

SPRING 2024

# WEST WINDSOR TOWNSHIP SENIOR CENTER NEWSLETTER

Accredited by   
National Institute of  
Senior Centers



*Our Mission is ". . . . .to facilitate healthy & successful aging in West Windsor Township"*

**OLDER  
AMERICANS  
MONTH**



POWERED BY CONNECTION: MAY 2024

**Division of  
Senior &  
Social Services**

Adalin Ball, MSW  
Manager

Justine Farletta  
Administrative Assistant

Shirley James  
Secretary

Philip Fazio  
Bus Driver

## Location & Hours of Operation

**The West Windsor Senior Center  
Municipal Center  
271 Clarksville Road  
P.O. Box 38  
Princeton Junction, NJ 08550  
(609) 799-9068**

**Website: [www.westwindsornj.org](http://www.westwindsornj.org)  
OFFICE HOURS: 8:00 AM - 4:00 PM  
MONDAY - FRIDAY**

**The Senior Center will be CLOSED on  
Friday March 29 & Monday May 27  
INCLUDING ZOOM CLASSES**

**SENIOR CENTER CLOSED ON  
Tuesday June 4, 2024 Primary Elections**

# Medicare Savings Programs

*Do I qualify for any Medicare savings programs?*

## NJSAVE

Mercer County SHIP  
Children's Home Society  
of New Jersey  
635 South Clinton Avenue  
Trenton, NJ 08611  
609-695-6274, Ext. 215



Scan Barcode  
With Your  
Smartphone!

## Become a Member

Have you or a friend been interested in joining the Senior Center?

Identification Cards will be issued for regular participants at the office Monday - Friday 9:00AM - 3:00PM

You must be 55+ years of age. Identification is required with full name and proof of West Windsor residency (i.e. utility bill, car registration)

Contact 609-799-9068 for more information

Do you have any problems or questions about your Medicare health insurance?

Free help is provided by a certified SHIP counselor every second Wednesday of the Month at the West Windsor Senior Center.

Contact the Senior Center to schedule your appointment 609-799-9068

"This product is supported by grant 90SAPG0098 from the U.S. Administration for Community Living."

## West Windsor Senior Center Adult Medical Equipment

*"One cannot plan for the unexpected"*  
- Aaron Klug

The West Windsor Senior Center is here to help improve, provide and loan used/new medical equipment to residents in need, at no cost to them

### Medical Equipment Available:

- \*Walker
- \*Cane
- \*Bed Rail
- \*Reacher
- \*Rollator
- \*Crutches
- \*Commode
- \*Raised Toilet Seat
- \*Wheelchair
- \*Knee Scooter
- \*Shower Chair

Donations are accepted pending storage availability.

Contact the Senior Center for further inquiry of medical equipment availability, returns and pick-up. Equipment is limited.



## AARP Foundation Safe Driving Course

**Wednesday May 15, 2024  
9:00AM - 3:00PM**

This class is a refresher course for drivers. You will learn the rules of the road, as well as defensive driving techniques. You may also qualify for a discount on your auto insurance.

**Class Fees Apply:**  
AARP Member - \$20.00  
Non-Member - \$25.00  
Cash or Check.

**Pre-Registration is required.  
Sr. Cafe is closed. Bring your lunch!**



## Senior Medicare Patrol

**DON'T BE A VICTIM**

**You're premium is up \$15.00 this year  
alone!**

**Learn how to protect yourself against  
Medicare *fraud, waste and abuse.***

**Have your Medicare questions  
answered.**

**Where: West Windsor Senior Center**

**When: Monday June 17, 2024**

**Time: 1:00PM**

**Guest Speaker: Joel Schneider**

**SMP Outreach Specialist**

Senior Medicare Patrol | SMP | Medicare Fraud  
Protection ([smpresource.org](http://smpresource.org))

## Mercer County Surrogates Office

**Friday May 17, 2024  
1:00PM**

**Come and join Surrogate Diane Gerofsky who will provide an overview of Mercer County's Surrogate's Office. Let's become more knowledgeable about Probates, Administration/ Affidavits, Wills, Living Wills, Power of Attorney & Funeral Directives. We can never know too much!**

