



SENIOR CENTER NEWSLETTER

May 2024
609-371-7192



Dear Friends

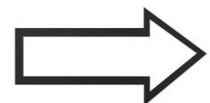
April was a time to celebrate our VOLUNTEERS. The Senior Center volunteers assist with overseeing center office needs, coordinating and operating senior programs and events, and participating in various community programs organized by the Senior Center. **Thank you to all of our wonderful caring generous Senior Citizen Center Volunteers, who make our Center work!**



East Windsor has been awarded \$225,000 Federal grant for purchase of a new bus for Senior Center Transportation Services. This funding, obtained through the support of **Senator Cory Booker**, will enable the Township to enhance handicap accessible and reliable bus services offered to senior residents. Services will include transportation to and from the Senior Center, medical appointments, grocery shopping and group trips. The Township will navigate the timelines and processes of the federal agencies to access and use the funds.

Arbor Day Foundation named East Windsor Tree City USA Community for 2023 for the Township's commitment to community forestry. East Windsor Township, for the 24th year, has earned this national designation meeting the four standards set by the Arbor Day Foundation: having a tree board or department, a tree-care ordinance, a comprehensive forestry program and an Arbor Day observance.

Roadway Improvements Project for Greenbrook Drive and Connecting Streets, Marilyn Drive, Hope Valley Drive and Meadowview Drive, funded by a \$950,000 NJ Department of Transportation grant, commenced with concrete repairs as needed to curbs and driveway aprons, and thereafter, the roads will be milled and paved. **Roadway improvements project for Beechcroft Drive and Connecting Streets -- Hemlock Court, Brooklawn Drive, Ivy Lane East, Glenwood Circle and Meadowbrook Drive, funded by an \$833,860 NJ Department of Transportation grant, is out to bid** after NJ Department of Transportation formally approved the engineering plans.



...continued

East Windsor has proclaimed **May 6, 2024 Day of Remembrance of the Holocaust**, known Internationally as **Yom HaShoah**. The Mayoral Proclamation states: "*Between 1933 and 1945, more than six million of Europe's Jews, as well as others deemed "unworthy of life", were systematically murdered in the Holocaust,*" continuing "All peoples must remain eternally vigilant against all tyranny, recognizing that hatred and bigotry provide a breeding ground for tyranny to flourish." The Proclamation concludes proclaiming Yom HaShoah, "***in memory of the victims, survivors and their liberators, and in furtherance of the hopes that we, as a Township and as individual citizens, will strive to overcome prejudice, hatred and indifference through education, tolerance, vigilance and remembrance.***"

Mayor Janice S. Mironou



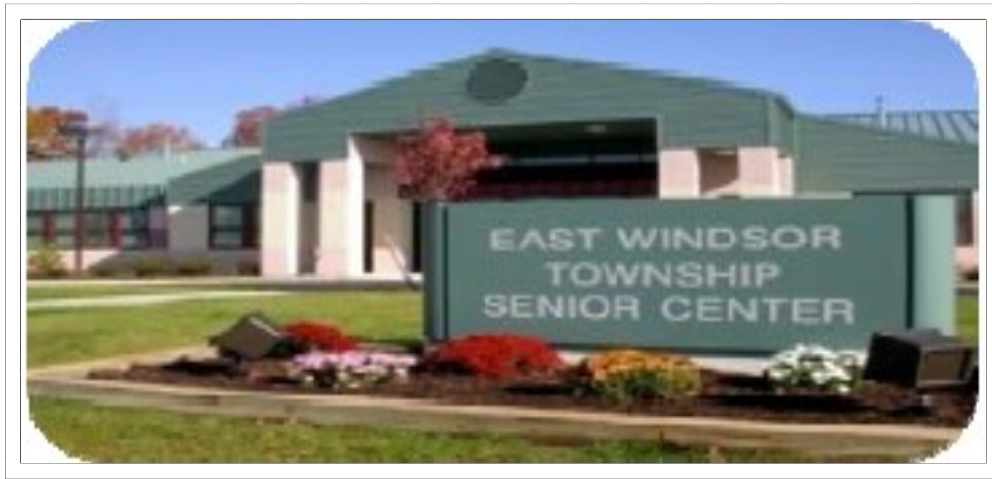
May Newsletter Info

**Program sign up begins IN-PERSON
Wednesday, May 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

May 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



**Township Offices will be closed
Monday, May 27**

Community Garden



The community garden, located in Disbrow Hill Park, adjacent to the Disbrow Hill Playing Fields and across from Etra Lake Park, is comprised of twenty plots.

