



SENIOR CENTER “WEEKLY”

8/3/2020



Dear Friends,

Trinity Rehab opened in Windsor Shopping Center at intersection of Route 130 South and Princeton Hightstown Road, joining Petco, Staples,

Aldi and Retro Fitness. Trinity Rehab, founded in 2001, is an all-inclusive physical therapy and rehabilitation center that treats patients of all ages and has custom designed programs to address the vast range of individual fitness levels for various injuries and needs. Trinity Rehab operates 20 facilities across 11 counties in New Jersey. Telehealth and in-person appointments are available. Current hours are Monday, Wednesday, and Thursday, 8 A.M. to 8 P.M. and Tuesday and Friday, 8 A.M. to 1 P.M.

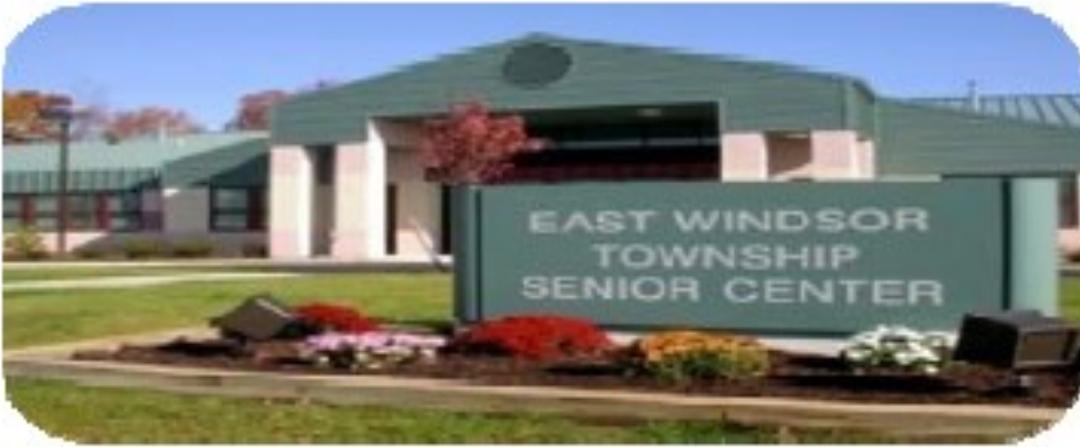
Honest Restaurant opened at the intersection on Route 130 South and Route 571, in the former Muncheez space. The business began as a family-run-street cart in 1975, originally based out of Ahmedabad, India, and has since expanded its chain of Honest restaurants to Thailand, Canada, Australia and over 20 locations in the United States. The varied menu includes starters, pizza, salads, soups, pasta, sandwiches, Chinese, Bombay chat and snacks, and dosa, pulav, bhaji pav and uttapam dishes, as well as fresh juices and milkshakes. All preparations are made fresh, from scratch daily and dishes are cooked to order. Current East Windsor hours are daily from 11 A.M. to 10 P.M.

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.

East Windsor Township winners of the 4th of July Home Decorating Contest are Stephanie Hondorp, Karen Klingaman, and Donald and Marlana Rokose. Each will receive a Barnes and Noble Gift Card. We hope everyone who participated enjoyed showing off their creative talents and had some fun together!

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 Happenings

Virtual Current Events A Zoom Event



Monday, August 3

1:00 pm - 2:00 pm

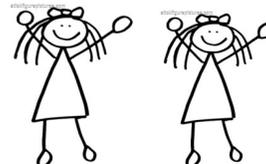
<https://zoom.us/j/91271635640?pwd=dUNSU3lyNldHUktTaERIN0E0RW9BQT09>

Zoom.us

Meeting ID: 912 7163 5640

Password: 0WHcPh

Zooming with Kelly and Rebecca



Friday, August 7

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, August 5

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

History Documentaries

By One Vote: Woman Suffrage in the South The Citizenship Project | NPT

In August 1920 in Nashville, Tennessee legislators cast the deciding vote to ratify the 19th Amendment, thus giving women in the United States the right to vote. Narrated by Rosanne Cash, NPT's original documentary **BY ONE VOTE: WOMAN SUFFRAGE IN THE SOUTH** chronicles events leading up to that turbulent, nail-biting showdown.



