



SENIOR CENTER NEWSLETTER

March 2024
609-371-7192



Dear Friends,

Happy Spring! (and start of Daylight SavingsTime on March 10).

East Windsor Volunteer Fire Company No. 1 installed New Officers for 2024. Gerald Laughlin again will serve as Chief and Jenna Pinkney will serve as President for 2024 along with officers: *Assistant Chief Austin Pinkney; Captain Carl Woodward; Lieutenant Dan Swope; Lieutenant Andrew Sullivan; President Jenna Pinkney; Recording Secretary William Kerr; Corresponding Secretary Jay Soloman; Treasurer Chris Rosenberger; Assistant Treasurer Darren D'Souza; Trustee Marvin Lesser; Trustee Johann Schneider, and Fire Police Captain Jack Israel.*

East Windsor Volunteer Fire Company No. 2 installed New Officers for 2024. Brian Foley will serve as Chief and Michael Trivisonno will serve as President for 2024, along with officers: Engineer Gino Esposito; Engineer Edwin Aybar; Vice President Madeline Matamoros; Treasurer William Welling; Secretary Andrew Zrodowski; Trustee Marvin Lesser, and Fire Police Lieutenant Jorge Ayon.

Congratulations and THANK YOU to all of the Township's dedicated fire company volunteers!

Free Gun Safety Locks Are Available to East Windsor Residents During March under Township Gun Safety Program. The Township is sponsoring this pro-active safety initiative to promote improved gun safety, as these gun locks if properly used can help keep guns out of the hands of children and prevent accidental deaths and injuries in the home. The gun locks are available at East Windsor at no cost through Project Child Safe, a national firearms safety program sponsored by the U.S. Department of Justice and the National Shooting Sports Foundation. Free gun safety locks can be obtained at the Township police/court building.

Meals on Wheels of Mercer County Celebrates March as Champions Month, with elected officials joining local volunteers to deliver meals to program participants to generate public awareness about senior hunger and isolation, to celebrate the invaluable services provided by the various meals on wheels programs, and to recruit new volunteers and support for the program. Meals on Wheels helps homebound and elderly residents to maintain their independence, health and well-being through delivery of a meal Monday through Friday by volunteers. The program is made possible by the generous support of volunteers who deliver the meals and provide daily contact to the homebound and elderly. For more information regarding the Meals on Wheels program or to volunteer, contact Meals on Wheels of Mercer County at (609) 695-3483 or visit www.mealsonwheelsmercer.org.

Celebrate Women's History Month – March, and learn about the vital role of women in all fields throughout history!

Mayor Janice S. Mironov



March Newsletter Info

**Sign up begins IN-PERSON
Friday, March 1 @ 8:45 am**

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

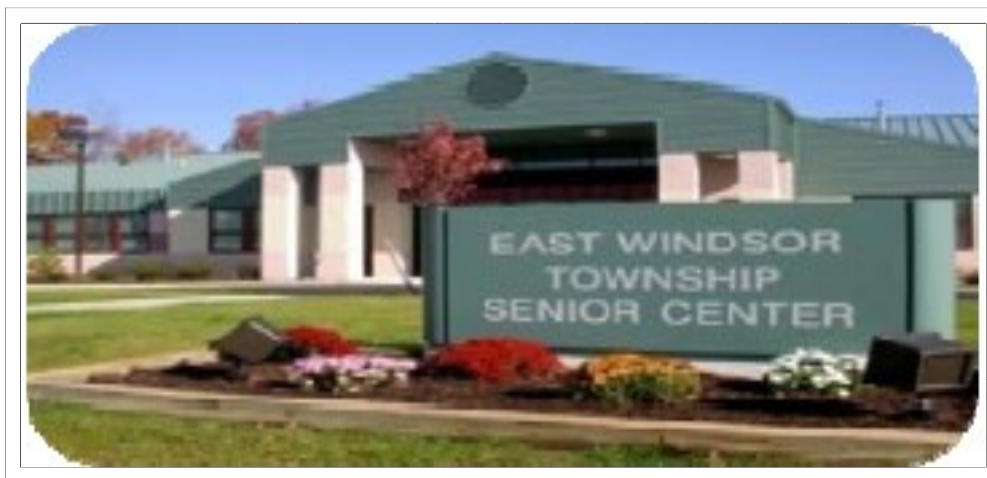
TRIPS SIGN UP

March 1, 4, 5
(deadline on the 5th is 12:00 pm)

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

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

Trip Sign Up sheets will be
located in the Art Room



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

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

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

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



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

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



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>

COVID TESTS



Every U.S. household can again place an order to receive four more free COVID-19 rapid tests delivered directly to their home.

[CLICK HERE](#)

Or go to: covid.gov/tests

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.



