



SENIOR CENTER NEWSLETTER

July 2024
609-371-7192



Dear Friends

The Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer" for 2024 was

awarded to **Terry Goldstein**. Terry Goldstein, a longtime Township resident, has been a dedicated and valued volunteer for many years in the Senior Center and beyond. He is a well-recognized figure among the seniors, due to his extensive involvement in so many of the Center's programs and operations, including hosting the Trivia activities, moderating (sometimes "refereeing") the Current Events Club, as a member and performer with the newly formed Senior Center Magic Club, helps oversee Center party events, and assists with early morning sign-ups for the popular Center trips. Terry always makes himself available to lend a hand to anyone who needs assistance. Beyond the Senior Center, for many years,

Terry is a member of the Wheaton Pointe Senior Development Board of Trustees, Vice President of the Friends of the Twin River Library, member of the Juvenile Conference Committee Mercer Vicinage, East Windsor Community Garden participant, volunteer with The Watershed Institute and participant in the annual stream clean-ups at Etra Lake Park, and has been involved for ten years with the Trenton Art All Night Program. The "*Sylvia Weiss Senior Citizen Award for Outstanding Service as a Volunteer*," presented annually by East Windsor Township, recognizes a senior citizen who has exhibited outstanding service through volunteerism to the community. **Congratulations to Terry Goldstein on his outstanding well-deserved recognition!**

Mercer Council on Alcoholism and Drug Addiction presented the East Windsor Municipal Alliance for the Prevention of Substance Abuse (EWMAPSA) with 2024 Prevention Award, for their dedication to providing opportunities and resources to individuals and their families to prevent substance abuse. EWMAPSA, as the Township coordinating body, is dedicated to increasing the level of community awareness and the prevention of problems related to alcohol, tobacco and other substance abuse through the encouragement and development of safe, healthy and responsible lifestyles for all residents.

Milling and paving on Greenbrook Drive and Connecting Streets -- Marilyn Drive, Hope Valley Drive and Meadowview Drive Is complete. Some minor work and punchlist items remain to be completed.

Roadway improvements for Beechcroft Drive and Connecting Streets -- Hemlock Court, Brooklawn Drive, Ivy Lane East, Glenwood Circle and Meadowbrook Drive are in progress. Work, expected to take 4 to 5 weeks, includes concrete repairs as needed to curbs and driveway aprons, then milling and paving. The bid was awarded to low bidder, S Brothers of South River, NJ.

Check out Township website and E-News for *Summer Calendar of Events*, kicking off on Saturday July 6 with East Windsor Independence Day Celebration!

Mayor Janice S. Mironou



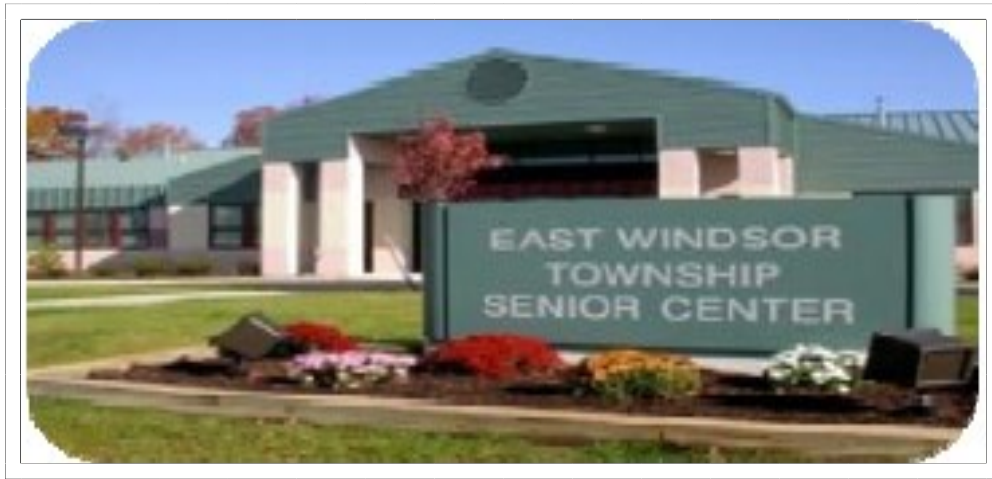
July Newsletter Info

**Program sign up begins IN-PERSON
Monday, July 1 @ 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

July 1, 2, 3
(deadline on the 3rd is 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, July 6 (rain date July 13) ***East Windsor Independence Day Celebration***: 6 pm, ***Jerry Rife's Rhythm Kings Dixieland Jazz Band***, 6 piece band from the Delaware Valley area best known for its traditional jazz sound. 7:45 pm, ***Trenton Brass Quintet Plus One***, 6 piece ensemble from Central Jersey performing "Americana" and a variety of popular melodies. Approximately 9:30 pm, **Fireworks**.

