



## SENIOR CENTER NEWSLETTER

February 2024  
609-371-7192



Dear Friends,

Plaza Azteca is to occupy former Charlie Browns free-standing 6,300 square foot building in the East Windsor Village Shopping Center on Princeton-Hightstown Road just west of Lanning Boulevard. Plaza Azteca, a full-service sit-down restaurant specializing in Mexican food, features a broad menu of chicken, steak,

seafood and vegetarian dishes, salads, varieties of burritos and chimichangas, enchiladas and quesadillas, tacos and fajitas. Plaza Azteca has 50 east-coast based locations, from Massachusetts to North Carolina, primarily sited in Pennsylvania and Virginia, and one New Jersey restaurant in Sickerville.

New Police Officer Mark O'Brien, was administered the oath of office. Officer O'Brien graduated from the Camden County Police Academy in February 2016, and previously was a Law Enforcement Officer for the North Hanover Police Department.

Mercer County Executive Dan Benson presented to the Mayor a check for \$475,000, as the balance due from the County of the \$950,000 Mercer at Play grant. These funds were committed toward the costs of the Township expansion of the 11,000 square feet Senior Center by over 50 percent, to 16,785 square feet, adding 5,000 square feet to the rear and 758 square feet to the north side, to better accommodate the skyrocketing popularity of the Center. The Township Senior Center includes a now greatly enlarged flexible multi-purpose room, book-ended with a kitchen and small recessed stage, used for social events and performances, as well as a computer room, game room with billiard tables and ping pong, exercise room, arts and crafts room, a lounge/television room, library, health screen room, and open areas with tables and chairs.

East Windsor Township 2024 New Year's Food Drive continues through February 12. Mayor and Council Members are asking area residents and businesses to drop off donated non-perishable food items at the East Windsor Municipal Building (16 Lanning Boulevard) during business hours, the East Windsor Police/Court Building (80 One Mile Road) 24/7, or at East Windsor Volunteer Fire Company No. 2 (69 Twin Rivers Drive). The food drive will benefit the RISE food pantry that provides assistance to local individuals and families.

CALENDAR: East Windsor 2024 Recycling Days on Saturday, April 13 from 10 am to 2 pm, Wednesday, July 10 from 4 pm to 8 pm, and Saturday, September 28 from 10 am to 2 pm, at the East Windsor Senior Center. Free Document Shredding and other drop-off recycling (electronics, computers, televisions, cell phones, fluorescent bulbs, toner cartridges and shoes, clothing, blankets, working appliances and housewares) will be offered to residents. These event dates will also be posted on the Township Website.

*Mayor Janice S. Mironov*



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## **February Newsletter Info**

**Sign up begins IN-PERSON  
Thursday, February 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**

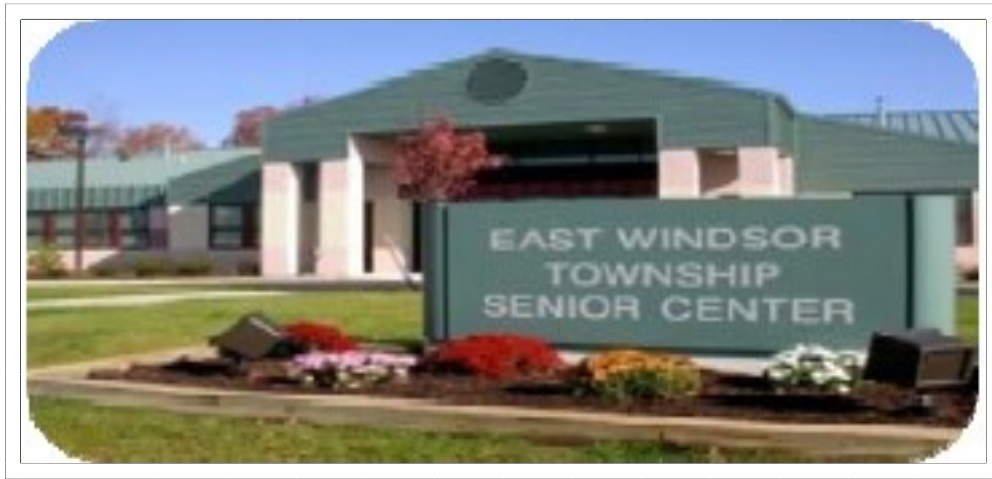
**February 1, 2, 5**  
(deadline on the 5th is 12:00 pm)

