

WINTER 2025

# 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"*

## 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 January 1, 2025**  
**Monday January 20, 2025**  
**Monday February 17, 2025**  
**INCLUDING ZOOM CLASSES**



# 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



### NJ SAVE APPLICATION ASSISTANCE

### PROGRAMS ACCESSED THROUGH NJSAVE

- Pharmaceutical Assistance to the aged and disabled (PAAD)
- Senior Gold Prescription Discount Program
- Lifeline Utility Assistance
- Medicare Savings Programs (QMB,SLMB & QI)
- Medicare Part D's Low Income Subsidy (LIS, Also known as "Extra Help")
- Hearing Aid Assistance to the aged and disabled (HAAAD)

On-site sign-ups: for Medicare Saving Programs

West Windsor Senior Center  
271 Clarksville Rd.  
West Windsor, NJ  
Tuesday January 14, 2025  
10 AM-1 PM  
Tuesday January 21, 2025  
10 AM-1 PM

## 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."



## Christmas Tree Collection

Starting Wednesday December 27, 2024 Public Works will begin curbside collection of Christmas Trees. You DO NOT need to call to schedule a pickup of a Christmas Tree. All lights, ornaments, garland, tinsel, nails, stands and plastic bags must be removed prior to placing your tree at the curb for collection. Artificial trees are not part of this collection program. If you want to dispose of an artificial tree, you would place it out for your regular trash collection.

\*\*\* Final day for curbside collection is Monday January 21, 2025. Please place trees at curb by 7:00AM for collection.

As a reminder, you can bring your Christmas Tree to our Public Works Facility located at 70 Southfield Road during Resident Drop-Off hours:

Monday - Friday 8:00AM - 2:00PM

Saturday 8:00AM - 12:00PM

Excluding Holidays

## 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 Winter Session (10 weeks), available dates are:

Every Monday @ 1:00PM

Jan: 6,13,27

Feb 3,10,24

Mar 3,10,17,24

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

## Talking About Books

Tuesday January 28, 2025

2:00PM - 3:00PM

### *When Women Ran 5th Avenue*

by Julie Salow

led by Susan

Tuesday February 25, 2025

2:00PM - 3:00PM

### *Ms. Morgan's Book Brigade*

by Janet SkeslienCharles

led by Maryann

Tuesday March 25, 2025

2:00PM - 3:00PM

### *Briar Club*

by Kate Quinn

led by Jean

## HEALTH SCREENINGS

### Blood Pressure Screening

Tuesday January 14, 2025

10:00AM - 12:00PM

Tuesday February 11, 2025

10:00AM - 12:00PM

Tuesday March 25, 2025

10:00AM - 12:00PM

### Bone Density Screening

Wednesday February 5, 2025

10:00AM - 12:00PM

### Hearing Screening

Wednesday February 19, 2025

9:00AM - 12:00PM

### Blood Glucose Screening

Tuesday March 4, 2025

10:00AM - 12:00PM

**\*\*Fasting Required\*\***

### Colon Health Screen & Lecture

Wednesday March 12, 2025

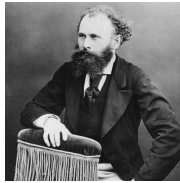
10:00AM - 11:00AM

- Join us for a lecture about colon health and receive a kit to test at home and mail back



## Artists and Scholars Program Virtual Lectures with Kate Ogden

**Edouard Manet**  
Thursday January 16, 2025  
1:00PM



Edouard Manet: Controversial Impressionist Manet (not to be confused with Monet) was a little older than most of the Impressionists. He gave them a model for how to be "avant-garde" and occasionally loaned money to the younger artist Monet. Some of his most controversial paintings were made out of a desire to make Old Master topics more up to date.

## Edgar Degas: More Than Ballerinas

Thursday February 27, 2025  
1:00PM



Degas may be best known for his paintings of ballerinas, but he painted much more. Some of his portraits probe the psychology of individuals and families. A surprising series depicts the cotton business of his relatives in America.

