



SENIOR CENTER NEWSLETTER

December 2023
609-371-7192



Dear Friends,

Election Results. We are excited and grateful that East Windsor incumbents Mayor Janice S. Mironov, Deputy Mayor Marc Lippman, and Council Member John Zoller were overwhelmingly re-elected, along with newly named Council Members Tony Katawick and Johnnie Whittington in the November 7 General Election. Thank you!!

Planning Updates. Bank of America is beginning construction at the former Weichert Realty Building, at the intersection of Route 130 North and Stockton Street. The new Bank of America will transform the existing building with a 1,000 square foot two-story addition to the southerly side of the building. While the facility will offer an ATM machine, there will be no drive-thru. The Planning Board has approved the Americana Place, located south of the Americana, consisting of an expansion of the retail center, a free-standing Starbucks and a four story Marriott hotel.

East Windsor was awarded a **\$1.3 Million state grant for parks and recreation**, which is supporting Anker Park improvements and other Township projects to come. **Brand new grant-funded playground equipment has been installed at Anker Park on Hickory Corner Road** across from the Lee Turkey Farm. Two totally new ADA compliant age-appropriate playsets have been installed, which are large multi-component play systems complete with climbing options, tubes and tunnels, slides, bridges, and covered decks designed for fun play for children of all ages. Other new additions include a merry-go-round, swing sets and spring toys

East Windsor encourages residents and businesses to support and participate in **Womanspace "Communities of Light"** by purchasing candles, bringing the luminary kits and gathering with local elected officials and police on **Monday, December 4 at 5 P.M.** to light up the East Windsor Municipal Building. Luminary kits, containing six candles each, can be purchased for \$10 at any time at the Police/Court Building. All proceeds will go 100% directly to Womanspace, the primary Mercer County organization providing a comprehensive array of services to individuals and families impacted by domestic violence and is dedicated to improving the quality of life of abuse victims and their families.

Volunteer for Township Boards and Committees: Clean Communities Advisory Committee, Commission on Aging, Economic Development Committee, Environmental Commission, Health Advisory Board, Planning Board, Recreation Commission, Zoning Board of Adjustment and the East Windsor Municipal Alliance for the Prevention of Substance Abuse. Obtain application form from the municipal clerk or on Township website.

Register on Township Website to Receive E-News Updates, used for alert communications, as well as weekly information on new businesses and stores, roadway projects, grants, special events and other subjects of public interest.

Warm Wishes for a Happy and Safe Holiday Season!
Mayor Janice S. Mironov

December Newsletter Info

**Sign up begins IN-PERSON
Friday, December 1 @ 8:45 am**

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

TRIPS SIGN UP

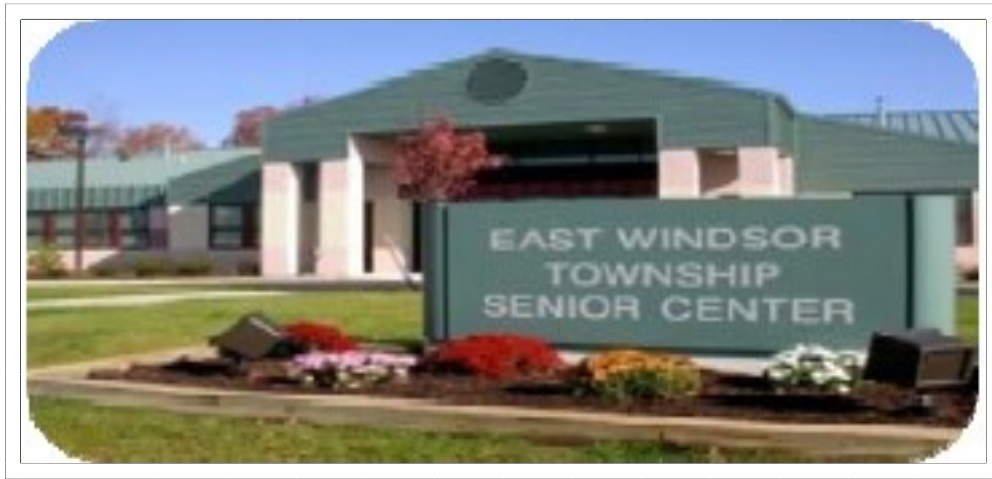
December 1, 4, 5
(deadline on the 5th is 12:00 pm)

If trips sign up sheets fill beyond capacity,
we will use the Lottery process.

