

September 2015

We will be closed in
observance of
Labor Day
on
Monday, September 7
and
Rosh Hashana
on
Monday, September 14

September 13th
is
Grandparent's
Day!

**SEPTEMBER
SPECIAL
SPEAKER SERIES**
DR. M. ALI CHAUDRY

**Understanding the
Un-Islamic
"Islamic State" or ISIS**

**Tuesday, September 22
at 11:00 a.m.**

Dr. Chaudry is a Lecturer,
Rutgers University; and
Co-Founder and
President, Center for
Understanding Islam.
Please register by calling
609.924.7108.



Princeton Senior Resource Center
Gala Dinner
CELEBRATING FAMILY AND COMMUNITY

Sunday, October 18

4:00 to 8:00 p.m.

Princeton Marriott Forrestal

Our 2015 Honorees:

Trustees' Award

Heidi Joseph and Dave Saltzman
Rush Holt and Dr. Margaret Lancefield

Leadership Award

Mayor and Council of Princeton

Community Service Award

McCaffrey's Food Markets

For tickets to the gala please go to our website:
www.princeton senior.org
or call us at 609.924.7108.

DIRECTOR'S MESSAGE ~ ANNUAL REPORT



For many years my annual report has focused on the many programs and services offered by PSRC. This year I want to focus on how we make an impact.

PSRC Objectives:

- ♦ ***To connect people to the resources they need to make informed decisions and achieve***

their goals. Each person has a different goal so we personalize our assistance. One may be seeking transportation, another wants to sign up for Medicare, and another is helping a recently widowed parent move to a new living situation. Our Support & Guidance staff gives at least one resource to every single person who contacts us for help with the unique situation he/she is facing at that time. Often this involves linking to local services, increasing awareness of new resources such as Access Princeton or Shredfest, or collaborating in events such as our Memory Screening and Healthcare Directives Days. Another aspect of providing information is through education. Our newsletter, programs and classes offer exposure to expertise on a broad range of relevant issues and subjects, and we update our website with new resources on a regular basis. Our Fall Conference, Health Fair and twice-monthly Lunch & Learn programs also provide in-depth and important information on a wide range of topics. Last year the conference focused on technology that supports aging in place. *An average of 60 people contact PSRC each week for assistance. 175 attended the conference and 365 the Health Fair.*

- ♦ ***To provide support and guidance for those facing life transitions.*** Professionally facilitated groups, family meetings and one-to-one contacts provide skilled and peer support for individuals and families. Many groups are focused on a particular issue (caregiving, aging parents, widows, bereavement, transition to retirement). Family and individual consultations occur in the office, at home and in care facilities. *An average of 175 people attend 16 support groups each week.*

- ♦ ***To provide opportunities for peer support and social connection.*** Building community occurs in every activity at PSRC, combatting loneliness and isolation and sharing common interests. Program members get to know each other, make new friendships and often extend those connections outside

PSRC also hosts several large events each year that are open to the community at large, including the annual Holiday Party, Chinese New Year, our student art show, Fall Conference, trips, Special Speaker Series, and this year, the Calo art show. Single-session events (movies, TED Talks) are a great entry point for people new to the area. One person was heard to comment at the BBQ in June "I didn't know any of these people before tonight, but I am having a great time." *Large events draw from 30 to 200 people.*

- ♦ ***To create opportunities for lifelong learning.***

The Evergreen Forum continues to grow—there were 24 classes each semester this year. TED Talks also remain popular, and there is demand for a second memoir writing class. Some enroll in an art class for the first time, while others seek to build on existing skills. The Special Speaker Series featuring experts such as the New York Times Science Times Editor, adds to people's understanding of a wide range of issues. *Nearly 600 people were enrolled in each semester of Evergreen Forum and over 215 enrolled in other ongoing classes.*

- ♦ ***To offer opportunities for people to be active, healthy and engaged in the community.*** We offer a range of exercise programs, classes, and groups that address all aspects of wellness: physical, emotional, social, cognitive, spiritual and feeling a sense of purpose. New programs are introduced each year and old ones are discontinued. Ideas from participants are welcome and many activities are led by volunteers. *An average of 1300 people attend these programs weekly. Almost 450 volunteers helped with events, instruction, office work and other tasks this year. More than 90 GrandPals read with children in Princeton's elementary schools. Many programs fulfill more than one objective: A trip to an art exhibition educates and expands opportunities for friendship; Home-Friends and GrandPals provide opportunities to be purposeful while building intergenerational friendships, helping a person remain in his or her own home, or encouraging children as they gain confidence in reading.*

The feedback we receive from participants in all programs is very positive; we are often stopped by people who want to say how much they enjoyed a speaker, or a class, or how PSRC plays an important role in their lives. The gratitude expressed to us is heart-warming; we, too, are grateful to be a part of this community.

