



SENIOR CENTER NEWSLETTER

March 2023



Dear Friends,

IMPORTANT FINAL REMINDER: New Property Tax

Relief Program Application Filing Deadline Extended to Tuesday, February 28,

2023. The Affordable New Jersey Communities for Homeowners and Renters (ANCHOR) program replaces the Homestead Benefit program and expands the amount of property tax relief and number of eligible homeowners and tenants.

Yummy Fusion opened in Windsor Center at the intersection of Route 130 and Princeton Hightstown Road, in space previously occupied by Sushi King. Yummy Fusion, a family operated restaurant, serves a wide variety of sushi offerings and includes a sushi bar. The restaurant also features a wide choice of popular Asian dishes, including chicken, beef, shrimp and vegetable entrees and hibachi, as well as noodles and fried rice dishes. Yummy Fusion joins other Windsor Center businesses Aldi, Staples, Petco, Ross Dress for Less and Retro Fitness. The restaurant offers dine-in and take-out service for customer convenience.

East Windsor Volunteer Fire Company No. 1 installed new officers for 2023. **Gerald Laughlin** again will serve as Chief and **Tony Katawick** again will serve as President of East Windsor Volunteer Fire Company No. 1 for 2023. Congratulations and thank you to all the Township's EWVFC1 dedicated fire company volunteers!

East Windsor Volunteer Fire Company No. 2 installed new officers for 2023. **Mario Batista** again will serve as Chief and **Michael Trivisonno** will serve as President of East Windsor Volunteer Fire Company No. 2 for 2023. Congratulations and thank you to all the Township's EWVFC2 dedicated fire company volunteers!

New Police Officer Corinne Batsides, assigned to the Uniform Services Division, joins East Windsor Township, filling a police vacancy. Police Officer Corrine Batsides graduated from the Ocean County Police Academy in April 2022, and received a Bachelor of Science Degree in Communications from the University of Miami. She previously worked as a Police Officer with Bernards Township.

Tell your friends and neighbors that **Free Gun Safety Locks** are available to East Windsor Residents during March under the Township Gun Safety Program. The Township is sponsoring this pro-active safety initiative to promote improved gun safety, as these gun locks if properly used can help keep guns out of the hands of children and prevent accidental deaths and injuries in the home. The gun locks, available to East Windsor at no cost through Project Child Safe, can be obtained by contacting Detective Timothy Purpuri at (609) 448-5678, ext. 232.

Mayor Janice S. Mironov



March Newsletter

**Sign up begins IN-PERSON
Wednesday, March 1 @ 8:45 am**

Sign up sheet can be found
in the lobby of the senior center.

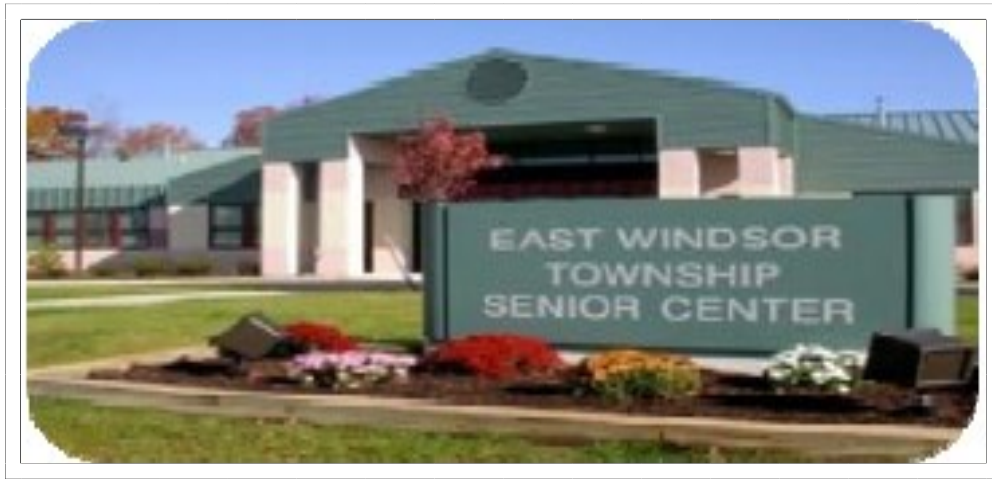
IMPORTANT!

