

MAY 2019 COMMUNITY ACTION-MONTH ACTIVITY CALENDAR



The City of Plainfield,
Mayor Adrian O. Mapp and the
Plainfield Municipal Council

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>National Maternal Depression Awareness Month</p> <p>Mental Health Awareness Month</p> <p>Women's Health Month</p> <p>Self-Discovery Month</p> <p><i>"The first step toward change is awareness. The second step is acceptance."</i> Nathaniel Branden</p>	<p>11:30am - 12:30pm Free Seniors on the Move United Presbyterian Church of Plainfield 575 E. Front Street, Pftd, NJ</p> <p>1:00pm - 4:00pm Mayors Wellness Campaign Immunization Clinic City Hall Annex</p> <p>6:00pm - 8:30pm Faith Leaders as Champions of Change - Drug Addiction and the Family Part One - Shiloh Baptist Church 514 W. Fourth Street, Pftd, NJ</p>	<p>10:00am-2:00pm Senior Space Plainfield Public Library</p> <p>6:30pm - 7:10pm Adult Fitness Class (\$) 630 Cleveland Ave, Pftd, NJ</p> <p>6:00pm - 8:30pm Faith Leaders as Champions of Change - Drug Addiction and the Family - Shiloh Baptist Church</p> <p>6:30pm - 7:10pm Adult Fitness Class (\$) 630 Cleveland Ave</p> <p>10:00am - 12:00pm Women's Wellness Event: Hackensack Meridian Health Plainfield Public Library</p> <p>1:00pm - 4:00pm Mayors Wellness Campaign Immunization Clinic City Hall Annex</p> <p>6:30pm - 7:30pm Adult Zumba (\$) Grace Episcopal Church 600 Cleveland Avenue, Pftd, NJ</p>	<p>1:00pm - 4:00pm Mayors Wellness Campaign Immunization Clinic City Hall Annex</p> <p>12:00pm - 4:00pm Free HIV Testing Iris House Inc. Mobile Unit Plainfield Action Services</p> <p>12:00am - 12:30pm Storytime with Councilman Barry Goode Plainfield Public Library</p>	<p>5:00pm - 9:00pm Plainfield Public Schools 3rd Annual Special Needs Color Walk/Run (\$) Hub Stern Sports Complex</p> <p>10:30am - 12:00pm Uncensored: Lifestyle, Partners and Sex Iris House Inc.</p> <p>11:00am - New Plainfield Residents Bus Tour - City Hall parking lot.</p>	<p>10:30am - 12:00pm Digital Literacy Class Plainfield Public Library</p> <p>9:00am Cyber Cafe Family Success Center 906 Watchung Avenue Plainfield, NJ</p>	<p>10:30am - 12:00pm Uncensored: Lifestyle, Partners and Sex Iris House Inc.</p> <p>11:00am - New Plainfield Residents Bus Tour - City Hall parking lot.</p> <p>7:30pm Queen City Proud - Timeline Play Emerson Community School</p>
6	7	8	9	10	11	12



"Take care of your body. It's the only place you have to live."
- Jim Rohn

Walk Your Pet Day



2:00pm – 4:00pm
Mayors Wellness Campaign
Free Lead & Health Screenings
 Immunization Clinic
 City Hall Annex

11:30am - 12:30pm
Free Seniors on the Move
 United Presbyterian Church of Plainfield
 525 E Front Street, Plfd, NJ

3:30-5:00pm
Kids Movie: Ralph Breaks the Internet
 Plainfield Public Library

1:00pm-4:00pm
Mayors Wellness Campaign
 Immunization Clinic
 City Hall Annex

10:00am – 3:00pm
Cyber Cafe
 Family Success Center
 906 Watchung Avenue
 Plainfield, NJ

11:00am-5:00pm
Taste of Plainfield
 Library Park
 100 Park Avenue
 Plainfield, NJ

