

MATURE PRINCETON

The monthly newsletter of



June 2015

SPECIAL SPEAKER SERIES "STILL RUNNING: A MEMOIR"

BY SUSIE WILSON

Wednesday, June 10 at 11:00 a.m.

The nationally recognized sexuality educator and activist offers selected stories from her life which began with her traditional childhood in New York City in the 1930s and led her around the world. A book-signing will follow the presentation. No charge. Please call to register 609.924.7108.

Suzanne Patterson Building

Election Day is
Tuesday, June 2
The polls will be open at
PSRC at 6:00 a.m.
All classes will
be held.



ASSISTANCE PLEASE!

We would appreciate
your input for the
Lunch & Learn on
Nutrition, June 12.
Please stop by PSRC to
fill out a very brief survey
that will help to deter-
mine which areas of nutri-
tion are of the greatest
interest to you.
Thank you!



Inside this issue:

DIRECTOR'S MESSAGE.....	2
JUNE HIGHLIGHTS.....	3, 4
LOOKING AHEAD.....	5
ONGOING PROGRAMS	6
GROUPS/SERVICES.....	7
FYI.....	8, 9
DEVELOPMENT.....	10
CALENDAR.....	11

You're invited to a BBQ & Line-Dancing Party!

Sunday, June 14th
5:00 to 8:00 pm
to benefit



Dance with the Silver Spurre
Country Western Barbecue
by Business Bistro

Ribs, burgers, grilled chicken, veggie burgers,
salads and desserts galore

\$ 35.00 per person

Buy tickets online at www.princeton senior.org,
or in person at PSRC or by calling 609.924.7108

45 Stockton Street, Princeton

A Gift that Keeps Giving



I recently took my parents to the Humanity Gifts Registry Celebration of Remembrance at the University of Pennsylvania to honor my father's twin brother. My uncle had been a family doctor and then a psychiatrist. When he died in July, he had

made the commitment to donate his body to the Humanity Gifts Registry for medical education and research.

The ceremony included eulogies and performances by medical students from four participating schools: University of Pennsylvania, Drexel, Temple and Philadelphia College of Osteopathic Medicine. The students also read the names of the 2015 donors, contributing to the tone of honor, respect and celebration.

One student spoke about how her father had a serious illness through her childhood, so she spent time in many medical facilities. She knows how important research and new developments are to people managing chronic illness. Her father advised her to "Just say thank you."

Another noted the students' gratitude and respect for the donors, who brought these first year students "Joys of discovery, knowledge and inspiration...This has been a priceless gift, welcoming us into a place of mystery and terror and beauty, our first reminder as doctors-to-be that death is a companion throughout life and that those who pass from this life remain with us."

The students noted that while they didn't know the person as we had - as the families and friends of the donors, we knew their stories, their dreams, their lives - they did feel a connection to the donor as a person with a life. One student said of her donor, "As I find clues, I discover and wonder more about her. I want her

to know that I notice, that I appreciate, that I understand. She has taught me everything I know about medicine, from the inside out."

I learned that each donor provides direct education to at least a half-dozen students, each of whom will go on to treat an average of 2000 patients a year for a career of more than 30 years. That's a big impact on the future.

It was a pretty amazing day for our family. I think it helped my father get some closure on his loss. My cousins did not want a family memorial, so this was it. It seemed a fitting final act of kindness for my uncle, a paying-forward of what someone had surely done for him 65 years ago.

One can make this gift at any age, in any physical condition. Once you register, you receive a card to carry with you. This is not the same as being an organ and tissue donor, which is the notation on your driver's license. I recently learned that organ donors are primarily young people but that tissue can be donated at any age.

If you want to know more about giving your body to science, New Jersey residents can contact the UMDNJ-RWJMS Anatomical Association at 1-800-GIFT-211; Pennsylvania residents can contact the Humanity Gifts Registry at 215-922-4440, or online at <http://hgrpa.com/>. Other states also have similar registries.