## AARP Foundation Tax-Aide Program

**Open for low & moderate  
income adults.**

**Every Tuesday from now until  
April 9 AARP tax services will  
provide FREE tax preparation help  
for federal and NJ Income Tax  
Returns.**

**Please follow the link for further  
information:**

**[AARP-Tax-Press-Release.pdf](#)  
([westwindsornj.org](http://westwindsornj.org))**

**Limited remaining space available.  
Please contact the Senior Center at  
609-799-9068 to schedule an appointment.**

## AARP FOUNDATION SMART DRIVERTEK COURSE

**Tuesday June 25, 2024  
11:00AM - 12:30PM**

Attend our free, 90-minute Smart DriverTEK workshop and learn how to utilize the latest high-tech safety features in your current car; Also, what technology to look for when shopping for a new car; and the safety benefits of blind spot warning systems, forward collision warnings, lane departure warnings, smart headlights, and more!

**Please call the Senior Center to register  
(609) 799 -9068.**

## H.O.P.E

H.O.P.E. is a non-profit, state and federally registered 501(c)(3) organization. H.O.P.E. provides grief support to men and women of all ages who have lost their spouse, partner, or significant other. H.O.P.E. is staffed by volunteers who themselves have been widowed and have gone through the H.O.P.E. program and want to share their time and experience with others.

We provide a warm, comfortable, and safe environment in which to recover and heal after your loss. We teach strategies to ease the pain, methods to instill self-confidence, decision making and goal setting, and to help you build a new life. A modest registration fee covers expenses for provided materials.

The West Windsor Senior Center will be hosting a Spring Session (10 weeks), available dates are:

**Every Monday @ 1:00PM**  
**April: 1, 8, 15, 22, 29**  
**May: 6, 13, 20**  
**June: 3, 10**

**Please follow link for further information  
<https://hopesnj.org/about-h-o-p-e/the-organization/>**

## SPRING ENTERTAINMENT

### ***"From Ragtime to Rock & Roll"***

**Karl Dentino**



**Friday April 19, 2024  
1:00PM**

Karl Dentino performs memorable American songs from the 20th Century, spanning several musical genres and decades. He weaves his syncopated fingerstyle guitar, clear vocals and rhythmic harmonica to delight audiences of all ages. His performances include historical anecdotes about the composers, performers and cultural setting in which our great American music flourished.

## **B I N G O**

**Wednesday June 12, 2024  
10:00AM - 11:00AM**

**Come on out and join the  
fun with the Health  
Department! Test your  
health knowledge and lingo  
with a game of Bingo. Pre-  
registration encouraged,  
but drop-ins welcome.**



## **SCREENINGS**

### **Glucose Screening**

Tuesday April 16, 2024  
9:00AM - 11:00AM

### **Bone Density Screening**

Wednesday April 17, 2024  
10:00AM - 12:00PM

### **Blood Pressure Screening**

Tuesday April 9, 2024  
10:00AM - 12:00PM

Tuesday May 14, 2024  
10:00AM - 12:00PM

Tuesday June 18, 2024  
10:00AM - 12:00PM

### **Hearing Screening**

Wednesday May 29, 2024  
9:00AM - 12:00PM

### **Memory Screening**

Wednesday June 19, 2024  
10:00AM - 1:00PM

### **Vision Screening**

Wednesday June 26, 2024  
9:00AM - 12:00PM



## **Talking About Books**

Tuesday April 30, 2024

2:00PM - 3:00PM

### **A Tree Grows in Brooklyn**

by Betty Smith  
led by MaryAnn

Tuesday TBD

2:00PM - 3:00PM

### **The Island of Sea Women**

by Lisa See  
led by Lois

Tuesday June 25, 2024

2:00PM - 3:00PM

### **The Thread Collectors**

by Alyson Richman & Shaunna Edwards  
led by Barbara

## **Health Program**

### **"Warning Signs of Stroke Heart Attack & Diabetic Shock"**

Friday April 5, 2024

1:00PM

Activity Room

Stroke, Heart Attack, and Diabetes are 3 of the leading causes of death in the United States. Join Pamela Rinaldi, Director of Trinity Rehab in East Windsor, for a presentation about the warning signs of these common conditions, how to prevent these tragic events from occurring, what to do if you notice symptoms, and treatment interventions to ensure that you live a long, healthy life!

