

# EWING SENIORS

FEBRUARY 2019

EWING HOLLOWBROOK SENIORS— Lorraine D. Hall, Reporter

Members in attendance at our January 11th meeting used most of the meeting discussing our trip plans for 2019. Several options were presented regarding the number of trips that the club should undertake. Since the number in attendance was small, it was decided to wait until our February meeting to make decisions about trips in 2019. All members who were not at the January meeting will be contacted; urging them to come and have input at the February 8th meeting. We will be recognizing Black History Month at that meeting. Our next meeting will be on Friday, February 8, 2019 at 1:00 pm. We will be collecting dues for 2019 at that meeting. Please try to attend and bring any ideas for programs and trips. Bring a friend!

February Hospitality Committee: Dora Smith... 609.882.2254

Marion Rambough...609-530-1826 Grace Montgomery 609.882.3562

Willie (Billie) Townsend...609-883-6074

Hollowbrook February Birthdays:

2/5 - Dora Smith    2/14—Vivian Baxter    2/14 Corlette Miller

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February 14, 2019—Valentine's Day

“The Eskimos had fifty-two names for snow because it was important to them:

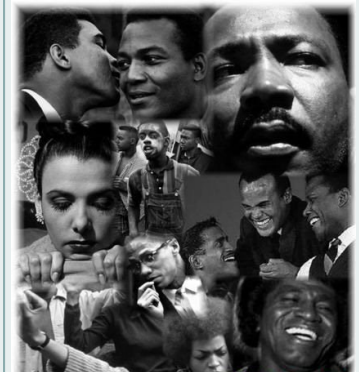
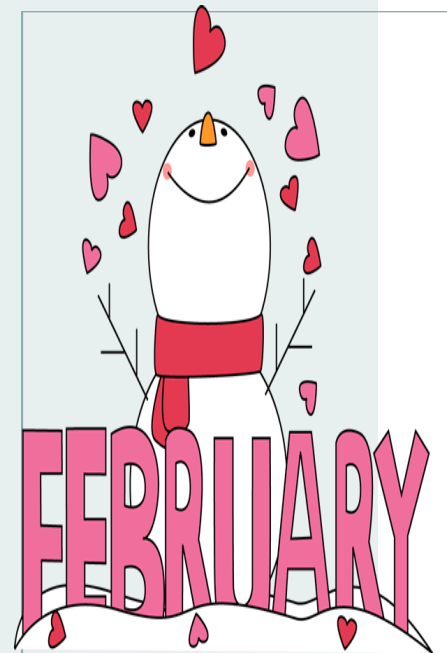
there ought to be as many for love!” — Margaret Atwood

February 18, 2019 - Presidents' Day

“No man is above the law, and no man is below it; not do we ask any man's permission when we require him to obey it!”

— Theodore Roosevelt, U. S. President

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**NOTE:**  
EWING SENIOR  
CENTER WILL BE  
CLOSED PRESI-  
DENTS' DAY, ON  
MONDAY, FEBRU-  
ARY 18, 2019



## THANK YOU

*I would like to take this opportunity to thank everyone who supported the trips I planned for the past 20 (twenty) years.*

*I will no longer be doing trips for the Live Wires. I will be Co-Chairing trips for Busy "C" and look forward to sharing them with everyone.*

*Thank you again,*

*Dolores Sebasto*

### **SAFE DRIVING WORKSHOP**

Receive a discount on your automobile Insurance by attending a six-hour AARP Safe Driving Class. Sessions will take place 9:00 AM – 3PM at the Ewing Senior and Community Center. Sessions for 2019 are as follows: February 14, March 14, April 11, May 9, June 13, September 12, October 10, November 14, and December 12, 2019.

This workshop is for any licensed driver. Contact the Senior Office at 609-883-1776 to make a reservation. A fee of \$15 for AARP members and \$20 for non-members is due on the day of class. Bring a lunch (we have refrigeration) or eat at the nearby diner. A beverage vending machine is located in the Center.

### **PRAB**

Need help with weatherization or filling out a Home Energy Assistance application? Make an appointment with PRAB Outreach Representative, Awilda Galiano. Contact the Senior Office at 609-883-1776 x 6216 to schedule an appointment. Participants must be income eligible. Awilda is at ESCC every Thursday; 10:00 AM – 2:00 PM.

