

SPRING 2025

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"

**OLDER
AMERICANS
MONTH**



FLIP THE SCRIPT ON AGING: MAY 2025

**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
OFFICE HOURS: 8:00 AM - 4:00 PM
MONDAY - FRIDAY**

**The Senior Center will be CLOSED on
Friday April 18, Monday May 26, & Tuesday June 10, 2025
INCLUDING ZOOM CLASSES**

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

Talking About Books

Tuesday April 29, 2025

2:00PM - 3:00PM

Deacon King Kong

by James McBride

led by Erica

Tuesday May 27, 2025

2:00PM - 3:00PM

Sonny Boy

by Al Pacino

led by Denise

Tuesday June 24, 2025

2:00PM - 3:00PM

The Ride of Her Life

by Elizabeth Letts

led by Barbara

Informational Lecture

Tuesday April 15, 2025

1:00PM

The Blue Angel Program is for West Windsor resident seniors who live alone or are alone for long periods of time who are worried about how first responders can enter their home during a time of need. Sometimes you may not be able to get to the door to allow first responders in, this is where the Blue Angel Program can help.



Follow link below for more information:
<https://westwindsornj.org/operation-blue-angel>

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

Donations are accepted pending storage availability.

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

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!

NJ Save Program Lecture

Tuesday April 22, 2025
10:00AM

Catholic Charities, Diocese of Trenton is excited to be working with the New Jersey Department of Human Services' Division of Aging Services to help Mercer County residents save money! By completing the NJSave application, low-income older adults and individuals with disabilities can save on prescriptions, utilities, Medicare premiums and more. Catholic Charities can help with the application process. Join us to learn more about this program.

Do you have any problems or questions about your Medicare health insurance?

Free help is provided by a certified SHIP counselor every second Wednesday of the Month at the West Windsor Senior Center.

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

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



Senior Medicare Patrol

DON'T BE A VICTIM

You're 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 May 13, 2025

Time: 10:00 AM

Guest Speaker: Joel Schneider

SMP Outreach Specialist

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

Heads Up! Seniors A Fall Prevention and Pedestrian Safety Program for Older Adults

**Friday April 4, 2025
1:00PM**

Come and join us as we invite guest speaker Katie Law of the Brain Injury Alliance of New Jersey. Come learn strategies to best prevent falls. Educate pedestrians to walk and drive safely. Provide a safety checklist to anticipate and prevent potential hazards.

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 Spring Session (10 weeks), available dates are:

Every Monday @ 1:00PM

April: 7, 14, 21, 28
May: 5, 12, 19
June: 2, 9, 16

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

Ageless Grace Program

**Tuesday April 29 & Tuesday June 17
10:00AM**

Come and join certified Ageless Grace Instructor Allyson Toth. Ageless Grace is a unique fitness program designed for brain and body health that can be done by all ages and levels of ability. By using the 21 exercise 'tools' that are natural movements done in a chair for optimal functionality, all 5 functions of your brain are engaged, challenged to adapt and change structure through learning while simultaneously moving your body differently than if you were standing or using equipment (the science of neuroplasticity). Participating in an Ageless Grace session is not only a fun way to exercise and improve flexibility, but also safe for anyone with mobility, balance, and stability challenges.

Let's Learn & Create Art Series

with Lisa Bayer

**Tuesday May 6, 2025
10:00AM**

Frida Kahlo

Colorful Mexican Surrealist Painter
We will draw and paint our own self portrait in the passionate style of Frida.

**Tuesday June 3, 2025
10:00AM**

Henri Matisse

French Fauvist and Master of Color and Cut-Outs. Using brightly colored paper, we will "draw" with scissors as Matisse did to create a collage.

