Come on down for our 2nd Annual
BBQ and Line Dance Party!
Saturday, June 18th
5:00 to 8:00 p.m.
at the Suzanne Patterson Building
45 Stockton Street, Princeton, New Jersey
BBQ by Business Bistro
Line Dancing with the Silver Spurrs!
$38 per adult
$17 per person for children age 5 ~ 12
No charge for children under the age of 5
Register online at princetonsenior.org
All proceeds benefit PSRC.

NOTICE:
PSRC RENOVATIONS AND CLOSING INFORMATION:
We are very pleased to announce the imminent
renovations to our bathrooms. The time frame is anticipated to be between
June 20th and July 8th.
PSRC will remain open for most of that time, using the bathrooms in Monument Hall.
We will be closed for our semi-annual floor-resealing from
Thursday, June 30th - Monday, July 4th
Thank you for your patience!
Several people have mentioned Jane Brody’s May 2 column in the New York Times, Aging in Place. In it, she notes that many people expect to remain in their current homes as they age, but they don’t consider whether their home is age-friendly.

It is hard to imagine losing our abilities, but it is likely that we will. Or friends and family who visit our home may face challenges. The good news is that there are many resources available to make your home work for you.

First, do an assessment of your home:

- Is there a step-free entrance to the home? Is it well-lighted?
- Are there a bedroom, bathroom and kitchen on the first floor?
- Are interior doors and hallways at least 36” wide?
- Is there a kitchen work surface that you can use while seated?
- Are kitchen cabinets and shelves easy to reach without a stepstool?
- Do faucets and doors have lever handles?
- Are there secure handrails on both sides of all stairs?
- Are stairways and hallways well-lighted?
- Are exterior walks free of tripping hazards and well-lighted?
- Is the pathway between bed and bathroom free of tripping hazards and well-lighted?
- Is there a fire extinguisher within reach of the oven/stove?
- Are there smoke and carbon monoxide detectors on each floor with fresh batteries?
- Is there an easily accessible telephone on each floor?
- Is your home number clearly visible from the street (for emergency responders)?
- Have throw rugs been removed or secured with non-skid material?
- Are all electrical and phone cords free of fire and tripping hazards?
- Does the shower have step-free entry, non-skid grips and grab bars?
- Is the toilet accessible from a wheelchair? Chair height? Grab bars?
- Is hot water set at or below 120°?


Then, make modifications to your home to address the areas that are deficient. Some of these are simple improvements that can be done by a handyman. There are also Certified Aging-In-Place Specialists who can assist with designing and implementing modifications. They are often contractors who have gained this additional certification. Occupational Therapists also have good advice for adapting a home to meet specific needs.

You may realize that your current home is not suitable for aging in place because it cannot meet these criteria even with skilled modification. At this point, some people look for another home in the community where they have many friends, activities and connections. Others consider moving to be nearer to family or into various kinds of retirement communities. Let us know if you would like help reviewing your options.

Susan W. Hoskins, LCSW
Executive Director

Special thanks to Perennial Favorites Garden Center (1181 Hughes Drive in Hamilton) for the flowers in front of the Suzanne Patterson Building
JUNE MOVIE
Wednesday, June 1 at 1:00 p.m.
“DEsert DANCer” During the politically charged climate of the 2009 protests in Iran, when many cultural freedoms are threatened, Afshin and some friends risk their lives and form an underground dance company. Through banned online videos, they learn from timeless legends who cross all cultural divides, including Michael Jackson, Gene Kelly and Rudolf Nureyev. Their exploration of music, dance and a universal respect for artistic expression untouchable by political strife, enables them to discover a freedom from the harsh realities of their surroundings. (1 hour 44 minutes)

TRAVEL TRAINING - LOCAL TRANSIT
Wednesday, June 8 at 10:00 a.m. and Wednesday, June 15 10:00 a.m. to 2:00 p.m.
How to plan trips, use the bus and train, pay fares, make transfers between transit routes and local public transit and ride services. See p. 8 for details.
PARTICIPANTS MUST ATTEND BOTH SESSIONS.
Call 609.924.7108 to sign up.

LUNCH AND LEARN
Friday, June 17 at 12 noon
Join Rev. Amy Seat, Hospice Chaplain with Princeton HealthCare System, to explore some of the spiritual challenges and opportunities that arise throughout the different stages of our lives. The discussion will address issues at all stages of life, with a special emphasis on the spirituality of older adulthood.

