

MATURE PRINCETON

THE EVERGREEN FORUM ANNUAL MEETING & PARTY

Friday, May 1
4:00 to 6:00 p.m.

- ♦ Business Meeting,
- ♦ Election of Steering Committee Members
- ♦ Socializing

R.S.V.P. email: mtyler@princetonsenior.org
or call 609.924.7108



A New Class!

BUILD A BETTER BRAIN!

The class begins **Thursday, May 14.**

Playing games is one of the best (and most fun) ways to keep your brain healthy and working at its best. Each session will focus on a particular challenge to your brain, including logic, attention, left brain vs. right brain, patterns, and memory. Join this group and we'll play games, solve puzzles, challenge our minds, and learn which activities work best and why. The group, facilitated by Soni Pahade, Gerontologist, will meet on the 2nd and 4th Thursday of every month, at 10:00 a.m. Fee: \$45/ Princeton residents; \$60/non-residents; \$6/class drop-in. *Suzanne Patterson Building*

Please register by calling 609.924.7108.

INTRODUCING A NEW SPECIAL SPEAKER SERIES! THE ARTS AND CRAFTS MOVEMENT IN NEW JERSEY ARCHITECTURE

Tuesday, May 19
at 11:00 a.m.

A talk by Helen Schwartz, Artist, Writer, Journalist

The term "Arts and Crafts" refers to the early 19th-century British and American movement to revive handicrafts. The movement was also the inspiration behind the Craftsman and bungalow styles of architecture in the early 20th century. This presentation will include a slide show of regional examples. Please register by calling 609.924.7108. *Suzanne Patterson Building*

**MAY
2015**

PSRC WILL BE
CLOSED
MEMORIAL DAY
MONDAY,
MAY 25TH

You are invited
to a
**Country Western
BBQ**
Sunday, June 14
5:00 pm to 8:00 p.m.
LINE-DANCING
MUSIC
DELICIOUS FOOD
See page 10 for
more information

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IS 60 THE NEW 40?



Recently, as Boomers began to see traditional retirement and Medicare age looming, we began to see the campaign “60 is the new 40” popping up everywhere. Hope springs eternal and we know Boomers have not planned well for their aging years, so it seems the popular

media encourages us to believe that aging isn’t happening. I’m not convinced.

Marc Freedman of *Encore!* declares that “60 is the new 60;” that we are in a new age in which we are inventing a new stage of life between midlife and old age, characterized by active engagement, investing the wisdom we’ve learned in life, in our communities, and in the truly young, upon whom the future rests.

I know I’m not 40; I remember 40. I had a husband, an 8-year old and an infant, and I was working full time. My parents, then in their early 70s, were very independently travelling and volunteering. They helped us more than we helped them. Conversations with friends focused on children, relationships and jobs. There wasn’t much time left over to do other things.

Today I don’t feel 40. I don’t have the energy I once had. More parts of my body ache on a regular basis. I write down more things so I remember them. Names sometimes elude me. It takes me longer to learn new things.

Now at 60+, my kids are nearly independent adults (the younger finishes college next year). My friends talk about grandchildren, retirement and their various activities. We care for aging parents. Yes, we also talk about our own health as more of us face life-threatening illnesses or live with chronic disease. Most of us expect that we might well live into our 90s, and the prospect of doing so with dementia scares the daylights out

of us. My friends are not focused on how to move up the career ladder; rather, they want to feel purposeful but not exhausted. They want to make a difference but have fewer responsibilities.

Few in our generation have guaranteed payout pensions, and many are working into their 70s. Others have retired to follow their passions, either in new careers or volunteering. We now plan events without children. Most are physically active: hiking, biking, kayaking and working out. This is 60 today.

Perhaps the most critical difference in this generation of Boomers is between those who feel excited by the potential of learning about technology and those who don’t; I have some friends who have retired from jobs rather than learn a new technology, and others who stand in line for each new release. Most of us struggle to keep up, and marvel at the facile digital adaptability of younger generations.

