

Three afternoons each week, a couple dozen folks turn out to play table tennis at PSRC...



April 7, World Table Tennis Day, we celebrated with a PSRC tournament and refreshments. A grand time was had by one and all!



Twice a week, folks come here to play bridge...some for recreation, others for competition...



Photos by Laura Hawkins

Beat the heat and join us this summer for some very cool events:

- ♦ **OPERA FILM FESTIVAL**
Four Tuesdays beginning July 11
 - ♦ **"RIVER FRIENDLY"**
A lecture, tour and refreshments at the Stony Brook Millstone Watershed to benefit PSRC
 - ♦ **SUMMER FILM FESTIVAL**
A different film every week
- ...And much more!*

**EVERGREEN FORUM
ANNUAL MEETING &
PARTY**

**Friday, May 19
4:00 - 6:00 p.m.**

RSVP on princetonsenior.org



Want to lift spirits with a unique and elegant gift?

BRUNCH AT HOME

A beautifully appointed basket filled with a sumptuous brunch delivered on the doorstep Sunday morning, May 7, 2017.

Each basket holds a generous brunch for two, and includes

Quiche * Smoked Salmon * Fresh Baked Goods

Fresh Fruit and Fruit Juice * Tea & Coffee * Sweets

For details and to place your order before May 3, go to princetonsenior.org.



BEST. GIFT. EVER!

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

Recharging

I'm writing this on the first sunny spring day, following weeks of snow, rain, cold and grey skies. All of us have been struggling to sustain our spirits and energy. This led me to think about sources of renewal.

I was struck by how much better I feel after spending time outside, working in the yard, enjoying the fresh air and sunshine. I know that I am energized by being outdoors. I always feel better when I've been able to work in my garden. As I age, it seems that I am even more strongly affected by sunshine and warmth. A walk around the block on a sunny day can transform my afternoon. During those long, dark winter I have a hard time getting the motivation to go for that walk, forgetting how good it makes me feel.

What recharges you? Is it being with people? A phone call with a friend? Alone with a good book? A long walk or bike ride? Knitting? Gardening? I think it's wise for all of us to know the things that restore our energy.

I recall reading Susan Cain's book, *Quiet*, where she explains that introverts are recharged by being alone while extroverts recharge by being with people. What recharges me may have the opposite effect on you, and the

things that recharge us may change over time as our interests and abilities change. How can you adapt to get the same pleasure from related or new activities? Perhaps you once went for a long run but the knees can't take it anymore so you switch to walking. Or you're surprised at the depth of pleasure you get from being with your grandchildren, or from learning the art of woodcarving. It's important to know what your own needs are.

It's also a good idea to have more than one battery in your pack. One thing that makes winter so hard is that it's difficult to access many of the first-defense rechargers, so have some back-up ideas. What makes you feel better and more energized when you can't get outside? Try some activities that are known to release endorphins, as these are known to not only block pain, but to produce a feeling of well-being.

Now that Spring is here, try to set aside time to explore a range of new and familiar activities so you can identify what your own rechargers are. Remember them, because they'll come in handy when the short grey days return once again.

Susan W. Hoskins

IT'S ABOUT INCLUSION...

Early in April a group of women wanted to attend the Men in Retirement lecture on Elder Law. I reflected quickly on many issues, including Princeton's history of ending gender discrimination at the University and in clubs, as well as on my own and PSRC's efforts to break down barriers. I insisted that the women attend the lecture.

Since then, the board and staff of PSRC have had fruitful discussions about PSRC's mission, values and guiding principles, whether there are occasions for separate gender meetings, the impact of Title IX in education, and our own experiences.

On April 18, the **Board of Trustees unanimously reaffirmed PSRC's long-standing policy of non-discrimination.** All are welcome to attend any PSRC program, group or event. Any activity that is advertised by PSRC or held in our buildings must be open to all.

Our Guiding Principles state that: everyone feels welcome, everyone is respected and respectful, and everyone participates fully and appropriately in the activity he or she is attending.

To be a PSRC program, an activity must be approved by the PSRC Director of Programs, be open to new members, and be advertised in PSRC materials. PSRC has the right to reject any program plan deemed to be inappropriate.

Over the years, many programs have come and gone, adapting to changing interests of participants and PSRC resources. In light of the current national conversation on exclusion, it is important that we assert our dedication to being inclusive.

In the coming weeks we will be re-envisioning the Men and Women in Retirement groups and examining other programs through this lens. We're excited about how some of the ideas that have already emerged will move us forward.

