

SENIOR CONNECT

NOVEMBER 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:

Thankful for the bounty of the season, we gather around our Thanksgiving table adorned with words of gratitude, appreciation, and blessings. This cherished holiday allows us to pause and reflect on the many reasons we have to be thankful. In the United States, we're fortunate to freely exercise our voting rights on Election Day (November 7) and collectively pay tribute to the brave service men and women who protect our constitutional freedoms on Veterans Day (November 11th). As Thanksgiving approaches, let us not forget that we reside in the land of the free and the home of the brave, a source of enduring gratitude.

As we embrace the spirit of Thanksgiving, it's worth noting that gratitude is a powerful force, known to alleviate anxiety and depression, as evidenced by studies. When we focus on gratitude, our minds find it challenging to entertain feelings of anxiety. Expressing gratitude and thanksgiving brings a profound sense of peace. So, in the words of the timeless song, "Let there be peace on earth, and let it begin with me!" We wish you a heartwarming Thanksgiving, and may life's trials never overshadow the importance of being thankful. Be grateful, be thankful, and stay blessed. May your homes and hearts be filled with the warmth of the season.



Enjoy November'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



I was reading an article in the most recent edition of NJ Municipalities. It was on the subject of Municipal Capital Projects. It started with the following quote from John F. Kennedy,

"Change is the law of life. And those who look only to the past or the present are certain to miss the future."

I had not heard it before, but it did resonate with me. I love a good quote! As Municipal Manager, I have encountered many people who subconsciously fear change and consciously oppose issues that move our town forward, whether it involves development, redevelopment, capital improvements, municipal services, or restructuring a fire department to answer the community's public safety needs. No matter the issue or the actions the elected officials or I take that are intended to impact the community positively; there will undoubtedly be opposition and disagreement in some form or another. In my first few years, I had the naïve thought that there was no way someone could be against "this or that," but it never took too long to understand how wrong I was. As I approach my seventh year in the position, though I strive for universal approval, I understand it is impossible.

Several months ago, at a council meeting where a redevelopment project was being discussed, an elderly man approached the podium to participate in public comment. I know this man to be a good man with a good heart and a strong interest in our community and its governance. He said that “we don’t need any more apartments” in our community in an effort to oppose a potential housing project. It followed up on a similar position espoused by a former elected official from our town. I found the comment to be disappointing and shortsighted. The idea of “closing borders” is in the national conversation, and at times, it also becomes a local battle cry. But for the local issue, I think some aspects need to be considered that are not.

I am certain this man has lived in this community for decades in a house he owns that probably does not have a mortgage. So, when he says the town doesn’t need any more apartments, he is coming from the mindset that he does not have a need for an alternative housing situation in our town. But many people do. I can’t tell you how often I have heard that younger people who grew up in Lawrence Township and want to stay and live here in their young adulthood can’t afford to. Or for the elderly person (or couple) looking to downsize, sell their home, and can’t find an affordable rental situation in town. Or Lawrence Township’s never-ending obligation to provide and meet affordable housing requirements (by creating new housing) as determined by the NJ Supreme Court. We call it an obligation, but it is better stated to be our responsibility that we should want to meet – and we do! Like it or not, we need to remain a thriving community, and housing is interwoven with what a thriving community means. This is not to say that there should be a frenzy of new housing built in our town, but responsible growth is necessary. And for those who will argue that our schools are overcrowded as a way to fight new housing developments, I will tell you that the data shows this is not true.

Opposition to change is also present in our efforts to transition from a volunteer firefighting force to a combined volunteer-career fire department. You see it on the various community FB pages and in letters directed to our elected officials. Though the struggle to find and have volunteer firefighters join a fire company and respond to calls is a national problem being addressed by thousands of communities just like ours, there is a small group of volunteers who have a difficult time adjusting from their autonomous status of self-rule as a fire company serving our community to one providing fire protection within a combined fire department under the supervision and command of a township official. We all knew that this period of transition was going to be challenging – because change is difficult.

But our elected officials and I are responsible for ensuring public safety. If we put community first above the wants and needs of a volunteer firefighter and individual volunteer fire company, the path forward is clear – though the road will be bumpy.

