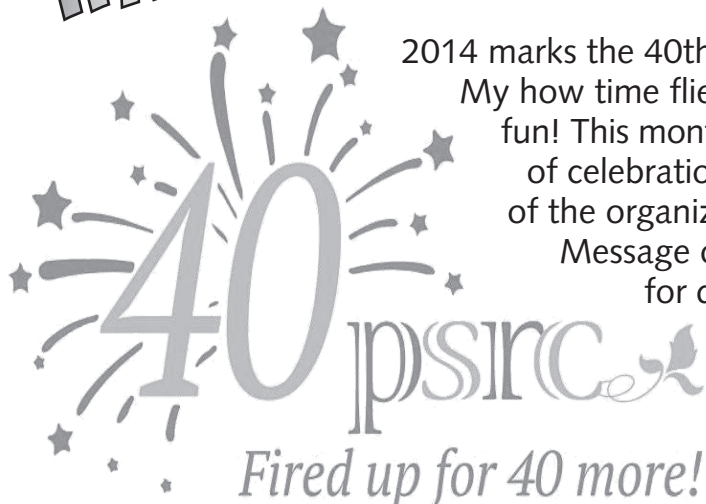


HAPPY ANNIVERSARY!



2014 marks the 40th anniversary of PSRC. My how time flies when you're having fun! This month we kick off our year of celebrations with a brief history of the organization in the Director's Message on page 2. See page 8 for details on the big gala.

And stay tuned for lots of fun all year as we celebrate our past and **fire up** for the future we envision!

Fired up for 40 more!

It Could Happen to Anyone Avoiding the Unintentional Pitfalls of Medication & Alcohol Misuse

Friday, July 18th • 12:00pm at SPB

- Did you know that as people age their sensitivity to alcohol can increase?
- Do you have a concern about a friend or loved one?
- Did you know that feeling depressed is not a necessary part of aging?

Medication and alcohol use errors can lead to significant life and health problems. Join us for an educational program on the myths and realities of alcohol, medications and mental health issues. The presenter will be Margaret Leahy, NCC, LPC, LCADC. She will provide information on risk factors, community resources, as well as a self assessment tool for participants to assess their own alcohol use. This program is co-sponsored by **PADA**.

No charge. Refreshments will be served.

RSVP to 609-924-7108

Behind the Scenes at The New York Times

**Tuesday, July 1st
1:00pm at SPB**

FREE Lecture

David Corcoran, editor of *Science Times*, The New York Times's weekly science section, will describe how he and the staff go about finding, reporting and presenting the week's science news, both on paper and online.

Q & A to follow.

RSVP to 609-924-7108.

Inside this issue:

Director's Message	2
July/August Highlights	3
Looking Ahead	4
Evergreen Forum	5
Ongoing Classes	6-7
Development News	8
July Calendar	9
August Calendar	10
Movie Schedule	11
Ted Talks	12

The Suzanne Patterson Building will be closed Wednesday, July 2 - Sunday, July 6 to reseal the floor.
Classes will resume their normal schedules on Monday, July 7th.



DIRECTOR'S MESSAGE

Fired up for 40 more! **A brief history.**

This year is PSRC's 40th year! We will be celebrating in different ways all year, but the "don't miss" event will be the gala on September 21. Please come celebrate what PSRC has done for you and this community and hear about what we are planning for the future!

In 1974 Joce Helm and Karin Slaby got a grant from the NJ Department of Community Affairs to provide activities for residents of Spruce Circle (subsidized senior housing). The program expanded with additional funding from HABOP and the Borough, a board was developed in 1976, and the Princeton Senior Resource Center was registered as a 501(c)(3) non-profit in 1979.

A grant from the United Way established the HomeFriends program in 1987. This program matches adult volunteers with home-based older adults and people with disabilities, providing support such as shopping and friendly visits to support independent living. Through the years, other grants have brought programs like People and Stories, As Our Parents Grow Older, LAFF and the SHIP program to PSRC. In 1991, PSRC began to publish the *"Princeton Area Community Resources for the Elderly, a guide to area services."* We continue to update this directory on our website constantly.

