



# SENIOR CENTER NEWSLETTER

August 2023  
609-371-7192



Dear Friends,  
East Windsor has lots of news updates regarding *road way improvements*.

**Improvements to Stockton Street curbs and sidewalks between Route 130 and Oak Lane**, a joint East Windsor Township and Hightstown Borough improvement project, are underway anticipated to be completed no later than Labor Day. Stockton Street is closed to through traffic on workdays Monday through Friday from 9 am to 3 pm, for the replacement of existing curbs and sidewalks, driveway aprons, handicapped ramps where needed on Stockton Street between Route 130 and Oak Lane.

East Windsor has awarded the contract for the resurfacing of the remaining streets in **Brooktree neighborhood, specifically Edwards Drive, Lynnfield Drive, Poplar Run and a portion of Maple Stream Road**, to low bidder, Earle Asphalt, Jackson, NJ. The tentative schedule is to perform the concrete work starting in mid-September and complete all milling and resurfacing by the end of October.

East Windsor received **\$950,000 NJ Department of Transportation grant for roadway improvements in Cranbury Manor, for Greenbrook Drive, Hope Valley Drive, Marilyn Drive, Meadowview Drive and Oakridge Road** from Pinehurst to Greenbrook. The project includes the milling and resurfacing of these roadways, as well as other associated improvements to concrete curbing and aprons, handicap ramps, and stormwater inlets.

East Windsor has received two separate grants, **\$258,860 and \$950,000 from NJ Department of Transportation for roadway improvements to the remaining Beechcroft area streets, specifically Beechcroft Drive, Hemlock Court, Brooklawn Drive, Ivy Lane East, Glenwood Circle and Meadowbrook Drive**. The project includes the milling and resurfacing of these roadways, as well as other associated improvements to concrete curbing and aprons, handicap ramps, and stormwater inlets. For both roadway projects, the Township is in the process of retaining an engineer, and the roadway work is planned for 2024.

The Township also is in the process of significant improvements to **Anker Park**, prominently located across from the Lee Turkey Farm. Currently repairs and restoration are underway to the **Brooktree Pathway**, the paved multi-use path that runs parallel to Hickory Corner Road and Brooktree Road, providing access to Anker Park and the library branch. The Township has purchased brand new play equipment for Anker Park, which will be installed during August.

**CALENDAR:** East Windsor **Document Shredding and Electronics Recycling Event**, including free Document Shredding for Township residents, is on **Saturday, September 30** from 10 A.M. to 2 P.M., rain or shine, at the Senior Center.

**BE HEALTHY BE HAPPY BE SAFE BE COOL**

*Mayor Janice S. Mironov*



## August Newsletter Info

**Sign up begins IN-PERSON  
Tuesday, August 1 @ 8:45 am**

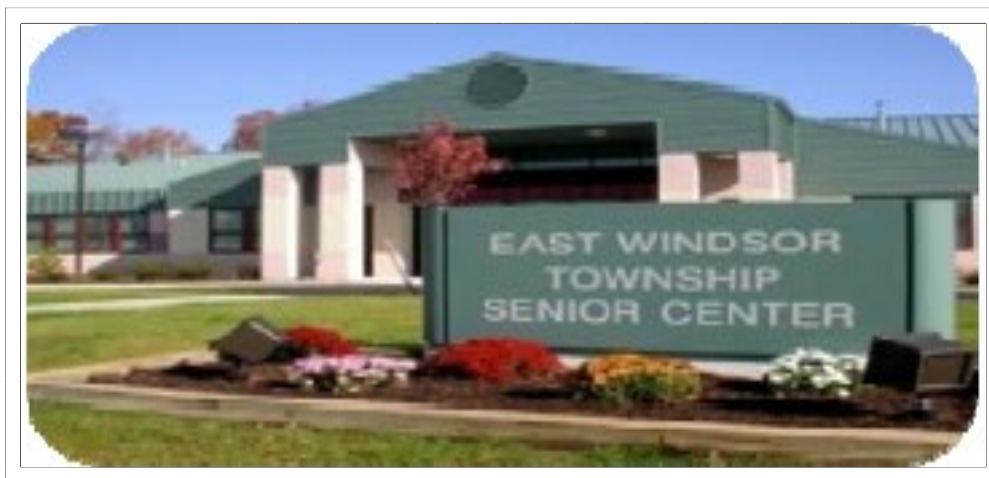
Program Sign Up sheet can be found  
in a separate email and in the  
lobby of the senior center.

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## TRIPS SIGN UP

**August 1, 2, 3**  
(deadline on the 3rd is 12:00 pm)

Trip Sign Up sheets will be  
located in the Art Room



The East Windsor Senior Center is dedicated to helping residents age 60+ reach their full potential to ensure a lifelong continuum with a focus on program participation that fosters a productive life in the community.

The center offers members a broad range of services, including presentations, classes, health screenings, lectures, nutrition program, trips, special events, activities, and links to county and state resources. The center is open Monday through Friday from 8:00 am until 4:00 pm.