10:00am – 3:00pm
Female Mentoring Program Information Session
 Family Support Center
 100 Park Avenue
 Plainfield, NJ

National Anxiety and Depression Awareness Week

National Women's Health Week

National Prevention Week

11:00am - 11:30am
Toddlers Arts and Crafts at the Union City Library
 Union City Public Library
 324 43rd Street, Union City, NJ

11:30am - 12:30pm
Free Seniors on the Move
 United Presbyterian Church of Plainfield
 525 E Front Street, Plfd, NJ

5:30pm – 7:30pm
Adult Fitness Class (\$)
 640 Cleveland Ave

1:00pm-4:00pm
Mayors Wellness Campaign
 Immunization Clinic
 City Hall Annex

Summer Youth Employment Program
 Applications Deadline: 5/18/18

11:00am-5:00pm
IT'S NEVER TOO EARLY TO WORK TOWARDS BEING THE HEALTHIEST YOU

“There is no power for change greater than a community discovering what it cares about.”

2:00pm – 4:00pm
Mayors Wellness Campaign
Free Lead & Health Screenings
 Immunization Clinic
 City Hall Annex

1:00pm – 4:00pm
Mayors Wellness Campaign
 Immunization Clinic
 City Hall Annex

6:00pm – 8:30pm
Faith Leaders as Champions of Change – Drug Addiction and the Family Part Two – Snelch Baptist

6:30pm – 7:30pm
Adult Fitness Class (\$)
 640 Cleveland Ave

10:00am – 3:00pm
Cyber Cafe
 Family Success Center
 906 Watchung Avenue

10:00am – 3:00pm
Get Caught Reading! Grab Bag

For additional information contact:
 PLAINFIELD COMMUNITY RELATIONS AND SOCIAL SERVICES - PLAINFIELD ACTION SERVICES
 (908) 753-3519

11:30am - 12:30pm
Free Seniors on the Move
 United Presbyterian Church of Plainfield
 525 E Front Street,

1:00pm-4:00pm
Mayors Wellness Campaign
 Immunization Clinic
 City Hall Annex

6:30pm – 7:30pm
Adult Fitness Class (\$)
 640 Cleveland Ave

1:00pm-4:00pm
Mayors Wellness Campaign
 Immunization Clinic
 City Hall Annex

10:00am – 3:00pm
Cyber Cafe
 Family Success Center
 906 Watchung Avenue

11:00am-5:00pm
IT'S NEVER TOO EARLY TO WORK TOWARDS BEING THE HEALTHIEST YOU

“There is no power for change greater than a community discovering what it cares about.”



1:00pm-4:00pm
Mayors Wellness Campaign
 Immunization Clinic
 City Hall Annex

1:00pm-4:00pm
Free HIV Testing
 Iris House Inc. Mobile Unit
 Plainfield Action Services

6:30pm – 7:30pm
Adult Zumba (\$)
 Grace Episcopal Church
 600 Cleveland Avenue

every day
 -150-
fresh START
 GET HEALTHY

by Plainfield Action Services between May 1st - May 17th and enter a “RAFFLE” to win a “FREE” box of food. Drawing will take place on May 18th.
Must be a Plainfield resident to participate!



Ride your bike to work day

“He who has health has hope and he who has hope has everything.”
 -Lao Tzu

every day
 -150-
fresh START
 GET HEALTHY

“There is no power for change greater than a community discovering what it cares about.”

Activity Calendar Summary

Senior Space—A place for older adults to learn, and socialize through activities, classes and more! Yoga, Art, Healthy Eating, Resources for seniors are just a few of the offerings. - Location: Plainfield Public Library- every Wednesday from 10:00 a.m. to 2:00 p.m. ALL ACTIVITIES ARE FREE!!!

Adult Fitness Class – A 40 minute class of fitness fun! Cost is \$5.00 per class. Please email elizabethzumba@gmail.com – Location: 600 Cleveland Avenue. Classes are on May 1st, 8th, 15th, 22nd, and 29th.