Please ask front desk if you are not
familiar with the Lottery process.



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.

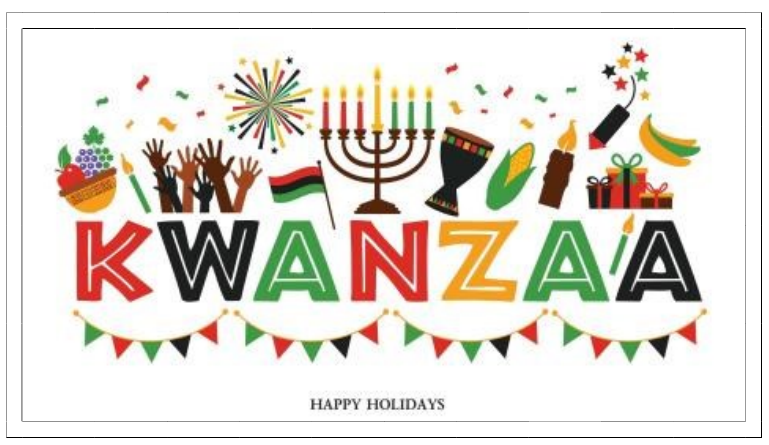


East Windsor Township Senior Center
40 Lanning Boulevard
East Windsor, NJ 08520
(609) 371-7192
Email: seniorcenter@east-windsor.nj.us

Kelly Roman
Senior Center Director
Rebecca Liming
Program Coordinator



Janice S. Mironov, Mayor
Marc Lippman, *Deputy Mayor*
Denise Daniels, *Council Member*
Anthony Katawick, *Council Member*
David Russell, *Council Member*
Johnnie Whittington, *Council Member*
John Zoller, *Council Member*



HAPPY HOLIDAYS

Township Information

Township Offices will be Closed

Christmas Day
Monday, December 25

New Years Day
Monday, January 1

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>

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 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>

Plastic Film Recycling

EAST WINDSOR TOWNSHIP
PLASTIC FILM RECYCLING
TREX RECYCLING CHALLENGE



CROCKERY AND RETAIL BAGS
PALLET WRAP AND STRETCH FILM
BREAD BAGS
AIR PILLOWS
ZIPLOCK AND OTHER RESEALABLE STORAGE BAGS
BUBBLE WRAP
PLASTIC SHIPPING ENVELOPES
NEWSPAPER SLEEVES
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."



Leaf Collection

Passes Begin Monday, November 27
Ends December 15



Leaf Collection for Area #1 AND Area #2 residents will begin on Monday, November 27 and end on Friday, December 15. The final passes will cover both areas through December 15 or until the first significant snowfall.

In prior years, additional passes were made through both areas due to a very successful program and very cooperative weather conditions. Public Works will strive to continue making extra passes in 2023.

Leaves may not be put out after Wednesday, December 13 to allow crews to finish the final pass by December 15.

COVID TESTS



Beginning September 25, every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home.

[CLICK HERE](#)

Or go to: covid.gov/tests

Need help placing an order for your at-home tests?
Call [1-800-232-0233](tel:1-800-232-0233) (TTY [1-888-720-7489](tel:1-888-720-7489)).

Before You Throw Out "Expired" Tests:
[Check FDA's website to see if your COVID-19 tests' expiration dates have been extended.](#)

Senior Resource Directory



EWT Senior Citizens Resource Directory

An information guide for a better understanding and access to services and facilities in our area such as housing, transportation, home care, and much more.

