

SENIOR CENTER NEWSLETTER January 2025 609-371-7192





Dear Friends, East Windsor Township 2025 New Year's Food Drive will kick off January 1, 2025 and continue through January 31, 2025.

Mayor Janice S. Mironov and Council Members are asking area residents and businesses to drop off donated non-perishable food items at the East Windsor Municipal Building (16 Lanning Boulevard) during business hours, the East Windsor Police/Court Building (80 One Mile Road) 24/7, or at East Windsor Volunteer Fire Company No. 2 (69 Twin Rivers Drive). The food drive will

benefit the food pantry of RISE, an area-based organizations that provides assistance to local individuals and families.

East Windsor Township Mayor and Council Encourage Citizens to Volunteer for Township Boards and Committees. Citizens can apply to serve on the Clean Communities Advisory Committee, Commission on Aging, East Windsor Municipal Utilities Authority, Economic Development Committee, Environmental Commission, Health Advisory Board, Planning Board, Recreation Commission, Zoning Board of Adjustment and the 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, or by mail to Mayor Janice S. Mironov and Township Council, East Windsor Township Municipal Building, 16 Lanning Boulevard, East Windsor, New Jersey 08520. For further information, call the Municipal Clerk's Office at (609) 443-4000, ext. 437.

ALL Township Offices Will Be CLOSED on Wednesday, January 1, 2025. Curbside recycling collection for Area #2 residents, normally on Wednesday, January 1, will be on Saturday, January 4. Residents who normally have bulk items collection on the first Wednesday i.e. Wednesday, January 1, can place bulk items with regular garbage collected on Monday, December 30 or Thursday, January 2. Visit the Township website for additional garbage collection information.

BEST WISHES FOR A HAPPY HEALTHY PEACEFUL 2025!

Mayor Janice S. Mironov



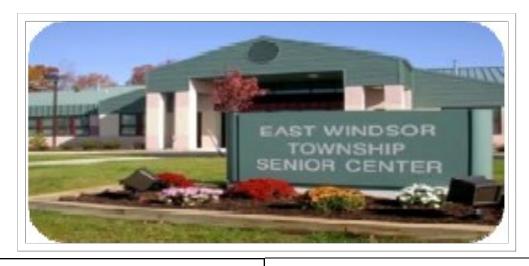
January Newsletter

Program sign up begins IN-PERSON Thursday, January 2 @ 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

January 2, 3, 6 (deadline on the 6th 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 RomanSenior Center Director **Rebecca Liming**

Program Coordinator

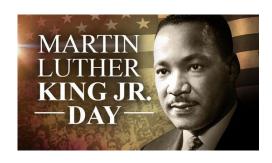


Janice S. Mironov, Mayor
David Russell, Deputy Mayor
Denise Daniels, Council Member
Anthony Katawick, Council Member
Marc Lippman, Council Member
Johnnie Whittington, Council Member
John Zoller, Council Member

Township Information

Township offices will be closed, Wednesday, January 1





Township offices will be closed, Monday, January 20

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

Poem of the Month

Look For The Good

In the New Year, let's resolve
to get less stressed, upset, anxious
about things over which we have no control.
Lets have a narrower focus on our lives,
loving and helping our family and friends,
making our community a better place to live,
to create peace and contentment.

In the New Year, let's resolve to pay less attention to depressing stories on TV, in magazines and newspapers, and to stop focusing on what we want that we haven't got, instead of appreciating the many blessings we do have.

In the New Year, let's look for the good.

We may have to search
through a mass of negative media,
but the good is there,
all around us.

I wish for you a New Year filled with good, engulfed in serenity and happiness!

By Joanna Fuchs

Martin Luther King Jr



Martin Luther King, Jr. Memorial

1964 Independence Ave. SW, Washington, D.C.

Located in downtown Washington, DC, the memorial honors Martin Luther King, Jr.'s legacy and the struggle for freedom, equality, and justice. A prominent leader in the modern civil rights movement, Dr. King was a tireless advocate for racial equality, working class, and the oppressed around the world.

Building the Memorial

In 1996, Congress authorized Martin Luther King, Jr.'s fraternity, Alpha Phi Alpha, to establish a Memorial to him in Washington, DC. The Martin Luther King, Jr. National Memorial Project Foundation held a design competition and identified the Tidal Basin site for the memorial's location.

