



SENIOR CENTER NEWSLETTER

May 2023



Dear Friends,

April was a time to celebrate our VOLUNTEERS. The Senior Center volunteers assist with overseeing center office needs, coordinating and operating senior programs and events, and participating in various community programs organized by the Senior Center. **Thank you to all of our wonderful, caring, generous Senior Citizen Center Volunteers, who make our Center work!**



*Congratulations to our honorees, **SYDELLE NORRIS** and **MARC PLATIZKY**, who received the **Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer for 2021/2022!** Sydelle, a kind and caring person, serves as member and Chairperson of the Township Commission on Aging and as a great Medicare Counselor, always going above and beyond in serving our seniors and sharing information and advice. Marc, a dedicated and tireless community volunteer, is Vice President of the Twin Rivers Board of Directors, member of the East Windsor Municipal Utilities Authority, member of Wheaton Pointe Board of Trustees, passionate volunteer with Joshua Harr Shane Foundation and teaches computer and smart phone literacy to seniors.*



Mayor Janice S. Mironov



May Newsletter Info

**Sign up begins IN-PERSON
Monday, May 1 @ 8:45 am**

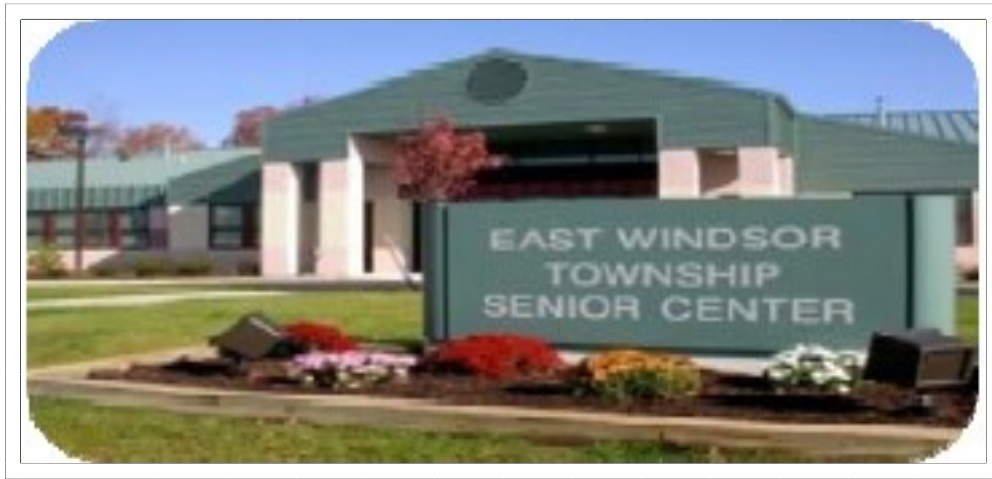
Program Sign Up sheet can be found
in a separate email and in the
lobby of the senior center.

TRIPS SIGN UP

May 1st, 2nd, 3rd (deadline on the 3rd is 12:00 pm)

Trip Sign Up sheets will be
located in the Art Room





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

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

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

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



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

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>

Township offices will be closed
Monday, May 29

MEMORIAL DAY

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: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.**

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

May Trips



Doolan's Kentucky Derby - Jersey Style

Come and celebrate the derby with your own hat creations. Order up your favorite drink while singing "My Old Kentucky Home." Enjoy the racing of stick horses and enjoy the band, food, and comedian—"Kentucky Style."

