



EVERGREEN FORUM FALL 2017



July 11 ~ Course descriptions on website
July 11 ~ Fall brochure mailed
July 25 ~ Registration begins
August 29 ~ Lottery for over- subscribed
 courses
September 25 ~ Classes begin

PSRC will be CLOSED
for our annual floor resealing
FRIDAY, JUNE 30

~~~~~  
SPRUCE CIRCLE  
will be CLOSED  
MONDAY, JULY 3  
Both offices will be CLOSED  
for the July 4th holiday

**A RIVER-FRIENDLY AFTERNOON  
AT THE STONY BROOK WATERSHED**



***Thursday, June 15, 2017 2:00 to 4:00 p.m.***

Meet up at the Stony Brook-Millstone Watershed in Pennington for their “River-Friendly” lecture and tour followed by a light refreshment of in-season strawberry shortcake. Learn about water quality, watershed management, and how their staff experts monitor our waterways. Be sure to enjoy the Watershed’s interactive learning center and beautiful grounds and walking trails.

Please wear comfortable walking shoes.

*Transportation is not included.*

\$20 per person; all proceeds to benefit PSRC.

Please register at [princetonsenior.org](http://princetonsenior.org).

**YOU CAN HELP PSRC SAVE MONEY—  
AND GO GREEN!**

As many of you know, PSRC is a non-profit organization with a limited budget. Our mailing list has grown tremendously over recent years, and costs have also risen. **You can help us!**

**Please choose one of the following:**

1. Go to our website, [princetonsenior.org](http://princetonsenior.org) and click on the yellow “Join Our Mailing List” button; there, you can choose to “go green” and only receive communications from us electronically; or choose to continue to receive the paper version.
2. If you don’t use email and you want to continue to receive the paper version, call or stop by the front desk and let us know.

**Beginning in September, we will not mail the newsletter to anyone who hasn’t requested a paper copy. A yearly subscription will cost \$10.**



**Suzanne Patterson Building**

45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)

Phone: 609.924.7108  
Monday - Friday  
9:00 a.m. to 5:00 p.m.



**Spruce Circle Office**

179 Spruce Circle  
(off N. Harrison St.)  
Phone: 609.252.2362  
Monday - Friday  
10:00 a.m. to 4:30 p.m.  
info@princetonsenior.org  
princetonsenior.org

*A non-profit organization  
serving our community*

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# From the Executive Director

## Cues and Clues

**W**e all know a family member or friend who is having memory problems. Often, we don't know how to help when someone is at a loss for words, repeats himself, forgets an appointment, or gets lost in a task. Sadly, some people pull away in their discomfort. There are many ways we can understand what's happening and keep things on track without causing shame.

Some common tools are ones we all use, say making a grocery or to-do list. Routines and consistency are also critical; for example, the keys should always be kept on the same hook.

### *You can offer cues*

These may be visual and/or auditory, and may even use other senses. For example, when I see my toothbrush I remember to brush my teeth. As a caregiver, I might say "Here's your toothbrush, it's time to brush." A pianist may show no sign of communication, but knows how to play Chopin nocturnes once seated at a keyboard, revealing deep physical memory.

If you're living with someone with memory loss, you may need to write notes and put them in obvious places (don't put metal in the microwave; haircut at 2 pm). It's

much easier for a person with memory loss to see a cereal box, bowl and spoon left on the counter than to have to answer "did you eat breakfast?" or feel judged by "I see you forgot breakfast again."

It's also important to limit the cues so they're not overwhelming or distracting, and you may need to limit quantities (as one friend found out when she put out a bowl of apples which were eaten in a day). As much as possible, use a simple cue to get a task started, but encourage the person to complete it him/herself.

Some of the early signs of memory loss include forgetting proper nouns, searching for words and having trouble with numbers.

### *Pay attention to clues*

Take a look at the checking account statement and the check book for evidence that the bookkeeping system is breaking down (unpaid bills, unfiled paperwork). Have today's pills been taken? Are the breakfast dishes in the sink? What's in the fridge? Is the towel wet (post-shower)? These observations become more reliable than responses to questions like "did you take your medication?" and "did you shower this morning?" especially when the

response to “today” could have been yesterday or last week.

