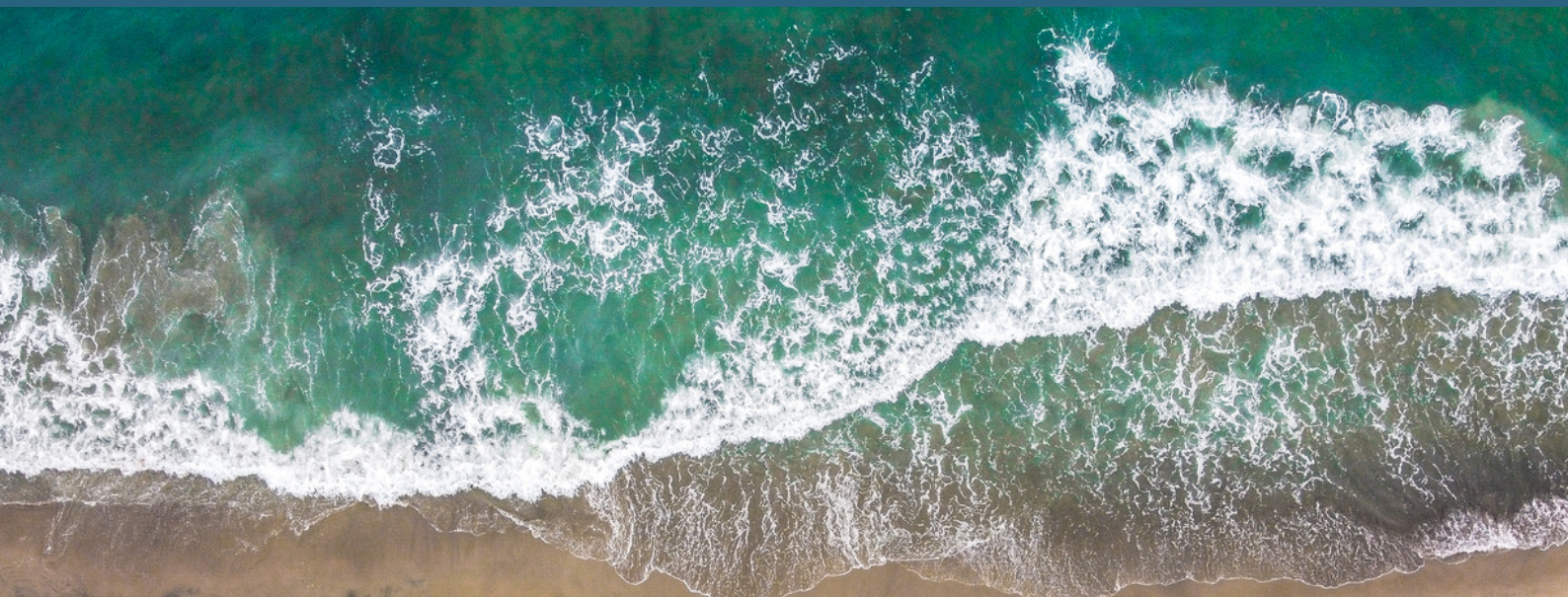


SUMMER 2026

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
Friday July 3 & Monday September 7
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

Do you have any problems or questions about your Medicare health insurance?

Free help is provided by a certified SHIP counselor at the West Windsor Senior Center by appointment ONLY.

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."

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.

DUPLICATE BRIDGE

**Every Wednesday
at 11:45AM**



ALL ARE WELCOME!

**Fees apply for non-residents.
Please contact the Senior Center
609-799-9068.**

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.**

**For further inquiry contact the Senior Center and
pre-register.**

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 Summer Session (10 weeks), available dates are:

Every Monday @ 1:00PM

July: 6,13, 20, 27

August: 3,10,17, 24, 31

September: 14

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

SNAP

Supplemental Nutrition Assistance Program

**Tuesday
July 7, 2026
9:00AM - 11:00AM**

Join SNAP Navigator Alejandra Osoria from Robert Wood Johnson Barnabas Health NJ. SNAP (Supplemental Nutrition Assistance Program) is New Jersey's food assistance program to help you buy the groceries to eat and be healthy. Even a small amount can help – every dollar of SNAP you get means a dollar of your food budget you can use for something else you need.

As SNAP Navigators, we guide our neighbors through eligibility requirements, step-by-step instructions through the application process, how to keep your SNAP benefits, and answer any questions you may have regarding food assistance.

