

## HUGH WILSON'S

### "Painted Portraits: 2006 – 2014"

Exhibition and Presentation by the Artist

WEDNESDAY, MAY 9th, 12:00 p.m.

No fee

PSRC is pleased to present an artist presentation and art exhibition, in collaboration with the Princeton community theme of migrations. Hugh Wilson will discuss his works, "Painted Portraits: 2006 to 2014", which is a survey of his time spent in marginalized communities making life portraits. Hugh has lived with Hispanic farm workers in Salinas, CA, in a remote village of Nigerian migrants, and with Haitian cane-cutters in the bateyes of the Dominican Republic. The show will also include images from Hugh's own migration through America, the Dominican Republic, Algeria and the islands of Vanuatu.



*Hugh Wilson painting the morning scene in Gagawa, Niger, 2006.*

Hugh is a painter living in Princeton, NJ. He spent his 20's on Wall Street before earning his MFA in painting from the New York Academy of Art in 2004. He is currently working on a book of his travels.

Hugh's paintings can be seen at  
[www.hugh-wilson.com](http://www.hugh-wilson.com)



## MIGRATIONS

A Princeton Community Collaboration

HUGH WILSON'S

"Painted Portraits: 2006 – 2014"

Hugh's art will be on display at PSRC from  
May 9th to May 31st.

**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**

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Donald Benjamin  
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FROM THE EXECUTIVE DIRECTOR

## KNOW YOUR HEALTHCARE PROVIDER

Once upon a time, a doctor with a black bag came to see you at home when you were ill. Things are quite different now. Many medical offices and hospitals have a wide range of professionals who care for you. Consumer Reports (March 2018) created a great summary of these roles.

**Medical Doctor (M.D.)** is a doctor who has attended 4 years of medical school, followed by an internship and residency. Board certification in a specialty requires additional training.

**Doctor of Osteopathic Medicine (D.O.)** attended a school of osteopathy for the same number of years of training, including 200 hours of osteopathic manipulative medicine to treat musculoskeletal pain.

Primary care doctors are in short supply and both MD and DO's do not have much time to spend with patients. But they may be the best choice when you are faced with a complex health condition.

**Nurse Practitioner (N.P.)**  
One must first obtain an RN (undergraduate degree in nursing), and then go on for a masters or doctorate degree with advanced education, clinical

training and specialization. Nurses focus on patient-centered care, including health education and counseling, so they tend to take more time with patients. They are permitted to prescribe medications and tests.

**Physicians Assistant (P.A.)** is a three-year master's program including coursework and usually patient care experience. They can also prescribe medication and testing.

**Registered Nurse (R.N.)** usually indicates a bachelor's or associates degree in Nursing, or diploma from a nursing school. They focus on patient support and education, and are not able to prescribe.

It is very important to understand the competencies and challenges for each of these roles, especially as we make use of tele-medicine (phone or on-line consultations) and pharmacy-based clinics. As we age, we may want to look for a Board Certified **Geriatrician**, who specializes in the complex medical situations common in older adults, looking at the whole person and coordinating care between specialists. They usually support a palliative approach to end-of-life care.



Above all, it is important to trust your care provider and feel that he/she listens to your concerns and includes you in decision-making. You can help by preparing 3 key questions and a medication list before your appointment. Make sure

you understand the diagnosis, prognosis, your goals, and plan for care. Also review the summary for accuracy when you leave.

*Susan W. Hoskins, LCSW  
Executive Director*

## 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*

**Carla Servin**  
*Assistant GrandPals Coordinator*

**Beth Weiskopf**  
*Program and Office Assistant*

**Kathleen Whalen**  
*Communications Coordinator*

## THE CHRONIC CARE ACT

The CHRONIC (Creating High-Quality Results and Outcomes Necessary to Improve Chronic Care) Act of 2018 became law on February 9 as part of the Federal Budget. The law provides several Medicare benefits for people with chronic health conditions.

- Give Medicare Advantage plans more flexibility so they can now cover “non-medical” benefits like grab bars and ramps for the chronically ill
- Makes more telehealth services available for Medicare Advantage members
- Expands telehealth services for people having stroke symptoms regardless of geographic area
- Provides kidney disease patients with more access to home dialysis through telehealth
- Establishes a new program where some Accountable Care Organizations (medical groups) can pay patients (up to \$20) to come in for primary care appointments
- Provides better coordination of services for people in Special Needs Plans (Medicare Advantage with certain conditions) who also have Medicaid.

