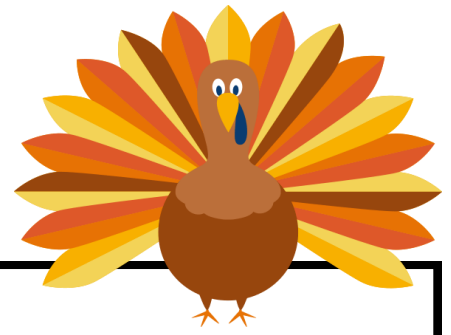




SENIOR CENTER NEWSLETTER

November 2023
609-371-7192



Dear Friends,

VOTE: Election Day, Tuesday, November 7. Remember **Vote by Mail Ballots** must be post marked by or returned by 8 p.m. on November 7 in the local **Dropbox** at the *Police / Court Building at 80 One Mile Road*. You can **Vote Early in Person thru November 7**, Monday – Saturday from 10am to 8 pm and Sunday 10am to 6 pm at the **Hickory Corner Library** (138 Hickory Corner Road) or any early voting location in Mercer County.

Apple Montessori School opened a new child care early education facility off of Old Trenton Road just north of the intersection with County Route 571. Founded in 1972 with 17 locations across New Jersey, Apple Montessori is accredited through the Middle States Association Commissions on Elementary and Secondary Schools and offers early education and care to children 6 weeks to 6 years in programs for infants, toddlers, preschool, Kindergarten, and summer camps.

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

Newly promoted Police Lieutenant Philip Melhorn, hired in July 2006, will be Commander of Administrative Services. He served in Uniform Services as a Field Training Officer and Evidence Technician, then in January 2017 became Detective in Investigative Services, and in February 2019 was promoted to Sergeant. Lieutenant Melhorn also has served as Public Information Officer, Municipal Counter Terrorism Coordinator, Child Abduction Response Team Liaison and a member of the Internal Affairs Unit. Lieutenant Melhorn received a B.S. degree from The College of New Jersey and M.S. degree from the University of Nevada.

Newly promoted Sergeant Kenny, hired in August 2006, will be a Platoon Supervisor in Uniform Services. He served in Uniform Services as a Field Training Officer, in November 2022 became Detective in Investigative Services, and has served as a Firearms Instructor and Precision Rifle Operator. He received a B.A. degree and M.S. degree from Fairleigh Dickinson University.

East Windsor presented a Mayor Proclamation to Reverend James R. Egan, Pastor of Saint Paul Lutheran Church, upon his retirement after 45 years, honoring his forty-five years as the leader of Saint Paul's and substantial service to the entire community.

Mayor Janice S. Mironov



November Newsletter Info

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

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

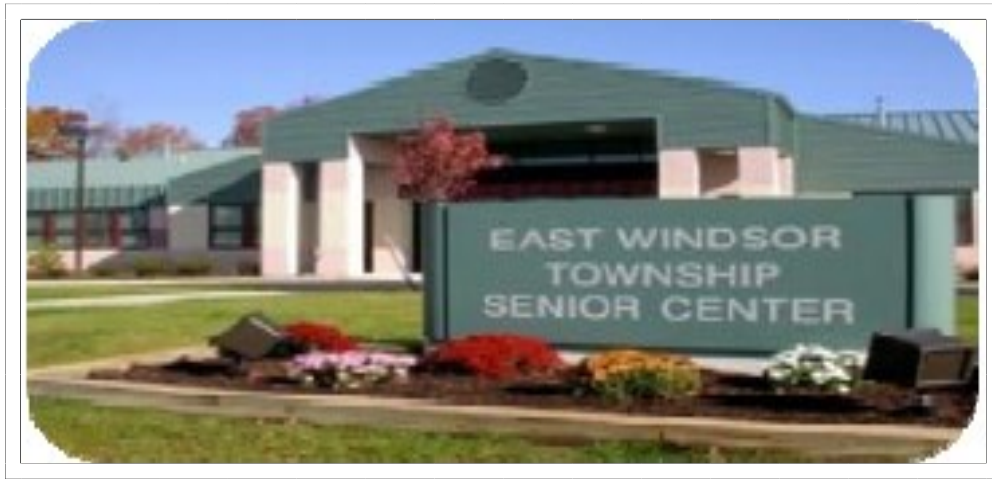
TRIPS SIGN UP

November 1, 2, 3
(deadline on the 3rd is 12:00 pm)

