“Old age is the last thing we’ll ever do, and it might teach us about how to live now.”
— John Leland

JOHN LELAND – BOOK DISCUSSION & SIGNING
“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 discuss his new book which is “an extraordinary look at what it means to grow old and a heartening guide to well-being.” Mr. Leland “weaves together the stories and wisdom of six New Yorkers who number among the ‘oldest old’ — those eighty-five and up.”

This is a free event but donations are always welcome (a suggested amount of $15.00). Register online at www.princetonsenior.org.

Mr. Leland will be signing copies of his book which will be available for purchase at PSRC through Labrynth Books.

“Old age is the last thing we’ll ever do, and it might teach us about how to live now.”
— John Leland

“John Leland’s practical, powerful insights into the rich experiences of the ‘oldest old’ can guide all of us to lead happier lives — no matter what our age”
— Gretchen Rubin

THE EVERGREEN FORUM

Evergreen Forum Fall 2018

July 11th: Course descriptions will be available on website and online registration begins

August 28th: Lottery for over-subscribed courses

September 24th: Classes begin

NEW PSRC WEBSITE

Keep an eye out for our new website which will be launching in June! Many people have been working on it for a long time and we look forward to sharing it with you.
Food insecurity: the state of being without reliable access to a sufficient quantity of affordable, nutritious food.

Food insecurity is often thought of as synonymous to hunger. Hunger is a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for food. When we think of people being hungry, we often think of developing nations, or inner-city children living in poverty, but many are also older adults on limited incomes. Some people face difficult decisions about whether to pay for food or medication or home health care.

The situation may develop over time as the gap between income and expenses grows. A person may no longer be able to continue to work. There may be a transition from a two-income to single income (or Social Security benefit) household. Taxes increase or a major home repair is needed. Health changes and more prescriptions are needed to manage chronic health conditions. Food costs may also increase when a person requires a special diet. Some people are also supporting children or grandchildren on their limited incomes.

Feeding America® reports that more than 5 million seniors face hunger in our country. The rate of hunger among people age 60+ increased by 53% since 2001, and is expected to grow by another 50% by 2025 as the Baby Boomer population ages into this demographic.

PSRC social service staff can help someone facing food insecurity. We can help people sign up for SNAP (food stamps), although funding has been reduced so the amount of benefit has decreased while food costs increase. We also help people enroll in programs to help pay their other expenses, such as ways to pay for medications so their funds are available for food. We help people connect with the food pantry at Arm & Arm and with meal programs, including the Baptist Church, Cornerstone Kitchen, and One Table Café.

Most significantly, Princeton, PSRC, and the County Office on Aging have re-opened the Mercer County Nutrition Program for the Elderly site at PSRC. It runs from 10:00 a.m. to 1:00 p.m. Monday through Friday for social interaction and lunch. A participant must register with the Nutrition Program Site Manager and participate in the requirements.
of the program. We hope that in addition to activities planned by the program, participants will attend the many activities that PSRC offers in the mornings and early afternoons. More information is available at 609.989.6650 or at PSRC. The Nutrition program is funded by the Federal Older Americans Act and is available in all counties throughout the U.S. There are sites in most senior centers in Mercer County.

If you know an older adult who faces food insecurity, please connect them with PSRC and help us eliminate food insecurity in Princeton. Younger people should connect with the Princeton Human Services Department (609.688.2055).

Susan W. Hoskins, LCSW
Executive Director

PSRC NEWSLETTER:

It’s time to sign-up for the PSRC paper newsletter. Enjoy the convenience of having it delivered to your home mailbox. Our annual subscription rate is $10 for September 2018 through August 2019. Don’t miss out on all that’s happening at PSRC!
FIRST FRIDAY FILM — “THREE BILLBOARDS OUTSIDE EBBING MISSOURI”
Friday, June 1 at 1:00 p.m.
After months have passed without a culprit in her daughter’s murder case, Mildred Hayes makes a bold move, painting three signs leading into her town with a controversial message directed at William Willoughby, the town’s revered chief of police. When his second-in-command, Officer Dixon — an immature mother’s boy with a penchant for violence — gets involved, the battle is only exacerbated.
Starring: Frances McDormand, Woody Harrelson, Sam Rockwell
Running time: 1 hour, 55 minutes

FYI SEMINAR — “NON-OPERATIVE TREATMENT OF KNEE OSTEOARTHRITIS”
Friday, June 8 at 1:00 p.m.
Scott Curtis, DO, a board certified, fellowship trained physician who specializes in the care of sports related injuries and general musculoskeletal care will present an evidence-based approach to non-operative treatment of knee osteoarthritis.
Dr. Curtis has always had a passion to help people maintain an active, pain-free life and he is excited to pursue that passion with the rest of the team at Princeton Spine and Joint Center.
Sponsor: Homewatch Caregivers