## **West Windsor**

## **Health Department**

The West Windsor Health Department will be hosting pop-up tables at the West Windsor Senior Center

### **Radon**

Friday April 12, 2024

Colorless! Odorless! Dangerous! That's radon! Join the West Windsor Township Health Department to learn about radon, the leading cause of lung cancer among non-smokers.

### **Nutrition + Food Safety**

Friday May 17, 2024

This summer, make food safety the head of the table by incorporating safe food practices. The West Windsor Township Health Department encourages you to stop by and learn about nutrition and food safety.

## Music/ Opera Appreciation

### **Chita Rivera**

**April 12, 2024  
2:00PM**

THE ULTIMATE GYPSY - Broadway audiences knew and loved Rivera, and she had an incredible career that has spanned six decades from her first job as a replacement dancer in CAN-CAN under her real name, Conchita del Rivero. She was nominated for ten Tonys and won two as well as a Lifetime Achievement Tony for her extraordinarily diverse work. We'll look at the "hits" as well as one or two of the misses in the illustrious career of this woman who was one of the last performers from the "Golden Era" of the Broadway musical.

### **OPERA**

**May 10, 2024  
1:00PM**

(Description to be announced in  
May News & Updates)

### **Vernon Duke**

**June 14, 2024  
2:00PM**

Vernon Duke is another success story of an émigré who changed the face of popular music in the United States. This lecture is about another composer whose name has been forgotten but whose songs are still loved and performed. He wrote many favorites for stage and screen with songs like: "April in Paris," "Autumn in New York," "Taking a Chance on Love" and many, many others.



Township of West Windsor Public Works  
70 Southfield Road, West Windsor

**"Spring Clean Up Day"**  
Saturday, May 4, 2024 8AM - 2PM

Open to the West Windsor Residents - Proof of Residency Required

*Please remain in vehicles at all times.*  
**DO NOT ATTEND IF YOU ARE ILL OR HAVE RECENTLY BEEN EXPOSED TO SOMEONE ILL.**  
These rules will help keep our staff healthy so we can continue to serve the community!

Please follow the link below of what to bring and what not to bring and more... on Spring Clean Up Day:

<https://www.westwindsornj.org/images/notices/2024/Spring-Fall-Cleanup-Days-2024.pdf>

Thank You for keeping West Windsor clean!!

## **Township of West Windsor Public Works**

**20 Southfield Road, West Windsor**

**"Paper Shred Event"**  
**June 15, 2024 8AM - 12PM**

Note: May end prior to 12PM if shred trucks reach capacity

**Open to Residents ONLY - Proof of Residency Required**

Limit Papers to confidential/ sensitive materials only  
Protect against identity theft - shred materials with your Social Security numbers, account numbers, confidential passwords, medical information, financial records and other confidential/ sensitive personal documents.

**ALSO, ON SITE AT THE SHREDDING EVENT WILL BE A FOOD & CLOTHING DRIVE**

**FOLLOW LINK BELOW FOR MORE INFORMATION:**  
<https://www.westwindsornj.org/images/notices/2024/Paper-Shredding-Events-2024.pdf>



## **Exercise Descriptions**

### **"Cardio and Toning"**

For a total body toning class using light free weights, bands and tubing to challenge the body from head to toe. No experience needed. Please bring a mat to class for floor work. Weight training is vital for strengthening bone density and strength.

### **"Chair, Stretch & Tone"**

The chair class is for everyone who wants aerobic exercise with the safety of the chair. Participants will learn stretching techniques, use hand weights for strength, resistance bands for flexibility while enjoying upbeat lively motivating music. The chair will be used to practice balance exercises.