Susan W. Hoskins LCSW, Executive Director

SEPTEMBER SPECIAL EVENTS

**THERE ARE STILL OPEN CLASSES IN THE
FALL 2015 EVERGREEN FORUM SCHEDULE**

**REGISTRATION IS AVAILABLE ONLINE
FOR ANY OPEN CLASS.**

WWW.THEEVERGREENFORUM.ORG

**PLEASE CHECK THE WEBSITE TO SEE
WHICH CLASSES HAVE BEEN CLOSED.**

GROUP DRUMMING

Tuesday, September 8, 10:30 - 11:30 a.m.

Get your brain waves flowing and your rhythm rocking by drumming along with some Princeton University students. No musical experience required.

Drums provided or BYO. No fee.

Call (609) 924-7108 to sign up.

And then come to our...

COMPUTER *SUPER* LAB

Tuesday, September 8, 1:00 - 4:00 p.m.

A group of students from Princeton University will be assisting with a special computer lab to help with all kinds of technology questions: computers, laptops, tablets, smartphones, e-readers and i-Pads. Bring your questions and your gadgets for help—Mac and PC users! No fee. Just drop in.

Come early and join the students for drumming!

TRIP TO D & R GREENWAY's GARDEN STATE WATERCOLOR EXHIBITION

Thursday, September 24 at 11:00 a.m.

Artwork by 65 artists, from Cape May to Sussex County, was selected for the exhibition by juror Jeanne Dobie. Many of the artists are nationally known, such as Tom Chesar, Joan Gantz, Charles McVicker, Beth Shoenleber and Jinnie May. A concurrent exhibit of paintings by Lucy Graves McVicker is also on view in the first floor gallery. Meet us at D & R Greenway (directions will be provided) at 11:00 a.m. for a guided tour of the exhibits; bring a brown bag lunch to enjoy in the gardens afterwards. Please call to register: 609.924.7108. No fee.

GRANDPAL ORIENTATION

Wednesday, September 16 at 10:30 a.m.

Do you remember the joy of reading children's books or the thrill of being read to? Would you like to be a partner in sharing your love of books, encouraging questions, delighting in the everyday life of young children? That's what GrandPals do!

The opening event for GrandPals will take place in the Suzanne Patterson Building. We welcome all new and returning GrandPals. This year we will have at least 14 GrandPal sessions per week, reading to kindergartners, first graders, and second graders in four Princeton schools.

We will provide an overview of the program at the Orientation, and you may sign up for one (or more) session(s). You may also sign up to substitute for people who are ill or on vacation. We are increasing our program again this year, so we need many more GrandPals. Come one, come all! And bring your friends!

Light refreshments will be served. Please call 609.924.7108 to register. Questions? Ask for Olivian Boon.

NEW GROUP FORMING TO CONNECT WOMEN IN RETIREMENT

Friday, September 18 at 10:30 a.m.

Changes in circumstances sometimes lead to a loss or diminishing of social connections. For example, when women retire they often experience a shrinking of social networks that were available through relationships at work. As women age, established friends may move away or become less available due to family demands or health issues. Such changes can present many of the same challenges and needs as those that face newcomers to a community, even for long-time members of the local community. This group is designed to help women form new connections in the wider community. Come to this first meeting and meet other women looking for engaging activities that stimulate personal growth. The emphasis will be on inclusive, participatory discussion to facilitate interactions. Open to women of all backgrounds. Come try it out! Call 609.924.7108 if you're interested. We will meet on the third Friday of each month.

Suzanne Patterson Building

SEPTEMBER PROGRAMS

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:

- ♦ **September 1 ~ Louis Schwartzberg:** *Hidden miracles of the natural world*
- ♦ **September 8 ~ Sophie Scott:** *Why we laugh*
- ♦ **September 15 ~ Laura Carstensen:** *Older people are happier (Recommended by Patrick Condon)*
- ♦ **September 22 ~ NO TED TALK - PSRC SPECIAL SPEAKER SERIES**
- ♦ **September 29 ~ Dan Gilbert:** *The surprising science of happiness (Recommended by Patrick Condon)*

For more background, visit www.TED.com.

