



SENIOR CENTER NEWSLETTER

August 2024
609-371-7192



Dear Friends

REMINDER: JOIN East Windsor Officials at "National Night Out" on Tuesday, August 6, from 5:30 P.M. to 8:30 P.M. at the East Windsor P.A.L. Complex (30 Airport Road). This annual fun educational Township event, sponsored

by Mayor Janice S. Mironov and Council Members in conjunction with Chief of Police Jason Hart, features crime watch information, displays of emergency services equipment, canine drug detection demonstrations, booths and displays by area groups and businesses with information and giveaways supporting the National Night Out theme, DJ provided music and refreshments. Youth games and activities will feature jumping/climbing inflatables, climbing obstacle course, face painting and air brush tattoos.

3RD QUARTER TAX BILLS ARE COMING. The Township Tax Collector, advises that the 2024/2025 tax bills will be mailed no later than **Monday, August 5.** Taxpayers now can view their tax bills on the Township website ([CLICK HERE](#)) and can pay through the Township on-line system or can await the receipt of the mailed tax bill. Tax payments also are accepted in person at the Municipal Building, Monday through Friday, 8:30 a.m. to 4:30 P.M. The third quarter payment grace period has been extended through **August 30.** Any payment received after August 30 will accrue interest back to **August 1, 2024.** Contact the Township Tax Office at [\(609\) 443-4000](tel:6094434000), ext. 430 with any questions.

Mayor Janice S. Mironov



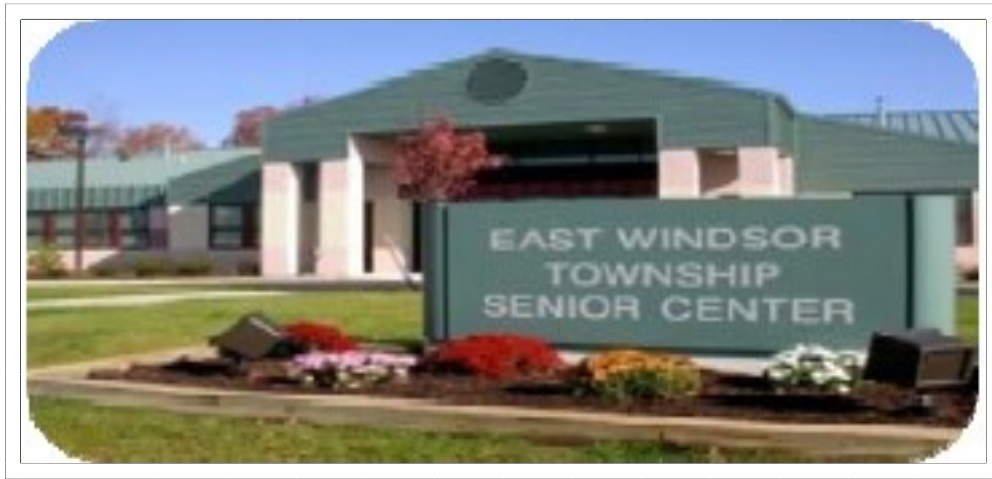
August Newsletter Info

**Program sign up begins IN-PERSON
Monday, August 5 @ 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

August 5, 6, 7
(deadline on the 7th by 12:00 pm)



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

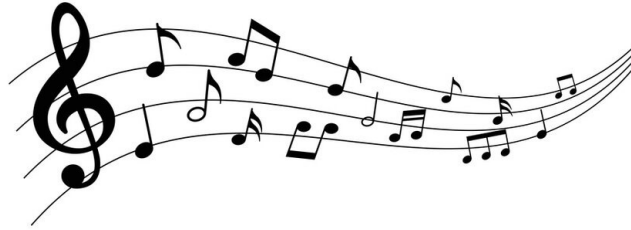
Kelly Roman
Senior Center Director
Rebecca Liming
Program Coordinator



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

Township Information

East Windsor Township Free Summer Events at Etra Lake Park



Saturday, August 10 at 7 pm *Family-Night-In-The-Park*: Large screen showing of the movie "*Migration*" preceded by inflatable rides and games.

Sunday, August 18 at 6 pm *Frontiers*: Journey Tribute Band

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>

National Senior Citizen Day



On August 21st, National Senior Citizens Day recognizes the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for their dedication, accomplishments, and services they give throughout their lives.