### **Calling All Artist for Water Color Wednesdays**

Dr. McGee is the facilitator for "Water Color Wednesdays" at the Ewing Senior and Community Center. The program is open to a dozen or so novice, intermediate or even professional water colorist who are interested in meeting once a week. His goal is to come together; have participants work on their paintings, provide constructive criticism and friendly conversation.

"Water Color Wednesdays" meet each Wednesday, 9 am – 1 pm. It will be held in Room 207 at the Ewing Senior and Community Center, 999 Lower Ferry Road, Ewing, NJ. It is FREE to Ewing residents. You will need to bring your own materials. Please register by contacting the Senior Office at 609-883-1776 x 6205.





**Bob Kulik**

*Bob Kulik , formerly from the 1960's recording group, "The Happenings." Our seniors were treated to songs from Sinatra, Engelbert Humperdinck, Tom Jones, Tony Orlando, Frankie Valli, and Neil Diamond.*

**BRUCE STEPHEN FOSTER PERFORMING AT FEBRUARY SENIOR LUNCHEON**

Bruce Stephen Foster is the descendent of the famous composer Stephen Forster. At the tender age of three, he walked over to the piano, without a lesson or never reading music, and begin playing the notes that would take him on his musical journey!

Amazing but true, Bruce Stephen Forster begin writing songs at the age of 8. When he reached the age of 18, he and four other musical friends, formed a band called "Jacob's Creak." They landed a recording contract with Columbia Records!

Years later, a move to England as a solo artist enabled him to record an album called "Cantata of Social Comment."

Bruce has played keyboards on the first album by Kiss and four Gladys Knight and the Pips albums, which featured the hits "Midnight Train to Georgia" and "The Best Thing That Ever Happened."

We are pleased to have Grammy Award nominee, Bruce Stephen Foster entertain us on Friday, February 22nd; at our monthly Senior Luncheon Show!

Please reserve your seat (s) for this great event! Residents will be admitted at \$7.00 per person or \$12 per couple. Admission for non-residents is \$12.00 per person. Please contact the Senior Office at 609-883-1776 to make your reservations!!!

## 2019 Shredding Schedule

### Hazardous Waste Collection

Dempster Fire School

350 Lawrence Station Road

Saturdays; 8:00 A.M.— 2:00 PM

March 30, June 29 and September  
28



### MERCER COUNTY DOCUMENT SHREDDING EVENT

Lot 4/ South Broad Street (across from Mercer  
County

Administration Building)

Saturdays: 9:00 AM—2:00 PM

February 23 and November 2

### MUNICIPAL & PUBLIC WORKS RECYCLING

Saturdays: 9:00 AM—1:00 PM

May 4 and October 12th

Keeping up with our 2019 Self-  
improvement theme...

### **“Healthy Aging”**

12 Noon - Community Room

Wednesday, March 20, 2019

### **“Diabetes”**

12 Noon—Community Room

Wednesday, April 10, 2019

Ewing Senior & Community Center

999 Lower Ferry Road

Ewing, New Jersey 08628

Valicia Rafferty, LPN

Community Liaison

FREE— Refreshments served

Sign up in Senior Office Room 204

Call: 609-883-1776 x 6205

## LIVE WIRES

**Live Wires Senior Club**

**Now meeting on the**

**1st Tuesday**

**of each month**

**11AM Room 207**

**New members are**

**welcome!!!**

## CALLING ALL SENIORS!!!

**HAVE YOU EVER BEEN, OR WANTED TO BE A MEMBER OF  
A SENIOR CLUB IN EWING? HAVE YOU MOVED AWAY?**

**WE ARE INVITING YOU TO RETURN TO THE CENTER AND  
BRING A FRIEND WITH YOU!**

**Ewing Senior & Community Center**

**8:30 AM - 4:30 PM—Monday**

**999 Lower Ferry Road**

**Ewing, NJ 08628**

**609-883-1776 x 6205**

## **“BUSY C’S” NEWSLETTER**

**Our meeting was called to order by Sylvia Carroll on January 15th, 2019. Marge Swanhart reported 23 members attended the meeting.**

