

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

Deliver By: October 26, 2016



November 2016
11/2 Medicare Open Enrollment (10am-12pm)
11/4 & 11/18 B/P Screening
11/10 Trip
11/11 Senior Center Closed
11/22 Thanksgiving Day Luncheon.
11/24 & 11/25 Senior Center Closed
11/30 Maintaining Your Health as you Age

December 2016
12/5 AARP Safe Driving
12/6 Trip
12/7 Journey Back-Stroke Rehabilitation
12/2 & 12/16 B/P Screening
12/12 West Windsor Retirees
12/16 Music Appreciation
12/26-1/2 Senior Center Closed

West Windsor Senior Center November & December 2016

It is hard to believe another year is coming to a close. As a child I recall the summers were endless, winter months were fun - filled with ice skating, making snowmen, sleigh riding and snow-ball fights. However, I soon discovered how fast time moves along. I blink an eye and summer is over. The winter months are not as enjoyable anymore; long days, cold winds, icy roads, snow-covered vehicles and fears of falling. During the winter months, remember to take necessary precautions to keep yourself safe and healthy.

Medicare Open Enrollment ends on December 7. On November 2, S.H.I.P. counselors will be available to assist you with any changes you may need to make to your current Medicare plan and to answer your questions. Call the Center to make an appointment.

Scam Alerts—Millions of people fall victim to scams each year. These scam artists are very clever. They use sophisticated technology to get people to send money or provide personal information. Be on guard and cautious.

Please remember to register to receive Nixel alerts either by e-mail or text messaging on your cell phone. It is an efficient communication tool for emergencies in our local area. This form of communication will alert you to road closures, scams, weather conditions, lost pets, etc. To register, log onto the West Windsor Township Police Department website and follow the instructions.

On December 12, the West Windsor Retiree Group will present a panel of professionals from the elder care industry to discuss “Planning for the Future.” Don’t miss this opportunity to gather information and ask questions.

Just a reminder, as the winter months approach, inclement weather conditions are inevitable. 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 Senior Center programs and activities will be cancelled. However, the Center will be open unless a State of Emergency is declared.

I would like to take this opportunity to thank all of you for another successful year. Seeing each of you every day is an inspiration to continue to offer exceptional and outstanding programs for you to enjoy. I wish you and your family a happy and healthy New Year. Best Wishes and blessings to everyone!

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

November 11, 24 & 25

December 26 thru January 2

Falling leaves

Hide the path

So quietly.....

John Bailey

Day Trips

Robbinsville Hindu Temple Thursday, November 10, 2016

The Senior Center bus will leave the Center at 9:30 am (18 Seat Capacity)

The world's largest Hindu Temple is open in Robbinsville, New Jersey. The Temple is a 162-acre complex which broke ground in 2009 and is set for completion in 2017.

Please be advised shoes must be removed when visiting the Mandir Temple.

We will begin our day with a 10 minute video showing how the Mandir was constructed. We will then go on a 30 minute guided tour of the temple, followed by a 15 minute observance of the Mid Day worship. We will end the day with a visit to the Food Court/Gift Shop.

No phone reservation. Sign up Tuesday, November 1 11am

Freehold Mall Shopping Day Thursday, December 1, 2016 Cost: \$2pp

The Senior Center bus will leave the Center at 10:30 am (18 Seat Capacity)

Start your holiday shopping at one of the many retail and department stores or just enjoy window shopping while getting some indoor exercise. Food court is open with a variety of options for lunch. There are many tables and chairs throughout the mall to sit and relax.

Sign up Tuesday, November 1 11am

FYI!

COMING IN 2017 HELLO, DOLLY

WEDNESDAY, November 15, 2017

COST: \$182 (includes ticket & bus) "Lunch is on your own"

Bette Midler will star in the role of Dolly Gallagher Levi in this Broadway revival of the blockbuster 1964 musical, Hello, Dolly! Only Bette could bring Dolly brilliantly back to the lights of 14th street!

SIGN UP ON : Monday, November 7, 2016 11am (Two checks will be required at sign up.)

First check in the amount of \$13 (Bus) Made out to "West Windsor Senior Center"

Second check in the amount of \$169 (ticket) made out to "FOWWSC"

No phone reservations.