[CLICK HERE](#) to access the directory.

Thank you to Commission on Aging
for your research and hard work.

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, 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.

A horizontal banner for Project Medicine Drop. On the left, there is a photo of a hand holding several pills. To the right of the photo, the text reads 'Easy access can be deadly!'. The main part of the banner features the text 'Unused Meds?' in large, bold, black letters. Below this, there are two small circular logos: one with a scale of justice and another with a caduceus. To the right of the logos is the website 'ProjectMedicineDrop.com'. On the far right, there is a red arrow pointing to a smartphone displaying the Project Medicine Drop app, with the text 'Drop them off...' below it. At the bottom left of the banner, there is a black bar with white text: '70% of opioid abuse starts with easy access to unused pills.'

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.

Police/Court Building (80 One Mile Road)
Accessible to residents on a 24/7 basis
For additional information call (609) 448-5678, ext. 236.

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

Trips



IMPORTANT

Attending trips with the senior center will require you to have a cell phone with you at all times

- ◆ Cell phone numbers must be registered with our computer system (this was done when you became a member). The roster that is printed for the supervisor, for each trip, will have your cell phone number on it
- ◆ Your cell phone must be on (volume up or vibrate) at all times
- ◆ If you do not have a cell phone, you will need to buddy-up with someone who does have a cell phone. You will need to stay with this person through-out the trip
- ◆ If you need help with the functions of your cell phone for the **day of your trip**, please see Kelly, Rebecca, or the supervisor
- ◆ We have an iphone tutor available at the senior center. Please see front desk if you would like an appointment

December Trips



This trip is full

Date: Tuesday, December 5

2 Part Trip: Show and Lunch in Beach Haven, NJ

Based on the beloved holiday movie, Ralphie's vivid imagination conjures up several showstopping numbers, from "Ralphie to The Rescue" in which he defeats every foe a young boy can think of, to the thrilling tap routine performed by a gun moll-esque Miss Shields, who sheds her sweater set and romance novel for a glittery red gown and a whole lot of moxie. Filled with quirky and lovable characters, this zany, heartfelt, and nostalgic musical is as delightful as the biggest, shiniest present under the tree on Christmas morning.



Lunch @ Panzone's Pizza and Pasta

Departure Time: 9:30am

Lunch: 11:30 am @ Panzone's

Show: 2:00 pm @ Surflight Theatre

Return Time: 6:30 pm approx.

Cost: \$85.00

Includes show, lunch, and coach transportation

Panzone's Lunch Menu

New England Clam Chowder
Bread and Olive Oil

Choice of:

- ◆ Chicken Caesar Salad
- ◆ Meatball Parmigiana
- ◆ Cheese Steak Sandwich
 - ◆ Turkey BLT
 - ◆ Penne Vodka
 - ◆ Sides included

Mini Cannoli
Coffee - Tea - Soda

December Trips

Date: Friday, December 8

Depart from Senior Center: 9:00 am sharp

Depart from AC: 4:00 pm

Return: 6:00 pm approx.

Cost: \$35.00 exact cash or check
Coach Bus



\$15 Slot Play

Slot Play \$ is subject to change.
Senior Center has no control over the amount the casinos gives.

**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.**

WOODBRIIDGE CENTER

Holiday Shopping!



**Boscov's
Macy's
JC Penny**

Date: Wednesday, December 6

Depart : 10:15am

Return: 3:00pm

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



Date: Thursday, December 14

Depart : 7:45am

Return: 5:00pm

Cost: \$35 exact cash or check

Coach Bus

This trip is full

Christkindlmarkt Bethlehem returns for its 31st year with its traditional artisans and vendors, delicious food, St. Nicholas, and the return of popular German ornament manufacturer Käthe Wohlfahrt.

