

SENIOR CONNECT

OCTOBER 2023



Hello Everyone!

Senior Connect is a convenient and easy way to stay informed about what's happening in Lawrence Township.

Our goal is to connect people in our community. If you know a senior in Lawrence Township that would like the newsletter, print it out for them and deliver it with a friendly smile! Black-and-white copies are available in the Municipal Building.



Greetings from the Executive Director

Office on Aging/Senior Center

Hello Everyone:

It's Fall, October already, and before we know it, it we will turn the clocks back for daylight savings time (November 5th). Oh, to turn them back a couple of years more- but then we would only delay the wonderful things the future holds. If I sound too much like a poet, it's only because October activities at the Senior Center include a celebration of National Poetry Day (October 5th). Our talented senior poetry group which by the way, includes several published poets, will grace us with their original works.

We will commemorate Hispanic Heritage Month celebrating the diverse Latino cultures represented at the Senior Center, sampling the cuisine of Guatemala, Colombia, Puerto Rico, Peru and Ecuador; viewing typical costumes/outfits, along with a workshop highlighting Latin American Music and yes, we will get to dance!

For those that love to stroll, we will resume Walk with Ease, a senior walking group at Colonial Park. We take your health seriously, as the Township Health Department will offer two drive thru flu clinics (10/11 and 10/18) on the senior center grounds. The Bereavement group will resume to see how we have been coping over time and prepare us for the holiday season; which is always hard as we miss those we love and have lost.

October at the Senior Center culminates with a Well-O-Ween Health fest, featuring health education and screenings, mini-massages, a lunch and learn, giveaways and more. "It's Sweater Weather", the season for "Black and Gold".



Enjoy October's Senior Connect and feel free to "connect" with us by visiting or calling us at 609-844-7048.

Warm Regards,
Lillian LaSalle, Executive Director
Office on Aging, Senior Center

Municipal Manager's Blog



THE PROCESS FOR THE DEVELOPMENT OF LAND IN OUR COMMUNITY

I thought this would be an excellent time to provide some information on the process our community (and most communities in the State of New Jersey) follows for land development. To give you a better sense of how a housing complex or commercial site comes to be and the role and responsibilities of the planning/zoning boards in deciding to approve or deny them. As I have clarified in past articles, this topic is the subject of many books that contain hundreds of pages referencing statutes and cases that you can read to be better informed. This article provides a broader look that may pique your interest to dive deeper.

First, you should know that almost all development applications heard by the boards are initiated by private citizens or businesses, not your governing body or township officials. Second, every application that complies with the NJ Municipal Land Use Law and the Township Land Use Ordinance requirements MUST be accepted, processed, reviewed by Township professionals, and ultimately decided by the planning or zoning boards after a full and fair hearing. And when I say every single application.....I mean it. For example, suppose the Lawrence Shopping Center wants to make an application for developing an amusement park that will cover every inch of the property, or a local church wants to build a 50,000-seat stadium next to Lawrence Road. In these cases, despite their absurdity, the application filed by the party MUST be accepted, and a hearing is ultimately scheduled so the board members can decide to either approve or deny.

Third, each board member must consider the NJ Municipal Land Use Law, the Lawrence Township Land Use Ordinance, the testimony of the fact witnesses, the testimony of expert witnesses, and the comments offered during public participation by residents, property owners, or business owners before rendering their decision. Finally, the mere fact that an application becomes a hearing before a board in no way, shape, or form should cause you to believe that the "Township" endorses it or wants it approved and made a reality. That would be a false assumption. Individual elected and appointed officials may have a personal opinion about whether the project would benefit the community. Still, those personal opinions carry little to no weight in the process.

NOTE: Neither the LSC nor the local church has any such plans!!!!

The Lawrence Township Planning Board has 11 voting members (eight community residents appointed by the governing body, the Mayor, a Council Member, and the Director of Community Development, the Municipal Manager). The Board's duties include supervision over the drafting of the Master Plan for the Township (reviewed every six years), reviewing proposed ordinances to make sure they comply with the Master Plan, and reviewing and deciding every application for a proposed subdivision, development, or building project (site plan) to ensure compliance with our land ordinance. This Board has the power to grant specific variances (i.e., a request to deviate from a current zoning requirement) related to the shape and size of buildings and plots of land.

The Lawrence Township Zoning Board of Adjustment (the Zoning Board) has nine voting members appointed by the governing body. The Board's sole authority is to review development and building applications that require a "use" variance. In addition to the "bulk" size and shape requirements, each parcel of land is assigned a particular use (a zone) or set of uses permitted under the Master Plan and zoning ordinance. Any different use for that land requires a variance. For example, building a commercial property in an area zoned only for residential use would go to the zoning board for review and decision.

The residents who serve on these boards are volunteers. They donate their time reviewing plans and attending hearings (often late into the evening) and, for the most part, do not receive much, if any, appreciation from their fellow residents. At times, they are subject to thoughtless (and hurtful) corruption claims by residents who oppose a project to advance their interests. Though it is an important job, it is thankless.

But knowing the members as I do, they don't do the work to receive appreciation; they do it out of their sense of community volunteerism and believing themselves capable of the important responsibility.

Though many believe these boards can vote to deny applications because they are unpopular with a group of vocal residents who attend the hearings in opposition, denying the application that bows to peer pressure may not end the application process. New Jersey law sets forth specific guidelines for when applications should and should not be granted.

Notably, the members of these boards swear an oath as follows:

I, [Jane Doe], do solemnly swear (or affirm) that I will faithfully, impartially, and justly perform all the duties of the Lawrence Township Planning Board/Zoning Board member according to the best of my ability. So help me God."

I witnessed firsthand that board members honor this oath, understanding that their decision to grant or deny an application will disappoint someone or many. Should a board vote "no" without a basis in law or fact on an application, the applicant can (and often does) appeal the decision to the Superior Court of New Jersey. Significantly, the Judge assigned to hear the appeal is not influenced by public opinion, and their job is strictly to apply the law. The Judge will consider the application's facts and apply the law to determine whether the Board's decision should be overturned upheld or if the Board should look at the application again. One of the founding principles of our country is the establishment of laws to protect individual property rights. The appeal process ensures that the law is followed. As a result, applicants who follow the law can count on their application being granted by appealing to the Court.

