

APRIL 2016

BOUQUETS TO OUR FABULOUS VOLUNTEERS!

There are many, many generous and thoughtful individuals who give their time, intelligence, enthusiasm and energy to an assortment of endeavors at PSRC. They are community members of all ages, with a range of talents and interests, and their service is appreciated by everyone with whom they interact.

Whether at the Suzanne Patterson Building in the Evergreen Forum or leading a support group, at Spruce Circle as a HomeFriend, at GrandPals in the Princeton elementary schools, answering phones at the front desk, or as envelope-stuffers working on an event or campaign, our volunteers are the *sine qua non* of our existence.

To name each one would practically take the whole 12 pages of this newsletter—but you know who you are, and we know who you are, and we thank you very, very much!



A SPECIAL LUNCH AND LEARN

FRIDAY, APRIL 15 AT 12 NOON

FAMILY AND FRIENDS FREE CPR CLASS

OFFERED BY THE PRINCETON HEALTHCARE SYSTEM

Family and Friends CPR (Cardio Pulmonary Resuscitation) program teaches you how to perform CPR on adults, and how to help an adult who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

This opportunity is open to the public.

Please register in person at PSRC or call: 609.924.7108.



You are warmly invited to attend the annual

PSRC ART EXHIBIT

OPENING RECEPTION

WEDNESDAY, APRIL 27TH, FROM 4:00 - 6:00 P.M.

The exhibit will feature work by people who draw or paint in PSRC classes with Alex Koltchev, Hannah Fink or Christina Rang.

All are welcome. Refreshments will be served.

R.S.V.P. 609.924.7108

DIRECTOR'S MESSAGE ~ VOLUNTEERING



April is National Volunteer Month. Volunteering is something any one at any age can do. There are many benefits to being a volunteer; it feels good to know you're helping someone else, and you can often see the positive results of your efforts. It's a great way to feel meaningful and purposeful - things people sometimes find hard to achieve as we age.

Often the way we spend time changes as our circumstances change over the years. Maybe you were a pre-school co-op parent or coach when your children were young; maybe you built houses with Habitat when you were more physically active; or perhaps you were very involved with a faith community that was the center of your spiritual and social life. Now, you may spend time babysitting grandchildren or taking someone out shopping. There are always ways you can help others.

There are many opportunities for giving back to your community in ways that meet your interests and abilities. Some people want to do something using the skills they've developed in life, such as teaching literature, while others want to explore something entirely different - maybe a chemist wants to step out of the lab and mentor a teen.

PSRC has many opportunities for volunteers, from helping with office work or putting on an event to becoming a GrandPal reading with children or a HomeFriends visitor helping people who have difficulty getting out to shop or socialize. Our Evergreen Forum instructors are volunteers, as are many of our group facilitators and lecturers. Their donation of time makes a huge difference to PSRC - we couldn't do much of what we do without them! Last year 472 volunteers came to PSRC, all doing meaningful work for us, some for a few hours and others multiple days a week. We're very grateful for

your interest and view every moment of your valuable time as a gift.

Other non-profit organizations in the area also rely on volunteers, whether as museum docents or teen mentors, or to serve on boards, committees or commissions. There are also needs in the community, for dog walkers, meal delivery, transportation to medical appointments, trail maintenance, library aid, and in many other areas where a little bit of help makes a big difference. There are even opportunities for people to volunteer from home, for example as callers for daily reassurance contact.

If you're seeking an opportunity to get involved, you might look at websites such as volunteermatch.org, pointsoflight.org, and volunteerconnectnj.org (for skill-based volunteering.) You can also directly contact an organization you would like to help, or check the volunteer board in the entrance lobby at PSRC. We are happy to help you connect with local opportunities.

Happy Volunteer Month! Thank you for your service!

Susan W. Hoskins LCSW
Executive Director



APRIL PROGRAM HIGHLIGHTS

All programs , classes and groups are held in the Suzanne Patterson Building and are free, unless otherwise indicated. Please call to register/ reserve a space: 609.924.7108.