Susan W. Hoskins, LCSW

JUNE PROGRAM HIGHLIGHTS

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

FIRST FRIDAY FILM

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

“THE IMITATION GAME”

In 1939, newly created British intelligence agency recruits Cambridge mathematics alumnus Alan Turing (Benedict Cumberbatch) to crack Nazi codes, including Enigma—which cryptanalysts had thought unbreakable. Turing’s team, including Joan Clarke (Keira Knightley), analyze Enigma messages while he builds a machine to decipher them. No fee. 1 hour 54 minutes.

HAPPINESS PROJECT

Mondays at 1:30 p.m. through June

This weekly group is reading and discussing Rick Hanson’s *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. All are welcome; no fee.

TED TALKS

Tuesdays at 10:30 a.m.

Drop in for a lively discussion! For the first 15 minutes we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. No fee.

This month’s topics:

- ♦ June 2 - Monica Lewinsky: *The price of shame*
- ♦ June 9 - Daniel Coleman: *Why aren’t we more compassionate?*
- ♦ June 16 - Jeff Hancock: *The future of lying*
- ♦ June 23 - Michael Schermer: *The pattern behind self-deception*
- ♦ June 30 - David Chalmers: *How do you explain consciousness?*

For more background, visit www.TED.com.

Please let us know if you plan to attend by calling 609.924.7108.



NEXT STEP SPEAKER

Tuesday, June 9 at 7:00 p.m.

AGING ATHLETES: EXERCISE AND INJURY PREVENTION FOR THE AGING ATHLETE

Michael Wylykanowitz, Jr., Clinical Director of Rehabilitation, JAG Physical Therapy, Princeton. Proper exercise progression for the aging athlete, common injuries and prevention techniques, exercise for arthritis, and maintaining flexibility (rescheduled from March 3). No fee.

Princeton Public Library

LUNCH AND LEARN I

Friday, June 12 at 12 noon

CURRENT TOPICS IN NUTRITION

A presentation by Salome Rao of Sodexo Healthcare Services. The focus of this presentation will be on nutrition labels and dietary requirements, calcium and Vitamin D, sodium and other minerals: How much of each of those do we need? Delicious smoothies will be served. Ms. Rao is currently conducting research on the relationship between weight loss and taste preferences in the Department of Food Sciences at Rutgers University.

LUNCH AND LEARN II

Wednesday, June 17 at 11:00

PSRC/MCCARTER THEATRE DRIVEN TO EXCELLENCE PARTNERSHIP

Presenting a new package, a 5-play subscription that includes transportation to the theatre. McCarter’s Artistic Engagement Manager, Paula Alekson, MFA, PhD, will screen Artistic Director Emily Mann’s 2015-2016 Theatre Series season Preview video announcement, then provide additional behind-the-scenes information on the plays, artistic teams and production details. Director of Group Services, Megan Johnston, will highlight McCarter’s barrier-free access features and services. All are welcome.

Bring a brown bag lunch; dessert and beverages will be provided. Call to register: 924.7108.

The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals and their family caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan room set-ups and can contact you if the program is cancelled.

JUNE PROGRAM HIGHLIGHTS ~ CONT.

WEDNESDAY OPERA VIDEO SERIES

12:30 p.m. in the Suzanne Patterson Building

June 10: *Così fan tutte* ~ Mozart. 210 minutes

June 17: *Peter Grimes on Aldeburgh Beach* ~ Britten. 141 minutes

June 24: *Tosca* ~ Puccini. 115 minutes

July 1: *Maria Callas: Living and Dying for Art and Love*. 71 minutes

No fee. For more information about each opera, please visit our website: www.princeton senior.org.

TECHNOLOGY CLASSES

INTRO TO iPHONE, INTRO TO iPAD, and MORE ABOUT iPAD CLASSES

Are on hiatus for the summer. Look for the next scheduled classes in the summer edition of *Mature Princeton*.

FREE COMPUTER LABS

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

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

No sign-up required. Just drop in to have your questions answered and to get one-on-one help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Help is available for Macs as well as PCs.

All computer classes and labs are held at the Suzanne Patterson Building.

NEXT STEP PROGRAMS

NEXT STEP SPEAKER

Tuesday, June 9 at 7:00 p.m.

AGING ATHLETES: EXERCISE AND INJURY PREVENTION FOR THE AGING ATHLETE
(see page 3 for more information.)

