

WEST WINDSOR SENIOR CENTER

March 2026 News & Updates

Ms. Senior America

Friday
March 6, 2026

1:00PM

Glucose Screening

Wednesday
March 11, 2026

9:00AM - 11:00AM

Blood Pressure Screening

Wednesday
March 25, 2026

11:00AM - 12:00PM

Book Club

Cheaper by the Dozen

by Frank Bunker Gilbrath Jr.
led by MaryAnne

Tuesday
March 31, 2026

2:00PM - 3:00PM

New Class!

Meditation with Ed

Wednesday March 4, 2026
12:00PM

Join instructor Ed on Wednesdays for a weekly meditation class directly following his chair yoga class. This class can be done on a yoga mat or in a chair. Bring a pillow, a blanket, and an open mind.

West Windsor Health Department

Nutrition Label Reading

Friday March 6, 2026
9:00AM - 10:30AM

In the store, in your kitchen, on your plate. Learn how to use the Nutrition Facts Label to make quick, informed food decisions to help you choose a healthy diet. Stop by our table in the lobby! Practice with example labels or bring a food label from home!

Health Lecture

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

Wednesday
March 4, 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. 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.

How Oswald Veblen Quietly Created Einstein's Princeton

Friday
March 20, 2026
1:00PM

Guest Speaker
Steve Hiltner

Without the great mathematician and visionary, Oswald Veblen, Princeton would have no Institute for Advanced Study, no Institute Woods, no Old Fine Hall, no Herrontown Woods, and no Einstein. Steve Hiltner presents new research on the behind the scenes influence that Veblen, and later Einstein, had on the trajectory of Princeton and the Institute for Advanced Study.