The garden provides residents with the opportunity to rent a plot of land to plant their own fruits and vegetables, herbs and flowers of their choosing.

For more information, please contact:
The clerks office 609-443-4000 ext. 238

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>

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.

Township Information



The Annual Volunteer Luncheon was held on April 9th.
Thank you to all of the Volunteers that donate their time.

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.



Sunday, May 12



Monday, May 27

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

May Trips



Mercer County Symphonic Band *Spring Concert*

Wednesday, May 22

This trip is full

Depart Time: 6:45pm

Show Time: 7:30pm

Return Time: 9:00pm approx.

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



Popcorn Park Zoo Animal Rescue and Sanctuary Forked River

Friday, May 24

Depart Time: 10:00am

Return Time: 4:30pm approx.

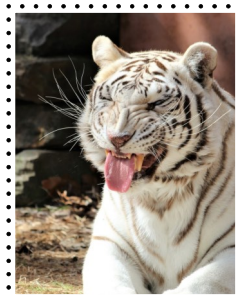
- ◆ A lot of walking
- ◆ Wear comfortable shoes.
- ◆ Please pack a lunch to enjoy in designated picnic area.



Cost: \$2.00 exact cash ONLY

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

Limited spots remaining



parx casino®

This trip is full

Date: Friday, May 31

Departure Time: 10:15am

Return Time: 3:30pm approx.

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

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

May Trips

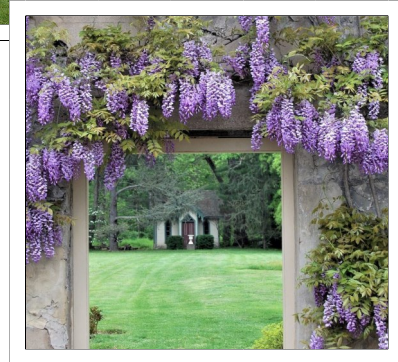
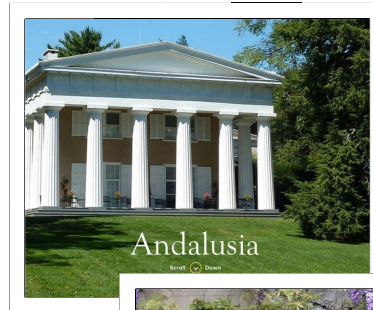
Andalusia Historic House and Gardens Tour

Thursday, May 23

Depart: 10:00am

Return: 3:30 approx.

This trip is full



Cost: \$30.00 exact cash or check
Community Bus: .50 given to driver

Pack a lunch for a picnic on the beautifully landscaped grounds...bench seating available.

With its soaring white columns and superbly crafted interiors, the mansion at Andalusia—called the Big House—is one of the finest, most distinctive examples of Greek Revival architecture in the United States. Inhabited from the 1790s until the 1970s, the story of Andalusia parallels and reflects that of the nation itself. Visiting this National Historic Landmark is a journey back in time, an invitation to see firsthand the traditions and tastes of the generations of Biddle family members who called it home.



IMPORTANT

**Attending trips with the senior center
requires 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 / Android tutor available at the senior center. Please see front desk if you would like an appointment

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.



The construction for the site of the BAPS Shri Swaminarayan Mandir in Robbinsville, NJ began in early 2010. The Mandir was the second phase of the Hindu American Religious Center construction and was completed early in the overall project to facilitate a leveled growth of the center.

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

Date: Monday, June 24 OR Friday, June 28

****CHOOSE ONE DATE ONLY****

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

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

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 exact cash or check

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!

Interactive Programs sign up required



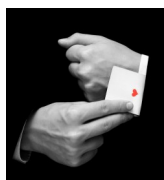
All programs require sign up



Tuesday, May 21
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:
What reality are you creating for yourself?
Isaac Lidsky



Magic Club

Every Wednesday
12:30pm



Learn the "Sleight of hand" card tricks and techniques

Club Instructor;
George Hann



Coin and Stamp Club

Tuesday, May 14
@ 2:15pm



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



Thursday, May 9
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: "Whistling in the dark.."

Writing Instructor: Nancy Cathers Demme



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.

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



Monday, May 13
2:00pm

Bring your own topic

Moderator,
Terry Goldstein

Interactive Programs Sign Up Required

Seniors in Transition

This 7-week discussion group is for men and women who are experiencing life-stage changes and are interested in sharing their concerns with others in a comfortable and confidential environment.



