



SENIOR CENTER NEWSLETTER

July 2023
609-371-7192



Dear Friends,

NO TAX INCREASE again in the 2023 East Windsor Municipal Budget of **\$23,426,238, for the eleventh consecutive year** -- remaining at the rate of \$.433 per \$100 of assessed valuation. Although overall spending in 2023 has increased by almost \$1 million over 2022, use of American Rescue Plan funds and sound Township fiscal planning enabling greater use of miscellaneous revenue accounts and fund balance, allow the 2023 budget to result in **NO tax increase for East Windsor residents with NO reductions in services or employees.** The fiscally conservative and responsible 2023 budget was challenged by the dramatic state-imposed 22% hike in the State Health Benefits Plan, increases in state pension payment costs, as well as significant increases in salaries and wages, contract increases and general inflationary cost factors. The East Windsor municipal component remains at less than 15% of the total local property tax bill.

The **NO TAX INCREASE municipal budget** is a result of the Township's commitment to continually seek out additional efficiencies, cooperative purchasing avenues and service sharing opportunities, a significant increase in new businesses and ratables, a low debt level and recent refinancing initiative, effective outreaches for grant and revenue opportunities, and pro-active efforts to carefully plan and to closely monitor expenditures and revenues throughout the year.

REMINDER: East Windsor **Document Shredding and Electronics Recycling Event**, including free Document Shredding for Township residents, on **Wednesday, July 12** from 4 P.M. to 8 P.M., Rain or Shine, at the Senior Center.

CALENDAR: **"National Night Out" on Tuesday, August 1, from 6 P.M. to 9 P.M. at the East Windsor PAL Complex, 30 Airport Road.** This annual fun educational Township event, sponsored by Mayor and Council Members in conjunction with Chief of Police, features crime watch information, emergency services equipment, music, booths and displays by area groups and businesses with information and giveaways supporting the National Night Out theme.

Primrose School opened new child care early education facility in East Windsor on Dutch Neck Road, in the former Rite-Aid building. Founded in 1982, Primrose Schools, a national accredited private preschool, offers early education and care to children aged 6 weeks to 5 years old, and locally can accommodate over 200 children.

AJ Madison opened newly constructed 168,426 SF facility on Lake Drive. AJ Madison is a family owned and operated leading national retailer of well-known brands of home and kitchen appliances, including refrigerators, ovens, microwaves, dishwashers, air conditioners, washers and dryers. Founded in 2001 and headquartered in Brooklyn New York, AJ Madison also provides appliance installation services for most home and industry appliances.

Mayor Janice S. Mironov



July Newsletter Info

**Sign up begins IN-PERSON
Monday, July 3 @ 8:45 am**

(we are closed Tuesday, July 4)

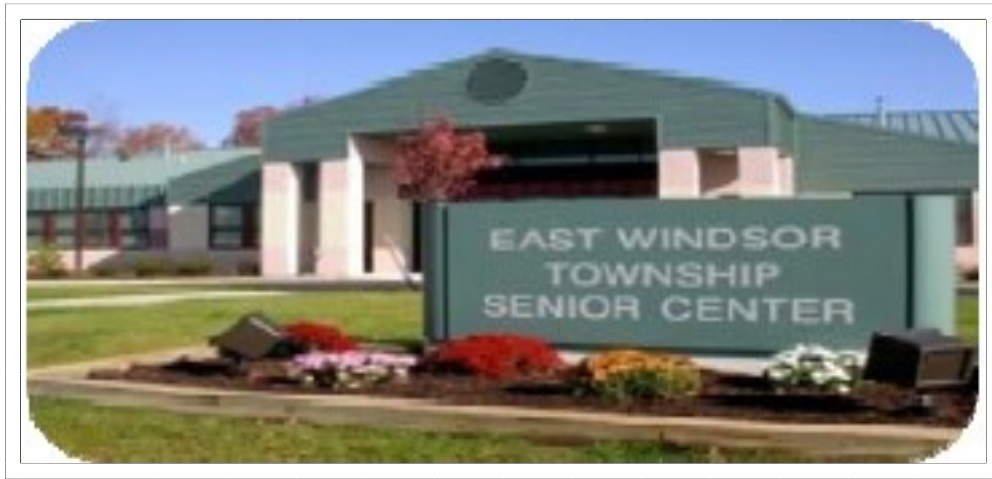
Program Sign Up sheet can be found
in a separate email and in the
lobby of the senior center.

