



SENIOR CENTER NEWSLETTER

September 2024
609-371-7192



Dear Friends

Please join us and *come together as a community* at the **East Windsor Ceremony for Anniversary of 9/11 on Wednesday, September 11 at 5 P.M.** to remember and honor the anniversary of September 11. The ceremony will take place at the existing 9/11 Memorial located on the grounds of the East Windsor Township Municipal Building (16 Lanning Boulevard). Participants will include the school district, clergy, veterans, police officers, fire company volunteers, scouts and local officials. The public is welcome to join us, in ensuring "We Will Never Forget."

East Windsor is holding **Document Shredding and Electronics Recycling Event on Saturday, September 28 from 10 A.M. to 2 P.M.**, rain or shine, at the Senior Center. This Township event, sponsored by Mayor and Council Members, offers **Free document shredding** to East Windsor residents (no commercial drop-offs are permitted), with a limit of ten boxes per household, and *until the shredding truck is full*. Drop off **electronics** as televisions, computers and accessories and other items, as well as fluorescent bulbs and household batteries. **RISE** will have trucks on-site to collect clothing, shoes, blankets, housewares (plates, mugs and related items), working appliances, household electronics and usable furniture. Residents also can recycle **Plastic Film** which includes: grocery bags, bread bags, bubble wrap, dry cleaning bags, newspaper sleeves, ice bags, plastic shipping envelopes, reclosable food storage bags, cereal bags, case overwrap, salt bags, pallet wrap and stretch film, wood pellet bags and produce bags. Recycling equals **Green** for the environment and for saving money.

The Township received a **2024 Clean Communities Grant of \$69,228**. The New Jersey Legislature created the Clean Communities Act to provide grants to towns and counties for litter pickup and removal programs. The yearly funding results from a dedicated tax on litter-generating products at manufacturing, distribution and retail levels.

East Windsor was awarded NJ Division of Highway Traffic Safety **grant of \$7,000** for "**Drive Sober or Get Pulled Over**" **2024 Statewide Labor Day Crackdown**. The program, directed at the detection and apprehension of intoxicated drivers, runs from **August 16 through September 2**, is a statewide campaign aimed at improving public safety by encouraging responsible driving during the 2024 end of summer season.

The Mercer County Board of Elections is actively recruiting **Election Board Workers for the November 5 General Election**. Mercer County residents who apply and complete a required training session can earn up to \$300 during a Full Day shift (Half Day shifts are also available for \$150). Program details are available from the Board of Elections at [\(609\) 989-6522](tel:6099896522).

Tuesday, November 5 is Election Day for President, U.S. Senate and for Congress. Make your plan to **VOTE**, whether thru **Vote by Mail Ballot** or during **Early Voting Days** or on **Election Day**.

Mayor Janice S. Mironou



September Newsletter Info

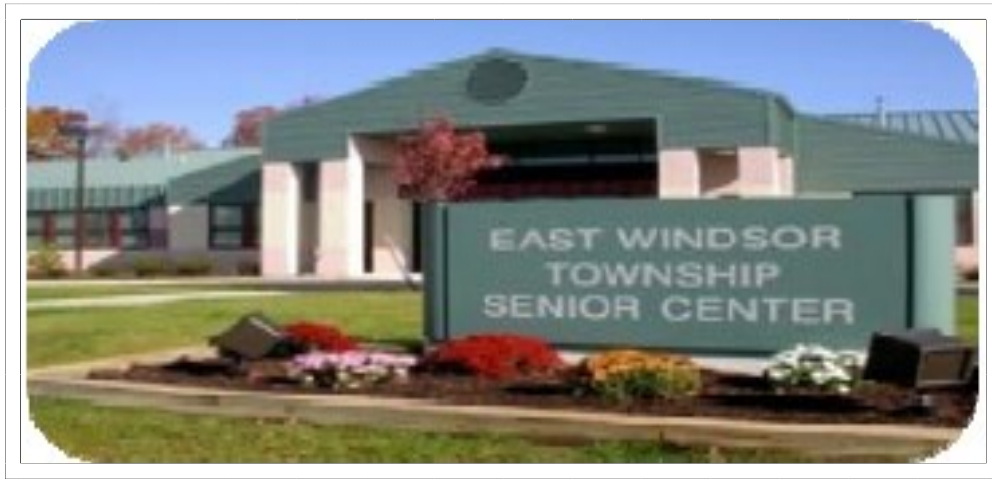
**Program sign up begins IN-PERSON
Tuesday, September 3 @ 8:45 am**