Meanwhile, the Suzanne Patterson Center had been donated to the Borough and designated as an activity center for seniors, many of whom worked on the initial renovation in the 1980s. It had been a private school gym, and was named for the wife of the Borough Mayor who advocated for this use. Exercise and art classes were conducted and various meetings held there, coordinated by a Borough director. In 1994, the Borough and Township began contracting with PSRC to provide all services for older adults under one coordinated umbrella, which continues today.

The LINK program was started in 1995, linking teen visitors to home-based seniors. It was discontinued in 2012. Joce passed the director's torch to Jan Marmor in 1996, who led the organization through the process of National Senior

Center Accreditation in 1997-8. GrandPals started in 1997, with older adults reading with kindergarteners at Littlebrook School. A development consultant was hired in 1999 and a new guide *"Alternative Living Arrangements for Seniors"* was created in response to the rapid development of Age-Restricted, Assisted Living and Continuing Care Living Communities. This has since been incorporated into the Community Resource Directory.

The Evergreen Forum began in 2001 with four lifelong learning courses (now 21). I became director in 2002, as major renovations of the Suzanne Patterson Building commenced with funding from the municipalities and Mercer County. In 2003 we elected to undergo a Strategic Plan rather than reaccreditation. This, and subsequent plans, have focused on being an active and welcoming center for all in this diverse community, building community and collaboration, being a prime source of information and support, and being responsive to innovations in the aging field and to needs of three generations of people age 55+.

In 2004, the Caregiver Resource Center was established to highlight services for family caregivers. The Next Step: Engaged Retirement & Encore Careers program began in 2009, offering programs to help people make the transition into retirement and active community engagement. Also in 2009, PSRC assumed oversight of the Crosstown Transportation program. We also developed our computer programs, expanding to offer classes and individual support on a range of devices.

In 2008, PSRC joined with five (later nine) other organizations under a United Way grant to form the United Aging & Disability Partnership, to support aging in place. We left the formal collaboration in 2013 and started Partners in

continued on page 4

JULY/AUGUST PROGRAM HIGHLIGHTS

SUMMER MOVIE SERIES

Our weekly "Beat the Heat" movies will start

Wednesday, July 9th

See page 11 for titles. RSVP to 609-924-7108. Free.

LUNCH & LEARN

Fridays, 12:00pm at SPB.

Dessert and beverage provided.

RSVP to 609-924-7108. No charge.

In the Cards

July 11

Presented by Susan Hoskins. Most consumers, especially seniors, are looking for ways to better manage and protect their money. Government issued prepaid cards are becoming a popular alternative to traditional checking accounts and credit and debit cards. However, consumers should be aware of the fees and downsides associated with using these cards. Some examples:

- Federal Govt. issued cards such as for Social Security, SSI or Veterans' benefits
- Electronic benefit transfer cards (EBT) issued by states for food stamps and SNAP
- Commercial pre-paid debit cards (AARP's Green Dot, American Express' BlueBird)
- Gift cards from retail stores.

Join Susan for an educational session on these cards with material supplied by the National Council on Aging.

It Could Happen to Anyone

July 18

Presented by Margaret Leahy. Details on front page.

Physical Therapy for Parkinson's Disease & other Chronic Illnesses

August 15

Presented by ASAP Physical Therapy. Program will cover

- Common physical problems seen in PD
- Easy home solutions to avoid falls and increase function
- Review of exercises with pictures.

GROUP DRUMMING is back!

Day time:

Tuesday 10:00am July 22 & August 5.

Evenings:

Thursday 7:00pm July 31 & August 21.

All sessions will be held at SPB. We will drum outdoors weather permitting. What could be more enjoyable than drumming in the courtyard on a summer evening? Drums provided or BYO. No musical experience required. \$5 per person. Open to everyone over 12 yrs of age. RSVP to 609-924-7108.