Making observations also doesn’t create unanswerable or shaming questions; rather, you take in critical information for assessing safety and concerns about decline. What does it tell you when you find a dent in the car, a bruise on a forehead, or soiled sheets in a drawer?

Some time ago I was visiting friends and was offered tea. I observed that the host was having a hard time conversing and making tea at the same time. It was helpful to have cues like the whistling kettle to steer her back on track, and for me to ask,

“Would you like me to put the cookies on a plate?” We had a lovely visit without addressing memory loss directly.

A person with memory decline is often overwhelmed by making decisions but still wants to feel in charge of his or her life. Instead of asking “Where do you want to go to lunch?” you can ask, “Do you want to go to A or B?” Rather than “What are you going to wear today?” try “Do you want the blue or the green shirt?” and show both. Lay out a complete outfit with each item needed in the order in which it will be put on—and make sure the current outfit comes off first!

Paying attention to clues and using cues can help maintain an emotional balance, support optimal functioning longer, and help you identify concerns before they become crises. There are many helpful resources that go into detail on these strategies. We can help you find them!

Susan Hoskins, LCSW

## STAFF

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### A REMINDER TO OUR PSRC FRIENDS:

It may not be apparent, but at any given time the front office staff and volunteers simultaneously manage the needs of the many programs, classes, groups and special events we offer at PSRC.

Space, both in the building and in the parking lot, is at a premium.

Each of us is very happy to address your needs as best we can. Please be courteous and patient as we add your need to our overall mix.

Thank you!

# JUNE Events and Programs



All programs and events are held at the Suzanne Patterson Building unless otherwise indicated.



## FIRST FRIDAY FILM

*Friday, June 2 at 1:00 p.m.*

**"MOONLIGHT"** A young man deals with his dysfunctional home life and comes of age in Miami during the War on Drugs era. The story of his struggle to find himself is told across three defining chapters in his life as he experiences the ecstasy, pain, and beauty of falling in love while grappling with his own sexuality. *1 hour 51 minutes.*



## TED TALKS

*Tuesdays at 10:30 a.m.*

Come for a lively discussion! First we watch a TED Talk, then we discuss it.

Facilitated by Helen Burton. This month's topics:

**JUNE 6 ~ Deeyah Khan:** *What we know about Europe's Muslim kids*

**JUNE 13 ~ Chris Urmson:** *How a driverless car sees the road*

**JUNE 20 ~ Markham Nolan:** *How to separate fact and fiction online*

**JUNE 27 ~ Isaac Lidsky:** *What reality are you creating for yourself*

For more information visit [TED.com](http://TED.com)



## SPECIAL SPEAKER

**JUDITH ROBINSON: SOIL TO TABLE:  
FOOD CHOICES AND YOU**

*Wednesday, June 7 at 10:30 a.m.*

An in-depth examination of proteins, carbohydrates, fats and sugars; alternatives to meat proteins and choices for your body system.



## LUNCH & LEARN PROGRAMS

### LUNCH AND LEARN: ADULT CPR

*Friday, June 9 at 1:00 p.m.*

with Mary Rosner of Capital Health Services. A class on how to do compressions on an adult, using a mannequin, and learn how an AED works. *Sponsored by Homewatch CareGivers.*

### LUNCH AND LEARN:

#### INTERNET SECURITY

*Friday, June 16 at 1:00 p.m.*

**A presentation by DigitalDoc of Princeton**

An in-depth discussion on securing your documents online and on your computer.

*Sponsored by Merwick Care and Rehabilitation Center*

### LUNCH & LEARN:

#### FUNERAL PLANNING AND ESTATE PLANNING

*Friday, June 23 at 1:00 p.m.*

**with Todd Cohan of Hopewell Memorial Home**

Learn the steps in planning for a funeral, the differences between funerals and cremations and all the options, which can be very confusing if not taken care of beforehand.

*Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverages will be provided.*

## RETIREMENT PROGRAMS



### MEN IN RETIREMENT

*Friday, June 2 at 2:00 p.m.*

A general discussion.

*Location: Monument Hall Main*

### WOMEN IN RETIREMENT

*Friday, June 16 at 10:30 a.m.*

"Our Favorite Books and Movies" Please join us as we meet in small groups to discuss books and movies. Share your favorites and walk away with new ideas for future reading and viewing enjoyment.