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

Tuesday, Nov.1; Wednesday, Nov.2; Friday, Nov.4

Monday, Nov. 7 (**Shop Rite**); Tuesday, Nov. 8; Wednesday, Nov.9;

No Bus Service Thurs ,Nov. 10 (Senior Center trip) Senior Center Closed Friday, Nov. 11

Monday, Nov. 14 (**Shop Rite**); Tuesday, Nov. 15; Wednesday, Nov. 16

No Bus Service Thursday, Nov. 17 & Friday, Nov. 18

Monday, Nov. 21 (**Shop Rite**); Tuesday, Nov. 22; Wednesday, Nov. 23

Senior Center Closed Thursday, November 24 & Friday, November 25

Monday, Nov. 28 (**Wegmans**); Tuesday, Nov. 29; Wednesday, Nov.30; Friday, Dec. 2

Monday, Dec.5 (**Shop Rite**) ;Tuesday, Dec. 6; Wednesday, Dec. 7; Friday, Dec. 9

Monday, Dec. 12 (**Shop Rite**); Tuesday, Dec. 13; Wednesday, Dec. 14; Friday, Dec. 16

Monday, Dec. 19 (**Wegmans**); Tuesday, Dec. 20; Wednesday, Dec. 21; Friday, Dec. 23

Senior Center Closed December 26-30

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 .

FYI

Reminder

LONGWOOD GARDENS Tuesday, December 6 Cost: \$82¹⁰

500,000 outdoor lights, dancing fountain shows & decorated tree display.

Coach bus will leave the Center at 10:30am (Lunch included in Price)



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.)*

Emergency Contact Information Update: Be sure to inform the staff with any changes to your address, phone number, and emergency contact information. This is important in the event of an emergency.

Nixel Emergency Communication: Nixel keeps you up-to-date with relevant information from public safety departments, severe weather alerts, traffic alerts, local events, etc. This is an important communication tool for you to have access to in case of an emergency. To register: www.westwindsornj.org/police.

Winter Weather Conditions: When the temperature drops, there is a higher risk of health problems and injuries in older adults; i.e. falls on ice and snow. Remember to be safe and cautious during the winter months.

Inclement Weather***** In the event of inclement weather, 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 bad weather, All Senior Center classes are Cancelled.** The offices will remain open unless a State of Emergency has been declared. Announcements are made on Comcast Channel 27 and Verizon Fios Channel 42 & West Windsor

Township Website:

www.westwindsornj.org



Programs

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Traditional Thanksgiving Luncheon

Senior Center Activity Room

Tuesday, November 22 1PM Cost \$7 pp

Hot turkey, mashed potatoes with gravy, corn, cranberry sauce, & apple pie

Call the Center to register, 799-9068.

Those with dietary restrictions are welcome to bring their own lunch and join us at no cost, as we come together and give thanks for the many blessings in our life.

Entertainment: "Dark Whiskey"

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

Monday afternoons: November 7,14,21 & December 5,12,19

3:00 PM

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.



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

Medicare Open Enrollment ends on December 7. If you are planning to purchase a plan or would like to make changes to your current plan, this is the time to do it.

On Wednesday, November 2, (10:00-12:00) (4) S. H. I. P Counselors will be on hand to help make changes to your plan and answer questions.

In addition to the November 2 date, a S.H.I.P counselor will be on site and available to help with any insurance concerns you might have on the following dates: **Wednesday, Nov. 9, Wednesday, Nov. 16, Wednesday, Nov. 30 and Monday, Dec. 5.** Appointment times for these dates will be **9:30 & 10:45.** Call the Center to make an appointment, 799-9068.



HEALTH SCREENINGS & PROGRAMS

West Windsor Retiree Group Presents:

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“Planning for the Future” Monday, December 12 10:30am Senior Center Activity Room

Join a panel of experts from the elder care industry as they help you answer some important questions. The panel will consist of Elder Law Attorneys, In Home Care Professionals, Assisting Living Directors, Senior Care Advisers/Managers and Estate Planners

Don't miss this opportunity to gather important information

Call the Center to register, 799-9068.



Tech Help Thursday, November 10 & 17 & December 8

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

Call the Center to register, 799-9068

Monday, December 5, 9am-3pm AARP Safe Driving

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.

Senior Center Library Call the Center to register, 799-9068.

Music Appreciation/Opera -Senior Center Activity Room



Ted Otten & Michael Kownacky Present:

November 18 (1:00)-Opera-Puccini's La Boheme as staged at La Scala conducted by Herbert von Karajan and starring Mirella Freni and Gianni Raimondi.

Note: Participants are **REQUIRED** to read the English language libretto available from October 21 from Debbie **BEFORE** attending this seminar.

December 16 (2:00) -Music Appreciation- Can you sing along with “That’s Amore,” Chattanooga Choo Choo” and “Lullaby of Broadway ?” They’re all by composer Harry Warren who wrote shows like 42nd Street and Shangri-La for Broadway, films like Harvey Girls, Orchestra Wives and Down Argentine Way for Hollywood.

Blood Pressure Screening-Friday, November 4 & 18 & December 2 & 16 12:00-1:00- A nurse from RWJ will measure your blood pressure, share the results and provide information.

No registration required.

Glucose Screening-Thursday, November 3; 9:00-10:00-A nurse will share the results and provide education about pre-diabetes and diabetes. Participants in the screening can fast or come 2 hour post meal. Call to register, 799-9068. (WAITING LIST)

Glucose Screening - Monday, November 21, 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 to register, 799-9068.

Maintaining Your Health as You Age- Wednesday, November 30, 10:00-11:00- A nurse from University Medical Center of Princeton will facilitate a discussion on maintaining general health for older adults, including routine medical exams, going to the dentist, visiting the foot doctor, exercise and skin care. Call to register, 799-9068.

Journey Back: Stroke Rehabilitation-Wednesday, December 7, 11:00-12:00- Discover what you can do to lower your risk for the stroke at this invaluable program led by Kathleen Cooney, RN, and Megha Pandya, PT with University Medical Center of Princeton (UMCP). Learn the early warning signs of stroke, when to seek medical attention and prevention methods. UMCP is a state-designated Primary Stroke Center. Call to register, 799-9068

Vitamins & Supplements-Wednesday, December 14, 10:00-11:00-Dr. Phillip Coco, Princeton Medical Center Pharmacy Dept., will offer a presentation on this informative topic. Call to register, 799-9068.

THRIVE Mondays 1:00pm Double Classroom

To Help Restore & Increase Vitality through Exercise—A 12-week personal training program designed for people who have become chronically fatigued from battling with cancer. Call the Center to register, 799-9068.

Delay the Disease Fridays—12:30pm

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 the Center to sign-up, 799-9068.



HAPPY HOLIDAYS!!
Happy New Year



The staff of the West Windsor Senior Center wishes you and your family a
Happy & Healthy New Year!

We look forward to another exciting & successful year at the
West Windsor Senior Center!

Best Wishes,

Donna, Debbie, Nibha, Brian and Margie



Come and Celebrate the Many Holidays of the Season
Hanukkah, Christmas, Kwanzaa

Join us on Tuesday, December 20 for some delicious sweets!

Senior Center Coffee Station 10am-12pm



CRAFT CLASS

Design your own holiday cards, birthday cards, bookmarks, gift tags etc....

Wednesday, November 30 at 11:30 AM Cost: \$25 pp ⁵

Price includes all materials needed for the class. Samples on display in Donna's office.

Class size limited to ten students to ensure hands on assistance . Call to register,799-9068.



SENIORS HELPING SENIORS

Classes have resumed and the students are back to offer their help!

Thursday, November 17 & December 15 High School South Library
11:30AM-1:00PM

(Participants may park in visitors parking located in front parking lot near Flag Pole)

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

Call the Center to register, 799-9068.

LEAF RAKING (Mid November)



Mr. Daniels along with High School South students will assist West Windsor senior residents that are unable to rake the many leaves (Front Lawns only) with the changing season.

Call to sign up, 799-9068.

H.O.P.E.– Helping Other People Evolve Monday afternoons 1PM

The goal of H.O.P.E is to assist widowed men & woman of all ages as they evolve through the natural stages of the grieving process. The group is facilitated by experienced & trained grief counselors. All welcome. Call the Center with your interest, 799-9068.

