

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

N/A
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.org
OFFICE HOURS: 8:00AM - 4:00PM
MONDAY - FRIDAY

The Senior Center will be CLOSED on
Thursday January 1, 2026, Monday January 19, 2026
& Monday February 16, 2026
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!

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.

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 every second Wednesday of the Month at the West Windsor Senior Center.

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."

Christmas Tree Collection

Starting Friday December 26, 2025 Public Works will begin curbside collection of Christmas Trees. You DO NOT need to call to schedule a pickup of a Christmas Tree. All lights, ornaments, garland, tinsel, nails, stands and plastic bags must be removed prior to placing your tree at the curb for collection. Artificial trees are not part of this collection program. If you want to dispose of an artificial tree, you can place it out for your regular trash collection.

*** Final day for curbside collection is Monday January 20, 2026. Please place trees at curb by 7:00 AM for collection.

As a reminder, you can bring your Christmas Tree to our Public Works Facility located at 70 Southfield Road during Resident Drop-Off hours:

Monday - Friday 8:00AM - 2:00PM
 Saturday 8:00AM - 12:00PM
Excluding Holidays

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 @ 1:00PM

Jan. 5, 12, 26
 Feb. 2, 9, 23
 Mar. 2, 9

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

Talking About Books

Tuesday January 27, 2026

2:00PM - 3:00PM

The God of the Woods

by Liz Moore
 led by Sue

Tuesday February 24, 2026

2:00PM - 3:00PM

Remarkably Bright Creatures

by Shelby Van Pelt
 led by Jean

Tuesday March 31, 2026

2:00PM - 3:00PM

Cheaper by the Dozen

by Frank Bunker Gilbrath Jr.
 led by MaryAnn

HEALTH SCREENINGS

Hearing Screening

Wednesday January 14, 2026

10:00AM - 12:00PM

Blood Pressure Screening

Wednesday January 28, 2026

11:00AM - 12:00PM

Wednesday February 18, 2026

11:00AM - 12:00PM

Wednesday March 25, 2026

11:00AM - 12:00PM

Bone Density Screening

Wednesday March 4, 2026

10:00AM - 12:00PM

Blood Glucose Screening

Wednesday March 11, 2026

10:00AM - 12:00PM

****Fasting Required****

Trip 2026 Philadelphia Flower Show

Wednesday March 4, 2026

Registration will begin
Monday January 5, 2026

Time: 10:30AM – 2:30PM
Cost: \$65.00 per person

Trip Includes:

- 9:00AM pick-up at the West Windsor Senior Center
- Ticket to enter the Flower Show
- Transportation in a clean, modern, sanitized Coach Bus
- "Arena Food" will be available on site (Not included in the price) or the Reading Terminal Market located directly across the street from the convention center.
- Bus will depart from the Flower Show at 2:30PM and will arrive back to West Windsor Senior Center approximately 3:45PM.

Deadline: February 13, 2026

NON REFUNDABLE. Pre-Registration is REQUIRED.

First Come, First Serve!

Sound Bath Meditation & Healing

Wednesday January 14, 2026

12:15PM

Instructor Ed

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.

AARP Foundation Tax-Aide Program

Open for low & moderate income adults

Every Tuesday beginning February 4, 2026 until April 15, 2026. AARP tax services will provide FREE tax preparation help for federal and NJ Income Tax Returns.

**Appointments to be scheduled beginning
Monday January 6, 2026**

**Please contact the Senior Center at
609-799-9068 to schedule an appointment.**

AARP Foundation Safe Driving Course

Tuesday January 20, 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 - \$20.00

Non-Member - \$25.00

Cash or Check.

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

Ageless Grace Program

Tuesday January 27, 2026
10:00AM

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.

OPERATION BLUE ANGEL



Follow link below for more information:
<https://westwindsornj.org/operation-blue-angel>

AI & Scams Lecture

February 9, 2026
1:00PM

The West Windsor Police Department invites you to join us for a presentation on how to protect against phone scams, identity theft, and other forms of criminal activity. You won't want to miss this informational hour that could literally save you thousands of dollars! Refreshments provided, questions welcomed. Stay safe!

American Heart Association Family and Friends CPR Class & Infant CPR

Tuesday February 10, 2026
1:00PM - 2:00PM
2:00PM - 3:00PM

This CPR Course teaches the lifesaving skills of Adult Hands-Only CPR, Adult CPR with breaths, Child CPR, Adult and Child AED use, and choking relief for Adults and Children.

Contact the Senior Center for pre-registration.

Winter Luncheon

Friday February 20, 2026

We weren't able to celebrate the end of the year, so come join us to celebrate the new year!