RETIRED? WHAT'S NEXT?

Thursday, June 11 at 2:00 p.m.

So much of our life and our 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. The group meets on the second Thursday of each month at the Robert Wood Johnson Health & Wellness Center, 3100 Quakerbridge Road. Please call 609.584.5900 to register. No fee.

TRANSITION TO RETIREMENT

Friday, June 19 at 3:00 p.m.

This monthly group deals with issues in making the adjustment to retirement. The group leader is Dr. John George, Licensed Clinical Psychologist. Please call to register 609.924.7108. no fee.

Suzanne Patterson Building

For other related groups, please see the list on page 7.

NOTICE OF CHANGES

July is the beginning of our fiscal year and we will begin to implement modest increases to class fees to keep pace with PSRC's operating costs. We have not done this in five years. We will have more details in the July/August *Mature Princeton*.

The length of class sessions (**NOT including** Evergreen Forum classes) will also change to a quarterly term model, so that new sessions will begin in July, October, January and April.

These changes will apply to fee-based classes as they renew after July 1.

Financial Assistance is available for those who find this to be a hardship — just talk to Susan Hoskins to apply. Thank you!

LOOKING AHEAD

NEXT STEP SPEAKER

Tuesday, July 7 at 7:00 p.m.

A GUIDE TO SOCIAL SECURITY BENEFITS: HOW THEY FIT IN YOUR RETIREMENT INCOME STREAM

Keith Garrison and Daniel Shearer from AXA Advisors LLC.

Princeton Public Library

LUNCH AND LEARN

Friday, July 10 at 12 noon

YIKES! E-BIKES - ARE YOU READY FOR A RIDE? A PRESENTATION BY RUSS WHITE, SOURLAND CYCLES

The battery technology that makes possible the Tesla and other electrically powered cars is now available on bicycles, making bicycles friendly for everyone. Come learn more and take a test ride!

LUNCH & LEARN II

Friday, July 17 at 12 noon

ADAPT YOUR HOME FOR YOUR NEEDS

A presentation by Interior Designer Linda Madani. Changes in vision, dexterity, balance and flexibility may warrant changes in your home environment. This presentation will offer practical solutions so you are able to stay safely in your own home.

SPECIAL SPEAKER SERIES



**MAIKEN SCOTT
WHYY'S "THE PULSE"
- HOW IT'S MADE**

Tuesday, July 14 at 11:00 a.m.

"The Pulse" is a very popular weekly WHYY radio program centering on topical health and science issues, which is hosted by Maiken Scott, WHYY's Behavioral Health Reporter. Her program covers a wide variety of stories at the heart of health, science and innovation. Please call to register 609.924.7108.

**SPECIAL SPEAKER SERIES
DR. M. ALI CHAUDRY
ISLAM and ISIS**

Tuesday, September 22 at 11:00 a.m.

Lecturer, Rutgers University; Co-Founder and President, Center for Understanding Islam.

A NEW EMERGENCY SAFETY PROGRAM

In an effort to rapidly access injured or ill patients in an emergency, the Princeton Police Department, is looking to implement the **Operation Blue Angel** emergency access program. The program will consist of a lockbox (much like those used by real estate agents) which the police department will secure to a participant's door. The lockbox will contain a key which **only** the police department can use to gain entry into the home during an emergency situation in which the resident is unable to open the door for emergency responders.

The program will be open to Princeton residents who are 55 years of age or older and to persons with medical conditions that could lead to incapacitation who live alone or who are alone for extended periods of time. The program is for emergency uses only, and the key **will only be accessed by the police in the event of an emergency**—NOT in the event the resident locks him/herself out of the house.

The police department is looking to implement the program in the near future, and any Princeton resident who wishes to participate is encouraged to contact Sgt. Geoff Maurer at [609\) 921-2100 x1887](tel:6099212100) or via e-mail at gmaurer@princetonnj.gov.

ONGOING PROGRAMS

Pre-registration for classes is required. You may register in person, by mail-in registration, or phone with a credit card. **We accept Visa & Master Card.** Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, unless otherwise noted, are **\$45 per 8-week session for Princeton residents and \$60 per session for non-residents.** Assistance is available for those requiring financial help.

