

Let's Live Well this Summer!

Opera Video Fest

Join us on Wednesday afternoons in the air-conditioned lounge of the Suzanne Patterson Building for some great music. Most shows start at 12:30pm. Beverage and dessert provided. Feel free to bring a lunch. No charge.

RSVP to 609-924-7108.

June 4, 12:30

Lehar: *The Merry Widow* (155 minutes)

June 18, 12:00

Offenbach: *Tales of Hoffman* (183 minutes + intermission)

June 25, 12:30

Gershwins & Haywood: *Porgy & Bess* (158 minutes)



We welcome 2 Medical Students

Rima Patel and Karianne Weber, from the Rutgers Department of Family Medicine and Community Health, will be here for six weeks this summer. They will offer a new class:

Living Well with Chronic Illness

6 weeks starting Monday, June 9

Time: 11:00am – 12:30pm at SPB. Cost: \$25

Living with chronic illnesses like arthritis, diabetes, neuropathy, Parkinson's can be a challenge. Come learn techniques for managing chronic illness, whether it is your own or a loved one's. Living well IS possible!

Medical Info on the Internet

Monday, June 16, 1:30pm at SPB

The internet is a wealth of information on all things, including medicine and health. But how do you know what to believe? Which websites should you trust? The medical students will demonstrate reliable websites as well as offer tips for recognizing risky sites. In addition, they will be available in the computer lab Friday mornings to help anyone research medical websites.

Evergreen Forum Fall 2014

Critical Dates

July 18
Brochures mailed

July 25
Website registration
opens

August 27
Lottery Day

September 26
Classes start

Inside this issue:

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Last Call for Our Spring Appeal!

Go to www.princetonsenior.org

Click the donate button or call 609-924-7108





DIRECTOR'S MESSAGE

Romance after 50

It has long been taboo to talk about sex and romance among older adults, but there is a lot more to say than fits on this page. First, let's be clear that *we all need to feel loved and to have physical and emotional intimacy throughout life.*

It is true that things change with age. Sex drive may diminish with changes in hormones, other health conditions and medications, but it

doesn't end! 71% of a recent survey of people age 50+ reported having a healthy sex life. 74% of men and 70% of women who are sexually active find it more satisfying than in earlier decades when they were raising children and working. Don't be afraid that sex will harm your health. The key is adapting your practices and expectations to increase your pleasure. This may include more cuddle time, use of sex aides, creams and medications, and overcoming inhibitions to explore new practices. Intimacy is much more than orgasm, including pleasure, comfort and touch.

Some people find themselves single by choice or unexpectedly. The Census Bureau indicated that in 2011, 15.4% (of those over 50) were divorced and 2.1% were separated. The divorce rate doubled between 1990 and 2011 for this age cohort. Possible factors include Boomer values and longer life expectancy. Divorce continues to put women at financial risk, especially older women without their own resources.

Many others (13.5%) are widowed. Loneliness is common. Others are married to a partner with significant chronic illness or dementia, no longer able to be a life partner, whether romantically, or the many other roles held for years. Yet the desire for intimacy and companionship continues, creating an ethical dilemma. A recent study indicated that 31% of couples split up after the diagnosis of a serious illness, with men much more likely to leave.

Some people begin to explore dating. With the introduction of internet websites like Match.com and AARP dating, you no longer have to rely on friends for introductions. For some, this is an opportunity to find happiness you did not have before by knowing yourself better, your needs, personality, sexual orientation. 14% of those on Match.com are over 50. But be safe: don't share your real name, personal phone number, work or home address or other personal identification data until you are comfortable. Use a separate email just for dating. And use safe sex practices

(especially condoms)! An estimated 16% of new HIV cases are among people age 50+ and incidence of other STDs has tripled among people age 50-64 in the last decade.

More women than men choose to stay single. This may be because women are better at finding companionship with women friends or that it is more acceptable today to go out with friends. Also men are more able to marry younger women.