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

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

Trip Sign Up sheets will be
located in the Art Room



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

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

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

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



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

Kelly Roman
Senior Center Director
Rebecca Liming
Program Coordinator



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

Plastic Film Recycling

EAST WINDSOR TOWNSHIP
PLASTIC FILM RECYCLING
Trex Recycling Challenge



PLASTIC FILM RECYCLING

- GROCERY AND RETAIL BAGS
- ZIPLOCK AND OTHER RESEALABLE STORAGE BAGS
- PLASTIC SHIPPING ENVELOPES
- PALLET WRAP AND STRETCH FILM
- BREAD BAGS
- AIR PILLOWS
- BUDDLE WRAP
- NEWSPAPER SLEEVES
- CASE OVERWRAP AND PRODUCT WRAP
- PRODUCE AND ICE BAGS
- DRY CLEANING BAGS

DROP OFF YOUR PLASTIC FILM DURING EWT RECYCLING DAYS OR AT PUBLIC WORKS FACILITY ON WARD STREET & ETRA ROAD
QUESTIONS, CALL (609) 443-4000, EXT. 215
ALL PLASTIC MUST BE CLEAN, DRY AND FREE OF FOOD RESIDUE

Please take notice of the black recycling can located in front of the Senior Center. It is labeled, "Plastic Film."

Veteran's Day



COVID TESTS



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

[CLICK HERE](#)

Or go to: covid.gov/tests

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

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

Senior Resource Directory



EWT Senior Citizens Resource Directory

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

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

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

Township Information



SPECIAL NOTICE: Early In-Person Voting Is Available

from Saturday, October 28 through Sunday, November 5 at Seven Sites in Mercer County. Early Voting hours are **Monday through Saturday, 10 A.M. to 8 P.M. and Sunday, 10 A.M. to 6 P.M.** Voters can cast their ballot at **any** of the Mercer County seven early voting sites which are listed below:

- o **East Windsor:** Hickory Corner Branch Library, 138 Hickory Corner Road
- o **Ewing:** Mercer County Office Park, 1440 Parkside Avenue
- o **Hamilton:** Colonial Fire House Company, 801 Kuser Road
- o **Pennington:** Pennington Fire Company, 120 Broemel Place
- o **Princeton:** Princeton Shopping Center, 301 North Harrison Street
- o **Trenton:** Trenton Fire Headquarters, 244 Perry Street

Vote By Mail Applications for November 7, 2023 Election Are Available on-line at the New Jersey Division of Elections website ([CLICK HERE](#)) or from the Municipal Clerk's office. Applications must be mailed or delivered in person and cannot be submitted by facsimile or email. **Mailed applications must be received at least seven days prior to the election.** Voters also can apply in person at the County Clerk's office in Trenton until 3 P.M. on November 6. **Completed Vote by Mail Ballots must be postmarked or returned to Drop-box by 8 P.M. on November 7. Local Dropbox for return of Vote by Mail Ballots is located at the Court/Police Building (80 One Mile Road).** Questions can be directed to the municipal clerk's office at (609) 443-4000, ext. 238.



East Windsor Will Hold Free Rabies Clinics for dog and cat owners on **Saturday, November 4** from 1 P.M. to 3 P.M. at East Windsor Volunteer Fire Company No. 1 at 51 One Mile Road and on **Saturday, November 11** from 1 P.M. to 3 P.M. at East Windsor Volunteer Fire Company No. 2 at 69 Twin Rivers Drive.

Owners will be required to show a certificate of previous rabies vaccination to receive a vaccination of three year duration; otherwise vaccinations of one year duration only will be provided.

For safety, all animals must be properly restrained by leash or carried.

For more information, contact the Animal Control Officer at (609) 448-5678, ext. 229 or ([CLICK HERE](#)).

Township Information

Township Offices will be Closed

Thursday, November 23
Friday, November 24



Are you signed up for Nixle?

Nixle communications system enables immediate text messages to **registered** cell phones and email addresses, to alert residents and businesses about safety and health subjects, such as severe weather conditions, traffic disruptions, road closures, flooding conditions, power outages, and important public health notices as well as other significant community updates and announcements.

