



# SENIOR CENTER

## “WEEKLY”

9/21/2020



Dear Friends,

**Elections, Elections, Elections** dominate our news coverage these days. Here is some basic voting information for New Jersey and locally in East Windsor.

The last day to **Register to Vote in the November 3 General Election is Tuesday, October 13**. Registration can be done on-line at [www.njelections.org](http://www.njelections.org), or registration forms can be obtained online or from the municipal clerk's office. Questions can be directed to the municipal clerk's office at (609) 443-4000, ext. 240.

The General Election will be conducted primarily by **Vote By Mail Ballots**, in accordance with Governor Murphy's Executive Order No. 177. **Vote By Mail Ballots (VBM)** will automatically be sent out in late September, early October to all registered voters without the need for an application. Voters can return their completed VBM ballot, and return it by mail in the pre-paid postage envelope, or can place it in any drop-off box, up to 8 P.M. on Election Day, November 3. A drop-off box is installed in front of the East Windsor Municipal Court Building at 80 One Mile Road. Voters also can return their completed VBM ballot to their polling place on Election Day, during voting hours of 6 A.M. to 8 P.M.

Voters, alternatively, can choose to **Vote In-Person** on Election Day, which voting will be by provisional paper ballot. A voter with disabilities will vote on an ADA-accessible voting machine.

**Election Districts have been consolidated** in East Windsor into the following polling locations, and a notice will be mailed advising voters of their polling location:

**Districts 1 and 5:** Elks Lodge #1955, 110 Hickory Corner Road

**Districts 2, 3, 6, 10, and 11:** Ethel McKnight School, Gym, 58 Twin Rivers Drive

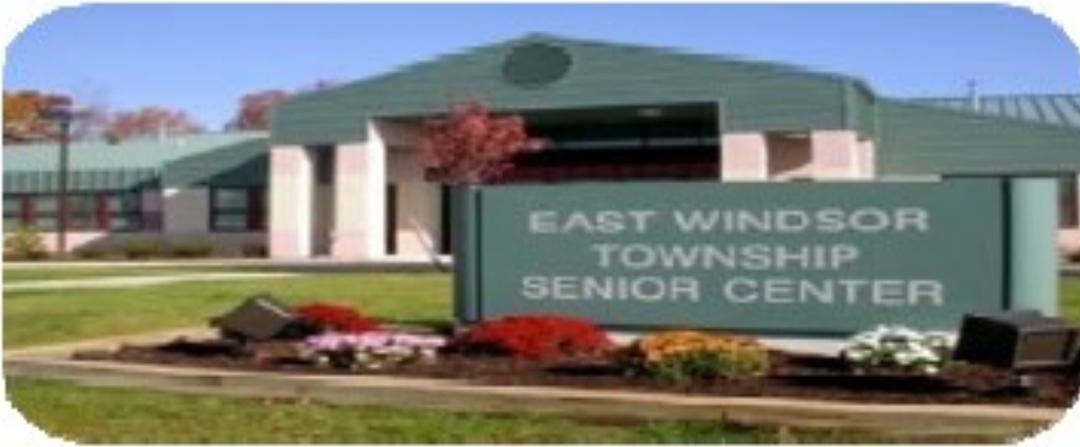
**Districts 4, 7, 13, and 14:** Melvin H. Kreps School, Gym, 5 Kent Lane

**Districts 8 and 9:** American Legion Post #148, Route 130 North

**Districts 12, 15, and 16:** Perry L. Drew School, Gym, 70 Twin Rivers Drive North

Any voting or election questions can be directed to the Municipal Clerk's office at (609) 443-4000, ext. 237. Above all, be sure to **Vote, it is your right and responsibility!**

*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*

# 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



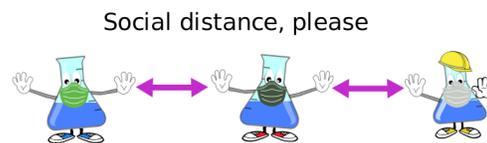
If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

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

## AVOID CLOSE CONTACT

Inside your home:

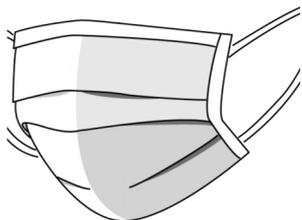
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.



