



SENIOR CENTER NEWSLETTER

January 2024
609-371-7192



Dear Friends,

East Windsor Township Annual Reorganization Meeting Is Scheduled for Monday, January 8 at 5:30 P.M. at the East Windsor Township Senior Center (40 Lanning Boulevard). The public is invited to attend the largely ceremonial meeting at which the Township Council makes appointments to Township boards and committees, and does various recognitions. A reception and refreshments will follow the meeting.

East Windsor Township Mayor and Council Encourage Citizens to Volunteer for Township Boards and Committees. Citizens can apply to serve on the Clean Communities Advisory Committee, Commission on Aging, East Windsor Municipal Utilities Authority, Economic Development Committee, Environmental Commission, Health Advisory Board, Planning Board, Recreation Commission, Zoning Board of Adjustment and the East Windsor Municipal Alliance for the Prevention of Substance Abuse. Residents interested in volunteering can obtain an application form from the municipal clerk or can fill out this form ([CLICK HERE](#)) and return by email to clerk@east-windsor.nj.us, by fax to (609) 443-8303, or by mail to Mayor Janice S. Mironov and Township Council, East Windsor Township Municipal Building, 16 Lanning Boulevard, East Windsor, New Jersey 08520. For further information, call the Municipal Clerk's Office at (609) 443-4000, ext. 240.

ALL Township Offices Will Be CLOSED on Monday, Monday, January 1, New Years Day and Monday January 15, in observance of Martin Luther King Jr.

STAY SAFE AND HAVE A PEACEFUL NEW YEAR!



2024

January Newsletter Info

**Sign up begins IN-PERSON
Tuesday, January 2 @ 8:45 am**

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

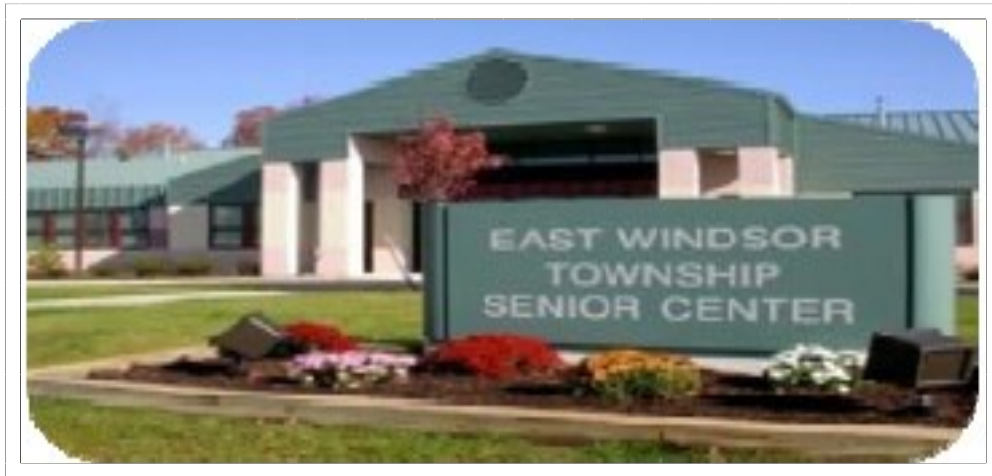
TRIPS SIGN UP

January 2, 3, 4
(deadline on the 4th is 12:00 pm)

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

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

Trip Sign Up sheets will be
located in the Art Room



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

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

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

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



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

Kelly Roman
Senior Center Director
Rebecca Liming
Program Coordinator



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

Resolutions for a New Year

1. say 'I Love You' often
2. give hugs
3. laugh lots
4. don't sweat the small stuff
5. enjoy the little moments
6. be patient
7. don't be hard on yourself
8. learn from your mistakes
9. find some fun in every day

and above all else

10. be kind



Township Information

Township Offices will be Closed

Happy
New Year!

New Years Day
Monday, January 1



Martin Luther King Jr.
Monday, January 15

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>

East Windsor Township Annual Reorganization Meeting

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(40 Lanning Boulevard).

The public is invited to attend the largely ceremonial meeting at which the Township Council makes appointments to Township boards and committees, and does various recognitions. A reception and refreshments will follow the meeting.

Plastic Film Recycling

EAST WINDSOR TOWNSHIP
PLASTIC FILM RECYCLING
TREX RECYCLING CHALLENGE



GROCERY AND RETAIL BAGS

PALLET WRAP AND STRETCH FILM

BREAD BAGS

AIR PILLOWS

ZIPLOCK AND OTHER RESEALABLE STORAGE BAGS

BUBBLE WRAP

PLASTIC SHIPPING ENVELOPES

CASE OVERWRAP AND PRODUCT WRAP

PRODUCE AND ICE BAGS

DRY CLEANING BAGS

NEWSPAPER SLEEVES

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

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

Please take notice of the black “recycling can” located in front of the Senior Center.