TRIPS

The Barnes Foundation

Thursday
October 22, 2026
10:00AM - 2:00PM

\$78
per
person

Itinerary:

- Depart Senior Center 9:00AM
- Docent-Led Tour
- Group Lunch at 12:00PM
- Depart Philadelphia 2:00PM
- Return to West Windsor approx 3:45PM

Price includes:

- Admission to Museum with guided tour
- 12:00pm Boxed Lunch at museum
- Transportation in a clean sanitized motorcoach

Deadline: September 1, 2026
NON-REFUNDABLE. Pre-Registration is REQUIRED
FIRST COME, FIRST SERVE

Christmas Spectacular Radio City Music Hall

Thursday
December 10, 2026
Time: 10:00AM - 6:00PM

\$214
per
person

Join us for a festive day in New York City and experience the world-famous Christmas Spectacular starring the Rockettes at the iconic Radio City Music Hall.

Itinerary:

- 10:00AM departure from West Windsor Senior Center
- 12:00PM estimated arrival in NYC
- 2:00PM start of performance
- 3:30PM end of performance
- 4:30PM latest departure from NYC
- 6:00PM Drop off at West Windsor Senior Center

Trip includes:

- Boxed Lunch
- Ticket to Show
- Transportation in a cleaned sanitized motorcoach

Deadline: August 3, 2026
NON-REFUNDABLE. Pre-Registration REQUIRED
FIRST COME, FIRST SERVE!

Princeton The Nation's Capital 1783

Friday July 24, 2026

1:00PM

with Guest Speaker Barry Singer

The American Revolution shooting war had ended in 1781 and lengthy peace negotiations are ongoing in Paris. In June 1783, Congress, in session in Philadelphia, must flee after an Army mutiny. Congress relocates to Princeton where it remains in session for 4 ½ months. This is the story of the many events that take place, and the people involved, as this small rural town provides the backdrop for the historic events of that summer and fall.

SUMMER ENTERTAINMENT

Isabella Lamadriz &

Pablo Zinger

Friday August 14, 2026

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 quizas" and a taste of the Cuban repertoire. During the sets Pablo will also explain the characteristics of the music, the composer and style.

Bravura Youth Orchestra

Friday August 21, 2026

2:00PM

The Bravura Youth Orchestra (BYO), a youth orchestra formed in October of 2010, is under the leadership of Music Director Chiu-Tze Lin. It is the preparatory orchestra of the award-winning Bravura Philharmonic Orchestra. The BYO includes talented pre-college musicians from six counties in New Jersey: Mercer, Middlesex, Monmouth, Somerset, Morris, and Essex. Its vision is to instill in young people the appreciation of great music by being active participants in its creation. The wide repertoire of the BYO includes both classical and contemporary works. The students have the unique opportunity to perform in chamber groups, as well as in larger orchestral settings.

The Friends of West Windsor Senior Citizens Board of Directors Meeting

Thursday August 20, 2026
2:15PM

West Winsor Senior Center
Double Classroom

All are invited to attend and participate.

For more information about The Friends of
West Windsor Senior Citizens and becoming
a member, go to our Facebook page.

Friends of West Windsor Senior Citizens
(FOWWSC)

AARP Foundation Safe Driving Course

Wednesday
September 16, 2026
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

Non-Member - \$25

Cash or Check

Pre-Registration is required.
Sr. Cafe is closed. Bring your lunch!

Talking About Books

Tuesday July 28, 2026
2:00PM - 3:00PM

The Names
by Florence Knapp
led by Barbara

Tuesday August 25, 2026
2:00PM - 3:00PM

The Correspondent
by Virginia Evans
led by Susan

Tuesday September 29, 2026
2:00PM - 3:00PM

Daughters of the Bamboo Grove
by Barbara Damek
led by Sue

Ageless Grace Fitness

Monday August 24, 2026
9:15AM

Come and join certified Ageless Grace
Instructor Allyson Toth. Ageless Grace is a
unique fitness program designed for brain
and body health that can be done by all
ages and levels of ability. By using the 21
exercise 'tools' that are natural movements
done in a chair for optimal functionality, all
5 functions of your brain are engaged,
challenged to adapt and change structure
through learning while simultaneously
moving your body differently than if you
were standing or using equipment (the
science of neuroplasticity). Participating in
an Ageless Grace session is not only a fun
way to exercise and improve flexibility, but
also safe for anyone with mobility, balance,
and stability challenges.

ALL ARE WELCOME!

SCREENINGS

Blood Pressure Screening

Wednesday July 22, 2026

11:00AM - 12:00PM

Wednesday August 26, 2026

11:00AM - 12:00PM

Wednesday September 23, 2026

11:00AM - 12:00PM



Bone Density Screening

Tuesday July 21, 2026

10:00AM - 12:00PM



Hearing Screening

Wednesday August 19, 2026

10:00AM - 12:00PM



Sound Bath Meditation & Healing

with Instructor Ed



Wednesday September 23, 2026
12:00PM

Come explore all the benefits of sound bath healing. Sound healing is a meditative relaxation that can help create balance in your mind, body, and spirit. The deep peace of this practice has been known to reduce stress, lower blood pressure improve sleep, and aid in pain relief. In this workshop, we will combine crystal singing bowls, Tibetan bowls, gongs, chimes, ocean sounds, and tuning forks to create a peaceful atmosphere for a prolonged, deep meditation. This class can be done on a yoga mat or in a chair. Bring a pillow, a blanket, and an open mind.

