

West Windsor Senior Center
P.O. Box 38
Princeton Jct., NJ 08550

Deliver By: December 23, 2016


Accredited by
National Institute of
Senior Centers

January 2017

1/2 *Happy New Year (Center Closed)*
1/6 & 1/20 B/P Screening
1/16 *Senior Center Closed*
1/18 Vision Screening
1/20 Opera
1/26 Trip

February 2017

2/3 & 2/17 B/P Screening
2/10 AARP Safe Driving
2/7-2/28 AARP Tax Service
2/17 Music Apprec.
2/20 *Senior Center Closed*

West Windsor Senior Center

January & February 2017

Happy New Year!!!! Each year I search of a word that will inspire me. This year I have chosen the word *mindfulness*. Mindfulness is the psychological process of bringing one's attention to the internal and external experiences occurring in the present moment. Why is this important? There are so many distractions in our daily lives so being mindful in one's present state will take a lot of work. Research studies have shown that the practice of mindfulness is correlated with greater well-being and better health. Mindfulness provides us with the opportunity to develop the skill of paying attention to the moment of experience. Why not take time this year to improve your awareness of living in the present? This can be accomplished by including physical and mental movements (deep breathing, meditation and gentle movements) into your daily routine. I encourage you to join me in this enlightening balance of inner peace.

As winter months are upon us be sure to sign up for Nixel alerts. This is an excellent communication system designed to communicate weather conditions, road closures, scams alerts, etc. To register, log on to the West Windsor Township Police Department and follow the instructions..

The next few months will surely bring inclement weather to our area. The Senior Center follows the lead of the West Windsor-Plainsboro School District. If the schools are closed or have a delayed opening due to weather conditions, all programs and activities will be cancelled. However, the building itself will remain open unless there is a state of emergency declared.

Be sure to read the newsletter carefully and thoroughly. There are a number of exciting programs, activities and trips scheduled as the new year begins. The Friends of West Windsor Senior Citizens will be holding an annual membership meeting on January 30 at 10am. Details can be found inside the newsletter.

Did you enjoy coloring as a child? Coloring is not just for kids!!!! It is a calm, tranquil activity in which you will create your own colorful expression. Coloring is a delightful, peaceful way to reduce stress, anxiety and improve mindfulness.

Welcome to a new year, 2017. Remember, be present and mindful in your daily life. You are special!

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Location & Hours of Operation:

The West Windsor Senior Center

Municipal Center

271 Clarksville Road

PO Box 38

Princeton Junction, NJ 08550

(609)799-9068

Website: www.westwindsornj.org

Office Hours: 8 AM—4 PM

Monday—Friday

Staff

Donna Fucetola, Director

Debbie Denaro, Admin. Asst.

Nibha Nayyar, Secretary

Margie D'Agostino, Senior Café

Brian McKeon, Bus Driver

Mission Statement:

“to facilitate healthful & successful aging in West Windsor Township”

Senior Center Closed

January 2 & January 16

February 20

*Winter is on my head,
But eternal spring is in my heart.*

~Victor Hugo

Day Trips

Eastern State Penitentiary & Philadelphia Art Museum

Coach bus will leave the Center at 9:15am Thursday, March 9 Cost: \$45 pp

We will start our day with a guided tour of the Eastern State Penitentiary, which was once the most famous & expensive prison in the world. It is now a haunting world of crumbling cellblocks and empty guard towers. Its vaulted sky lit cells once held many of Americas notorious criminals including bank robber Slick Willie Sutton and Al Capone.

After our tour we will proceed to the Philadelphia Art Museum, and enjoy the beauty, versatility, and strength of the American Watercolor exhibit. More than 150 masterworks from public and private collections will tell the innovative story of the watercolor movement in the US during the lifetime of two of the most influential watercolorists, Winslow Homer and John Singer Sargent.

Lunch will be on your own at the museum

No phone reservations Trip sign up: Wednesday, January 11 11am

Philadelphia Orchestra– Kimmel Center Friday, April 7

Yannick and Trifonov Reunited Cost: \$130

(lunch included in price) Coach Bus will leave the Center at 11:00am

Our day will begin with lunch at Estia, A Greek Mediterranean Restaurant.

Estia prides itself on maintaining all of the same culinary traditions, and more importantly flavors unique to Greece and the Mediterranean. After lunch we will head to the Kimmel Center.