**Sylvia informed the members that she received a phone call from Mary Bock, President of Live Wires. Mary wanted to give a “heads up” that our proposed merger with her club would not take place. Some of their members attended our meeting (which we were glad to have them), because they said they had not been notified by Mary Bock as to the change.**

**Martha Glahn said our prayer and lead us in Flag Salute and Song.**

**Sally Houghton read minutes from two previous meetings as she was not present at those meetings. The Minutes were approved.**

**Diane Ionata gave the Treasurer’s report and dues (\$8.00) for 2019 were collected.**

**Mary Lou Weyand sent Get Well Cards to Sally Houghton who broke her arm in an auto accident, and Angie Martorana who sprained her ankle and Diane Lindgren who had surgery.**

**Don Cox gave a follow-up report on his contact with Shirley Turner’s office as to the rates being charged by Auto Insurance Companies by the zip code in which we live. He will try to get a representative from her office to come to speak to us at one of our meetings.**

**Sylvia Carroll donated the Poinsettia plants for our Christmas Party. Marge Swanhart suggested that the plants be given to members of the club who could not attend, due to illness. The plants were greatly appreciated by the members and Marge suggested this be done every year, which was a great idea.**

**No Birthdays for January, however, Russ and Angie Martorana were celebrating their 48th Wedding anniversary. We all sang Happy Anniversary to them.**

**Mary Lou Weyand is Chairperson of the Nominating Committee. She gave us the Nominees , which are all the same as late year. The vote will be taken at our February meeting and then the President will appoint all Chairpersons of the various Committees.**

**Sylvia Carroll adjourned the meeting and we enjoyed some tasty Cheese Dips, Crackers, Potato Chips, Cake, Coffee and Socializing.**

**CLUB OFFICERS & OFFICE STAFF**

**CLUB A**

**PRES.- JACKIE ANDERSON -771-3684**

**1ST VICE - SANDI MULLANY - 571-7972**

**SECRETARY - SHIRLEY CSERSEVITS -883-4060**

**TRAVEL- JANE NOTTA - 882-5380**

**TREA.- JANE NOTTA - 882-5380**

**MEMBERSHIP- BILL JOHNSON - 882-7766**

**CORR. SEC. - RUTH MAYER**

**LIVE WIRES**

**PRES. - MARY BOCK**

**VICE PRES. - RITA RIGBY 609.882.4090**

**TREASURER - SUSANNE VENCELLER - 882-6197**

**SECRETARY - CAROL FLANDERS - 882-4915**

**CHAPLAIN - DOLORES DE BLASIO -882-6637**

**SUNSHINE - LINDA SOLINSKI - 883-0305**

**MEMBERSHIP - RITA RIGBY-609-882-4090**

**TRAVEL - NANCY HOWARTH -609-587.5014**

**BUSY C'S**

**PRES. - SYLVIA CARROLL**

**VICE PRES.- MARGE SWANHART**

**SEC.- SALLY HOUGHTON**

**COR. SEC.- MARY LOU WEYAND**

**TREASURER- DIANE IONATA**

**CHAPLAIN - MARGE SWANHART**

**TRAVEL - ROSEMARY SHANGLE - 609-403-6144**

**DOLORES SEBESTO— 609-882-5085**

**HOSPITALITY - KITTY ELDER—882-6370**

**CLUB D**

**PRES.- RALPH CSOGI**

**V. PRES.— EDWARD SMITH**

**SEC. BLANCHE FARBER**

**TREASURER - BARBARA MONINGHOFF**

**TRAVEL- JOAN BARRY**

**CORR. SEC.- JENNIE MARUCA-882-5985**

**MEMBERSHIP - RALPH CSOGI**

**CHAPLAIN - ED SMITH**

**HOLLOWBROOK SENIORS**

**PRES- FLORINE WARNER - 609-882-9324**

**V.PRES.-MARION FRAMBROUGH-609-530-1826**

**REC. SEC.— LORRAINE D. HALL-609-882-7564**

**ASST. REC. SEC. ROBERTA SUMNERS -609-882-0163**

**TREAS.-MARIAN BURROUGHS-609-882-1363**

**FINANCIAL SEC.- DAISY INMAN-609-695-5569**

**CHAPLAIN- DORA SMITH - 609-882-2254**

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**EWING SENIOR OFFICE TEAM**

