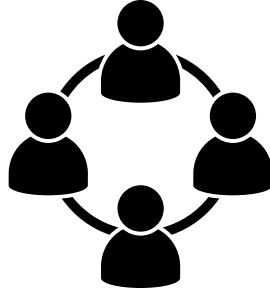




Senior Connect

by Lawrence Township



May 2022



May 2022

Lawrence Township Office on Aging Senior Center Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	REGISTRATION
1	2 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	3 SENIOR HEALTH FAIR 10:00 AM - 1:00 PM ORCHESTRA - 7:00 PM	4 LINE DANCE W/ BILL 9:30 COMPUTER LAB BY APPOINTMENT (9-12) BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	5 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) CONCERT BAND PRACTICE 7:00 PM	6 YOGA 9 -10 AM @ Community Center LINE DANCE W/ ROSE - 10:00 COMPUTER LAB (9 TO 12)	7	Pre-Registration for ALL Senior Center Programs By Calling The Center. All Programs For Only Lawrence Seniors 60 Years and Older.
8 	9 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	10 CLUB #2 - 10:30 AM COMPUTER LAB (9 TO 12) HEALTHY BONES - 1:30 - 3:00	11 LINE DANCE W/ BILL 9:30 COMPUTER LAB (9 TO 12) EXEC MEETING - 10:00 AM BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	12 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) CONCERT BAND PRACTICE 7:00 PM	13 YOGA 9 -10 AM COMPUTER LAB (9 TO 12) LINE DANCE W/ ROSE - 10:00 POETRY 1:00 -3:00 PM @ LAWRENCE LIBRARY BINGO - 1:00 - 3:00	14	POLICY Social Distancing Will Be Followed. Temperature Checks at Door. Mask Recommended When Social Distancing Can Not Be Followed, Particularly if Unvaccinated. If You Have Symptoms, PLEASE STAY HOME!
15	16 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center	17 CLUB #1 - 10:30 AM HEALTHY BONES - 1:30 - 3:00 COMPUTER LAB (9 TO 12) ORCHESTRA - 7:00 PM	18 LINE DANCE W/ BILL 9:30 COMPUTER LAB (9 TO 12) BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	19 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) CONCERT BAND PRACTICE 7:00 PM	20 YOGA 9 -10 AM @ Community Center LINE DANCE W/ ROSE - 10:00 COMPUTER LAB (9 TO 12) BINGO - 1:00 - 3:00	21	THE MERCER COUNTY NUTRITION HOT LUNCHEONS RESUME 5/2/22 PROGRAM IS AVAILABLE IN DOORS MON. WED. THURS. AND FRI. 9:00 AM - 1:00 PM <u>Registration Required</u> Please call Millie Booth (609)883-8085 OR (609)989-6650
22	23 EXERCISE 9:00 - 10:00 AM @ Community Center COMPUTER LAB (9 TO 12) TAI CHI 10:30 - 11:30 AM @ Community Center CHORALERS 1:00 - 2:00 PM	24 CLUB #2 - 10:30 AM COMPUTER LAB (9 TO 12) HEALTHY BONES - 1:30 - 3:00	25 LINE DANCE W/ BILL 9:30 COMPUTER LAB (9 TO 12) BUSY BEES 1:00 - 3:00 PM MEMOIR - 2:00 PM (ZOOM)	26 EXERCISE 9:00 - 10:00 AM @ Community Center OLDER AMERICANS MONTH AFTERNOON SOCIAL 2:00 - 4:00 PM - BOB ORLOWSKI CONCERT BAND PRACTICE - 7 PM	27 NO YOGA 9 -10 AM COMPUTER LAB (9 TO 12) LINE DANCE W/ ROSE - 10:00 BINGO 1:00 - 3:00 PM	28 MEMORIAL DAY PARADE STEP OFF 10:00 AM LAWRENCE HIGH SCHOOL	Lawrence Township Senior Center, 30 East Darrah Lane, Lawrence Twp. NJ 609-844-7048 DIRECTOR Lillian LaSalle llasalle@lawrencetwp.com & Coral Phillips cphillips@lawrencetwp.com Office Hours: 8:30 - 4:30 pm
29	30 CENTER CLOSED 	31 COMPUTER LAB (9 TO 12) OUTING TO MILITIA MUSEUM - 10:00 AM HEALTHY BONES - 1:30 - 3:00	When I Look At You, I Am Inspired To Be A Better Human And A More Hard Working Soul Because You Have Made Age Just A Number And Life An Inspiration. HAPPY OLDER AMERICANS MONTH	When I Look At You, I Am Inspired To Be A Better Human And A More Hard Working Soul Because You Have Made Age Just A Number And Life An Inspiration. HAPPY OLDER AMERICANS MONTH	BINGO RESUMES FRIDAY 5/13/22 PRE-REGISTRATION REQUIRED.		
1	<p>PRE-REGISTER IN THE OFFICE TO WALK OR RIDE IN THE MEMORIAL DAY PARADE LAP BLANKET PROJECT Is Ongoing - Pick Up Yarn At The Senior Center For Our "Neighbors Helping Neighbors Project"</p>						
<p>TAI-CHI, YOGA AND EXERCISE CLASSES AT COMMUNITY CENTER 295 EGGERTS CROSSING ROAD PREREGISTRATION REQUIRED</p>							



