



# SENIOR CENTER NEWSLETTER

January 2023



Dear Friends,

**East Windsor Township Annual Reorganization Meeting Is Scheduled for Tuesday, January 10 at 6 P.M. at the East Windsor Township Senior Center (40 Lanning Boulevard).** The public is invited to attend the largely ceremonial meeting at which the Township Council makes appointments to Township boards and committees, and does various recognitions. A reception and refreshments will follow the meeting.

Reminder: **East Windsor Township Mayor and Council Encourage Citizens to Volunteer for Township Boards and Committees.** Citizens can apply to serve on the Clean Communities Advisory Committee, Commission on Aging, East Windsor Municipal Utilities Authority, 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. 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 mail to Mayor Janice S. Mironov and Township Council, East Windsor Township 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. 240.

Township offices will be closed on Monday, January 2 in observance of New Years Day and Monday, January 16 in observance of Martin Luther King Jr. Day.

East Windsor Township would like to wish everyone a safe and healthy New Year.

**Happy  
New Year!**

*Mayor Janice S. Mironov*



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

# COVID Safety

As we welcome our seniors back indoors, it is important to be mindful of our health and safety. We are prepared with a clean and sanitized building with hand sanitizing stations throughout the center.

Current guidance **does not require** individuals to be masked when indoors . While COVID is still around and able to spread, especially with the concerns of new variants and sub variants, it is an individual's choice to mask or not when indoors. We will have plenty of masks available at the front desk.

To protect our community, please stay home if you are not feeling well. Wash your hands frequently and stay up to date with boosters.

## STAY HEALTHY

## Remember to Sign Up



### Reminder

Most programs in the newsletter require sign up.

Be sure to read the program you are interested in for details.

# 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>

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The public is invited to attend the largely ceremonial meeting at which the Township Council makes appointments to Township boards and committees, and does various recognitions. A reception and refreshments will follow the meeting.

### Township offices will be closed on the following days:

Monday, January 2  
In observance of New Years Day

Monday January 16  
In observance of  
Martin Luther King Jr. Day



# Township Information

**East Windsor Public Works Facility Located on Ward Street Will Be Open for Electronic Recycling on Tuesday and Thursday from 7:30 A.M. to 2:30 P.M., Effective Tuesday, January 4.** Residents can drop off electronics, including televisions, computers, computer monitors and accessories, printers and facsimile machines, radios, and appliances as refrigerators, microwaves, toasters and air conditioners. For further information, see Township website [HERE](#) or call (609) 443-4000 ext. 215.

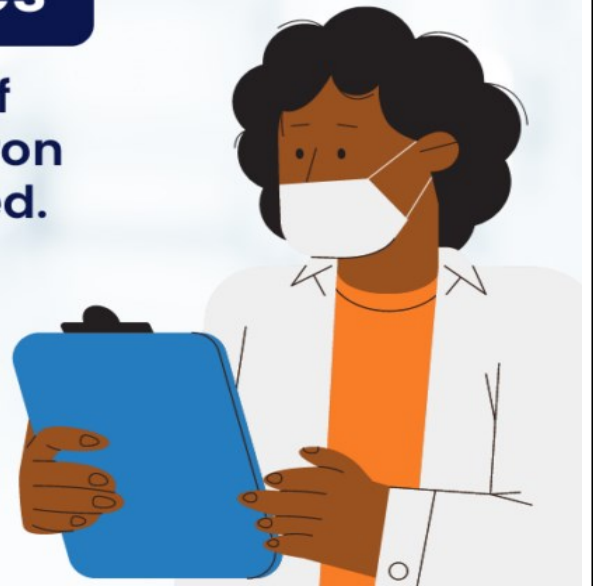
## COVID-19 Booster Doses

The best way to protect yourself from COVID-19, including Omicron is to get vaccinated and boosted.

**Who?** Everyone ages **5** and older should get a booster.

**When?** At least **5** months after your second Pfizer or Moderna shot, or **2** months after Johnson & Johnson.

As of 5/19/2022



# 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:6094438303), 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:6094434000), ext. 238.