~ Susan W. Hoskins

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Susan W. Hoskins, LCSW

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MAY Events and Programs



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



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:

MAY 2 ~ NO MEETING

MAY 9 ~ Tim Harford: *How frustration can make us more creative*

MAY 16 ~ Michael Shermer: *Why people believe weird things*

MAY 23 ~ David Kwong: *Two nerdy obsessions meet -- and it's magic*

MAY 30 ~ - Scott Fraser: *Why eyewitnesses get it wrong*
For more information visit TED.com

HEALTHCARE DECISIONS DAY

Tuesday, May 2, 10:00 a.m. - 12 noon

PSRC again joins organizations across the U.S. who are providing forms and information about completing healthcare directives. We use the Five Wishes form to help you let your family and doctors know about the care you want at the end of life. We will also answer questions about Advance Directives, POLST and other related issues. Forms available. Drop in. No fee.



LUNCH AND LEARN

LET'S GET WALKING & TREKKING, SAFELY!

Wednesday, May 3 at 1:00 p.m.

with Cheryl Kastrenakes from Greater Mercer Transportation Authority and Ruth Kaplan of Progression Physical Therapy. Walking is fun, social, healthy and a great way to get around town! Learn strategies to keep you safe when walking, what to look for to create a more pedestrian friendly environment, and great walks in the Princeton area. You'll also learn how to use trekking poles to encourage and reinforce stability. (*Rescheduled from March 17*)

Sponsored by and Progression Physical Therapy



FIRST FRIDAY FILM

Friday, May 5 at 1:00 p.m.

"SULLY"

The story of Chesley Sullenberger, an American Airline pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew. Starring Tom Hanks; directed by Clint Eastwood. *1 hour 36 minutes*



LUNCH & LEARN

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

MINDFULNESS FOR EVERYONE

Friday, May 12 at 1:00 p.m.

with Robin Boudette, PhD, Princeton University
Over the past few decades, scientists have researched extensively on the cognitive and physical benefits of mindfulness meditation. Studies indicate that the practice of mindfulness can enhance physical health and emotional wellbeing. Join psychologist and mindfulness instructor Dr. Robin Boudette for an introduction to the principles and practices of mindfulness. The presentation includes discussion and engaging in mindfulness practices.

Sponsored by Trinity Counseling Services

ANXIETY AND DEPRESSION

Friday, May 19 at 1:00 p.m.

with Kim Casarona, Trinity Counseling Services
Anxiety and Depression are two of the most commonly experienced mental health challenges affecting millions of Americans at some point in their lives. This workshop will focus on the most common types of anxiety and depression and will review: signs and symptoms, risk factors, when to seek treatment/ available treatment options and lifestyle practices that can reduce symptoms and improve our overall quality of life. **Sponsored by Trinity Counseling Services**

MEN IN RETIREMENT

Friday, May 5 at 2:00 p.m.

Topic to be announced.

Location: Monument Hall Main

WOMEN IN RETIREMENT

Friday, May 19 at 10:30 a.m.

Speaker: Elly Szymanski: Your Financial Future: Taxes, Investments, Estate Planning

TRANSITION TO RETIREMENT

Friday, May 19 at 3:00 p.m.

This group deals with issues related to making the adjustment to retirement. All are welcome. The group leader is John George, PhD, Licensed Psychologist.



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 will be happy to help. Use our desktops or bring your own device.

INTRO TO iPad

Thursday, May 18 at 10:00 a.m.

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.

MORE ABOUT iPad

Thursday, May 25 at 10:00 a.m.

Learn your way around email, storage, apps, etc. Make sure you **know your Apple ID and password**. Handouts will be provided for you to take with you. Instructor: Barbara Essig.

Due to space limitations REGISTRATION IS MANDATORY for iPad classes in order to ensure enrollment.



LOOKING AHEAD

FIRST FRIDAY FILM

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

"MOONLIGHT"

A chronicle of the childhood, adolescence and burgeoning adulthood of a young, African-American, gay man growing up in a rough neighborhood of Miami.

1 hour 51 minutes

SPECIAL SPEAKER: Judith Robinson

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

SOIL TO TABLE: FOOD CHOICES AND YOU

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

"RIVER FRIENDLY"

Thursday, June 15, 2:00 - 4:00 p.m.

A fascinating and educational afternoon, including a lecture, tour, and refreshments with the folks at Stony Brook Millstone Watershed. A benefit for PSRC. Details in next month's newsletter.



LUNCH & LEARN

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

HANDS ONLY: 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.

