



# SENIOR CENTER NEWSLETTER

September 2023  
609-371-7192



Dear Friends,

Please join us at **East Windsor Ceremony for Anniversary of 9/11 on Monday, September 11 at 5 P.M.** to remember and honor the anniversary of September 11. The ceremony will take place at the existing 9/11 Memorial located on the grounds of the East Windsor Township Municipal Building (16 Lanning Boulevard).

East Windsor Is Holding **Document Shredding and Electronics Recycling Event on Saturday, September 30 from 10 A.M. to 2 P.M., Rain or Shine, at the Senior Center.** This Township event, sponsored by Mayor and Council Members, offers **Free document shredding** to East Windsor residents (no commercial drop-offs are permitted), with a limit of ten boxes per household, and *until the shredding truck is full*. Drop off of **electronics** as televisions, computers and accessories and other items, as well as fluorescent bulbs and household batteries. **RISE** will have trucks on-site to collect clothing, shoes, blankets, housewares (plates, mugs and related items), working appliances, household electronics and usable furniture. Residents also can recycle **Plastic Film** which includes: grocery bags, bread bags, bubble wrap, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, reclosable food storage bags, cereal bags, case overwrap, salt bags, pallet wrap and stretch film, wood pellet bags and produce bags. Recycling equals **Green** for the environment and saves money.

**Calendar: Special Passport Day on Thursday, October 12 from 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.**

Joint East Windsor Hightstown improvements to **Stockton Street Curbs and Sidewalks Between Route 130 and Oak Lane** were completed in August, and Mercer County subsequently finished milling and repaving of Stockton Street (County Route 571).

East Windsor awarded the contract for the resurfacing of the remaining streets in **Brooktree neighborhood, specifically Edwards Drive, Lynnfield Drive, Poplar Run and a portion of Maple Stream Road.** The work schedule is beginning the concrete work in mid-September and complete all milling and resurfacing by the end of October.

**SPECIAL NOTICE: TAX BILLS**, originally due Third Quarter, August 1 were **DELAYED** due to hold up with the adoption of the Mercer County budget, and the inability to certify a final tax rate. **Keep posted for updates this month.**

**HAPPY LABOR DAY!**

*Mayor Janice S. Mironov*



## September Newsletter Info

**Sign up begins IN-PERSON  
Friday September 1 @ 8:45 am**

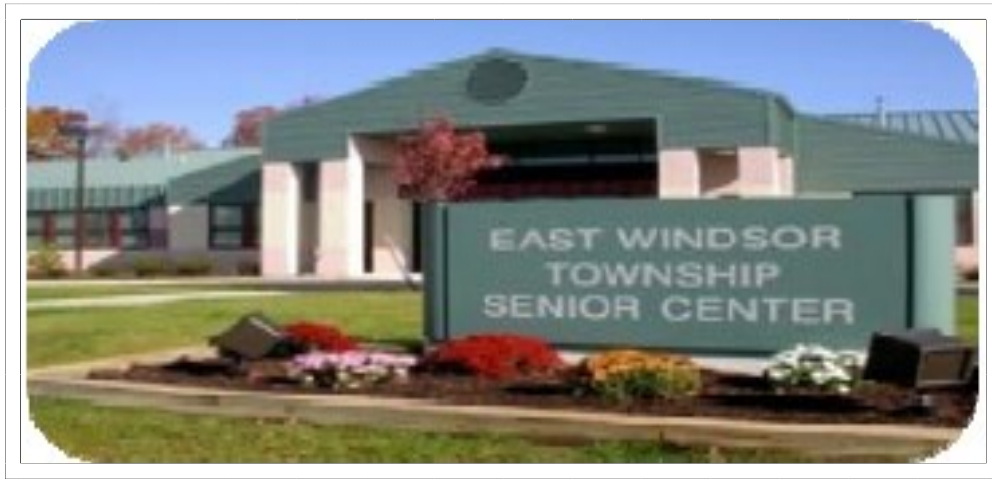
Program Sign Up sheet can be found  
in a separate email and in the  
lobby of the senior center.

