

January 2021

**MONTHLY MESSAGES
FROM THE WEST WINDSOR SENIOR CENTER**

Accredited by 
National Institute of
Senior Centers



Location & Hours of Operation

The West Windsor Senior Center

Municipal Center

271 Clarksville Road

PO Box 38

Princeton Junction, NJ 08550

(609)799-9068

Website: www.westwindsornj.org

Office Hours: 8 AM—4 PM

Monday—Friday

Staff:

Donna Fucetola, Director

Debbie Denaro, Admin. Asst.

Shirley James, Secretary

Brian McKeon, Bus Driver

Mission Statement:

“to facilitate healthful & successful aging in West Windsor Township.

January 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------|--|--|-------------------------------------|---------------------------------|---|----------|
| | | | | | 1 Happy New Year <i>Senior Center Closed</i> | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 9:00am Chair Stretch & Tone Zoom Class | 12 2:00pm Strength Tr. Zoom Class | 13 11:30am Balance Zoom Class | 14 9:30am Yoga Zoom Class | 15 11:00am Strength Tr. Zoom class 7:00PM Virtual Zoom Concert | 16 |
| 17 | 18 <i>Senior Center Closed</i> <i>Martin Luther King Jr.</i> | 19 2:00pm Strength Tr. Zoom Class 11:00 am Virtual lecture "How Woman Lost the Vote" | 20 11:30am Balance Zoom Class | 21 9:30am Yoga Zoom Class | 22 11:00am Strength Training Zoom class | 23 |
| 24 31 | 25 9:00am Chair Stretch & Tone Zoom | 26 2:00pm Strength Tr. Zoom Class | 27 11:30am Balance Zoom Class | 28 9:30am Yoga Zoom Class | 29 11:00am Strength Training Zoom class | 30 |



The Senior Center staff and myself wish you a Happy & Healthy New Year! Eventhough the Senior Center remains closed to the public, the delivery of services continue.

While many things have changed, the commitment to supporting the community remains the same. The Senior Center staff has gone above and beyond to keep our senior community informed, less isolated, engaged and safe. We are all ready to face the challenges in 2021 with a better understanding, creative minds and hope.

It will be a long winter so it is important to keep yourself connected and healthy. Be strong and determined, follow the rules setforth by local health officials for your safety, practice social distancing, wear a mask and wash your hands frequently. Thank you to everyone who shared local events, programs and topics of interest. And thank you for supporting the outdoor classes and those who continue to attend the virtual classes.

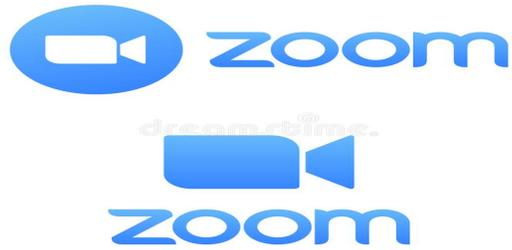
Some thoughts for you.....take a few minutes each morning to stretch your body, meditate, reflect and be more mindful of your inner self. Keep yourself moving and engaged. Our instructors are here for you. Consider attending one of more of the zoom classes the staff has scheduled for you. Balance, Strength Training, Chair Exercise & Yoga are scheduled weekly on zoom throughout the month. Pre-registration is required by calling the Senior Center, 799-9068.

In addition to the fitness virtual programs, David Fenster is offering a zoom musical performance on January 15, 2021 at 7pm. Its on a Friday night so have dinner and let Dr. Fenster entertain you! A free virtual lecture offered by the Museum of the American Revolution, *When Women Lost the Vote: A Revolutionary Story*, is scheduled for Tuesday, January 19, 2021 at 11am. Be sure to call the Center to pre-register, 799-9068.

Thank you to everyone who support our efforts, made food donations for residents in need and to the those who made winter hats for children and adults. The caps were donated to RISE in Hightstown. They are sure to keep our friends warm during the winter months. Your efforts are greatly appreciated. Virtual hug to everyone!