Balance Exercise Class—Senior Center Activity Room: 2pm—2:45pm

Thursday Afternoons November 3, 10, 17 & December 1, 8, 15 Cost: \$15

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

Each participant is REQUIRED to have a 4 foot long band with a hard, plastic handle. Each elastic band has a tubing made of material covering it. This is to protect it from wear, nicks and cuts. The bands can be purchased in any store that sells fitness equipment (Dicks Sporting Goods, Target, etc. or order on-line). Pictures of the bands are available in the Senior Center office. Call the Center to register, 799-9068.

Movies Monday Afternoons 1PM

November 7—*The American President*—Michael Douglas (1hr. 55 min)

November 14—*Midnight in Paris*— Owen Wilson (1 hr. 34 min)

November 21—*It Could Happen to You* —Nicholas Cage (1 hr. 41 min)

November 28 - *Forrest Gump*—Tom Hanks (2hrs. 22 min)

December 5- *Pearl Harbor*—Ben Affleck (2 hrs. 45 min)

December 12—*It Happened on 5th Avenue* - Ann Harding (1947) (1 hr. 56 min)

December 19 —*Noel*—Susan Sarandon (1 hr. 42 min)



BINGO Friday, December 2 & 9

Talking About Books-2 PM

November 29 - The Nest - Cynthia D'Aprix Sweeney - A warm, funny and acutely perceptive debut novel about four adult siblings and the fate of the shared inheritance that has shaped their choices and their lives.

Every family has its problems. But even among the most troubled, the Plumb family stands out as spectacularly dysfunctional. Years of simmering tensions finally reach a breaking point on an unseasonably cold afternoon in New York City as Melody, Beatrice, and Jack Plumb gather to confront their charismatic and reckless older brother, Leo, freshly released from rehab. Months earlier, an inebriated Leo got behind the wheel of a car with a nineteen-year-old waitress as his passenger. The ensuing accident has endangered the Plumbs' joint trust fund, “The Nest,” which they are months away from finally receiving. Meant by their deceased father to be a modest mid-life supplement, the Plumb siblings have watched The Nest’s value soar along with the stock market and have been counting on the money to solve a number of self-inflicted problems. Melody, a wife and mother in an upscale suburb, has an unwieldy mortgage and looming college tuition for her twin teenage daughters. Jack, an antiques dealer, has secretly borrowed against the beach cottage he shares with his husband, Walker, to keep his store open. And Bea, a once-promising short-story writer, just can’t seem to finish her overdue novel. Can Leo rescue his siblings and, by extension, the people they love? Or will everyone need to reimagine the futures they’ve envisioned? Brought together as never before, Leo, Melody, Jack, and Beatrice must grapple with old resentments, present-day truths, and the significant emotional and financial toll of the accident, as well as finally acknowledge the choices they have made in their own lives.

This is a story about the power of family, the possibilities of friendship, the ways we depend upon one another and the ways we let one another down. **Published March 2016. Not yet in paperback. 368 pages. Library has 31 copies. Leader—Marianne**

December 20 – Gift From the Sea – Anne Morrow Lindbergh - In this inimitable, beloved classic—graceful, lucid and lyrical—Anne Morrow Lindbergh shares her meditations on youth and age; love and marriage; peace, solitude and contentment as she set them down during a brief vacation by the sea. Drawing inspiration from the shells on the shore, Lindbergh’s musings on the shape of a woman’s life bring new understanding to both men and women at any stage of life. A mother of five, an acclaimed writer and a pioneering aviator, Lindbergh casts an un sentimental eye on the trappings of modernity that threaten to overwhelm us: the time-saving gadgets that complicate rather than simplify, the multiple commitments that take us from our families. And by recording her thoughts during a brief escape from everyday demands, she helps readers find a space for contemplation and creativity within their own lives.

With great wisdom and insight Lindbergh describes the shifting shapes of relationships and marriage, presenting a vision of life as it is lived in an enduring and evolving partnership. A groundbreaking, best-selling work when it was originally published in 1955, *Gift from the Sea* continues to be discovered by new generations of readers. With a new introduction by Lindbergh’s daughter Reeve, this fiftieth-anniversary edition will give those who are revisiting the book and those who are coming upon it for the first time fresh insight into the life of this remarkable woman. Published 1955. In paperback, 145 pages. Library has 5 copies. Can buy on Amazon for about \$6.

Leader—Jean