

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

Deliver By: February 22, 2016



March 2017

3/3 & 3/17 B/P Screening
3/13 Osteoporosis Screening
3/13 Art Lecture
3/17 Opera
3/20 WW Retiree Group
3/31 CPR Class

April 2017

4/5 Aging With Style
4/7 Trip
4/14 Senior Center Closed
4/17 B/P Screening
4/21 AARP Safe Driving
4/28 Music Appreciation

West Windsor Senior Center

March & April 2017

At this time, I have no idea what mother nature has in store for us in the next two months. What I do know is that Punxsutawney Phil saw his shadow, for the Shakespearean lovers, the ides of march are coming, for the mathematicians Pi Day is March 14 and Spring begins on March 20!

Program planning is a constant exercise each year. You will find an abundance of added programs and activities offered at the Senior Center during the months of March and April. AARP Tax Service will continue to offer free income tax preparation through April 18. Call to make an appointment.

A new Spanish instructor will hold a “meet and greet” on Tuesday, March 7 at 10 am. If you are interested in learning the Spanish language, mark your calendar! Maurice Mahler, Art Historian, will present a lecture on Norwegian artist, Edward Munch and his masterpieces. Call the Center to register.

The West Windsor Retiree Group invited Susan Knispel, Esq. to present “What happens if you don’t have a Will or POA? The importance of planning documents” on Monday, March 20 at 10:30am. The consequences of not having planning documents in place can be financially and emotionally draining for your family.

The West Windsor Art Council Pegasus Theater Project will perform the Tony Award winning comedy “Art” by Yasmina Reza on Thursday, April 6 at 1 pm. Details can be found inside the newsletter.

March is Program Evaluation Month. Program evaluations will be available for you to complete throughout the month. This is an opportunity for you to assess the programs and activities offered at the Senior Center. Thank you in advance for taking the time to submit the evaluations.

Looking ahead, May is designated as Older Americans Month. The theme this year is “Age Out Loud.” Exciting programs will be held throughout the month for your enjoyment. Stay tuned!

I hope you all have found your calm inner peace. Take a few moments of stillness each day, close your eyes, take a few deep breaths and exhale. It only takes a minute. What a great way to start your day! Happy Spring! *Donna Fucetola*



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

April 14, 2017

It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade.

Charles Dickens

Day Trips

West Windsor Art Council presents a Pegasus Theatre Project:

The Tony Award winning Comedy “Art” by Yasmina Reza.

Thursday, April 6 at 1pm Cost of ticket : \$17

Senior Center Bus will leave the Center at 12:30

The Pegasus Theatre Project is the professional, resident theatre company of the West Windsor Arts Council. The company focuses on staging small, intimate productions that are both compelling and entertaining.

Call the Center to register for ticket, 799-9068

Philadelphia Orchestra– Kimmel Center Friday, April 7

Yannick and Trifonov Reunited Cost: \$130

Lunch is included in price at Estia, a Greek Mediterranean Restaurant

Coach Bus will leave the Center at 10:45 am

Call to register, 799-9068. (only 5 seats remain)



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.)*

FRIENDS OF WEST WINDSOR SENIOR CITIZENS

ANNUAL REPORT – 2016

The Annual Meeting of the Friends of West Windsor Senior Citizens was held¹¹ January 30, 2017 in the Senior Center with eleven FOWWSC members present. During 2016, Ephram Buhks and Marilyn Leonard were elected to the Board and Carol Koski resigned. *(Following the meeting, Rathnam Chaguturu volunteered to fill the Board’s long-standing vacancy for Secretary. He was subsequently elected to the Board and to the position of Secretary.)*

Financial Report: The Treasurer reported year-end balances in the General Account of \$7,598 and in the Senior Center Enhancement Account of \$32,766. During 2016, membership and donation income totaled \$6,638 and expenditures totaled \$4,596.

2016 Funded Projects: For the West Windsor community, a bench for the Community Garden and a donation to Interfaith Caregivers. For the West Windsor Senior Center, two light-weight wheel chairs, two memorial benches and end tables (for *Bob Lowe*), repairs to the pool table and support of luncheon entertainment.

Future Funding: The Senior Center Director sought FOWWSC support for a new podium in the Activity Room, additional exercise weights and a second throat microphone. She and a Board member are exploring the availability of an elevated platform for instructors and speakers in the Activity Room. Replacement of the crumbling cement pots in front of the Center and minor improvement to the Meditation Garden would also be appreciated. The Board indicated support for these requests but sought estimates of costs before approving them individually at a future Board meeting.