St. Patrick's Day Party has a RSVP date

**PLEASE RESPOND BY
FRIDAY, 3/10 BEFORE 12:00 PM**

TRIPS SIGN UP

March 1st, 2nd, 3rd (deadline on the 3rd is 12:00 pm)
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*
Alan Rosenberg, *Council Member*
David Russell, *Council Member*
Peter V. Yeager, *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 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>



Sunday, March 12



**First Day of Spring
Monday, March 20**

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.

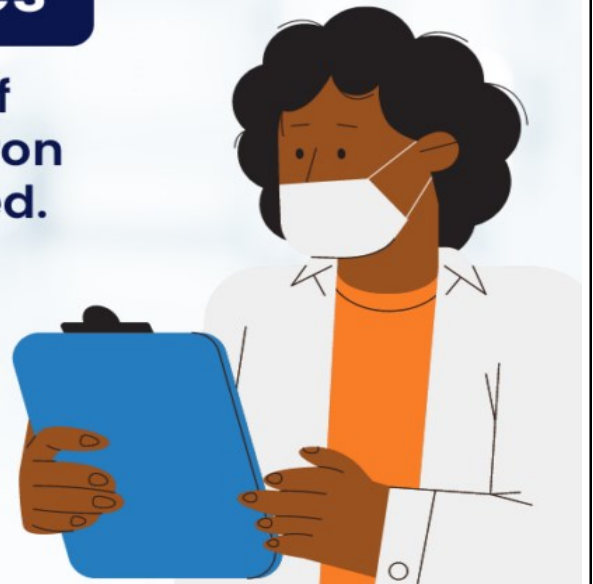
COVID-19 Booster Doses

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



Covid Vaccinations Thursday, March 9

Location: Senior Center

Please call the Health Department to schedule your appointment
609-443-4000 ext. 222



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](#)

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 .

***** 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

March Trips



Nestled in the foothills of the Watchung Mountains, Flemington, NJ, Northlandz is the World's Largest Miniature Wonderland. What looks like a tiny world from far is actually an intricate network of surprises, designed to delight & inspire! You'll find a huge variety of detailed miniature art, from replicas of real-world landmarks to fantastical structures straight out of your dreams!

Date: Friday, March 3
Departure Time: 9:15 am
Return Time: 3:00 pm approximately
Cost: \$33.00
50 cents given to driver on day of trip

Please pack your own bagged lunch. We have a private room to keep your belongings



Friday, March 24
****This trip is FULL****

Departure Time: 9:00 am
Return Time: 3:00 pm approximately

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

Hunterdon Hills Playhouse Hampton, NJ

On December 4, 1956, Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley assemble at the Sun Record recording studio in Memphis, Tennessee.

Established performer Carl Perkins was to record songs with a new performer, Jerry Lee Lewis. Elvis Presley stops by the studio along with his girlfriend, a singer named Dyanne. Johnny Cash has stopped by to talk to recording impresario Sam Philips. They soon have a jam session together. Philips attempts to re-sign Johnny Cash to a new contract, unaware he has already signed with Columbia Records. Typically, as a member from the Quartet enters for the first time, he sings a verse of one of his most famous songs, followed by an onstage freeze of all actors. During this time Sam Philips relates to the audience how he first discovered the boy, and a brief, few line scene of that moment occurs between Philips and the musician, followed by Sam Phillips asking the boy to play something for him, which is the next verse of the song, and everyone unfreezes.



Cost includes:

Coach Bus, admission ticket, table-served entrée, dessert, coffee, hot tea, tax and gratuity.

Date: Thursday, March 30
Departure Time: 9:45 am
Return Time: 4:30 pm approximately

Cost: \$95.00 Exact cash or check

April Trips



Drumthwacket Tour Official Residence of the Governor and Princeton Walk



After the tour, enjoy a little free time in Princeton.

