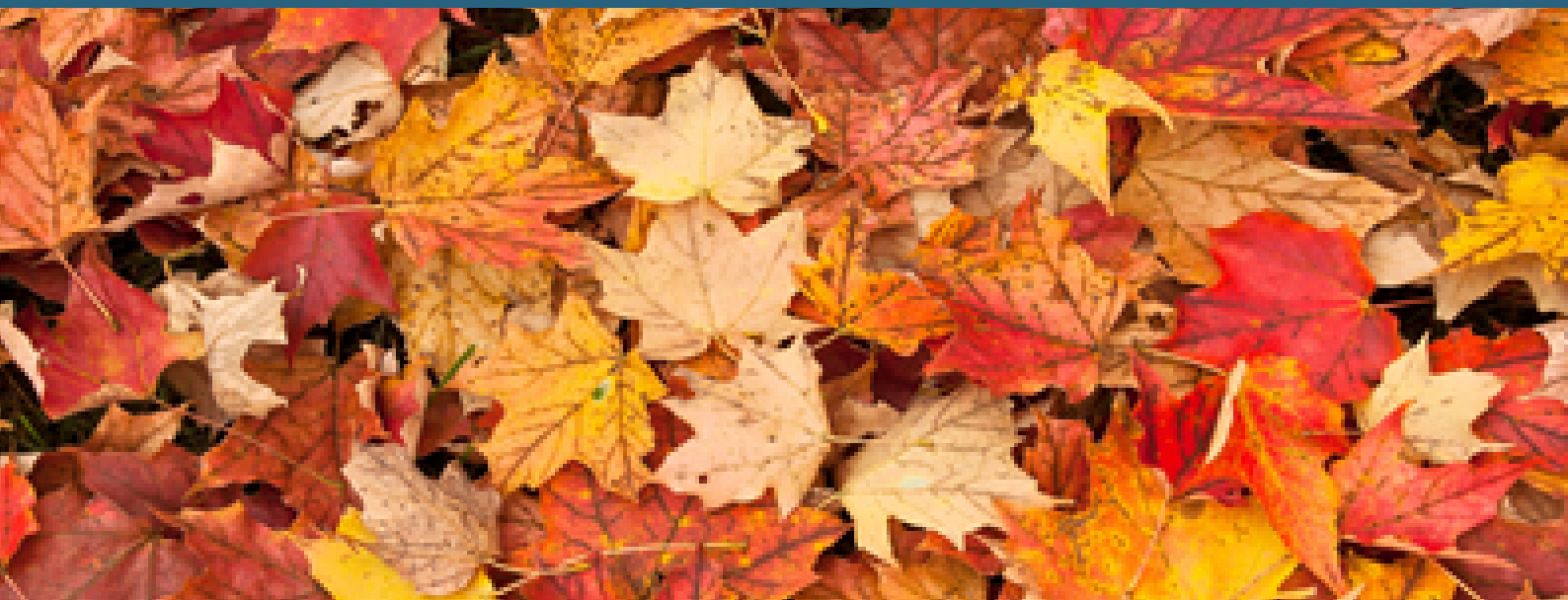


# WEST WINDSOR TOWNSHIP SENIOR CENTER NEWSLETTER

Accredited by   
National Institute of  
Senior Centers



*Our Mission is ". . . . .to facilitate healthy & successful aging in West Windsor Township"*

## Division of Senior & Social Services

**Adalin Ball, MSW**  
Manager

**Justine Farletta**  
Administrative  
Assistant

**Shirley James**  
Secretary

**Philip Fazio**  
Bus Driver

## Location & Hours of Operation

**The West Windsor Senior Center**  
**Municipal Center**  
**271 Clarksville Road**  
**P.O. Box 38**  
**Princeton Junction, NJ 08550**  
**(609) 799-9068**

**Website: [www.westwindsornj.org](http://www.westwindsornj.org)**  
**OFFICE HOURS: 8:00 AM - 4:00 PM**  
**MONDAY - FRIDAY**

**The Senior Center will be CLOSED on**  
**Monday October 14, Tuesday November 5, Monday**  
**November 11, Thursday & Friday November 28 & 29,**  
**and from December 24 thru January 1**  
**INCLUDING ZOOM CLASSES**

# Medicare Savings Programs

*Do I qualify for any Medicare savings programs?*

## NJSAVE

Mercer County SHIP  
Children's Home Society  
of New Jersey  
635 South Clinton Avenue  
Trenton, NJ 08611  
609-695-6274, Ext. 215



Scan Barcode  
With Your  
Smartphone!