Municipal Manager's Blog

Shoulda Coulda Woulda is not a great plan during a pandemic....

Several days before the start of the Easter and Passover holiday weekend, our Health Officer, Keith Levine, expressed his concern about the steady increase in Covid-19 cases in our area and the expectation of an uptick following the weekend when many people will gather to celebrate the holiday. Keith has routinely kept me informed of positive cases in our town and trends in our county and state. Since we are all aware that this virus will be with us for some time, there will be periods when the spread of the virus will spike and decrease, whether in the short term or the long term. As a result, it becomes necessary for us to be proactive in responding to the data compiled and published by public health officials if the primary goal is to ensure that we maintain government operations without disruption.

Since we are more than 2-years into this pandemic, we have become much more knowledgeable about actions we can take to protect ourselves and others. Just as important, we should also gain back some of the personal freedoms we lost as we grappled with how to fight the spread of the virus. I firmly believe that private business owners should be free to restrict their patrons by requiring mask-wearing if they conclude it is in the best interests of their employees and gives them the best chance of not shutting down should the virus spread among them. This freedom also extends to the patrons of those businesses. They can freely choose to give them their business or not as they decide whether the restrictions are something they can tolerate.

Most of what we do in life is by choice. We can choose to attend family functions, sporting events, business openings, public meetings, etc. We will always have the personal option to wear a mask if that is what you think is necessary to best protect yourselves from the virus. Just as importantly, you can choose not to wear a mask should the event not require you to do so for whatever reason you deem justified. I think what we have all learned after living through this pandemic is that we have a lot of power to take whatever steps we believe are necessary to protect ourselves (i.e., mask-wearing, keeping social distance, vaccinations, booster shots, etc.), and we should be able to do that without ridicule or judgment.

But there are also times that it is necessary to take reasonable precautions to better protect against the spread of the virus that may impact what others can and can't freely do. With the primary goal of ensuring our municipal government continues to deliver the services that residents and businesses deserve, expect, and require, I decided that we should close the municipal building to visitors following the holiday weekend. I based it on the data that showed the increase in covid-19 cases leading up to the weekend and the anticipated further increase after many gather with friends and family to celebrate their holiday.



My thought process was that "we" (the municipal government) do not function without the people who work for the Township. To safeguard against a shutdown and create an environment within the municipal building that reduces the potential for the spread of the virus from visitors without disrupting the services we provide seemed like a no-brainer to me. Every employee and every department (Clerk, Tax Collector, Tax Assessor, Construction, Inspections, Engineering, Health, Recreation, Finance, and Fire administration) are still working and doing their job to serve the community with the building closed to visitors. When the building is closed, all visitors are greeted at the North Entrance by a staff member who facilitates whatever business the visitor needs to conduct with the Township. Absolutely everyone is assisted, and every township employee is doing their job. And if you simply need to drop something off, there is a locked, black box at the North Entrance that is checked throughout the day.

My decision to take the precaution of closing the building to visitors to keep the environment safer for our employees from the spread of the virus did result in me receiving some angry emails and FB comments from those who felt it was an "overreaction" a "power grab," a "denial of their freedom to enter a public building" or "hypocritical" because I was seen out in public without a mask. Some others believed that since schools were open, we should be "open." Or, since other towns didn't close their municipal building, we shouldn't either. All that I can say is that my only consideration is the obligation to take whatever reasonable actions are necessary to protect our employees and maintain an operating government for the benefit of the community. Making decisions based solely on what other towns or administrators do was a mistake that my Mom and Dad taught me at a young age. Remember the adage, would you jump off a bridge if your friends did? So, no, I will continue to make decisions based upon credible information, careful consideration, and what ultimately is best for our town. Princeton, Hamilton, and Ewing can do what is right for them.