These changes reflect a breakthrough in accepting the growth of telemedicine as an asset for chronic care. Imagine doing daily blood pressure checks with your cell phone rather than needing to go to the doctor’s office, or a home health nurse checking in via Skype rather than doing more than a dozen home visits every day, saving time for the patients who have a problem.

*continued on page 9*

## MAY PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).



FIRST FRIDAY FILM —  
“THE SHAPE OF WATER”

**Friday, May 4 at 11:00 a.m. – Different Time**

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 2017. Starring: Sally Hawkins, Octavia Spencer, Richard Jenkins, Doug Jones, Michael Shannon

**Running time: 2 hours, 3 minutes**



**FYI SEMINAR** — “PRACTICAL STRATEGIES FOR FAMILY CAREGIVERS”

**Friday, May 11 at 1 p.m.**

Liz Charbonneau from Homewatch CareGivers will present an overview of strategies to be considered when providing care for a loved one. Highlights of this workshop include safety precautions, assessing care needs and supplemental outside care resources, medication management, and an overview of the differences between home healthcare and home care.

Liz Charbonneau is a Certified Senior Advisor and owner of Homewatch CareGivers in Princeton.

**Sponsor: Home Watch CareGivers**



**FYI SEMINAR** — “MAKING YOUR HOME AGE FRIENDLY”

**Friday, May 18 at 1 p.m.**

If you love where you live, chances are you don't wish to move. So stay! Linda Madani and Lisa Tobias of Lifetime Home will show you how you can make your home work beautifully no matter your age or ability.

**Sponsor: Merwick Care & Rehabilitation**



**FYI SEMINAR** — “AWARENESS THROUGH MOVEMENT: AN INTRODUCTION TO FELDENKRAIS”

**Friday, May 25 at 1 p.m.**

How would your life be if you could move more comfortably? Join master instructor, Jaclyn Boone, for an informational session on the benefits of the Feldenkrais method. She will describe how sensory motor learning works, how Feldenkrais can be

used in everyday activity, and how it can improve breathing, flexibility, coordination, and movement.

Jaclyn Boone is a highly experienced Feldenkrais Practitioner, she served on the Board of the Feldenkrais Guild of North America, and the IFF Archive of the Feldenkrais Method.

**Sponsor: Merwick Care & Rehabilitation**



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:

**May 1 — Ashton Applewhite:** Let's end ageism

**May 8 — Chuck Nice, Comedian:** A funny look at the unintended consequences of technology

**May 15 — Kailash Satyarthi:** How to make peace? Get angry

**May 22 — Azim Khamisa and Ples Felix:** What comes after tragedy? Forgiveness

**May 29 — Stefan Sagmeister:** The power of time off

## RETIREMENT PROGRAMS

MEN IN RETIREMENT — “SAILING THE SEVEN SEAS”

**Friday, May 4 at 2:00 p.m.**

Sam Russell, a MIR member, a lifelong sailor, and professional filmmaker, will present his adventures in distant places. Greece, Tahiti, and Baja California will be highlighted in videos made over the past 25 years on group trips with the Princeton Ski and Sail Club and other organizations. All are welcome.

WOMEN IN RETIREMENT — “BIZARRE AND UNUSUAL PATENTS”

**Friday, May 18 at 10:30 a.m.**

Ron Campbell, patent attorney, Manager, and member of Men in Retirement will discuss unusual patents, as well as more famous patented inventions that created disruptive and highly successful new industries. Ron's experience covered two 25-year careers with such companies as GE,

## MORE PROGRAMS

ITT, and the Dutch Philips Company. He acted as a patent attorney and finished his career at a company that specializes in OLED technology derived from patents coming from Princeton University. This technology has been used in Samsung Galaxy smartphones and now in LG's new OLED TVs.  
All are welcome.

### TRANSITION TO RETIREMENT

***Friday, May 18 at 3:00 p.m.***

This group addresses many kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator.



FILM AND PANEL DISCUSSION: "COMING OF AGE IN AGING AMERICA"

***Thursday, May 17, 7:00 p.m. – 9:00 p.m.***

***Location: Princeton Public Library's Community Room***

Join us for coffee, dessert and discussion as we screen the 2017 American Public Television/PBS documentary *Coming of Age in Aging America*. The film examines the approach of a global demographic where the majority of the population will be more than 50 years old. The far-reaching implications for America's social and economic institutions as they adapt to this transformation are also examined. The screening will be followed by a panel discussion moderated by Susan Hoskins of the Princeton Senior Resource Center.

