



SENIOR CENTER “WEEKLY”

8/31/2020



Friends,

LABOR DAY

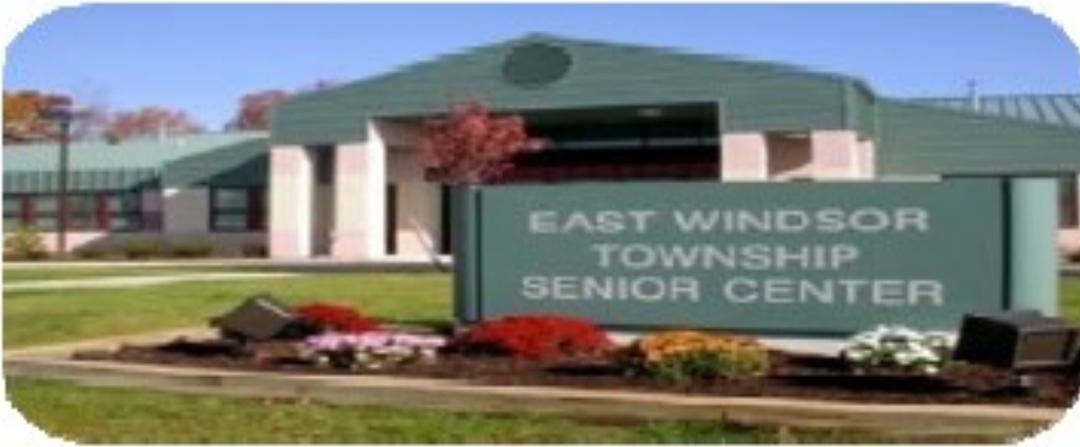
All Township Offices will be CLOSED and No Township Curbside Garbage Collection will occur on Monday, September 7 due to the Labor Day

holiday. Residents of Area #1, who would normally have garbage collection on Monday, September 7, are to put their garbage out on the next regularly scheduled collection date which is **Thursday, September 10**. Visit the Township website for additional garbage collection information.

East Windsor Is Seeking Nominations for the 2020 Township Business Awards Program. The purpose of the program is to recognize local businesses that make special efforts to improve or contribute to the community. The three categories of Township award recognition are: (1) Business Beautification - creating an attractive appearance, for example, through landscaping, flowers, and other enhancements to their structures and site; (2) Community Service - providing for community contributions and service, and (3) Community Enhancement - providing some manner of community enhancement, for example, through extraordinary job creation, an unusual or special product or opportunity or any community value added aspect related to their business. **Green and sustainable practices**, for example, green products, energy conservation, reduction of waste and energy consumption are encouraged and will be given more weight. This is a great time with the challenges facing our local businesses to show your support! Nomination forms are available at the Municipal Building and on-line at the Township website.

East Windsor is conducting a Township Online Auction of Surplus Property, that is property no longer needed for public purposes, which is conducted by Municibid and concludes August 31 at 9 P.M. The public auction provides a means by which the Township can receive some revenue for items which no longer serve East Windsor. Winning bidders are notified via electronic invoice of their winning bid. Items must be picked up within 10 calendar days of receipt of notification.

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.



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



Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States. It is the Monday of the long weekend known as Labor Day Weekend.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the United States officially celebrated Labor Day.^[4]

Virtual Happenings

Virtual Current Events A Zoom Event

Monday, August 31
1:00 pm - 2:00 pm



Zoom.us
Meeting ID: 912 7163 5640
Password: 0WHcPh

Virtual Financial Discussion

Zoom Event

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

Every Wednesday @ 1:00 pm

Zoom.us
Meeting ID: 88414689687
Password: 599615

Zooming with Kelly and Rebecca



Friday, September 4
9:00 am - 9:30 am

zoom.us
Meeting ID : 931 2746 4516
Password: 2UanSL



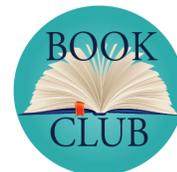
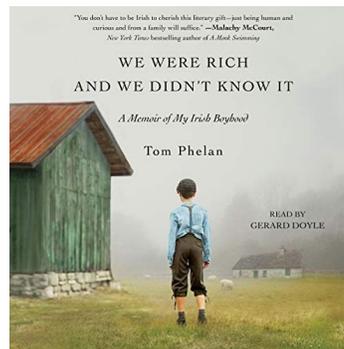
Zoom Book Club

September's Book Club pick :

We Were Rich and We Didn't Know It
A Memoir of My Irish Childhood
by Tom Phelan

Wednesday, September 30
10:00 am - 11:00 am

zoom.us
Meeting ID : 927 2312 2849
Password: KH8Pk6



Tom Phelan, who was born and raised in County Laois in the Irish Midlands, spent his formative years working with his wise and demanding father as he sought to wrest a livelihood from a farm that was often wet, muddy, and backbreaking.

