



SENIOR CENTER

“WEEKLY”

8/10/2020



Dear Friends,

Tropical Storm Isaias resulted last week in a *widespread sustained power outage* and the closure of several roadways in East Windsor Township, due to downed power lines and trees. Approximately 5,900 homes in the Township had sustained power outages, and fortunately as of Saturday night, all but a dozen or so homes had been restored. During this event, Township officials reached out pro-actively and continuously to JCP&L, and the Governor's office, New Jersey legislators, and Mercer County Office of Emergency Management, seeking more accurate and timely information and more expedited power restoration action.

Several Township Roadway Improvement Projects continue in various stages. Improvements to Dutch Neck Road between Hightstown Borough and Route 130 North and Morrison Avenue between Hightstown Borough and Dutch Neck Road, as well as a portion of Dutch Neck Road west of Route 130 South, funded by a New Jersey Department of Transportation \$393,575 grant, were completed. Improvements to Shagbark Lane and Charred Oak Lane, both roads very deteriorated and in need of resurfacing, will be completed this week. NJDOT resurfacing of the entirety of NJ Route 133, eastbound and westbound, should be completed this week. A series of road improvements in the Exeter Road area, funded by a \$601,000 NJDOT grant, will soon go out to bid, to be performed during the late summer, early fall.

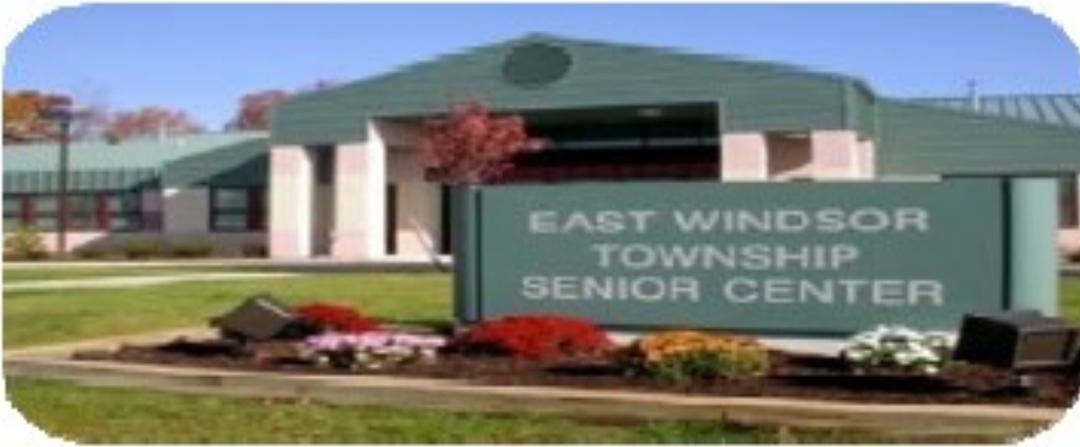
Remember to support our local East Windsor stores and restaurants! New stores and services include: Skechers Outlet, the third largest athletic footwear brand in the United States, is open in the East Windsor Village on Princeton Hightstown Road, joining Staples, Kohl's, T.J. Maxx, Patel's Grocery, Bath & Body Works. Trinity Rehab is open in Windsor Shopping Center, at Route 130 South and Route 571, joining Petco, Staples, Aldi, Retro Fitness and Ross. Honest Restaurant opened on Route 571 in the former Muncheez space.

Greenhouse Business Center has opened in the East Windsor Town Center Plaza, next to Title Boxing, and also home to Shoprite and the Picture Show movie theater. Greenhouse, owned and operated by a longtime Township resident, is a local resource for packing, shipping as well as for printing and other business service needs in the community.

REMINDER: Please participate in the 2020 Census! For assistance, call the 2020 Census toll-free at 1-844-330-2020.

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 17
1:00 pm - 2:00 pm

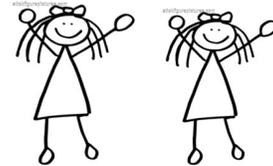
<https://zoom.us/j/91271635640?pwd=dUNSU3lyNldHUktTaERIN0E0RW9BQT09>

Zoom.us

Meeting ID: 912 7163 5640

Password: 0WHcPh

Zooming with Kelly and Rebecca



Friday, August 14
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 12
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>



TED Talks

Join us for TED Talks the first Tuesday of every month.
Tuesday, September 1 @ 10:30 am

Topic will be announced next week

Historic Storms

The Great Hurricane Of 1903

To date, we're pretty sure that this is the only hurricane that had managed to rip railroads out of the ground in New Jersey. This hurricane has been both described as a Category 3 and Cat 4 hurricane, and was noted as the reason why the railroad bridge to Brigantine was destroyed. Over 60 homes had their roofs ripped clean off, and every resort town from Cape May to Asbury Park had retained significant damage.