We ask for pre-registration so we can plan room set-ups and/ or contact you in the event a program is postponed or cancelled.

FIRST FRIDAY FILM

FRIDAY, APRIL 1 AT 1:00 P.M.

"He Named Me Malala"

A portrait of Nobel Peace Prize Laureate Malala Yousafzai, who was targeted, with her father, by the Taliban at the age of 15 for advocating for girls' education in Afghanistan. (1 hour 27 minutes)

LUNCH AND LEARN

FRIDAY, APRIL 8 AT 12 NOON

HIKING, BIRDING, FISHING AND FUN AT MOUNTAIN LAKES NATURE PRESERVE, PRESENTED BY FRIENDS OF PRINCETON OPEN SPACE (FOPOS)

Please join us to discover the wealth of resources and activities that can be enjoyed at Mountain Lakes Preserve; which has something to offer outdoor enthusiasts of all ages, skill-levels, and interests!

DOWNLOADING BOOKS

TUESDAY, APRIL 12 AT 2:00 P.M.

Princeton Public Library staff will offer 1-to-1 instruction at PSRC on using your library card to download books, music, movies, television shows and more to your tablet, smartphone or laptop. You will need to show a valid PPL card. The help is free, but an appointment is required. **Please call the Princeton Public Library to make an appointment: 609.924.9529 x1220.**

HEALTHCARE DECISIONS DAY

FRIDAY, APRIL 15 AT 3:00 P.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.
No fee.

LUNCH AND LEARN

FRIDAY, APRIL 22 AT 12 NOON

DIABETES

A TALK BY DR. SUNIL THOMAS, BOARD CERTIFIED IN ENDOCRINOLOGY, CAPITAL HEALTH

Are you newly diagnosed with diabetes? Have you had diabetes for years but still feel out of control? Do you have questions regarding your management of your diabetes? Join Dr. Thomas Sunil to talk about diabetes and answer any of your questions or concerns.

Our Lunch and Learn programs are held in the Suzanne Patterson Buildings and are always free.

Bring a brown bag lunch; dessert and beverages will be provided. It's essential to pre-register so we can accommodate each group. Please call 609.924.7108. Thank you!

NOTICE:

We are very pleased to announce the imminent renovations to our bathrooms—finally! The time frame is anticipated to be between June 20 and July 8. PSRC will remain open for most of that time, using the bathrooms in Monument Hall.

Thank you for your patience!

APRIL PROGRAMS

TED TALKS

TUESDAYS, 10:30 - 11:45 A.M.

Drop in for a lively discussion!
For the first 15 minutes we watch
a TED Talk, then we discuss it.

NO fee. Discussions are facilitated
by Helen Burton. For more background, visit
www.TED.com. This month's topics:

April 5 ~ Judson Brewer: *A simple way to break a
bad habit*

April 12 ~ Fei-Fei Li: *How we're teaching computers
to understand pictures*

April 19 ~ Travis Kalanick: *Uber's plan to get more
people into fewer cars*

April 26 ~ Russ Altman: *What really happens when
you mix medications?*



NEW DISCUSSION CLASS!

**"SKYROCKET YOUR BUSINESS IN 30 DAYS WHILE
HAVING COFFEE WITH HELEN."**

**Wednesdays 10:30 a.m. – 12:00 p.m. beginning April
20th.** A 6-week discussion class based on the book
by Helen Burton. Book can be purchased for \$14.95
at SPB desk. Class fee: \$36/residents, \$48/non-
residents. Class limited to 12 students.

RETIREMENT PROGRAMS

MEN IN RETIREMENT

FRIDAY, APRIL 1 AT 2:00 P.M.