Yannick welcomes back the prodigious pianist Daniel Trifonov-who recorded the Grammy nominated Rachmaninoff Variations with the Philadelphians-for Mozart’s joyous and demanding “Jenamy” Concerto. And American composer Mason Bates electrifies the audience with his fascinating and futuristic Alternative Energy. **No phone reservations Trip sign up: Wed., Jan. 11 11am**

WW Senior Center Trip Policy

All checks are to be made payable to West Windsor Senior Center. Payment can be made in check or cash. A separate check for each trip is required. *If space allows for non-residents to attend trip, there will be an additional \$10 transportation fee assessed.*

Payment due upon sign up. Participants may sign up a maximum of two people. Self and one other person per trip. Numbers will be distributed to participants wishing to sign up for the trip **one hour prior to the scheduled sign up time of that trip.**

Without a medical note, no refund will be given on cancellations one to five business days before the scheduled trip.

(Cancellations made prior to the one to five business days will only be refunded if the spot can be filled from the waiting list.)

SENIOR TRANSPORTATION



Fee: \$1.00 one way or \$2.00 round-trip; **EXACT CHANGE**

This service is offered four days a week from 8:00 AM—3:30 PM. Offering transportation will provide an opportunity to attend class (es) of your choice as well as enjoying other activities and programs offered at the Center. The driver’s tentative schedule is as follows :

Pick up Time and Space Availability is Limited

Senior Center Closed Monday January 2

Tuesday, Jan. 3; Wednesday, Jan. 4; Thursday Jan. 5 (**Shop Rite**); Friday, Jan. 6
Monday, Jan. 9 (**Shop Rite**); Tuesday, Jan. 10; Wednesday Jan. 11 ; Friday, Jan. 13

Senior Center Closed Monday January 16

Tuesday, Jan. 17; Wednesday Jan. 18 ; Thursday, Jan. 19 (**Shop Rite**);Friday, Jan. 20
Monday, Jan. 23 (**Shop Rite**);Tuesday, Jan. 24; Wednesday, Jan. 25; Friday, Jan.27
Monday, Jan.30 (**Wegmans**); Tuesday, Jan. 31; Wednesday, Feb.1; Friday, Feb. 3
Monday, Feb. 6 (**Shop Rite**) ; Tuesday, Feb. 7; Wednesday, Feb. 8; Friday, Feb. 10
Monday, Feb.13 (**Shop Rite**); Tuesday, Feb. 14; Wednesday, Feb. 15 ; Friday, Feb.17

Senior Center Closed Monday February 20

Tuesday, Feb. 21; Wednesday, Feb.22; Thursday, Feb. 23(**Shop Rite**); Friday, Feb.24
Monday, Feb.27 (**Wegmans**) ;Tuesday Feb.28

*Transportation requests are to be **submitted in writing** on a monthly basis. Forms are available at the Senior Center during regular business hours (8am—4 pm). Schedules are to be completed one week prior to the beginning of each month.*

If you are unable to keep your scheduled ride, please be courteous and call the Center (799-9068) to cancel your ride. ** If you do not cancel the ride, you will be responsible for the transportation fee. **

Transportation to the Quaker Bridge Mall will also be an option on the shopping dates listed above. The bus pick up will now begin at 11AM. Those returning from Mercer Mall will be picked up in front of Shop Rite at **2PM** for your return trip. Those returning from Quaker bridge Mall will be picked up in front of the main entrance (near food court) at **2 PM**. Those returning from Wegmans will be picked up in front of Wegmans at **2PM**. **Please be on time & only purchase items you can carry yourself. No hands on assistance from the driver will be available.**

These times may vary depending on the route and number of people who request a ride.

In an effort to provide a timely service, please be prepared 15 minutes ahead of time. Be ready to greet the driver when he arrives. **If you are not on time, the bus will depart and you will be responsible for the transportation fee.** Thank you

HEALTH SCREENINGS & PROGRAMS

Blood Pressure-Friday, January 6 & 20 February 3 & 17; 12:00-1:00 A nurse from RWJ will measure your blood pressure and share the results and provide information. Registration not required, walk-ins welcome.

Vision Screening- Wednesday, January 18; 10:00-11:00-A representative from Matossian Eye Associates will perform a basic eye exam. Call the Center to register, 799-9068.

Carotid Screening -Monday, January 23; 10:00-12:00- A nurse will listen to your carotid arteries with a Doppler stethoscope, share the results and provide information. Call the Center to register, 799-9068.

Hip and Knee Screening- Thursday, February 2; 10:30-11:30-A representative from Capital Health will be here to provide this screening. Call the Center to register, 799-9068.