Christkindlmarkt will feature a variety of delicacies, including holiday fare like strudel, German bratwurst and Christmas cookies. Guests will find a variety of food options throughout the grounds—including a diverse array of beers, hot toddies, and other beverages.

◆ **Over 100 vendors**

◆ **Indoor and outdoor**

◆ **A lot of walking**

◆ **Cost includes coach bus transportation
and entrance ticket**

January Trips



Date: Friday, January 12
Departure Time: 9:50am
Return Time: 2:30pm
approx

A guided tour: Guides explain the site's history, art and architecture, and the legislative process.

You will see the legislative and executive portions of the State House including the General Assembly and Senate Chambers, Rotunda, and other significant interior spaces.

- ◆ MUST have a photo ID with you.
- ◆ We will have lunch (pay on your own) at Cracker Barrel in Hamilton

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



Date: Friday, January 5
Departure Time: 10:15am
Return Time: 3:30pm approx.

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



The Amazing Escape Room Freehold

Date: Wednesday, January 17
Departure Time: 11:30am
Return Time: 2:30pm

Cost: \$40.00 exact cash or check

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



An Escape Room is a live-action game starring you and your friends, as you solve puzzles, complete challenges, and decipher clues to complete the mission and escape the room!

- ◆ Bring a bagged lunch to enjoy in a private rented area after your ESCAPE.
- ◆ Wear sneakers or comfortable shoes.

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

iPhone tutor will return in January

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.



Just ask the tutor!

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!

Art Class



Art Class

Painting on canvas - Freehand drawing – Open studio time - Projects

Session I / 2024
6 Month Session - \$30

Monday's Only

1/8 – 6/24

(No class on 1/15, 2/19, 5/27 for observed Holidays)

Choose 1 class only

AM Class 10:30 am – 12:00 pm

OR

PM Class 1:00 pm – 2:30 pm

- ◆ Lottery sign-up is December 1 through December 8 at the front desk.
- ◆ You will be notified on December 8 (afternoon) by email if you were selected by the lottery process.
- ◆ The email will include payment information.

Interactive Programs sign up required

Paint by Numbers

Every Friday
@ 10:30 am



Purchase your own kit on Amazon.

[CLICK HERE](#)

to see examples or purchase on Amazon



Tuesday, December 19
10:30 am

TED Talks is an interactive monthly discussion after viewing a chosen video. The link is below to view before attending if you wish.

VIDEO:

Finding the Funny in the Crummy | Amy Lyle

[CLICK HERE](#) to view video



Magic Club

Every Wednesday
1:00pm



Learn the “Sleight of hand” card tricks and techniques

Club Instructor;
George Hann



Thursday,
December 14
10:00am-11:00am

Bring 1-2 pages of your own work to read and discuss with other writers or create a writing based on the following prompt:
“Not a living soul”

Writing Instructor: Nancy Cathers Demme



Coin Club

Tuesday, December 5 @ 2:15pm

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



Terry Goldstein's Trivia

Tuesday, December 12
@ 2:00pm

Test your knowledge
Work your brain
Exercise your memory

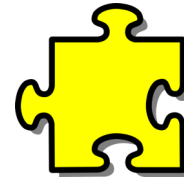


Thursday, December 14
@1pm

Two hours of traditional board games with friends.

Interactive Programs sign up required

Puzzle Group



- ◆ Every Monday @ 1:00pm
- ◆ Choose from a variety of puzzles (provided)
 - ◆ Boards provided to store the puzzle you are working on here at the center
 - ◆ Work together or alone
- ◆ Keep your completed puzzle for framing or gluing when finished

Why are puzzles important for seniors?



Brain games and puzzles provide an older person the opportunity to use their critical thinking and problem-solving skills.

Jigsaw puzzles for eg, exercise the left and right sides of your brain at once. Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive.

