

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

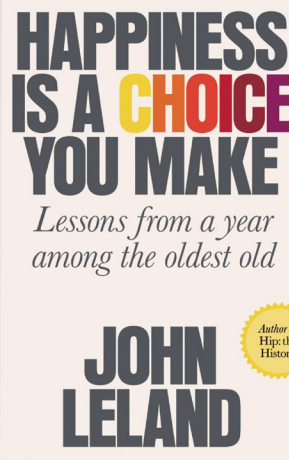
— John Leland



Photo: Erica Berger

**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.”



*“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

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

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

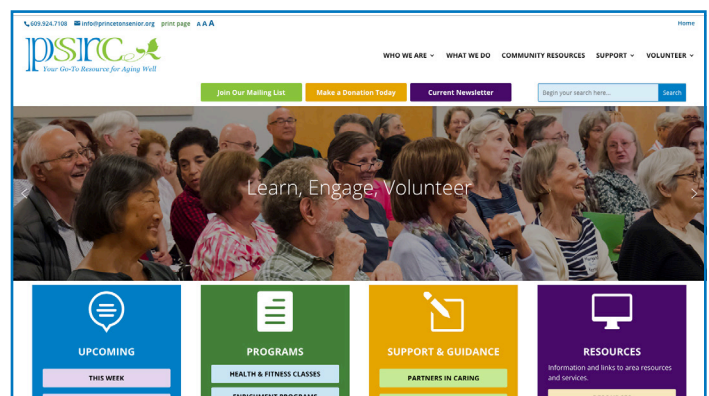
## THE EVERGREEN FORUM

### 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.

**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

**FOOD INSECURITY**

*Food insecurity: the state of being without reliable access to a sufficient quantity of affordable, nutritious food.*

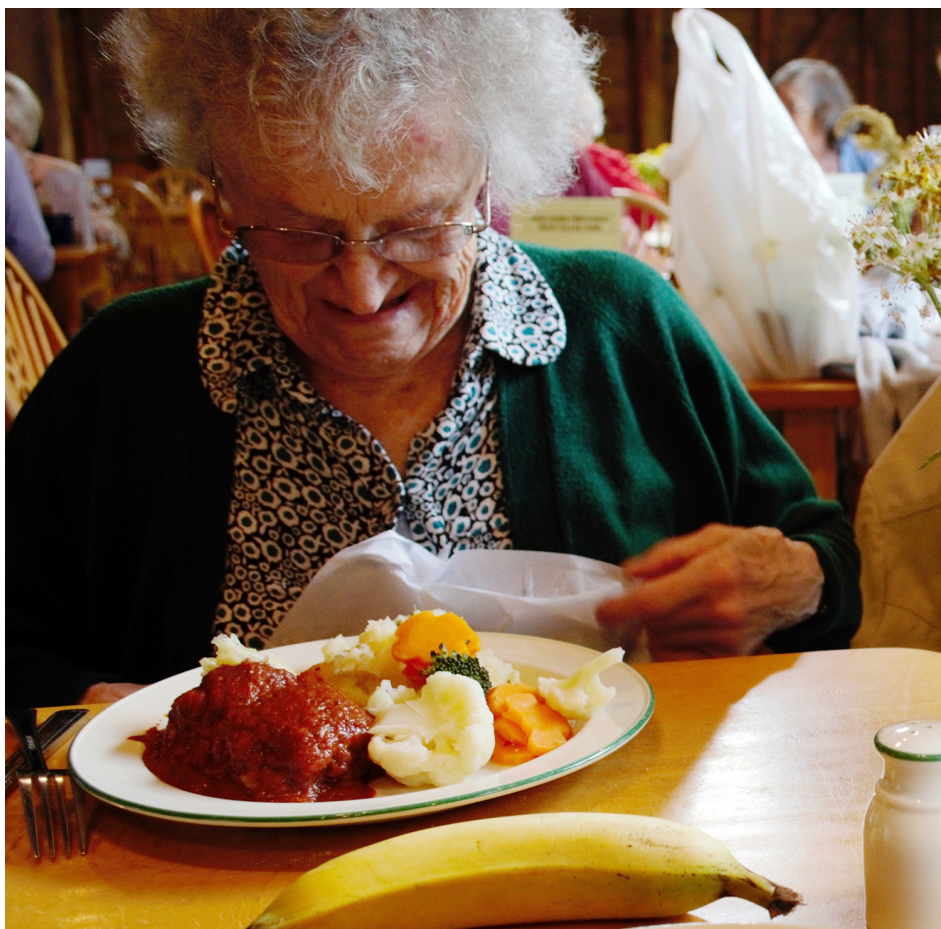
Food insecurity is often thought of as synonymous to hunger. Hunger is a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for food. When we think of people being hungry, we often think of developing nations, or inner-city children living 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!

## PSRC STAFF

**Susan W. Hoskins, LCSW**  
*Executive Director*

**Fran Angelone**  
*Crosstown Coordinator and  
Office Manager, Spruce Circle*

**Donna Cosgrove**  
*Director of Programs*

**Cathy Gara**  
*Bookkeeper*

**Cheryl Gomes**  
*Development Associate*

**Sharon Hurley, CVA**  
*Director of Support & Guidance*

**Wendy Lodge**  
*GrandPals 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*



## JUNE PROGRAMS

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



### 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 — “BREAST 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

## MORE PROGRAMS

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, MEd, 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**

### 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.**

## 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**

### 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.

## JUNE 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

#### 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](mailto: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 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 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**

# COMPUTER GURU

By Don Benjamin

## 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:

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

**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.



## 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](mailto:dcohen@princetonnj.gov) or 609.915.5944.





## 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

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).