<https://www.youtube.com/watch?v=sxZAE6fopjU>

Sound Smart: Women's Suffrage | History



Historian Yohuru Williams recaps the efforts of women to secure the right to vote in the early 19th century.

<https://www.youtube.com/watch?v=WQLbisRfs20>

Alice Paul presented by The Alice Paul Institute

A short overview of Alice Paul presented by the Alice Paul Institute with some photos provided courtesy of Sewall-Belmont House & Museum

<https://www.youtube.com/watch?v=JxdHe-55rqA>



Summer Facts

The History of Drive –In Movie Theaters by Film Academy

Many people hear stories of their grandparents going to the drive-in theater for a Friday night hangout, but do you know the history of the classic movie experience?

Though there were drive-ins as early as the 1910s, the first patented drive-in was opened on June 6, 1933 by Richard Hollingshead in New Jersey. He created it as a solution for people unable to comfortably fit into smaller movie theater seats after creating a mini drive-in for his mother. Appealing to families, Hollingshead advertised his drive-in as a place where “The whole family is welcome, regardless of how noisy the children are.”



The success of Hollingshead’s drive-in caused more and more drive-ins to appear in every state in the country, and spread internationally as well. Drive-ins gained immense popularity 20 years later during the 1950s and ‘60s with the Baby Boomer generation. There were over 4,000 drive-ins throughout the U.S. and most were located in rural areas. They maintained popularity as both a space for families to spend time with each other as well as an affordable date night option.

Drive-ins could only show movies during certain times of the year and were dependent on having decent weather. During the ‘70s, people downsized their cars during the oil crisis in order to save money on the inflated cost of gas, making it uncomfortable to watch movies at the drive-in. To make up for lost revenue, drive-ins began losing their family-friendly atmosphere by showing exploitation films like slasher horrors as well as adult content. The development of the VCR made it more appealing to stay at home and watch movies without paying for a movie at the drive-in.

Slowly, drive-ins began to lose their appeal. In order to have an effective drive-in, it had to be on at least 15 acres of land. Economically speaking, it became more practical for owners to close down their drive-ins in order to sell their land to developers to build malls or multi-building complexes.

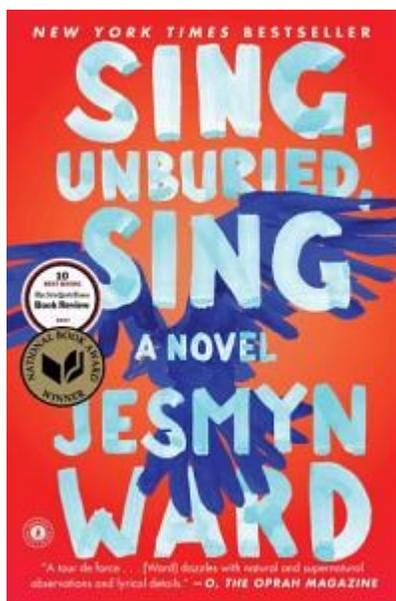
While the state does have one permanent drive-in movie theater -- the Delsea Drive-in in Vineland -- there are also pop-up ones sprouting up in parks, farms and parking lots throughout the state. Some are for one night only and others are reoccurring.

Vineland, Delsea Drive-in Theatre. Opens May 22. The state’s only permanent drive-in theater is open Thursday through Sunday. Tickets must be purchased on their website. The concession stand is open but orders must be placed through your smartphone. Tickets are \$11 per person, plus tax and fees.

Stay Connected

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

Sing, Unburied, Sing by Jesmyn Ward



Discussion will take place on email the week of August 24-28 .

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

Medicare Counselor Questions About Your Medicare?