I will end by reminding all that the services provided by the Township to residents and business owners can't be duplicated by going down the road and getting them someplace else or provided to you virtually. We must do what we can to stay operational. I would rather take the criticism instead of having to shut down because I failed to act. Shoulda Coulda Woulda is not a great plan in a pandemic. From time to time, when proactive caution requires it, the municipal building will be closed from week-to-week. We are back open right now. Stay safe and well, everyone!

- Kevin Nerwinski

Cases	77,868	160
Deaths	1,255	-1



Mercer County Covid-19 Cases Chart:

Board / Committee Meetings: May 2022

Monday

2

Planning Board Meeting

Tuesday

3

Township Council Meeting

Wednesday

4

Trails, Open Space & Stewardship Committee

Thursday

5

Recreation Advisory Committee

Monday

9

Historic Preservation Committee

Tuesday

10

Growth and Redevelopment Committee

Wednesday

11

Senior Executive Meeting

Monday

16

Planning Board Meeting

Tuesday

17

Township Council Meeting

Wednesday

18

Zoning Board Meeting

Thursday

19

Diversity, Equity, and Inclusion Committee

Tuesday

24

Environmental Resources & Green Advisory

Tuesday

24

Lawrence Alcohol and Drug Alliance Meeting

Monday

30

Shade Tree Advisory Committee



Municipal Services and Other News: May 2022

by Lawrence Township



Second quarter taxes are due in the Tax Collector's Office by 4:30 p.m. on Tuesday, May 10, 2022, in order to avoid penalty.



Sewer bills were mailed out on Monday, April 25th and are due no later than May 25th.



On May 4, 2022 NJ's Ban on Plastic Carryout Bags & Polystyrene Foam in Stores, Grocery Stores & Food Service Businesses will take effect.

FIRST FRIDAYS



SUPPORT LAWRENCE BUSINESSES!

May

6

June

3

July

1

August

5

Amazing specials and discounts at your favorite local businesses on the First Friday of every month!



scan for promos

Shop
Lawrence



FIRST FRIDAYS



SUPPORT LAWRENCE BUSINESSES!



Shop
Lawrence





Township of Lawrence, NJ

Published by CW Lawrence · April 21 at 9:23 AM · 🌐



Welcome to Lawrence, [Zen Leaf!](#) 😊

Today Municipal Manager Kevin Nerwinski celebrated the grand opening of an adult-use recreational cannabis dispensary.

[#shoplawrence](#) [#lawrencebusinesses](#)



[See Insights](#)

[Boost post](#)

243

64 Comments 136 Shares



Township of Lawrence, NJ



Published by CW Lawrence · April 23 at 10:39 AM · 🌐

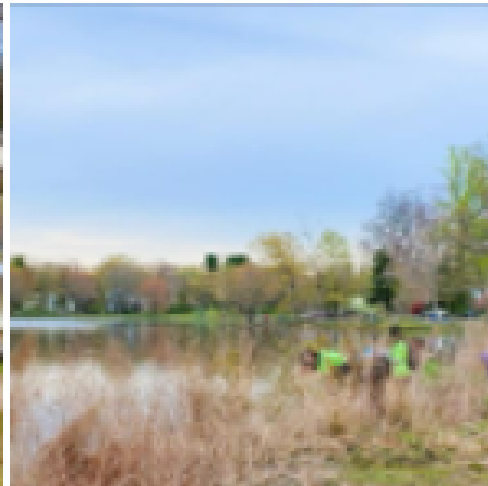
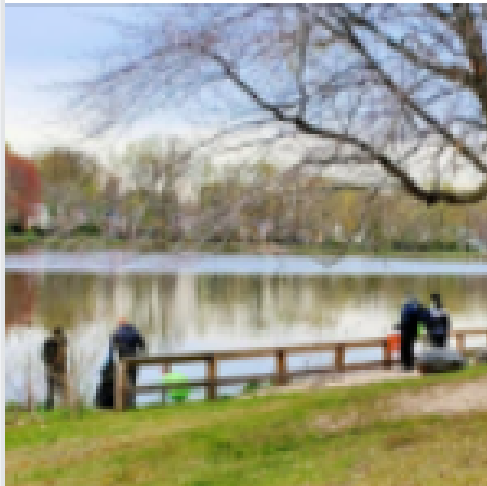
Greening Together kicked off this morning with ♻️ trash clean-ups ♻️ at Colonial Lake and Shabakunk Creek!