### 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](http://gmtma.org). (Greater Mercer Transportation Authority)*



## 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

### LET'S TALK

Wednesdays at 2:45 p.m. at 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

### NEXT CHAPTER: WIDOW/-ERS

Tuesday, June 12th and 26th at 10:30 a.m.  
(Second and fourth Tuesdays of the month)  
Suzanne Patterson Building

### TRANSITION TO RETIREMENT

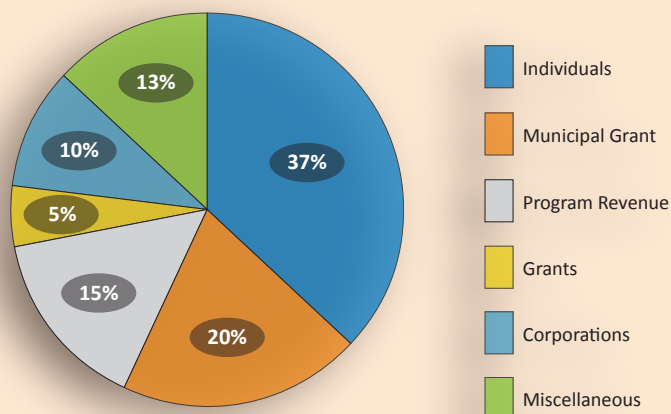
Friday, June 15th at 3:00 p.m.  
(Third Friday of the month)

### WOMEN IN RETIREMENT

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

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

## PSRC - FUNDING SOURCES



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



**NIGHTINGALENJ**  
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](mailto:info@nightingalenj.com)  
[www.nightingalenj.com](http://www.nightingalenj.com)



Tranquil Transitions assists clients in downsizing, organizing, packing/unpacking and estate dispersal's. We supply 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](mailto:tranquiltransitionsllc@gmail.com)  
[www.tranquiltransitionsllc.com](http://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.

# JUNE 2018

## Monday

### Early Bird Aerobics

Monday through Friday  
8:00 a.m.

## Tuesday

### Table Tennis

Monday, Wednesday,  
Friday  
12:30 to 4:30 p.m.

## Wednesday

### Locations:

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

## Thursday

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

## Friday

1

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**

4

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

5

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

6

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

7

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**

8

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

11

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 & location) - MH East Conf Rm**

12

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

13

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  
4:30 Children of Aging Parents - SPB

14

9:45 Cosmology - SPB  
10:00 Yoga - SPB  
10:00 Every Body Walk! - Various  
10:00 Nutrition Program - SPB  
12:30 Duplicate Bridge - SPB

15

9:15 Aerobics - SPB  
9:30 Global Conversations - RC  
10:00 Technology Lab - SPB  
10:00 Crafty People - EC  
10:00 Nutrition Program - SPB  
**10:30 Women in Retirement - SPB**  
12:00 Chair Exercise - SC  
1:00 FYI Seminar - SPB  
3:00 Transition to Retirement - SPB

18

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

19

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

20

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

21

9:45 Cosmology - SPB  
10:00 Yoga - SPB  
10:00 Every Body Walk! - Various  
10:00 Nutrition Program - SPB  
12:30 Duplicate Bridge - SPB

22

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**

25

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

26

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

27

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

28

9:45 Cosmology - SPB  
10:00 Yoga - SPB  
10:00 Every Body Walk! - Various  
10:00 Nutrition Program - SPB  
12:30 Duplicate Bridge - SPB

29

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**

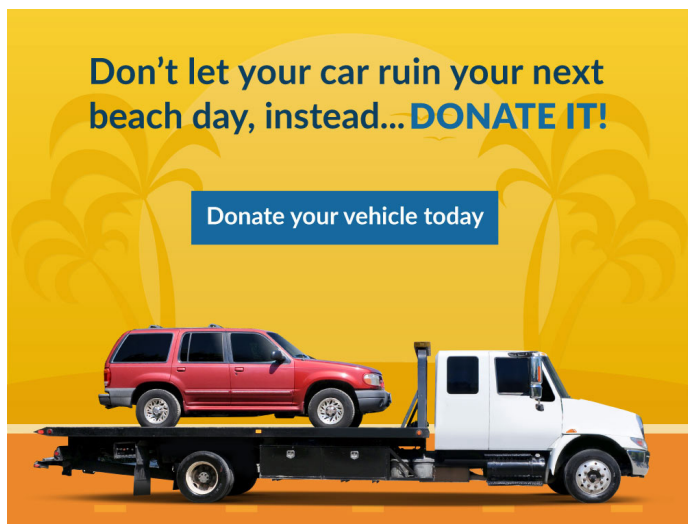




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to get started!

## PSRC HAS TEAMED UP WITH CARS

(Charitable Adult Rides & Services)

PSRC is partnered with CARS to offer our supporters a new and meaningful way to contribute to PSRC.

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.



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