There are many exciting things planned for the upcoming months and years ahead, building on the foundation that is already in place, helping you to stay healthy, vibrant, and entertained.

Join us, make new friends, meet old friends, and learn how to maintain your health, independence, and overall wellness.



East Windsor Township Senior Center  
40 Lanning Boulevard  
East Windsor, NJ 08520  
(609) 371-7192  
Email: [seniorcenter@east-windsor.nj.us](mailto:seniorcenter@east-windsor.nj.us)

**Kelly Roman**  
Senior Center Director

**Rebecca Liming**  
Program Coordinator



**Janice S. Mironov, Mayor**  
Marc Lippman, *Deputy Mayor*  
Denise Daniels, *Council Member*  
Alan Rosenberg, *Council Member*  
David Russell, *Council Member*  
Peter V. Yeager, *Council Member*  
John Zoller, *Council Member*



# Plastic Film Recycling

**EAST WINDSOR TOWNSHIP**  
PLASTIC FILM RECYCLING  
TREX RECYCLING CHALLENGE



**GROCERY AND RETAIL BAGS**



**PALLET WRAP AND STRETCH FILM**



**BREAD BAGS**



**AIR PILLOWS**



**ZIPLOCK AND OTHER RESEALABLE STORAGE BAGS**



**BUBBLE WRAP**



**NEWSPAPER SLEEVES**



**PLASTIC SHIPPING ENVELOPES**



**CASE OVERWRAP AND PRODUCT WRAP**



**PRODUCE AND ICE BAGS**



**DRY CLEANING BAGS**

**DROP OFF YOUR PLASTIC FILM DURING EWT RECYCLING DAYS OR AT PUBLIC WORKS FACILITY ON WARD STREET & ETRA ROAD**  
QUESTIONS, CALL  
**(609) 443-4000, EXT. 215**

**ALL PLASTIC MUST BE CLEAN, DRY AND FREE OF FOOD RESIDUE**

**Please take notice of the black recycling can located in front of the Senior Center. It is labeled, "Plastic Film."**



# Recycling Event

Saturday, September 30 from 10 A.M. to 2 P.M.,

East Windsor Township Is Holding Document Shredding and Electronics Recycling Event , Rain or Shine, at the East Windsor Senior Center (40 Lanning Boulevard).

This Township event, sponsored by Mayor Janice S. Mironov and Council Members, will offer **Free document shredding** to **East Windsor residents (no commercial drop-offs are permitted)**, with a limit of ten boxes per household, and until the shredding truck is full. Electronic recycling is limited to televisions, computers and accessories, monitors, fax machines, VCR's, cable boxes and telephones. Residents will also be able to dispose of **fluorescent bulbs and household batteries**. East Windsor also is participating in the Trex's **Plastic Film Recycling Challenge**. The types of **plastic film** which can be dropped off for recycling are: grocery bags, bread bags, bubble wrap, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, Ziploc and other reclosable food storage bags, cereal bags, case overwrap, salt bags, pallet wrap and stretch film, wood pellet bags and produce bags. For every 500 pounds collected over six months, Trex donates a bench to the community. **RISE** will have trucks on-site to collect clothing, shoes, blankets, housewares (plates, mugs and related items), working appliances, household electronics and usable furniture. Clothing should be brought in plastic bags. **Residents must remain in their vehicles at all times**. For further information, call (609) 443-4000, ext. 215.

## Senior Freeze - Property Tax Reimbursement



The Senior Freeze Program reimburses eligible senior citizens and disabled persons for [property tax](#) or [mobile home park site fee](#) increases on their [principal residence](#) (main home). To qualify, you must meet all the [eligibility requirements](#) for each year from the [base year](#) through the application year.

### 2022 Senior Freeze Applications

We will begin mailing 2022 Senior Freeze blue booklets in mid-February, continuing throughout the month. Please allow until mid-March for delivery before contacting us. We mail PTR-1 booklets to homeowners who may qualify and preprinted PTR-2 booklets to eligible homeowners who applied last year. In addition, PTR-1 and some PTR-2 forms are available online.

The deadline for 2022 applications is October 31, 2023.

[Click Here to Access the NJ Division of Taxation](#)

# Township Information

## E-News Updates

**IMPORTANT: Residents Are Encouraged to Register and Urge Other Residents to Register to Receive E-News Updates.** E-News is used for alert communications in significant weather and service impacted situations, as well as generally weekly to provide information on new businesses and stores, roadway projects, grants, special events and other subjects of public interest. ([CLICK HERE](#)) or visit the East Windsor Township website at [www.east-windsor.nj.us](http://www.east-windsor.nj.us) to register for E-News. East Windsor officials seek to expand resident subscribers. **PLEASE SEND THIS E-NEWS INFORMATION TO YOUR EAST WINDSOR FRIENDS AND FAMILY ENCOURAGING THEM TO SIGN-UP**

<https://www.east-windsor.nj.us/e-news>

## Are you signed up for Nixel?

Nixle communications system enables immediate text messages to **registered** cell phones and email addresses, to alert residents and businesses about safety and health subjects, such as severe weather conditions, traffic disruptions, road closures, flooding conditions, power outages, and important public health notices as well as other significant community updates and announcements.