We are closed Monday, September 2

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

TRIPS SIGN UP

September 3, 4, 5
(deadline on the 5th by 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



Recycling - Document Shredding - Electronics

Rain or Shine

Saturday, September 28

10am-2pm

Senior Center

Township Offices will be Closed
in Honor of Labor Day

Monday , September 2



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>



LABOR DAY



THANK YOU FOR YOUR HARD WORK



9.11: NEVER FORGET

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

September Trips



PHILADELPHIA



AMERICA'S FIRST ZOO

Friday, September 13

Depart Time: 8:00am

Return Time: 4:00pm approx.

Cost: \$52.00 exact cash or check

Cost covers: Entrance ticket and coach transportation.



This trip is FULL

Date: Friday, September 20

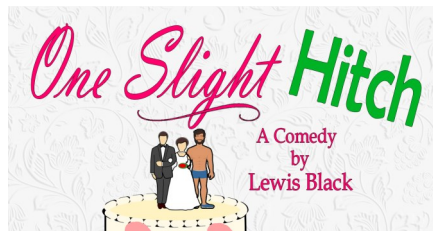
Departure Time: 10:15am

Return Time: 3:30pm approx.

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



Wednesday, September 18



This trip is FULL

This hilarious comedic play, written by Lewis Black, focuses on the Coleman family on the day of their

oldest daughter's backyard wedding. Mother Delia is frantic about flower arrangements, bug bombs and all sorts of other last minute details. Father Doc is doing his best to keep his wife calm and the day running smoothly. The bride-to-be, Courtney is set to marry Harper, a conservative, straight-laced, all-American guy. Suddenly the doorbell rings! Enter Courtney's long-time ex-boyfriend, Ryan, who is apparently unaware of the day's significance and will not go away. A series of zany, heartfelt events soon unfold, culminating in a surprising ending beyond anything you could ever imagine!

Departure Time: 9:15am

Return Time: 4:30pm approx

Cost: \$98.00 exact cash or check

Cost covers: Show / Lunch / Gratuity & Tax / Coach Transportation



This trip is full

Thursday, September 26

Departure Time: 10:15am

Return Time: 3:30pm approx.

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

October Trips



Arts & Crafts Show Ocean Grove

CRAFTS—ART—MUSIC— FOOD

Date: Saturday, October 5 Rain or Shine
Depart Time: 9:00am
Return Time: 3:00pm approx.

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

Auditorium Square Park
Main Ave to Pilgrim Pathway

A lot of walking



Scarecrows In the Village

Date: Tuesday, October 8
OR (choose one date only)
Wednesday, October 9

Depart Time: 9:30am
Return Time: 3:00pm

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

A lot of walking



WINDY FARM Alpacas and Lunch Chesterfield, NJ

Date: Thursday, October 17
Depart Time: 9:30am
Return Time: 3:00pm approx.
Cost: \$6.00 exact cash only

This is a 2-part trip

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

Tour Includes

- ♦ Visit the pasture to interact and feed Alpacas.
- ♦ 1 hour structured tour, allow 1 1/2 hours
- ♦ Education - history & facts about alpacas.
- ♦ 10% shopping discount on alpaca products during tour



Killarney's
publick house
est. 2008

Lunch at @ Killarney's Publick House in Hamilton (pay on your own)

