

*October 2015*

**OCTOBER  
SPECIAL  
SPEAKER SERIES**

**The US - Iran**

**Nuclear Deal:**

**An Inside Story**

Note  
corrected  
day!

→ **FRIDAY, October 23**  
at 1:00 p.m.

**Dr. Joan Goldstein**, Sociologist and Host/Producer, Princeton TV30, author/editor of "The Politics of Offshore Oil", Praeger Publishers, NY and now under ABC-Clio Publishers, CA., will facilitate a discussion with experts in the field on this very timely, complex subject.

Dr. Goldstein's guests are:

**Dr. Rob Goldston**, Professor of Astrophysics at Princeton University and former Director of the Princeton Plasma Physics Laboratory.

**Dr. Harold Feiveson**, recently retired Senior Research Scientist at the Princeton University Program on Science and Global Security, which he co-directed for 30 years. He is co-author of "Unmaking the Bomb: A Fissile Material Approach to Nuclear Disarmament and Nonproliferation" MIT Press, 2014.

No fee. Please call to register  
609.924.7108.

*Have you bought your tickets yet??!*



Princeton Senior Resource Center  
**Gala Dinner**  
CELEBRATING FAMILY AND COMMUNITY

**Sunday, October 18**

**4:00 to 8:00 p.m.**

**Princeton Marriott Forrester**

For tickets to the gala please go to our website:

**[www.princeton senior.org](http://www.princeton senior.org)**

or call us at 609.924.7108.

## **PSRC FLU SHOT CLINIC & HEALTH FAIR**

**Tuesday, October 13, 1:00 - 7:00 p.m.**

**Appointments are required for flu shots and other vaccines. Call 609.924.7108 to make an appointment.**

Flu shots are free with a Medicare Part B card, and most insurance cards. You do not have to be a Princeton resident to get a flu shot.

Stay for the health fair full of free screenings and helpful information. If you don't need a flu shot, come for the fair.

This year's screenings will include balance, hearing, vision, cholesterol and other vaccines. The health fair is co-sponsored by the Princeton Health Department, Princeton HealthCare System, and individual practitioners. Please see page 7 for more information.



I imagine you have thought about whether you will stay in Princeton and in your current home for the rest of your life. AARP found that 78% of people want to stay in their home and 80% believe their current community is where they will always live. What makes a community

age-friendly or livable?

*"A livable community is a place where people of all ages can enjoy secure, healthy lives and stay engaged in civic and social life. Livable communities offer housing choices, transportation, shopping and other services that meet everyone's needs. These features make it easier for people to stay independent and avoid isolation. A livable community can reflect the rich tapestry of life, in which all generations contribute and interact, and the strength and wisdom of elders are not only respected but embraced."* ~Jeannine English, AARP President

I've just returned from the AARP National Network of Age-Friendly Communities Conference in Washington, DC. It's exciting to be part of a network of communities that have committed themselves to being age friendly and to learn about some of the efforts that they have made.

Princeton joined the WHO and AARP networks last year. We are in the second phase of their process. We have until June 2016 to create a profile of the community, conduct a survey to see what we're doing well and what needs improvement, and to create a plan of action. We need to hear from you about what you find is working and what needs attention. What makes a community age friendly?

The WHO established eight domains for assessing this: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, civic participation and employment, communication and information and community and health services. Key to livability (AARP uses the terms interchangeably) are compactness (walkable, reduced dependence on automobiles, supporting a socially vibrant public realm), integration of land uses - (live

close to work, community activities and services), housing diversity and transportation. Princeton has made many efforts that support our age friendly designation. Some examples include pocket and pop-up parks, traffic calming devices—speed bumps and rotaries, bike lanes, the FreeB bus, zoning, volunteer opportunities, intergenerational and neighborhood activities, Access Princeton, numerous cultural opportunities, quality medical care, and of course, PSRC programs and services. At present, Princeton rates a score of 62 (out of 100) on AARP's new Livability Index (go to [www.Livabilityindex.aarp.org](http://www.Livabilityindex.aarp.org)). There are important issues that remain challenging. Some of the ones I've heard include pedestrian-safe intersections, transportation at night, and affordability.

