

APRIL IS NATIONAL VOLUNTEER RECOGNITION MONTH
**CHEERS FOR OUR
VOLUNTEERS!**

At PSRC, volunteers are essential to everything we do every day.

They are:

Book Discussion Facilitators • Computer Lab Assistants • Envelope Stuffers
Event Production Assistants • Evergreen Forum Instructors • Front Desk Associates
GrandPals • HomeFriends • KnitWits • Retirement Group Leaders
Support Group Facilitators • Wreath Makers
and so much more!

Last year PSRC had more than 400 volunteers helping us do what we do best – serve Seniors!

Whether working at our front desk assisting with phone calls and answering questions, or serving to support and advise on our Board of Trustees, you make a difference in our lives.

We honor you and thank you for all that you do!



Volunteering is a work of heart! We feel your love and we love you back!



**You are warmly invited
to attend
“OLD MASTERS”
PSRC’s Student
Art Exhibition
APRIL 5 - 30
Opening reception April 5
3:30 - 5:00 p.m.
All are welcome!**

Back by popular demand

BRUNCH AT HOME



Sunday, May 7, 2017

The perfect gift for any spring celebration!
See pages 9 & 10 for all the details and clippable order
form, or go to our homepage: princetonsenior.org.



Suzanne Patterson Building

45 Stockton Street

Princeton, NJ 08540

(behind Monument Hall)

Phone: 609.924.7108

Monday - Friday

9:00 a.m. to 5:00 p.m.



Spruce Circle Office

179 Spruce Circle

(off N. Harrison St.)

Phone: 609.252.2362

Monday - Friday

10:00 a.m. to 4:30 p.m.

info@princetonsenior.org

princetonsenior.org

A non-profit organization

serving our community

Board of Trustees

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From Olivian Boon, GrandPals Coordinator

GrandPals Celebrates 20 Years!

"Their voices would change, they became the characters and suddenly the story came alive. They were pirates or wolves or princes and princesses; the world had slipped away. And so you might remember that special time when someone read aloud to you."

We often find great impact in the simplest of things. Reading aloud is one of those "simple things." Now research confirms what we sensed all along, that reading aloud is one of the most important steps in literacy. It enhances classroom instruction and has significant academic benefits.

Our GrandPals program is a learning and reading program pairing older adults with students in the Princeton Schools, and is centered on the wonderful activity of reading aloud. It is an opportunity to work within the community and make a significant and lasting impact on a youngster.

For the people involved, GrandPals is a wonderfully evolving story. Olivian Boon, the GrandPals Coordinator, said that she "loves the relationships that develop between the children and the GrandPals and among the GrandPals themselves. They share stories, get to know each other, delight in each other's

company, and in the company of authors and artists through the books they read."

How does GrandPals work?

GrandPals is a joint program between the Princeton Schools and the Princeton Senior Resource Center. This program of reading to kindergartners started in 1997 at Littlebrook School. Riverside School adopted the program in 2006. The success of these programs encouraged us to expand to Community Park in 2012 (where the classes extend from pre-school through second grade), and to Johnson Park in 2015.

More than 100 GrandPals from Princeton and surrounding towns read at least once a week to approximately 250 children in 14 different classes. By the halfway point of this year, they had already volunteered more than 1460 hours of time with the children! The GrandPals range in age from 47 to 95. Some do multiple sessions. Although some have had previous teaching experience, many have not. Training and support are provided by Olivian Boon, Sallie Meade (Associate Coordinator), and school personnel. There is a

strong partnership among the GrandPals, the teachers, and the school librarians.

The excitement of the school year begins when the teachers get the list of GrandPals who have signed up for their class. The teachers have gotten to know the GrandPals over the years, and are thrilled to see familiar names. They know which GrandPal they can assign to the shy child, to

the overly active child, to the child who needs special encouragement, to the child who needs someone to listen to him.

The bonds between the children and the GrandPals are formed quickly. You can sense the excitement of the children when they come into the library and run towards their GrandPal, calling out to them. Many GrandPals comment that coming to GrandPals and being with the children is the highlight of their week. Their commitment to the children can be seen in the number of years some have devoted to this program.

