

HEALTH FAIR AND FLU SHOT CLINIC

TUESDAY, OCTOBER 9th
1:00–4:00 p.m.

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

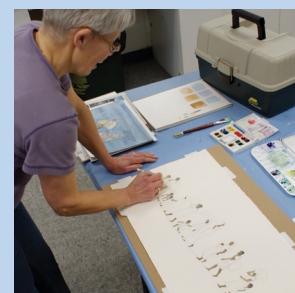
Collaborative health fair with the Princeton Health Department, Penn Medicine Princeton Health, and other social service providers. Representatives from various local, county, and state resources will be providing useful information.

Go to princetonsenior.org to schedule a flu shot appointment time, or call us if you have questions: 609.924.7108. Crosstown will provide free rides to registered riders.



SIGN UP TIME!

IT'S TIME TO
REGISTER FOR OUR
FALL QUARTER AND
OCTOBER CLASSES.



2018 FALL CONFERENCE MONDAY, NOVEMBER 12

“Securing Your Future – Home, Legal, Financial”
8:30 a.m. – 12:00 noon

How Tax Changes Can Affect Your Financial Plan

Estate Planning for the Second Half of Life

Home: Adapt It and Love It

Real Estate: To Sell or Not to Sell

Downsizing: From Chaos to Calm

Maximizing Your Homecare Dollars

Online registration opens October 16th.
Suggested donation \$10 per person.

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
Joan Girgus
Jane Gore
Kate Hall
Lee Harrod
Elaine Jacoby
Michael Kenny
Josh Lichtblau
Anna Lustenberg
Joseph Maida
Reid Murray
Dave Saltzman
Surinder Sharma
Harpreet Sidhu
Fiona Van Dyck



FROM THE EXECUTIVE DIRECTOR

RETIREMENT GETS PERSONAL

I think I am probably a typical baby boomer. I don't feel "old" but I'm not young. I see myself staying active into my 70s and 80s, but I don't have the energy I had at 30.

Working at PSRC has been a great place to think about my own aging. Lessons from 15 fall conferences and dozens of "For Your Information" sessions, the Engaged Retirement program, and professional development programs have slowly seeped into my awareness. I have also gained so much knowledge from all of you as you navigate your aging process.

So, as I neared that mass of "10,000 boomers turning 65 each day," I have wondered what my next chapter should look like. I began to imagine part-time work that continues to make a difference, where I can use my social work and leadership skills. After considerable thought, I have decided it is time to pass the role of PSRC Executive Director on to the next leader. Several factors have contributed to this decision at this time.

1. PSRC is a really strong organization. We have a skilled, capable staff who collaborate well and are dedicated to PSRC. We have a committed board, instructors, volunteers,

participants, and donors who care about the future of the organization. PSRC is highly regarded in the wider community. The culture of a welcoming and respectful community is pervasive and underlies all that we do. The organization is financially stable, and has a clear strategic vision. The organization can navigate a change with this support.

2. I have been here nearly 17 years, and I believe that organizations benefit from new leadership, vision, passion, and energy every 15 years or so. A new leader brings new connections and ideas.
3. There are things I want to do while I do have the health and stamina, including volunteering and travel.
4. My parents (at 93 and 96) have wandered into that twilight world of dementia, and while they are well cared for in a residential care community, they rely on me to be their lifeline to the world, and to manage everything for them.
5. My husband retired last June, and my grown children live in New York and Los Angeles, so we want to do more travelling and see them more often. Our evening

home life is no longer filled with homework (and PSRC paperwork).

6. And recently an opportunity became available that is the only thing I have ever imagined I might leave PSRC for: Executive Director of the Friends Foundation for the Aging. I have been on the board for 10 years. It is part-time, home-based, and brings together my passions for the aging field and Quakerism as well as presenting an opportunity to be more engaged in philanthropy.

I love PSRC and am proud of what it has become. It is very

hard to leave. Together, we have built a treasured organization. I will be here through the transition and orientation period and will continue to support PSRC as appropriate. I will do all I can to support my successor, whatever s/he requires. I trust that you will do the same. What we offer the community is more important now than ever, and I can't wait to see what new heights are reached under new leadership! Thank you again for your support all these years.