BRIDGE LESSONS
INTERMEDIATE LEVEL WITH BILL MILLER
Fridays through June 17 at 2:00 p.m.
BIDDING AND Competitive AUCTIONS
Make more effective overcalls, extend partner’s interfering bids; learn the secrets of cue bidding and doubles. Don’t surrender; modify your systems to best cope with your opponent’s obstructive bids. Fee: $100 for series of 6 lessons, plus $12 for text.
Please pre-register with Bill to ensure sufficient attendance to hold the class: Call 908.872.7927 or email billsbridge@gmail.com.

Beginning Bridge lessons will be offered in the summer. Look for details in the July /August Newsletter.

BLOOD PRESSURE SCREENINGS
Monday, June 13 at 12:30 noon
(Second Monday of every month)
at Spruce Circle
Monday, June 13 at 11:00 a.m.
(Second Tuesday of the month)
at Redding Circle

BLOOD PRESSURE
& MANAGING YOUR DIABETES
Thursday, June 16 at 4:30 p.m.
Thursday, June 16 at 5:00 p.m.
at Elm Court

PSRC WILL BE CLOSED
JUNE 30 - JULY 4
JUNE PROGRAMS

TED TALKS
Tuesdays, 10:30 - 11:45 a.m.
Drop in for a lively discussion!
For the first 15 minutes we watch a TED Talk, then we discuss it.
NO fee. Discussions are facilitated by Helen Burton. For more background, visit www.TED.com. This month’s topics:

June 7 ~ Haley Van Dyck: How a start-up in the White House is changing business as usual
June 14 ~ Tshering Tobgay: This country isn’t just carbon neutral -- it’s carbon negative (Recommended by Ravi Bhatia)
June 21 ~ Clifford Stoll: The call to learn

TECHNOLOGY CLASSES

INTRO TO IPAD
Thursday, June 2, 10:00 a.m. to 12 noon
Bring your iPad and learn how to use it! Make sure you know your Apple ID and password. Handouts will be provided for you to take with you. Instructor: Barbara Essig. No fee.

MORE ABOUT IPAD
Thursday, June 16, 10:00 a.m. to 12 noon
Get really comfortable with your iPad! Make sure you know your Apple ID and password.
Handouts will be provided for you to take with you.
Instructor: Barbara Essig. No fee.
REGISTRATION IS MANDATORY in order to ensure a space in any of the above classes. Call to register: 609.924.7108.

INTRO TO COMPUTERS
Monday, June 13, 2:30 - 4:00 p.m.
Learn the basics about the computer such as: what are the different types of computers, the hardware components and software applications "programs"; answers to questions such as: What is an operating system? What is the internet?, Where are the websites?, How do they work? etc. No fee.
Instructor: Jennifer Krempasky.

SUMMER FILM SERIES
Every Wednesday in July and August at 1:00 p.m. beginning July 6th. Look for the list of films in the July/August Newsletter.

LUNCH AND LEARN

DRIVER SAFETY FROM CAPITAL HEALTH
Friday, July 8 at 12 noon

LUNCH AND LEARN

VARICOSE VEINS WITH DR. Elliot Sambol from PHCS
Friday, July 15 at 12 noon

A NEW BOOK DISCUSSION GROUP ON RETIREMENT TRANSITION
Based on the book Transitions: Making Sense of Life’s Changes by William Bridges, this discussion group will meet monthly for 8 months beginning in September 2016, and will be facilitated by John George, PhD, Licensed Psychologist. Details to follow in the July/August Newsletter.

MEN IN RETIREMENT
Friday, June 3 at 2:00 p.m. This meeting will feature David Kalmus, who recently crossed the Atlantic in a 55-foot steel bottom sailboat. This group meets on our own weekly for breakfast at Wegman’s on Route 1, and at PSRC on the first Friday of the month in the courtroom of the former Borough Hall. It is both an educational and social group beginning its fifth year as a program of PSRC. The group is facilitated by Rob Hegstrom and Bruce Wallman.
Suzanne Patterson Building (this month)

WOMEN IN RETIREMENT
Friday, June 17 at 10:30 a.m.
Meet interesting people, make new friendships, enjoy conversation, share experiences and join in engaging activities that stimulate personal growth. Group meets on the third Friday of each month. All are welcome.

TRANSITION TO RETIREMENT
Friday, June 17 at 3:00 p.m.
This monthly group deals with issues related to making the transition to retirement. All are welcome. The group is facilitated by John George, PhD, Licensed Psychologist.

All programs are held in the Suzanne Patterson Building and are free unless otherwise indicated.
EVERY BODY WALK!

A collaboration between Progression Physical Therapy of Princeton and PSRC. Join this national movement to get America walking! People all across the country are jumping on board. Get on the path to good health today!

