



LAUGHTER KEEPS YOU YOUNG

PSRC'S FALL BENEFIT
"A NIGHT OF COMEDY"
featuring
Bob Nelson
& the Stress Factory's
Vinnie Brand
Co-hosts Bill Spadea &
Jessica Gibson

SATURDAY, OCTOBER 6
7:00 p.m.

To purchase tickets, visit
<https://psrcccomedy.bpt.me>,
or find the link on our website
princetonsenior.org.

THE EVERGREEN FORUM

Evergreen Forum Fall 2018

**Most classes begin the
week of September 24th**

PSRC September Closures:

MONDAY, SEPTEMBER 3RD
IN HONOR OF THE LABOR DAY HOLIDAY.

WEDNESDAY, SEPTEMBER 19TH
IN HONOR OF THE YOM KIPPUR HOLIDAY.

PSRC NEWSLETTER:

It's time to sign up for the PSRC paper newsletter. Enjoy the convenience of having it delivered to your home mailbox. Our annual subscription rate is \$10 for September 2018 through August 2019. Don't miss out on all that's happening at PSRC! (Use the form located on page 11 of this newsletter.)

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.924.7108
Monday–Friday
9:00 a.m. to 5:00 p.m.

SPRUCE CIRCLE OFFICE

179 Spruce Circle
(off N. Harrison Street)
Princeton, NJ 08540
Phone: 609.252.2362
Monday–Friday
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org
princetonsenior.org

*PSRC's refund policy may be found
on the website under the "Who We Are/
General Information" tab.*

*A non-profit organization
serving our community*

BOARD OF TRUSTEES

Bradley Bartolino
Donald Benjamin
Liz Charbonneau
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FROM THE EXECUTIVE DIRECTOR ANNUAL REPORT

It has been another busy year at PSRC. In reflecting on the year, the thing that stands out most to me is the many ways that we implemented new technology.

- The new website was introduced in June. It is easier to navigate, mobile-friendly, and has updated information and resources.
- We moved to electronic newsletters and eblasts while continuing a print option by subscription. This was both cost-saving and enables us to make updates/corrections after going to press.
- We installed the new electronic sign board at the Suzanne Patterson Building, creating an opportunity to let you know about upcoming events, important tips, and the day's activities.
- You have noticed that we encourage online registration. Tracking all programs in our database and conducting evaluations helps us plan and manage programs better.
- Staff and board are also using SharePoint to share and archive documents.

PROGRAM HIGHLIGHTS INCLUDE:

- "Then & Now: Growing Up African American in Princeton," featured two generations of local residents who shared their stories and engaged with the audience.
- "Coming of Age in An Aging America," a collaboration with the Princeton Public Library, showed a video followed by panel discussion on the need to adapt to an America with more older adults than children.
- Participation in the community-wide collaboration Migrations, included (at PSRC) art shows, lectures, TED talks, book discussion groups, and a Sharing Migration Stories group. PSRC also participated in the community-wide Welcoming Princeton effort.
- We presented several lectures, including authors and artists.

PROGRAMS 2016–2017 /

PROGRAMS 2017–2018
(13% increase in programs offered)



- We offered more FYI programs on a wide range of topics including health, wellness, and personal safety.
- The Fall Conference, "Technology and You," presented 11 workshops and a resource fair, drawing the largest attendance ever.
- The Health & Flu Fair featured health screenings, vaccinations, and information from state and local government agencies.
- Hit movies, documentaries, and opera videos were shown and TED Talk discussions continue to be popular.
- We continue to offer retirement programs, including a lecture series at the Princeton Public Library and groups.
- Evergreen Forum offered 28 classes for almost 600 students each semester. It is working well to use the Presbyterian Church of Lawrenceville for many of the classes. Our lifelong learning programs are both popular and expanding.

EVERGREEN 2016–2017 /

EVERGREEN 2017–2018
(12% increase in attendance)



- Technology lab and classes have been very popular, and we deeply appreciate the volunteers who help every week.

