



SENIOR CENTER NEWSLETTER

October 2023
609-371-7192



Dear Friends,

Tuesday, November 7 is Election Day, for the entire NJ Legislature, Mercer County offices and East Windsor Council. If you have applied to **Vote by Mail**, look out for your ballot, complete it, and return it by mail or place in the local **Dropbox** at the *Police/Court Building at 80 One Mile Road*. You also can **Vote Early in Person** from **October 28 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.

Cinnaholic Gourmet Cinnamon Rolls has opened in Town Center Plaza on Route 130 North, next to Jersey Mike's. Cinnaholic is a 100% vegan bakery specializing in fresh baked dairy, lactose, egg and cholesterol free products. Cinnaholic's "create your own" cinnamon rolls feature over 20 unique frosting flavors and a variety of fresh and decadent toppings. In addition to their signature fresh-baked cinnamon rolls, the menu features Baby Buns, cookies, brownies and raw edible cookie dough.

Getinge, Global Life Science Company, will occupy the entire newly constructed **167,500 SF building in the Innovation Park Complex on Princeton-Hightstown Road**. Getinge, founded in Sweden in 1904, is a global medical device technology company which provides innovative equipment and systems to healthcare industries, to increase productivity and to improve peoples' quality of life and save lives. The company has over 11,000 employees in 40 countries and centers in France, China, Germany, Poland, Sweden, Turkey, Netherlands and the United Kingdom. **The newly constructed modern Innovation Park**, on 86.97 acres formerly occupied by McGraw Hill and comprised of two buildings, is designed to attract innovative high-tech business and incorporates modern unique architectural features and extensive outdoor green areas, benches and a walking pathway.

East Windsor was awarded **\$1.3 Million state funds for Parks and Recreation**. The Township will use the grant funds toward park improvements notably restoration of the Brooktree Pathway and purchase of new play equipment for Anker Park. The Township also is considering **outdoor recreation amenities for the Senior Center** enabling seniors to enjoy more programs and fun outdoors together, as a large pavilion allowing outdoor classes and socializing, shuffleboard and/or bocce court and/or horseshoes, cornholes, and chess and checker tables.

Work has begun to resurface the remaining **Brooktree neighborhood streets, Edwards, Lynnfield, Poplar Run and Maple Stream**, with completion by late October. Engineering contracts have been awarded for roadway improvements in **Cranbury Manor** (\$950,000 state grant) and **Beechcroft area** (\$833,860 state grant), with roadway work planned for 2024.

Mayor Janice S. Mironov

A decorative border surrounds the page, featuring a brown tree branch with small buds at the top left, and various autumn leaves in shades of red, orange, yellow, and green scattered around the edges.

October Newsletter Info

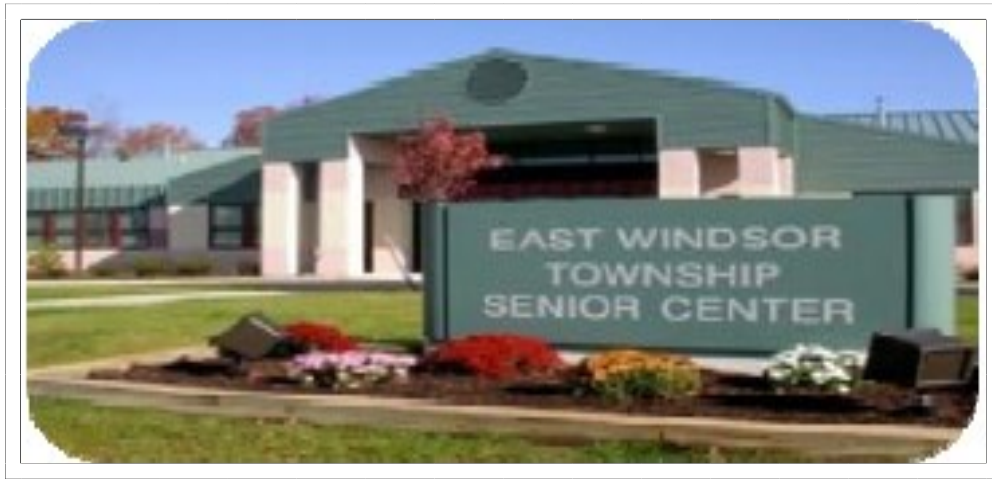
**Sign up begins IN-PERSON
Monday, October 2 @ 8:45 am**