Winter Card Making with Alicia

Wednesday, December 6
@ 10:30am

Card style may be different



Crafts with Patti Holiday Candle Jars

Thursday, December 21
1:00 pm

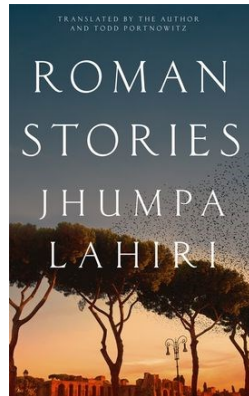


Social Gatherings - Sign Up Required

Book Club

Thursday, December 28
10:30 am - 11:30 am

Book: *Roman Stories*
by Jhumpa Lahiri
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

“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, December 26
@ 12:30 pm

Hunan House
五華樓飯店

Hunan House
2733 Rt. 130 (near Burlington Coat Factory)
East Windsor

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.

SIGN UP REQUIRED



Afternoon Coffee Chat
@ the Senior Center

We will resume in January

Health Screenings

Blood Pressure Screening

Wednesday, December 6
Appointments start
@ 10:30 am



By appointment only

Glucose Cholesterol



Wednesday, December 20
Appointments start
@ 9:30am

By appointment only

Presentations Sign Up Required

HomeFit

Monday, December 4
10:30 am - 11:30 am

A free program featuring smart ways to make a home comfortable, safe and a great fit for older adults



Presenter,
Diane Vitillo



The Foot's Rubix Cube

Thursday, December 7
1:00pm - 2:00pm



Bunions: Causes, symptoms, and how to treat.

Presenter;
Dr. Beights
D.P.M



AARP Today

Tuesday, December 12
@ 10:30am

How did AARP originate? What is their purpose and goal? What is their view on protecting our Social Security?

Also a discussion on their political activities and results of their activism.



Presenter,
Lillie Hudson

2024

Coming in January

◆ Fitness Wellness

◆ Living Well: Body, Mind, and Spirit

Lecture Sign Up Required



Pearl Harbor

Friday, December 8 @ 1:00pm

PAUL E. ZIGO, a history professor, author and military historian is the founder and director, of the World War II Era Studies Institute.

Early in the morning of December 7, 1941, Japanese carrier-based planes and submarines attacked the U.S. Pacific Fleet and nearby military airfields at Pearl Harbor, Hawaii. Eight American battleships and ten other naval vessels were sunk or badly damaged. A total of 64 American aircraft were destroyed and over 3,400 military personnel were killed or wounded. The attack marked the entrance of Japan into World War II on the side of Nazi Germany and Fascist Italy and the entrance of the U.S. on the side of the allies – thus World War II. The attack was always considered possible but not probable. Were critical judgment errors made by America's national leaders and its military that made America so vulnerable or did motivations by America's European allies to have America represented in WW II result in this devastating attack? Listen to this stimulating presentation to find out.



Entertainment Sign Up Required

A Winter Holiday
Monday, December 18
1:30pm—2:30pm

Featuring holiday favorites like Winter Wonderland, Let It Snow, Sleigh Ride, Santa Claus is Coming to Town, White Christmas, I'll Be Home for Christmas, Cool Yule, and Feliz Navidad.

With Classic arrangements from artists like Darlene Love, The Ronettes, Michael Buble, Dean Martin, Elvis Presley, Louis Armstrong, Celine Dion Harry Connick Jr. and 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.



Name that Holiday Tune!

Tuesday, December 19
@ 1:00pm—2:00pm



Come test your ability to recognize holiday songs in the fewest notes possible! This Jeopardy-style program is a mix of Name that Tune with special trivia related to the holiday season. Players will be put into teams, and if time permits there will also be a holiday tune sing-along at the conclusion of the program.

Presenter,
Daniel Carr

Parker
we make aging part of life™



Friday, December 29
@ 1:00pm

The Barbie movie is here !

Let's dress in as much PINK as we can and welcome Barbie and Ken to our screen at the senior center.

