Norwood Terrace has been Awarded 5 Stars in Quality Measures and 4 Stars Overall by the Centers of Medicare and Medicaid Services

40 NORWOOD AVE., PLAINFIELD, NJ 07060 . 908.769.1400 .



CONTACT

SERVICES NUMERAL VIEW OF VIEW

24/7 Admissions 7 days a week Rehab On-site Nurse Practitioner After hours Telemedicine Program Physical Therapy Occupational Therapy Speech Therapy Wound Care Patient Concierge Initiative State of the Art Technology WWW.ARISTACARE.COM



Open 7 Days a Week

Accept most prescription plans including all Medicare Plans - NJ Lottery Money Orders - Utility Bill Payment & More!

**FREE DELIVERY** 

WWW.LANDMARKPHARMACY.COM 908-412-9400 345 SOMERSET ST., NORTH PLAINFIELD

Contact Jules Rosenman to place an ad today! jrosenman@lpiseniors.com or (800) 477-4574 x6421

Reach the Senior Market

ADVERTISE HERE

# SCOTT DRUGS



Located at 701 Park Avenue, at the intersection of Park Avenue and 7th Street, Plainfield. We accept all insurance cards. Free Delivery Monday - Saturday.

We are open 7 days a week. Convenience, Courtesy, reliability 908-754-1600



LET US PLACE

YOUR AD HERE.

# #1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711 ExploreUHCMedicare.com

Y0066\_200813\_013109\_M

SPRJ58101

United

Healthcare

#### **The Center Outlook**



#### **DECEMBER 2020**

All IN-CENTER ACTIVITIES HAVE BEEN CANCELLED. WE DO HAVE VIRTUAL PROGRAMMING AVAILABLE \*

#### PLAINFIELD SENIOR CITIZENS CENTER 2020 DONORS AND VOLUNTEERS

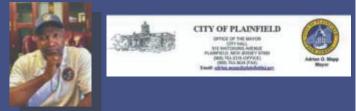
- ⇒ Babba's Bagels 🎔
- $\Rightarrow$  Friends of the Center  $\clubsuit$
- ⇒ Honorable Mayor Adrian O. Mapp 🎔
- ⇒ Plainfield City Council ♥
- ⇒ Halal Meat & Fish Store, Khalid Bilal ♥
- ⇒ Scotch Plains-Fanwood High School, Bob Stevens 🎔
- ⇒ Stop & Shop Supermarket of Watchung ♥
- ⇒ Tommie and Maria of Plainfield Donut Shop ♥
- ⇒ YMCA of Somerset County, Kisha Chubb ♥
- ⇒ Our center volunteers: Pamela Alston-Harris, Larry Bolding, Velinda Canty, Marguerite Cisson, Ronnie Davis, George Gore, Johnnye Hansford, Fred Harris, Prince Hinds, Judi Johnson, William Jones, Preston Lambert, Elizabeth Lee, Nelson Medina, Cheryl Quince, Violet Smalls, Leola Venable, Loretta Winston and Mazie Wormley. ♥



# DECEMBER

- 1. Harry Aldred
- 2. Velinda Canty
- 3. Virgie Cisson
- 4. Thelma Coleman
- 5. Jean Curry
- 6. Karen Hochman
- 7. John Homiak
- 8. Carol Jones
- 9. Suzy Koonce
- 10. Bessie McCreary

## Fighting COVID-19 Resources for Plainfield Residents





On Thursday, November 12, the Union County Board of Chosen Freeholders presented our City with 8000 face masks for aid during the pandemic. To date, it is their second donation of 8000 masks for our Plainfield communities. Mayor Adrian O. Mapp received the face masks on behalf of the city, and Assemblywoman Linda Carter and Freeholder Rebecca Williams joined the Mayor in the City Hall Library for the presentation. We want to thank the Union County Board of Chosen Freeholders for their generous donation. It will greatly benefit our residents in keeping them safe as we fight through the pandemic!

# SUNSHINE CLUB

HELP US REMEMBER THOSE WHO'VE GONE ON TO GLORY

1. SHIRLEY TYLER

PLEASE PRAY FOR OUR FRIENDS WHO ARE SICK/SHUT-IN 1. CLARA HARVEY 2. ERNESTINE RIDLEY

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

THE SUNSHINE CLUB MEETING IS CANCELLED UNTIL FURTHER NOTICE.



# ONE PLAINFIELD, ONE FUTURE

# Stay Connected While Staying Home

#### FROM MASKS TO FREEDOM Virtual Fashion Show

Johnnye Hansford, Coordinator at the Plainfield Senior Citizens Center, is helping host our eleventh Annual Fashion Show, and its going to be virtual. The theme for the show is: *The New Catwalk, From Masks To Freedom,* and its in production right now. Stay tuned to your Center Outlook for more details as to when the show will be aired.