COMPUTER CLASSES

Computer classes are taking a break for the summer. But the **computer labs will continue**. Drop in to have your questions answered and to get help with any computer endeavors. No charge.

Tuesday, 1:00-4:00pm

Friday, 10:00am-12:00pm

SPRUCE CIRCLE OFFICE CLOSED

Monday, August 25 – Monday, September 1.

NEXT STEP PROGRAMS

Next Step is a PSRC program focused on planning your retirement and encore career.

NEXT STEP SPEAKER

Tuesday, July 8, 7:00pm at Princeton Public Library.

Downsize Your Possessions with Ease

Presented by **Ellen Tozzi** of **Natural Order Design**. Overwhelmed by all you own? Don't know where to begin? Professional organizer Ellen Tozzi will help you through the sometimes emotional process of streamlining. She will share strategies on deciding what to keep and provide resources for the items to be released. No fee or registration required.

ENCORE CAREERS

Monday, July 28, 7:00pm at Princeton Public Library.

Presented by **John George**, Ph.D. Dr. George is a licensed psychologist in New Jersey and New York. Passion, Purpose and a Paycheck! Explore how you can use your passions, skills and wisdom to develop meaningful, fulfilling work in the second half of your life. No fee or registration required.

HAPPINESS PROJECT

Monday, 1:30pm at SPB.

This discussion group continues, based on **Gretchen Rubin's** book *The Happiness Project*. Facilitated by **Helen Burton**, subjects include vitality, work, marriage, parenthood, friendships, money, mindfulness, passion and more. New members welcome. No fee.

RSVP to 609-924-7108

PSRC CLOSED Labor Day – Monday, September 1, 2014.

EVERGREEN FORUM IMPORTANT DATES - Fall 2014

July 18

Brochures are mailed.

July 25

Registration begins on the website.

www.theEvergreenForum.org

August 27

Lottery Day. Only those classes that are over-subscribed are placed in lottery.

Students who do not get into a class are notified by phone.

All other results are sent by E-mail.

September 29

Classes begin.

LOOKING AHEAD

FLU SHOTS & HEALTH FAIR

Will be scheduled on a

Tuesday in October, 1:00-5:30pm at SPB.

Confirmed date will be published in next month's newsletter.



FALL CONFERENCE

Saturday, November 1, 8:30am—1:00pm at SPB.

This year's fall conference will focus on technology and the ways it can be used to help people age in place. There are so many new gadgets, gizmos and apps - everything from putting one's medical records and advance directives on a portable device to medication reminders and everything in between. Some are junk, but some can really help seniors. Come learn about the latest and most practical. The day will include a resource fair and lunch. More details in the September Mature Princeton.

DIRECTOR'S MESSAGE CONTINUED

Caring Princeton, bringing the focus back to the person at the center of care, and collaborating with local partners. We pride ourselves in being the best resource in the area, a key service as more people elect to age in place and need help understanding and coordinating care.

In 1976, the annual budget was \$17,255; in 1984, it was \$13,090; in 1994 it was \$162,672; in 2004 it was \$294,729 and today \$638,907. In the early years we had no assets, and today we have a healthy endowment to ensure growth and stability.

The one thing we can count on is change. Each generation has ideas about how they want to spend time, where they want to live, and what support they need. We are also committed to introducing new ideas to keep our programs fresh and innovative. Over the years, many programs have come and gone in response to changing needs, interests and funding. Next issue, I will talk about what we have done this year.

