

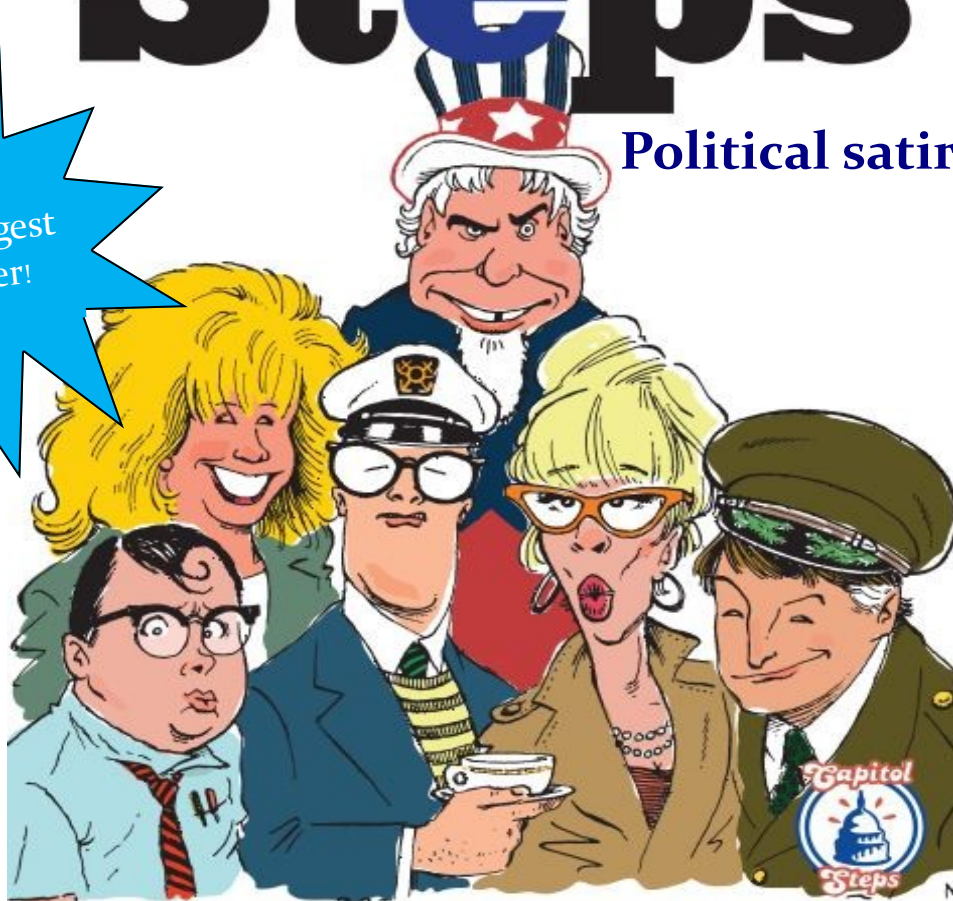
September 2016

Support PSRC *and* have fun!

The Capitol Steps

Political satire at its best!

It's our biggest fundraiser!



Friday, September 30, 2016 at 7:30 p.m.
at Princeton University's Richardson Auditorium

A benefit for **PSRC** *Your Go-To Resource for Aging Well*

Celebrating Our 2016 Honorees:
Barbara Purnell and Hazel Stix

VIP reception with cast members after the performance
for VIP Tickets go to princetonsenior.org

all other tickets may be purchased at: tickets.princeton.edu/Online/

DIRECTOR'S MESSAGE ~ CORPORATE HEALTHCARE



As I write, headlines are filled with the news of Princeton HealthCare System joining University of Pennsylvania Health System. All around us we see small independent providers merging into larger corporate entities.

There are both benefits and consequences to these mergers.

Hospital administrators will say that consolidation improves efficiency, access to care, quality of care, and lowers costs. In contrast, hospital economists note that larger systems can command higher reimbursement rates from insurance companies, costs borne by consumers.

What will this mean for individuals?