Since 2017, we have made substantial efforts to support the volunteer fire companies, honor their service, and responsibly address the serious needs of our community for firefighting services. Will we ever get to the point where every individual volunteer firefighter will accept the change or agree with the decisions made in the interests of the entire community? No – most assuredly, no. But that's not the goal – and it can't be the goal. Whether it relates to capital improvement projects, residential and commercial development projects, or addressing serious public safety issues, change is the law of life, and we can't miss our future.

We want Lawrence Township to thrive, to take action that allows us to continue to provide the services our residents deserve and expect, and to make our community diverse and dynamic.



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

Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed on the following days: Tuesday, November 7th for Election Day, Friday, November 10th for Veterans Day and Thursday and Friday November 23rd & 24th for Thanksgiving.

Canceled Meeting

Wednesday, November 15
Zoning Board meeting canceled

Thursday, November 16
Diversity, Equity and Inclusion Committee
meeting canceled

Polling Places - Primary and General Election

District	Polling Place
2, 9, 10	Slackwood Fire House
3, 6, 8, 11	Lawrence Road Fire House
1, 4, 7, 15, 20	Lawrenceville Fire House
5	Project Freedom
12, 13, 14, 19	Lawrence Senior Center
16	Lawrence Square Village
17, 18, 21	Lawrence Municipal Building

PROPERTY TAX PAYMENTS ARE DUE NOVEMBER 1ST WITH A GRACE PERIOD TO PAY UNTIL NOVEMBER 13TH WITHOUT INTEREST

DISTRICT MAP

Mercer County, New Jersey

DATE: MAY 12, 2015

TOWNSHIP OF HOPSWELL

Mercer County Board of Elections

<i>[Signature]</i> James Palmerston, Chairman	Date 7/1/15
<i>[Signature]</i> Anthony B. Palmerston, Secretary	Date 09/11/2009
<i>[Signature]</i> Anthony B. Palmerston, Secretary	Date 7-1-15
<i>[Signature]</i> Mary Campbell, Commissioner	Date 3/6/14

General Notes and Data Sources:

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to deal with it.

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All questions are based on the following:
 - MD 5.3 (b) subject of debate
 - How far may I take Paine? Or rather to System
 - English will be read

[illegible][illegible]

PRINCIPAL ON

WEST WINDSOR TOWNSHIP

TOMBING OF EYING

HAMILTON TOWNSHIP

Legend

-  Water Bodies
 Streams
 Municipal Boundary
 Parcels
 Election Districts
 Congressional District
 Legislative District





Updated C++ compiler, signed on 1 each 8, avg. file	MSD00	7.00.000
Updated Windows, default 10, conditions	MSD00	6/1/2009
Updated to find the digital file change	MSD00	1/1/2008
Other files	As of	None

RYE

REMINGTON & VERNICK ENGINEERS
2015 KING OF THE HILL DRIVE, BIRMINGHAM, AL 35203
(205) 988-8800, FAX (205) 988-8801, REMV@REMENG.COM
WWW.REMENG.COM

Boards and Committees: Oct. - Nov.

Municipal Clerk  609-844-7001

Meeting	Date/Time ^	Documents
<u>Planning Board - Special Meeting</u> Location: Municipal Building	10/30/2023 @ 07:00PM	
<u>Affordable Housing Board Meeting.(Canceled)</u> Location: Municipal Building	10/26/2023 @ 06:30PM	
<u>Lawrence Alcohol and Drug Alliance Meeting</u> Location: Municipal Building	10/24/2023 @ 09:00AM	Agendas: 10 24 23AgendaLADA.pdf 
<u>Environmental Resources & Green Advisory Committee Meeting</u> Location: Municipal Building	10/24/2023 @ 07:00PM	Agendas: 10 24 23AgendaEGAC.pdf 
<u>Shade Tree Advisory Committee (Canceled)</u> Location: Municipal Building	10/23/2023 @ 07:00PM	
<u>Diversity, Equity and Inclusion Committee</u> Location: Municipal Building	10/19/2023 @ 06:30PM	Web Meeting Info <u>Web Meeting</u> Agendas: 10 19 23AgendaDEI.pdf  Minutes: 10 19 23MinutesDEI.pdf 
<u>Zoning Board Meeting.(canceled)</u> Location: Municipal Building	10/18/2023 @ 07:00PM	

Leaf collection will begin on November 6, 2023.

