



SENIOR CENTER

“WEEKLY”

9/7/2020



Dear Friends,



NEVER FORGET.
09.11.2001

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 **re-member** 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:

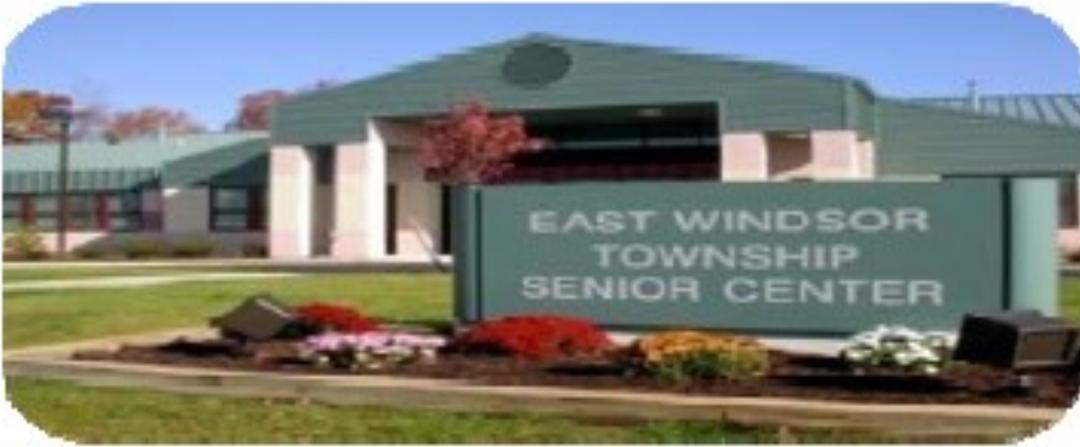
COLLEEN BARKOW LORRAINE BAY
DEBBIE BELLOWS ANIL BHARVANEY
NEIL LAI RUTH LAPIN JOSEPH PYCIOR

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

**Monday
September 7, 2020**



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, 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 11
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

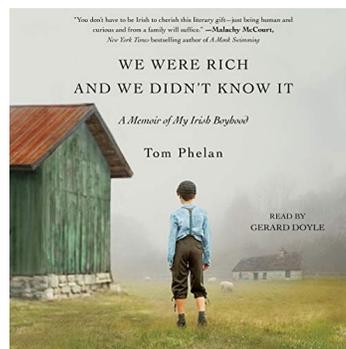
Wednesday, September 30
10:00 am - 11:00 am

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

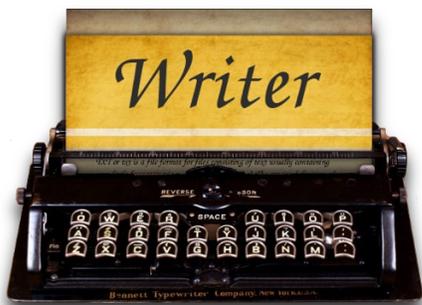
DISCUSSION:
Tuesday, September 29
10:30 am - 11:30 am

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

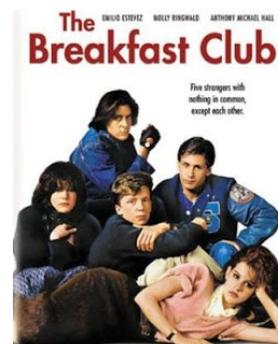
The Breakfast Club

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.



Important Documentaries YouTube

9/11 Survivor Stairs Story A Visit to the World Trade Center Memorial



A viewer visited the 9/11 Memorial last year and learned of the Survivor Stairs and their role in thousands of lives being saved on that tragic day. These stairs were saved and are now on display inside the memorial. While the events of that day are horrific, these stairs represent the happy fact that lives were saved because of them. We will never forget the lives lost at The World Trade Center on September 11, 2001

<https://www.youtube.com/watch?v=PoZ8jwZ018>

Ground Zero Responders Remember 9/11



Ground Zero responders relive their haunting experiences on the tenth anniversary of the 9/11 attacks for a "60 Minutes" segment about their road to recovery and the doctor who is preserving their oral histories. Scott Pelley reports

https://www.youtube.com/watch?v=8ZU_XFpNgho

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



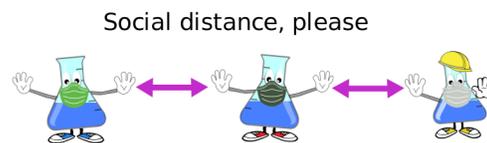
If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

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

AVOID CLOSE CONTACT

Inside your home:

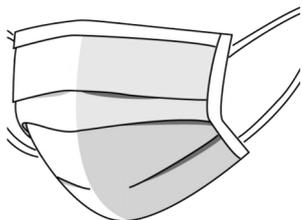
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.



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 7
Salami Day

September 8
Pardon Day

September 9
Teddy Bear Day

September 10
Swap Ideas Day

September 11
Make your Bed Day

Positive Word of the Week

“Euphoric”

a state of extreme happiness of joy

When you feel extremely happy about something you have achieved, this is an example of a time when you are euphoric.



**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

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

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

Simple Chicken Mayo with Parmesan and Bread Crumbs

Servings: 2

Ingredients:

- 2 boneless chicken breasts
- 2+1/2 tablespoons grated Parmesan cheese
- 2 tablespoons mayonnaise
- 2 tablespoons bread crumbs
- 1+1/2 teaspoons herbes de Provence



Instructions:

1. Preheat oven to 425 degrees F. Place chicken breasts in a baking pan.
2. Mix Parmesan cheese and mayonnaise in a bowl; spread evenly over chicken breasts. Coat with bread crumbs; sprinkle with herbes de Provence.
3. Bake in the preheated oven until chicken breasts are no longer pink in the center and the juices run clear, 20 to 25 minutes.

Lemon Rosemary Salmon

Servings: 2

Ingredients:

- 1 lemon, thinly sliced
- 4 sprigs fresh rosemary
- 2 eaches salmon fillets, bones and skin removed
- 1 teaspoon coarse salt
- 1 tablespoon olive oil



Instructions:

1. Preheat oven to 400 degrees F.
2. Arrange half the lemon slices in a single layer in a baking dish. Layer with 2 sprigs rosemary, and top with salmon fillets. Sprinkle salmon with salt, layer with remaining rosemary sprigs, and top with remaining lemon slices. Drizzle with olive oil.
3. Bake 20 minutes in the preheated oven, or until fish is easily flaked with a fork.

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

Name: _____

Date: _____

History 1950's Word Search

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

A-Bomb	Alan Freed	Alfred Hitchcock	Automobile
Baby Boom	Beatniks	Blacklist	Bus Boycott
Civil Rights	Communism	Consumerism	Disneyland
Eisenhower	Elvis Presley	GI Bill of Rights	Integrated Circuit
Khrushchev	Korea	McCarthy	Mickey Mantle
Nuclear Submarine	Polio Vaccine	Ray Kroc	Sexual Revolution
Sputnik	Suburb	Suez Canal	Television
Truman	Watson and Crick		

Word Search

Name: _____

Date: _____

1950's Fashion

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

letter jacket

pleaded

teddy boy

jocks

greaser

preppy

pencil skirt

suit
dress

circle skirt

trousers

swing
dress

Bobbed

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