For some children, whose families live far from grandparents, their GrandPal fills the role, even if it is only at school. As one child whispered to her GrandPal at the end of the school year, "Will you always remember me?"

One of the principals said, "The GrandPal program is not just an extra activity; it is an integral part of our school program that furthers the mission of our school."

A teacher summed up the value of the program this way: "The GrandPals provide a calm person and a book, which is what children in this busy world really need." Another teacher commented as she looked around the library at all the groups reading, chatting, laughing, "Wonderful! Look at this. Who would say anything other than wonderful!"

As we celebrate our 20th anniversary, we look forward to many more years of reading, talking, and sharing that wonder. We welcome new volunteers. Come join us! Call Olivian at 609.924.7108.

STAFF

Susan W. Hoskins, LCSW

Executive Director

Fran Angelone

*Crosstown Coordinator and
Office Manager, Spruce Circle*

Olivian Boon

GrandPals Coordinator

Donna Cosgrove

Director of Programs

Cathy Gara

Bookkeeper

Cheryl Gomes

Development Assistant

Sharon Hurley, CVA

Director of Support & Guidance

Emily V. Logue

*Communications & Marketing
Coordinator*

Sallie Meade

GrandPals Associate Coordinator

Abigail Meletti

Evergreen Forum Coordinator

Breana Newton

Program Associate & Rental Coordinator

Ken Peabody

Data Coordinator

Barbara Prince

Director of Development

Dave Roussell, MSW

HomeFriends Coordinator

Beth Weiskopf

Reception and Office Assistant



April Events and Programs



All programs and events are held at the Suzanne Patterson Building unless otherwise indicated.



TED TALKS

Tuesdays at 10:30 a.m.

Come for a lively discussion! First we watch a TED Talk, then we discuss it.

Facilitated by Helen Burton.

This month's topics:

APRIL 4 ~ Adam Savage: *Ground rules for success*

APRIL 11 ~ Ben Cameron: *Why the live arts matter*

APRIL 18 ~ Janette Sadik-Khan: *New York's streets? Not so mean anymore*

APRIL 25 ~ Jude Kelly: *Why women should tell the stories of humanity*

For more information visit TED.com.



FIRST FRIDAY FILM

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

"THE MARTIAN"

An astronaut becomes stranded on Mars after his team assume him dead, and must rely on his ingenuity to find a way to signal to Earth that he is alive. Starring Matt Damon, Jessica Chastain and Kristin Wiig; directed by Ridley Scott. *2 hours 24 minutes*



SPECIAL SPEAKER

Tuesday, April 18 at 7:00 p.m.

SEXUALITY AND AGING

with Melanie Davis, a partner in the New Jersey Center for Sexual Wellness in Bedminster, NJ.

Co-sponsored by and held at the Princeton Public Library.



LUNCH & LEARN

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

THE JOURNEY BACK: STROKE REHABILITATION

with Kathleen Cooney, RN, University Medical Center of Princeton's Acute Rehabilitation Unit. Discover what you can do to lower your risk for stroke at this informative program. Learn the early warning signs of a stroke, when to seek medical attention and prevention methods. UMCP is a state-designated Primary Stroke Center.



LUNCH & LEARN

Friday, April 28 at 12:30 p.m.

LET'S GET WALKING, SAFELY!

with Cheryl Kastrenakis from Greater Mercer Transportation Authority. Walking is fun, social, healthy and a great way to get around town! Learn strategies to keep you safe when walking, what to look for to create a more pedestrian friendly environment, and great walks in the Princeton area.

(Rescheduled from March 17)

Sponsored by Merwick Care and Rehabilitation Center



RETIREMENT PROGRAMS

MEN IN RETIREMENT

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

ISSUES IN ELDER LAW AND ESTATE/LIFE CARE PLANNING

with Scott Bloom, Esq.

Scott Bloom has been practicing law for more than 20 years, with special emphasis in Elder Law. Scott will discuss common issues in elder law, estate planning, estate administration, probate, Medicaid planning, trusts, and life care planning.

Location: Monument Hall Main

WOMEN IN RETIREMENT

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

A general discussion this month. Bring your thoughts and ideas for future programs. All women are welcome.