Those who attend hearings and advocate for their interests or the more significant interests of the community should know, understand, and respect that the members of these boards have a fiduciary obligation to honor their oath and the established laws of the State of New Jersey and the Township of Lawrence. "NIMBY" (Not in My Backyard) is alive and well in every community, including this one. It makes their decisions that much harder, but our boards have demonstrated a commitment to do their job, knowing if they vote to please a vocal crowd, all that would result is an appeal to a Court, at significant cost and expense to the taxpayers of Lawrence Township, and the ultimate approval of the application they denied for the wrong reasons.

I hope the above gives you a better understanding of the planning board and zoning board process and a better appreciation for the challenging responsibilities your fellow residents undertake when they volunteer to serve on these boards. For the curious, do a Google search for the following New Jersey cases: "The Pizzo-Martin case," "Toll Brothers v. West Windsor case," or "W.L. Goodfellows and Co. v. Washington Township Planning Board," and you will get a better sense that a board's denial is meaningless if the law or the facts don't support it.



-- Kevin Nerwinski, Esq. - Municipal Manager/QPA

Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed on Wednesday, October 18th in observance of Columbus Day.

Sewer Bills

2023 2nd half sewer bills are being mailed this week and are due in the Tax Collector's office by close of business day on October 25th to avoid penalty.

Canceled Meeting

Zoning Board meeting canceled
Wednesday, October 18th

Boards and Committees: Sept. - Oct.

Municipal Clerk

609-844-7001

| Meeting | | Date/Time ^ |
|---|--|----------------------|
| <u>Planning Board Meeting</u> Location: Municipal Building | | 10/02/2023 @ 07:00PM |
| <u>Lawrence Alcohol and Drug Alliance Meeting</u> Location: Municipal Building | | 09/26/2023 @ 09:00AM |
| <u>Environmental Resources & Green Advisory Committee Meeting</u> Location: Municipal Building | | 09/26/2023 @ 07:00PM |
| <u>Shade Tree Advisory Committee</u> Location: Municipal Building | | 09/25/2023 @ 07:00PM |
| <u>Diversity, Equity and Inclusion Committee</u> Location: Municipal Building | | 09/21/2023 @ 06:30PM |
| <u>Zoning Board Meeting</u> Location: Municipal Building | | 09/20/2023 @ 07:00PM |
| <u>Township Council Meeting</u> Location: Municipal Building | | 09/19/2023 @ 06:30PM |
| <u>Planning Board Meeting</u> Location: Municipal Building | | 09/18/2023 @ 07:00PM |
| <u>Senior Executive Committee</u> Location: Senior Center | | 09/13/2023 @ 09:30AM |

October 2023 - Monthly Yard Waste

Zone 1 - October 2 - 6

Zone 2 - October 9 - 13

Zone 3 - October 16 - 20

Zone 4 - October 23 - 27



Officer Spotlight



This week's "Spotlight" is undoubtedly one of our most important and unrecognized members. Linette Gonzalez is the "Site Supervisor" responsible for maintenance and housekeeping at the Lawrence Twp. Police Department. She has been working with us for the past 6 years and we are lucky to have her. In fact, on the rare occasion when she takes a vacation....WE CAN TELL. Things just aren't the same.

Linette is bi-lingual (English and Spanish) and she grew up in Puerto Rico. She moved to New Jersey six years ago. She has been married to her husband Emmanuel for 13 years and they have two children, Michael and Gabriela. Linette enjoys traveling with her family, hanging out with her dog, Koda (a Chocolate Lab) and shopping with her daughter.


Linette also enjoys watching basketball, especially college games since her children used to play. Her favorite athlete is Kobe Bryant. When asked why she said, "He has such a great heart and he loves to help others. Additionally, he is very hardworking, optimistic and he persevered to achieve his great success. Those are all things that I truly admire." Linette also loves pizza, pasta and "good Hispanic food."

When asked what her most memorable memories of LTPD are she said, "When I began working in LTPD everyone was very welcoming and helpful. They all made me feel at home. It is wonderful to work with such amazing co-workers! They are all very understanding, kind and supportive." She also said, "I truly enjoy working with everyone in the building. They all appreciate my work and they respect me. Also, I am always learning new things about each of them, every day."

Linette, we truly do appreciate you and everything that you do for us. Thank you for all that you do. Just know that if we don't say thank you EVERY DAY, we appreciate you EVERY DAY. Can you just do us one favor? Don't take any more vacations...we're spoiled now because of you!