Yet, at 60, we are more able to roll with what happens, to find pleasure in the small things, and to let go of the inconsequential things. We have some life experience behind us and we’re trying to stay healthy and independent. We are the Boomers. We’ll take the senior discount, but don’t call us elderly and don’t offer us a rocking chair!

So, I conclude that today’s 60 is the new 60. I think readers might feel similarly about the new 70 and 80 and 90. Your age may not feel the same as your parents and grandparents experienced it, but it isn’t 40 either. The reality is that we are aging. Let’s face it and embrace it. Let’s be proud of the wisdom and experience we’ve gained and demand the respect we have earned.

Let’s live life to the fullest as long as we can.

Susan W. Hoskins, LCSW

MAY PROGRAM HIGHLIGHTS

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

FIRST FRIDAY FILM

Friday, May 1 at 1:00 p.m.

“ST. VINCENT”

Single mother Maggie moves into a new home in Brooklyn with her 12-year-old son Oliver. Forced to work long hours, she has no choice but to leave Oliver in the care of their new neighbor, Vincent, a retired curmudgeon with a penchant for alcohol and gambling. Starring Bill Murray, Melissa McCarthy, Chris O'Dowd, Naomi Watts. No fee. 102 minutes. Please call to register: 609.924.7108.

HAPPINESS PROJECT

Mondays at 1:30 p.m.

This weekly group has resumed with a new book; we're reading and discussing Rick Hanson's *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. All are welcome; no fee.

TED TALKS

Drop in for a lively discussion every **Tuesday at 10:30 a.m.** For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton.

This month's topics:

- ♦ **May 5** - Pamela Meyer: *How to spot a liar*
- ♦ **May 12** - Andrew Solomon: *How the worst moments in our lives make us who we are*
- ♦ **May 19** - Frans de Waal: *Moral behavior in animals*
- ♦ **May 26** - Tony Robbins: *Why we do what we do (Nayan Trevedi)*

For more background, visit www.TED.com. Please register by calling 609.924.7108.



LUNCH & LEARN I

Friday, May 8 at 12 noon

IDENTITY THEFT AND OTHER HAZARDS

A presentation by John A. Seber, President, *My Legacy Backup*. Among other important property and financial issues the program will address:

- ♦ Root causes of a security breach;
- ♦ How to be prepared to respond effectively;
- ♦ What levels of support to expect from authorities;
- ♦ Protection options within existing services.

Mr. Seber is a retired corporate financial systems designer, where his experience included investigating incidents of fraud and implementing prevention techniques.

LUNCH & LEARN II

Friday, May 15 at 12 noon

POSTURE: A KEY TO BETTER HEALTH

A presentation by Ruth Kaplan of Progression Physical Therapy of Princeton. If your posture is out of alignment, your center of gravity changes, resulting in increased risk for falls or loss of balance, or the feeling of unsteadiness. If your balance is better, your muscles are more relaxed, and you will have decreased joint tension with improved joint mobility. Wear comfortable clothing and comfortable shoes in order to try a few simple exercises that can make so much difference in the way you move throughout your day! *Dessert and beverages will be provided. Registration is encouraged; please call 609.924.7108.*

WRITING YOUR ETHICAL WILL

Monday, May 18 at 11:00 a.m.

Leave your story, your values, your family history, your memories, your advice to future generations. Presenter: Carol King. Please call to register: 609.799.9068. No fee.

West Windsor Senior Center, Clarksville Road, West Windsor.

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. All programs are held at the Suzanne Patterson Building

MAY PROGRAM HIGHLIGHTS

SPECIAL SPEAKER SERIES THE ARTS AND CRAFTS MOVEMENT IN NEW JERSEY ARCHITECTURE

Tuesday, May 19 at 11:00 a.m.

A talk and slide presentation by Helen
Schwartz, Artist, Journalist, Writer.

Suzanne Patterson Building

TECHNOLOGY CLASSES INSTRUCTOR: BARBARA ESSIG

INTRO TO IPAD

Wednesday, May 6

10:00 a.m. to 12:00 noon.

Learn to write, forward, send and delete e-mails as well as how to browse the internet, add applications (apps) and to personalize settings. **BRING YOUR APPLE IPAD, KNOW YOUR APPLE PASSWORD AND E-MAIL PASSWORD**

Call 609.924.7108 to register.