This meeting will feature a presentation by Mike Paul
on **Travels to Exotic Myanmar (formerly Burma.)**

Mike will share with us a little of the history and cus-
toms of this faraway land from his two-week trip
there. The group is facilitated by Rob Hegstrom and
Bruce Wallman. *Suzanne Patterson Building* ←

WOMEN IN RETIREMENT

FRIDAY, APRIL 15 AT 10:30 A.M.

Meet interesting people, make new friendships,
enjoy conversation, share experiences and join in
engaging activities that stimulate personal growth.
Group meets on the third Friday of each month.
All are welcome.

TRANSITION TO RETIREMENT

FRIDAY, APRIL 15 AT 3:00 P.M.

This monthly group deals with issues related to
making the transition to retirement. All are welcome.
The group is facilitated by John George, PhD,
Licensed Psychologist.

LOOKING AHEAD

FIRST FRIDAY FILM

Friday, May 6 at 1:00 p.m.

"The Intern" Starting a new job can be a difficult
challenge, especially if you're already retired. Looking
to get back into the game, 70-year-old widower Ben
Whittaker seizes the opportunity to become a senior
intern at an online fashion site. Starring Robert
DeNiro and Anne Hathaway. (2 hours 1 minute)

DOWNLOADING BOOKS

TUESDAY, MAY 10 AT 10:00 A.M.

Library staff will offer 1-to-1 instruction at PSRC on
using your library card to download books, music,
movies, television shows and more to your tablet,
smartphone or laptop. You will need to show a valid
PPL card. There is no fee, but an appointment is
required. **Please call the Princeton Public Library to
make an appointment: 609.924.9529 ext. 1220.**

LUNCH AND LEARN

Friday, May 13 at 12 noon

**"CARING FOR OLDER LOVED ONES: UPDATES IN SENIOR
SERVICES"** Older patients often have unique needs
that require specialized care. Join Daphne Berei, RN,
BSN, RN-C, Nurse Manager, Acute Care for the
Elderly (ACE) Unit, and Allison Healy, BSN, RN-BC,
Senior Care Coordinator, Acute Care of the Elderly
(ACE) Unit, to learn about the latest geriatric care
taking place at UMCP, including our ACE Unit and
NICHE (Nurses Improving Care for Health system
Elders).

LUNCH AND LEARN

Friday, May 20 at 12 noon

YIKES! E- BIKES! ARE YOU READY FOR A RIDE?

Russ White of Sourland Cycles will talk about the
battery technology that makes possible the Tesla
and other electrically powered cars, which is now
available on bicycles, making bicycles friendly for
everyone. Come learn more and take a test ride—
helmets will be available!

*All programs are held in the Suzanne Patterson
Building and are free unless otherwise indicated.*

**PSRC WILL BE CLOSED FOR
MEMORIAL DAY
ON
MONDAY, MAY 30th**

COMPUTER GURU ~ Don Benjamin

PASSCODES AND ENCRYPTION

With the FBI-versus-Apple case in the headlines, let's talk about encryption and passcodes, both of which play a role in protecting your digital information.

Beginning in 2014, Apple's operating system for its mobile devices has automatically encrypted the information you keep on your iPhone and iPad **if you use a passcode**. Google's Android operating system has recently provided encryption for many (but not all) of its mobile devices, but you may have to turn the feature on.

PASSCODES

Before we talk about encryption, I want to remind you that it's important to keep your mobile device secure by requiring a **four- or six-digit passcode** (or fingerprint) to unlock the screen. At the computer lab, we recommend doing this, especially if you keep sensitive information on your smart phone or tablet. You probably have a contact list with phone numbers and E-mail addresses that you don't want to share. And some folks keep their IDs and passwords on their devices, which we do recommend—as long as there's a passcode to protect the information.

To keep your information secure if you lose your device, iPhones and iPads can be set up to erase their memory after ten unsuccessful passcode guesses. (That's what the FBI wants Apple to disable.)

Neither Apple nor Google knows or can recover **your passcode**, so you'd better remember it (and for goodness sakes, don't write it down!)