According to the 2017 census, 47 million seniors live in the United States. By 2060, that number will nearly double. Their wealth of knowledge, skill, and experience offer so much to the next generation. As technologies advance, these are the people who've experienced each step of change. Not only have they contributed to it, but they understand first hand the benefits and the drawbacks. They know life without the advancements that exist today.

Our senior citizens are pioneers of science, medicine, psychology, civil rights and so much more. Their valuable contributions to our communities create better places to live. They deserve the respect and dignity their achievements earn them. The day encourages supporting senior citizens to live their lives to the fullest and as independently as possible.

By the time you're eighty years old you've learned everything. You only have to remember it. ~ *George Burns*

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

August Trips



This trip is full and closed

Date: Tuesday, August 13

Depart Time: 9:45am

Return Time: 6:00pm approx.

Cost: \$88.00 exact cash or check

Cost Includes:

- ◆ Lunch at Black Whale in Beach Haven
- ◆ Show ticket at SurfFlight Theatre
- ◆ Coach Bus Transportation



Lunch at:

Black Whale Bar & Fish House

House Salad
Bread & Butter

Choice of:

Fish & Chips
Grilled Chicken Sandwich
Salmon BLT
Grilled Italian Sausage Sandwich
Pasta Primavera

Dessert / Coffee-Tea
Cash Bar



Date: Wednesday, August 14

Depart from Senior Center: 9:00 am sharp

Depart from AC: 4:00 pm

Return: 6:00 pm approx.

Coach Bus

Cost: \$35.00 exact cash or check

Slot Play \$ is given on arrival.

Senior Center has no control over the amount the casinos give.

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.



Full with waitlist

Date: Friday, August 9

Departure Time: 10:15am

Return Time: 3:30pm approx.

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

August Trips



Senior Lunch Cruise
Wednesday, August 21

**DO NOT SIGN UP FOR THIS TRIP
IF YOU ATTENDED THE JULY 24 DATE**

Departure Time: 10:15am
Boarding: 11:30am
Sailing: 12:00 pm - 3:00pm
Return Time: 4:15pm approx

Cost: \$85.00 exact cash or check
Community Bus Cost:
50 cents given to driver on day of trip

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



GROCERY OUTLET
bargain market

**ONE STOP SHOPPING!
ALL IN ONE TRIP!**
Hamilton, NJ

Friday, August 16
Departure Time: 9:00am
Return Time: 1:00pm approx

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



Yogi's Hoagies



September Trips



PHILADELPHIA



AMERICA'S FIRST ZOO

Friday, September 13

Depart Time: 8:00am

Return Time: 4:00pm approx.

Cost: \$52.00 exact cash or check

Cost covers: Entrance ticket and coach transportation.



Date: Friday, September 20

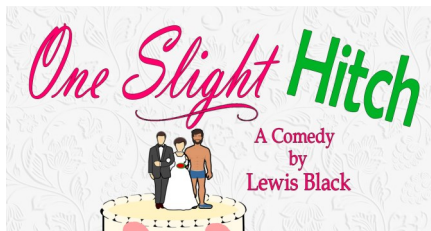
Departure Time: 10:15am

Return Time: 3:30pm approx.

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



Wednesday, September 18



This hilarious comedic play, written by Lewis Black, focuses on the Coleman family on the day of their oldest daughter's backyard wedding.

Mother Delia is frantic about flower arrangements, bug bombs and all sorts of other last minute details. Father Doc is doing his best to keep his wife calm and the day running smoothly. The bride-to-be, Courtney is set to marry Harper, a conservative, straight-laced, all-American guy. Suddenly the doorbell rings! Enter Courtney's long-time ex-boyfriend, Ryan, who is apparently unaware of the day's significance and will not go away. A series of zany, heartfelt events soon unfold, culminating in a surprising ending beyond anything you could ever imagine!

Departure Time: 9:15am

Return Time: 4:30pm approx

Cost: \$98.00 exact cash or check

Cost covers: Show / Lunch / Gratuity & Tax / Coach Transportation



Thursday, September 26

Departure Time: 10:15am

Return Time: 3:30pm approx.

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.



- ◆ Stationary Bikes
- ◆ Treadmills
- ◆ Elipticals
- ◆ Rower



Sneakers are required to use the equipment



Game Room

Pool Tables
Ping Pong
Bridge and Card Games
Board Games
Puzzles

Monday thru Thursday
9:30 am - 11:30
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.