EXERCISE AND FITNESS

CLASSES

SUZANNE PATTERSON BUILDING

- ♦ **Early Bird Aerobics** - Every weekday morning at 8:00 a.m. 40 minutes of cardio & toning. \$55/month, or \$5 daily drop-in rate.
- ♦ **Aerobics: Monday, Wednesday, Friday** at 9:15 a.m. \$47/session/residents; \$93/non-residents. *Register through Princeton Rec. Dept: 609.921.9480.*
- ♦ **High-Low-Go: Tuesday and Thursday** at 8:45 a.m. 45 minutes of low-impact aerobics; 8-week sessions. \$65/residents; \$90/non-residents
- ♦ **Yoga: Thursdays** at 10:00 a.m. 8-week sessions; \$45/residents, \$60/non-residents.
- ♦ **Table Tennis: Monday, Wednesday, Friday** at 10:30 a.m. Drop-in; no charge.
- ♦ **Tai Chi: Fridays** at 2:00 p.m. 8-week sessions; \$45/residents, \$60/non-residents.

SPRUCE CIRCLE

- ♦ **Chair Exercise: Mondays** at 11:30 a.m., **Fridays** at 12:00 noon. 8-week sessions: \$25/residents, \$30/ non-residents.

HARRIET BRYAN HOUSE

- ♦ **Chair Yoga: Tuesdays** at 11:00 a.m. 8-week sessions: \$45/residents, \$60/non-residents.

SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays** at 10:30 a.m. 8 weeks: \$45/residents, \$60/non-residents.
- ♦ **Happiness Project: Mondays** at 1:30 p.m. Discussion of Rick Hanson's *Hardwiring Happiness*. No fee.
- ♦ **Word Play (poetry group): Mondays** at 1:30 p.m. \$20/year for copying costs.
- ♦ **Computer Lab: Tuesdays** from 1:00 - 4:00 p.m. **Fridays** from 10:00 a.m. - 12 noon. Drop-in for help & practice. No charge.
- ♦ **Memoir Writing: Wednesdays** at 3:30 p.m. No charge. *Group full, wait list only.*
- ♦ **Painting Open Studio: Wednesdays** at 1:30 p.m. Currently no instructor; no fee.
- ♦ **Cosmology: Thursdays** at 9:45 a.m. No charge. Peer-led science discussion group. Contact Bruce Wallman for info. Brucewallman@gmail.com.
- ♦ **Brain Games: 2nd & 4th Thursdays** at 10:00 a.m. \$45/ residents; \$60 non-residents; \$6/class to drop-in. *Eight sessions through August 27.*
- ♦ **Art with Hannah: Thursday, June 4** at 1:00 p.m. Last class for the summer.
- ♦ **Active Wisdom II: 2nd & 4th Fridays** of the month at 10:30 a.m. *Class full, wait list only.*

GAMES

SUZANNE PATTERSON BUILDING

- ♦ **Social Bridge: Tuesdays,** 1:00 - 4:00 p.m. Free.
- ♦ **Mah Jongg: Tuesdays,** 1:00 - 4:00 p.m. Drop-in. Free. BYO cards & set.
- ♦ **Scrabble: Tuesdays** at 1:00 Free.



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

- ♦ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons** Wednesdays at 5:30 p.m. Fridays at 2:00 p.m.