Mayor Mapp's Wellness Campaign Immunization Clinic—Free Immunization Every Tuesday, 1:00pm – 4:00pm and Thursday 9:00am – 1:00pm . Dates are on May 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th, and 30th – Location: 510 Watchung Ave. Required Documents: Proof of ID, vaccination record & proof of address – Call Plainfield Division of Health, Public Health Nurse - (908) 753-3645 for more information

Faith Leaders as Champion of Change—Two workshops on Drug Addiction and the Family. 2.0 Continuing Education Credits Awarded per Session
Event Dates: Part 1 Spirituality and Addiction -Part 2- Is Addiction a Spiritual Disease. Dates are May 2nd and 7th - Location: Shiloh Baptist Church, 515 West 4th Street

Painfield Public Schools 3rd Annual Special Needs Color Walk/Run – Bringing awareness to the special needs community of Plainfield! Date: May 3rd - Cost: Under 10 Free, Ages 10 - 17 \$10.00 per person (with T-shirt), \$5.00 (no T-shirt). 18 and up: \$20.00, Contact Ms. Repollet (908)731-4200 x5178 or drepollet@plainfield.k12.nj.us

Uncensored: Lifestyle, Partners and Sex by Iris House Inc. on May 4th - An uncensored discussion about lifestyles, partners and sex. Comes with a meal and gift! RSVP at bflores@irishouse.org, Location: 630 East Front Street.

New Plainfield Residents Bus Tour - Experience a free bus tour highlighting Plainfield's parks, landmarks and historic sites! May 4, 2019 – 11:00am – leaving from City Hall Parking Lot, RSVP your seat – contact (908) 753-3097 – gift bags and light refreshments will be provided.

Queen City Proud - Timeline Play by The City of Plainfield & M Power Arts Inc. Take a trip through Plainfield's history! Date: May 4th Location: Emerson Community School, 305 Emerson Avenue Reserve your seat on Eventbrite or call (908)753-3000 x2154

Summer Adult Employment Program - Summer Employment for Plainfield Residents Only ages 21 and up. Session 1: May 6th – June 14th Session 2: August 5th – September 13th

Mayor's Wellness Campaign- Free Lead Screenings—Every Monday and Thursday – May 2nd, 6th, 9th, 13th, 16th, 20th, 23rd, 30th, 2:00pm - 4:00pm - Location: City Hall Annex – W/C, 510 Watchung Avenue. Call Plainfield Division of Health, Public Health Nurse - (908) 753-3645 for more information

Mayor's Wellness Campaign—Free Health Screenings—Health Screenings for Blood Pressure, Diabetes and Cholesterol, every Monday and Thursday – May 2nd, 6th, 9th, 13th, 16th, 20th, 23rd, 30th, 2:00pm – 4:00pm – Location: City Hall Annex –, 510 Watchung Avenue. Call Plainfield Division of Health, Public Health Nurse - (908) 753-3645 for more information

Free Seniors on the Move – Assisting seniors with health and wellness. Every Tuesday and Thursday – May 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th, 30th. Location: United Presbyterian Church of Plainfield, 525 East Front Street. Contact (908) 753-3097 for more information

Adult Zumba – Every Thursday, May 7th, 16th, 23rd, 30th to June 13th, 2019 – 6:30pm-7:30pm – Cook Elementary School – Cost \$25—Experience a class designed with low and high intensity movements. Register on COMMUNITYPASS.NET. For additional information contact 908-753-3097.

