

# EWING SENIORS

JULY 2014

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**INSERTS**

SPECIAL POINTS OF INTEREST:

- Annual Picnic August 12, 2014. Sign up!
- Karen's Exercise Class at ESCC for Summer
- Think Tank Meeting - All Are Welcome
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## CLUB A NEWS—JACKIE ANDERSON KRAUS

Twenty-four members attended our meeting on Wednesday, June Our entertainment was spectacular. *Al Oliver* impressed us with his mellow tones and music. Don't hesitate to see his shows in the area. Thank you *Sandi* for scheduling such wonderful entertainment. The members also took part in a Strawberry Social, with great desserts, in memory and honor of our deceased member, *Kay Smith*, who generously treated the club for years during the strawberry season.

**TRIPS:** Nearly 50 people attended "Moses" at Sight and Sound and lunch at Shady Maple restaurant. All had a great time. Couldn't have asked for a better day. The next scheduled trip will be to Hunterdon Hills for

their Christmas Show. This will take place on December 1, 2014.

**UPCOMING SPEAKER:** A representative from Matossian Eye Associates will be presenting information regarding senior eye care, as well as eye conditions.

**REMINDERS:** Remember change for special activities, toiletries for special project.

**REFRESHMENTS:** We will be having an *Ice Cream Social* to celebrate summer. Ice cream sundaes will be served. Ice cream will be provided by: *Sandi Mullaney, Connie Roberts and Ruth Mayer.*

**OTHER:** The Club will hold a Pizza Party in

August. Members will pay \$2.00 and the club will pay the balance. Salad, tea and lemonade will be served.

*We are CLOSED*

*on Friday,*

*7/4/14*

*Have a safe and*

*Happy*

*Fourth of July*



**BUSY C'S—MARDGE SWANHART—PRESIDENT**

*President Swanhart* called the meeting to order at 11:00 A.M. Invocation was given by *Martha Glahn*; followed by a flag salute and singing of "God Bless America."

Mary Lou Weyand advised that a get well card was sent to *Helen Popick* who is in Greenwood House.

*Eleanor Updike* advised that a trip is being planned for the Christmas Show at Radio City Music Hall on December 2, 2014. Thirty-four (34) reservations are needed to get the senior discount. Lunch will be provided at Six Brothers Diner in Little Falls, NJ. Cost will be \$112. Payment must be made as soon as possible so that deposits can be made. Contact Eleanor to re-

serve your seat.

*Don Cox* advised that 45 members have signed up for the June luncheon. Sandwiches will be served along with potato salad, beverages and cakes.

*Marian Miller* will be contacting members regarding cakes to be donated for the September meeting.

Executive meeting will be held on Friday, September 12, 2014 at 10:30 A.M.

Regular meeting is scheduled for Tuesday, September 16, 2014 at 11:00 AM.

Stay Happy and Healthy.  
Have a great summer!!!

**B-I-N-G-O**

Have fun and cool off on Monday afternoons!

B-I-N-G-O is held every Monday at 1:00 PM in the Community Room at ESCC.

We are also looking for volunteer (s) to call for the game. Contact Chet or Jeanette in the Sr. Office.

**JOIN THE THINK TANK**

Stimulating conversation and hearty laughter is yours as one steps into the Lounge at ESCC. Twice a month at 1:00 PM, seniors gather to reminisce about the past or think up new ideas to

present as possible new programs for seniors.

The group will meet on July 11th and July 25th. See you there!

**UPCOMING EVENT**

The Annual Picnic sponsored by the Teen/Tween Campers will take place Tuesday, August 12, 2014; 11AM. This event is FREE for Township residents. Non-residents \$5 per person or \$9 per couple. Sign up in Senior Office at 883-1776 x 6205. Limited seating.

**LIVE WIRES— LINDA SOLINSKI,  
PRESIDENT**

*President Linda Solinski* called the meeting to order. Linda read a prayer. There were (23) Twenty-three members present at the meeting.

*Susanne* gave a Treasury report.

**TRAVEL:** July 3, 2014 Sight and Sound to see "Moses." Be at the Firehouse by 10 A.M.

**SUNSHINE:** A card was sent to *Linda Solinski*.

**CAKES:** For the September meeting will be provided by Maria Hegyl, Louise Hohmann, Nancy Howarth and Marie Kaylor. The cakes were not needed for today's picnic.

**NEW BUSINESS:** Need a committee to seek new officers. The positions are: president, Treasurer, and Secretary.

Linda reported that we will have programs for September, October and November.

A little bird told me that we have two ladies who

may handle the Christmas Luncheon.

Our meeting continued with a wonderful lunch handled by Suzanne. Delicious wraps were provided by our caterer, *Hailey's Deli*.

**UPCOMING SENIOR EVENTS:** Consult your Newsletter for upcoming Sr. Events.

Some of us played Bingo.

*Respectfully,*

*Carol Hlanders, Secretary*

**NOTICE****SUMMER SCHEDULE**

*Karen Martin's* Tuesday and Thursday Exercise class will take place at the *Ewing Senior and Community Center* (in the Community Room) until the end of August.