- ◆ Running time is 1 hr and 54 minutes
- ◆ Dress in PINK
- ◆ You are welcome to bring a cushion for your chair
- ◆ We will provide popcorn and beverages

Party

Winter Wonderland Party

Friday, December 15
12:00pm - 2:00pm

Live music by
The Concordia Chords

Ugly Sweaters Are Welcomed

Lunch catered by
City Streets

RSVP by Friday, December 8 @ 12pm

Check out our photos at the senior center parties!

[CLICK HERE](#)

If the link does not work, please copy and paste into URL (internet)

<https://bxf1212.wixsite.com/photos>

Medicare Counselor

Do you need the Medicare Counselor?

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**



Medicare's Open Enrollment Period

Medicare Advantage Plans for 2024 begins October 15 and ends December 7.

This is the time to review your Medicare options for 2024 with our Medicare counselor to ensure that you will have the best coverage at the lowest costs for your health and prescriptions.

Typically, however, to ensure that we have the latest 2024 Medicare updates, schedule your appointment for the month of November through December 7.



Medicare Appointments December 6, 7, 12, and 19

If you are making an appointment for yourself and your spouse, you will need a 2 hour appointment.

**See front desk or call the senior center
to schedule your appointment
609-371-7192**

Fraud Education

Be Aware of Scams

UPS and other delivery services have information on their websites referring to scams. Please research and protect yourself from becoming a victim.



Received a text, call or email that seems suspicious? Don't respond to it.
Recognize and Report Fraud

Slow Down - Scammers rely on urgency to create panic. Be cautious of anything that implies you must act immediately. Take the time to review the message, then review it again.

Don't Click — Check the Link - Legitimate UPS links will start with "https://www.ups.com", "https://billing.ups.com", "https://go.ups.com" or "http://links4.upsemail.com".

Check the Details - Are there spelling or grammar errors? Generic greetings, like "Sir or Madame?" Fraudsters will frequently use small typos to trick you into clicking on the link.

Report It - Report it to the [Federal Trade Commission](#).

Delete and Block It - So you don't accidentally interact with it later.

If It Seems Too Good To Be True, It Probably Is - Scammers may sell fake labels at deep discounts.

Common Fraud Scenarios

Payment is Needed or Overdue

Never wire money, send money orders, gift cards or cash. Use secure payment methods like the UPS Billing Center.

Funds Required for Package Delivery

Only a few packages require money for delivery: Collect on delivery, duties or taxes. Tracking your package is the safest way to see if any fees are due.

Account or Payment Info Requested

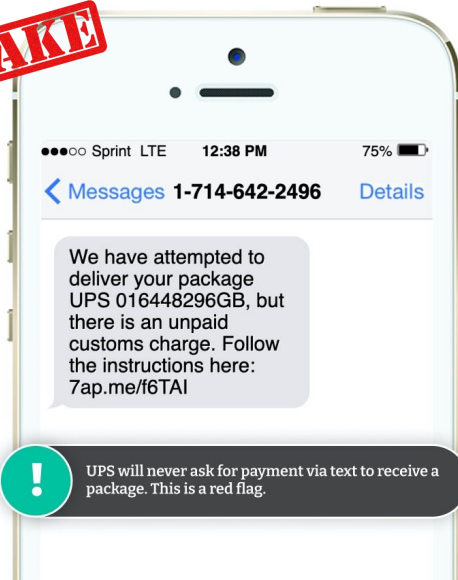
Unexpected alerts about your account could be fraud. Confirm there are no suspicious shipping or billing activities by logging in to UPS.com.

EXAMPLES ON NEXT PAGE

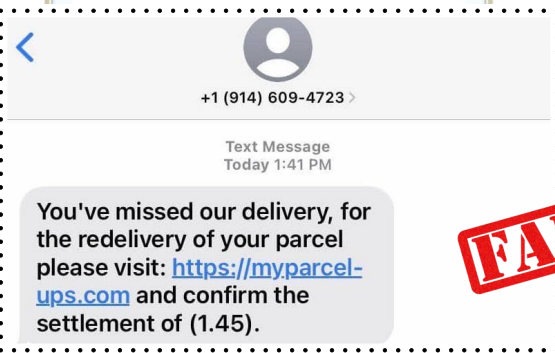


Fraud Education

FAKE



! UPS will never ask for payment via text to receive a package. This is a red flag.