### Panelists:

- Melissa Chalker, MSW, Deputy Director at the NJ Foundation for Aging
- Heather Howard, Lecturer in Public Affairs at Princeton University and Director, State Health and Value Strategies (New Jersey Commissioner of Health and Senior Services from 2008-2010)
- Ev Liebman, Director of Advocacy, AARP of New Jersey

The *Coming of Age in Aging America* documentary and accompanying website have been designed as tools to change the conversation about aging and how our new longevity will bring a systemic transformation of our society — today and in the future. The film's central thesis is that an aging society is not just about old people — it's about all people now and in the future. It addresses our fundamental institutions, policies and systems and how to approach re-engineering them.

***Co-sponsored by the library and Princeton Senior Resource Center.***

***In conjunction with PSRC's collaboration with the Princeton Public Library on aging, please join us at PSRC for two Ted Talks: May 1st at 10:30 a.m. — Ashton Applewhite: Let's end ageism and June 26th at 10:30 a.m. — Jane Caro: Growing Old – The Unbearable Lightness of Aging.***

### TECHNOLOGY WORKSHOP "MAC OPERATING SYSTEM BASICS"

***Wednesday, May 23 at 10:00 a.m.***

Is your computer a bit of a mystery to you? This class will give you an introduction to the basic operation of your Apple laptop or desktop computer. We'll cover what the operating system does, how to organize and back up your files, and some basic programs to browse the Web, read your email, and work with documents and spreadsheets. **Bring your laptop to class.** Registration required; space is limited.

***Instructor: Don Benjamin***

### TECHNOLOGY WORKSHOP "WINDOWS 10 BASICS"

***Wednesday, May 30 at 10:00 a.m.***

Is your computer a bit of a mystery to you? This class will give you an introduction to the basic operation of your Windows laptop or desktop computer. We'll cover what the operating system does, how to organize and back up your files, and some basic programs to browse the Web, read your email, and work with documents and spreadsheets. **Bring your laptop to class.** Registration required; space is limited.

***Instructor: Evelyn Sasmor***

## MAY PROGRAMS

Register now online at [princetonsenior.org](http://princetonsenior.org). Financial assistance is available if needed.



### EXERCISE & FITNESS



### ENRICHMENT

#### SUZANNE PATTERSON BUILDING

##### EARLY BIRD AEROBICS

Every weekday morning, 8:00–8:45 a.m.

\$60/month or \$10/session to drop in

##### 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.

##### TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30 p.m.

Drop-in; free.

##### CHAIR YOGA

Tuesdays, 9:30–10:30 a.m.

\$72/residents; \$96/non-residents; per quarter

##### 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

#### DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.

\$26/residents; \$35/non-residents; per month\*

#### WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.

\$36/residents; \$48/non-residents

#### MULTIMEDIA ART WITH HANNAH FINK

Mondays at 1:00 p.m.

\$26/residents; \$35/non-residents; per month\*

#### WORD PLAY (POETRY) WITH RICE LYONS

Mondays at 2:00 p.m. \$5/per quarter

#### SHARING YOUR MIGRATION STORY

Tuesdays 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](mailto:brucewallman@gmail.com) for more information.

\* Note that art classes have changed to monthly registration.



### GAMES



### TECHNOLOGY ASSISTANCE

#### SCRABBLE & OTHER GAMES

Tuesdays, 12:00 noon. Free.

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

#### SOCIAL BRIDGE

Tuesdays, 1:00–4:00 p.m. Free.

#### MAH JONGG

Tuesdays, 1:00–4:00 p.m. Free. BYO set.

#### DUPLICATE BRIDGE

Thursdays, 12:30 p.m.

Please contact Bill Miller: 908.872.7927 or email him at [billsbridge@gmail.com](mailto:billsbridge@gmail.com) for information.

#### 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

## Facebook Privacy

I don't post anything on social media because I can't imagine why anyone would be interested in what I had for breakfast last week (Shredded Tweet?) or the deals from my unforgettable shopping trip to Walmart last Saturday or the song I'm currently listening to (which is none because I can't listen to music while I write.) If you want to see pictures of my spectacular ski trip to the Alps, you'd first need to buy my plane tickets to the Alps (any Alp will do) and teach me how to ski. On the other hand, I do have a Facebook account because that's where my daughter posts pictures of her progeny and my son shares photos of his ski trip to the Alps.