The Age Friendly Community effort is designed to be collaborative, from sharing the work of all network communities on the WHO and AARP websites for others to use, to engaging a local collaboration of government, non-profits, academic institutions, businesses and residents in identifying the problems and working together on the solutions.

Projects can be initiated by any person or organization. One example is the TCNJ Rowing team offering "Rent a Rower" when they were training last year, the idea was to provide help at an affordable price with projects like yard work, garage clean-outs, etc.; a win-win for the home owner needing help, and for the athletes, who earned money for the team. A business could install a resting chair, or a youth club could clear a wider, smoother park path. Many age friendly efforts benefit people of all ages in the community.

The Princeton Age Friendly Task Group would really like to hear from you. We will run one more focus group on October 27, from 4:00 to 6:00 p.m. for those who have not yet had a chance to participate. It's very important that our report reflect the issues that are important to you, Princeton residents.

Susan W. Hoskins LCSW  
Executive Director

## OCTOBER PROGRAMS

### FIRST FRIDAY FILM

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

#### "THE SECOND BEST EXOTIC MARIGOLD HOTEL"

Now that The Best Exotic Marigold Hotel is full up with its long-term residents, co-managers Muriel Donnelly (Maggie Smith) and Sonny Kapoor (Dev Patel) have a dream of expansion, and they've found just the place: The Second Best Exotic Marigold Hotel. With plans underway, Evelyn and Douglas (Judi Dench and Bill Nighy) venture into the Jaipur workforce, wondering where their regular breakfast dates will lead. Meanwhile, Norman and Carol (Ronald Pickup and Diana Hardcastle) navigate the swirling waters of an exclusive relationship, as Madge (Celia Imrie) juggles two very eligible suitors, and recent arrival Guy Chambers (Richard Gere) finds a muse in Sonny's mother, Mrs. Kapoor (Lillete Dubey) for his next novel. (2 hours, 2 minutes)

### LIFE REIMAGINED: REAL POSSIBILITIES

Monday, October 5 at 7:00 p.m.

Do you need to make a change in your life? Not sure where to start? AARP has developed tools to help you find the right place, work, people and purpose. At a free Life Reimagined Checkup you can:

- ◆ Reflect on your goals and aspirations
- ◆ Harness your underlying personal strengths
- ◆ Get tools and inspiration to take the next step

An AARP program, registration is required. To reserve your place, please call 877.926.8300 or go to [www.lifereimagined.org/events](http://www.lifereimagined.org/events).

Other resources from AARP:

[aarp.org/work](http://aarp.org/work) - help search for a job, sharpen skills, change careers

[aarp.org/virtualcareerfair](http://aarp.org/virtualcareerfair) - hear about latest job search trends

### TED TALKS

Tuesdays, 10:00 - 11:30 a.m.

Drop in for a lively discussion! For the first 15 minutes we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton.

No fee.

This month's topics:

October 6 - Alain de Botton: *A kinder, gentler philosophy of success*

October 13 - Alan Eustace: *I leapt from the stratosphere. Here's how I did it*

October 20 - Guy Winch: *Why we all need to practice emotional first aid*

October 27 - Moshe Safdie: *Building uniqueness*

For more background, visit [www.TED.com](http://www.TED.com).



### THE FOUR AGREEMENTS

Wednesdays from 10:00 to 11:45 a.m.

October 7 through November 11th

Rooted in traditional Toltec wisdom beliefs, four agreements in life are essential steps on the path to personal freedom. As beliefs are transformed through maintaining these agreements, shamanic teacher and healer Don Miguel Ruiz asserts in his book by the same name, lives will "become filled with grace, peace, and unconditional love."