Topics may include but NOT limited to:

- ◆ Role of families and expectations of our children
 - ◆ Concerns about children and grandchildren
 - ◆ Dealing with loss
- ◆ Managing life alone; changing marital status
 - ◆ Learning to ask for help
 - ◆ Letting go; acceptance
- ◆ Caregiving and the role of the caregiver
- ◆ Concerns about children and grandchildren
 - ◆ Downsizing; housing options

The group is facilitated by;
Susan Flaster, RN, BSN, MPA, CMC
Cindy Kramer, Med, MSW.

***Dates:** (Wednesdays)
May 15, 22, 29
June 5, 12, 19, 26

Time: 1:30pm-3:00pm

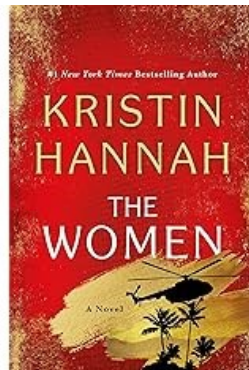
Social Gatherings - Sign Up Required

Book Club

Thursday, May 30
10:30 am - 11:30 am

Book: *The Women*
by Kristin Hannah

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, May 28
@ 12:30 pm



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

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

“Crafts with Patti” Pipe Cleaner Flowers



Thursday, May 16
1:00pm



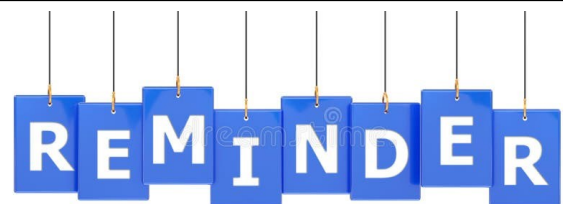
Afternoon Coffee Chat @ the Senior Center

Tuesday, May 21
2:00pm

Card Making with Alicia

Thursday, May 9
10:30am

Mother's Day Cards



All programs require sign up

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

What's Normal and What's Not So Normal Aging?

Tuesday May 7
1:00pm

I'm forgetting things. I sometimes have problems putting a name with a face. Once in a while I neglect to pay a bill. The other day I got lost while driving. Do those things mean I have Alzheimer's Disease?



There are so many myths about what is normal in aging and when we should be concerned if it's not.

Learn the facts about what is normal and what is not so normal in the aging process. Discover the conditions that can mimic the symptoms of dementia and which ones can be reversed. Since aging is the number one risk factor for dementia—after the age of 85, one in three persons will have some form of dementia—it's important to be informed and know what to do if you are concerned about yourself or a friend or loved one.

Presenter,
Linda Panarella
Care Specialist
PAC Certified
Independent Trainer



Preparing for Joint Replacement

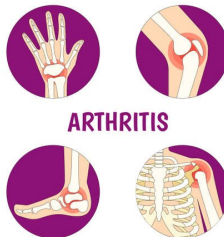


Tuesday, May 14
10:30am

In this talk, Sandy Neumann, Clinical Director of Atlantic Physical Therapy Center, will discuss how to prepare for a total joint replacement. Topics will include exercises to perform to prepare for surgery, common issues following surgery and how to avoid them, expectations for recovery, how to know what assistive device to use and how to use it and how to prepare your home prior to surgery. This will be an informative talk for anyone considering joint replacement in the future.



Arthritis Tips you may not know...



Wednesday, May 15
10:30am

What is Arthritis and how can I manage the pain?

Presenter;
Pam Rinaldi
Trinity Rehab

CRYSTAL HEALING



Wednesday, May 22
10:30am

Learn the many different categories of Crystals and how they have become popular for their healing properties.

Presenter,
Adrienne Gammal



Presentations Sign Up Required

Walkers and Canes

Thursday, May 23
1:00pm

Back by popular demand.....



Is it better to walk with a walker or cane? Is a rollator better than a standard walker? What are the benefits of an upright walker? How do I know what the correct height of my device should be? Have you ever tried walking sticks?

Join us while we discuss and learn the value of a stability device.

Chris Rehrig
Director of Rehab Services



Planning Balanced Meals

Thursday, May 30
10:30am

SNAP-Ed is a federally funded grant program that teaches about good nutrition, how to make food dollars stretch further, and how to make physical activity a part of your day.

Instructor;
Catherine Diamond
NJ SNAP Program



Party Sign Up Required



Please RSVP by Monday, May 6

Join us to celebrate all of the Moms in our lives.

