



SENIOR CENTER

“WEEKLY”

7/20/2020



Dear Friends,

Due to overwhelming resident response, Mayor and Council have decided to hold another Document Shredding ONLY Event on Wednesday, July 29 from 4 P.M. to 8 P.M., Rain or Shine, at the Senior Center. NO OTHER DROP-OFFS WILL BE ACCEPTED AT THIS EVENT. This Township event will offer *Free* document shredding to East Windsor residents (no commercial drop-offs are permitted). All drop off shall be "Contact-less," residents must remain in their vehicles at all times, and items will be removed from the trunk and rear seat of the vehicle.

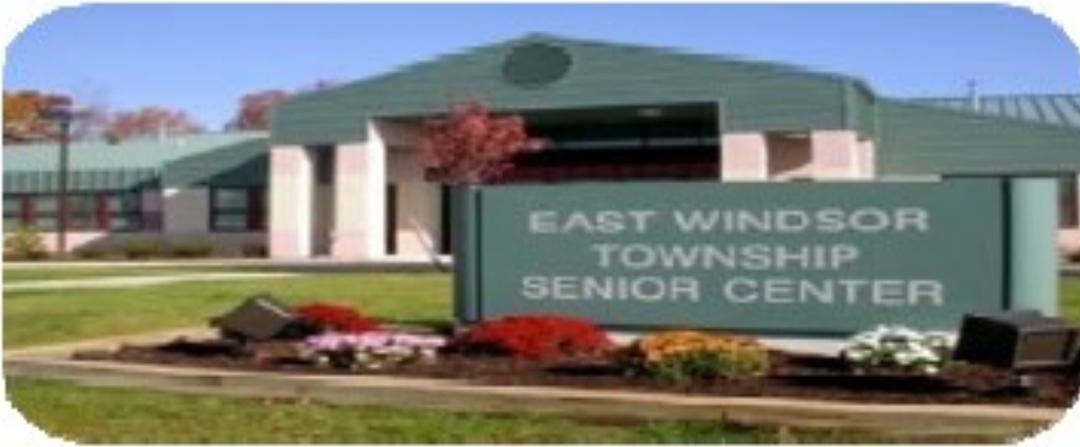
Remember that Skechers Outlet is now open in the East Windsor Village on Princeton Hightstown Road (County Route 571), just west of Route 130. Skechers, the third largest athletic footwear brand in the United States, operates 19 stores in New Jersey and more than 3,300 locations worldwide. Skechers joins Target, Kohl's, T.J. Maxx and Patel Brothers grocery store in the East Windsor Village shopping center. Current store hours are Monday through Saturday, 10 A.M. to 7 P.M. and Sunday, 12 P.M. to 6 P.M.

Arbor Day Foundation Names East Windsor Tree City USA Community for 2019, for the Township's commitment to community forestry. East Windsor Township, for the 20th year, has earned this national designation meeting the four standards set by the Arbor Day Foundation: having a tree board or department, a tree-care ordinance, a comprehensive forestry program, and an Arbor Day observance. The program is sponsored by the Arbor Day Foundation in cooperation with the National Association of State Foresters and the USDA Forest Service.

Several Township Roadway Improvement Projects remain in various stages. East Windsor roadway improvements to **Dutch Neck Road between Hightstown Borough and Route 130 North and Morrison Avenue between Hightstown Borough and Dutch Neck Road plus Dutch Neck Road west of Route 130 to One Mile Road are substantially complete.** The project, funded by a \$393,575 NJ Department of Transportation grant, consisted of concrete repairs to curbs and driveway aprons followed by milling and resurfacing. Township improvements to **Shagbark Lane and Charred Oak Lane** are in progress, with concrete repairs to curbs and driveway aprons, milling and resurfacing to follow.

Stay safe and cool!

Mayor Janice S. Mironov



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 P
(609) 371-7315 F
Email: seniorcenter@east-windsor.nj.us
www.east-windsor.nj.us

Kelly Roman
Program Coordinator



Janice S. Mironov, Mayor
Peter V. Yeager, *Deputy Mayor*
Denise Daniels, *Council Member*
Marc Lippman, *Council Member*
Alan Rosenberg, *Council Member*
Perry M. Shapiro, *Council Member*
John Zoller, *Council Member*

Who Wants to Zoom?



If you haven't yet heard the word “Zoom,” here is a breakdown of what it is and how it works:

Zoom is a new way of virtual communication. Basically you can connect with others via the web-cam on your computer screen or on your smart-phone.

Follow these simple steps:

1. Go to zoom.us
2. Click on “Join Meeting” (top right corner)
3. Enter the “Meeting ID” (11 digits)
4. Follow prompts to launch meeting and enter password

Meeting ID and passwords are found in each issue of the weekly newsletter for each event that requires Zoom.