Sunday, July 21 at 6 pm **All About Joel**: Billy Joel Tribute

Sunday, July 28 at 6 pm **80's Revolution**: All genre's of the 80's

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 21 at 6 pm **Frontiers**: Journey Tribute

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>

Township Information

Township offices will be closed
on Thursday, July 4th.

HAPPY
FOURTH
OF JULY



Recycling Day Event

Mayor Janice S. Mironov and Council Members Hold Recycling Day Event on Wednesday, July 10, from 4 P.M. to 8 P.M., Rain or Shine, at the East Windsor Senior Center (40 Lanning Boulevard). *Free*

paper shredding services to securely dispose of unneeded personal documents and confidential files will be available from 10 A.M. to 2 P.M. or until the truck is full, to **East Windsor Residents Only**. There is a limit of ten boxes per household; no commercial documents. Electronic recycling includes televisions, computers and accessories, monitors, fax machines, VCR's, cable boxes and radios. Residents also will be able to drop off fluorescent bulbs, household batteries, cell phones and printer cartridges. RISE will be on site to collect usable furniture, clothing, blankets and working household appliances and electronics. For further information, call [\(609\) 443-4000](tel:6094434000), ext. 415.

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

July Trips



Ocean Grove Beach Day

*CHOOSE ONE DATE ONLY

Thursday, July 11

OR

Friday, July 12

Spend the day at the beach or walking the quiet boardwalk.

The charming downtown shops and cafes are only two short blocks from the boardwalk.

Depart Time: 9:00am

Return Time: 3:00pm approx.

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

**Both dates are
now full**

Purchase a daily beach pass
\$12

Beach Office is located on
the boardwalk at Embury and
Ocean Avenues
(near the pier)



Senior Lunch Cruise

Wednesday, July 24

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

**This date is full.
See August trips...**



Miniature Golf AND Ice Cream Shoppe Howell, NJ

Date: Friday, July 26

Departure Time: 9:15am

Return Time: 2:30pm approx

Cost: \$18.00 pp exact cash or check

- ◆ 1 hour indoor miniature golf
- ◆ 1 hour pizza in the Party Room

Pay on your own at Ice Cream Shoppe

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



August Trips



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.



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



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 Eliptical
 - ◆ 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

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!



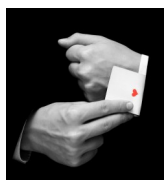
It is very important to
keep your appointment
time or please call to
cancel.

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

Interactive Programs sign up required



All programs require sign up



Magic Club

Every Wednesday
12:30pm



Learn the “Sleight of hand” card tricks and techniques

Club Instructor;
George Hann



Thursday, July 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: “Play by (one’s) Rules..”

Writing Instructor: Nancy Cathers Demme

Book Club

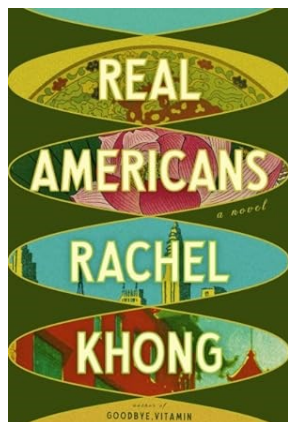
Thursday, July 25
10:30 am - 11:30 am

Book:

Real Americans
by Rachel Khong

Facilitator:

Sharon Galbraith Ryer
Hickory Corner Library



Tuesday, July 30
10:30 am

TED Talks is an interactive monthly discussion.

VIDEO will be shown during the discussion:

Your body language may shape who you are..
By Amy Cuddy



Coin and Stamp Club



Will return in August

@ 2:15pm

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



PUZZLES COLORING BRAIN GAMES

EVERY MONDAY
@ 1:00PM

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!

Social Gatherings - Sign Up Required



Discussion
Monday, July 8 @ 2:00pm

- ◆ Is the United States winning the war on drugs? Supporters claim successes in reducing trafficking and crime through strict law enforcement and public awareness. However, critics argue that these efforts have led to mass incarceration and ongoing addiction issues, disproportionately affecting minority communities. What is your opinion on this matter?
- ◆ The Surgeon General has called on Congress to require warning labels on Social Media platforms, similar to those on cigarette packages. Proponents argue that such labels can raise awareness and promote informed use, while opponents contend that they may be ineffective, represent governmental overreach, and place undue responsibility on tech companies instead of individuals. What do you think?



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

“Crafts with Tanya”
Painting Bird Houses
Thursday, July 18
1:00pm



Pictures are for example only

“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, July 23
@ 12:30 pm



Fernando's
173 Mercer St (across from post office)
Hightstown

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



Afternoon Coffee Chat
@ the Senior Center

Tuesday, July 30
2:00pm

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

How Dementia Affects the Brain and What Can You Do About It?