Women's Wellness Event- Discussion on the importance of women's wellness! Date: May 9th - Giveaways and health information provided. Location: Plainfield Public Library, 800 Park Avenue. For additional information and registration call (908) 757-1111 x139

Cyber Cafe—Free access to computers for resume writing, employment search, email checking on academic work. Union County Residents only. Every Tuesday and Friday – May 7th, 10th, 14th, 17th, 21st, 24th, 28th, 31st. Location: Plainfield Family Success Center, 908 Watchung Avenue. Contact Magali Roldan at 908-753-4001 ex124

Free HIV Testing Iris House Inc. Mobile Unit—Located: Plainfield Action Services (Outside) 515 Watchung Avenue. Date: May 10th and 29th

Digital Literacy Class—Adult program study for IC3 and Microsoft Office Professional Certifications. During these times, a staff member will be available to assist you as you study for the IC3 or Microsoft Office Professional exam. Program participants may even be eligible to have their testing fees covered by NJLWD. Location: Plainfield Public Library Date: May 11th

Storytime with Councilman Barry Goode- Join Plainfield City Councilman Barry Goode for a Saturday Storytime. Date: May 11th - Location: Plainfield Public Library - May 11, 12:00pm – 12:30pm

Historic Plainfield with John Grady – Plainfield author, collector and history lover John Grady discusses the architecture and historic areas of Plainfield! Light refreshments served. Date: May 11th, 1:00pm-3:00pm- Location: Plainfield Public Library, 800 Park Avenue



Truth in Education™

SAVE THE DATE:

Pillar College – Information Sessions
Plainfield Incubator Building
April 30th, at 12:00 PM (English)
May 1st, 12:00 PM (Español)



Pillar College
320 Park Avenue
Plainfield, New Jersey 07060
973-803-5000, ext. 1030 | ediaz@pillar.edu | www.pillar.edu

Reginald L. Warren Craftsman Club of Stone Square Lodge and Shining Star Club of Rebecca Chapter No. 1

INVITES YOU TO

“A Day of Community Awareness 2.0....It’s all about you!”

Saturday, May 11th, 2019 12:00 p.m. to 4:00 p.m.*

722 St. Mary’s Avenue, Plainfield, NJ 07062

FREE SCREENINGS and INFORMATION

HIV & STD Screening	Prostate Cancer Awareness
Aneurysm Awareness	Sickle Cell Awareness
Blood Pressure Screening	Diabetic Screening
Mental Health	Health Care/Life Insurance
Financial Health	Voter’s Registration

And much more!!!

Please contact Bro. Derrick Wallace for any questions 908-731-1895

Sister Kim Dove Worthy Matron and Brother Derrick A. Wallace Worthy Patron

Rebecca Chapter No. 1

Worshipful Brother Eric M. Knight, Worshipful Master

Stone Square Lodge No. 38

Sister Donna D. Robinson, Grand Worthy Matron and Brother Bryan D. Morris Grand Worthy Patron

Most Worshipful Tisan Rasool Dawud, Grand Master





Plainfield Public School
Early Childhood Programs & Services



**32nd Annual
Month of the Young Child
Culminating Event**

“Building for the Future”

Tuesday, April 30, 2019 at 10:00 AM

*Plainfield City Hall Steps
515 Watchung Avenue*

Student Performances:

Preschool – Playhouse Child Development Center

Kindergarten thru 3rd Grade – F.W. Cook School

Maxson Middle School Band



If you have questions, please contact
Plainfield Public Schools Office of Early Childhood Programs & Services
(908) 731-4372

www.painfieldnj12.org



Escuelas Públicas de Plainfield
Programas y Servicios de Educación Temprana



Celebración del Mes de los Niños en sus 32 años *Evento Culminante*

“Construyendo para el Futuro”