- Every Tuesday and Thursday at 10 a.m.
- Check the website www.ProgressionPT.com for a complete list of dates & sites.
- Meet at the walk site, no sign up required.
- Average walk takes 30 minutes.
- Attend any or all of the walking sessions.
- Walking sticks and canes are welcome; some walking paths accommodate walkers and wheelchairs!
- We will walk under cover when necessary, but will strive to be outside to enjoy the beautiful Princeton community.
- A staff member from Progression PT goes on each walk.

Regular walking helps reduce stress, anxiety, and depression, as well as boosts self-esteem and improves sleep. 30 minutes a day spent walking can lead to benefits like reduced body fat, lower bad cholesterol and blood pressure, increased energy, and reducing the risk of chronic diseases like diabetes, cancer, and heart disease. Let us help you get into a regular 30-min/day walking program for overall health benefits.

P@S3W0RD$ YOU CAN REMEMBER

Last fall I mentioned that the most common problem we face in the PSRC computer lab is forgotten user IDs and passwords. Without them, you cannot do much of anything online. And I suggested keeping your passwords on your computer, which, itself should be protected with a password, or, at least, a four-digit PIN.

A similar problem is making up a new password when you establish a new online account, or when you have to reset your password because you didn’t take my advice in the previous paragraph. Then you’ll need to conjure up a password that’s usually an eight-character string comprising at least:

- Two upper case letters,
- Two lower case letters,
- Two numbers, and
- Two symbols

Unfortunately, few things come to mind that would use such a hodge-podge of characters. Sometimes, I’ll let “Keychain” on my Mac create a random password for me, which it then stores in its secure file (very handy!) You can also purchase a third-party password app like 1Password that works for most browsers and operating systems.

But sometimes I log in to, say, my iCloud or Gmail account from a remote location and don’t want to rely on an app to remind me of my password. For those few accounts, I’ll create a password that’s a long word or short phrase that uses symbols and numbers for letters, like P@S3W0rd$ in the title of this article. (Of course, I’d never use any variation of “password” as a real password, and I’m sure you wouldn’t, either.)

Here are three more examples:

- Eye8aG00se! (“I ate a goose.” This is the form person-action-object. And, no, I’ve never eaten a G00se.)
- 4Ev3rA*! (“Forever a star!” How you will describe your spouse from now on.)
- EyeMN3vRL8! (“I’m never late!” It’s not true, but it’s good to hear yourself say it.)

Now, to be really secure, your passwords should be much longer—say, 20 characters or more—because computers can quickly “crack” shorter ones by trial and error. But a more reasonable threat is someone logging into your Gmail account, which uses your E-mail address as your ID, and then guessing your password. A person would have a hard time guessing these smaller passwords that use numbers and symbols.

G00Dby4Now.
**EXERCISE AND FITNESS**

**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 Recreation Department: 609.921.9480.

- **Yoga** - Thursdays at 10:00 a.m. $72/residents, $96/non-residents per quarter.

- **Table Tennis** - Monday, Wednesday, Friday at 10:30 a.m. Drop-in; no charge.

**SPRUCE CIRCLE**

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

**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.

- **Scrabble** - Tuesdays at 12:00 noon. Free.

- **Duplicate Bridge** - Thursdays at 12:30 p.m.

- **Bridge Lessons** - Intermediate level lessons
  Fridays at 2:00 p.m. through June 17

  Please call or email Bill if you’re interested.

**CLASS**

**SUZANNE PATTERSON BUILDING**

- **Drawing with Pencil** - Mondays at 10:30 a.m.
  $72 residents, $96/non-residents per quarter.

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

- **Memoir Writing II** - Monday, June 6 and Monday June 27 at 10:30 a.m.

- **Memoir Writing** - Wednesdays at 3:30 p.m.
  $5/quarter for copying costs.

- **Painting with Christina** - Wednesdays at 1:30 p.m.
  Painting with watercolor and acrylics.
  $72/residents, $96/non-residents per quarter.

- **Art with Hannah** - Thursdays at 1:00 p.m.
  ON HIATUS FOR THE SUMMER
  Class will resume in September!

- **Cosmology** - Thursdays at 9:45 a.m.
  $5/quarter. Peer-led science discussion group.

  Contact Bruce Wallman for info:
  Brucewallman@gmail.com.

Quarterly sessions begin on January 1, April 1, July 1 and October 1.
Mid-session registration is welcome in most classes (unless full, in which case you may be waitlisted.) Financial assistance is available; please contact Susan Hoskins at 609.924.7108.