Dating and remarriage may raise family issues, such as acceptance of the new person in your life. Children often feel loyal to their parents and may need help understanding your need for intimacy and companionship. You should also consider legal issues such as estate inheritance, financial responsibility for the remaining spouse, income and benefits, and what your legal (financial, property and medical) rights are if you choose cohabitation instead.

Whatever your situation, don't be afraid to acknowledge your needs for affection and explore ways to meet those needs.

Sources and places to start further exploration:

- **Aarp.org** (Dating in the Digital Age, Dating after 50....)
- **Match.com, gaydating.match.com, aarp dating, ...**
- **Huffington Post** (Boomers & Sex 6/8/13, 6 Myths about sex after 50 8/2/13, ...)
- **Marketwatch.com** (Marrying after 50- 2/27/13)
- **New York Times** (Divorce after 50 9/30/13...)
- **Dr. Laura Berman blog** (The ultimate sex-ed for grownups, *Til Diagnosis Do Us Part...*)
- **Brick, Peggy et al, Older, Wiser, Sexually Smarter**, Planned Parenthood of Greater NJ, 2009.

Susan W. Hoskins LCSW
Executive Director

JUNE PROGRAM HIGHLIGHTS

MOVIE & MUNCHIES

Friday, June 6, 1:00pm at SPB

Saving Mr. Banks

Walt Disney spent twenty years in pursuit of the film rights to P.L. Travers' popular novel *Mary Poppins*, a quest he began in the 1940s as a promise to his two daughters. In 1961 author P.L. Travers traveled to Hollywood and reluctantly began meeting with Walt Disney. Stars **Emma Thompson** and **Tom Hanks**. RSVP to 609-924-7108. No fee.

GROUP DRUMMING

Tuesday, June 17, 7:00pm at SPB

Wednesday, June 25, 10:30am at SPB

Outdoors, weather permitting. Give it a try! Drums provided or BYO. No experience required. Only \$5/person. RSVP to 609-924-7108.

LUNCH & LEARN

Fri., June 13, 12:00pm at SPB

Care Management

With **Barb Bristow** from **Senior Care Management**. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

Fri., June 20, 12:00pm at SPB

Dental Health for Seniors

With **Dr. Purvi Desai** of **Insmile Dentistry**. Will cover:

- General dental health
- Planning for tooth loss
- Different options for replacing missing teeth
- Dental implants

Bring your own lunch.

Dessert and beverage provided.

RSVP to 609-924-7108. No charge.

ONE TABLE CAFÉ

Friday, June 20, 6:30pm at Trinity Church
(33 Mercer Street)

A free meal with other members of our community plus a performance by **On Stage**. On Stage is an ensemble of 16 seniors (age 55 plus) who present original theater focused on the experiences of seniors and others in central New Jersey. RSVP required to 609-924-2277, ext. 352.

TED TALKS

Drop in for a lively discussion every Tuesday, 10:30 am 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

This month's topics:

June 3 – Michael Sandel:

Why we shouldn't trust markets with our civic life

June 10 – Lauren Zalaznick:

The conscience of television

June 17 – Gabby Giffords and Mark Kelly:

Be passionate. Be courageous. Be your best.

June 24 – David Epstein:

Are athletes really getting faster, better, stronger?

COMPUTER CLASSES

Intro to iPad

Thursday, June 5, 10:00am - 12pm

Fee: \$10

More About iPad

Wednesday, June 18, 10:00am - 12pm

Fee: \$10

To register: stop by the Suzanne Patterson Building or call **609-924-7108**. All classes are held in the computer lab at Suzanne Patterson Building. Please come 10 minutes early to pay.

FREE LABS:

Tuesdays, 1:00pm - 4:00pm

Fridays, 10:00am - 12:00pm

No sign up required. Just drop in to have your questions answered and to get help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Can help with Macs as well as PC's.



JUNE PROGRAM HIGHLIGHTS

NEXT STEP PROGRAMS

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

Men in Retirement

Friday, June 6, 2:00pm, Monument Hall

Come and meet other men who are making or have made the transition into retirement. Facilitated by Rob Hegsbie and Bruce Wallman. No fee. Just drop in.