Thursday, July 11
1:00pm—2:00pm

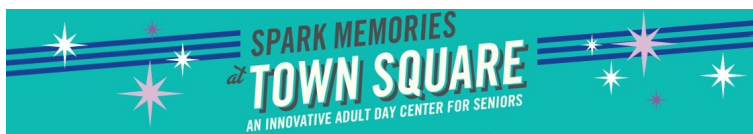
It is a common belief that Alzheimer's Disease and related dementias are just a disease of the memory. Nothing could be further from the truth! Dementia affects the entire brain, which in turn can affect every part of the body controlled by the brain.



This presentation gives insight into what it's like to live with dementia using visuals that show why someone can't remember something or why they can no longer perform a familiar task. It illustrates the dangers when vision is impaired and perceptions are altered. But it doesn't leave the participant without hope.

Useful interventions will be presented so that interactions with persons living with dementia can be more successful for both the care giver and care partner.

Presenter,
Linda Panarella
Care Specialist
Director of Business Development
Town Square Adult Day Care and Enrichment Center



Pelvic Floor Disorders

Monday, July 15
10:30am

Pelvic Floor Disorders are common, but they should not be considered normal. Issues such as pelvic pain or incontinence are treatable. Let's talk about symptoms and treatment options.

Presenters:
Janice Paredes-Alvarez, DPT
Amanda Laraus, PT



Eliminating Pain with Stretching



Tuesday, July 16
10:30am

Stretching to improve and flexibility and reduce pain:

As you get older, your toes may seem farther away. Stretching to reach them can take a lot more effort than it once did. But while it may be tempting to shrug and assume that losing flexibility is just a cost of aging, it's nothing to take in stride. It can affect your [balance](#) and your posture. It can even make you more prone to chronic pain.

Presenter,
Melissa Kenny
Atlantic Physical



Entertainment Sign Up Required

Fred Miller's Lectures-In-Song

Friday, July 12
1:00pm– 2:00pm

I HEAR AMERICA SINGING! is an unabashedly nostalgic journey back to the 19th century Americana that, for many of us, embodies the heart and soul of the American experience.

The simple, powerful optimism of Negro spirituals, the fine sentiment and longing of Stephen Foster's innocent ballads, the defining turmoil and triumph of the Civil War, the settling of the West, the spectacular rise of the American Musical, and the sing-along songs that nearly all Americans of a certain generation know like old friends: all these make up Fred Miller's musical celebration of America's unique blessings to freedom-loving people here and everywhere.



Party Sign Up Required



Hawaiian Luau-Summer Party

Friday, July 19
12:00pm—1:30pm

DJ Entertainment
Lunch by City Streets

IMPORTANT— RSVP by July 12

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)	EFFECTIVE DATE 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?

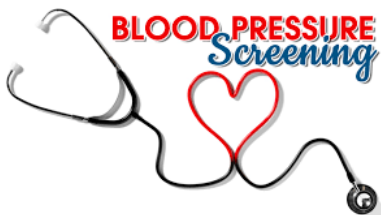
Tuesday, July 23

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, July 10
Appointment needed

RWJBH

Osteoporosis
Screening

Thursday, July 18
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

Luau

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

belly dancers
hamburgers
moonlight
bon fire
smores
limbo

marshmallows
pineapples
hot dogs
seafood
azalea
leis

drum circle
volleyball
barbeque
mangos
music
sand

watermelon
pig roast
coconuts
sunset
beach
fish

Word Search

Fourth Of July

Find and circle all of the words that are hidden in the grid.
The remaining letters spell an Abraham Lincoln quotation.

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

BALD EAGLE
BALLOONS
BARBECUE
BASEBALL
BEN FRANKLIN
BETSY ROSS
CAKE
CARNIVAL
CELEBRATION
COLONIES

CONCERTS
DECORATIONS
DEMOCRACY
FIREWORKS
FLAG
FLOATS
FREEDOM
GREAT BRITAIN
HAMBURGERS
HISTORY

HOLIDAY
HOT DOGS
INDEPENDENCE
JOHN ADAMS
LIBERTY
NATIONAL ANTHEM
NATIONHOOD
PARADE
PARTY

PATRIOTIC
PHILADELPHIA
PICNIC
RED WHITE BLUE
STARS AND STRIPES
STREAMERS
THOMAS JEFFERSON
USA
WHITE HOUSE

Word Search

Insects

Find and circle all of the insects that are hidden in the grid.
The remaining letters spell an additional insect.

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

ANTS	EARWIG	MOSQUITO
APHID	FIREFLY	MOTH
BEDBUG	FLEA	SILKWORM
BEEBLE	FLIES	SILVERFISH
BUMBLEBEE	HORNET	TERMITE
BUTTERFLY	LACEWING	THRIP
CATERPILLAR	LADYBUG	TICKS
CICADA	LICE	WASP
COCKROACH	LOCUST	WEEVIL
CRICKET	MAYFLY	WORMS
DRAGONFLY		

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>