Thank you to all the amazing volunteers and community members who came out to help keep our waters clean. 🙌

If you want to get involved and learn more about sustainability, check out Greening Together's week-long events.

Together we can preserve Lawrence as the place where "nature smiles for 22 miles". 😊

#sustainablelawrence #lawrencevolunteers



Spring is here and that means cleanup and yard work. Attached are answers to some questions you might have about yard waste collection.

MOST COMMONLY ASKED QUESTIONS



How large can my yard waste pile be at the curb? Your total pile size can be 12' in length, 3' high and 4' foot from the edge of the curb, please do not obstruct traffic. Any pile exceeding 12' in length will not be collected.

When can I place my brush at the curb for collection? Brush will be collected according to your zone schedule. Do not place brush at the curb until the weekend before your zone collection week. See our website for your zone at www.lawrencetwp.com or call the Public Works Department at (609) 587-1894.

How large can my tree branches be for collection? Tree trunks and limbs in excess of 6" in diameter will not be collected.

How long should the branches be for collection? Limbs shall be cut in lengths of 3' or less.

Can I place a tree stump in the road for collection? No, tree stumps are the homeowner's responsibility.

Can I place grass in the road for collection? No, grass shall be bagged and placed in your blue cart for collection. Cutting it and leaving it on your lawn is always the best option. Residents may drop off grass clippings at the Ecological Facility (3701 Princeton Pike, Mon-Fri 7:30 a.m.-2:30 p.m.).

Can my landscaper place yard waste at the curb during the week when he is servicing my property? Landscapers shall be registered with Lawrence Township, this will allow them to understand the rules and regulations. Landscapers must follow all the same rules for collection when working for the homeowner. Landscapers can only place yard waste at the curb for collection the Saturday or Sunday before the proper zone collection.

Can my landscaper bring yard waste to the Township's Ecological Facility? YES, it is FREE... Provide your landscaper a note with your address, name, date, phone number, and signature, and your landscaper can drop off your yard waste for No Charge at the Ecological Facility (3701

Spring is here and that means cleanup and yard work.

Township of Lawrence

Mulch Delivery Program

Free delivery to your driveway

Lawrence Township Residents Only

April 11 thru May 6

Natural Ground Wood Chips

Minimum order of 3-cubic yards for \$33.00

Place your order

Lawrence Township Ecological Facility

3701 Princeton Pike

or

Department of Public Works

240 Bakers Basin Road

609-587-1894

Order Form – www.lawrencetwp.com

This program will assist us with the dispersion of wood chips from our Ecological Facility back into the community.

The program ends when our supply ends

Spring is here and that means cleanup and yard work.

MULCH ORDER

Township of Lawrence

Department of Public Works

240 Bakers Basin Road
Lawrenceville, NJ 08648
609-587-1894

Date: _____

Name: _____

Phone: _____

Quantity	Item	Price
3-yards	Natural Ground Wood Chips	\$33.00

Please inspect wood chips prior to ordering

Delivery address:

Please make your check payable to: Township of Lawrence

Credit card payments accepted at: Lawrence Township Ecological Center
3701 Princeton Pike, Lawrenceville, NJ





Sign up for Nixle alerts for Lawrence Township.

Nixle keeps you up-to-date with relevant information from your local public safety departments & schools.

Looking to Receive Alerts from Your Local Agencies?
TEXT YOUR ZIP CODE TO 888777 TO OPT-IN

Receive alerts for

-  Severe Weather
-  Criminal Activities
-  Severe Traffic
-  Missing Persons
-  Local Events

Or sign-up online to receive emails and phone calls
(It's easy and anyone can join): Go to local.nixle.com/register/

*Required

* Email: Public safety messages are sent here

* Password: Make it hard to guess!

* Full Name:

Language:

Mobile Phone: Text alerts from local police and fire departments are sent to this device.