Smile! Mercer County Seniors-Tuesday, February 7; 10:00-11:30-Representatives from the Mercer County Sheriff's Office will be available to take a computerize picture, and provide a photo ID Card *Space limited*. Call to register, 799-9068.

Glucose & Blood Pressure Screening- Monday, February 13; 10:00-12:00- With a simple finger stick you will get an immediate glucose reading. A nurse will share the results and provide education about pre-diabetes and diabetes. Call the center to register, 799-9068.

Body Fat Analysis-Monday, February 27; 10:00-12:00- If you are just beginning to exercise or if exercise has been part of your daily routine, this is a good way to measure your progress with our Futrex analyzer. Call the Center to register, 799-9068

"Stretching for the Health of It" with Lisa—\$10 pp

Monday afternoons: January 9, 23, 30 & February 6, 13, 27 3:00PM

Stretching every day for half an hour will not only warm up your muscles and uplift your mood, it will also help to condition your body for a safe and effective way to exercise. Stretches can be done in the chair or on a mat.

Breathe and Stretch your way to a Healthy lifestyle!

Call the Center to register, 799-9068.

Balance Exercise Class- Senior Center Activity Room 2:00pm-2:45pm

Thursday afternoons Cost: \$15 (six classes)

Bad Balance can throw off your game, while good balance can improve your body's performance and fitness level. Anna D'Anna from MIM Multisport has been in the fitness industry for 20 years. She is a personal trainer as well as a fitness coach.

Call the Center to register, 799-9068.

Trip to Princeton University Art Museum

Thursday, January 26, 2017 Senior Bus will leave the Center at 9:30 am Cost: \$6pp

A docent will lead our group as we explore the *Epic Tales from India*. Paintings from the San Diego Museum of Art. The 90 paintings in the exhibition will represent the most significant gathering of South Asian art ever shown at Princeton. *Lunch will be on your own at one of the many restaurants in Princeton.* **No phone reservations. Trip sign up on Jan 11, 10am**



Celebrate the Chinese New Year

"Year of the Rooster"



Friday, January 27 9am-11am

West Windsor Senior Center Lobby Coffee Station - Enjoy a variety of desserts!

BINGO—1 PM

FRIDAY, JANUARY 6 & 13 - FEBRUARY 3 & 24

Senior Center Double Classroom

FOWWSC- Friends Annual Membership Meeting—1/30/17 10 am

The annual meeting for the Friends of West Windsor Senior Citizens will be held 10am Monday, January 30th, at the Senior Center. On the agenda will be election & reelection of officers, a financial report and other business to be discussed.

All current members are welcome!

PIZZA

Friday, February 24 12:30PM Cost: \$5



One slice of Pizza, beverage and dessert. Call to sign up, 799-9068.

Programs

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THE CROWN (New Netflix Series)

Tuesday afternoons 1-3 Senior Center Library (Season One)

This historical drama centers on Queen Elizabeth II and the daunting challenges she faces after ascending to the throne at the age of 25. The series follows the political rivalries and romance of Queen Elizabeth II's reign and the events that shaped the second half of the 20th century.

January 3– Wolferton Splash & Hyde Park Corner

January 10– Windsor & Act of God

January 17– Smoke & Mirrors & Gelignite

January 24– Scientia Potentia Est. & Pride & Joy

January 31– Assassins & Gloriana

Colorful Creations Thursdays 1/19 & 2/16 12:30 PM

Coloring is not just a childhood favorite pastime!! The new trend is coloring books for adults. Coloring is a therapeutic exercise that can reduce anxiety, create focus, foster self-awareness and bring about mindfulness. Research has shown that coloring, just like meditation, allows one to switch off the brain from other thoughts and focus on the moment. Create your own color shadings and colorful expression. If you are interested in this exercise join us on Thursday afternoons January 19 and February 16 from 12:30-2:00 and enjoy a peaceful, colorful afternoon.

Supplies will be provided.

Call to register, 799-9068

AARP TAX SERVICE - Tuesday Mornings

February 7 thru April 18 (9am-1pm)



Representatives from AARP will be here at the Senior Center to offer this service. Bring 2016 papers & last year's tax return (state & federal). Call the Center to schedule an appointment, 799-9068. *Due to AARP program changes AARP will not be able to access your 2015 tax returns.

Delay the Disease

Fridays- 12:30

A fitness program designed to empower people with Parkinson's Disease and Arthritis by optimizing their physical function and helping to delay the progression of symptoms.

