



SENIOR CENTER

“WEEKLY”

9/14/2020



Today marks nearly two decades since the 9/11 terrorist attacks in New York City, at the Pentagon and in the fields of Shanksville, Pennsylvania. Today, we all pause to remember and reflect on the life changing and unforgettable events of that painful and powerful day, which personally and directly impacted each of us who lived through that time. The piercing events of that day are forever inscribed in our hearts and souls. In East Windsor, we have gathered at the municipal building 9/11 memorial 30 days after and every year since to remember those who perished and their families and friends, to honor our many heroes and to rededicate ourselves to this Nation's treasured values and freedoms. As a people and Nation, we responded to the events of that day with the very best that America has to offer as we turned to one another to give help and support. We remember and honor the many individuals who bravely stepped up to assist their fellow citizens and the many acts of true heroism and kindness generated by so many individuals around us during those unthinkable events and the days following.

On this 19th anniversary of 9/11, let us remember how we came together in the immediate aftermath of that day, finding strength and resolve to recover and move forward. In remembering the fateful events of September 11, 2001, let us remember our collective strength and determination that has allowed our Nation to persevere in the most challenging of circumstances.

We celebrate today officially as “*Patriot Day and National Day of Service and Remembrance*.” May the memory of 9/11 empower us with a renewed sense of purpose, a heightened love of country and a belief in what it really means to be an American. This day, we commit to renewing our support and respect for the important values, institutions, and freedoms which this awesome nation, which we are thankful to call our home, represents and which truly unite us, and to actively work to ensure their preservation.

A video of the *East Windsor Township September 11, 2020 Observance Ceremony* can be viewed by [clicking here](#).

Mayor Janice S. Mironov



Friday is September 11, 2020, the 19th Anniversary of the horrific and unforgettable events of that painful and powerful day. East Windsor has gathered 30 days after and every year since to **remember** those who perished, to **honor** our many heroes and to **rededicate** ourselves to this nation's treasured values and freedoms.

It is important that we all pause and take time out on 9-11 to reflect on that day's events and significance, as all of us who lived through those have been forever deeply and emotionally touched. We watched those events personally and on television, as in this area we all knew people who were victims, who were directly affected, who had stories to tell. The piercing events of that day are forever inscribed in our hearts and souls.

We Remember the Horrific events, the unthinkable pure evil, which surely had the impacts of a lifetime of change for our nation and each of us. We Remember Every individual innocent victim, each of the almost 3,000 that perished in New York City, and at the Pentagon in Washington D.C. and in the fields of Shanksville, Pennsylvania. We remember our families, friends and neighbors who lost loved ones.

In East Windsor, we Remember with special sadness & love:

COLLEEN BARKOW

LORRAINE BAY

DEBBIE BELLOWS

ANIL BHARVANEY

NEIL LAI RUTH LAPIN

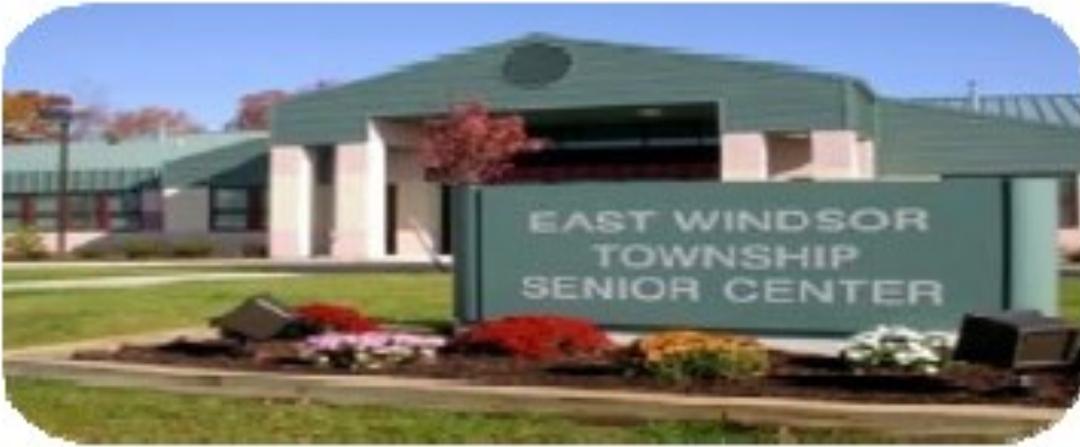
JOSEPH PYCIOR

And All Others Lost on September 11, 2001

We remember and honor the many individuals who bravely stepped up to assist their fellow citizens and the many acts of true heroism and kindness generated by so many individuals around us during those unthinkable events and the days following. It is an appropriate time to recognize, honor and appreciate the incredible work and generous spirits of our **first responders**.