<https://www.east-windsor.nj.us/nixle>

# Summer Concerts at Etra Lake Park



**Sunday, August 6  
@ 6:00 pm**

**Yacht Rock Gold:** Yacht Rock Tribute Band featuring hits of the late 1970's to the early 1980's



**Sunday, August 20  
@ 6:00 pm**

**Tupelo Honey:** Van Morrison Tribute Band

**These FREE events are made possible through the generous contributions of many area businesses.**

# Township Information

## National Night Out

*Join East Windsor Officials for "National Night Out" on Tuesday, August 1, from 6 P.M. to 9 P.M. at the East Windsor P.A.L. Complex, 30 Airport Road.*

This annual fun educational Township event, sponsored by Mayor Janice S. Mironov and Council Members in conjunction with Chief of Police Jason Hart, features crime watch information, displays of emergency services equipment, canine drug detection demonstrations, booths and displays by area groups and businesses with information and giveaways supporting the National Night Out theme, DJ provided music and refreshments. Youth games and activities will feature jumping/climbing inflatables, climbing obstacle course, face painting and air brush tattoos.



POLICE • COMMUNITY PARTNERSHIPS



# Volunteer Opportunities

## East Windsor Township Mayor and Council Encourage Citizens to Volunteer for Township Boards and Committees in the New Year.

Citizens can apply to serve on the:

- ◆ Clean Communities Advisory Committee
- ◆ Commission on Aging
- ◆ Economic Development Committee
- ◆ Environmental Commission
- ◆ Health Advisory Board
- ◆ Planning Board
- ◆ Recreation Commission
- ◆ Zoning Board of Adjustment
- ◆ East Windsor Municipal Alliance for the Prevention of Substance Abuse.



Residents interested in volunteering can obtain an application form from the municipal clerk or can fill out this form ([CLICK HERE](#)) and return by email to [clerk@east-windsor.nj.us](mailto:clerk@east-windsor.nj.us), by fax to [\(609\) 443-8303](tel:(609)443-8303), or by drop off or mail to Mayor Janice S. Mironov and Council, East Windsor Municipal Building, 16 Lanning Boulevard, East Windsor, New Jersey 08520.

For further information, call the Municipal Clerk's Office at [\(609\) 443-4000](tel:(609)443-4000), ext. 238.

## Bits & Pieces



Easy access  
can be deadly!

### Unused Meds?



70% of opioid abuse starts with easy access to unused pills.



[ProjectMedicineDrop.com](http://ProjectMedicineDrop.com)

Drop them off...

### Don't Forget....

### East Windsor has a Medicine Drop Box

The Township, in partnership with non-profit corporation American Medicine Chest Challenge, has installed a permanent medicine drop box to provide residents with a safe, convenient and legal option to dispose of unwanted, unused or expired medications on a year-round basis.

**The permanent drop box  
is installed in the lobby of the**

# Community Bus



## 50 cents round trip

The Senior Center community bus is back on the road. We have enhanced our cleaning efforts to include daily disinfecting. Masks are optional while on the bus. We follow NJTransit and CDC Guidelines while on the bus. Eating and drinking are prohibited.

Shopping locations include Shop Rite, Walmart, Target, Dollar Store...  
Doctor appointments must be located within East Windsor or Hightstown.

**Please call the senior center to reserve your seat.**

### **Monday and Wednesday**

Hightstown area 8:30 am  
Windsor Crossing area 8:45 am  
Twin Rivers 9:15 am

### **Tuesday and Thursday**

The Orchard 8:45 am  
Wheaton Point 9:00 am  
The Woods 9:00 am  
East Windsor side of Rt.130 9:10 am  
(Dutch Neck, One Mile Rd, Hickory Corner Rd...)  
St. James 9:30

**Our Bus is not only used for shopping but also for trips. Please understand the above schedule is subject to change.**

## **TRIPS**

- ◆ Everyone must ride the bus “round-trip.” No exceptions.
- ◆ Straying from the group outside the location of the trip is not allowed.
- ◆ Do not ask the bus driver to go to additional locations.
- ◆ See each trip description for cost.
- ◆ Masks are optional while on the bus. .
- ◆ Please call the senior center to sign up 609-371-7192

# August Trips

## The Shore Club of Spring Lake Formerly known as Doolan's

### Heavenly Concert of Elvis & Patsy Kline



Elvis and Patsy Cline are given a one day pass to make one last great stand—making it truly Heaven on Earth.