SUPPORT SERVICES:

- We were pleased to reopen Mercer County's Nutrition site in Princeton, offering lunch and socializing daily.
- Ridership with Crosstown Transportation continues to grow (as does the aging population).
- HomeFriends celebrated its 30th year, providing volunteer companionship to 24 people.
- More than 500 people attended a wide range of groups this year. Widows now welcome Widowers and Let's Talk in English has been re-envisioned as Global Conversations.
- PSRC's awareness of local resources and benefits continues to be our most valued service by the community, family members, and area professionals. Again, demand grows with the population.

GRANDPALS has had a year of smooth transition from longtime coordinators Olivian and Sallie to Wendy and Carla. Nearly 130 dedicated volunteers read to 300 elementary school children this year. Olivian and Sallie were celebrated at the annual luncheon.

THE DEVELOPMENT TEAM worked hard to support PSRC's programs and services, conducted an annual appeal, a major event, Rago luncheon, and a dance, as well as a special GrandPals campaign and grant writing. The number of annual corporate sponsors has grown. As a non-profit, PSRC relies on your generous support. Thanks to Janssen Pharmaceuticals, Inc., David Mathey, Curtis W. McGraw, Unitarian Universalist Church, and the Dorthea van Dyke McLane Association foundations for supporting our support services, and to the Robert Wood Johnson III Fund, the George H. & Estelle M. Sands Foundation,

and the Municipality of Princeton for unrestricted support. Thanks to Bloomberg Philanthropies and The Bunbury Fund for supporting technology at PSRC, and to the George H. & Estelle M. Sands Foundation, Nordson Corporation, PNC Bank, Johnson Park, Littlebrook, and Riverside school PTOs, and campaign donors for supporting GrandPals.

In addition to work on the website, **MARKETING** has redesigned most of our communications, including the newsletter, enews, and event advertising.

PSRC is pleased to have David Cohen appointed as Liaison with Princeton Council, facilitating communication as we undertake the nutrition program and work on changes at the Suzanne Patterson Building, starting with upgrading the wifi.

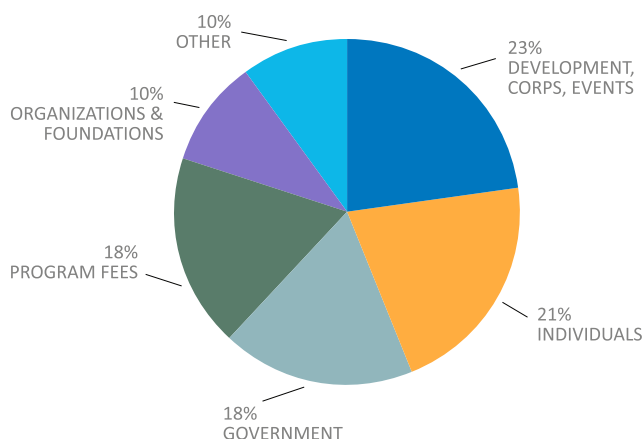
We are also happy to have established an advisory board to help the board and staff with strategic visioning and community awareness.

I do not need to tell readers of our monthly and weekly news that there is a lot to offer at PSRC. It would not be possible without a dedicated, collaborative staff; a steadfast board; and amazing volunteers who teach, assist in the lab, help at the front desk and with events, and serve as GrandPals and HomeFriends.

PSRC has made excellent progress on the current strategic plan, and is in good shape to pursue remaining goals in the coming year.

Susan W. Hoskins, LCSW
Executive Director

SUPPORT 2017–2018



PSRC STAFF

Susan W. Hoskins, LCSW
Executive Director

Fran Angelone
Crosstown Coordinator and
Office Manager, Spruce Circle

Donna Cosgrove
Director of Programs

Cathy Gara
Bookkeeper

Cheryl Gomes
Development Associate

Sharon Hurley, CVA
Director of Support & Guidance

Wendy Lodge
GrandPals Coordinator

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
Program Associate &
Rental Coordinator

Ken Peabody
Data Coordinator

Barbara Prince
Director of Development

Dave Roussel, MSW
HomeFriends and Care Coordinator

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
Program and Office Assistant

Kathleen Whalen
Communications Coordinator

SEPTEMBER PROGRAMS

Please register for all programs, classes, and events at princetonsenior.org.