This trip is full

Date: Wednesday, May 3
Departure Time: 10:00 am
Return Time: 4:45 pm approximately
Cost: \$60.00 exact cash or check

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

One Hour Open Bar
Fresh Garden Salad and soup

Caterer's choice of:
◆ Beef Brisket
◆ Chicken Kiev
◆ Herbal Salmon

Dessert
Coffee/Tea
Wine and Soda served during lunch

Christmas Tree Shoppes Brock Farms Home & Garden Freehold Mall

Date: Tuesday, May 9
Departure Time: 9:00 am
Return Time: 2:30 pm approximately

A lot of walking

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



Columbus Market Indoor and Outdoor Vendors

This trip is full



Date: Thursday, May 18
Departure Time: 9:30 am
Return Time: 1:30 pm approximately

A lot of walking

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

June Trips



Date: Wednesday, June 7

Departure Time: 10:15 am

Boarding: 11:30 am

Sailing: 12:00 pm - 3:00 pm

Return Time: 4:30 pm approximately

Cost: \$85.00 exact cash or check

Community Bus Cost:

50 cents given to driver on day of trip

Lunch Buffet
Dessert
Beverages
Coffee and tea
Cash bar
Live DJ and dancing



Pt. Pleasant Beach and Boardwalk

Date: Friday, June 9

Departure Time: 10:00 am

Return Time: 3:30 pm approx

A lot of walking

Community Bus Cost:

50 cents given to driver

IMPORTANT

Be mindful of what you bring with you. The bus does not have storage for chairs, umbrellas, coolers, or large bags.



Sayen Gardens and Texas Roadhouse

Date: Friday, June 2

Departure Time: 10:00 am

Return Time: 2:30 pm approx

A lot of walking

Community Bus Cost:

50 cents given to driver.

Texas Roadhouse is pay on your own



Harrah's

CASINO

Atlantic City

Date: Friday, June 30

Departure Time: 9:00 am

Return Time: 6:00 pm

Coach Bus Cost: \$25.00

Exact cash or check

\$20 Free Slot Play



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 am
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

iPhone 101 1-Hour Private Sessions



Wednesday - May 3, 10, 17, 24, 31
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, May 1, 8, 15, 22
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!



TED TALKS

Tuesday, May 23
10:30 am

VIDEO:
How do you define yourself?
Lizzie Velasquez

[CLICK HERE](#) to view video

SIGN UP REQUIRED

Coin Club Meeting



Tuesday, May 9
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



Terry Goldstein's Trivia
will be back in June

We will have "Trivia with Roy Cohen" on May 5.
See page 20 of the newsletter for more details.

Interactive Programs



Learn the Game of Chess

Every Wednesday in May @ 1:00 pm

Sign up required (No Chess May 3)

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

The chessboard can be intimidating despite looking like a kitchen floor. Those 64 black-and-white squares are an intellectual battleground. But once the basics are memorized, playing with a patient friend becomes much easier.

Learning chess strategies, openings, endings, and other tricks is fun. But before you dive into trying to outwit opponents, get a firm grasp on the fundamentals.



Interactive Programs **Sign Up Required**

Paint by Numbers

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

****Limited Supply****

Every Friday @ 10:30 am

May 5, 12, 19, 26



- ◆ Painting choice may vary
- ◆ Sign Up Required

Crafts with Patti Monogram Wood Craft

Thursday, May 25
1:00 pm



Instructor:
Patti DeCristofaro

SIGN UP REQUIRED

Card Making with Alicia

Wednesday, May 3
10:30 am

Instructor,
Alicia Vincelette
Ink Edged Paper Art



The schedule for 2023:
2:00 pm

May 8 - Bring your own topic
July 10 - Topic TBD
September 11 - Bring your own topic
November 13 - Topic TBD

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

Moderator: Terry Goldstein

SIGN UP REQUIRED



Writers Group

Thursday, May 11
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:

Age cannot wither her, nor custom stale her infinite variety. William Shakespeare

“SIGN UP REQUIRED

Presentations — Sign Up Required

What you Should Know... Lyme Disease

Thursday, May 4
10:30 am

Lyme Disease? What is it? Steps to Prevention?
What to do if you find a tick on yourself or on your pet...

Followed by trivia questions.

Presenter,
TCNJ Nursing Students



When is it Time to get a Second Opinion?

Monday, May 8
10:30 am

Even though it may feel overwhelming to go through the process of talking through your diagnosis yet again, the benefits usually far outweigh the negatives.