Call to register, 799-9068

THRIVE : To Help Restore & Increase Vitality through Exercise

Mondays - 1:00PM

A 12 week personal training program designed for people who have become chronically fatigued from battling cancer. Call to register, 799-9068

Emotional Freedom Technique (EFT) for Stress and Vibrant Health

Tuesday, January 10 10:30 -11:15 (Senior Center activity room) No Cost

Many of you know Leslie Hadley as the Yoga and Strength Training Teacher. Leslie is also trained in EFT and blends EFT into her business and health coaching practice. She would love to share her road to vibrant health with you.

EFT tapping is a combination of Ancient Chinese Acupressure by tapping on acupressure points and Modern Psychology to improve your health, relieve stress and increase your level of happiness. Tapping utilizes the body's energy meridian points by stimulating them with your fingertips-literally tapping into your body's own energy and healing power.

Your body is more powerful than you can imagine and EFT will assist the body healing, relieving stress while feeling more relaxed and calm. Call the Center to sign-up, 799-9068.

Meditation Class with Leslie Tuesday, February 14, 10:30am Senior Center

Activity Room Cost: \$3

Emotional stress is one of the most significant causes of all chronic health problems. People who meditate regularly have been shown to feel less anxiety and depression.

Some other benefits of meditation are: reduces stress, helps reduce blood pressure, improves concentration and focus, increases blood flow, reduces the heart rate, supports the immune system, builds self-confidence & creates relaxation and more energy at the same time creating balance. Class size is limited. Call the Center to register, 799-9068.

**AN INVITATION TO JOIN AND SUPPORT
FRIENDS OF WEST WINDSOR SENIOR CITIZENS**

Friends of West Windsor Senior Citizens (FOWWSC) was formed in 1986⁸ with the mission "to facilitate the enrichment of the lives of senior citizens of West Windsor by providing facilities, programs, equipment and materials.....to achieve a full and active life for residents in their later years." It has focused primarily on enhancing the programs and facilities of the Senior Center but its mission includes providing for the interests of senior citizens within the West Windsor community.

Individuals are invited to join the organization. Annual membership is just \$10 per individual. Donations – which are also tax deductible – are also appreciated. Membership dues and donations can be made by mail to the FOWWSC P.O. mail box (see below) or given directly to the Senior Center's Director, Donna Fucetola.

Recent enhancements to the Senior Center provided by FOWWSC include state-of-the-art audio/visual equipment, computers, a large T.V. monitor, a kitchen freezer, two barbecue grills, renovation of the Senior Center pool table, supported entertainment events for Older Americans Month, a water feature for the Meditation Garden and exercise mats and weights. FOWWSC also under-wrote the printing of a multicultural cookbook and facilitated memorials to recently deceased community members, including the benches now on the Center's front patio.

Contributions by FOWWSC to the West Windsor community include a bench in the Community Garden, a bench in the Nash Park and a donation to the Interfaith Caregivers of Mercer County.

We look forward to adding your name to the FOWWSC Membership List. The FOWWSC next meeting will be held on 1/30/2017 at 10 am. All welcome to attend.

Ronald Slinn, FOWWSC Chair.

To: FOWWSC, P.O. Box #905, West Windsor, N.J. 08550

or

hand deliver to the Senior Center

Please enroll me as a 2017 member of FOWWSC.

I enclose a check for \$10, payable to "FOWWSC."

..... Postal Address
Name

Movies Monday Afternoons 1PM



January 9-*To Rome with Love* –Woody Allen, Alex Baldwin (1hr.52 min)

January 23-*Money Monster*-George Clooney, Julia Roberts (1 hr. 38 min)

January 30-*The China Syndrome*– Jane Fonda, Jack Lemmon (2 hrs.)

February 6-*The History Makers*-Jesse Jackson (1 hr.) Documentary

February 13-*Sabrina*-Harrison Ford, Julia Ormond (2 hrs.)

February 27-*The Meddler*-Susan Sarandon (1 hr. 43 min)

Music Appreciation/Opera-Friday Afternoons 2:00pm-3:30pm - Activity Room

Ted Otten & Michael Kownacky Present:

January 20– 1:00 (Opera)– Will the rich old man marry the young widow he lusts after even though his younger nephew is in love with her too? Find out in Donizetti's comic opera Don Pasquale.

Note: Participants are **REQUIRED** to read the English language libretto available from December 16 from Debbie **BEFORE** attending this seminar.