This storm also caused particular damage to the fishing communities of New Jersey, since almost all the fishing piers that were regularly used by locals had been destroyed since the storm had hit. As a result, it took almost a decade for shore towns to actually get back to their old shape. On a random note, this also was one of the storms that destroyed one of the many incarnations of the Atlantic City boardwalk. Amazingly, another hurricane had happened almost exactly 100 years prior – with equally damaging winds.

The Storm Of The Century, 1993

This massive blizzard was also known as the “Blizzard of '93” by New Jersey locals who remember it, and it was the intersection of three different warm/cold fronts that just basically exploded into a massive megastorm. New Jersey locals who were there may remember having to deal with over 3 feet of snow, power outages, flooding, and icy winds. There were a number of people who supposedly froze to death in this storm, however, we weren't able to find any in our research.

Much like other storms on this list, 1993's Storm of the Century affected multiple states, and spanned from the Southern parts of Florida all the way up to the Northern areas of Massachusetts. New Jersey was right in the middle of it, and bore a huge portion of the damage. In total, this super storm amassed \$6 billion in damages, and left millions up and down the East Coast without power for weeks.

To give readers a better idea of how big this superstorm really was, the only time that all airports on the East Coast has been shut down due to weather was during this major snowstorm. Thousands of people were stranded in airports during this time, and many wondered how they were going to get home.

List of 2020 Atlantic Hurricane Names:

~~Arthur~~
~~Bertha~~
~~Cristobal~~
~~Dolly~~
~~Edouard~~
~~Fay~~
~~Gonzalo~~

~~Kyle~~
~~Isaias~~
Josephine
Kyle
Laura
Marco
Nana

Omar
Paulette
Rene
Sally
Teddy
Vicky
Wilfred

YouTube Videos

Hurricanes 101 / National Geographic

Youtube



Hurricanes are the most powerful storms known to man. Find out when hurricane season peaks, how the storms form, and the surprising role they play in the larger global ecosystem.

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

Raging Planet: Hurricane Discovery Channel

Youtube

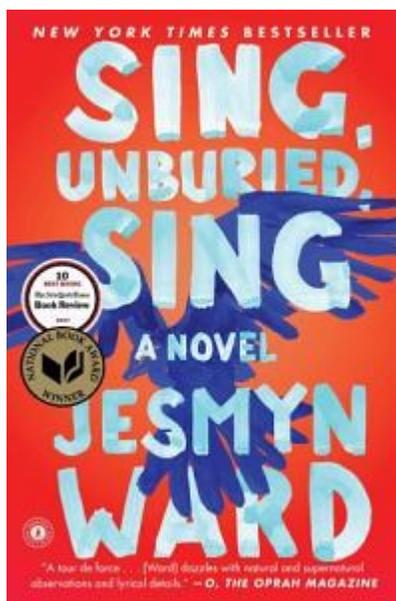
The show Raging Planet focuses on natural disasters that happen on Earth, including tornadoes, hurricanes, avalanches, lightning, fires, volcanoes, earthquakes and blizzard It features actual videos taken during disasters, CGI effects, and a few reenactments. The show often had the science behind how these disasters occurred (how lightning forms, how a tornado is born, etc.) as well as case studies of certain disasters. The program often uses scale models rather than CGIs. Rescue workers, scientists, and survivors are interviewed. Actual footage of rescue workers and scientists predicting and researching the featured disaster is used. Discovery Channel 2009

<https://www.youtube.com/watch?v=YOkC8My0IKs>

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

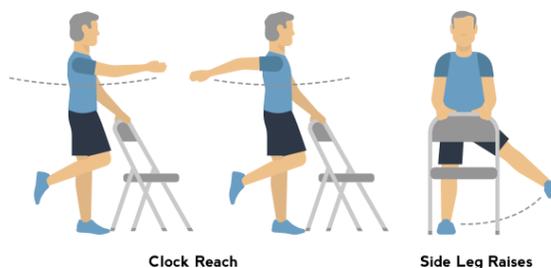
Simple Easy beginners Tai Chi.

<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

Lazy Lasagna for 2

Ingredients:

- 1 cup spaghetti sauce
- 3/4 cup shredded part-skim mozzarella cheese
- 1/2 cup of 4% cottage cheese
- 1– 1/2 cups cooked wide egg noodles
- 2 tablespoons grated parmesan cheese
- Chopped fresh parsley , optional



Directions:

1. Warm the spaghetti sauce; stir in mozzarella and cottage cheeses.
2. Fold in noodles
3. Pour into 2 greased 2-cup baking dishes. Sprinkle with parmesan cheese.
4. Bake uncovered at 375 degrees for 20 minutes, or until bubbly.

Sprinkle with parsley if desired.

Little Cheddar Meat Loaves

Ingredients:

- 1 large egg, lightly beaten
- 1/3 cup quick-cooking oats
- 2 tablespoons ketchup
- 1 tablespoon dried minced onion
- 1/2 pound lean ground beef

Topping:

- 4 teaspoons ketchup
- 4 tablespoons shredded cheddar cheese



Directions:

1. In a large bowl, combine the egg, oats, ketchup and onion. Crumble beef over mixture and mix well.
2. Coat 4 muffin cups with cooking spray; fill three-fourths full with meat mixture. Spread ketchup over loaves.
3. Bake at 400 degrees for 15 minutes. Sprinkle with cheese. Bake until no pink remains and a thermometer reads 160 degrees, about 5 minutes longer.
4. Let stand for 5 minutes before removing from muffin cups.

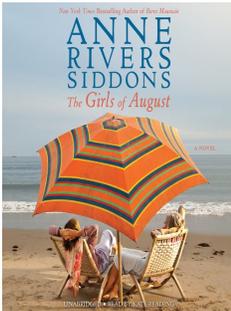
Author Page

Books with “August” in the Title



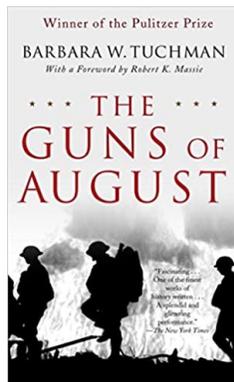
Light in August by William Faulkner

Joe Christmas does not know whether he is black or white. Faulkner makes of Joe's tragedy a powerful indictment of racism; at the same time Joe's life is a study of the divided self and becomes a symbol of 20th century man.



The Girls of August by Anne Rivers Siddons

Maddy, Rachel, Barbara, and Melinda met when their husbands were in medical school and started a tradition of spending a week at a beach house every August that lasted until Melinda died in an automobile accident. Years later, when Melinda's husband remarries, they invite his new wife, a ditzy twentysomething nicknamed Baby, to join them and end up at her family's home on the South Carolina coast. Petty jealousy is the reigning emotion, and Baby makes a point of flaunting her youth and beauty and playing up the fact that the other women are old enough to be her mother. Making matters worse, each of the women has a life-changing secret. Their anguish boils over during a storm, and all four must come together to survive.



The Guns of August by Barbara W. Tuchman

In this landmark, Pulitzer Prize–winning account, renowned historian Barbara W. Tuchman re-creates the first month of World War I: thirty days in the summer of 1914 that determined the course of the conflict, the century, and ultimately our present world. Beginning with the funeral of Edward VII, Tuchman traces each step that led to the inevitable clash. And inevitable it was, with all sides plotting their war for a generation.

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

Stacy Towle - A Full Service Driving & Caregiving Companion
908-875-1751

Dr. appointments, Nails, Hair, Shopping, Lite Cleaning, Cooking,
Assistance in Household Maintenance

