





EVEN THE SMALLEST ACT OF KINDNESS CAN BRING ABOUT GREAT CHANGE!

At PSRC, volunteers are essential to everything we do every day. National Volunteer Week, April 15–21, 2018, is a time to celebrate the impact of volunteer service on our communities.

PSRC volunteers are: Front Desk Associates • Book Discussion Facilitators • Technology Lab Assistants Evergreen Forum Instructors • GrandPals Event Production Assistants • HomeFriends KnitWits • Retirement Group Leaders Social & Support Group Facilitators Board and Advisory Volunteers Wreath Makers • and so much more!

PSRC has over 375 volunteers helping us do what we do best — serve aging adults! Whether working at our front desk assisting with phone calls and answering questions, or serving to support and advise on our board of trustees, you make a difference in our lives.

We honor you and thank you for all that you do!

DANCE MAY 5TH. 2018

JOIN US!

ROARING 20's

SAVE THE DATE —
SATURDAY, MAY 5, 2018
6:30–9:30 p.m.
Suzanne Patterson Building

Roaring 20's Dinner Dance Party will be a night of live music with The Straight Ahead Big Band, great food and wine, fun, and laughter.

Single ticket \$40 includes dinner — or sign up for a table of four \$140 (a 12% discount). Put on your best 20's bling, your flapper garb, and dance the night away, or just listen to really great music in PSRC's decked-to-the-max event space. Prizes will be given! Tickets are available online: https:// princetonsenior.wufoo.com/forms/roaring-20sdinner-dance/

MIGRATI

A Princeton Community Collaboration

MIGRATIONS IN ART — EXHIBITION & RECEPTION PSRC Art Students Wednesday, April 4, 2018 4:00–5:30 p.m. Art exhibition runs through the month of April



SUZANNE PATTERSON BUILDING

45 Stockton Street Princeton, NJ 08540 (behind Monument Hall) Phone: 609.924.7108 Monday - Friday 9:00 a.m. to 5:00 p.m.

SPRUCE CIRCLE OFFICE

179 Spruce Circle (off N. Harrison St.) Princeton, NJ 08540 Phone: 609.252.2362 Monday - Friday 10:00 a.m. to 4:30 p.m.

info@princetonsenior.org princetonsenior.org

A non-profit organization serving our community

BOARD OF TRUSTEES

Bradley Bartolino Donald Benjamin **Richard Bianchetti** Liz Charbonneau Patricia Gallivan Joan Girgus Jane Gore Kate Hall Elaine Jacoby Carolynn Johnson Michael Kenny Norman Klath Bob Levitt Josh Lichtblau Anna Lustenberg Joseph Maida Reid Murray Dave Saltzman Harpreet Sidhu Fiona Van Dyck Kevin Wilkes



FROM THE EXECUTIVE DIRECTOR

PET OWNERSHIP

This month I have been living alone as my husband is doing relief work in Puerto Rico. One thing that I have enjoyed is getting a rescue kitty. It has been great to see her silhouette in the window when I get home at night, and to be greeted at the door, as well as to have company through meals, the evening and nights. But the responsibility also means I need to get home as quickly as I can and that everything else must be put on hold until I tend to her needs. It's made me think about the pros and cons of pet care.

Research shows that caring for an animal can provide tremendous benefits for aging adults, improving not only quality of life, but health and well-being. "Just 15 minutes bonding with an animal sets off a chemical chain reaction in the brain, lowering levels of the fight-or-flight hormone, cortisol, and increasing the feelgood hormone, serotonin. The result: heart rate, blood pressure and stress levels immediately drop. Over the long term, pet and human interactions can lower cholesterol levels, fight depression and may even help protect against heart disease and stroke (Byrne 2015, aplaceformom.com)."