GROUPS

- ♦ **LET'S TALK ENGLISH**
Mondays at 1:00 p.m. at Spruce Circle;
Fridays at 9:30 a.m. at Redding Circle
- ♦ **CHILDREN OF AGING PARENTS**
Wednesday, June 10 at 4:30 p.m.
at Suzanne Patterson Building
- ♦ **CAREGIVERS**
Monday, June 8 at 1:30 p.m.
at Corner House ~ Room 19
- ♦ **RETIRED? WHAT'S NEXT?**
Thursday, June 11 at 2:00 p.m.
at RWJ Hamilton Wellness Center.
To register call: 609.584.5900.
- ♦ **MEN IN RETIREMENT**
First Friday of the month (June 5)
at 2:00 p.m.
- ♦ **TRANSITION TO RETIREMENT**
Friday, June 19 at 3:00 p.m.
at Suzanne Patterson Building
- ♦ **BEREAVEMENT**
Monday, June 15 at 1:00 p.m.
at Corner House - Room 19.
Call Sherri Goldstein 609-497-4900 to attend.
- ♦ **CONVERSATIONS ON BEING MORTAL**
Monday, June 15 at 2:00 p.m.
at Suzanne Patterson Building
- ♦ **GRANDPARENTING**
Tuesday, June 16 at 1:00 p.m. at Suzanne Patterson Building
- ♦ **LET'S TALK**
Wednesdays at 10:30 a.m. at Redding Circle
2:45 p.m. at Spruce Circle
- ♦ **WIDOW SUPPORT**
Thursday, June 4, & Thursday, June 18 at
11:30 a.m. at Princeton Public Library
- ♦ **KNIT WITS**
Fridays at 1:00 p.m.
at Spruce Circle. Drop-in for knitting & conversation.

PARTNERS IN CARING

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's a single question we can answer in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

- ♦ Information and 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

MEDICATION MANAGEMENT/ DRUG INTERACTIONS

June 9: 10:00 a.m. at Redding Circle
11:00 p.m. at Mt. Pisgah Church

BLOOD PRESSURE SCREENING

June 24: 12:00 p.m. at Elm Court/
Harriet Bryan House

If you have questions, please call Jeff Grosser, Health Officer, at 609.497.7608.

WHAT ARE ADVANCE DIRECTIVES?

Advance Directives allow you to document your wishes concerning medical treatments at the end of life, when you are unable to make decisions and choices on your own. You may revoke any of your Advanced Directives at any time.

A **Living Will** is a written document that describes the types of medical treatment you want and under what conditions an attempt to prolong life should be started or stopped. This applies to treatments such as dialysis, tube feedings/fluids, or artificial life support (use of a breathing machine). It is important to know that choosing not to have aggressive medical treatment is different from refusing all medical care. You may choose to still receive antibiotics, nutrition, pain medicines, and other treatments. State laws require a Living Will to be witnessed or notarized.

A **Health Proxy/Durable Power Of Attorney For Health Care / Health Care Power Of Attorney** is a legal document in which you name a person to be your proxy (agent) to make health care decisions if you become unable to do so. Since you cannot address every possible health care scenario in your Living Will, a Health Proxy is able to communicate or support your wishes based on the specifics of your situation. The person named as your Health Proxy should be comfortable in this role, someone you trust and be able to carry out your wishes in times of great stress, uncertainty, and sadness. State laws require the designation of a Health Proxy to be signed by the person choosing the proxy (you) and two witnesses.

The Five Wishes® is a legal, comprehensive document combining the designation of your healthcare agent, (Health Proxy), and your wishes regarding medical treatment, how you wish to be treated, what gives comfort and what you want loved ones to know.

A **Physician Orders for Life-Sustaining Treatment (POLST)** is a set of legally binding specific medical orders to be completed with your doctor that can be used in different health care settings in and out of the hospital. Without a POLST form, health care professionals are generally required to provide every possible treatment to keep you alive.

A **Non-Hospital Do Not Resuscitate (DNR)** is intended to inform Emergency Medical Service (EMS) of a patient's wish to refuse full resuscitation. It must be signed by both the patient and the doctor. Some physicians are now using the term **Allow Natural Death (AND)**.

Do Not Hospitalize (DNH) is a term generally used at the near end of life when a person is in hospice.

File of Life, is kept in a magnetized pocket on your fridge door and in your car. It lists emergency contacts, medications, health conditions and insurance information for EMT personnel in the event of an emergency.

Copies of your Advanced Directives should be kept with your doctor, your Health Proxy and easily accessible at home. Documents can be kept in a binder/folder posted on the fridge with your File of Life, or near the front door for easy access for family or medical professionals. Make sure you take a copy with you when you travel.

There's no general agreement for recognizing these documents from state to state. If you spend time in more than one state, you should create separate documents that meet the requirements of each specific state.