In March, when I learned that I may have unwittingly "shared" my profile with Cambridge Analytica via "friends of my friends" (a.k.a. people I don't know), I revisited my Facebook security settings. You should do the same.

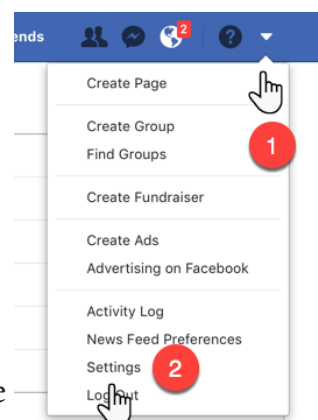
Mind you, I only have 12 Facebook friends, which probably qualifies me as an online shut-in. But my Facebook security settings allowed "friends of my friends" to have my profile details which means I was probably sharing details of my private life—like the time I caulked our shower in October—with Kevin Bacon, who, as we all know, is only six friends away from everyone.

My first reaction was to delete my Facebook account and shred my laptop, but that would be silly because it would break my shredder. Besides, I wouldn't be able to see pictures of my grandkids (who live down the street).

Instead, I clamped down on who could see my Facebook information. Here's how:

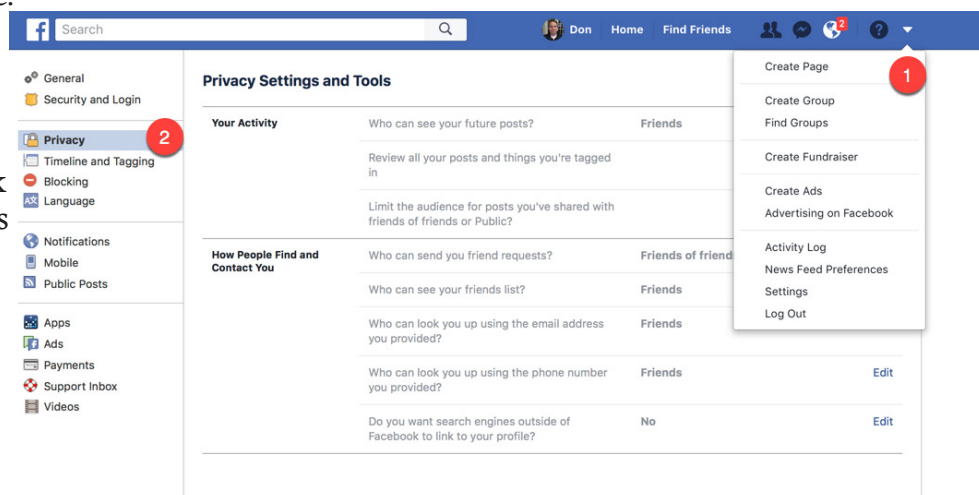
First, go to your Facebook page (I did this on my laptop), click the down-arrow at the top, and select **Settings**.

From the Settings menu, select **Privacy** so you can edit who can see your information and contact you. I suggest limiting these to "Friends," because those are folks you've selected.



*Click the down-arrow in the upper right-hand corner.*

After adjusting your privacy settings, check out the other items in the Settings menu, such as **General** (contact info), **Timeline and Tagging** (who can post to your page), and **Notifications** (who can send you E-mail, and so on).



*Then select Privacy from the Settings menu.*

If you need help with your Facebook account, stop by the Technology Lab on Tuesdays from 1 to 4, Wednesdays from 1:30 to 4, or Fridays from 10 to noon.

## 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

### REVIEWING YOUR WILL

When was the last time you checked your Will? Experts recommend that you review and make any changes to your will every three years, or if you have a change in your life circumstances.

Ask yourself the following questions to help you decide if an update is needed:

- Do I want to change the person listed as executor?
- Has there been a significant life event such as a marriage, divorce, births or deaths of loved ones?
- Has there been a move to a different state? Perhaps the laws are different and the Will needs to comply with the new state laws?
- Have you added a pet to your life? Does the Will address what should happen to the pet?
- If you have a trust established, has any life circumstance changed that may now need to be addressed?
- If tax laws have changed, the provisions in the Will may need to be changed to maximize estate tax laws.
- Have you changed beneficiaries on other accounts such as life insurance, bank accounts or retirement funds? If these are different people from the ones listed in the Will you may want to change the Will to match.