February 17– 2:00 (Music Apprec.)- Starting with HIGH BUTTON SHOES in 1947, composer Jule Styne wrote many Broadway hits including GENTLEMEN PREFER BLONDES, BELLS ARE RINGING, GYPSY (With five Broadway revivals), DO RE MI and SUGAR.

AARP SAFE DRIVING Friday, February 10 10am-4pm

Completion of this class entitles you to a certificate and possible discount on your insurance premium. Call your insurance carrier for specifics on the discount. For AARP members the cost is \$15pp. For non members, the cost is \$20pp. Class size is limited. Call the Center to register, 799-9068

Tech Help

Thursdays January 12 & 26 and February 9 & 23

Bring your questions and the Instructor will help in whatever area you need.

Call the Center to register, 799-9068.

“SENIORS HELPING SENIORS”

Thursday, Jan. 19 & Feb.16 11:30AM-1:00PM WWP High School South Library
(Participants may park in visitors parking located in front parking lot near Flag Pole)

High School students will offer assistance with your iPad, iPhone, Tablets, Laptops, etc...

Call the Center to register, 799-9068

S.H.I.P.—State Health Insurance Assistance Program

A S.H.I.P Counselor will be on site and available to help with any insurance concerns you might have. **Wednesday January 11 & February 8**

(1:30 & 2:45)

Call the Center to make an appointment, 799-9068.

Notary Services & Social Services By scheduled appointment only

Please call the Center for an appointment, 799-9068

Show of Interest :

1. Learn the Hindi language and its culture
2. Learn the five elements of Feng Shui and how to apply them to your life.
3. Canasta Card Game

Call the Center with your interest, 799-9068.

Gardeners Needed!!!!

The Senior Center is looking for someone or a team of participants to plant and maintain the outside flower pots. Each season flowers are purchased and planted in the urns in the front of the Senior Center. The responsibility would include seasonal planting and maintenance of the flowers in the pots around the Senior Center. If you are interested in lending a helping hand please call the Center, 799-9068.

Black History Month

Black History Month also known as African-American History Month in America, is an annual observance in the United States, Canada and the United Kingdom for remembrance of important people and events in the history of the African diaspora. It is celebrated annually in the United States and Canada in February and in the United Kingdom in October. This year the theme for 2017 focuses on the crucial role of education in the history of African Americans. Addressing education in the black communities should be considered one of the most important goals in America’s past, present, and future



Talking About Books-2PM

January 31 - A Man Called Ove – Fredrik Backman -Meet Ove. He’s a curmudgeon—the kind of man who points at people he dislikes as if they were burglars caught outside his bedroom window. He has staunch principles, strict routines, and a short fuse. People call him “the bitter neighbor from hell.” But must Ove be bitter just because he doesn’t walk around with a smile plastered to his face all the time?

Behind the cranky exterior there is a story and a sadness. So when one November morning a chatty young couple with two chatty young daughters move in next door and accidentally flatten Ove’s mailbox, it is the lead-in to a comical and heartwarming tale of unkempt cats, unexpected friendship, and the ancient art of backing up a U-Haul. All of which will change one cranky old man and a local residents’ association to their very foundations.

A feel-good story in the spirit of *The Unlikely Pilgrimage of Harold Fry* and *Major Pettigrew’s Last Stand*, Fredrik Backman’s novel about the angry old man next door is a thoughtful exploration of the profound impact one life has on countless others. **Published 2014; in paperback – 368 pages. Library has 15 copies.** Leader - Kathy

February 28 -The Little Paris Bookshop – Nina George - Monsieur Perdu calls himself a literary apothecary. From his floating bookstore in a barge on the Seine, he prescribes novels for the hardships of life. Using his intuitive feel for the exact book a reader needs, Perdu mends broken hearts and souls. The only person he can't seem to heal through literature is himself; he's still haunted by heartbreak after his great love disappeared. She left him with only a letter, which he has never opened.

After Perdu is finally tempted to read the letter, he hauls anchor and departs on a mission to the south of France, hoping to make peace with his loss and discover the end of the story. Joined by a bestselling but blocked author and a lovelorn Italian chef, Perdu travels along the country’s rivers, dispensing his wisdom and his books, showing that the literary world can take the human soul on a journey to heal itself.

Internationally bestselling and filled with warmth and adventure, *The Little Paris Bookshop* is a love letter to books, meant for anyone who believes in the power of stories to shape people’s lives. **Published 2015; in paperback – 416 pages; Library has 24 copies. Leader– Mary Ann D.**