In this class we will explore and discuss the following "Four Agreements":

- ◆ **Be Impeccable with Your Word** – Speak with integrity.
- ◆ **Don't Take Anything Personally** – Nothing others do is because of you.
- ◆ **Don't Make Assumptions** – Find the courage to ask questions and to express what you really want.
- ◆ **Always Do Your Best** – Under any circumstances, simply do your best.

The class is limited to 15 participants. It will be facilitated by Helen Burton. Fee: \$36/ residents \$48 non-residents.

To register for any classes, programs and events offered at PSRC, please call 609.924.7108.

We ask for pre-registration so we can plan room set-ups or contact you in the event a program is cancelled.

Unless otherwise indicated, all programs are held at the Suzanne Patterson Building.



## OCTOBER PROGRAMS

### LUNCH AND LEARN

Friday, October 9 at 12 noon

#### LIFE INSURANCE AND SOCIAL SECURITY

**INVESTMENTS** with Mark LaFranco, Prudential Insurance Company

Did you know:

- ♦ Americans are living, on average, 7 years longer now than in the previous generation?
- ♦ The odds are 50 -50 that one person in a couple will live to be age 90?
- ♦ The first person to live to age 150 is alive today?

Learn how deferring Social Security income increases the benefit AND any cost of living adjustment on it, and increases benefits to your surviving spouse. The sooner we start saving, the greater our benefits will be.

### LUNCH AND LEARN

#### PHARMACEUTICAL JEOPARDY

Friday, October 16 at 12 noon

with Timothy Reilly, PharmD, BCPS

Test your medication "IQ" with Pharmacy Jeopardy -- the more participants, the better! Get answers to your questions about over-the-counter and prescription medications. Bring your medication(s) or a list of your medication(s), and include any prescription and over-the-counter drugs. Co-sponsored by the Princeton HealthCare System

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

## RETIREMENT PROGRAMS

### WOMEN IN RETIREMENT

Friday, October 16 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 every month. No fee.

### TRANSITION TO RETIREMENT

Friday, October 16 at 3:00 p.m.

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. Group will be facilitated by Dr. John George, Licensed Clinical Psychologist. No fee.

### ENGAGED RETIREMENT SPEAKER SERIES

Tuesday, October 27 at 7:00 p.m.

"ARE YOU NEW TO MEDICARE?" with Anjuli Melo of SHIP. No fee. Drop in. Princeton Public Library

### MEMOIR WRITING II

with Betty Lies

Monday, October 12 at 10:30 a.m.

We are pleased to be able to offer, finally, a second memoir writing class.

Memoir Writing II will be offered on Mondays at 10:30 a.m., beginning October 12. Betty Lies taught high school and college English for many years. She is also a popular instructor in the Evergreen Forum.

Betty's direction in memoir writing is to write separate pieces of memory rather than trying an autobiography, which is so daunting! As Betty says, "In this class, we write about our lives to understand who we are; and to remember and appreciate what we have gone through: the delights and sorrows that have made us ourselves. Add to that the pleasure of writing, itself, and sharing what we have discovered *and you have a very enjoyable class.*"

Please call our office to sign up 609.924.7108.

Fee: \$5.00 per quarter for copying costs.

## COMPUTER CLASSES

### INTRO TO IPAD

Thursday, October 15, 10:00 a.m. to 12 noon

Bring your iPad and learn how to use it! Handouts will be provided for you to take with you. Instructor: Barbara Essig

### WORKSHOP: INTRO TO WINDOWS 10

Monday, October 19 at 1:30 p.m.

Learn how to download it, review of new features and how it differs from Windows 7 and 8. Instructor: Barbara Lundy.

### MORE ABOUT IPAD

Thursday, October 22, 10:00 a.m. to 12 noon

Get really comfortable with your iPad! Handouts will be provided for you to take with you. Instructor: Barbara Essig.