Date: Friday, April 14

Departure Time: 10:15 am

Return Time: 2:30 pm approximate

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

Atlantic City Resorts Casino

Date: Wednesday, April 19

Departure Time: 9:00 am

Return Time: 6:00 pm approximately

Cost: \$25.00 Exact cash or check

\$15 free slot play

Coach Bus



IMPORTANT

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

Kelsey Theatre West Windsor



Date: Saturday, April 29

Departure Time: 1:15 pm

(Doors open 1:30 pm, Show Starts 2:00 pm)

Return Time: 4:30 pm approximate

2 hour show

Cost: \$18.00 exact cash or check

Community Bus Cost:

50 cents given to driver on day of trip

In 1890s New York City, the bold and enchanting widow Dolly Levi is a socialite-turned-matchmaker. Her latest clients seeking assistance are the cantankerous "half-a-millionaire" Horace Vandergelder and a young artist named Ambrose, who is in love with Horace's niece, Ermengarde.

Dolly's scheming soon involves Horace's employees as well as a New York hatmaker, as she tries to cover up her own secret romantic designs.



Things to do...No sign up required

Visit our new Exercise Room

(Located off the Game Room)

- ◆ 4 Stationary Bikes
- ◆ 2 Treadmills
- ◆ 1 Eliptical
- ◆ 1 Rower



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.
Monthly orientation sessions.



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



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



Computer Room

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

Tutoring

iPhone 101 **1-Hour Private Sessions**

Wednesday, March 1, 8, 15, 22, 29
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, March 6 and 27
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, March 28
10:30 am

VIDEO: "How to spot a liar"
Pamela Meyer

[CLICK HERE](#) to view video

SIGN UP REQUIRED

SENIOR ID CARD PROGRAM

Wednesday, March 22
9:00 am - 3:00 pm
Appointment required

"Ident-Adult" is an emergency identification card provided by the Sheriff's Office, specifically for senior citizens.

The card contains your name, address, telephone number, whom to contact in a medical emergency, doctor's name and phone number, illnesses, and allergies. Should a senior become incapacitated by sudden illness and cannot speak or remember, the Ident-Adult card can speak for the cardholder, providing vital contact and medical information.

Years ago, original cards contained a place for the thumbprint, but with improvements in technology, a photograph replaced the thumbprint of the cardholder.

At time of sign up, you will be given a form to Complete.



SIGN UP REQUIRED

Coin Club Meeting

Tuesday, March 7
2:15 pm



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

Meeting Moderator; John Guarniere

SIGN UP REQUIRED



Next Trivia will be in April

Watch for April Newsletter

Test your knowledge
Work your brain
Exercise your memory

Special thanks to our moderator
Terry Goldstein

SIGN UP REQUIRED

Interactive Programs **Sign Up Required**

Paint by Numbers

\$5.00 pp

(one-time fee for materials)

****Limited Supply****

Every Friday @ 10:30 am

March 3, 10, 17, 24, 31

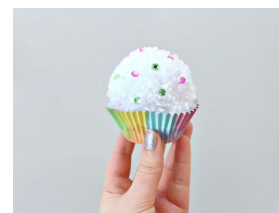


- ◆ Painting choice may vary
- ◆ Sign Up Required

Crafts with Patti Pom Poms

Thursday, March 30

1:00 pm



Instructor:
Patti DeCristofaro



There has been a change to the Current Events schedule. We will now meet every other month.

The schedule for 2023:

2:00 pm

May 8

July 10

September 11

November 13

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

Moderator: Terry Goldstein



Writers Group

Thursday, March 9

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: "What's all that about?"

"SIGN UP REQUIRED"

Presentations — Sign Up Required

More Common Age Related Eye Conditions



Wednesday, March 8
10:30 am

In January we discussed Cataracts, Glaucoma, and Macular Degeneration.

This month we will discuss Dry Eyes, floaters, diabetes in the eye, hypertension in the eye, temporal arteritis, and epiretinal membranes.

Presenter,
Dr. Steve Glassband
Pearl Vision

Pelvic Dysfunction Education

Wednesday, March 15
10:30 am

Do you experience urinary leaking or bowel accidents? Do you wake up several times in the middle of the night to use the bathroom? Is leaking normal during the senior years? Get to know the facts about this and learn to take control of the leaking. Join us for a presentation regarding incontinence and the pelvic floor muscles by a pelvic floor therapist.

Presenter,
Janice Paredes- Alvarez, PT, DPT, CLT-LANA,
PRPC, LPF-CT
Centrastate
East Windsor



Why are my doctors so concerned about what I eat?



