

SIT AND GET FIT with Judi Johnson

Thursday from 1:00 p.m. to 2:00 p.m.

Judi Johnson is teaching "Sit and Get Fit". Come firm and tone your abs, arms and legs as you gain more flexibility. Enjoy a low-impact workout while sitting in your chair of choice. These chairs include wheelchairs and walkers with a seat. Come join Judi and take a seat, and I'm sure your goals you're going to certainly meet.



WOMEN'S GROUP with Mazie Wormley

Tuesday from 1:00 p.m. to 3:00 p.m.

Mazie Wormley hosts a weekly in-depth conversation about the issues facing today's senior woman. Gentlemen are invited to join and have their voices heard.

PRAISE MOVES CLASS with Kim Todd

Monday - Mat/Standing Class 7:00 p.m. to 8:00 p.m.

Wednesday - Chair/Standing 1:00 p.m. to 2:00 p.m.

Friday- Mat/Standing Class 10:00 a.m. to 11:00 a.m.

Praise Moves is a unique faith and fitness program taught by Kim Todd that involves gentle stretching and strengthening exercises while listening to relaxing Christian music and passages.



CELL PHONE PHOTOGRAPHY with Greg Gilchrist

Tuesdays 11:00am to 12:30

In today's world most people carry a cell phone that has a camera, the goal of this class will encourage our members to use them more to capture the world around them and in the process increase their self-expression and creativity. Through virtual classroom instruction students will learn basic photography composition rules and taught simple photo editing techniques to bring the most out of their images. Students will be instructed on how to transmit their photos to friends and family and post their photographs on social media platforms.



CHAT & CHEW with our Director

Wednesdays from 3:00 p.m. to 4:00 p.m.

The Center invites everyone to join in a weekly discussion group led by Mazie Wormley. You Choose the topic.



FREEDOM DANCE with Eleanor Elcock

Mondays from 1:00 p.m. to 2:00 p.m.

Help release stress through the use of words and movement. Freedom Dance, a new class being taught by instructor, Eleanor Elcock will help you decompress through the use of gospel, inspirational music and movement. Learn the building blocks to feel free and alive.



If you are a Center Member who would like to sign up for any of these free classes or you are a Plainfield resident age 55 and over and would like to enjoy the benefits of Center membership, please call: 908 753-3506 between the hours of 10:00am and 4:00pm, M-F and ask for Greg and he will assist you in getting all your Zoom activity log in information.