

SENIOR CONNECT

JANUARY 2024



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.



Announcements / News

Municipal Offices will be Closed

Lawrence Township Municipal Offices will be closed on the following days: Monday, January 1st for New Year's Day & Monday, January 15th for Martin Luther King Jr. Day.

Upcoming Dates & Information

Organic Waste Collection Suspended

The organic recycling program is temporarily suspended effective November 30, 2023. The Township did not receive any bids for this service for the period covering 12/1/23 to 11/30/24. We are currently exploring other options to continue the service sometime in the future.

Thursday, January 4

Recreation Advisory Committee meeting is canceled.

Monday Municipal Court Sessions

The Lawrence Township Municipal has suspended Monday night Court sessions.

Jan 20, 2024 at 9:00 AM - Jan 20, 2024 at 12:00 PM

Free rabies clinics are scheduled twice a year to coincide with each of the licensing periods for dogs and cats. The next clinic is scheduled for Saturday January 20. Registration for this clinic is required. Contact the Health Department at (609) 844-7092 to register.

Boards and Committees: January

Municipal Clerk 📞 609-844-7001

Meeting	Date/Time ^
<u>Lawrence Alcohol and Drug Alliance Meeting</u> Location: Municipal Building	01/23/2024 @ 09:00AM
<u>Environmental Resources & Green Advisory Committee Meeting</u> Location: Municipal Building	01/23/2024 @ 07:00PM
<u>Shade Tree Advisory Committee</u> Location: Municipal Building	01/22/2024 @ 07:00PM
<u>Diversity, Equity and Inclusion Committee</u> Location: Municipal Building	01/18/2024 @ 06:30PM
<u>Township Council Meeting</u> Location: Municipal Building	01/16/2024 @ 06:30PM
<u>Senior Executive Committee</u> Location: Senior Center	01/10/2024 @ 09:30AM
<u>Growth and Redevelopment Committee Meeting</u> Location: Municipal Building	01/09/2024 @ 07:00PM
<u>Historic Preservation Committee</u> Location: Municipal Building	01/08/2024 @ 07:30PM
<u>Township Council Meeting</u> Location: Municipal Building	01/05/2024 @ 06:00PM
<u>Recreation Advisory Committee Meeting (canceled)</u> Location: Municipal Building	01/04/2024 @ 06:30PM
<u>Trails, Open Space & Stewardship Advisory Committee</u> Location: Municipal Building	01/03/2024 @ 07:30PM
<u>Township Council Meeting</u> Location: Municipal Building	01/01/2024 @ 12:00PM



Officer Spotlight



*****Hey Lawrence Twp.!!*****

This week's spotlight is another one of our newest Officers, Enosh Brobbey (#272). Officer Brobbey is going to be graduating from the Cape May County Police Academy next week. (Congrats Officer Brobbey!) Officer Brobbey was born in Ghana, West Africa. He emigrated to the United States about 10 years ago with his family. He is married and has one daughter.

Officer Brobbey attended Mercer County Community College where he studied Criminal Justice. He is currently enrolled at Rider University where he is pursuing a further degree in Criminal Justice. He has dual minors; Political Science and Homeland Security. He also wants to pursue a Master's Degree in Cybersecurity. Officer Brobbey used to work at TJMaxx and KFC in East Windsor. He also managed Popeyes Chicken at QBM and spent time as a "Carpenters Helper" at Princeton University.

Officer Brobbey enjoys working out and playing soccer. In fact, he is a fan of Barcelona FC (Football Club) and Inter Miami FC. He said he is a Miami FC soccer fan because of Lionel Messi. That's a good reason ! He also enjoys reading anything by Robert Green. I.E.: "The 48 Laws of Power," "Mastery" and "The Laws of Human Nature." Officer Brobbey's favorite food is "Ghana Jollof" (a West African rice dish).



When we asked Officer Brobbey about the job so far, and his goals he said, "I hope to earn the respect of my fellow officers AND of this great town." With regards to where he saw himself in 10 years' time he said, "I would still be here, but I hope to attain greater heights." He added, "Everyone on the job is very helpful and eager to assist me. They always point me in the right direction."

Officer Brobbey, welcome to the team. We are honored that you chose to be police officer in our community. (PS the Jollof looks really good...thank you Google!)