I invite you to join me in welcoming the New Year 2021; a year of new beginnings. Count your many blessings, keep your spirit strong, eyes and mind straight ahead as we look forward to a new year of hope, calmness and possibilities. With warm regards, *Donna Fucetola*

“Winter is on my head but eternal Spring is in my heart.” ~ Victor Hugo



January, 2021 Zoom Class Schedule

Call the Senior Center, 609-799-9068, to pre-register for the classes listed below.
The Meeting ID and passcode will be emailed to you.

**Chair Stretch & Tone Class (Instructor Lisa) Monday mornings 9:00AM
January 11 & 25**

**Strength Training Class (Instructor Ed) Tuesday afternoons 2:00PM
January 12, 19 & 26**

**Balance Class (Instructor Anna) Wednesday mornings 11:30AM
January 13,20 & 27**

**Yoga Class (Instructor Mireille) Thursday mornings 9:30AM
January 14, 21 & 28**

**Strength Training Class (Instructor Anna) Friday mornings 11:00AM
January 15,22 & 29**





Winter movies to watch with a warm blanket & Cup of Cocoa

Eight Below- Story about the bonds of friendship & loyalty *(Based on a true story)*

Serendipity- Romantic/Comedy

Miracle- Story of the leadership of the coach that led the 1980 US Hockey team to victory. *(True Story)*

Into the White- Inspired by and loosely based on real life events that occurred in Norway during World War II.



Join a FREE Zoom lecture offered by the Museum of the American Revolution:

When Women Lost The vote: A revolutionary Story

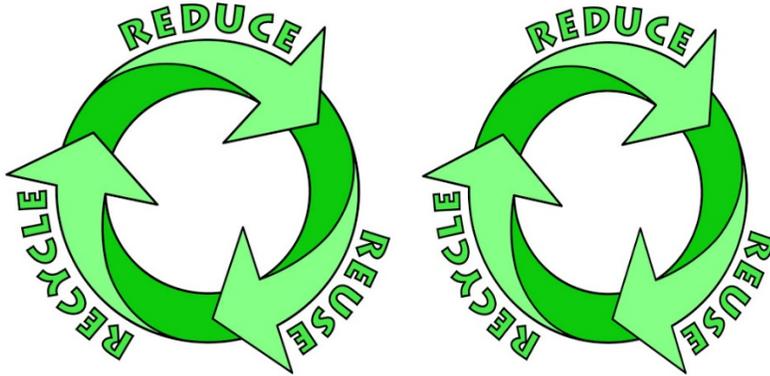
Tuesday, January 19th 11:00am

**If you have not yet registered for this lecture please call the Senior Center,
(609) 799-9068 to participate.**

The meeting ID and passcode will be emailed to you.

Millions of American women were granted the right to vote with the ratification of the 19th Amendment, which marked its centennial in 2020. But more than a century earlier, women and free people of color legally held the vote in New Jersey for more than thirty years. In the groundbreaking new exhibition *When Women Lost the Vote: A Revolutionary Story 1776-1807*, The Museum of the American Revolution explores as no book exhibit, or other medium has before- the little-known history of the nations first women voters and examine the political conflicts that led to their voting rights being stripped away. Although New Jersey ultimately restricted the vote to white men in 1807, women's fight for equality did not end there. Rather, that earlier Revolutionary fight became a rallying cry as another generation of women took up the mantle of the suffrage movement decades later.

The lecture will be approximately 60 minutes.



Governor Murphy Signs Legislation Banning Single-Use Paper and Plastic Bags in New Jersey

New Law Will Be the Strongest Bag Ban in the Nation

TRENTON – Governor Phil Murphy signed S864, which prohibits the use of single-use plastic and paper bags in all stores and food service businesses statewide. This bill is a significant step to reduce harm and pollution that these products cause to our environment.

“Plastic bags are one of the most problematic forms of garbage, leading to millions of discarded bags that stream annually into our landfills, rivers, and oceans,” said Governor Murphy. “With today’s historic bill signing, we are addressing the problem of plastic pollution head-on with solutions that will help mitigate climate change and strengthen our environment for future generations.”

