

Mature Princeton



Celebrating the Arts in April

*A celebration of Jeanne Calo's
Life and Art*



Sunday, April 19th

3:00 - 6:00 p.m.

at the Suzanne Patterson Building

*Jeanne Calo was a highly accomplished and prolific artist who began painting after her retirement at age 71. Born in Tunis, she arrived in Princeton with her husband and children in 1957. She earned a law degree, a Ph.D. in French, and a professorship at what is now The College of New Jersey. Her international background and myriad interests inform her lively and imaginative art work. Paintings will be for sale; all proceeds going to the Princeton Senior Resource Center.
Cash or checks only, please.*

*You are warmly invited
to attend the annual*

PSRC STUDENT ART EXHIBIT
Opening Reception

Wednesday, April 29th

4:00 - 6:00 p.m.

at the Suzanne Patterson Building

*All are welcome.
Refreshments will be served.*

R.S.V.P. 609.924.7108

The monthly newsletter of



**April
2015**

**PSRC WILL BE
CLOSED
FRIDAY, APRIL 3rd
for
GOOD FRIDAY**

A New Class! **BRAIN GAMES**

Have you been hearing all the buzz about how keeping mentally active can help ward off memory loss? Forget about playing online, join our lively and social Brain Games group starting in May.

See p. 5 for details.

Inside this issue:

DIRECTOR'S MESSAGE.....	2
APRIL HIGHLIGHTS.....	3, 4
LOOKING AHEAD.....	5
ONGOING PROGRAMS	6
SUPPORT & GUIDANCE...	7
SOCIAL SERVICES.....	8, 9
DEVELOPMENT.....	10
CALENDAR.....	11

SPRING



We all hope that by the time you are reading this, there are signs of Spring, and with them, you are feeling like venturing out of hibernation. There are several things going on at PSRC that we think you'll want to attend.

Last month I wrote about *Being Mortal* and we planned the first conversation group to explore the important issues raised in the book. To continue our dedication to encouraging these conversations, PSRC is participating in the following activities in April:

- ♦ **Conversations on Being Mortal**—discussion continues on Monday April 27 at 2 p.m. What do we really want as we near the end of life? How do we talk to our families and doctors? What makes it hard?
- ♦ Participating in the Mayor's Wellness Campaign, a program of the New Jersey Health Care Quality Institute. Their newest initiative is entitled "**Conversations of a Lifetime.**" Princeton has been selected as a pilot community in NJ to engage people of all ages in discussion on this topic. Mayor Lempert will officially announce the launch of this project on April 16, National Health Care Decision Day. There will be events planned by several organizations around this topic through the year.
- ♦ PSRC will participate in **National Health Care Decision Day** on April 16 from 9:30-11:30 a.m. by providing copies of the Five Wishes document which helps you consider and begin the conversation with family about your personal wishes for end of life care. This document is recognized as legal in New Jersey and addresses not only who will make decisions if you are not able and what medical care you want, but also what else might provide comfort, and how you want to be remembered. Volunteers will be on hand to help if you need assistance.

- ♦ Melanie Davis, Ph.D. will be the Next Step speaker at 7 pm on April 14 at the Princeton Public Library. Her topic is **Sex and Aging: Changing for the Better.** Melanie is a partner in the New Jersey Center for Sexual Wellness in Bedminster, NJ. Through her own firm, Honest Exchange LLC, Dr. Davis trains healthcare providers and educators. She holds the prestigious Certified Sexuality Educator designation from the American Association of Sexuality Educators, Counselors and Therapists (AASECT). She is an alumna of Widener University's Graduate Program in Human Sexuality.
- ♦ Sunday April 19 from 3:00 p.m. - 6:00 p.m., PSRC will host an **Art Exhibit** of Jeanne Calo's paintings, which will be for sale to benefit PSRC. If you can't make it that day, the art will be up for a few days before and after.
- ♦ We have other exciting events in the works for May and June.

It's time to get the circulation going again! Try out one of our exercise classes, ranging from chair exercise to aerobics and table tennis. Some of our Table Tennis players are going to the National Senior Olympics this summer! Make new friends by attending a **Let's Talk, Let's Talk in English** or other group, or get the brain warmed up with a **TED talk**, computer or art class, or the new **Brain Games** class.