TRANSITION TO RETIREMENT

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

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

TRANSITIONS BOOK DISCUSSION GROUP

will have the last meeting on Monday, April 3 at 1:30 p.m. *Location: Corner House 19.*

***PSRC will be closed on
Friday, April 14
Good Friday
All programs and classes
are cancelled.***



TECHNOLOGY

COMPUTER LAB ASSISTANCE

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

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

Come to PSRC's computer lab for assistance with any of your technology questions or problems. Our proficient and compassionate volunteers will be happy to help. Use our desktops or bring your own device.

INTRO TO iPad

Thursday, April 6 at 10:00 a.m.

Bring your iPad and learn how to use it! Make sure you **know your Apple ID and password**. Handouts will be provided for you to take with you.

Instructor: Barbara Essig.

MORE ABOUT iPad

Thursday, April 13 at 10:00 a.m.

Learn your way around email, storage, apps, etc. Make sure you **know your Apple ID and password**. Handouts will be provided for you to take with you. Instructor: Barbara Essig.

Due to space limitations REGISTRATION IS MANDATORY for iPad classes in order to ensure enrollment.



LOOKING AHEAD

HEALTHCARE DECISIONS DAY AT PSRC

Tuesday, May 2, 10:00 a.m. - 12 noon

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. No fee.

FIRST FRIDAY FILM

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

"SULLY"

The story of Chesley Sullenberger, an American Airline pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. Starring Tom Hanks; directed by Clint Eastwood. *1 hour 36 minutes*

BRUNCH AT HOME

Sunday, May 7 by 9:30 a.m. (See pp 9 & 10 for details)



LUNCH & LEARN

Our lunch and learn programs are always free. Bring a brown bag lunch; dessert and beverages will be provided.

INTRODUCTION TO MINDFULNESS

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

with Robin Boudette, PhD, Princeton University
Sponsored by Trinity Counseling Services

ANXIETY AND DEPRESSION

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

with Kim Casarona, Trinity Counseling Services

HANDS ONLY CPR: CHOKING

Friday, June 9 at 1:00 p.m.

with Mary Rosner of Capital Health Services.
A class on how to do compressions on an adult, using a mannequin, and learn how an AED works.



Computer Guru: Fake Calls from Microsoft

A few months ago, I received a phone call on a Saturday morning with shocking news. The caller said he represented Microsoft tech support, and they noticed that my computer had been compromised by some type of malware. “Oh my!” Except the caller wasn’t from Microsoft, but from a scamming “boiler room” in a distant land. I played along for a few minutes, pretending to be verklempt and worried that my files had been hacked, my disk drive would spin out of control, and my printer could jettison its cyan ink cartridge at any moment.



I knew this was a fake call. But if I hadn’t, then here’s what would have probably happened: **1.** First, he would have me log into their website and download a program that would allow him to gain control of my computer. **2.** The scammer would then open several arcane Windows log files, pointing out the many warnings and errors in the list. (These are perfectly normal. For example, if you ask Windows to get a file from the

DVD drive and there’s no disk, you’ll find that logged as an error.)

3. The scammer would then confirm that, yes indeed, my computer is infected with an insidious program.

But, to my relief, he could remove the malware right away, and offer me a maintenance plan that would ensure I’d never fall victim to such treachery. **4.** The price would be \$99.95 for a one-time fix, or \$199.95 for three years’ service, or \$299.95 for life. (I wasn’t sure if it was his lifetime or mine—or the computer’s.) I told him I knew his “offer” was a scam, and he hung up.

The bottom line: Microsoft does not monitor your computer, and does not make unsolicited phone calls telling you your computer has become infected. If someone calls you, unsolicited, claiming to be from Microsoft, hang up.

While we’re at it, here’s a list of other phone scams you need to know about (these are actual scams): **1.** The IRS calls you claiming you owe back taxes of \$5,623.43, that the police are on their way to arrest you, and that you’ll spend the next 47 years in

prison unless you go to the nearest Walmart and send the IRS a MoneyGram right now. **2.** The electric company calls you threatening to cut off your electricity unless you pay \$823.12 in the form of iTunes gift cards, which you can easily purchase at the nearest Walmart. **3.** Your grandson Timmy calls from the jailhouse in Bayonne asking for \$5000 to bail him out of jail. If that happens, tell Timmy to call his mom because you’re at the Walmart buying iTunes cards so your lights don’t get turned off.