Senior Center Calendar - October 2023

| <div>  <div> Lawrence Township Office on Aging Senior Center Activity Calendar </div> <div>  </div> <div>  </div> </div> | | | | | | | <div>  </div> | |
|--|---|--|---|--|--|--|---|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | | |
| 1 *REMINDER: YOGA, TAI-CHI AND EXERCISE NOW AT LAWRENCE COMMUNITY CENTER | 2 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM CHORALEERS - 1:00 PM | 3 DUPLICATE BRIDGE- 9:00 AM CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3:00 PM | 4 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM COUNCIL OF COMPULSIVE GAMBLING - 10:30 AM LAWRENCEVILLE STUDENT TECH HELP - 1:00 - 3:00 PM MEMOIR WRITING - 2:00 PM | 5 *EXERCISE - 9 AM HULA DANCE - 10:15 AM NATIONAL Poetry DAY PROGRAM & SOCIAL 1:00 - 3:00 PM | 6 NO YOGA LINE DANCE - 9:30 AM WATERCOLOR FREESTYLE 10:00 AM - 12:00 PM BINGO - 1:00 - 3:00 PM | 7 | <div>  </div> | |
| 8 | 9  TOWNSHIP OFFICES & SENIOR CENTER CLOSED | 10 DUPLICATE BRIDGE- 9:00 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3:00 PM | 11 LINE DANCE - 9:30 AM EXECUTIVE COMMITTEE - 9:30 AM BUSY BEES - 12:30 PM LAWRENCEVILLE STUDENT TECH HELP - 1:00 - 3:00 PM Flu Clinic - 1:30 - 3:30 PM MEMOIR WRITING - 2:00 PM | 12 *EXERCISE - 9 AM HULA DANCE - 10:15 AM TELEPHONE REASSURANCE - 10:30 AM RUMMIKUB - 1:00 PM WALK WITH EASE - 1:00 PM PEOPLE & STORIES 1:30 - 3:00 PM | 13 *YOGA 9 - 10 AM LINE DANCE - 9:30 AM WATERCOLOR FREESTYLE 10:00 AM - 12:00 PM HISPANIC HERITAGE CELEBRATION - 10:30 AM | 14  | <div>  </div> | |
| 15 | 16 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM CHORALEERS - 1:00 PM | 17 DUPLICATE BRIDGE- 9:00 AM CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3:00 PM | 18 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM LAWRENCEVILLE STUDENT TECH HELP - 1:00 - 3:00 PM Flu Clinic - 1:30 - 3:30 PM MEMOIR WRITING - 2:00 PM | 19 *EXERCISE - 9 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PM WALK WITH EASE - 1:00 PM PEOPLE & STORIES 1:30 - 3:00 PM | 20 *YOGA 9 - 10 AM LINE DANCE - 9:30 AM WATERCOLOR FREESTYLE 10:00 AM - 12:00 PM BINGO - 1:00 - 3:00 PM | 21 | <div>  </div> | |
| 22 | 23 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM CHORALEERS - 1:00 PM | 24 DUPLICATE BRIDGE- 9:00 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3:00 PM | 25 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM BEREAVEMENT GROUP 1:00 - 3:00 PM NO TECH HELP MEMOIR WRITING - 2:00 PM | 26 *EXERCISE - 9 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PM WALK WITH EASE - 1:00 PM PEOPLE & STORIES 1:30 - 3:00 PM | 27 *YOGA 9 - 10 AM LINE DANCE - 9:30 AM WATERCOLOR FREESTYLE 10:00 AM - 12:00 PM BINGO - 1:00 - 3:00 PM | 28 | <div>  </div> | |
| 29 | 30 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM CHORALEERS - 1:00 PM | 31  Well-O-Weed Health Fest 10:00 AM - 12:30 PM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3:00 PM | <div>  </div> | | | 4  | <div>  </div> | |



Mercer County Nutrition Program

Meals are served at the Lawrence Senior Center
Monday, Wednesday, Thursday, & Friday

30 E. DARRAH LANE, LAWRENCE NJ, 08648

The Mercer County Nutrition Program for Older Adults offers warm meals served in settings that bring people together for activities and socialization.

Registration required & Transportation offered to Lawrence residents 60+ years.

Mercer County Nutrition is a federally funded program that encourages participants to make a suggested donation of \$1 per meal.

*Please call Vanessa Banks at
(609)-883-8085
or Mercer County Nutrition at
(609)-989-6650*

LAWRENCE SENIOR CENTER WALK WITH EASE

Date & Time

Thursdays at 1:00 PM

October -
12th, 19th & 26th
November -
2nd, 9th & 16th

Address

Meet at Colonial Lake

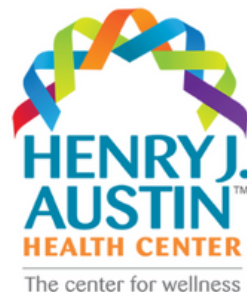
100 Bridge Drive
Lawrence Township,
NJ 08648

Health Benefits

- Improve Balance
- Reduce Pain
- Build stamina, strength, confidence and walking pace

Registration

Visit or Call the
Senior Center at
(609) 844-7048
to register



Lawrence Township Office on Aging

National Poetry Day Social

October 5, 2023

1:00 – 3:00 PM

Join us as we celebrate National Poetry Day with original works from our senior poets and a skit performed by seniors entitled CRASHED.

Music By
Ambiance The Duo

Light Refreshments



Poetry validates the oneness of all humans, it reveals and connects us to our deepest feelings.

To Sign- Up Please Visit or Call:

Lawrence Twp. Senior Center

30 East Darrah Lane, Lawrence TWP., NJ

609-844-7048



Lawrence Senior Center

Well ween Health Fest

Tuesday
October 31st
10:00 AM to
12:30 PM

Healthy Tricks for your
Halloween Treat 

Door
Prizes

FREE
Health
Screenings

Giveaways
&
Treats

Costume contest

Dress up in your
BEST Halloween
Costume



Come join us for...

FREE Health information and
Screenings... Oral Health, Vision, Blood
Pressure, Balance & more

Mini massages by a licensed Massage
and Bodywork Therapist

11:30 am **Lunch and Learn** with
Doctor Mahmood Siddique, Quadruple
Board Certified Physician



Sleep and Wellness
Medical Associates

~Pre-Registration required~
Visit or Call the Senior Center
(609) 844-7048

30 East Darrah Lane, Lawrence, NJ



LAWRENCE TOWNSHIP OFFICE ON AGING

Christmas at the Playhouse



Join the Lawrence Senior Center on a group trip to Hunterdon Hills Playhouse, Hampton NJ. The 2023 show will be filled with original stories designed to be the perfect complement to your holiday season. There's something for everyone with traditional holiday favorites such as pop Christmas hits, spectacular dance numbers, and more, all backed by the Hunterdon Hills Playhouse orchestra.