For the design competition, entrants' registration materials contained ten posters with images and chronology of Dr. King's life, information about the memorial's site in DC, and the Foundation's vision for the memorial. Each prospective designer submitted three 24" x 36" display boards to an international panel of artists, historians, and architects. A total of 906 entrants joined the competition. Jurors only knew the registration number of each entry, not the names of the entrants. After three days, the panel narrowed the submissions down to 23 finalists. Unable to reach a decision, the jury asked the 23 finalists to submit a fourth board.

In 2000, the judges selected ROMA Design Group's plan for a stone with Dr. King's image emerging from a mountain. The plan's theme referenced a line from King's 1963 "I Have a Dream" speech: "With this faith, we will be able to hew out of the mountain of despair a stone of hope." The final design includes a massive carved mountain with a slice pulled out of it, symbolizing the "Stone of Hope" being hewn from the "Mountain of Despair." Reinforcing this motif, the edges of the Stone of Hope and the Mountain of Despair incorporate scrape marks to symbolize the struggle and movement, as well as an engraving of the words "Out of the mountain of despair, a stone of hope." Visitors may enter the memorial through the Mountain of Despair and tour the memorial reflecting on the struggle that Dr. King faced during his life, approaching the plaza where the Stone of Hope stands. In the stone, a carving of Dr. King gazes to the horizon, thoughtful and resolute.

Martin Luther King Jr

Creating the Sculpture

To create the likeness of Dr. King, the Foundation searched for a sculptor. Their search led them to St. Paul, MN, where an international collection of sculptors were creating public artwork to be installed throughout the city. After approaching all fifteen artists, they found that four of them recommended the Chinese artist Master Lei Yixin. After the Foundation interviewed him in Washington, DC, and examined his work in China, Master Lei Yixin became the official sculptor in 2007.

Lei filled the walls of his studio with hundreds of photographs of Dr. King, and studied them until he held the essence of the man's spirit firmly in his mind. He created a three-foot scale model of the sculpture amongst other sculpture models, before sculpting the 30-foot final version. Along the way, Lei worked closely with the Foundation and the King family to choose the material — shrimp pink granite — and to generate the likeness reflected in the final product.

A 30 foot fiberglass replica of the entire sculpture served as a reference for the stone sculpture. The sculpture and the mountain are composed of 159 granite blocks that were transported to Master Lei's studio in Changsha, China, where he assembled and sculpted 80 percent of the artwork. It was then disassembled and transported by ship to Baltimore, and reassembled at the memorial. Master Lei completed the last 20 percent of the sculpting on site in Washington, D.C.

Nick Benson and his team completed the text engravings that captured King's words. Benson, a third generation stone carver, spent more than two years on the project. His company, The John Stevens Shop, is located in Newport, Rhode Island. He is both a designer and a carver, with distinctive architectural lettering that is an original font drawing on both classical Greek forms and contemporary sans serif script. His other engraving works include the World War II Memorial, the Franklin D. Roosevelt Four Freedoms Park on Roosevelt Island, and the National Gallery of Art.





Martin Luther King Jr

Symbolism

Each part of the memorial is significant and symbolic. From the looming Mountain of Despair, a Stone of Hope surges forward as the focal point for the memorial. This references a line in King's speech, "With this faith, we will be able to hew out of the mountain of despair a stone of hope." There, the striking likeness of Dr. King captured him in a moment of reflective thought, determined and resolute. The detachment of the Stone of Hope from the Mountain of Despair symbolizes victory borne from disappointment. A wall of quotes spanning Dr. King's long civil rights career represents his ideals of peace, democracy, justice, and love. As much as the quotes acknowledge the history of the civil rights struggle in America, they can continue to serve as inspiration to others fighting for civil rights around the globe. The memorial's location is also significant, enhancing the core of the "city beautiful" that Pierre L'Enfant envisioned in 1791, and the McMillan Plan expanded in 1901. The plans aimed to create an entire city to remind us "what we should be trying to achieve as a nation, as a society [and] as human beings on this planet." For the "I Have a Dream" speech, King stood on the steps of the Lincoln Memorial and referenced the Declaration of Independence, penned by Thomas Jefferson. King leveraged the power of place to appeal to core American values that all Americans held dear, highlighting the injustice perpetuated by segregation. The Martin Luther King, Jr. Memorial's location along the line connecting the Thomas Jefferson and Lincoln Memorials helps to reinforce the connection between these three leaders at three important moments for civil rights in our nation's history: from the promise that "all men are cre-

