

SENIOR SPACE CALENDER

at The Plainfield Public Library

800 Park Ave, Plainfield, NJ, 07060

EVERY WEDNESDAY
10 AM—2 PM

April 5th

10:00 AM—10:30 AM

COFFEE

10:30AM—11:45AM

**Chair Yoga w/
Valerie**

11:30 AM—1:30 PM

Banker's Life

11:30 AM—1:30 PM

Dept. on Aging

11:15 AM—1:30PM

**Caricature
"Picture Drawn"**

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

April 12th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

11:30 AM—1:30 PM

**Easter Themed
Wine Glass
Painting**

12:15 PM—1:30PM

**Do it Yourself :
Oatmeal Chocolate
Chip Cookie in a Jar**

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

April 19th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

11:30AM—1:30 PM

**Adult
Coloring**

12:15 PM—1:30PM

**Craft- Making your
own Stamps**

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

April 26th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

11:30AM—1:30 PM

**United Healthcare
Insurance
Health Education
Presentation**

12:15 PM—1:30PM

**Computer Classes-
Basic Components
of the Computer**

12:00 PM—12:30 PM

Afternoon Snack

1:00 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 live, 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

SENIOR SPACE CALENDER

at The Plainfield Public Library

800 Park Ave, Plainfield, NJ, 07060

EVERY WEDNESDAY
10 AM—2 PM

May 3rd

10:00 AM—10:30 AM

COFFEE

10:30AM—11:45AM

Chair Yoga w/
Valerie

11:30 AM—1:30 PM

Make your OWN
Soap
w/ Kim Todd

12:15 PM—1:30PM

Bingo with
United
Healthcare

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

May 10th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

Chair Yoga w/
Valerie

11:30 AM—1:30 PM

Banker's Life
Insurance Medicare
Presentation

11:30 AM—1:30 PM

Podiatrist -
Sign up Required

12:15 PM—1:30PM

Mother's Day
Cupcake Decorating
with Tina

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

May 17th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

Chair Yoga w/
Valerie

11:30AM—1:30 PM

New York Life
Insurance—
Long Term Care
Insurance

11:35 PM—1:30PM

Chair Massages-
With
Pampered Spirit

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

May 24th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

Chair Yoga w/
Valerie

11:30 AM—1:30 PM

Benefits of Natural
Therapy
Presentation
With
Tiffany's Pharmacy

12:15 PM—1:30PM

Computer Classes—
Basic Internet
Skills

12:00 PM—12:30 PM

Afternoon Snack

1:00 PM— 2:00 PM

Wrap UP

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