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.

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

Celebrating the Arts in April

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
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.
**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.**

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

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**MEN IN RETIREMENT**
No meeting on April 3rd.

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**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.

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**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**

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**FIRST FRIDAY FILM** ~ No film in April

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**APRIL PROGRAM HIGHLIGHTS**

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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 homogenous 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.**

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### 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.princetonsenior.org**
**LOOKING AHEAD**

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<th>Event Type</th>
<th>Date</th>
<th>Time</th>
<th>Description</th>
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<tr>
<td><strong>FIRST FRIDAY FILM</strong></td>
<td>Friday, May 1</td>
<td>1:00 p.m.</td>
<td>&quot;St. Vincent&quot; 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</td>
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<td><strong>LUNCH &amp; LEARN</strong></td>
<td>Friday, May 8</td>
<td>12 noon</td>
<td>Identity Theft and Other Hazards A presentation by John A. Sebern, President, My Legacy Backup. Suzanne Patterson Building</td>
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<td><strong>NEXT STEP SPEAKER SERIES</strong></td>
<td>Tuesday, May 12</td>
<td>7:00 p.m.</td>
<td>Making Your Money Go Further in Retirement Marion Sommer, CFP, New England Securities, Corp. Princeton Public Library</td>
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<td><strong>LUNCH &amp; LEARN</strong></td>
<td>Friday, May 15</td>
<td>12 noon</td>
<td>Posture: A Key to Better Health Ruth Kaplan of Progression Physical Therapy of Princeton. Suzanne Patterson Building</td>
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<td><strong>FREE VISION SCREENING</strong></td>
<td>Thursday, May 21</td>
<td>10:00 a.m.</td>
<td>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.</td>
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<td><strong>THE ARTS AND CRAFTS MOVEMENT IN NEW JERSEY</strong></td>
<td>Tuesday, May 19</td>
<td>11:00 a.m.</td>
<td>A talk by Helen Schwartz, Artist, Writer, Journalist. The Arts and Crafts Movement in New Jersey</td>
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<tr>
<td><strong>BRAIN GAMES</strong></td>
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<td>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.</td>
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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.

**ONLINE PROGRAMS**

**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 barrydrclean@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.
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.

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.

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

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**Support & Guidance**

**Groups**

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**Health Screenings**

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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.
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.
**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!
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<td><strong>GOOD FRIDAY</strong></td>
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**Locations:**
- SPB = Suzanne Patterson Building
- EC = Elm Court
- HBH = Home Base House
- RC = Recreation Center
- PPL = Physical Plant

**Table Tennis**
8:00 Monday morning, Friday morning

**Early Bird Aerobics**
Monday & Wednesday: 9:30 - 10:15
Friday: 9:30 - 10:15

**Friday, April 2015**
- 70th Birthday Party - EC
- 1:30 Open Art Studio - EC
- 1:30 Open Art Studio - EC
- 1:30 Open Art Studio - EC

**Good Friday**
- 8:00 Duplicate Bridge - SC
- 10:00 Computer Lab - SC
- 11:00 Computer Lab - EC
- 2:00 Senior Citizens Club - SC
- 1:30 Open Art Studio - EC
- 1:30 Open Art Studio - EC

**Weekend Work:**
- CH = CHW
- PPL = PPL
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!