<https://www.east-windsor.nj.us/nixle>

E-News Updates

IMPORTANT: Residents Are Encouraged to Register and Urge Other Residents to Register to Receive E-News Updates. E-News is used for alert communications in significant weather and service impacted situations, as well as generally weekly to provide information on new businesses and stores, roadway projects, grants, special events and other subjects of public interest. ([CLICK HERE](#)) or visit the East Windsor Township website at www.east-windsor.nj.us to register for E-News. East Windsor officials seek to expand resident subscribers. **PLEASE SEND THIS E-NEWS INFORMATION TO YOUR EAST WINDSOR FRIENDS AND FAMILY ENCOURAGING THEM TO SIGN-UP**

<https://www.east-windsor.nj.us/e-news>

Volunteer Opportunities

East Windsor Township Mayor and Council Encourage Citizens to Volunteer for Township Boards and Committees in the New Year.

Citizens can apply to serve on the:

- ◆ Clean Communities Advisory Committee
- ◆ Commission on Aging
- ◆ Economic Development Committee
- ◆ Environmental Commission
- ◆ Health Advisory Board
- ◆ Planning Board
- ◆ Recreation Commission
- ◆ Zoning Board of Adjustment
- ◆ East Windsor Municipal Alliance for the Prevention of Substance Abuse.



Residents interested in volunteering can obtain an application form from the municipal clerk or can fill out this form ([CLICK HERE](#)) and return by email to clerk@east-windsor.nj.us, by fax to [\(609\) 443-8303](tel:(609)443-8303), or by drop off or mail to Mayor Janice S. Mironov and Council, East Windsor Municipal Building, 16 Lanning Boulevard, East Windsor, New Jersey 08520.

For further information, call the Municipal Clerk's Office at [\(609\) 443-4000](tel:(609)443-4000), ext. 238.

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

Don't Forget.... East Windsor has a Medicine Drop Box

The Township, in partnership with non-profit corporation American Medicine Chest Challenge, has installed a permanent medicine drop box to provide residents with a safe, convenient and legal option to dispose of unwanted, unused or expired medications on a year-round basis.

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

Community Bus



50 cents round trip

The Senior Center community bus is back on the road. We have enhanced our cleaning efforts to include daily disinfecting. Masks are optional while on the bus. We follow NJTransit and CDC Guidelines while on the bus. Eating and drinking are prohibited.

Shopping locations include Shop Rite, Walmart, Target, Dollar Store...
Doctor appointments must be located within East Windsor or Hightstown.

Please call the senior center to reserve your seat.

Monday and Wednesday

Hightstown area 8:30 am
Windsor Crossing area 8:45 am
Twin Rivers 9:15 am

Tuesday and Thursday

The Orchard 8:45 am
Wheaton Point 9:00 am
The Woods 9:00 am
East Windsor side of Rt.130 9:10 am
(Dutch Neck, One Mile Rd, Hickory Corner Rd...)
St. James 9:30

**Our Bus is not only used for shopping but also for trips.
Please understand the above schedule is subject to change.**

TRIPS

- ◆ Everyone must ride the bus “round-trip.” No exceptions.
- ◆ Straying from the group outside the location of the trip is not allowed.
- ◆ Do not ask the bus driver to go to additional locations.
- ◆ See each trip description for cost.
- ◆ Masks are optional while on the bus. .
- ◆ Please call the senior center to sign up 609-371-7192

Trips



IMPORTANT

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

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

November Trips



Chocolatrium

Guided Tours ♦ Retail Store



This Trip is Full

Discover the history of chocolate and how it evolved throughout the centuries on a privately guided chocolate tour. See the wonders of the cocoa [Plantation](#) and learn the craftsmanship of Cluizel French chocolate.

Full Guided Tour

- History of chocolate
- The process of beans to bars
- Tasting of chocolates

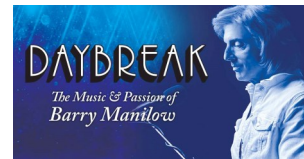
A Unique Gourmet Tasting

- 1 hot chocolate tasting
 - 2 chocolate truffles
 - 1 French macaron
- 1 mini French pastries/brownie
- Light Lunch: quiche, salad & bottled water

Date: Monday, November 6
Departure Time: 10:45am
Return Time: 3:00pm approx.