## Become a Member

Have you or a friend been interested in joining the Senior Center?

Identification Cards will be issued for regular participants at the office  
**Monday - Friday  
9:00AM - 3:00PM**

You must be 55+ years of age. Identification is required with full name and proof of West Windsor residency (i.e. utility bill, car registration)

Contact 609-799-9068 for more information

## Medicare Open Enrollment

**October 15 - December 7**

Questions about your Medicare? Take the opportunity to reassess your 2024 coverage for the upcoming year.

### AVAILABILITY:

Wednesdays starting  
October 16, 2024

Please view flyer as there are some NEEDS TO KNOW & WHAT TO BRING before you come to your appointment

Contact the Senior Center to schedule your time & appointment 609-799-9068

"This product is supported by grant 90SAPG0098 from the U.S. Administration for Community Living."

## NOTICE:

### Inclement Weather

In the event of inclement weather and Township closures, the Senior Center follows the lead of the Township of West Windsor municipal office. Keep up to date with the latest Township news and simply sign up at:

[ww-email-signup - Formstack](#)

or Scan the QR Code with your smart phone:



Announcements are also made on the Township website: ([westwindsornj.org](#)) and nixle

## HOLIDAY POT LUCK LUNCHEON & FOOD DRIVE

Friday November 15, 2024  
11:30AM

October, November & December is the time of year where so many families & friends get together to celebrate the holidays. Let's celebrate a piece of that with our members at the West Windsor Senior Center. Please join us and bring a bit of your own cultures' food for a holiday celebration.

There will also be a food drive and all donations will be provided to Homefront. Please review flyer for more information.

Deadline: Friday November 1, 2024

Pre-registration is required. Please contact the Senior Center at 609-799-9068

## West Windsor Senior Center Adult Medical Equipment

*"One cannot plan for the unexpected"*  
- Aaron Klug

The West Windsor Senior Center is here to help improve, provide and loan used/new medical equipment to residents in need, at no cost to them

### Medical Equipment Available:

- |           |                     |               |
|-----------|---------------------|---------------|
| *Walker   | *Rollator           | *Wheelchair   |
| *Cane     | *Crutches           | *Knee Scooter |
| *Bed Rail | *Commode            | *Shower Chair |
| *Reacher  | *Raised Toilet Seat |               |

Donations are accepted pending storage availability.

Contact the Senior Center for further inquiry of medical equipment availability, returns and pick-up. Equipment is limited.

## FLU CLINICS

### LOCATION:

West Windsor Senior Center

### DATES:

Thursday October 3, 2024  
10:00AM - 1:00PM

Wednesday October 9, 2024  
4:00PM - 6:00PM

Thursday November 7, 2024  
4:00PM - 6:00PM

Get Your Flu Shot

Contact the Health Department to schedule an appointment at 609-936-8400

## Township of West Windsor Public Works

20 Southfield Road, West Windsor  
"Paper Shred Event"

October 5, 2024 8AM - 12PM

Note: May end prior to 12PM if shred trucks reach capacity

*Open to Residents ONLY - Proof of Residency Required*

Limit Papers to confidential/ sensitive materials only

Protect against identity theft - shred materials with your Social Security numbers, account numbers, confidential passwords, medical information, financial records and other confidential/ sensitive personal documents.



ALSO, ON SITE AT THE SHREDDING EVENT WILL BE A **FOOD & CLOTHING DRIVE**

FOLLOW LINK BELOW FOR MORE INFORMATION:  
<https://www.westwindsornj.org/images/notices/2024/Paper-Shredding-Events-2024.pdf>

## **SCREENINGS**

### **Blood Pressure Screening**

**Tuesday October 22, 2024**

**11:00AM - 12:00PM**

**Wednesday November 20, 2024**

**11:00AM-12:00PM**

**Wednesday December 18, 2024**

**11:00AM-12:00PM**

### **Balance Screening**

**Wednesday October 9, 2024**

**10:00-12:00PM**

### **Osteoporosis Screening**

**Wednesday October 16, 2024**

**10:00AM-12:00PM**

**Wednesday November 13, 2024**

**10:00AM-12:00PM**

### **Memory Screening**

**Wednesday October 23, 2024**

**10:00AM - 1:00PM**

### **Glucose Screening**

**Tuesday November 19, 2024**

**9:00AM- 11:00AM**

## **Fall Entertainment**

### **City Winds Trio**

**Friday October 18, 2024**

**1:00PM**

Come hear the city winds duo play your favorite opera, classical and waltz tunes. You will enjoy a concert of some unfamiliar tunes but many you will recognize! Some notable series the trio has played: Cathedral St John the Devine, St. Pails Chapel and Trinity Church. The Interchurch Center, Riverside Church, Ramapo College, St. Mary's of South Amboy and Musikfest in PA.

