

# Mature Princeton



PRINCETON SENIOR RESOURCE CENTER

## *Don't sit at home this Summer!*

### **Beat the Heat MOVIE SERIES**

Fridays, 1:00pm in the SPB air-conditioned lounge. Munchies & beverages supplied. Call 924-7108 to register. FREE!

**July 6: *Casino Royale*** - James Bond's first mission. This 2006 remake of the classic stars Daniel Craig as James Bond.

**July 13: *Dreamgirls*** - Based on the 1981 Broadway musical.

**July 27: *The Queen*** - Helen Mirren's Oscar-winning performance as Queen Elizabeth following the death of Princess Diana.

**Aug. 3: *Venus*** - Peter O'Toole finally got his Oscar. Life is turned upside down when 2 veteran actors meet a brash teen.

**Aug. 10: *Boynton Beach Bereavement Club*** - A romantic comedy about our capacity to rebound and fall in love at any age.

**Aug. 18: *Man of the Year*** - On a lark, the host of a late-night political talk show (Robin Williams) runs for president. The thing is, he never expected to win.

**Aug. 24: *Who Killed the Electric Car?*** - In 1996 electric cars began to appear on roads in California. Ten years later- gone.

**Aug. 31: *Akeelah & the Bee*** - for back to school time, a movie about the Nat'l Spelling Bee. A book club selection at Starbuck's.

### **Summer Bargains on Classes**

New this summer: sign up for your favorite PSRC classes for a flat fee for the summer. Pay \$25 for the entire summer (\$35 for non-residents) and come as often as you like in July & August. Take a class and still go on vacation! Flat fee classes: yoga, strength training, art studio and group drumming.

### *Afternoons with April*

Back by popular demand! Spend an hour or so discussing whatever is on your mind with April and other participants. It is a great time to meet new folks, have a good laugh, and learn something new. Wednesday afternoons at 1 at SPB during July.

### *Bridge Lessons*

The Sanctioned Bridge game has people interested in improving their game. Bill Miller will teach an advanced beginner class on Thursday morning when we get 8 people. Call now to enroll!

## **JULY & AUGUST 2007**

You asked for it...

**A basic computer class** in the summer.



Join Joe Rosenthal for 2 sessions

Wednesday July 18th & 25th at SPB. Class runs 10:30am - 12:30pm. Will introduce the computer, mouse, Windows & the internet. Fee \$20, \$30 for non-residents. Call 924-7108 to register.

### **GAMES**

Players seeking others to play Mah jongg, canasta or scrabble. Call if interested.

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## Director's Message – July 2007: The Upside of Aging

Many of you know that I aspire to keep up with the current literature, and you help me by bringing in articles you have read. I knew it was important when three people brought me “The Way We Age Now” from the April 30 New Yorker! But today I want to share information from an article that was printed in the Wall Street Journal on February 16, 2007, which ties in to the conference I attended this week.

We all know that the brain does change with age, particularly in areas such as short term memory and multi-tasking. However, a growing number of studies show that some mental functions continue to work well into old age, and others even improve. Vocabulary and other verbal abilities improve. Older brains have more expert-knowledge (such as work-related) and they apply “cognitive templates” based on experience when solving new problems. A key factor in this discovery was removing the timed test component.

In addition, older brains appear to have a greater capacity for empathy, for control over emotions, and for judging character. These aspects make sense when one considers the value of experience. These findings are contributing to new efforts to reshape how our society thinks about aging, toward a mindset where older adults are valued for their wisdom and experience.

The commercial market has jumped on this data, quickly producing all sorts of programs and exercises to help you maximize your brain power. These include the old standby crossword puzzles, now complimented by Soduku number puzzles. There are also computer-based programs that include exercises for memory, attention, language, and visual-spatial skills. PSRC has printed copies of some of the paper puzzles for you to try, and we offer courses on techniques for stimulating memory, but we are not purchasing software at this time. I want to watch the studies and hear your experiences if you try out these programs. The conventional wisdom is that the important factor is to stimulate your brain on a regular basis. It is important to engage in new learning to generate new pathways. So, if you are a wiz at crosswords, more crosswords will not do for you what learning a new language, game or musical instrument will do. There is also lots of evidence that regular exercise is an important component of brain health. You also need to get enough sleep and good nutrition and reduce stress.