FYI SEMINAR — “FROM STRESS TO VITALITY: ADD YEARS TO YOUR LIFE & LIFE TO YOUR YEARS”
Friday, June 15 at 1:00 p.m.
Join Dr. Carleen Thum of Gentle Chiropractic in Skillman, NJ, for a dynamic presentation on health and wellness based on the principles of natural healing. Healing restores health and is the foundation for wellness. What are the best practices to stimulate natural healing in the body? Unmanaged stress is the leading cause of degenerative disease and declining wellness in our society. How do we deal with unmanaged stress? This informative program offers a constructive approach to rethinking how we perceive health and shifts the conversation from disease care to wellness care. Individual health screenings by appointment can be scheduled for all who attend.
Sponsor: Van Dyck Law

FYI SEMINAR — “BRST HEALTH: EMPOWERING EDUCATION”
Friday, June 22 at 1:00 p.m.
Nora Siklosi Szabo of the YWCA’s Breast Cancer Resource Center will discuss early detection and self-awareness. Nora is the BCRC Outreach & Education Coordinator.
Sponsor: Artis Senior Living

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:
June 5 — Stephen Petranek: Your kids might live on Mars. Here’s how they’ll survive.
June 12 — Jonathan Haidt: The moral roots of liberals and conservatives
June 19 — Hasan Elahi: FBI, here I am!
June 26 — Jane Caro: Growing Old: The Unbearable Lightness of Aging*
*This Ted is in conjunction with PSRC’s collaboration with the Princeton Public Library on aging.

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “MANAGING AND TREATING DIABETES”
Friday, June 1 at 2:00 p.m.
Dr. Suriender Kumar, an MIR member, will be discussing the latest developments in managing and treating the different types of Diabetes.
All are welcome.

WOMEN IN RETIREMENT — “FAVORITE SUMMER ACTIVITIES & DAY TRIPS”
Friday, June 15 at 10:30 a.m.
Summer is almost here with lots of opportunities to enjoy the warm weather. At this month’s WIR
meeting we will talk as a group about our favorite local activities and day trips. Please join us to share your experiences and discover additional fun ways to take advantage of all that our area has to offer. All are welcome.

TRANSITION TO RETIREMENT
Friday, June 15 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, MSEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator.

TECHNOLOGY WORKSHOP “21ST CENTURY TRANSPORTATION SERVICES – LYFT & UBER”
Tuesday, June 19, 12:00 noon–2:00 p.m.
In this class, you will get an introduction to the two leading transportation services — Lyft and Uber. You will learn how to set up the Lyft and Uber Apps on your smart phone and how to use them. This workshop will show you how to choose your pick-up and drop-off locations, select a tier of service and request a ride, track your driver until he/she arrives, track your location and ETA during your ride, and more. You will also get a comparison of Lyft and Uber services. Class is limited to 8. Registration required. No fee. Instructor: NB Sreenivasan

LOOKING AHEAD

OPERA FILM FESTIVAL Tuesdays in July
starting July 10th, 12:30 p.m.
Co-sponsored by the Princeton Friends of Opera

FIRST FRIDAY FILM: “LADY BIRD”
Friday, July 6 at 1:00 p.m.
An artistic teenager navigates a loving but turbulent relationship with her strong-willed mother over the course of an eventful and poignant senior year of high school. Running time: 1 hour, 34 minutes

FYI SEMINAR — “COMMON SHOULDER INJURIES WITH GOLF & TENNIS”
Friday, July 20 at 1:00 p.m.
Scott J. Curtis, DO, board certified in internal medicine, and Chris Blessing, MPT, OCS, CSCS and MS in exercise physiology
Sponsor: Penn Medicine Princeton

FYI SEMINAR — “SENIOR LONELINESS & HOW TO HAVE A MEANINGFUL VISIT WITH A LOVED ONE”
Friday, July 27 at 1:00 p.m.
Christina Forte of Senior Bridge will address senior loneliness: how to identify it, the impacts of loneliness, and improvements. And Barbara Forshner of Artis will discuss how to have a meaningful visit with your loved one.
Sponsor: Artis Senior Living

Upcoming PSRC Closures:

PSRC WILL BE CLOSED FOR ITS SEMI-ANNUAL FLOOR RESEALING ON MONDAY, JULY 2ND AND TUESDAY, JULY 3RD.
IN HONOR OF THE JULY 4TH HOLIDAY, PSRC WILL BE CLOSED ON WEDNESDAY, JULY 4TH.

SPRUCE CIRCLE WILL BE CLOSED WEDNESDAY, JULY 4TH, THURSDAY, JULY 5TH, AND FRIDAY, JULY 6TH.