MORE ABOUT IPAD

Thursday, May 14

10:00 a.m. to 12:00 noon

Learn to use your camera, make albums, save photos that are attached to your e-mails, more useful apps and how to sync your iPad.

BRING YOUR APPLE IPAD, KNOW YOUR APPLE PASSWORD AND E-MAIL PASSWORD

Call 609.924.7108 to register.

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

MEN IN RETIREMENT

Friday, May 1 at 2:00 p.m.

Come and meet other men who are making or have made the transition into retirement. For information call 924-7108. No fee.

Suzanne Patterson Building ← **Note location**

NEXT STEP SPEAKER SERIES

Tuesday, May 12 at 7:00 p.m.

MAKING YOUR MONEY GO FURTHER IN RETIREMENT

Marion Sommer, CFP, New England Securities Corp. One of the greatest fears shared by retirees is that they will outlive their savings. If you are 65 years old, you have a 50 percent chance of living past age 87. Find out how you can make your money go further in retirement using a number of strategies. No fee.

Location: Princeton Public Library

The Next Step Speaker Series is a joint program of the Princeton Public Library and PSRC.

ARE YOU THINKING ABOUT RETIREMENT?

Thursday, May 14 at 6:30 p.m.

Eleanore K. Szymanski and Carol King.

Retirement planning is about the finances; retirement planning is about the lifestyle. Both are needed for a satisfying, rewarding life in retirement. Elly will talk about making sure the money matches your plans, and Carol will talk about making sure your lifestyle matches your dreams. No fee. Please call 609.584.5900 to register.

Location: Robert Wood Johnson Health & Wellness Center, 3100 Quakerbridge Road

ENCORE CAREERS

Thursday, May 28 at 7:00 p.m.

COMBINE PASSION, PURPOSE AND PAYCHECK

Discover how you can use your skills, knowledge, and experience in an encore career in growth industries such as education, healthcare and environmental fields. Presenter: Dr. John George.

Location: Princeton Public Library

LOOKING AHEAD

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.

FIRST FRIDAY FILM

Friday, June 5 at 1:00 p.m.
"The Imitation Game"

In 1939, newly created British intelligence agency MI6 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 hr. 54 mins.

NEXT STEP SPEAKER SERIES

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.)

Princeton Public Library

LUNCH & LEARN

Friday, June 12 at 12 noon

NUTRITION

A presentation by Salome Rao from Sodexo Healthcare Services.

BBQ and LINE-DANCING PARTY

Sunday, June 14 from 5:00 - 8:00 p.m.

Music and line-dancing with *The Silver Spurrs*; fabulous barbeque by Business Bistro. Tickets are available online at www.princetonsenior.org; or at PSRC; or by calling 609.924.7108.

SUMMER OPERA FILM FESTIVAL

Wednesday afternoons at 1:00 p.m.

June 10, 17, 24 and July 1.

Titles will be announced in next month's Mature Princeton.

SPECIAL SPEAKER SERIES



**WHYY'S "THE PULSE"
- HOW IT'S MADE,
WITH MAIKEN SCOTT
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. Maiken Scott is WHYY's Behavioral Health Reporter and covers a wide variety of topics, ranging from new treatments for depression to the impact of foster care on children to the portrayal of mental illness in pop culture.

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

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.