Android 101 30 Minute Private Sessions

Thursday'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.

iPad / iPhone / Computer One-On-One Tutoring 30-Minute Private Sessions



Monday's
by appointment only

- ◆ Are you limited on your iPad or cell phone because you only know how to use a few things?
- ◆ Are you a beginner with no or little experience using a computer?
- ◆ Have you never used a computer?
- ◆ Do you need help with email?
- ◆ Do you need help changing the settings?

Ask the tutor!



It is very important to
keep your appointment
time or please call to
cancel.

If you are a "No Show,"
please keep in mind that
the volunteer is here
waiting for you.

Interactive Programs sign up required



**“Crafts with Tanya”
Q-Tip Painting**
Thursday, August 15
1:00pm



Magic Club

Every Wednesday
12:30pm



Learn the “Sleight of hand” card tricks and techniques

Club Instructor;
George Hann

Terry Goldstein’s



Tuesday, August 20
2:00pm



Thursday, August 8
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: “Rise to the Challenge..”

Writing Instructor: Nancy Cathers Demme

Tuesday, August 20
2:00pm



**PUZZLES
COLORING
BRAIN GAMES**

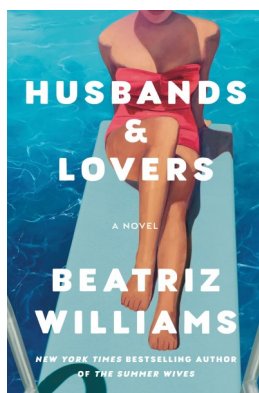
EVERY MONDAY
@ 1:00PM

Book Club

Thursday, August 29
10:30 am - 11:30 am

Book: *Husbands & Lovers*
by Beatriz Williams

Facilitator:
Sharon Galbraith Ryer
Hickory Corner Library



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.

Must sign up at front desk!

Interactive Programs sign up required

Bingo with Kat The Gardens at Monroe

Tuesday, August 13
@ 1pm



Line Dance Demonstration

Monday, August 19 @ 9:30am

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows. These lines usually face all in the same direction, or less commonly face each other.

We have a Line Dance class every Monday @ 9:30am. Instructed by Marcia Kashman. This class is filled with well-known music, up-beat moves, and an amazing instructor who will get you moving on your feet. She doesn't stop there...she brings fun and laughter to the class with unique themes and holiday spirit.

Come join us as the class demonstrates how it's done and maybe you will be on your feet too!



Social Gatherings - Sign Up Required



Coin and Stamp Club

Tuesday, August 13
@ 2:15pm

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



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"

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, August 27
@ 12:30 pm



Carlucci's Italian Grill
335 Princeton Hightstown Rd
West Windsor

This is a pay on your own event.
SIGN UP REQUIRED

Separate checks are not guaranteed



Tuesday, August 20
10:30 am

TED Talks is an interactive monthly discussion.

VIDEO will be shown during the discussion:

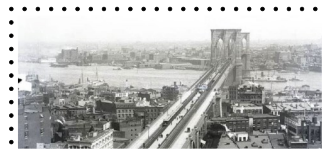
Can AI catch what DR's miss?
By Eric Topol

Brooklyn Day

Thursday, August 22
1:00pm -2:00pm



Are you from Brooklyn? Let's get together and share memorabilia and remember the neighborhoods & landmarks.



Afternoon Coffee & Chat @ the Senior Center

Monday, August 19
2:00pm



Performance by;
Rishabh Prasad

- ◆ Bollywood
- ◆ Oldies

Social Gatherings - Sign Up Required

EVERY FRIDAY @ 10:30AM with Jessica

What Is Diamond Art Painting? A Beginner's Guide

Diamond painting is a simple and addictive hobby that has taken the crafting world by storm. Creating a sparkling masterpiece is as easy as affixing vibrantly colored resin rhinestones to a self-adhesive canvas with a diamond art kit. The canvas is printed with the design as well as symbols to let you know exactly which color to place in each spot.

A relatively new art form to the craft industry, diamond art has rapidly become a favorite among beginner and experienced hobbyists alike. It does not require any special skills, and anyone can make beautiful diamond artworks that shimmer, sparkle and shine when they paint with diamonds.



Coasters



Window Clings



Planter Décor



Wall Decor

Go to Amazon and type in “Beginner Diamond Art Kit.” Choose and purchase your own kit and work with others in our Art Room. The kits are very inexpensive, \$6 - \$15. Also available at Walmart in the Arts and Crafts section.

Jessica (volunteer) will be with you to get you started and to give tips along the way. She will have the Diamond Art project with her that she completed.