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## TRIPS SIGN UP

**September 1, 5, 6**  
(deadline on the 6th 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](mailto:seniorcenter@east-windsor.nj.us)

**Kelly Roman**  
Senior Center Director

**Rebecca Liming**  
Program Coordinator



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

# Plastic Film Recycling

## EAST WINDSOR TOWNSHIP PLASTIC FILM RECYCLING TREX RECYCLING CHALLENGE



**GROCERY AND  
RETAIL BAGS**



**PALLET WRAP AND  
STRETCH FILM**



**BREAD BAGS**

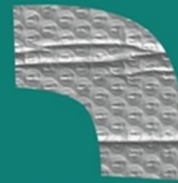


**AIR PILLOWS**



**ZIPLOCK AND  
OTHER  
RESEALABLE  
STORAGE  
BAGS**

**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**



**BUBBLE WRAP**



**PLASTIC  
SHIPPING  
ENVELOPES**



**CASE OVERWRAP  
AND PRODUCT  
WRAP**



**PRODUCE  
AND ICE  
BAGS**



**NEWSPAPER  
SLEEVES**



**DRY CLEANING  
BAGS**

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

# Township Information

Township Offices / Senior Center  
will be closed in observance of

**Labor Day**  
**Monday, September 4**



**THANK YOU FOR YOUR HARD WORK**

Remember  9-11-2001

Please join us at **East Windsor Township  
Municipal Bldg**

**Ceremony for Anniversary of 9/11**

**Monday, September 11 at 5 P.M.** to remember and honor the anniversary of September 11. The ceremony will take place at the existing 9/11 Memorial located on the grounds of the East Windsor Township Municipal Building (16 Lanning Boulevard).



**Recycling Event**  
**Saturday, September 30 from 10 A.M. to 2 P.M.,**

**East Windsor Township Is Holding Document Shredding and Electronics Recycling Event , Rain or Shine, at the East Windsor Senior Center (40 Lanning Boulevard).**

This Township event, sponsored by Mayor Janice S. Mironov and Council Members, will offer **Free document shredding** to **East Windsor residents (no commercial drop-offs are permitted)**, with a limit of ten boxes per household, and until the shredding truck is full. Electronic recycling is limited to televisions, computers and accessories, monitors, fax machines, VCR's, cable boxes and telephones. Residents will also be able to dispose of **fluorescent bulbs and household batteries**. East Windsor also is participating in the Trex's **Plastic Film Recycling Challenge**. The types of **plastic film** which can be dropped off for recycling are: grocery bags, bread bags, bubble wrap, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, Ziploc and other reclosable food storage bags, cereal bags, case overwrap, salt bags, pallet wrap and stretch film, wood pellet bags and produce bags. For every 500 pounds collected over six months, Trex donates a bench to the community. **RISE** will have trucks on-site to collect clothing, shoes, blankets, housewares (plates, mugs and related items), working appliances, household electronics and usable furniture. Clothing should be brought in plastic bags. **Residents must remain in their vehicles at all times.** For further information, call (609) 443-4000, ext. 215.

# Township Information



October

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 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](http://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](mailto: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!" in a bold, sans-serif font. The main headline "Unused Meds?" is in a large, bold, red font. Below the headline, 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" in a bold, sans-serif font. 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 a bold, sans-serif font. At the bottom left of the banner, there is a small text box that says "70% of opioid abuse starts with easy access to unused pills." in a small, sans-serif font.