TRIPS SIGN UP

July 3, 5, 6

(deadline on the 6th is 12:00 pm)

Trip Sign Up sheets will be
located in the Art Room
...or in the lobby near front desk



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



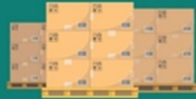
Janice S. Mironov, Mayor
Marc Lippman, *Deputy Mayor*
Denise Daniels, *Council Member*
Alan Rosenberg, *Council Member*
David Russell, *Council Member*
Peter V. Yeager, *Council Member*
John Zoller, *Council Member*

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**



**PLASTIC
SHIPPING
ENVELOPES**



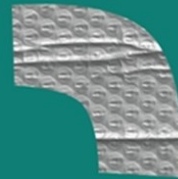
**CASE OVERWRAP
AND PRODUCT
WRAP**



**PRODUCE
AND ICE
BAGS**



**DRY CLEANING
BAGS**



BUBBLE WRAP



**NEWSPAPER
SLEEVES**

**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

East Windsor Township Is Holding Document Shredding and Electronics Recycling Event on Wednesday, July 12 from 4 P.M. to 8 P.M., 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 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>

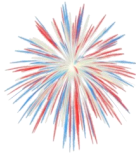
It's time for the Summer Concert Series at Etra Lake Park



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

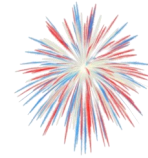


Summer Concerts at Etra Lake Park



Saturday, July 1 (rain date-Monday July 3)

East Windsor Independence Day Celebration



- ◆ **6:00 pm** - Jerry Rife's Rhythm Kings Dixieland Jazz Band, 6 piece band from the Delaware Valley area best known for it's traditional jazz sound.
- ◆ **7:45 pm** - Trenton Brass Quintet Plus One, 6 piece ensemble from Central Jersey performing "Americana" and a variety of popular melodies.
- ◆ **9:30 pm** - Fireworks



Sunday, July 16 @ 6:00 pm

Winslow: Eagles Tribute Band



Saturday, July 29 @ 7:00 pm

Family Night in the Park

Large screen showing of the movie, "Lyle, Lyle, Crocodile" preceded by inflatable rides and games.



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

Tupolo Honey: Van Morrison Tribute Band

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.

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.**

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

July Trips



Pleasant Valley Lavender Farm

Date: Thursday, July 6
Departure Time: 8:30 am
Return Time: 12:30 pm approx.
Farm Cost: \$15.00 exact cash only



- ◆ Make your own lavender sachet
- ◆ Lavender Lemonade Served
- ◆ Discussion about the uses of lavender
- ◆ \$5 additional if you choose to walk out to the field and pick your own bouquet.
- ◆ Shop the Lavender Store

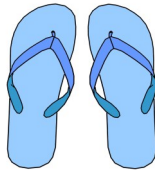
Community Bus: 50 cents given to driver on day of trip

- ◆ A lot of walking. If you have questions regarding the walking, please see front desk.
- ◆ Port- a-Potty only

This trip is full

Pt. Pleasant Boardwalk

Date: Monday, July 24
Departure Time: 10:00 am
Return Time: 3:30 pm approx



This trip is full

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

Trenton Thunder Baseball Game



Luxury Suite

Date: Wednesday, July 19
Departure Time: 9:30 am
Return Time: 1:30 pm approximately

Let's Play Ball! Trenton Thunder will be playing against the State College Spikes. Enjoy the game in the comfort of a private, air-conditioned, luxury suite. Feel free to step outside to enjoy the game as well.

This trip is full

A lot of walking This trip is full

Cost: \$38.00 exact cash or check

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



Bye Bye Birdie

Date: Saturday, July 29
Departure Time: 1:15 pm
Show is 2:00 pm
Return Time: 4:45 pm approximately

Cost: \$19.00 **This trip is full**

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

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

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

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

Things to do...No sign up required

Visit our new Stationary Equipment Room

New 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



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, July 5, 12, 19, 26

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

Computer Tutoring 30-Minute Private Sessions

Monday, July 3, 10, 17, 24, 31

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



Learn the Game of Chess

Sign up required

Steve Glassband, an experienced Chess Player, will be here every **Wednesday @ 1:00 pm** to teach Chess to beginners.