It was a time before rural electrification, the telephone, and indoor plumbing; a time when the main modes of travel were bicycle and animal cart; a time when small farmers struggled to survive and turkey eggs were hatched in the kitchen cupboard; a time when the Church exerted enormous control over Ireland.

We Were Rich and We Didn't Know It recounts Tom's upbringing in an isolated, rural community from the day he was delivered by the local midwife. With tears and laughter, it speaks to the strength of the human spirit in the face of life's adversities.

Virtual Happenings

“Why I Have Coffee With People Who Send Me Hate Mail”

By Özlem Cekic

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

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

IMPORTANT: Please view the video before the zoom meeting begins

DISCUSSION:

Tuesday, September 1

10:30 am - 11:30 am

Zoom.us

Meeting ID: 951 3798 3222

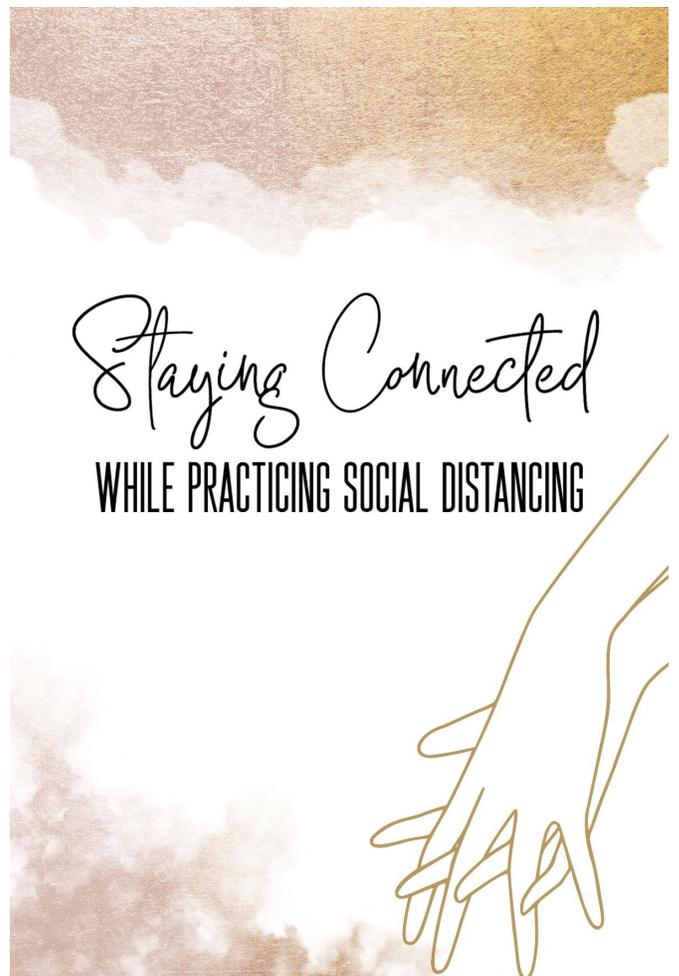
Password: 8FFUUt

TED Talks

Writers' Group

Nancy Demme, veteran facilitator and writer, welcomes you to try your hand at short fiction, memoir, and/or poetry.

For more information, please contact Nancy by email, ndemme@yahoo.com, and she will add you to her contacts.



Important Documentaries YouTube

Just Hang Up - Scams Against Seniors, Part 1

It all starts with a simple phone call or a piece of mail telling you that it's your lucky day. You've won the lottery! But there's a catch- to get your prize you need to send the caller a few small fees. And then a few more. Through incremental and persistent requests for money, con artists squeeze their victims out of funds they don't have, all the while promising that the prize winnings are just around the corner.

"Dan Rather Reports" investigates a scam that targets American seniors, bilking them out of hundreds of millions of dollars. But a few victims are fighting back and working with police to help trap their would-be tormentors. The trail leads to Jamaica where con artists have built a thriving organized crime network to prey on unsuspecting Americans.

https://www.youtube.com/watch?v=Bc_n3n83ow0

Just Hang Up - Scams Against Seniors, Part 2

In part two of their investigation into lottery scams against the elderly, "Dan Rather Reports" travels to Jamaica, the epicenter of the scamming industry. Rather rides along with the local "Lottery Scam Task Force" and confronts one man suspected of perpetrating lottery scams against Americans.

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

Just Hang Up - Scams Against Seniors, Part 3

In part three of their investigation into lottery scams against the elderly, "Dan Rather Reports" visits Jamaica, the epicenter of the international scamming industry. The country's history has helped shape how lottery fraud is viewed there- many consider scams against Americans to be reparations for hardships suffered during Jamaica's time as a former slave colony. One popular reggae song promulgates this view to a catchy beat. Dan Rather also finds a scientific explanation as to why seniors are particularly vulnerable to these schemes.

