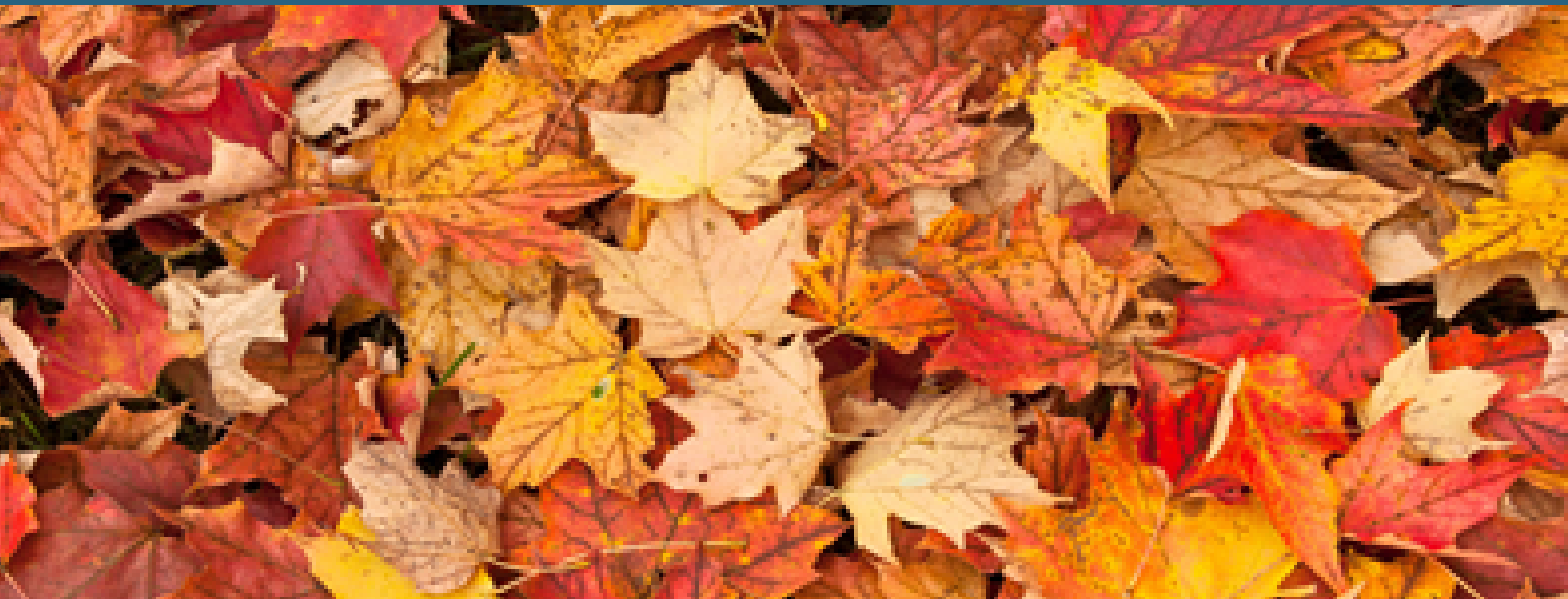


FALL 2026

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

Carlos Rodriguez
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.gov
OFFICE HOURS: 8:00 AM - 4:00 PM
MONDAY - FRIDAY**

**The Senior Center will be CLOSED on
Monday October 12; Tuesday November 3;
Wednesday November 11; Thursday & Friday November
26 & 27; December 24 - January 1
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

Medicare Open Enrollment

October 15 - December 7

Questions about your Medicare?
Take the opportunity to reassess your 2026 coverage for the upcoming year.

AVAILABILITY:

Wednesdays starting
October 21, 2026

Please view flyer as there are some NEEDS TO KNOW & WHAT TO BRING before you come to your appointment

Contact the Senior Center to schedule your time & appointment 609-799-9068

"This product is supported by grant 90SAPG0098 from the U.S. Administration for Community Living."

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 offices

Announcements are made on the Township website:
(westwindsornj.gov) and nixle

Leaf and Yard Debris Collection

Leaves must be separated from brush and yard waste for proper processing at recycling center.

For Further information click on the link below:

Fall Leaf Debris Info

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 at 1:00PM:

October 19, 26

November 2, 9, 16, 23, 30

December 5, 12, 19

Please follow link for further information

<https://hopesnj.org/about-h-o-p-e/the-organization/>.

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.

FLU CLINICS

Location:

West Windsor Senior Center

Dates:

Thursday October 22, 2026

4:00PM - 5:00PM

Thursday November 5, 2026

4:00PM - 5:00PM



**Contact the Health Department to schedule an appointment at (609) 936-8400.
Registration opens up 30 days prior to clinic.**

Township of West Windsor Public Works

20 Southfield Road, West Windsor

"Paper Shred Event"

October 3, 2026 8AM - 12PM

Note: May end prior to 12PM if shred trucks reach capacity

Open to Residents ONLY - Proof of Residency Required

Limit Papers to confidential/ sensitive materials only

Protect against identity theft - shred materials with your Social Security numbers, account numbers, confidential passwords, medical information, financial records and other confidential/ sensitive personal documents.