DIGITAL DOCUMENTS & INTERNET SECURITY

Friday, June 16 at 2:00 p.m.

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



Computer Guru: Consider a Laptop for Your Next Computer

by Don Benjamin

Most of the folks who visit the PSRC computer lab these days bring a laptop computer. And, if you're in the market for a new computer, you may want to consider a laptop instead of a desktop setup. Here's why:

1. Laptops are cheaper. You can buy a mid-level laptop PC for about \$450. And, that's all you need to buy. It has its own screen, keyboard, trackpad (you can add a mouse), speakers, microphone, Wi-Fi, DVD drive, and camera. A comparable desktop setup would be a few hundred dollars more.
2. They're portable. Indeed, they're as portable as your lap. You get up from here and sit there, and your lap goes with you. Just imagine sitting by the fire on a cold winter night writing your memoirs on your laptop on your lap. (Of course, you'd need a fireplace.) You can also bring it to our computer lab if you need help. (The laptop, not the fireplace.

- Your lap will accompany you.)
3. They're extensible. You can add a monitor, wireless keyboard, mouse, and so on, and use it like a desktop when it's not in your lap. You only need to connect the video wire to the monitor.

I, myself, use a laptop that I connect to a separate monitor, keyboard, and mouse when I'm at home writing these articles. When I go to a PSRC board meeting (I'm the board secretary), I type my notes on my laptop, which also has our bylaws, the meeting agenda, and past meeting minutes since Genesis. We sit at a conference table, so my lap is vacant.

Here's a list of what I consider to be minimum specs for a laptop PC:

- Intel Core i5 processor (the part that does the computing);
- Windows 10;
- 500 GB disk drive (holds all your applications and files);
- 8 GB random access memory (RAM—stores the applications

and documents you're working on at the moment);

- DVD read-write drive (less essential, unless you want to watch a movie);
- High definition display (1920 x 1080 pixels)—very important;
- HDMI video port (to connect to a monitor or projector);
- Wi-Fi (standard equipment);
- Bluetooth (for wireless headphones and other peripherals).

If you buy a laptop, come to the PSRC computer lab and we'll help you set it up. Volunteers are available on Tuesdays from 1 to 4 p.m., and Friday from 10 a.m. until 12 noon.

Next month, I'll write about tablet computers.



WE WANT TO GO GREEN, DO YOU?

We send out a weekly e-news to email subscribers that has all of the program, class and event information you need to plan your week as well as the entire newsletter and complete registration information.

If you want to help us go green by giving up your mailed copy of the PSRC Newsletter saving paper and mailing costs, please let us know by emailing us at info@princetonsenior.org asking to "opt out" of the postal option. Thanks!

Ongoing Classes

Register for all programs, groups and classes online at princetonsenior.org

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, 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 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

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

BEGINNER BRIDGE LESSONS *will begin on Friday afternoons in June. Watch for details in the June PSRC Newsletter.*

HIGHLIGHT: CLASS OF THE MONTH

***WRITING YOUR LIFE** (previously *Memoir II*)

Join instructor Betty Lies and discover the joy of personal writing. Learn how to organize your life journey and create a compelling story. Your story! Betty will guide you through this process, encouraging you to write separate pieces of memory rather than trying to create an autobiography, which is so daunting.

Betty Lies taught English at both the high school and college levels for many years. She is also a popular instructor in PSRC's Evergreen Forum.

No writing experience is necessary. Register for the class online, or drop in on Monday morning to see if it's for you.



Support and Guidance: Moving Can Be Less Stressful

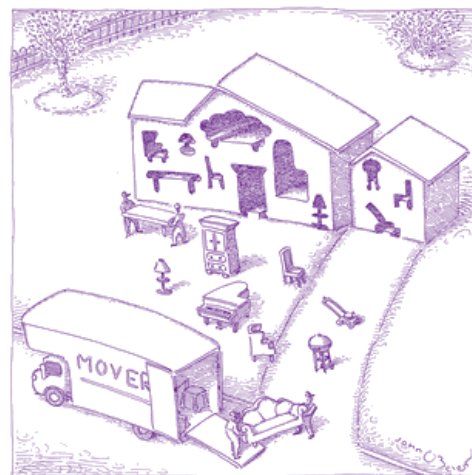
If you have ever moved you know that many decisions need to be made. Some of the decisions are based on finances, some are based on the new home's size and location. Whatever the reason for the move, it can be stressful.