ENCRYPTION

But suppose someone finds your smart phone and pries it open to get the digital information stored in its memory? That's where encryption enters the scene. **Encryption means that the information inside your device is "scrambled,"** and makes no sense without a "key." A simple encryption method substitutes each letter of the alphabet with another. So, A could become C, B would be D, etc. The word TREE would turn into VTGG. If you don't know the key (A=C, B=D, C=E, etc.) then you can't read the information.

Now, if you were patient and looked for letter patterns, then you could try various substitutions and probably figure out this very simple key. To keep that from happening, Apple and Android encryption keys use very sophisticated algorithms (sets of processes) that are a function of the passcode you select.

Therefore, as long as only you know your passcode, only you can access the information on your device.

By combining the passcode to unlock the phone along with encryption, your information is very secure indeed.

FREE HEALTH SCREENINGS

BLOOD PRESSURE

Monday, April 11 at 12 noon

(Second Monday of every month at Spruce Circle)

~~~~~

**Tuesday, April 12 at 11:00 a.m.**

(Second Tuesday of the month at Redding Circle)

~~~~~

Wednesday, April 27 at 12 noon

at Elm Court

~~~~~

### TALK: A SAFE, INSECT - FREE HOME

**Tuesday, April 19 at 11:00 a.m.**

at Redding Circle

These are programs of the Princeton Health Department. Questions? Call Jeff Grosser, Health Officer at: 609. 497.7608.

## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over 65 who don't drive. Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride. \$3 each way; free to UMCPP (the hospital.) Call as early as possible to reserve your ride.

### DAYTIME FREE- B BUS

The Free-B bus runs a daytime 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday.

For a map of Princeton public transit lines, go to:

<http://www.princetonnj.gov/public-transportation.html>.

## EXERCISE AND FITNESS

## CLASSES

### 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 Recreation Department: 609.921.9480.*
- ♦ **Yoga:** Thursdays at 10:00 a.m. \$72/residents, \$96/non-residents per quarter.
- ♦ **Table Tennis:** Monday, Wednesday, Friday at 10:30 a.m. Drop-in; no charge.

### SPRUCE CIRCLE

- ♦ **Chair Exercise:** Mondays at 11:30 a.m., Fridays at 12:00 noon. \$48 per quarter.

### SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil:** Mondays at 10:30 a.m. \$72 residents, \$96/non-residents per quarter.
- ♦ **Word Play (poetry group):** Mondays at 1:30 p.m. \$5/quarter for copying costs.
- ♦ **Memoir Writing II:** Mondays at 10:30 a.m. \$5/per quarter for copying costs.
- ♦ **Memoir Writing:** Wednesdays at 3:30 p.m. \$5/quarter for copying costs.
- ♦ **Painting with Christina:** Wednesdays at 1:30 p.m. Painting with watercolor and acrylics. \$72/residents, \$96/non-residents per quarter.
- ♦ **Art with Hannah:** Thursdays at 1:00 p.m. \$72/residents, \$96/non-residents per quarter.
- ♦ **Cosmology:** Thursdays at 9:45 a.m. \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info: Brucewallman@gmail.com.

Quarterly sessions begin on January 1, April 1, July 1 and October 1.

Mid-session registration is welcome in most classes (unless full, in which case you may be waitlisted.)

Financial assistance is available; please contact Susan Hoskins at 609.924.7108.

## 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 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** Beginner and intermediate levels are offered at various times throughout the year. Please call Bill if you're interested.



## PSRC STAFF

**Susan W. Hoskins, LCSW**  
*Executive Director*

**Fran Angelone**  
*Office Manager, Spruce Circle*

**Olivian Boon, MA**  
*GrandPals Coordinator*

**Donna Cosgrove**  
*Development Associate*

**Jeanette Hooban**  
*Program Assistant and Volunteer Coordinator*

**Sharon Hurley, CVA**  
*Director Support & Guidance*

**Emily Logue**  
*Communications and Marketing Coordinator*  
**John P. Majane, CFRE**  
*Development Outreach Associate*  
**Sallie Meade**  
*GrandPals Associate Coordinator*

**Abigail Meletti, LSW**  
*Evergreen Forum Coordinator*

**Breana Newton**  
*Program Assistant and Rental Coordinator*