October Trips



Strauss Mansion Tour and Paranormal Lecture Atlantic Highlands, NJ

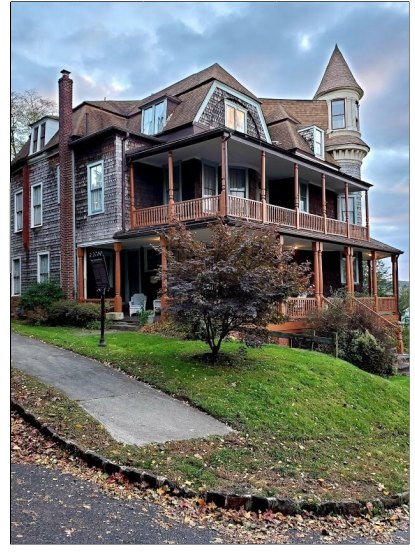
Monday, October 21

Departure Time: 10:00am

Lunch: Approx 12:30

Return Time: 3:30pm approx

This is a 2-part trip.
Please read
all information.



Part 1: The Strauss Mansion

Museum is a 21-room Queen Anne-style home built in 1893 that overlooks Sandy Hook Bay. It served as a summer cottage to Adolf Strauss, a wealthy New York importer and merchant, and his wife Jeanette. Strauss Mansion is the only Queen Anne style structure in Monmouth County that is open to the public. It features exhibition and period rooms, a library and bookshop. Run by the Atlantic Highlands Historical Society, the museum breathes life into the history of the Atlantic Highlands through its educational programming, publications, special exhibits and research services available to the community.

Part of the tour will consist of why the mansion is a favorite spot for ghost hunters. A lot of walking and there are 2 floors with no elevators in the house.

Cost: \$8 pp exact cash only

Community Bus Cost:

50 cents given to driver on day of trip

Part 2: On the Deck Restaurant / Atlantic Highlands

Lunch at "On the Deck Restaurant." Pay on your own. Appetizers range from \$8 - \$16. Lunch / Salads range from \$12 - \$20 The restaurant is on the second floor...there is an elevator.

This is a 2-part trip. If you are not interested in going to the restaurant, please DO NOT sign up for the trip.

Date: Friday, October 18

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.



CAESARS
ATLANTIC CITY

Please notice price increase per STARR Transit Company:

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.



- ◆ Stationary Bikes
- ◆ Treadmills
- ◆ Elipticals
- ◆ Rower



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
Tuesdays
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?

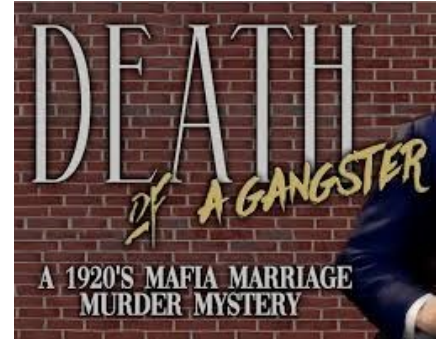
Ask the tutor!



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.

Murder Mystery Show presents..... *The Death of a Gangster*

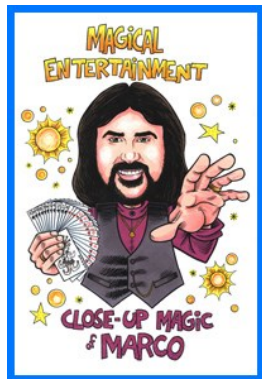


Date: Friday, September 6
Time: 12pm-3pm

12pm-1pm *Appetizers and mingle with the actors
1pm-3pm 2 hour show

RSVP: Tuesday, September 4

***Please Note: this is not a full course lunch. Light appetizers only.**



The Magic of Marco

Monday, September 16
1pm -2pm

New Jersey Magician Magic Of Marco is a professional close-up sleight of hand magician that has been performing, producing, and practicing the art of magic in New Jersey and New York City for over 25 years.