**CELEBRATIONS****CLUB A**

LIVE WIRES—JUNE -10- *Margaret Babecki, 15- Carl Nigh, 16-Joe Yatsko, 20-Maryann Artz, 26 Louise Hohmann.*

JULY-2- *Dolores Sebasto, 11- Pauline Sikorski, 14-Virginia Cook, 19-Santy DiSabatino.*

AUGUST- NO BIRTHDAYS

SEPTEMBER- 4-*Fran Zenchak, 8- betty Sutterly, 23- Mr. and Mrs. Joe Canulli, 27- Mary Lincoln.*

**BUSY C'S**

**JULY BIRTHDAY:** *Dolly Hornstein,* **AUGUST BIRTHDAYS:** *Gene Spring, Al Waranis, Marylou Weyand, Alfreda Halko and Lynn Lippincott. September Birthdays: Joan Brandys, Florence Crawford, Lynne Stives and Carol Simchock.*

(If I have missed anyone's birthday, my apologies. Please notify me so the list can be corrected.

**CLUB D**

Happy Birthday/Anniversary to anyone Celebrating this month.

**HOLLOWBROOK SENIORS**

7/14—*Bernice Reeves, 7/23 Della Sutton, 7/24- Clara Tift and 7/28 Lillian Davis.*

8/12- *Myrtle Jones, 8/12- Florine Warner & 8/19- Philistine Chester.*

We are on the web:

Ewingnj.org

## EWING SENIORS

Ewing Senior & Community Center  
Room #204  
999 Lower Ferry Road  
Ewing, New Jersey 08628  
Phone: 609-883-1776 Ext. 6205  
Fax: 609-883-5084  
E-mail: jspann@ewingnj.org



Mercer County Legal Project for the Elderly representative will not be at Ewing Senior and Community Center during the month of July. Sondra Lampl will be accepting appointments on Wednesday, August 27, 2014. Anyone needed interested in making a Will must be pre-screened first at the main office (i.e. Mercer County Legal Project for the Elderly.) Contact Susan Knispel, Esquire at 609-695-6249.

Mercer County Legal Project for the Elderly assist seniors 60 and over with Power of Attorney, Consumer issues (Law suites

"SEEKING NEW HORIZONS"

## EWING CLUB OFFICERS

### CLUB A

PRES.-JACKIE ANDERSON KRAUS-468-3718  
1ST VICE-SANDI MULLANEY 571-7972  
2ND VICE- LILY CASTER-883-2347  
SEC. SHIRLEY CSERCSEVITS-883-4060  
TRAVEL-JOAN NOTTA-882-5380 & JOAN WHALEN-882-1863  
HOSP./TREA- JANE NOTTA -882-5380  
BILL JOHNSON-882-7766  
CORR.SEC.- CONNIE ROBERTS-882-3805

### LIVE WIRES

PRES.- LINDA SOLINSKI- 883-0350  
VICE PRES. DOLORES WEIDMAN  
TREAS. SUZANNE VENCELLER  
MEMBERS- MARY LINCOLN  
SEC. CAROL FLANDERS  
SUNSHINE- NANCY HOWARTH-587-5014

SEC. CAROL FLANDERS  
SUNSHINE- NANCY HOWARTH-587-5014  
CHAPLAIN- JOAN VENELLA  
PROGRAM -LINDA SOLINSKI-882-5085  
BUSY C'S  
PRES. MARGE SWANHART-882-9111  
V. PRES. MARTHA GLAHN-882-1655  
REC. SEC. SALLY HOUGHTON-882-0372  
CORR.SEC. MARY LOU WEYAND-882-6394  
SGT-AT-ARMS-NITA ROWLEY-883-3198  
TRAVEL- LYNN LIPPINCOTT-882-0359  
HOSP. MARIAN MILLER- 883-7197  
PROG. DON COX- 883-4102

### CLUB D

PRES. JOAN MAHON-882-6119  
V. PRES FRANCES CARIVELLI  
883-2030  
SEC. BLANCH FARBER  
TREA.  
CORR. SE. JENNIE MARUCA  
882-5985  
MEM. RALPH CSOGI 883-0095  
CHAPLAIN- ED SMITH  
REFRESHMENTS-BARBARA  
MONINGHOFF  
REFRESHMENTS JOAN BARRY