FAKE



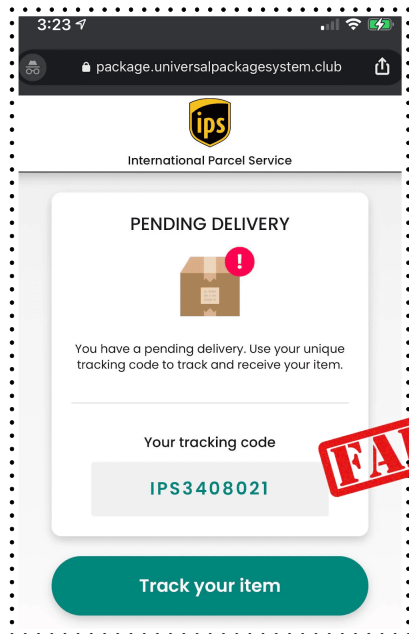
FAKE

When in question, use the following legit resources provided by UPS

Phone Calls Will Come From:
1-833-242-1931

Texts Will Come From:
94601, 69877, 48515 or 52892

Emails Will Come From:
accountconfirm@ups.com, mcinfo@ups.com, pkginfo@ups.com, customer-notifications@ups.com, auto-notify@ups.com, emailinfo@ups.com, invoice-notification@ups.com, donotreply@ups.com, ups@emails.ups.com, ups@upsemail.com UPSAdministrationSupport@ups.com, or no.reply@upsbilling.ups.com



FAKE

Exercise Classes



Please visit the front desk for a description of classes



Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Cardio With Helen	8:30 Chair/Stretch With Mark	8:30 Balance With Mark	8:30 Balance With Mark	
9:30 Line Dance With Marcia	9:30 Pilates With Val	9:30 Zumba With Marcia	9:30 Balance With Mark	9:30 Chair/Stretch With Linda
11:30 Cardio With Doreen	11:30 Cardio With Linda	11:30 Balance With Mark	11:30 Yoga Sculpt With Ed	
	1:30 Tai Chi With June	1:30 Cardio With Mark	1:30 Cardio With Doreen	
	2:45 Chair Yoga With Ed	2:45 Chair/Stretch With Mark	2:45 Meditation With Ed	

\$1 per class

Challenge yourself.

Must wear sneakers

Not permitted into a class if you are 5+ minutes late

Don't forget about our Stationary Exercise Equipment Room!



Word Search

Easy as Pie

December 1, 2023 is National "Pie" Day



- | | | |
|------------|--------------|--------------|
| APPLE | CUSTARD | POT |
| BANANA | GOOSEBERRY | PUMPKIN |
| BLACKBERRY | KEY LIME | QUICHE |
| BLUEBERRY | LEMON | RHUBARB |
| BUTTERMILK | MACADAMIA | SHOOFLY |
| CHEESE | MINCEMEAT | STRAWBERRY |
| CHERRY | MUD | SUGAR |
| CHICKEN | OLALLIEBERRY | SWEET POTATO |
| CHOCOLATE | PEACH | |
| COCONUT | PECAN | |
| CREAM | PIZZA | |

Word Search

COOKIES

December 4, 2023 is "National Cookie Day"

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

sandwich	meringue	black and white	buckeyes	molded
rolled	pressed	bar	dropped	refrigerator
no bake	cut outs	gingerbread	crinkle	fortune
macaroons	wafers	pinwheel	thumbprint	snowball
biscotti	molasses	sugar	whoopie pies	peanut butter
shortbread	gingersnaps	oatmeal raisin	chocolate chip	snickerdoodles

Word Search

Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

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

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS

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>