Susan W. Hoskins LCSW
Executive Director

THE EVERGREEN FORUM

Intellectually Engaging Daytime Courses for Adults

– FALL 2014 SCHEDULE –

SO YOU WANT TO BE A SUPREME COURT JUSTICE

Walter Frank

Monday: 10:30am - 12:30pm, 6 weeks beginning September 29

TRACKING THE TIGERS: PRINCETON'S CAMPUS ARCHITECTURE

Michael Lundy & Jon Hlafter

Monday: 10:30am - 12:30pm, 6 weeks beginning September 29

WOODY ALLEN: LIGHT AND DARK

Judith Walzer

Monday: 1:30 - 3:30pm, 8 weeks beginning September 29

CONTEMPORARY BUSINESS AND ECONOMIC ISSUES

Milton H. Grannatt

Monday: 1:30 - 3:30pm, 8 weeks beginning September 29

THE JEWS AND THE ROMAN EMPIRE

Robert Goldenberg

Monday: 1:30 - 3:30pm, 8 weeks beginning September 29

CHALLENGES OF THE FUTURE

David Southgate

Tuesday: 10:00am - noon, 8 weeks beginning September 30

KLEZMER ROOTS AND KLEZMER TOOTS

Bob Mehlman

Tuesday: 10:00am - noon, 7 weeks beginning September 30

WOMEN, MONEY, AND POWER IN AMERICAN SOCIETY

Elaine Jacoby

Tuesday: 1:30 - 3:30pm, 8 weeks beginning September 30

ME TRULY: WRITING YOUR PERSONAL STORY

Joyce Lott

Tuesday: 1:30 - 3:30 pm, 8 weeks beginning September 30

MODERNISM

Helen Schwartz

Wednesday: 10:30am - 12:30pm, 6 weeks beginning October 1

HAMLET

John Silver

Wednesday: 10:30am - 12:30pm, 8 weeks beginning October 1

DOWNTON ABBEY AND BEYOND: BRITISH FICTION AND MEMOIRS FROM THE 1920s AND '30s*

Alice Chandler

Wednesday: 10:30am - 12:30pm, 4 weeks beginning October 29

ON THE CAMPAIGN TRAIL - 2014

Jeanne E. Gorrissen

Wednesday: 1:30 - 3:30pm, 6 weeks beginning October 8

JAMES JOYCE'S ULYSSES

Lee Harrod

Wednesday: 1:30 - 3:30pm, 8 weeks beginning October 1

LIVES OF GIRLS AND WOMEN: THE FICTION OF ALICE MUNRO

Lois Harrod

Wednesday: 1:30 - 3:30pm, 8 weeks beginning October 1

GEOGRAPHICAL LINKS: GEOGRAPHY IS INTERNATIONAL

Helen Goddard

Thursday: 10:00am - noon, 8 weeks beginning October 2

EVEN MORE SHAKESPEARE OFF THE PAGE

Barbara Herzberg

Thursday: 10am - noon, 8-10 weeks beginning October 2

FATAL ATTRACTIONS IN LITERATURE

Mary Laity

Thursday: 10:00am - noon, 8 weeks beginning October 2

SCIENCE IN THE NEWS

Bob Robinson, Harry Pinch, other physicians and scientists

Friday: 9:45am - 11:45am, 8 weeks beginning October 3

THE AMAZING AVIAN ARTISTS*

Wendy Worth

Friday: 10:30am - 12:30am, 5 weeks beginning October 3

Classes meet for two hours, once a week. Lottery will be held August 27, 2014.

For full details and registration forms:

www.TheEvergreenForum.org

Course fee - \$60 *mini course - \$40

Sponsored by the **Princeton Senior Resource Center** 609-924-7108

ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail-in registration, or phone with a credit 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. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Monument Hall (MH), Harriet Bryan House (HB)

EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

- **Early Bird Aerobics**

Monday, Tuesday, Wednesday, Thursday, Friday - 8:00am
30 minutes of cardio & toning
\$55/month, or \$5 daily drop-in rate

- **Aerobics**

Monday, Wednesday, Friday - 9:15am
\$47/season for residents / \$93 for non-residents
Register through Princeton Recreation Dept:
609-921-9480

- **High-Low-Go**

Tuesday and Thursday - 8:45am
45 minutes of low-impact aerobics
\$65/8 weeks for residents / \$90 for non-residents

- **Yoga**

Thursday - 10:00am
\$45/8 weeks for residents / \$60 non-residents

- **Table Tennis**

Monday, Wednesday, Friday - 10:30am
Drop-in. No charge.