Drum Major Quote Controversy

Upon opening in 2011, the memorial immediately faced controversy due to a paraphrased quote inscribed on the Stone of Hope: "I was a drum major for justice, peace and righteousness." The inscription sparked controversy when author and poet Maya Angelou said it made King "look like an arrogant twit." King's original words from a February 4, 1968 sermon at Ebenezer Baptist Church in Atlanta were, "If you want to say that I was a drum major, say that I was a drum major for justice. Say that I was a drum major for peace. I was a drum major for righteousness. And all of the other shallow things will not matter."

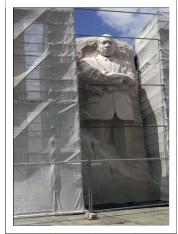
ated equal," to the freeing of the slaves, to the final push for full and equal rights.

The sermon largely dealt with the theme of the danger of the personal ego driving people and nations to live beyond their means and seek attention and supremacy to negative ends, closing with Martin Luther King asking his congregation to turn that desire to stand out — to be a drum major — into service to others. In the sermon, King wished aloud not to be remembered for his awards and education, but that he "tried to give his life

serving others," and that he "tried to love and serve humanity." The message of selflessness embodied in the sermon seemed to be at odds with what was captured on the memorial.

On December 11, 2012, Secretary of the Interior Ken Salazar announced his decision to remove the controversial quote by carving striations over the words, which would blend in with the existing artwork. In 2013, sculptor Lei Yixin returned to modify the memorial and remove the quote. The paraphrased quote is no longer visible.

Scaffolding encloses the Stone of Hope for the removal of the controversial "Drum Major" quote, August 1, 2013.



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

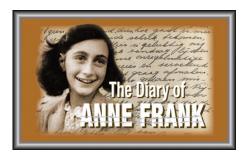
Our Bus is not only used for shopping but also for trips. Please understand the above schedule is subject to change.

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

February Trips





ALGONQUIN

Manasquan, NJ

Date: Saturday, February 22 **Depart Time:** 12:30pm

Show Time: 2:00pm / 1 hr 40 minutes—No Intermission

Return Time: 5:00pm approx

Cost: \$39 exact cash or check

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

A Play by Frances Goodrich and Albert Hackett

Based upon "Anne Frank: The Diary of a Young Girl"

Newly Adapted by Wendy Kesselman

Broadway Series 2024-2025

Embark on a poignant journey through history with one of the most powerful and enduring stories of resilience, family, hope, and the human spirit. Anne Frank's eloquent and deeply moving words leap from the pages of her diary to the stage. *The Diary of Anne Frank* remains a relevant exploration of the impact of war, intolerance, and the importance of empathy, understanding, and the pursuit of a better world.

Ocean County Mall



Date: Friday, February 7

Depart: 9:45am Return: 2:30pm

Lunch on your own.

Community Bus: 50 cents given

to driver on day of trip



Hamilton Marketplace

...and lunch on your own

Date: Tuesday, February 18

Depart: 9:45am **Return:** 1:30pm

Shoprite, Michaels, Ross, Five Below, Walmart, Kohls, Barnes & Noble,

Ulta, Old Navy, Sally's,

BJ's, and more....

Community Bus: 50 cents



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



Computer Room

The computer Room has 8 new computers. These computers are first come, first served.

Monday thru Thursday 9:30 am - 11:30 No Bingo on Friday

В	3 [N	G	0
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



Every Wednesday 1:00 pm

Chess Club



Our Library

We accept book donations

Tutoring

iPhone

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 calculatorand so much more.

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!

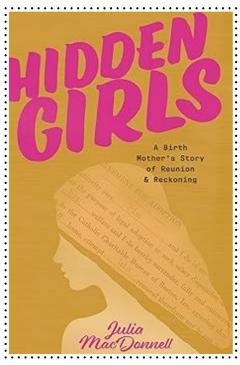




It is very important to keep your appointment time or please call to cancel.

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

Lectures Sign up Required



Date: Friday, January 17 Time: 1:00pm—2:00pm

Author Julia MacDonnell, will be at our senior center to speak about her latest book.