ALSO, ON SITE AT THE SHREDDING EVENT WILL BE A FOOD & CLOTHING DRIVE

FOLLOW LINK BELOW FOR MORE INFORMATION:

Paper Shred Event Info

SCREENINGS

Blood Pressure Screening

Wednesday October 28, 2026

11:00AM - 12:00PM

Wednesday November 25, 2026

11:00AM - 12:00PM

Wednesday December 23, 2026

11:00AM - 12:00PM

Balance Screening

Wednesday November 4, 2026

10:00AM - 12:00PM

Glucose Screening

Wednesday October 21, 2026

9:00AM - 11:00AM

Hearing Health Innovation Update: Technology, Industry Shifts & Aural Rehabilitation

Tuesday October 6, 2026

10:00AM

The hearing healthcare landscape is evolving, with significant strides in hearing aid technology and patient-centered care. Today's hearing aids feature AI-driven sound processing, advanced noise reduction, and seamless connectivity with smart devices—transforming them into powerful tools for communication and daily living.

At the heart of this progress is the expertise of Doctors of Audiology, who play a crucial role in guiding patients through comprehensive hearing evaluations, personalized device fittings, and ongoing support. Their clinical approach ensures not just better hearing, but better outcomes—tailoring solutions to each individual's lifestyle, needs, and goals.

Equally important is aural rehabilitation, which has become an integral part of modern audiologic care. Through customized auditory training, communication strategies, and cognitive support, audiologists help patients adapt to hearing devices and reconnect with the world around them. This full-spectrum approach is redefining hearing care as a journey—not just a device.

Emergency Preparedness

Tuesday October 13, 2026

1:00PM

Come and learn a basic overview of preparedness, the difference between watches and warnings, and the importance of having a plan to be ready for different situations with the Mercer County Emergency Management Team.

"Improving Sleep"

Tuesday October 20, 2026

10:30AM



Sleep is so important to our health, yet so many of us have trouble falling or staying asleep. Join Patti McDougall, BSN, RN from RWJ Hamilton for this lecture of things that might help you finally get a good night's rest.

AI for Everyone: An Introduction

Monday October 26, 2026

1:00PM

Are you curious about the "AI revolution" you keep hearing about in the news and why has it become the most talked-about technology of our time? Join us for this friendly session for those who are new to the subject and looking for a clear, jargon-free starting point. We will move beyond the headlines to explore the core concepts of how these "thinking machines" work: how they learn, how they communicate in human-like ways, and how they can instantly create text and art from a simple description. You don't need a background in technology to attend; you only need a curiosity about how the digital world is changing. You'll walk away with a clear grasp of what these tools are, how to access them safely, and why they are much easier to use than you might think.

"Bone Up Your Health"

Tuesday November 10, 2026
10:30AM

Join Penn Medicine Princeton Health Community Wellness Program Associate Maria Benerofe BS.VDT-CT, RYT200. This program will provide valuable information about osteoporosis, including how to identify risk factors for osteoporosis and fractures. Participants will learn lifestyle strategies to help prevent osteoporosis, understand calcium needs for maintaining healthy bones, and explore practical fall prevention techniques to reduce the risk of injury.

Talking About Books

Tuesday October 27, 2026

2:00PM - 3:00PM

Mrs. Endicott's Splendid Adventure
by Rhys Bowen
led by Barbara

Tuesday November 24, 2026

2:00PM - 3:00PM

Family of Spies
by Christine Kuehn
led by Susan A

Tuesday December 15, 2026

BOOK CLUB

LUNCHEON

(TBD)



DON'T BE A VICTIM

Your premium is up \$15.00 this year alone!

Learn how to protect yourself against Medicare fraud, waste and abuse.

Have your Medicare questions answered.

Where: West Windsor Senior Center

When: Tuesday October 27, 2026

Time: 1:00PM

**Guest Speaker: Joel Schneider
SMP Outreach Specialist**

Senior Medicare Patrol | SMP | Medicare Fraud Protection (smpresource.org)

File of Life

Division of Emergency Services

West Windsor Township's Division of Emergency Services, in a partnership with the West Windsor Professional Firefighters Association, Local 3610, and the West Windsor-Plainsboro Alcohol & Drug Alliance started a program in 2004 that will benefit Township residents during times of medical emergency. This program, called the File of Life will maximize medical professionals' abilities to help you when responding to an emergency medical call in your home. A completed File of Life worksheet could save your life or that of a family member. Click on link for more information: [FILE OF LIFE](#)



Declaration of Independence Lecture

Friday November 13, 2026
1:00PM

Board members of the Historical Society of West Windsor (Josh Mandell and Tom Burnet) will discuss the Declaration of Independence — the precipitating events in the months leading up to July 4th, the formation of the Committee of the Five, the drafting and editing process, the structure of the final document, the initial reception by England and the colonists, as well as assorted myths and legends surrounding the nation's most sacred text. Plus, there will be a quiz!