**ALL ARE WELCOME!**

## **H.O.P.E**

H.O.P.E. is a non-profit, state and federally registered 501(c)(3) organization. H.O.P.E. provides grief support to men and women of all ages who have lost their spouse, partner, or significant other. H.O.P.E. is staffed by volunteers who themselves have been widowed and have gone through the H.O.P.E. program and want to share their time and experience with others.

We provide a warm, comfortable, and safe environment in which to recover and heal after your loss. We teach strategies to ease the pain, methods to instill self-confidence, decision making and goal setting, and to help you build a new life. A modest registration fee covers expenses for provided materials.

The West Windsor Senior Center will be hosting a Winter Session (10 weeks), available dates are:

**Every Monday @ 1:00PM**

**October: 7, 21, 28**

**November: 4, 18, 25**

**December: 2, 9, 16, 23**

**Please follow link for further information**  
<https://hopesnj.org/about-h-o-p-e/the-organization/>.

## **TRIP**

### **ANASTASIA**

Come and join us for lunch and a matinee at the Bucks County Playhouse!

**Wednesday**

**December 11, 2024**

**10:00AM - 4:30PM**

Anastasia is a sweeping musical adventure that transports its audience from the twilight of the Russian Empire to the euphoria of Paris in the 1920s.

**Deadline: Wednesday November 6, 2024**

For more information please review flyer below:  
<https://www.westwindsornj.org/images/seniors/2024/Anastasia-121124.pdf>

# Leaf and Yard Debris Collection

Leaves must be separated from brush and yard waste for proper processing at recycling center.

For Further information click on the link below:

<https://www.westwindsornj.org/images/notifications/2024/Paper-Shredding-Events-2024.pdf>

# Talking About Books

Tuesday October 29, 2024

2:00PM - 3:00PM

## The Lioness of Boston

by Emily Franklin

led by Barbara

Tuesday November 26, 2024

2:00PM - 3:00PM

## Songs of Willow Frost

by Jamie Ford

led by Sue

Tuesday December 17, 2024

BOOK CLUB

## LUNCHEON

(TBD)



Senior Medicare Patrol

## DON'T BE A VICTIM

Your premium is up \$15.00 this year alone!

Learn how to protect yourself against Medicare *fraud, waste and abuse*.

Have your Medicare questions answered.

Where: **West Windsor Senior Center**

When: **Tuesday October 15, 2024**

Time: **10:00AM**

Guest Speaker: **Joel Schneider**

**SMP Outreach Specialist**

Senior Medicare Patrol | SMP | Medicare Fraud Protection (smpresource.org)

# Fire Safety for Seniors Lecture

Friday October 25, 2024

1:00PM

Come and learn all about "smoke alarms, make them work for you" Lecture given by the West Windsor Fire Department.



Follow link below for more information: Operation Blue Angel

## West Windsor Health Department

The Health Department will be hosting a pop-up table at the West Windsor Senior Center

### **Healthy Habits BINGO!** Tuesday October 22, 2024

Back by popular demand, the West Windsor Health Department is returning to host Healthy Habits Bingo! It's bingo with a twist! Explore new cards and new trivia, learning health habits in preparation for the new season.

### **Mental Health & De-Stressing** Friday, November 22, 2024

Mental health covers our emotional, psychological, and social well-being. It is an important part of overall wellness, just like physical health. Join the West Windsor Health Department to learn more mental health concerns among seniors. Explore strategies to recognize distress, talk with your loved ones, and use coping methods to manage stress day-to-day.

### **Jeopardy!** Tuesday December 10, 2024

Join the West Windsor Health Department for a fun, engaging game of Jeopardy! Test your knowledge on health and safety around the holidays.