There are people who specialize in moving seniors. An organization called the National Association of Senior Move Managers (NASMM) may provide you with the assistance you need to lessen the stress. Check our website under the Community Resources section, [Downsizing and Moving](#), to find links to area moving specialists.

What Does a Senior Move Manager Do?

Each Move Manager has different areas of expertise, so you'll need to interview several to see which is likely to meet your exact needs. Below are the some of the areas listed by the [NASMM](#) site:

- ~ Organizing, sorting and downsizing
- ~ Customized floor plans for the new home so you can visualize where your belongings will fit
- ~ Arranging for the profitable disposal of unwanted items through auction, estate sale, buy-out, consignment, donation, or a combination of the above
- ~ Interviewing, scheduling and overseeing the actual movers, whether it's their own company or another
- ~ Arranging shipments and storage
- ~ Supervising professional packing
- ~ Unpacking and setting up the new home and helping you decide where you want to place your belongings



Related services, such as cleaning, waste removal, shopping, senior escort, assisting with selection of a realtor and helping prepare the home to be sold are often offered by these businesses, or they can provide you with referrals.

Sometimes, due to emotions associated with many of the items that need to be addressed, it's better to hire a Move Manager than to ask family members to do the job. Senior Movers will sympathize, but will keep you on track while making tough decisions.

Don't forget to ask for references - then check them! Make sure the company is bonded and insured. A professional senior mover may seem expensive, but the amount of stress that can be reduced may truly be worth the added expense.



Support and Guidance

THANK YOU!!

Grateful thanks to the Unitarian Universalist Congregation of Princeton for their recent Grant support for PSRC's Partners in Caring program.



Proceeds from UUCP grant are generated from their Annual Spring Sale which will be on Saturday May 13th at the corner of 206 and Cherry Hill Road, Princeton.

For more information copy the following link into your browser:

<http://www.uuprinceton.org/events/spring-sale-2017/>

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

On the 4th Monday of each month at Spruce Circle, from 12:30 -1:30 p.m. Screenings are performed by Dr. Farah M.H. Said, Clinical and Rehab Audiologist.
No appointment required.

MEMORY SCREENINGS

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

GROUPS

BEREAVEMENT

Monday, May 15 at 1:00 p.m.

(Usually third Monday of each month.)

Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, May 8 at 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, May 3 at 4:30 p.m. (date change due to event at PSRC on 5/10)

(*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, May 16 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, May 5 at 2:00 p.m.

(Usually first Friday of each month)

Call PSRC or check website for location

NEXT CHAPTER: WIDOWS/WIDOWERS

Tuesday, May 9 & May 23 at 10:30 a.m.

(Second and fourth Tuesdays of the month.)

Spruce Circle

TRANSITION TO RETIREMENT

Friday, May 19 at 3:00 p.m.

(Third Friday of each month.)

Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, May 19 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

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

PSRC is very grateful for the amazing show of support and confidence you have shown us this year. Attendance is up, not only in our Evergreen Forum program, which we've expanded to 28 class offerings this spring, but also in many of our art and fitness classes, lectures, and events. As you might imagine, we're bursting at the seams!

Want to invest in PSRC's future? A Legacy gift is one of the simplest and most meaningful ways.

You can:

- ♦ Name PSRC as a beneficiary in your will, on your IRA/ 401(k), living trust or other estate plans; or
- ♦ Include PSRC in your estate planning, at any level.

A legacy gift does not reduce your current available assets.

Gifts large and small are important and there are many ways to leave a bequest.

Perhaps PSRC has played a significant role in keeping you active over the years, building friendships, taking classes, mastering technology and connecting you to area resources. Or maybe PSRC advocated for your needs with your extended family, your health provider, or by activating our community's awareness of issues on aging.

Learning about PSRC's Helm Legacy Society is simple and important.

A member of our Development team will be happy to discuss your questions – with no obligation on your part to make a gift.

We can give you general information which you can then discuss with your financial and legal advisors. Call Barbara or Cheryl at 609-924-7108.

Thank you so much for your commitment and support!