FIRST FRIDAY FILM — “THE BATTLE OF THE SEXES”

Friday, September 7 at 1:00 p.m.

The true story of the 1973 tennis match between world number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

Starring: Emma Stone, Steve Carell, Andrea Riseborough

Running time: 2 hours, 1 minute



FYI SEMINAR — “EMERGENCY PREPAREDNESS”

Friday, September 14 at 1:00 p.m.

Preparing makes sense for everyone especially older Americans. This program will present information on how to evaluate your own personal needs and make an emergency plan. It will also outline how the Princeton Office of Emergency Management (OEM) and the Princeton Health Department are working together to offer resources that help our community be prepared. Kathy Korwin, RN, BSN and Carol Nicholas, RN, BA, Princeton Health Department Public Health Nurses.

Sponsor: Akin Care



FYI SEMINAR — “HOSPICE AND PALLIATIVE CARE”

Friday, September 21 at 1:00 p.m.

It is often challenging to make sound decisions during difficult times. Knowing what options are available greatly reduces stress and anxiety. Learn how hospice and palliative care programs provide help and support; their similarities and differences; and how they can make a positive difference.

Liz Cohen, LCSW, Hospice Social Worker with the Hospice Program of Princeton HomeCare, will present this invaluable program, which will include ample time to answer all your questions.

Sponsor: Penn Medicine Princeton Health



FYI SEMINAR — “MOVEMENT & PARKOUR FOR SENIORS”

Friday, September 28 at 1:00 p.m.

Parkour focuses on the art of movement through your environment in a safe, efficient, and confident

way. Chris Moran of Our Playful Nature will discuss this outdoor program with its emphasis on playful exploration mixed with creative and mindful movement to build fitness and prevent falls. Become stronger, more balanced, more capable, and more confident with your body.

Chris has been a personal trainer and strength and conditioning coach for the past 8 years and currently teaches Parkour.

Sponsor: Nightingale NJ Eldercare Navigators



TED TALKS

Every Tuesday at 10:30 a.m.

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:

September 11 — Brett Hennig: What if we replace politicians with randomly selected people

September 18 — Hyeonseo Lee: My escape from North Korea

September 25 — Julian Treasure: How to speak so that people want to listen (Recommended by Melanie Benson)

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “TO BUY OR NOT TO BUY: CLIMATE CHANGE AT THE JERSEY SHORE”

Friday, September 7 at 2:00 p.m.

This meeting will include a video conference about climate concerns and real estate at the Jersey shore. All are welcome.

WOMEN IN RETIREMENT — “3RD ANNIVERSARY CELEBRATION”

Friday, September 21 at 10:30 a.m.

Come and celebrate our third anniversary with a potluck brunch and lots of conversation. Join us in generating ideas for future programs and outings. Newcomers (or new members) are always welcome, along with everyone else!

TRANSITION TO RETIREMENT

Friday, September 21 at 3:00 p.m.

This group addresses the many kinds of issues that

MORE PROGRAMS

can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator.

AWARENESS THROUGH MOVEMENT: A FELDENKRAIS FOUR-PART SERIES

***Tuesdays, September 11, 18, 25 and October 2
9:00–10:00 a.m.***

Come and be open-minded about self-discovery and Feldenkrais benefits of sensory-motor learning which improves breathing, flexibility, coordination, and everyday movement. Each Feldenkrais class features a different “lesson” or theme that will involve lying on the floor, sitting in a chair, standing and walking, observing, and using imagination. Using verbally-guided attention, Feldenkrais Instructor, Jaclyn Boone will lead participants through gentle, non-strenuous movement sequences that evolve into more complex, comfortable, and efficiently coordinated movement patterns. **Fee: \$60 residents; \$80 non-residents. There is a 6-student minimum, otherwise class will be cancelled and refunds will be issued.**

MUSIC THROUGH THE DECADES

Wednesday, September 12, 10:00–11:00 a.m.

A comprehensive discussion of how societal changes have influenced music’s evolution. This is an interactive discussion and includes live guitar music of well-known songs. Registration required. No fee. ***Instructor: Sheli Monacchio, Director of Life Care Resources at Van Dyck Law***

GRANDPAL ORIENTATION

Monday, September 17, 11:00 a.m.–12:30 p.m.

