

WEST WINDSOR SENIOR CENTER

May 2026 News & Updates

Movie

*Remarkably
Bright Creatures*

Thursday
May 14, 2026

1:00PM

Balance
Screening

Wednesday
May 20, 2026

9:00AM - 11:00AM

Blood
Pressure
Screening

Wednesday
May 20, 2026

11:00AM - 12:00PM

Book Club

Nightshade
by Michael Connelly

Tuesday
May 26, 2026

2:00PM - 3:00PM

"Five Wishes"

Aging with Dignity

Tuesday May 5, 2026
10:00AM

Join us to learn more about advance care planning and how to give the gift of conversation to the important people in your life. Learn how to have advance care planning conversations with your children, your parents, or the most important people in your life. Learn about picking the right person to speak for you when you cannot communicate for yourself due to a health crisis. Receive a free Five Wishes document that will help guide you through all the steps and considerations, and become a legally valid advance directive when completed and signed. Learn why updating your documents is important as life situations change.

West Windsor Health Department

Walking for Health & Happiness

Tuesday May 12, 2026
10:00AM

Become part of the walking movement and see why doctors prescribe it and researchers call it a "wonder drug." Come and learn strategies for staying safe when walking, discuss great walks in the West Windsor area and what to look for to create a more walk friendly environment. A great way to get around town!

Telephone Reassurance Program Mercer County

Guest Speaker Sue Walton, Assistant Director

Tuesday May 19, 2026
10:00AM

The Telephone REASSURANCE Program is a free service offered by CONTACT of Mercer County, a local non-profit. This service is offered to interested seniors 60+ who live alone or are alone most of the day and who choose to enroll as clients. The clients receive regularly scheduled 5-10 minute calls from caring volunteers. The volunteers are providing both a safety/wellness check as well as breaking through the isolation that some seniors experience.

The CONTACT Reassurance program is also available to interested volunteers who want to make a positive impact while helping fellow seniors. Volunteers do not visit clients; outreach is strictly by phone for everyone's privacy.

Telephone Reassurance: A non-profit program of CONTACT of Mercer County, NJ, funded in part by Title 111 Older Americans Act of 1965, as amended by a grant from Mercer County Office on Aging.

MUSIC CONCERTS

Sustainable Jazz Duo

Friday May 8, 2026
1:00PM

We're a duo of sax/clarinet and piano that performs original compositions ranging in style from jazz to samba to tango, combining fresh melodies, inventive arrangements and improvisation. A veteran ensemble, our performances are suffused with humor and joy, as we take audiences on melodic adventures that appeal to all ages.

Kyson Chang

Friday May 29, 2026
1:00PM

High school Senior Kyson Chang will perform Tchaikovsky, Concerto in D, Op.35; Bach unaccompanied violin sonata in C major Paganini Caprice in G minor and more.

Senior Center 609-799-9068