- ◆ You may be able to get all your care within a single system. More people are living longer with multiple chronic conditions making coordination of care among a growing number of specialists essential. Transitions from home to hospital and back must be coordinated and smooth for patients and family caregivers. One tool for improved coordination is the electronic health record. If all practitioners within a healthcare system can view your record, they can see test results and care plans from colleagues. Referrals should be smoother within the system. This can reduce conflicting or redundant care, saving you bad health effects and money.

- ◆ Costs for expensive technology, such as MRI machines, can be shared among more providers. The same is true for infrastructure costs such as electronic health records, employee benefits, insurance coverage and billing and insurance interfaces.

- ◆ A large system has the resources of a teaching university, research center and multi-faceted health care delivery system. This helps providers maintain awareness of treatment efficacy and quickly implement new developments. It also provides resources and standards for continuing professional education and accreditation.

- ◆ A large system can provide more centers of care. Health care is increasingly specialized, so it is not sufficient to have only one or two practitioners in a specialty. It seems that the current trend is toward providing all areas of care within a system, rather than the model of specialization (i.e. only orthopedic care.)

- ◆ Large systems have bigger budgets for marketing and opportunities to build reputation, which attract

more customers.

It has become nearly impossible for independent practitioners to meet the requirements of new government regulations and infrastructure costs.

Potential negatives include:

- ◆ It will be harder to provide "patient-centered care," individualized to each person. This is especially true as care moves toward specialists and away from holistic perspectives.

- ◆ It may be hard to learn about and be referred to practitioners outside of the system.

- ◆ Large systems are more regimented, so it's harder for an individual practitioner to be autonomous and define how s/he will provide care.

These mergers are happening in all aspects of health and personal care for many of the same reasons: overhead costs, regulation, and competition. Individual medical practices are joining healthcare systems. Pharmacies, labs and medical equipment providers are merging into larger and larger corporations, making independent stores a rare find. Residential care communities and homecare companies are more frequently a franchise of a larger corporation.

What does this mean for you? It's great when you can fill your prescription at any "X" brand pharmacy in the country, but you might miss the local pharmacist who knows your life history. You might miss the chance to try out wheelchairs before buying because online medical equipment suppliers are replacing stores. You might get better care and advice from your homecare provider if he or she has access to a nurse or social worker shared with two other franchisees. You might have second thoughts about getting a service from a provider that does not specialize in that service, or if your insurance company has determined it won't pay for it.

It's difficult to know now what the impact of these mergers will be. Will care improve? Will costs decrease? Will you have choice? What impact will new legislation, insurance or other factors have?

Access to care and healthcare costs are two major issues affecting America today. And I do believe that as care systems grow, it is even more imperative for each of us to become an informed health consumer and have strong advocates. Understand your condition and your options. Don't be afraid to ask questions. Speak up!

Susan W. Hoskins, LCSW
Executive Director

SEPTEMBER SPECIAL EVENTS

GROUP DRUMMING

Tuesday, September 6, 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.

And then come to our...

COMPUTER *SUPER* LAB

Tuesday, September 6, 1:00 - 4:00 p.m.

Princeton University students will be at PSRC to assist in a special computer lab with your technology questions of all kinds about computers, laptops, tablets, smart- phones, e-readers and i-Pads. Bring your gadgets and passwords—Mac and PC users! No fee. Just drop in. *Come early and join the students for drumming!*

NEW BOOK DISCUSSION GROUP

Wednesdays for 6 weeks beginning September 7
from 1:00 - 2:30 p.m. COST: \$36 /\$48 NON-RESIDENTS

PRIME TIME BY JANE FONDA

In this class, we'll discuss the key ingredients Fonda presents as essential to living our best life, all our life. She explores how midlife and beyond can be the time when we become our most energetic, loving, and fulfilled selves. The class will be facilitated by Helen Burton. (No class October 12.)

LUNCH AND LEARN

Friday, September 9 at 12 noon

VARICOSE VEINS: NOW YOU SEE THEM, NOW YOU DON'T with Dr. Eliot Sambol

You may be at higher risk for other circulatory problems if you have varicose veins. Dr. Sambol will discuss the latest minimally invasive and non-invasive treatment options and provide an overview of the Center for Surgical Care at the University Medical Center of Princeton.

