

SENIOR OUTLOOK

FEBRUARY IS BLACK HISTORY AND HEALTHY HEART MONTH

FEBRUARY 2012 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
Sharon
Robinson-Briggs

City Administrator
Eric Berry

Administration,
Finance, Health
& Social Services
Al R. Restaino

Senior Citizens
Center
Sharron Brown
Director

Colin A.L. Baptiste
John Davis
Keith Foreman
Mary Jackson
Irene Leon
Susan A. Mularz
George Smith
Gary Van Liew
Marion Wesley

Workforce 55

**HAPPY
VALENTINES'**



MAYOR ROBINSON-BRIGGS

Come meet and greet Mayor Sharon Robinson-Briggs at the center on Tuesday, February 7th at 10:30 a.m.

HAVE YOUR TAXES DONE HERE AT THE CENTER

AARP tax counselors will provide free tax appointments every Monday and Friday beginning Friday, February 3rd at 9:00 a.m. Call (908)753-3506 for an appointment.

PLEASE BRING IN YOUR:

- * 2010 Federal and State Income Tax Return if you filed
- * Current 2011 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 is required for anyone in your household age 18 and over**
- * Please provide all Child Care and Dependent Care Provider Info including employer name, SS # or EIN #
- * Please have your 2010 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.

PLFD VULCANS PIONEER DINNER

Plainfield Vulcans, formerly C.O.F.F.E.E, is hosting a spaghetti dinner here at the center on Thursday the 16th at 4:30 p.m. You must be a Plainfield resident and an updated member to attend. Sign up now!

PRESIDENTS' DAY WEEKEND

The center will be closed from Saturday, February 18th through Monday, February 20th in observance of President's Day.

WOMEN'S HEALTHY HEART MONTH

The center will acknowledge "National Wear Red for Women's Day" on Friday, February 3rd. The center encourages our members to wear red in support of the fight against heart disease. Cardiovascular disease is the number one killer of women and the number one health threat facing women today according to the American Heart Association.

WOULD YOU BE MY VALENTINE?

Join the membership on Tuesday, February 14th at 12:00 noon for a special Valentines' Day luncheon. Love will be in the air so don't forget to wear your favorite red outfit!

BLACK HISTORY MONTH PROFILE

Join volunteer Adrienne Cole as she takes you on a daily voyage through black history. She will profile a different black pioneer who has made a significant impact on society as we know it! Join Adrienne every Monday through Friday at 12:00 noon for Black History Month Profile. You might just learn something new!

LET'S GET MOVING IN 2012

Fitness Class-Fitness instructor, Rashan Ali wants to work with our members to create an uplifting, fun and spirited fitness program at the center. Classes will be from Monday to Thursday 10:30 a.m. to 11:30 a.m. and from 1:30 p.m. to 2:30 p.m. Please consult your physician prior to starting any activity.

Ball Room Dancing-Learn how to ball room dance with instructors Fred Harris, Prince Hinds and Judi Johnson every Thursday from 2:30 p.m. to 3:30 p.m.

Belly Dancing-Instructor, Judi Johnson leads a belly dancing class every Friday from 3:15 p.m. to 4:15 p.m. here at the center.

Healing Drums-Instructor Judi Johnson and facilitator Sheila Bracey-Liggins are conducting a drum circle here at the center every Saturday from 11:30 a.m. to 1:00 p.m.

ATLANTIC CITY TRIP HAS BEEN POSTPONED

Attention All Members: Due to weather precautions and a lack of participation, our monthly Atlantic City trip has been postponed until the spring. Please check back with your Senior Outlook for the next trip.

FEBRUARY HEALTH PROGRAMS

♥ **FREE EYE EXAMS:** Don Pieri of Phillips Eye Center will be at the center on Thursday the 2nd at 10:30 a.m. to provide our member with free eye exams.

♥ **BLOOD PRESSURE:** Nurse Juanita Richardson of Solaris Health System will be at the center on Monday the 6th at 10:00 am for blood pressure.