- Pets can encourage physical fitness, such as walking a dog or playing with a cat. This is great for weight-control.
- Pets are good for the heart. Studies show that pet interaction reduces the risk of a heart attack and hastens recovery.
- Pets stimulate social interaction, they get you out with other people. Few people can walk past a dog in the park without stopping to talk or make a doggie play date. Plus, there are all the people who help you provide care to your pet.
- Pets are great companions. They reduce loneliness, isolation and depression. Pets can also calm emotions like anxiety. Pets create a presence in your home and are very interactive. They give love unconditionally and don't fret when a person isn't verbally interactive. Pets can fill some of the emptiness left by loss and the need for touch with love and affection.
- Pets help create structure there need to be regular exercise and meal times during the day.



• Caring for a pet gives a sense of purpose — a reason for being. Some memory-care and other senior care communities have pets for comfort and purpose. Older adults also make great pet foster parents.

• Having a pet can also help a person feel safer in their home.

Other experts question these results, noting increased fall risk, increase of stress caring for a pet and the impact of loss.

It is important to consider the decision to get a pet carefully. Pets live for 10–18 years. Where will you be in a decade? Two? Will you still be able to provide good care for your pet? Do you have a back-up plan of who would take the pet if you couldn't care for it—either short or long-term? Will you need help taking the pet to the groomer or vet? Can you afford the care? Will you be home or travelling often?

Be realistic about your abilities and get the right pet for you (not the bouncy strong puppy if you are unstable on your feet). Make sure you also train your pet not to be a hazard, weaving around your ankles or sleeping in the dark beside your bed, or out of your control (there goes a squirrel!).

Having a pet is not the right decision for everyone. If you are a pet person, considering these questions can make the experience more successful for all involved.

Susan W. Hoskins, LCSW



PSRC STAFF

Susan W. Hoskins, LCSW Executive Director

Fran Angelone Crosstown Coordinator and Office Manager, Spruce Circle

> Olivian Boon GrandPals Coordinator

Donna Cosgrove Director of Programs

> Cathy Gara Bookkeeper

Cheryl Gomes Development Associate

Sharon Hurley, CVA Director of Support & Guidance

Wendy Lodge GrandPals Associate Coordinator

Sallie Meade GrandPals Associate Coordinator

Abigail Meletti Evergreen Forum Coordinator

> Breana Newton Program Associate & Rental Coordinator

Ken Peabody Data Coordinator

Barbara Prince Director of Development

Dave Roussell, MSW HomeFriends and Care Coordinator

Beth Weiskopf Program and Office Assistant

Kathleen Whalen Communications Coordinator

APRIL PROGRAMS

Please register for all programs, classes, and events at princetonsenior.org.



FIRST FRIDAY FILM — "THE INTOUCHABLES" Friday, April 6 at 1 p.m.

An irreverent, uplifting comedy about friendship, trust, and human possibility. "The Intouchables" is based on a true story of friendship between a handicapped millionaire and his street smart ex-con caretaker. This film depicts an unlikely camaraderie rooted in honesty and humor. French with English subtitles.

Starring: Francois Cluzet, Omar Sy, Anne Le Ny, Audrey Fleurot

Running time: 1 hours, 52 minutes

FYI SEMINAR — "TREATING GERD (ACID REFLUX) & BARRETT'S ESOPHAGUS" Friday, April 13 at 1 p.m.

Dr. Jason Rogart, director of Interventional Gastroenterology and Therapeutic Endoscopy at Capital Health Center for Digestive Health, will discuss medical, endoscopic, and surgical treatment options for GERD, as well as radiofrequency ablation for the eradication of Barrett's Esophagus, a pre-cancerous condition that can result from chronic acid reflux.

Sponsor: Tranquil Transitions

FYI SEMINAR — "PAIN EDUCATION" Friday, April 20 at 1 p.m.

Matthew James, Doctor of Physical Therapy, will present a detailed explanation of pain (neuroscience of pain), common myths regarding the human pain experience, and techniques used to manage acute/chronic pain. Various interventions that will be covered include stress management techniques, pain education, aerobic exercise, sleep hygiene, and goal setting. Sponsor: Synergy Home Care



FYI SEMINAR — "LIFE LONGEVITY & VOLUNTEERISM" Friday, April 27 at 1 p.m.