## **Discussing Dementia**

**With West Windsor Health Department**

### **November 19 at 10:00am** **West Windsor Senior Center**

**Presentation Will Cover:**

- Overview, early signs, and symptoms
- Factors which increase risk for dementia
- Diagnosis
- Most common types of dementia
- 10 warning signs of dementia
- Available treatments for dementia
- Caring for a person with dementia
- Caring for yourself while caring for another
- Ways to improve brain health

## Music/ Opera Appreciation

### **Stephen Schwartz** **October 11, 2024** **2:00PM**

Magic To Do - Schwartz's latest musical, WICKED, is the one that people are talking about, but GODSPELL has proven to have the most staying power of all of his shows. There have been a few more along the way that deserve to be looked at shows like THE MAGIC SHOW, PIPPIN, and CHILDREN OF EDEN all help to show the depth of this interesting theatre composer.

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### **OPERA**

**(TBA)**  
**November 8, 2024**  
**1:00PM**

**(Description to be announced in November News & Updates)**

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### **Howard Keel** **December 13, 2024** **2:00PM**

Make Believe - For many, the Hollywood musical would not have been anything without the incredible voice and image of Howard Keel who starred in films like SHOW BOAT, LOVELY TO LOOK AT, KISMET, and KISS ME KATE. However, Keel also appeared several times as a replacement on Broadway as well as starring in the original cast of two musicals, SARATOGA and AMBASSADOR. This lecture will follow Keel through his myriad of characters from a fast-talking Arabian story-teller, to the famed warrior Hannibal, to a wandering gambler, to an opportunist cowboy and beyond.



# Prepare for the New Season with West Windsor Health Department

Serving West Windsor, Robbinsville, and Hightstown  
(609) 936-8400 | westwindsornj.org

## Flu Prevention Tips

- #1** Avoid close contact with people who are sick. 
- #2** Stay home if you are sick. 
- #3** Cover coughs and sneezes. Throw away used tissues in a trash can. 
- #4** Wash your hands with soap and water or alcohol-based hand sanitizer. 
- #5** Practice good hygiene and other healthy habits. 
- #6** Avoid touching your eyes, nose, and mouth. 

## **#7** The best way to reduce the risk of flu and complications of the flu is to get vaccinated!

Below are the flu clinic dates for the clinics being offered at the West Windsor Senior Center. 

- October 3, 10:00am-1:00pm
  - October 9, 4:00pm-6:00pm
  - November 7, 4:00pm-6:00pm
- To register for a flu vaccination, please visit: [westwindsornj.org](http://westwindsornj.org)  
For help with registering, call (609) 936-8400.

## Address Stress with Success

Looking for ways to relieve stress this month? Look no further! Read on for seven de-stressing strategies -- one for every day of the week.

1. Keep a gratitude journal, recording three things you're grateful for every day.
2. Meditate. Follow a guided meditation video on YouTube, or do your own routine.
3. Laugh. Watch a comedy, read a funny book, do whatever makes you laugh.
4. Reach out to a friend. Social connection is one of the best cures for stress.
5. Pick up a new hobby. Is there something you've always wanted to try?
6. Do something kind for someone. You'll feel good, and they will, too.
7. Immerse yourself in nature. Study the plants and animals you find.

What Vaccines do **You** need? 

**DON'T WAIT. VACCINATE!**

Adults need vaccines too! Answer a few quick questions to find out which vaccines you may need.

[www2.cdc.gov/nip/adultimsched/](http://www2.cdc.gov/nip/adultimsched/)



There are many ways to prepare before a disaster occurs.

## 12 WAYS TO PREPARE

For more information, please visit [ready.gov](http://ready.gov)



- |  |  |   |   |  |  |
|--|--|---|---|--|--|
| <input type="checkbox"/> <br>Sign up for Alerts, and Warnings | <input type="checkbox"/> <br>Make a Plan          | <input type="checkbox"/> <br>Save for a Rainy Day   | <input type="checkbox"/> <br>Practice Emergency Drills   | <input type="checkbox"/> <br>Test Family Communication Plan | <input type="checkbox"/> <br>Safeguard Documents          |
| <input type="checkbox"/> <br>Plan with Neighbors              | <input type="checkbox"/> <br>Make Your Home Safer | <input type="checkbox"/> <br>Know Evacuation Routes | <input type="checkbox"/> <br>Assemble or Update Supplies | <input type="checkbox"/> <br>Get Involved in Your Community | <input type="checkbox"/> <br>Document and Insure Property |

## **Exercise Descriptions**

### **"Cardio and Toning"**

For a total body toning class using light free weights, bands and tubing to challenge the body from head to toe. No experience needed. Please bring a mat to class for floor work. Weight training is vital for strengthening bone density and strength.

