

**EWING SENIOR CLUB "D" NEWSLETTER**

Our April meeting was attended by twenty-five (25) members. We are calling all of our members to remind them of the meetings, thank you Connie Ciricolo for taking the time to call everyone.

Please note, if you know anyone that is a shut-in please let the Senior Office know, and they will mail them a copy of the Senior Newsletter. Please see the Senior Office for more information.

We welcomed two new members to our Club D: Ms. Susan May and Ms. Ruth Wadsworth.

Joanne Barry has two trips planned in 2019.

1. Hunterdon Hills Playhouse on Thursday, June 13 with the Comedy show, "Over the River and Through the Woods." The Cost is \$65. She will need the money by our May 2019 meeting.

2. Doolan's Shore Club on Wednesday, October 23, with the "Tribute to Frankie Valli and the Four Seasons" show. The cost is \$65.

For tickets and reservations, please call Joanne Barry at 609-895-1454 for information. A \$20 deposit is required to hold a seat and only refunded if a replacement is made.

We will be having a "FREE" Hoagie Party at our May meeting, so come and have lunch and enjoy the party.

We will be having our June Luncheon on Thursday, June 6, 2019; 12 Noon at the Villa Rosa

Restaurant, located on Scotch Road. The cost will be \$15. The selections will be Chicken Francaise, Eggplant Parmesan or Grilled Tilapia. Please see or call Pat Wojciechowski for reservations and payment by our May meeting.

To our member Ed Smith, We hope to see you soon. Get well Ed.

We are always looking for suggestions for programs at our meetings, so please try to attend the meetings to help us out and keep you informed with your Club D.

**We're Celebrating  
All Month Long**

## EWING HOLLOWBROOK SENIORS NEWSLETTER



### INSIDE THIS ISSUE

HOLLOWBROOK SRS .....	2
BUSY C TRIP .....	3
LIVE WIRES .....	4
CLUB A.....	5
BUSY C'S .....	6
OFFICE STAFF .....	7
UPCOMING EVENTS.....	8-9
TRIP .....	10
MENU.....	11
CA;EMDAR.....	12

We met on Friday, April 12th. Members present were asked to review their information on our membership list, to insure that their information was correct. A report was given on the April 5th meeting with Jeanette Spann, Senior Office Supervisor. Suggestions were made on activities for future meetings. We were given an update on programs, activities, renovations and repairs being undertaken at the ESCC and the Hollowbrook Center.

The date for our annual picnic has been set for Friday, June 7th. We are discussing details for the picnic at our next meeting; May 10th at 1:00 PM.

**REMINDER:** Our next trip will be to Hunterdon Hills Playhouse on Wednesday, July 24, 2019. The \$72.00 price includes a full course meal and the show, "I Do, I Do." It is a musical comedy, which won the Tony Award on Broadway. The deadline for payment is Monday, July 1, 2019.

Contact persons...(All area 609) Marian Burroughs...883-1393, Lee Davis...883-0877, Daisy Inman...609-5569, Marion Rambough...530-1826, Florine Warner...882-9324 and Lorraine Hall...882-7564.

### HOLLOWBROOK MAY BIRTHDAYS

5/6—Willie Billie Townsend 5/18—Charlotte Dash 5/24— Janice Bacon

### MAY HOSPITALITY COMMITTEE

Florine Warner - 609-882-9324 Roberta Sumners - 609-882-0163

Rev. Betty Picott - 609-883-4157

### May 12, 2019 - Happy Mother's Day

"There's no way to be a perfect mother and a million ways to be a good one!"  
- Jill Churchill

### May 27th, 2019 - Memorial Day

"I would define true courage to be a perfect sensibility of the measure of danger and a mental willingness to endure it!"

-General William Tecumseh Sherman



# BUSY”C”

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PRESENTS 4<sup>TH</sup> OF JULY CELEBRATION

DOOLAN’S - JUNE 26. 2019

FEASTING, DANCING, DRINKING AND SINGING OF AMERICA IN  
ALL IT’S GLORY.