Martes, 30 de abril del 2019 a las 10:00 AM

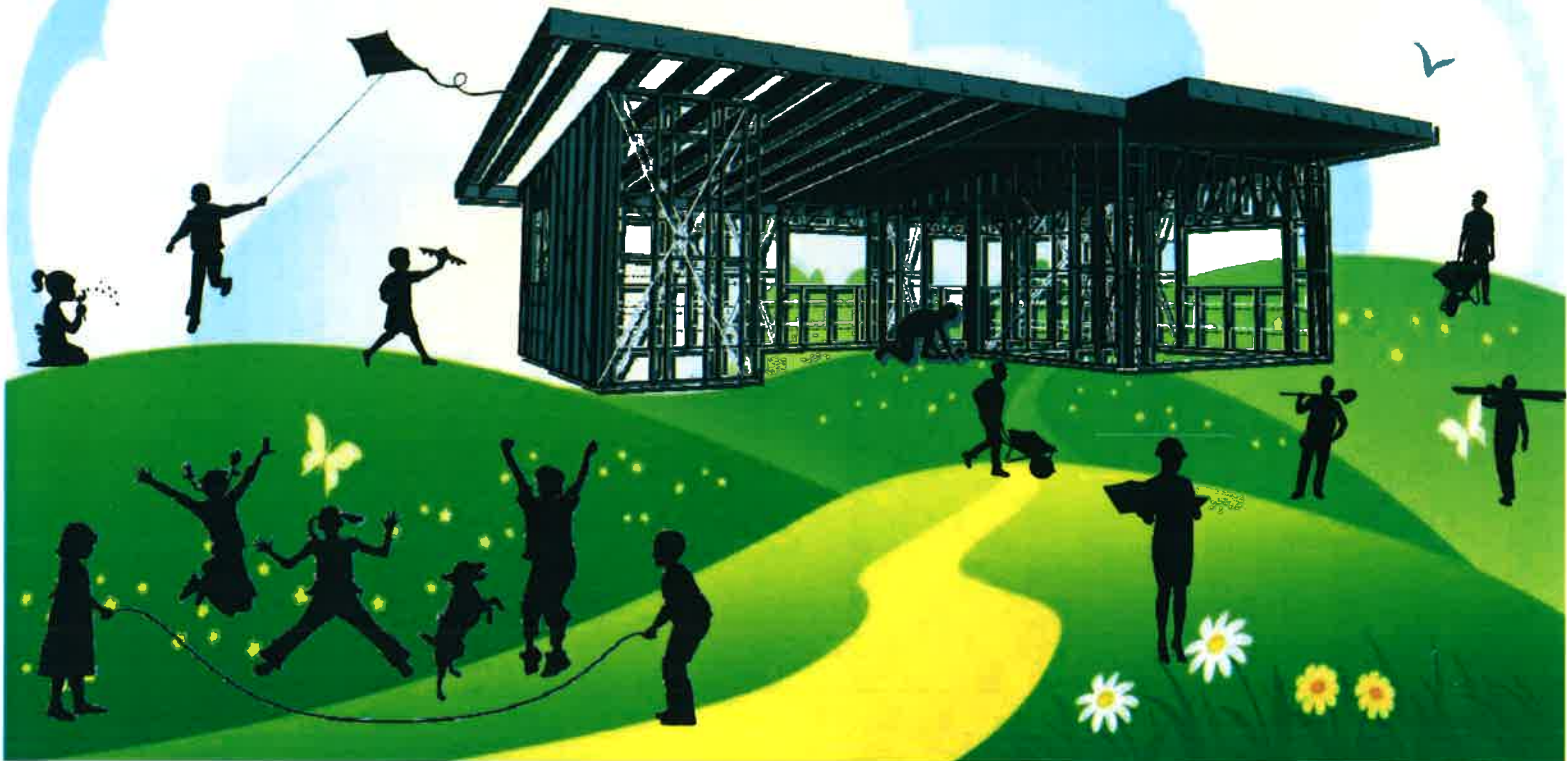
*Escaleras de la Alcaldía de Plainfield
515 Watchung Avenue*

Actuación de Estudiantes:

Prescolares- Playhouse Child Development Center

Kindergarten a 3er Grado- F.W. Cook School

Musical de Maxson Middle School Band



Si tiene alguna pregunta, por favor llame a las Escuelas Públicas de Plainfield Oficina de
Programas y Servicios de Educación Temprana

(908) 731-4372

www.painfieldnj12.org