Trip Date: (Wednesday) December 6, 2023

Cost for Lawrence TWP Seniors: \$85.00
(Includes transportation, meal and show)

Make checks payable to Lawrence TWP Senior Center

Payment due by: November 3, 2023

Departure location: Slackwood Fire House -
21 Slack Avenue, Lawrenceville, NJ 08648

Departure time: Arrive by 9:15 am, bus leaves at 9:30 am



PEOPLE & STORIES



SHORT STORY READING AND DISCUSSION GROUP
PRESENTED BY: PAT ANDRES, COORDINATOR

The People and Stories program consists of eight weekly, 90-minute reading and discussion sessions. The coordinator reads the story aloud while group participants follow with their own printed copy. After reading the short story, members will discuss and share opinions on the story.

Program open to Lawrence residents 60+



STARTS: SEPTEMBER 21ST
ENDS: NOVEMBER 9TH
(THURDAYS)



1:30 PM TO
3.00 PM

How to Register

Call or Visit the Lawrence Township
Senior center 609-844-7048 or email
llasalle@lawrencetwp.com
or
npacera@lawrencetwp.com



Memoir Writing



Your life is a story worth telling, join our memoir writing course and start putting your memories into words! Leave a legacy!

In this free class lead by a published memoirist and former librarian at Slackwood School, Kathy Saretzky, write your own personal narrative with feedback by a supportive group.

**Group Meets at the Lawrence Township
Senior Center Wednesdays from 2:00—4:00 PM**

Call 609-844-7048 for more information & to register.

Lawrence Township Senior Center
30 East Darrah Lane, Lawrence Twp, NJ





LAWRENCEVILLE STUDENT TECH HELP

If you need computer help, phone or have tech questions, the Lawrenceville School students will be here at the Senior Center to gladly help you work out your technology issues.

WEDNESDAYS FROM 1:00 - 3:00PM

THE LAWRENCEVILLE
SCHOOL STUDENTS WILL
BE HERE ON THE FOLLOW
DATES:

- 9/13
- 9/20
- 9/27
- 10/4
- 10/11
- 10/18
- (NO 10/25)
- 11/1
- 11/8





THE LAWRENCEVILLE SCHOOL




PEN PALLING



Interact and get to know highschool students through the new penpal club:
Paper Friend!

**Sign up through the registration form
and submit it to the senior center to be
partnered with a buddy!**



Our goal is to encourage students and senior citizens to bond by exchanging letters and establishing strong connections between different generations.



YOGA

CLASS



Friday's – 9:00 AM to 10:00 AM

For Lawrence Residents 60+ years

\$24 Flat Fee
8 -week Fall Session

Fee is Doubled for Non-Residents

Location: Lawrence Community Center
295 Eggerts Crossing Rd. Lawrence NJ

Pre-Registration Required
Call the Senior Center at
(609) 844 -7048 to Register



LAWRENCE TOWNSHIP SENIOR CENTER

Instructor Cheri Dzubak

Class Dates:

Session 1 – September 8th

Session 2- September 15th

NO CLASS – September 22nd

Session 3 – September 29th

NO CLASS - October 6th

Session 4 – October 13th

Session 5- October 20th

Session 6 – October 27th

Session 7 – rd ss November 3

NO CLASS - November 10th
(Veteran's Day)

Session 8 - November 17th

**Bring your own yoga mat*

Lawrence Township Office on Aging

TAI-CHI

9 Week Fall Sessions: \$27

Instructor: Glenn Swann

At Lawrence Community Center

295 Eggert Crossing Rd, Lawrence, NJ 08648

Mondays at 10:30 – 11:30 AM

Session 1 – September 11th

NO CLASS September 18th

Session 2 – September 25TH

Session 3 – October 2nd

NO CLASS October 9TH

Session 4 – October 16TH

Session 5 – October 23RD

Session 6 – October 30TH

Session 7 – November 6TH

Session 8 – November 13TH

Session 9 – November 20TH



To Pre-Register or For More Information

Call (609) 844-7048 or Visit the Senior Center

30 E. Darrah Lane



Hula Dance

AT LAWRENCE TOWNSHIP SENIOR CENTER
30 E. DARRAH LANE, LAWRENCE TOWNSHIP, NJ 08648

Thursday's at 10:15 AM

**HULA WILL RESUME
SEPTEMBER 14TH!**

LOW IMPACT EXERCISE
GREAT FUN & FELLOWSHIP
SPREAD THE WORD!

INSTRUCTOR: ROSE MAJOFSKY

**PLEASE CALL LAWRENCE OFFICE OF AGING
TO REGISTER - (609)-844-7048**



Lawrence Township Office on Aging

Line Dance

Wednesday's with James Ellis – 9:30 AM

Friday's with Rose Majofsky – 9:30 AM

Class size
limited

Lawrence Township
Senior Only 60
years and older

Visit or call
(609) 844-7048
the senior center to
register



SENIOR CENTER EXERCISE CLASS

FREE FOR AGES 60+ FOR LAWRENCE SENIORS

INSTRUCTOR - VIRGINIA SOLTIS

STARTS - SEPTEMBER 11TH
MONDAYS & THURSDAYS
9:00-10:00 AM

WHERE - LAWRENCE COMMUNITY CENTER
295 EGGERT CROSSING RD, LAWRENCE NJ

**FOR MORE INFORMATION AND TO REGISTER
PLEASE CALL LAWRENCE TWP SENIOR CENTER
(609)-844-7048**

**BRING A WATER
BOTTLE!**



Watercolor Freestyle



Bring your own water color supplies, no instructor, just come paint with other watercolor enthusiast!



Date

Fridays

10:00 AM to 12:00 PM

Location

Lawrence Senior Center
30 E. Darrah Lane
Lawrence, NJ 08648

- For Lawrence Residents
60 years +
- No cost!
- Space limited to 15 people

For additional questions and to register, visit
or call the senior center at (609) 844-7048

Choraleers

Join the Lawrence Senior Center
choir group.

Instructor: Nancy Chordas

Every Monday 1:00-2:00 PM

Lawrence Township residents only – 60 years
and older



Lawrence Township Office on Aging/Senior Center



9:30-11:35 AM Mondays & Fridays
in the Game Room

Scrabble

Rummikub

Monopoly



Dominoes



Trouble

Cards

Checkers



Backgammon



Yahtzee

Come out for some old-fashioned fun!