## 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



# September Trips



**This trip  
is full**

**Date:** Friday, September 8  
**Departure Time:** 9:15 am  
**Return Time:** 2:30 pm approx.

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



## Grounds for Sculpture

**This trip  
is full**

**Date:** Thursday, September 28  
**Departure Time:** 9:30 am  
**Return Time:** 2:30 pm approx.

Cost: \$17 exact cash or check  
**Community Bus Cost:** 50 cents given to driver on day of trip

- ◆ A lot of walking
- ◆ Lunch is available on your own at their Café or Rat's Restaurant on the premises.
- ◆ No outside food allowed

## Pearl S. Buck House Tour and Peddlers Village



**This trip  
is full**

We will have a guided tour of the house of world-famous author and humanitarian Pearl S. Buck in Perkasio, PA. Buck was the first woman to be awarded both the Nobel and Pulitzer prizes.

After the tour, we will move on the Peddlers Village in Lahaska, PA to enjoy quaint shops and choice of many eateries.

**Date:** Tuesday, September 12  
**Departure Time:** 8:45 am  
**Tour:** 11:00 am  
**Peddlers:** 12:30 approx  
**Return Time:** 4:00 pm approx

**Cost:** \$11 exact cash (no check)  
**Community Bus Cost:** 50 cents given to driver on day of trip

## NJ Vietnam Veteran's Memorial



**This trip  
is full**

A 2-hour guided tour of the museum and educational center in Holmdel, NJ. The tours are led by Vietnam Veteran volunteers who share their personal experiences.

After the tour, we will have lunch at Houlihan's in Holmdel. (pay on your own)



[Click Here for Menu](#)

**Date:** Friday, September 22  
**Departure Time:** 8:45 am  
**Tour:** 10:00 am—12:00 pm  
**Return Time:** 3:30 approx

**Cost for Memorial:** \$7.00 exact cash (no check)  
\*\*\*Vets are free\*\*\* Please bring ID

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

# October Trips

## *Peddler's Village*

Experience Scarecrows  
in the Village

**CHOOSE ONE DATE ONLY**

**Date:** Thursday, October 5

**OR**

Friday, October 6

**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



**Date:** Wednesday, October 11

**Departure Time:** 10:00 am

Lunch: 12:30 pm

Show: 1:30 pm

**Return Time:** 6:00 pm approx.

Cost: \$86.00 exact cash or check

### **Cost Includes:**

Show Ticket

Coach Bus Transportation

### **Lunch**

Salad

\*Entrée

Dessert

Soft Drinks

Coffee/Tea

Gratuity

\*Entrée selection to be  
chosen at venue

# 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**

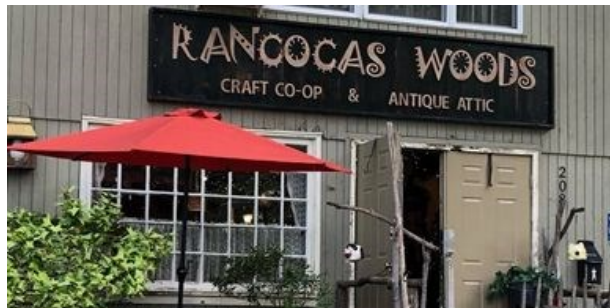
**Date:** Saturday, October 28

**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

- The Hot Dog Shack
- The Woods Ice Cream Shop
- Four Green Cats Delicacies
- Pelican's Snoballs Shaved Ice
- Ma & Pa's Tex-Mex BBQ

**A lot of walking - be mindful of the brick sidewalks**

[CLICK HERE FOR MORE](#)

# 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

**No iPhone Tutor in September**

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



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



Tuesday, September 26  
10:30 am

### VIDEO:

The “dementia village” that’s redefining elder care.

Yvonne van Amerongen

[CLICK HERE](#) to view video

## Crafts with Patti Puzzle Piece Canvas Art

Thursday, September 28  
1:00 pm

Instructor:  
Patti DeCristofaro



## Coin Club

Tuesday, September 5  
2:15 pm



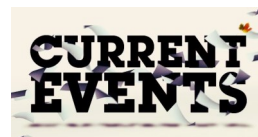
Do you collect coins? Trade coins? Join John Guarniere as he will lead the Coin Club Meeting.