### **"Chair, Stretch & Tone"**

The chair class is for everyone who wants aerobic exercise with the safety of the chair. Participants will learn stretching techniques, use hand weights for strength, resistance bands for flexibility while enjoying upbeat lively motivating music. The chair will be used to practice balance exercises.

### **"Chair Yoga"**

Stress relief, better breathing, increased strength and flexibility, better posture and a peaceful mind are just a few of the many reasons to do Yoga! Once centered participants build strength and flexibility with the combination of a slow flow and hatha techniques with the safety of a chair.

### **"Form and Function"**

Strength training and conditioning to improve functional movement and quality of life. Each class begins with movement prep and balance practices to prepare for the workout. Combining various modalities of strength training using dumbbells, bodyweight, and resistance bands, along with pilates, barre, HIIT and tabatas techniques interspersed with cardio keeps the class engaging and energized. Class concludes with a cool down and stretch.

### **"International Ballroom"** (Pre-registration REQUIRED) \$\$\$

International Ballroom Dancing is an instruction program in all forms of ballroom dancing which is provided in a social and collegial setting. This class focuses not only on increased balance but most importantly embraces gracefulness while learning the steps of major ballroom dances.

### **"Strength Training"**

A smorgasbord workout that combines cardio, strength, flexibility, core and balance. Participants are offered modifications so everyone can succeed. A pilates mat is suggested but not required.

### **"Tai Chi"**

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

### **"Yoga"**

Stress relief, better breathing, increased strength and flexibility, better posture and a peaceful mind are just a few of the many reasons to do Yoga! Once centered participants build strength and flexibility with the combination of a slow flow and hatha techniques. We will practice postures standing and on the floor. The instructor will adapt postures so everyone can successfully practice regardless of their ability. We will end the session with deep relaxation. Wear comfortable clothing, eat lightly, bring a mat and a blanket (or bath towel) for support.

### **"Zumba"** (Pre-registration REQUIRED) \$\$\$

Zumba provides choreographed dance steps that focus on lots of different muscle groups at once for total body toning. It is a fun, exuberating exercise dance to a mix of Latin and International music that creates an exciting and effective fitness program.

**PLEASE NOTE:** IF YOU NEED A CHAIR FOR A FITNESS CLASS. IT IS RECOMMENDED THAT YOU ATTEND A CHAIR FITNESS/ CHAIR YOGA CLASS ONLY.



## Class/Activity Descriptions

### "Art of Oil Painting" \$\$\$

This class will accommodate both beginner and experienced painters. The instructor will introduce students to oil painting as a medium used to produce a painting. Students will learn brush techniques to create a variety of different affects. You will learn elements such as line, shape, texture & color with the company of the instructor and participants.

### "Art of Watercolor" \$\$\$

Mixing colors can make mud (oh, no!) or it can make luminous color (oh, yes!). Learn the basics of watercolor as well as advanced techniques with watercolorist Margaret Simpson. Come join in the comradery and laughs while we practice visual thinking. Let's get it all down on paper: color mixing and color theory; gorgeous skies; portraits; fresh florals; still life composition; and building on transparent layers. Beginners to advanced are welcome!

### "Billiards"

Various games played on a billiard table in which cues are used to strike balls against each other or into pockets around the edge of the table.

### "Spanish 1" \$\$\$

We are pleased to offer a Beginners Spanish class. Learning a new language provides many benefits such as enhanced memory and increased brain power. Plus it can be fun, enjoyable and useful when you travel! This Beginner Spanish class focuses on Spanish conversation and encourages student participation. This class is expected to be held virtually until mid-April and then in-person thereafter.

### "Spanish 2" \$\$\$

There are many benefits to learning a language and many opportunities to utilize it. This is an Intermediate Level class focused on Conversational Spanish. We cover grammar and vocabulary to reinforce the conversation practice. During the summers we read short stories with a focus on comprehension. This class has been in person however during COVID we have pivoted to being virtual. The class size is manageable such that everyone has ample opportunities to participate.