Friday, May 10
12:00pm—1:30pm

Catered by City Streets
Light Piano Entertainment

Lecture Sign Up Required

Women's Lifestyles

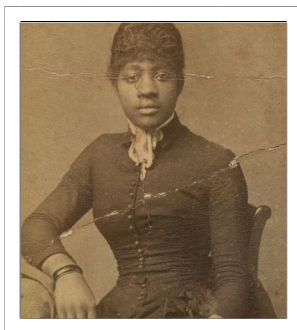
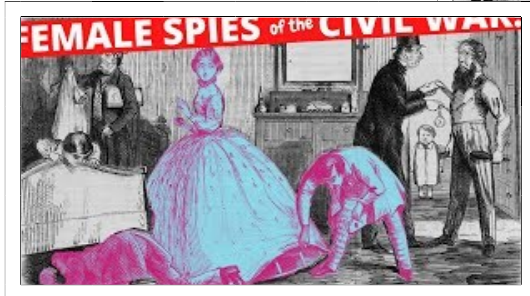
with Jane Peters Estes

Monday, May 20
2:00pm

What would your life be like if you were a housewife in 1862? What other roles were available to you? This program describes how women lived during the Civil War era and covers everything from society matrons to female spies.



Topics include fashion, health problems, career choices and the "typical" lifestyle.



Jane Peters Estes

Estes joined the reenactor club Historical Military Impressions and began seriously researching the Civil War. One of her fellow reenactors was getting married and wanted to have a Civil War-era appropriate wedding. Estes did all the research for her friend and wrote up her findings as a booklet on 1860s wedding traditions and clothing that she distributed to other female reenactors who might be interested in having a wedding or vow renewal ceremony in the style of the period.



That was the beginning of what became her first cultural customs presentation — one of ten she still does today, 35 years later. The programs range from "Christmas Past with Queen Victoria," "Death and Dying in the Victorian Period" which became the "Grave Matters" program she delivered at the Gloucester County Historical Society. Others include "Women's Lifestyles of the 1860s," "The Battle of Gettysburg: Where were the Women?" and "Vivandieres," the story of the women who took part in the Civil War as members of various military units.

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?



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

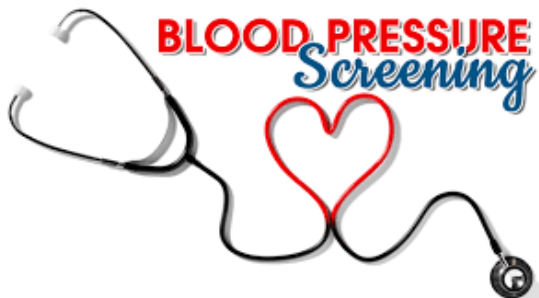


The Medicare counselor can provide unbiased information with all of these questions and more at no cost to you. For an appointment, call the Senior Center at 609-371-7192

**CALL THE SENIOR CENTER
TO SCHEDULE YOUR APPOINTMENT
609-371-7192**

May 14 and 28

Screenings / Appointment Needed



**Wednesday, May 8
Appointment needed**

The only way to know if you have high blood pressure, also known as hypertension, is to have your blood pressure tested. Understanding your results is key to controlling high blood pressure.

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

Mother's Day

Find and circle all of the Mother's Day related terms that are hidden in the grid. The remaining letters spell a Victor Hugo quotation.

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

ACCEPTING
ADVICE
AMAZING
BEAUTIFUL
BELOVED
BLESSED
CARING
COMFORTING
CONSIDERATE
DEAR
DEVOTED
ENCOURAGING

FAMILY
FLOWERS
GENEROUS
GIVING
HELPFUL
HUGS
INSPIRING
JOY
KIND
LAUGHTER
LISTENER
LOVING

MENTOR
MOTHER
NICE
NURTURING
PRECIOUS
PROTECTIVE
PROUD
RESPECTFUL
SELFLESS
SHARING
SMILES

STRONG
SUPPORTIVE
TEACHING
TENDER
THOUGHTFUL
TOLERANT
TRUSTING
WARM
WATCHFUL
WISE
WONDERFUL

Word Search

Memorial Day

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

Logans Orders	Appreciation	Preservation	Battlefield	Coast Guard
Air Force	Emotional	Patriotic	Cemetery	Heritage
Homeland	Military	Republic	America	Bravery
Freedom	Liberty	Marines	Service	Veteran
Nation	Parade	Salute	Glory	Union
Army	Flag	Hero	Navy	

Word Search

Baking

Sunday, May 19 is "World Baking Day"

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

CHOCOLATE CHIPS
GARLIC POWDER
OLIVE OIL
VANILLA
BUTTER
LIMES
SALT

BAKING POWDER
MINT LEAVES
PARPRICA
ORANGES
PEPPER
SUGAR
MILK

CHILLY POWDER
CHIA SEEDS
CINNAMON
LEMONS
HONEY
FLOUR
EGGS

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>