Please call Kelly and Rebecca if you need help getting into zoom. We can walk you through the very easy process.

609-371-7192



Virtual Lectures

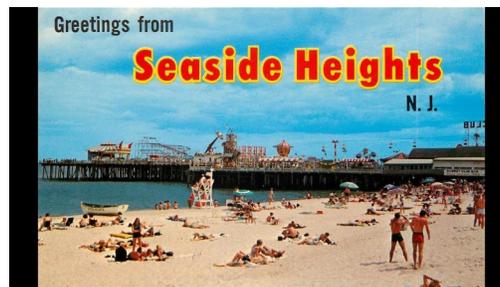
The History of Six Flags Great Adventure's Safari

The Six Flags Great Adventure Safari is one the most unique Six Flags rides in New Jersey. Originally starting out as its own Six Flags Great Adventure safari park, the Great Adventure safari New Jersey would build a name for itself after over 38 years of operation. However, in 2012 the Six Flags safari NJ would be added to the Six Flags New Jersey park and would become one of the Six Flags NJ rides. As one of the Six Flags Great Adventure rides, the safari would take Great Adventure Six Flags by storm as now people than ever would have the chance to experience it. The question is, is it as good as its drive-thru safari successor?



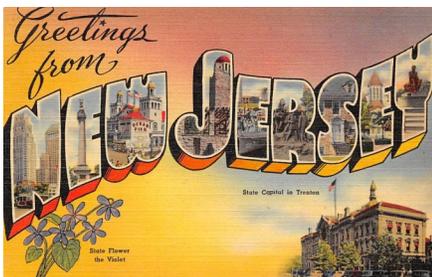
<https://www.youtube.com/watch?v=CbOaFlgh3gw>

Seaside Heights Sun and Fun Promo Tourism Film 1960



This promotional film from 1960 was discovered by Peter J. Smith, Director of the Seaside Heights Office of Public Relations in May 2008

<https://www.youtube.com/watch?v=G-hVZ0rIf4>



That Old New Jersey

A nostalgic look back at many places and businesses that have disappeared over the years from New Jersey.

<https://www.youtube.com/watch?v=aRGyD5gTIVc>

Virtual Happenings

Virtual Current Events A Zoom Event



Monday, July 20

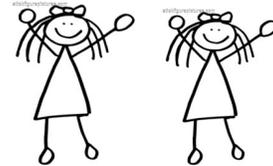
1:00 pm - 2:00 pm

<https://zoom.us/j/91271635640?pwd=dUNSU3lyNldHUktTaERIN0E0RW9BQT09>

Zoom.us

Meeting ID: 912 7163 5640

Zooming with Kelly and Rebecca



Friday, July 24

9:00 am - 9:30 am

<https://zoom.us/j/93127464516?pwd=aGR0RFc0MGFEcXNDamoxaVRUdDhlZz09>

zoom.us

Meeting ID : 931 2746 4516

Password: 2UanSL

Virtual Financial Discussion Group - A Zoom Event

Sheldon Boyarsky, CFP®, CRPC® VP Wealth Management Advisor, Merrill Lynch

Wednesday, July 22

1:00 pm - 2:15 pm

Zoom.us

Meeting ID: 999 3151 5529

Password: 0WHcPh (first digit is a zero)

<https://zoom.us/j/99931515529?pwd=NWtiMk42MHdWWFhYWlk3RWVnZFBUdz09>



What Makes a Good Life?

Lessons From the Longest Study on Happiness

https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness#t-262055

Please view the video before the zoom meeting begins (10:30 am)

Tuesday, August 4

10:30 am - 11:30 am

Zoom.us

Meeting ID: 951 3798 3222

Password: 8FFUUt

<https://zoom.us/j/95137983222?pwd=VGpBejg0QUpYZ1pFNFoxOFBmTjUxQT09>

TED Talks

Summer Facts

White-tailed Deer Facts

- A deer's nose is over 80x more sensitive than ours
- A deer can jump a 9 foot fence
- Deer are the largest wild herbivore in NJ
- A deer's stomach is able to digest different foods at specific times of the year. This helps it survive the changing availability of food, and why only certain plants and shrubs are eaten at particular times of the year
- Deer thrive in today's environment because they are an edge species. This means they do not like large homogenous tracts of land, but land with borders and edge habitats. As the human population has increased and divided land, we have created a more suitable habitat for the white-tailed deer to not only survive, but actually thrive.
- There are no natural predators to deer in New Jersey in high enough numbers to affect the white-tailed deer population. Humans, motorists, and domestic dogs remain the only real predators.
- A female deer (doe) can begin reproducing as early as six months of age with proper conditions and nutrition, and although 1-2 young (fawns) per year is common, 3 fawns per year is not unusual for a healthy, mature doe.