Once your Will is up to date, make sure the executor knows where to find a copy. It should be in a fire proof box or if drawn up by an attorney, at their office.

### PROPERTY TAX REIMBURSEMENT

Are you aware of the Property Tax Reimbursement “Senior Freeze” program in NJ? You may be eligible if you are 65+, a homeowner, and have lived in NJ for 10+ years. You must be paying the full amount of property taxes and meet income thresholds (\$87,268 for 2017 and \$87,007 for 2016). Income includes social security, pensions, investments, employment... When you meet these criteria, complete the PTR application. Your property taxes will then be frozen at the rate for the year when you apply.

If you have questions or want assistance with the application, contact the PSRC Spruce Circle office at (609) 252-2362 or your accountant.

For more information go to: <http://www.state.nj.us/treasury/taxation/ptr/>

*continued from page 3*

Another group to benefit are people participating in Independence at Home, a pilot project in select locations testing whether house calls to chronically ill patients save costs.

## OTHER CHANGES

Medicare beneficiaries receiving physical, speech or occupational therapy no longer need to worry about exceeding an annual cap to receive these services.

The “doughnut hole” gap for Medicare Part D drug coverage has been closed a year early. In 2019 you will pay 25% of all prescription drug costs through the doughnut hole period.

## COMCAST INTERNET ESSENTIALS

Comcast offers a program to low-income residents in HUD housing for basic internet service. Go to: <https://internetessentials.com/HousingAssistance>. Spruce Circle staff and Technology Lab volunteers can help you apply.

## 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](http://gogograndparent.com).

*For information about local and regional bus and other transportation options, please visit [gmtma.org](http://gmtma.org). (Greater Mercer Transportation Authority)*

### RIDE PROVIDE

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



## GROUPS

### BEREAVEMENT

Monday, May 21st at 1:00 p.m.  
(Usually Third Monday of each month)  
Call Sherri Goldstein 609.819.1226 to attend.  
Corner House 19

### CAREGIVERS

Monday, May 14th at 1:00 p.m.  
(Second Monday of each month.)  
Corner House 19

### CHILDREN OF AGING PARENTS

Wednesday, May 9th 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, May 15th 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, May 4th at 2:00 p.m.  
(First Friday of each month)  
Location: Monument Hall Main

### NEXT CHAPTER: WIDOW/-ERS

Tuesday, May 8th and 22nd — 10:30 a.m.  
(Second and fourth Tuesdays of the month.)  
Suzanne Patterson Building

### TRANSITION TO RETIREMENT

Friday, May 18th at 3:00 p.m.  
(Third Friday of the month)

### WOMEN IN RETIREMENT

Friday, May 18th at 10:30 a.m.  
(Third Friday of each month.)  
Suzanne Patterson Building

**THERE ARE NO FEES  
FOR ANY OF THESE GROUPS.**

## LOOKING AHEAD — JUNE



FIRST FRIDAY FILM “THREE BILLBOARDS OUTSIDE EBBING MISSOURI”  
*Friday, June 1 at 1 p.m.*



**FYI SEMINAR** — “NON-SURGICAL CARE FOR SPINES & JOINTS”  
*Friday, June 8 at 1 p.m.*



**FYI SEMINAR** — “FROM STRESS TO VITALITY: ADD YEARS TO YOUR LIFE & LIFE TO YOUR YEARS”  
*Friday, June 15 at 1 p.m.*

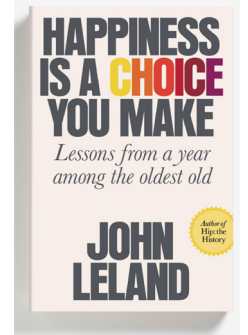


**FYI SEMINAR** — “BREAST HEALTH: EMPOWERING EDUCATION”  
*Friday, June 22 at 1 p.m.*

JOHN LELAND – BOOK DISCUSSION “HAPPINESS IS A CHOICE YOU MAKE: LESSONS FROM A YEAR AMONG THE OLDEST OLD”

*Wednesday, June 13, 11:00 a.m.*

New York Times journalist and author, John Leland, will visit PSRC to talk about how after being assigned by the Times to write a series of articles on old age, he discovered more than he imagined about this stage of life. Mr. Leland spent one year with six New Yorkers and uncovered many truths not typically associated with aging, one in particular, is joy. This book demonstrates new paths toward acceptance and compassion for the oldest old.