## Bits & Pieces

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

### Medicare Counselor Questions About Your Medicare?

The Medicare Counselor is still available with any questions or concerns you may have regarding your coverage. If you are turning 65 and need information on enrolling in Medicare and selecting the best Medicare options, call us to schedule a phone appointment with the counselor. **609-371-7192**

**Now available for in-person appointments**

MEDICARE		HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)			
NAME OF BENEFICIARY JOHN DOE			
MEDICARE CLAIM NUMBER 000-00-0000-A		SEX MALE	
IS ENTITLED TO HOSPITAL (PART A)		EFFECTIVE DATE 01-01-2007	
MEDICAL (PART B)		01-01-2007	
SIGN HERE →			

# 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 .**

**\*\*\* UPDATED \*\*\***

### **IMPORTANT INFORMATION REGARDING 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

# January Trips



## The Grape Escape Dayton, NJ

Friday, January 13

### EVOO/Balsamic Bottling Program

Everyone will bottle one bottle of cold pressed Extra Virgin Olive Oil and one bottle of 12 year aged balsamic vinegar to bring home.

Tour of winery and wine tasting education.

#### **Lunch will be served:**

Mesclun greens tossed in EVOO/  
Balsamic, protein served over pasta.

Dessert

Sparkling water

Wine served with meal

**Departure Time:** 10:30 am

**Return Time:** 2:30 pm approximately

**Cost:** \$65.00 Exact cash or check

Community Bus

Plus .50 cents given to driver on day of trip

#### **IMPORTANT**

The Grape Escape requires payment by EWT in advance, therefore, this trip is non-refundable. If you should need to cancel after payment, please see front desk.

## Freehold Mall

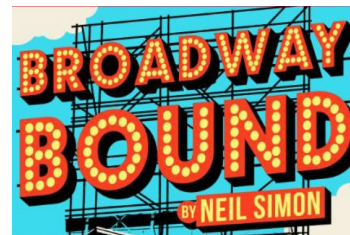
**Date:** Friday, January 27

**Departure Time:** 10:30 am

**Return Time:** 2:30 pm approximately

Community Bus

**Cost:** .50 cents given to driver on day of trip



## Algonquin Theatre Manasquan, NJ

Saturday, January 28

**This trip is full.  
Call to be added to the wait list.**

**Departure Time:** 12:30 pm

**Return Time:** 4:45 pm approximately

**Ticket Cost:** \$32

**Community Bus Cost:**

50 cents given to driver on day of trip

**In the event the weather  
interferes with any of  
our trips, you will be  
notified by phone and email**



# Things to do...No sign up required

## Visit our new Exercise Room

(Located off the Game Room)

- ◆ 4 Stationary Bikes
- ◆ 1 Treadmill
- ◆ 2 Elipticals



Sneakers are required.  
Please see front desk if you are not familiar  
with how to use the equipment. We will  
help you use the equipment safely.



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



**Mahjong**  
Every Monday  
12:30 pm

## Bridge Club



Every Day at  
1:00 pm

## Chess Club



Every Wednesday  
1:00 pm



## Game Room

Pool Tables  
Ping Pong  
Bridge and Card Games  
Board Games  
Puzzles



## Computer Room

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



## Our Library

Come sit and relax in front of our fireplace  
in our quaint library. Or take a book home  
and you don't need to return it, unless you  
want to.

### We accept book donations:

- ◆ Gently used
- ◆ Preferably modern authors
- ◆ Fiction and Non-fiction

# Tutoring

## **iPhone 101** **1-Hour Private Sessions**

Wednesday, January 11, 18, 25  
1:00 pm - 4:00 pm

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.

Just ask the tutor!



## **Computer Tutoring** **30-Minute Private Sessions**

Monday, January 9th and 30th  
9:00 am - 12:00 pm

By appointment only

- ◆ Are you a beginner with no experience using a computer? You can do it!
- ◆ 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



Tuesday, January 17  
10:30 am

**VIDEO:** "How childhood trauma affects health across a lifetime | Nadine Burke Harris"

[CLICK HERE](#) to view video

**SIGN UP REQUIRED**



**Writers Group**

Thursday, January 12  
10:00 am

Our Writing Instructor: Nancy Cathers Demme

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:

"The most wasted of all days is one without laughter."

## Seniors in Transition

This program is full. If interested, call the center and ask if there are any cancellations.

Wednesdays:  
January 4, 11, 18, 25  
February 1, 8, 15, 22

This **8-week discussion** group is for men and women who are experiencing life-stage changes and are interested in sharing their concerns with others in a comfortable and confidential environment.

Facilitators  
Susan Flaster,  
RN, BSN, MPA, CMCN  
Cindy Kramer, Med, MSW.

## Markers with Marge

Every Wednesday @ 10:00 am

Using stencils and markers, we will create a colorful picture for you to take home.



