

October 2020

**MONTHLY MESSAGES
FROM THE WEST WINDSOR SENIOR CENTER**

Accredited by 
National Institute of
Senior Centers



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.

Shirley James, Secretary

Brian McKeon, Bus Driver

Mission Statement:

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



Senior Center as a Resource Site

As a Resource Site the building is a cooling and warming site equipped with a generator and a recharging station for electronic equipment. The Senior Center can provide you with a safe environment during emergency situations and inclement weather issues. For the duration of the Covid-19 pandemic some new restrictions will be in place regarding accommodations to residents should an emergency arise. **Residents are required to call the Senior Center, 609-799-9068 to schedule a time of entry into the building. No resident will be allowed in the building without a scheduled appointment.**

Residents can charge their electronic devices outdoors in front of the Senior Center at the secure charging station or go around back and use the outlets on the patio and in the gazebo. **Please bring your own chair and disinfectant.** Masks will be required to be worn in all areas as well as social distancing.

In addition, the Senior Center Wi-Fi is available from the parking lot of the Senior Center if needed.



October 2020 Outdoor Classes

Classes are held at the West Winsor Park Pavilion.

***Preregistration required. Call 609-799-9068 Friday, October 2 to register.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 No Class	2 *Outdoor Class Registration 8AM	3
4	5 11:00 Strength Training Kelly	6 11:00 Chair Stretch & Tone Lisa	7 11:00 Strength Training Ed	8 11:00 Strength Training Mark	9 10:00 Zumba Vin 11:30 Latin Fusion Line Dancing Jarek	10
11	12 Senior Center Closed Columbus Day	13 11:00 Chair Stretch & Tone- Lisa 12:15 Watercolor Art- Russ	14 No class Flu Clinic 10-2pm	15 11:00 Strength Training Mark	16 10:00 Zumba Vin 11:30 Latin Fusion Line Dancing Jarek	17
18	19 11:00 Strength Training Kelly	20 No class Flu clinic 12-4pm	21 11:00 Strength Training Ed	22 No Class Flu Clinic 10-2pm	23 10:00 Zumba Vin 11:30 Latin Fusion Line Dancing Jarek	24
25	26 11:00 Strength Training Kelly	27 11:00 Chair Stretch & Tone Lisa	28 11:00 Strength Training Ed	29 11:00 Strength Training Mark	30 10:00 Zumba Vin 11:30 Latin Fusion Line Dancing Jare	31 Happy Halloween Full Moon Tonight

WEST WINDSOR TOWNSHIP FLU CLINICS

The Health Department is partnering with Wegman's Pharmacy to offer influenza vaccinations to the community during the 2020 Flu season.

Tuesday, October 6, 2020 2:00pm-5:00pm (Traditional Quadrivalent Only)

(Restricted to Residents 55+ years of age)

Wednesday, October 14, 2020 10am-2:00pm (Traditional Quadrivalent Only)

(Residents 10 years of age and older)

Tuesday, October 20, 2020 10am-noon (High Dose)

(Restricted to Residents 55+years of age)

Tuesday, October 20, 2020 Noon-4:00pm (Traditional & High Dose)

(Residents 10 years of age and older)

Thursday, October 22, 2020 10am-2:00pm (Traditional & High Dose)

(Restricted to Residents 55+ years of age)



West Windsor Township Community Park- DRIVE UP!

193 Princeton Hightstown Road, West Windsor NJ

Pre-registration is required 609-799-9068

Check township website for more details www.westwindsornj.org

Senior Resources:

ADRC (Aging & Disability Resource Connection)	(609)989-6661
Mercer County Consumer Affairs	(609)989-6671
S.H.I.P. (State Health Insurance Program)	(609)695-6274 ext. 215
Piazza & Associates (Affordable Housing)	(609)786-1100
American Red Cross Meals on Wheels	(609)695-3483
TRADE	(609)530-1971
Ride Provide	(609)452-5140
Mercer County Connection	(609)890-9800
Mercer County Surrogate Office	(609)383-6336

Quick internet links:

- NJ State Dept. of Health & Senior Services: <http://www.state.nj.us/health/senior/index.shtml>
- Benefits Check Up: www.benefitscheckup.org/NISC
- NJ Dept. of Human Services-resources for a wide range of programs, information & services: www.njhelps.org
- Social Security Administration: www.ssa.gov
- National Institute on Aging: <http://nihseniorhealth.gov>
- Medicare: www.medicare.gov

VIRTUAL ONLINE HEALTH LECTURES & PROGRAMS

Robert Wood Johnson Virtual Community Programs will be offered through November. To register for these programs, go to <https://rwjbh.org/events/> and go to “click here to register”. This will direct you to the Go-to Webinar portal to register.