♥ **FOOT DOCTOR:** Dr. Dave will be at the center on Monday the 13th and again on Monday the 27th at 10:00 a.m. to see members.

Attention Members: If you saw Dr. Dave for a routine check-up in January, you must wait until March to see him again. If you are experiencing pain, discomfort or have an emergency, please see Dr. Dave at his next visit on Monday, February 13th at 10:00 a.m.

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.

IN CASE OF A WEATHER EMERGENCY

If there is ever an emergency or city shut down, you can call the center's voicemail at 753-3506 for all weather and transportation details.

STONE SOUP

The children of Gill St. Bernard will be at the center on Friday the 10th at 11:30 a.m. to provide delicious soup and sandwiches. Come enjoy their hospitality!

ATTENTION ALL MEMBERS

Do you need something notarized? Director, Sharron Brown can notarize all your documents for free. For an appointment please call (908) 753-3506 or just stop in.

THE SUNSHINE CLUB CORNER



WHERE HOPE COMES ONE SMILE AT A TIME

REMEMBER OUR FRIENDS WHO HAVE GONE ON TO GLORY

1. Florence King

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

1. David Cooke

If someone you know is in need of a word of kindness while recovering from illness, please call Mazie Wormley or Joyce Pollard at (908) 753-3506.

THE SUNSHINE CLUB MEETING WILL BE HELD ON WEDNESDAY, FEBRUARY 8TH AT 10:00 A.M.

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

Phillips Eye Center		2/2/12
AARP Tax Preparation		2/3/12
Hadley Theatre	\$10.00	2/3/12
VFW Haircuts	\$ 4.00	2/8/12
Stone Soup		2/10/12
Sizzling Thursday I	(Spaghetti Dinner)	2/16/12
Sizzling Thursday II	(Black History Month Gala)	2/23/12
Crossroads Theatre	\$20.00	2/24/12
Food Bank		2/28/12
Garden State Exhibit Center	\$12.00	3/2/12

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. Income limits for LIHEAP is as follows: \$1,815 per month for single applicant and \$2,452 for a married couple.

PHARMACEUTICAL ASSISTANCE FOR THE AGED & DISABLED

The household size and income eligibility guidelines for the 2012 PAAD Program are as follows: A single member household can earn up to \$25,312 annually. A married couple can earn up to \$31,035 annually.

WOULD YOU LIKE A NEW HAIRCUT TO LIVEN UP YOUR DAY?

The VFW is providing haircuts to our members every other Wednesday at 10:00 a.m. beginning on Wednesday the 8th and again on Wednesday the 22nd. Cost is \$4.00.

FOR YOUR INFORMATION

A representative from United Healthcare will be at the center on Tuesday the 14th at 10:45 a.m. to discuss recent healthcare initiatives. Refreshments will be served.

CROSSROADS THEATRE

See *In Bed with the Blues*, a play depicting the life of fictional character Fishy Waters as he travels across America on Friday, February 24th at 10:00 a.m. The bus leaves the center at 8:30 a.m. Cost is \$20.00.

SHARE YOUR GIFT!

Fresh Fruit Dip

Offered by: Minnie Turman

- 8 oz package of cream cheese
- 7 oz jar of marshmallow cream
- 2 tbsp of orange juice

Mix all ingredients in a bowl

Sprinkle with nutmeg

Serve with fresh fruit.

(Ex. Apple, Pineapple, Orange or fruit of your choice)

PLAINFIELD SENIOR CITIZENS CENTER
FROM THE DIRECTOR'S DESK

Dear Seniors: January was a very successful month! We've enjoyed unusually seasonable weather so far, but take care when you are out and about, the weather is tricky and the streets and sidewalks may become very icy. So please pay close attention to the weather report before leaving your home.

On a more positive note, February promises to be full of fun, educational and exciting events. As you know, it is Black History Month, and as always, we have a wonderful calendar full of events planned for our members to enjoy. Check your Senior Outlook under Black History Month Profiles (**BHM**) for a full listing of events.