Residents will continue to place loose leaves at the curb for collection.

The Township will assign (1) one leaf collection crew to each brush zone for approximately eight weeks of collection. Each crew will continue to collect leaves in your zone on a “street by street” basis through December 29, 2023. Residents can expect three (3) collections during this period.

During the months of November and December, BRUSH COLLECTION WILL BE SUSPENDED. DO NOT PLACE BRUSH AT CURB FOR PICK-UP.

Leaves shall be placed ten feet from any storm drains.

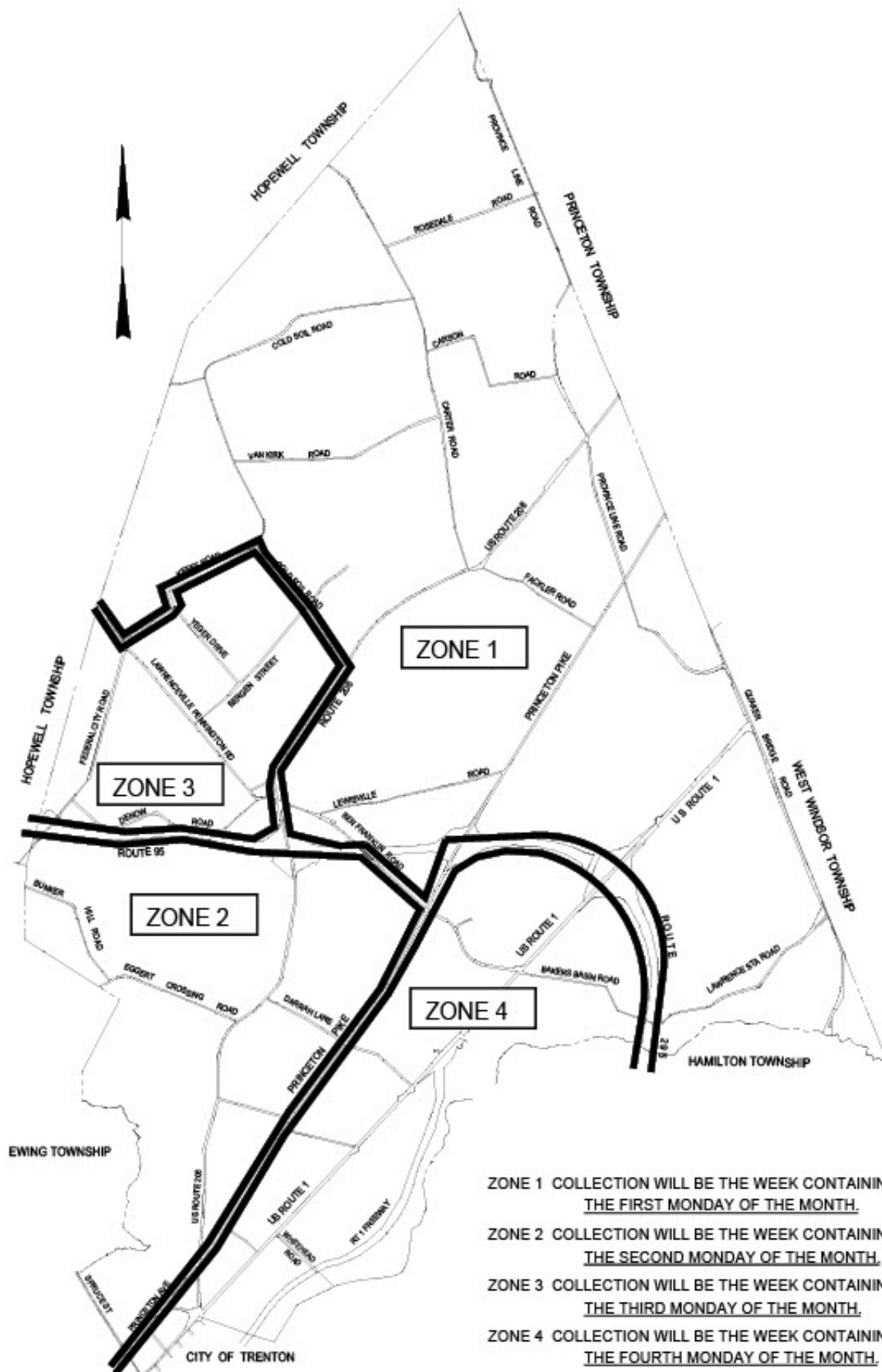
The revised procedures have been implemented to adhere with the new Municipal Stormwater Regulations. This program is intended to give residents a more efficient leaf removal while protecting the environment.