All programs are arranged by date.

Penn Medicine Community programs for August will be held online through the Blue Jeans platform, which you can access via computer or mobile device. Register online at www.princetonhcs.org/calendar and you will receive a link to join the day prior to your class.



Voting Information General Election November 3, 2020

Per Executive Order No.177 issued by Governor Phil Murphy the November 3, 2020 General Election will be held primarily by mail-in-ballot. All registered voters will receive a mail-in ballot starting in late September and early October.

Mail-In Ballots use Blue or Black ink only

Ways to Return your mail in ballots

1. Dropping it in one of the secure drop boxes located throughout the County
2. Dropping it at your polling district on election day
3. Mail through the U. S. Postal Service (make sure that the ballot is post marked no later than November 3, 2020 to be valid)

Current Drop Box locations in Mercer County:

1. West Windsor Municipal Complex, 271 Clarksville Road, West Windsor (Near Senior Center) **
2. East Windsor Court, 80 One Mile Road, East Windsor *
3. Robbinsville Municipal Building, 2298 NJ-33, Robbinsville**
4. Nottingham Firehouse, 200 Mercer Street, Hamilton Square**
5. Princeton Municipal Building, 400 Witherspoon Street, Princeton*

*Drop Box anticipated Date to Open September 28, 2020

** Drop Box Anticipated Date to Open October 5, 2020

Additional Drop Boxes listed on the township website, www.westwindsornj.org

Track your Mail in Ballot:

Track the progress of your mail-in ballot by going to: [www.https://voter.svrs.nj.gov/auth/sign-in](https://voter.svrs.nj.gov/auth/sign-in)



In-Person Voting Information-Polls are open from 6am-8pm

- **Voting at Polls will be by paper only! (Provisional Ballot)**
- **Machines will be available for disabled voter only who have a documented audio or visual disability**
- **Listed below are the polling locations for each district in West Windsor:**

District 1 & 14 West Windsor Volunteer Fire House, 153 South Mill Road

District 2,5,8 & 10 West Windsor Senior Center, 271 Clarksville Road

District 3, 9 & 15 Mercer Oaks Golf Course, 725 Village Road West

District 4 Princeton Meadow Church, 545 Meadow Road

District 6 &7 Princeton Junction Volunteer Fire Company 245 Clarksville Road

District 11,12,13 &16 Mercer County Boat House, 334 S. Post Rd. (Old Trenton Rd. Entrance to Mercer County Park)

Voter Registration

- Last day to register to vote for the November 3, 2020 General Election is October 13th.
Voter registration Deadline for General Election (21 days before election)
- Voter registration form can be obtained by calling the Township Clerks Office 609-799-2400 ex 213 or on line at: Voter Registration- <https://voter.svrs.nj.gov/register>

Any questions or concerns call Township Clerk or Deputy Clerk 609-799-2400 ext. 213

“One Flag, One Land, One Heart, One Hand, One Nation Evermore”

Oliver Wendell Holmes





Oktoberfest is a German celebration of Bavarian traditions with large amounts of beer, food, German music, singing and traditional Bavarian costumes. With increased worldwide popularity, New Jersey Oktoberfest have become a popular fall event.

Central New Jersey 2020 Oktoberfest

Oktoberfest at Raceway Park

Saturday, October 24

Session One 12-4pm, Session Two 5-9pm

230 Pension Road

Englishtown NJ 07726

For information and or any Covid-19 updates Call: 732-446-7800 or check

The website: etownracewaypark.com/Oktoberfest

The traditional Oktoberfest in Peddlers Village in New Hope PA is canceled this year due to Covid-19. In its place the Village will be offering German themed food & drinks every day in October at their restaurants. They will also provide an outdoor food/beverage tent on the weekend.

For more information call, 215-294-4000

Message from the Manager.....

