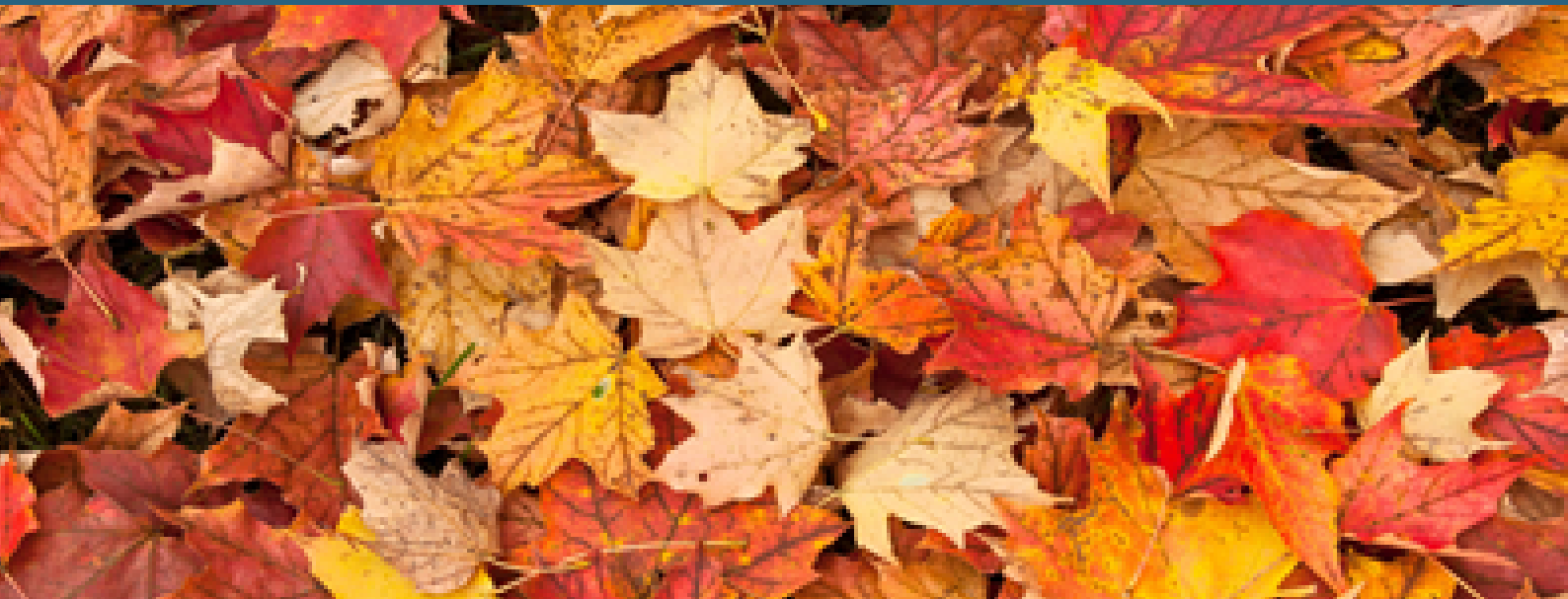


FALL 2025

# 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

**Sharon Francis**  
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](http://www.westwindsornj.org)**  
**OFFICE HOURS: 8:00 AM - 4:00 PM**  
**MONDAY - FRIDAY**

**The Senior Center will be CLOSED on**  
**Monday October 13, Tuesday November 4, Monday**  
**November 11, Thursday & Friday November 27 & 28,**  
**and from December 24 thru January 1**  
**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

## Medicare Open Enrollment

**October 15 - December 7**

Questions about your Medicare? Take the opportunity to reassess your 2024 coverage for the upcoming year.

### AVAILABILITY:

Wednesdays starting  
October 22, 2025

Please view flyer as there are some NEEDS TO KNOW & WHAT TO BRING before you come to your appointment

Contact the Senior Center to schedule your time & appointment 609-799-9068

"This product is supported by grant 90SAPG0098 from the U.S. Administration for Community Living."

## 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



## Save the Date!

West Windsor Township Health Department is offering flu and RSV vaccination clinics this fall in partnership with Wegmans Pharmacy.

**Tuesday, Oct 14, 2025**  
**4:00pm-6:00pm**

**Wednesday, Nov 5, 2025**  
**4:00pm-5:00pm**

For more information and to schedule your appointment, please contact the West Windsor Health Department at (609) 936-8400.

## 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.

## Leaf and Yard Debris Collection

**Leaves must be separated from brush and yard waste for proper processing at recycling center.**

**For Further information click on the link below:**

<https://www.westwindsornj.org/images/Public-Works/leafcollection.pdf>

## Township of West Windsor Public Works

**20 Southfield Road, West Windsor**

### **"Paper Shred Event"**

**October 4, 2025 8AM - 12PM**

Note: May end prior to 12PM if shred trucks reach capacity

***Open to Residents ONLY - Proof of Residency Required***

Limit Papers to confidential/ sensitive materials only

Protect against identity theft - shred materials with your Social Security numbers, account numbers, confidential passwords, medical information, financial records and other confidential/ sensitive personal documents.