## **CENTER TABLE TALK**

A conversation from a male and female perspective.

The center is hosting an in-depth conversation about the issues facing men and women. Join us every Tuesday for a weekly conference call from 1:00 p.m. to 3:00 p.m. Gentlemen are asked to join and have their voices heard. Our initial conversation will focus on stress. The call in number is: (848) 220-3300 and the call in ID is: 915-5979 #

## **LIMITLESS DANCE** With Judi Johnson

Judi will be teaching "Limitless Dance" every afternoon Thursday from 1:00 p.m. to 2:00 p.m. on Zoom. You can use a cane or walker as your mobility device. Improve your memory, health and fitness, and increase your self confidence and self-awareness. You will enjoy groovy moves choreographed to music with different tempos that are fascinating and stimulating. Your creative side will emerge. Those feelings of aloneness, isolation, anxiety and depression will eventually find another resting place. We will lift-up and let go. "Dance is Our Voice." Judi's Zoom meeting ID is 795 1397 5708. Password: dance

## BACK BY POPULAR DEMAND Middle Eastern Belly Dance

Judi Johnson, also known as Hareema Ebona, teaches beginner to intermediate level belly dance, cabaret style with an introduction to finger cymbals, commonly called "zills." Join her on Zoom Fridays from 1:00 p.m. to 2:00 p.m. for the mystic moods, rhythms and exotic movements of belly dancing. Emphasis will be on technique, warm-up isolations, stretches and step patterns. Each class will culminate in a short routine. Website: Www.zoom.us Zoom Meeting ID: 741 6482 1167 Password: dance

### women's support group with Mazie Wormley

The center offers a monthly women's support group hosted by Mazie Wormley. The next group meeting will be held every Tuesday from 1:00 p.m. to 2:30 p.m. Gentlemen are also asked to join this group as well. Call in number: (848) 220-3300/Call in ID: 915-5979 #

## PRAISE MOVES CLASS With Kim Todd

Praise Moves is a unique Faith & Fitness Program that involves gentle stretching and strengthening exercises while listening to relaxing Christian music and passages. **Schedule:** 

- Monday Mat/Standing Class 7:00 p.m. to 8:00 p.m.
- Wednesday Chair/Standing 1:00 p.m. to 2:00 p.m.
- Friday- Mat/Standing Class 10:00 a.m. to 11:00 a.m.

Website: www.zoom.us Meeting ID: 759 717 0423 Password: cti1111

## **GREG'S VIRTUAL ART CLASS** Via Zoom

<u>*The Center*</u> is offering two art classes instructed by Greg Gilchrist. If you have questions or would like to join a class please contact Greg Gilchrist at (908) 753-3506.

- Cell Phone Photography: Tues. 11:00 a.m. to noon
- Pencil Drawing Class: Wed. 11:00 a.m. to noon

### THANK YOU TO MY STAFF For All That You Do

Hello staff, thank you so much for making this year's drive the most successful turkey and fixings event for our seniors ever. Thanks to you, we were able to package and deliver over 800 bags of food to our seniors which is equivalent to more than \$10,000 dollars in food donations. Because of your efforts, our seniors will be able to stay at home and not have to worry about shopping for Thanksgiving during the current pandemic. Each of you played a vital role in making the drive a success.

Thank you to my entire staff, Sharron Peterson, Director





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



#### **CITY OF PLAINFIELD**

Mayor ...... Adrian O. Mapp Acting Business Administrator ...... Abby Levenson Director of Public Works & Urban Development .......Oren K. Dabney, Sr. Chief-of-Staff......Jazz Clayton-Hunt



#### **PLAINFIELD SENIOR CITIZENS SERVICE CENTER**

Sharron Peterson Colin A.L. Baptiste Abenaa Bey Timothy Bradshaw Charlene Burnett Jaronda Gittens Gregory Gilchrist Annette Lockley Leah Morgan Donald Page Carmencita Pile Leroy Robinson

#### SENIOR CENTER MEMBERSHIP CABINET

George Gore	President
Pamela Alston-Harris	
Casandra Chambers	Secretary
Larry Bolding	Sergeant-At-Arms

#### **CARES COMMITTEE MEMBERS**

Pamela Alston—Harris Larry Bolding Irving Casey George Gore Honnie Graham



#### PLAINFIELD SENIOR CENTER MEMBERSHIP

**Dear Seniors:** The membership meeting has been cancelled until further notice. Please stay home and remain safe and healthy.

George Gore, Membership President

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