Next Step Speaker: Marion Sommer

Making Your Money Go Further In Retirement

Monday June 2, 7:00pm

Princeton Public Library

note: change from our usual Speaker Series date. Looking to retire or just recently retired? Are you worried about having enough money to last throughout your retirement years? You're not alone. Forty-five percent of all Americans say concerns about making ends meet are keeping them up at night. Reaching retirement is the beginning of a new voyage, a time of changing tides with you at the helm. You may live another 20 to 30 years. How do you ensure that your money will last? Ms Sommer will explore:

1. How much monthly income you will need after a lifetime of accumulation
2. How much money can you safely withdraw annually and still have your money last
3. What strategy will provide the most efficient method of withdrawing assets
4. When to take social security payments
5. Tax-efficient methods used to withdraw money
6. What can you do to safeguard your assets

The Next Step Speaker Series is a joint program of the PSRC and the Princeton Public Library. No charge. Just drop in.

What Will You Do With The Rest Of Your Life?

Wednesday, June 4, 11, 18, 25, 6:30pm

RWJ Health & Wellness Center

3100 Quakerbridge Road

Put the pieces of your retirement together in this four session, hands-on retirement planning workshop. Led by Carol King and John George.

- Explore your attitudes and feelings about retirement, work, aging and managing transitions.
- Discover your passions and purpose, gifts, strengths, talents, assets and experiences.

- Identify possibilities: How do you want to spend your time in retirement? What opportunities are out there for you? Is there an Encore Career in your future?

- Turn your dreams into goals and develop an action plan to achieve your goals.

Please call **609-584-5900** to register.

Cost: \$85/person, \$150/couple.

Next Step Speaker Series:

Maria Imbalzano, Esq. - Gray Divorce –

The Issues Facing Older Adults

Tuesday, June 10, 7:00pm

Princeton Public Library

The divorce rate for people over 50 has doubled over the past 20 years while declining or staying steady for younger people. Divorce after retirement can have a serious impact on both partners' financial and emotional well-being. With limited earning power and less time to recoup financial losses, gray divorcees need to re-visit their financial plans.

Ms. Imbalzano is a member of Stark & Stark's Divorce Group. The Next Step Speaker Series is a joint program of the Princeton Senior Resource Center and the Princeton Public Library. No charge. Just drop in.

Time At Last - Navigating Retirement

Thursday, June 12, 2:00pm

RWJ Health & Wellness Center

3100 Quakerbridge Road

So much of our life and identity revolves around work. This supportive group will discuss the joys, concerns and challenges of having extra time and making decisions about how to use it to create fulfillment. Continues on the second Thursday of each month. Led by Shirley Roberts, Helen Burton and Carol King. Please call **609-584-5900** to register. No fee.

Delights and Dilemmas of Being a Grandparent.

Tuesday, June 17, 1:00pm, SPB

This group just started in May and will continue monthly. The leader is Lenore Sylvan. Lenore brings her many years of experience as a teacher, child care advocate and grandparent to PSRC.

Call **609-24-7108** to register. No fee.

MOVIE & MUNCHIES

Our popular weekly summer movie series will return in **July**. Schedule will be listed in next month's *Mature Princeton*.



LUNCH & LEARN

Friday, July 11, 12:00pm at SPB.

"In the Cards" with Susan Hoskins

BEHIND THE SCENES AT THE NEW YORK TIMES

Tuesday, July 1, 1:00pm at SPB.

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.

BEGINNER BRIDGE LESSONS

Fridays 10:30am at SPB, starting July 11

Contact instructor, **Bill Miller**, for details & to sign up. **908-872-7927** or **billsbridge@gmail.com**.

FIVE WISHES

Have you completed your advance directives?