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

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

Trip Sign Up sheets will be  
located in the Art Room





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

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

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

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



East Windsor Township Senior Center  
40 Lanning Boulevard  
East Windsor, NJ 08520  
(609) 371-7192  
Email: [seniorcenter@east-windsor.nj.us](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*  
Anthony Katawick, *Council Member*  
David Russell, *Council Member*  
Johnnie Whittington, *Council Member*  
John Zoller, *Council Member*

# Township Information

## Township Offices will be Closed



**President's Day**  
Monday, February 19

### 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](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>

# COVID TESTS



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](https://covid.gov/tests)**

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

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

## Senior Resource Directory



### **EWT Senior Citizens Resource Directory**

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

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

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

# Flu & People 65 Years and Older



People 65 years and older are at higher risk of developing serious flu complications compared with young, healthy adults. This increased risk is due in part to changes in immune defenses with increasing age. While flu seasons vary in severity, during most seasons, people 65 years and older bear the greatest burden of severe flu disease.

In recent years, for example, it's estimated that between 70 percent and 85 percent of seasonal flu-related deaths have occurred in people 65 years and older, and between 50 percent and 70 percent of seasonal flu-related hospitalizations have occurred among people in this age group.

## **A Flu Vaccine is the Best Protection Against Flu**

The best way to protect against flu and its potentially serious complications is with a flu vaccine. Flu vaccines are updated each season because flu viruses are constantly changing. Also, immunity wanes over time. Annual vaccination helps to ensure the best possible protection against flu. A flu vaccine protects against the flu viruses that research indicates will be most common during the upcoming season. (More information about this season's exact vaccine composition is available at [Vaccine Virus Selection](#).) Flu vaccines for the current flu season have been updated from last season's vaccine to better match circulating viruses. Immunity from vaccination fully sets in after about two weeks.

Flu vaccination is especially important for people 65 years and older because they are at higher risk of developing serious flu complications. Three specific flu vaccines are preferentially recommended for people 65 years and older over other flu vaccines. People 65 and older should get a higher dose or adjuvanted flu vaccine, including: Fluzone High-Dose Quadrivalent, Flublok Quadrivalent, or Fluad Quadrivalent. These vaccines are preferred for people 65 years and older because a review of existing studies suggested that, in this age group, these vaccines are potentially more effective than standard dose unadjuvanted flu vaccines.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# Volunteer Opportunities

Womanspace Domestic Violence Victim Response Team Is Seeking Volunteers. East Windsor Township, in collaboration with Womanspace, is recruiting volunteers who work in conjunction with local police to provide support, information and referral at the time of a domestic violence situation. Applicants must be 18 years of age or older, possess a valid driver's license and access to transportation, and submit to a background investigation, including fingerprinting. Bilingual individuals are encouraged to participate. An 80-hour mandatory training course is provided and scheduled to begin Tuesday, March 19. Applications are available at [www.womanspace.org](http://www.womanspace.org). For more information, contact Police Detective Joseph Amejka at (609) 448-5678, ext. 231.



You can help at the moment of crisis

## VOLUNTEER

### Become A Response Team Advocate

Did you know that 1 in 4 women and 1 in 10 men will experience sexual violence, physical violence, or stalking by an intimate partner in their lifetime? The Womanspace Response Teams of Mercer County are comprised of highly trained and dedicated volunteers who meet with victim-survivors of domestic violence and/or sexual assault at the moment of crisis.

Please apply if you are:

- A resident of Mercer County or reside within 30 minutes of the county police stations
- 18 years or older, with a valid driver's license and transportation
- Willing to complete a background check including fingerprinting
- Able to participate in 60 hours of training

**You will make a difference**

Scan the QR Code to learn more about this important opportunity



Questions? Email Sheilagh at [sass@womanspace.org](mailto:sass@womanspace.org)  
or Varonda at [DVVRT@womanspace.org](mailto:DVVRT@womanspace.org)  
or call 609-394-0136

Applications currently being accepted  
Deadline to apply: February 15, 2024  
Training begins: March 19, 2024

[www.womanspace.org](http://www.womanspace.org)

# 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 title "Unused Meds?" is in a large, bold, red font. Below the title, there are two circular logos: one for Project Medicine Drop and another for the American Medicine Chest Challenge. To the right of the logos is the website "ProjectMedicineDrop.com". On the far right, there is a red arrow pointing to a smartphone displaying the Project Medicine Drop app interface. Below the smartphone, the text "Drop them off..." is written in white on a red background. At the bottom left of the banner, there is a statistic: "70% of opioid abuse starts with easy access to unused pills." followed by the Project Medicine Drop logo and the website name.