Everyone knows volunteering helps the community and the recipients, but did you know that it helps the volunteer as well? According to the MacArthur Study on Successful Aging, active engagement in life is key to increasing longevity and quality of

life. We will discuss the study's results, and how it applies to you. Mauri Tyler was the Program Director at PSRC for 12 years and is currently the Director of Volunteer Recruitment for CASA. She is a recreation therapist who has worked with volunteers her entire career.

Sponsor: Van Dyck Law



TED TALKS

Every Tuesday at 10:30 a.m.

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's

topics:

April 3 — Melissa Fleming: Let's Help Refugees Thrive, Not Just Survive

April 10 — Dixon Chibanda: Why I train grandmothers to treat depression April 17 — Tanya Menon: The secret to great opportunities? The person you haven't met yet. April 24 — Matt Goldman: The search for "aha" moments

RETIREMENT PROGRAMS

MEN IN RETIREMENT — "INFINITY?" Friday, April 6 at 2:00 p.m.

Bruce Wallman, an MIR member, will discuss our universe. He will share known facts, as well as some of the preeminent theories on the topic. All are welcome.

WOMEN IN RETIREMENT — "TRAVEL TALKS" Friday, April 20 at 10:30 a.m.

The April meeting will feature the next installment in our series of travel talks. WIR members will share their adventures as we enjoy vicarious travel across the globe. All are welcome.

TRANSITION TO RETIREMENT Friday, April 20 at 3:00 p.m.

This group addresses many different kinds of issues that can arise during the transition to retirement. All are welcome.

MORE PROGRAMS

FREE TAX ASSISTANCE FOR SENIORS Fridays, beginning February 2nd to April 13th 8:30 – 1:00 p.m.

PSRC and AARP sponsor free tax assistance for low and moderate-income people, with special attention to those age 60+ in the wider Princeton area. IRS-trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns. Please call 609.924.7108 to make an appointment.



BOOK DISCUSSION: "PACHINKO" BY MIN LEE PART OF THE PRINCETON COMMUNITY MIGRATIONS COLLABORATION *Thursday, April 12 at 10:30 a.m.*

Pachinko follows one Korean family through the generations, beginning in early 1900s Korea. In exile from its homeland the family endures desperate struggles and hard-won triumphs as they face enduring questions of faith, family, and identity.

Leader: Helen Burton

HEALTHCARE DECISION DAY Monday, April 16 at 1:00 p.m.

Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare, and for providers and facilities to understand how to respect those wishes, whatever they may be. No fee. *Leader: Susan Hoskins, LCSW and David Roussell, MSW*

FAMILY & FRIENDS CPR PROGRAM Thursday, April 19 from 11:00 to 11:45 a.m.

The Family & Friends CPR program teaches you how to perform CPR on adults or children, and how to help an adult or child who is choking. This course is designed for family members, friends and members of the general community who want to learn CPR but do not need a course completion card. Limited space.

Register at princetonsenior.org. *Penn Medicine/Princeton Health*

RETIREMENT LECTURE SERIES 2017–18 "RETIREMENT AND VOLUNTEERING"

April 23, 7:00 – 8:30 p.m.

Princeton Public Library – *in their Newsroom* PSRC and the Princeton Public Library are cosponsoring a series of informational lectures on a wide array of retirement issues.

Join Sharon Hurley, CVA, Director of Support and Guidance at the Princeton Senior Resource Center (PSRC) in an interactive workshop to match skills and interests with volunteer opportunities. As people enter retirement, many are looking for rewarding volunteer opportunities. Find out which local non-profit organizations are looking for someone like you!

Sharon Hurley is the Director of Support and Guidance and the Volunteer Coordinator at PSRC.

LOOKING AHEAD



FIRST FRIDAY FILM "THE SHAPE OF WATER" Friday, May 4 at 1:00 p.m.