*All classes are held in the Suzanne Patterson Building. There is no fee; a nominal donation is always welcome. Please call to register: 609.924.7108.*

## LOOKING AHEAD

### ENGAGED RETIREMENT SPEAKER SERIES

Monday, November 2 at 7:00 p.m.

#### "CONSIDER THE CONVERSATION"

View the documentary and discuss  
"The Conversation" by Dr. Angelo Volandes  
facilitated by Susan W. Hoskins, LCSW  
*This program is held at and co-sponsored by the  
Princeton Public Library.*

### LUNCH AND LEARN

Friday, November 13 at 12 noon

#### MINDFUL EATING

Dr. Joseph Wieliczko, Ph.D., Licensed Clinical Therapist Learn an innovative way to cope with eating struggles, weight management issues and a way to deal effectively with dietary guidelines.

### PSRC ANNUAL FALL CONFERENCE

Saturday, November 14, 8:30 a.m. - 1:00 p.m.

#### GET YOUR DUCKS IN A ROW SO YOU CAN GET ON WITH YOUR BUCKET LIST!

Join us for this great educational opportunity. The keynote speaker is Elly Szymanski, CFA. Elly is a certified financial planner with a unique approach to personal comprehensive planning. In her view, while investments have always been an important ingredient, life planning is about how to utilize available resources to fulfil life's goals. Elly writes a regular column "Your Money" in the Trenton Times.

The conference will include workshops, led by professionals, to address how to build a bucket list and the various "ducks" that make up a good plan. These include legal and financial planning, healthcare decisions, housing options and home modification, organizing, getting your parent's ducks in a row, giving back to the community and more. There will also be a resource fair with representatives from local businesses who can help you with these issues.

This FREE program will be at the Suzanne Patterson Building. Continental breakfast and light lunch will be provided.

Please call to register 609.924.7108.



### LUNCH AND LEARN

Friday, November 20 at 12 noon

MEDICARE UPDATES with Anjuli Melo from SHIP.

### LUNCH AND LEARN

Friday, December 11 at 12 noon

"IT COULD BE POISON" Barbara Vaning, MHA, EMT Instructor and member of Princeton HealthCare System's Community Education and Outreach Program.

### TRIP TO RADIO CITY MUSIC HALL CHRISTMAS SPECTACULAR

Thursday, December 10

Depart from Petronella Gardens at 8:15 a.m. and return 4:00 p.m.

Sponsored by Princeton Recreation Department. Cost: \$75 includes round trip motor coach and admission to the show. You're on your own for lunch.

If you have questions or wish to register, please call the Recreation Department 609.921.9480.

## TRANSPORTATION

### CROSSTOWN

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 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.ptincetonNJ.gov/Transit\\_routes.pdf](http://www.ptincetonNJ.gov/Transit_routes.pdf)

## ONGOING PROGRAMS

### CLASS FEE SCHEDULE

A new quarter begins on the first day of the following months: October, January and April, and July, which means each class will run for approximately 12 weeks. The cost is \$72/quarter for Princeton residents and \$96/quarter for non-residents; some exceptions apply. The new quarterly system will decrease paperwork and simplify the enrollment process. *(Please note, this does not apply to Evergreen Forum classes.)*

- ♦ Financial assistance is available for those who find the fee to be a hardship. Talk to Susan Hoskins, Executive Director, to apply.
- ♦ The length of class terms will vary depending on things like holidays, snow days and vacation schedules, but start dates will remain constant.

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.

### 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. First class meets October 12. \$5.00 per quarter for copying costs
- ♦ **The Four Agreements**: Wednesdays at 10:00 a.m. Begins October 7. \$36/residents, \$48/ non-residents
- ♦ **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.
- ♦ **Painting 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](mailto:Brucewallman@gmail.com).

## 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 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 at 12:30 p.m.
- ♦ **Bridge Lessons** Intermediate Bridge lessons Fridays at 2:00 p.m. Please contact Bill regarding fees.