Starting May 2022, both plastic and paper single-use bags, as well as disposable food containers and cups made out of polystyrene foam, will be banned. Paper bags require resources and energy to produce, contributing to pollution. Moving forward, the focus throughout the State will be on using reusable bags.



Winter Word Search Puzzle

F S K A T I N G H O C K E Y V
V U S B J T M P W O L P T D W
P T N P B O O T S F Y S A L T
S N O W M A N Y C C S T O R M
E F W T Z L S E I R R U L F S
S F M L E E L Y E O Y Y D N E
E O O M E M I A U M A V O I R
K G B S W O P S B L F W G H U
A N I H V B P A P W B M N S T
L I L O B B E N N L O L I K P
F D E V D U R D O Q U N H I L
X I N E D B Y W W X J P S I U
Z L K L N I E L D T L D I N C
F S V V L R K T F I R D F G S
T S C R A P E R J W W H I T E

BOOTS
DRIFT
FISHING
FLAKES
FLURRIES
FUN
HOCKEY
ICY
PLAY
PLOW
SALT
SAND
SCRAPER
SCULPTURE
SHOVEL
SKATING
SKIING
SLIDING
SLIPPERY
SNOWBALL
SNOWBLOWER
SNOWMAN
SNOWMOBILE
STORM
WHITE



HOW ARE YOU AT TRIVIA

By Shirley JamesGive it a try.

(Answers on next page. Try to answer before looking.)

Question #1

What is the **LARGEST** animal in the world?

Question #2

What is the **largest country** in the world?

Question #3

How many **valves** does the heart have?

Question #4

Who painted the *Mona Lisa*?

Question #5

Who were the stars of the **1963** comedy film *Move Over, Darling*?

Question #6

Who were the members of *The Fearsome Foursome* of The LA Rams football team?

Question #7

How many **continents** on earth?

Question #8

Who was **Marion Anderson**?

Question #9

Who is credited with developing one of the first **polio vaccines**?

Question #10

Alex P. Keaton was a character on what television show? The character was portrayed by what actor?

Trivia Answers

(Wikipedia and other internet sources.)

Question #1

The *blue whale*, a marine mammal. It's confirmed length can reach a maximum of 98 feet (29.9 meters) and weight 190 tons. It is the largest animal known to have ever existed. It's long and slender body can be various shades of grayish-blue on the upper surface and somewhat lighter underneath.

Question #2

Russia is the world's largest country by landmass. It covers 6.6 million square miles. It includes nine different time zones and shares land borders with 14 neighboring countries. As of 2020 it's population is estimated at 145,934,462 people at mid-year according to United Nations data.

Question #3

The heart is a muscular organ about the size of your clenched fist. It pumps blood around the body. There are *four valves* which control the flow of blood through the heart: (1) the tricuspid heart valve, (2) the pulmonary (pulmonic) heart valve, (3) the mitral heart valve and (4) the aortic heart valve.

Question #4

The *Mona Lisa* is an oil painting, painted on a poplar wood panel by Leonardo da Vinci, and is most likely the world's most famous painting. He began painting the *Mona Lisa* about 1503 when he was living in Florence, Italy, and it was in his studio when he died in 1519. It now hangs in the Louvre Museum, in Paris. (This one was too easy, right?)

Question #5

The 1963 comedy film, *Move Over, Darling*, stars Doris Day, James Garner and Polly Bergen, with a supporting cast featuring Thelma Ritter, Fred Clark, Don Knotts, Chuck Connors, Edgar Buchanan, Pat Harrington, Jr. and John Astin. You may recognize many of these names.

Move Over, Darling, is a remake of the 1940 screwball comedy film, *My Favorite Wife*, starring Irene Dunne, Cary Grant and Gail Patrick.