**PSRC STAFF**

**Susan W. Hoskins, LCSW**
Executive Director

**Nancy Amidon**
Bookkeeper

**Fran Angelone**
Office Manager, Spruce Circle

**Olivian Boon, MA**
GrandPals Coordinator

**Donna Cosgrove**
Development Associate

**Sharon Hurley, CVA**
Director Support & Guidance

**Emily V. Logue**
Communications and Marketing Coordinator

**John P. Majane, CFRE**
Development Outreach Associate

**Sallie Meade**
GrandPals Associate Coordinator

**Abigail Meletti, LSW**
Evergreen Forum Coordinator

**Breana Newton**
Program Assistant and Rental Coordinator

**Ken Peabody**
Data Coordinator

**Barbara Prince**
Development Director

**David Roussell, MSEd, MSW, LSW**
HomeFriends & Care Coordinator

**Mauri Tyler, TRS**
Program Director
GROUPS

BEREAVEMENT
Monday, June 20 at 1:00 p.m.
(Usually third Monday of each month.)
Call Sherri Goldstein 609.497.4900 to attend.
Corner House 19

CAREGIVERS
Monday, June 13 at 1:30 p.m.
(Usually the second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS
Wednesday, June 8 at 4:30 p.m.
(Second Wednesday of the month.)
Suzanne Patterson Building

GRANDPARENTING
Tuesday, June 21 at 1:00 p.m.
(Third Tuesday of each month.)
Suzanne Patterson Building

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

LET’S TALK
Wednesdays at 2:45 p.m.
Spruce Circle

LET’S TALK IN ENGLISH
Mondays at Spruce Circle at 1:00 p.m. and
Fridays at Redding Circle at 9:30 a.m.
Please call 609.252.2362 to register for
Let’s Talk groups.

MEN IN RETIREMENT
Friday, June 3 at 2:00 p.m.
(First Friday of each month.)
Suzanne Patterson Building

TRANSITION TO RETIREMENT
Friday, June 17 at 3:00 p.m.
(Third Friday of each month.)
Suzanne Patterson Building

WOMEN IN RETIREMENT
Friday, June 17 at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

There are no fees associated with any of these groups.

PARTNERS IN CARING

PSRC is your go-to place to find resources 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, 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
✦ Help with Care Planning
✦ Individual and Family Consultations
✦ Benefit Application Assistance
✦ Caregiver Resources and Support
✦ Support & Wellness Groups
✦ Transition Support and Coordination with other Care Providers
✦ Volunteer Visitors

Please feel free to call for more information:
609.924.7108 or 609.252.2362.

QUICK REFERENCE GUIDE
TO AREA RESOURCES

Access Princeton: 609.924.4141
Arts Council of Princeton: 609.924.8777
Central Jersey Legal Services: 609.695.6249
Community Without Walls: 609.921.2050
Cornerstone Community Kitchen: 609.924.2613
Crisis Ministry: 609.921.2135
Funeral Consumers Alliance: 609.924.3320
Meals on Wheels: 609.695.3483
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 Division of Aging Services: 800.792.8820 ext.352
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
Greater Mercer Ride Provide: 609.452.5140
Senior Care Ministry: 609.921.8888
Senior Citizen Club: 609.921.0973
Social Security: 800.772.1213
SHIP (Medicare): 609.393.1626
Sustainable Princeton: 609.454.4757
SUPPORT AND GUIDANCE

TRAVEL TRAINING—GETTING AROUND IN OUR AREA

Travel training can help you learn how to use public transportation to travel to shopping, doctor appointments, social events and other purposes to maintain a healthy lifestyle and participate in your community. Travel training is a group of services used to teach safe and independent travel skills on public transportation, including bus, rail and light rail.

Travel training consists of two sessions. The first session includes a review of public transportation options available in the area and learning how to plan trips, obtain tickets, pay fares and use accessible features on buses and trains. The second session is a field trip on an NJ TRANSIT bus to practice the travel skills taught during the first instructional session. The field trip is planned around a FREE lunch provided by GMTMA.

YOU MUST ATTEND PART 1 TO PARTICIPATE IN PART 2.

Part 1: Classroom ~ June 8 at 10:00 a.m.
You will learn everything you need to know about how to ride the bus. From planning transit trips to fare information to available bus services; we’ll give you the tools to get you on your way.
Suzanne Patterson Building

Part 2: Field Trip ~ June 15 at 10:00 a.m.
After a brief review of what we learned the week before, it’s time to put our plans in motion. We’ll board the NJ TRANSIT bus and travel to a favorite local restaurant where we’ll enjoy a FREE lunch.
Suzanne Patterson Building

Call to sign up: 609.924.7108. Limit 12 people.

