



# SENIOR CENTER

## “WEEKLY”

8/24/2020



Dear Friends,

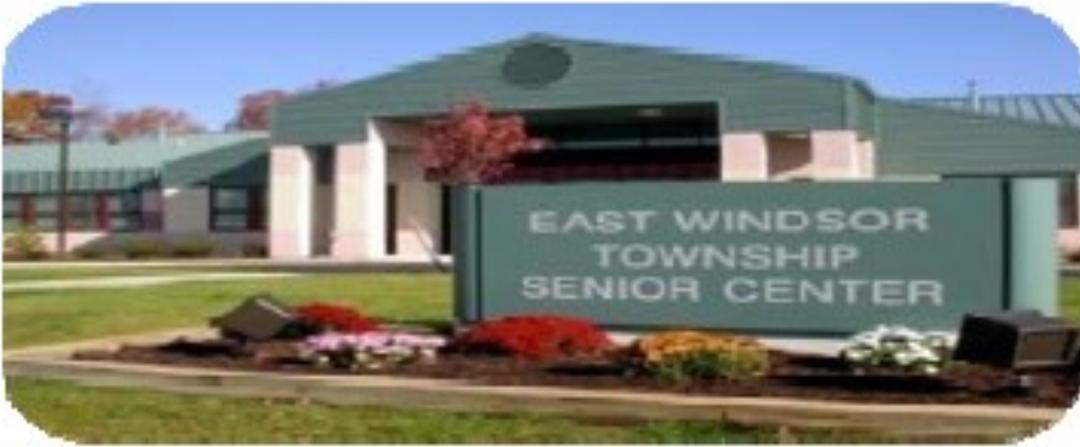
East Windsor continues to move forward on plans to **expand the town - ship Senior Center**. Earlier this year, Township officials presented the concepts for the expansion project to the public and at a meeting at the Senior Center. The expansion project will add significant space of about 5,000 square feet to the rear of the building and a small 785 square foot addition to the north side of the building, to accommodate the significant growth in the senior center membership.

The Township, after rejecting all bids as over the architect's budget, went out to bid a second time. At the August 18 meeting, after review of the bids and reviews by the Township architect and attorney, the Mayor and Council **awarded the project bid for the East Windsor Senior Center Expansion to Develop Builders, of New Milford, New Jersey**. The senior center expansion will be supported in part by a Mercer at Play grant in addition to a NJ Small Cities Community Development Block grant. More information to come.

**Mercer County Hazardous Waste Collection and Electronics Recycling Event Will Be Held on Friday, September 18, from 12 P.M. to 5 P.M. and Saturday, September 19, from 8 A.M. to 3 P.M.**, rain or shine, at the John T. Dempster Fire School, located at 350 Lawrence Station Road in Lawrence Township. No registration is required, just proof of Mercer County residency. Residents can dispose of aerosol cans, used motor oil, propane gas tanks, pesticides, herbicides, car batteries, paint thinner, oil based paints, gasoline, anti-freeze, driveway sealer, insect repellants, mercury, and fluorescent and compact fluorescent bulbs. Used electronic equipment, including computers, printers, copiers, fax machines, stereos, televisions, and microwaves will be accepted. Covid-19 protocols will be followed. For further information, visit the MCIA website at [www.mcianj.org](http://www.mcianj.org) or call (609) 278-8086.

**REMINDER: Census workers are now going door to door. Please participate in the 2020 Census!** For assistance, call the 2020 Census toll-free at 1-844-330-2020.

*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 31  
1:00 pm - 2:00 pm

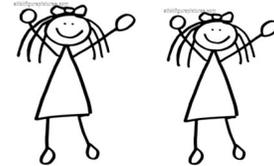
<https://zoom.us/j/91271635640?pwd=dUNSU3lyNldHUktTaERIN0E0RW9BQT09>

**Zoom.us**

**Meeting ID: 912 7163 5640**

**Password: 0WHcPh**

## Zooming with Kelly and Rebecca



Friday, August 28  
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 26  
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>

# Music Documentaries YouTube

## 1959, The Year That Changed Jazz

A documentary behind the making of four Great albums in 1959. Featuring Miles Davis, Dave Brubeck, Charles Mingus & Ornette Coleman.....



<https://www.youtube.com/watch?v=PKYa3wwc1SU>

## Rock' n Roll America The Making of Good Music

Rock & Roll or Dancing in the Street: a Rock and Roll History is a 1995 American-British documentary miniseries about the history of rock and roll music produced by the BBC and WGBH. The music critic Robert Palmer was chief consultant on the series which received a Peabody Award.

<https://www.youtube.com/watch?v=aQ2yh7cxNFE>



## Jukeboxes: The Rise and Fall | Documentary by FR



The jukebox was an absolute titan in pop culture. From being an icon of the 1900's, to an all-but-forgotten relic of the past, in this documentary we'll take a look at how the jukebox rose to fame and fell from its grace.