- **Tai Chi**

Friday - 2:00pm
\$45/8 weeks for residents / \$60 non-residents

SPRUCE CIRCLE

- **Chair Exercise**

Monday, Friday - 11:30am
\$25/8 week session / \$30 non-residents

HARRIET BRYAN HOUSE

- **Chair Yoga**

Tuesday - 11:00am
\$45/8 weeks for residents /
\$60 non-residents

CLASSES

SUZANNE PATTERSON BUILDING

- **Art with Hannah**

Thursday - 1:00pm
Studio Time -\$20/summer. No Instructor.

- **Computer classes**

Will resume in the Fall.

- **Computer Lab**

Tuesday - 1:00-4:00pm, Friday - 10:00am-12 noon
Drop-in for help & practice. No charge

- **Cosmology**

Thursday - 9:45am
Peer-led science discussion group. No charge

- **Drawing with Pencil**

Monday - 9:45am
\$45/8 weeks for residents / \$60 non-residents

- **Group Drumming**

Tuesday - 10:00am - July 22 & August 5
Thursday - 7:00pm - July 31 & August 21
\$5/session

- **Memoir Writing**

Wednesday - 4:30pm
Taking a break for August

- **WordPlay (poetry group)**

Monday - 1:30 - 3:30pm
\$20/year for copying costs.

SPRUCE CIRCLE

- **Knit Wit**

Friday - 1:00pm
Drop-in for knitting & conversation. Free.

GAMES

SUZANNE PATTERSON BUILDING

- **Social Bridge**

Tuesday - 1:00 - 4:00pm
Drop-in. No charge.

- **Mah Jongg**

Tuesday - 1:00 - 4:00pm
Drop-in. No charge. BYO card & set.

- **Scrabble**

Tuesday - 1:00 - 4:00pm. No charge.

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

- **Duplicate Bridge**

Thursday - 12:30pm

- **Bridge Lessons**

Wednesday- 5:30 pm / Friday - 10:30 am & 2:00pm



FOR THE FOLLOWING SUPPORT SERVICES CALL 609-252-2362

- Benefit Application Assistance
- Caregiver Resources + Support
- Support & Wellness Groups
- Transitions – support with the inevitable transitions throughout the life span
- Volunteer Visitors

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.

Call for more information:

609-924-7108 or 609-252-2362



Artwork by Ji Fang Cao, student in PSRC Drawing Class

BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tuesday

11am-12pm at Mt. Pisgah

1pm - 2pm at Spruce Circle

Third Tuesday

9am - 10am at Redding Circle

1pm -2pm at Harriet Bryan House

Fourth Wednesday

1pm -2pm at Elm Court

Caregivers

Monday July 14, August 11 - 1:30pm at SPB

Children of Aging Parents

Wednesday July 9, August 13 - 4:30pm at SPB

Widow Support

Thursday July 9 & 17, August 7 & 21
11:30am at Princeton Public Library

Bereavement

Monday July 21, August 18 - 1:00pm at SPB
Call Ann Schoonover 497-4900

Grandparenting Group

Tuesday July 15, August 19 - 1:00pm at SPB

Let's Talk

Wednesday 10:30am at RC

Wednesday 2:45pm at SC

Let's Talk English

Monday, 1:00pm at SC

Fridays, 9:30am at RC

Men in Retirement

Friday August 1, 2:00pm at SPB (no July meeting)

Navigating Retirement

Thursday June 10, August 14 - 2:00pm at
RWJ Hamilton Wellness 609-584-5900

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call **609-924-7108** to sign up for the first time and **609-452-5144** to schedule a ride.