## 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

# February Trips



**Date:** Friday, February 23  
**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

## \$20 Slot Play

Slot Play \$ is subject to change.  
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.**



## East Windsor Bowl

**Date:** Wednesday, February 21  
**Arrive at Bowling Lanes:** 11:45am  
**End Time:** 2:00pm approx.

**Cost** \$28.00 exact cash or check

Includes:

- ◆ 2 hr lane rental
- ◆ Shoe rental
- ◆ Pizza
- ◆ Soft drinks



- ◆ Drive on your own
- ◆ Transportation available if needed. Please call the senior center or let the front desk know you will need transportation for this trip.

## RESPECT: A TRIBUTE TO ARETHA FRANKLIN WITH NEW JERSEY SYMPHONY

**DATE:** Sunday, February 18  
**Depart from Senior Center:** 2:00pm  
**Show Time:** 3:00pm  
**Arrive back to SC:** 6:00pm approx.

**Cost:** \$53.25 exact cash or check  
**Community Bus:** .50 given to driver day of trip



A tribute to the Queen of Soul, this program features symphony favorite Capathia Jenkins and three-time Grammy® Award-nominee Ryan Shaw performing such iconic hits as “Respect,” “Think,” “A Natural Woman,” “Chain of Fools,” “Amazing Grace,” and many others.



# March Trips



Thursday, March 7



**Depart Time:** 8:30am  
**Return Time:** 5:00pm approx.

**Cost:** \$73.00 exact cash or check

- ◆ Includes Flower Show ticket (group rate)
- ◆ Coach bus transportation
- ◆ Lunch on your own
- ◆ A lot of walking



**Date:** Friday, March 22  
**Departure Time:** 10:15am  
**Return Time:** 3:30pm approx.

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

Pick up is at the senior center. Please park your car in the back of the senior center to leave parking spaces available.



700 NJ-71, Spring Lake, NJ 07762

Tuesday, March 26

**Depart Time:** 10:00am  
**Return Time:** 4:30pm approx.

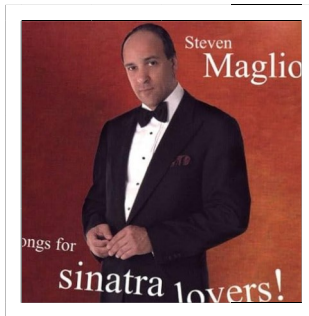
**Show Time:** 11:30am - 3:30pm

**Cost:** \$63.25 exact cash or check

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

## The Shore Club at Spring Lake (formerly "Doolans")

### Italian Feast of St. Joseph



An Italian celebration with great Italian foods; starring direct from Manhattan's Carnegie Club – the number one Sinatra stylist Steve Maglio plus Italian-American Comedian Chris Monty.

#### Complete Luncheon

1 hr open bar ...  
Plus extra wine hour  
Salad  
Choice of three entrée's  
Dessert  
Coffee / Tea

# 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

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

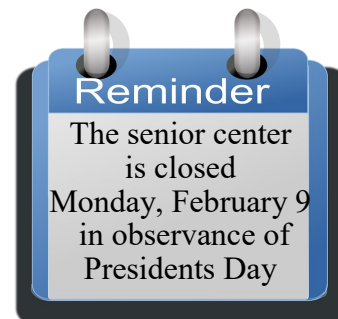
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- ◆ Using camera and video
- ◆ Using the internet
- ◆ Playing games
- ◆ Changing settings
- ◆ Installing updates
- ◆ Setting alarm/using calculator
- ....and so much more.

## 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?



# 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



## Magic Club

Every Wednesday  
1:00pm



Learn the “Sleight of hand” card tricks and techniques

Club Instructor;  
George Hann



Thursday,  
February 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:  
“**Strikes again...**”

Writing Instructor: Nancy Cathers Demme



Returns in March  
2:00pm—3:00pm

Topics will be announced....