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

# COVID-19 Reminders

## WASH YOUR HANDS OFTEN

It's especially important to wash:

- Before eating or preparing food
- Before touching your face
- After using the restroom
- After leaving a public place
- After blowing your nose, coughing, or sneezing
- After handling your mask
- After changing a diaper
- After caring for someone sick
- After touching animals or pets



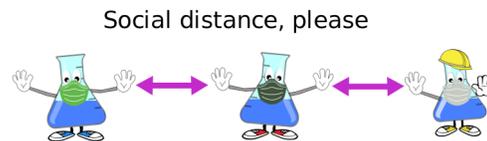
If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

## AVOID CLOSE CONTACT

Inside your home:

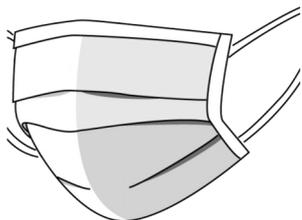
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.



Outside your home:

- Put 6 feet of distance between yourself and people who don't live in your household.
- Remember that some people without symptoms may be able to spread virus.
- Stay at least 6 feet (about 2 arms' length) from other people.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

**Cover your mouth and nose with a mask when around others**



**Cover coughs and sneezes**

**Clean and disinfect**

**Monitor Your Health Daily**

# Stay Connected



## Who Do You Share a Birthday With? August Birthdays of the Famous

August 4	Louis Armstrong
August 5	Neil Armstrong
August 6	Lucille Ball
August 8	Matthew Henson
August 13	Alfred Hitchcock
August 13	Annie Oakley
August 15	Julia Child
August 17	Davy Crockett

## Positive Word of the Week

### “Dauntless”

(adj) fearless, bold and courageous

The **dauntless** knight decided to do battle with the dragon within its own lair, fearing neither its flame nor its fang.



## Important Days to Remember



<b>August 1</b>	National Mountain Climbing Day
<b>August 4</b>	Friendship Day
<b>August 6</b>	Hiroshima day
<b>August 7</b>	International Beer Day
<b>August 9</b>	Quit India Movement Day and Nagasaki Day
<b>August 12</b>	International Youth Day
<b>August 13</b>	International Lefthanders Day
<b>August 14</b>	Pakistan Independence Day
<b>August 15</b>	Indian Independence Day
<b>August 16</b>	Bennington Battle Day
<b>August 17</b>	Indonesian Independence Day
<b>August 19</b>	World Photography Day and World Humanitarian Day
<b>August 20</b>	World Mosquito Day,
<b>August 23</b>	International Day for the Remembrance of the Slave Trade and its Abolition
<b>August 26</b>	Women’s Equality Day
<b>August 29</b>	National Sports Day
<b>August 30</b>	Small Industry Day

# Stay Connected



- ◆ Zoom Book Club
- ◆ Zoom Monthly Movie Discussion

Feel free to let us know if you have a recommendation.

FYI - Zoom is accessible by video or by audio. Please let us know in advance, if you need assistance.



We can help you.

## 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



## Medicare Counselor Questions About Your Medicare?

The Medicare Counselor is still available with any questions or concerns you may have regarding your coverage. Please call us to schedule a phone appointment with the counselor. 609-371-7192

**November 3 General Election Will Be Conducted Primarily Through Vote By Mail Ballots**, in accordance with the Governor's Executive Order No. 177 ([CLICK HERE](#)). The county clerk will mail Vote by Mail ballots with pre-paid postage to all active registered voters for the General Election. A drop-off box for Vote by Mail Ballots will be available 24 hours a day in front of the East Windsor Municipal Court Building, 80 One Mile Road. Ballots returned through the United States Postal Service with a postmark on or before November 3 and received by November 10 will be counted.



# 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.

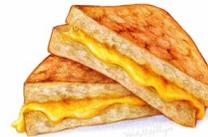
<https://www.youtube.com/watch?v=T-SNj1UNId4>

# Recipes for 1 or 2

## Grilled Cheese

Although you may already know how to make this, it's a reminder of a quick and easy lunch or dinner.

- ◆ 4 slices bread (your choice, I like Rye)
- ◆ 3 TBS butter, divided
- ◆ 2 –4 slices of cheese



Preheat skillet over medium heat.

1. Generously butter one side of a slice of bread. Place bread butter-side-down onto skillet bottom and add 1 slice of cheese.
2. Butter a second slice of bread on one side and place butter-side-up on top of sandwich.
3. Grill until lightly browned and flip over; continue grilling until cheese is melted.
4. Repeat with remaining 2 slices of bread, butter and slice of cheese.