If you have questions about your computer, cell phone, tablet, digital camera, or other digital gadgets, stop by the PSRC computer lab on Tuesdays from 1:00 to 4:00 p.m. or Friday from 10 a.m. until 12 noon.



WANT TO GO GREEN?

Do you know we send out a weekly e-news to mailing list subscribers with all the program, class and event information you need to plan your week?

It also includes the entire newsletter and complete program & class registration information.

Don’t miss out! Join our mailing list today on our homepage: princeton senior.org.

Ongoing Classes

Register for all programs and classes online at princetonsenior.org

A new quarter for PSRC classes begins April 1.

*Please make sure to make payments and update your registration information at princetonsenior.org or at PSRC.
Financial assistance is available; please ask at the front desk.*



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

Early Bird Aerobics: *Every weekday morning 8:00 to 8:45 a.m.*

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

Aerobics: *Monday, Wednesday, Friday 9:15 a.m.*

\$64/residents; \$128/non-residents; 13-week session.
Register through Princeton Recreation Department:
609.921.9480.

Yoga: *Thursdays, 10:00 a.m.*

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

Table Tennis: *Monday, Wednesday, Friday 12:30 p.m.* Drop-in; no charge.

SPRUCE CIRCLE

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



PSRC CLASSES

SUZANNE PATTERSON BUILDING

Drawing with Alex: *Mondays, 10:30 a.m.*

\$72 residents, \$96/non-residents per quarter.

Word Play (poetry group): *Mondays, 2:00 p.m.*
\$5/quarter for copying costs.

Memoir Writing II: *Mondays, 10:30 a.m.*

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

Memoir Writing Group: *Wednesdays, 2:30 p.m.*
(class is full.)

Painting with Christina: *Wednesdays, 1:30 p.m.*

Painting with watercolor and acrylics.

\$72 residents, \$96/non-residents

Art with Hannah: *Thursdays at 1:00 p.m.*

\$72 residents, \$96/non-residents

Cosmology: *Thursdays at 9:45 a.m.*

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

Contact brucewallman@gmail.com for info.

GAMES

SOCIAL BRIDGE: *Tuesdays, 1:00 - 4:00 p.m.* Free.

MAH JONGG: *Tuesdays, 1:00 - 4:00 p.m.* Free.
BYO cards & set.

SCRABBLE: *Tuesdays, 12:00 noon.* Free.

TABLE TENNIS: *Monday, Wednesdays, Fridays 12:30 - 4:30 p.m.* Free

*For the following bridge events please register with
Bill Miller 908.872.7927 or billsbridge@gmail.com*

DUPLICATE BRIDGE: *Thursdays, 12:30 p.m.*

BRIDGE LESSONS *will resume on Friday afternoons
in May.*

MEET OUR ART INSTRUCTORS

ALEX KOLTCHEV (Drawing) graduated with a classical education from National Academy of Art in Bulgaria and a Masters degree in Design. He worked as a graphic designer, art director and illustrator in Bulgaria. He teaches drawing, painting and gives private lessons.

CHRISTINA RANG (Painting) took private art lessons as a child in Bulgaria, studied at the Berlin Art Academy and received a BA from Elmira College in the US. She owned her own business for 20 years creating custom murals and ceramic tiles. Christina teaches all types of media and especially enjoys teaching adults – she connects with their life experiences, and finds them to be motivated and focused.

HANNAH FINK (Multimedia Art) taught fine arts at The College of New Jersey for more than 15 years, and teaching art at PSRC for more than 30 years. She begins each class with a short lecture accompanied by images of an artist, then her students work in their chosen media, including watercolor, acrylic, oil or collage. We end each class with a critique of each student's work, encouraging everyone to take part.



Support and Guidance

April 23-29, 2017 is National Volunteer Week. This recognition event was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. This signature week is about honoring the impact of changemakers in our communities, and inspiring others to serve. Watch our PSRC Facebook page this month for Volunteer recognition and learn how PSRC volunteers make a difference in the Princeton area. Look for national social media updates using #ivolunteer and #NVW.