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

TRIPS SIGN UP

October 2, 3, 4
(deadline on the 4th 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*
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



**GROCERY AND
RETAIL BAGS**



**PALLET WRAP AND
STRETCH FILM**



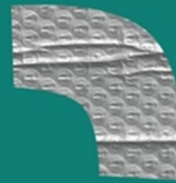
BREAD BAGS



AIR PILLOWS



**ZIPLOCK AND
OTHER
RESEALABLE
STORAGE
BAGS**



BUBBLE WRAP



**PLASTIC
SHIPPING
ENVELOPES**



**CASE OVERWRAP
AND PRODUCT
WRAP**



**PRODUCE
AND ICE
BAGS**



**DRY CLEANING
BAGS**



**NEWSPAPER
SLEEVES**

DROP OFF YOUR PLASTIC FILM
DURING EWT RECYCLING DAYS OR
AT PUBLIC WORKS FACILITY ON
WARD STREET & ETRA ROAD
QUESTIONS, CALL
(609) 443-4000, EXT. 215

ALL PLASTIC MUST BE CLEAN,
DRY AND FREE OF
FOOD RESIDUE

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

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.](#)



Township Information

**Senior Center Closed
Monday, October 9**



**Special Passport Day
Thursday, October 12**



2:30 P.M. to 6:30 P.M. at the East Windsor Municipal Building at which the Mercer County Clerk's Office will process United States passport applications on-site for residents. Residents can just show up, **but are encouraged to call (609) 989-6473 to reserve a specific appointment time.**

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>

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 photo 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, red and black letters. Below this, there are logos for Project Medicine Drop and the website 'ProjectMedicineDrop.com'. On the right side, there is a red arrow pointing to a smartphone displaying the Project Medicine Drop app interface. Below the smartphone, the text says 'Drop them off...'. At the bottom left of the banner, there is a statistic: '70% of opioid abuse starts with easy access to unused pills.'

Easy access can be deadly!

Unused Meds?

Drop them off...

70% of opioid abuse starts with easy access to unused pills.

ProjectMedicineDrop.com

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

October Trips

Peddler's Village

Experience Scarecrows
in the Village

CHOOSE ONE DATE ONLY

Date: Thursday, October 5

OR

Friday, October 6 **FULL**

Depart Time: 10:15 am sharp

Return: 3:00 pm approx.

Community Bus:

.50 given to the driver

A lot of walking



PINES DINNER THEATRE



Cancelled
due to low enrollment

Date: Wednesday, October 11

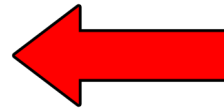
Departure Time: 10:00 am

Lunch: 12:30 pm

Show: 1:30 pm

Return Time: 6:00 pm approx.

Peddler's Village



Still Available
Thursday, October 5



October Trips

Atlantic City



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.

Date: Friday, October 13

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.

Rancocas Woods Shops Mount Laurel, NJ

- ◆ **Craft and Antique Event**
- ◆ **Indoor and Outdoor Shops**

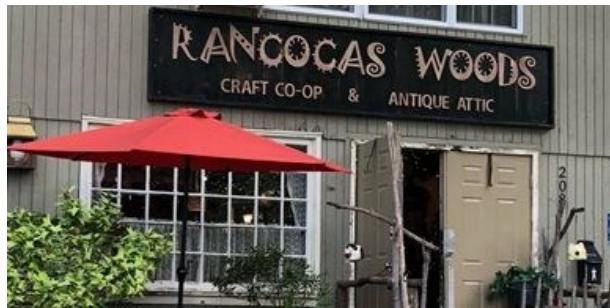
Date: Saturday, October 28

Depart : 9:30 am sharp

Return: 2:30 pm

Community Bus Cost:

50 cents given to driver on day of trip



Creek Mercantile Vintage Antique

Second Time Books

Thyme Travelers Conservatory

Craft Coleidoscope

Buckets Full of Health

On Angel's Wings

Fairies in the Woods

BountifulCollective

This trip is FULL

A lot of walking - be mindful of the brick sidewalks

[CLICK HERE FOR MORE](#)

November Trips



Chocolatrium

Guided Tours ♦ Retail Store



Tour and Light Lunch

Located in West Berlin, NJ

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

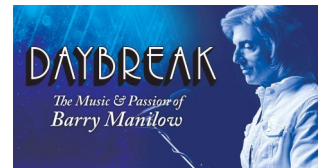
Date: Monday, November 6

Departure Time: 10:45am

Return Time: 3:00pm approx.