Question #6

The *Fearsome Foursome* was the dominating defensive line of the LA Rams football team of the 1960s and 1970s. The linemen were *Rosey Grier, Lamar Lundy, Merlin Olsen and Deacon Jones*. The term Fearsome Foursome had occasionally been applied to other defensive lines of the New York Giants, San Diego Chargers and the Detroit Lions. However, the Rams linemen garnered the publicity for being the best. Dick Butkus, legendary lineman for the Chicago Bears, 1965 to 1973, called them “the most dominant line in football history”. So, should someone mention the Fearsome Foursome of football, they are most likely talking about the LA Rams Fearsome Foursome.

Question #7

Population as of November 2020.

ASIA – includes 50 countries. It is the most populated continent; 60% of the total population on Earth live in Asia. **Population** 4,652,120,200; **Area** 17,212,000 sq. miles.

AFRICA – includes 54 countries. It is the hottest continent and home of the largest desert, the Sahara, which occupies 25 % of the total area of Africa. **Population** 1,351,014,700; **Area** 11,726,000 sq. miles.

NORTH AMERICA – includes 23 countries led by the USA as the largest economy in the world (?). **Population** 593,346,000; **Area** 9,540,000 sq. miles.

SOUTH AMERICA – includes 12 countries. The location of the largest forest, the Amazon rainforest, which covers 30% of South America’s total area. **Population** 431,747,800; **Area** 6,890,000 sq. miles.

ANTARCTICA – the coldest continent in the world, completely covered with ice. There are no permanent inhabitants, except for scientists maintaining research stations. **Population** – no permanent population; **Area** 5,405,000 sq. miles.

EUROPE – includes 51 countries. **Population** 747,338,600; **Area** 3,930,000 sq. miles.

AUSTRALIA – includes 14 countries. It is the least populated continent (after Antarctica), only 0.2% of the total population of Earth live in Australia. **Population** 42,839,900; **Area** 3,320,000 sq. miles.

Question #8

Marion Anderson (2/27/1897- 4/8/1993) was an American contralto. During her years of performing, she performed a wide range of music from opera to spirituals. She performed with renowned orchestras in major concert and recital venues throughout the United States and Europe from 1925-1965. On January 7, 1955 she became the first African American to perform at the Metropolitan Opera.

Question #9

Dr. Jonas Salk, an American virologist and medical researcher.

Question #10

Alex P. Keaton was a character on the television show Family Ties, from 1982 to 1989. The character was portrayed by Michael J. Fox.



Health Lectures RWJ

To register call Health Connection at 609-584-5900 or
Visit: www.rwjbh.org/Hamilton

"Understanding Congestive Heart Failure" *January 12, 2021 10:30am to 11:30am*

Lecturer: Ann Mancuso, BSN, RN, CHFNP, RWJ Hamilton Hospital

"Mindfulness Meditation for Beginners" *January 20, 2021 1pm to 2 pm*. Lecturer: Patti

McDougal, BSN, RN, Integrative Therapies Nurse at RWJ Community Education.

"Catch that Fall before it Happens" *January 27, 2021 1:30 pm to 2:30 pm*

Lecturers: Maureen Steven, DPT & Sarah Masco, OT, RWJ Hamilton Hospital. Winter weather can create risks, and a fall can be life-changing. Join to learn about risk factors, prevention, and staying safe both inside and outside



Virtual Winter Concert

Entertainment by: DAVID FENSTER

“Zoom” Concert for the members of WW Senior Center. These are tough times for us all. Please sit back and enjoy the music.

