



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



COMMUNITY ACTION MONTH ACTIVITY CALENDAR May 2016

| Su | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|-----------|---|---|---|--|---|--|
| 1 | 2 <i>Free Health Screening (Blood Pressure, Diabetes & Cholesterol) 10a to 12n</i> Plainfield Health Dept. 510 Watchung Ave, 1 st Fl. | 3 <i>Plainfield Summer Youth Employment Program Presentation</i> Homefirst - 3:00p | 4 | 5 <i>Older American Month Lunch & Learn - 12n</i> Plainfield Sr. Ctr. | 6 <i>Ride your bike to work day!</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative | 7 <i>Zumba & Line Dancing</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative - May Movement Plainfield City Hall Plaza 11:00am |
| 8 | 9 <i>Free Health Screening (Blood Pressure, Diabetes & Cholesterol) 10a to 12n</i> -Plainfield Health Dept. 510 Watchung Ave, 1 st Fl. | 10 | 11 | 12 <i>Older American Month Lunch & Learn - 12n</i> Plainfield Sr. Ctr. | 13 <i>Ride your bike to work day!</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative | 14 <i>Zumba & Line Dancing</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative - May Movement Plainfield City Hall Plaza 11:00am <hr/> <i>Free Immigration Consultation- 1p to 5p</i> -El Centro Hispanoamericano |
| 15 | 16 <i>Free Eye Exams for the family</i> NJ Commission of the Blind Plainfield Action Services 510 Watchung Ave, 1 st Fl. <hr/> <i>Free Health Screening (Blood Pressure, Diabetes & Cholesterol) 10a to 12n</i> Plainfield Health Dept. 510 Watchung Ave, 1 st Fl. | 17 | 18 | 19 <i>Older American Month Lunch & Learn - 12n</i> Plainfield Sr. Center <hr/> <i>Sun Foreclosure Program</i> Shiloh Baptist Church 6:30p | 20 <i>Ride your bike to work day!</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative | 21 <i>Zumba & Line Dancing</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative - May Movement Mathewson Playground 4:30pm |
| 22 | 23 <i>Parenting Skills Workshop</i> Location - Plainfield Action Services 11:00a <hr/> <i>Coverage to Care Workshop</i> Location- Plainfield Action Services -11-1p <hr/> <i>Free Health Screening (Blood Pressure, Diabetes & Cholesterol) 10a to 12n</i> Plainfield Health Dept. Location: 510 Watchung Ave, 1 st Fl. | 24 <i>Parenting Skills Workshop 11:00a</i> Location - Plainfield Action Services | 25 <i>Parenting Skills Workshop - 11:00a</i> Location - Plainfield Action Services | 26 <i>Older American Month Lunch & Learn</i> Location: Plainfield Sr. Center 12n <hr/> <i>Parenting Skills Workshop</i> Plainfield Action Services 11:00a | 27 <i>Parenting Skills Workshop 11:00a</i> Location-Plainfield Action Services <hr/> <i>Ride your bike to work day!</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative | 28 <i>Zumba & Line Dancing</i> Mayor Adrian O. Mapp's Healthy Plainfield Initiative - May Movement Plainfield City Hall Plaza 11:00am |



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Community Relations & Social Services
Plainfield Action Services
May 2016
**Community Action
Month**

City of Plainfield Health Department Free Health Screening (Blood Pressure, Diabetes & Cholesterol) Public Health is mostly involved in Preventive Medicine links, the knowledge and skills of clinical medicine with the special skill sets of medical management and population health.

Event Dates: May 2nd, 9th, 16th, 23rd

Location: Plainfield Health Department, 510 Watchung Ave., 1st Fl.

Older American Month 2016 - Lunch & Learn – Come have lunch and be a part of informational workshops An opportunity to raise awareness about important issues facing older adults. We will also highlight the ways that older Americans are advocating for themselves, their peers, and their communities.

Event Dates: May 5th, 12th, 19th and 26th

Location: Plainfield Senior Center

Mayor Adrian O. Mapp’s Healthy Plainfield Initiative - May Movement

Come move your body and be active by participating in Zumba and Line Dancing. Zumba is one of the most fun and versatile fitness crazes to come along in a long time. Classes can be geared for just about any fitness level. Though most Zumba involves high-impact moves like bouncing and jumping, it can be modified to meet your needs.

Event Dates: May 7th, 14th, 28th – **Location:** Plainfield City Hall Plaza

Event Dates: May 21 – **Location:** Mathewson Playground – 966-80 West 4th Street

New Jersey Commission of the Blind – Free eye screening for the entire family. New Jersey Commission for the Blind and Visually Impaired mission is to promote and provide services in the areas of education, employment, independent living and eye health through informed choice and partnership with persons who are blind or visually impaired, their families and the community.

Event Date: May 16th

Location: Plainfield Action Services, 510 Watchung Ave., 1st Fl.

Parenting Skills Workshop – Learn techniques on how to enhance your parenting skills for children 1 to 5 years of age. The goal is to educate and support parents to raise their children in emotionally healthy ways so that their children can thrive personally, socially and academically.

Event Dates: May 23rd to 27th

Location: Plainfield Action Services, 510 Watchung Ave., 1st Fl.

Ride Your Bike To Work Day – *Mayor Adrian O. Mapp’s Healthy Plainfield Initiative* - May is National Bike Month. Bicycling has all sorts of health benefits—physical and mental. It engages your legs, but it's easy on your joints, and it really does provide a sense of freedom.

Stimulate your heart by riding your bike to work. Enjoy a heartfelt day.

Event Dates: May 6th, 13th, 20th, 27th

Coverage to Care Workshop - *Mayor Adrian O. Mapp’s Healthy Plainfield Initiative*. Are you recently insured? •Do you have questions about your healthcare? •Are you accessing your preventive services? •Have you connected with your primary care physician? Health Insurance Marketplace- FREE ASSISTANCE. Bilingual

Event Date: May 23rd

Location: Plainfield Action Services, 510 Watchung Ave., 1st Fl.

*Stop by Plainfield Action Services between May 1st and 19th and enter a “**RAFFLE**” to win a “**FREE**” box of food. Drawing will take place on May 20th. Must be a Plainfield resident to participate.*

Food donated by Plainfield Department of Community Relations & Social Services – Plainfield Action Services and Plainfield Department of Community Development