There are hundreds of ways to maximize your brain health, both on your own and with PSRC. Come to an exercise class, an Evergreen Forum class, a social discussion event, art class or join a game. Bring us your ideas and we'll try them out!

Have a great summer!

*The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals, their families and caregivers.*

## JULY & AUGUST: PROGRAM HIGHLIGHTS

**OPERA VIDEO SERIES** - concludes Mon., July 2, 12:30pm at SPB. Showing **“Rent”**, loosely based on La Boheme. Refreshments provided. RSVP to 924-7108. No fee

**SUMMER MOVIE SERIES** – Fridays (except Brown Bag days) in July and Aug., 1:00pm at SPB. Beat the heat this summer with movies and munchies. Schedule on front page. Call 924-7108 to pre-register. No fee

**BROWN BAG** - Fri., July 20, 12 noon at SPB. **“How to Raise a Money-smart Grandchild”**. Join Alex Jenkins, an investment rep from Edward Jones, for this interesting discussion. You’ll learn how to start teaching your grandchildren about financial goal-setting and making wise money choices; skills that can have a positive effect their entire lives. Bring your lunch. Beverages and dessert provided. Call 924-7108 to register. No fee

**AFTERNOONS WITH APRIL** - Wed., 1:00pm during July at SPB. Details on front page.

**CAREGIVER SUPPORT GROUP** - Mon., July 9 & Aug. 6, 1:00pm at SPB. A chance to share talk and resources with other caregiving spouses and friends. Facilitated by Susan Hoskins, LCSW No fee

**CHILDREN OF AGING PARENTS (CAPS)**, Wed., July 11, 4:30pm, SPB. No Aug. mtg. A support group for those caring for aging parents. Facilitated by Susan Hoskins, LCSW. No fee

**BEREAVEMENT Support Group** - Mon., July 16, (none in Aug.), 1:00pm at SPB. Topic: “Recreating the Self in the Face of Loss” Facilitated by JoAnn Laveman, LCSW & Cheryl Regis, chaplain. No fee

## LOOKING AHEAD

**PLAN FOR THE FUTURE DAY** - a Saturday program on Sept. 29th to help with legal, financial, housing, healthcare planning and more. Keynote, workshops, food and resource fair. Free

**EVERGREEN FORUM** - Classes start the last week of Sept. Brochures will be mailed in late August in the Sept. issue of Mature Princeton. Course descriptions & applications are available now on the website - [www.TheEvergreenForum.org](http://www.TheEvergreenForum.org). Applications may be submitted anytime. Lottery Sept 10.

**SCIENCE CAFÉ** - will be back in September

**BROWN BAG** - Sept. - Fair Trade with Rowena Gross, manager of 10,000 Villages.

## ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail-in registration, or phone with a credit card. Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$5 per class for Princeton residents and \$7 per class for non-residents.** Scholarships are available for those requiring financial help. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Borough Hall (BH), Henry F. Pannell Learning Center (HPLC).

### HEALTH & FITNESS

**AEROBICS** - M,W,F 9:15-10:15am, at SPB. A Recreation Department program of low impact aerobics. For fee and registration call 609-921-9480.

**BLOOD PRESSURE SCREENING** - Third Tuesday at Redding Circle 9am and third Wednesday at Spruce Circle 1pm. Open to the community. **No fee**

**CHAIR EXERCISE** - Monday, 11:30am & Friday, 11:00 am at SC. Chair exercises designed especially for people with arthritis, cardiac problems, emphysema & rheumatism.

**Instructor:** Leslie Hadley **Fee:** \$16/8 weeks (\$24 non-resident)

**DRUM GROUP** – Monday, 10:30 - 11:30am at SPB. Group music making is good fun **and** good for your health. It boosts endorphins, reduces stress and helps you relax. No experience required. All levels welcome. Drums provided or bring your own.

**Instructor:** Mauri Tyler **Fee:** \$25/summer

**PING-PONG** - Friday, 10:45-11:45am at SPB. Call if interested in joining the group. **No fee**

**STRENGTH TRAINING** – Tuesday, 11:00am at SPB. This class is a combination of aerobics, weight training & flexibility enhancement.