Although numbers vary, reports have estimated that there are over 125,000 white-tailed deer in New Jersey, compared to one hundred years ago when there was practically no deer at all.

According to njdeercontrol.com, who offer a deer repellent product and strategies to prevent deer from coming on your property, some of the "favorite" plants and shrubs of deer in New Jersey are:

SHRUBS: Arborvitae, Azalea, Burning Bush, Holly, Hydrangea, Lilac, Mountain Laurel, Red Twigged Dogwood, Rhododendron, Rose of Sharon, Viburnum, Yew.

FLOWERS: Aster, Astilbe, Bee Balm, Cardinal Flower, Coneflower, Daylily, Gayfeather, Geranium, Hosta, Impatiens, Sedum, Sunflowers, Tulips.



Stay Connected

IMPORTANT NOTICE

Due to the overwhelming response to the Township Recycling Event, Mayor and Council have scheduled an additional date.

Document Shredding ONLY

EWT Senior Center

Wednesday, July 29 / 4:00 pm - 8:00 pm

RESIDENTS ONLY

No other drop-offs or recycling will be accepted

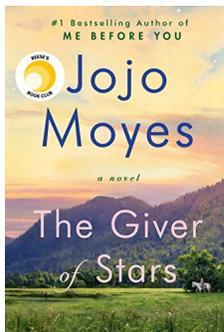
Medicare Counselor Questions About Your Medicare?

Please call us to schedule a phone appointment with the counselor. 609-371-7192



July Book Club Hickory Corner Library Contact Sharon @ sgalbrai@mcl.org

Discussion will take place on email between
July 27 — 31



Book is available on eLibraryNJ as both an ebook and an audiobook.

Mercer County Nutrition Program

We continue to serving cold/frozen bagged lunches from the senior center curb side pick up.

Please call 609-989-6650 to register if you are interested.



Please feel free to call the senior center with any questions. We are available Monday - Friday, 8:00 am - 4:00 pm. 609-371-7192



Stay Connected

MODERN WIDOWS CLUB EMPOWERS WOMEN TO THRIVE

<https://modernwidowsclub.com/>



We are the “Group You Never Wanted to Join But Glad You Found” with the outpouring of support, encouragement and mentoring that it brings. We are a compassionate group of women who seek to encourage and support each other in a safe, secure place.

Modern Widows Club believes every widow has the potential to be empowered through grief. Education, awareness, advocacy, mentoring and leadership are vital to creating a powerful experience. Members meet other widows who are no longer just surviving, they are thriving. This social mentoring becomes the catalyst for her growth in the next stage of life.

Send an email to:

newjersey@modernwidowsclub.org
(Currently meeting virtually)

Helpful Township Websites

To receive important township notifications:

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

Township municipal news and special events:

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

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>

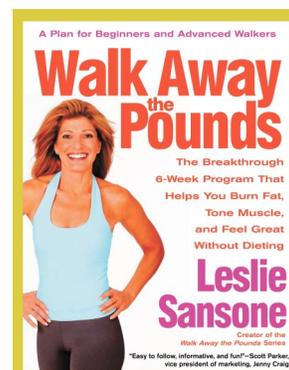


Exercise and Self-Care

Walk Away The Pounds 1 Mile | Walk at Home Leslie Sansone

What a way to LIFT up your day and WALK! This fast paced one mile walk takes us back in time (year 1999 to be exact!) to lift up our energy, our spirits, and our heart rate!

<https://www.youtube.com/watch?v=ECxnTuzZ614>



Fit Over 50

This is a 20 minute workout led by Fitness Instructor, Jenny McClendon, MS, PT - great for beginners and seniors. No equipment needed. Easy to follow! Enjoy your workout!

<https://www.youtube.com/watch?v=7aHK2sgjBCM>



Thank you Marcia, our instructor, for volunteering to keep our members active. Now you can try Zumba from the comfort of your own home.

Every Monday, Wednesday, and Friday @ 10:30 am
Contact Marcia to be part of the fun @
seven_of_nine413@yahoo.com

ZUMBA

Do these 5 Exercises Daily

Balance, coordination, strength, stability, and posture are all things that need to be addressed as we age .