When Julia MacDonnell's relinquished son found her just a few years after Massachusetts opened its sealed adoption records to adult adoptees, she was jubilant. Not only would he forgive her for signing away her parental rights to him nearly a half century before, he'd join his much younger half-siblings in a big happy blended family. She'd be able, at long last, to emerge from the secret that had controlled more than two thirds of her life. But that is not what happened.

Hidden Girls: A Birth Mother's Story of Reunion and Reckoning brings readers into the emotional heart of adoption loss, showing how the secrets and silence of closed adoption permanently twist kinship histories and undermine the compassion of those involved in it.

MacDonnell, the award-winning author of two novels and a collection of short stories, was astounded when the son she'd relinquished as a teenager reached out to her via email after nearly 50 years. Mad with grief when they took him away, she'd kept the secret required by her parents in order to come back home. She'd accepted this humiliation and degradation as a kind of penance, a necessary offering. That is, until her son's sudden and unexpected reappearance in her life.



Julia MacDonnell

Social Gatherings - Sign Up Required



Tuesday, January 21 @10:30am

Video shown during the discussion:

The agony of trying to unsubscribe By; James Veitch



Pin Cushion Corner Every Tuesday @ 1:00 pm

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

SIGN UP REQUIRED

"Dine Around"

Tuesday, January 28 @ 12:30 pm

Princeton Soup & Sandwich 3 Old Trenton Rd Cranbury



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

Separate checks are not guaranteed

Diamond Art and Paint by Numbers

Every Friday @ 10:30AM

Purchase your own kit on Amazon or at Walmart





Afternoon Coffee & Chat @ the Senior Center

Wednesday, January 22 2:00pm—3:00pm

Crafts with Patti

Balloon Painting Art

Thursday, January 23 1:00PM





Bingo with Kat

Tuesday, January 14 10:30am





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Interactive Programs sign up required





Coin and Stamp Club

Tuesday, January 14

@ 2:15pm

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





Club Instructor; George Hann

Magic Club

Every Wednesday 12:30pm





Thursday, January 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: "Once in a blue moon.."

Writing Instructor: Nancy Cathers Demme



Monday, January 13 @ 2:00pm

Bring your own topic for discussion





EVERY MONDAY @ 1:00PM

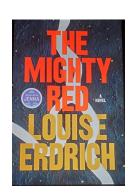
Book Club

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

Book: *The Mighty Red* By Louise Erdrich

Facilitator:

Sharon Galbraith Ryer Hickory Corner Library





Tuesday, January 21 1:00pm

Compete against your fellow seniors! Win prizes!

Hosted by Bear Creek West Windsor

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Presentation

Sign up Required



Thursday, January 30 9:00am - 3:00pm (30-minute break)

CLAIM YOUR DRIVER SAFETY DISCOUNT

When you take the AARP Smart Driver course, you could be eligible for a multi-year discount on your auto insurance. Plus safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road.

- Important facts about the effects of medication on driving.
- How to reduce driver distractions.
- How to maintain the proper following distance behind another car.
- Proper use of safety belts, air bags, anti-lock brakes and new technology found in cars today.
- Techniques for handling left turns, right-of-way, and roundabouts.
- Age-related physical changes and how to adjust your driving to compensate.

THERE IS A COST FOR THIS COURSE

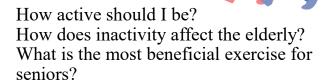
- ♦ AARP Member Cost \$15.00
- ♦ Non-member Cost \$20.00
 - ♦ Exact cash or check
- ♦ Check made payable to AARP

PLEASE BRING PAYMENT UPON SIGNING UP. FIRST COME-FIRST SERVED

Presentations Sign Up Required

Staying Active for Better Health

Wednesday, January 8 10:30am



Join us as we educate ourselves and refresh our memories about why "moving" is important.

Presenter: Cate Diamond **Nutrition Educator**





Wednesday, January 15 10:30am

What is "Digital Literacy?" The ability to access the computer, cell, internet for our day-to -day activities and being connected with others through the internet.

Join us to learn more!



Life & Long Term Care Planning

Tuesday, January 14 10:30am

Life and Long Term Care Insurance has changed a lot in recent



years. Come learn about how Seniors can use these products to protect their estate and leave a tax free legacy to loved ones.

Presenter: Leslie Terhune





TCNJ Nursing Students will return in February, March, and April to present important health topics. Stay tuned...