### TRANSITION TO RETIREMENT

*Friday, June 16 at 3:00 p.m.*

This group addresses issues related to making the adjustment to retirement. All are welcome.

The group leader is John George, PhD,  
Licensed Psychologist.



## CONGRATULATIONS

to

## BILL MILLER'S DUPLICATE BRIDGE

on your

**10th ANNIVERSARY at PSRC!**



Celebrate with us at the graded  
Club Championship Game,  
Thursday, June 8th.

## LOOKING AHEAD



### OPERA FILM FESTIVAL

*Tuesdays, July 11, 18, 25 and August 1 at 12:30 p.m.  
Co-sponsored by Princeton Friends of Opera.*

### INTERNATIONAL FILM FESTIVAL

*Every Wednesday in August at 1:00 p.m.  
beginning August 2.*

### FRIDAY SUMMER FILM FESTIVAL

*Every Friday in July and August at 1:00 p.m.  
beginning July 7.*

### BEGINNING BRIDGE LESSONS

*Friday mornings at 10:30 a.m. for 6 weeks  
beginning July 14.*

Contact Bill Miller if you're interested:  
[billsbridge@gmail.com](mailto:billsbridge@gmail.com) or call 908.872.7927.



## TECHNOLOGY

### COMPUTER LAB ASSISTANCE

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

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

Come to PSRC's computer lab for assistance with any of your technology questions or problems. Our proficient and compassionate volunteers are happy to help. Use our desktops or bring your own device.

### UBER—21st CENTURY TRANSPORTATION

*Friday, June 23, 11:00 a.m. - 12:30 p.m.*

This class covers Uber setup and how to request an Uber ride from your mobile device. You will learn how to: set your pick-up and drop-off locations, select a tier of Uber service, track your driver until s/he arrives, track your location and ETA during your ride, and more. Bring your smartphone, whatever brand you have, to class. Instructor: NB Sreenivasan, assisted by Jessyka Gunville. Limit 10 people. Registration required: [princetonsenior.org](http://princetonsenior.org).

SAVE THE DATE!

*Sunday, September 24, 2017*

*PSRC's FALL BENEFIT*

*featuring*

**The  
Second  
City**

*Chicago's legendary sketch and  
improv comedy theater!*



# Computer Guru: Tablet Computers

## by Don Benjamin

Last month I wrote about laptop computers as an alternative to the traditional desktop variety. But there's a third option: tablets. The earliest tablets were heavy and "typing" involved a chisel and rock instead of a keyboard. Editing was out of the question (I suppose you could use grout) and they were considered read-only devices.

Tablets have improved over the millennia. Your smart phone is a small tablet with a phone inside. Large smart phones (e.g. iPhone 6s) are sometimes referred



Figure 1 - Early tablet.

to by the portmanteau "phablets." But I'm mostly concerned here with "pure" tablets, such as the iPad, Samsung Galaxy series, and Microsoft Surface, which represent the three common tablet flavors. (More about that about in a minute.)

Tablets are ideal for reading stuff. For example, I use my iPad to read the New York Times, Wall Street Journal, The Economist, Astronomy magazine, and Kindle books. I also read and answer my E-mail, work crossword puzzles, and propel Angry Birds into brick walls. I can check


my calendar and buy things from Amazon. I edit pictures (the iPad Pro is a fine photo editor) and draw things using my Apple Pencil. (See example ) Tablet applications number in the thousands. Some argue that a tablet can replace a laptop computer.



Figure 2 - I drew this on my iPad Pro.

Indeed, I have tablet versions of Microsoft Word, PowerPoint, and Excel, but they're limited and I wouldn't want to write a policy manual on my iPad. On the other hand, when I go on a trip, I take my iPad, not my MacBook.

### TECH STUFF.

Tablets use one of three operating systems:

1. Apple's iOS (iPads and iPhones),
  2. Google's Android (Samsung, Asus, and a host of others), and 3.
  - Microsoft's Windows 10 (Surface).