PLEASE NOTE: Games are also available at any time at your request,
just ask senior center staff for assistance!

The Original
Rummikub®



**Thursdays
1:00 – 3:00 PM**

Location: Lawrence Senior Center

30 E. Darrah Lane

Rummikub is a fun, but challenging game that involves patience and logic!

Visit or call the senior center
at (609) 844 -7048 to register
30 E. Darrah Lane



LAWRENCE TWP. POLICE

and

LAWRENCE TOWNSHIP

RECREATION

PRESENT:

TRUNK OR TREAT



AND
THIS
YEAR...

**INTRODUCING
KARAOKE!**

October 26th, 2023 ---Time 6:00PM- 8:00 PM
LAWRENCE TWP. HIGH SCHOOL

Music - Food trucks - Treats
PRIZES FOR BEST TRUNK

Register by 10/12/23 AT-

<https://forms.gle/qB7rxm2D16W1veJ87>

Questions-DDoherty@LawrenceTwp.com

LAWRENCE RECREATION



HALLOWEEN HOUSE DECORATING CONTEST

REGISTER ONLINE AT [HTTPS://FORMS.GLE/TT2WUV9EPH8J3VSP8](https://forms.gle/TT2WUV9EPH8J3VSP8)
BY OCTOBER 20TH. REGISTRATION WILL BE CLOSING AT NOON

JUDGING WILL BE COMPLETED BY LAWRENCE RESIDENTS BETWEEN
OCTOBER 21ST - OCTOBER 29TH

ENTRIES WILL BE JUDGED ON BEST OVERALL PRESENTATION.
WINNERS WILL BE ANNOUNCED ON OCTOBER 30TH.
1ST, 2ND & 3RD PLACE WILL BE GIVEN





LAWRENCE TWP POLICE DEPARTMENT

100th Anniversary Golf Outing

OCTOBER 9TH 2023 || COBBLESTONE CREEK
COUNTRY CLUB || 2170 LAWRENCE ROAD,
LAWRENCE TOWNSHIP NJ 08648

REGISTRATION / BREAKFAST @ 9:00AM
SHOTGUN START @ 11:00AM
OPEN BAR AFTER THE ROUND
RECEPTION @ 4:00PM
CONTESTS & RAFFLES THROUGHOUT THE DAY

BREAKFAST BUFFET:

SCRAMBLED EGGS
SERVED WITH
HICKORY SMOKED
BACON & SAUSAGE.

FRESH ORANGE
JUICE, CRANBERRY
JUICE, & TOMATO
JUICE

COFFEE & TEA
STATION

INCLUDED IN THE DAY: (\$230 PER PERSON)

- PLAY A PRIVATE GOLF COURSE IN
MERCER COUNTY THAT INCLUDES:
- SHUTTLE SERVICE TO PRACTICE RANGE
- BAG DROP
- ELECTRONIC SCORING SYSTEM
- LOCKER ROOM ACCESS

DINNER BUFFET:

SALAD TABLE WITH A
DINNER ROLL
ASSORTMENT

BEEF SHORT RIB,
CHICKEN PICATTA, &
PENNE A LA VODKA

FINISHED OFF WITH A
CHEF'S CHOICE
DESSERT

For Foursome Registration & Sponsor
Information contact:

ltpd100th@gmail.com or (609)-844-7102

(PAYMENT DUE WITH REGISTRATION)

LAWRENCE RECREATION

SENIOR POOL MEMBERSHIP

\$25

HOURS M-F 6PM - 9PM
 SAT 9AM - 12PM
 SUN CLOSED

HOURS ARE SUBJECT TO CHANGE

LOCATION LAWRENCE HIGH SCHOOL
 2525 PRINCETON PIKE

CONTACT THE RECREATION DEPARTMENT
TO REGISTER 609 844 7064

LAWRENCE TOWNSHIP
RECREATION

609-844-7067

RECREATION@LAWRENCETWP.COM

ADULTS AND TEENS(13+)

*Yoga
in the
Park*

9/23

9:30 TO 10:30AM

10/19

5 TO 6PM

AT VILLAGE PARK
BERGEN SIDE
PAVILION

REGISTER



[HTTPS://WWW.LAWRENCE
TWP.COM/DEPARTMENTS/
RECREATION](https://www.lawrencewp.com/departments/recreation)

LAWRENCE TOWNSHIP

RECREATION



Hula Hoop

EXERCISE CLASS
WITH ANGELA

Certified HoopLove Coach
& Hoola-Fit Instructor



Adult Hula Hooping combines fun, creativity, and fitness. Experience the joy of keeping a hoop spinning while dancing to hit music! As excitement builds, so does your stamina, coordination, and strength. You will leave feeling completely refreshed and exhilarated.

Never been able to
Hula Hoop before?
Now you can learn!

Lawrence
Veterans Park
5:30pm - 6:30pm
Tuesdays
September 5th
to
October 10th

Register on CommunityPass or call (609) 844-7064

LAWRENCE TOWNSHIP
RECREATION



A graphic featuring a central arc of colorful walking figures in blue, orange, purple, pink, yellow, and green. Above the arc are several colorful sneakers in green, orange, blue, purple, yellow, and red. The text '100 MINUTES OF WALKING PROGRAM' is written in a large, bold, blue font, following the curve of the walking figures.

100 MINUTES OF WALKING PROGRAM

This program will meet once a week and walk for about 45 minutes each session. The walks will be mild, with mostly flat terrain. A great way to meet new people, exercise, get some fresh air and discover the beautiful

Lawrence Township parks!

Dates: Tuesdays - 9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Time: 9-9:45am

Locations: Various Parks (Week 1 - Village Park Yeger Pavilion)

Ages: Adults

Register Today!

ADULT FITNESS BOOTCAMP

JOIN US FOR FUN & FITNESS!

Wednesdays - 9/27, 10/4, 10/11, 10/18

Purchase individual classes
or a 4PACK!