MENU: POT ROAST, TURKEY WITH STUFFING OR HERBAL SALM-  
ON

PRICE: \$65.00

BUS LEAVES SENIOR CENTER @ 9:45AM PLEASE

ARRIVE BY 9:30

CONTACT: DOLORES @ 882-5085

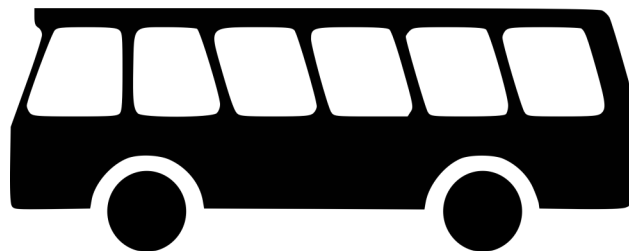
NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_

MENU CHOICE \_\_\_\_\_

NOTE: NO REFUNDS ON TRIP UNLESS A REPLACEMENT IS  
FOUND.



## **The Live Wires Meeting**

### **Live Wires Club Officers**

**Mary Bock, President called the meeting to order on Tuesday, April 2, 2019. There were twenty people in attendance.**

- ◇ **The Treasurers Report was given. Members were informed of the account balance.**
- ◇ **Sunshine – Linda sent a Thinking of You card to Terry Sodomini.**
- ◇ **Travel - Nancy Howarth, Chairman reported on the trip to Longwood Gardens. It will be on Tuesday, May 21. Cost is \$45 per person . Lunch is on your own. There are twenty (20) attending at this time. Bus leaves the Senior Center at 8:15 am. Remember to park on the far lot near the Diner.**
- ◇ **We have another trip on November 19, 2019 at Hunterdon Hills Playhouse for “Three Scrooges.” Cost to be announced.**
- ◇ **May Birthdays – May 14 – Ed Kwietnieski May 17 - Joe McGuigan May 21 Betty Gabauer and Helen Rose May 22 – Christine Wooden.**
- ◇ **Nancy Howarth won the 50/50.**
- ◇ **New member – We welcomed new member Nancy Buck**
- ◇ **New Business – We filled out a Registration/Emergency Waiver form for Ewing Township Senior Citizens Office.**
- ◇ **Our picnic in June, will cost us each \$5.00. We will possibly play bingo.**
- ◇ **Program today was presented by Charles Webster from the Rolling Thunders Mission. The talk was about caring for vets. Some are never located some never come home.**

**Carol Flanders, Secretary**

## MAY 2019 CLUB A

Our meeting opened with the Pledge of Allegiance and a prayer. We had sixteen (16) members to attend our April meeting.

Trips this year are:

“Camelot” - Wednesday, May 29, 2019; Dutch Apple. Cost is \$65.00 per person for Ewing residents. We will be leaving ESCC at 9:30 A.M.

American Music Theatre. Tuesday, November 26, 2019; “Christmas Show 2019.” Cost is \$65. We are leaving ESCC at 9:30 AM.

Our Secretary read the minutes and they were approved. Treasurer and Trip Coordinator reports were read.

Thank you to everyone who brought in refreshments for our April 2019. Our May meeting will be our Pot Luck Dinner. A list was submitted for members to make a selection to bring in.

Our Anniversary luncheon will be in June. We will be going to Revere. Carl Dentini, a singer, was our entertainment for our meeting.

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Calling all players!!!

Pinochle players are looking for card players. If you are interested, join them on Tuesdays at 10 AM and Thursdays at 12:30 PM.

Contact the Senior Office by calling 609-883-if additional information is needed.



## BUSY C'S NEWSLETTER

President Sylvia Carroll, opened our meeting on April 16, 2019. She called on Don Cox to introduce our speaker, Aaron R. Smith, who is licensed agent, who spoke to us on drug plans available under Medicare for members who qualify such as PAAD and Senior Gold, etc. Question and answer period followed.

Martha Glahn led us in prayer, flag salute and song.