Presenter,
Lisa Crusier



Skin Cancer Prevention / Detection

Wednesday, May 10

Derma Scan: 9:15 am
Presentation: 10:30 am

DermaScan Screening is a test that uses a special light to show skin damage that is invisible to the naked eye. We will follow with Skin Cancer Prevention education.

Presenter:
Vincent Smith



Prevention and Management Lower Back Pain and Sciatica

Monday, May 15
10:30 am

Join Dr. Redlich as he educates us on the prevention and management of pain in the lower back and sciatica. Q and A will follow.

Presenter,
Dr. Redlich
Athletic Trainer
Medical Coordinator



How Your Hands Change as You Age

Tuesday, May 16
10:30 am

Discussion about common hand problems: Osteoarthritis, Rheumatoid Arthritis, Carpal Tunnel Syndrome, Dupuytren's Disease, and more.....

Presenter,
Dr. Debkowska, MD
Orthopedic Hand Surgeon



Presentations — Sign Up Required

Begin a Walking Program

Wednesday, May 17
10:30 am



Walking is a great low-impact exercise that can help you meet your health and fitness goals at any age.

What are the benefits? How can walking-sticks benefit me? How much should I walk a day?

Join Atlantic Physical Therapy to learn how to get started.

Presenter,
Atlantic Physical Therapy



Personal Safety Program

Thursday, May 18
10:30 am



Investigator Joseph Armano has been employed by the Mercer County Sheriff's for over 20 years

The Personal Safety Presentation will give you information on personal safety and current scams to be aware of.

You will receive a free personal alarm and a demonstration on using the device.



Seniors in Transition

Thursday's:
May 4, 11, 18, 25,
June 1, 8, 15, 22

1:30 pm - 3:00 pm



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.

All About Nuts

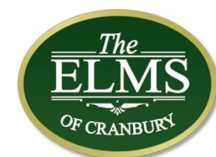
Wednesday, May 24
1:00 pm



Come join Kelly Aylward from the Elms Of Cranbury Rehabilitation & Nursing Care as she shares the many benefits of nuts.

She will have samples for all to try along with trivia questions and goodie giveaways. We hope to see you there, one step closer to healthy living!

Presenter,
Kelly Aylward
Director of Marketing



Presentations - Sign Up Required



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, 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.

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

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

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.

Party

A decorative border of white daisies with pink centers, arranged in a slightly curved line across the top and bottom of the pink banner.

Mother's Day Brunch
Friday, May 12 @ 11:00 am

Lecture

The Sixties: The Beach Boys' Story

Friday, May 19

1:00 pm

The Beach Boys are one of the most influential bands of the rock era. We will follow in the footsteps of Brian Wilson and The Beach Boys from their early days in California as they create their unique sound that often incorporated classical and jazz elements into their music. From surf music to hot rod classics to their baroque pop masterpiece "Pet Sounds," we will travel with The Beach Boys as they help to define the Sixties. The Beach Boys were inducted into the Rock and Roll

Sign Up Required



Entertainment



The Syncopations

Tuesday, May 16

1:30 pm

The Syncopations are a Senior Performance Troupe based in Princeton Junction, NJ. They entertain at active adult communities, senior centers, community events and festivals, and for clubs and organizations throughout the state.

They even performed in Hollywood on *"America's Got Talent!"*

Their unique programs feature an eclectic mix of dance styles, including Broadway jazz, Latin rhythms, vintage swing, disco, rock 'n roll, and a dash of hip-hop and tap, too! Comedy and song bring an added dimension to every performance.

Their high-energy routines make it clear why their motto is:
"We are not your grandmother's dance troupe!"

Sign Up Required

Entertainment

Team Trivia “That Trivia Guy”

Team Trivia is a professionally-hosted custom-designed game where teams compete against one another in a game of mental agility



Friday, May 5
1:00 pm

Multiple choice questions are delivered one at a time. Each team must secretly debate, select, and submit their group answer.

Once all groups have completed the question, the moderator discloses the correct answer, and indicates how many teams got it right.