**Don't Forget!**

## Team Trivia with “That Trivia Guy”

Friday, September 1  
1:00 - 3:00 pm

Monday, September 11  
2:00pm—3:00pm



Bring your own topic



## Magic Club

Every Wednesday  
10:30am - 11:30am

Learn the “Sleight of hand” card tricks and techniques

Club Instructor;  
George Hann



Thursday,  
September 14  
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



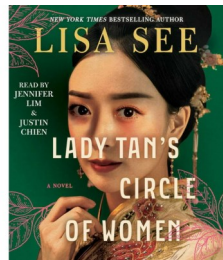
Friday, September 29  
1:00 pm - 2:00 pm

Two hours of traditional board games with friends.

# Social Gatherings - Sign Up Required

## Book Club

Thursday, September 28  
10:30 am - 11:30 am



**Book:** *Lady Tan's Circle of Women*

by Lisa See

**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, September 26  
@ 12:30 pm

**Tacos el Tio**  
Gables Plaza  
211 Applegarth Rd  
Monroe  
Located in a strip mall near Monroe Senior Center



[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.



Afternoon Coffee and Chat  
@ the Senior Center

Thursday, September 14  
@ 2:00 pm

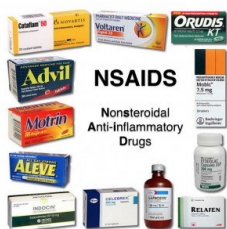
**SIGN UP REQUIRED**

be  
friendly

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



## What are NSAID's (Anti-inflammatory)

Thursday, September 7  
10:30 am - 11:30 am

Ivira Pharmacy Will educate you on how they work, how long should you use them, side effects, how to take them safely...and much more.



## Let's Talk "Fall Prevention"

Tuesday, September 19 **Fall Prevention**  
10:30 am - 11:30 am



It's Fall Prevention week!! Let's talk about how to prevent falls among older adults.



## Warning Signs of Common Diseases



Tuesday, September 12  
10:30 am - 11:30 am

Heart disease, stroke, and diabetes are among the top leading causes of death in America. However, all of these conditions are preventable and have common warning signs that can prevent fatality.

Pamela Rinaldi, Director of Physical Therapy from Trinity Rehab in East Windsor, will be discussing these warning signs, appropriate action to take if you do notice these symptoms, as well as ways to promote a healthy lifestyle.

Being aware, catching signs early, and acting quickly will save lives!



## Stress Management

Wednesday, September 20  
1:00 pm - 2:00 pm



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.



## Is Your Bladder Controlling Your Life?



Wednesday, September 13  
1:00pm - 2:00pm

Understanding an over-active bladder with Kathie Olson of the Pelvic Health and Incontinence Center.



## The Benefits of Seeds

Thursday, September 21  
10:30am - 11:30am



Seeds are good sources of plant-based, healthy fats, fiber and minerals. Just a tiny package can have positive impacts on your body.

Join Kelly Aylward, The Elms of Cranbury, as she discusses which seeds do what for your body.





# Entertainment

## The Jersey Chix

Friday, September 8  
1:00 pm - 2:00 pm



Mary Tomaselli and Susan Hall are best friends and have always been in the spotlight, either separately or together, pursuing their singing careers. New Jersey is where Mary and Susan started their musical journey and ‘**The Jersey Chix**’ remain based out the *Garden State*. They work incredibly well together, and have once again reunited to do what they love to do the most: perform for live audiences everywhere. With their undeniable charismatic chemistry, they bring their seamlessly blended voices to the stage—two voices that compliment one another like no other vocal duo performing today.

Covering everything from Broadway to Motown to jazz and rock, audiences everywhere enjoy their dynamic personalities, style, and utmost professionalism.