Norovirus is a very contagious virus that causes vomiting and diarrhea. Anyone can get infected and sick with norovirus. Norovirus is sometimes called the “stomach flu” or “stomach bug”. However, norovirus illness is not related to the flu, which is caused by influenza virus.

Norovirus causes inflammation of the stomach or intestines. This is called acute gastroenteritis.

A person usually develops symptoms 12 to 48 hours after being exposed to norovirus. Most people with norovirus illness get better within 1 to 3 days, but they can still spread the virus for a few days after.

If you have norovirus illness, you can feel extremely ill, and vomit or have diarrhea many times a day. This can lead to dehydration, especially in young children, older adults, and people with other illnesses.

Common Symptoms:

- ◆ Diarrhea
- ◆ Vomiting
- ◆ Nausea
- ◆ Stomach Pain

Symptoms of Dehydration:

- ◆ Decrease in urination
- ◆ Dry mouth and throat
- ◆ Feeling dizzy when standing up

Other Symptoms:

- ◆ Fever
- ◆ Headache
- ◆ Body Aches

How Norovirus Spreads

- Having direct contact with someone with norovirus, such as by caring for them, sharing food or eating utensils with them, or eating food handled by them.
- Eating food or drinking liquids that are contaminated with norovirus.
- Touching surfaces or objects contaminated with norovirus and then putting your unwashed fingers in your mouth.

You are most contagious:

- When you have [symptoms](#) of norovirus illness, especially vomiting.
- During the first few days after you feel better.

However, studies have shown that you can still spread norovirus for two weeks or more after you feel better.

Preventing Norovirus



Wash your hands often with soap and water for at least 20 seconds, especially:

- After using the toilet or changing diapers.
- Before eating, preparing, or handling food.
- Before giving yourself or someone else medicine.

It is important to continue washing your hands often even after you feel better. Norovirus can be found in your vomit or feces (poop) even before you start feeling sick. The virus can also stay in your poop for two weeks or more after you feel better and you can still spread norovirus during that time. **Hand sanitizer does not work well against norovirus. You can use hand sanitizers in addition to hand washing, but hand sanitizer is not a substitute for handwashing, which is best.**

Before preparing and eating your food:

- Wash fruits and vegetables well.
- Cook oysters and other shellfish thoroughly to an internal temperature of at least 145°F.
- Routinely clean and sanitize kitchen utensils, counters, and surfaces.
Be aware that:
 - Noroviruses are relatively resistant to heat and can survive temperatures as high as 145°F.
 - Quick steaming processes may not heat foods enough to kill noroviruses.
 - Food that might be contaminated with norovirus should be thrown out.

Do not prepare and handle food or care for others when you are sick

You should not prepare food for others or provide healthcare while you are sick **and for at least 2 days (48 hours) after symptoms stop.** This also applies to sick workers in restaurants, schools, daycares, long-term care facilities, and other places where they may expose people to norovirus.

Clean and disinfect surfaces

After someone vomits or has diarrhea, always clean well and disinfect the entire area immediately.

You should:

- Wear rubber or disposable gloves and wipe the entire area with paper towels and throw them in a plastic trash bag.
- Disinfect the area as directed on the product label.
- Leave the bleach disinfectant on the affected area for at least 5 minutes
- Clean the entire area again with soap and hot water.
- Wash laundry, take out the trash, and wash your hands.

Volunteer Opportunities

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



You can help at the moment of crisis

VOLUNTEER

Become A Response Team Advocate

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

Please apply if you are:

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

You will make a difference

Scan the QR Code to learn more about this important opportunity



Questions? Email Sheilagh at sass@womanspace.org
or Varonda at DVVRT@womanspace.org
or call 609-394-0136

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

www.womanspace.org

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.

An advertisement banner with a yellow background. On the left, there is a photograph of a hand holding several pills. To the right of the photo, the text "Easy access can be deadly!" is written in a small, black, sans-serif font. The main headline "Unused Meds?" is in a large, bold, black font. Below the headline, there are two small circular logos: one with a scale of justice and another with a caduceus. To the right of the logos is the website "ProjectMedicineDrop.com" in a black, sans-serif font. On the far right, there is a red arrow pointing to a smartphone displaying the Project Medicine Drop app. Below the smartphone, the text "Drop them off..." is written in a white, sans-serif font. At the bottom left of the banner, there is a black bar with white text: "70% of opioid abuse starts with easy access to unused pills."

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

March Trips



Thursday, March 7



Depart Time: 8:30am

Return Time: 5:00pm approx. **This trip is full**

Cost: \$73.00 exact cash or check

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



Date: Friday, March 22

Departure Time: 10:15am

Return Time: 3:30pm approx.

This trip is full

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

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



700 NJ-71, Spring Lake, NJ 07762

Tuesday, March 26

Depart Time: 10:00am

Return Time: 4:30pm approx.