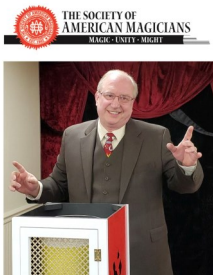
Sit back and watch the fun as the excitement, the emotion, and the competitions build!

Moderator, Roy Cohen



Monday, May 22
2:00 pm

Born in Brooklyn, NY before living in East Windsor for the last 22 years, George Hann has been practicing magic since he was 7 years old. He saw a card magician by the name of John Scarne appear on the Mike Douglas show and he was hooked ever since.



The next meeting of S.A.M. 181 is this week, Thursday, December 1, 2022, at 7:30 PM, our regular meeting night, we

George is a member of the Society of American Magicians (SAMs) and enjoys performing for charity events and giving magic lectures as well as charity work for the American Cancer Society, children’s hospitals, churches, synagogues, etc.

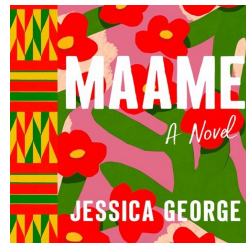
Social Gatherings - Sign Up Required

Book Club

Thursday, May 25
10:30 am - 11:30 am

Facilitator: Sharon Galbraith Ryer
Hickory Corner Library

Book: *Maame*
by Jessica George



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, May 23
@ 2:00 pm

Join us for a look back in time.

Newspapers from the 1950's and 1960's will be on display for your viewing pleasure.

“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, May 30 @ 12:30 pm

Teddy's Luncheonette
49 North Main St.
Cranbury



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



30-INCH SNOW EXCEEDS
Eastern Seaboard Hit By Worst Storm In His



Medicare Counselor

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) 01-01-2007
MEDICAL (PART B) 01-01-2007

SIGN HERE →

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**

May 12th and 19th

Screenings - Appointment Needed

Blood Pressure Screening

Wednesday, May 3
Appointments start
@ 10:30 am



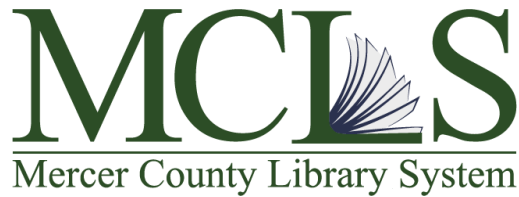
See front desk
to make your appointment

Skin Cancer Screening See page 16 "Presentations"

No appointment necessary but sign up for
presentation is required.



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



Happy Memorial Day



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

Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo quotation.

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

ACCEPTING
ADVICE
AMAZING
BEAUTIFUL
BELOVED
BLESSED
CARING
COMFORTING
CONSIDERATE
DEAR
DEVOTED
ENCOURAGING

FAMILY
FLOWERS
GENEROUS
GIVING
HELPFUL
HUGS
INSPIRING
JOY
KIND
LAUGHTER
LISTENER
LOVING

MENTOR
MOTHER
NICE
NURTURING
PRECIOUS
PROTECTIVE
PROUD
RESPECTFUL
SELFLESS
SHARING
SMILES

STRONG
SUPPORTIVE
TEACHING
TENDER
THOUGHTFUL
TOLERANT
TRUSTING
WARM
WATCHFUL
WISE
WONDERFUL

Word Search

Kentucky Derby

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

Orb
Run for the Roses
Genuine Risk
Northern Dancer
Bourbon
Thoroughbred
Secretariat

Barbaro
Parade to post
Swale
Churchill Downs
Mint Julep
Seattle Slew

I'll Have Another
Alysheba
Affirmed
Big Brown
Triple Crown
Paddock

Real Quiet
Riva Ridge
Sunday Silence
Purse
Silver Charm
Furlong

Word Search

Memorial Day

WORD SEARCH

AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS
FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE
PATRIOTIC



REMEMBRANCE

VETERANS

SACRIFICE

WAR

SALUTE

SERVICE

SOLDIERS

TAPS



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>