Senior Center Calendar - January 2024

January 2024

Lawrence Township Office on Aging
Senior Center Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>UPDATE: Exercise, Tai-Chi and Yoga will be held at the Senior Center.</p>	<p>1 TOWNSHIP OFFICES & SENIOR CENTER CLOSED</p>	<p>2 DUPLICATE BRIDGE - 9 AM CLUB #1 - 10:00 AM</p>	<p>3 LINE DANCE - 9:30 AM</p>	<p>4 EXERCISE - 9 AM</p>	<p>5 LINE DANCE 9:30 AM WATERCOLOR FREESTYLE - 10 AM</p>	<p>6 LINE DANCE 9:30 AM WATERCOLOR FREESTYLE - 10 AM</p>
7	<p>8 EXERCISE - 9 AM ACRYLIC ART - 10:00 AM</p>	<p>9 SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 PM</p>	<p>10 MEMOIR WRITING - 2 PM</p>	<p>11 EXERCISE - 9 AM</p>	<p>12 BINGO 1 - 3 PM</p>	13
14	<p>15 MAH-JONGG - 1:00 PM</p>	<p>16 DUPLICATE BRIDGE - 9 AM CLUB #2 - 10:00 AM</p>	<p>17 SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 PM</p>	<p>18 EXERCISE - 9 AM</p>	<p>19 YOGA 9 - 10 AM LINE DANCE 9:30 AM</p>	<p>20 January 19th NATIONAL POPCORN DAY</p>
21	<p>22 EXERCISE - 9 AM ACRYLIC ART - 10:00 AM</p>	<p>23 DUPLICATE BRIDGE - 9 AM CLUB #2 - 10:00 AM</p>	<p>24 SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 PM</p>	<p>25 EXERCISE - 9 AM</p>	<p>26 NO YOGA LINE DANCE 9:30 AM</p>	27
28	<p>29 January 29th NATIONAL PUZZLE DAY</p>	<p>30 EXERCISE - 9 AM ACRYLIC ART - 10:00 AM</p>	<p>31 SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 PM</p>	<p>1 TOWNSHIP OFFICES & SENIOR CENTER CLOSED</p>	<p>2 EXERCISE - 9 AM</p>	<p>3 LINE DANCE 9:30 AM WATERCOLOR FREESTYLE - 10 AM</p>
<p>Join us for National Popcorn Day and National Puzzle Day this month!</p>						

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

Natasha 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 LUNCHEONS

MON. WED. THURS. AND FRI.
No Nutrition on 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
Assistant Site Manager: LaRhonda Davis

SIGN UP FOR

Lawrenceville Student Tech Help, National Popcorn Day and National Puzzle Day events!

REGISTRATION OPEN

Winter Sessions of Tai-Chi (Start Jan. 22) and Yoga (Start Jan. 19th)



Need help with your Taxes?
Lawrence Seniors, please call our Office to make an appointment from
February 6th - April 9th
609-844-7048

PEOPLE & STORIES
GENTE Y CUENTOS

People and Stories 8-week session will be starting up again on February 8th from 1:30 to 3:00 PM
Please Sign-up at the Center

SENIOR CENTER EXERCISE CLASS

FREE FOR AGES 60+ FOR LAWRENCE SENIORS

INSTRUCTOR - VIRGINIA SOLTIS


**WHERE - LAWRENCE SENIOR CENTER
30 EAST DARRAH LANE, LAWRENCE NJ**

**STARTS - JANUARY 4TH
MONDAYS & THURSDAYS
9:00-10:00 AM**

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

**BRING A WATER
BOTTLE!**





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 NATIONAL POPCORN DAY

Come join us Friday, January 19th
for freshly made popcorn and
popcorn related crafts!

Starts at 10:30 am

Sign up at the center or
call 609-844-7084



30 EAST DARRAH LANE

LAWRENCE SENIOR CENTER

NATIONAL PUZZLE DAY

**HOT
CHOCOLATE,
PUZZELS
AND PUZZEL
CRAFTS!**

**MONDAY
JANUARY 29TH
10:30 AM**



LAWRENCE TOWNSHIP
**SENIOR
CENTER**

**SIGN UP AT
THE CENTER
OR CALL
609-844-7084**

30 EAST DARRAH LANE

LAWRENCE SENIOR CENTER

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: FEBRUARY 8TH
ENDS: MARCH 28TH
(THURSDAYS)



1:30 PM - 3:00 PM

How to Register

Sign up at the Lawrence Senior Center or call or 609-844-7048



30 EAST DARRAH LANE



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



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:**

- DEC 13
- JAN 10
- JAN 17
- JAN 24
- JAN 31
- FEB 7
- FEB 14
- FEB 21
- FEB 28



LAWRENCE SENIOR CENTER

TAI-CHI

8 Week Winter **Sessions: \$24**

Fee is doubled for
Non-Residents

Mondays
10:30 - 11:30 AM

Location:

Lawrence Senior Center
30 East Darrah Lane
Lawrence, NJ

To **Pre-Register** or for
more information

Call (609) 844-7048 or

Visit the Senior Center

Instructor - Glenn Swann

Class Dates:

Session 1 – **January 22**

Session 2 – **January 29**

Session 3 – **February 5**

NO CLASS – FEBRUARY 12

NO CLASS – FEBRUARY 19

Session 4 – **February 26**

Session 5 – **March 4**

Session 6 – **March 11**

Session 7 – **March 18**

Session 8 – **March 25**

**Must be
60+ to
participate**



Lawrence Senior Center Yoga Class

8 Week Winter **Sessions: \$24**

Fee is doubled for
Non-Residents

Fridays
9:00 - 10:00 AM

Location:

Lawrence Senior Center
30 East Darrah Lane
Lawrence, NJ

To **Pre-Register** or for
more information

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

Instructor - Cheri Dzubak

Class Dates:

Session 1 – **January 19**

NO CLASS – **January 26**

Session 2 – **February 2**

Session 3 – **February 9**

Session 4 – **February 16**

Session 5 – **February 23**

Session 6 – **March 1**

Session 7 – **March 8**

Session 8 – **March 15**

Please bring your own yoga mat



Must be
60+ to
participate

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 Senior Center

Wednesdays from 2:00-4:00 PM

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

30 East Darrah Lane



LAWRENCE SENIOR CENTER

Hula Dance

Thursday's
at 10:15 AM

HULA WILL RESUME
FEBRUARY 1ST!

LOW IMPACT EXERCISE
GREAT FUN & FELLOWSHIP
SPREAD THE WORD!

INSTRUCTOR:
ROSE MAJOFSKY

SIGN UP OR PLEASE
CALL TO REGISTER
(609)-844-7048

30 EAST DARRAH LANE, LAWRENCE





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.



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



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

DUPLICATE BRIDGE



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

TUESDAYS
9:00 AM

Come out and play Duplicate Bridge at the
Lawrence Senior Center.

Organized by Stu Augustin

Call the center at **(609) 844- 7048** to register.



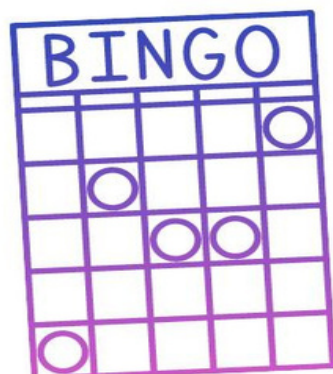
LAWRENCE TOWNSHIP SENIOR CENTER

LAWRENCE TOWNSHIP SENIOR CLUB #1 AND CLUB #2

Be part of our club to socialize, play bingo, day trips,
luncheons and short member meetings!

Bring change for nickel bingo!

\$0.50 per meeting fee to cover light refreshments



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

CLUB MEETS TUESDAY'S
10:00 AM TO 1:00 PM

NO CLUB THE 5TH TUESDAY OF THE MONTH

Annual Dues - \$5.00

To register visit or call the senior center at
(609) 844 - 7048





MAH-JONGG

Lawrence Township Senior Center
30 E. Darrah Lane

MONDAY'S

1:00 PM TO 3:00 PM

Come out and play some Mah-Jongg at the
Lawrence Senior Center.

Call the center at **(609) 844- 7048** to register.

Free to Lawrence Township Residents 60 years +



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

LAWRENCE TOWNSHIP 62ND REENACTMENT OF THE COLONEL HAND HISTORICAL MARCH

**SATURDAY, JANUARY 6, 2024
10:00AM**

**LAWRENCE TOWNSHIP MUNICIPAL BUILDING
2207 LAWRENCE ROAD**

EVENT DETAILS

- Celebrate the 62nd annual commemoration of Colonel Edward Hand's Delaying Tactics.
- Starting at 10AM enjoy a historical program at the Lawrence Township Municipal Building
- After the program, join in the two-mile march along the historic highway led by Colonel Edward Hand to the sites of the delaying actions.
- A brief ceremony will take place at the end of the march at Shabakunk Creek (by Notre Dame High School).
- Following the march, there will be light refreshments served at the Lawrence Nature Center close to Notre Dame High School. (481 Drexel Ave).



