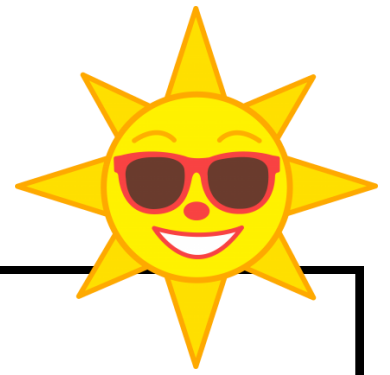




# SENIOR CENTER NEWSLETTER

June 2024  
609-371-7192



Dear Friends

East Windsor presented **Awards to Local Businesses** that make special efforts to improve or contribute to the community. Categories of recognition include **Business Beautification** - creating an attractive appearance, **Community Service** - providing for community contributions and service, **Community Enhancement** - providing any community value added aspect related to their business.

Congratulations for **2022 Business Awards** to:

**CHIPOTLE.** Popular chain eatery positively transformed the 5 year vacant former Capital One Bank pad site in the Town Center Plaza into a modern reconfigured 2,746 square foot restaurant, appreciate local investment including creation of 60 new local jobs, of which over 25 were area high school students.

**HIGHTSTOWN ELKS LODGE #1955.** Fraternal organization of local folks working to improve lives within the community and have fun, long list of community programs include Red Cross Blood Drives, Academic Scholarship Awards, Drug Awareness Program, Sponsor of Children with disabilities to Summer Camp, Overseas Military Support Programs Youth Sports Contests & Sponsorships

**INNOVATION PARK.** State-of-the-art 2 building 600,000 SF business park prominently located on Princeton Hightstown Road on parcel formerly occupied by McGraw Hill, appealing facility designed specifically for innovative high-tech and pharma related tenants, featuring modern attractive architectural features, outdoor walking paths and public spaces, and additional landscape berming with deciduous, ornamental and ever-green trees.

Congratulations for **2023 Business Awards** to,

**PRIMROSE SCHOOL OF EW.** Highly visible location (191 Dutch Neck Road), positively transformed vacant former Rite Aid site into a modern reconfigured new child care early education facility for community families.

**KIMCO REALTY.** Oversees East Windsor Village shopping center ("Target center"), is fully leased including new full service restaurant coming to vacant former Charlie Browns, great successful tenant mix, and excellent property maintenance of building, parking area and plantings.

**GETINGE.** Founded in 1904 in Sweden, is a global medical device technology company which provides innovative equipment and systems to healthcare and life sciences industries, which improve and save lives, occupying building in Innovation Park complex, other facilities in France, China, Germany, Poland, Sweden, Turkey, Netherlands & United Kingdom.

Township issued Proclamation recognizing **National Gun Violence Awareness Day -- June 7, to Moms Demand Action, Mercer County.** The Mayoral Proclamation noting, Americans are 26 times more likely to die by gun homicide than people in higher-income nations, renewed our commitment to raising awareness about the impacts of gun violence and encouraging responsible gun ownership and use to keep families safe.

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*



## **June Newsletter Info**

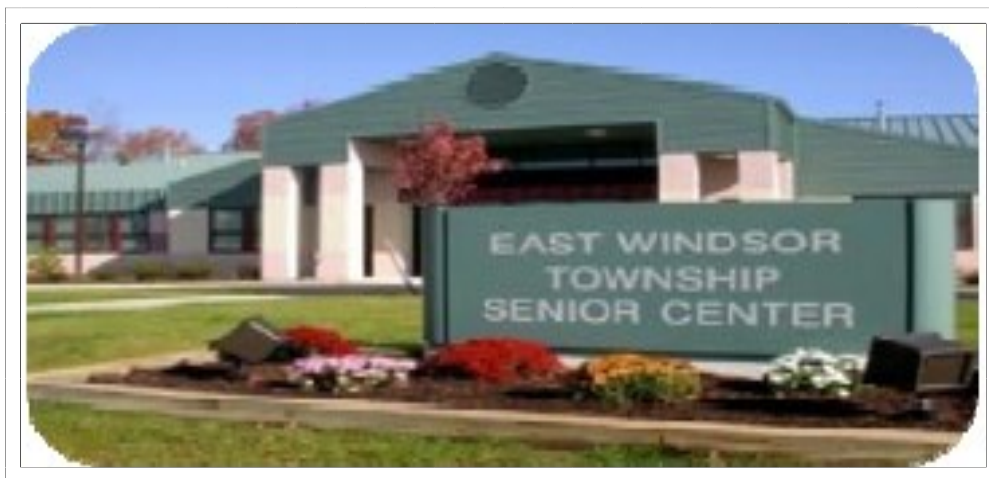
**Program sign up begins IN-PERSON  
Monday, June 3 @ 8:45 am**

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**

**June 3, 4, 5**  
(deadline on the 5th 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](mailto: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](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>