The medical students will be available

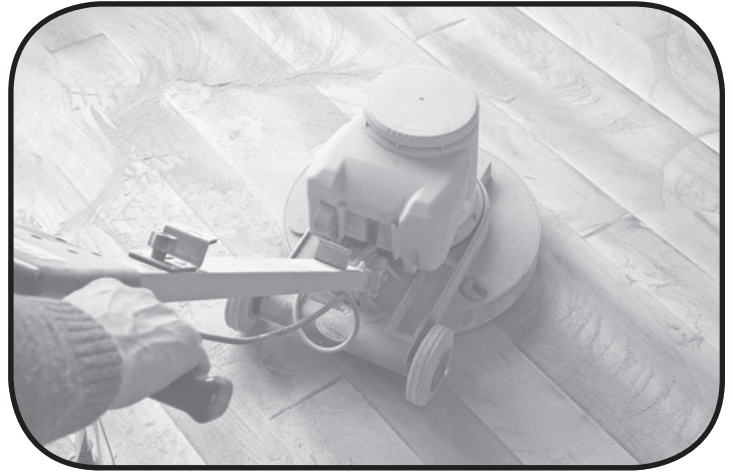
Monday afternoons 1:00-3:00pm, to help you complete the Five Wishes documents from **June 9-July14**.

FILE OF LIFE

Do you have a File of Life on your fridge? It lists your emergency contacts, health concerns, insurance information and medications. Emergency personnel are trained to look for it. We can help you fill one out.

FLOOR RESEALING

The Suzanne Patterson Building will be closed **July 2-6** for the semi-annual resealing of the gym floor.



McCaffrey's Receipts and More

You can support PSRC all year by bringing us your McCaffrey's receipts, used ink cartridges, and by making **Comcast** payments at Spruce Circle. We also accept durable medical equipment for **Goodwill**.

We are also participating in **One Princeton**.

If you designate PSRC as your charity we will receive the contributions.

Just stop in to find out more about these additional ways to support PSRC— a non-profit organization.



Like us on
Facebook

Princeton Senior Resource Center

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 Studio**

Wednesday - 1:30pm
\$25/summer

- **Art Studio**

Thursday - 1:00pm
\$25/summer

- **Computer classes**

See page 5

- **Computer Lab**

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

- **Cosmology**

Thurs. 9:45am
No charge.

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**

Friday - 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 June 9, 1:30pm at SPB

Children of Aging Parents

Wednesday June 11, 4:30pm at SPB

Widow Support

Thursday June 5 & 19, 11:30am at Princeton Public Library

Bereavement

Monday June 9, 1:00pm at SPB

Call Ann Schoonover 497-4900 to attend

Grandparenting

Tuesday June 17, 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 June 6, 2:00pm at Monument Hall

Navigating Retirement

Thursday June 12, 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.

GUIDE TO AREA RESOURCES

Arts Council of Princeton

609-924-8777

Cornerstone Community Kitchen

609-924-2613

Crisis Ministry

609-921-2135

Community Without Walls

609-921-7338

Funeral Consumers Alliance

609-924-3320

Health Care Ministry

609-921-8888

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 Citizen Club

609-921-0973

Social Security

800-772-1213

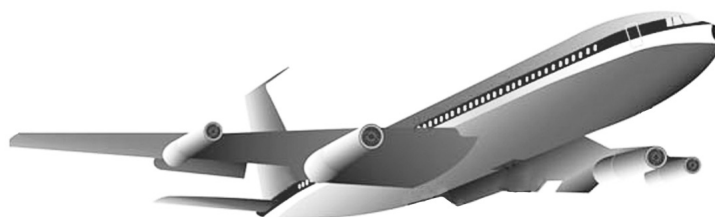
Your Critical Documents

You will be doing your family a great service if you have collected your important documents and they know where to access them. Put them all in one file or folder, or include a copy of the face sheet telling family where to find the original (such as your lockbox or attorney's office).

- Home, land, cemetery deeds
- Escrow mortgage accounts
- Proof of loans made and debts owed
- Vehicle titles
- Stock certificates, savings bonds, brokerage accounts
- Partnership and corporate operating agreements
- Tax returns
- Marriage License
- Divorce papers
- Personal and family medical history
- Durable powers of attorney-health and financial
- Living will, POLST form, do not resuscitate order
- Life insurance policies
- Individual retirement accounts
- Pension and/or 401K accounts
- Annuity contracts
- Bank accounts
- List of online accounts, user names and passwords
- Safe deposit boxes
- Will, letter of instructions
- Trust documents
- A list of your attorney, financial planner, broker, accountant, doctors, other key advisors

PreCheck Screening

Flying anywhere this summer? The TSA is expanding its pre-check program that allows certain passengers to go through security without showing laptops, liquids, or removing shoes and coats. There is an \$85 charge for the vetting process and you will need to be fingerprinted. For more information, go to tsa.gov.