Friday January 15, 2021

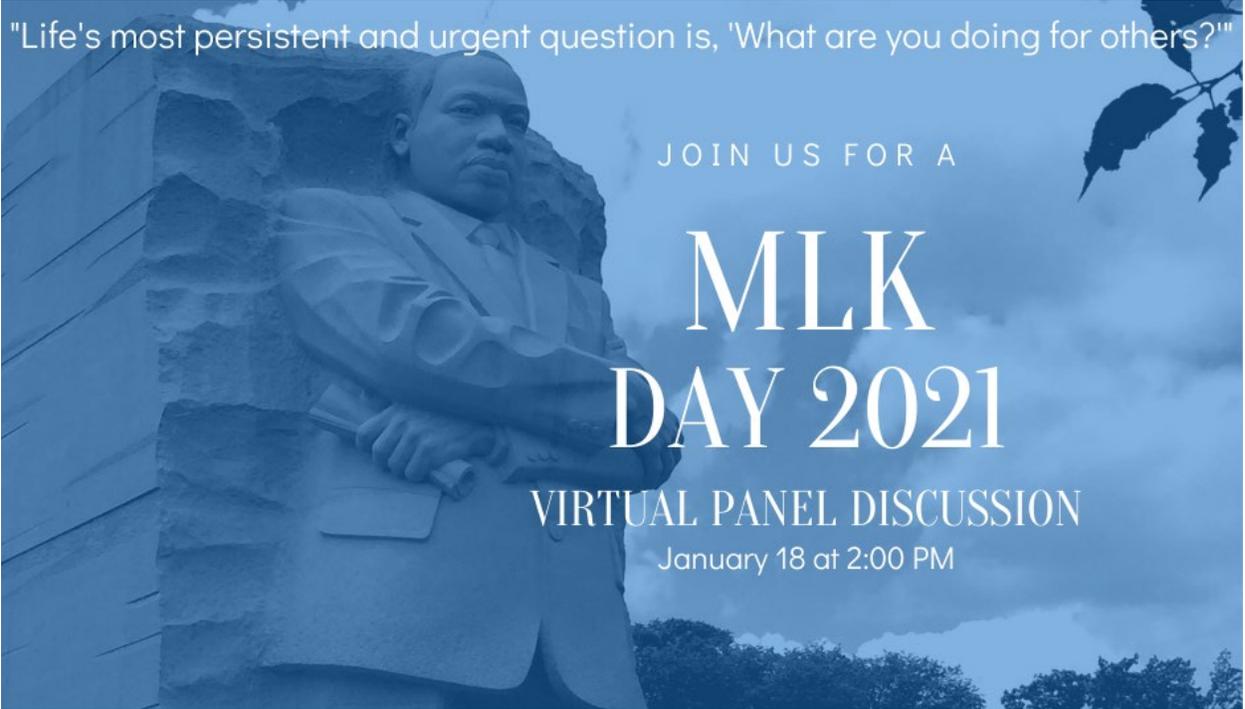
7:00 PM

David Fenster bio: David has been playing the piano since the age of 5 and was offered admission to Juilliard while in high school. He also plays guitar, bass, trombone and flute. He was a member of Local 802 and played in folk rock duos while attending Franklin and Marshall College and the University of Pennsylvania. His duo, Bear Ant eater, was included in Best of Philadelphia Inquirer for entertainment. More recently, David wrote the song Trenton Thunder Day for the ball club in 1994 that is often played at the ballpark and on game day broadcasts.

Recently he has worked with Charlie Gracie and performed with Chubby Checker. Another passion of David’s is sports and he currently is Sports Director for WIMG Radio (Trenton). Dr. Fenster has been practicing Endodontics in Princeton since the fall of 1981.

David will play original compositions, as well as interpretations of others and some holiday favorites. He has a beautiful rescue dog, Lily, who will be joining the festivities. Performing with David this evening is Nanci Aydelotte. Nanci is an attorney and partner in the firm Aydelotte and Scardella. She graduated from Rutgers School of Law in 2012 and has been named a Top Attorney and NJ Super Lawyer Rising Star. Nancy has been singing in musicals, choirs, bands and duos for over 20 years. She has co-written original tunes, as well.

"Life's most persistent and urgent question is, 'What are you doing for others?'"



JOIN US FOR A

MLK DAY 2021

VIRTUAL PANEL DISCUSSION

January 18 at 2:00 PM

Join us for a community discussion: "Has MLK's dream been achieved?"

Featuring Dr. Michael Smith as moderator.
Go to -LINK- to register. Zoom link will be sent.

In partnership with:



Human Relations Council



Register here:
