



# SENIOR CENTER “WEEKLY”

8/17/2020



Dear Friends,

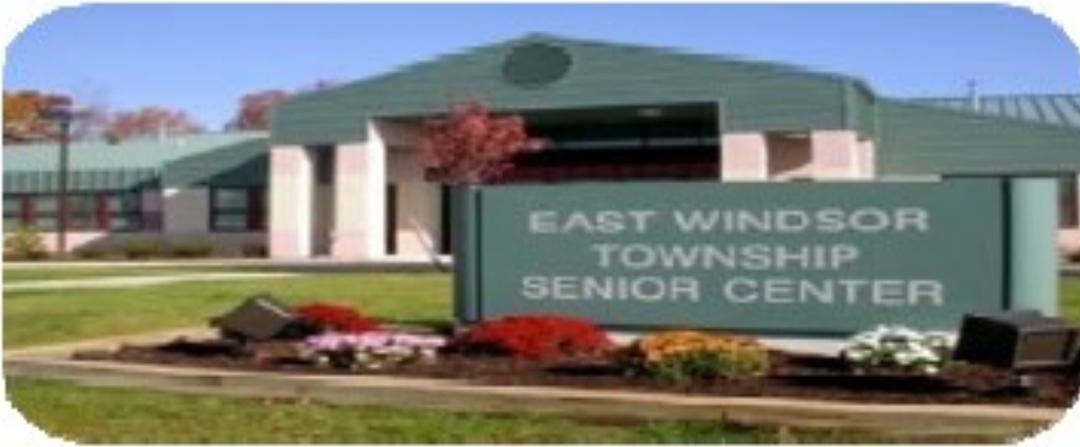
## **East Windsor Township Awarded \$48,445 New Jersey Clean Communities Grant from NJ Department of Environmental Protection and Clean Communities Council.**

The NJ Clean Communities is a state-wide litter abatement program created by State legislation and managed by the NJ Department of Environmental Protection and the Clean Communities Council. The Clean Communities Act establishes a funding mechanism for the program by placing a user fee on manufacturers, wholesalers and distributors who produce litter-generating products. The grant supports many Township budget expenditures, as well as many community activities and programs to promote community recycling and litter clean-up, including Township-wide recycling events, the East Windsor Township Adopt-a-Spot program, the annual Earth Day Recycling Poster Contest for elementary school students, Litter Free recognition for local businesses, participation in the Mercer Green Fest, educational programs about the environment for local elementary schools, and other outreach and education initiatives.

**Arbor Day Foundation Names East Windsor Tree City USA Community for 2019 for Township 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.

*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](mailto:seniorcenter@east-windsor.nj.us)  
[www.east-windsor.nj.us](http://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](https://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

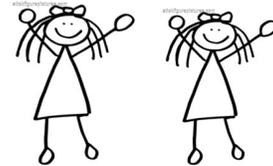
<https://zoom.us/j/91271635640?pwd=dUNSU3lyNldHUktTaERIN0E0RW9BQT09>

**Zoom.us**

**Meeting ID: 912 7163 5640**

**Password: 0WHcPh**

## Zooming with Kelly and Rebecca



Friday, August 21  
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 19  
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>



## “Why I Have Coffee With People Who Send Me Hate Mail” By Özlem Cekic

**TED** Talks

\*This topic has already been discussed in a previous TED Talk but it was requested again as it was a huge hit.

<https://go.ted.com/C5VP>

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

Tuesday, September 1  
10:30 am - 11:30 am

**Zoom.us**

**Meeting ID: 951 3798 3222**

**Password: 8FFUUt**

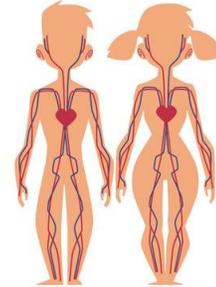
<https://zoom.us/j/95137983222?pwd=VGpBejg0QUpYZ1pFNFoxOFBmTjUxQT09>

# History Documentaries

## “Greatest Discoveries in Medical History”

Join Bill Nye as he hosts a series that highlights the greatest scientific discoveries including information on Human Anatomy, Blood Circulation, Blood Groups, Anesthesia, X-rays, Germ Theory, Vitamins, Penicillin, Sulfa Drugs, Vaccination, and Insulin.

<https://www.youtube.com/watch?v=zXOGrYY5AN8>



## “Genghis Khan - Rise of Mongol Empire”

Genghis Khan Mongolian. 1162 – August 18, 1227, born Temüjin, was the founder and Great Khan (Emperor) of the Mongol Empire, which became the largest contiguous empire in history after his death.

<https://www.youtube.com/watch?v=XAFnxV2GYRU>



## “Cleopatra's Lost Tomb”

Amateur archaeological sleuth Kathleen Martinez's quest to find Cleopatra's tomb took her to a temple complex known as Taposiris Magna, which is located 25 miles west of Alexandria, Egypt. Could it be the site of Cleopatra's lost tomb?

<https://www.youtube.com/watch?v=IRs4Vt6Pu-0>



# Fun Wildwood Tram Car Facts

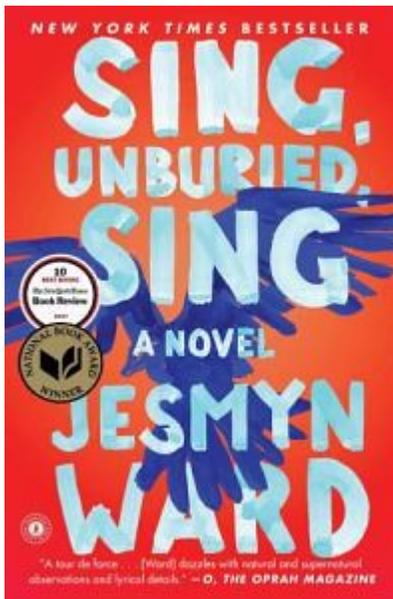


1. The tram cars were originally built by the Greyhound Bus Company to transport visitors around the 1939 World's Fair in Flushing, New York. They began operating on the Wildwoods Boardwalk on June 11, 1949, and the cost to ride one way was 10 cents.
2. From the first weekend in May to the last weekend in September, the trams carry between 500,000 and 600,000 passengers. According Rosenello, during peak season, the trams may carry as many as 10,000 riders in a day.
3. In 1971, Floss Stingel's boyfriend, an employee of Ramagosa, asked her to utter a few words into a home recorder. That phrase — “Watch the tram car, please,” — will forever resonate in the minds of anyone that has set foot on the Wildwoods Boardwalk.
4. A tram was shipped to Michigan for the movie "Virginia," originally titled, "What's Wrong with Virginia" starring Ed Harris and Jennifer Connelly. A tram was also shipped to Atlantic City for the taping of an episode of "Sex and the City."
5. Trams have transported brides, grooms and wedding parties. Every year Gigliotti drives the Harlem Globetrotters up and down the boardwalk when they make their yearly appearance in Wildwood. He also has driven the past two governors around when they were on the campaign trail.

# 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](mailto: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

## Beginner cardio workout - SEATED and STANDING options

Join “Body Project” as they go through a cardio workout which has workouts demonstrated both seated and standing

<https://www.youtube.com/watch?v=e8opMY-SoZc>



## Chair Stretches for Pain Relief, Relaxation, Joint Health, Flexibility, Stress

Join “Nanci Haines” in this gentle yoga class perfect for all ages, all levels to nourish the spine & reduce back pain.

<https://www.youtube.com/watch?v=3ZvmKOPoFVo>



## 15 Minute At Home Walking Video

Join “Fitness with Cindy” for an at home walking that is a fun and stress free way to get your cardio done without even leaving the house.

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



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

## Fat-Burning Cardio Dance Workout: Doo-Wop

Join “Jane Fonda” in this upbeat, metabolism-boosting cardio routine that uses low-impact, dance-inspired aerobic exercise to tone key muscles, burn fat, and lift and firm your trouble areas.

<https://www.youtube.com/watch?v=T-SNj1UNId4>

# Recipes for 1 or 2

## French Bread Pizza

### Ingredients:

- 1 6-inch loaf french bread
- 4 tablespoons tomato sauce (may also use Marinara sauce or pizza sauce)
- 4 tablespoons shredded mozzarella cheese
- 8 slices pepperoni



**Easy French Bread Pizza**

### Instructions:

Heat oven to 400° F

Cut the bread in half crosswise, then cut in half lengthwise so that you have 2 pieces.

Top with tomato sauce.

Top with cheese.

Top with pepperoni (and other toppings you may like)

Place pizzas on a baking sheet and bake for 10 minutes, until cheese melts.

## Frozen Peach Bellini Mocktail

**Servings:** 2

**Calories:** 120

### Ingredients:

- 2 ripe peaches, peeled and sliced (or you can use frozen)
- 1 cup sparkling apple juice, plus more for serving
- 2 teaspoons Splenda Sugar Blend
- 1 teaspoon lime juice



### Instructions:

1. Place sliced peaches in freezer for 1 hour
2. Combine peaches, 1 cup sparkling apple juice, Splenda Sugar Blend, and lime juice in a blender and blend until smooth.
3. Pour into 2 glasses and add about 1/2 inch of additional sparkling apple juice.

# Books Turned Into Movies

## **THE GODFATHER BY MARIO PUZO**

“With its brilliant and brutal portrayal of the Corleone family, *The Godfather* burned its way into our national consciousness. This unforgettable saga of crime and corruption, passion and loyalty continues to stand the test of time, as the definitive novel of the Mafia underworld.”

## **GONE WITH THE WIND BY MARGARET MITCHELL**

“This is the tale of Scarlett O’Hara, the spoiled, manipulative daughter of a wealthy plantation owner, who arrives at young womanhood just in time to see the Civil War forever change her way of life. A sweeping story of tangled passion and courage, in the pages of *Gone With the Wind*, Margaret Mitchell brings to life the unforgettable characters that have captured readers for over seventy years.”