PARTNERS-IN-CARING

PSRC is your go-to 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's a single question we can answer in a phone call, a detailed professional consultation about options, 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

Call for more information: 609.924.7108 or 609.252.2362.

HEALTH SCREENINGS

HEARING SCREENINGS

On the 4th Monday of each month at Spruce Circle, from 12:30 -1:30 p.m. Screenings are performed by Dr. Farah M.H. Said, Clinical and Rehab Audiologist.
No appointment required.

MEMORY SCREENINGS

By appointment with Dave Roussell, MSW, LSW, at Spruce Circle. Please call **609.252.2362** to schedule.

GROUPS

BEREAVEMENT

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

CAREGIVERS

Monday, April 10 at 1:30 p.m.
(Usually the second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, April 12 at 4:30 p.m.
(Usually second Wednesday of the month.)
Suzanne Patterson Building

CRAFTY PEOPLE

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

GRANDPARENTING

Tuesday, April 18 at 1:00 p.m.
(Third Tuesday of the month.)
Suzanne Patterson Building

KNIT WITS

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

LET'S TALK

Wednesdays at 2:45 p.m.
Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m.
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 7 at 2:00 p.m.
(Usually first Friday of each month)
Call PSRC or check website for location

TRANSITION TO RETIREMENT

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

WIDOWS: NEXT CHAPTER

Tuesday, April 11 & April 25 at 10:30 a.m.
(Second and fourth Tuesdays of the month.)
Spruce Circle

WOMEN IN RETIREMENT

Friday, April 21 at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building
There are no fees for any of these groups.

MARK YOUR CALENDAR FOR

BRUNCH AT HOME

Delivered Sunday morning, May 7, 2017

**The deadline to place your order
is Thursday, April 27**

Delight family, friends, or clients with a
Brunch at Home basket as a special gift.

We'll send a lovely gift card in advance so
they know to expect their basket that morning.

Use the form at right to order each
beautifully-appointed basket with brunch for two,
including

**Quiche • Smoked Salmon • Fresh Baked Goods
Fresh Fruit and Fruit Juice • Tea & Coffee
• Sweets •**



Option to Pick up

To pick up your basket, please check the box
on the order form

Pick-up is between 8:30 and 10:00 a.m. **at PSRC.**

Delivery Areas:

**Princeton • Lawrenceville • Kingston • Skillman
Rocky Hill • Plainsboro • West Windsor • East Windsor
Monroe Township • Pennington • Hopewell • Ewing**

A delivery charge will be assessed for deliveries beyond these
areas; please call 609.924.7108 to make arrangements.



PSRC is an independent, non-profit 501(c)(3) organization.

For tax purposes, \$25 of each basket is deductible.

BRUNCH AT HOME

The perfect gift for Mother's Day, Corporate
recognition, or a great excuse to gather with
family & friends and share a delicious brunch.
Each basket holds an assortment of delectable
treats for two, delivered to your door
before 10:00 a.m.

\$38.00 per basket to benefit PSRC

Baskets are \$38 each	# of Baskets	Total
Deliver to my address below		\$
I will pick up between 8:30 & 10am		
Deliver gift basket(s) to addressee(s) on reverse		\$
Please deliver to low income seniors		\$
Grand totals		\$

Name (please print)

Address

City, State, Zip

Phone

Email

☐ Enclosed is my check made out to PSRC

Please charge my baskets to ☐ VISA ☐ MC
☐ AMEX ☐ Discover

Account number

Exp. Date/CVV#

Signature

PSRC offers programs to support, educate and
engage older adults and caregivers.

BRUNCH AT HOME

GIFT DELIVERY FORM

Please deliver gift baskets to:

Name (please print)

Address

City/State/Zip

Phone

Sign my/our gift card as:

Name (please print)

Address

City/State/Zip

Phone

Sign my/our gift card as:

Please list additional gift baskets on a separate page and attach to this form.