**SIGN UP REQUIRED**



**Please sign up for all programs**



Tuesday, January 10 @ 2:00 pm

Test your knowledge

Work your brain

Exercise your memory

Special thanks to our moderator  
Terry Goldstein

**SIGN UP REQUIRED**

# Interactive Programs **Sign Up Required**

## Coin Club Meeting

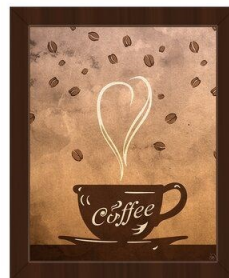
Tuesday, January 10  
2:00 pm



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

Meeting Moderator;  
John Guarniere

## Painting with Alexis



Friday, January 6  
1:00 pm

Westchester University Art Major Alexis, is back. She will instruct and guide you to create a masterpiece on canvas.

**SIGN UP REQUIRED**

## Craft's with Patti

### Wreath Making

Thursday, January 26  
1:00 pm - 2:30 pm



**SIGN UP REQUIRED**



**Monday, January 9**  
2:00 pm - 3:00 pm

Join this monthly interactive discussion as we bring topics of the month to the round table.

**TOPIC 1:** The Earth's temperature changes naturally over time. Variations in the planet's orbit, solar cycles, and volcanic eruptions can all cause periods of warming or cooling. But are these natural causes causing the Earth's current warming trend, or is it due to human interference? Is Global warming due to a natural pattern of climate change that the earth has experienced many times in the distant past, or is it due to human interference in Earth's ecosystem?

**TOPIC 2:** Until recently the International Olympic Committee based transgender eligibility in Olympic sports strictly on testosterone levels. However, the IOC has changed its inclusion policy. It now places the responsibility of establishing guidelines for trans inclusion on each individual sport. It also concludes that sporting bodies should not assume that transgender women have an inherent advantage over the cisgender (sex assigned at birth). Do you think that transgender athletes should be permitted to compete in Olympic and Professional sports?

Moderator:  
Terry Goldstein



# Presentations - Sign Up Required

## Wellness Challenge



Thursday, January 5  
10:30 am

A presentation in “game form!” The presenter will give the definition or description and the participants give the name or topic.

All about screenings, vaccinations, good health habits and much more....

Prizes! Prizes! Prizes!

Presenter:  
Vinnie Smith



## Caring for your Aging Body

DON'T FORGET  
ABOUT  
*yourself*

Thursday, January 19  
10:30 am

It's never too late to start caring for your body, this presentation covers a variety of topics including; Hydration, Signs of urinary incontinence, Grooming and proper skin care and Oral hygiene for strong teeth and gums.

Presenter  
Vinnie Smith



## The Beatles “From Liverpool to Abbey Road”

Friday, January 20  
1:00 pm



We will follow in the footsteps of The Beatles as they embark on their historic journey starting from their early years in Liverpool and Hamburg, into the excitement of Beatlemania, including concert performances and films through their groundbreaking studio albums (Rubber Soul, Revolver, Sgt. Pepper's) to the formation of Apple Corps and finally to their remarkable final recordings at Abbey Road Studios. Coming full circle, we will explore the highlights of each individual's post Beatles work.

### Our Presenter; Vinnie Bruno

Vinnie Bruno retired as Director of First Programs at LaGuardia Community College (CUNY). He holds an MPA from Baruch College and, as an adjunct professor for 25 years, taught courses in numerous disciplines including Humanities, Business and Mathematics. As a Beatles Scholar/Storyteller and 60s Rock Historian he looks to present an entertaining, interactive and informative program for both the casual listener and hardcore 60s music fans.

# Social Gatherings

## Book Club

Thursday, January 26  
10:30 am - 11:30 am

**Facilitator:** Sharon Galbraith Ryer  
Hickory Corner Library

**Book:** *Demon Copperhead* by Barbara Kingsolver

**SIGN UP REQUIRED**

## 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**

*be  
friendly*



## “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, January 31 @  
12:30 pm

**Perkin's**  
Princeton Hightstown Rd  
EastWindsor



**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.**

## Afternoon Coffee and Chat @ the Senior Center

Tuesday, January 24 @ 2:00 pm

Meet us in the cafeteria for  
coffee / tea and conversation



**SIGN UP REQUIRED**

# Medicare Counselor



**\*\*UPDATED INFORMATION...  
PLEASE READ\*\***

## Medicare Advantage Open Enrollment Period (MA OEP)

If you already have a Medicare Advantage Plan, the MA OEP gives you an opportunity to switch back to Original Medicare or change to a different Medicare Advantage Plan depending on which coverage works better for you.

In addition to Open Enrollment for Medicare Advantage Plan with drugs, this is also the time to look at stand alone Medicare Part D prescription drug plans.