*Susan W. Hoskins, LCSW
Executive Director*

FROM THE BOARD PRESIDENT

Dear Members of the PSRC Community

I am writing with the news that our beloved and esteemed Executive Director, Susan Hoskins, will be leaving PSRC by the end of the year.

Susan has been the guiding force behind PSRC for nearly 17 years, enhancing its growth and creating a distinguished center for lifelong learning that is recognized across the state. She leaves a PSRC that is a strong, diverse, vital resource for older adults in the greater Princeton community. Unfortunately for us, but happily for Susan, she was offered a position close to her heart, which she will begin in the new year.

On behalf of a grateful Board of Trustees, we wish Susan much happiness and fulfillment in the years to come and will always be deeply appreciative of her dedication, professionalism and the measure of excellence

which she brought to her leadership at PSRC, each and every day of her tenure.

The board has taken the important next step of forming a Search Committee, chaired by Liz Charbonneau and including trustees Kate Hall, Josh Lichtblau, and Joe Maida. They in turn have contracted with nonprofit consultant, Jamie Kyte Sapoch, to work with them to facilitate the search process.

Finding an excellent new leader for PSRC is the board's highest priority and we feel confident in the process being created to do so. Thank you for your continued commitment to PSRC and I look forward to keeping you apprised of any new developments in the search this fall.

Sincerely,

*Michael Kenny
Board President*



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 Roussell, MSW
HomeFriends and Care Coordinator

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
Program and Office Assistant

Kathleen Whalen
Communications Coordinator

OCTOBER PROGRAMS

It's time to register for our fall quarter and October classes.



FIRST FRIDAY FILM — “THE FLORIDA PROJECT”

Friday, October 5 at 1:00 p.m.

Set over one summer, the film follows precocious six-year-old Moonee as she courts mischief and adventure with her ragtag playmates and bonds with her rebellious but caring mother, all while living in the shadows of Walt Disney World.

Starring: Willem Dafoe, Brooklynn Prince, Bria Vinaite

Running time: 1 hour, 51 minutes



FYI SEMINAR — “INSURANCE 101: UNDERSTANDING YOUR PERSONAL INSURANCE”

Friday, October 12 at 1:00 p.m.

This seminar will include the basics of coverage for personal insurance, such as home and auto. With all the TV ads stressing price, most people need to better protect their assets. Questions about claims, why rates are so high, and what can people do to lower their rates are addressed. This is an interactive give-and-take discussion session where “real questions” and concerns are answered.

Mitchell Minkowsky has worked in personal lines of insurance for AAA and Rue Insurance. His prior work experience as a realtor has helped him to understand the impact and importance of properly insuring your home, automobile, and liability needs.

Sponsor: Artis Senior Living



FYI SEMINAR — “CONSTIPATION: HOW PHYSICAL THERAPY CAN HELP”

Friday, October 19 at 1:00 p.m.

Join Becky Keller, PT, MSPT, and Katrina Heath, PT, DPT, physical therapists specializing in pelvic wellness with Penn Medicine Princeton Health/Princeton Rehabilitation, and learn some simple ways to manage and improve constipation symptoms.

At the University Medical Center of Princeton, Becky Keller is the director of the outpatient rehab clinic and helped to develop the first outpatient hospital-based pelvic floor rehab program.

Sponsor: Penn Medicine Princeton Health



FYI SEMINAR — “POST 1850 GENEALOGICAL RECORDS AT THE NJ STATE ARCHIVES”

Friday, October 26 at 1:00 p.m.

Ms. Epstein will discuss the various records, held by the New Jersey State Archives, which can be used for genealogical research. New Jersey is one of the few states where many genealogical record sources are held on the state level and not by towns or counties. Her talk will cover New Jersey vital records, naturalization records, census records, court records, divorce records, wills & estate papers, military records, etc.

Bette Epstein is head of Reference Services for the New Jersey State Archives. She has an MLS (Masters of Library Science) from Western Michigan University, and a Certificate in Archival Administration from Columbia University.

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:

October 2 — Chetna Gala Sinha: How women in rural India turned courage into capital (suggested by Nyan Trivedi)

October 9 — no TED Talk (Health Fair)

October 16 — Joe Gibbia: How Airbnb designs for trust

October 23 — Christoph Niemann: You are fluent in this language (and don't even know it)

October 30 — Talithia Williams: Own your body's data

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “CAN WE LIVE FOREVER?”

Friday, October 5 at 2:00 p.m.