It is labeled, “Plastic Film.”



COVID TESTS



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

[CLICK HERE](#)

Or go to: covid.gov/tests

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

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

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

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

Citizens can apply to serve on the:

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



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

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

A horizontal banner for Project Medicine Drop. On the left, a hand holds several pills. Text reads 'Easy access can be deadly!'. In the center, 'Unused Meds?' is written in large, bold, red and black letters. Below this, '70% of opioid abuse starts with easy access to unused pills.' is written in small text. To the right, a smartphone displays the Project Medicine Drop app interface. A red arrow points from the text 'Drop them off...' towards the smartphone. At the bottom, the Project Medicine Drop logo and website 'ProjectMedicineDrop.com' are displayed.

Easy access
can be deadly!

Unused Meds?

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

Drop them off...

ProjectMedicineDrop.com

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

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

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

Community Bus



50 cents round trip

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

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

Please call the senior center to reserve your seat.

Monday and Wednesday

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

Tuesday and Thursday

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

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

TRIPS

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

Trips



IMPORTANT

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

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

January Trips



Date: Friday, January 12
Departure Time: 9:50am
Return Time: 2:30pm
approx



This Trip is Full

This Trip is Full

A guided tour: Guides explain the site's history, art and architecture, and the legislative process.

You will see the legislative and executive portions of the State House including the General Assembly and Senate Chambers, Rotunda, and other significant interior spaces.

- ◆ MUST have a photo ID with you.
- ◆ We will have lunch (pay on your own) at Cracker Barrel in Hamilton

Date: Friday, January 5
Departure Time: 10:15am
Return Time: 3:30pm approx.

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



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.



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.



Just ask the tutor!

Computer Tutoring 30-Minute Private Sessions

(also knowledgeable in iPhone and iPad)

Monday's
By appointment only

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



Just ask the tutor!

Interactive Programs sign up required

Paint by Numbers

Every Friday
@ 10:30 am



Purchase your own kit on Amazon.

[CLICK HERE](#)

to see examples or purchase on Amazon



Tuesday, January 30
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:

How your emotions change the shape of your heart
By: Sandeep Jauhar

[CLICK HERE](#) to view video



Magic Club

Every Wednesday
1:00pm



Learn the “Sleight of hand” card tricks and techniques

Club Instructor;
George Hann



Coin and Stamp Club



Tuesday, January 9 @ 2:15pm

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



Thursday,
January 11
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



Thursday, January 18
@1pm

Two hours of traditional
board games with friends.



Tuesday
January 16
2:00pm—3:00pm

Bring your own topic



Terry Goldstein's Trivia

Will be back in February

Test your knowledge
Work your brain
Exercise your memory

Interactive Programs sign up required

Puzzle Group

Every Monday 1:00pm

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

Why are puzzles important for seniors?



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

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

Social Gatherings Sign Up Required

Crafts with Patti

Thursday, January 18 @ 1:00pm



**Bring your own pictures to make a Scrap Book page of your own.
We will provide all materials.**

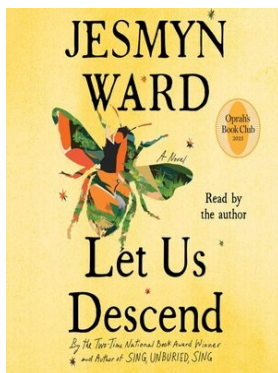
Social Gatherings - Sign Up Required

Book Club

Thursday, January 25
10:30 am - 11:30 am

Book: *Let us Descend*
by Jesmyn Ward

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, January 30
@ 12:30 pm



Perkins Restaurant & Bakery
50 Princeton Hightstown Rd
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, January 23
2:00pm

Health Screenings

Blood Pressure Screening

Wednesday, January 10
Appointments start
@ 10:30 am



Know Your Blood Pressure

You should be screened for high blood pressure (BP) regularly. Maintaining a healthy blood pressure can reduce health issues. Testing your blood pressure can make you aware and help you make any needed

Presentations Sign Up Required

Fitness, Wellness, and Healthy Eating

Monday, January 8
9:00am



We will discuss:

- ◆ Healthy eating based on the dietary guidelines for Americans USDA.
- ◆ Emphasize the four types of exercise: cardio, Strength, flexibility, and balance.
- ◆ Injury prevention and how to treat
- ◆ Chronic Diseases

We will also have a discussion about how seniors are living longer based on the 90+ study, (a population-based longitudinal study of aging), New York Times Special Edition: Exercise is Cure and much more. Presenter; Elizabeth Allen

Presenter,
Elizabeth Allen



Tuesday, January 9
10:30am

Tips on how to buy fruits and vegetables at a low cost, how to plan home meals and how to save money on food commonly consume at home.