You don’t have to be a grandparent to participate in GrandPals, the program that matches older adult volunteers with children in Princeton Public Schools to promote a love of books.

We will provide an overview of the program at the orientation, and you may sign up for one or more sessions. Please register online at princetonsenior.org or call 609.924.7108.

TECH WORKSHOP: TEXTING 101

Monday, September 24 at 10:00 a.m.

Topics covered will include: how to send and receive texts, texting pictures, texting lingo/ abbreviations, and general texting etiquette and guidelines. Android and iPhone users are welcome. Please bring your smart phone with you, as this is a hands-on class. Registration required. No fee. Class limit: 10. ***Instructor: Don Gould***

YOUR ENGAGED RETIREMENT: A LECTURE SERIES “MEDICARE: WHAT YOU NEED TO KNOW TO MAKE WISE CHOICES”

Monday, September 24 at 7:00 p.m.

***Princeton Public Library in the Newsroom
(PSRC and the Princeton Public Library are co-sponsoring this series of free informational lectures on a wide array of retirement issues.)***

The SHIP program offers free, confidential, and impartial advice on the various parts of Medicare, when and how to enroll, and what programs are offered to help with the costs of Medicare. For more detailed questions we have a fleet of trained SHIP counselors ready to help, but why not join our presentation for an overview first?

Marion Zajac is a certified volunteer counselor for Medicare.

LECTURE SCHEDULE:

Monday, October 22—Transition to Retirement (liberation and self-discovery)

Monday, November 26—Downsizing and Organizing

Stay tuned for 2019 topics

LOOKING AHEAD

HEALTH FAIR / FLU SHOT CLINIC

Tuesday, October 9th, 1:00 p.m.–4:00 p.m.

Flu shots will be administered until 6:00 p.m.

A free health fair with a variety of screenings and plenty of helpful information. Appointments for flu shots are recommended.

Go to princetonsenior.org to make an appointment starting September 18th.

SEPTEMBER PROGRAMS

Register now online at princetonsenior.org. Financial assistance is available if needed.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

EARLY BIRD AEROBICS

Every weekday morning, 8:00–8:45 a.m.

\$60/month or \$10/session to drop in

AEROBICS

Monday, Wednesday, Friday, 9:15–10:15 a.m.

\$64/residents; \$128/non-residents; 13-week session

Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30 p.m.

Drop-in; free.

CHAIR YOGA

Tuesdays, 9:30–10:30 a.m.

\$72/residents; \$96/non-residents; per quarter

EVERY BODY WALK!

Tuesdays and Thursdays, 10:00 a.m. FREE

This program is available from March through November and meets in different outdoor locations. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by Progression Physical Therapy and PSRC.

YOGA

Thursdays, 10:00–11:00 a.m.

\$72/residents; \$96/non-residents; per quarter

SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m.–12:30 p.m.

Fridays, 12:00–1:00 p.m.

\$48 per quarter



ENRICHMENT

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.

\$26/residents; \$35/non-residents; per month

WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.

\$36/residents; \$48/non-residents

MULTIMEDIA ART WITH HANNAH FINK

Mondays at 1:00 p.m.

\$26/residents; \$35/non-residents; per month

WORD PLAY (POETRY) WITH RICE LYONS

Mondays at 2:00 p.m.; \$5/per quarter

PAINTING WITH CHRISTINA RANG

Wednesdays at 1:30 p.m.

Painting with watercolor and acrylics.

\$26/residents; \$35/non-residents; per month

COSMOLOGY

Thursdays at 9:45 a.m.

\$5/per quarter. Peer-led science discussion.

Contact brucewallman@gmail.com for more information.



GAMES

SCRABBLE & OTHER GAMES

Tuesdays, 12:00 noon; free.

Let us know if there's a game you'd like to play!

SOCIAL BRIDGE

Tuesdays, 1:00–4:00 p.m.; free.

MAH JONGG

Tuesdays, 1:00–4:00 p.m.; free; BYO set



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone or tablet, or use our desktops.

- Tuesday 1:00–4:00 p.m.

- Wednesday 1:30–4:00 p.m.