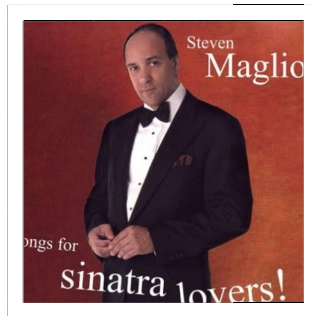
Show Time: 11:30am - 3:30pm

Cost: \$63.25 exact cash or check

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

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

Italian Feast of St. Joseph



This trip is full

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

Complete Luncheon

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

April Trips



Date: Wednesday, April 3
Depart: 9:45am
Return: 4:30pm approx.

Cost \$106.00 exact cash or check
Includes: Cost of ticket, table served entree, gratuity, tax, and coach transportation,

The 60s Musical is a non-stop, energetic celebration of six extraordinary women performing more than a dozen chart toppers from Diana Ross, The Supremes, Tina Turner and more. Complete with big hair dos and 60's fashions, this timeless production will have audiences of all ages singing along and shouting for more.

Show created by Larry Gallagher.



Date: Thursday, April 25
Depart: 9:30 am
Return: 1:30pm approx.

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

RESORTS Casino • Hotel

Date: Friday, April 5
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 community bus will not be available from April 8 through April 19



pixtastock.com - 60538475

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.

Computer Tutoring 30-Minute Private Sessions (also knowledgeable in iPhone and iPad)

Monday's
By appointment only

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



Interactive Programs sign up required

Paint by Numbers

Every Friday
@ 10:30 am



Purchase your own kit on Amazon.

[CLICK HERE](#)

to see examples or purchase on Amazon

TED TALKS

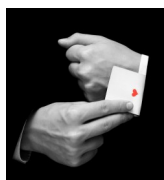
Tuesday, March 26
10:30 am

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

VIDEO:

Mentalism, mind reading and the art getting inside your head. -Derren Brown

[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,
March 12
@ 2:15pm



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



Thursday,
March 14
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: "A spring in one's step.."

Writing Instructor: Nancy Cathers Demme

Reminder

Sign up is required
for all programs



Daylight Saving Time

set clocks forward an hour

Interactive Programs sign up required

PUZZLE GROUP and COLORING



EVERY MONDAY @ 1:00PM

Why are puzzles important for seniors?

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

Coffee, tea, and light snacks provided

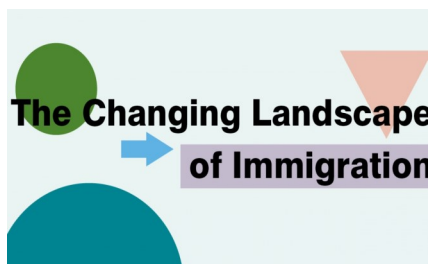
Must sign up at front desk!

Monday, March 11
2:00pm—3:00pm



Topic #1

Let's take a trip down memory lane! How was life different when we were young? From technology to societal norms, what do you believe was superior in your youth compared to today, and what remarkable advancements of the 21st century have revolutionized your daily life and enriched your life as senior citizens in a rapidly changing world?



Topic #2

Let's discuss the complex landscape of immigration in the United States today. With ongoing debates about policies, border security and pathways to citizenship, understanding current events pertaining to immigration, especially along the Southern border, is very important. Let's explore the implications for society, the economy and human rights.

Social Gatherings - Sign Up Required

Book Club

Thursday, March 28
10:30 am - 11:30 am

Book: *Family Family*
by Laurie Frankel

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, March 26
@ 12:30 pm

359 Rt. 130
East Windsor



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

This is a pay on your own event.

SIGN UP REQUIRED



glass bead
SUNCATCHERS



Crafts with Patti Glass Bead Suncatchers

Thursday, March 28
1:00pm

Afternoon Coffee Chat @ the Senior Center

Thursday, March 14
2:00pm



Screenings / Appointment Needed

Blood Pressure Screening

Wednesday, March 13
Appointments start
@ 10:30 am



Here are 6 necessary health screenings
your older loved one should get each year:

Eye Exam
Hearing Test
Blood Pressure
Bone Density
Cancer Screenings

Presentations Sign Up Required

Aging Care Pathways

Tuesday, March 12
1:00pm



Are you trying to determine if an elderly loved one is having difficulty and needs some assistance? Sometimes it's not always apparent when support is needed. Even when it's obvious, it's not always an easy thing to do without some opposition.

As seniors, we often have a great deal of pride and resist attempts to introduce help. It's important to pay attention to the warning signs and know what the options are and how the different care scenarios are covered financially.

Most of us don't plan for aging. Without a plan, we unwisely position ourselves to have someone else make those critical decisions for us when we suddenly are not able to. Establishing a plan, even if you never use it, gives peace of mind and the assurance you have the knowledge to competently align your wishes in a path with the best possible outcome.