- ◆ Tony Liguori as Elvis and Patti Graham as Patsy Cline
- ◆ Blue Smoke Band
- ◆ Comedian

**Date:** Wednesday, August 9

**Departure Time:** 10:00 am

**Return Time:** 5:00 pm approx.

**Cost:** \$59.25 Exact cash or check

**Community Bus Cost:** .50 given to the driver

**This trip is full**

One Hour Open Bar  
Fresh Garden Salad  
Soup

Wine & Soda served during lunch

Choice of Entrée:

- ◆ Sirloin of Beef
- ◆ Turkey with Stuffing
- ◆ Herb Encrusted Salmon



**Saturday, August 19**  
**Located in Lambertville, NJ**

**This trip is full**

With the pomp and fanfare of New York City, the brassy lyricism of Leonard Bernstein, and the sweet immediacy of a day of freedom during a time of war, *On the Town* is an American classic, beloved both for its moment in history and for its timeless qualities of youth and exuberance. The show follows the adventures of three sailors on leave for just 24 hours in the great city of New York before heading off to battle in World War II.

**Departure Time:** 1:30 pm

**Return Time:** 6:00 pm

**Cost:** \$28 exact cash or check

**Community Bus Cost:**  
50 cents given to driver.

*On the Town*

Book and Lyrics by Betty Comden and Adolph Green  
Based on an idea by Jerome Robbins





# August Trips



## Thunder Over the Boardwalk

Featuring;  
USAF Thunderbirds  
USMC AV-8B Harrier Demo Team

and

Resorts Casino  
with  
**\$15 Slot Play Bonus**



**Date:** Wednesday, August 16

**Depart Time:** 9:00 am sharp

**Depart AC** 4:00 pm

**Return:** 6:00 pm approx.

**Coach Bus**

**Cost:** \$32 exact cash or check

**Please notice price increase per STARR Transit Company. Moving forward, all AC trips will either cost \$32 pp or \$35 pp depending on the season.**



**Rice's Flea Market**  
Located in New Hope, PA



For over 150 years, Rice's Market has been a New Hope community staple. It is 30 acres of indoor and outdoor shopping, making it the oldest and largest flea market in Bucks County. A flea market, farmer's market, antique bazaar, vintage thrift, town gathering space, and food lover's delight wrapped into one. The market features hundreds of well known antique dealers, community artists, beauty consultants, clothing boutiques, local farmers, and more.

**Date:** Saturday, August 26

**Departure Time:** 7:45 am

**Return Time:** 2:30 pm

**Community Bus:**

.50 given to the driver

A lot of walking

# September Trips



**Date:** Friday, September 8  
**Departure Time:** 9:15 am  
**Return Time:** 2:30 pm approx.

Community Bus:  
50 cents given to driver on day of trip

## Pearl S. Buck House Tour and Peddlers Village



We will have a guided tour of the house of world-famous author and humanitarian Pearl S. Buck in Perkasio, PA. Buck was the first woman to be awarded both the Nobel and Pulitzer prizes.

After the tour, we will move on the Peddlers Village in Lahaska, PA to enjoy quaint shops and choice of many eateries.

**Date:** Tuesday, September 12  
**Departure Time:** 8:45 am  
**Tour:** 11:00 am  
**Peddlers:** 12:30 approx  
**Return Time:** 4:00 pm approx

**Cost:** \$11 exact cash (no check)  
**Community Bus Cost:** 50 cents given to driver on day of trip



## Grounds for Sculpture

**Date:** Thursday, September 28  
**Departure Time:** 9:30 am  
**Return Time:** 2:30 pm approx.

Cost: \$17 exact cash or check  
**Community Bus Cost:** 50 cents given to driver on day of trip

- ◆ A lot of walking
- ◆ Lunch is available on your own at their Café or Rat's Restaurant on the premises.
- ◆ No outside food allowed

## NJ Vietnam Veteran's Memorial



A 2-hour guided tour of the museum and educational center in Holmdel, NJ. The tours are led by Vietnam Veteran volunteers who share their personal experiences.

After the tour, we will have lunch at Houlihan's in Holmdel. (pay on your own)



[Click Here for Menu](#)

**Date:** Friday, September 22  
**Departure Time:** 8:45 am  
**Tour:** 10:00 am—12:00 pm  
**Return Time:** 3:30 approx

**Cost for Memorial:** \$7.00 exact cash (no check)  
\*\*\*Vets are free\*\*\* Please bring ID

Community Bus: 50 cents given to driver on day of trip

# Things to do...No sign up required

## Visit our Stationary Equipment Room

Hours: 8:30 am - 3:30 pm M-F

There will be an attendant in the room to assist and answer any question you may have.



- ◆ 4 Stationary Bikes
  - ◆ 2 Treadmills
  - ◆ 1 Elliptical
  - ◆ 1 Rower
- ◆ Various other machines



**Sneakers are required to use the equipment**



## Game Room

Pool Tables  
Ping Pong  
Bridge and Card Games  
Board Games  
Puzzles

Monday thru Thursday  
9:30 am - 11:30  
No Bingo on Friday

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65



**Bridge Club**  
Every Day at  
1:00 pm



**Chess Club**  
Every Wednesday  
1:00 pm



## Computer Room

The computer Room has 8 new computers. These computers are first come, first served.