### **"Form and Function"**

Strength training and conditioning to improve functional movement and quality of life. Each class begins with movement prep and balance practices to prepare for the workout. Combining various modalities of strength training using dumb bells, bodyweight, and resistance bands, along with pilates, barre, HIIT and tabatas techniques interspersed with cardio keeps the class engaging and energized. Class concludes with a cool down and stretch. During the class variations are offered so the class can be tailored to each individual's abilities and fitness levels.

### **"International Ballroom"**

International Ballroom Dancing is an instruction program in all forms of ballroom dancing which is provided in a social and collegial setting. This class focuses not only on increased balance but most importantly embraces gracefulness while learning the steps of major ballroom dances.

### **"Strength Training"**

A smorgasbord workout that combines cardio, strength, flexibility, core and balance. Participants are offered modifications so everyone can succeed. A pilates mat is suggested but not required. Core and breathing exercises can be performed in a chair if needed.

### **"Tai Chi"**

It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Tai chi is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.

### **"Yoga"**

Stress relief, better breathing, increased strength and flexibility, better posture and a peaceful mind are just a few of the many reasons to do Yoga! Once centered participants build strength and flexibility with the combination of a slow flow and hatha techniques. We will practice postures standing and on the floor. The instructor will adapt postures so everyone can successfully practice regardless of their ability. We will end the session with deep relaxation. Wear comfortable clothing, eat lightly, bring a mat and a blanket (or bath towel) for support.

### **"Zumba"**

Zumba provides choreographed dance steps that focus on lots of different muscle groups at once for total body toning. It is a fun, exuberating exercise dance to a mix of Latin and International music that creates an exciting and effective fitness program.

## Class/Activity Descriptions

### "Art of Oil Painting"

This class will accommodate both beginner and experienced painters. The instructor will introduce students to oil painting as a medium used to produce a painting. Students will learn brush techniques to create a variety of different affects. You will learn elements such as line, shape, texture & color with the company of the instructor and participants.

### "Art of Watercolor"

Mixing colors can make mud (oh, no!) or it can make luminous color (oh, yes!). Learn the basics of watercolor as well as advanced techniques with watercolorist Margaret Simpson. Come join in the comradery and laughs while we practice visual thinking. Let's get it all down on paper: color mixing and color theory; gorgeous skies; portraits; fresh florals; still life composition; and building on transparent layers. Beginners to advanced are welcome!

### "Billiards"

Various games played on a billiard table in which cues are used to strike balls against each other or into pockets around the edge of the table.

### "SHIP (State Health Insurance Program)"

Need help with Medicare? A trained and certified SHIP volunteer can assist you with any Medicare needs. Need non-biased assistance with Medicare Part A, B, C or D, Medicare Advantage, Medicare Supplemental plans, etc. A SHIP counselor is available for you!

### "Spanish 1"

This Spanish class focuses on Spanish conversation, pronunciation, basic grammar, reading and encourages student participation. This class is ideal for students wishing to start a new language and students re-starting their Spanish practice. This class is held in-person and is available virtually if needed.

### "Spanish 2"

This class is focused on conversational Spanish. We cover all aspects of grammar and vocabulary to reinforce the conversation practice. We read short stories with a focus on comprehension. This class is ideal for students who already have a working knowledge of the language and want to enhance their skills and practice. This class is held in-person and is available virtually if needed.

### "The Chinese Hour"

The class is servicing the Chinese seniors who came to US with very little or no skill of English language. The class is for beginner and intermediate levels. The instructor will choose the materials from the magazines and go over them in class. Participants will learn from pronunciations, to basic grammar that they will be able to utilize in their day to day life.

### "Tech-Mate Program"

Do you want to stay connected and learn more about technology? Learn how to download files, get apps on your phone, connect with your family via social media, and more. This program engages seniors with a community member who can help coach, guide and encourage you about the use of technology.