## Reminder

Senior Center is Closed  
Monday, February 19



Tuesday, February 27  
10:30 am

TED Talks is an interactive monthly discussion after viewing a chosen video. The link is below to view before attending if you wish.

VIDEO:  
SCARRED Not Scary  
By: Lise Deguire

[CLICK HERE](#) to view video



## Coin and Stamp Club

Tuesday,  
February 13  
@ 2:15pm



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



Thursday, February 29  
@1pm

Two hours of traditional  
board games with friends.



## Terry Goldstein's Trivia

Tuesday, February 20  
@ 2pm

Test your knowledge  
Work your brain  
Exercise your memory

# Interactive Programs sign up required

## Puzzle Group

Every Monday 1:00pm



### Why are puzzles important for seniors?

Brain games and puzzles provide an older person the opportunity to use their critical thinking and problem-solving skills. Jigsaw puzzles for eg, exercise the left and right sides of your brain at once. Your left brain is logical and works in a linear fashion, while your right brain is creative and intuitive.

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

### REMINDER

Senior Center is closed  
Monday, February 19

President's Day

# Social Gatherings Sign Up Required

**“Crafts with Patti”**  
**Glass Bottle/Vase Decorating**  
Thursday, February 8 @ 1:00pm



## Wedding Albums

Tuesday, February 6  
2:00pm - 3:00pm

Bring your wedding album in for an hour of reminiscing and sharing memories





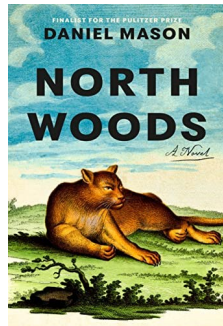
# Social Gatherings - Sign Up Required

## Book Club

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

**Book:** *North Woods*  
by Daniel Mason

**Facilitator:**  
Sharon Galbraith Ryer  
Hickory Corner Library



## Pin Cushion Corner

Every Tuesday  
@ 1:00 pm

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

**SIGN UP REQUIRED**

## “Dine Around” is Back!

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

Tuesday, February 13  
@ 12:30 pm

359 Rt. 130  
East Windsor



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

This is a pay on your own event.

**SIGN UP REQUIRED**



Afternoon Coffee Chat  
@ the Senior Center

Tuesday, February 27  
2:00pm

# Screenings / Appointment Needed

## Blood Pressure Screening

Wednesday, February 7  
Appointments start  
@ 10:30 am



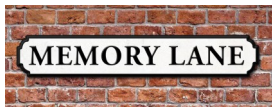
## Glucose Screening

Wednesday, February 14  
Appointments start  
@ 9:30 am



Fasting is recommended but not necessary

# Presentations Sign Up Required



## Finding Meaning in Memories

Thursday, February 8  
1:00pm

### Discussion

As we age, we often desire to put our lives in perspective. By encouraging seniors to talk about their past, many benefits can be achieved such as improved self-esteem, realizing a sense of fulfillment, improved mood, and higher self-worth.

The wisdom seniors have acquired through decades of experience can sometimes feel insignificant or outdated in our fast-paced high-tech world. Reminiscing can reaffirm the importance of hard-earned wisdom as it is shared and verified by the listeners.

The goal is to help individuals feel connected, valued, and heard.

This presentation discusses the purpose of reminiscing as well as engages participants to experience the significance in becoming more drawn to the past.

Presenter,  
Linda Panarella, CDP  
Town Square, Princeton



Monday, February 12  
10:30am

Learn how to identify, examine different types, identify strategies to protect, and learn how to protect your information.

Presenter;  
M&T Bank



## Keeping Your Heart Health

Wednesday, February 14  
10:30am



As we approach February which is Heart Month, let us discuss ~ Keeping your Heart Health with Lisa Crusier

Lisa is a nurse with 30 years of experience and has close ties to our community. She is a Patient Advocate and a Certified Dementia Practitioner. During this program we will learn how to keep a healthy heart, prevent heart disease and discuss ways to lower our risks of Heart Disease.



## How do I Eat Right?

Thursday, February 8  
10:30am



Join the Nursing Students from TCNJ for tips to stay on track with eating for your health.

Presenter,  
TCNJ Nursing Students

## Cold vs. RSV

Thursday, February 29  
1:00pm



Is it a cold or RSV? Does it matter? Is there different treatment? Get the facts at this informative presentation with the Nursing Students from TCNJ.