Home Phone: After sign-up, see your Settings page for supported Local Agencies

Voice Messages: Service only available from supported Public Safety Agencies

By clicking "I Accept," I accept Nixle's [Terms of Service](#).

Message and data rates may apply. Message frequency varies. [Terms](#) and [privacy](#).



Spring into Health Senior Health Fair

Sponsored by the Lawrence Township Senior Center and Lawrence Township Health Department.

date: Tuesday, May 3, 2022
time: 10am to 1pm
location: Lawrence Township Senior Center
30 E Darrah Lane
Lawrence, NJ 08648



Public Health
Prevent. Promote. Protect.
Lawrence Township Health Department

Free health screenings:

- blood pressure
- blood sugar
- cancer screening
- ... and more!

Free demonstrations:

- chair yoga
- meditation

Plus **free** giveaways, raffles, and healthy snacks!

For more information or questions, please call: (609) 844-7089 or (609) 844-7048



Pre-registration

Please fill out and return this slip to the Lawrence Township Senior Center.

Name _____

Address _____

Phone Number _____



Public Health
Prevent. Promote. Protect.

HAMILTON TOWNSHIP DIVISION OF HEALTH

STI TESTING & TREATMENT CLINIC

FREE AND CONFIDENTIAL



Tuesdays, 9am-12pm
and 3pm-5:30pm!



609-890-3647



2100 Greenwood Ave,
Hamilton, NJ 08609

Walk-in, no appointment needed!

To be seen in the clinic you must live in one of the following towns, please bring a photo ID or proof of address with you:

- Hamilton
- Lawrence
- East Windsor
- Ewing
- Robbinsville
- Hightstown
- Princeton
- West Windsor
- Hopewell Township

Students residing on the campuses of Rider University and The College of NJ will also receive services free of charge with a college ID.



Face masks are required!



Please Note: Pennington and Hopewell Borough residents must see Montgomery Township for services. Trenton City residents must see Henry J. Austin Health Center for services.

All Mercer County residents may use the following clinic for HIV or STI testing:



Henry J. Austin Health Clinic:
321 North Warren Street
Trenton, NJ 08618



609-278-5900





LAWRENCEVILLE
MAIN STREET



LAWRENCE TOWNSHIP
Education Foundation
Funding Excellence in Education

EVERY STUDENT • EVERY SCHOOL

Spring for the Arts

ART & MUSIC FESTIVAL

MAY • 21 • 2022 | RAIN DATE 5/22 12PM TO 4PM

WEEDEN PARK/LAWRENCEVILLE ELEMENTARY SCHOOL

LAWRENCEVILLE
MAIN STREET

LANDSCAPE / DESIGN COMMITTEE

Mother's Day Planter Sale

Click Link Above For Order Form & Details.
Supplies Limited.

\$40
(a \$50 value)

Follow our care instructions
to enjoy blooms for many
months!

Pickup May 3-7

14" x 9" Wire Basket & Coco Mat

Professionally Planted 6
Colorful, High-Grade Annuals

Hanging Basket or Porch Planter
(detachable hook & flat bottom)

3 Styles for Sun & Shade --
*The Gingered Peach, The Purple Coz
& Classic Main Street*

PROCEEDS HELP OUR VILLAGE BEAUTIFICATION AND IMPROVEMENT EFFORTS.
THANK YOU FOR YOUR SUPPORT!

GET READY TO SHRED!

A SECURE SHRED FUNDRAISER TO BENEFIT

LAWRENCEVILLE
MAIN STREET

Open to the Public!
\$20 Donation
15 box limit per donation

EVENT SPONSORS



Fox & Roush,
REALTORS



Are you a veteran or know a veteran who may be in need of crisis support? The Veterans Crisis Line provides confidential crisis support for veterans and their families.

Veterans Crisis Line Fact Sheet



Confidential crisis help for Veterans and their families

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders.

Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online at [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net), or send a text message to **838255** to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The responders at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from Veterans coping with mental health issues that were never addressed to recent Veterans struggling with relationships or the transition back to civilian life. Veterans Crisis Line responders provide support when these and other issues — such as chronic pain, anxiety, depression, sleeplessness, anger, and even homelessness — reach a crisis point. Some of the responders are Veterans themselves and understand what Veterans and their families and friends have been through.