Membership: An appeal for membership and support of FOWWSC was published in the Senior Center’s January/February Bulletin. Annual membership - at just \$10 per person - has been disappointingly low at only 76 in 2016 and 78 in both 2014 and 2015. *The invitation to join FOWWSC this year is repeated here.* Members’ active participation in meetings of the Board will be welcome.

Ronald Stinn, President

=====

Join the FRIENDS Membership – Annual membership is just \$10 per individual. Membership dues and donations can be made by mail to the FOWWSC, P.O. 905, West Windsor, NJ 08550. Or hand deliver to the Senior Center Manager or Administrative Assistant.

- Please enroll me as a 2017 member of FOWWSC
- I enclose a check in the amount of \$10 payable to “FOWWSC”

Name

Postal Address

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

Wednesday, March 1; Friday March 3

Monday, March 6 (**Shop Rite**); Tuesday, March 7; Wednesday, March 8; Friday, March 10
Monday, March 13(**Shop Rite**); Tuesday, March 14; Wednesday, March 15; Friday, March 17
Monday, March 20 (**Shop Rite**); Tuesday, March 21; Wednesday, March 22; Friday, March 24
Monday, March 27(**Wegmans**); Tuesday, March 28; Wednesday, March 29; Friday, March 31
Monday, April 3 (**Shop Rite**); Tuesday, April 4; Wednesday, April 5; Friday, April 7
Monday, April 10(**Shop Rite**); Tuesday, April 11; Wednesday, April 12; Thursday, April 13

Senior Center Closed Friday, April 14

Monday, April 17 (**Shop Rite**); Tuesday, April 18; Wednesday, April 19; Friday, April 21
Monday, April 24 (**Wegmans**); Tuesday, April 25; Wednesday, April 26; Friday, April 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



Programs

Meet & Greet the new Spanish instructor, Nelida Garcia

Tuesday, March 7, 2017 10am Senior Center Library³

This is a chance to give your input as to what direction you would like to see the class go. More conversation, more structured class work, etc...Class curriculum will be determined at the end of the meeting. Please call to register, 799-9068.

AARP TAX SERVICE - Tuesday Mornings

March 7 thru April 18 (9am-12pm)



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

IRS Scam Alert: The IRS will not contact taxpayers via telephone, email or text message to request personal or financial information. The IRS does not threaten taxpayers with lawsuits, or other enforcement action. **Use your instinct and just hang up.**

Tech Help Thursdays March 2 & 9 and April 6 & 20

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

iPhones, Tablets, i pads , email accts, etc....Call the Center to register, 799-9068

“The Scream” Monday, March 13

11:00-12:00 Senior Center Activity Room

Join Maurice Mahler, Art Historian, for a lecture and DVD presentation on Norwegian artist, Edvard Munch, and his masterpiece which has become a defining image of the 20th Century. Find out what painting is more famous. The Smile or The Scream .Call to register, 799-9068.



FRIDAY AFTERNOON 1PM

March 3,10,24 & April 7



West Windsor Retiree Group Present : Susan Knispel, Esquire

Monday, March 20 10:30am Senior Center Activity Room

Topic: The importance of planning documents, “What happens if you don’t have a Will or POA”

Susan Knispel, Esquire is currently the Deputy Director of the Trenton office of Central Jersey Legal Services, Inc. She graduated from Douglass College in New Brunswick, N.J. and Rutgers University School of Law in Camden, N.J.

State of New Jersey Department of the Treasury

Unclaimed Property Administration

Wednesday, March 22 11AM (Room AB Senior Center)



The Unclaimed Property Outreach staff will visit the Senior Center and give a presentation on Unclaimed Property. The UPA acts as a custodian for funds where the rightful owner has either abandoned or lost tract of the funds such as bank accounts, payroll checks, or securities. After the presentation the staff will be available to search individual names on the Unclaimed Property database. Call to register, 799-9068.

ADDITIONS TO THE LUNCH MENU

Friday, March 17, 2017 12:30 Cost \$3 pp

Celebrate St. Patrick's Day with a Corned Beef Sandwich and a side of Cabbage. Call the Center to register, 799-9068.



“Stretching for the Health of It” with Lisa—\$10 pp Monday afternoons:

March 13,20,27 & April 3,10,17 3:00PM

Call the Center to register, 799-9068.

Senior Core Balance—\$15 pp for six classes Thursday afternoons 2PM

Classes run continuously, check newsletter calendar for new session start dates.