**Instructor:** Ed Sheehan **Fee:** \$25/summer(\$35 non-resident)

**TAI CHI** - Saturday, 8, 9:30 and 11 at SPB. A “soft” martial art for health, relaxation, longevity, balance.

**Instructor:** Suzanna DeRosa (Register directly with Suzanna at the class.) **Fee:** \$25/month

**YOGA** – Thursday, 9:30am at SPB. A class for relaxation, stretching & learning to focus.

**Instructor:** Trish Verbeyst & Andrea Sacchetti **Fee:** \$25/summer (\$35 non-resident)

### STUDIES

**AMERICAN LITERATURE for non-native readers of English**—Monday 12:30-2pm at SPB. Will resume in the Fall. Includes reading, broad discussion, selected grammar & vocabulary building. Appropriate for high intermediate & up ESL students.

**Instructor:** Bev Leach **Fee:** \$40/8 weeks plus book

#### ART:

**Wednesday** - 1:30-3:30 pm at SPB. Drawing & painting in mixed media.

**Instructor:** None. (Bob Iola returns in Fall) **Fee:** \$25/summer

**Thursday** - 1-3pm at SPB. Open Studio Time

**Instructor:** None. (Hannah Fink returns in Fall) **Fee:** \$25/ summer

**COMPUTER BASICS** - Wed., July 18 & 25, 10:30am – 12:30pm at SPB. A 2 session beginner class with the option to go further. Will introduce the computer and using the mouse, Windows, word processing, and the internet.

**Instructor:** Joe Rosenthal **Fee:** \$20/2 weeks (\$30 non-resident)

**COMPUTER LAB** – Tues, 1:00 - 4:00pm at SPB. Basic introduction helps those who have a fear of computers become comfortable with terminology & concepts. Hands-on help with the Internet also available.  
**Technical Assistant:** Bruce Kemp **No Fee**

**LITERATURE** -Tues, 1-3pm at SC. Next session starts in Fall. Topic: “Famous Museums of the World”  
**Instructor:** Prof. George Ingenbrandt **Fee:** \$40/ 8weeks (\$56 non-resident)

**MEMOIR WRITING** - meeting informally as a club for the summer. Are there events from your life that you always meant to write about, but never found the time? This group shares & discusses their writing.  
**No Fee**

**THE WONDER OF WORDPLAY** - Mon, 1:30-3pm at SPB. Join an ongoing group to read, discuss & write poetry. No writing experience required, only an interest in a journey to a realm of poetic language.  
**Instructor:** Rice Lyons **Fee:** \$20/8 weeks (\$30 non-resident)

## GAMES

**BINGO**– Mon - 6pm at SC **No Fee**  
 Mon– 6pm, Tues - 2pm, Fri - 6pm at Elm Court

**DUPLICATE BRIDGE** - Thurs 1:00pm at SPB. A sanctioned game run by Bill Miller. **Fee: \$7/ person**

**SOCIAL BRIDGE**—Tue 1-4pm at SPB. Come and play a friendly game of cards. **No Fee**

**ADVANCED BEGINNER BRIDGE CLASS**— Thursday 10-12 am. Will start when enough enrollment.

## SUPPORT

**CAREGIVERS SUPPORT GROUP** - Second Monday, 1:00pm at SPB. Share support and resources with other caregivers. **Facilitator:** Susan Hoskins, LCSW **No fee**

**CHILDREN OF AGING PARENTS**– Second Wednesday, 4:30-6pm at SPB. Support for adult children who have concerns about aging parents. **Facilitator:** Susan Hoskins, LCSW **No fee**

**COPING WITH BEREAVEMENT** – Meets 3<sup>rd</sup> Monday, 1-2:30 pm at SPB. You can attend once or regularly. For more information, call 609-497-4900 and ask for “Hospice”.  
**Facilitators:** JoAnn Laveman, LCSW & Cheryl Regis, Univ. Med. Ctr, Prin. Homecare Dept. **No fee**

**LET’S TALK & LET’S TALK TOO** – Wednesday, 10:30-noon at RC and 3:00pm at SC. Share support, resources, relaxation and light refreshments.  
**Facilitators:** Susan Hoskins, LCSW, Paula Slamowitz, LSW **No fee**

**LET’S TALK IN ENGLISH & LET’S TALK ENGLISH TOO** – Wednesday, 1:30pm at Spruce Circle & Thursday, 10:00am at Redding Circle. Conversation groups for adults over 55 who are not native English speakers. All languages welcome.  
**Facilitators:** Celia Lidz, Sue Tillett & Ruth Randall **No fee**

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## SERVICES

**INFORMATION & REFERRAL** – We have the most comprehensive information on programs and services available to seniors in the Mercer County area, including entitlement programs, housing alternatives, support services & more. Appointments for Food Stamps & Legal Service call 609-252-2362.