Protecting What You've Built While Planning for the Future

Tuesday November 17, 2026
10:30AM

This conversation focuses on protecting assets, understanding important legal documents, planning ahead for long-term care needs, and avoiding common mistakes families often make during times of stress or crisis. The goal is to help people feel more informed and proactive rather than overwhelmed.

FALL ENTERTAINMENT

Karl Dentino



Friday
November 6, 2026
1:00PM

Karl Dentino performs memorable American songs from the early 20th Century. His repertoire spans several decades and genres including: Ragtime, Swing, Early Jazz, Country, Folk, Blues, Rock & Roll. He weaves his syncopated fingerstyle guitar, clear vocals and rhythmic harmonica to delight audiences of all ages. His performances include historical anecdotes about the composers, performers and cultural setting in which our great American music flourished.



While we have an active group, we are looking to expand our member numbers. Please help us recruit new members or encourage prior members to rejoin us! We play every Wednesday, from 11:45AM through 3:30PM.

For more information, please contact the Senior Center.

Exercise Descriptions

"Bollywood Dancing"

Is an art form that combines traditional Indian dance styles with contemporary influences, with its dynamic movements and vibrant expressions. Come join us whether you are a beginner or want to perfect your technique.

"Cardio and Toning"

For a total body toning class using light free weights, bands and tubing to challenge the body from head to toe. Please bring a mat to class for floor work. Weight training is vital for strengthening bone density and strength. This class is more of an advanced exercise class.

"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.

"Chair 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 with the safety of a chair.

"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 dumbbells, 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.

"Meditation"

Meditation is for everyone! It's an ancient practice that has many benefits, physically and mentally. Can meditation be taught? Yes! Even if you're currently meditating this class can help deepen your understanding of meditation practices, styles, and improve your practice. No experience? Have you ever thought "meditation is not for me?" This class is for all levels!

"Qigong"

Qigong means energy (qi) and skill (gong), or a skill or practice that cultivates or increases energy. Qigong is the simpler and more adaptive, makes use of breathing techniques, acupressure and graceful movement to increase the flow of qi through the body. Qigong improves physical activities, perception of difficult breathing, quality of life, and some measures of inflammation in the body.

"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.

"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" (Pre-registration REQUIRED) \$\$\$

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 I & II" \$\$\$

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!

"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.

"Duplicate Bridge"

A form of contract bridge that is played. In this variation, the same hands are dealt to different players, allowing for a direct comparison of performance. Ultimately, a competitive game where players bid and play their hands against others who play the same cards, emphasizing skill over chance.

"Spanish 1" \$\$\$

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 held both in person and virtually.

"Spanish 2" \$\$\$

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 is held both virtually and in person.

"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 2026		
CLASS	AMOUNT	DUE DATE
ART OF OIL PAINTING I & II	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
ART OF WATERCOLOR	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
SPANISH I & II	\$30	JANUARY/ JULY - 2 SESSIONS/ YEAR
ZUMBA	\$25	JANUARY/ JULY - 2 SESSIONS/ YEAR

FEES 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
E-Bulletin**

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

<https://www.westwindsortwp.gov/departments/police/index.php>

To learn more about preparing for emergencies, visit **ready.gov**



Public Health
Prevent. Promote. Protect.





YOUR MVC IS COMING TO YOU!

Questions? Please contact your local hosting group.

Host: **West Windsor Senior Center**

Location: **271 Clarksville Road**

Date: **Tuesday October 6, 2026**

Time: **9:00AM - 3:00PM**

Notes: **Please DO NOT call the West Windsor Senior Center for Appointments**

** Cancellations may occur due to weather conditions or at the discretion of the MVC over unforeseen circumstances.*

Make your appointment today!

Go to <https://telegov.njportal.com/njmvcmobileunit> to sign up for:

- REALID
- Registration Renewal
- Initial Permit **Tests are NOT given at Mobile Unit
- Non-Driver ID
- Duplicate/Replacement Title or Registration

NO APPOINTMENT NECESSARY FOR THESE SERVICES. JUST WALK UP AND SEE US:

- Surrendering license plates
- Handicapped, Veterans, or Purple Heart placards
- Purchase red GDL decals



WHEELCHAIR ACCESSIBLE

NJMVC Mobile Units are wheelchair accessible and easy for all to use.



www.facebook.com/NewJerseyMVC/



[X.com/NJ_MVC](https://x.com/NJ_MVC)



www.instagram.com/njmvc/



NJMVC
New Jersey Motor Vehicle Commission