Since its launch in 2007, the Veterans Crisis Line has answered more than 5.6 million calls and initiated the dispatch of emergency services to callers in crisis more than 204,000 times. The Veterans Crisis Line anonymous online chat service, added in 2009, has engaged in more than 660,000 chats. In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for Veterans to connect with confidential, round-the-clock support and since then has responded to more than 218,000 texts.

In 2011, the National Veterans Suicide Prevention Hotline was renamed the Veterans Crisis Line to encourage Veterans and their families and friends, who may be the first to realize a Veteran is in emotional distress, to reach out for support when issues reach a crisis point, even if it is not a suicidal crisis.

VA is working to make sure that all Veterans and their loved ones are aware of the Veterans Crisis Line. To reach as many Veterans as possible, VA is coordinating with communities and partner groups nationwide, including community-based organizations, Veterans Service Organizations, and local health care providers, to let Veterans and their loved ones know that support is available whenever, if ever, they need it.

Whether you're a Veteran or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

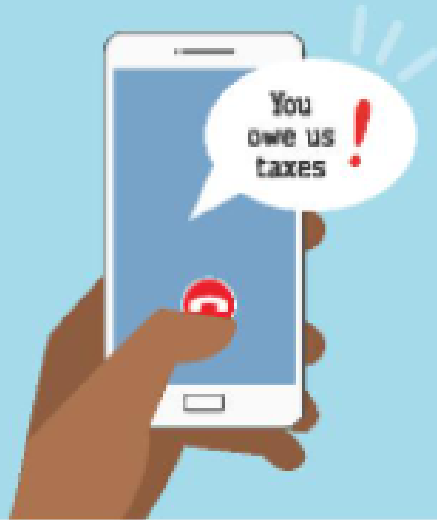
For more information about the Veterans Crisis Line, visit [VeteransCrisisLine.net](https://www.VeteransCrisisLine.net)

For more information about VA's mental health resources, visit www.mentalhealth.va.gov



Confidential crisis chat at [VeteransCrisisLine.net/Chat](https://www.VeteransCrisisLine.net/Chat) or text **838255**

IRS IMPOSTER SCAMS



The **Internal Revenue Service (IRS)** is the government agency that collects federal taxes.


Scammers pretend to be **IRS officials** to get you to send them money.



How the scam works

You get a call.


IRS Your caller ID might show it's the IRS calling.

 The caller might give a badge number and know the last four digits of your Social Security number.


You are told:

 "You owe money."

 "You better pay now or you'll be arrested."

 "Put money on a prepaid debit card or wire it to us."

If you pay...

 You find out it wasn't the IRS. It was a scam.

 **The money is gone.**



Warning signs

How will the IRS first contact you?		How will the IRS ask you to pay?	
Phone call	NO	With a prepaid debit card	NO
Email	NO	With a money transfer	NO
Mail	YES	Won't require a specific type of payment	YES

Got a call?



Don't give the caller information

such as your financial or other personal information.



Write down details

such as the number and name of the caller.



Hang up



Contact the IRS directly

If you think you may owe back taxes, call the IRS at **800-829-1040** or visit [irs.gov/balancedue](https://www.irs.gov/balancedue).



Report the call

File a complaint with:

- the Treasury Inspector General for Tax Administration (TIGTA) at [tigta.gov](https://www.tigta.gov) or 800-366-4484.
- the FTC at [ftc.gov/complaint](https://www.ftc.gov/complaint) or 877-FTC-HELP.



Warn friends and family

Tell people you know that these calls are scams.

JOIN US!

FREE CLOTHING DRIVE EVENT FOR TEENS BY TEENS

**LAWRENCE COMMUNITY
CENTER**

*295 Eggerts Crossing Rd, Lawrenceville, NJ 08648
Multipurpose room*

ABOUT US!

The "For Me to You" Project will be hosting a free store event for all tweens to young adults in the Lawrence area. Everything will be new or gently used clothing items and accessories donated by members of the community. Bring your reusable bags and I hope to see you there!

saturday

**MAY 21TH
10AM-1PM**

2022

For more information about "From Me to You" Project visit us at our Instagram @from_me_to_you_project_ or email us at frommetoyou.projectnj@gmail.com

Sponsored by the "From Me to You" Project

If you have any questions related to Senior Connect, or Lawrence Township broadly, reach out to the Community Aide for further information.

phone: 609-844-7074

email: cdinwoodie@lawrencetwp.com