- Apple's tablets, smart phones, and laptop computers play very nicely together. Microsoft's Surface uses the same Windows 10 as PC's. But today, all three operating systems play nicely in the same sandbox. Most can print to a network printer via Wi-Fi in your home. Android and Windows tablets allow you to store

documents on the device in conventional folders. Apple tablets don't have an internal, central file system per se, but you can store documents in their applications or in cloud storage such as iCloud or OneDrive.

**Summary:** Tablets excel in reading, Web surfing, E-mail, viewing and editing your photos, sketching (using a tablet pencil), and basic writing (wonderful for taking notes!), and are the ultimate in portability. Laptop or desktop computers are better for more complex composing, analyzing information with spreadsheets or databases, and preparing presentations. Laptop screens are usually bigger, too. My best advice is to try out whatever you want to buy.

If you need help with your tablet or laptop computer, just stop by the PSRC computer lab on Tuesday from 1 to 4 p.m. or Friday from 10 a.m. to noon.



Figure 3 - Typical tablet user.

#### Ransomware Attacks.

Article on ransomware next month. Keep your operating system up to date. (So far, does not affect Windows 10 or Mac.)

### WE'D LIKE YOUR FEEDBACK!

PSRC is planning to build a new, updated website.

**During the month of June PSRC will send out a survey seeking your feedback about your use of our website—the things that you like or don't like; why you use the site and how often, and your suggestions for things we might consider adding to the new site.**

**Please help us communicate better with you by filling out the survey!**

# Ongoing Classes

Register for all programs, groups and classes online at [princetonsenior.org](http://princetonsenior.org)

*Try any class FREE to see if it's for you!*

*Details about classes and groups can be found on our website.*

*Financial assistance is available to those for whom the fee is a hardship; please ask at the front desk.*



## EXERCISE & FITNESS

### SUZANNE PATTERSON BUILDING

**Early Bird Aerobics:** *Every weekday morning 8:00 to 8:45 a.m.*

\$60/month, or \$10/session to drop in

**Aerobics:** *Monday, Wednesday, Friday 9:15 a.m.*

\$64/residents; \$128/non-residents; 13-week session.

*Register through Princeton Recreation Department: 609.921.9480.*

**Yoga:** *Thursdays, 10:00 a.m.*

\$72/residents, \$96/non-residents per quarter

**Table Tennis:** *Monday, Wednesday, Friday 12:30 p.m.* Drop-in; no charge.

### SPRUCE CIRCLE

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



## PSRC CLASSES

### SUZANNE PATTERSON BUILDING

**Drawing with Alex:** *Mondays, 10:30 a.m.*

\$72 residents, \$96/non-residents per quarter.

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

**Writing Your Life\*:** *Mondays, 10:30 a.m.*  
\$36/residents, \$48/non-residents

**Memoir Writing Group:** *Wednesdays, 2:30 p.m.*  
(class is full.)

**Painting with Christina:** *Wednesdays, 1:30 p.m.*  
Painting with watercolor and acrylics.

\$72 residents, \$96/non-residents

**Art with Hannah:** *Thursdays, through June 15, 1:00 p.m.*  
\$72 residents, \$96/non-residents

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

Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for info.

## GAMES

**SOCIAL BRIDGE:** *Tuesdays, 1:00 - 4:00 p.m.* Free.

**MAH JONGG:** *Tuesdays, 1:00 - 4:00 p.m.* Free.  
BYO cards & set.

**SCRABBLE:** *Tuesdays, 12:00 noon.* Free.

**TABLE TENNIS:** *Monday, Wednesdays, Fridays 12:30 - 4:30 p.m.* Free

*For the following bridge events please register with Bill Miller 908.872.7927 or [billsbridge@gmail.com](mailto:billsbridge@gmail.com)*

**DUPLICATE BRIDGE:** *Thursdays, 12:30 p.m.*

**BEGINNER BRIDGE LESSONS** *will begin on Friday, July 14 at 10:30 a.m. for six weeks.*

*Please call or email Bill if you plan to take the class.*

## NEW CLASS - CHAIR YOGA!

*Tuesdays, 9:30 - 10:30 a.m. beginning July 18 for 8 weeks, with Lyn Sirota. \$48/residents; \$64 /non-residents.*

Chair yoga is a gentle, versatile form of yoga that is adaptable for all skill levels and abilities and for those with balance issues and injuries. This includes those who commute, sit at a desk, or suffer with limited mobility or chronic conditions. Therapeutic and accessible to all populations, chair yoga is a restorative experience that is breath-, body-, and spiritually-focused, offering techniques to help gain flexibility, strength, balance, energy and increased range of motion, all at a perfectly slowed pace. Reduce stress and improve overall health and well-being!