Tips:

- Add bacon or ham and tomato
- Pair with a favorite soup
- Pair with a Cesar or garden salad

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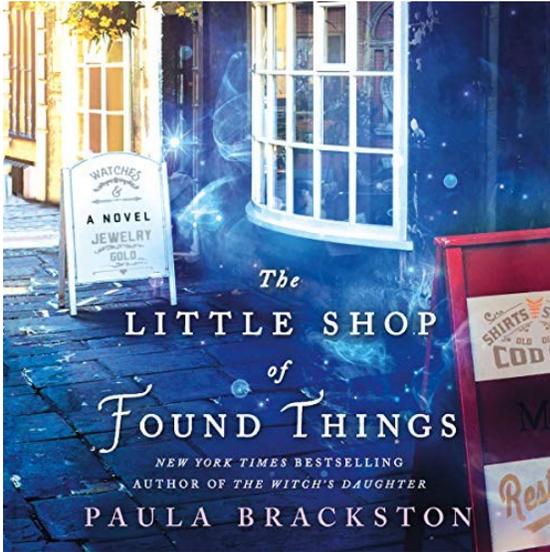
## “Pantry-Find” Pasta for Two

- ◆ 7 oz fusilli pasta
- ◆ 1 tsp olive oil
- ◆ 1 small shallot, minced
- ◆ 2 oz. oil-cured black olives, drained
- ◆ 2 oz. sun dried tomatoes in oil, drained and chopped
- ◆ 1 oz. capers in brine, drained
- ◆ 3 oz can of tuna in water, drained
- ◆ 2 TBS. grated cheese



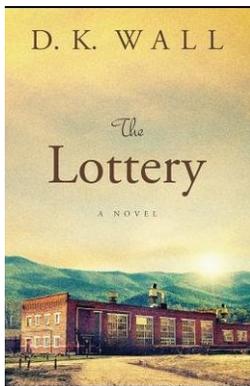
1. Bring a large pot of lightly salted water to a boil. Cook pasta in the boiling water, stirring occasionally until tender yet firm to the bite, about 12 minutes.
2. Meanwhile, heat olive oil in a skillet and saute shallot until soft and translucent, 3 to 5 minutes. Add olives, chopped tomatoes, and capers. Mix well and remove from heat.
3. Drain pasta, add to the skillet, and toss to coat. Mix in tuna in chunks. Top with Romano cheese and serve.

# For the Love of Books



## *The Little Shop of Found Things* by Paula Brackston

An antique shop haunted by a ghost.  
A silver treasure with an injustice in its story.  
An adventure to the past she'll never forget.



## *The Lottery* by D.K. Wall



Every small town has its secrets . This one could tear his world apart. Nathan Thomas feels grateful for his loving family and a steady job in a town where work is scarce. Still haunted by a deadly accident that severed his closest friendships, he hopes his bad luck is well behind him. But a fresh betrayal and a shocking revelation could take everything he loves away.

With his marriage strained to the breaking point, Nathan's forced to confront his devastating youth for answers. As he fights for his family, will accepting the crushing realities of his past let him secure a possible future?

*The Lottery* is a heartfelt novel set in a quiet Appalachian town. If you like relatable characters, true-to-life hardships, and unforgettable drama, then you'll love D. K. Wall's captivating story.

# 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

## Music Genres

A	R	E	G	G	A	E	G	O	E	O	S	G	A
P	L	G	G	H	K	H	P	O	P	G	R	G	R
H	A	A	N	A	O	C	K	P	S	E	R	O	E
O	E	R	B	E	R	R	O	Z	P	P	E	I	P
U	E	H	N	L	R	A	N	R	U	E	E	C	O
S	O	O	A	A	U	I	G	B	C	P	A	L	O
E	H	U	H	A	I	E	O	E	T	E	H	T	H
N	H	S	C	B	P	T	S	E	D	C	C	K	R
O	I	E	Z	T	D	R	S	E	O	N	O	T	N
O	P	B	Z	R	J	A	R	I	N	O	B	A	B
R	H	C	A	A	R	S	N	G	R	I	A	P	C
Z	O	D	J	N	P	I	P	C	P	H	T	H	O
E	P	N	G	C	P	N	H	P	E	T	C	A	H
O	R	T	C	E	L	E	O	N	H	C	E	T	L

CHRISTIAN RAP  
DANCE  
OPERA  
DNB  
BLUES  
ROCK  
HOUSE  
JAZZ  
HOUSE  
LATIN  
TECHNO  
ELECTRO  
HIP-HOP  
TRANCE  
GOSPEL  
RNB  
REGGAE  
GARAGE  
POP

Play this puzzle online at : <http://thewordsearch.com/puzzle/2749/>

# Word Search



## Play a Tune



ACCORDION  
BANJO  
CELLO  
CLARINET  
DRUM  
FLUTE  
GUITAR

HARMONICA  
HARP  
MARIMBA  
ORGAN  
PIANO  
RECORDER  
SAXOPHONE

TRIANGLE  
TRUMPET  
TUBA  
XYLOPHONE



# 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