SCREENINGS

Blood Pressure Screening

Wednesday April 16, 2025
11:00AM - 12:00PM

Wednesday May 28, 2025
11:00AM - 12:00PM

Wednesday June 25, 2025
11:00AM - 12:00PM



Memory Screening

Wednesday May 7, 2025
10:00AM - 1:00PM



Bone Density Screening

Tuesday May 13, 2025
10:00AM - 12:00PM

Glucose Screening

Wednesday June 4, 2025
9:00AM - 11:00AM

Hearing Screening

Wednesday June 11, 2025
9:00AM - 12:00PM



Vision Screening

Tuesday June 24, 2025
9:00AM - 12:00PM

West Windsor Health Department

The West Windsor Health Department will be hosting an educational lecture at the West Windsor Senior Center

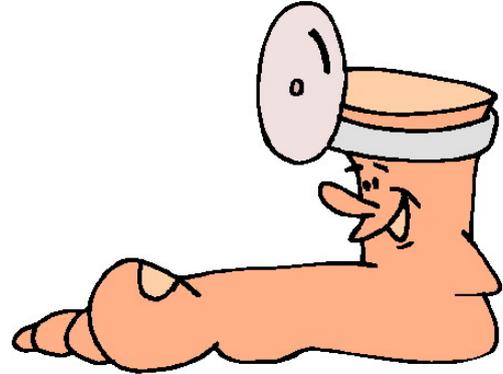
Healthy Outlooks: Alternative Approaches to Managing Pain

Wednesday May 21, 2025
10:00AM

Managing pain doesn't have to be a... pain! Join us for an engaging presentation about medication safety and alternative approaches to managing pain, including yoga, acupuncture, physical therapy, and more.

"Healthy Feet"

Tuesday April 8, 2025
1:00PM



Join Robyn from Home Foot Care Services as she will discuss the role of the podiatrist, what a podiatrist does, and the different changes that occur with our feet as we age. She will also discuss issues to look for, such as with diabetes and when to see your physician.

SPRING ENTERTAINMENT

George & Eddie



Friday May 2, 2025
1:00PM

Come join friends and musicians George and Eddie. As acoustic guitar players and singers, they focus on easy listening classics from the 60s to the 80s. These include songs of Bob Dylan, The Beatles & The Eagles, as well as, a few country songs.

Chinese Calligraphy Presentation



Friday
April 25, 2025
1:00PM



Join us for a presentation of Chinese Calligraphy with guest speaker Michael Shiue as he will demonstrate the different techniques.

Do You Need Help Paying for Groceries?

Friday April 25, 2025
9:00AM

See what SNAP can do for you! Join Jennifer Lopez Mazariegos SNAP Navigator for a pop-up table event. NJ SNAP (Supplemental Nutrition Assistance Program) is New Jersey's food assistance program to help you buy the groceries to eat and be healthy. Even a small amount can help - every dollar of SNAP you get means a dollar of your food budget you can use for something else you need.

TRIP

West Windsor Senior Center presents

CLUE

Join us for lunch and a matinee at
The Hunterdon Hills Playhouse!

Wednesday
July 30, 2025
10:00AM - 4:00PM

Price
\$125

The internationally popular game is now a fun-filled musical that brings the world's best-known suspects to life and invites the audience to help solve the mystery: who killed Mr. Boddy, in what room, and with what weapon!

Pre-registration is required.
Deadline: Monday June 16, 2025
First Come First Serve

IT'S TIME TO CLEAN UP AND CLEAN OUT FOR SPRING!

Township of West Windsor
Public Works

70 Southfield Road, West Windsor



"Spring Clean Up Day"

Saturday, May 10, 2025 8AM - 2PM

Open to the West Windsor Residents - Proof of Residency Required

DECLUTTER



DONATE



DUMPSTER

Please follow the link below of what to bring and what not to bring and more... on Spring Clean Up Day:

<https://www.westwindsornj.org/images/notices/2025/Spring-Cleanup-051025.pdf>

Thank You for keeping West Windsor clean!!

Township of West Windsor Public Works



20 Southfield Road, West Windsor

"Paper Shred Event"

June 14, 2025 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

Preventing Falls



There are simple things you can do to keep yourself from falling and stay independent longer:

Make Your Home Safer

- ▶ Get rid of trip hazards. Keep floors clutter free.
- ▶ Add grab bars in the bathroom.
- ▶ Have handrails and lights installed on all staircases.
- ▶ Limit throw/loose rugs in your home.
- ▶ Clean up spills and messes immediately.
- ▶ Add night lights in your hallways, bedrooms, and bathrooms.
- ▶ Place non-slip mats in your bathtub and shower.

Keep Moving

- ▶ Do exercises that make your legs stronger and improve your balance.
- ▶ Wear sensible, properly fitting shoes with non-skid soles.

Talk with your healthcare provider before adding any new exercise to your routine.