**Ken Peabody**  
*Data Coordinator*

**Barbara Prince**  
*Development Director*  
**David Roussell, MEd, MSW, LSW**  
*HomeFriends & Care Coordinator*  
**Mauri Tyler, TRS**  
*Program Director*



## GROUPS

### BEREAVEMENT

Monday, April 18 at 1:00 p.m.  
(Usually third Monday of each month.)  
Call Sherri Goldstein 609.497.4900 to attend.  
*Corner House 19*

### CAREGIVERS

Monday, April 11 at 1:30 p.m.  
(Usually the second Monday of each month.)  
*Corner House 19*

### CHILDREN OF AGING PARENTS

Wednesday, April 13 at 4:30 p.m.  
(Second Wednesday of the month.)  
*Suzanne Patterson Building*

### GRANDPARENTING

Tuesday, April 19 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*

NOTE CHANGE  
OF DAY!

### LET'S TALK

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

### LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m. and  
Fridays at Redding Circle at 9:30 a.m.  
*Please call 609.252.2362 to register for Let's  
Talk groups.*

### MEN IN RETIREMENT

Friday, April 1 at 2:00 p.m. (First Friday of each  
month.)  
*Suzanne Patterson Building*

NOTE CHANGE  
OF LOCATION

### TRANSITION TO RETIREMENT

Friday, April 15 at 3:00 p.m. (Third Friday  
of each month.) *Suzanne Patterson Building*

### WOMEN IN RETIREMENT

Friday, April 15 at 10:30 a.m. (Third Friday of  
each month.)  
*Monument Hall Main*

*There are no fees associated with any of these  
groups.*

## PARTNERS IN CARING

PSRC is your go-to place to find resources 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's a single question we can answer in a phone call, 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 Referrals
- ◆ Counseling and Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support & Wellness Groups
- ◆ Transitions – support with the inevitable transitions throughout the life span
- ◆ Volunteer Visitors

Please feel free to call for more information:  
609.924.7108 or 609.252.2362.

### 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  
Meals on Wheels: 609.695.3483  
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  
SHIP (Medicare): 609.924.2098  
Sustainable Princeton: 609.454.4757

## SUPPORT AND GUIDANCE

### LET'S TALK!

Would you find it helpful to receive and offer support from a group of caring and compassionate people who are experiencing similar day-to-day life issues?

Are you interested in an opportunity to share your experiences and discuss topics such as “What inspired you in the last few months?” or “What is one of your earliest childhood memories?” or “What is your favorite type of music”

Does the opportunity to meet and interact with a friendly and inviting group of people appeal to you? How about watching a movie together, or enjoying a soothing cup of tea and treats?

If any or all of these opportunities are of interest to you, then we invite you to join the Let's Talk

group at Spruce Circle. The Let's Talk group meets every Wednesday afternoon from 2:45 to 4:15 p.m. in the Spruce Circle Community Room.

The group is comprised of like-minded people who are interested in sharing of themselves and supporting others in a group setting. And we have fun. Feel free to drop in any Wednesday; you'll always be welcome.

Parking is limited so please try to car pool with a friend or be dropped off and picked up. If you have any questions, please call David Roussell for additional details at 609.252.2362.



### HOMEFRIENDS PROGRAM

The HomeFriends program was created by the Princeton Senior Resource Center in 1987, recognizing that seniors and/or people with an intellectual disability want and are able to remain in their own homes longer if they are provided with companionship and assistance with routine tasks. With that goal in mind, the HomeFriends program was established to link individual recipients with visiting volunteers who would provide support to help maintain independence, alleviate feelings of loneliness and isolation, and to provide links to the community.

To ensure a good recipient/volunteer match, the HomeFriends Coordinator meets with the recipient to determine his or her interests and support needs, as well as a profile of the volunteer the recipient desires before assigning a volunteer.