Sally Houghton read the minutes of the previous meeting, and after a few corrections, they were approved. Diane Ionata gave the Treasurer's report which was also approved.

Marge Swanhart reported 24 members attended the meeting and we also had one new member, Nettie Krolkowski, and we all welcomed her.

Sylvia reported that the by-laws have been up-dated, a copy was on the table for each member to read. If they are all in order, an approval vote will be taken at our May meeting.

Sylvia also reported that our Travel Directors cannot charge more that \$15 more than the price of a ticket and show. Travel money from the Township can only be used for the buses.

Dolores Sebasto reported we need more people for our Show and Lunch at Doolan's in June. Pleas sign up as soon as possible.

Don Cox was our Birthday Winner. We wished him many, many more Birthdays!!!

We had delicious sandwiches prepared by Angie & Russ Martorana and Teresa LoRe.

Next month we will have meatball sandwiches. Sounds good!!!

Kitty Elder thanked the ladies wo brought desserts.

There being no further business, the meeting was adjourned and sandwiches, coffee and cake were enjoyed by all.

***Join us for fun***

***Mondays at one!***

***Hang out the Bingo Babes, (and some guys too.)***

***We just might have some prizes,  
And special surprises.***

***LET'S PLAY!***





## 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 -609-882-0704

VICE PRES. - RITA RIGBY - 609.882.4090 c-609-647-8313

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 - MARTHA GLAHN

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-609-882-1393

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



NEWSLETTERS CAN ALSO BE FOUND ON THE  
TOWNSHIP'S

WEB PAGE. JUST GO TO:

[www.ewingnj.org](http://www.ewingnj.org)

Click on Departments, Community Affairs, and then  
Senior Newsletters

## UPCOMING EVENTS

**KEITH HICKMAN** will grace the stage during our Senior Luncheon on THURSDAY, May 23, 2019; 12 Noon to 2:00 PM. When choosing a song, Keith Hickman has the unique gift of sounding like the original recording artist.

In June we look forward to our picnic, and welcoming entertainer Bobby Emmons. Please consider attending a show if you have never done so!

Make reservations in advance at the Ewing Senior and Community Center, Room 204; 999 Lower Ferry Road, Ewing, New Jersey 08628. Call 609-883-1776 for additional information. Cost per person for Ewing residents is \$7 or \$12.00 a couple. Non-resident admission price is \$12.00 per person.

**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; room 205. Sessions for 2019 are as follows: 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.

**MERCER COUNTY NUTRITION** – Seniors 60 and older or anyone married to a person 60 and older is welcomed to participate in the nutrition program. The program is located at the Hollowbrook Community Center, 320 Hollowbrook Drive. A person is asked to donate whatever he chooses or a suggested donation of \$1. Please be assured that your donation is confidential.

A delicious balanced meal is served. Please contact Ms. Wanda at 609-331-5652 for additional information.

**INTERNATIONAL COOKING PROGRAM** – Join us for our last gathering before we take a break during July and August. We invite you to join us on Wednesday, June 5, 2019; 1pm to 3 pm. We will have entertainment.

Cost: Ewing resident is \$7.00 per person or \$12.00 per couple. Non-residents may attend for a fee of \$12.00 per person. If you wish to make reservations or contact the Senior Office for additional information, please call 609-883-1776.



## UPCOMING EVENTS

**WATER COLOR WEDNESDAYS**- Dr. Tim McGee is a semi-retired college professor. He has been a part of a group called “Artists at the Station.” They have gathered weekly for over 10 years, at the Hopewell Train Station to work on various art projects.

Dr. McGee will be leading “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.

**JEWELRY MAKING/CRAFT CLASS** – Do you want to learn how to make or repair your own jewelry? How about repurposing old items to create something unique and beautiful? Join us on Wednesday afternoons in room 208 at 1:00 PM – 3:00 PM. We will also be doing a few craft projects. Contact the Senior Office at 609-883-1776 x 6205 to register or to gather additional information. Ewing residents only for this free class.