\$3 each way, free for registered users to **UMCPP** (the hospital).

DAYTIME FREE-B BUS

The free Daytime Free-B runs a 70 minute loop around town **9:30-4:30** on Monday through Saturday. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.

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



Save The Date!

40th Anniversary Gala and Auction

Sunday, September 21, 2014

The Westin Princeton at Forrestal Village

Featuring the Franklin & Alison Orchestra

& a surprise performance that will delight you!

www.princetonsenior.org

We're fired up for 40 more! 2014 marks PSRC's 40th Anniversary. We are planning to kick off the celebration with a Gala on Sunday, September 21st.

It will be a fun and informative evening with cocktails, hors d'oeuvres, dinner, an auction, and some delightful surprise entertainment! We'll celebrate the past, the present, and take a peak into the future.

We're thrilled honor to individuals and organizations that have been instrumental in ensuring PSRC's growth and development.

Honorees

Director's Award

Betty Wold Johnson
Bill & Judy Scheide

Volunteer Award

Bloomberg, L.P.

Service Award

J. Seward Johnson, Sr. 1963 Charitable Trust

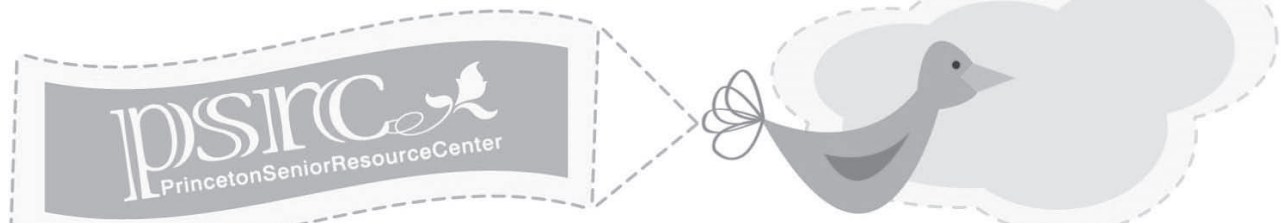
Leadership Award

Norman Klath
Albert Stark

We'd like your help in marking this momentous occasion. As part of PSRC's extended family we hope that you will join us at the Gala and help with some of the other event preparations. There are so many ways you can make our 40th Gala a huge success; here are a few:

- Invite 5 - 10 people to attend the Gala with you. What's more fun than spending an evening with friends for a great cause? We'll send them Save the Dates and invitations.
- Help us gather interesting, special opportunities for our auction such as:
- Tickets** to a sporting event, the theater, or a television show.
- Lunch or dinner with a local celebrity.** We have many in town, perhaps one is a friend of yours.
- A bottle or two of a **fantastic wine** you really like.
- A **vacation home or pied á terre** anywhere in the world.
- Host a **dinner featuring your favorite chef** from one of our local restaurants.
- Gift certificates, airplane upgrades, tickets to tv shows, backstage tours.**

Call the development office (Sharon or Barbara) and we'll be glad to help you. 924-7108



A Little Bird told us that you're thinking of making a donation to PSRC.


- 🐦 Go to www.princetonsenior.org and click on the Donate button to make a secure donation
- 🐦 Call 924-7108 and ask for Sharon or Barbara in the Development office.
- 🐦 Stop at the front desk and ask for a donation envelope.

To everyone who responded to our Spring Appeal, thank you for your support!