CLASSES

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.
- ♦ **Currents: Mondays, 1:30 - 3:30 p.m.** No charge. Peer-led current events discussion group (off-site.) *Group is full.* Please contact barrydrclan@me.com.
- ♦ **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 drop-in.
- ♦ **Art with Hannah: Thursdays** at 1:00 p.m. 8 weeks: \$45/for residents; \$60/non- residents
- ♦ **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 12:00 noon. 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, May 13 at 4:30 p.m.
at Suzanne Patterson Building
- ♦ **CAREGIVERS:**
Monday, May 11 at 1:30 p.m.
at Corner House ~ Room 19
- ♦ **RETIRED? WHAT'S NEXT?**
Thursday, May 14 at 2:00 p.m.
at RWJ Hamilton Wellness Center.
To register call: 609.584.5900.
- ♦ **MEN IN RETIREMENT**
First Friday of the month (May 1)
at 2:00 p.m. Suzanne Patterson Building
- ♦ **TRANSITION TO RETIREMENT**
Friday, May 15 at 3:00 p.m.
at Suzanne Patterson Building
- ♦ **BEREAVEMENT**
Monday, May 18 at 1:00 p.m.
at Corner House - Room 19.
Call Sherri Goldstein 609-497-4900 to attend.
- ♦ **CONVERSATIONS ON BEING MORTAL**
Monday, May 18 at 2:00 p.m. ←
at Suzanne Patterson Building ← **Note date & location change**
- ♦ **GRANDPARENTING**
Third Tuesday of the month
(May 19) at 1:00 p.m. at Suzanne Patterson Building
- ♦ **LET'S TALK**
Wednesdays at 10:30 at Redding Circle
2:45 p.m. at Spruce Circle
- ♦ **WIDOW SUPPORT**
Thursday, May 7, & Thursday, May 21 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/ BLOOD PRESSURE SCREENING

May 12: 1:00 p.m. at Spruce Circle
2:30 p.m. at Elm Court/Harriet Bryan House

BLOOD PRESSURE SCREENING

May 27: 12:00 p.m. at Elm Court/
Harriet Bryan House

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

VISION SCREENING

May 21: 10:00 a.m. at Community Education and Outreach, 731 Alexander Road, Princeton
Questions? Call 888.897.8079.

FOR YOUR INFORMATION

HOW TO SAFELY HIRE A HOME HELPER OR AIDE FROM AN AGENCY

The first step in hiring home care is to identify of care type you need:

- ♦ A **Companion** may be the first step. This type of aide takes care of housekeeping, cooking, laundry, shopping, medication reminders and transportation to stores or doctor's appointments as needed.
- ♦ A **Certified Home Health Aide** is appropriate if personal care is needed, such as bathing, dressing and toileting. By law, a Certified Home Health Aide license is only valid if s/he is employed by a health care service firm (agency) in New Jersey.

Questions to ask a Home Care Company Representative:

- ♦ Is there a minimum number of hours required per visit?
- ♦ Is there a minimum number of visits per week or per month.
- ♦ Are criminal background checks conducted on all employees?
- ♦ Are Motor Vehicle records checked?
- ♦ Are Health Aides certified in CPR, or do they have any health related/First Aid training.
- ♦ Are the employees individually bonded, fully insured and covered by Workman's Compensation? (This is important for your home owners insurance coverage.)
- ♦ Does the company guarantee a caregiver will come if your regular caregiver is ill and cannot come that day or must leave for any reason? Will you be notified if there is a change in caregiver?
- ♦ Can the company be reached after business hours in case of a last minute change or emergency?
- ♦ Can a caregiver be replaced if the caregiver is not compatible with the client?
- ♦ Is there a nurse assessment fee to start services? How much is it and when is it charged?
- ♦ Is there a Service Deposit required to start services? Is it refundable?
- ♦ Are there different prices for companions and certified home health aides?
- ♦ What is the price per hour for services? Is the same price charged at all times, seven days per week? Are there extra charges for holidays?

Take your time, compare companies, and make the decision when you feel comfortable and ready to do so—you are the customer! For more information, or if you need assistance, please contact PSRC's Social Service Office at 609.252.2362.

WHO'S WHO IN YOUR DOCTOR'S OFFICE

- ♦ **Physicians (MDs or DOs)** have the most training and the most authority. Their coats are the longest.
- ♦ **Physician's Assistants (PA)** can diagnose, prescribe lab tests, treatment and medication. Masters degree plus 2000 hours of training with patients.
- ♦ **Nurse Practitioners (NP)** can diagnose and prescribe. Masters degree plus 500-700 hours of direct care.
- ♦ **Registered Nurses (RN)** can administer medication, provide and manage patient care. They are certified and licensed by the state.
- ♦ **Medical students** are in training. They can take a history but prescribing must be approved by supervising physician.
- ♦ **Technicians** perform routine tests. They are certified by the state, many have an AA in laboratory science or a related field.