## **MEDICARE ADVANTAGE PLAN AFTER DECEMBER 7**

Although Medicare's Open Enrollment Period ended December 7, if you currently have a Medicare Advantage Plan, you have another opportunity from January 1 to March 31, 2022 to review your Medicare Advantage Plan options and switch to a different Medicare Advantage Plan or sign up for original Medicare and stand-alone drug plan. 609-371-7192.

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

**January 6, 13, 20, 27**

# Screenings



## **Blood Pressure Screening**

Wednesday, January 4  
Appointments start @ 10:30 am

See front desk to make your appointment

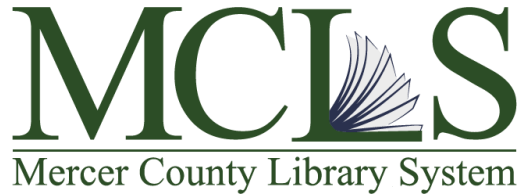


## **Bone Density Screening**

Thursday, January 5  
Appointments start at 10:00 am

See front desk to make your appointment

# Township Resources



## Homebound Borrowing

The Mercer County Library System offers free home delivery of books, movies, audiobooks and music CDs to patrons unable to visit the library in person. If you are homebound or know someone who would benefit from this service, please contact Donna Wolfe, 609-883-8292 or [dwolfe@mcl.org](mailto:dwolfe@mcl.org).

Library volunteers will deliver books and other library materials to homebound patrons who are registered for the Home Borrowers' Service.

If you are homebound or know someone who could benefit from this service please contact:

Donna Wolfe  
609-883-8292  
[dwolfe@mcl.org](mailto:dwolfe@mcl.org)



# Art Classes



## ART CLASS

**Instructor:**  
Patti DeCristofaro

## Canvas Painting - Crafts - Projects

Stop by the front desk to sign up

**6 Month Sessions**

**\*Time:** 10:30 am - 12:00 pm OR  
1:00 pm - 2:30 pm

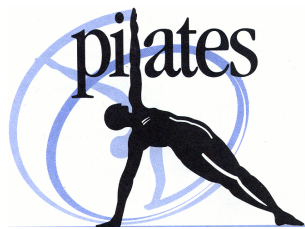
**Cost:** \$30.00 Exact cash or check

*\*you can only choose the 10:30 am class or the 1:00 pm class*



# Exercise Classes

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



**Line Dancing**

**Don't forget about our Stationary Exercise Equipment Room!**



# Scam Reminders

## NEW JERSEY DIVISION OF CONSUMER AFFAIRS

Senior citizens – individuals 60 and over - are targeted more frequently by financial fraud and scams than any other age group. Today's seniors are prime targets of fraudsters for several reasons, starting with their financial assets. Members of their generation are most likely to have a substantial "nest egg," own their homes, or have excellent credit. Moreover, seniors are less likely to report a fraud, either because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been victimized. But one of the biggest reasons seniors fall prey to fraudsters is that they are simply less likely to be aware of the latest scams making their way across the nation and around the state. The "Anti-Fraud Toolkit" was designed to provide senior citizens with the information they need to recognize and avoid scams. Those who work with seniors every day – social workers, caretakers, staff at senior centers, and local and county divisions of aging – are encouraged to download and post this information on bulletin boards at senior centers, retirement homes, and social clubs. The "Anti-Fraud Toolkit" will also be supplemented by regular email fraud alerts to a voluntary network to keep New Jersey's senior citizens abreast of the latest frauds and scams targeting them.

Please download these documents, post them on bulletin boards, and share them with others to help educate seniors on how to best prevent becoming a victim of fraud.

The "Anti-Fraud Toolkit" consists of the following documents, each of which can be downloaded at the links to the left or below:

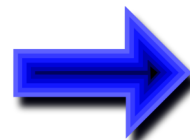
**["Ten Red Flags That It Might Be a Scam"](#)** *A simple list of red flags for seniors to watch out for when they are solicited in person, by phone call, by mail, or through the internet.*

**["Common Computer Scams"](#)** and **["Tips to Avoid Computer Scams"](#)** *Descriptions of scams using computers, email or related technology that targets seniors, and tips on how to avoid such scams.*

**["Common Door-to-Door Scams"](#)** and **["Tips to Avoid Door-to-Door Scams"](#)** *Descriptions of scams arising from door-to-door solicitations, including charities scams and contracting scams, and tips on how to avoid such scams.*

**["Common Mail Scams"](#)** and **["Tips to Avoid Mail Scams"](#)** *Descriptions of scams that may be reaching seniors through the mail, including lottery scams and the IRS tax scams, and tips on how to avoid such scams.*