Thanks to the following companies who sponsor all of our events. We appreciate their support.

Gracious Living in the Heart of Princeton...

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www.acornglen.com



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Presenting:

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Therapy Garden

A unique, new physical therapy garden at Merwick Care & Rehabilitation Center in Plainsboro, NJ, offers a beautiful and practical environment to ensure patients practice real life skills to regain their strength and flexibility. Practicing opening doors in a gazebo, walking on different ground surfaces and swinging a golf club on a putting green are just a sampling of real life applications of this therapy. To be used year-round, Merwick's therapy garden prepares each patient to meet the challenges of any season.



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 - Recuperation after a hospitalization
 - Stroke rehabilitation
 - Care for cardiac, pulmonary & orthopedic conditions
- Plus, private rooms are now available!

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www.GreenwoodHouse.org

A nonprofit, nonsectarian organization providing care and services based on Jewish traditions and values.



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BUCKINGHAM HOME HEALTH CARE & COMPANIONS

PRINCETON AREA'S FINEST HOME CARE SERVICES:

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- Companions and Personal Care
- Laundry • Light Housekeeping • Cooking • Showering
- Dressing • Grooming • Medication Reminders
- Our home health aides drive clients to and from Dr. appointments, shopping and more
- Bonded & Insured Certified Home Health Aides • Private Insurance
- Complimentary RN Assessment 732-329-8954 ext. 1

Buckingham Place Home Health Services

Contact Hilary Murray at 732-329-8954 ext. 1 or hmurray@buckinghamplace.net



BUCKINGHAM PLACE

Visit our New Location: 700 Woods Lane (Rt. 522) • Monmouth Junction • www.buckinghamplace.net

BE A PREPARED FUNERAL CONSUMER

The Funeral Consumers Alliance of Princeton has a lot of helpful information and resources comparing area funeral homes, describing options and practices, and more. For more information go to www.princetonol.com/groups/fcap or call 609-924-3320.

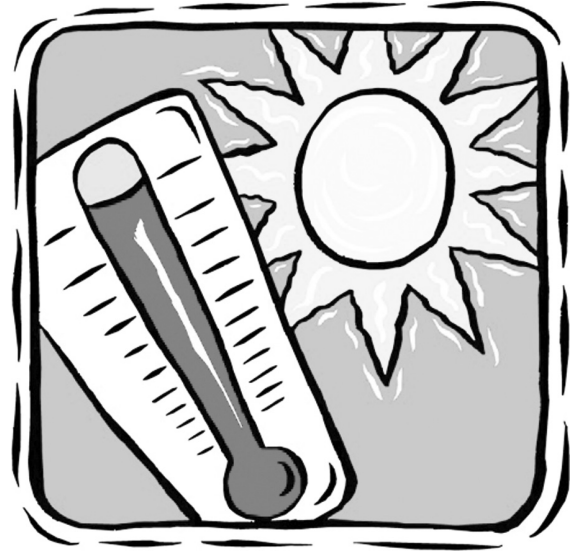
WRITE YOUR OWN OBITUARY!