Coffee & Tea at PSRC:

Effective June 1st, PSRC is making a change to its hot beverage offerings. Coffee bags and tea bags are available for a nominal fee of $.50. You can ask for them at the front desk and there will be plenty of hot water ready for your beverage of choice. Also, don’t forget that there are several excellent coffee houses just a few blocks away so you are welcome to bring your own. Recommendations can be found at the front desk. Snacks also available for $1.00.
EXERCISE & FITNESS

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

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

WORD PLAY (POETRY) WITH RICE LYONS
Mondays at 2:00 p.m. $5/per quarter

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.

MULTIMEDIA ART WITH HANNAH FINK
This class is on hiatus from June 1st to early September.

GAMES

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 JONG
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 for information.

TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one 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
How to “Clean” Your PC

Does your computer seem slow these days? Perhaps you’ve been told it’s because: 1. Your Downloads folder has too many files; 2. The Windows Registry needs optimizing; or 3. Computers get slower as they age. Maybe you’ve seen ads on TV or the web for software such as CCleaner, CleanMyPC, or PC Tune-up that will “Make your PC run like new again.”

But none of these “problems” will cause your computer to run slower, and cleaning programs aren’t necessary. In fact, they could mess up your PC by tinkering with system files (especially the Windows Registry) that can’t be easily fixed.

If your computer is more than, say, five years old, it may seem slower because: 1. Its internal processor can’t handle the demands of new software or the increasingly complex web pages with embedded graphics; 2. Your internet speed isn’t up to the task of downloading more on-line content; or 3. Your newer mobile devices (smart phones or tablets) are much faster, making your PC seem slow by comparison. In other words, your computer is as fast as it’s always been, you’re just requiring it to do more.

Of course, malware can slow down any computer regardless of age, but there are programs (not PC “cleaners”) to fix that.

That doesn’t mean you don’t need to tidy up your PC now and then to get rid of unneeded files that accumulate on your hard drive, if only to give you peace of mind. But the software you need to do this is already part of Windows or MacOS. It’s easy to run and keeps you from messing up your computer.

Here’s what you can do to keep your computer running smoothly:

<table>
<thead>
<tr>
<th>Windows</th>
<th>Mac</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly</td>
<td></td>
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<tr>
<td>Restart your computer</td>
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<td>Allows the operating system to remove its temporary files.</td>
</tr>
<tr>
<td>Check Anti-virus program</td>
<td>(Optional for Mac computers)</td>
<td>Make sure it’s running and up to date.</td>
</tr>
<tr>
<td>Scan for malware</td>
<td></td>
<td>Perform scan (if not automatic).</td>
</tr>
<tr>
<td>Monthly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Run Disk Cleanup</td>
<td>Run Storage Manager</td>
<td>Lets you review and remove old files and other temporary files created by your browser, et al.</td>
</tr>
<tr>
<td>Clean out Downloads Folder</td>
<td></td>
<td>Not a good place to keep files. Either move them into documents folders or photos or delete.</td>
</tr>
<tr>
<td>Review Programs and Features list</td>
<td>Review Applications</td>
<td>Check for software you didn’t intentionally install.</td>
</tr>
<tr>
<td>Empty Recycle Bin</td>
<td>Empty Trash</td>
<td>Obvious (I delete anything more than 30 days old).</td>
</tr>
</tbody>
</table>

Remember: Neither Microsoft nor Apple will call to you claiming your computer has a problem. Do not allow any “tech support” to “fix” your computer remotely!

Drop by the PSRC Tech Lab if you need help. Our assistants are available Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m., and Fridays from 10:00 a.m. to noon.

June 2018
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
SHIP (Medicare)  
800.792.8820
T.R.A.D.E.  
609.530.1971

SUPPORT & GUIDANCE

SELECTING THE RIGHT HOME CARE PROVIDER

There are examples of questions to ask potential providers on the PSRC website under “Community Resources.” You will also find a listing of many local home care providers. This list has phone numbers and direct links to the company websites. Questions to get you started:

- How long has the provider been providing services to the community?

- How does this provider select and train its employees? Does it protect its workers with written personnel policies, benefits including medical insurance? Does the provider consult the patient’s physicians and family members?

- Does the provider invite the patient and family members to participate in developing the plan of care? How often are care plan changes made?

In addition, ask the home care provider to supply you with a list of references that include doctors, discharge planners, patients, and community leaders who are familiar with the provider’s quality of service.