shall be placed in an area of the street or road edge not greater than four feet (4') from the edge of the pavement. There is no restriction on the pile length for leaf collection.

October is the last month for collecting yard waste until January 2024.

Please contact the Public Works Department at (609) 587-1894 for any questions

TOWNSHIP OF LAWRENCE, MERCER COUNTY, NJ
RESIDENTIAL YARD WASTE COLLECTION SCHEDULE
MAP 2



Officer Spotlight



This week's "spotlight" is another one of our "behind the scenes" members. Lynn Ficci is one of our Records Bureau secretaries (part time). Lynn has been with us for about 4 months. She was born and raised in Ewing Twp. She graduated from Ewing High School and Rider University (formerly Rider College). She has been married to her husband, Mike, for 30 years. Lynn and Mike have two sons; Michael, a Special Ed Teacher and Kyle who is in the Police Academy for the Ewing Twp. Police Department! Prior to working with us, Lynn spent over 30 years in "Banking/Re-insurance" as an Analyst.

When asked about her hobbies/favorite pastime she said, "My family is all local so I like spending time with my them. Especially weekend family dinners. I also have 3 dogs which are all rescues of course." Wow...that must be a lot of work! (By the way, their names are Belle, Nina and Dede). Lynn also said she is a NY Yankees fan because her family likes them. She also said that she is a NY Giants fan because her mother was a "huge fan." Lynn added, "So this year has not been enjoyable." Lynn said she enjoys, "Watching all types of series, from 'Sweet Magnolias' to 'Yellowstone' to 'Peaky Blinders' and everything in between." Lynn also said that her favorite food is "Any type of chicken."

We also asked Lynn about her goals and her experiences so far at LTPD. She said, I hope to be fully retired in 10 years. I may still be working here though. The part time schedule is great." She also said, "Everyone [at LTPD] has been wonderful and welcoming. I have to admit; the highlight of my day is seeing Brix. I keep treats in my desk for him." Uh oh Lynn, your secret is out (I hope Officer Steimle doesn't read this or find out). Lynn ended her interview by saying, "Of COURSE I like seeing ALL of the officers and civilians as well!" Well Lynn, welcome aboard. We're lucky to have you on our team and it's ok.... we don't all need treats!



LAWRENCE TOWNSHIP SENIOR

30 East Darrah Lane, Lawrence Twp. NJ
Phone : 609-844-7048
Office Hours: 8:30 - 4:30 pm
[www.lawrencetwp.com](#)

Lillian LaSalle, Executive Director
[llasalle@lawrencetwp.com](#)

Natascha Pacera, Recreation Leader
[npacera@lawrencetwp.com](#)

TRANSPORTATION SERVICES
Senior Van available weekdays between 8:30 AM to 3:00 PM. By appointment only - Must call 48 hours in advance. For Lawrence Townships Residents 60+. Van Service only transports local.

REGISTRATION
Pre-Registration is required for ALL Senior Center Programs by calling or visiting the center. Programs for Lawrence Twp. Seniors 60 years and older.