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

ALGONQUIN



Barry Manilow Tribute

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: 3:00pm approx

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

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

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

Mah Jong

Monday's
12:30pm



See front desk for more detailed information

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

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



Bridge Club
Every Day at
1:00 pm



Chess Club
Every Wednesday
1:00 pm



Computer Room

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



Our Library
We accept book donations

Tutoring

iPhone 101 1-Hour Private Sessions

Wednesday's
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.



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 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, October 24
10:30 am

VIDEO:
Why it's worth listening to people you disagree with
Zachary R. Wood 2018
[CLICK HERE](#) to view video

Crafts with Patti Fall Porch Boards

Thursday, October 19
1:00 pm

Instructor:
Patti DeCristofaro



Limited Space
Available

Coin Club

Tuesday, October 3
2:15 pm

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



Terry Goldstein's Trivia

Tuesday, October 17 @ 2:00pm

Test your knowledge
Work your brain
Exercise your memory

Fall Card Making with Alicia

Wednesday, October 4
10:30am



Magic Club

Every Wednesday
1:00pm

Learn the "Sleight of hand" card tricks and techniques

Club Instructor;
George Hann



Thursday,
October 12
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:
"Be the genuine article"

Writing Instructor: Nancy
Cathers Demme



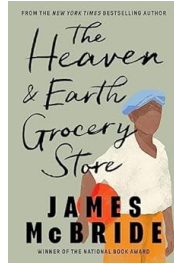
Friday, October 13
1:00 pm - 2:00 pm

Two hours of traditional board games with friends.

Social Gatherings - Sign Up Required

Book Club

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



Book: *Heaven & Earth Grocery Store*
by James McBride
Facilitator: Sharon Galbraith Ryer
Hickory Corner Library



Pin Cushion Corner

Every Tuesday
@ 1:00 pm

Bring your knitting, crochet projects, or needlepoint 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, October 31
@ 12:30 pm

Town Diner
431 Rt. 130
East Windsor



[Click Here for Menu](#)

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

This is a pay on your own event.



Afternoon Coffee and Chat @ the Senior Center

“Afternoon Tea”
Hosted by Parker Life

Wednesday, October 18
@ 2:00 pm

SIGN UP REQUIRED



LET'S GET
SOCIAL

According to the American Public Health Association, socialization improves mood, cognition, memory recall, and is associated with healthy behaviors, including exercise.

Presentations Sign Up Required

Prep for Total Joint Replacement

Wednesday, October 11
10:30 am - 11:30 am

In this talk, Sandy Neumann, Clinical Director of Atlantic Physical Therapy Center, will discuss how to prepare for a total joint replacement.

Topics will include exercises to perform to prepare for surgery, common issues following surgery and how to avoid them, expectations for recovery, how to know what assistive device to use and how to use it and how to prepare your home prior to surgery.

This will be an informative talk for anyone considering joint replacement in the future. "

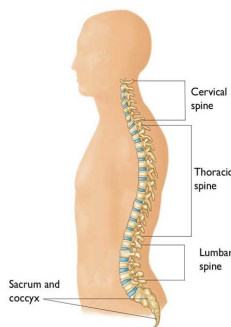


What Happens to your Spine Anatomy as we Age?

Wednesday, October 11
1:00pm - 2:00pm

Listen and discuss non-surgical and surgical options for neck and back pain, including:

- Arthritis
- Arm/Leg weakness
- Disc Degeneration
- Disc herniation
- Spinal cord/nerve compression
- Physical therapy



Speaker: Dr. Vincent Buddle
Seaview Orthopaedic & Medical Associates



Fraud Watch Network

Thursday, October 12
10:30 am - 11:30 am

Have you ever been approached with a fraudulent offer or been a victim of identity theft? This is where we can help. The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud.