# MERCER COUNTY NUTRITION LUNCHES

July 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>BRIAN M. HUGHES</b> <b>COUNTY EXECUTIVE</b></p> 	<p>1 BEEF RIBQUE W/BBQ SAUCE CARROT/GINGER SOUP SCALLOPED POTATOES MIXED VEGETABLES PUMPERNICKEL BREAD BANANA</p>	<p>2 HOAGIE W/ HAM, SALAMI, PROVOLONE CHEESE, LETTUCE, TOMATO &amp; MAYO APPLE JUICE SPIRAL PASTA SALAD COLE SLAW WHOLE WHEAT TORPEDO ROLL FRUITED JELLO</p>	<p>3 4<sup>th</sup> of July Luncheon CRAB CAKE W/ TARTAR SAUCE LEMONADE MACARONI &amp; CHEESE STEWED TOMATOES DINNER ROLL APPLE PIE</p>	 <p><b>FOURTH OF JULY HOLIDAY</b> <b>NUTRITION SITES CLOSED</b></p>
<p>7 CHICKEN FLORENTINE NAVY BEAN SOUP CONFETTI RICE BRUSSEL SPROUTS PUMPERNICKEL BREAD TAPIOCA PUDDING</p>	<p>8 MEATLOAF W/GRAVY ORANGE JUICE MASHED POTATOES BRUSSEL SPROUTS RYE BREAD VANILLA ICE CREAM</p>	<p>9 SLICED TURKEY W/ SWISS CHEESE, LETTUCE, TOMATO &amp; MAYO CHICKEN RICE SOUP POTATO SALAD BABY CARROTS WHOLE WHEAT ROLL NECTARINE</p>	<p>10 BBQ CHICKEN BREAST FRUIT JUICE BLEND ROASTED RED POTATOES CALIFORNIA BLEND VEGETABLES PUMPERNICKEL &amp; RYE SWIRL APPLE SLICES</p>	<p>11 TUNA SALAD SANDWICH W/ LETTUCE LEAF APPLE JUICE BLACK BEAN &amp; CORN SALAD TOMATO/CUCUMBER SALAD WHOLE WHEAT BREAD (2) PINEAPPLE TIDBITS</p>
<p>14 Healthy Meal Day LEMON PEPPER FISH PINEAPPLE JUICE BROWN &amp; WILD RICE BLEND BROCCOLI PUMPERNICKEL BREAD DICED PEARS</p>	<p>15 Advisory Council Meeting @ East Windsor TURKEY PASTRAMI W/ SWISS CHEESE, SAUERKRAUT &amp; RUSSIAN DRESSING ORANGE JUICE POTATO SALAD TOMATO/ONION SALAD RYE BREAD (2) FRESH PEACH</p>	<p>16 STUFFED CHICKEN WITH BROCCOLI &amp; CHEESE GRAPE JUICE ROASTED POTATO WEDGES ITALIAN BLEND VEGETABLES PUMPERNICKEL RYE SWIRL BREAD MANDARIN ORANGES</p>	<p>17 BAKED ZITI W/ MEAT SAUCE VEGETARIAN VEGETABLE SOUP ROMAINE LETTUCE W/ CARROTS, TOMATO &amp; PARMESAN CHEESE LITE ITALIAN SALAD DRESSING ITALIAN BREAD GRANOLA BAR</p>	<p>18 Birthday Bash ROAST TURKEY W/ GRAVY CORN CHOWDER MASHED POTATOES CUCUMBER SALAD WHOLE WHEAT BREAD BROWNIE</p>
<p>21 FRIED CHICKEN ORANGE/PINEAPPLE JUICE MACARONI SALAD ROMAINE LETTUCE W/PARMESAN CHEESE, CROUTONS, &amp; LITE CEASAR DRESSING RYE BREAD GRANOLA BAR</p>	<p>22 POTATO CRUSTED FISH W/TARTAR SAUCE CHICKEN CONSOMME ROASTED POTATOES GREEN BEANS WHOLE WHEAT BUN RICE PUDDING</p>	<p>23 MEATBALLS W/ TOMATO SAUCE &amp; PARMESAN CHEESE GRAPE JUICE SPAGHETTI W/ TOMATO SAUCE SPINACH ITALIAN BREAD OATMEAL COOKIE</p>	<p>24 PORK LOIN W/ APPLE GRAVY TURKEY RICE SOUP SWEET POTATO CHUNKS MEADOW BLEND VEGETABLES DINNER ROLL STRAWBERRY YOGURT</p>	<p>25 CHICKEN TETRAZZINI APPLE JUICE EGG NOODLES PEAS &amp; PEARL ONIONS WHOLE WHEAT BREAD POUND CAKE</p>
<p>28 CHICKEN PARMESAN LENTIL SOUP PENNE W/ TOMATO SAUCE CARROT COINS RYE BREAD CHOCOLATE CHIP CRÈME COOKIE</p>	<p>29 HOT DOGS (2) ORANGE JUICE BAKED BEANS BROCCOLI SALAD HOT DOG BUNS (2) FRUIT COCTAIL</p>	<p>30 LOW SALT HAM W/ PINEAPPLE SAUCE SPLIT PEA SOUP AU GRATIN POTATOES CAULIFLOWER PUMPERNICKEL BREAD CHOCOLATE PUDDING</p>	<p>31 SALISBURY STEAK W/ GRAVY ORANGE JUICE MASHED POTATOES ASPARAGUS PIECES WHOLE WHEAT BREAD ORANGE SHERBET</p>	<p>DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE  MENU IS SUBJECT TO CHANGE WITHOUT NOTICE</p>