“Autumn mornings: sunshine and crisp air, birds and calmness, year’s end and day’s beginnings.” - Terri Guillemets

Our lives may have turned upside down lately but one thing is certain.....we can enjoy nature and the changing seasons. Seasons are an integral part of life as we experience it on Earth. Autumn is the season of change. The leaves turn beautiful shades of yellow, orange and red. It is a time for us to be thankful for what we have in our lives, a time to unwind and reflect, and a time to prepare for next year.

Throughout the month of September, I have been working aggressively on completing the National Accreditation Self- Assessment process with NCOA/NISC reviewers. It has been a tedious, intense review this time because of COVID-19. The onsite reviewer was not able to visit the Center. Additional documentation was requested to be submitted, many zoom meetings were scheduled along with a virtual tour of the building inside and out! The recommendation for accreditation was submitted to the NISC board. As soon as I receive notification from NISC, I will let you know.

October presents a reminder that flu season is here! The Health Department is offering the flu clinic at the West Windsor Community Park this year. Dates and details can be found in this newsletter and on the Township Website.

Outdoor programs have been tremendously successful! You will find a calendar of programs being offered in October. Be sure to pre-register for the classes by calling the Senior Center, 799-9068 on October 2. **The weather is turning cooler so dress appropriately.**

Nixel alert system is a useful tool to residents. Once signed up, you will receive local information, such as; power outages, impending weather conditions, road closures, etc. To sign up for alerts, log on to the West Windsor Police website homepage: www.westwindsorpolice.org.

It’s that time again! Medicare Open Enrollment begins October 15, 2020– December 7, 2020. This is the time to review your current coverage and make adjustments if necessary. You can log onto the Medicare website for more information; www.medicare.gov or call the Center to make a phone meeting with the S.H.I.P. Counselor.

November 3, 2020 is Election Day! All registered voters will receive a mail-in ballot. You can return your sealed ballot in a secure drop box located in front of the Senior Center building. General election details can be found inside the newsletter.

As the temperature changes to a cool chill and daylight becomes shorter, enjoy every breath. No matter the season welcome the sunlight into your body and live every day to the fullest. Celebrate every moment of every day; celebrate you! *Warm Regards, Donna*

Answers to September Sudoku puzzles

Sudoku#613

2	5	9	4	6	8	3	7	1
7	1	6	9	3	2	5	4	8
8	3	4	1	5	7	6	9	2
9	8	5	2	1	4	7	3	6
1	2	3	6	7	9	8	5	4
4	6	7	3	8	5	1	2	9
5	4	8	7	2	1	9	6	3
3	9	1	5	4	6	2	8	7
6	7	2	8	9	3	4	1	5

Sudoku #614

3	2	1	4	6	7	5	9	8
6	4	5	9	8	2	7	1	3
7	8	9	5	3	1	2	4	6
8	7	2	6	4	9	3	5	1
9	1	3	2	5	8	6	7	4
4	5	6	7	1	3	8	2	9
5	3	7	8	9	4	1	6	2
1	6	4	3	2	5	9	8	7
2	9	8	1	7	6	4	3	5

Talking about books



October- The Giver of Stars-By Jo Jo Moyes- Set in the depression -era America a breathtaking story of five extraordinary woman (packhorse librarians) and their remarkable journey through the mountains of Kentucky & beyond. Leader Mary Anne. Next discussion will be a Zoom meeting on Tuesday, October 27. For more information call the Senior Center, 609-799-9068.



October Sudoku puzzles

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nice 3x3 grids contain one instance of each of the numbers 1 through 9.

Sudoku #615

		4	6			1		
				3		2		
	2						6	8
	9						7	2
		5		4			3	
					1			
			7	5				6
4	6					7	8	
2								

Sudoku#616

					5	7		
	2	3					8	
6		8		1				
9					7	5		
	1				4			
	6			3				
						2		4
			4		9	3	7	
			8					9

Cover your eyes this page has the answers to October puzzles

Sudoku #615

5	7	4	6	8	2	1	9	3
8	1	6	9	3	5	2	4	7
9	2	3	4	1	7	5	6	8
3	9	1	5	6	8	4	7	2
7	8	5	2	4	9	6	3	1
6	4	2	3	7	1	8	5	9
1	3	8	7	5	4	9	2	6
4	6	9	1	2	3	7	8	5
2	5	7	8	9	6	3	1	4