We celebrate 9-11 officially as "***Patriot Day and National Day of Service and Remembrance.***" On 9-11, we should all renew our support and respect for the important values, institutions, and freedoms which this awesome nation -- which we are thankful to call our home -- represents and which truly unite us, and to actively work to ensure their preservation.

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:

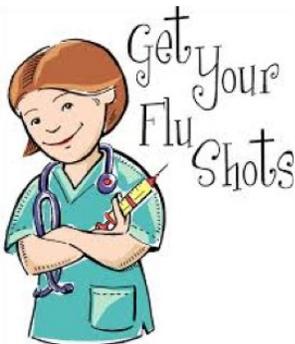
1. Go to zoom.us
2. Click on "Join Meeting" (top right corner)
3. Enter the "Meeting ID" (11 digits)
4. Follow prompts to launch meeting and enter password

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

Flu Shots



East Windsor Mayor Mironov and Council Members Partner with Greenhill Pharmacy to Offer Flu Clinics to Residents 60 Years and Over.

The flu clinics, scheduled for Tuesday, September 29 from 9 A.M. to 12 noon and Thursday, October 1 from 1 P.M. to 4 P.M., are **by appointment only**.

The flu clinics will be conducted as a drive up event at the Township Senior Center (40 Lanning Boulevard).

For additional information and to make an appointment for the flu clinics:
call the Township Health Department at
(609) 443-4000, ext. 222 before Wednesday, September 23.

Virtual Happenings

Virtual Current Events A Zoom Event

Monday, September 14
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

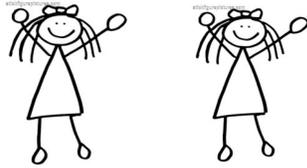
Every Wednesday @ 1:00 pm

Zoom.us
Meeting ID: 88414689687
Password: 599615

<https://us02web.zoom.us/j/8854322285>



Zooming with Kelly and Rebecca



Friday, September 18
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

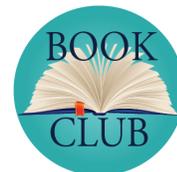
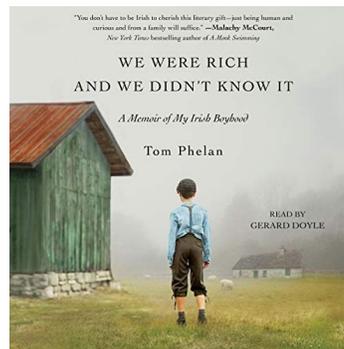
Wednesday, September 30
10:00 am - 11:00 am

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

**“10 Ways to Have
a Better Conversation”
by Celeste Headlee**

TED Talks

VIDEO: <https://go.ted.com/CsjJ>
IMPORTANT: Please view the video before the
zoom meeting begins

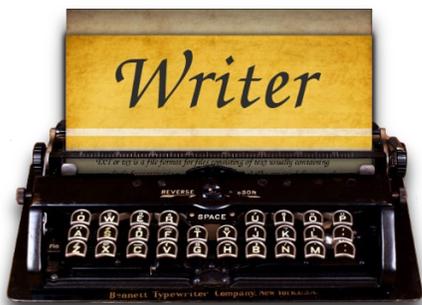
DISCUSSION:
Tuesday, September 29
10:30 am - 11:30 am

Zoom.us
Meeting ID: 951 3798 3222
Password: 8FFUUt

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.



Monday
September 21
10:30 am

Zoom.us
Meeting ID: 935 5017 5732
Password: 065Gc6

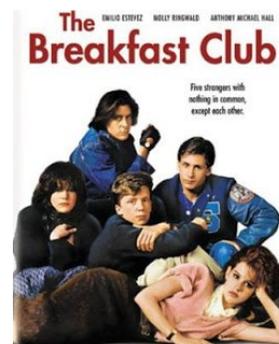
The Breakfast Club

The Breakfast Club is a 1985 American teen coming-of-age comedy-drama film written, produced, and directed by John Hughes.

It stars Emilio Estevez, Anthony Michael Hall, Judd Nelson, Molly Ringwald and Ally Sheedy as teenagers from different high school cliques who spend a Saturday in detention with their authoritarian assistant principal (Paul Gleason).

FYI

If you are not able to get this movie through your cable /TV provider, please call the senior center. We have copies that we can lend you.



Documentaries YouTube

The Maccabeats - Bashana Haba'a - Rosh Hashanah

<https://www.youtube.com/watch?v=5WsWouCsbaQ>



ROSH HASHANAH MEAL PLANNING 2019 Jewish Recipes for Your Holiday Table



<https://www.youtube.com/watch?v=cUkblrc7sTA>

CELEBRATING ROSH HASHANAH AT HOME 2020!