## Support and Guidance: Money and Memory

Declining money skills are evident in people with mild cognitive impairment (MCI) in the year prior to the onset of Alzheimer's disease, says Daniel Marson, a professor of neurology at the University of Alabama at Birmingham, who has done several studies on financial capacity and memory loss. People experiencing memory issues may begin by having difficulty with what used to be simple tasks.

### Some warning signs are:

- ♦ **Difficulty making change with a cash purchase.**

Examples: Mixing up coins or even the correct bills to use. Asking the store cashier to take the correct money from the wallet.

- ♦ **Mail is piling up.**

Examples: Bills are not being paid. Instead of opening the mail, which is now confusing, the envelopes are ignored.

- ♦ **Checkbook is not being used properly.**

Examples: Multiple checks logged for the same bill. Math errors in total/calculations. Missing checks aren't logged. No entries at all in logbook, but checks are missing.

- ♦ **Falling for scams!**

Examples: What used to be a clear scam letter or fraud inquiry now seems legitimate, especially because it comes on letterhead that looks official. Donations made to numerous organizations in excess of what was normally donated.

- ♦ **Change in use of ATM, Cellphone, Computer.**

Examples: Misuse or no longer using personal technology devices. Losing items regularly. Forgetting passwords (don't we all) but trusting a stranger to assist with putting in a PIN number or password at the ATM.

### What to do?

- ⇒ Ask someone you trust to assist with setting up systems. Having as many automatic payments as possible withdrawn directly from the bank account will obviate the need to write checks. (Social Security checks are now auto deposited in the bank account at regular time of the month, so setting up bill paying is much easier.)
- ⇒ Ask a trusted person to come at a designated time each week/month to go through the mail and bills that need to be addressed.
- ⇒ Hire a financial planner or organizer who specializes in money management.
- ⇒ **Go to our website for MANY RESOURCES!** <http://www.princeton senior.org/personalassistance.cfm>
- ⇒ **Contact our PSRC Support and Guidance team to assist you! 609.252.2362 or 609.924.7108**

### YARN DONATIONS NEEDED!

Donations of yarn are needed so that our group (newcomers highly encouraged to join us) can continue these wonderful projects!

The preferred yarn brand is Red Heart, but in any case it must be acrylic, cotton or washable – no wool please. Donations may be dropped off at either the Suzanne Patterson Building, or Spruce Circle. Knit Wits meets on Tuesdays at 1:00 p.m. at Spruce Circle.

For additional information please contact Sharon Hurley either by phone at 609.252.2362 or by email: [shurley@princeton senior.org](mailto:shurley@princeton senior.org).







## Support and Guidance

### HEALTH ALERT: POWASSAN VIRUS



The health department warns us to be on the alert for what is called the “Powassan Virus”, a new tick-borne disease.

Many people don’t have any symptoms; those who do may experience: high fever, headache, vomiting, weakness, stiff neck, confusion or memory problems, trouble walking and talking or seizures. Symptoms can come on a week or up to a month after a bite. Check for ticks after being outdoors; seek treatment at the emergency room.

### PARTNERS-IN-CARING

PSRC is your go-to 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 consultation about options, 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

#### HEARING SCREENINGS

*No hearing screenings this summer—see you in September!*

#### MEMORY SCREENINGS

*By appointment* with Dave Roussell, MSW, LSW, at Spruce Circle. Please call **609.252.2362** to schedule.

## GROUPS

### BEREAVEMENT

*Monday, June 19 at 1:00 p.m.*  
(Usually third Monday of each month.)  
*Call Sherri Goldstein 609.819.1226 to attend.*  
*Corner House 19*

### CAREGIVERS

*Monday, June 12 at 1:30 p.m.*  
(Usually the second Monday of each month.)  