- To register for any or all of the classes,
- programs and events offered at PSRC,
- please call 609.924.7108.

Online Registration starts in October!

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

NEW BOOK DISCUSSION GROUP

RETIREMENT TRANSITION

Monday, September 12 from 3:00 - 4:15 p.m.

This monthly discussion group will be an 8-session chapter by chapter exploration of the book *Transitions: Making Sense of Life's Changes* by William Bridges (\$15 in paperback). In this inspiring and highly readable book, Bridges presents his unique concept of transition and how it applies to retirement. This group is open to anyone whose life is being touched by retirement. Limit 12 participants; no drop-ins. \$40 fee. Facilitated by John George, PhD, Licensed Psychologist.

LUNCH & LEARN

Friday, September 16 at 12 noon

NUTRITION: READING LABELS FOR HEALTHY LIVING with Jane Schwartz, RD, Outpatient and Community Education Dietitian with UMCP.

Nutrition labels are full of important information about the food we eat, but how do we make sense of it? Learn what to pay attention to on food labels; how to interpret serving and portion sizes; what to look out for with fat, carbohydrates and salt; and what ingredients to avoid.

LUNCH & LEARN

Friday, September 23 at 12 noon

THE JOURNEY BACK: STROKE REHABILITATION

Discover what you can do to lower your risk for stroke at this informative program led by Kathleen Cooney, RN, with University Medical Center of Princeton's Acute Rehabilitation Unit. Learn the early warning signs of a stroke, when to seek medical attention, and prevention methods. UMCP is a state-designated Primary Stroke Center.

Lunch and Learns are always free; bring a brown bag lunch; dessert and beverages will be provided. Please call to register: 609.924.7108.

**There are still open classes in the
Fall 2016 Evergreen Forum!**

Check the website to see what's still available
theevergreenforum.org

CLASSES BEGIN SEPTEMBER 26.

SEPTEMBER PROGRAMS

FIRST FRIDAY FILM

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

"CONCUSSION"

Neuropathologist Dr. Bennet Omalu makes the first discovery of CTE, a football-related brain trauma, and fights for the truth to be known. His emotional quest puts him at dangerous odds with one of the most powerful – and beloved – institutions in the world. Based on a true story. Stars Will Smith. (2 hours, 3 minutes)

TED TALKS

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.



September 13 ~ Thorsten Schmidt: *Planning a trip to Mars? Bring a chef!*

September 20 ~ Lidia Yuknavitch: *The beauty of being a misfit*

{Beginning Monday, September 26, TED Talks will meet on Mondays through November 14, after which the regular Tuesday meetings will resume.}

September 26 ~ Elizabeth Loftus: *How reliable is your memory?*

COMPUTER CLASSES

INTRO TO IPAD

Thursday, September 22, 10:00 a.m. - 12 noon

This class is for those just learning about the iPad and its basic uses and capacities.

Please remember to bring your Apple ID and password.
Instructor: Barbara Essig.



MORE ABOUT IPAD

Thursday, September 29, 10:00 a.m. - 12 noon

Learn your way around email, taking and storing photos and downloading and using your favorite apps. Please remember to bring your Apple ID and password. Instructor: Barbara Essig.

Class limited to 10.

Reservations required for all iPad classes; please call 609.924.7108 to register.

COMMUNITY PARTNERS



DRIVEN TO EXCELLENCE!

Tuesday, September 13
at 12:00 noon

McCarter Theatre's Paula Alekson and Megan Johnston will screen the Theatre Season Preview Video, then provide additional behind-the-scenes information on the plays, artistic teams and production detail, as well as barrier-free access features and services including remote parking. Discount for PSRC members.

PRINCETON RECREATION DEPARTMENT RADIO CITY MUSIC HALL TRIP CHRISTMAS SPECTACULAR

THE ROCKETTES

Thursday, December 1, 8:15 a.m. - 4:00 p.m.

\$75 (non-refundable fee) includes round trip motor coach transportation and entrance fee to the show.
register.communitypass.net/princeton

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, September 9 at 2:00 p.m.