Cost: \$64.00pp exact change or check
Coach bus

ALGONQUIN



**Barry Manilow
Tribute**

This Trip is Full

Get ready to experience one of the most authentic tribute acts ever to hit the music scene as DAY-BREAK "The Music & Passion of Barry Manilow" takes you on a musical journey back to the '70s.

Date: Sunday, November 12
Departure Time: 1:30pm
Show time: 3:00pm
Return Time: 6:00pm approx.

Cost: \$38.00 exact cash or check
Community Bus: 50 cents
given to driver on day of trip

Delicious Orchard and Freehold Mall



Date: Monday, November 20
Departure Time: 9:45am
Return Time: 3:00 approx

FYI—Be prepared for holiday wait-lines at
Delicious Orchard

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

December Trips

SURFLIGHT
THEATRE
BEACH HAVEN, NEW JERSEY



Date: Tuesday, December 5

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

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



Lunch @ Panzone's Pizza and Pasta

Departure Time: 9:30am

Lunch: 11:30 am @ Panzone's

Show: 2:00 pm @ Surflight Theatre

Return Time: 6:30 pm approx.

Cost: \$85.00

Includes show, lunch, and coach transportation

Panzone's Lunch Menu

New England Clam Chowder
Bread and Olive Oil

Choice of:

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

Mini Cannoli
Coffee - Tea - Soda

December Trips

Date: Friday, December 8

Depart from Senior Center: 9:00 am sharp
Depart from AC: 4:00 pm
Return: 6:00 pm approx.
Cost: \$35.00 exact cash or check
Coach Bus



\$15 Slot Play

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

**Please notice price increase per STARR Transit Company:
Moving forward, all AC trips will either cost \$32 pp or \$35
pp depending on the season.**

WOODBRIIDGE CENTER

Holiday Shopping!



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

Date: Wednesday, December 6

Depart : 10:15am
Return: 3:00pm

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



Date: Thursday, December 14
Depart : 7:45am
Return: 5:00pm
Cost: \$35 exact cash or check

Coach Bus

It's a craft lovers dream at Christkindlmarkt in Bethlehem, PA!

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

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

- ◆ Over 100 vendors
- ◆ Indoor and outdoor
- ◆ A lot of walking
- ◆ Cost includes coach bus transportation and entrance ticket

Things to do...No sign up required

Visit our Stationary Equipment Room

Hours: 8:30 am - 3:30 pm M-F

There will be an attendant in the room to assist and answer any question you may have.



- ◆ 4 Stationary Bikes
 - ◆ 2 Treadmills
 - ◆ 1 Elliptical
 - ◆ 1 Rower
- ◆ Various other machines



Sneakers are required to use the equipment



Game Room

Pool Tables
Ping Pong
Bridge and Card Games
Board Games
Puzzles

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

BINGO				
1	27	33	48	75
8	19	45	56	61
3	18	FREE SPACE	49	69
15	26	41	53	66
2	21	37	46	65



Bridge Club
Every Day at
1:00 pm



Chess Club
Every Wednesday
1:00 pm



Computer Room

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



Our Library
We accept book donations

Tutoring

iPhone 101 1-Hour Private Sessions

iPhone tutor will return in January

Are there features on your cell phone you don't know how to use?

- ◆ Texting
- ◆ Using Apps
- ◆ Retrieving email
- ◆ Using camera and video
- ◆ Using the internet
- ◆ Playing games
- ◆ Changing settings
- ◆ Installing updates
- ◆ Setting alarm/using calculator
- ...and so much more.



Just ask the tutor!

Computer Tutoring 30-Minute Private Sessions

(also knowledgeable in iPhone and iPad)

Monday's
By appointment only

- ◆ Are you a beginner with no experience using a computer?
- ◆ Have you never used a computer?
- ◆ Learn how to maneuver the mouse.
- ◆ Do you need help with email?
- ◆ Do you want to print from your computer?
- ◆ Do you want to play Solitaire?
- ◆ Do you need help changing the settings?



Just ask the tutor!

Interactive Programs

Seniors in Transition

This 7-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.