**OFFICE: 609-883-1776 X 6205**

**J. C. SPANN - SUPERVISOR—X-6206**

**KATHLEEN RAGOONATH—COMMUNITY RECREATION  
LEADER— X 6205**

**ANNE CHESLOCK- SECRETARY -X 6216**

**JUSTIN LATINI-VAN DRIVER/COORDINATOR**

**609-498-4931**

**Walking Program—Walk across America**

**How would you like to “walk across the U S with us?” Come join us for our Walking Program. We will be walking inside during the colder weather, and move outside during spring and summer. Interested? Call us at 609.883.1776 or stop in the Senior Office to sign up. We will then meet and select a time and day for our “walk across America challenge.” At the end of our journey, we will have a victory celebration!**


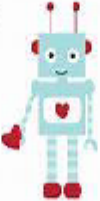







# February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ESCC</b> EWING SENIOR CENTER & COMMUNITY CENTER 609-883-1776 ***** J.C. SPANN SUPERVISOR SR. DIVISION 609-883-1776 X 6206	<b>HB-HOLLOWROOK</b> COMMUNITY CENTER 320 HOLLOWROOK DR EWING, NJ 08628 609-883-1199	<b>TRANSPORT</b> JUSTIN LATINI 609-497-4931 TRADE 609-530-1971	MERCER COUNTY NUTRITION PROGRAM MS. WANDA 609-331-5652 320 HOLLOWROOK DR EWING, NJ 08620	<b>7 CLUB D 11:00 AM</b> 8:30 POOL SHARKS 10:00 EXERCISE-HB 12:30 PINOCHLE 1:00 BID WHIST 1:00 SEWING 10:00-2PM PRAB RM#203 (LUNCHEON)	1 8:30 POOL SHARKS 9:30-11 LINE DANCING <b>ESCC</b> 1:00 MAJONG	2 9:15-5PM POOL SHARKS 9:15-10:15AM RM 201-202 ACTIVE CHAIR YOGA-HB
<b>3</b> SENIOR CENTER CLOSED EXCEPT FOR POOL SHARKS 9:15-5PM	<b>4</b> 8:30 POOL SHARKS 10:00 EXERCISE-ESCC 1-3 BINGO-ESCC	<b>5 LIVEWIRES 11:00AM RM #207</b> 8:30 POOL SHARKS 9:30 KNITTING 9:30 EXERCISE-HB 10:00 PINOCHLE 1:00 RUMMIKUB 1:00 SEWING	<b>6 INT'L COOKING 1-3PM</b> 8:30 POOL SHARKS 9:00 ART/WATERCOLOR 12:30 BIBLE STUDY	<b>8 HB SENIORS 1:00PM</b> 8:30 POOL SHARKS 9:30-11 LINE DANCING <b>ESCC</b> 1:00 MAJONG	<b>9</b> 9:15-5PM POOL SHARKS 9:15-10:15AM RM 201-202 ACTIVE CHAIR YOGA-HB	
<b>10</b> SENIOR CENTER CLOSED EXCEPT FOR POOL SHARKS 9:15-5PM	<b>11</b> 8:30 POOL SHARKS 10:00 EXERCISE-ESCC 1-3 BINGO-ESCC	<b>12</b> 8:30 POOL SHARKS 9:30 KNITTING 9:30 EXERCISE-HB 10:00 PINOCHLE 1:00 RUMMIKUB 1:00 SEWING	<b>13</b> 8:30 POOL SHARKS 9:00 ART/WATERCOLOR 12-2 BALANCE CLASS 12:30 BIBLE CLASS 1:00 JEWELRY/CRAFT	<b>15</b> 8:30 POOL SHARKS 9:30-11 LINE DANCING <b>REHEARSAL - HB</b> 1:00 MAJONG	<b>16</b> 9:15-5PM POOL SHARKS 9:15-10:15AM RM 201-202 ACTIVE CHAIR YOGA-HB	
<b>17</b> SENIOR CENTER CLOSED EXCEPT FOR POOL SHARKS 9:15-5PM	<b>18</b> <b>PRESIDENTS' DAY</b> <b>SENIOR CENTER CLOSED</b>	<b>19 "BUSY C'S" 11:00AM</b> 8:30 POOL SHARKS 9:30 KNITTING 9:30 EXERCISE-HB 10:00 PINOCHLE 1:00 RUMMIKUB 1:00 SEWING	<b>20 CLUB A 11:00AM</b> 8:30 POOL SHARKS 9:00 ART/WATERCOLOR 12-2 BALANCE CLASS 12:30 BIBLE CLASS 1:00 JEWELRY/CRAFT	<b>22</b> <b>SR. LUNCHEON SHOW</b> <b>12-2PM @ HB</b> <b>"BRUCE FOSTER" &amp; YOUNG AT HEART DANCERS.... \$7/\$12PP OR COUPLE FOR NON RESIDENT</b>	<b>23</b> 9:15-5PM POOL SHARKS 9:15-10:15AM RM 201-202 ACTIVE CHAIR YOGA-HB	
<b>24</b> SENIOR CENTER CLOSED EXCEPT FOR POOL SHARKS 9:15-5PM	<b>25</b> 8:30 POOL SHARKS 10:00 EXERCISE-ESCC 1-3 BINGO-ESCC	<b>26</b> 8:30 POOL SHARKS 9:30 KNITTING 9:30 EXERCISE-HB 10:00 PINOCHLE 1:00 RUMMIKUB 1:00 SEWING	<b>27 GLC STAFF MTG 10:30</b> 8:30 POOL SHARKS 9:00 ART/WATERCOLOR 12:30 BIBLE CLASS 1:00 JEWELRY/CRAFT	<b>28</b> 8:30 POOL SHARKS 10:00 EXERCISE-ESCC 12:30 PINOCHLE 1:00 BID WHIST 10-2PM PRAB RM#203	<b>Sign up for Healthy Aging Class -Free</b> <b>12 Noon</b> <b>Wed., March 20th</b> <b>ESCC Com Room</b> <b>Refreshments served</b> <b>609.883.1776 x 6205</b>	