Sydoku#616

4	9	1	3	8	5	7	2	6
5	2	3	7	4	6	9	8	1
6	7	8	9	1	2	4	3	5
9	8	2	1	6	7	5	4	3
3	1	5	2	9	4	8	6	7
7	6	4	5	3	8	1	9	2
8	3	9	6	7	1	2	5	4
1	5	6	4	2	9	3	7	8
2	4	7	8	5	3	6	1	9



INFLUENCER LECTURE SERIES

Enjoy a fascinating lecture series by and about women influencers, creators, thinkers, and disruptors on Tuesdays in October at 6:00 pm.

October 6- The Incomparable Louise du Pont Crowninshield
Jeff Groff, Winterthur Estate Historian

October 13- Eleanor Roosevelt: A Life in Politics
Christopher Brick, Editor and Principal Investigator for the Eleanor Roosevelt Papers Project, George Washington University

October 20- Portrait of a Woman in Silk
Zara Anishanslin, associate Professor of History and Art History, University of Delaware

October 27- The Lady was a Spy: Female Operatives in World War II
Linda De Roche, Professor of English and American Studies, Wesley College

For registration and cost information visit Winterthur.org/fall or call 800-448-3883



Origin of Halloween

Halloween began as the festival of Samhain. It was part of the ancient Celtic religion in Britain and other parts of Europe. At the end of summer, the Celts thought the barrier between our world and the world of ghosts and spirits got really thin. ... It was all about scaring away the ghosts and spirits.

Movie Suggestions

There is nothing like celebrating this “spooky season” then snuggling up on the couch with a big bucket of popcorn and watching some Halloween classics. If you don’t like very scary movies but still want to enjoy the season here are a few options.

- *Wolf*- Jack Nicholson, Michelle Pfeiffer
 - *The Shining* – Shelly Duvall, Jack Nicholson
 - *The Sixth Sense*- Bruce, Willis, Haley Joel Osment
 - *The Witches*- Angelica Houston
 - *Practical Magic*- Sandra Bullock, Nicole Kidman
-

Nonalcoholic Hot Toddy--- Cranberry Apple Crush-

Ingredients- 5 cups apple cider, 5 cups cranberry juice. 1 ½ cups guava juice, ¼ cup lime juice, 1 teaspoon ground ginger, ½ teaspoon ground cinnamon, ½ teaspoon ground allspice. Optional ingredients, Honey, Lime slices.

Directions-In a 4-quart pot, combine apple cider, cranberry juice, guava juice, lime juice, ginger, cinnamon and allspice. Bring to boiling, reduce heat. Simmer uncovered, for 5 minutes, stirring occasionally. If desired, sweeten to taste with honey. Pour into mugs garnish with lime slices. Makes 8-10 servings. 182 calories.

Daylight Savings time 2AM Sunday, November 1, 2020

Don’t forget to turn your clocks back!

Description of October Outdoor Classes

Monday (11am) Strength Training- Instructor, Kelly

Low impact program where balance and flexibility are stressed. Light weights can be used in this class.

Tuesday (11am) Chair Stretch & Tone-Instructor, Lisa

A low impact program (seated). Balance and flexibility are stressed in this class. This program is intended to strengthen muscles, balance, and coordination.

Tuesday (12:15pm) Watercolor Art Instructor, Russ

Students will gain knowledge and skills in composition & brush techniques.

Wednesday (11am) Strength Training-Instructor, Ed

Well-rounded workout through short burst of low intensity cardio. Light weights can be used in this class.

Thursday (11am) Strength Training- Instructor, Mark

An aerobic exercise program emphasizing development of strength, mobility, flexibility and stamina. Light weights can be used in this class.

Friday (10am) Zumba Dance-Instructor, Vin

A fun exuberating exercise. Dance to a mix of Latin and international music that creates an exciting and effective fitness program.

Friday (11:30am) Latin Fusion Line Dancing- Instructor, Jarek

Latin Fusion is a combination of energetic line dances that reflect the syncopated rhythm of the music. Examples are Swing, Rumba/Bolero, Cha Cha, Salsa/Mambo, Merengue & Jive.

REMEMBER TO BRING YOUR OWN EXERCISE EQUIPMENT TO
CLASS WHEN NEEDED