<https://www.youtube.com/watch?v=yQ0G5x5hI28>



Exercise and Self-Care

Meditation at Home



Take advantage of the apps /websites below to experience different levels of meditation:

UCLA Mindful
Calm.com
SimpleHabit.com
Breathe.com

Grilled Chicken Ramen Salad

- 2 tablespoons canola oil
- 2 packages (3 ounces each) ramen noodles, crumbled
- 2/3 cup canola oil
- 2 teaspoons sesame oil
- 1/3 cup seasoned rice vinegar
- 1 tablespoon sugar
- 2 tablespoons reduced-sodium soy sauce
- 1-1/2 pounds boneless skinless chicken breast halves
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 package (14 ounces) coleslaw mix
- 1/2 cup minced fresh cilantro
- 3 cups fresh snow peas, thinly sliced lengthwise
- 2 cups shredded carrots
- 4 cups torn mixed salad greens
- 3 thinly sliced green onions

1/3 cup crumbled cooked bacon, optional

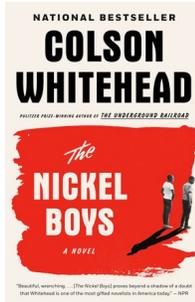
Directions

1. In a large saucepan, heat oil over medium-low heat. Add ramen noodles; cook and stir until toasted, 5-8 minutes. Remove from pan; set aside.
2. In a small bowl, whisk oils, sugar, vinegar, and soy sauce until blended.; set aside.
3. Sprinkle chicken with pepper and salt. Place chicken on a lightly oiled grill rack. Grill, covered, over medium heat or broil 4-5 in. from heat until a thermometer reads 165°, 8-10 minutes on each side. Cool slightly and chop into 1/2-in. pieces.
4. In a large bowl, combine coleslaw mix and cilantro. Layer coleslaw mixture, peas, chicken, carrots, salad greens, noodles and green onions in a 8- to 10-qt. dish. Sprinkle with bacon; serve with vinaigrette.

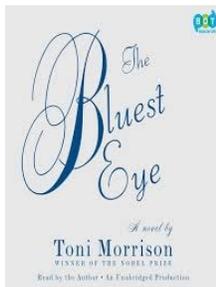


Author Page

Pulitzer Prize Winning Books and Authors



THE NICKEL BOYS won the Pulitzer Prize, which is pretty nutty, and the Kirkus Prize for Fiction, was a New York Times Bestseller, a finalist for the National Book Critics Circle Award, and was longlisted for the Carnegie Medal and the National Book Award.



Toni Morrison is a Nobel Prize- and Pulitzer Prize-winning novelist, editor and professor. Her novels are known for their epic themes, exquisite language and richly detailed African American characters who are central to their narratives. Among her best-known novels are *The Bluest Eye*, *Sula*, *Song of Solomon*, *Beloved*, *Jazz*, *Love* and *A Mercy*. Morrison has earned a plethora of book-world accolades and honorary degrees, also receiving the Presidential Medal of Freedom in 2012

It's Monday, What Are You Reading?

JILL'S BOOK BLOG

Shopping Resources

Shoprite From Home

<https://shop.shoprite.com/globaldata/banner-pages/shoprite-from-home>

Instacart

<https://www.instacart.com/grocery-delivery/princeton?zipcode=08520>

Walmart Store Pick Up/Delivery

<https://www.walmart.com/cp/store-pickup/2281929>

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Kyle Family Farm

831 Windsor Perrineville Rd
East Windsor

Fresh fruits and vegetables

<http://www.kylefamilyfarm.com/>



Word Search

Name: _____

Date: _____

Period: _____

American Literature Authors

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

Hemingway	Arthur Miller	Benjamin Franklin	Bradstreet
Dickinson	Edgar Allan Poe	Edwards	Emerson
Faulkner	Fitzgerald	Frederick Douglass	Frost
Hawthorne	Jefferson	Langston Hughes	Longfellow
Melville	Native American	O'Connor	Perkins Gilman
Sandburg	T.S. Eliot	Thoreau	Twain
Vonnegut	Whitman	Wilder	



Before you talk, listen.
Before you react, think.
Before you spend, earn.
Before you criticize, wait.
Before your pray, forgive.
Before your quit, try.

Ernest hemingway

Word Search

STORIES & GENRES

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

ADVENTURE	AUTOBIOGRAPHY	BOOKS	COMEDY
CRIME	DRAMA	FANTASY	HISTORICAL
HORROR	LITERATURE	MYSTERY	NOVELS
RELIGIOUS	ROMANCE	SCI FI	SHORT STORIES
TALL TALES	THRILLER	TRAGEDY	WESTERN

Senior Resources



Adult Protective Services	(609) 989-4346
Catholic Charities	(609) 599-1246
Ears for Caregivers	(866) 300-3277
East Windsor Township	(609) 443-4000
Homecare Assistance Agency	(908) 770-9077
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/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
Oaks Integrated Care	(609) 396-6788
PAAD, Lifeline & Senior Gold Hotline	(800) 792-9745
Ride Provide	(609) 452-5144
Route 130 Connection Bus	(609) 989-6827
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