~ AARP Magazine January 2015

TRANSPORTATION

CROSTOWN

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.

DAYTIME FREE-B BUS

The free Daytime Free-B 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.

CROSTOWN UPDATE

Crosstown has added the following destinations to its routes for Princeton registered riders:

**Forrestal Village
Doctor Offices**

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**666 Plainsboro Road, Plainsboro  
Doctor Offices**

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**140 Franklin Corner Road, Lawrenceville
NJ Retina**

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**4 Princess Road, Lawrenceville  
Delaware Valley Retina**

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**100 Canal Point Blvd., West Windsor
Outlook Eye Care**

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**Neuroscience Institute  
Capital Health, Hopewell**

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*Did you know you can use Crosstown
and Ride Provide to visit a resident
at Merwick or Pavilions?*

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

Did you miss Healthcare Directives Day?
You can stop in at PSRC anytime to pick up a Five Wishes form (\$1.00 donation), or come to our group *Conversations On Being Mortal*, Monday, May 18 at 2:00 p.m.



**STUDENT ART SHOW
EXHIBITION WEDNESDAY, APRIL 29—MAY 28**

AN INVITATION

**Wake Up Your Inner
Cowboy or Cowgirl
&
Come to Our**

**BBQ &
Line-Dancing
Party!**

Come with your friends and family for an
evening of great music, great food and
good times to benefit PSRC.

featuring Dancing with
the Silver Spurs
and A Country Western Barbeque
by Business Bistro

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

\$35.00 per person

For more information or to buy tickets,

Please call us at 609.924.7108

or visit our website:

www.princetonsenior.org

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY BIRD AEROBICS 8:00 Monday through Friday TABLE TENNIS Monday, 10:30 – 3:00 Wednesday 10:30 – 3:00 Friday 10:30 – 1:45	LOCATIONS: EC = Elm Court HBH = Harriet Bryan House MPC = Mt. Pisgah Church PPL = Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson Building MH = Monument Hall RWJ = Robert Wood Johnson	MEDICATION MANAGEMENT/ DRUG INTERACTIONS/ BLOOD PRESSURE SCREENING PRESSURE SCREENING May 12: 1:00 p.m. at SC 2:30 p.m. at EC/HB H BLOOD PRESSURE SCREENING May 27: 12:00 p.m. at EC/HBH VISION SCREENING May 21: 10:00 a.m. (see p. 7)		9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 1:00 Knit Wits - SC 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB 2:00 Men in Retirement - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:00 Intro to iPad 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 1:30 Open Painting Studio- SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 1:00 Knit Wits - SC 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Caregivers - CH - 19 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 7:00 Next Step Speaker - PPL	9:15 Aerobics - SPB 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 1:30 Open Painting Studio- SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 4:30 Children of Aging Parents -SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB 2:00 Retired? What's Next? - RWJ	9:15 Aerobics - SPB 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB 3:00 Transition to Retirement - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:00 Bereavement - CH-19 1:30 Wordplay - SPB 1:30 Happiness Project - SPB 2:00 On Being Mortal - SPB 7:00 Write Ethical Will - PPL	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Special Speaker ~ SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparenting Group -SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 1:30 Open Painting Studio- SPB 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB
CLOSED FOR MEMORIAL DAY	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga -HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 1:30 Open Painting Studio- SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 10:00 Computer Lab - SPB 10:30 Chair Exercise - SC 12:30 Senior Citizens Club -SPB 1:00 Knit Wits - SC 2:00 T'ai Chi - SPB 2:00 Bridge Lessons - SPB
25	26	27	28	29



Princeton Senior Resource Center
45 Stockton Street * Princeton * New Jersey * 08540



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AGE-FRIENDLY COMMUNITY UPDATE

The Age Friendly Community Task Group is meeting. We are working on creating a community survey to get feedback on what Princeton does well and what should be improved on the eight domains that the W.H.O. identified as key to being an age-friendly community.

If you would like to be a volunteer helping with interviews and focus groups, please contact Susan Hoskins: shoskins@princetonsenior.org.