Call the Center to register, 799-9068

HEALTH SCREENINGS & PROGRAMS

Blood Pressure-Friday, March 3 & 17 April 21 at 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.

Full Body Alignment Screening– Wednesday, March 8; 10am– Join Physical Therapist Alka Sishodia as she offers you a one-on-one screening. Therapy is used to help with back & neck pain, herniated discs, arthritis, leg hip & knee pain. Alka incorporates Pilates, meditation, mindfulness in her treatments as needed. Call to register, 799-9068.

Osteoporosis Screening-Monday, March 13; 10:00-12:00– If identified early, osteoporosis, a potentially debilitating disease can be treated with simple self help measures and medication. Call to register, 799-9068.

Preventative Cardiology-Monday, March 20; 10:30-11:30—Preventing or minimizing the impact of heart disease and stroke is possible when you recognize symptoms and risk factors early. Steven Bergmann, MD, PhD, board certified in internal medicine and nuclear cardiology and Chair of Dep’t of Medicine of Princeton HealthCare System will discuss how patients with cardiovascular disease and those who have a high risk of developing it can reduce their risk. He will cover management of abnormal cholesterol, high blood pressure and disease of the heart and blood vessels and how individualized nutrition plans and lifestyle modifications can help you live a healthy life. Call to register, 799-9068.

Adult CPR– Friday, March 31; 2-3pm– Princeton Health Care System Community Education & Outreach offers this free community based CPR class. The class will provide information on cardiac disease, stroke and teaches basic CPR and Heimlich maneuver. The course teaches what to do in the first few critical moments until someone arrives. This is not a certification course, it is considered a participation course. Call to register, 799-9068.

Aging with Style– Wednesday, April 5 - 11am Join Allison Healy BSN,RN-BC Senior Nurse Manager University Medical Center of Princeton’s Acute Care for a discussion on maintaining general health for older adults. Call the Center to register, 799-9068

Journey back :Stroke Rehabilitation—Wednesday, April 26 11am-Discover what you can do to lower your risk for stroke at this invaluable program led by Kathleen Cooney, RN and Megha Pandya, PT. Learn the early warning signs of a stroke, when to seek medical attention and prevention methods. UMCP is a state-designated Primary Stroke Center. Call the Center to register, 799-9068.

Hearing Screening– Wednesday, May 3 10:30-11:30– Tara Fuchs AuD, FAAA from Horizon Audiology will offer hearing screenings. Call the Center to register,799-9068.

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 .



VOLUNTEER BRUNCH

Monday, April 24 11:00-1:00



National Volunteer Week (April 23 –30) is a time to celebrate people⁸ doing extraordinary things through service. We would like to thank all of the Senior Center Volunteers for everything they do and the selfless way they do it. Thank you ! Thank you!

West Windsor Community Day, April 29 11am—4pm

Duck Pond Park Meadow Road, West Windsor

This is a change to meet your neighbors, enjoy food, games & rides & celebrate unity. Free Event! All Welcome

May is Older Americans Month “Age Out Loud”

The 2017 theme gives us an opportunity to shine a light on many important issues and trends. Older Americans are taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. What it means to age has changed. **Call the Center to sign up for food and seating, 799-9068.**

Friday, May 5-Entertainment Hour with Tara

Friday, May 12– The Chant Tones

Friday, May 19 -Opera with Ted & Michael

Friday, May 26– Singer and keyboard entertainer Craig Sachel

Light refreshments will be served at each event.

Farmers Market Demonstration -Monday, May 8 11:00-12:00



Come join Chris as she shares some great food recipes using seasonal vegetables in her demonstration. **Call to register, 799-9068.**

Walter Choroszewski presents: Coming to America—Monday, May 22 11am

Walter is a popular presenter, performing over 200 programs per year. Programs are digital media & lecture format and will run approximately one hour.

Call to register, 799-9068.



Movies Monday Afternoons 1PM



March 6– Sully (1hr 35 min) Tom Hanks

March 13– At Middleton (1hr 40 min) Andy Garcia

March 20-The Visitor (1hr. 43min)Richard Senkins

March 27-How to Marry a Millionaire (1953) (1hr 35 min) Marilyn Monroe

April 3-My Italian Secret– The forgotten heroes (Documentary 1hr 30 min) Isabella Rossellini

April 10-Dough (1hr 34 min) Jonathan Pryce

April 17-Breaking Away (1 hr 40 min) Dennis Quaid

April 24-Singin’ in the Rain (1952) (1hr 43 min) Debbie Reynolds

Music Appreciation/Opera- Friday Afternoon - Activity Room

Ted Otten & Michael Kownacky Present:

March 17– 1:00 (Opera)—In a Met staging conducted by James Levine, we present Beethoven’s only opera, FIDELIO starring Karita Matila as Leonora, a wife who risks her life to save her imprisoned husband

Note: Participants are **REQUIRED** to read the English language libretto available February 17, from Debbie **BEFORE** attending this seminar.

