

WEST WINDSOR SENIOR CENTER

November 2026 News & Updates

Balance Screening

Wednesday
November 4, 2026
10:00AM - 12:00PM

FLU CLINIC

Thursday
November 5, 2026
4:00PM - 5:00PM

Register with
West Windsor
Health Department
609-936-8400

Book Club

Family of Spies

by
Christine Kuehn

Tuesday
November 24, 2026
2:00PM

Blood Pressure Screening

Wednesday
November 25, 2026
11:00AM - 12:00PM

"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.

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.

Music Concert

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.

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!

Senior Center 609-799-9068