Thursday, March 9
10:30 am

Learn how to make small changes to what you eat so that you can eat healthier but still enjoy food. Small changes can make a big difference!

Presenter:
TCNJ Nursing Students

Tips to be Smarter than most Current Fraud Hacks

Thursday, March 16
10:30 am

Learn how to recognize and avoid a scammer.

Presenter,
Kat Verdi
MAT, CDP, CADDCT
Coordinator of Community Outreach

Medicare **FRAUD**

Tuesday, March 14
10:30 am

Joel Schneider, Jewish Family Services Outreach Specialist for NJ, will be here to give a one-hour presentation to educate, empower, and assist Medicare beneficiaries and their families and care givers to prevent, detect, and report health care fraud, errors, and abuses.



Presentations — Sign Up Required

Lunch n Learn with CentraState Healthcare Foundation

Estate Planning Strategies

Tuesday, March 21
12:30 pm- 1:30 pm

Don't miss this opportunity to get some valuable pointers on how to set up an estate plan that will help you reach your goals. Get a free second opinion and review of your existing estate plan.

Presenter,
Tracey Atwater, MBA, CFRE, FCEP



Posture Correction

Wednesday, March 22
10:30 am

"Sandy Neumann, Clinical Director at Atlantic Physical Therapy in East Windsor will be giving an interactive presentation entitled "Posture, the Magic Cure for Pain".

When it comes to pain prevention and alleviation, posture can be a major contributing factor. In this talk, we will discuss how to correct your posture with simple daily exercises that anyone can do. Correct posture for sitting, standing and functional activities will be included and participants will have the opportunity for individual help with correcting postural faults."

Presenter:
Atlantic Physical Therapy



How to be your Own Healthcare Advocate

Thursday, March 23
10:30 am

As someone who has spent decades in the healthcare industry, I know that seniors have unique needs and those can be challenging both to understand and to manage. Let's discuss how we can navigate the health care system by empowering you to be your own Health Advocate.

Presenter,
Lisa Crusier, LPN Nurse Advocate



Intro to the Virtual Library

Wednesday, March 29
10:30 am

Learn how to navigate two of Mercer County Library System's most popular electronic resources. A librarian from Hickory Corner Branch will demonstrate how eLibrary NJ and Hoopla allow you to listen to audiobooks and read ebooks on your smartphone, tablet, or laptop.

Presenter,
Mary M. Astarita
Senior Reference Librarian



Presentations - Sign Up Required



Using Your Wits

- ◆ 4-Part Program
- ◆ Sign up for current month only
- ◆ You do not need to attend all 4

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, March 16 @ 1:00 pm Sign up in March

In Using Your Wits Part 1 you will learn about each cognitive skill, its importance in overall brain function and what we can do to keep our minds as sharp as possible. All of our brain skills will be challenged with fun, interactive cognitive fitness exercises.

Thursday, April 20 @ 1:00 pm Sign up in April

Using Your Wits Part 2 provides an overview of our cognitive skills and goes into greater detail about our brain's anatomy and where each cognitive skill resides in the brain. We will challenge our brains with fun and interactive cognitive fitness, including optical illusions and will discuss games that you can play to improve your memory.

Thursday, May 25 @ 1:00 pm Sign up in May

Using Your Wits Part 3 will, again provide an overview of what our cognitive skills are and will provide information on brain nutrition and what foods to eat for optimum brain health. We will finish with food related cognitive fitness exercises hitting on all of our brain skills to feel them hard at work

Thursday, June 22 @ 1:00 pm Sign up in June

Using Your Wits Part 4 will, again, provide an overview of what our cognitive skills are and how they work, with a greater emphasis on memory. We will explore mnemonic devices, the tips and tricks we can use to help us remember things more easily, in greater detail and will finish with some cognitive fitness exercises to give our brains a good work out

SIGN UP REQUIRED

Lectures

Classical Comedians from Early TV



Friday, March 10
1:00 pm

As it is said, laughter is the best medicine. So come and learn about the people who made America laugh in the 20th century including Abbott & Costello, Sid Caesar, Lucille Ball, Jackie Gleason, Carol Burnett, Joan Rivers, Woody Allen and many in between. The primary focus will be on a sampling of some of their better known routines and sketches.