UPDATE: Steve is no longer instructing, but feel free to join this group of beginners who are now experienced enough to play against each other.



Tuesday, July 18
10:30 am

VIDEO:

The incredible creativity of deepfakes..

Tom Graham

[CLICK HERE](#) to view video

SIGN UP REQUIRED

Paint by Numbers

Every Friday @ 10:30 am
July 7, 14, 21, 28

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



No Coin Club for the month of July



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

Meeting Moderator; John Guarniere

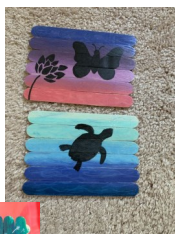
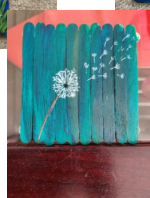
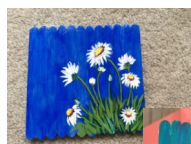
SIGN UP REQUIRED

Crafts with Tanya Popsicle Magnets

Thursday, July 27
1:00 pm

Instructor:
Tanya Schamper

SIGN UP REQUIRED



Terry Goldstein's
Trivia will be back
in August

Tuesday, August 22
2:00 pm

Test your knowledge
Work your brain
Exercise your memory

Writers Group Writing Instructor: Nancy Cathers Demme
Thursday, July 13 @ 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**

Monday, July 10 @ 2:00 pm
Moderator: Terry Goldstein



Topics

1. **Artificial Intelligence**

Artificial intelligence (AI) is a rapidly developing field with the potential to revolutionize many aspects of our lives. However, there is also a great deal of controversy surrounding AI, particularly about its potential impact on society. Some people believe that AI could pose a serious threat to humanity, while others believe that it has the potential to solve some of our most pressing problems. What are your views regarding Artificial Intelligence

2. **Book Banning in libraries and schools** The banning of books in libraries and schools is a controversial issue that has been debated for many years. Those who support book banning argue that it is necessary to protect children from harmful or offensive content. They also argue that some books are inappropriate for school libraries because they discuss sensitive topics such as sex, violence, or drug use. Opponents of book banning argue that it is a form of censorship that violates the First Amendment right to freedom of speech. They also argue that banning books does not actually protect children from harmful content, but instead simply prevents them from being exposed to different viewpoints and ideas.



Introduction to the “Magic Club”

August 21st - 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.

Presentations — Sign Up Required

Joint Replacement 101

Tuesday, July 11
10:30 am



What to expect from Knee Replacement surgery....
The newest techniques, recovery, and more...

Presenter,
Michael Wylykanowitz Jr.,
PT, DPT, OCS



Restaurant Bingo

Thursday, July 13
10:30 am



PRIZES!!!

Local restaurant gift certificates

Presenter,
Ket Verdi



Neck Pain

Wednesday, July 19
@ 11:40 am



Neck pain, or cervicalgia, can last from days to years, depending on the cause. Common causes include physical strain, poor posture, mental stress, osteoarthritis, spinal stenosis, herniated disk, pinched nerve, and other health conditions.

Learn about self care and other options.

Presenter:
Atlantic
Physical Therapy



Using Your Wits

Sign up for current month only

We all know that physical fitness is an important component of healthy aging but did you know that your brain needs a workout too in order to maintain or improve its performance?

Using Your Wits has been developed by Lisa Bayer, from Always Best Care Senior Services, and is an informative, fun and interactive series on keeping our brains healthy as we age. Prior to joining ABC, Lisa was the director of a LearningRx brain training center. Each part of UYW is approximately 1 hour in length.

Thursday, July 20 @ 1:00 pm

Using Your Wits Part 5 delves into the importance that sleep plays for good brain health. We'll discuss the correlation between sleep and dementia, the reasons that we often don't sleep well and how to promote quality sleep.