Presenter;
Vinnie Smith



The Right Time to use a Walker or Cane for your Safety



Thursday, January 11
1:00pm

Director of Rehab Services, Chris Rehrig, will host an informative seminar on when is the right time to use a walker or a cane for your safety and the proper way to use them.

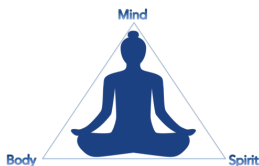
Light refreshments available.



19

Living Well Mind - Body - Spirit

Monday, January 29
9:00am



Totally interactive using mindful meditation, yoga, and breathing techniques. Connecting our overall wellness to physical, mental, and spiritual health.

Using the Rutgers University (Biomedical and Health Sciences) Certification of Mental Health and Older Adults: How to deal with stress and Anxiety, Self-Care, and Calming Tips.

Presenter; Elizabeth Allen

RAFFLE DRAWING!
Basket with health and fitness products

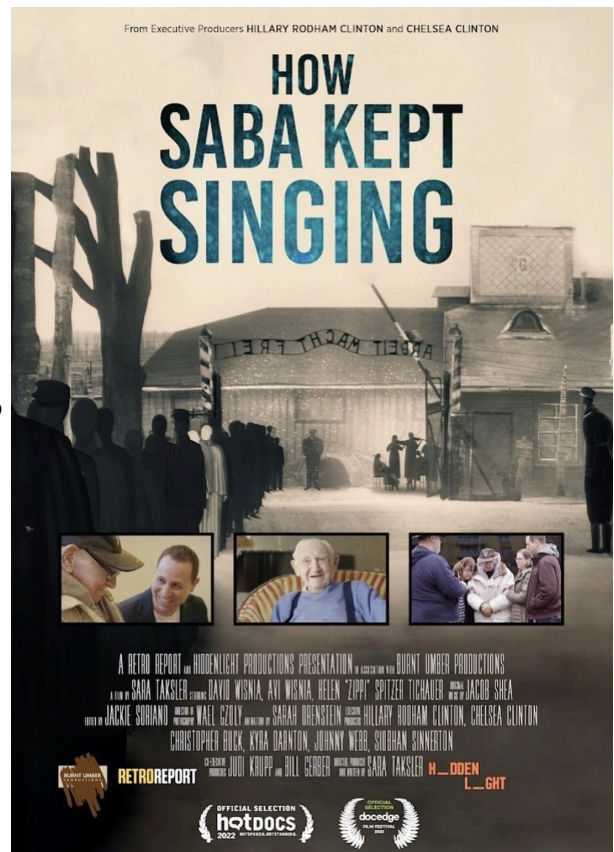
Entertainment Sign Up Required

Avi Wisnia

How Saba Kept Singing Feature Documentary about How My Grandfather Survived the Holocaust

Friday, January 26
1:00pm - 3:00pm

The award-winning documentary film, *How Saba Kept Singing*, shares the story of Cantor, Holocaust Survivor, and Military Veteran, David S. Wisnia (93), who spends his later years travelling with his grandson and musical accompanist, Avi Wisnia (38), sharing the story of how he survived the Holocaust through music which the duo perform together. For years, Cantor Wisnia's story centered around the belief that he survived Auschwitz mainly by using his beautiful singing voice to entertain his Nazi captors. These performances in the death camp gave him status as a "privileged prisoner." However, when David takes his family back to Poland for one last performance, Avi starts asking questions and they discover that someone else had a hand in Saba's survival. An uplifting story about music, faith, family and resilience, proving love can grow and take hold in even the darkest of places. This film is directed by Sara Taksler (*Tickling Giants*), and Executive Produced by Hillary Rodham Clinton and Chelsea Clinton.



David's story became an international sensation when featured in the *New York Times* and *Buzzfeed*. The film *How Saba Kept Singing* premiered at the HotDocs Toronto International Documentary Festival (2022) and made its national TV debut on PBS this year. The documentary was recently honored with the Audience Award at the Rutgers Jewish Film Festival.