*Corner House 19*

### CHILDREN OF AGING PARENTS

*Wednesday, June 14 at 4:30 p.m.*  
(Usually second Wednesday of the month.)  
*Suzanne Patterson Building*

### CRAFTY PEOPLE

*Fridays, 10:00 a.m. - 12 noon*  
Call 609.937.8496 to attend.  
*Elm Court*

### GRANDPARENTING

*Tuesday, June 20 at 1:00 p.m.*  
(Third Tuesday of the 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.*  
*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 2 at 2:00 p.m.*  
(Usually first Friday of each month)  
*Call PSRC or check website for location*

### NEXT CHAPTER: WIDOWS/WIDOWERS

*Tuesday, June 13 & June 27 at 10:30 a.m.*  
(Second and fourth Tuesdays of the month.)  
*Spruce Circle*

### TRANSITION TO RETIREMENT

*Friday, June 16 at 3:00 p.m.*  
(Third Friday of each month.)  
*Suzanne Patterson Building*

### WOMEN IN RETIREMENT

*Friday, June 16 at 10:30 a.m.*  
(Third Friday of each month.)  
*Suzanne Patterson Building*  
*There are no fees for any of these groups.*

## QUICK REFERENCE GUIDE TO AREA RESOURCES

|                                                                       |                                                                    |
|-----------------------------------------------------------------------|--------------------------------------------------------------------|
| <b>Access Princeton:</b><br>609.924.4141                              | <b>Princeton Community Housing:</b><br>609.924.3822                |
| <b>Affordable Housing:</b><br>609.688.2053                            | <b>Princeton Housing Authority:</b><br>609.924.3448                |
| <b>Arm-in-Arm:</b><br>609.921.2135                                    | <b>Princeton Human Services:</b><br>609.688.2055                   |
| <b>Central Jersey Legal Services:</b><br>609.695.6249                 | <b>Princeton Police</b><br><b>(non-emergency):</b><br>609.921.2100 |
| <b>Community Without Walls:</b><br>609.921.2050                       | <b>Princeton Public Library:</b><br>609.924.9529                   |
| <b>Cornerstone Community</b><br><b>Kitchen:</b> 609.924.2613          | <b>Reassurance Contact:</b><br>609.883.2880                        |
| <b>Funeral Consumers Alliance:</b><br>609.924.3320                    | <b>Ride Provide:</b><br>609.452.5144                               |
| <b>Meals on Wheels:</b><br>609.695.3483                               | <b>Senior Care Ministry:</b><br>609.921.8888                       |
| <b>Mercer County Nutrition Program:</b><br>609.989.6650               | <b>Senior Citizen Club:</b><br>609.921.0973                        |
| <b>Mercer County Office on Aging:</b><br>609.989.6661 or 877.222.3737 | <b>Social Security:</b><br>800.772.1213                            |
| <b>NJ Consumer Affairs:</b><br>973.504.6200                           | <b>S.H.I.P (Medicare):</b><br>609.393.1626                         |
| <b>NJ Division of Aging Services:</b><br>800.792.8820 x352            | <b>T.R.A.D.E.:</b><br>609.530.1971                                 |
| <b>One Table Café:</b><br>609.924.2277                                |                                                                    |
| <b>PAAD (Pharmaceutical Aid):</b><br>800.792.9745                     |                                                                    |

**Questions? Call PSRC: 609.924.7108**



## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UCMPP (hospital). A physician's prescription for rehab therapy is required for free transport to PHCS rehab facilities.


### DAYTIME FREE-B BUS

A 70-minute loop around town, 9:30 a.m. - 4:30 p.m. Monday - Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus.

## DEVELOPMENT

### SPECIAL THANKS TO OUR BRUNCH AT HOME SPONSORS:

Acorn Glen • AriJoe Productions • Akin Care  
Always Best Care • Artis Senior Living  
Atrium Senior Living • Bagel Barn • Bagel Hole  
Bai Drinks • Bear Creek Assisted Living  
Brandywine Senior Living • Brookdale Hamilton  
Buckingham Place • Care One-Hamilton  
Chez Alice Cafe • Christine Larkin Catering  
Dr. David Barile • Griswold Home Care  
HomeWell Senior Care • Law Coffee • Lindt Chocolates  
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Extra special thanks to all the FABULOUS volunteers who helped out on our Brunch at Home event—packagers, bow-tyers, drivers, clean-up crew... we really couldn't have done it without you! 