**DIABETES WORKSHOP**—We are now taking reservations for Wednesday, May 8, 2019; 1 PM for our Life St Francis Diabetes Workshop. The Senior Office is open from 8:30 AM to 4:30 PM; Monday – Friday. Please reserve your seat so that you can become more informed about this disease. Call us at 609-883-1776 x 6205. Refreshments will be served.

**GAMBLING & PUBLIC HEALTH**—On Friday, May 10, 2019; 10 am. A Gambling and Public Health Seminar will be offered to the community. Do you know that Council on compulsive Gambling informs us that: “Persons experiencing gambling-related problems tend to have higher rates of poor to fair general health because they often engage in Alcohol, smoking and substance use while gambling? They also experience anxiety and depression.”

Public Health Specialist, Olu Oyedele, MPH will inform us and answer our questions. Please sign up in the Senior Office or call 609-883-1776 to register for this seminar. Light refreshments will be served.

**PAIN MANAGEMENT WORKSHOP** will be held on Friday, May 17, 2019; 10 am at the Ewing Senior and Community Center. Barbara Sprechman, CPS, from Mercer Council will be our guest presenter. This event is free. We will have snacks and giveaways for lucky participants!! The Senior Office will gladly take your reservations. Contact us by calling 609. 883-1776!!!

**TRIP TO  
LONGWOOD GARDEN**



**Tuesday, May 21st**

**Cost: \$45.00**

**If interested, please call  
Nancy Howarth at 609-587-5014**

**We leave Ewing Senior Community Center at 8:30 am  
For those who have trouble walking, wheel chairs are  
available for rental at \$4.00 and electric carts  
(scooters) at \$15.00.**

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**Lunch is on your own. There are three (3) restaurants  
on site.**