No special speaker; discussion will center on current events. The group meets monthly in Monument Hall Main. Group leaders are Rob Hegstrom and Barry Chalofsky.

WOMEN IN RETIREMENT

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

Our potluck lunch and review of our first year together. Bring ideas for future topics to explore.

TRANSITION TO RETIREMENT

Friday, September 16 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.

RETIREMENT BOOK DISCUSSION

See page 3 for details.

LOOKING AHEAD

LUNCH AND LEARN

FRIDAY, OCTOBER 14 AT 12 NOON

UNDERSTANDING THE AGING PROCESS

Older patients often have unique needs that require specialized care. Learn about the latest geriatric care taking place at UMCP, including our ACE Unit and NICHE (Nurses Improving Care for Healthsystem Elders).

INTRODUCTION TO RETIREMENT

MONDAY, OCTOBER 17 FROM 6:00 – 7:30 p.m.

This one- session free workshop will focus on the primary areas of change in retirement including money, relationships, time, lifestyle, personal fulfillment. Workshop will be led by John George, PhD, Licensed Psychologist.

HEALTH FAIR AND FLU SHOT CLINIC

TUESDAY, OCTOBER 18 FROM 1:00 - 6:00 P.M.

A free health fair with a variety of screenings and plenty of helpful information. co-sponsored by Princeton HealthCare System, Princeton Regional Health Department and PSRC. Appointments are required for flu shots. Please Flu shots are free with a Medicare Part B card. You do not have to be a Princeton resident to get a flu shot. Call 609.924.7108 for an appointment.

WOMEN IN RETIREMENT

FRIDAY, OCTOBER 21 AT 10:30 A.M.

Just in time for the elections, Sandi Smith of the League of Women Voters and one of our members, will speak about the history of voting rights and give us information that will help us be better-informed voters. All women are welcome

Save the date!

PSRC FALL CONFERENCE FAMILY CAREGIVING: COMPASSION FOR ONESELF AND OTHERS

SATURDAY, NOVEMBER 12

8:30 a.m. TO 1:00 p.m.

The Keynote Speaker will be Ted Taylor, Chaplain at RWJ Hospital in Hamilton.

Also:

- ♦ 5 Workshops offered twice
- ♦ Resource Fair
- ♦ Lunch
- ♦ \$5 donation suggested.

Look for more details next month.

WELCOME!



LORRAINE STARR-CURTIN

Volunteer Coordinator/Program Assistant. Lorraine brings to this position more than 10 years experience in volunteer recruitment and training. Most recently she worked for a 55 and older community where she recruited residents to form committees to

support the community. She also managed and operated the gift shop at the New Jersey State Museum where she worked with many volunteers. Lorraine has a BS in Business Administration. Her hobbies include gardening and yoga. She has also worked as a volunteer Reiki therapist.



CHERYL GOMES

Development Associate. Cheryl worked at Princeton Healthcare System for 14 years and most recently at HomeFront. Cheryl was born in Jamaica and is passionate about helping the children in need and the schools in Jamaica

where she grew up. She is from a large family and enjoys organizing family gatherings and spending time with them as often as possible.

ONGOING CLASSES

Fall is in the air. Back to school isn't just for kids - come try a new PSRC class in September!

- ♦ There are openings in several classes right now; try one for free before the new quarter begins on October 1. *SEE PAGE 7 FOR MORE INFORMATION.*
- ♦ Beginning in October, you can register for all classes online; look for the REGISTER button on our homepage at princetonsenior.org.
- ♦ Don't forget—we offer financial assistance to those who find the fee challenging. Talk to Susan Hoskins.