<https://www.youtube.com/watch?v=ID0z3l2j5x0>

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



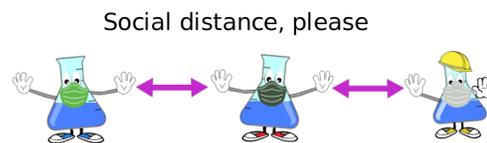
If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

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

AVOID CLOSE CONTACT

Inside your home:

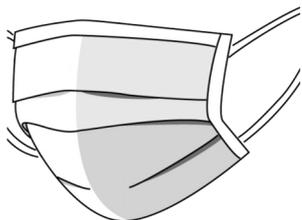
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.



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? September Birthdays of the Famous

September 7	Queen Elizabeth I
September 9	Colonel Sanders
September 15	Agatha Christie
September 16	Lauren Bacall
September 18	Greta Garbo
September 24	Jim Henson

Fun September Dates to Remember

September 1
National Cherry Popover Day

September 3
Skyscraper Day

September 4
Newspaper Carrier Day

September 5
Be Late For Something Day
Cheese Pizza Day
World Beard Day

Positive Word of the Week

“Harmonious”

tuneful; not discordant

- ◆ Forming a pleasing or consistent whole
- ◆ Free from disagreement or dissent

Jessie and I have worked well for eight years because we have a harmonious relationship.



The History Channel TV Show



9/11:
**The Final Minutes
of Flight 93**

Friday, September 11 at 8:00 pm



9/11:
The Pentagon

Friday, September 11 at 9:00 pm

Stay Connected



- ◆ Zoom Monthly Movie Discussion

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

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
(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

Heart Healthy - 1 Mile Walk Walk at Home with Leslie Sansone

Leslie Sansone, born in 1961 on Valentine's Day, is an American group fitness instructor from New Castle, Pennsylvania. Active since the 1980s, she has since released over 100 DVDs and four books



<https://www.youtube.com/watch?v=u08lo0bESJc>

Fast Walking in 30 Minutes At Home with Leslie Sansone



Make a HEALTHY CHOICE today and WALK with us! We will keep the PACE for you! You just have to move those feet to the BEAT! Let's WALK!

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

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

Senior Gold Dance Fitness Big Band, Swing, Mambo Dancing Your Way To Weight Loss! 43 Minutes



https://www.youtube.com/watch?v=J_sflaZDiv0

Recipes for 1 or 2

Banana Oat Baked French Toast

Servings: 1 (324 calories, 11.8g fat, 251mg sodium, 5.5g fiber, 11.6g sugar, and 9.8g protein)

Ingredients:

- 1/2 medium-sized ripe banana, mashed
- 1/4 cup unsweetened almond milk
- 1 tbsp nut butter
- 1 tsp maple syrup
- 1/2 tsp ground cinnamon
- 1/2 tsp vanilla extract
- 1 slice of hearty bread, cubed
- 1/4 cup quick oats



Instructions:

- 1) Preheat oven to 375F and lightly grease an individually-sized oven-safe dish. Set aside.
- 2) Combine banana, almond milk, nut butter, maple syrup, cinnamon, and vanilla extract in a large shallow bowl, mixing until fully combined. Pour bread cubes into the mixture and use a fork to lightly press down so that they absorb most of the liquid. Add oats and gently stir until everything is evenly incorporated. If the mix seems too dry, add a splash of extra milk.
- 3) Transfer mixture to your prepared dish, adding a few slices of banana on top if desired. Bake for 20 minutes, until the bake has set and the top has turned golden brown. Remove from oven and top with toppings of choice or simply enjoy as is!

Balsamic Rigatoni

Serves: 1 large serving

Ingredients:

- 3oz Rigatoni
- 2 tbsp Olive Oil
- 1 Garlic Clove, minced
- 8oz Cherry Tomatoes, halved
- 1/8 C. Good Balsamic Vinegar
- 1/4 C. Parmesan Cheese
- 3-4 Basil leaves, torn



Instructions:

- 1) In a pot of boiling water, cook rigatoni about 2 mins shy of the package directions.
- 2) Meanwhile, in a large skillet heat up garlic with olive oil on medium heat.
- 3) Once the garlic starts to become fragrant, about 2-3 mins, add in the tomatoes and balsamic vinegar.
- 4) Saute until the tomatoes have cooked down and the balsamic vinegar has reduced, about 10 mins.
- 5) Add in the cooked pasta with a tbsp of the pasta water. Toss to combine.
- 6) Turn off the heat and add in parmesan cheese and basil. Season with salt and pepper to taste, and stir to combine.

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



Word Search

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

See how many of these newspaper related words you can find in the puzzle.
The words can be forward, backward or diagonal.

Created by Sue Lindlauf
Grand Forks Herald 2012

- | | | | |
|-------------|-------------------|----------------|--------------|
| 1. VOTING | 5. PRESIDENT | 9. DEMOCRACY | 13. ADS |
| 2. ELECTION | 6. LEADERS | 10. CANDIDATES | 14. TV |
| 3. POLLS | 7. SENATOR | 11. CAMPAIGNS | 15. RADIO |
| 4. BALLOT | 8. REPRESENTATIVE | 12. SIGNS | 16. POLITICS |

Sudoku (cover answers)

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

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

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



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

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