Marco is a member of two magic associations, I.B.M. (International Brotherhood of Magicians) and S.A.M. (Society of American Magicians). NJ Magician Marco has performed for these associations and has entered close-up competitions. In 1993 he placed first in these competitions at I.B.M. local 106 THE PYRAMID GARDEN STATE RING.



Line Dancing
with Jeremy Duncan

Friday, September 20
1:00pm-2:00pm

Now is your chance to learn the basics in this beginner's Country Line Dancing class!

Instructor Jeremy Duncan will be giving dance lessons throughout this hour-long program.

Lecture



Monday, September 9
1:00pm

The history of the Seeing Eye School dates back to 1929 from Switzerland to NYC with one man's mission to spread the word.

Discover how Seeing Eye dogs learn to guide blind people and the process of the blind communicating with their new working companion.

Morris Frank and "Buddy" cross a city street. In 1928, after proving to skeptical reporters that Buddy really could guide him safely, he sent a one-word telegram to Dorothy Harrison Eustis: "Success."



Interactive Programs sign up required



Tuesday, September 24 @
10:30am

Video shown during the
discussion:

The Power of believing that you can improve
By Carol Dweck



Bingo with Kat

Tuesday, September 10
@ 1pm



Magic Club

Every Wednesday
12:30pm



Learn the “Sleight of hand” card tricks and techniques

Club Instructor;
George Hann

Card Making with Alicia

Wednesday, September 25
10:30am



Thursday, September 12
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 Fish Story..”

Writing Instructor: Nancy Cathers Demme

Monday, September 9
2:00pm



Bring your own topic

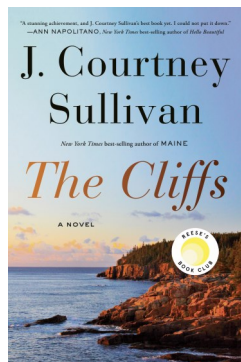
Moderator,
Terry Goldstein

Book Club

Thursday, September 26
10:30 am - 11:30 am

Book: *The Cliffs*
J. Courtney Sullivan

Facilitator:
Sharon Galbraith Ryer
Hickory Corner Library



**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.

14

Must sign up at front desk!

Social Gatherings - Sign Up Required



Coin and Stamp Club



Tuesday, September 10
@ 2:15pm

Do you collect coins? Stamps?
Join John Guarniere as he will lead the



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, September 17
@ 12:30 pm

City Streets
510 Rt. 130
East Windsor



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

Separate checks are not guaranteed



Fall Wreath Making
Thursday, September 19
1:00pm

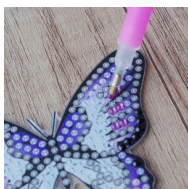
ROSE HILL
ASSISTED LIVING
Robbinsville,



Diamond Art and Paint by Numbers

Every Friday @ 10:30AM in the Art Room

You can purchase your own Diamond Art and/or Adult Paint by Numbers on Amazon. Be sure and choose acrylic paint, not oil. Walmart and Michaels also has a nice selection.



**Afternoon
Coffee & Chat**
**@ the Senior
Center**

Tuesday, September 24
2:00pm

Presentations Sign Up Required

How to Prevent Muscle Loss with Age... How to Prevent it



Monday, September 9
10:30am

Muscle mass decreases approximately 3–8% per decade after the age of 30 and this rate of decline is even higher after the age of 60.

Is it preventable? Can the progression be slowed down with weight training?

Presenter,
Dr. Malik
Prime Health



How can Strength Training Build Healthier Bodies as we Age

Thursday, September 12
10:30am



Introduction to Artificial Intelligence (AI)

Monday, September 16
10:30am

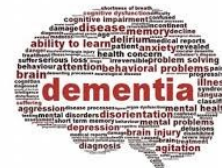
Curious about AI? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future!

Presenter,
Roberta Popik



Dementia Care with Loved Ones Living in the Present Moment

Tuesday, September 10
10:30am



Are you searching for ways to better understand interactions with persons living with dementia? This presentation will take you beyond strategies and techniques to a better understanding of what it is like to live with dementia and to uncover how to be truly present with someone who lives in very different circumstances than we do.

