

EWING SENIORS



SENIOR HOLIDAY LUNCHEON

DECEMBER 15TH

12-2PM @ HB

SPECTACULAR BALLET PERFORMANCE

"YOUTH BALLET COMPANY"

TICKETS AVAILABLE SENIOR OFFICE






M-F 8:30-4:30



Senior exercise schedule begins in January 2024



Senior Exercise Classes

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Exercise with Karen Martin 10am-11am 	 Senior Exercise with Karen Martin 10am-11am	Chair Yoga with Lisa Caruso 9am-10am  Zumba with Liz Allen 1pm-2pm 	Senior Exercise with Karen Martin 10am-11am  Balance with Bob Kirby 1pm-2pm	Line Dancing with Joanne Keephart 9:30am-11am Tai Chi with Liz Allen 12:30pm-1:30pm Circuit Training with Jeff Prunetti 2pm-3pm

To inquire or register, please stop by or call the

Senior Department at **609-883-1776 x6205** or

visit **Room 207** on the 2nd floor at 320 Hollowbrook Drive, Ewing NJ 08638

All classes held in the Community Room at Hollowbrook Community Center

On November 21, 2023 Sylvia Carroll opened up the meeting with a prayer and flag salute and singing God Bless America.

A moment of silence for a former member, Don Cox and Mary Cox's son who passed away in an auto accident. Sylvia reported mass cards were sent to both families.

Treasurer's report by Nettie: \$ 1,285.43 Travel: \$ 686.32.

January meeting we will have a speaker from **Interfaith Caregivers**. Marge suggested that sometimes instead of a speaker they would schedule entertainment.

Sylvia spoke with Delores Sebasto she is hoping to return in January, will be resuming coordinating travel for the club.

Sylvia thanked Sandy for the delicious apple pie, everyone enjoyed the pie and refreshments. Sylvia and Joanne won the 50/50. January meeting Nettie and Marge volunteered to make the cakes.

Sylvia wished everyone Happy Thanksgiving .

Our Christmas luncheon will be held at 12 noon **Mama Flora's Trattoria**. The Busy C's Club will be paying for the luncheon \$10 collection from each member is for the tip and the dessert.

November 2, 2023 meeting was attended by 18 members. Ed Smith opened up the meeting with a prayer and flag salute.

October minutes and Treasurer's report was read and approved by Barbara Moninghoff.

Sickness: Blanch Farber is in the Greenwood House, both Jane Notta and Ralph Csogi has covid, Ralph also is recovering from a heart attack. We are all praying for a full recovery.

December luncheon will be held at Sal Deforte's Ristorante in Ewing.

Next meeting will be January 4th, 2024.

Everyone have a Merry Christmas and a Happy

BIRTHDAY CELEBRATION

NOVEMBER

SUSAN MAY 11/10
ED SMITH 11/22

DECEMBER

BARBARA MONINGHOFF 12/7
MARIE SLOWIKOSKI 12/18
HELEN SHOPP 12/25
JOHN CIRICOLE 12/30

HOLLOWBROOK SENIORS NEWS 2023

We met on Monday November 6th, due to the Hollowbrook Community Center closed for the Veteran's holiday.

Our December holiday luncheon will be on Friday, December 8th at Sal De Forte's Restaurant, 1400 Parkway Avenue in Ewing.

We will be completing our community project at Incarnation Church and Union Baptist Church during the Christmas season.

December Birthdays

Roberta Sumners- 12/28

Arlene Johnson- 12/3

"May the blessings of peace and happiness be with you during this holiday season"- unknown

Lorraine D. Hall- Recording Secretary

Eighteen members attended our November 9th, meeting. Mary Bock called the meeting to order by saluting the flag and singing "God Bless America".

Treasurer's report was read and approved by Suzanne Venceller.

Sunshine: N/A

We had no old business to discuss.

*Today's guest speaker Carla Winters from: **Interfaith Caregivers Greater Mercer County**. Handouts and information given to us for volunteering in our community.*

Everyone was excited about our up coming trip to Hunterdon Hill Playhouse "Christmas Show", leaving ESCC parking lot November 30th, 9:30 AM.