**TRANSITIONS** - Individual and/or family consultations or counseling are available when faced with a life transition such as loss, moving, and/or health events.

**CAREGIVER RESOURCE CENTER** – Caregivers of all ages can find information, support, consultations and a resource library at SPB. Let us assist you in providing care for an older adult.

**PSRC PUBLICATIONS** – Copies of “Alternative Living Arrangements for Seniors” and the “Community Resource Directory” available at Spruce Circle and the Suzanne Patterson offices.

## VOLUNTEERING

**AARP Tax Aide:** AARP will train you to do simple tax returns on a computer. Train for 2 weeks in January, then help in tax season Feb - April. Call Carol Ober 252-1167.

**GrandPals:** Senior volunteers take their passion for learning into the public schools to read with kindergarteners or provide extra assistance for those who need it. Call Olivian Boon at 924-7108 for Fall session.

**HomeFriends:** Volunteers are matched with home-based older adults to help with shopping and other light tasks as well as bring cheer and friendship. Call Susan Kugler at 252-2362.

**Folders:** We need volunteers to help prepare *Mature Princeton* for mailing on the third Thursday of every month at Spruce Circle. Call 924-7108.

**Red Cross** is seeking volunteers to deliver Meals on Wheels. Call Rose Berger at 951-2121.

**Ride Provide** is seeking volunteer drivers. You can earn credits toward your own future use, or for someone else. Call 452-5144.

**SHIP** is seeking new volunteer counselors to help Seniors understand their Medicare benefits. Call Shirley Roberts at 631-6819 for more information.

## ALSO OF INTEREST

**AMERICAN RED CROSS OF CENTRAL NEW JERSEY “MEALS ON WHEELS”** program provides hot meals & sandwiches daily, to elderly & disabled in Princeton, Hightstown, East Windsor, West Windsor, Kingston, Rocky Hill & Plainsboro areas. To enroll or volunteer call (609) 951-2121.

**AARP**– Meetings are the 3rd Friday of the month, 1:30pm, held at Kingston Presbyterian Church, Rt. 27 in Kingston. For general info: 866-542-8165.

**COUNTY NUTRITION PROGRAM**– every weekday at Mt. Pisgah Church –lunch, transportation and activities. Call 609-921-1104 for more information.

**CROSSTOWN 62**– taxi service with **RIDE PROVIDE** (an affiliate of Greater Mercer TMA). Runs from 8am - 5pm, first 90 minutes for medical appts. Reservations taken 10-2 weekdays, need 2 days advance notice. Cost \$2 each, payable with vouchers that are available through Human Services or PSRC offices. To regis-

ter, call Human Services at 924-6162. To schedule rides, call 452-5144.

**RIDE PROVIDE** (formerly known as ITN) uses a team of volunteer and paid drivers to help seniors & visually impaired get around Mercer County. There is an annual membership fee of \$35. Ride fees are based on zones and cost \$6, 10 or 15 per ride. Princeton is one zone. The area covered is a 10 mile radius from Quaker Bridge Mall and rides are available 24/7. Call 609-452-5144 between 10-2 with 2 days notice (note new phone number).

**PAAD**— Pharmaceutical Assistance to the Aged and Disabled is a state-funded program to help pay for prescription medicines and certain pharmacy items. Eligibility for **2007**: Individual \$22,572, couple \$27,676. Eligible persons pay \$5 per prescription. **SENIOR GOLD** qualifies persons with income up to \$10,000 above PAAD limits. Call 609-989-6661 or 877-222-3737.

**PRINCETON GET-AWAY CLUB**: is accepting new members now. If interested, call Rosemary at 921-6320.

**REASSURANCE CONTACT**—Be a volunteer or a recipient of a daily call at a prearranged time. Calls to seniors or disabled adults provide a daily check on safety and well-being. Affiliated with CONTACT, a 24 hour crisis hotline. Call 883-2880 for information.

**SENIOR CITIZEN CLUB** –No club meetings for July & August. For information about joining call 609-921-8857. Bus trip to Showboat Casino in AC - Thurs., July 19, 9am - 7pm, \$22. Call Betty Davison for reservation: 924-2302.