**["Common Phone Scams"](#)** and **["Tips to Avoid Phone Scams"](#)** *Descriptions of scams that may originate as phone calls to seniors, and tips on how to avoid such scams.*



# Scam Reminders

...continued

**["You Can't Out-Scam a Scammer"](#)** *Guidance on why seniors should not "play along" with a scam phone call, even when they realize it's a scam.*

**["Important Phone Numbers"](#)** *List of important phone numbers that seniors can call if they suspect that they have become a victim of a scam.*

**["Suspected Scam Calls Log"](#)** *Phone log that seniors can use to keep track of phone numbers used by fraudsters to make scam phone calls.*

**["Directory of County Consumer Affairs Offices"](#)** *Contact information for county consumer affairs offices throughout New Jersey.*

Regular real-time **["Fraud Alerts"](#)** will be emailed to a network of government officials, senior center operators, caregivers, social workers, and others interested in helping New Jersey's seniors avoid fraud. These alerts will also be regularly posted on this website for download.

**Your best defense against being scammed  
is to be aware and educate yourself.**

**If you do not have a printer, please stop by the senior center.  
We can print these important documents for you.**

**DON'T GET SCAMMED!**

**BE SCAM SMART**

# Recipes

## Strawberry Pretzel Salad

### INGREDIENTS:

- ¾ cup salted butter
- 2 cups crushed pretzels
- 8 ounces cream cheese
- ¾ cup granulated sugar
- 8 ounces whipped cream
- 2 cups water
- 6 ounces strawberry gelatin mix (2 packages)
- 14 ounces frozen strawberries
- 8 ounces crushed pineapple in 100% juice (1 can), drained



### INSTRUCTIONS:

1. Preheat oven to 400°F. Spray a 9x13-inch baking dish with nonstick spray. Set aside.
2. Mix together the melted butter and crushed pretzels in a medium-sized bowl. Pour the pretzel mixture into the baking dish and press down firmly to create a flat, thin layer.
3. Bake the crust for 7-8 minutes, then remove from the oven and allow to fully cool.
4. Using a hand mixer, beat together the cream cheese and sugar. Stir in the whipped topping until smooth.
5. Pour the cream cheese mixture over the pretzel crust and use a spoon or offset spatula to make a smooth layer. Place in the refrigerator to chill for 30-60 minutes.
6. Boil the water in a small saucepan. Once boiling, turn off the heat and stir in the gelatin mix. Allow to cool for 10 minutes.
7. Stir in the frozen strawberries and crushed pineapple.
8. Pour the strawberry mixture over the cream cheese layer and place back in the refrigerator for 6-8 hours, or until the gelatin is fully firmed.

## Skinny Creamy Chicken Enchiladas

### **Ingredients**

- 3 chicken breasts cooked & shredded
- 10 oz. can green enchilada sauce
- 4 oz. can chopped green chiles
- 6 oz. can diced tomatoes drained
- 1 green bell pepper chopped
- 1 cup black beans cooked
- 2 cups plain greek yogurt
- 1 tsp cumin
- salt/pepper
- 12 low-carb tortillas
- 1 cup shredded cheese
- fresh radishes optional
- fresh cilantro optional
- 1 tsp dried oregano
- 2 tsp chili powder



### **Instructions**

1. Preheat oven to 350 degrees.
2. Mix the pre-cooked & shredded chicken, enchilada sauce, chopped green chiles, diced tomatoes, bell pepper, black beans, 1 cup of the yogurt, and spices together in a medium sized bowl.
3. Roll the filling evenly into each of the tortillas and place in a casserole dish.
4. Top the enchiladas with the remaining yogurt, shredded cheese, and optional toppings.
5. Bake for 20 minutes



# Word Search

## Happy New Year

Find and circle all of the words that are hidden in the grid.

The remaining letters spell the name of a popular location for celebrating New Years Eve.

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

APPETIZERS  
BABIES  
BALLOONS  
BANNERS  
BUFFET  
CELEBRATE  
CHAMPAGNE  
CONFETTI  
DANCE  
DAY ONE

DECORATIONS  
END OF DECEMBER  
EVENTS  
FAMILY  
FATHER TIME  
FEAST  
FESTIVITIES  
FIREWORKS  
FIRST OF JANUARY  
FRIENDS

HATS  
HOLIDAY  
HORNS  
KISS  
MIDNIGHT  
MUSIC  
NEW YEARS DAY  
NEW YEARS EVE  
NOISEMAKERS  
OCCASION

PARADES  
PARTY  
PUNCH  
RESOLUTIONS  
SINGING  
STREAMERS  
THIRTY FIRST  
TIARAS  
WINE  
YEAR IN REVIEW

# 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>