Presenter, TCNJ Nursing Students

## Reduce the Risk of Falls

Tuesday, February 20  
10:30am



One of the greatest risks within the senior population, both physically and financially, relates to a fall event. This guide provides an understanding of the implications of and associated risks for falls in the older adult population. It includes an interactive presentation with tips on how to create and implement a fall prevention program.

Presenter;  
Melisa Damcevaska



# Presentations Sign Up Required



## Nicotine and Tobacco Recovery Program Info Session

Monday, February 26  
@ 10:30am

The RWJBarnabas Health Institute for Prevention and Recovery offers a FREE 8-week Nicotine and Tobacco Recovery Program. If you or a loved one is struggling with nicotine or tobacco addiction, our Certified Tobacco Treatment Specialists (CTTS) are available to help you quit.

If you've been thinking of quitting smoking or vaping, there's no time like the present. Smoking remains the single, largest preventable source of death and illness in the world. Regardless of age, smokers can greatly reduce their risk of disease, including lung cancer, by quitting.

This is a treatment focused program which offers the following and is designed for anyone who uses nicotine and tobacco products and is interested in cessation services:

- ◆ Free 8-week counseling, no insurance required
- ◆ Free treatment, including nicotine patches, gum and lozenges
- ◆ Specialized treatment for Vapes, JUULs, or other e-cig devices
- ◆ Personalized treatment by a Certified Tobacco Treatment Specialist
- ◆ Evidence-based practices and assessments
- ◆ In-person, phone or telehealth appointments with a Tobacco Treatment Specialist

Michael Kosloski BA CTTS NCTTP  
Tobacco Treatment Specialist, Nicotine & Tobacco Recovery Program

Cindy Kinsella, NCTTP  
Tobacco Liaison, Nicotine and Tobacco Recovery Program

Depending on interest will depend on if the program  
will take place here at our senior center or at RWJ.

# Presentations Sign Up Required

## 5 Series Healing & Centering Meditation (You do not need to attend all 5)



This program consists of Deep Practice to help support the nervous system, to release old emotions and to bring in fresh energy for healing and balance.

These are life changing practices that you will be able to practice at home.

### Sign Up Now

#### **DATE : 2/22 @ 10:30am Ground , Center & Connect Meditation:**

In This Class we will Connect into our Root Chakra, to help us plug into the Earth, Heart and Mind, In order to feel stable, grounded and centered. We will also use some yogic mantra phrases. Leaving you feeling Strong and Stable.

#### **DATE: 2/29 @ 10:30am Peace , Calming & Healing Meditation:**

In this Class we will use special breathwork to become very still, quiet and calm, focusing on the Heart Chakra, including Energy Tapping, leaving you feeling very relaxed and calm.

\*\*\*\*\*

### Sign Up in March Newsletter

#### **DATE: 3/12 @ 10:30am Letting Go & Releasing Stress Meditation:**

In this class we will tense and release the bodies muscles and mind, in order to let go of stress and stuck energy. Then we will fill ourself up with a special breathwork called breathing in the light. Leaving you feeling Light Filled and Happy!

#### **DATE: 3/19 @ 10:30am Empowerment and Energizing Meditation:**

In this Class we will bring aliveness into the body, using the yoga breath of fire, burning away what no longer serves us and igniting and waking up our power. Leaving you feeling Empowered and Energized!

#### **DATE: 4/2 @ 10:30am Deep Relaxation & Reset Meditation:**

This is a seated version of Yoga Nidra .... we relax each part of the body, using our mind, following my voice as we transcend from the pinky finger all the way down to the toes. This is a very restful and rejuvenating meditation. Complete Surrender ,this is equivalent to a full night's sleep.



Instructor;  
Adreinne Gammal

# Party Sign Up Required

*You are invited...*  
*Valentine's Day Celebration*

Friday, February 16  
12:00pm - 2:00pm

Pizza

Live Entertainment

Please RSVP by 2/9, before 12pm  
(We will not add anyone after this date)



# Entertainment Sign Up Required

## 2024 Lunar New Year Show

(This is entertainment only)

**Date:** Wednesday, February 7

**Time:** 2:30pm



Celebrate the Year of the Dragon with captivating traditional Asian dance performances by Peddie School students.

Immerse yourself in the rich history of Lunar New Year and enjoy exclusive, never-before-seen performances.