# MERCER COUNTY NUTRITION LUNCHES

May 2019

| MONDAY                                                                                                                                                                                                                                                                                                                                                | TUESDAY                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                       | FRIDAY                                                                                                                                                                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>BRIAN M. HUGHES</b><br><b>COUNTY EXECUTIVE</b><br><br><b>DAILY MEAL INCLUDES:</b><br>MILK,<br>MARGARINE AND<br>HOT BEVERAGE<br><br><b>MENU IS SUBJECT TO</b><br><b>CHANGE WITHOUT</b><br><b>NOTICE</b>                                                            | <b>OLDER</b><br><b>AMERICAN'S</b><br><b>MONTH</b><br>                                                                                                                                                                    | <b>1</b><br><b>CHICKEN CORDON</b><br><b>BLEU</b><br><br><b>JUICE</b><br><br><b>WILD RICE</b><br><br><b>SWEET BABY</b><br><b>CARROTS</b><br><br><b>PUMPERNICKEL</b><br><b>BREAD</b><br><br><b>DICED PEACHES</b>                                                                                                                                                                                                                        | <b>2</b> <i>Super Thursday</i><br><b>POT ROAST (beef)</b><br><br><b>JUICE</b><br><br><b>TRI-COLOR ROASTED</b><br><b>POTATOES</b><br><br><b>DICED BUTTERNUT</b><br><b>SQUASH</b><br><br><b>WHOLE WHEAT</b><br><b>BREAD</b><br><br><b>FIG BAR</b>                | <b>3</b><br><b>EGG SALAD</b><br><b>W/LETTUCE LEAF</b><br><br><b>CHICKEN RICE SOUP</b><br><br><b>MACARONI SALAD</b><br><br><b>BROCCOLI SALAD</b><br><br><b>(2) SLICES RYE BREAD</b><br><br><b>GRANOLA BAR</b>                                                          |
| <b>6</b> <i>Cinco de Mayo</i><br><br><b>CHICKEN TACOS</b><br>(Chicken, Salsa, Shredded<br>Lettuce, & Shredded<br>Cheese)<br><br><b>CORN CHOWDER</b><br><br><b>SPANISH RICE &amp;</b><br><b>BEANS</b><br><br><b>(2) SOFT TORTILLAS</b><br><br><b>MANDARIN ORANGES</b> | <b>7</b><br><b>BEEF &amp; BROCCOLI</b><br><b>W/TERIYAKI SAUCE</b><br><br><b>JUICE</b><br><br><b>BROWN RICE</b><br><b>W/TERIYAKI SAUCE</b><br><br><b>ORIENTAL</b><br><b>VEGETABLES</b><br><br><b>WHOLE WHEAT</b><br><b>BREAD</b><br><br><b>BLACK &amp; WHITE</b><br><b>COOKIE</b>                          | <b>8</b><br><b>LOW SALT HAM &amp;</b><br><b>SWISS CHEESE</b><br><b>SANDWICH</b><br><br><b>JUICE</b><br><br><b>SPIRAL PASTA SALAD</b><br><b>VINAIGRETTE</b><br><br><b>COLESLAW</b><br><br><b>(2) SLICES RYE BREAD</b><br><br><b>PINEAPPLE CHUCKS</b>                                                                                                                                                                                   | <b>9</b><br><b>CHICKEN MARSALA</b><br><br><b>JUICE</b><br><br><b>MASHED POTATOES</b><br><br><b>PEAS</b><br><br><b>WHOLE WHEAT</b><br><b>DINNER ROLL</b><br><br><b>BROWNIE</b>                                                                                  | <b>10</b><br><b>TUNA SALAD</b><br><b>W/EXTRA MAYO</b><br><b>PACKET</b><br><br><b>BEEF BARLEY</b><br><b>SOUP</b><br><br><b>BAG OF POTATO</b><br><b>CHIPS</b><br><br><b>LETTUCE LEAF &amp;</b><br><b>TOMATO</b><br><br><b>(2) SLICES RYE BREAD</b><br><br><b>BANANA</b> |