A HomeFriends volunteer usually commits to an hour a week and engages in activities that might include light chores, assisting with bills or other paperwork, reading mail, walks, games, crafts— or just everyday conversation. The volunteer benefits from the satisfaction of helping others and expanding his/her understanding of seniors and people with an intellectual disability.

A potential HomeFriends volunteer completes an application and undergoes a background check prior to being assigned. Once the application is completed, a meeting is set up with the HomeFriends Coordinator

to review the program, type of match the volunteer desires and hours of availability. When a potential match is identified, the HomeFriends Coordinator sets up an introductory meeting with the prospective HomeFriends recipient and the HomeFriends volunteer to ensure a compatible match.

The HomeFriends program has proven to be an invaluable support to the recipients, and is a rewarding and wonderful experience for the volunteers as well. The following quote from a volunteer perfectly sums up the HomeFriends' experience:

*“(The visit) was really great. We went on a 50-minute walk around the neighborhood, reminiscing about her family and religion, and she told me all the stories about the big houses on the street as well as the friendly people who lived there. After our walk I had about 15 minutes to spare and we enjoyed a muffin in the kitchen. I had a wonderful time and I am really going to enjoy the weekly visits and I think she really loves talking to me as well.”*

If you or someone you know would benefit from having a HomeFriend, or if you are interested in becoming a HomeFriends volunteer, please call David Roussell at 609.252.2362.

These are just two of the 16 social and caregiver-oriented groups hosted by PSRC. Others are listed on page 7. There are no fees associated with any group; some request pre-registration, most are drop-in. All are welcome.



## SOME OF OUR VOLUNTEERS



Ahuva, Front Desk



Folks from Bloomberg Financials, Inc.  
helped us with our 2015 Gala



Victoria made the  
Heath Benefit Art Show  
happen



Helen facilitates  
TED Talks AND  
book discussion groups



Noriko, Front Desk



Barbara, Front Desk



John works the front desk  
AND facilitates  
"Transition to Retirement"



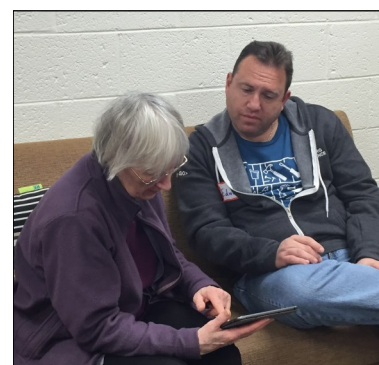
Princeton students star in  
our Computer SuperLab



The Evergreen Forum Steering  
Committee puts together  
the whole stellar program



Montgomery High School  
students helped with our Gala



The Gadget SuperLab is super  
thanks to Bloomberg wizards

## SPECIAL EVENTS

As is true for many non-profits, receiving financial support year-round is key to keeping PSRC's doors open and our calendar full of interesting programs.

This year, the PSRC Development (code for fundraising) team has been hosting a number of pop-up events, including tours of the wonderful BAPS Shri Swaminarayan Mandir Hindu Temple, the Princeton University Chapel, the "F. Scott Fitzgerald" Walking Tour of Princeton, and special programs like "Knowledge is a Girl's Best Friend" about buying and selling jewelry.

Each program serves a dual purpose: it provides a wonderful opportunity to mingle with like-minded people doing something new and fun; simultaneously, it's a way to help PSRC remain financially sound. The Development team aims to keep these mini-events small, intimate and affordable.

If you have an interesting idea or connection for a special tour, lecturer, or another uniquely intriguing activity, we would love to hear about it. Please feel free to call or email our Development Office and we'll be happy to explore your suggestions! We can be reached at 609.924.7108 or by email: [bprince@princetonsenior.org](mailto:bprince@princetonsenior.org).

Thanks so much for your support!

### *A VERY SPECIAL JEWELRY EVENT*

#### *"Knowledge is a Girl's Best Friend: What You Need to Know When Buying and Selling Jewelry"*

**WEDNESDAY, MAY 11th, 11:00 a.m. to 1:30 p.m..**

*Please join us for a hands-on seminar from the experts at Rago Arts and Auctions on how to evaluate jewelry you own or want to buy. Then enjoy a delicious catered luncheon.*

*\$50 per ticket; \$75 for preferred ticket  
to benefit PSRC*

*Preferred tickets include verbal evaluation of two pieces of jewelry.*