# 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

# June Trips



## This is a 2 Part Trip

### Stop # 1 Guided Tour:

#### BAPS Shri Swaminarayan Mandir Robbinsville

**Date:** Thursday, June 6  
**Depart:** 9:15am  
**Lunch:** 12:00pm approx  
**Return:** 2:30pm approx.



**This trip is full.**  
 See front desk to be  
 added to the waitlist

### Stop # 2 Jimmy's American Grill Bordentown

\$ Lunch on your own \$



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



### Pt. Pleasant, NJ

**This trip is full.**  
 See front desk to be  
 added to the waitlist

**Depart:** 10:45 am  
**Arrive:** Shrimp Box 11:45am  
**Return:** 5:00pm approx.

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

Lunch at Shrimp Box is pay on your own

## RESORTS Casino - Hotel

**Date:** Friday, June 21  
**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.**



**The Happy Together Tour 2024** featuring The  
 Turtles, Jay & the Americans, The Association, Bad  
 Finger, The Vogues and the Cowsills.

**Date:** Thursday, June 20  
**Depart:** 5:30pm  
**Doors Open:** 6:30pm / **Showtime:** 7:30pm  
**Return:** 10:00pm approx.

**Cost:** \$62.50  
**Community Bus:** .50 cents  
 given to driver on day of trip



# 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

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

### Lunch Buffet

Dessert  
Beverages  
Coffee and tea  
Cash bar  
Live DJ and dancing



## 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



# 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

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!



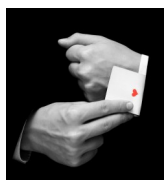
It is very important to  
keep your appointment  
time or please call to  
cancel.

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, June 13  
10:00am-11:00am

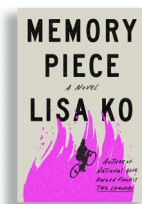
Bring 1-2 pages of your own work to read and discuss with other writers or create a writing based on the following prompt: "My Best Buddy.."

Writing Instructor: Nancy Cathers Demme

## Book Club

Thursday, June 27  
10:30 am - 11:30 am

**Book:** *Memory Piece*  
Lisa Ko



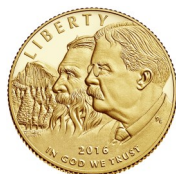
**Facilitator:**  
Sharon Galbraith Ryer  
Hickory Corner Library



Tuesday, June 18  
10:30 am

**TED Talks is an interactive monthly discussion.**

**VIDEO will be shown during the discussion:**  
Can AI catch what doctors miss?  
By Eric Topol



## Coin and Stamp Club

Tuesday, June 11  
@ 2:15pm



Do you collect coins? Stamps?  
Join John Guarriere 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.

Refreshments and light snacks provided.  
Must sign up at front desk!

# Social Gatherings - Sign Up Required

## Terry Goldstein's

Tuesday, June 18  
2:00pm



## Pin Cushion Corner

Every Tuesday  
@ 1:00 pm

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

**SIGN UP REQUIRED**

## "Dine Around"

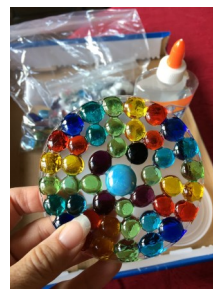
Let's meet for lunch once a month. We will choose a local eatery for you to enjoy with members of the senior center.

Tuesday, June 25  
@ 12:30 pm



Kesar's Indian Tai  
Town Center Shopping Center  
(Shop Rite)

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



## "Crafts with Patti" Suncatchers

Back by popular demand

Thursday, June 27  
1:00pm



## Afternoon Coffee Chat @ the Senior Center

Monday, June 17  
2:00pm



## The Pot-Stirrers Recipe Chat

June 13 @ 1:00pm

Let's get together to exchange recipes, share tips and tricks, and discuss "all things food."



## Card Making with Alicia

Thursday, June 6  
10:30am

## Father's Day Cards



# 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

## Let's make a Charcuterie Box! It's the latest rage!

Wednesday, June 19  
10:30am—12:00pm

A charcuterie Board/Box is a curated selection of cured meats, artisanal cheeses, crackers, fruits, nuts, and other complementary items, arranged in an appealing and convenient format. It offers a diverse and flavorful snacking experience.



You will not only learn hands on, you will go home with your very own Charcuterie Box.

- ◆ **COST: \$20pp exact cash only**
- ◆ **Must pay at time of sign up**

Presenter,  
Kelsey Raphael



## Cooking Simple on a Budget

Tuesday, June 11  
10:30am

Explore different ideas, tips and tricks to simple cooking and saving money.



Catherine Diamond  
NJ SNAP-Ed Program Associate II



Thursday, June 13  
10:30am

## What to look for... Balance and Vestibular

Wednesday, June 12  
10:30am



Although dizziness is among the most common symptom seen by physicians and may go away on its own, patients with vertigo, motion sickness or frequent, unexplained falls, may need comprehensive treatment to achieve quality of life.