| <b>13</b> <i>Mother's Day Brunch</i><br><br><b>WESTERN OMELET</b><br><b>W/KETCHUP</b><br><br><b>JUICE</b><br><br><b>SAUSAGE PATTY</b><br><br><b>(2) HASH BROWN</b><br><b>W/KETCHUP</b><br><br><b>CORN MUFFIN</b><br><br><b>FRESH APPLE SLICES</b>                    | <b>14</b><br><b>BBQ GRILLED</b><br><b>CHICKEN BREAST</b><br><br><b>JUICE</b><br><br><b>CONFETTI RICE</b><br><br><b>BROCCOLI</b><br><br><b>WHOLE WHEAT</b><br><b>BREAD</b><br><br><b>PIE</b>                                                                                                               | <b>15</b> <i>Natl. Chocolate Chip Day</i><br><b>A SALAD WITH CHOPPED</b><br><b>TURKEY &amp; PROVOLONE</b><br><b>CHEESE, ROMAINE</b><br><b>LETTUCE, CROUTONS,</b><br><b>DRIED CRANBERRIES</b><br><b>AND CUCUMBER SLICES</b><br><b>W/</b><br><b>BALSAMIC</b><br><b>VINAIGRETTE</b><br><br><b>MINESTRONE SOUP</b><br><br><b>SUN CHIPS</b><br><br><b>WHOLE WHEAT DINNER</b><br><b>ROLL</b><br><br><b>CHOCOLATE CHIP</b><br><b>COOKIES</b> | <b>16</b> <i>Birthday Celebration Menu</i><br><br><b>KIELBASA (pork)</b><br><b>W/MUSTARD PACKET</b><br><br><b>JUICE</b><br><br><b>MASHED POTATOES</b><br><br><b>SAUERKRAUT</b><br><br><b>RYE/PUMPERNICKEL</b><br><b>SWIRL BREAD</b><br><br><b>OREO COOKIES</b> | <b>17</b> <i>Natl. Pizza Party Day</i><br><br><b>PIZZA W/PEPPERONI</b><br><br><b>JUICE</b><br><br><b>THREE BEAN SALAD</b><br><br><b>BEEF &amp; ONION SALAD</b><br><br><b>ICE CREAM DIXIE CUP</b>                                                                      |
| <b>20</b> <i>Multicultural Meal</i><br><br><b>MEATBALLS (beef)</b><br><b>W/TOMATO SAUCE</b><br><b>AND PARMESAN</b><br><b>CHEESE</b><br><br><b>JUICE</b><br><br><b>SPAGHETTI</b><br><b>W/MARINARA SAUCE</b><br><br><b>PEAS &amp; ONIONS</b><br><br><b>ITALIAN BREAD</b><br><br><b>FRUIT COCKTAIL</b>                                                   | <b>21</b> <i>Advisory Council @ Jennye Stubblefield</i><br><b>BREADED PORK CHOP</b><br><br><b>SPLIT PEA &amp; HAM</b><br><b>SOUP</b><br><br><b>SWEET POTATO</b><br><b>CHUNKS</b><br><br><b>GREEN BEANS</b><br><br><b>WHOLE WHEAT</b><br><b>BREAD</b><br><br><b>CHOCOLATE PUDDING</b>                      | <b>22</b><br><b>CHICKEN CHOW MEIN</b><br><b>W/VEGETABLES AND</b><br><b>SAUCE</b><br><br><b>JUICE</b><br><br><b>CHOW MEIN NOODLES</b><br><b>W/SAUCE</b><br><br><b>RYE BREAD</b><br><br><b>ORANGE SHERBET</b>                                                                                                                                                                                                                           | <b>23</b><br><b>SWEET ITALIAN (pork)</b><br><b>SAUSAGE W/TOMATO</b><br><b>SAUCE</b><br><br><b>NAVY BEAN SOUP</b><br><br><b>ROASTED RED</b><br><b>POTATOES</b><br><br><b>PEPPERS &amp; ONIONS</b><br><br><b>CLUB ROLL</b><br><br><b>OATMEAL COOKIE</b>          | <b>24</b><br><b>CRAB CAKES</b><br><b>W/TARTAR SAUCE</b><br><br><b>JUICE</b><br><br><b>MACARONI &amp; CHEESE</b><br><br><b>STEW TOMATOES</b><br><br><b>PUMPERNICKEL</b><br><b>BREAD</b><br><br><b>STRAWBERRY</b><br><b>YOGURT</b>                                      |
| <b>27</b><br><b>MEMORIAL DAY</b><br><b>NUTRITION SITES</b><br><b>CLOSED</b><br>                                                                                                                                                                                    | <b>28</b><br><b>HAMBURGER (beef)</b><br><b>W/AMERICAN CHEESE</b><br><b>AND KETCHUP &amp;</b><br><b>MAYO PACKET</b><br><br><b>TURKEY VEGETABLE</b><br><b>SOUP</b><br><br><b>BAKED BEANS</b><br><br><b>LETTUCE, TOMATO, &amp;</b><br><b>ONION</b><br><br><b>HAMBURGER BUN</b><br><br><b>FRESH TANGERINE</b> | <b>29</b> <i>National Senior Health &amp; Fitness Day</i><br><a href="http://www.fitnessday.com/senior/">http://www.fitnessday.com/senior/</a><br><b>HONEY MUSTARD</b><br><b>COOKED CHICKEN</b><br><b>BREAST</b><br><br><b>JUICE</b><br><br><b>PENNE W/ GARLIC &amp;</b><br><b>PARMESAN CHEESE</b><br><br><b>ZUCCHINI SLICES</b><br><b>SAUTÉED</b><br><br><b>WHOLE WHEAT BREAD</b><br><br><b>BLUEBERRIES</b>                          | <b>30</b><br><b>SALISBURY STEAK</b><br><b>(beef) W/GRAVY</b><br><br><b>LENTIL SOUP</b><br><br><b>MASHED POTATOES</b><br><br><b>GREEN BEANS</b><br><br><b>DINNER ROLL</b><br><br><b>RICE PUDDING</b>                                                            | <b>31</b><br><b>FRIED CHICKEN</b><br><b>BREAST</b><br><br><b>JUICE</b><br><br><b>TATER TOTS</b><br><b>W/KETCHUP</b><br><br><b>MIXED VEGETABLES</b><br><br><b>RYE BREAD</b><br><br><b>ICE CREAM</b><br><b>SANDWICH</b>                                                 |