# FLU SHOT CLINIC INFO

**TUESDAY, OCTOBER 13, 1:00 TO 7:00 P.M.**

## **This year's vaccinations:**

Shots will be administered by Rite-Aid professionals.



- 1. Flu**
- 2. Prevnar**
- 3. Pneumonia**
- 4. T-dap** - for adult whooping cough, also known as pertussis. This vaccine protects against diphtheria, tetanus and pertussis. (Medicare does not always cover this)

## **Which vaccines does an average person age 65+ need?**

**1. Flu** - the high dose vaccine is recommended to those 65+ as it offers more protection and is not a live virus.

**2. Pneumonia or Prevnar** - pneumonia vaccinations are now given in 2 stages. The first shot given is prevnar. Then 1 year later the second shot, pneumovax is given. It is OK to receive the shots in reverse order. If you have already had the pneumovax shot (more than 1 year ago) you should get prevnar now. Most adults only need this combo once in their lifetime. Check with your healthcare provider to see if you might need more.

**3. Tdap** - All adults who have not yet received a dose of Tdap, as an adolescent or adult, need to get one. After that you need a Td (tetanus/diphtheria) booster every 10 years.

**4. Shingles** - recommended to everyone age 60+, even if you have had shingles. This vaccine is NOT available at this clinic due to storage requirements.

## **Instructions**

1. You will be asked to complete a screening form. You may fill it out the day of the clinic or ahead of time. Forms are available at PSRC, or we can e-mail it to you.
2. Bring your Medicare card, as well as any other insurance or prescription cards. Rite-Aid will bill Medicare for you.
3. The clinic is open to anyone 18 years of age and older. You do not have to be a Princeton resident to attend.
4. If you do not have an insurance card, the cost will normally be \$25, but it's FREE because the Princeton Health Department is subsidizing the cost this year. Medicaid covers flu shots - bring your card with you.

This information is provided by Jeff Grosser, Princeton Health Officer. If you have questions, please contact him at 609.497.7608.

**REMEMBER TO MAKE AN APPOINTMENT BY CALLING  
609.924.7108**



## GROUPS

- ♦ **LETS TALK ENGLISH**  
Fridays at 9:30 a.m.  
*Redding Circle*
- ♦ **LET'S TALK TOO**  
Wednesdays at 2:45 p.m.  
*Spruce Circle*  
*Please call 609.252.2362 to register for Let's Talk groups*
- ♦ **WIDOW SUPPORT**  
Thursday, October 1, and Thursday, October 15 at 11:30 a.m. (First and third Thursdays of each month.) Please call 609.252.2362 to register for Widow's Group. *Princeton Public Library*
- ♦ **CAREGIVERS**  
Monday, October 5 at 1:30 p.m. (Usually second Monday of each month.)  
*Suzanne Patterson Building*
- ♦ **MEN IN RETIREMENT**  
Friday, October 2 at 2:00 p.m. (First Friday of each month.) *Monument Hall*
- ♦ **CHILDREN OF AGING PARENTS**  
Wednesday, October 14 at 4:30 p.m. (Second Wednesday of each month.)  
*Suzanne Patterson Building*
- ♦ **WOMEN IN RETIREMENT**  
Friday, October 16 at 10:30 a.m. (Third Friday of each month) *Suzanne Patterson Building*
- ♦ **TRANSITION TO RETIREMENT**  
Friday, October 16 at 3:00 p.m. (Third Friday of each month.) *Suzanne Patterson Building*
- ♦ **BEREAVEMENT**  
Monday, October 19 at 1:00 p.m. (Third Monday of each month.) Call Sherri Goldstein 609.497.4900 to attend. *Corner House ~ 19*
- ♦ **GRANDPARENTING**  
Tuesday, October 20 at 1:00 p.m. (Third Tuesday of each month.) *Suzanne Patterson Building*
- ♦ **CONVERSATIONS ON BEING MORTAL**  
Monday, October 26 at 2:00 p.m. (Fourth Monday of each month.) *Corner House ~ 19*
- ♦ **KNIT WITS**  
Fridays at 1:00 p.m. Drop-in for knitting and conversation. *Spruce Circle*

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, 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

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  
 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



## COMMUNITY PARTNERSHIPS



### DRIVEN TO EXCELLENCE!

Don't miss the bus!