This month's featured annual sponsor:



Contact Connie Pizarro, CSA • 732.524.8864  
or cpizarro@youroasisadvisor.com

*Our expert advisors primary goal is to provide you with the support and information you need to find your loved one the very best care available.*

# June

| Monday                                                                                                                                                                                               | Tuesday                                                                                                                                                             | Wednesday                                                                                                                                                                                        | Thursday                                                                                               | Friday                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EARLYBIRD AEROBICS</b><br>Monday through Friday<br>8:00 a.m.                                                                                                                                      | <b>TABLE TENNIS</b><br>Monday, Wednesday<br>and Friday<br>12:30 to 4:30 p.m.                                                                                        | <b>LOCATIONS</b><br>CH - Corner House<br>EC - Elm Court<br>MH - Monument Hall<br>PPL - Princeton Public Library<br>RC - Redding Circle<br>SC - Spruce Circle<br>SPB - Suzanne Patterson Building | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Computer Lab - SPB<br>10:00 Crafty People - EC<br>12:00 Chair Exercise - SC<br>1:00 First Friday Film - SPB<br>2:00 Men in Retirement - MH Main<br>2:00 Bridge Lessons - SPB                                   |
| 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Writing Your Life - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>2:00 Word Play - SPB                                  | 10:30 Ted Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC                                      | 9:15 Aerobics - SPB<br>10:30 Food Choices & You - SPB<br>1:30 Painting with Christina - SPB<br>2:30 Memoir Writing - SPB<br>2:45 Let's Talk - SC                                                 | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Computer Lab - SPB<br>10:00 Crafty People - EC<br>12:00 Chair Exercise - SC<br>1:00 Lunch & Learn - SPB<br>2:00 Bridge Lessons - SPB                                                                           |
| 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Writing Your Life - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>1:30 Caregivers Group - CH-19<br>2:00 Word Play - SPB | 10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC                                      | 9:15 Aerobics - SPB<br>1:30 Painting with Christina - SPB<br>2:30 Memoir Writing - SPB<br>2:45 Let's Talk - SC                                                                                   | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                               | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Computer Lab - SPB<br>10:00 Crafty People - EC<br>10:30 Women in Retirement - SPB<br>12:00 Chair Exercise - SC<br>2:00 Lunch & Learn - SPB<br>2:00 Bridge Lessons - SPB<br>3:00 Transition to Retirement - SPB |
| 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Writing Your Life - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>2:00 Word Play - SPB                                  | 10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC<br>1:00 Grandparents Group - SPB     | 9:15 Aerobics - SPB<br>1:30 Painting with Christina - SPB<br>2:30 Memoir Writing - SPB<br>2:45 Let's Talk - SC                                                                                   | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                               | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Computer Lab - SPB<br>10:00 How To Use the Uber App -SPB<br>10:00 Crafty People - EC<br>12:00 Chair Exercise - SC<br>1:00 Lunch & Learn - SPB<br>2:00 Bridge Lessons - SPB                                     |
| 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Writing Your Life - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>2:00 Word Play - SPB                                  | 10:30 TED Talk - SPB<br>10:30 Next Chapter Widow/ers - SC<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC | 9:15 Aerobics - SPB<br>1:30 Painting with Christina - SPB<br>2:30 Memoir Writing - SPB<br>2:45 Let's Talk - SC                                                                                   | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                               | <b>CLOSED</b><br>30<br><b>for Floor Refinishing</b>                                                                                                                                                                                                                            |



*PSRC is the go-to resource where older adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, healthy and engaged in the community.*

## **SENIOR CITIZENS CLUB TRIP! NATIONAL MUSEUM OF AFRICAN-AMERICAN HISTORY AND CULTURE, the Martin Luther King, Jr. Memorial, and other sites in Washington DC**



***Sunday, September 17—Monday, September 18, 2017***

Cost - includes round-trip motor coach transportation, museum entrance, hotel & meals:

\$215 per person – Double Occupancy

\$285 Single Occupancy

**non-refundable**

**This is not a PSRC-sponsored trip; for more information, please call:**

**Joan Hill, Senior Citizens Club President: 609.924.4824**

**Minnie Craig: 609.921.9522**

**Lois Craig: 924.7553**