If you have questions or need assistance, PSRC will be holding a Health Care Decision Workshop on **June 18th from 10:00 a.m. - 12:00 p.m.** You will be able to fill out the POLST, 5 Wishes®, Non-Hospital DNR documents and a template of a Living Will. You may also contact PSRC's Social Service Office at (609) 252-2362.

~ Compiled by PSRC Social Service Staff

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride. \$3 each way; free to UCMPP (the hospital). Call as early as possible to reserve your ride.

Rides are available within Princeton; to the Princeton Medical Center in Plainsboro; to the Princeton Fitness & Wellness Center in Montgomery; doctor offices in Forrestal Village & Plainsboro and several doctor offices.

Call (609) 924-7108 to register; after registration, call Ride Provide (609) 452-5144 to schedule a ride. Rides provided 8:00 am - 5:00 pm, Monday -Friday.

Priority will be given to medical rides. Reservations must be made 1- 2 days in advance. Call between 10:00-2:00 p.m., Monday through Friday to schedule a ride.

Fees are subsidized by the municipality of Princeton. Payment is by voucher only. Each voucher costs \$3 (for a one-way ride), payable by cash, credit card or check made out to the Princeton Senior Resource Center. Rides to Princeton HealthCare System locations are free, subsidized by PHCS. Rides to Princeton Care Center and Merwick Care Center are also subsidized by those organizations. Vouchers may be purchased at PSRC's 45 Stockton Street or Spruce Circle offices, or at Elm Court and Harriet Bryan House. Unused vouchers are not refundable.

DAYTIME FREE-B BUS

The Daytime Free-B bus runs a 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday. Schedule and map are at PSRC, municipal buildings, and on the bus.

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

For information on other transportation options, including Ride Provide and the FreeB, please call PSRC, (609)924-7108.

USEFUL INFORMATION

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609.924.4141
Arts Council of Princeton: 609.924.8777
Community Without Walls: 609.921.2050
Cornerstone Community Kitchen: 609.924.2613
Crisis Ministry: 609.921.2135
Funeral Consumers Alliance: 609.924.3320
Mercer County Legal Services: 609.695.6249
Mercer County Nutrition Program: 609.921.1104
Mercer County Office on Aging: 609.989.6661
or 877.222.3737
NJ Consumer Affairs: 973.504.6200
NJ Health & Senior Services: 800.792.8820
One Table Café: 609.924.2277
PAAD: 800.792.9745
Princeton Human Services: 609.688.2055
Princeton Police (non-emergency): 609.921.2100
Princeton Public Library: 609.924.9529
Reassurance Contact: 609.883.2880
Ride Provide: 609.452.5144
Senior Care Ministry: 609.921.8888
Senior Citizen Club: 609.921.0973
Social Security: 800.772.1213
State Health Insurance Program: 609.924.2098
Sustainable Princeton: 609.454.4757
TRADE: 609.530.1971

MEDI-COOL

**Free air conditioners for
those who qualify.**

The application deadline is June 8.

**For more information
call
Catholic Charities
609.394.3202**

DEVELOPMENT NEWS

SPRING APPEAL

Your gift to our Spring Appeal helps to make it possible for us to offer our social services, lifelong learning classes and programs, and the scores of exercise classes and other activities at PSRC every month. Almost half of our total operating budget comes from donations and the support and sponsorship of our fundraising events. Please give as generously as you can!



SUSTAINING GIFTS

This is an exciting new way to support PSRC! You can spread out your gift dollars over the course of year by making a monthly commitment of whatever amount you choose. For example, your \$10 monthly pledge will grow to \$120, and all you have to do is call us once to set it up.

Any amount will be greatly appreciated! Please call Sharon Naeole at 609.924.7108 for details or more information.



BEQUESTS

If you have included PSRC in your estate planning (THANK YOU!), please let us know so that we can enroll you in the Jocelyn and Carl Helm Legacy Society. If you would like more information about how to make a bequest to PSRC, please contact Sharon Naeole at 609.924.7108, or by email to request a brochure at snaeole@princetonsenior.org.



VOLUNTEER

On **Sunday, June 14th** we're hosting our first Country Western Barbecue and Line-Dancing Party at the Suzanne Patterson Building and in our courtyard outdoors (weather-permitting) Our BBQ co-chairs, Helen Burton and Victoria Leyton would love to have some help with this event!