Enjoy award-winning theater right in your backyard and leave the driving to us!

Convenient pick up at PSRC!

Support this new partnership between Princeton Senior Resource Center and McCarter Theatre and enjoy worry-free travel to and from the theater at a price that is right!

The first performance is swiftly approaching - October 3 - so don't delay!

Call Megan Johnston today at 609.258.5050.



&



### CELEBRATING THE CREATIVITY OF WOMEN! PSO's 35th Anniversary Season

Purchase any THREE PSO Classical Series and receive 20% off of your total ticket order!

Tickets can be ordered online via [princetonsymphony.org](http://princetonsymphony.org) using discount code **PSRC20** or by calling the PSO office at **609.497.0020** and mentioning Princeton Senior Resource Center. Concert information can be found at [princetonsymphony.org](http://princetonsymphony.org)



### TO BE OUR PARTNER!

An Age-Friendly Community is made with intention, through the lives, spirit, character and voice of its people.

Many believe Princeton is a very good place to live, work, thrive and grow old.

### What do you think?

It's very important that we hear your voices on a variety of subjects that the World Health Organization and AARP believe are essential to make a community "Age-Friendly" or "Liveable"

**Date: Tuesday, October 27  
at 4:00 p.m.**

If you'd like to join our discussion about what's going well and what needs improvement in our community, please call us  
**609.924.7108**

**YOUR VOICE CAN MAKE  
A DIFFERENCE!**

## PSRC GALA UPDATE

As many of you know, our Fall Gala is our most important fundraiser. This year's **Fund A Need** offers the opportunity for PSRC's dedicated supporters to impact our most crucial program, Partners in Caring.

This program is at the very heart of our mission and is powered by our professional staff, their knowledge of area resources, and their ability to respond effectively and in a timely fashion to those who call us, often in distress or in crisis. We provide family and individual consultations, information and linkage to services, help with benefit applications, support and social groups, volunteer visitors and education for older adults and family caregivers.

Your support will enable us to meet the growing demand for services which is a daily struggle for our current staff capacity. With the aging population expected to double in only 15 years, the demand is destined to increase.

Partners in Caring typically provides these services without charge or for a donation to ensure that they are available to all across this diverse community. We maintain the highest standards for quality and personalized care by employing professionals to provide these services.

Below are some examples of what your help can do:

\$500 will buy ten \$50 grocery gift cards which we give to people who face a food emergency

\$600 will pay for a year's worth of background checks conducted on Home Friend volunteers

\$1000 buys emergency supplies for 100 people to help them shelter in place during winter storms

\$2250 funds a support group for the year

If you attend the Gala Dinner, we hope you will donate during Fund A Need,  
which will be featured during our Live Auction.

If you are unable to attend, you can still make a contribution;  
simply call Barbara Prince at 609.924.7108.

THANK YOU!

*PSRC is a 501(c)(3); all Fund A Need contributions are tax deductible to the fullest extent of the law.*

### MAXIMIZE YOUR GALA FUN!

**Express check-in and check-out** can be yours with a simple swipe of your credit card. Just go to our website: [www.princetonsenior.org](http://www.princetonsenior.org), click on the **GALA** box, click on **Purchase Tickets** and in the blue box at the bottom of that page you can **pre-register your card**.

With your card safely registered, on the night of the event you can head straight to the Express Lane and get the party started. And at night's end, you may even be able to skip the line and head home without delay.

If you've already purchased your gala tickets, the Express Line is still available. Simply call our office with your card information and we'll do it for you!