6:15pm to 7:00pm

Slackwood Elementary
School Gymnasium

Strengthen your core • Build muscle • Elevate your heart rate • Torch calories

RAN BY A CERTIFIED ASFA &
KICKBOXING INSTRUCTOR

LAWRENCE TOWNSHIP
RECREATION



Public Health
Prevent. Promote. Protect.

Lawrence Township Health Department



Avoid The Flu!

Register for the Drive Through
Flu vaccine clinic!

**BRING YOUR MEDICARE AND/OR HEALTH
INSURANCE CARD.**

If insurance info is not provided, the vaccine costs \$32 or \$84.99 for high dose. Cash or check is acceptable. Vaccines will be available for children 13-17 when accompanied by their parent, and for individuals over the age of 18 years.

Wednesday Oct. 11, 2023
Wednesday Oct. 18, 2023
1:30PM-3:30PM

Lawrence Township Senior Center
(Parking Lot)
30 E. Darrah Lane, Lawrence, NJ 08648



TO REGISTER PLEASE USE THIS [LINK](#) OR CALL (609) 844-7089



The Latin American Legal Defense and
Education Fund and NJ CEED invites you to:

NJ CEED AND LALDEF'S MAMMOGRAM EXTRAVANGAZA!

*LALDEF and NJ CEED will provide free mammograms
and a presentation about breast cancer.*

***Appointment is required. Restrictions apply, call
LALDEF for more information.***

DATE: Wednesday, October 18, 2023

TIME: 9AM-3PM

ADDRESS: 716 S. Clinton Ave.

Trenton, NJ 08611



To register, please call LALDEF:
(609) 688-0881 ext.100
or email us at **apoyo@laldef.org**

Electronics Recycling



NOTICE

Starting on Wednesday, June 28, 2023 the new electronic drop off site for Lawrence Township residents only, will be at the Joseph H. Mayer Jr. Ecological Center – 3701 Princeton Pike.

Electronics and tires off the rim may only be dropped off on Wednesdays between the hours of 7:30am and 2:30pm. No drop off between 11:45am and 12:30pm. Please see gate attendant. Proof of residency required.

There will be a designated trailer for electronics and tires to be placed in. Please do not place items on the ground.

This is a drop off site only. The attendant can not assist with removing items from vehicles. Please make provisions if assistance is required.

Approved E-waste items that can be dropped off are:

Computers

Laptops

Printers (must remove ink cartridges and paper)
NO COMMERCIAL PRINTERS

Monitors

Flat screen TV's

Plastic covered TV's (tube type)

An alternative E-waste drop off site, designated by the State of NJ is the Good Will Store located at 1632 North Olden Avenue, Ewing, NJ 08638 (across from the Home Depot) on the corner of Arctic Parkway. E-waste can be dropped off anytime during the store hours. The web site posted time of operation is Monday thru Saturday, 9:00am – 9:00pm. Sunday 10:00am – 6:00pm. The Good Will store may take additional items that the Lawrence facility does not. Check store for details.



The Lawrence Home Improvement Program

Lawrence is accepting names for participation in its municipally sponsored home improvement program for low and moderate-income families. Your name can be added to the waiting list by calling our program consultant Affordable Housing Administrators at 732-966-0674.

Eligible home improvements include roofing, windows, electrical upgrades, heating systems, water heaters, insulation, plumbing and any other health, safety or code violations. The program is structured as a forgivable loan. There are no monthly payments and no interest. If you stay in your home for ten years, you will owe nothing to Lawrence.

The program is available for owner-occupied single-family homes, condominiums, townhomes and duplexes in which the owner occupies one of the units. To be eligible to participate, your gross annual income (meaning pre-tax income) for all household members must be less than:

| | |
|--------------------|------------|
| 1 person household | \$ 68,665 |
| 2 person household | \$ 78,474 |
| 3 person household | \$ 88,283 |
| 4 person household | \$ 98,092 |
| 5 person household | \$ 105,940 |
| 6 person household | \$ 113,787 |
| 7 person household | \$121,635 |
| 8 person household | \$129,482 |

Kevin P. Nerwinski, QPA
Municipal Manager



EMERGENCY ALERTS



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: | <input type="text"/> | Public safety messages are sent here |
| * Password: | <input type="password"/> | Make it hard to guess! |
| * Full Name: | <input type="text"/> | |
| Language: | <input type="text" value="English"/> | |
| Mobile Phone: | <input type="text"/> | Text alerts from local police and fire departments are sent to this device. |
| Home Phone: | <input type="text"/> | After sign-up, see your Settings page for supported Local Agencies |
| Voice Messages: | <input type="text" value="No Voice Msgs"/> | 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](#).

We have a new E-Newsletter

Please visit our website to sign up:

<https://www.lawrencetwp.com>

Latest in Lawrence



sign-up for our weekly
e-newsletter



township events



services & programs



announcements



Township of Lawrence

www.lawrencetwp.com

Or call 609-844-7074
for sign-up assistance

Mercer County



PROPERTY ALERT Service



Paula Sollami Covello
County Clerk
Mercer County, New Jersey

Mercer County Property Alert Service

Thank you for your interest in the Mercer County Clerk's Office Property Alert Service.

By signing up for this service, you are taking the first step in protecting your property. By registering, you are now able to track your property and you will receive e-mail alerts immediately if a document with your name or property description is recorded in the Mercer County Clerk's Office.

Unfortunately, property and mortgage fraud is a fast growing crime in the United States. Unscrupulous individuals record fraudulent documents like fake deeds or liens against property owners.

Registration is FREE and simple. Follow steps at the Mercer County Clerk's website for any type of land owned in Mercer County, whether occupied or vacant. You may also wish to register properties for a friend or elderly relative to help protect them from fraud.

If you find you are a victim of fraud, you can call the **Mercer County Clerk's Office Assistance Hotline at 609-989-6470**. Someone will provide you with public resources available to assist you. You can also call the Mercer County Office of Consumer Affairs to lodge a complaint at 609-989-6671.