You know better than anyone what you want said about you. You may want to include:

- full name (and maiden)
- age and town of residence at death
- areas where lived and/or worked in past
- marriage-to whom, when
- military history
- education
- work history
- awards, honors, publications, accomplishments
- organizational memberships
- volunteer activities, interests, hobbies
- survivors
- family members who pre-deceased you
- funeral or memorial service date, time and place
- memorial contributions





HEAT & OZONE ALERT



We are coming into that time of the year when there are frequent heat and ozone alerts. When you hear a heat or ozone report on the news, please remember these recommendations:

1. **DRINK** plenty of water—8 oz per hour—unless you are taking medication for fluid retention. Do not drink a lot of alcohol, soda, tea or coffee.
2. **STAY INDOORS** during the hot part of the day.
3. **USE YOUR AIR CONDITIONER**—that's what it is for!
4. **USE A FAN** if you don't have an air conditioner, but don't sit directly in front of a fan in a hot room with all the windows closed. Blow air out during the day and in at night.
5. **WEAR COOL LOOSE CLOTHING** and a hat.
6. **SPEAK TO YOUR PHYSICIAN OR PHARMACIST** about whether any of your medications make you more prone to heat stroke or sunburn.
7. **ATTEND a PSRC** class or activity in an air-conditioned room.
8. If you feel ill (clammy and cold, faint, headachy, difficulty breathing), **call your doctor** or **911**.
9. The **Suzanne Patterson Center** and housing Community Rooms are open during the hottest part of the day; please come in and cool down if you need to.

Princeton Senior Resource Center • June 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC 7:00 Make Your \$ Go Further in Retirement - PPL</div>	<div>3</div> <div>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</div>	<div>4</div> <div>9:15 Aerobics – SPB 10:30 Let's Talk – RC 12:30 Opera Video - SPB 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB</div>	<div>5</div> <div>8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Intro to iPad - SPB 10:00 Yoga – SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art Studio – SPB</div>	<div>6</div> <div>9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 1:00 Movie – SPB 1:00 Knit Wits – SC 2:00 Men in Retirement –MH 2:00 Bridge Lessons – SPB 2:00 Tai Chi – SPB</div>
<div>9</div> <div>9:15 Aerobics – SPB 10:00 Living Well – SPB 10:30 Pencil Drawing – SPB 11:30 Chair Exercise – SC 1:00 Bereavement – SPB 1:30 Caregivers – CH19 1:30 Wordplay - SPB 1:30 Let's Talk Eng. – SC</div>	<div>10</div> <div>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 Gray Divorce - PPL</div>	<div>11</div> <div>9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 4:30 Child. Aging Parents – SPB</div>	<div>12</div> <div>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</div>	<div>13</div> <div>9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons – SPB 2:00 Tai Chi – SPB</div>
<div>16</div> <div>9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 10:00 Living Well - SPB 11:30 Chair Exercise – SC 1:30 Medical Internet - SPB 1:30 Wordplay – SPB 1:30 Let's Talk English – SC</div>	<div>17</div> <div>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 Grp-SPB 7:00 Group Drumming - SPB</div>	<div>18</div> <div>9:15 Aerobics – SPB 10:00 More about iPad - SPB 10:30 Let's Talk – RC 12:00 Opera Video - SPB 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB</div>	<div>19</div> <div>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</div>	<div>20</div> <div>9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons – SPB</div>
<div>23</div> <div>9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 10:00 Living Well - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:30 Let's Talk English – SC 7:00 Voluntourism - PPL</div>	<div>24</div> <div>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</div>	<div>25</div> <div>9:15 Aerobics – SPB 10:30 Group Drumming - SPB 10:30 Let's Talk – RC 12:30 Opera Video - SPB 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB</div>	<div>26</div> <div>8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art Studio - SPB</div>	<div>27</div> <div>9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits – SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB</div>
<div>30</div> <div>9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 10:00 Living Well - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:30 Let's Talk English – SC</div>	<div></div>	<div>Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30- 1:45pm</div>	<div></div> <div>Earlybird Aerobics 8:00am daily</div>	<div>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</div>



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Summer Opportunity for GrandPals



Grateful kindergarten teachers at the GrandPal Luncheon

There will be a 4 week session of summer activities for elementary school children in **Johnson Park School**. Once a week GrandPals will read to some of the children who need a summer school program. Please let us know if you would be interested in participating in this.

The summer program runs from **July 7 - August 1**, from 8:30 - 11:30am. We don't know the specific days or times yet, but would like to know how many people would be interested.

Contact Sallie Meade at smeadenj@gmail.com
or call **Olivian Boon** at **609-924-7108**.