Topics may include but NOT limited to:

- ◆ Role of families and expectations of our children
 - ◆ Concerns about children and grandchildren
 - ◆ Dealing with loss
- ◆ Managing life alone; changing marital status
 - ◆ Learning to ask for help
 - ◆ Letting go; acceptance
- ◆ Caregiving and the role of the caregiver
- ◆ Concerns about children and grandchildren
 - ◆ Downsizing; housing options

The group is facilitated by;
Susan Flaster, RN, BSN, MPA, CMC
Cindy Kramer, Med, MSW.

***Dates:** (Mondays)
November 27
December 4, 11, 18
January 8, 15, 22

Time: 1:30pm-3:00pm

*Typically this group runs 7 consecutive weeks.
Due to the holidays, the group will not meet on
December 25 or January 1.

Interactive Programs sign up required

Paint by Numbers

Every Friday
@ 10:30 am



Purchase your own kit on Amazon.

[CLICK HERE](#)

to see examples or purchase on Amazon



Tuesday, November 28
10:30 am

VIDEO:
What to trust in a “post-truth” world
Alex Edmans

[CLICK HERE](#) to view video



Magic Club

Every Wednesday
1:00pm

Learn the “Sleight of hand” card tricks and techniques

Club Instructor;
George Hann



Coin Club

No Coin Club for November



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



Thursday,
November 9
10:00am-11:00am

Bring 1-2 pages of your own work to read and discuss with other writers or create a writing based on the following prompt:
“Until the cows come home”

Writing Instructor: Nancy Cathers Demme



Thursday, November 16
@1pm

Two hours of traditional
board games with friends.

Interactive Programs sign up required

Crafts with Patti

Wood Slice Painting

Thursday, November 9

1:00 pm

Instructor:

Patti DeCristofaro



Monday, November 13

@ 2:00pm



Topics to be discussed:

- ◆ Is there evidence to support the existence of life, whether intelligent or not, on other planetary bodies within our vast universe?
What scientific methods and technologies are being used to search for signs of extraterrestrial life, and what discoveries or challenges have been encountered?
If intelligent life was discovered beyond Earth, what implications would this have for our understanding of the universe, our place within it, and the possibility of communicating with these extraterrestrial civilizations?
- ◆ In the digital age, the balance between personal privacy rights and the necessity for surveillance has become an important ethical concern.
On one hand, safeguarding individual privacy is fundamental. Citizens expect their digital communications and data to remain confidential.
Conversely, surveillance is crucial for national security, law enforcement, and the prevention of cyber-crimes.
Striking the right balance is complicated. As technology advances, the debate over this balance evolves, emphasizing the importance of discussion to navigate the complex challenges presented by the digital age.



Terry Goldstein's Trivia

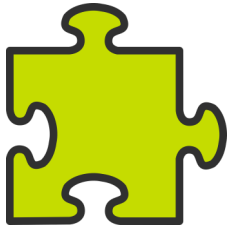
Will be back in December

Test your knowledge
Work your brain
Exercise your memory

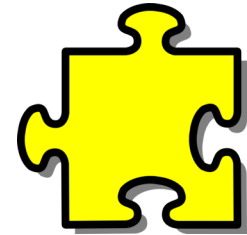


Winter Card Making with Alicia

Coming in December



Puzzle Group



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



Why are puzzles important for seniors?

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

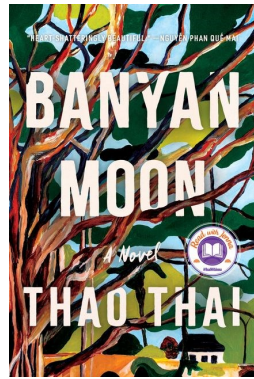
Jigsaw puzzles for eg, exercise the left and right sides of your brain at once. Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive.

Social Gatherings - Sign Up Required

Book Club

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

Book: *Banyan Moon*
by Thao Thai
Facilitator:
Sharon Galbraith Ryer
Hickory Corner Library



Pin Cushion Corner

Every Tuesday
@ 1:00 pm

Bring your knitting, crochet projects, or needle-point and socialize with others while working on your project.

SIGN UP REQUIRED

“Dine Around” is Back!

Let's meet for lunch once a month. We will choose a local eatery for you to enjoy with members of the senior center.

Tuesday, November 28
@ 12:30 pm

Town Diner
431 Rt. 130 N
East Windsor



IMPORTANT: We make reservations based on sign-up. The restaurants take time to arrange tables with place settings and may have to hire help to accommodate us. PLEASE call us if you need to cancel.