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>9:15 Aerobics - SPB</p> <p>10:30 Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>2:00 Word Play - SPB</p>	<p>10:00 Healthcare Decisions- SPB</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>9:15 Aerobics - SPB</p> <p>1:00 Lunch & Learn - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:30 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p> <p>4:30 Children of Aging Parents - SPB</p>	<p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:00 Crafty People - EC</p> <p>12:00 Chair Exercise - SC</p> <p>1:00 First Friday Film - SPB</p> <p>2:00 Men in Retirement - MH Main</p>
<p>8</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>1:30 Caregivers Group - CH-19</p> <p>2:00 Word Play - SPB</p>	<p>9</p> <p>10:30 TED Talk - SPB</p> <p>10:30 Next Chapter - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>10</p> <p>9:15 Aerobics - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:30 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p>	<p>11</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>12</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:00 Crafty People - EC</p> <p>12:00 Chair Exercise - SC</p> <p>1:00 Lunch & Learn - SPB</p>
<p>15</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Drawing - SPB</p> <p>10:30 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>1:00 Bereavement Group - CH-19</p> <p>2:00 Word Play - SPB</p>	<p>16</p> <p>10:30 TED Talk - SPB</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p> <p>1:00 Grandparents Group - SPB</p>	<p>17</p> <p>9:15 Aerobics - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:30 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p> <p>4:00 EF Meeting & Party - SPB</p>	<p>18</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>10:00 Intro to iPad - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>19</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:00 Crafty People - EC</p> <p>10:30 Women in Retirement - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>1:00 Lunch & Learn - SPB</p> <p>3:00 Transition to Retirement - SPB</p>
<p>22</p> <p>9:15 Aerobics - SPB</p> <p>10:30 Drawing - SPB</p> <p>10:30 Memoir Writing I- SPB</p> <p>11:30 Chair Exercise - SC</p> <p>1:00 Let's Talk in English - SC</p> <p>2:00 Word Play - SPB</p>	<p>23</p> <p>10:30 TED Talk - SPB</p> <p>10:30 Next Chapter - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>24</p> <p>9:15 Aerobics - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:30 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p>	<p>25</p> <p>9:45 Cosmology - SPB</p> <p>10:00 Yoga - SPB</p> <p>10:00 More About iPad - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>26</p> <p>9:15 Aerobics - SPB</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:00 Crafty People - EC</p> <p>12:00 Chair Exercise - SC</p> <p>12:30 Senior Citizens Club - SPB</p>
<p>29</p> <p>CLOSED</p> <p>for Memorial</p> <p>Holiday</p>	<p>30</p> <p>10:30 TED Talk - SPB</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>31</p> <p>9:15 Aerobics - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:30 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p>	<p>TABLE TENNIS</p> <p>Mon., Wed., Fri.</p> <p>12:30 to 4:40 p.m.</p> <p>EARLYBIRD AEROBICS</p> <p>Monday through Friday</p> <p>8:00 a.m.</p>	<p>LOCATIONS</p> <p>CH - Corner House</p> <p>EC - Elm Court</p> <p>MH - Monument Hall</p> <p>PPL - Princeton Public Library</p> <p>RC - Redding Circle</p> <p>SC - Spruce Circle</p> <p>SPB - Suzanne Patterson Building</p>



Mayors Wellness Campaign
Put your community in motion.

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.

“MASTERPIECES EAST” Step-on Mural Arts Tour in Philadelphia



Date: Tuesday, May 9, 2017

Time: 9:00 a.m. - 4:00 p.m.

(please be at the bus by 8:45 a.m.)

Depart/Return: Community Park North parking lot on Mountain Ave. & Route 206.

Fee: \$55 (non-refundable fee) includes round-trip Motor Coach transportation, tour, and family-style lunch at Maggiano's Restaurant.

Note: We stay on the bus for the guided tour, then we are dropped off in front of the restaurant for lunch!

Register: <http://register.communitypass.net/princeton>

Questions? Call the Princeton Recreation Department at: 609.921.9480 or 609.688.2040 or visit their website: princetonrecreation.com.

STONY BROOK MILLSTONE WATERSHED PROGRAM

PLANTS & WILDFLOWERS OF WOODS, FIELDS, & ROADSIDES

Taught by faculty from local colleges and universities, the Language of Nature series of courses will give you that knowledge. Each course consists of 6 weeknight classes, beginning Wednesday, May 10, 7:30 - 9:30 p.m. and 3 Saturday morning field trips, May 20, June 3, June 10.

All classes are held at Watershed Center in Hopewell Township. Field trips take place on the Watershed Reserve and at other natural sites around New Jersey. Enrollment is limited to 15 people per course.

Instructor: Dr. Kate B. Lepis, Adjunct Professor, Monmouth University. Topics include evolution and morphology; taxonomy and classification; conservation and use of native plants.

Wednesdays, 7:30 - 9:00 p.m., Adults, \$195 Members/
\$245 Non-Members.

Co-sponsored by PSRC and the Stony Brook Millstone Watershed