Enjoy some warm food and good company.

LUNCH WILL START AT 11:30AM
 COST: \$8 PER PERSON (Cash/Check ONLY)
 DEADLINE: FRIDAY FEBRUARY 6, 2026

CONTACT THE SENIOR CENTER AT
 609-799-9068 TO REGISTER.

Artists and Scholars Program

Virtual Lectures

with Kate Ogden

From James McNeill Whistler to the Banana as Art

Thursday January 29, 2026
1:00PM

This slide lecture will focus on James A. McNeill Whistler, the 19th century painter most famous for a profile portrait of his mother. Whistler painted beautiful portraits in a mix of Impressionist and Realist styles. Some of his early portraits feature his favorite model Jo, who also became his mistress. Many of them also show the influence of Japanese woodblock prints, which were popular among avant-garde artists. Whistler's near-abstract painting of fireworks in a park was controversial when first exhibited and led to a famous lawsuit in which he defended his work. We will end with a brief discussion of how Whistler's work has a direct descendant in the famous banana duct-taped to a wall in a Miami Beach art exhibition in 2019.

Man Ray and Marcel Duchamp, Surrealist Friends

Thursday February 19, 2026
1:00PM

The Dada and Surrealist movements of the early 20th century included two lifelong friends, Man Ray and Marcel Duchamp, who were among the most creative artists of their era. Both explored photography as well as painting, and some of Man Ray's photographs in particular are among his most beautiful images. Surprisingly, they met in New Jersey, where Man Ray was living at the time. Man Ray was from Philadelphia, Duchamp from France; despite the language barrier, they bonded over a tennis match. Their friends included most of the major artists of the day and such famous models as Lee Miller (a photographer herself) and Kiki of Montparnasse, a singer and famous artists' model in Paris. We will end with a famous avant-garde work, Duchamp's "Fountain" of 1917, which was much hated in its day but is much loved today by art students around the world.

A zoom link will be sent one day prior to the event.

WINTER ENTERTAINMENT

Ms. Senior America

Friday March 6, 2026

1:00PM



The Ms. New Jersey Senior America Pageant and the New Jersey Cameo Club, the service wing of Senior America, is proud to present a showcase featuring our own 2025 Ms. NEW JERSEY SENIOR AMERICA "VIN IYER"! She will be joined by former Queens, Court members and previous contestants in a diverse showcase displaying their varied talents including song, dance, comedy, rousing group numbers, opera and other exciting entertainment by our ladies age 60 and over!! You don't want to miss this show!!

ALL ARE WELCOME!

Health Lecture with Horizon Audiology

Wednesday March 4, 2026
10:00AM

Mark your calendar today!

Description to be announced in the
March News & Updates

West Windsor Health Department

Nutrition Label Reading

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

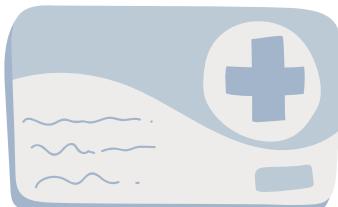


In the store, in your kitchen, on your plate. Learn how to use the Nutrition Facts Label to make quick, informed food decisions to help you choose a healthy diet. Stop by our table in the lobby! Practice with example labels, or bring a food label from home!

West Windsor Division of Emergency Services

File of Life

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.



Duplicate Bridge Group Seeking New Members



The Senior Center's Duplicate Bridge Group has not been back to its pre-COVID size. 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.

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 office. Keep up to date with the latest Township news and simply sign up at:

ww-email-signup - Formstack

or Scan the QR Code with your smart phone:



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

Exercise Descriptions

"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. This is an advanced 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.

"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 dumb bells, 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. While variations are offered so the class can be tailored to each individual's abilities and fitness levels, this is an advanced class.

"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. Core and breathing exercises can be performed in a chair if needed.

"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.

"Qigong"

Qigong means energy (qi) and skill (gong), or a skill or practice that cultivates or increases energy. It's a power of your mind and heart. It's a power of heart and mind. 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. Qigong balances energy and improves the weaker areas in people's internal systems and internal organs. Practice improve memory, reduce stress and help you to sleep better.

"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"

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!

"Beginners Spanish"

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.

"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.

"Intermediate Spanish"

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.

"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	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
ART OF WATERCOLOR	\$80	JANUARY/ JULY - 2 SESSIONS/ YEAR
DRAWING WITH CALLIGRAPHY	\$60	JANUARY/ JULY - 2 SESSIONS/ YEAR
SPANISH (Beginners/ Intermediate)	\$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
(westwindsornj.org)

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
www.westwindsornj.org/police/

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