**Our Library**  
We accept book donations



# Tutoring

## iPhone 101 1-Hour Private Sessions

Wednesday's  
By appointment only

Are there features on your cell phone you don't know how to use?

- ◆ Texting
- ◆ Using Apps
- ◆ Retrieving email
- ◆ Using camera and video
- ◆ Using the internet
- ◆ Playing games
- ◆ Changing settings
- ◆ Installing updates
- ◆ Setting alarm/using calculator
- ◆ ...and so much more.



## Computer Tutoring 30-Minute Private Sessions (also knowledgeable in iPhone and iPad)

Monday's  
By appointment only

- ◆ Are you a beginner with no experience using a computer?
- ◆ Have you never used a computer?
- ◆ Learn how to maneuver the mouse.
- ◆ Do you need help with email?
- ◆ Do you want to print from your computer?
- ◆ Do you want to play Solitaire?
- ◆ Do you need help changing the settings?



**Just ask the tutor!**

# Interactive Programs

## Paint by Numbers

Every Friday @ 10:30 am  
August 4, 11, 18, 25

\$5.00 pp  
(one-time fee for  
materials)



Tuesday, August 29

10:30 am

## VIDEO:

4 Ways to Successfully Adopt New Habits -  
Gretchen Rubin

[CLICK HERE](#) to view video

## Crafts with Tanya Cotton-Swab Lilac Painting

Thursday, August 31  
1:00 pm

Instructor:  
Tanya Schamper



**Coin Club**  
Tuesday, August 8  
2:15 pm



Do you collect coins? Trade  
coins? Join John Guarniere as he will lead the  
Coin Club Meeting.

Meeting Moderator; John Guarniere

**SIGN UP REQUIRED**

## Board Games with Hailey & Co.

Friday, August 18 @ 1:00 pm

Two hours of traditional board games with our high  
school and college volunteers;  
Hailey, Derek, Vindya, and Matthew.



**Terry Goldstein's  
Trivia**

Tuesday, August 22  
2:00 pm

**Test your knowledge**  
**Work your brain**  
**Exercise your memory**

**Writers Group** Writing Instructor: Nancy Cathers Demme  
Thursday, August 10 @ 10:00 am

Nancy welcomes you to try your hand at short fiction, memoir, and/or poetry.

Bring 1-2 pages of your own work to read and discuss with other writers or create a  
writing based on the following prompt:

Prompt : "fill one's shoes"



# Interactive Programs **Sign Up Required**



## Introduction to the Magic Club

**Monday, August 21<sup>st</sup>**  
**10:30 am - 11:30 am**

This interactive presentation will feature sleight-of-hand magic. "Sleight of hand" is a term for **moves in magic that require dexterity and skill**. These are hidden moves that are meant to be unseen during the performance. The result of the sleight of hand creates a magic effect, or what appears to be magic to the audience. Most magic tricks are dependent on sleight of hand to accomplish the effect.

George Hann, our Magic Instructor, has been studying magic for over 50 years and is an active member of the "Society of America Magicians".

In addition to the interactive presentation, George will be discussing a Magic Club being launched at the Senior Citizen Center. No magic experience is required to sign up for the club. George will be teaching beginner tricks and skills so you can perform magic for friends and family.

## Memory Jeopardy



**Wednesday, August 30**  
**10:30 am**

**Presenter,**  
**Daniel Carr**

*Parker*  
we make aging part of life®

## Flower Pounding

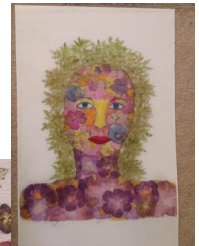
**Thursday, August 24**  
**1:00 pm**

Flower Pounding is an ancient Cherokee art. The dye and the shape of flowers and foliage are hammered into a specially treated natural fabric; (wool, linen, cotton or silk). The Cherokee Indians used "pot ash" as a mordant, in order for the material to accept the dye of the plants and keep the colors bright.

Today, a mordant bath of ; aluminum sulfate, washing soda and cream of tartar is used to treat the fabrics. The results are **ASTOUNDING** and **INSTANT!** When the piece is done, it resembles a watercolor. Each plant transfers in a unique and different way. A red rose may come out to look like a deep purple!

There is one caveat. The fabric cannot be washed, but you can dry clean it. This will set the color even more. The great news is that you don't need to be an artist in order to create one of these beauties!

Instructor,  
Carol Feinstein



### Please bring the following items

- ◆ Hammer (not a mallet)
- ◆ 1 roll of masking tape
- ◆ Cutting board



# Presentations Sign Up Required

## Osteoporosis

Thursday, August 10  
10:30 am



Osteoporosis is a common problem that causes your bones to become abnormally thin, weakened, and easily broken (fractured).

Join us for an educated presentation on how to prevent future issues.

Presenter,

Michelle Dela Rosa

**JAG-ONE**  
PHYSICAL THERAPY

## -The Vestibular System- What is it and how to Balance it

Wednesday, August 23  
10:30 am

The vestibular system functions to detect the position and movement of our head in space. This allows for the coordination of eye movements, posture, and equilibrium.