Becky has over 40 years experience in Nutrition. She began her career in nutrition as a health food store manager. She has had her own nutrition practice for 15 years, and currently staffed as an Herbalist at Black Forest Acres in Hamilton

Becky will discuss the following:

- Chemical food additives, artificial colors & flavors, preservatives
- Artificial sweeteners
- Pesticides and herbicides
- GMOs
- Plastics and other contaminants in food and water
- Organic foods
- Grass-fed and pasture raised
- Wild caught vs farm-raised fish
- Cookware and cooking methods
- Eating out
- Protecting yourself through better nutrition

## Gait Speed

Wednesday, June 26  
10:30am



Gait Speed and How it Affects Risk for Falls- Discussion about how the speed in which you walk can place you at risk. Gait speed is also indicative of whether you are a home dweller or community ambulator. Also discusses things like what gait speed you need to safely cross the street, etc.

Presenter,  
Becky Russell

13

# Entertainment Sign Up Required

## The Blue Jersey Band

Friday, June 7 @ 1:30pm—2:30pm

**BLUE JERSEY BAND** brings an eclectic mix of swing, gypsy jazz, and bluegrass to their performances. With **Frank Ruck** on mandolin, guitar and vocals, **Ellen Ruck** on guitar and vocals, and a bass player rounding out the trio, they provide a lively and swinging experience of music.



## A Demonstration by June Counterman's Tai Chi Class

Tuesday, June 11 @ 1:30pm

Come support the  
Senior Center Tai Chi Class!

What does the Tai Chi Class do? Come learn first hand what Tai Chi is all about.



# Party Sign Up Required

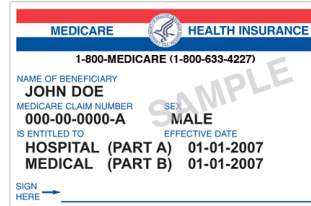
## Father's Day Taco Lunch

Friday, June 14  
12:00pm-1:30pm

RSVP by June 10

# Medicare Counselor

## Do you need the Medicare Counselor?



A sample Medicare card for John Doe. The card includes the following information: NAME OF BENEFICIARY: JOHN DOE; MEDICARE CLAIM NUMBER: 000-00-0000-A; SEX: MALE; HOSPITAL (PART A) EFFECTIVE DATE: 01-01-2007; MEDICAL (PART B) EFFECTIVE DATE: 01-01-2007. The card also features the Medicare logo and the text '1-800-MEDICARE (1-800-633-4227)'. A 'SAMPLE' watermark is visible across the card.

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?

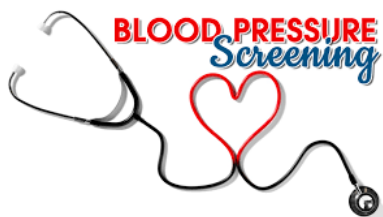
**Thursday, June 27**

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



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

## Screenings / Appointment Needed



**Wednesday, June 12  
Appointment needed**



**Blood Glucose  
Screening**

**Wednesday, June 19  
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

## Summer

**The first day of summer is June 20, 2024**

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

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

ANTS	FISHING	JULY	SUNBURN
AUGUST	FLIES	JUNE	SUNGLASSES
BARBECUE	FLOWERS	MOSQUITOES	SUNSCREEN
BASEBALL	GARDENING	NO SCHOOL	SUNSHINE
BEACH	GOLF	PICNIC	SUNTAN
BEES	GREEN GRASS	ROLLER BLADES	SWEAT
BICYCLE	HAT	SANDALS	SWIMMING
BLUE SKY	HIKING	SKATEBOARD	U V RAYS
BOATING	HOLIDAYS	SOCCER	WASPS
BREEZE	HOT	SOLSTICE	WATER FIGHTS
CAMPING	ICE CREAM	SPRINKLERS	WATERMELON

# Word Search

## Ice Cream Flavors

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

chocolate chip cookie dough  
trick oreo treat  
french vanilla  
peanut butter  
vanilla bean  
banana split  
peppermint  
chocolate  
coconut  
peach

mocha almond fudge  
chocolate almond  
brownie batter  
birthday cake  
maple walnut  
blackberry  
bubble gum  
apple pie  
eggnog  
mango

peanut butter cup  
rainbow sherbet  
praline pecan  
fudge ripple  
moose tracks  
neapolitan  
raspberry  
vanilla  
coffee

cookies and cream  
chocolate chip  
nutty coconut  
cotton candy  
butter pecan  
rocky road  
pistachio  
spumoni  
mocha

# Word Search

## Father's Day

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

super supportive  
Affectionate  
motivating  
respected  
reliable  
Brianna  
Family  
strong  
smart  
love

compassionate  
intelligent  
protecting  
wonderful  
trusting  
Cherish  
Father  
Happy  
stern  
wise

one-of-a-kind  
responsible  
sheltering  
generous  
unafraid  
devoted  
gentle  
Jason  
Thade  
Dad

strong-willed  
sentimental  
hilarious  
handsome  
watchful  
Emotion  
giving  
loyal  
Babe  
Day

understanding  
Dedication  
practical  
Memories  
blessed  
special  
stable  
proud  
kind  
son

# 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>