Join in on the discussion. All are welcome.

MORE PROGRAMS

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

WOMEN IN RETIREMENT — “MANAGING YOUR PASSWORDS”

Friday, October 19 at 10:30 a.m.

Do you use the same password for lots of websites? Do you wonder if the password you made up is any good? Are passwords really necessary? Please join us to learn how to tame the “password beast” with our WIR member and speaker Dina Kravets who is a retired computer scientist. All welcome.

TRANSITION TO RETIREMENT

Friday, October 19 at 3:00 p.m.

This group addresses the many kinds of issues that 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.

SPECIAL EVENTS/CLASSES

FREE HEALTH FAIR & FLU SHOT CLINIC

Tuesday, October 9, 1:00–4:00 p.m.

The health fair includes a variety of screenings and plenty of useful information. Bring your Medicare Part B, Medicaid, or another qualifying insurance card; the Princeton Health Department is subsidizing the cost of the shots for the uninsured. You don’t have to be a Princeton resident to get a flu shot, but you must be at least 18 years old. Go to our website at princetonsenior.org to schedule an appointment or call us if you have questions: 609.924.7108. Light refreshments provided by Princeton University Campus Dining.

HEALTHCARE DECISION WORKSHOP

Tuesday, October 23, 1:00–3:00 p.m.

Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of Five Wishes will be available to take home. Registration preferred. No fee

Instructor: Dave Roussell, MEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator

TECH WORKSHOP: IPHONE BASICS 1

Friday, October 26 at 10:00 a.m.

This course covers the basic operating features of the Apple iPhone, including the touch-screen interface, basic settings, security features, phone calls, text messages, contact list, calendar, email, and the app store. **(NOTE: This class does not cover Android phones, such as Samsung, LG, or Motorola).** Registration required. No fee. Class limit: 10. ***Instructor: Don Benjamin***

YOUR ENGAGED RETIREMENT: A LECTURE SERIES “TRANSITION TO RETIREMENT (LIBERATION AND SELF-DISCOVERY)”

Monday, October 22 at 7:00 p.m.

Princeton Public Library in the Newsroom

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

An interactive workshop focused on helping retirees and pre-retirees navigate this life transition. Both conceptual framework and practical tools will be offered to help attendees make their retirement years as rewarding and fulfilling as possible.

John George, Ph.D., is a licensed psychologist and David Roussell, MEd, MSW, LSW, is the Care Coordinator and HomeFriends Coordinator at PSRC.

COMING UP: ***Monday, November 26*** —
Downsizing and Organizing
Stay tuned for 2019 topics

LOOKING AHEAD

FALL CONFERENCE: “SECURING YOUR FUTURE”

Monday, November 12, 8:30 a.m. to 12:00 noon

Suggested donation \$10 per person.

- How Tax Changes Can Affect Your Financial Plan
- Estate Planning for the Second Half of Life
- Home: Adapt It and Love It
- Real Estate: To Sell or Not To Sell
- Downsizing: From Chaos To Calm
- Maximizing Your HomeCare Dollars

Online Registration Opens October 16th.

OCTOBER 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, 12:30–4:30 p.m.

Drop-in; free.

MINDFUL 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. Class is currently full. Call to be added to the waitlist.

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

Apps for Writers

I love to write. Besides these monthly Computer Guru articles, I also prepare our board's meeting agendas and minutes, write speeches I present at Princeton Toastmasters meetings, and compose occasional "thought pieces" for a weekly discussion group. My word processor has become essential to my existence as a human being (I may be overstating this a bit for effect).

Over many years, I've become quite proficient with Microsoft Word. Despite its complicated-looking buttons and menus, it's easy to use for simple documents. But, when you need to format the novel you're writing or prepare a resumé, Word's styles and templates are infinitely "tweakable," and its built-in spell-check, thesaurus, and grammar analysis tools are instantly available to help you proofread your masterpiece.

Word is part of Microsoft's Office 365 suite of programs that includes Excel (spreadsheets), PowerPoint (graphics and presentations), Outlook (mail), OneNote (a nifty electronic notebook), Publisher (newsletters, greeting cards, flyers), and Access (database). Office is available as an annual subscription for \$70 (one computer) or \$100 (up to six computers). Microsoft offers versions for Windows, MacOS, as well as Apple and Android tablets and smart phones. I've used all these versions, and they play well together.