Reliable - Trustworthy - Patient - Friendly - Affordable

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

FOR RELEASE AUGUST 15, 2018

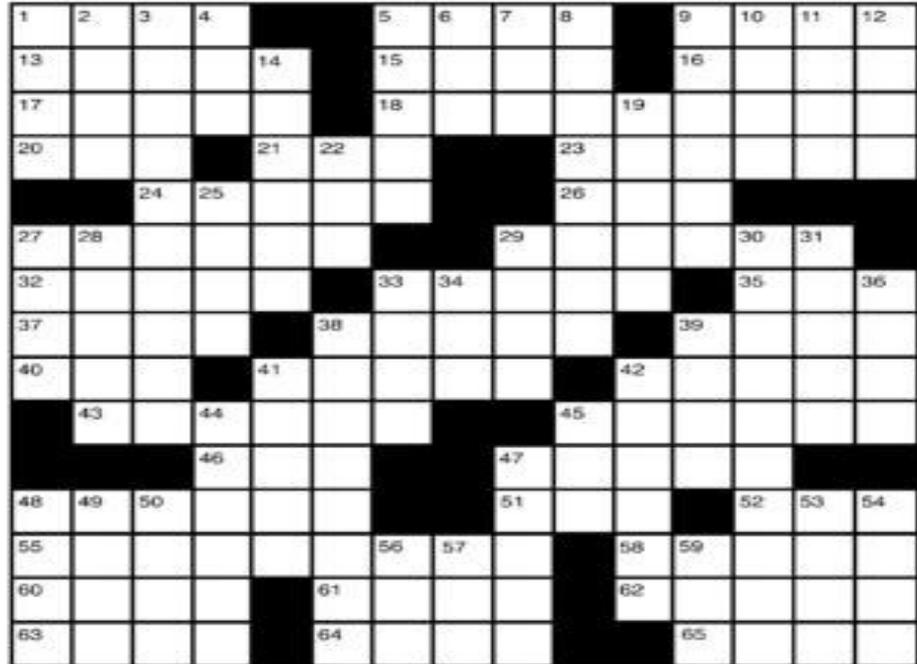
THE Daily Commuter Puzzle by Jacqueline E. Mathews

ACROSS

- 1 James or Scott
- 5 Oxford, for one
- 9 Bow of a ship
- 13 Monk's superior
- 15 Sunbathes
- 16 TV's "One Life to Live"
- 17 Laziness
- 18 Way too thin
- 20 Haw's partner, in phrase
- 21 Curved edge
- 23 Martians and others
- 24 Actor Jeremy
- 26 Brooch
- 27 Fruit salad ingredient
- 29 Complete failure
- 32 Gladden
- 33 Mark one's cattle
- 35 Hovel
- 37 Teases
- 38 Informal street talk
- 39 Cause of misery
- 40 "My ___ Sal"
- 41 Gives the cold shoulder to
- 42 Thus
- 43 Large bird dog
- 45 Gathering spots for Elks
- 46 Actor Linden
- 47 Awaken
- 48 Mr. Einstein
- 51 "___ a Small World"
- 52 Hullabaloo
- 55 Unfinished business
- 58 Receded
- 60 Indira's dress
- 61 Chess piece
- 62 Dinner course
- 63 Dollar bills
- 64 Move back and forth
- 65 Colors

DOWN

- 1 Money
- 2 Qualified
- 3 Horrible
- 4 As likely as ___; probably
- 5 Flower stalks



Created by Jacqueline E. Mathews

8/15/18

- 6 Show-off
- 7 Stop ___ dime
- 8 Fleeing
- 9 Prairies
- 10 Ceremony
- 11 Heating chamber
- 12 Gives up the single life
- 14 King's seat
- 19 Homer classic
- 22 "Time ___ Bottle"; Jim Croce hit
- 25 Long-tailed rodents
- 27 Floating mass of ice
- 28 Assumed name
- 29 Groupies
- 30 Erratic
- 31 Small weight
- 33 Make hazy
- 34 Trotted
- 36 Golf shop purchase
- 38 Provides a haven for
- 39 Pieces of furniture
- 41 Long look

Tuesday's Puzzle Solved



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8/15/18

- 42 Monopoly player's purchases
- 44 Grad student's paper
- 45 Building site
- 47 Dangerous
- 48 In addition
- 49 Give to a borrower
- 50 Drill a hole
- 53 No longer with us
- 54 Probability
- 56 Currently
- 57 ___ favor for; help out
- 59 ___ none; with no exceptions

Sudoku (cover the answers before you begin)

SUDOKU HARD PUZZLE NO. 59

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

SUDOKU HARD PUZZLE NO. 59

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

SUDOKU HARD PUZZLE NO. 60

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

SUDOKU HARD PUZZLE NO. 60

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

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