This is a beneficial discussion for primary caregivers and the community at large who meet up with persons living with dementia. The concepts presented can help to change the culture of dementia caregiving.

Presenter,
Town Square

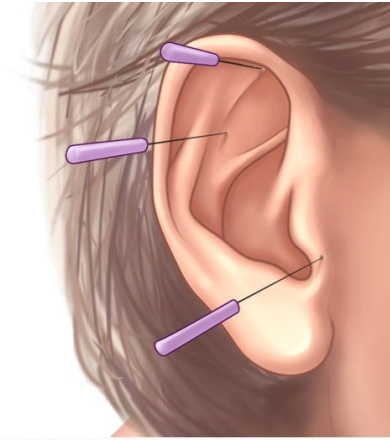


Presentations Sign Up Required

Acupuncture and Pain



Thursday, September 26
10:30am



Maria Phillips, D.A.O.M, L.Ac is a Doctor of Acupuncture & Oriental Medicine, licensed Acupuncturist and Herbalist, (NCCAOM) Nationally Certified, licensed in State of New Jersey.

Acupuncture is a form of treatment that involves the insertion and manipulations of very thin needles into specific points on the body. Acupuncture can be used for a variety of complaints and research has suggests that it can beneficial in relieving pain.

This practice appears to boost the activity of the body's natural pain-killers and increase blood flow.

© MAYO FOUNDATION FOR MEDICAL EDUCATION AND RESEARCH. ALL RIGHTS RESERVED.

Monday, September 30
1pm-2pm



Learn to defend yourself, build confidence in your balance, and get a great workout!

Gracie Barra's Women's Self Defense Program aims to prepare you physically and mentally to keep yourself safe. In this structured program, Gracie Barra instructor Claire Meyer will cover common scenarios that could endanger women and teach you how to prevent them and how to respond effectively using leverage based techniques from Brazilian Jiu Jitsu.

Claire is a purple belt in Brazilian Jiu Jitsu. She is the Competition Team Captain at Gracie Barra North Princeton where she teaches jiu jitsu to adult and youth students and has led self defense seminars for groups of all ages.

Presenter,
Claire Meyer
Trainer / GB North Princeton



Medicare Counselor

Do you need the Medicare Counselor?

MEDICARE HEALTH INSURANCE	
1-800-MEDICARE (1-800-633-4227)	
NAME OF BENEFICIARY JOHN DOE	
MEDICARE CLAIM NUMBER 000-00-0000-A	SEX MALE
IS ENTITLED TO HOSPITAL (PART A)	EFFECTIVE DATE 01-01-2007
MEDICAL (PART B)	01-01-2007
SIGN HERE →	

Will you soon be eligible for Medicare and need information on obtaining Parts A and B and understanding the different Medicare options, timelines, costs and benefits?

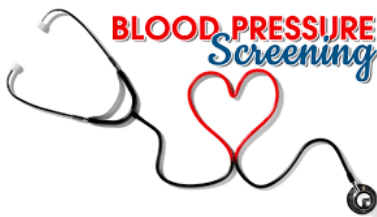
Tuesday, September 24

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, September 11
Appointment needed



Research shows health screenings for seniors can improve quality of life and longevity.

Visit regularly with a provider to ensure you're getting the care and attention you need to live your best life.

Writer's Group Writings

Once a month, the Writer's Group produces a writing based on a prompt.
The Writer's Group is instructed by; Nancy Cathers Demme

A Poem by Ellie Siegel

Breathe in light
Breathe out darkness
Breathe in lavender's calm
Breathe out the odor of fear
Breathe in the warmth of friendship
Breathe out the chill of loneliness
Breathe in the sweetness of honey
Breathe out the bitterness of hate
Breathe in the songbird's music
Breathe out the thunder of war
Imagine a rainbow after the storm
Carrying nature's message to smile, to marvel, to hope for a new dawn