**A zoom link will be sent one day prior to the event.**

Health Department  
presents

## Addressing the Winter Blues

Tuesday January 28, 2025  
10:00AM

Mental health matters, all year round! With colder temperatures and less daylight this time of year, we may find ourselves feeling sad or low on energy. The West Windsor Health Department invites you to attend our presentation on mental health and depression, facilitated by two of our nurses. Together, we can start the conversation about mental health.

## 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   | *Rollator           | *Wheelchair |
| *Cane     | *Crutches           | *Knee       |
| Scooter   |                     |             |
| *Bed Rail | *Commode            | *Shower     |
| Chair     |                     |             |
| *Reacher  | *Raised Toilet Seat |             |

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 Tax-Aide Program

Open for low & moderate  
income adults

Every Tuesday beginning February 4, 2025 until April 15, 2025. AARP tax services will provide FREE tax preparation help for federal and NJ Income Tax Returns.

**Appointments to be scheduled beginning  
Monday January 6, 2025**

Please contact the Senior Center at  
609-799-9068 to schedule an appointment.



## American Heart Association Family and Friends CPR Class & Infant CPR

Tuesday February 4, 2025  
1:00PM - 2:00PM  
2:00PM - 3:00PM

This CPR Course teaches the lifesaving skills of Adult Hands-Only CPR, Adult CPR with breaths, Child CPR, Adult and Child AED use, and choking relief for Adults and Children.

Contact the Senior Center for pre-registration.

## Osteoporosis & Bone Health Lecture

Friday February 7, 2025  
1:00PM

Join us for an informative and interactive session on osteoporosis and bone health lead by guest speaker & physical therapist, Nicole Cleffi, DPT. Learn what osteoporosis is, how it affects your bones, and practical ways to prevent or manage it through diet, exercise and lifestyle choices. This presentation will include simple demonstrations of bone-strengthening exercises, tips for fall prevention, and helpful resources to take home.

ALL ARE WELCOME!

## Music/ Opera Appreciation

**TBD**

Friday January 10, 2025  
2:00PM

**TBD**

Friday February 14, 2025  
2:00PM

**TBD**

Friday March 14, 2025  
2:00PM

(Music/Opera and description to be announced via email at least on week prior to event)

## AARP Foundation Safe Driving Course

Wednesday February 26, 2025  
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!

# Trip

## 2025

### Philadelphia Flower Show

Thursday March 6, 2025

Registration will begin  
Monday January 6, 2025

Time: 10:00AM – 2:00 PM  
Cost: \$66 per person

**Trip Includes:**

- 8:30AM pick-up at the West Windsor Senior Center
- Ticket to enter the Flower Show
- Transportation in a clean, modern, sanitized Coach Bus
- "Arena Food" will be available on site (Not included in the price) or the Reading Terminal Market located directly across the street from the convention center
- Bus will depart from the Flower Show at 2:00PM and will arrive back to West Windsor Senior Center approximately 3:45PM.

Deadline: February 13, 2025  
NON REFUNDABLE. Pre-Registration is REQUIRED.  
*First Come, First Serve!*

## Attention PAINTERS!!!

We will be making some changes with the cost of our painting classes. The NEW rate for Oil Painting & Watercolor will be \$80 for 6 months.

**First Come, First Serve! Please contact the Senior Center at 609-799-9068 as pre-registration is required.**

### OPERATION BLUE ANGEL



Follow link below for more information:  
<https://westwindsornj.org/operation-blue-angel>

## WINTER ENTERTAINMENT

### Bravura Youth Orchestra

Friday January 31, 2025  
2:00PM



Join us as we celebrate Chinese New Year: Year of the Green Wood Snake with a performance given by the Bravura Youth Orchestra.

### Isabella Lamadriz

Friday February 21, 2025  
1:00PM



Isabella performs in operas and her collaborator Pablo Zinger have a collection of songs, some ranging from more classical art songs to modern hits like quizas quizas and a taste of the Cuban repertoire. During the sets Pablo will also explain the characteristics of the music, the composer and style.