Susan Hoskins LCSW



Susan Hoskins holding her YWCA Award for Women of Excellence, pictured here with Susie Wilson, Activist, and PSRC Board Chair, Paul Gerard.

APRIL PROGRAM HIGHLIGHTS

FIRST FRIDAY FILM ~ No film in April

TED TALKS

Drop in for a lively discussion every **Tuesday at 10:30 a.m.** For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton.



This month's topics:

- ♦ **April 7** - Matthieu Ricard: *The habits of happiness*
- ♦ **April 14** - Stephen Cave: *The 4 stories we tell ourselves about death*
- ♦ **April 21** - John Wooden: *The difference between winning and succeeding.*
- ♦ **April 28** - Helder Guimarães: *A magical search for a coincidence*

For more background, visit www.TED.com.

Please register by calling (609) 924-7108.

Suzanne Patterson Building

LUNCH & LEARN

Friday, April 10 at 12 noon

Sustainability Heroes of Princeton



A presentation by Diane Landis, Executive Director, Sustainable Princeton. We hear a lot about being green and sustainable, but sometimes it's hard to know where to begin to reduce, reuse and recycle and how to save energy in your home. Sustainable Princeton will share practical tips and stories about how to reduce energy from fossil fuels and waste to landfills via the three Rs: Reduce, Reuse, Recycle. They will show two short videos, share an energy reduction pyramid and provide tips and success stories. *Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.*

NEXT STEP SPEAKER SERIES

Tuesday, April 14 at 7:00 p.m.

Sex and Aging: Changing for the Better

Melanie Davis, Ph.D. CSE, New Jersey Center for Sexual Awareness. Sex and intimacy change with age, sometimes for the better! Whether you are single or coupled, you can enjoy greater self-awareness, sensuality and self-acceptance than ever before. Dr. Davis will discuss age-related changes in sexual anatomy, physiology and function and how men and women can successfully adapt to them. Topics will include:

- ♦ What's normal?
- ♦ What's new?
- ♦ How can you enjoy sex despite erectile problems or differences in desire?
- ♦ How can you enjoy sexual activity if you have or your partner has a disability?

The New Jersey Center for Sexual Wellness in Bedminster, New Jersey provides sex therapy, sexuality education, and medical care related to sexual concerns. **No fee. Drop in. Princeton Public Library**

The Next Step Speaker Series is a joint program of the Princeton Senior Resource Center and the Princeton Public Library.

MEN IN RETIREMENT

No meeting on April 3rd.

like us on

facebook

for pictures, videos, and updates

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 and their family caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan room set-ups and can contact you if the program is cancelled.

APRIL PROGRAM HIGHLIGHTS

NATIONAL HEALTHCARE DECISIONS DAY AT PSRC

Thursday, April 16 from 9:30-11:30 a.m.

National Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare, and for providers and facilities to understand how to respect those wishes, whatever they may be. PSRC staff and volunteers will be on hand to discuss healthcare directives and to help fill out **Five Wishes** forms. The **Five Wishes** document covers:

- ◆ The person I want to make care decisions for me;
- ◆ The kind of medical treatment I want or don't want;
- ◆ How comfortable I want to be;
- ◆ How I want people to treat me;
- ◆ What I want my loved ones to know.

Please call to let us know if you plan to attend (609) 924-7108. No fee.

LUNCH & LEARN

Friday, April 17 at 12 noon

Macular Degeneration

A presentation by Dr. Cristin Subramaniam, Flemington Eye Institute who will cover:

- ◆ Risk factors and symptoms of AMD
- ◆ Treatment options
- ◆ Low vision services that help people make the most of their remaining eyesight
- ◆ Support groups and others who can help

The aim is to answer your questions and to help relieve some of the anxiety you may be feeling. **Suzanne Patterson Building**

MINDFUL AGING II

Monday, April 20th at 7:00 p.m.

Continuing the conversation on Mindful Aging, we'll be discussing why "old age" cannot and should not be thought of as a homogeneous entity called "Planet Old". Using the arts, Debra Lambo and Lillian Israel will explore the creative possibilities to this stage in life. No fee; drop in. **Princeton Public Library**

INTRO TO IPAD

Monday, April 6

10:00 a.m. to 12:00 noon.

Learn to write, forward, send and delete e-mails as well as how to browse the internet, add applications (Apps) and to personalize settings.