**LAWRENCE RECREATION
609-844-7067**

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.

Seasonal Affective Disorder (SAD): More Than the Winter Blues

As the days get shorter and there is less daylight, you may start to feel sad. While many people experience the “winter blues,” some people may have a type of depression called seasonal affective disorder (SAD).

The first step is to determine how much your symptoms interfere with your daily life.

Do you have mild symptoms that have lasted less than 2 weeks?



- Feeling down but still able to take care of yourself and others
- Having some trouble sleeping
- Having less energy than usual but still able to do your job, schoolwork, or housework

These activities can make you feel better:



- Doing something you enjoy
- Going outside in the sunlight
- Spending time with family and friends
- Eating healthy and avoiding foods with lots of sugar

If these activities do not help or your symptoms are getting worse, talk to a health care provider.

Do you have more severe symptoms that have lasted more than 2 weeks?



- Social withdrawal
- Oversleeping
- Gaining weight
- Craving foods with lots of sugar like cakes, candies, and cookies

Seek professional help:



- Light therapy
- Psychotherapy (talk therapy)
- Medications
- Vitamin D supplements

For help finding treatment, visit nimh.nih.gov/findhelp.

If you or someone you know is in immediate distress or is thinking about hurting themselves, call or text the 988 Suicide & Crisis Lifeline at **988** or chat at 988lifeline.org.



National Institute
of Mental Health

nimh.nih.gov/sad

NIMH Identification No. OM 22-4320

Is it a Cold or the Flu?

Symptoms

Cold



Flu



Fever	Rare	Yes, often high (102 – 104°F); lasts 3-5 days
Headache	Rare	Yes, sudden and can be severe
Aches/pains	Mild	Usual, often severe
Fatigue/weakness	Mild	Yes, sudden and can last 2-3 weeks
Extreme exhaustion	Never	Yes
Stuffy nose	Common	Sometimes
Sneezing	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort/cough	Mild, hacking cough	Common, can be severe



For more information visit: www.nj.gov/flu

Food Safety at Home



U.S. FOOD & DRUG
ADMINISTRATION

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



Food Safety at Home

Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

Think you have a food illness?

Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

Who is at risk?

Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.

This fact sheet was developed by the FDA Office of Women's Health.

To get other women's health resources, go to

www.fda.gov/womens





Parent PartnershipSM

supporting families
impacted by addiction

Parent Partnership is a branch of the nonprofit organization, Be a Part of the Conversation.

Be a Part of the
Conversation

When parents and other caregivers recognize that their loved one is struggling with substance use or addiction, we need support and understanding from those who have "been in our shoes." Parent Partnership meetings are led by volunteers with lived experience and take place Sunday through Thursday.

Come once, once in a while, or as often as you like.

We are not professionals – we are simply parents helping parents. Meetings are friendly and confidential.

St. Paul's Church

218 Nassau Street, Princeton, NJ

Enter using the door down the ramp leading from the parking lot to the basement of the church. We meet in the Fireside Room.



In Person Only - Every Monday from 7 to 8:30 pm

Learn more about
Parent Partnership:



conversation.zone/partnership

Starting
November 6,
2023!



Questions:

Contact Michelle King
mokingnj@gmail.com / 609-468-8708



Peer Recovery Program

Creative Change Counseling is a Peer Recovery Center for Mercer County, NJ

Led by Peer Recovery Specialists, this is a safe place to come to stay sober and build peer support. Peer Recovery at Creative Change Counseling is creating a welcoming and supportive haven for individuals on their journey to recovery. Whether you're a current client or part of the community, our doors will be open at specific times during the week and weekend.

All are welcome to come and hang out when Peer Recovery is open. Participants will always have access to our amenities when open including art room, fitness room, game room, dining room, snacks, and movie theater.

Monthly Event Calendar to follow. Be on the lookout for events like Yoga, Reiki, movie nights, breakfast club, 12 Step and self-help meetings, and more!

FREE AND OPEN TO THE PUBLIC!

For anyone in the community in recovery or exploring recovery.

***TRANSPORTATION AVAILABLE UPON REQUEST**

Program Hours:

Monday Wednesday and Friday
9am-1pm and 5pm-9pm
Saturday 9am-1pm

Program Amenities:

- ✓ Friendly Staff
- ✓ Movie Theater
- ✓ Reading Nook
- ✓ Fitness Room
- ✓ Art Room
- ✓ Dining Area
- ✓ Game Room

Contact Us!