EXERCISE AND FITNESS

SUZANNE PATTERSON BUILDING

- ♦ **Early Bird Aerobics:** Every weekday morning from 8:00 to 8:45 a.m.
\$55/month, or \$5/session
- ♦ **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 Alex:** Mondays at 10:30 a.m.
\$72 residents, \$96/non-residents per quarter.
- ♦ **Word Play (poetry group):** Mondays at 2:00 p.m.
\$5/quarter for copying costs.
- ♦ **Memoir Writing II:** Mondays at 10:30 a.m.
\$5/quarter through Sept.
- ♦ **Memoir Writing:** Wednesdays at 2:45 p.m.
\$5/quarter. First class meets September 14.
- ♦ **Painting with Christina:** Wednesdays at 1:30 p.m.
Painting with watercolor and acrylics.
\$72 residents, \$96/non-residents per quarter.
Starts September 28.
- ♦ **Art with Hannah:** Thursdays at 1:00 p.m.
\$72 residents, \$96/non-residents per quarter.
- ♦ **Cosmology:** Thursdays at 9:45 a.m.
\$5/quarter. Peer-led science discussion group.
Contact BruceWallman@gmail.com for info.

GAMES

SUZANNE PATTERSON BUILDING

- ♦ **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 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 - Intermediate level**
Fridays at 2:00p.m. (No class September 2)



Staff

- Susan W. Hoskins, LCSW *Executive Director*
- Nancy Amidon *Bookkeeper*
- Fran Angelone *Office Manager, Spruce Circle*
- Olivian Boon *GrandPals Coordinator*
- Cheryl Gomes *Development Assistant*
- Sharon Hurley *Director of Support & Guidance*
- Emily V. Logue *Communications & Marketing Coordinator*

- Sallie Meade *Associate GrandPals Coordinator*
- Abigail Meletti *Evergreen Forum Coordinator*
- Breana Newton *Program Assistant & Rental Coordinator*
- Ken Peabody *Data Coordinator*
- Barbara Prince *Director of Development*
- Dave Roussell, MSW *HomeFriends & Care Coordinator*
- Lorraine Starr-Curtin *Program Assistant & Volunteer Coordinator*
- Mauri Tyler, TRS *Director of Programs*

TRY SOMETHING NEW!

HOW ABOUT...



CHAIR EXERCISE!

I'm Laraine Alison and it's my mission to make you feel better! No one can turn back time...but one can get stronger and more flexible and make life different. We are social beings! Exercise helps the brain and the body. The connection is remarkable. Just try it out! Classes are held at Spruce Circle We now have some open spots ...come grab a seat ASAP! **Call 609-252-2362 to try it out!**

Mondays at 11:30 a.m. and Fridays at 12 noon.

Try out a new class in September before the new quarter begins on October 1!

EXPRESS YOURSELF THROUGH ART

Our instructors are all professional artists and excellent teachers. Our students report that having a regular weekly class is both motivating and enjoyable. All levels welcome.

Come paint with **Christina Rang** on **Wednesdays, 1:30 - 3:30 p.m.** and **Hannah Fink** on **Thursdays, 1:00 - 3:00 p.m.**

Or draw with **Alex Koltchev** on **Mondays, 10:30 a.m. - 12:30 p.m.** (moving to 9:30 in October.)



EARLYBIRD AEROBICS

Fit a workout into your busy schedule

Monday through Friday 8:00 to 8:45 a.m.

All levels welcome. Start with cardio and strength training and end with stretching. Good music, good fun, good friends. Just think—all that and you're done by 9!

YOGA FLOW

"Once you try it you'll want more" say all our yoga students. Lyn Sirota is a certified 200-hour Yoga Alliance Instructor through Integral Yoga. Gentle yoga with a focus on range of movement and therapeutic practice. Good for balance, flexibility and mindfulness for both newcomers and experienced. **Thursdays at 10:00 a.m.**



GOODBYE!

PSRC says farewell to Donna Cosgrove, who has been a valuable member of the Development team for 2 years. We wish Donna all the best in her new position at The Solebury School.

SUPPORT AND GUIDANCE

CONVERSATION GROUPS

Do you ever read a good article and want to talk to someone about it? Wish you had more opportunities for interesting conversation? Want to meet new people? PSRC provides several opportunities for you to connect with others. Check out these free groups:

LET'S TALK Facilitated by Dave Roussel every Wednesday at 2:45 p.m. at Spruce Circle. Conversations range from sharing life experiences to current events to many other topics brought in by participants.

LET'S TALK IN ENGLISH Facilitated by Sharon Hurley on Mondays at Spruce Circle at 1:00 p.m. and by Ruth Randall and Sue Tillet on Fridays at Redding Circle at 9:30 a.m. These groups provide opportunities to practice English and learn about American culture for people whose primary language is not English.