## HIGHLIGHTED SPONSORS OF THE MONTH



**Penn Medicine**  
**Princeton Health**

Princeton Health is proud to be among the most comprehensive healthcare systems in New Jersey. Our full continuum of care includes acute care hospital services, behavioral healthcare, acute rehabilitation, skilled nursing, home care, hospice care, ambulatory surgery, and fitness and wellness services.

1 Plainsboro Road, Plainsboro Township, NJ  
08536 • 609-853-7000  
609.430.4003 / [www.acornglen.com](http://www.acornglen.com)



**SYNERGY**  
**HomeCare**

At SYNERGY HomeCare, our mission is to be your premier provider of in-home care services by always striving to offer your senior parent or family member the highest quality of life and independence. We provide a wide array of services including companionship, light housekeeping and personal care

21 Route 31 North- Ste. B8, Pennington, NJ  
08534 • [synergyhomecare.com](http://synergyhomecare.com) • 609.730.9004

## SAVE THE DATE

Saturday October 6, 2018  
PSRC's Night of Comedy

*We know you'll want to be  
part of the fun!!*



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.



# MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Early Bird Aerobics</b>  <b>Monday through Friday</b> <b>8:00 a.m.</b>  <b>Table Tennis</b>  <b>Monday, Wednesday,</b> <b>Friday</b> <b>12:30 to 4:30 p.m.</b>	<b>1</b> 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 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	<b>2</b> 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	<b>3</b> 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	<b>4</b> 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC <b>11:00 First Friday Film - SPB (SPECIAL TIME)</b> 12:00 Chair Exercise - SC <b>2:00 Men in Retirement - MH Main</b>
<b>7</b> 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	<b>8</b> 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talk - SPB <b>10:30 Next Chapter Widow/Widowers - SPB</b> 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	<b>9</b> 9:15 Aerobics - SPB <b>12:00 Hugh Wilson - Art Presentation - SPB</b> 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC <b>4:30 Children of Aging Parents - SPB</b>	<b>10</b> 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	<b>11</b> 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 <b>1:00 FYI Seminar - SPB</b>
<b>14</b> 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC <b>1:30 Caregivers - SPB</b> 2:00 Word Play - SPB	<b>15</b> 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC <b>1:00 Grandparents Group - SPB</b>	<b>16</b> 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	<b>17</b> 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB <b>7:00 Film &amp; Discussion - PPL</b>	<b>18</b> 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC <b>10:30 Women in Retirement - SPB</b> 12:00 Chair Exercise - SC <b>1:00 FYI Seminar - SPB</b> <b>3:00 Transition to Retirement - SPB</b>
<b>21</b> 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC <b>1:00 Bereavement - CH-19</b> 2:00 Word Play - SPB	<b>22</b> 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talk - SPB <b>10:30 Next Chapter Widow/Widowers - SPB</b> 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	<b>23</b> 9:15 Aerobics - SPB <b>10:00 Tech Workshop - MAC OS - SPB</b> 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	<b>24</b> 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	<b>25</b> 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 <b>12:30 Senior Citizen Club - SPB</b> <b>1:00 FYI Seminar - SPB</b>
<b>28</b> <b>CLOSED FOR MEMORIAL DAY</b>	<b>29</b> 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	<b>30</b> 9:15 Aerobics - SPB <b>10:00 Tech Workshop - Windows OS - SPB</b> 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	<b>31</b> 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	<b>Locations:</b>  <b>CH - Corner House</b> <b>EC - Elm Court</b> <b>MH - Monument Hall</b> <b>PPL - Princeton Public Library</b> <b>RC - Redding Circle</b> <b>SC - Spruce Circle</b> <b>SPB - Suzanne Patterson Building</b> <b>Various — Call Progression PT for locations: 609-454-3536</b>
<b>NEEDED: Yarn donations are needed for the Knit Wits group. Yarn must be acrylic, cotton, or washable — no wool please!</b>				



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# MIGRATIONS

A Princeton Community Collaboration

## JOIN US! ROARING 20's DANCE

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

Come for great live big band music, great food, and friends! Only a few spaces left! Join the fun and have a special night with fantastic music, a catered dinner, and dancing. Sign up for a single ticket or get a table and bring your friends. Single ticket \$40 includes dinner & wine — or sign up for a table of four \$140 (a 12% discount).

RESERVE YOUR SPOT FOR THE DINNER DANCE AT  
[www.princetonsenior.org](http://www.princetonsenior.org)

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