April 28– 2:00 (Music Apprec.)- Debbie Reynolds, a star with a 60 year career, is remembered with music from her many films like TAMMY, 2 WEEKS WITH LOVE, BUNDLE OF JOY, SINGING NUN ,UNSinkable MOLLY BROWN and her Broadway debut in IRENE.

Colorful Creations Thursdays 3/16 & 4/20 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.

Supplies will be provided. Call to register, 799-9068.



Days Of Darkness-Stories of Gettysburg Civilians

Presented by Brian McKeon Thursday, March 23

11:00-12:00 Senior Center room AB

The talk will focus on the tragic and inspiring stories of three of Gettysburg's most famous war time civilians, John Burns, Jennie Wade, and Elizabeth Thorn, who were caught in the firestorm of the three bloodiest days of the Civil War. **Call to register, 799-9068.**

AARP SAFE DRIVING Friday, April 21 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



"SENIORS HELPING SENIORS"

Thursday, March 23 & April 20 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 March 8 & April 12 (1:30 & 2:45)

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

SHOW OF INTEREST -PICKLEBALL

Pickleball is enjoyed by people of all ages. Both men and women, those with athletic experience or anyone willing to learn a fun, social game. It is a combination of tennis, badminton & Ping-Pong.

Call the Center with your interest, 799-9068



Talking about Books

March 28 - Saint Mazie – A Novel – Jami Attenberg

-Meet Mazie Phillips: big-hearted and bawdy, she's the truth-telling proprietress of The Venice, the famed New York City movie theater. It's the Jazz Age, with romance and booze aplenty--even when Prohibition kicks in--and Mazie never turns down a night on the town. But her high spirits mask a childhood rooted in poverty, and her diary, always close at hand, holds her dearest secrets.

When the Great Depression hits, Mazie's life is on the brink of transformation. Addicts and bums roam the Bowery; homelessness is rampant. If Mazie won't help them, then who? When she opens the doors of The Venice to those in need, this ticket taking, fun-time girl becomes the beating heart of the Lower East Side, and in defining one neighborhood helps define the city.

Then, more than ninety years after Mazie began her diary, it's discovered by a documentarian in search of a good story. Who was Mazie Phillips, really? A chorus of voices from the past and present fill in some of the mysterious blanks of her adventurous life.

Inspired by the life of a woman who was profiled in Joseph Mitchell's classic *Up in the Old Hotel*, SAINT MAZIE is infused with Jami Attenberg's signature wit, bravery, and heart. Mazie's rise to "sainthood"--and her irrepressible spirit--is unforgettable. **Published 2015; In paperback -336 pages;**

Library has 8 copies.

Leader – Dusti

April 25 - Small Great Things – Jodi Picoult

- Ruth Jefferson is a labor and delivery nurse at a Connecticut hospital with more than twenty years' experience. During her shift, Ruth begins a routine checkup on a newborn, only to be told a few minutes later that she's been reassigned to another patient. The parents are white supremacists and don't want Ruth, who is African American, to touch their child. The hospital complies with their request, but the next day, the baby goes into cardiac distress while Ruth is alone in the nursery. Does she obey orders or does she intervene?

Ruth hesitates before performing CPR and, as a result, is charged with a serious crime. Kennedy McQuarrie, a white public defender, takes her case but gives unexpected advice: Kennedy insists that mentioning race in the courtroom is not a winning strategy. Conflicted by Kennedy's counsel, Ruth tries to keep life as normal as possible for her family—especially her teenage son—as the case becomes a media sensation. As the trial moves forward, Ruth and Kennedy must gain each other's trust, and come to see that what they've been taught their whole lives about others—and themselves—might be wrong.

With incredible empathy, intelligence, and candor, Jodi Picoult tackles race, privilege, prejudice, justice, and compassion—and doesn't offer easy answers. *Small Great Things* is a remarkable achievement from a writer at the top of her game. **Published 2016 – not yet in paperback; 480 pages;**

Library has 34 copies

Leader - Gail