Princeton Senior Resource Center • July 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30- 1:45pm Earlybird Aerobics 8:00am daily	1 8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Science News - SPB with David Corcoran	2 CLOSED FLOOR RESEALING	3 CLOSED FLOOR RESEALING	4 CLOSED INDEPENDENCE DAY
7 9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:00 Living Well - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB 1:30 Let's Talk Eng. - SC 1:30 Happiness Project - SPB	8 8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Blood Pressure - SC 7:00 Downsizing - PPL	9 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie - SPB 2:45 Let's Talk Too - SC 4:30 Memoir Writing - SPB 4:30 Child. Aging Parents - SPB 5:30 Bridge Lessons - SPB	10 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB 2:00 Navigating Retire - RWJH	11 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 10:30 Beginner Bridge -SPB 11:30 Chair Exercise - SC 12:00 In the Cards -SPB 1:00 Knit Wits - SC 2:00 Bridge Lessons - SPB
14 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:00 Living Well - SPB 11:30 Chair Exercise - SC 1:30 Caregivers - CH19 1:30 Wordplay - SPB 1:30 Let's Talk English - SC 1:30 Happiness Project - SPB	15 8:45 High Low Go - SPB 9:00 Blood Pressure - RC 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparent Group -SPB	16 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie – SPB 2:45 Let's Talk Too - SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	17 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art Studio – SPB	18 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 10:30 Beginner Bridge -SPB 11:30 Chair Exercise - SC 12:00 It Could Happen - SPB 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
21 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Bereavement - SPB 1:30 Wordplay - SPB 1:30 Happiness Project - SPB	22 8:45 High Low Go - SPB 10:00 Group Drumming-SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	23 9:15 Aerobics - SPB 1:00 Movie - SPB 2:45 Let's Talk Too - SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	24 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB	25 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 10:30 Beginner Bridge -SPB 11:30 Chair Exercise - SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
28 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB 1:30 Let's Talk English - SC 1:30 Happiness Project - SPB 7:00 Encore Careers - PPL	29 8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	30 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie – SPB 2:45 Let's Talk Too - SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	31 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB 7:00 Group Drumming - SPB	LOCATIONS HBH = Harriet Bryan House PPL =Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson RWJH = Robert W. Johnson Fitness/Wellness Center

Princeton Senior Resource Center • August 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCATIONS HBH = Harriet Bryan House PPL =Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson RWJH = Robert W. Johnson Fitness/Wellness Center	Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30 - 1:45pm	Earlybird Aerobics 8:00am daily		1 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 10:30 Beginner Bridge -SPB 11:30 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 Men in Retirement - MH 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
4 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB 1:30 Let's Talk Eng. - SC 1:30 Happiness Project - SPB	5 8:45 High Low Go - SPB 10:00 Group Drumming - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Blood Pressure - SC	6 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie - SPB 2:45 Let's Talk Too - SC 5:30 Bridge Lessons - SPB	7 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB	8 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 10:30 Beginner Bridge -SPB 11:30 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
11 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB 1:30 Let's Talk English - SC 1:30 Caregivers - CH19 1:30 Happiness Project - SPB	12 8:45 High Low Go - SPB 9:00 Blood Pressure - RC 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	13 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie - SPB 2:45 Let's Talk Too - SC 4:30 Child. Aging Parents - SPB 5:30 Bridge Lessons - SPB	14 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB 2:00 Navigating Retire.. - RWJH	15 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 10:30 Beginner Bridge -SPB 11:30 Chair Exercise - SC 12:00 Lunch & Learn - SPB 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
18 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Bereavement - SPB 1:30 Wordplay - SPB 1:30 Happiness Project - SPB 1:30 Let's Talk English - SC	19 8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB 1:00 Grandparent Group-SPB	20 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie - SPB 2:45 Let's Talk Too - SC 5:30 Bridge Lessons - SPB	21 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB 7:00 Group Drumming - SPB	22 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 11:30 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
25 9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB 1:30 Let's Talk English - SC	26 8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	27 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Movie - SPB 2:45 Let's Talk Too - SC 5:30 Bridge Lessons - SPB	28 8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art Studio - SPB	29 9:15 Aerobics - SPB 9:30 Let's Talk Eng. Too - RC 10:00 Computer Lab - SPB 11:30 Chair Exercise - SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB



Wednesdays at 1:00pm FREE !