At a top-secret research facility in the 1960s, a lonely janitor forms a unique relationship with an amphibious creature that is being held in captivity. Academy Award winner for Best Picture of 2016.



FYI SEMINAR

Friday, May 11 at 1 p.m. Liz Charbonneau from HomeWatch Caregivers *Sponsor: HomeWatch Caregivers*



FYI SEMINAR — "MAKING YOUR HOME AGE FRIENDLY"

Friday, May 18 at 1 p.m. Jim Baxter of Baxter Construction *Sponsor: Merwick Care and Rehabilitation*



FYI SEMINAR — "FELDENKRAIS" Friday, May 25 at 1 p.m. Sponsor: Merwick Care and Rehabilitation

APRIL PROGRAMS

APRIL BEGINS THE SECOND QUARTER OF PSRC CLASSES—REMEMBER TO SIGN UP NOW! Register now online at princetonsenior.org. Financial assistance is available if needed.



SUZANNE PATTERSON BUILDING AEROBICS

Monday, Wednesday, Friday, 9:15–10:15 a.m. \$64/residents; \$128/non-residents; 13-week session

Register through Princeton Recreation Department: 609.921.9480.

EARLY BIRD AEROBICS

Every weekday morning, 8:00–8:45 a.m. \$60/month or \$10/session to drop in

CHAIR YOGA

Tuesdays, 9:30–10:30 a.m. \$72/residents; \$96/non-residents; per quarter

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30 p.m. Drop-in; free.

YOGA

Thursdays, 10:00–11:00 a.m. \$72/residents; \$96/non-residents; per quarter

SPRUCE CIRCLE

CHAIR EXERCISE Mondays, 11:30 a.m.–12:30 p.m. Fridays, 12:00–1:00 p.m. \$48 per quarter



GAMES

SOCIAL BRIDGE

Tuesdays, 1:00–4:00 p.m. Free. MAH JONGG Tuesdays, 1:00–4:00 p.m. Free. BYO set. SCRABBLE & OTHER GAMES:

Tuesdays, 12:00 noon. Free.

Let us know if there's a game you'd like to play! DUPLICATE BRIDGE

Thursdays, 12:30 p.m.

Please contact Bill Miller: 908.872.7927 or email him at billsbridge@gmail.com for information.



ENRICHMENT

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m. \$26/residents; \$35/non-residents; per month* WORD PLAY (POETRY) WITH RICE LYONS Mondays at 2:00 p.m. \$5/per quarter MULTIMEDIA ART WITH HANNAH FINK Mondays at 1:00 p.m. \$26/residents; \$35/non-residents; per month* WRITING YOUR LIFE WITH BETTY LIES Mondavs at 10:30 a.m. \$36/residents; \$48/non-residents SHARING YOUR MIGRATION STORY Tuesdavs at 10:00 a.m. Starts March 27th. \$5/residents; \$10 non-residents; 4 weeks PAINTING WITH CHRISTINA RANG Wednesdays at 1:30 p.m. Painting with watercolor and acrylics. \$26/residents; \$35/non-residents; per month* COSMOLOGY Thursdays at 9:45 a.m. \$5/per quarter. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

* Note that art classes have changed to monthly registration.

TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for 1-1 assistance with

our experienced and patient volunteers; bring your laptop, phone or tablet, or use our desktops.

- Tuesday 1:00-4:00 p.m.
- Wednesday 1:30-4:00 p.m.
- Friday 10:00 a.m.-12:00 noon

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

More Better Passwords

Passwords continue to vex us. Forgetting your password locks you out of your email, Facebook page, or online bank account, and recovering your password can be a daunting task if you haven't set up a recovery option. (Read on). On the other hand, you should never write down your passwords in a notebook.

Unfortunately, most online accounts require passwords with upper- and lower-case letters, numbers, and symbols, and folks have trouble coming up with memorable combinations that fit these requirements. I used to suggest passwords that use these combinations to create MOOse memorable words or phrases. For example, "Eye8aG00se!" ("I ate a goose") is 11 characters and (maybe) easy to remember, unless you don't recall whether the animal is a G00se or a M00se. A sophisticated computer program could figure this one out in a couple of days, which GOOse is pretty secure.





