

MAY 2016



Please join us for a very special event...

JEWELRY!

Knowledge is a Girl's Best Friend:

*What You Need to Know When Buying, Selling & Evaluating Jewelry**

A seminar featuring experts from Rago Arts & Auctions
to benefit the

Princeton Senior Resource Center

*** BYO Jewels!**

You'll learn from Katherine and Sarah, experts from Rago Arts & Auctions,
how to examine and evaluate your own jewelry, (bring or wear your favorites!);
use a jeweler's *loupe* (yours to take home); and become a savvy consumer.

Then, enjoy a delectable catered luncheon.

Wednesday, May 11th • 11:00 a.m. to 1:30 p.m.

at the Suzanne Patterson Building • 45 Stockton Street • Princeton • New Jersey • 08540

• **\$50 per ticket**

• **\$75 preferred ticket***

*Preferred tickets include a verbal valuation of two pieces of your own jewelry

Register at: princetonsenior.org

limited seating ~ register early!

PSRC extends grateful thanks to the following Jewelry Event sponsors:

Rago Arts & Auctions

Borden Perlman Salisbury & Kelly • McCaffrey's Food Markets • Homewatch CareGivers

and, as always, to our Annual Sponsors:

Acorn Glen Assisted Living Inc. • Atrium Post Acute Care of Princeton, Lawrenceville, Hamilton

Bear Creek Assisted Living • Buckingham Assisted Living Facility

Oasis Senior Advisors • Progression Physical Therapy

Please visit our
fantastic PSRC art exhibit in the Suzanne Patterson Building!
Our artists' work will be on view through the month of May.
The building is open to the public
9:00 a.m. to 5:00 p.m., Monday through Friday.

Stop in!



DIRECTOR'S MESSAGE ~ GOING SOLO



One big adjustment for many people occurs when you no longer do things as a couple. This may be due to a divorce or the loss of a spouse, or it may be because your partner can no longer participate in social events due to a physical disability or cognitive decline. But you still

want to travel, go out to dinner, dancing, to a movie, concert, theater performance or sporting event.

It seems that this transition is more of a hurdle for some people than others. This could relate to how independent you were before, or it may be generational; it seems that each generation is less concerned than the previous one about going out alone.

After decades of doing everything with a partner—from having breakfast together and discussing the news, or sharing a business, to traveling around the world, you might find “going solo” very lonely. Or, you may welcome this change as an opportunity to explore what it’s like to live alone, or to do things you always wanted to do but your partner did not enjoy. You can discover new things about yourself when you’re alone and have more freedom to go at your own pace or to feel more in charge of your life.

Some people find friends/companions who share the same interests so they can continue their favorite activities. Others enter co-housing arrangements with others for both companionship and shared costs.

PSRC is a great place to meet people who share similar interests. Nearly every week we see people bringing lunch to eat together or they go out after class. Others become friends who connect for lunch or a movie outside of PSRC; we even know people who met at one of our activities who’ve married one another!

For those who want to remarry, it can be intimidating to go on dating websites. Many people meet through friends or shared activities. Consider trying some new activities with new groups of people. Let your friends know you want to meet new people. As a friend, if you are hosting an event, you can consider inviting a mix of single and coupled friends so it isn’t uncomfortable for the single friends, and you can provide an opportunity for new connections.

One reason we chose to repeat the BBQ and Line Dance event is that you don’t need a partner to do line dancing! It is a fun community event, whether you are dancing, watching, or eating - as many who attended last year told us. Come see for yourself on June 18th!

Susan W. Hoskins, LCSW
Executive Director

We Need Your Help!

You know from coming to programs or reading this newsletter that PSRC has grown significantly, especially the Evergreen Forum. Several years ago we outgrew the Suzanne Patterson Building, and it is clear that we can’t expand the building or parking enough to meet our needs.

It has been wonderful to watch our Evergreen Forum program grow - we want to help it thrive for the next decade! This semester, we held classes in six locations, which was challenging. We have been looking for additional space, and found it harder than expected to find something that meets our requirements. So, I am turning to our community for help.