Other (Free) Options

But you don't have to spend a dime for a suite of "office" software. OpenOffice and LibreOffice are feature-packed, available for Windows and MacOS, compatible with Microsoft Office—and free. (As in free). While not as slick as MS Office, both suites can handle most any task you throw at them. Did I mention they're free?

Apple includes its iWork suite on its MacBook computers, iPads, and iPhones. This suite comprises Pages (word processing), Numbers (spreadsheets), and Keynote (graphics and presentations). I prefer



Microsoft Office, but iWork is a capable alternative. If you have a newer Mac, you probably have iWork. You should try it.

Composing versus Writing

MS Word and its ilk are wonderful. But if you want to focus on composing—thinking, organizing, ideating—you might consider either Scrivener (about \$50) or iA Writer (\$30), both available in Windows and MacOS versions. These programs dispense with the word processor's many formatting menus, and present a clean, simple screen that lets you concentrate on organizing your thoughts into paragraphs, sections, and chapters. Scrivener lets you brainstorm your composition on a virtual corkboard of index cards that you can organize for the right "flow." It has

folders to store research articles you download from the internet, as well as graphics, and bibliographies that you can either reference or paste into your document. (I wrote this article on Scrivener and then exported it to Word for layout and final editing).

iA Writer doesn't provide the research and corkboard features of Scrivener, but its clean interface helps you focus on your words and allows you to move paragraphs around.

If you need help with any of these apps, 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.

Look For Windows and MacOS Updates This Fall

Apple and Microsoft are "pushing" updates to MacOS and Windows this fall. Apple named its latest version "Mojave." Microsoft calls its update "Windows 10 October 2018."

Both updates will look familiar, with most of the changes comprising features, security improvements, and better performance. Look for a new "dark" mode in each that some may find easier on the eyes.

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. (Transportation)
609.530.1971

SUPPORT & GUIDANCE

AARP Smart Driver Course

When was the last time you took a driver's test? If you are anything like me, it has been almost 50 years! I bet some things have changed since that test so long ago.

Why not take advantage of the online AARP driver safety course? After passing the test you may even be eligible for a discount on your auto insurance.

Show your friends and loved ones you care by encouraging them to stay safe on the road! There is an easy way to give this course as a gift to a friend or loved one. Go to aarpdriversafety.org.

As stated on the AARP website: The AARP Smart Driver™ online course is recognized as an authorized online defensive driving program by the New Jersey Motor Vehicle Commission. Upon successful completion of this course, licensed drivers of all ages may earn a two-point reduction and/or an auto insurance premium reduction. Please check with your insurance company or agent for any additional requirements for eligibility. \$19.95 for AARP members and \$24.95 for non-members in NJ.

VETERANS BENEFIT CHANGES



Thanks to Victor Medina for alerting us to recent changes in Veteran's Aid & Attendance benefits which will go into effect on October 30.

1. There will now be a three-year look-back on asset transfers, like Medicaid.
2. There will be penalties for transferring assets during that time.
3. New hard asset limitation of \$119,000 (there are more details about this)
4. Restrictions on financial planner tools that can be used without triggering the penalty.
5. Changes to the kinds of care that will be covered.

If you plan to access veteran's benefits or are currently using them, contact your attorney or financial planner to see how these new rules apply to you.

NEW GAMES?

Please call us at 609.924.7108 and let us know if you are interested in canasta, bingo, poker, or if you have other game suggestions?

PSRC VOLUNTEERS NEEDED

- Tuesday, October 9th Health Fair. Volunteers will assist with registration and guiding people through the event.
- Monday, November 12th Annual Fall Conference. Volunteers will assist with set up, clean up and/or assisting the speakers of the workshops, lunch set up and registration.

Please contact Sharon Hurley, CVA for more information at 609.252.2362 or shurley@princetonsenior.org.