February is also Women's Healthy Heart Month and we encourage all our members to wear something red on Friday, February 3rd in support of the fight against heart disease. On that day, we will discuss some tips for a maintaining a healthy heart. Of course, we can't forget about Valentine's Day. It's the time to show our loved ones how much we really care! The center will host a Valentine's Day luncheon to commemorate the occasion.

Don't miss the spaghetti dinner hosted by the Plainfield Vulcan Pioneers (formerly COFFEE) on Thursday the 16th at 4:30 p.m. Finally, send out Black History Month in style by attending our celebratory gala on Thursday, February 23rd at 4:30 p.m. The month of February is a time to reflect on not only Black History, but also a time to look forward to a bright and positive future! Sharron *Mitchell-Brown*, Director

PLAINFIELD SENIOR CITIZENS MEMBERSHIP

Dear Seniors: Greeting seniors! It has been a pleasure serving you thus far and I look forward to more new and exciting things in 2012. If you have any concerns you would like to see addressed pertaining to the membership, feel free to write me a letter and drop it in the suggestion box on the main floor of the center.

Suzanne *Koonce*, *Membership President*

2012 UNION COUNTY TRAVEL SECTION

1. *Winter Mystery Trip* –Enjoy a day out to break the winter blues on Sunday, February 26th. The bus leaves the city of Union at 9:30 a.m. Cost is \$72.00. Lunch is included.
2. *St Patrick's Day Festival*-At the Platzl Brauhaus Pomona in New York on Saturday, March 17th. There will be dinner, dessert, entertainment, dancing and a Pot of Gold Bingo game. The bus leaves the city of Union at 9:30 a.m. and returns by 6:00 p.m. Cost is \$72.00.
3. *Jonah and The Whale*-Experience the Biblical story of Jonah at Sight and Sound Theatre in Lancaster, PA. on Thursday, March 29th. Dinner is included. Cost is \$118.00. A \$50.00 deposit is required to hold your seat. The balance must be paid in full by Wednesday, February 15th. The bus leaves the city of Union at 9:30 a.m.

SENIORS ON DISPLAY

This Conversation Is For The Birds
By Joyce Pollard

Can you see all the birds flying from place to place? "Look down," a pigeon says to the robin. "Not bad said the goldfinch." "Oh please," yelled the cardinal. "We will never make it!" "We still have a long way to go!" "Look," said the goldfinch, "New York is in sight." "We are not stopping, not tonight," said the sparrow. "Aww man, you never want to have any fun!" said the swallow. "Quick, everybody duck in here!" The dove shouted. "Why?" The pigeon asked. "The hawk is coming!" The dove answered. Suddenly they all flew into a church and with a loud voice they all said whew! Just then an owl said, "Will you be leaving here soon?" "No, the hawk is trying to eat us," answered the dove. "Well, you guys are safe in here," said the owl. "How about something to eat?" "Well we are kind of hungry and thirsty" answered the dove. So the birds decided to settle in for the night, but first they all bowed their heads thanking the Heavenly Father for another day!

PLEASE NOTE: ALL TRIPS ARE SUBJECT TO CANCELLATION DUE TO THE AVAILABILITY OF OUR BUS

BLACK HISTORY MOVIE MADNESS

Every Friday afternoon beginning at 12:30 p.m.

1. February 3rd—*Red Tail*, shown at Hadley Theatre
2. February 10th—*The Help*, shown at the center.
3. February 17th—*The Great White Hope*, the story of boxer Jack Johnson, shown at the center.
4. February 24th—*In the Heat of the Night*, shown at the center.