*Everyone takes home a jeweler's loupe!*

*Register online: [princetonsenior.org](http://princetonsenior.org) by April 29th.  
limited seating*



***PSRC extends grateful thanks to the following Jewelry Event sponsors:***

*Rago Art and Auction • Borden Perlman • McCaffrey's Food Markets  
Acorn Glen Assisted Living Facility • Oasis Senior Advisors • Progression Physical Therapy  
Bear Creek Assisted Living • Buckingham Assisted Living Facility*

**SAVE THE DATE  
FOR OUR**

## **BBQ & LINE-DANCING PARTY!**



**Saturday, June 18th  
5:00 to 8:00 p.m.**





# APRIL

| Monday                                                                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                                                          | Wednesday                                                                                                                                                                                                                                        | Thursday                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                                                                 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>LOCATIONS</b></p> <p>CH - Corner House<br/>EC - Elm Court<br/>HBH - Harriet Bryan House<br/>MH - Monument Hall<br/>SPB - Suzanne Patterson Building<br/>RC - Redding Circle<br/>SC - Spruce Circle</p>                                                                  | <p><b>EARLY BIRD AEROBICS</b></p> <p>8:00 a.m. Monday through Friday</p> <p><b>TABLE TENNIS</b></p> <p>Monday 10:30 a.m. – 3:00 p.m.<br/>Wednesday 10:30 a.m. – 3:00 p.m.<br/>Friday 10:30 a.m. – 4:00 p.m.</p>                  |                                                                                                                                                                                                                                                  |                                                                                                                                                              | <p>9:00 Tax Assistance - SPB<br/>9:15 Aerobics - SPB<br/>9:30 Let's Talk in English - RC<br/>10:00 Computer Lab - SPB<br/>12:00 Chair Exercise - SC<br/>1:00 First Friday Film - SPB<br/>2:00 Men in Retirement - SPB</p>                                                                                                              |
| <p>9:15 Aerobics - SPB 4</p> <p>10:30 Pencil Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>1:30 Word Play - SPB</p>                                                                       | <p>10:30 TED Talk - SPB 5</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>                                                                          | <p>9:15 Aerobics - SPB 6</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Let's Talk - SC</p> <p>3:30 Memoir Writing - SPB</p>                                                                                                              | <p>9:45 Cosmology - SPB 7</p> <p>10:00 Yoga - SPB</p> <p>10:00 Intro to iPad - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p> | <p>9:00 Tax Assistance - SPB 8</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:00 Lunch &amp; Learn - SPB</p>                                                                                                                             |
| <p>9:15 Aerobics - SPB 11</p> <p>10:30 Pencil Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>1:00 BP Screening - SC</p> <p>1:30 Word Play - SPB</p> <p>1:30 Caregivers Group - CH - 19</p> | <p>10:30 TED Talk - SPB 12</p> <p>11:00 BP Screening - RC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p> <p>2:00 Downloading Books - SPB</p>      | <p>9:15 Aerobics - SPB 13</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Let's Talk - SC</p> <p>3:30 Memoir Writing - SPB</p> <p>4:30 Children of Aging Parents - SPB</p>                                                                 | <p>9:45 Cosmology - SPB 14</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>                                 | <p>9:00 Tax Assistance - SPB 15</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:30 Women in Retirement - SPB</p> <p>12:00 Lunch and Learn - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>3:00 Transition to Retirement - SPB</p> <p>3:00 Healthcare Decisions Day - SPB</p> |
