

# WEST WINDSOR SENIOR CENTER

## November 2024 News & Updates

### Bone Density Screening

Wednesday  
November 13, 2024

10:00AM - 11:00AM

### Blood Pressure Screening

Wednesday  
November 20, 2024

11:00AM - 12:00PM

### Glucose Screening

Tuesday  
November 19, 2024

09:00AM - 11:00AM

### BOOK CLUB

### *"Songs of Willow Frost"*

Tuesday  
November 26, 2024  
2:00PM - 3:00PM

by Jamie Ford  
led by Sue

### West Windsor Health Department

## Mental Health & De-stressing

Friday November 22, 2024  
9:00AM - 11:00AM

Mental health covers our emotional, psychological, and social well-being. It is an important part of overall wellness, just like physical health. Join the West Windsor Health Department to learn more mental health concerns among seniors. Explore strategies to recognize distress, talk with your loved ones, and use coping methods to manage stress day-to-day.

## Discussing Dementia

Tuesday November 19, 2024  
10:00 AM

Join the West Windsor Health Department as they will discuss:

- The overview, early signs, and symptoms of dementia
- The factors which increase risk for dementia
- Diagnosis, most common types of dementia  
The 10 warning signs
- Available treatments
- Caring for a person with dementia
- Caring for yourself while caring for another
- Ways to improve brain health

## Holiday Pot Luck

Friday November 15, 2024  
1:00PM

October, November & December is the time of year where so many families & friends get together to celebrate the holidays. Let's celebrate a piece of that with our members at the West Windsor Senior Center. Please join us and bring a bit of your own cultures' food for a holiday celebration.

We will have a surprise performance from some of our Senior Center members. There will also be a food drive and all donations will be provided to Homefront.

Please contact the Senior Center at  
609-799-9068

**PRE-REGISTRATION REQUIRED TO ATTEND.**

### OPERA APPRECIATION

## Carmen

By: Georges Bizet & Oscar Hammerstein II

Friday November 8, 2024  
1:00PM

This month's opera appreciation class will feature a bit of compare and contrast. We've supplied attendees with a libretto for Georges Bizet's 1875 opera CARMEN which scandalized audiences when it premiered. In 1943, Oscar Hammerstein II fulfilled a long-time dream by adapting the music of Bizet to a new story and a libretto of his own creation, CARMEN JONES, resetting the action from Seville in Spain to the American South. It was extremely popular, running for 503 performances. After reading the libretto and seeing the 1954 film version, we'll discuss how the changes added to or detracted from the original.

**ALL ARE WELCOME!**