- Friday 10:00 a.m.–12:00 noon

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

Is It Time to Cut the Cable?

Last Fall, I penned (typed) an article about YouTube, which brings you a world of videos, from thought-provoking (*Intelligence Squared* discussions) to informative (PBS *NewsHour*) to joyful (Gorilla Babies), and everything in between.

YouTube is called a “streaming service,” because you watch the video as it’s delivered (streamed) via the internet from YouTube’s servers to your computer (or tablet or “smart” TV). You can select exactly which video to watch when you want to watch it. And it’s free.

Now, we’ve been cable TV subscribers for 35 years, and our collection of TV gear includes a digital video recorder (DVR) and three set-top boxes around the house that offer 315 channels, of which we watch four. (I used to watch the Dryer Channel—especially calming after a long day at the Technology Lab.)



YouTube TV offers local TV and cable channels...

We also pay Verizon for internet and phone service—a so-called a “triple-play” package—all for \$225/month. Last year, we subscribed to Netflix and HBO-Now, both premium streaming services that aren’t part of our Verizon package, but that we can watch on any device—computer, tablet, or TV with an inexpensive “streaming device.”

Recently, YouTube began selling a new streaming service called YouTube TV for \$40/month, which includes live, local TV station broadcasts, and a few dozen “cable” channels, such as MSNBC, Fox News, ESPN, and so on. And that’s a game changer, because you only need internet service—not TV program service—to watch “TV” on ANY device in your home. YouTube TV also lets you save programs on its servers to watch at your convenience—like a virtual DVR.

I wanted to get rid of all my Verizon gear, most of the 315 channels, and button-bound remotes and use a streaming service, but YouTube TV doesn’t offer (for now) HGTV, which my wife likes.

When Hulu TV began offering TV service (\$40/month—a coincidence? I think not.) that includes HGTV, we decided it was time to take the bold step

and drop our TV service in favor of a dual package of insanely high-speed (gigabit) internet service plus phone for \$145/month. (The phone service is only \$10). My smart TV¹ has Hulu built in, and by adding three Roku streaming devices for \$30 each to our other TVs, we can now watch anything we want on any TV, tablet, or computer. The DVR, cable boxes, 315 channels, and remotes went back to Verizon.

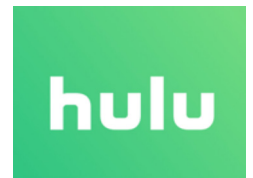
Hulu TV lets you set up individual “profiles” for your family members allowing them to select the channels and programs they like to watch. The remote controls (either for a smart TV or streaming device like Apple TV or Roku) are simple. And you can watch anything—live or recorded—on any device, even when you’re out of town, as long as you have internet service. TV in bed? Not a problem—just grab your smart phone along with your Teddy Bear (or spouse). On a boat or with a goat? Here, There, and Everywhere? Sure.

Are we saving any money? Not much—maybe \$20 a month—because triple-pay packages offer discounts on the individual services, and when you unbundle them, the separate services are more expensive. YouTube TV and Hulu have fine-tuned their monthly costs to be competitive, but only a bit, and I had to pay Hulu another \$15/month to allow us to skip recorded commercials. Bummer.

That said, cable providers are losing TV customers who have discovered streaming services, so this isn’t a passing fancy. But there’s no rush, either. I’m confident that streaming services will offer more channels and conveniences in the months and years to come, and we’ll all learn more.

For additional information on streaming services, pick up a copy of the August 2018 edition of *Consumer Reports*, “Dear Cable TV, You’re Fired!”

If you need help with streaming services, please visit our Technology Lab on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4 p.m., or Fridays from 10:00 a.m. until 12:00 noon.



Live TV

...as does Hulu with Live TV

¹ Smart TVs allow you to install “apps” such as YouTube, or Hulu, or HBO-Now, like a tablet or smart phone. You can make most any TV into a smart TV by adding an inexpensive streaming device such as a Roku, Amazon FireTV, or Apple TV.