This presentation will cover more in depth information and answer questions.

The logo for Atlantic Pelvic Health & Wellness Center features the word 'ATLANTIC' in a large, blue, serif font. Below it, 'Pelvic Health & Wellness Center' is written in a smaller, blue, sans-serif font. To the right of the text is a stylized graphic of a heart with a blue outline and a white interior, with two small blue birds flying above it.

# Entertainment



## Tony Bennett The Music Never Ends

Friday, August 11  
1:00 pm

Sign Up Required

Tony Bennett - The Music Never Ends Tony Bennett—a legend. He has recorded and toured for seven decades. This program covers his life and the many phases of his career. Many of his signature songs are covered like I Left my Heart in San Francisco, Just in Time, Rags to Riches, The Best is Yet to Come, I Wanna Be Around, The Good Life and many more.



Based out of New Jersey, USA, **Gordon James**, is a sought after performer, composer, arranger, producer & recording artist preparing to make a huge splash in the International music markets. Smoothjazz.com has referred to him as one of the “smooth Jazz elites on trumpet & flugelhorn.” **Gordon James** has been categorized with other Jazz heavyweights such as: Chris Botti, Rick Braun & Greg Adams. Stylistically, he has been compared to: Chet Baker, Miles Davis & Chuck Mangione.

# Entertainment



Monday, August 14 @ 1:30 pm

Crown Acoustic is the Americana-based music trio comprised of Paul Bejgrowicz, Barry Schoendorf and Cecilia Hetzer. Based in central New Jersey, Barry and Cecilia reside in East Windsor, and Paul in Hopewell.



The group, together since 2015, performs acoustic covers of country and popular Americana songs by a diverse set of artists such as Hank Williams, Johnny Cash, the Grateful Dead, the Everly Brothers and Bob Dylan.

The band has a unique sound defined by Paul and Cecilia's vocal blend combined with Barry's solos and iconic guitar parts. Crown Acoustic performs regularly at the historic Albert Music Hall in Waretown, NJ as well as many other venues in New Jersey.

# Entertainment

## Ed Goldberg and the Odessa Klezmer

Friday, August 25  
1:00 pm - 2:00 pm



The Odessa Klezmer Band, under the direction of Ed Goldberg, brings the joyous dance music of the Klezmerim (Jewish folk musicians) to mainstream America. The band has been in existence playing Klezmer music since 1984 celebrating the great variety and wealth of music heritage of Eastern Europe, Ladino, and Middle Eastern music, including polka and czardas!

The OKB has played numerous fairs, festivals, weddings, bar mitzvahs, concerts, and dance dates throughout the NJ-NY-PA area, including Gracie Mansion and City Hall for NYC Mayors Giuliani and Bloomberg, and a tour of Israel. They are regular performers at the Kutztown Folk Festival and the Lakewood Blue Claws minor league baseball FirstEnergy stadium.

# Social Gatherings - Sign Up Required

## Book Club

Thursday, August 31  
10:30 am - 11:30 am



**Book:** *Bad Summer People*  
by Emma Rosenblum  
**Facilitator:** Sharon Galbraith Ryer  
Hickory Corner Library



## Pin Cushion Corner

Every Tuesday  
@ 1:00 pm

Bring your knitting, crochet projects, or needle-point and socialize with others while working on your project.

**SIGN UP REQUIRED**



## Afternoon Coffee and Chat @ the Senior Center

Tuesday, August 29  
@ 2:00 pm

**SIGN UP REQUIRED**

## “Dine Around” is Back!

Let's meet for lunch once a month. We will choose a local eatery for you to enjoy with members of the senior center.

Tuesday, August 15  
@ 12:30 pm

City Streets  
510 Rt. 130  
Next to McDonalds



[Click Here for Menu](#)

**IMPORTANT:** We make reservations based on sign-up. The restaurants take time to arrange tables with place settings and may have to hire help to accommodate us. PLEASE call us if you need to cancel.

**This is a pay on your own event.**

LET'S GET  
**SOCIAL**

# Medicare Counselor



Open enrollment for Medicare Advantage plans ends March 31, 2023.

The Medicare counselor will still be available to help you with all of your Medicare questions, such as:

Will you soon be eligible for Medicare and need information on obtaining Parts A and B and understanding the different Medicare options, timelines, costs and benefits?

Have you recently moved from another state to New Jersey and need information on Medicare options in Mercer County, NJ?

Are you or your spouse considering retirement and need information on how Medicare works with your current plans or should you switch to Medicare?

Are you worried about the costs associated with Medicare? Would you like help learning about programs to help with the costs of Medicare and eligibility requirements.

Do you need help understanding the Medicare appeals process?