## **ONE FLEW OVER THE CUCKOO’S NEST BY KEN KESEY**

“In this classic novel, Ken Kesey’s hero is Randle Patrick McMurphy, a boisterous, brawling, fun-loving rebel who swaggers into the world of a mental hospital and takes over. A lusty, life-affirming fighter, McMurphy rallies the other patients around him by challenging the dictatorship of Nurse Ratched. He promotes gambling in the ward, smuggles in wine and women, and openly defies the rules at every turn.”

## **PRIDE AND PREJUDICE BY JANE AUSTEN**

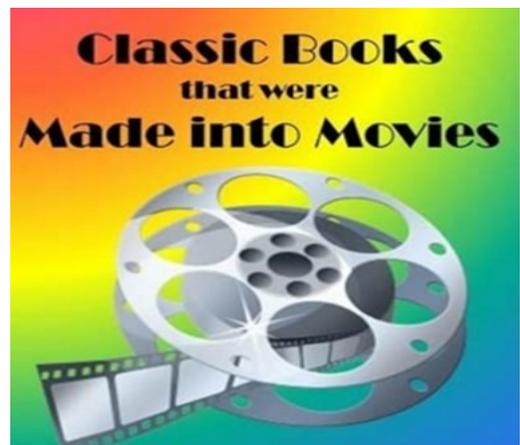
“When Elizabeth Bennet first meets eligible bachelor Fitzwilliam Darcy, she thinks him arrogant and conceited; he is indifferent to her good looks and lively mind. When she later discovers that Darcy has involved himself in the troubled relationship between his friend Bingley and her beloved sister Jane, she is determined to dislike him more than ever. In the sparkling comedy of manners that follows, Jane Austen shows us the folly of judging by first impressions and superbly evokes the friendships, gossip and snobberies of provincial middle-class life.”

## **THE PRINCESS BRIDE BY WILLIAM GOLDMA**

“Anyone who lived through the 1980s may find it impossible—inconceivable, even—to equate *The Princess Bride* with anything other than the sweet, celluloid romance of Westley and Buttercup, but the film is only a fraction of the ingenious storytelling you’ll find in these pages. Rich in character and satire, the novel is set in 1941 and framed cleverly as an “abridged” retelling of a centuries-old tale set in the fabled country of Florin that’s home to “Beasts of all natures and descriptions. Pain. Death. Brave men. Coward men. Strongest men. Chases. Escapes. Lies. Truths. Passions.”

## **THE SHINING BY STEPHEN KING**

“Jack Torrance’s new job at the Overlook Hotel is the perfect chance for a fresh start. As the off-season caretaker at the atmospheric old hotel, he’ll have plenty of time to spend reconnecting with his family and working on his writing. But as the harsh winter weather sets in, the idyllic location feels ever more remote . . . and more sinister. And the only one to notice the strange and terrible forces gathering around the Overlook is Danny Torrance, a uniquely gifted five-year-old.”



# 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

## 60's Songs

Find and circle all of the 1960's song titles that are hidden in the grid.  
The remaining letters spell the title of an additional 1960's song.

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

BABY LOVE  
BLUE MOON  
BLUE VELVET  
BUS STOP  
CARA MIA  
CHAIN GANG  
CHERISH  
CRAZY  
CRYING  
DIZZY  
DOWNTOWN  
EL PASO

ELENORE  
FINGERTIPS  
FIRE  
GALVESTON  
GOOD LOVIN'  
GROOVIN'  
HAIR  
HEATWAVE  
HEY JUDE  
HOLIDAY  
ITCHYCOO PARK  
LAST KISS

MEMPHIS  
MY GIRL  
MY GUY  
PEOPLE  
PUPPY LOVE  
RESPECT  
RUNAWAY  
SHERRY  
SOUL MAN  
SPOOKY  
STAY  
SURF CITY

TEEN ANGEL  
THE BOXER  
THE TWIST  
THESE EYES  
VALLERI  
VOLARE  
WHITE RABBIT  
WILD THING  
WINDY  
WIPEOUT  
WORDS  
YESTERDAY

# Word Search

## 70's Songs

Find and circle all of these songs from the 1970's that are hidden in the grid.  
The remaining letters spell the title of an additional song from the 70's.

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

ANGIE  
BABE  
BAD BLOOD  
BETH  
BROWN SUGAR  
CAR WASH  
CONVOY  
CRACKLIN' ROSIE  
CROCODILE ROCK  
DANCING QUEEN  
DREAMING  
DREAMS

FAME  
FREE BIRD  
GREASE  
HEART OF GLASS  
HOT STUFF  
HOTEL CALIFORNIA  
ISLAND GIRL  
JIVE TALKIN'  
LAYLA  
LE FREAK  
LOLA

LOVIN' YOU  
LOWDOWN  
MACARTHUR PARK  
MAGGIE MAY  
MISS YOU  
MONEY  
NIGHT MOVES  
OHIO  
POP MUZIK  
RHIANNON  
RHINESTONE COWBOY

RICH GIRL  
ROXANNE  
SAD EYES  
SIR DUKE  
STAYIN' ALIVE  
SUPERSTITION  
THE JOKER  
TRAGEDY  
VENUS  
WATERLOO  
YOUR SONG

# 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