KNIT WITS Facilitated by Sharon Hurley on Tuesdays at 1:00 p.m. at Spruce Circle. Come participate in free-flowing conversation while working on your knitting, crocheting or other hand-work.

NEEDED!

DONATIONS OF KNITTING AND HAND CRAFTED ITEMS FOR NOVEMBER SALE

Our Knit Wits group has been busy making beautiful items to donate to PSRC. The fundraiser will be held during the Annual Fall Conference on Family Caregiving, Saturday, November 12. We welcome your donations of sweaters, afghans, hats and more. For additional info Contact Sharon Hurley, at shurley@princeton senior.org or by calling 609.252.2362.



MY SOCIAL SECURITY

Did you know you can access your personal Social Security information online?

Open a MySocialSecurity account at <https://www.ssa.gov/myaccount/> so you can find out your benefit amount, order a new card, update personal information and more.

AARP FRAUD WATCH NETWORK

Learn how to protect yourself from identity theft and fraud. Aarp.org/fraudwatchnetwork

To talk to a volunteer trained in how to spot and report fraud, call the Fraud Fighter Call Center at 877.908.3360.

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609.924.4141
Arts Council of Princeton: 609.924.8777
Central Jersey Legal Services: 609.695.6249
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 Nutrition Program: 609.921.1104
Mercer County Office on Aging: 609.989.6661
or 877.222.3737
NJ Consumer Affairs: 973.504.6200
NJ Division of Aging Services: 800.792.8820 x352
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
S.H.I.P (Medicare): 609.393.1626
Sustainable Princeton: 609.454.4757

Questions? Call PSRC: 609.924.7108

GROUPS

BEREAVEMENT

Monday, September 19 at 1:00 p.m.

(Usually third Monday of each month.)

Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, September 12 at 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, September 14 at 4:30 p.m.

(Second Wednesday of the month.)

Suzanne Patterson Building

GRANDPARENTING

Tuesday, September 20 at 1:00 p.m.

(Third Tuesday of each month.)

Suzanne Patterson Building

KNIT WITS

Tuesdays at 1:00 p.m.

Drop-in for knitting and conversation.

Spruce Circle

LET'S TALK

Wednesdays at 2:45 p.m.

Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m. and

Fridays at Redding Circle at 9:30 a.m.

Please call 609.252.2362 to register for

Let's Talk groups.

MEN IN RETIREMENT

Friday, September 9 at 2:00 p.m.

(Usually first Friday of each month.)

Monument Hall Main Room

TRANSITION TO RETIREMENT

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

(Third Friday of each month.)

Suzanne Patterson Building

WOMEN IN RETIREMENT

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

(Third Friday of each month.)

Suzanne Patterson Building

There are no fees associated with any of these groups.

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.

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.

SHREDFEST

For Princeton residents:

Date TBA

10:00 a.m. to 2:00 p.m.

Proof of residency required.

Call Access Princeton at 609. 924.4141.

THREE FABULOUS RAFFLES!

Be a Winner! Support 

\$100 per ticket; only 100 of each are for sale!



2 WEEKS IN FLORIDA

AT HERITAGE PALMS COUNTRY CLUB

Ft. Myers, Florida, 2 BR, 2 BA Condo ~ Sleeps 6.

Lighted tennis court, 36 hole championship golf courses, pool house, and indoor gym. Fully-equipped kitchen; bedding and towels supplied.

Includes 2 tickets to the Edison & Ford Summer Estates, in Ft. Myers and a Dining Gift Card for the Island Cow Restaurant on nearby Sanibel Island (*Airfare not included. Not available January-March 2017.*)

Details to be worked out with owner.)



\$1200 IN GIFT CARDS

Accepted at more than twenty stellar restaurants for your dining pleasure in the greater Princeton area, including **Acacia, Agricola, The Dinky, Hamilton's Grill Room, Jammin' Crepes, Metro North, Mistral, The Pind, The Alchemist & Barrister, Fedora Cafe, The Cranbury Inn** and many others!