# MERCER COUNTY NUTRITION LUNCHES

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
 <b>BRIAN M. HUGHES</b> <b>COUNTY</b> <b>EXECUTIVE</b>	DAILY MEAL INCLUDES: MILK, MARGARINE AND HOT BEVERAGE  MENU IS SUBJECT TO CHANGE WITHOUT NOTICE  *Kind Reminder: Remember to submit your monthly reservation form to the manager at your nutrition site to reserve you meals. Thank you.	Valentine's Spelling List  heart flowers chocolate cards candy valentine cupid love hug romance   <small>Engall.karnschoop.family.com</small>	WINTER TIPS 1) AVOID SLIPPING ON ICE 2) DRESS FOR WARMTH 3) FIGHT WINTERTIME DEPRESSION 4) CHECK THE CAR 5) PREPARE FOR POWER OUTAGES 6) EAT A VARIED DIET 7) PREVENT CARBON MONOXIDE POISONING	1 SWEET ITALIAN SAUSAGE W/TOMATO SAUCE  JUICE  TRI-COLOR POTATO MEDLEY W/KETCHUP  PEPPERS & ONIONS  CLUB ROLL  RICE PUDDING		
4 <i>Super Bowl Luncheon</i> "HOAGIE" SALAMI, HAM & CHEESE W/MUSTARD, MAYO & ITALIAN DRESSING  ROOT BEER  INDIVIDUAL POTATO CHIP BAGS  LETTUCE & TOMATO  HOAGIE ROLL  FRUIT COCKTAIL	5 BARBECUE CHICKEN LEG QUARTER  CORN CHOWDER  PENNE W/ GARLIC & PARMESAN CHEESE  GREEN BEANS  WHOLE WHEAT BREAD  FRESH PEAR	6 <i>Birthday Month Celebration Meal</i> (2) HOTDOGS W/ (2) PACKETS EACH: KETCHUP & MUSTARD, & RELISH  JUICE  TATER TOTS W/KETCHUP  COLESLAW (2) WHOLE WHEAT HOTDOG ROLLS  OATMEAL COOKIE	7 BEEF & BROCCOLI W/TERIYAKI SAUCE  LENTIL SOUP  LO MEIN W/TERIYAKI SAUCE  ORIENTAL VEGETABLES  PUMPERNICKEL BREAD  GRANOLA BAR	8 <i>Celebrating National Pizza Day</i> PIZZA  JUICE  CORN & BLACK BEAN SALAD  SPINACH  BRAN MUFFIN  CHOCOLATE PUDDING		
11 BROCCOLI & CHEESE STUFFED CHICKEN BEEF BARLEY SOUP WILD & BROWN RICE BLEND MIXED VEGETABLES PUMPERNICKEL BREAD  BROWNIE	12 SWEDISH MEATBALLS  JUICE  EGG NOODLES  CARROT COINS  WHOLE WHEAT BREAD  ORANGE SHERBET	13 STUFFED CABBAGE W/TOMATO SAUCE  JUICE  MASHED POTATOES  SPINACH SALAD W/BALSAMIC VINAIGRETTE  RYE BREAD  FRUITED JELLO	14 <i>Valentine's Day Lunch</i>  EGG-PLANT ROLLATINI W/TOMATO SAUCE AND PARMESAN CHEESE  CHICKEN VEGETABLE SOUP PENNE PASTA W/MARINARA SAUCE  BRUSSEL SPROUTS ITALIAN BREAD  CUPCAKE	15 CRAB CAKE W/TARTAR SAUCE  JUICE  MACARONI & CHEESE  STEWED TOMATOES  DINNER ROLL  PINEAPPLE CHUNKS		