| <p>9:15 Aerobics - SPB 18</p> <p>10:30 Pencil Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>1:00 Bereavement - CH - 19</p> <p>1:30 Word Play - SPB</p>                                    | <p>10:30 TED Talk - SPB 19</p> <p>11:00 Health Dept. Talk - RC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Grandparent Group - SPB</p> <p>1:00 Knit Wits - SC</p> | <p>9:15 Aerobics - SPB 20</p> <p>10:30 Skyrocket Class - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Let's Talk - SC</p> <p>3:30 Memoir Writing - SPB</p>                                                                          | <p>9:45 Cosmology - SPB 21</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>                                 | <p>9:15 Aerobics - SPB 22</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:00 More About iPad - SPB</p> <p>12:00 Lunch and Learn - SPB</p> <p>12:00 Chair Exercise - SC</p>                                                                                                                            |
| <p>9:15 Aerobics - SPB 25</p> <p>10:30 Pencil Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>1:30 Wordplay - SPB</p>                                                                       | <p>10:30 TED Talk - SPB 26</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>                                                                         | <p>9:15 Aerobics - SPB 27</p> <p>10:30 Skyrocket Class - SPB</p> <p>12:00 BP Screening - EC</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Let's Talk - SC</p> <p>3:30 Memoir Writing - SPB</p> <p>4:00 PSRC Artists' Reception - SPB</p> | <p>9:45 Cosmology - SPB 28</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>                                 | <p>9:15 Aerobics - SPB 29</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:30 Senior Citizens Club - SPB</p>                                                                                                                                                          |



**Suzanne Patterson Building**

45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.924.7108  
Fax: 609.497.1977

**Spruce Circle Office**

179 Spruce Circle  
(off Harrison St.)  
Phone: 609.252.2362  
Fax: 609.924.9305  
info@princetonsenior.org  
www.princetonsenior.org

**BOARD OF TRUSTEES**

|                    |                     |
|--------------------|---------------------|
| Bradley Bartolino  | Norman R. Klath     |
| Donald Benjamin    | Jay Kuris           |
| Richard Bianchetti | Robert Levitt       |
| Rebecca Esmi       | Stephanie Lewis     |
| Paul Gerard        | Anna Lustenberg     |
| Jane Gore          | Joseph Maida        |
| Kate Hall          | Dave Saltzman       |
| Audrey Hallowell   | Albert Stark        |
| Allen Jacobi       | Margaret Van Dagens |
| Edith Jeffrey      | Fiona Van Dyck      |
| Michael Kenny      | Kevin Wilkes        |

**WELCOME TO PSRC!**



**John Majane, CFRE**, has come on board in the Development Department as Outreach Associate. John comes to us with years of experience from the Boy Scouts of America, March of Dimes, the Leukemia and Lymphoma Society and the American Red Cross. We are delighted to welcome him to our staff and hope you have a chance to meet him while you are at the Suzanne Patterson Building. He'd love to hear your ideas about what makes PSRC important or special in your life and this community.

**Abigail Meletti, LSW**, comes to PSRC after a long stint as the Hopewell Valley Senior Services Coordinator. A graduate of Columbia University and the Smith College Graduate School of Social Work, Abigail returns to PSRC, where she worked several years ago, post-grad, as a social worker making home visits, leading support groups and managing teen volunteers. Following the birth of her daughter six months ago, Abigail took some time off; now, we're thrilled to have her back at PSRC in the role of Evergreen Forum Coordinator.



***PLEASE SUPPORT OUR COMMUNITY PARTNERS:***

Acorn Glen Assisted Living Facility • Bear Creek, A Senior Living Community  
Buckingham Place Assisted Living Facility • B-Well Atrium Health  
Life St. Francis • Oasis Senior Advisors • Progression Physical Therapy