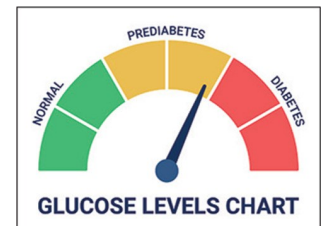
Join us for a free event where you'll hear about the latest data on fraud trends and provide tips and resources to protect yourself and your family.

By taking a few practical steps, you have the power to fight back against fraud. We'll explore:

- Common scams and how to spot and avoid them
- Tactics scammers use to target individuals
- What to do if you or a loved one encounter fraud
- Resources to help protect yourself and your family

Pre-Diabetes 101

Wednesday, October 18
10:30am - 11:30am



What you need to know and do if you have been diagnosed with prediabetes.

Speaker,
Ines Lecerf



Presentations Sign Up Required

Prepare to Care

Thursday, October 19
10:30 am - 11:30 am



The Prepare to Care presentation will walk participants through a framework to help make plans to care for friends, family members or loved ones.

Having a good framework helps guide both the caregiver (or future caregiver) and the loved one being cared for.

Stress Management

Wednesday, October 25
10:30 am - 11:30 am



This presentation is for those who need help managing stress. Learn how to cope with stress in a healthy way.

Easy tips and different strategies one can employ for coping.



Preventing Medicare Fraud

Senior Medicare Patrol
A Free Service Provided
By Your Tax Dollars

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

Don't Be A Victim
Protect Yourself From Getting Ripped Off
Medicare/Medicaid

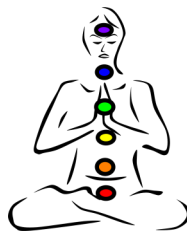
Get Important Information on
Open Enrollment

Save Money on Your Healthcare

Guest Speaker,
Joel Schneider
SMP Outreach Specialist

Chakras 101

Monday, October 30
10:30am - 11:30am



Chakras are the energy centers of the body. They are located in the astral body, along the spine, starting at its base and running upwards to the crown of the head. The astral body is the energy body residing inside our physical body. Each physical body part has a corresponding astral body part.

Join Adrienne Gammal as she educates us in Chakras 101.

Downsize and Declutter



Thursday, October 5
10:30 am - 11:30 am

You spend a lifetime accumulating treasures, trinkets and memories. All that "stuff" can make downsizing feel like a monumental endeavor.

AARP brings you tips to tackle even the most daunting task of decluttering and preparing for your next stage in life.



Entertainment - Sign Up Required



Eddie and the Keys

Friday, October 6
1:30pm—3:00pm

“Eddie & The Keys,” is a two-act show combining popular and original songs, plus a unique audience request section enhanced by his signature orchestration using synthesizers and digital piano! Come join Eddie for a truly musical and memorable experience!



Eddie’s talented fingers hit the piano at age 5 and during his nearly 50 year plus musical career, he has toured with many bands such as High Velocity and Surprize and The Ebony from Philadelphia and many more.

**Eddie’s program is based on requests from his audience.
Start gathering your favorite songs.**



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.

Lecture - Sign Up Required



Alfred Hitchcock

Friday, October 20
1:00pm - 2:00pm

Sir Alfred Hitchcock has been acknowledged as “The Master of Suspense.” To understand how he reached this pinnacle of acclamation, we will explore his background that ultimately led to six decades of directing over fifty feature films, many of which are now regarded as classics. He also masterminded ten years as host (and occasional director) of 360 episodes of the television anthology series [Alfred Hitchcock Presents](#) (1955-62) and [The Alfred Hitchcock Hour](#) (1962-65). His stories were riveting and full of ironic twists that surprised, amused, and confounded viewers.

Parties



Friday, October 27

12:00pm—2:00pm

**Entertainment
Candy Corn Guess Jar**

Costume Prizes

Scariest * Funniest * Most Original

Pizza / Caesar Salad / Beverages

RSVP by Friday, October 20 @ 12pm



Veterans Luncheon
(for Veterans only)

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

Syncotations Show to follow @ 1pm

Check out our photos at the senior center parties!

[CLICK HERE](https://bxf1212.wixsite.com/photos)

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

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

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**

October 30 and 31



Preventing Medicare Fraud

**PROTECT yourself from
Medicare Scams**

**A Free Service Provided
By Your Tax Dollars**

See page 19 for presentation information

Medicare's Open Enrollment Period

**MEDICARE
& YOU**

Medicare Open Enrollment

October 15 - December 7

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.