MERCER COUNTY NUTRITION - HOT LUNCHES

MON. WED. THURS. AND FRI.
No Nutrition Tuesdays
9:15 AM - Coffee
PLEASE Sign in for meal by 10:45 AM
Pre-Registration Required
Please call
(609) 883-8085 OR (609) 989-6650
Site Manager: Vanessa Banks

SIGN UP FOR

Walking with Ease, Senior Talent Show & Christmas Show to Hunterdon Hills Dec. 6th (payments due Nov. 4th) - CALL or VISIT US

GIVE THANKS

LAWRENCE TOWNSHIP SENIOR CENTER


Lawrence Township Office on Aging

Senior Center Activity Calendar

November 2023

Can you sing, dance or have a special talent? Then sign-up for the Senior Talent Show Nov. 16th! Visit or call the office at 609-844-7048.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 	30 Can you sing, dance or have a special talent? Then sign-up for the Senior Talent Show Nov. 16th! Visit or call the office at 609-844-7048.	31 	1 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM LAWRENCEVILLE STUDENT TECH HELP- 1:00 - 3:00 PM MEMOIR WRITING - 2 PM	2 *EXERCISE - 9 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PM WALK WITH EASE - 1:00 PM PEOPLE & STORIES 1:30 - 3 PM	3 *YOGA 9 - 10 AM LINE DANCE 9:30 AM WATERCOLOR FREESTYLE 10 AM - 12 PM BINGO 1 - 3 PM	4 Please join us to celebrate and honor our Veterans with a Veterans Day Ceremony on November 11 starting at 11 AM. Municipal Building - 2207 Lawrence RD
12 *REMINDER: YOGA, TAI CHI & EXERCISE ARE AT LAWRENCE COMMUNITY CENTER	13 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM	14 DUPLICATE BRIDGE- 9 AM CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3 PM	15 LINE DANCE - 9:30 AM SHIP PROGRAM 10:30 AM BUSY BEES - 12:30 PM BERAVEMENT GROUP 1 - 3 PM MEMOIR WRITING - 2 PM	16 *EXERCISE - 9 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PM WALK WITH EASE - 1:00 PM Talent Show Practice 2-4 PM	17 *YOGA 9 - 10 AM LINE DANCE 9:30 AM WATERCOLOR FREESTYLE 10 AM - 12 PM BINGO 1 - 3 PM	18 TOWNSHIP OFFICES & SENIOR CENTER CLOSED
19	20 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM	21 DUPLICATE BRIDGE- 9 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3 PM	22 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2 PM	23 TOWNSHIP OFFICES & SENIOR CENTER CLOSED	24 TOWNSHIP OFFICES & SENIOR CENTER CLOSED	25
26	27 *EXERCISE - 9 AM ACRYLIC ART - 10:00 AM *TAI-CHI - 10:30 AM GAME TIME - 1:00 PM MAH-JONGG - 1:00 PM	28 DUPLICATE BRIDGE- 9 AM CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 - 3 PM	29 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2 PM	30 *EXERCISE - 9 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PM	1 *EXERCISE - 9 AM HULA DANCE - 10:15 AM RUMMIKUB - 1:00 PM	2
3	SHIP - STATE HEALTH INSURANCE ASSISTANCE PROGRAM WILL BE HERE NOV. 15TH AT 10:30 AM. THEY WILL BE HERE TO TALK ABOUT MEDICARE.					Senior Center will be open as a Polling Station for districts 12, 13, 14, 19



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

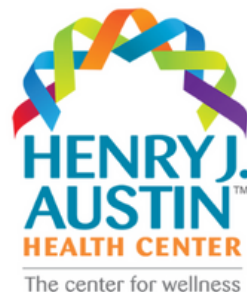
100 Bridge Drive
Lawrence Township,
NJ 08648

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



OFFICE ON AGING - LAWRENCE SENIOR CENTER

THURSDAY, NOVEMBER 16TH, 2023
1:30 - 3:30 PM

LAWRENCE SENIOR TALENT SHOW

**CAN YOU SING, DANCE OR HAVE
A SPECIAL TALENT?**

SIGN UP AT THE
SENIOR CENTER OR BY
CALLING 609- 844-7048



SHOW US YOUR TALENT!