EVERY FRIDAY @ 10:30AM Paint by Numbers



Go to Amazon and type in “Beginner Paint by Numbers.” Choose and purchase your own kit and work with others in our Art Room. The kits are very inexpensive, \$6 - \$15.

Be sure and choose ACRYLIC PAINT, NOT OIL BASED

Presentations Sign Up Required

Beware of Fraud

Thursday, August 8
10:30am



Fraud is all around us. There can never be too much information to educate yourself on how to protect your finances.

Stay alert. Join us as M&T Bank discusses the old and new scams.

Presenter,
M&T Bank

M&T Bank

“Health Champion” Program

Thursday, August 15
9:30am - 11:30am

Join us on our mission to take on the cancer journey together with all those facing a cancer diagnosis or the diagnosis of a loved one. When you become a Health Champion, you are seen as a trusted person in your community who can provide immediate help and hope to someone facing cancer. It's as easy as participating in just ONE workshop.

Upon completion of the 2-hour course, you will be able to:

- ◆ Normalize conversations about cancer and learn how to talk about it.
- ◆ Improve your confidence in supporting someone you know who is facing cancer.
- ◆ Refer people to resources.
- ◆ Receive access to information that helps people maintain their nutrition and healthy lifestyle.
- ◆ Stay up-to-date on new topics and trends to cancer.

Presenter,

Jennifer Kershima-Biam
MPH, BSC
Outreach Coordinator
Crossroads4Hope
A Network of Cancer Support

Healthy Feet

Monday, August 12
10:30am



Let's discuss the importance of footcare for the senior population. We will go over changes to our feet as we age and common conditions that affect our feet such as diabetes. We will also discuss the podiatrist's role in keeping our feet health as we age.

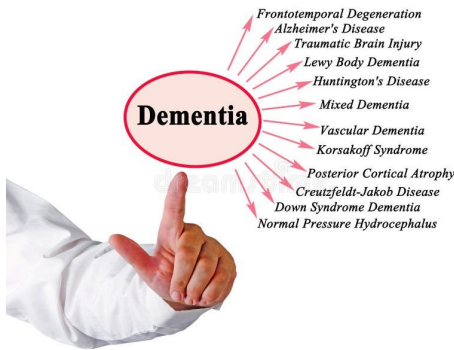
Presenter,
Dr. Amna Malik

Refreshments will be offered



Crossroads4Hope[®]
A NETWORK OF CANCER SUPPORT 
Taking On Your Cancer Journey. Together.[®]

Presentations Sign Up Required



Monday, August 26
10:30am

Did you know there are many types of Dementia? Join Kat Verdi as she discusses the red-flags, when to seek advice and what the stages consist of.

Presenter,
Kat Verdi
The Gardens at Monroe



All Things Homecare

Wednesday, August 28
10:30am

Join Lisa and Sheli as they discuss everything you need to know or haven't thought of regarding homecare for yourself or for a loved one.

- ◆ Assisted Living or Skilled Nursing?
- ◆ The difference between a Nurse and an Aid.
- ◆ What is paid for? Who pays what?
- ◆ Food delivery services.
- ◆ Transportation, medical transport...
- ◆ Professionals that can help you navigate what you need and don't need.

...and much more.

Presenter,
Lisa Cruser, LPN, CDP
Empowering Patients

Sheli Monacchio
Executive Director
Akin Home Care



Do you have a topic that you would like to learn more about?

Please see our Suggestion Box in the lobby, on the front table.

Writer's Group Writings

Once a month, the Writer's Group produces a writing based on a prompt.
The Writer's Group is instructed by; Nancy Cathers Demme

Keds **How I got my First Pair of Sneakers**

Blue keds

White keds

My first keds

Which one?

No support

She says

Gym teacher requires

I say

Brown Oxfords are best

Salesman smiles

In walks Carol

Blue keds

White keds

Yes for gym

The mothers sigh

I get blue

She gets white

My first pair

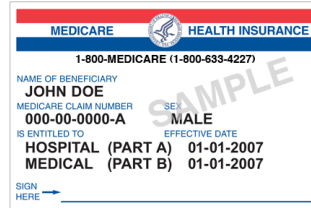
And hers too!

A poem by Ellie Siegel



Medicare Counselor

Do you need the Medicare Counselor?