Our annual Gala, with live and silent auctions, will be held on **Sunday, October 18th** (SAVE THE DATE!). There are many ways to help. We're looking for volunteers to join our terrific committee and would welcome your participation.



SPRING JOURNAL

Visit our website and click on Spring Journal. As you scroll through you'll see:

- ♦ A crossword puzzle created just for us by Dave Saltzman
- ♦ An article on technology by Don Benjamin (he's probably helped you in our computer lab)
- ♦ Helen Burton's piece about the TED Talks we show at PSRC every Tuesday morning
- ♦ "My favorite Apps" by Sharon Naeole



OUR ANNUAL SPONSORS

A special thanks to the following companies who support all of our events year-round:

Acorn Glen
Atrium/B-Well
Bear Creek
Buckingham Place
Life St. Francis
Merwick
Progression Physical Therapy

June

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15 Aerobics - SPB</p> <p>10:30 Pencil Drawing - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk English - SC</p> <p>1:30 Wordplay - SPB</p> <p>1:30 Happiness Project - SPB</p>	<p>1</p> <p>6:00 Election Day Polls Open- SPB</p> <p>8:45 High Low Co - SPB</p> <p>10:30 TED Talk - SPB</p> <p>11:00 Chair Yoga - HBH</p> <p>1:00 Scrabble - SPB</p> <p>1:00 Bridge/Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p>	<p>2</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Let's Talk - RC</p> <p>11:30 Chair Exercise - SC</p> <p>1:30 Open Painting Studio- SPB</p> <p>2:45 Let's Talk Too - SC</p> <p>3:30 Memoir Writing - SPB</p> <p>5:30 Bridge Lessons - SPB</p>	<p>3</p> <p>8:45 High Low Co - SPB</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>11:30 Widow Support- PPL</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>4</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>1:00 First Friday Film - SPB</p> <p>1:00 Knit W/its - SC</p> <p>2:00 T'ai Chi - SPB</p> <p>2:00 Beginner Bridge Lessons - SPB</p> <p>2:00 Men in Retirement - SPB</p>
<p>9:15 Aerobics - SPB</p> <p>10:30 Pencil Drawing - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk English - SC</p> <p>1:30 Wordplay - SPB</p> <p>1:30 Happiness Project - SPB</p> <p>1:30 Caregivers' Group - CH -19</p>	<p>8</p> <p>8:45 High Low Co - SPB</p> <p>10:30 TED Talk - SPB</p> <p>11:00 Chair Yoga - HBH</p> <p>1:00 Scrabble - SPB</p> <p>1:00 Bridge/Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>7:00 Next Step Speaker - PPL</p>	<p>9</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Let's Talk - RC</p> <p>11:00 Special Speaker</p> <p>11:30 Chair Exercise - SC</p> <p>12:30 Opera Video Series</p> <p>1:30 Open Painting Studio- SPB</p> <p>2:45 Let's Talk Too - SC</p> <p>3:30 Memoir Writing - SPB</p> <p>4:30 Children of Aging Parents—SPB</p> <p>5:30 Bridge Lessons - SPB</p>	<p>10</p> <p>8:45 High Low Co - SPB</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>10:00 Brain Games - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Open Painting Studio - SPB</p> <p>2:00 Retired? What's Next? - RWJ</p>	<p>11</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:30 Active Wisdom - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:00 Lunch & Learn - SPB</p> <p>1:00 Knit W/its - SC</p> <p>2:00 T'ai Chi - SPB</p> <p>2:00 Beginner Bridge Lessons - SPB</p>