Please let us know if you plan to attend by calling 609.924.7108.



FIRST FRIDAY FILM

Friday, September 4 at 1:00 p.m.

"WOMAN IN GOLD" ~ Jewish refugee Maria Altmann is forced to flee Vienna during World War II. Decades later, determined to salvage some dignity from her past, Maria has taken on a mission to reclaim a painting the Nazis stole from her family: the famous Lady in Gold, a portrait of her beloved Aunt Adele. Partnering with an inexperienced but determined young lawyer, Maria embarks on an epic journey for justice 60 years in the making. Based on a true story. Starring Helen Mirren. (149 minutes)

INTRO TO IPAD

Thursday, September 24, 10:00 a.m. - 12 noon

Instructor: Barbara Essig. Please call to register. 609.924.7108.

MEMOIR WRITING

will resume on **Wednesday, September 16 at 3:30 p.m.** with a new focus on improving writing skills. Facilitated by Emily Logue.

In the past we have had a long waiting list for Memoir Writing. We are seeking a person or instructor who would be interested in leading a second group. Time and salary are negotiable, as long as it is a weekday. contact Mauri Tyler, Program Director at (609) 924-7108 to inquire about teaching or to sign up for the class.

LUNCH AND LEARN

Friday, September at 18 at noon

TAX-FREE INVESTING: IT'S NOT WHAT YOU MAKE, IT'S WHAT YOU KEEP

A presentation by Edie Kelly of Edward Jones

Would you like more control over the taxes you pay? There are several strategies to reduce your tax burden. Choosing tax-advantaged investments is one of them. In this program you will learn how to work toward your long-term goals by examining:

- ♦ Tax-advantaged investments and their features;
- ♦ Tax-free investment returns versus taxable investment returns;
- ♦ Three ways to purchase municipal bonds

Edie L. Kelly joined Edward Jones as a personal investment advisor in 2010. Prior to that, she worked for Standard and Poor's as a managing editor.

LUNCH & LEARN

MERCER COUNTY SERVICES:

AN OVERVIEW

Wednesday, September 23 at 12 noon

Mercer County Clerk Paula Sollami Covello

will give an overview of some of the services offered by the Clerk's Office:

- ♦ Overview of the Mercer County Clerk's office in Trenton and the Mercer County Connection in Hamilton
- ♦ Veteran's IDs
- ♦ Passports/Passport Days
- ♦ Notary/Notary Nights
- ♦ Identity Theft
- ♦ Vote by Mail

Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverages will be provided. Please call to register: 609.924.7108.

TRANSITION TO RETIREMENT

Friday, September 18 at 3:00 p.m.

This monthly group deals with issues related to making the adjustment to retirement. All are welcome.

The group leader is Dr. John George, Licensed Clinical Psychologist. Please call to register 609.924.7108. No fee.

LOOKING AHEAD

LIFE REIMAGINED - REAL POSSIBILITIES

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

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 visit www.lifereimagined.org/events, or call 877.926.8300.

Suzanne Patterson Building

NEW CLASS:

THE FOUR AGREEMENTS

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

6 weeks: 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.

Fee: \$36/ residents \$48 non-residents. Please call to register: 609.924.7108.

LUNCH AND LEARN

Friday, October 9 at 12 noon

LIFE INSURANCE AND SOCIAL SECURITY INVESTMENTS with Mark LaFranco, Prudential Insurance Co.

FLU SHOT CLINIC & HEALTH FAIR

Tuesday, October 13, 1:00 to 4:00 p.m.

(see p. 7 for more information)

IPAD CLASSES

INTRO TO IPAD

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

MORE ABOUT IPAD

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

LUNCH AND LEARN

PHARMACEUTICAL JEOPARDY

Friday, October 16

with Barbara Vaning, PHCS

INTRO TO RETIREMENT

Monday, October 19 at 7:00 p.m.

A presentation by Dr. John George, Licensed Clinical Psychologist

FALL CONFERENCE

"PLAN FOR THE FUTURE: GET YOUR DUCKS IN A ROW SO YOU CAN GET ON WITH YOUR BUCKET LIST."



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

Whether it's financial planning, contemplating a new housing opportunity, or learning what you need to have in place BEFORE you can address your bucket list...our Fall Conference will help you get those "ducks in a row." No charge.