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**SCHOLARSHIP ASSISTANCE**: Scholarship assistance is available for those who find the cost of a class to be a strain on their budget. Please contact Susan Hoskins at 924-7108 to find out more.

**PSRC Refund Policy:**

A \$10 processing fee will be applied to all requests for refunds. Up to one week before the start of a class you may ask for a refund, to which a \$10 processing fee will be applied, or switch to another class.

If you cancel out of a class after it has started and ask for a refund, you will be charged for each class attended or missed up to that point plus the \$10 processing fee.

Cancellations - In the event that your class has been cancelled because of insufficient enrollment, PSRC will notify you. You may transfer to another class or receive a full refund. Refunds take two to three weeks to process.

**MAIL-IN CLASS REGISTRATION - Check, Money Order or Credit Card only (Detach here)**

NAME \_\_\_\_\_ PHONE (\_\_\_\_\_) \_\_\_\_\_

ADDRESS \_\_\_\_\_  
(Street) (City) (State) (Zip)

| <u>CLASS NAME</u> | <u>DATE OF CLASS</u> | <u>CLASS FEE (if any)*</u> |
|-------------------|----------------------|----------------------------|
| _____             | _____                | \$ _____                   |
| _____             | _____                | \$ _____                   |

Please charge my:  VISA  MasterCard or  Check/Money Order enclosed for \$ \_\_\_\_\_

**Credit Card Use Only -**

ACCOUNT # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_/\_\_\_\_

**\*Please make checks/Money Orders payable and mail to:**

**PSRC  
45 Stockton Street  
Princeton NJ 08540**

Sig-

**FOR OFFICIAL USE ONLY:**

nature

Ck # \_\_\_\_\_  
Date \_\_\_\_\_  
Initials \_\_\_\_\_

PSRC  
at Spruce Circle  
& Suzanne Patterson Building  
45 Stockton Street  
Princeton NJ 08540

info@princetonsenior.org

www.princetonsenior.org

SPB Office: 609-924-7108

Fax: 609-497-1977

SC Office: 609-252-2362

SC Fax: 609-924-9305

HomeFriends funded by



Thanks to GE  
Healthcare for sup-  
porting Mature  
Princeton



**SHIP** – State Health Insurance Assistance Program – To schedule an appointment with a counselor for Medicare & health insurance benefits/options information, call: 609-584-5900 and use option 1.

**TRADE** - Mercer County supported program to provide transportation assistance at no cost to elderly, low income or disabled Princeton residents. Call (609) 530-1971 between 9am - 3pm for reservations. Wheelchair van available on request.

**Duplicate Bridge** is off and running thanks to Bill Miller. Games start at 1:00pm on Thursdays at SPB. Fee: \$7. Every effort is made to find partners. Call Bill at (908) 872-7927 for info or e-mail BillsBridge@gmail.com.



**Support PSRC All Year** by donating your used cell phones, McCaffrey's Receipts, paying Patriot bills at Spruce Circle, thinking of us with your charitable giving and memorial donations. Thanks!

Non-profit Org.  
US Postage Paid  
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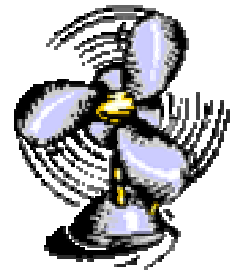
PSRC  
45 Stockton Street  
Princeton NJ 08540

## Free Air Conditioners

The United Way of Mercer County and Mercer County Office on Aging are again making small window air conditioners available to low income seniors. One must have income below 200% of the poverty level, income under \$2000 and a chronic health condition to qualify. To find out more, call the Spruce Circle office at 252-2362. Offer good while supplies last.

## Farmers Market Coupons

Once again this year, Mercer County Nutrition Program will make \$20 in Farmers Market coupons available to eligible seniors. Eligibility is income under 185% of poverty level. Call the Spruce Circle office for more information: 252-2362.



### SUPPORT PSRC ALL YEAR LONG:

- Bring us your **McCaffrey's Receipts** or send them to us in the mail.
- Bring your **Patriot Media** payment to one of our offices. You can also return or exchange remotes and converter boxes at Spruce Circle.
- Drop off your old **cell phones** at either office. We receive payment (amount depends on model) for recycling them. All phone memories are "wiped" in the process. Chargers & accessories not required. Plus it keeps harmful materials out of the landfills.

We get a percentage on these transactions. Thanks!