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

October 30 and 31

Flu Shot and Health Screenings



East Windsor Offers Free Flu Clinics

- ◆ Thursday, October 12 from 9:30 A.M. to 12:30 P.M.
- ◆ Thursday, October 26, from 1:00 P.M. to 4:00 P.M.

Location: Township Senior Center
(40 Lanning Boulevard)

East Windsor and Hightstown residents 60 years and older.

The vaccinations are **by appointment only** by calling:
Township Health Department at (609) 443-4000, ext. 222

Township Nurse Blood Pressure Screening

Wednesday, October 4
By appointment only



A blood pressure test is a routine part of most health care checkups. Blood pressure screening is an important part of general health care.

See front desk to make your appointment



Vision Screening

NJ Project B.E.S.T (Better Eye-Health Services and Treatment)

Tuesday, October 10
By appointment only

Project BEST is an initiative by the Commission for the Blind and Visually Impaired (CBVI), a department of the New Jersey Department of Human Services¹. It stands for Better Eye-Health Services and Treatment².

The program aims to reduce the incidence of blindness by providing eye health education and safety². It offers free vision screenings for adults throughout the state of New Jersey

See front desk to make your appointment



Fraud Education

The fake Invoice Scam

Let's start with arguably the most popular phishing template out there - the fake invoice technique. Like many phishing attacks, this scam relies on fear and urgency, pressuring an end user to submit a payment for goods or services they've never even ordered or received.

Terminology: Phishing

The fraudulent practice of sending emails or other messages purporting to be from reputable companies in order to induce individuals to reveal personal information, such as passwords and credit card numbers.

Example:

From: xero@gmail.com
Sent: Tuesday, 20 June 2017 12:09 p.m.
Subject: Your xero invoice available now

Hi,
Thanks for working with us. Your bill for \$373.75 was due on August 28, 2016. If you've already paid it, please ignore this email and sorry for bothering you. If you've not paid it, please do so as soon as possible to avoid further action from us.
To view your bill visit <https://in.exro.com/5LQ>.
If you've got any questions, or want to arrange alternative payment don't hesitate to get in touch.

Thanks
NJW Limited
832-999-8585

Red Flags:

- ◆ Email address is "gmail." If this was a legit company, the email address would reflect the company name.
- ◆ You have never done business with this company.
- ◆ Unprofessional grammar.

What to do: Of course we want to delete this immediately. You can also google the company and/or the email address that sent the email. It is likely google info will tell you that this is a common scam.

Exercise Classes



**Please visit the front desk for
a description of classes**



\$1 per class (exact cash)

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	

**Challenge
yourself.**

Don't forget about our Stationary Exercise Equipment Room!



Word Search

Halloween

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an activity played on Halloween.

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

APPLES
BATS
BLACK CAT
BROOMSTICK
CANDLE
CANDY
CEMETERY
COFFIN

COSTUME
DRACULA
FRIGHTENING
FULL MOON
GHOSTS
GHOULS
GOBLINS
GRAVEYARD

JACK O LANTERN
MASK
MUMMY
NIGHT
PUMPKIN
SCARECROW
SCARY
SCREAM

SKELETON
SKULL
SPIDERS
TOMBSTONE
VAMPIRE
WEREWOLF
WITCHES
ZOMBIE

Word Search



Coffee with friends

*October 1 is International Coffee day

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

ENTERTAIN
 FRIENDS
 INVITE
 COOKIES
 SHARE
 POT
 CAKE
 GOSSIP
 MUFFINS
 BROWNIES
 PERSONAL
 CUP
 LAUGH
 CHAT
 BISTRO
 NAPKIN
 COFFEE
 YUMMY
 SECRETS

Word Search



Cookies

*October is National Cookie Month

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

LINDSOR TORTE
 CHESSMEN
 MILANO
 MERINGUE
 TEA BISCUIT
 OREO
 APPLE
 MARZIPAN
 FRENCH MACARON
 ALMOND
 FAMOUS AMOS
 RUGELACH
 SUGAR COOKIES
 GINGERSNAP
 BROWNIES
 PEAR
 PEACH
 SMORES

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>