Congratulations on protecting your property, one of your most important assets.





We are happy to serve you!

Sincerely,



Affordable New Jersey Communities for Homeowners and Renters (ANCHOR)

This program provides property tax relief to New Jersey residents who own or rent property in New Jersey as their principal residence and meet certain income limits. The current filing season for the ANCHOR benefit is based on 2020 residency, income, and age.

[Homeowner Information](#) [Renter Information](#) [Check Benefit Status](#) [Prior Year Benefit Information](#) 

New: We Will File for You; No Action Required by You


[File by Phone \(Homeowners Only\)](#)
1-877-658-2972

We will file ANCHOR applications on behalf of most qualified residents who received an ANCHOR benefit earlier this year (for tax year 2019). If you qualify, you may have received an "[ANCHOR Benefit Confirmation Letter](#) 



If the information in your confirmation letter remains the same as your prior filing, no action is required on your part. Benefit payments will be issued using the same method and banking information used in your prior filing and contained in your confirmation letter. The letter serves as your confirmation of filing and we will not send you an additional confirmation number. However, you can check the [status of your benefit payment](#) beginning in mid-October.

If any **information** from your prior filing changed, you must file your **application** to update these changes (using one of the blue buttons) before **September 30, 2023**. If you file online, be sure to choose "CONFIRM" at the end of the process to receive a confirmation number. If you file by phone, do not hang up until you receive your confirmation number. Keep this number for your records as proof that you filed an updated application. We do not issue confirmation numbers for paper applications.

You will not be able to make adjustments to your application after **September 30, 2023**. Payments will be issued using the information we have on file.

Some people who received an ANCHOR benefit last year may receive a [green or purple filing packet](#)  in the mail instead of a confirmation letter. If you received one of these packets follow the instructions in the packet to apply for your benefit.

I did not receive an ANCHOR Benefit Confirmation Letter or filing packet. Can I still apply for the benefit?

If you did not receive a [confirmation letter](#)  or [filing packet](#) , but meet the qualifications for the benefit based on 2020 residency, income, and age, you may still apply for the program:

Homeowners. Most homeowners may file online or by phone with an [identification number \(ID\) and PIN](#). However, if you bought your home in 2020, altered your deed, or had certain life changes such as a divorce or death of a spouse, you must file an [application by mail](#).

Renters may file using the online option, and **do not** need an ID and PIN.

When will I receive my ANCHOR benefit?

Payments will be issued on a rolling basis. Most applicants can expect to receive their payment approximately 90 days after filing the application, unless we request additional information to process your claim.

Filing deadline

If you received the ANCHOR Benefit Confirmation Letter notifying you that you qualify and you do nothing else, we will file the application for you and pay the benefit based on information in that letter. However, if you need to change any information, you have until **September 30, 2023**, to file an application on your own.

All other applicants have until **Friday, December 29, 2023**, to file applications.

Scam Alert

We will never initiate a text exchange to request personally identifiable information regarding your [ANCHOR benefit](#).

We urge you to contact us directly before providing any sensitive personal information in response to received communications claiming to be related to the ANCHOR program. Visit our [Scams page](#) for more information.



Division of Taxation

ANCHOR Canvassing

Due to recent property tax affordability legislation passed by the Legislature and signed by Governor Murphy, you may be eligible for significant relief.

The Department of the Treasury is launching a new initiative, the ANCHOR Property Tax Relief Outreach Team, to conduct door-to-door outreach and application assistance to residents across the state. Canvassers will provide information and help complete applications for those who need assistance filing for ANCHOR. The Community Outreach Team will be going door-to-door daily throughout the state beginning September 26th, from the hours of 1 p.m. to 7 p.m.

Please take a moment and answer the questions when someone knocks on your door from the ANCHOR Property Tax Relief Outreach Team. All answers are confidential and can help you access up to \$1,750 in property tax relief.

Members of the ANCHOR Property Tax Relief Outreach Team will be credentialed with identification badges as the "ANCHOR Property Tax Relief Outreach Team." They will wear blue safety vests while working in the community. The canvasser will ask questions regarding eligibility and use the information to assist residents with their property tax application.

Last Updated: Wednesday, 09/27/23



MERCER COUNTY RECYCLING INFORMATION

MCIA
MERCER COUNTY
IMPROVEMENT AUTHORITY

All recyclables must be in official buckets and at the curb by 7:00 a.m. - NO ITEMS IN PLASTIC BAGS WILL BE COLLECTED



YES - you can recycle that!



☒ Mixed Paper

☒ Window Envelopes



☒ Phone Books

☒ Soft Cover Books



☒ Corrugated Cardboard
(flattened and/or cut)



☒ Hard Cover Books
(covers removed)



☒ Glass Food & Beverage
Jars/Bottles (all colors)



☒ Pet Food Cans



☒ Milk Jugs & Plastic
Beverage Bottles



☒ Aluminum & Metal
Beverage Containers



☒ Juice Boxes &
Juice/Beverage Cartons



☒ Detergent & Shampoo
Containers



☒ Plastics with
#1 or #2 Symbols



**NO - sorry, you
can't recycle that!**



☒ Pizza Boxes



☒ Plastic Bags

☒ Light Bulbs

☒ Aluminum Foil/Baking Pans

☒ Styrofoam

☒ Drinking Glasses, Dishes &
Broken Window Glass

☒ Ceramics & Pottery

☒ Aerosol Cans

☒ Motor Oil & Anti-Freeze Containers

☒ Clothes Hangers

☒ Bandage Tins & Cookie Tins

☒ Carbon & Waxed Paper

☒ Tissue Paper, Napkins, Paper Plates
& Paper Towels

☒ Plastics with #3 - #7 Symbols

FOR MORE INFORMATION CALL 609-278-8086 OR VISIT WWW.MCIANJ.ORG



FOLLOW US AT
FACEBOOK.COM/MCIANJ

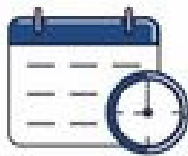


Public Health
Prevent. Promote. Protect.