The #Jewish New Year is almost here, on Friday September 18, 2020 the holiday of #RoshHashanah begins and it will likely look a little different for many of us. Today I'm sharing what essentials you need to celebrate Rosh Hashanah in your home.

<https://www.youtube.com/watch?v=Tc1J2A2GC5o>



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



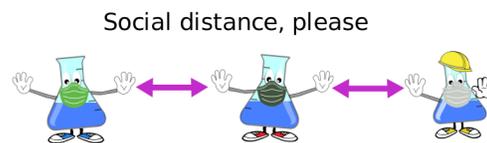
If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

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

AVOID CLOSE CONTACT

Inside your home:

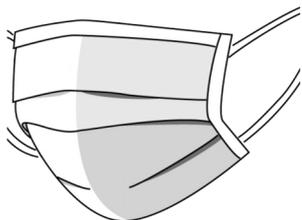
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.



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

The History Channel TV Show



10 Things You Don't Know About The Flag

September 15
10:00 am

The American Flag is one of the most familiar symbols in the world. Many have sung the National Anthem, pledged allegiance, and waved it proudly...but Henry knows the Stars and Stripes has more stories than you've heard. From its first design to the original pledge, from the Civil War to the Moon, the flag has taken a journey through American history unlike any other.

Friday, September 18 Rosh Hashanah begins at sunset

Rosh Hashanah is the Jewish New Year, means "head" or "beginning of the year", and starts on Tishrei 1st, the 7th month of the Jewish calendar (September-October).

Rosh Hashanah recalls the creation of the world. It inaugurates the beginning of the Days of Awe, 10 days of introspection and repentance that culminates on Yom Kippur, also known as the Day of Atonement. Together, Rosh Hashanah and Yom Kippur are the "High Holy Days."



Stay Connected

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.



Senior Scams Alert 101

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



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

Home workout for age 70 plus Beat the Virus. Keep fit and stay well

Are you stuck indoors? Well let's keep our muscles and heart strong with this exercise routine. This is suitable for the 70 plus age who need to work on strength, mobility and balance. I developed this video for my Nan who I won't be able to see in person so join us together, feeling better and brighter with every move with take.

<https://www.youtube.com/watch?v=v905DedECbw>

Standing Pilates for Seniors 30 Minutes of Exercise to Improve Strength & Build Confidence



https://www.youtube.com/watch?v=i3PYS_jsA1c

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



Fitness Over 50! Minute KNEE Strengthening Routine To Fix Knee Pain In Mature Women

<https://www.youtube.com/watch?v=kLYYCPSH2Zs>

Recipes for 1 or 2

Little Cheddar Meat Loaves

Ingredients:

- 1 large egg, lightly beaten
- 1/3 cup quick cooking oats
- 2 TBS Ketchup
- 1 TBS dried minced onion
- 1/2 lb lean ground beef

Topping:

- 4 tsp ketchup
- 4 tsp shredded cheddar cheese



Directions:

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

Deviled Chicken Thighs

Ingredients:

- 1tsp. Butter, softened
- 1 tsp cider vinegar
- 1 tsp prepared mustard
- 1 tsp paprika

Dash of pepper

- 2 boneless skinless chicken thighs
- 3 TBS soft bread crumbs
- 2 TBS chopped cashews



Directions:

1. In a large bowl, combine the butter, vinegar, mustard, paprika and pepper. Spread over chicken thighs. Place in a greased 11x7-in. baking dish. Sprinkle with bread crumbs.
2. Bake, uncovered, at 400° for 15 minutes. Sprinkle with the cashews. Bake until chicken juices run clear and topping is golden brown, 7-12 minutes longer .

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

Kitchen Safety

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

ICE
DIRTY DISHES
BOILING KETTLE
CUPBOARD DOOR
WET FLOOR
OVEN DOOR
PETS
CHIP PAN
PAN HANDLE
RAW MEAT
BLEACH
FLAME
POISON
SPILLAGE
SCISSORS
SHARP KNIFE
WATER
HOT IRON

Play this puzzle online at : <https://thewordsearch.com/puzzle/38067/>

Word Search

Identity Theft

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

ABAGNALE
BANKS
THEFT
PASSPORT
MALWARE
VICTIM
LIABILITY
PERPETRATOR
FRAUD
SCAM
ACCOUNT
CREDITOR
PASSWORDS
CREDIT CARD
IDENTITY
FORGED
LENDING LAW

Play this puzzle online at : <http://thewordsearch.com/puzzle/9787/>

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