The Medicare counselor can provide unbiased information with all of these questions and more at no cost to you. For an appointment, call the Senior Center at 609-371-7192

**CALL THE SENIOR CENTER  
TO SCHEDULE YOUR APPOINTMENT  
609-371-7192**

**August 18th and 25th**

## Screenings - Appointment Needed

### Blood Pressure Screening

Wednesday, August 2  
Appointments start  
@ 10:30 am



See front desk  
to make your appointment



### Osteoporosis Screening

Monday, August 7  
Appointments start  
@ 10:30 am



See front desk  
to make your appointment

### Glucose/Cholesterol Screening

Wednesday, August 23  
Appointments start  
@ 9:30 am

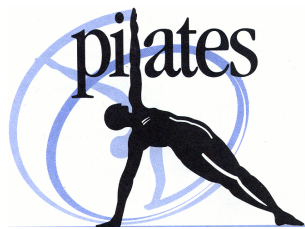


See front desk  
to make your appointment<sub>20</sub>



# Exercise Classes

The Senior Center offers daily (M-F) exercise classes. Please visit the front desk for a description of classes, cost, and how to attend.



## Line Dancing

Don't forget about our Stationary Exercise Equipment Room!



# Word Search

## Why so starchy?

O L U F J G U S W P E E I K Y R P V M M M F E Y  
C L U R A M Z U H O N L T H Q Y T N B B H Y O O  
O C Z I H S B I D T W F F Z Y B I O W M W R V D  
T W U E Q Y S F S Q N F B O Y T T G L H A M E W  
L Q B D N Z L C W U I A M D A Y I S P T V G N G  
S A U T E E D A E R F W Z R L S O N G O N L R D  
M L H P D Z A S E P Z M G R G T U Z C I X D O T  
A M U S H V M S T Y Q U U Q R O A Q R N F O A Y  
H R P S S U W E A U A C V L E T H T U P D F S R  
D X E R A F O R S E G D E W D R S Z K A R S T E  
X D R G H P S O R L C X G J W E O P E E P W E D  
Y A Y S Z V P L A L G R P J O T E R N U I Y D S  
J T J H E I A E H D H O K H H A B C D C S Y W K  
I J J F S I P F W W A P S N C T H P E L E D R I  
D E V I C G R M N K Z U S I R F G B U R P S R N  
L E Y N A Z E F E Y V R Q T R L A T M K V N M B  
O H A G L I W P K Z E P C Y W K D A K C K P T G  
G E P E L U K X O A D L S H E W S S R N J K E D  
N I B R O L A I A S E E O D I H D E M A E T S V  
O Y X L P E I P C T D T H W E P T J U L O G S M  
K W K I E X D I A L A H S D I P S W A V I T U W  
U B P N D D P X Y B O S C X E U M A G N T M R W  
Y C W G Y J T F K E L B I A M O P A N C A K E G  
Q A H A S H B R O W N S I S U S C Q Q X F H C L

**\*National "Potato Day" is August 19, 2023**

RUSSET  
TWICE BAKED  
STEAK FRIES  
SCALLOPED  
PIE  
LOADED  
FRENCH FRY  
CHIPS

YUKON GOLD  
TATER TOTS  
SPUD  
SAUTEED  
PANCAKE  
HASH BROWNS  
FINGERLING  
CASSEROLE

WEDGES  
SWEET  
SOUP  
RED SKIN  
OVEN ROASTED  
HASH  
CURLY  
BREAD

WAFFLE  
STEAMED  
SHOE STRING  
PURPLE  
MASHED  
FRIED  
CHOWDER  
AU GRATIN

# Word Search

## Eye Word Search

T P O J N X S N E U R O R E T I N A F E P G P M  
O W R C P M P U Z I J H B J J U A L O S T U O L  
N J R H V N Z S G W K X N P R N M Z P O M P S E  
O G T O V Y R C N L F I U D A Y O E T T J G T N  
M X X R V S E L U V Y E W X Q A Z F H R E L E S  
E Z C O F T T E I N L C T J M E V D A O R A R H  
T X P I U A I R H C A T A R A C T S L P P U I H  
R U P D X G N A L R J N E G G N I N M I K C O Z  
Y F E U U M A W M W V R L B M Z O L O A P O R R  
I C O N J U N C T I V A R R Z D C G S L Q M C A  
N L T V J S C I L I A R Y B O D Y B C P I A H L  
B X V I T R E O U S C H A M B E R Y O U R L A M  
T G V I T R E O U S H U M O R Q H E P P I E M L  
E X O P H T H A L M U S N N K W O W Y I S A B U  
P Q O P T I C D I S K E P I P H O R A L W R E V  
F C O N J U N C T I V I T I S I M M Z E C E R D  
Q V U J T W U V U F A F A Q U E O U S H U M O R  
X Y E X T R O P I A E J R S G W K I T T U A I X  
H Y P E R O P I A F L A C R I M A L G L A N D S  
B X M A C U L A R L U T E A V Z Z Y B F C I L N  
F Z Q H F Q Y G I V Y S T R A B I S M U S M C Q  
P A S T I G M A T I S M M F W Z N W S B J C V C  
E P E R I P H E R A L V I S I O N K K Z U F J G  
I B A N T E R I O R C H A M B E R U Z K G I X U