What we are seeking is a building with 3-4 classroom spaces (or spaces that could be converted to classrooms) that’s:

- ◆ In or near Princeton
- ◆ Available for two 8-week periods in the fall and spring, 3-5 days per week, morning and/or afternoon
- ◆ Adequate parking
- ◆ Accessible
- ◆ Affordable

Do you attend a church that is looking for daytime rentals? Do you own a business that has unused space in the building? I would like to hear from you.



MAY PROGRAM HIGHLIGHTS

All programs, classes and groups are held in the Suzanne Patterson Building and are free, unless otherwise indicated. We ask for pre-registration so we can plan room set-ups and/ or contact you in the event a program is postponed or cancelled.
Please call to register/ reserve a space: 609.924.7108.

FIRST (FRIDAY) FILM

Wednesday, May 4 at 1:00 p.m.

"The Intern" Starting a new job can be a difficult challenge, especially if you're already retired. Looking to get back into the game, 70-year-old widower Ben Whittaker seizes the opportunity to become a senior intern at an online fashion site. Starring Robert DeNiro and Anne Hathaway. (2 hours 1 minute)

← **DIFFERENT DAY
THIS MONTH!**

DOWNLOADING BOOKS

TUESDAY, MAY 10 AT 10:00 A.M.

Princeton Public Library staff will be on site at the Princeton Senior Resource Center to help you learn how to download material from the library's electronic collection. Bring your device, sit down with us and let us help you get started with e-books and e-audio. By appointment. Please call [609.924.9529](tel:609.924.9529) x1220 to make your appointment.

MOUNTAIN LAKES-PSRC HIKE

Tuesday, May 10 at 11:00 a.m.

Bring a brown bag lunch; meet at the parking lot on Mountain Avenue, go for a short, easy hike, then have lunch up at the Mountain Lakes House.

Those who wish to continue may take a longer hike after lunch.

Wear comfortable, appropriate shoes and sun-shielding clothing. No fee.

Call to register: 609.924.7108.

Rain date: Tuesday, May 17.

LUNCH AND LEARN

Friday, May 13 at 12 noon

CARING FOR OLDER LOVED ONES: UPDATES IN SENIOR SERVICES Join Daphne Berei, RN, BSN, RN-C, Nurse Manager, Acute Care for the Elderly (ACE) Unit, and Allison Healy, BSN, RN-BC, Senior Care Coordinator, Acute Care of the Elderly (ACE) Unit, to learn about the latest geriatric care taking place at UMCP, including their ACE Unit and NICHE (Nurses Improving Care for Health System Elders). Older patients often have unique needs that require specialized care.

LUNCH AND LEARN

Friday, May 20 at 12 noon

YIKES! E- BIKES! ARE YOU READY FOR A RIDE?

Russ White of Sourland Cycles will talk about the battery technology that makes possible the Tesla and other electrically powered cars, which is now available on bicycles, making bicycles friendly for everyone. Come learn more and take a test ride—helmets will be available!

Our Lunch and Learn programs are held in the Suzanne Patterson Buildings and are always free. Bring a brown bag lunch; dessert and beverages will be provided. It's essential to pre-register so we can accommodate each group. Please call 609.924.7108. Thank you!

BRIDGE LESSONS

INTERMEDIATE LEVEL WITH BILL MILLER

Fridays beginning May 6 for 6 weeks (except May 27, (Memorial Day weekend.)

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: Email billsbridge@gmail.com, or call 908.872.7927.

BLOOD PRESSURE SCREENINGS

Monday, May 9 at 12 noon

(Second Monday of every month)
at Spruce Circle
~~~~~

Tuesday, May 10 at 11:00 a.m.

(Second Tuesday of the month)  
at Redding Circle  
~~~~~

Wednesday, May 25 at 12 noon
at Elm Court

MAY 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:

May 3 ~ Steve Ramirez and Xu Liu: *A mouse.
A laser beam. A manipulated memory.*

May 10 ~ Prof. Daphna Joel: *Are brains male or
female?* (Recommended by Amy Levy.)