MORE ABOUT IPAD

Thursday, April 30

10:00 a.m. to 12:00 noon

Learn to use your camera, make albums, save photos that are attached to your e-mails, more useful Apps and how to sync your iPad. **BRING YOUR APPLE IPAD, KNOW YOUR APPLE PASSWORD AND E-MAIL PASSWORD**

Call 609-924-7108 to register.

FREE COMPUTER LABS

Tuesdays, 1:00 - 4:00 p.m.

Fridays, 10:00 a.m. - 12 noon

No sign-up required. Just drop in to have your questions answered and to get one-on-one help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Help is available for Macs as well as PCs.

All computer classes and labs are free and are held at the Suzanne Patterson Building.

Did you know that all relevant dates, times and locations for all of our classes, programs, group meetings, events, and Evergreen Forum course listings can be found on our website? You will also find notices of PSRC snow day closings or delayed openings; class cancellations and other information you might need before starting your day.

Bookmark us on your desktop for easy access!

www.princeton senior.org

LOOKING AHEAD

FIRST FRIDAY FILM

Friday, May 1 at 1:00 p.m.

“St. Vincent”

Single mother Maggie moves into a new home in Brooklyn with her 12-year-old son Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent, a retired curmudgeon with a penchant for alcohol and gambling. Starring Bill Murray, Melissa McCarthy, Chris O'Dowd, Naomi Watt. No fee. 102 minutes. Please call to register: 609-924-7108.

Suzanne Patterson Building

LUNCH & LEARN

Friday, May 8 at 12 noon

Identity Theft and Other Hazards

A presentation by John A. Sebern,
President, My Legacy Backup.

Suzanne Patterson Building

NEXT STEP SPEAKER SERIES

Tuesday, May 12 at 7:00 p.m.

Making Your Money Go Further in Retirement

Marion Sommer, CFP, New England Securities, Corp.

Princeton Public Library

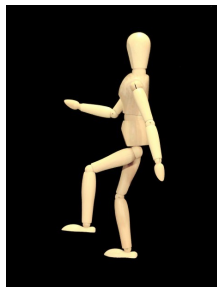
LUNCH & LEARN

Friday, May 15 at 12 noon

Posture: A Key to Better Health

Ruth Kaplan of Progression
Physical Therapy
of Princeton.

Suzanne Patterson Building



A New Class!

BRAIN GAMES

Drop in for some fun while exercising your brain! Each week this group will participate in stimulating activities including board games, puzzles, brain teasers and lots of other mental gymnastics. The group will meet on the 2nd and 4th Thursday of every month, beginning Thursday, May 14, at 10:00 a.m. at the Suzanne Patterson Building.

Please call to register: 609-924-7108.



The Arts and Crafts Movement in New Jersey

Tuesday, May 19 at 11:00 a.m.

A talk by Helen Schwartz,
Artist, Writer, Journalist

FREE VISION SCREENING

Thursday, May 21 10:00 a.m.

The Princeton HealthCare System and the NJ Commission for the Blind are offering free vision screenings to uninsured or underinsured adults and children.

Community Education and Outreach
731 Alexander Road, Suite 103
Call 1.888.897.8979 with questions.

ONGOING PROGRAMS

Pre-registration for classes is required. You may register in person, by mail-in registration, or phone with a credit card. **We accept Visa & Master Card.** Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$45 per 8-week session for Princeton residents and \$60 per session for non-residents.** Assistance is available for those requiring financial help.

EXERCISE AND FITNESS

SUZANNE PATTERSON BUILDING

- ♦ **Early Bird Aerobics - Every weekday morning** at 8:00 a.m. 40 minutes of cardio & toning. \$55/month, or \$5 daily drop-in rate.
- ♦ **Aerobics: Monday, Wednesday, Friday** at 9:15 a.m. \$47/session/residents; \$93/non-residents. *Register through Princeton Rec. Dept: 609-921-9480.*
- ♦ **High-Low-Go: Tuesday and Thursday** at 8:45 a.m. 45 minutes of low-impact aerobics; 8-week sessions. \$65/residents; \$90/non-residents
- ♦ **Yoga: Thursdays** at 10:00 a.m. 8-week sessions; \$45/residents, \$60/non-residents.
- ♦ **Table Tennis: Monday, Wednesday, Friday** at 10:30 a.m. Drop-in; no charge.
- ♦ **Tai Chi: Fridays** at 2:00 p.m. 8-week sessions; \$45/residents, \$60/non-residents.