Please join us as we bid a fond farewell with grateful thanks to

← SHARON NAEOLE

and

SONI PAHADE →

who are leaving PSRC for new pursuits...

We wish you all good things in your next endeavors!



To register for any or all of the 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 if the program is cancelled.

ONGOING PROGRAMS

NEW CLASS FEE SCHEDULE

The quarters will start on the first day of October, January and April, and July, which means each class will run for approximately 12 weeks. The cost will be \$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.

- ♦ 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.

(Please note, this does not apply to Evergreen Forum classes.)

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. Thank you for your understanding as we try to keep pace with the operating costs of PSRC.

EXERCISE AND FITNESS

SUZANNE PATTERSON BUILDING

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

CLASSES

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.
- ♦ **The Four Agreements: Wednesdays** at 10:00 a.m. (begins in October) \$36/residents, \$48/ non-residents
- ♦ **Memoir Writing: Wednesdays** at 3:30 p.m. \$5/quarter. *First class meets September 16.*
- ♦ **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, or email him: 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

- ♦ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons** *Will resume in October.*



SUPPORT AND GUIDANCE

THE SANDWICH GENERATION

The Oxford English Dictionary defines Sandwich Generation as “A generation of people, typically in their thirties or forties, responsible for bringing up their own children and for the care of their aging parents.” According to the Pew Research Center, 1 out of every 8 Americans age 40 to 60 is raising a child and caring for a parent at home. And those numbers are only expected to rise as our population ages.

At PSRC we are acutely aware of the challenges many children of aging parents face. Attendance in our Children of Aging Parents Group (CAPS) is rising, and more adult children are reaching out to our Support and Guidance Office at Spruce Circle. These calls usually involve people wanting to enable their parent(s) to remain in their own homes as independently and safely as possible. If a parent has recently been discharged from the hospital/rehab, how can they (their children) ensure everything is in place if they do not live nearby? If a parent has recently stopped driving, how can will he/she get to the grocery store and doctor's appointments? If a parent does have to move, there are many questions regarding what is available and what would be best for that person's needs.

Learning what services are available in the area can be daunting for anyone, especially someone managing a career, children and aging parents. Princeton was the first city in New Jersey to win “Age Friendly” designation by the World Health Organization because of the abundance of services available to seniors. PSRC can help inform and navigate all parties through this process. We assist family members who call us from all over the county, country and even overseas. We offer consultations in the office, at home, over the phone and even via Skype. If you are calling about parents outside of the area, we can help you create a plan - what to focus on and what resources to look for in your own area. No question is too big or too small, so please feel comfortable to call us or stop on over, we are always happy to help.

The CARE ACT, passed by the New Jersey legislature in November 2014, requires hospitals to:

- 1) Identify a designated family caregiver;
- 2) Notify the caregiver when a patient is moved or discharged; and
- 3) Provide adequate instruction for the care of the patient following discharge.
- 4) 22% of family caregivers in New Jersey report performing medical and nursing tasks for a loved one.

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



Staff

| | |
|---|---|
| Fran Angelone <i>Office Manager, Spruce Circle</i> | Carol King <i>Bookkeeper</i> |
| Olivian Boon <i>GrandPals Director,</i> | Emily V. Logue <i>Communications,</i> |
| <i>Evergreen Forum Coordinator</i> | Sallie Meade <i>Marketing Coordinator</i> |
| Donna Cosgrove <i>Development Assistant</i> | Breana Newton <i>GrandPals Assistant</i> |
| Susan M. Friedman, MPH <i>Director of Support &</i> | Ken Peabody <i>Data Coordinator</i> |
| <i>Guidance</i> | Barbara Prince <i>Development Associate</i> |
| Jeanette Hooban <i>Program Assistant,</i> | Mauri Tyler, TRS <i>Program Director</i> |
| <i>Volunteer Coordinator</i> | |
| Susan W. Hoskins, LCSW <i>Executive Director</i> | |