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, Oct. 15th at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, Oct. 8th at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, Oct. 11th 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, Oct. 16th at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesdays at 1:00 p.m. (no meeting Oct. 9)
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, Oct. 5th at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, Oct. 23rd at 10:30 a.m.
(Usually second and fourth Tuesdays of each month, no meeting Oct. 9)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, October 19th at 3:00 p.m.
(Third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, October 19th at 10:30 a.m.
(Third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

Thank you to all of our annual and event sponsors for their support of our annual benefit event “A Night of Comedy”

Acorn Glen Assisted Living
Akin Care Senior Services
Artis Senior Living
The Bank of Princeton
Bryn Mawr Trust - Cynthia Ricker
Buckingham Place Adult Day Center
Community Without Walls, Inc.
Cure Auto Insurance/NJ Pure
Dave Saltzman Insurance
The Gordon and Llura Gund Fund of the Princeton
Area Community Foundation
Hilton Realty Co., LLC
Home Instead Senior Care
Homewatch CareGivers
Norman and Nancy Klath
Lear & Pannepacker, LLP
Maida Mackler, LLC
McCaffrey's Food Markets
Mercadien Group
Mercedes-Benz of Princeton

Nightingale NJ Eldercare Navigators
NJM Insurance Group
Nolan Wealth Management - Jane Gore
Oasis Senior Advisors
Penn Medicine Princeton Health
Penn Medicine Princeton HomeCare
PNC Bank
Princeton Eye Group - Dr. Michael Wong
Princeton Global Asset Management
Princeton Orthopaedic Associates, P.A.
Princeton Portfolio Strategies Group, LLC
Princeton Radiology
Private Wealth Management Group
Progression Physical Therapy
Synergy HomeCare
Team Toyota Princeton
Albert and Ellen Stark
Tranquil Transitions
Van Dyck Law, LLC

HIGHLIGHTED SPONSORS OF THE MONTH



NIGHTINGALENJ
Eldercare Navigators

Nightingale NJ is dedicated to assisting older adults navigate the healthcare system and maintain control of their lives throughout the aging process. An Eldercare Navigator acts as a liaison between the client, their family members and healthcare providers, with the goal of improving continuity of care.

**148 West End Avenue, 2nd floor
Somerville, NJ 08876 / 908.452.6644**

**Email: info@nightingalenj.com
www.nightingalenj.com**



Progression
Physical Therapy of Princeton

Progression Physical Therapy of Princeton provides expert outpatient rehabilitative care, as well as prompt scheduling, convenient day and evening hours, and comprehensive insurance participation.

**Bldg. B Suite 7-9, 601 Ewing Street
Princeton, NJ 08540 / 609.454.3536**

www.progressionpt.com



Did you know you could support PSRC all year long by bringing us your McCaffrey's Receipts? They can be up to 3 months old. PSRC receives a percentage of the total turned in.

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 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	2 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 Knit Wits - SC	3 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	4 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various	5 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
8 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 2:15 Caregivers - MH East Conf Rm	9 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 1:00 Health Fair - SPB	10 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	11 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 4:30 Children of Aging Parents - SPB	12 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
15 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 Bereavement - CH-19 1:00 Global Conversations - SC 2:00 Word Play - SPB	16 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	17 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	18 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various	19 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
22 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 7:00 Retirement Series - PPL	23 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 Healthcare Decision Workshop - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	24 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	25 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various	26 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Tech Workshop - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 1:00 FYI Seminar - SPB
29 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	30 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	31 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	Early Bird Aerobics Monday through Friday 8:00 a.m. Nutrition Program Monday through Friday 10:00 a.m. Table Tennis Monday, Wednesday, Friday 12:30 to 4:30 p.m.	Locations: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building Various — Call Progression PT for locations: 609-454-3536



45 Stockton Street • Princeton • New Jersey



Mayors Wellness Campaign
Put your community in motion.

RENT A ROWER

Need help around the house? Rent some rowers!

For a minimal charge, rowers from The College of New Jersey can help with yardwork, housework, moving furniture, or cleaning basements. Money earned enables the crew to purchase team equipment.



Email tcnjcrew@tcnj.edu or visit <http://tcnjcrew.weebly.com/rent-a-rower.html> for more info!

FALL IS THE PERFECT TIME TO TRY OUT A NEW EXERCISE CLASS!

PSRC offers a variety of exercise classes including:

- MINDFUL CHAIR YOGA
- EARLY BIRD AEROBICS
- WALKING
- YOGA
- TABLE TENNIS
- CHAIR EXERCISE

Check out the class times and register at princetonsenior.org.



Help PSRC by donating your car.

Call 855.500.7433 or 855.500.RIDE or visit:

<https://careasy.org/nonprofit/Princeton-Senior-Resource-Center>
to get started!