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**

# 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

## **A Little More About Zoom....**

You may never have even heard of Zoom — or perhaps used the videoconferencing service only for work. But then COVID-19 changed everything.

Zoom is now a thing for pretty much everyone, including older adults who are “zooming” for family check-ins, book club meetings, happy hours, fitness classes, weddings and religious ceremonies.

“I need the socializing, since the pandemic is so depressing and isolating,” says Alyce Appleman Mariam, 60, whose husband, Tom, taught her to use Zoom. Since then, the Rye Brook, New York, teacher has used the service to connect with cousins, to participate in a Passover seder and to play mah-jongg with friends.

Los Angeles-based doctor Steven Goldberg, 71, a self-described “sober alcoholic,” says being able “to find a Zoom Alcoholics Anonymous meeting at any hour of the day has been the unforeseen gift of this pandemic.”

The pandemic has fueled a Zoom boom. Last December the videoconferencing platform reported 10 million “daily participants”; by April 2020 the number had climbed to 300 million.

# Virtual Happenings

## Virtual Current Events A Zoom Event

Monday, September 28  
1:00 pm - 2:00 pm



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

## Zooming with Kelly and Rebecca

Friday, September 25  
9:00 am - 9:30 am



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

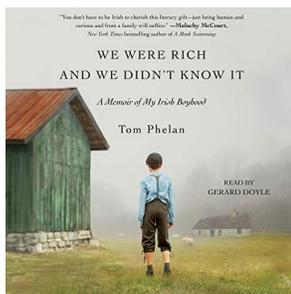
## Zoom Book Club

### 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**



## 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>



## What You Should Know About Senior Scams

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



# 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

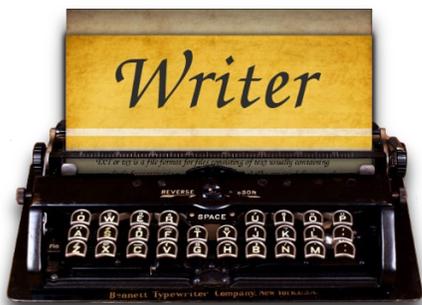
**DISCUSSION:**  
Tuesday, September 29  
10:30 am - 11:30 am

**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](mailto: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**

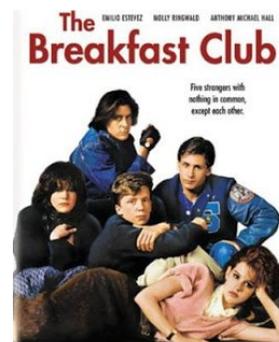
## The Breakfast Club

*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

**TIP:** While using YouTube, you may come across video ads before the actual video begins. You will see an icon in the right corner of the “video portion screen,” use your mouse to click on “skip ad.” This will take you directly to the video.



## The Routine Vaccines Older Adults Need

[https://www.youtube.com/watch?v=\\_qj836FG6HE](https://www.youtube.com/watch?v=_qj836FG6HE)

## Our Best Shot: The Importance of Vaccines for Older Adult

<https://www.youtube.com/watch?v=hodb65EkorM>



## ICU Doctor: Top 10 Things I learned Treating Coronavirus Patients



### Coronavirus Intensive Care

<https://www.youtube.com/watch?v=w-NZeaEKRng>

## How to Fast on Yom Kippur

Giving up food and drink is an important part of this Jewish holiday, the Day of Atonement, because it helps focus the mind on repentance. Stay strong mentally and physically with these tips.



<https://www.youtube.com/watch?v=IExNmf0U-nc>

# 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

## Recycling Event

Saturday, October 3  
10:00 am - 2:00 pm  
@ EWT Senior Center

EWT residents only

Free document Shredding  
Electronics (tv, computers, moni-  
tors, fax, cell phones, VCR, cable box,  
telephone)

For more information:  
call 609-443-4000, Ext. 215

[www.east-windsor.nj.us](http://www.east-windsor.nj.us)

## Sunday, September 27 Yom Kippur begins at sunset

The Day of Atonement is considered the most important and sacred of Jewish religious holidays. It falls on the 10th day of the Jewish lunar month of Tishrei.



The dates in the Jewish calendar known as the "10 days of repentance" begin with Rosh Hashanah (New Year's) and end with Yom Kippur.

On Yom Kippur, Jews atone for their sins from the past year. They ask for forgiveness from God and from other people.