Mark your Calendars!!

**West Windsor Public Works
Fall Clean Up Day**

Saturday September 12, 2026

8:00AM - 2:00PM

Please follow the link below for more information

FALL CLEAN UP DAY



Follow link below for more information:
[West Windsor Operation Blue Angel](#)

FLU CLINIC

LOCATION:

West Windsor Senior Center

DATE:

**Wednesday
September 30, 2026
10:00AM - 12:00PM**



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

Improving Brain Health Workshop

A 4-week program



Tuesday
August 4, 2026

The goal of this program is to promote brain wellness through engaging social and interactive activities that support memory, creativity, communication and emotional wellbeing.

Mercer County Connection



Tuesday
August 11, 2026
9:30AM-11:30AM

Come and learn about the many different services available to you as a Mercer County Resident at this tabletop event.

Fall Arts & Craft Social Event

Tuesday September 15, 2026
10:00AM

Join LOES (Loving Our Elders & Seniors) for a fun and creative morning of fall-themed arts and crafts, refreshments, and friendship! This special event gives you the opportunity to express your creativity, connect with others, and enjoy a welcoming community atmosphere.

Guided fall-themed arts and crafts activities, including painting decorative wooden plaques and seasonal keepsakes.



Friday
September 18, 2026
9:00AM - 11:00AM

What is JFCS?

JFCS of Greater Mercer County helps strengthen the wellbeing of individuals, families, and communities to build brighter futures. Come learn more about what they have to offer at their upcoming tabletop event.

Health Lectures

Osteoporosis

Tuesday July 14, 2026
10:30AM

Join Anjul Bagdwal MSN, RN, Community Educator from RWJUH Hamilton, for a talk on osteoporosis and bone health. Learn how bone health changes over time, who is at risk and lifestyle choices that can keep your bones strong and healthy as you age.

Avoiding Environmental Toxins in the Home

Tuesday August 18, 2026
10:30AM

Join Integrative Therapies Nurse Patricia McDougall BSN, RN, CRS from Robert Wood Johnson University Hospital. Toxins are all around us: in the air we breathe, the products we use and the food we eat. Learn what these toxins can do to our body and ways to avoid them and live a cleaner life

Women's Health: The Big Three

Tuesday September 8, 2026
10:30AM

Join Penn Medicine Princeton Health Community Wellness Program Associate Maria Benerofe BS.VDT-CT, RYT200. This program explores the major risk factors associated with heart disease, breast cancer, and stroke. Participants will learn to recognize the signs and symptoms of these conditions, understand effective prevention strategies, and gain information about recommended health screenings.

Heat can escalate quickly.

Warm temperatures can quickly become dangerous. Heat is one of the most deadly weather hazards - don't underestimate it.

- Never leave people or pets alone in a closed car
- Drink plenty of water, even if you don't feel thirsty
- Wear loose-fitting, light-colored clothing
- Spend time in air conditioning and in the shade
- [WEATHER.gov](https://www.weather.gov)

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. 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.

"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. This is an advanced class.

"International Ballroom"

International Ballroom Dancing is an instruction program in all forms of ballroom dancing which is provided in a social and collegial setting. This class focuses not only on increased balance but most importantly embraces gracefulness while learning the steps of major ballroom dances.

"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. Each strength class has a different fitness level. (Please see front desk for more information).

"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" \$\$\$

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!

"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.

"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!

"Spanish I" \$\$\$

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.

"Spanish II" \$\$\$

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.

CLASS SUBSIDY 2026 (PRE- REGISTRATION REQUIRED)

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 1 & 2	\$30	JANUARY/ JULY - 2 SESSIONS/ YEAR
ZUMBA	\$25	JANUARY/ JULY - 2 SESSIONS/ YEAR
DUPLICATE BRIDGE (ONLY NON-RESIDENTS)	\$25	JANUARY/JULY - 2 SESSIONE/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](https://www.westwindsortwp.gov)
[.\(westwindsortwp.gov\)](https://www.westwindsortwp.gov)

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
Today

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.





Fall
LUNCHEON
&
FOOD DRIVE
FRIDAY OCTOBER 30, 2026

LUNCH WILL START @ 11:30AM

COST: \$12 PER PERSON (Cash or Check ONLY)

DEADLINE: FRIDAY SEPTEMBER 25, 2026

All donations from the food drive will be provided to RISE.

WEST WINDSOR SENIOR CENTER

271 CLARKSVILLE ROAD

WEST WINDSOR, NJ 08550

CONTACT THE SENIOR CENTER

AT 609-799-9068 TO REGISTER