**Let the Gala Fun begin!!**

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>EARLY BIRD AEROBICS</b> 8:00 a.m. Monday through Friday  <b>TABLE TENNIS</b> Monday 10:30 a.m. – 3:00 p.m. Wednesday 10:30 a.m. – 3:00 p.m. Fri- day 10:30 a.m. – 4:00 p.m.	<b>LOCATIONS</b> CH - Corner House EC - Elm Court HBH - Harriet Bryan House MH - Monument Hall MPC - Mt. Pisgah Church RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building		9:45 Cosmology - SPB 10:00 Yoga - SPB <b>11:30 Widow Support - PPL</b> 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	<b>1</b> 9:15 Aerobics 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC <b>1:00 First Friday Film - SPB</b> 1:00 Knit Wits - SC <b>2:00 Men in Retirement - MH</b> <b>2:00 Bridge Lessons - SPB</b>
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:30 Word Play - SPB <b>1:30 Caregivers Group - PB</b> <b>7:00 Life Reimagined - SPB</b>	10:00 TED Talk-SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB <b>10:00 Four Agreements - SPB</b> 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - 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 12:00 Chair Exercise - SC <b>12:00 Lunch &amp; Learn - SPB</b> 1:00 Knit Wits - SC <b>2:00 Bridge Lessons - SPB</b>
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB <b>10:30 Memoir Writing II - SPB</b> 11:30 Chair Exercise - SC <b>1:00 Bereavement Group -CH</b> 1:30 Wordplay - SPB <b>1:30 Intro to Windows 10-SPB</b>	10:00 TED Talk 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB <b>1:00 Grandparent Group - SPB</b>	9:15 Aerobics - SPB <b>10:00 Four Agreements - SPB</b> 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB <b>10:00 More About iPad - SPB</b> 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 12:00 Chair Exercise - SC 1:00 Knit Wits - SC <b>1:00 Special Speaker - SPB</b> <b>2:00 Bridge Lessons - SPB</b>
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB <b>10:30 Memoir Writing II - SPB</b> 11:30 Chair Exercise - SC 1:30 Wordplay - SPB <b>2:00 On Being Mortal - CH-19</b>	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB <b>4:00 AFC Focus Group - SPB</b> <b>7:00 New to Medicare? Talk - PPL</b>	9:15 Aerobics - SPB <b>10:00 Four Agreements - SPB</b> <b>12:00 BP Screening - EC</b> 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - 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 12:00 Chair Exercise - SC <b>12:00 Senior Citizens' Club - SPB</b> 1:00 Knit Wits -SC <b>2:00 Bridge Lessons - SPB</b>
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9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB <b>10:30 Memoir Writing II - SPB</b> 11:30 Chair Exercise - SC 1:30 Word Play - SPB	10:00 TED Talk 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB <b>10:00 Four Agreements - SPB</b> 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - 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 12:00 Chair Exercise - SC <b>12:00 Senior Citizens' Club - SPB</b> 1:00 Knit Wits -SC <b>2:00 Bridge Lessons - SPB</b>
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**CONGRATULATIONS TO OUR TENNIS TABLE WINNERS!**



George Sheng , Caesar Primus, Cally Hanawalt,  
Tak Yue and Henry Acselrod

**PSRC Table Tennis Group Excels Again at 2015 Senior Olympics!** In women's singles, Susan Bu and Cally Hanawalt won gold medals in their respective age groups.) In men's singles, George Sheng won the gold in his age group. In their age group, Caesar Primus won silver and Henry Acselrod won the bronze. In women's doubles, Susan Bu and Tak Yue won gold in their age group, and Cally Hanawalt teamed with Rose Hall to win gold in hers. In men's doubles, Henry Acselrod teamed with Gerald Chang to win the gold, and Caesar Primus teamed with Peter Imm to win the silver in their age group. George Sheng teamed with Szu-Huang Shieh to win gold in his age group.