**ALSO, ON SITE AT THE SHREDDING EVENT WILL BE A FOOD & CLOTHING DRIVE**

**FOLLOW LINK BELOW FOR MORE INFORMATION:**

<https://www.westwindsornj.org/images/notices/2025/paper-shred-event-100425.pdf>

## **SCREENINGS**

### **Blood Pressure Screening**

**Wednesday October 22, 2025**

**11:00AM - 12:00PM**

**Wednesday November 19, 2025**

**11:00AM-12:00PM**

**Wednesday December 17, 2025**

**11:00AM-12:00PM**

### **Balance Screening**

**Wednesday October 8, 2025**

**10:00-12:00PM**

### **Hearing Screening**

**Wednesday October 15, 2025**

**10:00AM-12:00PM**

### **Memory Screening**

**Wednesday November 19, 2025**

**10:00AM - 12:00PM**

### **Glucose Screening**

**Tuesday December 9, 2025**

**9:00AM- 11:00AM**

## **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**

**September: 22, 29**

**October: 6, 20, 27**

**November: 3, 17, 24**

**December: 1, 8**

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

**Hearing Loss  
& Innovations in  
Technology Lecture  
with Guest Speaker  
Dr. Jane Brady  
Wednesday October 29,  
2025  
10:00am**

**A description of this lecture  
will be announced in the  
October News & Updates.**

## **West Windsor Health Department**

### **"Nutrition Meets Tradition"**

**Wednesday October 22, 2025**

**Learn simple ways to make your favorite  
holiday dishes healthier without giving up  
the traditional flavors you love**

**Don't Forget  
to License your Pet!**



**Ageless Grace Program**  
**Tuesday**  
**October 14 & 21, 2025**  
**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

**Talking About Books**

**Tuesday October 28, 2025**

**2:00PM - 3:00PM**

**Stolen Queen**

**by Fiona Davis**

**led by Lois**

**Tuesday November 25, 2025**

**2:00PM - 3:00PM**

**Sicilian Inheritance**

**by Joe Piazza**

**led by Denise**

**Tuesday December 16, 2025**

**BOOK CLUB**

**LUNCHEON**

**(TBD)**



**Senior**  
**Medicare**  
**Patrol**

**DON'T BE A VICTIM**

**Your premium is up \$15.00 this year  
 alone!**

**Learn how to protect yourself against  
 Medicare fraud, waste and abuse.**

**Have your Medicare questions  
 answered.**

**Where: West Windsor Senior Center**

**When: October 28, 2025**

**Time: 10:00 AM**

**Guest Speaker: Joel Schneider**

**SMP Outreach Specialist**

**Senior Medicare Patrol | SMP | Medicare Fraud  
 Protection (smpresource.org)**

**Fire Safety for Seniors  
 Lecture**

**Friday October 17, 2025**

**1:00PM**

**"Charge into fire safety, lithium-ion  
 batteries in your home"**

**Lecture given by the West Windsor Fire  
 Department.**



**Follow link below for more information:  
Operation Blue Angel**





## Dementia Health Lecture

**Tuesday October 7, 2025  
10:00AM**

Join guest speaker Lisa Bayer who will be discussing dementia facts, definitions, risks and prevention as well as warning signs, diagnosis, stages, treatments and resources.



**Wednesday  
November 5, 2025  
9:00am-11:00am**

### **What is JFCS?**

**Come learn what they have to offer at their upcoming tabletop event.**

**JFCS of Greater Mercer County helps strengthen the wellbeing of individuals, families, and communities to build brighter futures.**

## **FALL ENTERTAINMENT**

**‘The Path From Opera to Broadway’**

**Friday October 24, 2025  
1:00pm**

**Come join us as we invite The Boheme Opera, a live music performance by three performers, who will demonstrate how every aspect of the modern Broadway Show had its beginnings in Opera over two hundred years ago.**

**Topics will include why performances have songs, how songs are constructed and where the stories come from.**

**Composers will include Puccini, Lehar; Jerome Kern, Rogers & Hammerstein, Frank Losser and others.**

**Shows represented will include an aria by Puccini, Vilja O Vilja from Merry Widow, songs from Show Boat, Guys & Dolls and others.**

**ALL ARE WELCOME!**

## **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. Please bring a mat to class for floor work. Weight training is vital for strengthening bone density and strength. This class is more of an advanced exercise 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.

### **"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.

### **"International Ballroom" (Pre-registration REQUIRED) \$\$\$**

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.

### **"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.

### **"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.

**PLEASE NOTE:** IF YOU NEED A CHAIR FOR A FITNESS CLASS. IT IS RECOMMENDED THAT YOU ATTEND A CHAIR FITNESS/ CHAIR YOGA CLASS ONLY.

## **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!

### **"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.

### **"Spanish 1" \$\$\$**

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 held both in person and virtually.

### **"Spanish 2" \$\$\$**

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 is held both virtually and in person.

### **"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 2025**

<b>CLASS</b>	<b>AMOUNT</b>	<b>DUE DATE</b>
<b>ART OF OIL PAINTING</b>	<b>\$80</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>ART OF WATERCOLOR</b>	<b>\$80</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>INTERNATIONAL BALLROOM</b>	<b>\$35</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>SPANISH (Beginners/ Intermediate)</b>	<b>\$30</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>
<b>ZUMBA</b>	<b>\$25</b>	<b>JANUARY/ JULY - 2 SESSIONS/ YEAR</b>

**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](http://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/](http://www.westwindsornj.org/police/)

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



**Public Health**  
 Prevent. Promote. Protect.