Presenter,
Linda Panarella, CDP
Town Square, Princeton



Non-Surgical Alternatives

Wednesday, March 13
10:30am



Join Trinity Rehab for a discussion about nonsurgical alternatives for rotator cuff injury, knee pain, back pain ...

Presenter,
Pam Rinaldi
Director of Physical Therapy
Trinity Rehab



Unclaimed Property

Wednesday, March 20
10:30am



Are you interested in finding out if you are owed money from a business or financial institution ?

“Unclaimed Property” will be here to search their data base for you, one-on-one.



Presenter;
Lori Jones
State of New Jersey
Unclaimed Property

Senior Medicare Patrol

Thursday, March 21
1:00pm

TOPICS

- ◆ Medicare Advantage Enrollment
- ◆ Medicare / Medicaid Fraud Education

Joel Schneider
Outreach Specialist



Heart Health

Thursday, March 21
10:30am



How can I take better care of my heart?

Presenter;
TCNJ Nursing Students



TCNJ THE COLLEGE OF
NEW JERSEY

Presentations Sign Up Required



Healing & Centering Meditation

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

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

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



Instructor;
Adreinne Gammal

Discussion: Therapeutic Exercise for Seniors



Wednesday, March 27
10:30am

It's not uncommon for older adults to spend hours of the day doing nothing but watching TV. Learn how to help improve your overall health and happiness.

Presenter,
Pam Rinaldi
Director of Physical Therapy
Trinity Rehab



**TRINITY
REHAB**

Lecture Sign Up Required



Hightstown-East Windsor Historical Lecture

Friday, March 29
1:00pm-2:00pm



Please join us for a journey back in time. Charles "Cappy" Stults will present the history of Hightstown and East Windsor starting back in 8,000 BC.



Entertainment Sign Up Required



East Windsor Senior Center Presents: "The Magic Club" Show

Friday, March 8
1:00pm—2:30pm

George Hann, a senior center member, is the creator of the Magic Club here at our center. The club is exclusive to EW senior center members and they have produced a show of stage magic, mentalism, and comedy Magic.



Please join us for a fun filled afternoon of magic and prizes. There will be a 10 minute intermission at the halfway point.



Bill O'Neal Irish & American Folk Music

Entertainment with individually bagged snacks and water bottles

Friday, March 15
2:00pm-3:00pm

Bill O'Neal, Jr. is a retired high school teacher of English, a published author, and a performer of traditional Irish music who has traveled extensively in Ireland, primarily in the North. Born and raised in New Jersey, where he now lives with his wife and their children, Bill earned a B.A. in Philosophy cum laude from The College of New Jersey in addition to completing his graduate work in English education at Rider University.

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

Last opportunity in 2024 for people with Medicare Advantage plans to switch to another Medicare Advantage plan or move 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 March 14 and 26

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

Last opportunity in 2024 for people with Medicare Advantage plans to switch to another Medicare Advantage plan or move to a different MA plan with drugs or move to original Medicare and join a separate Medicare drug plan.

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

Exercise Classes



Please visit the front desk for a description of classes



Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Cardio With Helen	8:30 Chair/Stretch With Mark	8:30 Balance With Mark	8:30 Balance With Mark	
9:30 Line Dance With Marcia	9:30 Pilates With Val	9:30 Zumba With Marcia	9:30 Balance With Mark	9:30 Chair/Stretch With Linda
11:30 Cardio With Doreen	11:30 Cardio With Linda	11:30 Balance With Mark	11:30 Yoga Sculpt With Ed	
	1:30 Tai Chi With June	1:30 Cardio With Mark	1:30 Cardio With Doreen	
	2:45 Chair Yoga With Ed	2:45 Chair/Stretch With Mark	2:45 Meditation With Ed	

\$1 per class

Challenge yourself.

Must wear sneakers

Not permitted into a class if you are 5+ minutes late

Don't forget about our Stationary Exercise Equipment Room!



Word Search

Name: _____ Date: _____

St Patricks Day

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

SodaBread

Green

Potatoes

Cabbage

BLARNEYSTONE

Potogold

Clover

irish

Lucky

Cornedbeef

Leprechaun

Shamrock

Goldcoins

Rainbow

Ireland

Word Search

Name: _____ Date: _____

Memory

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

imagery
sight
taste
memories
Recall
sensory
Short term memory

age
hearing
touch
memory
recognition
thoughts
Long term memory

brain
smell
address
stress
remember
Telephone numbers

Word Search

Name: _____

Date: _____

I Believe in Magic

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

mirrors
penn and teller
tablemagic
rabbit
saw
harry houdini

smoke
cardtricks
illusionist
hat
box
isaiah

stage
siegfried and roy
scarves
wand
david copperfield
magic

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>