MEDICARE HEALTH INSURANCE
1-800-MEDICARE (1-800-633-4227)

NAME OF BENEFICIARY
JOHN DOE

MEDICARE CLAIM NUMBER
000-00-0000-A

SEX
MALE

IS ENTITLED TO HOSPITAL (PART A) 01-01-2007
MEDICAL (PART B) 01-01-2007

SIGN HERE →

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?

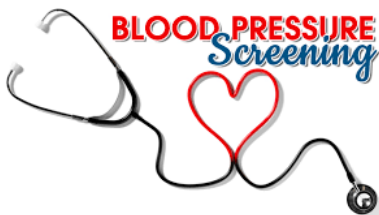
Tuesday, August 27

For an appointment,
call the Senior Center at 609-371-7192



It is very important to keep your appointment time or please call to cancel. If you are a “No Show,” please keep in mind that the Medicare volunteer is here waiting for you. We will call a day before with a courtesy appointment time reminder. However, if we cannot reach you, your appointment will be cancelled.

Screenings / Appointment Needed



Wednesday, August 7
Appointment needed

**Blood Glucose
Screening**

Wednesday, August 28
Appointment needed



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 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

Senior Center

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

ART ROOM
BINGO
BOOK CLUB
CHESS CLUB
COAT ROOM
COMMUNITY BUS
DISPLAY CASE
EAST WINDSOR

EXERCISE ROOM
EXIT EIGHT
FOUNTAIN
HIGHTSTOWN
KELLY
KITCHEN
LANNING BLVD
LIBRARY

LUNCH
MAGIC CLUB
MIRONOV
NEWSLETTER
NUTRITION
PARKING LOT
PARTIES
PIANO

PING PONG
POOL TABLE
PRESENTATIONS
PUZZLES
REBECCA
SANITIZER
SCREENINGS
TAI CHI

TED TALKS
TRADE BUS
TREE
TRIPS
TRIVIA
TV ROOM
VOLUNTEERS
ZUMBA

Word Search

Summer Olympics

Find and circle all of the Summer Olympic events that are hidden in the grid.
The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example,
SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOEING
CYCLING
DIVING
EQUESTRIANISM
FENCING

FOOTBALL
GYMNASTICS
HANDBALL
HOCKEY
JUDO
MODERN PENTATHLON
RHYTHMIC GYMNASTICS
ROWING
SHOOTING
SOFTBALL
SWIMMING
SYNCHRONIZED SWIMMING

TABLE TENNIS
TAEKWONDO
TENNIS
TRAMPOLINING
TRIATHLON
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING
YACHTING

Word Search

The Beach

Find and circle all of the beach words that are hidden in the grid.
The remaining letters spell an additional beach word.

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

BARE FEET	SAILING	SURFBOARD
BEACH BALL	SAND	SURFING
BOAT	SEAGULL	SWIMMING
CLOUDS	SEASHELL	SWIMSUIT
DRIFTWOOD	SEASHORE	T SHIRT
HAT	SKY	TOWEL
KITE	STARFISH	VOLLEYBALL
LIFEGUARD	SUNGLASSES	WADING
OCEAN	SUNSCREEN	WATER
PAIL	SUNSHINE	WAVES
PIER		

Senior Resources



Mercer County Social Services	(609) 989-4346
Adult Protective Services	(609) 599-1246
Catholic Charities	(609) 443-4000
East Windsor Township	(609) 393-9922
Interfaith Caregivers of Greater Mercer County	(609) 987-8100
Jewish Family & Children's Services	(609) 599-5357
LIFE St. Francis	(609) 695-3483
Meals on Wheels of Mercer County	(609) 989-4320
Mercer County Board of Social Services	(609) 890-9800
Mercer County Connection	(609) 989-6671
Mercer County Consumer Affairs	(609) 695-6249
Mercer County Legal Services for the Elderly	
Mercer County Office on Aging and Aging & Disability Resource Connection	(609) 989-6661
Mercer County Surrogate	(609) 989-6336
Mercer County Veteran Services	(609) 989-6120
NJ Division of Deaf and Hard of Hearing	(800) 792-8339
NJ Foundation for Aging	(609) 421-0206
PAAD, Lifeline & Senior Gold Hotline	(800) 792-9745
Ride Provide	(609) 452-5144
Route 130 Connection Bus	(609) 989-6827
Jewish Family Services / Secure at Home	(609) 987-8121
Senior Dental Association	(732) 821-9400
TRADE Transportation	(609) 530-1971
Visiting Angels of Central Mercer County	(609) 883-8188
Windsor-Hightstown Area Ministerium	(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>