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam, and countries with a significant overseas Chinese population.

### Presenters:

Sora Oh (Lunar New Year Presentation)  
Sree Lakkamraju (Lunar New Year Presentation)  
Aaron Jihoon Lee (Korean traditional drumming)  
Juah Lee (Korean Traditional Dance)  
Charis Chien (Chinese Traditional Dance)

Wishing you a joyous  
Lunar New Year celebration!

# PEDDIE

# Entertainment Sign Up Required

## “Valentine” *What is this thing called love?*

**Date:** Friday, February 9

**Time:** 1:00pm

*The Innumerable Facets Of Love & Romance In American Popular Song*  
Cole Porter’s song title question can be and has been answered 1001 different ways in song. In the golden years roughly situated between the two World Wars, exceptional musical entertainment thrived, and the topic was invariably Love.

Fred Miller examines the ups and downs, the many, many colorful facets of romance, drawing from the classic songbooks of Kern, Gershwin, Rodgers & Hart, Berlin, Lerner & Loewe, Porter, Herbert, Romberg and the other overflowing treasure troves of Broadway, Hollywood and Tin Pan Alley. As the program will make clearer than ever, nothing gives voice to all sides of love like our great American popular songs.

Fred Miller’s [Lectures-In-Song](#) comprise a series of solo programs, each an historical, anecdotal and musical profile of some great personality or important aspect of American Popular Song. These Lectures are delivered by singer/pianist/narrator Miller at the piano, and each reflects his lifetime passion and appreciation for great music.



# President's Day



Monday, February 19, 2024

Presidents' Day is a federal holiday celebrated on the third Monday in February; Presidents' Day 2023 will occur on February 20. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents, past and present.

## **Washington's Birthday**

The story of Presidents' Day date begins in 1800. Following the death of George Washington in 1799, his February 22 birthday became a perennial day of remembrance.

At the time, Washington was venerated as the most important figure in American history, and events like the 1832 centennial of his birth and the start of construction of the Washington Monument in 1848 were cause for national celebration.

While Washington's Birthday was an unofficial observance for most of the 1800s, it was not until the late 1870s that it became a federal holiday. Senator Stephen Wallace Dorsey of Arkansas was the first to propose the measure, and in 1879 President Rutherford B. Hayes signed it into law.

The holiday initially only applied to the District of Columbia, but in 1885 it was expanded to the whole country. At the time, Washington's Birthday joined four other nationally recognized federal bank holidays—Christmas Day, New Year's Day, the Fourth of July and Thanksgiving—and was the first to celebrate the life of an individual American. Martin Luther King Jr. Day, signed into law in 1983, was the second.





# President's Day

...continued

## **Uniform Monday Holiday Act**

The shift from Washington's Birthday to Presidents' Day began in the late 1960s, when Congress proposed a measure known as the Uniform Monday Holiday Act. Championed by Senator Robert McClory of Illinois, this law sought to shift the celebration of several federal holidays from specific dates to a series of predetermined Mondays.



The proposed change was seen by many as a novel way to create more three-day weekends for the nation's workers, and it was believed that ensuring holidays always fell on the same weekday would reduce employee absenteeism. While some argued that shifting holidays from their original dates would cheapen their meaning, the bill also had widespread support from both the private sector and labor unions and was seen as a surefire way to bolster retail sales.

The Uniform Monday Holiday Act also included a provision to combine the celebration of Washington's birthday with that of Abraham Lincoln, which fell on February 12. Lincoln's Birthday had long been a state holiday in places like Illinois, and many supported joining the two days as a way of giving equal recognition to two of America's most famous statesmen.

McClory was among the measure's major proponents, and he even floated the idea of renaming the holiday Presidents' Day. This proved to be a point of contention for lawmakers from George Washington's home state of Virginia, and the proposal was eventually dropped.

Nevertheless, the main piece of the Uniform Monday Holiday Act passed in 1968 and officially took effect in 1971 following an executive order from President Richard M. Nixon. Washington's Birthday was then shifted from the fixed date of February 22 to the third Monday of February. Columbus Day, Memorial Day and Veterans Day were also moved from their traditionally designated dates. (As a result of widespread criticism, in 1978 Veterans Day was returned to its original November 11 date.)