This is a pay on your own event.

SIGN UP REQUIRED



Afternoon Coffee Chat
@ the Senior Center

Wednesday, November 29
@ 2:00 pm

SIGN UP REQUIRED

Health Screenings

Blood Pressure Screening

Wednesday, November 8
Appointments start
@ 10:30 am



By appointment only

Osteoporosis Screening



Monday, November 13
Appointments start
@ 10:00 am

By appointment only

20

Presentations Sign Up Required

Monday, November 6
10:30 am - 11:30 am

Do you feel off balance or feel like you are going to fall? Maybe you've even already had a fall?



Pamela Rinaldi, Director of Trinity Rehab in East Windsor, will discuss components of balance, fall prevention strategies, and how physical therapy can improve your balance and quality of life to **KEEP YOU ON YOUR FEET!**



An Apple a Day

Tuesday, November 7
1:00pm - 2:00pm

It's apple season!

Did you know there are 2500 varieties of apples in the US alone? Come learn the different types and the benefits of apples.

Presenter;
Kelly Aylward of The Elms
and
Rachael of Bear Creek



Tuesday, November 7
10:30 am - 11:30 am

Very powerful...

Chakra Tune-Up is a meditation & chanting , to clear out all the debris in your chakras/energy field and to also activate and harmonize and balance Your chakras , leaves you feeling like you got a healing.

Adrienne Gammal



Diabetes Awareness
Followed by a Q & A
Wednesday, November 8
@ 10:30am

An overview of Diabetes and how to manage to avoid complications.



Presenter;
Ines Lecerf
Educator, Community Health
RWJ Hamilton

Making "Cents" of Caregiving Costs



Thursday, November 9
10:30am

This program introduces participants to essential information caregivers need to more easily manage some of the complexities of caregiving.

By the end of this presentation, we hope you will have the confidence to make your own plans, as well as a better understanding of how to plan for your care recipient.

Presentations Sign Up Required

Veteran Benefits



Tuesday, November 14
10:30 am - 11:30 am

Are you a Veteran? Are you aware of the benefits that may be available to you?

Join Archer Law for an informative discussion about Veteran Benefits.



Wednesday, November 15
9:00am - 3:00pm

Claim your safe driver discount

When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

There is a cost for this course



Drumming Healing Session

Monday, November 20
2:30pm

Experience a Sound Healing and Aura Cleansing.



Adrienne will be using a Native American Frame Drum, Energy Gong, Shamanic Rattles, Crystals, Feathers and Celestial Chimes, to help release any stress, stagnant energy and emotional debris. This Healing will Clear and Purify your Aura & Energy field, sweeping out what no longer serves you, allowing you to feel relaxed, refreshed and energized.

You will sit in a chair to receive this healing

Six Pillars of Brain Health



Tuesday, November 21
10:30am - 11:30am

The Six Pillars of Brain Health workshop is designed to empower participants to take charge of their brain health and learn more about the six pillars of a healthy brain lifestyle. Participants will learn about practical, brain-boosting behaviors.



AARP Driver Safety

THERE IS A COST FOR THIS COURSE

- ◆ AARP Member Cost - \$15.00
- ◆ Non-member Cost - \$20.00
 - ◆ Exact cash or check
- ◆ Check made payable to AARP²²

Entertainment Sign Up Required



The Syncopations “Salute”

Friday, November 3
1:00pm—1:45pm

Let's welcome back, The Syncopations!
A musical tribute to both Veterans Day, and the Broadway Stage.

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.

Jersey Harmony Chorus

A competitive, 4-part harmony, a cappella, women's chorus

Friday, November 10
1:00pm performance

A women's choral ensemble, performing a cappella music in barbershop and other musical styles.



Our membership includes women of all ages and represents a wide range of occupations and backgrounds. Our common bond is a love of singing and performing. Our repertoire includes pop music, show tunes, patriotic songs, and holiday music.

Join us for a 30 minute performance



Tuesday, November 14
@ 1:00pm—2:30pm

Party



Veterans Luncheon (for Veterans only)

Friday, November 3
11:30am - 12:30pm

Thanksgiving Luncheon

Friday, November 17
12:00pm—2:00pm



***RSVP by Friday, November 10 @ 12pm**
***We will not take sign-ups after this date**

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Check out our photos at the senior center parties!