<p>9:15 Aerobics - SPB</p> <p>10:30 Pencil Drawing - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk English - SC</p> <p>1:30 Wordplay - SPB</p> <p>1:30 Caregivers - CH - 19</p> <p>1:30 Happiness Project - SPB</p> <p>2:00 On Being Mortal - SPB</p> <p>2:00 Bereavement Group - CH-19</p>	<p>15</p> <p>8:45 High Low Co - SPB</p> <p>10:30 TED Talk - SPB</p> <p>11:00 Chair Yoga -HBH</p> <p>1:00 Scrabble - SPB</p> <p>1:00 Bridge/Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Grandparenting—SPB</p> <p>7:00 Next Step Speaker - PPL</p>	<p>16</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Let's Talk - RC</p> <p>11:30 Chair Exercise - SC</p> <p>12:30 Opera Video Series</p> <p>1:30 Open Painting Studio- SPB</p> <p>2:45 Let's Talk Too - SC</p> <p>3:30 Memoir Writing - SPB</p> <p>5:30 Bridge Lessons - SPB</p>	<p>17</p> <p>8:45 High Low Co - SPB</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Healthcare Decisions - SPB</p> <p>10:00 Yoga - SPB</p> <p>11:30 Widow Support - PPL</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Open Painting Studio - SPB</p>	<p>18</p> <p>9:15 Aerobics - SPB</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:00 Lunch & Learn - SPB</p> <p>1:00 Knit W/its - SC</p> <p>2:00 T'ai Chi - SPB</p> <p>2:00 Beginner Bridge Lessons - SPB</p> <p>3:00 Transition to Retirement - SPB</p>
<p>9:15 Aerobics - SPB</p> <p>10:30 Pencil Drawing - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk English - SC</p> <p>1:00 Bereavement - CH-19</p> <p>1:30 Wordplay - SPB</p> <p>1:30 Happiness Project - SPB</p> <p>7:00 Write Ethical Will - PPL</p>	<p>22</p> <p>8:45 High Low Co - SPB</p> <p>10:30 TED Talk - SPB</p> <p>11:00 Chair Yoga - HBH</p> <p>1:00 Scrabble - SPB</p> <p>1:00 Bridge/Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Grandparenting Group -SPB</p>	<p>23</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Let's Talk - RC</p> <p>11:30 Chair Exercise - SC</p> <p>12:30 Opera Video Series</p> <p>1:30 Open Painting Studio- SPB</p> <p>3:30 Memoir Writing - SPB</p> <p>5:30 Bridge Lessons - SPB</p>	<p>24</p> <p>8:45 High Low Co - SPB</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>10:00 Brain Games - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Open Painting Studio - SPB</p>	<p>25</p> <p>9:15 Aerobics - SPB</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:00 Senior Club - SPB</p> <p>1:00 Knit W/its - SC</p> <p>2:00 T'ai Chi - SPB</p> <p>2:00 Beginner Bridge Lessons - SPB</p>
<p>9:15 Aerobics - SPB</p> <p>10:30 Pencil Drawing - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk English- SC</p> <p>1:30 Wordplay - SPB</p> <p>1:30 Caregivers - CH-19</p> <p>1:30 Happiness Project</p>	<p>29</p> <p>8:45 High Low Co - SPB</p> <p>10:30 TED Talk - SPB</p> <p>11:00 Chair Yoga -HBH</p> <p>1:00 Scrabble - SPB</p> <p>1:00 Bridge/Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p>	<p>30</p> <p>MEDICATION MANAGEMENT/ DRUG INTERACTIONS</p> <p>June 9: 10:00 a.m.at RC</p> <p>11:00 p.m. at MOC</p> <p>BLOOD PRESSURE SCREENING</p> <p>June 24: 12:00 noon., at EC</p>	<p>EARLY BIRD AEROBICS</p> <p>8:00 Monday through Friday</p> <p>TABLE TENNIS</p> <p>Monday 10:30 – 3:00</p> <p>Wednesday 10:30 – 3:00</p> <p>Friday 10:30 – 1:45</p>	<p>LOCATIONS:</p> <p>EC = Elm Court</p> <p>HBH = Harriet Bryan House</p> <p>MPC = Mt. Pisgah Church</p> <p>PPL = Princeton Public Library</p> <p>RC = Redding Circle</p> <p>SC = Spruce Circle</p> <p>SPB = Suzanne Patterson Building</p> <p>MH = Monument Hall</p> <p>RWJ = Robert Wood Johnson</p>



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EVERGREEN FORUM

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Course descriptions on website ~ June 14

Brochures mailed ~ June 17

Registration begins ~ July 14

Lottery ~ August 26

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