Lecture



Ethel Merman

Friday, July 14

1:00 pm

Ethel Merman was New York City's girl next door. She went from being a stenographer from Queens to becoming the queen of the Broadway Musical in its golden age. On October 14, 1930 she brought the house down with her performance of George and Ira Gershwin's I Got Rhythm. Ethel's rag-to-riches story fueled the hopes of everyday people. Marty will discuss the standards introduced by her on Broadway like: Everything's Coming Up Roses,

Rose's Turn, Anything Goes, Life is Just a Bowl of Cherries, and There's No Business Like Show Business.

Presenter, Marty Schneit, born-and-bred New Yorker and Historian, has lectured at the New York Public Library, JCC, The 92nd Street Y, New York Presbyterian Hospital, Memorial Sloan Kettering Hospital, and Fordham University. The Jewish Braille Institute has recorded his lectures.

Sign Up Required

Party



1st Annual Summer Sock Hop

Friday, July 21
12:00 pm - 2:00 pm



Hot Dogs
Hamburger Sliders
Baked Beans
Pasta Salad
Cole Slaw
Ice Cream

Entertainment by
Bill Turner and the Blue Smoke Band
50's and 60's Band

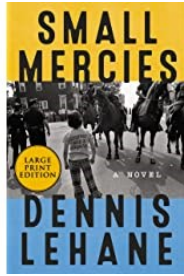
Dress in your best 50's - 60's attire
Prize to best dressed

Social Gatherings - Sign Up Required

Book Club

Thursday, July 27
10:30 am - 11:30 am

Book: *Small Mercies*
by Dennis Lahane



Facilitator: Sharon Galbraith Ryer
Hickory Corner Library

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



Afternoon Coffee and Chat
@ the Senior Center

Tuesday, July 18
@ 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, July 25
@ 12:30 pm

Zinna's Bistro
10 Cedarbrook Dr
Cranbury



[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**

July 7th and 21st

Screenings - Appointment Needed

Blood Pressure Screening

Wednesday, July 5
Appointments start
@ 10:30 am



See front desk
to make your appointment

Balance Screening

Wednesday, July 19
Appointments start
@ 9:30 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.

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



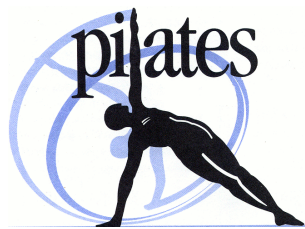
Reminder...

Happy Independence Day

Township offices are closed Tuesday, July 4th

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!



Scam Reminders

IMPORTANT

A newly updated Scam Booklet has been created for the seniors in our community. Please take the time to read it. It has very important information about scams that could easily affect each of us.

[Click Here to Open PDF](#)

If you cannot open the PDF,
please see front desk for a hard copy.

DON'T GET SCAMMED!

BE SCAM SMART

Word Search

Sock Hop

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

HOT ROD
JAMES BROWN
JUDY GARLAND
FRANK SINATRA
GEORGE SANDERS
KOOK
GREASER
MELODY
SOCK

LEATHERMAN
DEAN MARTIN
BING CROSBY
DORTHY LAMOUR
TERESA WRIGHT
RIGHTO
DADDYO
JOEL

POODLE SKIRT
CHUCK BERRY
HANK WILLIAMS
AGNES MOOREHEAD
ANKLEBITER
PEEPERS
ROCKS
HOLIDAY

B B KING
PATSY CLINE
JOHNNY CASH
OSSIE DAVIS
KOOKIE
BEESKNEES
NANCY
LOVE

Word Search

60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE
BLUE MOON
BLUE VELVET
BUS STOP
CARA MIA
CHAIN GANG
CHERISH
CRAZY
CRYING
DIZZY
DOWNTOWN
EL PASO

ELENORE
FINGERTIPS
FIRE
GALVESTON
GOOD LOVIN'
GROOVIN'
HAIR
HEATWAVE
HEY JUDE
HOLIDAY
ITCHYCOO PARK
LAST KISS

MEMPHIS
MY GIRL
MY GUY
PEOPLE
PUPPY LOVE
RESPECT
RUNAWAY
SHERRY
SOUL MAN
SPOOKY
STAY
SURF CITY

TEEN ANGEL
THE BOXER
THE TWIST
THESE EYES
VALLERI
VOLARE
WHITE RABBIT
WILD THING
WINDY
WIPEOUT
WORDS
YESTERDAY

Word Search

Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

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

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

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>