It is a day of fasting, repentance and worship. In addition to refraining from eating and drinking, observant Jews do not bathe on the holiday, they do not wear leather shoes or gold jewelry and they do not engage in spousal intimacy.

The services during Yom Kippur are held continuously through the day and include readings from the Torah and the reciting of penitential prayers.

Yom Kippur services conclude with closing prayers and the blowing of the shofar, a ritual musical instrument carved from the horn of a ram.

# 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.



## Zoom Trivia October



## 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

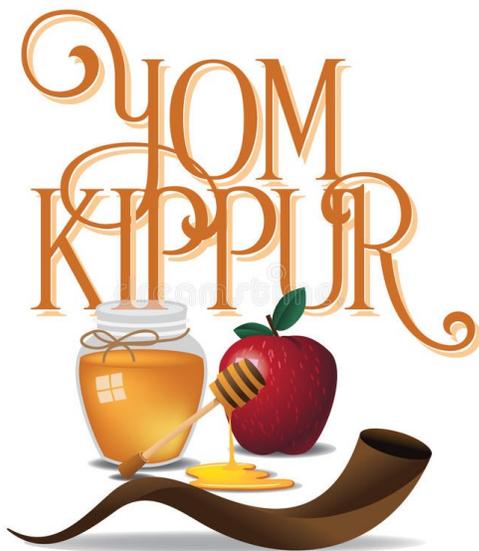
<https://modernwidowsclub.com/>



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

## 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](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

## Lemon Garlic Foil Packet Shrimp

### Ingredients:

- 1 pound raw shrimp peeled and de-veined
- 4 Tbsp butter or ghee
- 3 large cloves garlic minced
- 1 tsp lemon zest
- 1 Tbsp lemon juice
- 1 tsp dried parsley
- 1/4 tsp red pepper flakes
- 1 pinch sea salt to taste



### Instructions:

1. Preheat your grill to high heat.
2. Peel and de-vein your raw shrimp if they aren't already. Place the shrimp in the center of a long sheet of foil. Add the butter, garlic, lemon juice, sea salt, dried parsley, and red pepper flakes (if you're okay with some heat)
3. Fold the foil into a packet and place on the preheated grill. Replace the cover and grill 8 to 10 minutes. Flip the foil packet and continue grilling until shrimp are pink and cooked through, about 3 to 5 minutes.
4. Remove from heat and place on a baking sheet or cutting board. When cool enough to handle, open the foil packet and give everything a big stir. Serve shrimp with choice of side dishes or cocktail sauce.

## Lemon Cool Whip Cookies

### Ingredients:

- 1 Lemon Cake Mix – Any cake mix will do.
- 1 Container of Cool Whip (8 ounce)
- 1 Egg
- 1/2 – 1 Cup Powdered Sugar



### Instructions:

1. Preheat oven to 350F. Spray Cookie sheet with non-stick cooking spray.
2. In a large bowl, mix together cake mix, cool whip and egg. The mix will be VERY fluffy. Just keep mixing until well combined.
3. Use a small cookie scoop or two spoons to drop rounded cookie dough into powdered sugar. Roll dough ball until completely covered. Set cookies on cookie sheet, about 2 inches apart.
4. Bake at 350F for 8 minutes or until very lightly golden around the edges. Let cool on the cookie sheet for a couple of minutes before removing to wire racks to cool completely.
5. Store at room temperature in airtight container. These are best eaten within a day or two of baking.

# Word Search

## Yellowstone

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

WOLVES  
BALD EAGLES  
VACATION  
EXPLORING  
FAMILY FUN  
ADVENTURE  
MUD VOLCANO  
TOWER FALLS  
THERMOPHILES  
GRIZZLY BEARS  
CABIN  
ELK  
GEYSER  
BISON

Play this puzzle online at : <http://thewordsearch.com/puzzle/1977/>

# Word Search

## Autumn

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

GEESE  
HAY  
PUMPKIN  
PEAR  
SCARECROW  
MAZE  
RED  
CORN  
BROWN  
COLORS  
MAPLE TREE  
SWEATER  
APPLE  
HARVEST  
OCTOBER  
FALL  
RAKE  
ORANGE  
ORCHARD  
WHEAT

Play this puzzle online at : <http://thewordsearch.com/puzzle/817/>

# 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