# May 2019

| Sun                                                                                                                                                     | Mon                                                                                                 | Tue                                                                                                                                                  | Wed                                                                                                                      | Thu                                                                                                                                                                        | Fri                                                                                       | Sat                                                                                                                  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|
| <p>ESCC<br/>EWING SENIOR CENTER &amp; COMMUNITY CENTER<br/>609-883-1776<br/>*****<br/>J.C. SPANN<br/>SUPERVISOR SR. DIVISION<br/>609-883-1776 X6206</p> | <p>HB- HOLLOWBROOK COMMUNITY CENTER<br/>320 HOLLOWBROOK DR<br/>EWING, NJ 08628<br/>609-883-1199</p> | <p>TRANSPORT<br/>JUSTIN LATINI<br/>609-498-4931<br/>TRADE<br/>609-530-1971</p>                                                                       | <p>1 <b>INTL. COOKING 1-3PM</b><br/>8:30 POOL SHARKS<br/>9:00 ART/WATERCOLOR<br/>12:30 BIBLE STUDY</p>                   | <p>2 <b>CLUB D 11:00AM</b><br/>8:30 POOL SHARKS<br/>10:00 EXERCISE -HB<br/>10-2PM PRAB<br/>12:30 PINOCHLE<br/>1:00 BID WHIST<br/>1:00 SEWING</p>                           | <p>3<br/>8:30 POOL SHARKS<br/>9:30-11 LINE DANCING<br/>1:00 MAJONG<br/>ESCC</p>           | <p>4<br/>9:15-5PM POOL SHARKS<br/>9:15-10:15AM RM 201-202<br/>ACTIVE CHAIR YOGA-HB</p>                               |
| <p>5<br/>SENIOR CENTER CLOSED<br/>EXCEPT FOR POOL SHARKS<br/>9:15-5PM</p>                                                                               | <p>6<br/>8:30 POOL SHARKS<br/>10:00 EXERCISE -ESCC<br/>1-3 BINGO -ESCC</p>                          | <p>7 <b>LIVE WIRES 11:00AM</b><br/>8:30 POOL SHARKS<br/>9:30 KNITTING<br/>9:30 EXERCISE -HB<br/>10:00 PINOCHLE<br/>1:00 RUMMIKUB<br/>1:00 SEWING</p> | <p>8<br/>8:30 POOL SHARKS<br/>9:00 ART/WATERCOLOR<br/>12:30 BIBLE STUDY<br/>1:00 CRAFT CLASS</p>                         | <p>9 <b>AARP 9-3PM BRD RM</b><br/>8:30 POOL SHARKS<br/>10:00 EXERCISE -ESCC<br/>10-2PM PRAB<br/>12:30 PINOCHLE<br/>1:00 BID WHIST<br/>1:00 SEWING</p>                      | <p>10 <b>HB SENIORS 1:00PM</b><br/>8:30 POOL SHARKS<br/>9:30-11 LINE DANCING<br/>ESCC</p> | <p>11<br/>9:15-5PM POOL SHARKS<br/>9:15-10:15AM RM 201-202<br/>ACTIVE CHAIR YOGA-HB</p>                              |