SPRUCE CIRCLE

- ♦ **Chair Exercise: Mondays** at 11:30 a.m., Fridays at 12:00 noon. 8-week sessions: \$25/residents, \$30/ non-residents.

HARRIET BRYAN HOUSE

- ♦ **Chair Yoga: Tuesdays** at 11:00 a.m. 8-week sessions: \$45/residents, \$60/non-residents.

CLASSES

SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays** at 10:30 a.m. 8 weeks: \$45/residents, \$60/non-residents.
- ♦ **Happiness Project: Mondays** at 1:30 p.m. Discussion of Gretchen Rubin's second book. No fee.
- ♦ **Word Play (poetry group): Mondays** at 1:30 p.m. \$20/year for copying costs.
- ♦ **Currents: Mondays, 1:30 - 3:30 p.m.** No charge. Peer-led current events discussion group (off-site). *Group is full.* Please contact barrydrclan@me.com.
- ♦ **Computer Lab:**
Tuesdays from 1:00 - 4:00 p.m.
Fridays from 10:00 a.m. - 12 noon.
Drop-in for help & practice. No charge.
- ♦ **Memoir Writing: Wednesdays** at 3:30 p.m. No charge. *Group full, wait list only.*
- ♦ **Cosmology: Thursdays** at 9:45 a.m. No charge. Peer-led science discussion group. Contact Bruce Wallman for info. Brucewallman@gmail.com.
- ♦ **Art with Hannah: Thursdays** at 1:00 p.m. 8 weeks: \$45/for residents; \$60/non-residents
- ♦ **Active Wisdom II: 2nd & 4th Fridays** of the month at 10:30 a.m. *Class full, wait list only.*

SPRUCE CIRCLE

- ♦ **Knit Wits: Fridays** at 1:00 p.m. Drop-in for knitting & conversation. Free.

GAMES

SUZANNE PATTERSON BUILDING

- ♦ **Social Bridge: Tuesdays,** 1:00 - 4:00 p.m. Free.
- ♦ **Mah Jongg: Tuesdays,** 1:00 - 4:00 p.m. Drop-in. Free. BYO cards & set.
- ♦ **Scrabble: Tuesdays** at 12:00 noon. Free.



For the following bridge events please register with Bill Miller (908) 872-7927 or billsbridge@gmail.com.

- ♦ **Duplicate Bridge**
Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons**
Wednesdays at 5:30 p.m.;
Fridays at 2:00 p.m.



SUPPORT & GUIDANCE

PARTNERS IN CARING PRINCETON

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you. Whether it is a single question answered in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

- ◆ Information and Referral
- ◆ Counseling and Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support and Wellness Groups
- ◆ Transitions—support with the inevitable transitions throughout the life span
- ◆ Volunteer Visitors

Call for more information: 609-924-7108 or 609-252-2362.

HEALTH SCREENINGS

The Princeton Regional Health Department is changing the dates for screenings offered for older adults in Princeton. These are free and no appointment is needed. The schedule for this service is:

BALANCE SCREENING

- ◆ **April 14:** 10:00 a.m. at Redding Circle
11:00 a.m. at Mt. Pisgah

BLOOD PRESSURE SCREENING

- ◆ **April 29** at 12:00 p.m. at Elm Court

If you have questions, please call Jeff Grosser, Health Officer, at 609-924-7627.

GROUPS

◆ LET'S TALK ENGLISH:

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

◆ CAREGIVERS:

Monday, April 13 at 1:30 p.m.
at Corner House ~ Room 19

◆ BEREAVEMENT

Monday, April 20 at 1:00 p.m.
at Corner House room 19
Call Sherri Goldstein 609-497-4900
to attend.

◆ GRANDPARENTING

Tuesday, April 21 at 1:00 p.m.
at Suzanne Patterson Building

◆ CONVERSATIONS ON BEING MORTAL

Monday, April 27 at 2:00 p.m.
at Corner House ~ Room 19

◆ LET'S TALK:

Wednesdays at 10:30 a.m.
at Redding Circle;
Wednesdays at 2:45 p.m.
at Spruce Circle

◆ CHILDREN OF AGING PARENTS

Wednesday, April 8 at 4:30 p.m.
at Suzanne Patterson Building

◆ WIDOW SUPPORT:

Thursdays, April 2 and 16
at 11:30 a.m. at Princeton Public Library

◆ RETIRED? WHAT'S NEXT?:

Thursday, April 9 at 2:00 p.m.
at RWJ Hamilton Wellness Center.
To register call: 609-584-5900.