### "The Chinese Hour"

The class is servicing the Chinese seniors who came to US with very little or no skill of English language. The class is for beginner and intermediate levels. The instructor will choose the materials from the magazines and go over them in class. Participants will learn from pronunciations, to basic grammar that they will be able to utilize in their day to day life.

### "Tech-Mate Program"

Do you want to stay connected and learn more about technology? Learn how to download files, get apps on your phone, connect with your family via social media, and more. This program engages seniors with a community member who can help coach, guide and encourage you about the use of technology.

### "SHIP (State Health Insurance Program)"

Need help with Medicare? A trained and certified SHIP volunteer can assist you with any Medicare needs. Need non-biased assistance with Medicare Part A, B, C or D, Medicare Advantage, Medicare Supplemental plans, etc. A SHIP counselor is available for you!

#### CLASS SUBSIDY 2024

<b>CLASS</b>	<b>AMOUNT</b>	<b>DUE DATE</b>
<b>ART OF OIL PAINTING</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>ART OF WATERCOLOR</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>INTERNATIONAL BALLROOM</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>SPANISH (Beginners/ Intermediate)</b>	<b>\$30</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>ZUMBA</b>	<b>\$25</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>

**FEEES ARE NOT PRORATED. FEES DOUBLE FOR NON-RESIDENTS (SPACE AVAILABILITY)**

## West Windsor E-Bulletin

**Register for West Windsor Township notifications and website updates. Receive an email notification whenever the township's website is updated or new information is added. In addition, important resident notifications will also be distributed to registrants.**

**For further details and sign-up go to: Register for town emails ([westwindsornj.org](http://westwindsornj.org))**

## Social Service Resources

Adult Protective Services	609-599-1246
Catholic Charities	609-443-4000
Interfaith Caregivers of Greater Mercer County	609-393-9922
Jewish family & Children Services	609-987-8100
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	609-695-6249
Mercer County Office on Aging & Disability Resource Connection	609-989-6661
Mercer County Surrogate	609-989-6336
Mercer County Veteran Services	609-989-6120
NJ Division of Deaf & Hard of Hearing	800-792-8339
NJ Advocates for Aging Well	609-421-0206
NJ HOPE Line	855-654-6735
NJ Social Security Office	800-772-1213
PAAD, Lifeline & Senior Gold Hotline	800-792-9745
Ride Provide	609-452-5144
Senior Dental Association	732-821-9400
TRADE Transportation	609-530-1971
Visiting Angels of Greater Mercer County	609-883-8188
West Windsor Police Department	609-799-1222
West Windsor Township	609-799-2400

# What is Nixle?

Emergency preparedness starts with you



## STAY INFORMED

Sign up for **ALERTS**

Nixle keeps you informed in case of an emergency in your area. You can get alerts by text, voice, and/or e-mail.



Sign up for alerts by visiting [www.westwindsornj.org/police/](http://www.westwindsornj.org/police/)

To learn more about preparing for emergencies, visit **ready.gov**



**Public Health**  
Prevent. Promote. Protect.



# YOUR MVC IS COMING TO YOU!



Questions? Please contact your local hosting group.

**Host:** West Windsor Senior Center

**Location:** 271 Clarksville Road, West Windsor, NJ 08550

**Date:** Tuesday October 15, 2024 & Wednesday October 16, 2024

**Time:** 10:00AM - 2:00PM

**Notes:**

*\* Cancellations may occur due to weather conditions or at the discretion of the MVC over unforeseen circumstances.*

## Make your appointment today!

Go to <https://telegov.njportal.com/njmvcmobileunit> to sign up for:

- REALID
- Registration Renewal
- Initial Permit \*\*Tests are NOT given at Mobile Unit
- Non-Driver ID
- Duplicate/Replacement Title or Registration

## NO APPOINTMENT NECESSARY FOR THESE SERVICES. JUST WALK UP AND SEE US:

- Surrendering license plates
- Handicapped, Veterans, or Purple Heart placards



### WHEELCHAIR ACCESSIBLE

NJMVC Mobile Units are wheelchair accessible and easy for all to use.



[www.facebook.com/NewJerseyMVC/](https://www.facebook.com/NewJerseyMVC/)



[X.com/NJ\\_MVC](https://x.com/NJ_MVC)



[www.instagram.com/njmvc/](https://www.instagram.com/njmvc/)