AUDITIONS/PRACTICE
THURSDAY, NOVEMBER 9TH, 2023
2:00 - 4:00 PM

30 East Darrah Lane, Lawrence TWP, NJ 08648



The Lawrence Township Office on Aging

Join us for
**BEREAVEMENT
SUPPORT**

Presented By:
Catherine Crawford
M.A, M. ED
Associate Director of Counseling

ON THE FOLLOWING DAYS

10/25 | 11/15 | 12/13

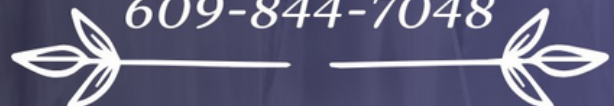
1:00 - 3:00 PM



*Lawrence Seniors
60 or older*

*Call or Visit the
Senior Center
to Sign-Up*

609-844-7048



30 East Darrah Lane, Lawrence TWP, 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

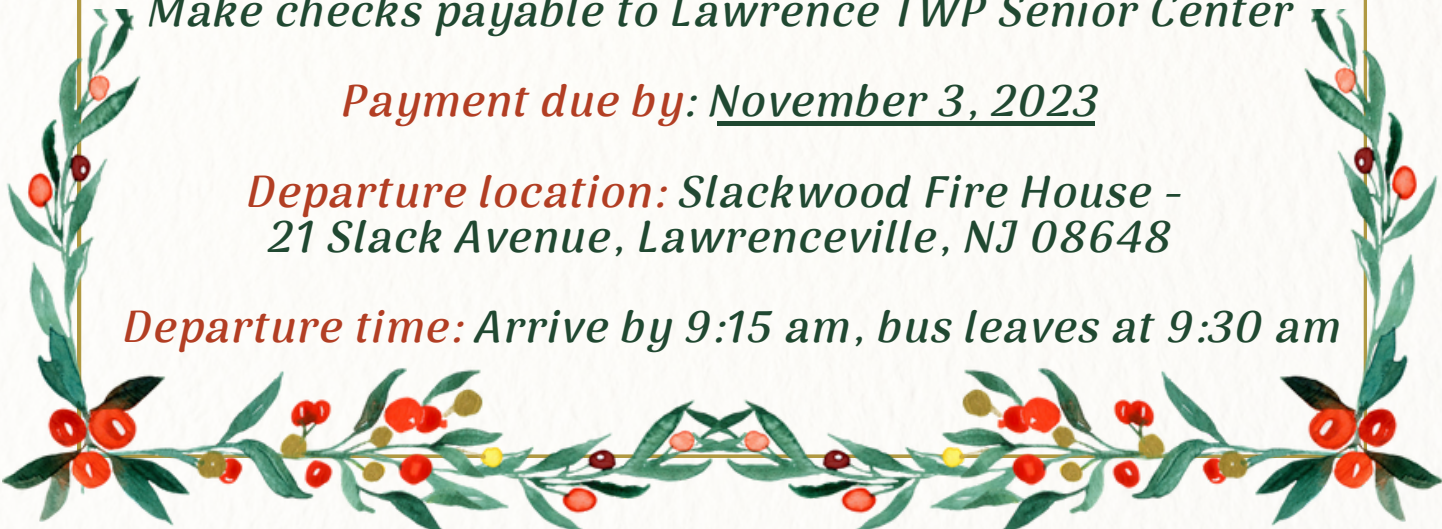
Cost for Lawrence TWP Seniors: \$85.00
(Includes transportation, meal and show)

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



Neighbors helping Neighbors



Join us as we help to keep our neighbors warm for the winter. We are collecting handmade hats, scarves and lap blanket for those members of our community that can use a hand this upcoming cold season.



Help us help others

To Participate:

Seniors, 60 or older



Please call the Lawrence Twp Senior Center to arrange pick up/ drop off of your yarn kit.

When your project is completed, please return it to the Senior Center and we will make sure it gets to someone in need. Store bought items and donations of yarn are appreciated as well.



30 East Darrah Lane, Lawrence TWP, NJ 08648

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
(THURSDAYS)



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 – November 3rd

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

NO CLASS October 30TH

Session 6 – November 6TH

Session 7 – November 13TH

Session 8 – November 20TH

Session 9 – November 27th

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

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 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

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

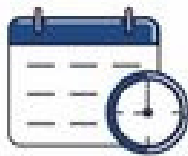


Public Health
Prevent. Promote. Protect.

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

↑ 157% TO \$373
BILLION

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