[CLICK HERE](#)

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

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

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Medicare Counselor

Do you need the Medicare Counselor?

Will you soon be eligible for Medicare and need information on obtaining Parts A and B and understanding the different Medicare options, timelines, costs and benefits?



Have you recently moved from another state to New Jersey and need information on Medicare options in Mercer County, NJ?

Are you or your spouse considering retirement and need information on how Medicare works with your current plans or should you switch to Medicare?

Are you worried about the costs associated with Medicare? Would you like help learning about programs to help with the costs of Medicare and eligibility requirements.

Do you need help understanding the Medicare appeals process?

The Medicare counselor can provide unbiased information with all of these questions and more at no cost to you. For an appointment, call the Senior Center at 609-371-7192

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

Medicare's Open Enrollment Period

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

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

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



Medicare Appointments

November 2, 3, 8, 9, 15, 17, 21, 22, 28, and 29

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

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

Fraud Education



Someone may contact you claiming to be a Medicare representative who can help you save money by getting some form of additional coverage. The caller might ask for personal information or checking account numbers, and even have some information about you. If you get a Medicare-related call, email or text, ignore it. If you have questions about your health coverage, contact Medicare directly. **Unless you are expecting a return call from someone specific, it is not likely Medicare will call you.**

Medicare scams by phone are a common occurrence in the United States. Scammers often target older Americans whose Medicare eligibility opens the door to health insurance fraud¹. They may spoof the number that appears on your caller ID so that an incoming call seems to be from a government agency or a health provider that you already know and trust. They do this to entice you to answer. When you pick up, a scam caller usually starts chatting you up to engage you, asking you conversational questions to put you at ease. Whatever scam scenario follows, the caller is trying to get your personal information, such as your Medicare card number, your Social Security Number, or other health insurance identification¹.

It's important to note that Medicare does not call you uninvited and ask you for personal or private information. You will usually get a written statement in the mail before you get a phone call from a government agency. Calls requesting health insurance information should not be trusted¹.

If someone calls claiming to be from Medicare, asking for your Social Security number or bank information to get your new card or new benefits, that's a scam. Don't give personal information to a caller claiming to be from Medicare. You can't trust caller id².

Exercise Classes



Please visit the front desk for a description of classes



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

\$1 per class

Challenge yourself.

Must wear sneakers

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

Don't forget about our Stationary Exercise Equipment Room!



Word Search

veterans day word search

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

admiral
barracks
chaplain
deployment
major
pettyofficer
sergeant

airforce
basictraining
coastguard
enlisted
marines
private
service

airman
branch
colonel
ensign
military
rank
soldier

armedforces
camouflage
commander
general
navy
sailor
stationed

army
captain
corporal
lieutenant
officer
seaman
veteran

Word Search

Thanksgiving Dinner



BAKED APPLES
BISQUITS
BUNDT CAKES
BUTTER
CARROTS
CELERY STICKS
COFFEE
CORN CASSEROLE
CRANBERRIES
DEVILED EGGS
DINNER ROLLS

DRESSING
GRAVY
GREEN BEAN CASSEROLE
HAM
HONEY
JELLY
MASHED POTATOES
NAP
OLIVES
PECAN PIE
PICKLES

PRAYER
PRIME RIB
PUMPKIN PIE
SALADS
SECONDS
STUFFING
SWEET POTATOES
TEA
TURKEY
WHIPPED CREAM

Word Search

Autumn



ACORNS
APPLE
AUTUMN
BAKING
BERRIES
BONFIRES
BOOTS
BROWN
CANDYCORN
CAMEL
CHESTNUTS
CINNAMON
COFFEE
COLORFUL
CORNUCOPIA
DECORATIONS
FALL

FALLBREAK
FESTIVALS
FLANNEL
FODDERSHOCK
FOLIAGE
FOOTBALL
FORRESCREATURES
GOLD
GOURD
HARVEST
HAYRIDE
HAYRIDES
LEAFPILE
LEAVES
MAIZE
NOVEMBER
OCTOBER

ORCHARD
PIE
PINECONE
PUMPKINPATCH
PUMPKINSPICE
RAKE
SCARECROW
SCARF
SEASON
SEPTEMBER
SWEATER
THANKFUL
TREES
WEATHERCHANGE
WREATH
YELLOW

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>