◆ TRANSITION TO RETIREMENT:

Friday, April 17 at 3:00 p.m.
at Suzanne Patterson Building



CARE COORDINATION SERVICES

PSRC Care Coordinators are Master's degree professionals who specialize in gerontology. They can provide individual and family consultations and brief counseling to aid in care planning and navigating transitions. Care Coordinator Services are available to residents of Princeton and the immediate area. They can help people learn about the wide array of local services and link them to area resources. The Care Coordinator can meet with the individual, couple and family either in the home or the office to do an assessment of needs and resources. S/he then creates a Care Plan to help outline how these needs can be addressed, and can be available over time as needs change. The goal of this program is to help people remain independent in their own homes, with dignity, for as long as possible, and to assist them in navigating any transitions that may arise.

What can a Care Coordinator do for you?

- ◆ Figure out where to start when your needs increase;
- ◆ Connect you to meals, transportation, home care and other services so you can remain at home;
- ◆ Help start "the conversation" with your adult children;
- ◆ Find out if you are eligible for public benefits;
- ◆ Understand the different types of independent and residential care to decide what is right for you;
- ◆ Find someone to help you with your paperwork and other services; and more...

Call PSRC at Spruce Circle to see how we can help you: 609-252-2362.

MEDGIFT

Although similar in some ways to any other gift registry, Medgift is unique in that it provides a community of support to patients utilizing the benefits of social media.

Once a patient registers on this site, s/he can assemble an online listing of specific needs, wants, and wishes, thereby offering a way for friends and family to help out while the patient is receiving treatment or recovering from a medical procedure. Possible gifts might include help with medical expenses or cooked meals for the patient's family, or an online gift card to purchase items required. Other possibilities are a request for emotional support, shopping assistance, help with transportation, or just visitors.

For more information, visit www.medgift.com/web/guest/vision.

TRANSPORTATION

DAYTIME FREE-B BUS

The free Daytime Free-B runs a 70-minute loop around town 9:30 a.m. — 4:30 p.m., Monday through Saturday. Schedule and map are at PSRC, municipal buildings and on the bus.

Local transportation routes can be found at www.princetonnj.gov under transportation, or www.gmtma.org/pg-bus-mercer.php.

CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-252-2362 to sign up for the first time and 609-452-5144 to schedule a ride. \$3 each way, free to UCMPP (the hospital).

CROSSTOWN UPDATE

Crosstown has added the following destinations to its routes for Princeton senior customers:

Forrestal Village Doctor Offices

**3 Liberty Street, Plainsboro
Princeton Medical Group**

**666 Plainsboro Road, Plainsboro
Doctor Offices**

**140 Franklin Corner Road, Lawrenceville
NJ Retina**

**4 Princess Road, Lawrenceville
Delaware Valley Retina**

**100 Canal Point Blvd., West Windsor
Outlook Eye Care**

**Neuroscience Institute
at Capital Health, Hopewell**

USEFUL INFORMATION

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609-924-4141
Arts Council of Princeton: 609-924-8777
Community Without Walls: 609-921-2050
Cornerstone Community Kitchen: 609-924-2613
Crisis Ministry: 609-921-2135
Funeral Consumers Alliance: 609-924-3320
Mercer County Legal Services: 609-695-6249
Mercer County Nutrition Program: 609-921-1104
Mercer County Office on Aging: 609-989-6661
or 877-222-3737
NJ Consumer Affairs: 973-504-6200
NJ Health & Senior Services: 800-792-8820
One Table Café: 609-924-2277
PAAD: 800-792-9745
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 Ministry: 609-921-8888
Senior Citizen Club: 609-921-0973
Social Security: 800-772-1213
State Health Insurance Program: 609-924-2098
Sustainable Princeton: 609-454-4757

FREE TAX HELP for SENIORS

Free assistance is available **by appointment only** on April 10th, the last Friday before taxes are due, at the Suzanne Patterson Building, 45 Stockton Street, Princeton.

Please bring last year's return and any tax documents from this year with you. Electronic filing is an option.