A QUICK GUIDE TO AREA RESOURCES

Access Princeton
609.924.4141

Affordable Housing
609.688.2053

Arm-in-Arm
609.921.2135

Central Jersey Legal Services
609.695.6249

Community Without Walls
609.921.2050

Cornerstone Community Kitchen
609.924.2613

Funeral Consumers Alliance
609.924.3320

Meals on Wheels
609.695.3483

Mercer County Nutrition Program
609.989.6650

Mercer County Office on Aging
609.989.6661 or 877.222.3737

NJ Consumer Affairs
973.504.6200

NJ Division of Aging Services
800.792.8820 x352

One Table Café
609.924.2277

PAAD (Pharmaceutical Aid)
800.792.9745

Princeton Community Housing
609.924.3822

Princeton Housing Authority
609.924.3448

Princeton Human Services
609.688.2055

Princeton Police (non-emergency)
609.921.2100

Princeton Public Library
609.924.9529

Reassurance Contact
609.883.2880

Ride Provide
609.452.5144

Senior Care Services of NJ
609.921.8888

Senior Citizen Club
609.921.0973

Social Security
800.772.1213

SHIP (Medicare)
800.792.8820

T.R.A.D.E.
609.530.1971

SUPPORT & GUIDANCE

New Medicare cards for NJ beneficiaries

As reported on the AARP website (aarp.org), The Centers for Medicare and Medicaid Services (CMS) announced the seven-stage rollout schedule for the replacement card, which has been redesigned to prevent fraud. The card is still red, white, and blue, but it no longer includes a Social Security number, gender, signature, or other personal information that could compromise a Medicare beneficiary's identity.

The new cards have an 11-character, randomly assigned number that has no connection to a beneficiary's other personal data. Medicare has until December 2019 to get recipients their new card.

The mailing schedule for the following states is after June 2018: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Rhode Island, Vermont.

Before the mailing begins, beneficiaries should make sure their addresses are correct. If you need to make a change, contact the Social Security Administration, which will be preparing and mailing the cards, at ssa.gov/myaccount or by calling 800.772.1213.

CMS also wants beneficiaries to beware of anyone who contacts them about their replacement Medicare card, as scammers have already targeted recipients with new ploys. CMS officials say they will never ask a beneficiary for personal or private information or for any money as a condition of getting a new Medicare number and card.

Program Highlight: HOMEFRIENDS

Do you know someone who needs additional assistance in their home? We have volunteers ready!

HomeFriends is a friendly visitor program for home-based seniors and people with disabilities in the greater Princeton area. It was created by the Princeton Senior Resource Center (PSRC) in 1987, in response to a growing need for companionship and assistance. Volunteers visit for an hour or two each week. The HomeFriends Coordinator, Dave Roussell, MSW, LSW, is a licensed social worker who can assist recipients with navigating the array of community resources available. There is no cost for this program.

If you are interested in hearing more about the HomeFriends program, please contact Dave at 609.252.2362.

GRANDPALS ORIENTATION 2018–2019



Shown here at Johnson Park School (from left), Isabella Reyes and GrandPal Stephanie Ives get ready to spend a half hour reading together. To recruit volunteers for the coming school year, an event will be held at PSRC's Suzanne Patterson Building, 45 Stockton Street, Monday, September 17 at 11:00 a.m. Most volunteers read once a week with

children during the day. Please register online at princetonsenior.org or call 609.924.7108.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and rehab (prescription for rehab therapy is required).

DAYTIME FREE-B BUS

A 70-minute loop around town, Monday–Saturday. (No service to PSRC on Saturdays.) **New schedules** and map are available at PSRC, municipal buildings, and on the bus.

GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: gogograndparent.com.

RIDE PROVIDE

Membership door-to-door service in Mercer County. Call 609.452.5144 for more information.

For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)



GROUPS

BEREAVEMENT

Monday, Sept. 17th at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, Sept. 17th at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, Sept. 13th at 4:30 p.m.
(Second Thursday of each month)
Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m.–12:00 noon
Call 609.937.8496 to attend.
Elm Court

GRANDPARENTING

Tuesday, Sept. 18th at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesdays at 1:00 p.m.
Drop in for knitting and conversation.
Spruce Circle

LET'S TALK

Wednesdays at 2:45 p.m. at Spruce Circle

GLOBAL CONVERSATIONS

Mondays at Spruce Circle at 1:00 p.m.
Fridays at Redding Circle at 9:30 a.m.