18 <i>President's Day</i>    NUTRITION SITES CLOSED	19 LOW SALT HAM W/ PINEAPPLE SAUCE  JUICE  SCALLOPED POTATOES  SNAP PEAS  RYE BREAD  GRANOLA BAR	20 WARM BREADED CHICKEN PATTY W/ KETCHUP & MAYO MINESTRONE SOUP ROASTED RED POTATOES W/ BUTTER & HERB SAUCE  BROCCOLI HAMBURGER ROLL  STRAWBERRY YOGURT	21 <i>Multi-Cultural Meal</i>  KIELBASA W/SAUERKRAUT & MUSTARD  JUICE  POTATO PANCAKES  RED CABBAGE  WHOLE WHEAT CLUB ROLL  OREO COOKIES	22 <i>"HEATHWISE"</i>  TUNA SALAD ON LETTUCE LEAF  VEGETARIAN VEGETABLE SOUP  POTATO SALAD  TOMATO SLICES  WHOLE WHEAT WRAP  BANANA		
25 POT ROAST W/ BROWN GRAVY NAVY BEAN SOUP MASHED POTATOES SCANDINAVIAN VEGETABLES  WHOLE WHEAT BREAD  BLACK & WHITE COOKIE	26 CHICKEN POT PIE  JUICE  SPINACH SALAD W/ SHREDDED CARROTS & DRIED CRANBERRIES NON-FAT RASPBERRY SALAD DRESSING  RYE/PUMPERNICKEL SWIRL  VANILLA PUDDING	27 <i>Super Wednesday</i> (SOUP & SANDWICH)  "RUBEN" TURKEY PASTRAMI, SWISS CHEESE, SAUERKRAUT, AND RUSSIAN DRESSING SPLIT PEA SOUP  MACARONI SALAD  BROCCOLI SALAD  (2) SLICES RYE BREAD  MANDARIN ORANGES	28 STUFFED SHELLS W/ TOMATO SAUCE AND PARMESAN CHEESE  JUICE  PEAS & PEARL ONIONS  GARDEN SALAD W/LITE CAESAR DRESSING  WHOLE WHEAT DINNER ROLL  BROWNIE	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; text-align: center;">                             Groundhog Day                                What's the weather like?                              If the groundhog comes out of his burrow on Feb. 2nd, February and doesn't see his shadow, winter will not end.                         </td> <td style="width: 50%; text-align: center;">                             Groundhog Day                                What's the weather like?                              If the groundhog comes out of his burrow on Feb. 2nd, February and sees his shadow, winter will not end.                         </td> </tr> </table>	Groundhog Day  What's the weather like? If the groundhog comes out of his burrow on Feb. 2nd, February and doesn't see his shadow, winter will not end.	Groundhog Day  What's the weather like? If the groundhog comes out of his burrow on Feb. 2nd, February and sees his shadow, winter will not end.
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