GROUPS

- ♦ **LET'S TALK ENGLISH**
Mondays at 1:00 p.m.
Spruce Circle
Fridays at 9:30 a.m.
Redding Circle
- ♦ **LET'S TALK**
Wednesdays at 10:30 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
- ♦ **CHILDREN OF AGING PARENTS**
Wednesday, September 9 at 4:30 p.m. (First Wednesday of each month.) *Suzanne Patterson Building*
- ♦ **CAREGIVERS**
NO meeting this month due to holiday.
(Second Monday of each month.) at 1:30 p.m.
Suzanne Patterson Building
- ♦ **MEN IN RETIREMENT**
Friday, September 4 at 2:00 p.m. (First Friday of each month.) *Monument Hall*
- ♦ **WOMEN IN RETIREMENT ***
Friday, September 18 at 10:30 a.m. (Third Friday of each month) *Suzanne Patterson Building*
- ♦ **TRANSITION TO RETIREMENT**
Friday, September 18 at 3:00 p.m. (Third Friday of each month.) *Suzanne Patterson Building*
- ♦ **BEREAVEMENT**
Monday, September 21 at 1:00 p.m. (Third Monday of each month.) Call Sherri Goldstein 609.497.4900 to attend. *Corner House ~ Room 19*
- ♦ **CONVERSATIONS ON BEING MORTAL**
Monday, September 28 at 2:00 p.m. (Fourth Monday of each month.) *Corner House ~ Room 19*
- ♦ **GRANDPARENTING**
Tuesday, September 15 at 1:00 p.m. (Third Tuesday of each month.) *Suzanne Patterson Building*
- ♦ **WIDOW SUPPORT**
Thursday, September 3, and Thursday, September 17 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*
- ♦ **KNIT WITS**
Fridays at 1:00 p.m. Drop-in for knitting and conversation. *Spruce Circle*

* **NEW GROUP**

PARTNERS IN CARING

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you. Whether it's a single question we can answer in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

- ♦ Information and Referrals
- ♦ Counseling and Consultations
- ♦ Benefit Application Assistance
- ♦ Caregiver Resources and Support
- ♦ Support & Wellness Groups
- ♦ Transitions – support with the inevitable transitions throughout the life span
- ♦ Volunteer Visitors

Call for more information: 609.924.7108 or 609.252.2362.

PSRC WILL ONCE AGAIN HOST A FLU SHOT CLINIC & HEALTH FAIR

Tuesday, October 13, 1:00-5:00 p.m.

Appointments are required for flu shots. Beginning September 9th you may call 609.924.7108 to make an appointment.

Flu shots are free with a Medicare Part B card, otherwise the fee is \$20. 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 just for the fair.

This year's screenings will include balance, hearing, vision, cholesterol and more. The health fair is co-sponsored by the Princeton Health Department, Princeton HealthCare System, and individual practitioners.



COMMUNITY PARTNERSHIPS

DRIVEN TO EXCELLENCE!



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Enjoy award-winning theater right in your backyard and leave the driving to us! A five-play Saturday matinee package; including assisted listening devices and closed-captioning, reliable transportation by A-1 Limo, and convenient pick up locations at: Princeton Senior Resource Center & Pettoranello Gardens parking lot.

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

Call Megan Johnston 609.258.5050 and reserve your DRIVEN TO EXCELLENCE package today!

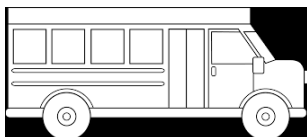
TRANSPORTATION

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 UCMPP (the hospital). Call as early as possible to reserve your ride.

DAYTIME FREE-B BUS

The Daytime Free-B bus runs a 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday. Schedule and map are at PSRC, municipal buildings, and on the bus.



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Celebrating the Creativity of Women! PSO's 35th Anniversary Season

New subscription seating is assigned on a first-come, first-served basis. Order your subscription before September 15th, mention the Princeton Senior Resource Center and receive 10% off the total subscription cost!

To sign up, call (609) 497-0020 and ask for Shire.

ENGAGED RETIREMENT SPEAKER SERIES

Tuesday, September 8 at 7:00 p.m.
"Downsizing"
with Ellen Tozzi

Tuesday, October 27 at 7:00 p.m.
"Are You New to Medicare?"
with Anjuli Melo of SHIP

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

**These programs will be held at and are
co-sponsored by the Princeton Public Library.**

SHREDFEST

**For Princeton residents:
Saturday, September 26th
10:00 a.m. to 2:00 p.m.
Proof of residency required.
Call Janet Pellichero for location
609.688.2566**

GOLDEN TICKET RAFFLE ~ BEST OF LIVE!

One hundred raffle tickets will be sold at \$100 each.