TRAVELING WITH MEDICARE

Are you going to travel to a different region or country this summer? Will your Medicare cover a health event? Mymedicare matters.org advises that you consider these key facts:

♦ Original Medicare covers throughout the US, but you should make sure that the practitioner or facility accepts Medicare before they begin treatment.

♦ Having a supplement plan (Medigap) definitely helps. It covers much of what is not covered by original Medicare.

♦ If traveling outside the US, check to see if your current supplement covers you internationally. If not, and you travel rarely, consider taking out a good travel insurance policy for your trip.

♦ Medicare Advantage (MA) plans are more limited. They will cover you for a true emergency in the US. Make sure you inform the company as soon as possible so they can help you plan treatment with covered providers for your follow-up care. Also make sure to show your MA card at the time of treatment so that the correct plan is billed. Outside the country, travel insurance is wise. These limitations may be familiar if you had an HMO plan prior to Medicare.

TRANSPORTATION

CROSSTOWN
Door-to-door car service within Princeton for people over 65 who don’t drive.
Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride.
$3 each way; free to UMCPP (the hospital.)
Call as early as possible to reserve your ride.

DAYTIME FREE- B BUS
The Free-B bus runs a daytime 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday.

For a map of Princeton public transit lines, go to:
SPECIAL EVENTS

BBQ and Line Dance Party Details:
A pre-Father’s Day celebration ~ Bring the family!
$38 per adult ticket
Children age 5 ~ 12: $17 per person; children under the age of 5: no charge!

MENU
Hamburgers & Hot Dogs
Veggie Burgers
Grilled Marinated Chicken
BBQ Pork Ribs
Penne Marinara
Fresh Fruit Salad
Green Salad
Potato Salad
Pasta Salad
Assorted Beverages
Assorted Desserts

REGISTRATION
Register online: princetonsenior.org
The party will be held at the Suzanne Patterson Building, rain or shine.
Questions? Call 609.924.7108.

DONOR BILL OF RIGHTS
When soliciting funds from the public or from donor institutions, PSRC uses material that is truthful about the organization. PSRC respects the privacy concerns of individual donors and expends funds consistent with donor intent. PSRC discloses important and relevant information to potential donors. In raising funds from the public, PSRC respects the rights of donors, as follows:
Donors are:
- Informed of the mission of PSRC, the way it will use the resources and its capacity to use donations effectively for their intended purpose;
- Informed of the identity of those serving on PSRC’s governing board and entitled to expect the board to exercise prudent judgment in its stewardship responsibilities;
- Offered access to PSRC’s most recent financial reports;
- Assured their gifts will be used for purposes for which they are given;
- Appropriately acknowledged and recognized;
- Assured that information about their donations is handled with respect and with confidentiality to the extent provided by law;
- Approached in a professional manner;
- Informed whether those seeking donations are volunteers, employees of PSRC, or hired solicitors;
- Given the opportunity for their names to be deleted from mailing lists that PSRC may intend to share;
- Encouraged to ask questions when making a donation and will receive prompt, truthful, and forthright answers.

The Donor Bill of Rights was created by the Association of Fundraising Professionals (AFP), the Association for Healthcare Philanthropy (AHP), the Council for Advancement and Support of Education (CASE), and the Giving Institute: Leading Consultants to Non-Profits. It has been endorsed by numerous organizations.
EVERGREEN FORUM ANNUAL MEETING & END-OF-YEAR PARTY

Everyone enjoyed the end-of-year festivities—including the music (thanks Bob Mehlman and friend!)
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**Notes:**
- **SC:** Science Cafe
- **RC:** Rock Climbing
- **SIP:** Silent Play
- **HIV:** HIV Prevention
- **EC:** Computer Lab
- **CH:** Computer House
- **LOCATIONS:**
  - 808 Main Street
  - 123 Park Avenue

**Activities:**
- **EASY BIND AVIATION**
- **TABLE TENNIS**
- **ART AND CRAFT**
- **DANCE**
- **MUSIC**
Grateful thanks to our Annual Sponsors:
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Spruce Circle Office
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Phone: 609.252.2362
Fax: 609.924.9305
info@princetonsenior.org
www.princetonsenior.org

Riverside Elementary School celebrated its 10 year anniversary with the GrandPal program at PSRC’s annual GrandPal Appreciation Luncheon, on April 25.

Kneeling in front of Riverside GrandPals are (left to right): Mary Tragone, Jen Bazin, Jen Brooks Riverside’s Kindergarten and 2nd grade teachers.