We held nominations for the up coming year, the following are the new officers 2024.

Mary Bock -**President**
Suzanne Venceller-**Treasurer**
Carol Flanders- **Secretary**

December luncheon will be held at villa Rosa Ristorante, on December 14th at 12:00 noon.

January 11th will be our next meeting at 10:30, Maryann and Barbara will supply the refreshments.

A Call for Volunteers!

Mercer County Nutrition Program for Older Adults

The Nutrition Program for Older Adults provides meals, socialization, and nutrition education and counseling to adults aged 60 and over. These services are provided at ten (10) congregate settings (such as senior centers), in greater Mercer County. Good nutrition is critical to supporting independent and healthy aging. Many barriers can keep older adults from maintaining good nutrition, including lack of financial resources, poor transportation options, limited mobility, declining physical and mental health, and social isolation.

Volunteers are invaluable to the Nutrition Program countywide. It is an excellent way to serve older adults right in your own community. Trained volunteers can either help to serve meals or wipe down the tables/serving areas at the congregate meal sites.

How do I become a volunteer?

Kindly reach out to us for more information (see below for the contact information), someone from the nutrition program main office will contact you with step-by-step instructions on completing your volunteer application and getting started.

Who can volunteer?

Anyone can volunteer 18+ years or older.

Where can people volunteer?


Currently, we have four (4) active congregate meal sites that need volunteers. Each of the meal sites are open from 8:00 am to 1:00 pm, Monday through Friday. Please see the list of Nutrition Program meal sites below to choose which site works best for you and your schedule:

- Hamilton
- East Windsor
- Ewing
- Sam Naples in the City of Trenton

Who do I contact for more information?

To find out more about volunteering at your local nutrition site, please email emeara@mercercounty.org or call Edward Meara at 609-989-6650.