FOUR ROUNDS OF GOLF

Three threesomes and a foursome – all in New Jersey! (*Some date & time restrictions apply.*)

- ♦ Threesome at **The Ridge at Back Brook, Ringoes**
- ♦ Threesome at **Springdale Country Club, Princeton**
- ♦ Threesome at **Cherry Valley Country Club, Skillman**
- ♦ Foursome at **Royce Brook Golf Club, Hillsborough**

For raffle ticket purchase and more information, please call PSRC at 609.924.7108.

Thank you ~ and good luck!

Can't use the whole package? Split the ticket price with a friend—both of you could win!

This month's highlighted Annual Sponsor is



Gracious Living in the Heart of Princeton

As a privately-owned facility, Acorn Glen has the flexibility to respond quickly and compassionately to residents' needs.

Visit our website www.acornglen.com

PSRC is so proud *Acorn Glen* is our Annual Sponsor!

SEPTEMBER

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
LOCATIONS CH - Corner House MH - Monument Hall SPB - Suzanne Patterson Building RC - Redding Circle SC - Spruce Circle	EARLYBIRD 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.		9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB
LABOR DAY CLOSED	5 10:30 Drumming - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Super Lab - SPB 1:00 Knit Wits - SC	6 9:15 Aerobics - SPB 1:00 Prime Time Book Group - SPB 2:45 Memoir Writing - SPB 2:45 Let's Talk - SC	7 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Lunch and Learn - SPB 2:00 Intermediate Bridge - SPB 2:00 Men in Retirement - MH Main
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Caregivers Group - CH 19 2:00 Word Play - SPB 3:00 Transitions Book Group - SPB	12 10:30 TED Talk - SPB 12:00 Scrabble - SPB 12:00 McCarter Talk - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	13 9:15 Aerobics – SPB 1:00 Prime Time Book Group - SPB 2:45 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB	14 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	15 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:30 Women in Retirement - SPB 12:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 2:00 Intermediate Bridge - SPB 3:00 Transition to Retirement - SPB
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB	19 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparent Group - SPB	20 9:15 Aerobics 10:30 GrandPals Orientation - SPB 1:00 Prime Time Book Group - SPB 2:45 Memoir Writing - SPB 2:45 Let's Talk - SC	21 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	22 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Lunch and Learn - SPB 2:00 Intermediate Bridge - SPB
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 TED Talk - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	26 12:00 Scrabble - SPB 1:00 Computer Lab - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Knit Wits - SC	27 9:15 Aerobics 1:00 Prime Time Book Group - SPB 1:30 Painting with Christina - SPB 2:45 Memoir Writing - SPB 2:45 Let's Talk - SC	28 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More about iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	29 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 2:00 Intermediate Bridge - SPB 7:30 Capitol Steps - Richardson Aud.
30	30	30	30	30



**Three Fabulous Raffles
to benefit PSRC.
See page 10 for details!**

PSRC will be CLOSED for LABOR DAY on MONDAY, SEPTEMBER 5

Grateful thanks to our Annual Sponsors:

*Acorn Glen Assisted Living Inc. • Bear Creek Assisted Living
Buckingham Place Adult Day Center and Home Care • Homewatch CareGivers • LIFE St. Francis
Merwick Care and Rehabilitation Center • Oasis Senior Advisors • Progression Physical Therapy of Princeton*



Your Go-To Resource for Aging Well
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@princeton senior.org
princeton senior.org

BOARD OF TRUSTEES

Bradley Bartolino	Norman R. Klath
Donald Benjamin	Robert Levitt
Richard Bianchetti	Anna Lustenberg
Liz Charbonneau	Joseph Maida
Rebecca Esmi	Reid Murray
Joan Girgus	Dave Saltzman
Jane Gore	Albert Stark
Kate Hall	Margaret Van Dagens
Audrey Hallowell	Fiona Van Dyck
Elaine Jacoby	Kevin Wilkes
Michael Kenny	



**GRANDPALS
ORIENTATION**

**Wednesday, September 21
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. Come one, come all! And bring your friends!

RSVP online at princeton senior.org or call 609.924-7108; refreshments will be served.