**\*August is National "Eye Exam Month"**

conjunctivitis  
glaucoma  
extropia  
tonometry  
aqueous humor  
macular lutea  
iris  
choroid

epiphora  
cataracts  
hyperopia  
peripheral vision  
vitreous chamber  
optic disk  
lens  
sclera

nystagmus  
esotropia  
astigmatism  
lacrimal glands  
posterior chamber  
neuroretina  
pupil  
conjunctiva

exophthalmus  
strabismus  
ophthalmoscopy  
vitreous humor  
anterior chamber  
retina  
ciliary body

# Word Search

## Elvis Presley

T X M N G E N E R O S I T Y C B F S R G U D L U  
R T U H T R E C N O C G R B J J O M E R H U O A  
A Q S H L Y E L L I N G N A I Y A L E V U D S E  
H M I A Z I M H Z I D Q H O P L N I R B F O X E  
C E C S H U Y K L A K G Q G I N L F A O K Y G S  
A N E X B V N L U C N N N S H S O B C H E E R I  
L T I L T B E G E U A M C I S Y I H O Z H C V O  
L E A H J S H L O I L R I B R N L V M A K M G N  
I R N C P T E I V I E N S O O U S K E C R B G Y  
C T A O E B D I S A I I T C W V D Y V L K D D R  
S A T R R A L A M A N S M S Y O Q N O B E A Y A  
I I F A R L M I Q G I A I L O W P W E R N T H T  
R N T M U A N B E H I W J R U J H L F C J Y T N  
P E R S R G F R X C F Z L I T M E U I P O R L E  
C R D I Y H P A R G O I B G H I H N B F Y T A M  
A E E A E I N F L U E N C E I K G F A N S S E U  
C Z L A S R E V I N U S D R O C E R K J V U W C  
T Z Q A L T U H H S T N E M E V E I H C A D H O  
O N F R Y X A S U O M A F H A K M A A T G N G D  
R B L F C C J L A H O Q H E S O S R N Z B I E O  
W F A L K C E H E E L F R D T Y M O K U R A W V  
R E A V O C A L X N R R A H P Y T I N G C I V H  
J P D E N U T R O F T T E M D H N P V G F W Z F  
J V V G O L D R E C O R D S E G K G L E S B Q F

**\*National "Elvis Week" is August 9-17, 2023**

Achievements	Actor	Album	Army	Billboard	Biography	Career
Celebrate	Chart	Cheer	Clap	Concert	Dancing	Daughter
Documentary	Ed Sullivan	Enduring	Enjoy	Entertainer	Fame	Famous
Fans	Films	Fortune	Generosity	Girls	Gold Record	History
Industry	Influence	King	Lisa Marie	Mother	Music	Noise
Priscilla	Radio	Records	Screaming	Singer	Songs	Talent
Television	Top Selling	Treasure	Universal	Vocal	Wealthy	Wed
Wife	Worship	Yelling	Youth			



# Senior Resources

Mercer County Social Services  
Adult Protective Services  
Catholic Charities  
East Windsor Township



Interfaith Caregivers of Greater Mercer County  
Jewish Family & Children's Services  
LIFE St. Francis  
Meals on Wheels of Mercer County  
Mercer County Board of Social Services  
Mercer County Connection  
Mercer County Consumer Affairs  
Mercer County Legal Services for the Elderly  
Mercer County Office on Aging and  
Aging & Disability Resource Connection  
Mercer County Surrogate  
Mercer County Veteran Services  
NJ Division of Deaf and Hard of Hearing  
NJ Foundation for Aging  
PAAD, Lifeline & Senior Gold Hotline  
Ride Provide  
Route 130 Connection Bus  
Jewish Family Services / Secure at Home  
Senior Dental Association  
TRADE Transportation  
Visiting Angels of Central Mercer County  
Windsor-Hightstown Area Ministerium

(609) 989-4346  
(609) 599-1246  
(609) 443-4000  
(609) 393-9922  
(609) 987-8100  
(609) 599-5357  
(609) 695-3483  
(609) 989-4320  
(609) 890-9800  
(609) 989-6671  
(609) 695-6249  
  
(609) 989-6661  
(609) 989-6336  
(609) 989-6120  
(800) 792-8339  
(609) 421-0206  
(800) 792-9745  
(609) 452-5144  
(609) 989-6827  
(609) 987-8121  
(732) 821-9400  
(609) 530-1971  
(609) 883-8188  
(609) 448-0103

## Helpful Township Websites

**Sign up for Township Municipal E-News and Special Events:**

<https://www.east-windsor.nj.us/e-news>

**To receive important township notifications:**

<https://www.east-windsor.nj.us/nixle>

**Spotlight East Windsor:**

<https://www.east-windsor.nj.us/spotlight-east-windsor>

**Pay Taxes Online:**

<https://www.east-windsor.nj.us/pay-a-tax-bill>