Talk to Your Healthcare Providers

- ▶ Tell your doctor if you have fallen, if you feel unsteady, or if you're afraid you might fall.
- ▶ Ask them to review your medicines to see if any might increase your risk of falling.
- ▶ Ask about health conditions (like depression or osteoporosis) that can increase your risk for falling.
- ▶ Ask them to check your eyes at least once a year.
- ▶ Ask about exercises that may improve strength and balance.

FOR MORE INFORMATION, VISIT WWW.CDC.GOV/STEADI

Adapted from CDC and Mayo Clinic Materials | Distributed by West Windsor Health Department



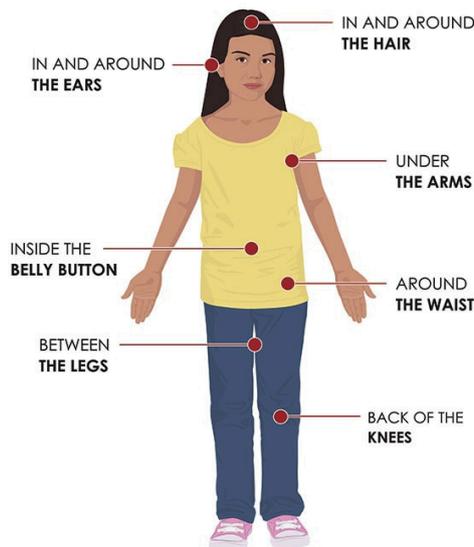
Know the Tricks to Find the Ticks



A Quick Guide to Tick Checks

Ticks are small arachnids (not insects!) that latch onto animals and feed on their blood. Unfortunately for us, one of the animals ticks like to bite are humans. Ticks can carry diseases and pass them on to you when they bite. For this reason, it is important to check your body for ticks after spending time outdoors.

During a tick check, closely examine the parts of your body shown in the picture, as ticks love to hide in those hard-to-see spots.



Ticks can be as small as a poppy seed, so be sure to look closely!
Consider using a magnifying glass.

If you find a tick on your body, immediately remove it with fine-tipped tweezers and dispose of it by either flushing it down the toilet or wrapping it tightly in tape.

If you develop a rash, fever, or other symptom of tick-borne disease within several weeks of removing the tick, contact your doctor.



Distributed by West Windsor Health Department
Serving West Windsor, Robbinsville, and Hightstown

Source: CDC

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.

"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 dumb bells, 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. During the class variations are offered so the class can be tailored to each individual's abilities and fitness levels.

"International Ballroom"

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. Core and breathing exercises can be performed in a chair if needed.

"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"

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.

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!

"Drawing with Calligraphy"

In this class, learn to draw guidelines, do basic strokes in pencil (then later in ink), how to hold and use your pen, and explore different styles of calligraphy along with flourishes and hand-drawn accents. Learn this timeless skill and create projects to showcase your work, like greeting cards or frameable poetry. Supplemental drawings will add color embellishment to accented characters or page borders in the manor of illuminated manuscripts of old. Join us!

"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!

"Spanish 1"

This Spanish class focuses on Spanish conversation, pronunciation, basic grammar, reading and encourages student participation. This class is ideal for students wishing to start a new language and students re-starting their Spanish practice. This class is held in-person and is available virtually if needed.

"Spanish 2"

This class is focused on conversational Spanish. We cover all aspects of grammar and vocabulary to reinforce the conversation practice. We read short stories with a focus on comprehension. This class is ideal for students who already have a working knowledge of the language and want to enhance their skills and practice. This class is held in-person and is available virtually if needed.

"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.

CLASS SUBSIDY 2025

CLASS	AMOUNT	DUE DATE
ART OF OIL PAINTING	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
ART OF WATERCOLOR	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
DRAWING WITH CALLIGRAPHY	\$60	JANUARY/ JULY - 2 SESSIONS/ YEAR
SPANISH (Beginners/ Intermediate)	\$30	JANUARY/ JULY - 2 SESSIONS/ YEAR
ZUMBA	\$25	JANUARY/ JULY - 2 SESSIONS/ YEAR

FEES 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](https://www.westwindsornj.org)
[\(.westwindsornj.org\)](https://www.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/

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



Public Health
 Prevent. Promote. Protect.