**Sign up required**

# 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  
September 15 and 22**

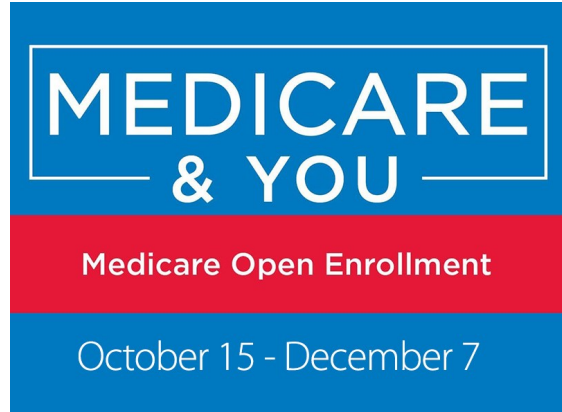
## Hearing Screening

Wednesday, September 13  
Appointments start  
@ 9:30 am

See front desk  
to make your appointment



## 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.

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

# 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!**



# Holidays



**Monday, September 4**  
**Township offices are closed**



**Sunday**  
**September 12**

**national**  
**GRANDPARENTS**  
**DAY**

*Rosh Hashanah*



**September 15-17**

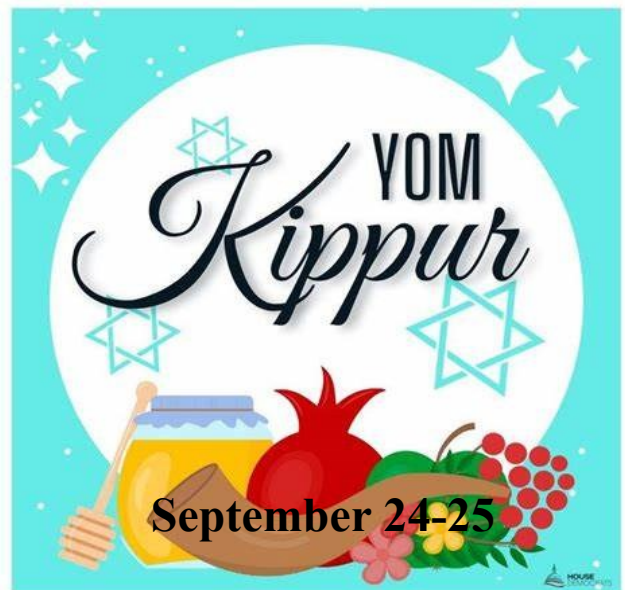


**9**

**PATRIOT DAY**

**SEPTEMBER 11, 2001**

*Never forget*



**YOM**  
**Kippur**

**September 24-25**

# Word Search

## Trees

Find and circle all of the Trees that are hidden in the grid.  
The remaining letters spell a secret message - a Greek Proverb.

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

APPLE  
APRICOT  
ASH  
ASPEN  
ARBORVITAE  
BALD CYPRESS  
BEECH  
BIRCH  
BOXWOOD  
BUCKEYE  
BUTTERNUT  
CATALPA

CEDAR  
CHERRY  
CHESTNUT  
COTTONWOOD  
ELM  
FIR  
GINKGO  
GOLDENRAIN  
HAZELNUT  
HEMLOCK  
HICKORY  
LARCH

LINDEN  
LONDON PLANE  
MAPLE  
NECTARINE  
OAK  
PALM  
PEACH  
PEAR  
PECAN  
PLUM  
PINE

POPLAR  
REDBUD  
RUBBER TREE  
SEQUOIA  
SPRUCE  
SYCAMORE  
TULIPTREE  
WALNUT  
WITCHHAZEL  
WILLOW  
YELLOWWOOD

# Word Search

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Labor Day

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

fall  
afl  
police officer  
day off  
monday  
stirkes  
September

end of summer  
steel workers  
teacher  
knights of labor  
employment  
Union

three day weekend  
firefigther  
no school  
parade  
unemployment  
labor

# Word Search

## Patriot Day

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

September  
Ground  
Soldier  
Flag  
Memory

Aircraft  
Service  
Battlefield  
Congress  
National

Twin  
Veterans  
Military  
Policeman  
Attack

Resolution  
Zero  
Towers  
Fireman  
Independence

# 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>