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
HB HOLLOWBROOK COMMUNITY CENTER 320 HOLLOWBROOK DR EWING, NJ 08638 609-883-1199	SENIOR OFFICE 2ND FLOOR # 207 609-883-1776 M-F 8:30-4:30PM	RECREATION OFFICE 2ND FLOOR # 208 609-883-1776 X 6202 M-F 8:30-4:30PM	* WATERCOLOR WEDNESDAY'S 10:30-1PM MCL-EWING BRANCH	* PINOCHLE 1:00-4:00PM MCL-EWING BRANCH	1 9:30 LINE DANCING - COMM RM 12:30 CIRCUIT TRAINING COMM RM	2 SENIOR CENTER CLOSED
3 SENIOR CENTER CLOSED	4 10:00 EXERCISE- COMM RM 1:00 JEWELRY/ CRAFT- 201	5 10:00 EXERCISE- COMM RM 12:30 BINGO - COMM RM 1:00 BIBLE STUDY-201	6 9:00 CHAIR YOGA- COMM RM 9:30 KNITTING/ CHROCHET- 201 1:00 MEXICAN TRAIN / 5 CROWN CARDS # 205 2:00 MAHJONGG- 201/ 202	7 CLUB D OFF SITE HANUKKAH BEGINS 10:00 EXERCISE- COMM RM 1:00 RUMMIKUB- 205 1:00 BALANCE- COMM RM 1:00 BID WHIST- 201	8 HB SENIORS OFF SITE 9:30 LINE DANCING - COMM RM 12:30 CIRCUIT TRAINING COMM RM	9 SENIOR CENTER CLOSED
10 SENIOR CENTER CLOSED	11 10:00 EXERCISE- COMM RM 12:00 TECH/ SENIORS- LAB 1:00 JEWELRY/ CRAFT- 201	12 10:00 EXERCISE- COMM RM 12:30 BINGO - COMM RM 1:00 BIBLE STUDY-201	13 9:00 CHAIR YOGA- COMM RM 9:30 KNITTING/ CHROCHET- 201 1:00 MEXICAN TRAIN / 5 CROWN CARDS #205 2:00 MAHJONGG- 201/ 202	14 LIVEWIRES OFF SITE 10:00 EXERCISE- COMM RM 1:00 RUMMIKUB- 205 1:00 BALANCE- COMM RM 1:00 BID WHIST- 201	15 NO CIRCUIT TRAINING 9:30 LINE DANCING- 201 SENIOR LUNCHEON 12-2PM @ HB YOUTH BALLET COMPANY \$8 PP/ \$13 COUPLE	16 SENIOR CENTER CLOSED
17 SENIOR CENTER CLOSED	18 10:00 EXERCISE- COMM RM 12:00 TECH/ SENIORS- LAB 1:00 JEWELRY/ CRAFT- 201	19 BUSY "C" S OFF SITE 10:00 EXERCISE- COMM RM 12:30 BINGO - COMM RM 1:00 BIBLE STUDY-201 / 202	20 9:00 CHAIR YOGA- COMM RM 9:30 KNITTING/ CHROCHET- 201 1:00 MEXICAN TRAIN / 5 CROWN CARDS # 205 2:00 MAHJONGG- 201/ 202	21 SCAC 10AM OPEN PUBLIC MEETING 10:00 EXERCISE- COMM RM 1:00 RUMMIKUB- 205 1:00 BALANCE- COMM RM 1:00 BID WHIST- 201	22 9:30 LINE DANCING - COMM RM 12:30 CIRCUIT TRAINING COMM RM	23 SENIOR CENTER CLOSED
24 SENIOR CENTER CLOSED	25 CHRISTMAS DAY SENIOR CENTER CLOSED 	26 KWANZA BEGINS NO PROGRAMS	27 1:00 MEXICAN TRAIN / 5-CROWN CARDS # 205 2:00 MAHJONGG- 201-202	28 1:00 RUMMIKUB- 205 1:00 BID WHIST- 201 / 202	29 9:30 LINE DANCING - COMM RM 12:30 CIRCUIT TRAINING - COMM RM	30 SENIOR CENTER CLOSED
31 New Year's Eve SENIOR CENTER CLOSED	TRANSPORTATION JUSTIN LATINI- SENIOR VAN 609-498-4931 TRADE 609-530-1971	MERCER COUNTY NUTRITION PROGRAM 609-883-4150				

CALENDAR SUBJECT TO CHANGE

EWING SENIOR CLUB OFFICERS

HOLLOWBROOK SENIORS

- **PRESIDENT....Florine Warner 609-882-9324**
- **RECORDING SEC....Lorraine D. Hall-609-882-7564**
- **FINANCIAL SEC....Carol Sumners....609-587-5014**
- **TREASURER....Marion Burroughs....609-882-1393**
- **CHAPLAIN....Dora Smith....609-883-2254**

LIVE WIRES

- **PRESIDENT....Mary Bock 609-882-0704**
- **CHAPLAIN.... Dolores Deblasio 609-882-6637**
- **SECRETARY....Carol Flanders 609-882-4915**
- **TRAVEL.... Nancy Howarth 609-587-5014**

BUSY "C"

- **PRESIDENT....Sylvia Carroll 609-882-0723**
- **VICE PRESIDENT....Marge Swanhardt 609-882-9111**
- **SECRETARY....Kitty Elder 609-882-6370**
- **TREASURER....Netti Krolikowski 609-538-9214**

CLUB D

- **PRESIDENT.....Ralph Csogi 267-568-2985**
- **VICE PRESIDENT....Edward Smith 609-882-6972**
- **TREASURER....Barbara Moninghoff 609-915-9093**
- **SECRETARY....Barbara Moninghoff 609-915-9093**
- **CORR. SEC..... Joanne Dressler 609-882-8085**

EWING SENIOR OFFICE TEAM

609-883-1776

Kathleen Ragoonath– Supervisor (x 6206)

Anne Cheslock– Secretary (x 6216)

Sonya Pritchett– Secretary (x 6205)

Justin Latini– Van Driver 609-498-4931



Newsletter Can Be Found On The Township's Web Page
Go To: www.ewingnj.org