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 January 9, 19, 23 and 29

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

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

Fraud Education

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.

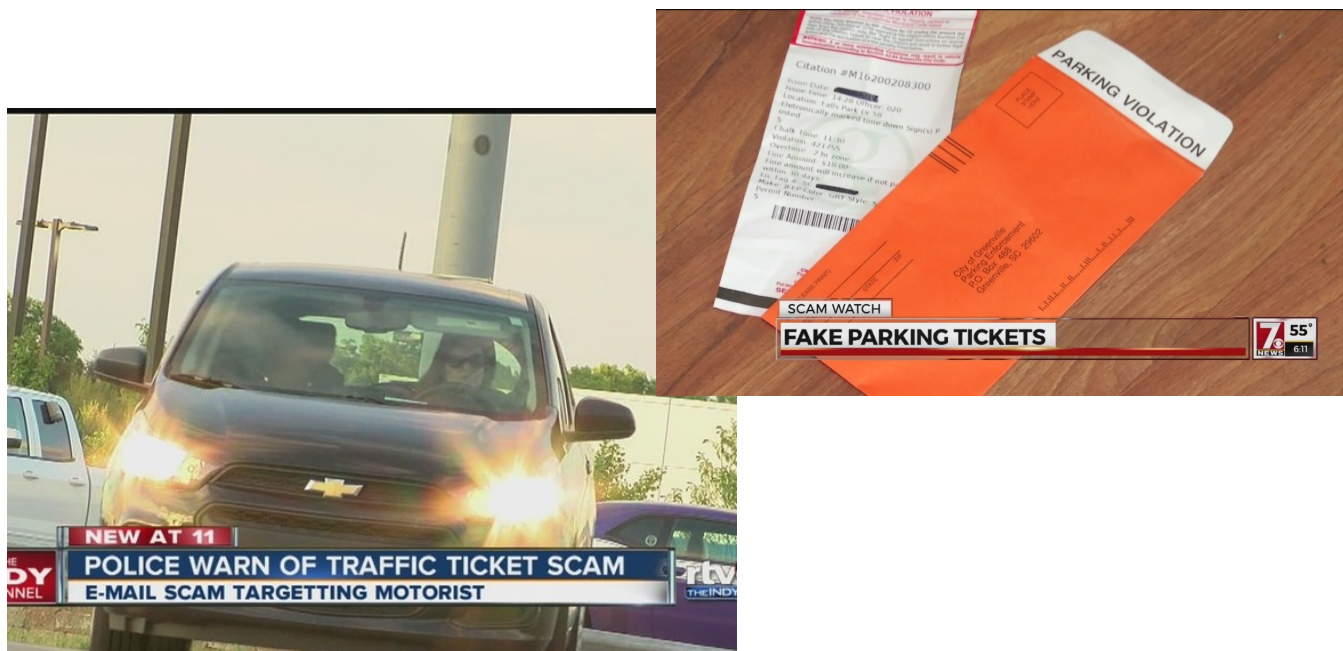


Fraud Education

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

New Year's Resolutions

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

enjoy life

be more thankful

learn a new language

more vegetables

run

drive safer

lose weight

be kind

learn to hula hoop

eat kale

more fresh fruits

walk

clean house

hug more

learn to bellydance

more sleep

declutter

exercise

go back to school

lift weights

take a dance class

less sugar

stretch

drink more water

save money

Word Search

MARTIN LUTHER KING JR.

WORD SEARCH



WORD LIST

AMERICAN
ASSASSINATION
BOYCOTT
CHANGE
CIVILRIGHTS
COURAGE
DREAM
FREEDOM
HARMONY
HERO
JANUARY
LEADER
NOBELPRIZE
NONVIOLENCE
PEACE
PREACHER
RACISM
SEGREGATE
SPEECH



Word Search

Apple Varieties

January 1, 2024 is "National Apple Gifting Day"

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

Ambrosia
Bailey
Baldwin
Beacon
Bismarck
Braeburn
Cameo
Champion
Cortland
Crispin
Criterion
Dougherty
Empire

Enterprise
Fireside
Fuji
Gala
GingerGold
GoldenDelicious
Gordon
GrannySmith
Haralson
Hawaii
Honeycrisp
Idared
Jonagold

Jonathan
Jupiter
King
LadyAlice
Liberty
Macoun
Malinda
McIntosh
Melrose
Nickajack
Pristine
RedDelicious
RomeBeauty

Saturn
Smokehouse
Spartan
Stayman
Sunset
Tesar
Wagener
Wealthy
Winesap
Winston
Zestar

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>