For additional questions read an article from the National Association of Home Care and Hospice: https://www.nahc.org/consumers-information/home-care-hospice-basics/right-home-care-provider/

DAVID COHEN

Introducing David Cohen, our PSRC-Council Liaison. David’s mission is to bring attention to generational diversity because it is important and beneficial to the entire community. “GrandPals is a prime example of the rewards we realize by maintaining an age-friendly environment in our town.” Feel free to reach out to David about any matter concerning quality of life in Princeton. He can be reached at dcohen@princetonnj.gov or 609.915.5944.
GROUPS

BEREAVEMENT
Monday, June 18th at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS
Monday, June 11th at 2:15 p.m.
(Second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS
Thursday, June 7th at 4:30 p.m.
(Special day this month)
Suzanne Patterson Building

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

GRANDPARENTING
Tuesday, June 19th 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

GLOBAL CONVERSATIONS
(formerly Let’s Talk in English)
Mondays at Spruce Circle at 1:00 p.m.
Fridays at Redding Circle at 9:30 a.m.

MEN IN RETIREMENT
Friday, June 1st at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

WOMEN IN RETIREMENT
Friday, June 15th at 10:30 a.m.
(Third Friday of each month)
Suzanne Patterson Building

CONGRATULATIONS OLIVIAN AND SALLIE

Congratulations to Olivian Boon, GrandPals Coordinator, and Sallie Meade, GrandPals Associate Coordinator, as they retire from GrandPals. All of us at PSRC wish them the best in this next phase in their lives. Wendy Lodge will be our new GrandPals Coordinator and Carla Servin will be coming on board as our new Assistant GrandPals Coordinator. Welcome!

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

RIDE PROVIDE
Membership door-to-door service in Mercer County.
Call 609.452.5144 for more information.

For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)
The Princeton Senior Resource Center is a 501(c)(3) non-profit organization. Only a small portion of our funding comes from the Princeton Municipal Government — the balance of 80% is raised from individual donations, program fees, grants, corporate sponsorships, and a combination of miscellaneous sources.

There are many ways to give back to PSRC, your local non-profit go-to resource for aging well.

• make a contribution to our spring and fall appeals;
• make a gift in someone’s memory;
• purchase a ticket to one of our special programs;
• consider a direct gift from your 401k plan;
• include PSRC in your estate planning documents;
• or donate an unused car to our new CARS Donation program

HIGHLIGHTED SPONSORS OF THE MONTH

NIGHTINGALE NJ
Eldercare Navigators

We are your Advocate. We are your Guide.
We are your Expert.
Our client-driven approach empowers you by emphasizing your values and goals.

P.O. Box 405
Somerville, NJ 08876 / 908.452.6644
Email: info@nightingalenj.com
www.nightingalenj.com

TRANQUIL TRANSITIONS

Tranquil Transitions assists clients in downsizing, organizing, packing/unpacking and estate dispersal's. We supple a one-stop service provider, eliminating stress and making your transitions tranquil.

P.O. Box 993
Piscataway, New Jersey 08855 / 732.980.9581
Email: tranquiltransitionsllc@gmail.com
www.tranquiltransitionsllc.com

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.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td><strong>Early Bird Aerobics</strong></td>
<td><strong>Table Tennis</strong></td>
<td><strong>Locations:</strong></td>
<td><strong>Friday</strong></td>
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<td>Monday through Friday 8:00 a.m.</td>
<td>Monday, Wednesday, Friday 12:30 to 4:30 p.m.</td>
<td>CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle</td>
<td>9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 2:00 Men in Retirement - MH Main</td>
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<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH-E Conf 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB</td>
<td>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 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</td>
<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let’s Talk - SC</td>
<td>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB 4:30 Children of Aging Parents (special day) - SPB</td>
<td>9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB</td>
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<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers (new time &amp; location) - MH East Conf Rm</td>
<td>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 10:30 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC</td>
<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:00 Author John Leland Book Talk - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let’s Talk - SC</td>
<td>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB 10:30 Women in Retirement - SPB</td>
<td>9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB</td>
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<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH-E Conf 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB</td>
<td>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 12:00 Tech Workshop - Transportation - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC</td>
<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let’s Talk - SC</td>
<td>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB</td>
<td>9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB</td>
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<tr>
<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH-E Conf 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB</td>
<td>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 10:30 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC</td>
<td>9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let’s Talk - SC</td>
<td>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB</td>
<td>9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB</td>
</tr>
</tbody>
</table>

**Table Tennis**

**Locations:**
- CH - Corner House
- EC - Elm Court
- MH - Monument Hall
- PPL - Princeton Public Library
- RC - Redding Circle

For locations: 609-454-3536
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(Charitable Adult Rides & Services)

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Use these longer summer days to do more good — Donate your trade-in!

PSRC is able to aid aging adults through your support. If you’re thinking about getting a new vehicle this summer, we ask that you consider donating your trade-in! Your car, truck, SUV, motorcycle, or even boat will help support our impactful programs. The process is simple, the pick-up is free, and your gift is tax-deductible.

Call 855.500.7433 or 855.500.RIDE or visit: https://careasy.org/nonprofit/Princeton-Senior-Resource-Center to get started!