By the mid-1980s, Washington's Birthday was known to many Americans as Presidents' Day. This shift had solidified in the early 2000s, by which time as many as half the 50 states had changed the holiday's name to Presidents' Day on their calendars.

Some states have even chosen to customize the holiday by adding new figures to the celebration. Arkansas, for instance, celebrates Washington as well as civil rights activist Daisy Gatson Bates. Alabama, meanwhile, uses Presidents' Day to commemorate Washington and Thomas Jefferson (who was born in April).

Washington and Lincoln still remain the two most recognized leaders, but Presidents' Day is now popularly seen as a day to recognize the lives and achievements of all of America's chief executives. Some lawmakers have objected to this view, arguing that grouping George Washington and Abraham Lincoln together with less successful presidents minimizes their legacies.

Congressional measures to restore Washington and Lincoln's individual birthdays were proposed during the early 2000s, but all failed to gain much attention. For its part, the federal government has held fast to the original incarnation of the holiday as a celebration of the country's first president. The third Monday in February is still listed on official calendars as Washington's Birthday.

# 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**



## UPDATE:

### Medicare's Open Enrollment Period

For people in a Medicare Advantage Plan, there's a second open enrollment period: January 1 - March 31. During this time, you can switch to a different MA plan with drugs or move to original Medicare and join a separate Medicare drug plan.

You can only make one change during this period, and any changes you make will be effective the first of the month after the plan gets your request.

For people with a supplemental (or Medigap) policies, they're not subject to any open enrollment periods, so they can be purchased any time of year; however, insurers can charge you more, make you wait or deny you coverage.



## Medicare Appointments February 8, 13, and 27

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

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

# Fraud Education

## Be Aware of Scams



Scams exist in almost every aspect of the online world, and fake traffic tickets are no exception when the individual seeking to defraud others of money wants to increase his or her chances by using these methods. It is important to seek someone knowledgeable in the ticket areas of law enforcement to ensure that the ticket is valid.

Email scams are rampant through various email addresses sold to the highest bidder. However, some types of email accounts have a greater chance of influx of scam artists. When the owner of the account opens the email, the details may lead him or her to another area online where he or she could face financial devastation. This occurs when he or she puts in email account information or financial details. It is imperative that the account holder pays attention to the url in the top of the page. If the email has a redirect to a website that appears to come from the local or state government, it is necessary to check similar websites online to ensure the address matches.

### **The Fake Ticket**

While most tickets come from an officer pulling a driver over and writing it within his or her presence, some tickets come in the mail. When a traffic camera usage sends a ticket through the mail to the driver for his or her traffic violation, he or she may not be on guard against online scams. Then, payment for a fake ticket provides the scam artist with a way to steal funds from the person. However, the state and local government and law enforcement agencies do not usually use email or online action to complete ticketing and other processes. It is important to contact the state police department with the ticket number to discover if it is a valid ticket.

### **Email Scams Explained**

There are different types of email scams that affect the owner of an email account. The most insidious are those that redirect the person to a website that looks exactly like the local or state law enforcement that issues tickets to drivers. The url in the top of the page may even have a similar address. However, there are usually tells that give the site away. The beginning or ending may have a different character. These redirect scams may attempt to grab account logins or credit card numbers. Once they have these details, it is difficult to rid the account of the other person. He or she may use it to view emails or to purchase items.

Another email scam has details of the person involved in the ticket. The file may even have what looks like a valid number attached to a ticket. If the scam artist has enough information on the target, the ticket may have the city and other info about the recent driving activity. However, the amounts may have either significantly lower or higher funding requirements. If the base of the ticket is \$25 with only \$20 added based on the speed driven, then a ticket for \$400 is not possible in the state unless the driver was accomplishing several other traffic offenses simultaneously.