May 17 ~ Al Gore: *The case for optimism on climate
change.* (Recommended by David Goodman)

May 24 ~ Kelly McGonigal: *How to make stress
your friend.*

May 31 ~ Adam Grant: *The surprising habits of
original thinkers.*



APPLE TECHNOLOGY CLASSES

INTRO TO IPAD

Thursday, May 12, 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.

BASIC BASIC IPHONE CLASS

Wednesday, May 18, 1:00 to 3:00 p.m.

This is an introductory class for those who are just
getting started with the iPhone. Don Benjamin, one
of PSRC's Computer Lab volunteers will teach you
the first important things you need to know about
your phone. No fee.

MORE ABOUT IPAD

Thursday, May 19, 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.**

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, May 6 at 2:00 p.m. 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. This meeting will feature
Comedy, Commentary and Music by Fred Stein.

Two of his albums are: "Between the Lost and
Found" and "Pizza and Ice Cream". The group is
facilitated by Rob Hegstrom and Bruce Wallman.

Monument Hall Main

WOMEN IN RETIREMENT

Friday, May 20 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, May 20 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.*

LOOKING AHEAD

FIRST FRIDAY FILM

Friday, June 3 at 1:00 p.m.

"Desert Dancer" Afshin Ghaffarian risks everything to
start a dance company amidst his home country of
Iran's politically volatile climate and the nation's ban
on dancing. (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 be-
tween transit routes and local public transit and ride
services. Details to follow in the June newsletter.

LUNCH AND LEARN

Friday, June 10 at 12 noon

Spirituality and the Life Cycle with Reverend Amy
Seat, Hospice Chaplain with Princeton HealthCare
System. Explore some of the spiritual challenges that
arise throughout different stages of our lives.

LUNCH AND LEARN

Friday, June 17 at 12 noon

Energy Healing with Alla Rosina of Vital Roots

COMPUTER GURU ~ Don Benjamin

KEEPING YOUR SMARTPHONE BATTERY CHARGED

This month's article is about the care and feeding of your smartphone, tablet, and laptop battery. In truth, it's more about debunking the myths you (and we) have heard on how to save your battery's charge or keep it from wearing out.

I'll cut to the chase: There are two things you should do with your mobile device:

- ◆ Plug it in at the end of the day when you're through using it so it will be fully charged tomorrow.
- ◆ Use it and stop worrying about the battery inside.

For the past several years, mobile devices have been using lithium-ion batteries. (so do Tesla automobiles.) These batteries are reliable, efficient for their size and weight, and have a good lifetime, which is mostly a function of how often they are cycled between 100% and empty, rather than their calendar age.

Typical mobile device batteries have a 500 to 1000 cycle lifetime, in which one cycle is defined as going from a completely charged state to zero. If you use only 50% of your battery before charging it back up, that's only 1/2 of a cycle. So you should expect your device battery to last a few years. The biggest battery drainers are the screen backlight and phone calls ("talk time.")

MYTH		TRUTH
◆ Batteries develop "memories" and you should only charge them when they're completely discharged.	→	◆ Older types (nickel metal-hydride and nickel-cadmium) developed a "memory," but not lithium-ion. It just doesn't matter when you charge them.
◆ Don't keep your phone charging all the time because it will overcharge	→	◆ No, it won't. Keep it plugged in when you're not using it so your battery will be charged when you need it.
◆ Close unused applications.	→	◆ No need. They're not running unless you're using them.
◆ Turn off Bluetooth and navigation.	→	◆ Minor effect on battery use. Probably not worth the effort.
◆ It's better to turn off the device instead of simply putting it to sleep.	→	◆ Such a miniscule difference, it's not worth the time wasted on start-up and shutdown.

GOOD PRACTICES

- ◆ Allow your device to automatically adjust its screen brightness according to the ambient light;
- ◆ Keep your device plugged in when you're not using it so you always have a fully charged battery when you head out;
- ◆ Consider buying a USB battery pack (about \$20.) It will recharge your phone when you can't, or forgot to use, your charger.