Presentations Sign Up Required

Hearing Loss and Dementia

Wednesday, January 22 10:30am



Hearing Loss Is a Modifiable Risk Factor of Dementia

As we age, the risk for dementia increases. When we get older, our brains "shrink" a process that is known as brain atrophy – also known as cognitive decline or dementia.

The Connection

It has long been suspected that untreated hearing loss can increase the risk of cognitive decline and dementia. When left untreated, hearing loss makes it difficult for the brain to hear and retain information. When this occurs, it can leave you feeling fatigued, forgetful, and more likely to withdraw from social situations. Hearing loss is becoming increasingly common in people of all ages, but adults over the age of 60 are more susceptible. A recent study has shown that older adults who wear hearing aids can likely reduce their risk of dementia in half compared to those who don't manage their hearing loss. *

While hearing aids are not a cure, they can help you hear better, maintain communication, and can increase brain health. There is no down side to wearing hearing aids, so it's best to consult with a hearing specialist sooner rather than later.

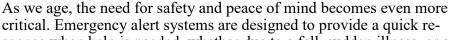


Presenter; Jane Brady, AuD



Stay Safe and Informed: Alert Systems for Seniors

Thursday, January 16 10:30am



sponse when help is needed, whether due to a fall, sudden illness, or any other emergency. These systems allow seniors to easily call for assistance at the push of a button, helping them feel more independent and secure at home or while out and about.

We invite you to join us for a special session where we'll dive into the different types of alert systems available, how they work, and why they're an essential tool for seniors.







Medicare Counselor

Medicare Advantage



Open Enrollment January 1-March 31, 2025

Beneficiaries enrolled in a Medicare Advantage plan as of Jan 1st will have the chance to use the Medicare Advantage open enrollment period to switch their plan should they feel that there is a better option.

They can make one switch only (either to another MA plan or to Original Medicare and Part D drug plan - though unless they meet the criteria for guaranteed issue they may not be able to get a Medigap plan if they do go to Original Medicare) and the change will take effect the 1st of the following month.

> To schedule a **January** appointment, See front desk

Screenings / Appointment Needed



Wednesday, January 8 Appointment needed



Exercise Classes



Class Schedule has been updated... As of December 2, 2024

Please visit the front desk or front table for a description of classes

Monday:

8:30a Cardio with Helen 9:30a Line Dance with Marcia 11:30a Cardio with Doreen

Tuesday:

8:30a Chair/Stretch with Mark 9:30a Muscle Strength with Val 11:30a Cardio with Linda 1:30p Tai-Chi with June 2:45p Chair Yoga with Ed

Wednesday:

8:30a Balance With Mark 9:30a Zumba With Marcia 1:30p Cardio With Mark 2:30p Drums Alive W Mark 3:10p Drums Alive W Mark

Thursday:

9:30a Balance with Mark 11:30a Yoga Sculpt with Ed 12:30p Meditation 1:30p Cardio with Doreen

Friday:

9:30a Chair/Stretch with Linda



Don't forget about our Stationary Exercise Equipment Room!









Word Search



Martin Luther King Jr.

Alabama Assassination Brotherhood Change Civil rights Dream Equality Freedom Georgia Integration January Justice Minister Nobel Nonviolence Peace Rosa Parks Segregation Speech

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

Word Search

New Year's Eve

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time square hourglass ball drop balloons future music last festivities gathering new year january family happy kiss

celebration fireworks midnight holiday cheers goals gold resolution countdown memories goodbye bubbly games ball

streamers champagne drinking friends toast clock

sparklers celebrate confetti dancing party mask

Senior Resources

Mercer County Social Services	
Adult Protective Services	(609) 989-4346
Catholic Charities	(609) 599-1246
East Windsor Township	(609) 443-4000
Interfaith Caregivers of Greater Mercer County	(609) 393-9922
Jewish Family & Children's Services	(609) 987-8100
LIFE St. Francis	(609) 599-5357
Meals on Wheels of Mercer County	(609) 695-3483
Mercer County Board of Social Services	(609) 989-4320
Mercer County Connection	(609) 890-9800
Mercer County Consumer Affairs	(609) 989-6671
Mercer County Legal Services for the Elderly	(609) 695-6249
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
1	

Helpful Township Websites

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

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

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