Presenter,
Larry Wolfert

Jewish New York



Friday, March 31
1:00 pm

New York City tour guide and historian, Marty Schneit, will provide an illustrated lecture on how Jewish America started in New York. He will discuss the Brownsville Girls, Shearith Israel, Temple Emmanuel, Jews of Brighton Beach, the Andrew Freedman House, Eldridge Street Synagogue, Rebbe Schneerson, Zabars, Henny Youngman — and of course — the egg cream!

Presenter,
Martin Schect

Parties



St. Patrick's Day Party

Friday, March 17 @ 12:00 pm

◆ **Corned Beef and Cabbage**

Potatoes

Carrots

Soda Bread

Vegetarian Lasagna

◆ Entertainment by DJ Scott

◆ Raffles

*****RSVP by Friday, March 10***
before 12:00 pm**

Social Gatherings

Book Club

Thursday, March 30
10:30 am - 11:30 am

Facilitator: Sharon Galbraith Ryer
Hickory Corner Library

Book: *Now is Not the Time to Panic*
by Kevin Wilson

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



“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, March 28 @ 12:30 pm

Cranbury Pizza
63 North Main St
Cranbury



Cranbury Pizza

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 and Chat @ the Senior Center

Tuesday, March 14 @ 2:00 pm

Meet us in the cafeteria for
coffee / tea and conversation



SIGN UP REQUIRED

Medicare Counselor



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.

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.

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

March 3, 24

Screenings - Appointment Needed

Blood Pressure Screening

Wednesday, March 8
Appointments start
@ 10:30 am



See front desk
to make your appointment

Hearing Screening

March 13
9:30 am - 11:30 am
Appointment needed

Dr. Jane Brady



Horizon Audiology, Inc.

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



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

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

St. Patrick's Day

Find and circle all of the words that are hidden in the grid.
The remaining 34 letters spell a secret message.

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

BEER	DANCING	HOLY DAY	POTATOES
BELFAST	DUBLIN	IRELAND	SEVENTEENTH
BISHOP	EVENTS	IRISH	SHAMROCK
CABBAGE	FEAST DAY	LEPRECHAUN	SNAKES
CELEBRATION	FESTIVAL	LIMERICK	SODA BREAD
CELTIC CROSS	GREEN	MARCH	TRADITION
CHRISTIAN	GUINNESS	MISSIONARY	YEARLY
CLOVER	HERITAGE	MUSIC	
CORK	HISTORY	PARADE	
CORNED BEEF	HOLIDAY	PATRON SAINT	

Word Search

Spring

Find and circle all of the words that are hidden in the grid.
The remaining letters spell a message about Spring.

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

ALLERGIES

APRIL

BASEBALL

BEES

CROCUSES

CYCLAMENS

DAFFODILS

DANDELIONS

EASTER

EQUINOX

FLOWERS

FROGS

GOLF

GRASS

GREEN

GROWTH

IRISES

LILIES

MARCH

MAY

NEW LEAVES

PLANTING

RAIN

RENEWAL

ROBINS

SEASON

SNOWMELT

SOFTBALL

SPRING BREAK

SPRING CLEANING

TULIPS

WARMER

WET

Word Search

Gardening

Find and circle all of the words that are hidden in the grid.
The remaining 27 letters spell a Lady Bird Johnson quote.

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

ANNUALS	GARDEN	ORGANIC	SEEDS
BEANS	GERANIUMS	PEAS	SHOVEL
BEETS	GLOVES	PERENNIAL	SOIL
BIENNIAL	GNOME	PETUNIAS	SPADE
BROCCOLI	GREENHOUSE	PINWHEEL	SUNSHINE
CARROTS	GROW	PITCH FORK	TOMATOES
COMPOST	HOES	PLANTING	TROWEL
CULTIVATE	HORTICULTURE	RAIN	TULIPS
DAISIES	HOSE	RAKE	VEGETABLES
DIGGING	HYDRANGEA	RELAXING	WATER
FERTILIZER	LILACS	ROSES	WEEDS
FLOWERS	LILIES	ROWS	WHEELBARROW
FUCHSIA	MARIGOLDS		

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>