OTHER HAPPENINGS AT THE CENTER

1. Join the membership as we travel to Hadley Theatre to see the movie *Red Tail* starring Cuba Gooding Jr. and Terrence Howard on Friday, February 3rd at 12:30 p.m. Cost is \$10.00.
2. The United States Postal Inspection Service will be at the center on Wednesday, February 15th at 11:00 a.m. to hold an informative seminar on consumer fraud awareness and fraud prevention.
3. The center will be hosting a Black History Month Gala on Thursday, February 23rd at 4:30 p.m. You must be an updated member to attend. Informal attire is a must! Dinner will be served. Sign up now!
4. The trip to the food bank will be held on Tuesday the 28th at 10:30 a.m.
5. Union County Division on Aging will be at the center on Wednesday the 29th at 11:00 a.m. to discuss outreach programs in Union County.
6. The Quilting Class will travel to the Garden State Exhibit Center in Somerset on Friday, March 2nd to view the Quilt Fest of NJ quilting competition. All are welcome to attend. Please sign up now. The bus will leave the center at 9:30 a.m.

CHICKEN SOUP FOR THE SOUL WORD SEARCH (CAPS ONLY)

- | | |
|---------------------|-----------------|
| 1. IT HAUNTS | 12. AND TIME is |
| 2. ME, THE | 13. THE FIRE |
| 3. PASSAGE of time. | 14. That BURNS |
| 4. I THINK TIME IS | 15. YOU. BUT I |
| 5. A MERCILESS | 16. THINK THE |
| 6. THING. I | 17. SPIRIT of |
| 7. THINK LIFE | 18. MAN IS A |
| 8. Is a PROCESS | 19. GOOD |
| 9. Of BURNING | 20. ADVERSARY. |
| 10. ONESELF out | |

UNION COUNTY SENIOR TRAVEL CLUB

The Plainfield Senior Citizens Center is partnering with the Union County Senior Council to provide trips for seniors throughout Union County. These trips will range from winter getaways to spring and summer excursions. The purpose of this collaboration is to cut down on the amount of trip cancellations we've been having due to a lack of participation. So for those of you who still like traveling during the winter months please sign up to be a part of the Union County Senior Council Travel Club. To register, please attend their next meeting which will be held on Thursday, March 1st at the Union Hibachi Buffet and Grill located at 1235 West Chestnut Street in Union.

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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 daily from 9:30 a.m. to 3:00 p.m.

Fitness Class: Every Monday, Tuesday, Wednesday and Thursday from 10:30 a.m. to 11:30 am and again from 1:30 p.m. to 2:30 p.m. in the fitness room.

Adell's Quilting Class: Sharpen your sewing skills on Tuesdays and Fridays at 10:30 a.m. with Adell Baker 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 fourth Wednesday at 10:15 a.m. with the Memoir Writing class in the conference room.

Ceramics Class: Paint and glaze ceramics beginning Thursday, February 2nd from 10:30 a.m. to 12:30 p.m. with Roni Osterhoudt in the art room.

Ball Room Dancing: Ever wanted to learn how to tango, fox trot, or rumba? Join Judi Johnson every Thursday from 2:30 to 3:30 p.m. in the fitness room.

Belly Dancing: Learn how to belly dance with Judi Johnson on Friday from 3:15 p.m. to 4:15 p.m. in the fitness room

Circle of Drums: Come feel the healing power of the drum every Saturday from 11:30 a.m. to 1:00 p.m.

February Meetings ♀ ♀ ♀ ♀ ♀

→ **The mayor's meeting** will be on Tuesday the 7th at 10:30 a.m.

→ **The Sunshine Club meeting** will be on Wednesday the 8th at 10:00 a.m.

→ **The Community Action Project (CAP) meeting** will be on Thursday the 9th at 6:00 p.m.

→ **The center staff meeting** will be on Monday the 13th at 11:00 a.m.

→ **The membership meeting** will be on Tuesday the 14th at 10:30 a.m.

→ **The Advisory Board meeting** will be on Tuesday the 21st at 10:00 a.m.

→ **The Senior Pool Club meeting** will be on Tuesday the 28th 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.

❖ There is free parking 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