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton:

609.924.4141

Affordable Housing:

609.688.2053

Arm-in-Arm:

609.921.2135

Central Jersey Legal Services:

609.695.6249

Community Without Walls:

609.921.2050

Cornerstone Community

Kitchen: 609.924.2613

Funeral Consumers Alliance:

609.924.3320

Meals on Wheels:

609.695.3483

Mercer County Nutrition Program:

609.989.6650

Mercer County Office on Aging:

609.989.6661 or 877.222.3737

NJ Consumer Affairs:

973.504.6200

NJ Division of Aging Services:

800.792.8820 x352

One Table Café:

609.924.2277

PAAD (Pharmaceutical Aid):

800.792.9745

Princeton Community Housing:

609.924.3822

Princeton Housing Authority:

609.924.3448

Princeton Human Services:

609.688.2055

Princeton Police

(non-emergency):

609.921.2100

Princeton Public Library:

609.924.9529

Reassurance Contact:

609.883.2880

Ride Provide:

609.452.5144

Senior Care Ministry:

609.921.8888

Senior Citizen Club:

609.921.0973

Social Security:

800.772.1213

S.H.I.P (Medicare):

609.393.1626

T.R.A.D.E.:

609.530.1971

Questions? Call PSRC: 609.924.7108



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UCMPP (hospital). A physician's prescription for rehab therapy is required for free transport to rehab facilities.

DAYTIME FREE-B BUS

A 70-minute loop around town, 9:30 a.m. - 4:30 p.m. Monday - Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus.

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Transitions Book Group - CH-19 2:00 Word Play - SPB	10:30 Ted Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 3:30 PSRC Artists' Reception - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8:30 AARP Tax Help - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 2:00 Men in Retirement - MH Main
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Caregivers Group - CH-19 2:00 Word Play - SPB	10:30 TED Talk - SPB 10:30 Widow Support - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - 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	CLOSED for Good Friday
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparents Group - SPB 7:00 Sexuality & Aging Talk - PPL	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	10:30 TED Talk - SPB 10:30 Widow Support - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	
EARLYBIRD AEROBICS 8:00 a.m. Monday through Friday		TABLE TENNIS Monday Wednesday Friday 12:30 to 4:30 p.m.		LOCATIONS CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building



Mayors Wellness Campaign
Put your community in motion.

PSRC is the go-to resource where older adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, healthy and engaged in the community.

“MASTERPIECES EAST” Step-on Mural Arts Tour in Philadelphia



Date: Tuesday, May 9, 2017

Time: 9:00 a.m. - 4:00 p.m.

(please be at the bus by 8:45 a.m.)

Depart/Return: Community Park North parking lot on Mountain Ave. & Route 206.

Fee: \$55 (non-refundable fee) includes round-trip Motor Coach transportation, tour, and family-style lunch at Maggiano's Restaurant.

Note: We stay on the bus for the guided tour, then we are dropped off in front of the restaurant for lunch!

Register:

<http://register.communitypass.net/princeton>

Questions? Call the Princeton Recreation Department at: **609.921.9480** or **609.688.2040** or visit their website: **princetonrecreation.com**.

WELCOME TO NEW PSRC STAFF

BETH WEISKOPF - OFFICE ASSISTANT

I have only worked at PSRC for a short time, but I love its warm and friendly atmosphere. Prior to working here, I taught computer classes to preschoolers and raised my 3 children.

CATHY GARA - BOOKKEEPER

Before joining PSRC I did the bookkeeping for a non profit mental health/addiction counseling agency for 17 years. I resigned from my position so that my son and I could move with my husband to the Dallas, Texas area for a job opportunity for him. We spent a few years out there then returned to our home in Hunterdon County. My daughter got married last October so I was busy for about a year and a half planning that with her. As things settled down, I started looking for a part time position doing bookkeeping and found PSRC.

DONNA COSGROVE - DIRECTOR OF PROGRAMS

Before I came here, I came from here. I started at PSRC a couple of years ago as a Development Assistant for Barbara Prince. Before that, I was a non-stop parent volunteer for my daughter's school, from 300-person dinner auctions to President of parent associations to book fairs. Going way back, I worked in the Design-Build world of public bidding. Lots of architectural drawings, contracts, and number crunching. Today, I'm thrilled to be PSRC's Director of Programs.

We're so pleased to welcome Beth, Cathy and Donna to our team!