| <p>12<br/>SENIOR CENTER CLOSED<br/>EXCEPT FOR POOL SHARKS<br/>9:15-5PM</p>                                                                              | <p>13<br/>8:30 POOL SHARKS<br/>10:00 EXERCISE -ESCC<br/>1-3 BINGO -ESCC</p>                         | <p>14 <b>CLC BOARD RM 2:PM</b><br/>8:30 POOL SHARKS<br/>9:30 KNITTING<br/>9:30 EXERCISE -HB<br/>10:00 PINOCHLE<br/>1:00 RUMMIKUB<br/>1:00 SEWING</p> | <p>15 <b>CLUB A 11:00AM</b><br/>8:30 POOL SHARKS<br/>9:00 ART/WATERCOLOR<br/>12:30 BIBLE STUDY<br/>1:00 JEWELRY</p>      | <p>16 <b>SCAC 9:00 EX. 10AM</b><br/>8:30 POOL SHARKS/12:30<br/>LUNCHEON<br/>10:00 EXERCISE -ESCC<br/>10-2PM PRAB<br/>12:30 PINOCHLE<br/>1:00 BID WHIST<br/>1:00 SEWING</p> | <p>17<br/>8:30 POOL SHARKS<br/>9:30-11 LINE DANCING<br/>REHEARSAL-HB</p>                  | <p>18<br/>9:15-5PM POOL SHARKS<br/>9:15-10:15AM RM 201-202<br/>ACTIVE CHAIR YOGA-HB</p>                              |
| <p>19<br/>SENIOR CENTER CLOSED<br/>EXCEPT FOR POOL SHARKS<br/>9:15-5PM</p>                                                                              | <p>20<br/>8:30 POOL SHARKS<br/>10:00 EXERCISE -ESCC<br/>1-3 BINGO -ESCC</p>                         | <p>21 <b>BUSY C'S 11:00AM</b><br/>8:30 POOL SHARKS<br/>9:30 KNITTING<br/>9:30 EXERCISE -HB<br/>10:00 PINOCHLE<br/>1:00 RUMMIKUB<br/>1:00 SEWING</p>  | <p>22 <b>CLC STAFF MTG 10:30</b><br/>8:30 POOL SHARKS<br/>9:00 ART/WATERCOLOR<br/>12:30 BIBLE STUDY<br/>1:00 JEWELRY</p> | <p>23<br/>SR. LUNCHEON SHOW<br/>12-2PM (HB)<br/>"KEITH HICKMAN" &amp;<br/>YOUNG AT HEART DANC-<br/>ERS....<br/>\$7/\$12 PP OR COUPLE<br/>FOR NON RESIDENT</p>              | <p>24<br/>8:30 POOL SHARKS<br/>9:30-11 LINE DANCING<br/>ESCC<br/>1:00 MAJONG</p>          | <p>25<br/>9:15-5PM POOL SHARKS<br/>9:15-10:15AM RM 201-202<br/>ACTIVE CHAIR YOGA-HB</p>                              |
| <p>26<br/>SENIOR CENTER CLOSED<br/>EXCEPT FOR POOL SHARKS<br/>9:15-5PM</p>                                                                              | <p>27<br/><b>MEMORIAL DAY<br/>SENIOR CENTER<br/>CLOSED</b></p>                                      | <p>28<br/>8:30 POOL SHARKS<br/>9:30 KNITTING<br/>9:30 EXERCISE -HB<br/>10:00 PINOCHLE<br/>1:00 RUMMIKUB<br/>1:00 SEWING</p>                          | <p>29<br/>8:30 POOL SHARKS<br/>9:00 ART/WATERCOLOR<br/>12:30 BIBLE STUDY<br/>1:00 CRAFT CLASS</p>                        | <p>30<br/>8:30 POOL SHARKS/12:30<br/>LUNCHEON<br/>10-2PM PRAB<br/>10:00 EXERCISE -ESCC<br/>12:30 PINOCHLE<br/>1:00 BID WHIST<br/>1:00 SEWING</p>                           | <p>31<br/>8:30 POOL SHARKS<br/>9:30-11 LINE DANCING<br/>ESCC<br/>1:00 MAJONG</p>          | <p>MERCER COUNTY<br/>NUTRITION PROGRAM<br/>MS. WANDA<br/>609-331-5652<br/>320 HOLLOWBROOK DR<br/>EWING, NJ 08628</p> |