

SENIOR SPACE CALENDAR

at The Plainfield Public Library

800 Park Ave, Plainfield, NJ, 07060

EVERY WEDNESDAY
10 AM—2 PM

August 9th

10:00 AM—10:30 AM

COFFEE

10:30AM—11:45AM

**Chair Yoga w/
Valerie**

12:15 PM—1:30PM

Poetry Reading

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

August 16th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM—1:30 PM

**Hot Topics /
Round Table
Discussions**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

August 23rd

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM —1:30 PM

**Senior Citizen
Appreciation Week
Event**

12:15 PM—1:30PM

**Social Service
Consultation**

1:30 PM— 2:00 PM

Wrap UP

August 30th

10:00 AM—10:30 AM

COFFEE

10:30 AM—11:45AM

**Chair Yoga w/
Valerie**

12:00 PM—1:30 PM

**Jewelry Making
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 live, learn, and socialize through activities, classes and more!
Yoga, Art, Healthy Eating, Resources for Seniors- are a few of the offerings.

ALL ACTIVITIES ARE FREE!

Contact Covenant Place for more information 908-791-9430

**Free
Activities**

SENIOR SPACE CALENDAR

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800 Park Ave, Plainfield, NJ, 07060

EVERY WEDNESDAY
10 AM—2 PM

Sept 6th	Sept 13th	Sept 20th	Sept 27th
10:00 AM—10:30 AM COFFEE	10:00 AM—10:30 AM COFFEE	10:00 AM—10:30 AM COFFEE	10:00 AM—10:30 AM COFFEE
10:30AM—11:45AM Exercise	10:30 AM—11:45AM Exercise	10:30 AM—11:45AM Chair Yoga w/ Valerie	10:30 AM—11:45AM Chair Yoga w/ Valerie
12:00 PM—1:30 PM Bingo with Shanique	11:30 AM—1:30 PM Scrapbooking	11:30AM—1:30 PM Winter Essential Collection for the homeless- Donated to Home First	11:30 AM—1:30 PM Soap Making with Marie
12:15 PM—1:30PM Social Service Consultation	12:15 PM—1:30PM Social Service Consultation	12:15 PM—1:30PM Social Service Consultation	12:15 PM—1:30PM Social Service Consultation
1:30 PM— 2:00 PM Wrap UP	1:30 PM— 2:00 PM Wrap UP	1:30 PM— 2:00 PM Wrap UP	1:30 PM— 2:00 PM Wrap UP
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Act i v i t i e**

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