**ALL ARE WELCOME!**



## West Windsor Health Department

The Health Department and lecturers will be at the West Windsor Senior Center

### **Eating for Cancer Prevention**

Tuesday January 14, 2025  
1:00PM

Discover the power of healthy eating! Join us for an engaging talk on "Eating for Cancer Prevention," presented by ScreenNJ in partnership with the Rutgers Cancer Institute. Learn ways to boost your health with nutrition and reduce cancer risks.

### **Dental Health and Hygiene for Seniors**

Tuesday February 18, 2025  
1:00PM

Want to learn more about dental health for seniors? You're in luck! Dr. Steven Green from KinderSmile Community Oral Health Center is coming to the West Windsor Senior Center to give a presentation on dental health and hygiene. We encourage you to join for this teeth-rrific presentation!

### **Travel Training for Older Adults**

Tuesday March 11, 2025  
1:00PM

The Greater Mercer Transportation Management Association will give a presentation on transportation resources. This goal of this program is to improve the ability of older adults to travel around Mercer County to employment, health care, social services, shopping and recreation. There will be an optional second session offered which would include a local trip on public transportation to increase the confidence and independence of older adults to travel throughout Mercer County.

## **NEW CLASS!!!**

### **Drawing with Calligraphy**

Every Monday from

1:30PM - 3:30PM

\$60 for 6 months

In this class, learn to draw guidelines, do basic strokes in pencil (then later in ink), how to hold and use your pen, and explore different styles of calligraphy along with flourishes and hand-drawn accents. Learn this timeless skill and create projects to showcase your work, like greeting cards or frameable poetry. Supplemental drawings will add color embellishment to accented characters or page borders in the manor of illuminated manuscripts of old. Join us!

**Pre-registration is required as spaces are limited. Contact the Senior Center at 609-799-9068.**

## **NOTICE:**

### **Inclement Weather**

In the event of inclement weather and Township closures, the Senior Center follows the lead of the Township of West Windsor municipal office. Keep up to date with the latest Township news and simply sign up at:

**[ww-email-signup - Formstack](#)**

or Scan the QR Code with your smart phone:



Announcements are also made on the Township website:

**[\(westwindsonj.org\)](#) and nixle**

## **Exercise Descriptions**

### **"Balance and Stability"**

Stability is the ability to control your body position from head to toe through movement, and balance is the ability to maintain your center of gravity over your base of support. Balance & Stability class can help build strength and improve posture, stability, and coordination.

### **"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.

### **"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!

### **"Beginners Spanish"**

We are pleased to offer a Beginners Spanish class. Learning a new language provides many benefits such as enhanced memory and increased brain power. Plus it can be fun, enjoyable and useful when you travel! This Beginner Spanish class focuses on Spanish conversation and encourages student participation. This class is expected to be held virtually until mid-April and then in-person thereafter.

### **"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.

### **"Intermediate Spanish"**

There are many benefits to learning a language and many opportunities to utilize it. This is an Intermediate Level class focused on Conversational Spanish. We cover grammar and vocabulary to reinforce the conversation practice. During the summers we read short stories with a focus on comprehension. This class has been in person however during COVID we have pivoted to being virtual. The class size is manageable such that everyone has ample opportunities to participate.

### **"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.

### **"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!

#### **CLASS SUBSIDY 2025**

<b>CLASS</b>	<b>AMOUNT</b>	<b>DUE DATE</b>
ART OF OIL PAINTING	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
ART OF WATERCOLOR	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
DRAWING WITH CALLIGRAPHY	\$60	JANUARY/ JULY - 2 SESSIONS/ YEAR
SPANISH (Beginners/ Intermediate)	\$30	JANUARY/ JULY - 2 SESSIONS/ YEAR
ZUMBA	\$25	JANUARY/ JULY - 2 SESSIONS/ YEAR

**FEEES 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 \(westwindsornj.org\)](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.