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



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

Best Balance Exercises for Seniors

Dr. Michael White

<https://www.youtube.com/watch?v=VHMgkTC9UAc>



Tai Chi 5 Minutes a Day

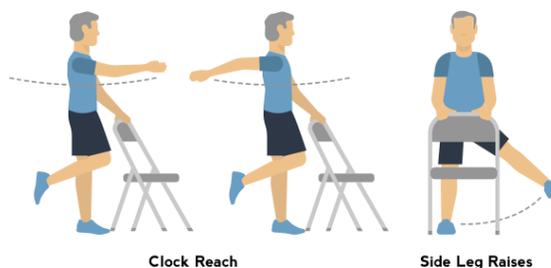
Simple Easy beginners Tai Chi.

<https://www.youtube.com/watch?v=cEOS2zoyQw4>



Standing Exercises for Older Adults

As we age, physical activity helps us attain our goals, maintain our functioning and promote comfort. In addition, routine exercise can help reduce arthritis pain, improve mood, sleep and blood sugar control, as well as affect memory.



<https://www.youtube.com/watch?v=mQLzNf8VOIc>

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



Balance Exercises for Seniors - Fall Prevention Balance Exercises for Elderly

<https://www.youtube.com/watch?v=z-tUHuNPStw>

Recipes for 1 or 2

Blueberry Muffin For One

Equipment

- One 10 oz ramekin

Ingredients

- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 2 tablespoons butter , melted
- 3 tablespoons sugar
- 1 large egg yolk
- 1/2 teaspoon vanilla extract
- 4 tablespoons milk 1/2 cup blueberries



Instructions

1. Heat oven to 400 degrees
2. In a small bowl. Mix together flour, baking powder, and salt.
3. In a separate medium sized bowl, stir together melted butter and sugar. Add egg yolk, vanilla, and milk. Wisk until completely blended. Stir wet ingredients into dry ingredients, gently fold in blueberries and pour into the buttered ramekin.
4. Bake for 15 minutes or until top is golden and center is completely cooked.

Stuffed Peppers for Two

Ingredients

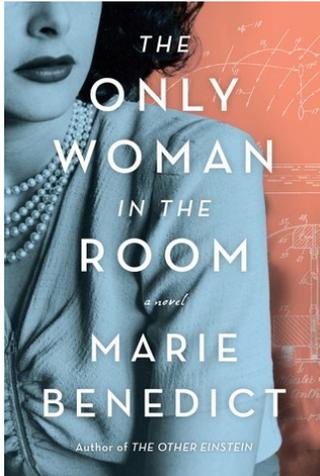
- | | |
|--|------------------------------|
| 2 medium green peppers | 1 TBS chopped onion |
| 1/2 lb ground beef | 1/2 tsp Worcestershire sauce |
| 1 can (8 oz) tomato sauce, divided | 1/2 tsp salt |
| 1/4 c uncooked instant rice | 1/4 tsp pepper |
| 3 TBS shredded cheddar cheese, divided | 1 large egg, beaten |



Directions

1. Cut tops off peppers and discard; remove seeds. Blanch peppers in boiling water for 5 minutes (no longer than 5 mins). Drain and rinse in cold water; set aside.
2. In a bowl, combine beef, 1/4 cup tomato sauce, onion, Worcestershire sauce, salt and pepper, egg; mix well.
3. Stuff the peppers; place in an ungreased 1-1/2 qt baking dish. Pour remaining sauce over peppers.
4. Cover and bake at 350 degrees for 45-60 mins.
5. Sprinkle with remaining cheese; return to oven for 5 mins or until cheese is melted.