Michelle Szwed, EdS, LPC, LCADC, NCC, BCC, CCTP, C-DBT, EMDR-T, Program Director
Creative Change Counseling at Mercer: 3525 Quakerbridge Road, Suite 903, Hamilton, NJ, 08619
Phone: 609-616-7721 or 609-321-5134 Email: mszwed@creativechangeinc.org
www.creativechangeinc.org



How to Reach Us

TWW's regular business hours are Monday to Friday, 8:30 a.m. to 4:30 p.m. TWW is not open on federal and municipal holidays. **We are at your service.**

- For account-related questions, call **1-866-TWW-BLUE**. Please listen carefully to the prompts. Spanish-speaking customer service representatives are available.
- **Unable to pay your water or sewer bills?** Call **2-1-1** or visit **waterassistance.nj.gov**.
- For water emergencies, such as service leaks, water main breaks, and damaged fire hydrants, call **(609) 989-3222**. You can reach our **Meter Shop** at **(609) 989-3225**.
- To sign up for TWW's Reverse 911 system, visit **trentonwaterworks.org**. TWW utilizes its Reverse 911 system to communicate with customers and service-area residents during water emergencies.
- To learn more about your rights as a utility customer, visit **trentonwaterworks.org**.
- To reach TWW's **Office of Communications and Community Relations**, call **(609) 989-3033**.

Get help with your water bill.

TRENTON WATER WORKS
335 CORTLAND STREET
P.O. BOX 528 TRENTON, NJ 08604-0528
INQUIRIES: PLEASE CALL (609) 989-3225
MON-FRI 8:30AM-4:15PM

Call: 2-1-1 or visit waterassistance.nj.gov

Get help with your water bill. Apply today.

New Jersey's **Low-Income Household Water Assistance Program (LIHWAP)** can help you avoid service interruptions, restore services, pay reconnection fees, and stay up-to-date on payments. To apply, call **2-1-1** or visit **[waterassistance.nj.gov](https://www.waterassistance.nj.gov)**.

Also, TWW can customize a payment agreement to help you get caught up. To learn more, call us at **1-866-TWW-BLUE**, Monday to Friday, 8:30 a.m. to 4:30 p.m. TWW is closed on holidays.

New Jersey's **Winter Termination Program**, a moratorium on shut-offs, ended on March 15. However, **TWW has temporarily suspended residential service interruptions** to allow our valued customers struggling with payment challenges to access utility assistance programs or enter into payment agreements.

1-866-TWW-BLUE

We are at your service.

Obtenga ayuda con su factura de agua. Aplica hoy.

El Programa de Asistencia de Agua para Hogares de Bajos Ingresos de New Jersey (LIHWAP) puede ayudar. Para presentar una solicitud, llame al **2-1-1** o visite **[waterassistance.nj.gov](https://www.waterassistance.nj.gov)**.

Programa de terminación de invierno de Nueva Jersey, una moratoria sobre los cortes terminó el 15 de marzo. Sin embargo, **TWW ha suspendido temporalmente las interrupciones del servicio residencial** para permitir que nuestros valiosos clientes que luchan con los desafíos de pago accedan a los programas de asistencia de servicios públicos o entren en acuerdos de pago.

1-866-TWW-BLUE

Nosotros estamos a su servicio.





Operation Blue Angel

The Lawrence Township Police Department is happy to announce the availability of the Operation Blue Angel program for Lawrence Township residents. This free program is open to residents who are 55 years of age or older and live alone or will be alone for extended periods of time on a regular basis; or for people with a medical condition(s) that could lead to incapacitation and who live alone or who are alone for extended periods of time on a regular basis.

The program consists of a lockbox, which will be owned and maintained by the Police Department, which will be placed on the participant's property by Police personnel. The lockbox will contain a key to the residence (which the resident must supply). The key will only be accessed by responding police officers in the event of an emergency where officers cannot access the residence. The Operation Blue Angel program lockbox will not be accessed for lock-outs or any other non-emergent situation.

Mail Form

Any interested Lawrence Township residents are encouraged to complete registration by printing the Operation Blue Angel Application (PDF) and mailing the registration form. Mail forms to:

**Lawrence Township Police Department
Atten: Operation Blue Angel Program Coordinator
2211 Lawrence Road
Lawrenceville, NJ 08648**

Follow-Up / Questions

An officer from the Police Department will be in touch regarding your acceptance/participation in the program. For any questions concerning the program please call Lt. RJ Laird 609-844-7123.



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,





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

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