EXERCISE AND FITNESS

CLASSES

SUZANNE PATTERSON BUILDING

- ♦ **Early Bird Aerobics** - Every weekday morning at 8:00 a.m. 40 minutes of cardio & toning. \$55/month, or \$5 daily drop-in rate.
- ♦ **Aerobics:** Monday, Wednesday, Friday at 9:15 a.m. \$47/session/residents; \$93/non-residents. *Register through Princeton 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.

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 1:30 p.m. \$5/quarter for copying costs.
- ♦ **Memoir Writing II:** Mondays at 10:30 a.m. \$5/per quarter for copying costs.
- ♦ **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. \$72/residents, \$96/non-residents per quarter.
- ♦ **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.

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 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** Intermediate level lessons begin Friday, May 6 at 2:00 p.m. Please call or email Bill if you're interested.



PSRC STAFF

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GROUPS

BEREAVEMENT

Monday, May 16 at 1:00 p.m.
(Usually third Monday of each month.)
Call Sherri Goldstein 609.497.4900 to attend.
Corner House 19

CAREGIVERS

Monday, May 9 at 1:30 p.m.
(Usually the second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, May 11 at 4:30 p.m.
(Second Wednesday of the month.)
Suzanne Patterson Building

GRANDPARENTING

Tuesday, May 17 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, May 6 at 2:00 p.m.
(First Friday of each month.)
Monument Hall Main

TRANSITION TO RETIREMENT

Friday, May 20 at 3:00 p.m.
(Third Friday of each month.)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, May 20 at 10:30 a.m.
(Third Friday of each month.)
Monument Hall Main

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
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 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
SHIP (Medicare): 609.393.1626
Sustainable Princeton: 609.454.4757

SUPPORT AND GUIDANCE

MEDICAL ALERT SYSTEMS

Most seniors and their adult children view medical alert systems as a valuable tool to help users live more independently while addressing the concerns of a potential medical emergency. The systems offer users the ability to receive help from a live trained monitoring professional in the event of an emergency, which could occur in your home or while you are out and about in the community.

There are many alert systems available to consumers, but determining the best option for your needs can be a daunting and somewhat confusing task. Most medical alert systems are packaged as a subscription that includes the rental of a base console unit, help button, and the services of a monitoring help center, and are pretty standard in their basic features and technology. Recently more and more seniors are transitioning to mobile systems that extend emergency alert monitoring beyond their homes.

The main confusion in selecting a system is choosing the right company from the large number of providers offering the service. If you are considering a medical alert system, according to Medical Alert Systems HQ, the following information should be considered and explored as you determine the best system for your needs.

TRACK RECORD AND RELIABILITY

It is important to ensure the company offers well-functioning equipment that is operational and ready to provide professional assistance when the button is pushed. Other indicators of reliability include the number of years the company has been in business, that it adheres to certification standards, consumer reviews, BBB rating and memberships in medical alert trade associations.

CONTRACT OBLIGATIONS

When buying a medical alert system, keep in mind

that you will be obligated to subscribe to the company's monitoring system. Be aware that multi-year contracts can be difficult to terminate if your circumstances change, or if you no longer want or need the services of that particular company.

COST

The subscriber cost of a medical alert system runs around \$20.00 to \$40.00 per month depending on features and whether the system is for in-home use and/or for mobile use. Some systems are more expensive than others, but they are not necessarily better. Select a system that fits your budget and provides the reliability and features you need.

EXTRAS

In addition to the regular features offered by medical alert systems, a user might want to consider a key lock box which allows emergency responders to gain entry into your home without causing damage. Another consideration is adding fire and smoke and/or carbon monoxide monitoring services in case the user is not conscious enough to press the button during these emergencies.

The preceding information is only a basic introduction to medical alert systems. If you have any additional questions or would like more in-depth information on choosing a system, please call David Roussel at (609) 252-2362 and/or consult <http://medicalalertsystemshq.com/>.

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 UMCP (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:

<http://www.princetonnj.gov/public-transportation.html>.