Author Page



Women Authors

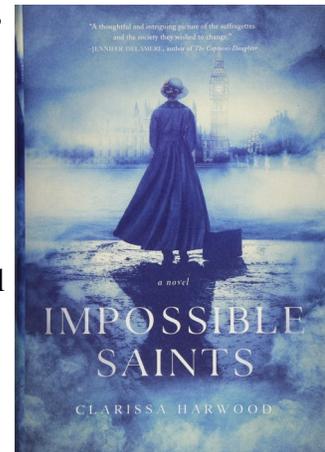
Marie Benedict is a lawyer with more than ten years' experience as a litigator at two of the country's premier law firms. She is a magna cum laude graduate of Boston College with a focus in History and Art History, and a cum laude graduate of the Boston University School of Law. While practicing as a lawyer, Marie dreamed of a fantastical job unearthing the hidden historical stories of women -- and finally found it when she tried her hand at writing. She embarked on a new, narratively connected series of historical novels with *THE OTHER EINSTEIN*, which tells the tale of Albert Einstein's first wife, a physicist herself, and the role she might have played in his theories and *CARNEGIE'S MAID*, the story of a brilliant woman who may have spurred Andrew Carnegie toward philanthropy.

THE ONLY WOMAN IN THE ROOM released in January of 2019 and *LADY CLEMENTINE* was published in January of 2020.

Clarissa Harwood writes historical fiction set mainly in Victorian and Edwardian England. She has been fascinated by all things Victorian since she was a child: the clothes, the elaborate social rituals, the gap between rich and poor, the dizzying pace of advancements in science and technology. When it was time to choose a major in university, she had trouble deciding between history and English literature because she really just wanted to study the Victorians. Ultimately, she chose English and earned a PhD specializing in nineteenth-century British literature.

In addition to being a novelist and proud member of the Historical Novel Society, Clarissa is a part-time university instructor and full-time grammar nerd who loves to explain the difference between restrictive and nonrestrictive clauses.

Clarissa's novel's include *Bear No Malice* and *Impossible Saints*



Have you read a good book worth sharing? Please let us know by emailing us at

seniorcenter@east-windsor.nj.us



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>

Stacified

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Dr. appointments, Nails, Hair, Shopping, Lite Cleaning, Cooking,
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Services provided are customized to each individual

Kyle Family Farm

831 Windsor Perrineville Rd
East Windsor

Fresh fruits and vegetables

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



Word Search

Name: _____

Date: _____

WOMEN'S SUFFRAGE MOVEMENT

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

MOVEMENT	ABOLISH	AMMENDMENT	BALLOT
CONVENTION	DISCRIMINATION	ELECTION DAY	ENFRANCHISE
EQUAL RIGHTS	EXERCISE	FINGER LAKES	LEGAL
MILITANT	PETITION	PICKET	PROHIBITED
SENECA FALLS	STRUGGLE	SUFFRAGE	SUPREME COURT

QUESTION BOX

Women May Vote at 21.

Ques. Under proposed woman suffrage amendment how old does a woman have to be before she can vote?—Ans. She can vote at age of 21. In England a woman must be 30 years of age to vote.

THE PATHFINDER
march 6, 1920: p. 17

Sudoku (cover the answers before you begin)

			8	1				
							4	3
5								
			7		8			
					1			
	2			3				
6							7	5
		3	4					
			2		6			

2	3	7	8	4	1	5	6	9
1	8	6	7	9	5	2	4	3
5	9	4	3	2	6	7	1	8
3	1	5	6	7	4	8	9	2
4	6	9	5	8	2	1	3	7
7	2	8	1	3	9	4	5	6
6	4	2	9	1	8	3	7	5
8	5	3	4	6	7	9	2	1
9	7	1	2	5	3	6	8	4

5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

A sudoku puzzle...



5	3	4	6	7	8	9	1	2
6	7	2	1	9	5	3	4	8
1	9	8	3	4	2	5	6	7
8	5	9	7	6	1	4	2	3
4	2	6	8	5	3	7	9	1
7	1	3	9	2	4	8	5	6
9	6	1	5	3	7	2	8	4
2	8	7	4	1	9	6	3	5
3	4	5	2	8	6	1	7	9

...and its solution numbers marked in red



I  math

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