MEN IN RETIREMENT

Friday, Sept. 7th at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, Sept. 11th & 25th at
10:30 a.m. (Second and fourth
Tuesdays of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, September 21st at 3:00 p.m.
(Third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, September 21st at 10:30 a.m.
(Third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

SEPTEMBER 2018

Monday

Early Bird Aerobics

Monday through Friday
8:00 a.m.

Nutrition Program

Monday through Friday
10:00 a.m.

Tuesday

Table Tennis

Monday, Wednesday,
Friday
12:30 to 4:30 p.m.

Wednesday

Locations:

CH - Corner House
EC - Elm Court
MH - Monument Hall
PPL - Princeton Public Library
RC - Redding Circle

Thursday

SC - Spruce Circle
SPB - Suzanne Patterson
Building
Various — Call Progression PT
for locations: 609-454-3536

Friday

3

CLOSED FOR LABOR DAY

4

9:30 Chair Yoga - SPB
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Knit Wits - SC

5

9:15 Aerobics - SPB
1:30 Painting with Christina - SPB
1:30 Technology Lab - SPB
2:45 Let's Talk - SC

6

9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various

7

9:15 Aerobics - SPB
9:30 Global Conversations - RC
10:00 Technology Lab - SPB
10:00 Crafty People - EC
12:00 Chair Exercise - SC
1:00 First Friday Film - SPB
2:00 Men in Retirement - MH Main

10

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life - MH - E Conf
11:30 Chair Exercise - SC
1:00 Art with Hannah - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB

11

9:00 Feldenkrais Class - SPB
9:30 Chair Yoga - SPB
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
10:30 Next Chapter Widow/ers - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Knit Wits - SC

12

9:15 Aerobics - SPB
10:00 Music Through the Decades - SPB
1:30 Painting with Christina - SPB
1:30 Technology Lab - SPB
2:45 Let's Talk - SC

13

9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various
4:30 Children of Aging Parents - SPB

14

9:15 Aerobics - SPB
9:30 Global Conversations - RC
10:00 Technology Lab - SPB
10:00 Crafty People - EC
12:00 Chair Exercise - SC
1:00 FYI Seminar - SPB

17

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life - MH-E Conf
11:00 GrandPals Orientation
11:30 Chair Exercise - SC
1:00 Art with Hannah - SPB
1:00 Global Conversations - SC
1:00 Bereavement - CH-19
2:00 Word Play - SPB
2:15 Caregivers - MH East Conf Rm

18

9:00 Feldenkrais Class - SPB
9:30 Chair Yoga - SPB
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Grandparents Group - SPB
1:00 Knit Wits - SC

19

CLOSED FOR YOM KIPPUR

20

9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various

21

9:15 Aerobics - SPB
9:30 Global Conversations - RC
10:00 Technology Lab - SPB
10:00 Crafty People - EC
10:30 Women in Retirement - SPB
12:00 Chair Exercise - SC
1:00 FYI Seminar - SPB
3:00 Transition to Retirement - SPB

24

9:15 Aerobics - SPB
10:00 Tech Workshop - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life - MH-E Conf
11:30 Chair Exercise - SC
1:00 Art with Hannah - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB

25

9:00 Feldenkrais Class - SPB
9:30 Chair Yoga - SPB
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
10:30 Next Chapter Widow/ers - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Knit Wits - SC

26

9:15 Aerobics - SPB
1:30 Painting with Christina - SPB
1:30 Technology Lab - SPB
2:45 Let's Talk - SC

27

9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various

28

9:15 Aerobics - SPB
9:30 Global Conversations - RC
10:00 Technology Lab - SPB
10:00 Crafty People - EC
12:00 Chair Exercise - SC
12:30 Senior Citizen Club - SPB
1:00 FYI Seminar - SPB

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THEME: Planning for the Future

- Financial: how recent tax changes can affect your financial plan
- Legal
- Adapt your home
- Housing Options: rent, buy, continuing care
- Downsize & Organize: how to move from a larger space to a smaller one
- Maximizing home care dollars



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