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

Birds

"National Pet Bird Day" is Tuesday, September 17, 2024

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

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

BLACKBIRD	EAGLE	MARTIN	ROBIN
BUDGIE	EMU	MOCKINGBIRD	SEAGULL
CANARY	FALCON	MYNA	SPARROW
CARDINAL	FINCH	OSTRICH	SWAN
CHICKEN	FLAMINGO	OWL	TURKEY
CRANE	GOOSE	PARAKEET	VULTURE
CROW	HAWK	PARROT	WOODPECKER
DODO	HERON	PELICAN	WREN
DOVE	JAY	PIGEON	
DUCK	MAGPIE	RAVEN	

Word Search

Milkshakes

"National Milkshake Day" is Thursday, September 12, 2024

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

white chocolate milkshake
cotton candy milkshake
peppermint milkshake
chocolate milkshake
pistachio milkshake
vanilla milkshake
eggnog milkshake
lemon milkshake
lime milkshake

chocolate chip milkshake
blackberry milkshake
strawberry milkshake
cranberry milkshake
raspberry milkshake
cherry milkshake
orange milkshake
mango milkshake
mint milkshake

cookie dough milkshake
bubble gum milkshake
blueberry milkshake
mint oreo milkshake
caramel milkshake
coffee milkshake
grape milkshake
chai milkshake
oreo milkshake

Word Search

Senior Nutrition

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

ALUMINUM FOIL
 BOX LUNCH
 BUTTER
 CHEESE OMELETTE
 CHERRY PIE
 COFFEE
 CONVERSATION
 CRAB CAKE

CREAMER
 DIANNE
 FRUIT CUP
 HAMBURGER
 HASH BROWN
 JUICE
 KIELBASA
 KITCHEN

LAST CALL
 MENU
 MERCER COUNTY
 MILK
 MUFFIN
 NAPKIN
 ONE DOLLAR
 PAT

PINK TICKET
 PIZZA
 PLACEMAT
 PRAYER
 PUDDING
 PUSHCART
 ROW ONE
 SALAD

SIGNUP SHEET
 SOUP
 TACO
 TEA
 TRAY
 VEGETARIAN
 WAFFLE
 YOGURT

Senior Resources

Mercer County Social Services	(609) 989-4346
Adult Protective Services	(609) 599-1246
Catholic Charities	(609) 443-4000
East Windsor Township	(609) 393-9922
Interfaith Caregivers of Greater Mercer County	(609) 987-8100
Jewish Family & Children's Services	(609) 599-5357
LIFE St. Francis	(609) 695-3483
Meals on Wheels of Mercer County	(609) 989-4320
Mercer County Board of Social Services	(609) 890-9800
Mercer County Connection	(609) 989-6671
Mercer County Consumer Affairs	(609) 695-6249
Mercer County Legal Services for the Elderly	
Mercer County Office on Aging and Aging & Disability Resource Connection	(609) 989-6661
Mercer County Surrogate	(609) 989-6336
Mercer County Veteran Services	(609) 989-6120
NJ Division of Deaf and Hard of Hearing	(800) 792-8339
NJ Foundation for Aging	(609) 421-0206
PAAD, Lifeline & Senior Gold Hotline	(800) 792-9745
Ride Provide	(609) 452-5144
Route 130 Connection Bus	(609) 989-6827
Jewish Family Services / Secure at Home	(609) 987-8121
Senior Dental Association	(732) 821-9400
TRADE Transportation	(609) 530-1971
Visiting Angels of Central Mercer County	(609) 883-8188
Windsor-Hightstown Area Ministerium	(609) 448-0103



Helpful Township Websites

Sign up for Township Municipal E-News and Special Events:

<https://www.east-windsor.nj.us/e-news>

To receive important township notifications:

<https://www.east-windsor.nj.us/nixle>

Spotlight East Windsor:

<https://www.east-windsor.nj.us/spotlight-east-windsor>

Pay Taxes Online:

<https://www.east-windsor.nj.us/pay-a-tax-bill>