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



Blood is an Essential Medicine

There Is No Substitute For Human Blood



1%

If just 1% more Americans
donated blood, shortages
would disappear



EVERY 2 SECONDS

someone in the U.S.
needs blood



29,700 UNITS

of red blood cells are used
each day in the U.S.



1 IN 7

hospital patients need blood
for many reasons, including:
trauma, postpartum
hemorrhage, cancer, sickle cell
disease, hemophilia, kidney
disease, liver disease, preterm
infants, transplants, critical
care and burns

The Components of Blood

Those most needed by patients are:

WHOLE BLOOD

Whole blood contains red cells, white
cells and platelets suspended in
plasma.

USE: MAJOR TRAUMA/SURGERY, (LIMITED
CIVILIAN USE)

RED BLOOD CELLS

Red blood cells carry hemoglobin and
are essential for oxygen exchange in
the lungs.

USE: ANEMIA, SURGICAL BLOOD LOSS,
CHEMOTHERAPY

PLATELETS

Platelets are small cell fragments
whose main function is to interact
with clotting proteins to stop or
prevent bleeding.

USE: THROMBOCYTOPENIA, CONGENITAL
AND ACQUIRED PLATELET DISORDERS

PLASMA

Plasma is a fluid, composed of ~92%
water and 8% proteins, mineral salts,
sugars, fats, hormones and vitamins.

USE: LIVER DISEASE, COAGULOPATHY,
ABNORMAL COAGULATION TESTS,
COAGULATION FACTOR DEFICIENCY

How Much Does It Take?

A person injured in an
automobile accident may
need up to

50

RED
BLOOD
CELL
UNITS



A patient with cancer
undergoing chemotherapy
may need up to

8

PLATELET UNITS PER WEEK



An organ transplant
recipient may need up to

25

PLASMA UNITS



30

PLATELET UNITS



40

RED BLOOD CELL UNITS



IT'S THE BLOOD ALREADY ON THE HOSPITAL SHELVES THAT SAVES LIVES.

Regular donation helps to ensure blood is readily available to patients whenever
it is needed. Find a Blood Donation Site Near You: aabb.org/DonateBlood



Need Help Finding Your Calm After the Storm?

RWJBarnabas Health Institute for Prevention and Recovery's Hope and Healing Ida Program offers **emotional support services, education, and community-based resources** for individuals and families affected by the aftermath of the **Hurricane Ida**.

The program aims to assist those impacted by the Ida storm to better **navigate new experiences, mitigate stressors, review options** and **find strategies to adapt to challenges**. We provide connections to agencies, programs, and other resources in the community.

We are here for you and your families with:

Emotional Support Services
Housing Referrals
Food Bank/Pantry Contacts
Tools to Improve Wellness
Community Connections

hopeandhealing@rwjbh.org
833-795-HOPE (4673)
rwjbh.org/hopeandhealing

Virtual Support Groups ***Finding Your Calm After the Storm***

Scan code with your phone or
call to join:

Tuesdays at 4pm
[Zoom Link](#)
+13017158592
ID: 810 4658 1003
Passcode: 911820



Thursdays at 6pm
[Zoom Link](#)
+13017158592
ID: 856 2283 5909
Passcode: 786666



10 WAYS TO LOVE YOUR BRAIN



START NOW. It's never too late or too early to incorporate healthy habits.



BREAK A SWEAT

Engage in regular cardiovascular exercise that elevates heart rate and increases blood flow. Studies have found that physical activity reduces risk of cognitive decline.



HIT THE BOOKS

Formal education will help reduce risk of cognitive decline and dementia. Take a class at a local college, community center or online.



BUTT OUT

Smoking increases risk of cognitive decline. Quitting smoking can reduce risk to levels comparable to those who have not smoked.



FOLLOW YOUR HEART

Risk factors for cardiovascular disease and stroke – obesity, high blood pressure and diabetes – negatively impact your cognitive health.



STUMP YOURSELF

Challenge your mind. Build a piece of furniture. Play games of strategy, like bridge.

Growing evidence indicates that people can reduce their risk of cognitive decline by adopting key lifestyle habits. When possible, combine these habits to achieve maximum benefit for the brain and body.

HEADS UP!

Brain injury can raise risk of cognitive decline and dementia. Wear a seat belt and use a helmet when playing contact sports or riding a bike.



BUDDY UP

Staying socially engaged may support brain health. Find ways to be part of your local community or share activities with friends and family.



TAKE CARE OF YOUR MENTAL HEALTH

Some studies link depression with cognitive decline, so seek treatment if you have depression, anxiety or stress.



CATCH SOME ZZZ'S

Not getting enough sleep may result in problems with memory and thinking.



FUEL UP RIGHT

Eat a balanced diet that is higher in vegetables and fruit to help reduce the risk of cognitive decline.



Visit alz.org/10ways to learn more.

alzheimer's  association®

THE BRAINS BEHIND SAVING YOURS:

LOOKING AHEAD

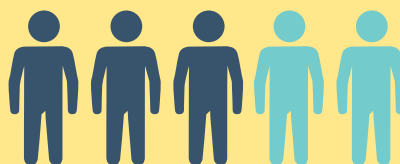
Improving Our Vision for the Future

VISION & EYE PROBLEMS ARE INCREASING AS AMERICA AGES

90
MILLION

Americans over
40 have vision and
eye problems

That's more than
3 in 5



By 2050, without effective interventions:



Diabetic retinopathy ↑ 72%



Cataracts ↑ 87%



Glaucoma ↑ 100%



Age-related macular degeneration ↑ 100%



Vision impairment & blindness ↑ 150%



COST OF VISION
PROBLEMS

↑ 159
BILLION

373

If you have any questions related to the Senior Connect,
please feel free to reach out to Natasha Pacera.

phone: 609-844-7048

email: npacera@lawrencetwp.com