DEVELOPMENT NEWS

SPRING APPEAL

Annual Giving begins April 1—No fooling! Your unrestricted gift is very important to us. You make it possible for us to offer innovative programs—like our popular TED Talks, or Lunch & Learns, or our all-important social services.

SUSTAINING GIFTS

Please look for our spring appeal letter and give as generously as you can. We have a new opportunity available to you. You can spread your donation throughout the year by making a monthly commitment to PSRC. For example, just \$10 per month will grow to a \$120 gift to PSRC over the course of the year. Whatever amount you can pledge to PSRC, \$5 a month, \$15, \$25 or more will be greatly appreciated.

BEQUESTS

If you have included PSRC in your estate planning, please let us know so that we can enroll you in the Jocelyn and Carl Helm Legacy Society.

We would like to have the opportunity to thank you personally and to acknowledge your generosity. Please call Sharon Naeole at 924-7108.

VOLUNTEER

BBQ & Line Dancing will be held on Sunday, June 14. It's a first for PSRC and we invite you to help us plan this fun, casual evening.

Silent Auction. The next auction will be held this coming October. There are many ways to help. We have a terrific committee and would welcome your participation.

For more information about donations or volunteering, please call Sharon Naeole or Donna Cosgrove at 924-7108.

BRUNCH AT HOME

What a great fundraiser! Brunch at Home continues to delight everyone—whether you had a basket delivered to your home, gave one as a gift, or donated a basket to someone who otherwise couldn't participate, it's the perfect way to celebrate the beginning of Spring! Thank you all!

These are the companies that help make it possible:

ANNUAL SPONSORS

Acorn Glen
B Well / Pavilions
Buckingham Place
LIFE St. Francis
Merwick Care & Rehabilitation Center
Progression Physical Therapy

ADVERTISERS AND DONORS

Bagel Barn
The Bank of Princeton
Chauncey Center
Chez Alice
Community Without Walls
Dunkin' Donuts of Montgomery
Greenwood House
Heidi Joseph, Realtor,
Berkshire Hathaway
Lindt * Main Street
McCaffrey's * North End Bistro
Olives * PNC
Princeton Fitness & Wellness
Princeton Marriott at Forrestal
Robinson's * Secure at Home
Times of Trenton * Trader Joe's
WWFM

Please let these stores and companies know that you appreciate their support of Brunch at Home and PSRC!

April 2015

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY BIRD AEROBICS 8:00 Monday through Friday TABLE TENNIS Monday, 10:30 – 3:00 Wednesday 10:30 – 3:00 Friday 10:30 – 1:45	LOCATIONS: EC = Elm Court HBH = Harriet Bryan House MPC = Mt. Pisgah Church PPL = Princeton Public Library RC = Reading Circle SC = Spruce Circle SPB = Suzanne Patterson Building	9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:30 Open Art Studio - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	CLOSED FOR GOOD FRIDAY
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:00 Intro to iPad - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mch Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:30 Open Art Studio - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 4:30 Children of Aging Parents - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB 2:00 Retired? What's Next? - RWJ	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 1:00 Knit Wits - SC 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB
6	7	8	9	10
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Caregivers - CH - 19 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 10:00 Balance Screening - RC 11:00 Balance Screening - MPC 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mch Jongg - SPB 1:00 Computer Lab - SPB 7:00 Sex and Aging - PPL	9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:30 Open Art Studio - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:30 Healthcare Wishes Day - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 11:00 Knit Wits - SC 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB 3:00 Transition to Retirement - SPB
13	14	15	16	17
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:00 Bereavement - CH-19 1:30 Wordplay - SPB 1:30 Happiness Project - SPB 7:00 Mindful Aging - PPL	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mch Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparenting Group - SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 12:00 Blood Pressure Screen - EC 12:30 Grandpals Luncheon - SPB 1:30 Open Art Studio - SPB 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC 12:30 Senior Citizens Club - SPB 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB
20	21	22	23	24
9:15 Aerobics - SPB 10:30 Pencil Drawing SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Happiness Project - SPB 2:00 On Being Mortal - CH 19	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mch Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 12:00 Blood Pressure Screen - HBH 1:30 Open Art Studio - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 4:00 PSRC Student Art Show - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More About iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	
27	28	29	30	



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Howdy Pardners!

PSRC is having a
Country Western BBQ
Sunday, June 14th

Look for details in next month's
Mature Princeton.



Polish up your boots!