If you claim the winning ticket, you'll have the opportunity to choose any one of the items in our Live Auction on October 18, 2015:

2 Nights in London and A Private Tour of Parliament by Minister of State, Grant Shapps

A once-in-a-lifetime chance to learn how the British government works from a chap who reports directly to Prime Minister David Cameron. Plus two nights in London.

Summer Getaway in Vail, Colorado

A summer week in a lovely townhouse (sleeps 6).

Enjoy hiking, golf, swimming, cycling, fishing and white-water rafting in this gorgeous part of Colorado.

A Year of Cheer

A hand-picked selection of fine wines in red, white, rose', and bubbles to keep you ready for any occasion all year long.

Heritage Palms CC, Fort Myers, Florida Vacation

A week's vacation, between mid-April and the end of June 2016, in a condo overlooking the 18th green and lake at the spectacular Heritage Palms Country Club. Sleeps 6.

Play golf, tennis, swim or work out in the indoor gym.

Gotham City Get-Away

A weekend for two in the Big Apple: accommodations, tickets to any Broadway show and a \$200 gift card for dinner at the restaurant of your choice.

Golf at The Ridge at Back Brook, Ringoes, New Jersey

You and two friends will get the full "Ridge Experience" in a round of golf at what Golf Digest called one of the country's finest championship courses.

You may purchase a raffle ticket(s) at PSRC at the front desk or by phone: 609.924.7108.

Cash, checks VISA and MasterCard accepted.

SEPTEMBER

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 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. | 1 10:30 TED Talk 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB | 2 9:15 Aerobics 10:30 Let's Talk - RC 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC | 3 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB | 4 9:15 Aerobics 9:30 Let's Talk English Too - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 1:00 Knit Wits - SC 2:00 Men in Retirement - MH |
| CLOSED IN OBSERVANCE OF LABOR DAY | 7 10:30 Group Drumming-SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer SUPERLab - SPB 7:00 "Downsizing " - PPL | 9 9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 4:30 Children of Aging Parents - SPB | 10 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB | 11 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 |
| CLOSED IN OBSERVANCE OF ROSH HASHANA | 14 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 | 16 9:15 Aerobics – SPB 10:30 Let's Talk – RC 10:30 GrandPal Orientation - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing – SPB | 17 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Healthcare Decisions Day - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB | 18 9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 10:30 Women in Retirement - SPB 10:30 Conversation & Coffee - SPB 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 1:00 Knit Wits - SC 3:00 Transition to Retirement - SPB |
| 9:15 Aerobics - SPB 21 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:00 Bereavement Group -CH 1:30 Wordplay - SPB | 22 11:00 Special Speaker Series - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB | 23 9:15 Aerobics - SPB 10:30 Let's Talk - RC 12:00 Lunch and Learn - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB | 24 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 10:00 Age-Friendly Focus Group - 5 PB 11:00 D & R Watercolor Exhibit Tour 12:30 Duplicate Bridge - SPB 1:00 Open Studio - SPB 1:00 Art with Hannah - SPB | 25 9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Senior Citizens' Club - SPB 1:00 Knit Wits - SC |
| 9:15 Aerobics - SPB 28 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB 2:00 On Being Mortal - CH -19 | 29 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 7:00 Age Friendly Focus Group - SPB | 30 9:15 Aerobics - SPB 10:30 Let's Talk 12:00 BP Screening - HBH / EC 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB | HEALTH SCREENINGS BMI - Body Mass Index BP - Blood Pressure | LOCATIONS CH - Corner House EC - Elm Court HBH - Harriet Bryan House MH - Monument Hall RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building |
| Evergreen Forum Fall Semester Begins | | | | |



Suzanne Patterson Building

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

Phone: 609.924.7108
Fax: 609.497.1977

Spruce Circle Office

179 Spruce Circle
(off Harrison St.)
Phone: 609.252.2362

Fax: 609.924.9305
info@princetonsenior.org
www.princetonsenior.org

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PSRC NEEDS PRINCETON RESIDENTS!

You may recall that Princeton achieved Age Friendly Community (AFC) status last year. Now we need **your** help.

The AFC Task Group will be conducting focus groups to learn from **you** what we are doing well for aging adults, and where we can improve.

PSRC will host two focus groups:

Thursday, September 24 from 10:00 a.m. to 12 noon

Tuesday, September 29 from 7:00 to 9:00 p.m.

If you are interested in joining one of these sessions, please contact Susan Hoskins at 609.924.7108 or shoskins@princetonsenior.org.

Participants will be selected from the applicants.

THANK YOU!