July & August 2013 at Suzanne Patterson Building

Call 609-924-7108 to RSVP.
Free popcorn & air conditioning!

July 9
Book Thief

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being sheltered by her adoptive parents.

July 16
Philomena

A world-weary political journalist picks up the story of a woman's search for her son, who was taken away from her decades ago after she became pregnant and was forced to live in a convent. Stars Judi Dench & Steve Coogan.
Nominated for 4 Oscars.

July 23
Frozen

This delightful animated kids' movie won the Oscar for Best Song. Fearless optimist Anna teams up with Kristoff in an epic journey, in a race to find Anna's sister Elsa, whose icy powers have trapped the kingdom in eternal winter.

July 30
The Red Violin

A perfect red-colored violin inspires passion, making its way through three centuries over several owners and countries, eventually ending up at an auction where it may find a new owner.

August 6
Waking Ned Devine

When Ned Devine dies from shock after winning the lottery, two longtime friends discover the body and agree Ned would want them to benefit from his good luck. They embark upon an outrageous scheme to claim the money.

August 13
Nebraska

An aging, booze-addled father makes the trip from Montana to Nebraska with his estranged son in order to claim a million-dollar Mega Sweepstakes Marketing prize.
Earned an Oscar for Bruce Dern.

August 20
American Hustle

A con man, Irving Rosenfeld, along with his seductive partner Sydney Prosser, is forced to work for a wild FBI agent, Richie DiMaso, who pushes them into a world of Jersey powerbrokers and mafia. Stars Christian Bale, Bradley Cooper, Amy Adams.
Received 10 Oscar nominations.

August 27
The Monuments Men

An unlikely World War II platoon is tasked to rescue art masterpieces from Nazi thieves and return them to their owners. Stars George Clooney, Matt Damon. Based on a true story.



PrincetonSeniorResourceCenter

45 Stockton Street • Princeton, NJ 08540



PrincetonSeniorResourceCenter

Suzanne Patterson Building

45 Stockton Street • Princeton, NJ 08540

(behind Monument Hall)

P: 609-924-7108 • F: 609-497-1977

info@princetonsenior.org

www.princetonsenior.org

Spruce Circle Office

179 Spruce Circle • Princeton, NJ 08540

(off Harrison Street)

P: 609-252-2362 • F: 609-924-9305

Board of Trustees

Bradley Bartolino

Ruth Bronzan

Rebecca Esmi

Audrey Hallowell

Allen Jacobi

Michael Kenny

Jay Kuris

Stephanie Lewis

Dave Saltzman

Al Stark

Kevin Wilkes

Richard Bianchetti

Hendricks S. Davis

Paul Gerard

Lynne Hirayama

Edith Jeffrey

Norman R. Klath

Robert Levitt

Henry Opatut

Nakia Smith

Margaret Van Dagens

Fiona Van Dyck

TED TALKS

Drop in for a lively discussion every Tuesday, 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton. For more background, visit www.TED.com

July 1 – Simon Sinek: *Why good leaders make you feel safe*

July 8 – Jackie Savitz: *Save the oceans, feed the world*

July 15 – William Black: *How to rob a bank (from the inside)*

July 22 – Jennifer Senior: *For parents, happiness is a high bar*

July 29 – Keith Barry: *Brain magic*

August 5 – Paul Nicklen: *Tales of ice-bound wonderlands*

August 12 – Rory Sutherland: *Life lessons from an ad man*

August 19 – Larry Page: *Where's Google going next?*

August 26 – David Griffin: *How photography connects us*

FARMERS MARKET COUPONS will again be available to help low-income seniors purchase fresh fruits and vegetables from local farmers. Even if you have had farmers coupons before, you must sign up if you would like farmers market coupons for this summer. Applications will be taken Tuesday, July 1, 11:00am at Spruce Circle and Wednesday, July 2, 11:00am at Redding Circle. Bring proof of residency, income and date of birth. For more info call **609-252-2362**.