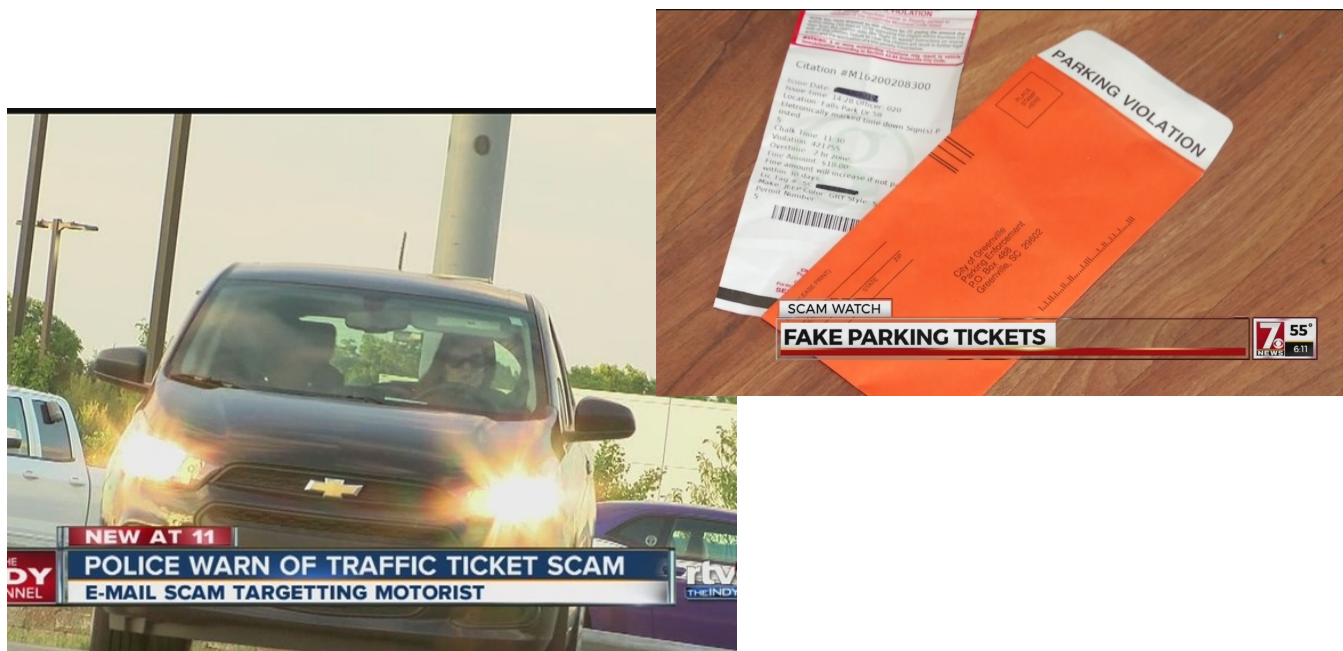


# Fraud Education

## Seeking a Remedy to the Scam

While the best course of action when seeing emails that may contain ticket information is to ignore it, it is imperative that the person who did provide details seeks some remedy to the situation. When supplying email account information, the owner of the account may need to change his or her password. If this involves credit card numbers, the card holder should contact his or her financial institutions immediately to cancel the card. Fighting the charges is sometimes possible when the other party was a scam and not a valid ticket. It is only necessary to pursue further action when these simple steps do not resolve the matter fully.

*Provided by HG.org*



**Educate yourself and become familiar with common scams.  
It is your best protection!**

# 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

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

## Presidents' Day

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

trump	obama	wbush	bush	reagan	carter
ford	nixon	johnson	kennedy	eisenhower	Truman
FDR	hoover	coolidge	harding	wilson	Taft
Roosevelt	McKinley	Cleveland	Arthur	Garfield	Hayes
Grant	Johnson	Lincoln	Buchanan	Pierce	Fillmore
Taylor	Polk	Tyler	Harrison	Van Buren	Jackson
JQAdams	JAdams	Madison	Jefferson	Washington	

# Word Search

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

## The Cardiovascular System

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

ANEURYSM

BLOOD PRESSURE

CARDIOVASCULAR

DIASTOLIC

HYPERTENSION

PULSE

SYSTOLIC

AORTA

CARDIOLOGIST

CONGESTIVE HEART FAILURE

ENDOCARDITIS

HYPERTENSIVE HEART DISEASE

RAYNAUDSPHENOMENON

VARICOSE

ARTERIES

CARDIOLOGY

CORONARY ARTERY DISEASE

HEART RATE

MITRAL VALVE PROLAPSE

RHEUMATIC FEVER

VEIN

# Word Search

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

## Valentine's Day

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

Gift

Holiday

Cards

Stuffed Animal

Kiss

Hug

Secret Admirer

Fun

Candy

Party

Roses

Love

Crush

Arrows

Friends

Red

Pink

Heart

Poems

Cupid

Flowers

Sweet

Chocolate

Valentine



# 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>

