

SENIOR SPACE CALENDAR

EVERY WEDNESDAY
10 AM—2 PM

at The Plainfield Public Library
800 Park Ave, Plainfield, NJ, 07060

October 4th

10:00 AM—10:30 AM

COFFEE

10:30AM—11:45AM

**Chair Yoga w/
Valerie**

12:15 PM—1:30PM

**Poetry Reading—
Bring your favorite
poem**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

October 11th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM—1:30 PM

**Fall Wreath with
Marie**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

October 18th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM —1:30 PM

**Quello Musical
Concert with
Refreshments**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

October 25th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM—1:30 PM

**Open Enrollment—
Lets Discuss
Medicare Benefits
Certified Medicare
Counselor**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

SERVICE COORDINATOR IS AVAILABLE EVERY WEDNESDAY FROM 10 AM—1:30 PM

Senior Space is a place for older adults to learn, and socialize through activities, classes and more!
Yoga, Art, Healthy Eating, Resources for Seniors- are a few of the offerings.

ALL ACTIVIES ARE FREE!

Contact Covenant Place for more information 908-791-9430

**Free
Activities**

SENIOR SPACE CALENDAR

at The Plainfield Public Library

800 Park Ave, Plainfield, NJ, 07060

EVERY WEDNESDAY
10 AM—2 PM

November 1st

10:00 AM—10:30 AM

COFFEE

10:30AM—11:45AM

**Chair Yoga w/
Valerie**

12:15 PM—1:30PM

**Fall Theme Sip &
Paint
Cheese & Appetizer
provided**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

November 8th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM—1:30 PM

**Hot
Topics
Discussion
(Seniors Services
Too much or Too
Little)**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

November 15th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM —1:30 PM

**Senior Space
Thanks Giving
Lunch—
Bring a Small Dish**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

November 29th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM—1:30 PM

**Christmas Frames
With Marie**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

SERVICE COORDINATOR IS AVAILABLE EVERY WEDNESDAY FROM 10 AM—1:30 PM

Senior Space is a place for older adults to learn, and socialize through activities, classes and more!
Yoga, Art, Healthy Eating, Resources for Seniors- are a few of the offerings.

ALL ACTIVIES ARE FREE!

Contact Covenant Place for more information 908-791-9430

**Free
Activities**