But how many of these clever combinations can we invent? It's not easy. There's a better way.

I recently subscribed to a password manager¹, which suggests passwords comprising strings of real, but normally unrelated, words separated by hyphens. Example: monkey-hotdog-vine.

The point is that this is a long password and not

hard to remember if you can picture a monkey with a hotdog swinging from a vine.

You can add an upper-case letter and number if needed: Monkeyhotdog-vine8 Now you have an 19-character password of real words that should fit most website Monkey-hotdog-vine8 requirements. And it's secure



because there are a bazillion ways to assemble combinations of real words. Other possibilities: "ball-tango-relish" or "mailpost-doctor-teal." You can use words that relate only to you: "husbanddon-incompetent" is one my wife uses, though some would argue this is a common phrase. You don't want to use "dogs-shed-profusely" because it's a sensible word combination that could be guessed. The article "How to Create a Strong Password (And Remember It)"² provides more information.

Password Recovery

Many websites (and most email sites) allow you to reset your password IF you've provided secondary contact information ahead of time. For example, if you add your smart phone number or another email address³ to your Gmail account, resetting your password initiates a text or email message from Gmail with a code that you enter on line to prove you're you. But you have to set up these options now. Then you can provide a new password, such as Pickle-bosco-charm9.

If you need help with your passwords, or anything related to "tech," simply stop by PSRC's Technology Lab on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4, or Friday from 10:00 a.m. to 12:00 noon.

1 I use 1Password, but there are several other good services. Some are free.

princetonsenior.org

² Hoffman, Chris. "How to Create a Strong Password (and Remember It)" May 29, 2015. www.howtogeek.com 3 A good reason to set up a second email account, even if you seldom use it.

A QUICK GUIDE TO AREA RESOURCES

Access Princeton 609.924.4141 Affordable Housing 609.688.2053 Arm-in-Arm 609.921.2135 **Central Jersey Legal Services** 609.695.6249 **Community Without Walls** 609.921.2050 **Cornerstone Community Kitchen** 609.924.2613 **Funeral Consumers Alliance** 609.924.3320 Meals on Wheels 609.695.3483 **Mercer County Nutrition Program** 609.989.6650 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 (Pharmaceutical Aid) 800.792.9745 Princeton Community Housing 609.924.3822 **Princeton Housing Authority** 609.924.3448 **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 Services of NJ 609.921.8888 Senior Citizen Club 609.921.0973 Social Security 800.772.1213 S.H.I.P (Medicare) 609.393.1626 T.R.A.D.E. 609.530.1971

SUPPORT & GUIDANCE

NEW MEDICARE CARDS

New Medicare cards will be mailed out starting in April. The new card replaces your social security number with a new random number. You do not need to do anything to get a new card, and do not need to pay for it.

There are already scams circulating asking for personal information such as social security or credit card information to help you get the card. No legitimate company will call you about your Medicare card. If you are uncertain, call Medicare customer service (1-800-633-4227).

When you get the new card, dispose of your old one carefully — shred or burn it.



TRAVEL SAFETY

Do you use the hotel wifi when you travel? If you do, make sure you are accessing the true wifi and not a parallel one set up by a hacker. For example, "Hyatt 2" or "Hyatt Pool" may not be legitimate even when you are at the Hyatt. When you log on, the hacker can track your key strokes and discover your passwords and account numbers. Safe practices include using your mobile carrier wifi when going to personal sites, turning off auto-login functions, and logging out when you are done.