STILL SEEKING YARN DONATIONS!

The Spruce Circle Knit Wits group is avidly seeking your unused skeins of (non-wool) yarn!

If you have a donation, please feel free to drop it off either at Spruce Circle or the Suzanne Patterson Building.

THANK YOU!



MAY IS OLDER AMERICANS MONTH!

Both houses of Congress have now passed the Older Americans Act Reauthorization of 2015, and President Obama has just signed it into law soon. The National Council on Aging (NCOA) applauds the move, which updates this critical legislation for our nation's senior population.

The Older Americans Act (OAA) funds critical services that keep older adults throughout the United States healthy and independent—services like meals, job training, senior centers, caregiver support, transportation, health promotion, benefits enrollment, and more.

Locally, these funds support T.R.A.D.E. transportation, the Mercer County Nutrition Program and home-delivered meals; Caregiver Support; legal services; and other programs, including disease prevention programs, summer cooling, respite care and telephone reassurance. More than four years after it expired, legislation to reauthorize the Act was passed by Congress with unanimous, bipartisan support.

GOOD TIMES

There was a great turnout at the Princeton Boathouse Tour to benefit PSRC on April 14th...



Thank you to Boathouse Administrator, Tom Heebink, here giving some pointers on form...



...to a few tourists trying their hands at rowing.

Thanks also to Hazel Stix, who provided the "crew" a stellar post-tour breakfast



CPR CLASS AT PSRC ON FRIDAY, APRIL 15TH

Princeton HealthCare System provided basic instruction, which was free and open to the public; more than 40 people turned out to learn how to save a life using CPR.



SPECIAL EVENTS

*Save the Date
for our 2nd Annual
BBQ & Line Dance Party*



*Saturday, June 18
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!*

MAY

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Word Play - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 10:30 Skyrocket Your Business - SPB 1:00 First (Friday) Film - SPB 1:30 Painting with Christina - SPB 12:45 Let's Talk - SC 3:45 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 2:00 Inter. Bridge Lessons - SPB 2:00 Men in Retirement - MH Main
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 12:00 BP Screening - SC 1:00 Let's Talk in English - SC 1:30 Word Play - SPB 1:30 Caregivers Group - CH 19	10:30 TED Talk - SPB 10:00 Download Books - SPB 11:00 HIKE? AT MTN LAKES 11:00 BP Screening - RC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 10:30 Skyrocket Your Business - SPB 11:00 Rago Jewelry Event - SPB 12:45 Let's Talk - SC 1:30 Painting with Christina - SPB 3:45 Memoir Writing - SPB 4:30 Children of Aging Parents - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 2:00 Inter. Bridge Lessons - SPB 4:00 Evergreen Mtg & Social - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Beravement - CH-19 1:30 Word Play - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparent Group - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 10:30 Skyrocket Your Business - SPB 1:30 Painting with Christina - SPB 1:00 Basic Intro to iPhone - SPB 2:45 Let's Talk - SC 3:45 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More about iPad - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:30 Women in Retirement - SPB 12:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 2:00 Inter. Bridge Lessons - SPB 3:00 Transition to Retirement - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Word Play - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 10:30 Skyrocket Your Business - SPB 12:00 BP Screening - EC 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:45 Memoir Writing - SPB	9:45 Cosmology - off site 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizens' Club - SPB
30 CLOSED MEMORIAL DAY	31 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Computer Lab - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Knit Wits - SC	EARLY BIRD AEROBICS 8:00 a.m. Monday through Friday TABLE TENNIS Monday 10:30 a.m. - 3:00 p.m. Wednesday 10:30 a.m. - 3:00 p.m. Friday 10:30 a.m. - 4:00 p.m.	LOCATIONS CH - Corner House EC - Elm Court HBH - Harriet Bryan House MH - Monument Hall SPB - Suzanne Patterson Building	LOCATIONS - cont. RC - Redding Circle SC - Spruce Circle



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**PSRC WILL BE CLOSED FOR
 MEMORIAL DAY
 ON
 MONDAY, MAY 30th**

**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!