### CLASS SUBSIDY 2024

<b>CLASS</b>	<b>AMOUNT</b>	<b>DUE DATE</b>
<b>ART OF OIL PAINTING</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>ART OF WATERCOLOR</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>INTERNATIONAL BALLROOM</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>SPANISH (Beginners/ Intermediate)</b>	<b>\$30</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>ZUMBA</b>	<b>\$25</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>

**FEES ARE NOT PRORATED. FEES DOUBLE FOR NON-RESIDENTS (SPACE AVAILABILITY)**



## West Windsor E-Bulletin

Register for West Windsor Township notifications and website updates. Receive an email notification whenever the township's website is updated or new information is added. In addition, important resident notifications will also be distributed to registrants.

For further details and sign-up go to:  
[Register for town emails](https://www.westwindsornj.org)  
[\(.westwindsornj.org\)](https://www.westwindsornj.org)

## Social Service Resources

Adult Protective Services	609-599-1246
Catholic Charities	609-443-4000
Interfaith Caregivers of Greater Mercer County	609-393-9922
Jewish family & Children Services	609-987-8100
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	609-695-6249
Mercer County Office on Aging & Disability Resource Connection	609-989-6661
Mercer County Surrogate	609-989-6336
Mercer County Veteran Services	609-989-6120
NJ Division of Deaf & Hard of Hearing	800-792-8339
NJ Advocates for Aging Well	609-421-0206
NJ HOPE Line	855-654-6735
NJ Social Security Office	800-772-1213
PAAD, Lifeline & Senior Gold Hotline	800-792-9745
Ride Provide	609-452-5144
Senior Dental Association	732-821-9400
TRADE Transportation	609-530-1971
Visiting Angels of Greater Mercer County	609-883-8188
West Windsor Police Department	609-799-1222
West Windsor Township	609-799-2400

# What is Nixle?

Emergency preparedness starts with you



## STAY INFORMED

Sign up for **ALERTS**

Nixle keeps you informed in case of an emergency in your area. You can get alerts by text, voice, and/or e-mail.



Sign up for alerts by visiting  
[www.westwindsornj.org/police/](http://www.westwindsornj.org/police/)

To learn more about preparing for emergencies, visit **ready.gov**



**Public Health**  
 Prevent. Promote. Protect.





**THE TOWNSHIP OF WEST WINDSOR**

**Location**  
**SENIOR CENTER**  
**271 CLARKSVILLE ROAD**  
**WEST WINDSOR, NJ 08550**

**Date:** **MONDAY APRIL 1, 2024 & TUESDAY APRIL 2, 2024**  
**10:00AM - 2:00PM**

**Schedule Appt.:** **REGISTRATION LINK: <https://telegov.njportal.com/njmvcmobileunit>**

\* Please note: Cancellations may occur due to weather conditions or at the discretion of the MVC over unforeseen circumstances.

**OUR "AGENCY-ON-WHEELS" OFFERS ...**

**Driver Licenses**

The Mobile Units provide the opportunity for drivers to renew their license, obtain a duplicate license, change their name or address on their license, add a boat endorsement, add a veteran designation, register to vote and/or make organ donation selections.

**Non-Driver Identification Cards**

The Mobile Units can provide residents with photo identification that may then serve as a primary or secondary form of personal ID.

**REAL ID**

Mobile units can provide **REAL ID** to a limited number of customers. Customers that have scheduled appointments for **REAL IDs** must arrive no later than 11:30am, the day of appointment.

**Registrations**

Drivers may renew their registration or obtain a duplicate registration card for their vehicle in the Mobile Units.

**License Plates**

The Mobile Units allow drivers the option to surrender license plates.

**Placards**

Drivers may obtain a Persons with a Disability, Purple Heart, or Disabled Veteran placard from the Mobile Units.

**Exam Permits**

Customers can apply for an examination permit to take the test. However, this test is not available in the Mobile Units.

**PLEASE VISIT [NJMVC.GOV](https://NJMVC.GOV) FOR TEST LOCATIONS.**



**WHEELCHAIR ACCESSIBLE**

NJMVC Mobile Units are wheelchair accessible and easy for all to use.