PHILADELPHIA MURAL ARTS BUS TOUR



"MASTERPIECES WEST" — STEP-ON MURAL ARTS BUS TOUR IN PHILADELPHIA *Tuesday, May 8 from 9:00 a.m.-4:00 p.m. Be at the bus by 8:45 a.m. Depart/Return: Community Park North parking lot on Mountain Ave* & *Route 206* Fee: \$56 (non-refundable)

Includes round-trip motor coach transportation, tour, and family-style lunch at Maggiano's Restaurant. Note: The group stays on the bus for the guided tour, then are dropped off in front of the restaurant for lunch. Registration: http://register.communitypass.net/princeton Questions: Call the Princeton Recreation Department at: 609-921-9480 *Sponsored by the Princeton Recreation Department*

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and rehab (prescription for rehab therapy is required).

DAYTIME FREE-B BUS

A 70-minute loop around town, Monday–Saturday. (No service to PSRC on Saturdays.) **New schedules** and map are available at PSRC, municipal buildings, and on the bus.

GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: gogograndparent.com. *For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)*

RIDE PROVIDE

Membership door-to-door service in Mercer County. Call 609-452-5144 for more information.



BEREAVEMENT

Monday, April 16th at 1:00 p.m. (Usually Third Monday of each month) Call Sherri Goldstein 609.819.1226 to attend. Corner House 19

CAREGIVERS

Monday, April 9th at 1:00 p.m. (Second Monday of each month.) Corner House 19

CHILDREN OF AGING PARENTS

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

CRAFTY PEOPLE

Fridays, 10:00 a.m.–12:00 noon Call 609.937.8496 to attend. *Elm Court*

GRANDPARENTING

Tuesday, April 17th at 1:00 p.m. (Third Tuesday of the month.) Suzanne Patterson Building

KNIT WITS

Tuesdays at 1:00 p.m. Drop-in for knitting and conversation. Spruce Circle

LET'S TALK Wednesdays at 2:45 p.m. at Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m. Fridays at Redding Circle at 9:30 a.m. Please call 609.252.2362 to register for Let's Talk groups.

MEN IN RETIREMENT

Friday, April 6th at 2:00 p.m. (First Friday of each month) Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, April 10th and 24th — 10:30 a.m. (Second and fourth Tuesdays of the month.) Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, April 20th at 3:00 p.m. (Third Friday of the month)

WOMEN IN RETIREMENT

Friday, April 20th at 10:30 a.m. (Third Friday of each month.) Suzanne Patterson Building There are no fees for any of these groups.



Thank you to all who have participated in our GrandPals Challenge! Although we did not reach our goal, every gift made a significant difference.



HIGHLIGHTED SPONSORS OF THE MONTH



Our experienced staff, our scope of services, and our attentive care surpasses industry standards, creating a comfortable and secure community that fosters peace of mind.

775 Mt. Lucas Rd· Princeton, NJ 08540 609.430.4003 / www.acornglen.com



707 State Road, Ste. 102 Princeton, NJ 08540 609.584.1044 / www.vandyckfirm.com

ARE YOU UP FOR A CHALLENGE? SPARE TIME ON YOUR HANDS?

Join the PSRC Event Planning Committee

- meet some new people
 - share your ideas
 - spread the word
 - support PSRC

Interested, contact Barbara Prince at 609-924-7108



Did you know you could support PSRC all year long by bringing us your McCaffrey's Receipts? They can be up to 3 months old. PSRC receives a percentage of the total turned in.



