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

You’re invited to a
BBQ & Line-Dancing Party!
Sunday, June 14th
5:00 to 8:00 pm
to benefit Dance with the Silver Spurs
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.princetonsenior.org, or in person at PSRC or by calling 609.924.7108
45 Stockton Street, Princeton

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 determine which areas of nutrition are of the greatest interest to you. Thank you!
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
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

**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. *Princeton Public Library*

**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.*
### June Program Highlights - cont.

#### Wednesday Opera Video Series
12:30 p.m. in the Suzanne Patterson Building

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Composer</th>
<th>Duration</th>
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<tbody>
<tr>
<td>June 10</td>
<td>Cosi Fan Tutte — Mozart</td>
<td>210 minutes</td>
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<tr>
<td>June 17</td>
<td>Peter Grimes on Aldeburgh Beach — Britten</td>
<td>141 minutes</td>
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<tr>
<td>June 24</td>
<td>Tosca — Puccini</td>
<td>115 minutes</td>
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<tr>
<td>July 1</td>
<td>Maria Callas: Living and Dying for Art and Love</td>
<td>71 minutes</td>
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No fee. For more information about each opera, please visit our website: [www.princetonsenior.org](http://www.princetonsenior.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 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

<table>
<thead>
<tr>
<th>SUZANNE PATTERSON BUILDING</th>
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<tr>
<td>♦ <strong>Early Bird Aerobics</strong> - Every weekday morning at 8:00 a.m. 40 minutes of cardio &amp; toning. $55/month, or $5 daily drop-in rate.</td>
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<tr>
<td>♦ <strong>Aerobics</strong>: Monday, Wednesday, Friday at 9:15 a.m. $47/session/residents; $93/non-residents. <strong>Register through Princeton Rec. Dept:</strong> 609.921.9480.</td>
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<tr>
<td>♦ <strong>High-Low-Go</strong>: Tuesday and Thursday at 8:45 a.m. 45 minutes of low-impact aerobics; 8-week sessions. $65/residents; $90/non-residents.</td>
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<tr>
<td>♦ <strong>Yoga</strong>: Thursdays at 10:00 a.m. 8-week sessions: $45/residents, $60/non-residents.</td>
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<tr>
<td>♦ <strong>Table Tennis</strong>: Monday, Wednesday, Friday at 10:30 a.m. Drop-in; no charge.</td>
</tr>
<tr>
<td>♦ <strong>Tai Chi</strong>: Fridays at 2:00 p.m. 8-week sessions: $45/residents, $60/non-residents.</td>
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<tr>
<th>SPRUCE CIRCLE</th>
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<tr>
<td>♦ <strong>Chair Exercise</strong>: Mondays at 11:30 a.m., Fridays at 12:00 noon. 8-week sessions: $25/residents, $30/ non-residents.</td>
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<tr>
<th>HARRIET BRYAN HOUSE</th>
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<tbody>
<tr>
<td>♦ <strong>Chair Yoga</strong>: Tuesdays at 11:00 a.m. 8-week sessions: $45/residents, $60/non-residents.</td>
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### Classes

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

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<tr>
<th>SUZANNE PATTERSON BUILDING</th>
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<tr>
<td>♦ <strong>Social Bridge</strong>: Tuesdays. 1:00 - 4:00 p.m. Free.</td>
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<tr>
<td>♦ <strong>Mah Jongg</strong>: Tuesdays. 1:00 - 4:00 p.m. Drop-in. Free. <strong>BYO cards &amp; set.</strong></td>
</tr>
<tr>
<td>♦ <strong>Scrabble</strong>: Tuesdays at 1:00 Free.</td>
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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.
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 give as generously as you can!

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
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
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<tbody>
<tr>
<td>8:45 AM</td>
<td>HBH</td>
<td>Chair Yoga</td>
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<tr>
<td>9:15 AM</td>
<td>HBH</td>
<td>Chair Exercise</td>
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<td>10:30 AM</td>
<td>RC</td>
<td>Pencil Drawing</td>
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<td>9:15 AM</td>
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<td>Bridge/Mah Jongg</td>
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<td>Open Painting Studio</td>
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**Wednesday:**

- 8:45 AM: Chair Yoga at HBH
- 9:15 AM: Chair Exercise at HBH
- 10:30 AM: Pencil Drawing at RC
- 9:15 AM: Bridge/Mah Jongg at HBH
- 11:00 AM: Chair Yoga at RC
- 11:30 AM: Chair Exercise at RC
- 10:00 AM: Open Painting Studio at PPL
- 10:30 AM: Pencil Drawing at RC
- 11:00 AM: Chair Yoga at RC
- 11:30 AM: Chair Exercise at RC
- 12:00 PM: Lunch & Learn at RC
- 1:00 PM: Open Painting Studio at RC
- 1:30 PM: Chair Exercise at RC
- 2:00 PM: Chair Exercise at RC
- 3:00 PM: Chair Exercise at RC
- 4:00 PM: Chair Exercise at RC
- 5:00 PM: Chair Exercise at RC
- 6:00 PM: Chair Exercise at RC
- 7:00 PM: Chair Exercise at RC
- 8:00 PM: Chair Exercise at RC
- 9:00 PM: Chair Exercise at RC
- 10:00 PM: Chair Exercise at RC
- 11:00 PM: Chair Exercise at RC
EVERGREEN FORUM

FALL 2015 IMPORTANT DATES

Course List on website ~ June 10
Course descriptions on website ~ June 14
Brochures mailed ~ June 17
Registration begins ~ July 14
Lottery ~ August 26
Classes begin ~ September 28

If you wish to receive a hard copy of the Evergreen Forum brochure, please contact us: info@princetonsenior.org, or give a call at 609.924.7108.