APRIL 2018

Tuesday	Wednesday	Thursday	Friday
3	4	5	6
- SPB	SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	8:30 AARP Tax Assistance - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 2:00 Men in Retirement - MH Main
10	11	12	13
- SPB	SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Book Discussion - SPP 12:30 Duplicate Bridge - SPB	8:30 AARP Tax Assistance - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB
17	18	19	20
- SPB	SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 11:00 CPR Workshop - SPB 12:30 Duplicate Bridge - SPB	8:30 AARP Tax Assistance - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB 3:00 Transition to Retirement- SPB
24	25	26	27
9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Next Chapter Widow/ ers - SPB 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	8:30 AARP Tax Assistance - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 1:00 FYI Seminar - SPB
Early Bird Aerobics Monday through Friday	Table Tennis Monday, Wednesday,	Locations: CH - Corner House EC - Elm Court	Locations: RC - Redding Circle SC - Spruce Circle
	3 9:30 Chair Yoga - SPB 10:00 Sharing Migration Stories - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC 10 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Next Chapter Widow/ ers - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Chair Yoga - SPB 1:00 Every Body Walk! - Various 1:00 Sharing Migration Stories - SPB 1:00 Every Body Walk! - Various 1:00 Sharing Migration Stories - SPB 1:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 1:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 1:00 Every Body Walk! - Various 1:00 Every Body Walk! - Various 1:00 Bridge/Mah Jongg - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Every Body Walk! - Various 1:00 Eve	349:30 Chair Yoga - SPB 10:00 Sharing Migration Stories - SPB 10:00 Every Body Walk! - Various 10:00 Technology Lab - SPB 1:00 Endige/Mah Jongg - SPB 1:00 Knit Wits - SC9:15 Aerobics - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC 4:00 Migrations in Art Reception - SPB10119:30 Chair Yoga - SPB 1:00 Knit Wits - SC9:15 Aerobics - SPB 1:30 Technology Lab - SPB 1:30 Painting with Christina - SPB10:00 Every Body Walk! - Various 1:0:00 Sharing Migration Stories - SPB 1:0:00 Strate Talks - SPB 1:0:00 Strate Talks - SPB 1:00 Strate Migration Stories - SPB 1:00 Every Body Walk! - Various 1:00 Technology Lab - SPB 1:00 Every Body Walk! - Various 1:00 Every Body Walk! - Various 1:00 Technology Lab - SPB 1:00 Every Body Walk! - Various 1:00 Technology Lab - SPB 1:00 Every Body Walk! - Various 1:00 Technology Lab - SPB 1:00 Every Body Walk! - Various 1:00 Technology Lab - SPB 1:00 Every Body Walk! - Various 1:00 Every Body Walk! - Various 1:00 Every Body Walk! - Various 1:00 Every Body Walk! - SPB 1:00 Every Body Walk! - SPB 1:00 Every Bo	3 4 5 9:30 Chair Yoga - SPB 9:15 Aerobics - SPB 1:30 Painting with Christina- SPB 5 1:00 Staring Migration Stories 1:30 Painting with Christina- SPB 5 1:00 Bridge/Mah Jong - SPB 1:30 Painting with Christina- SPB 5 1:00 Erichnology Lab - SPB 2:45 Let's Talk - SC 1:00 Voga - SPB 1:00 Erichnology Lab - SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:00 Chair Yoga - SPB 9:15 Aerobics - SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:00 Technology Lab - SPB 9:15 Aerobics - SPB 1:00 Every Body Walk! - Various 1:30 Painting with Christina- SPB 1:00 Technology Lab - SPB 9:15 Aerobics - SPB 1:00 Painting with Christina- SPB 1:00 Technology Lab - SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:00 Technology Lab - SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:00 Technology Lab - SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:00 Technology Lab - SPB 1:30 Painting with Christina- SPB 1:30 Painting with Christina- SPB 1:00 Knit Wits - SC 25 245 Let's Talk - SC 1:00 Erichnology Lab - SPB 1:30 Painting with Christina- SPB 1:00

SC - Spruce Circle SPB - Suzanne Patterson Building Various — Call Progression PT for locations: 609-454-3536

2:00 Word Play - SPB

1:00 Let's Talk in English - SC

12:30 to 4:30 p.m.

MH - Monument Hall

PPL - Princeton Public Library



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MIGRATI

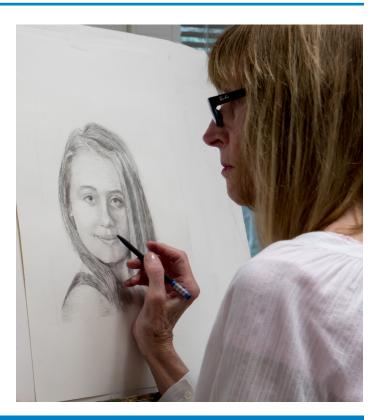
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