Diane Barnes, physician-turned-solo performer. Bay Area Recommended Production 2017 United Solo Award Winner for Best Storytelling Script.

Tickets $20 each.

Visit princetonsenior.org, call 609.924.7108, or purchase in person at PSRC.

Sponsors: Capital Health Systems Acorn Glen Assisted Living Artis Care Senior Services Dave Saltzman Insurance Home Instead Senior Care Homewatch CareGivers McCaffrey’s Food Markets NightingaleNJ Eldercare Navigators Princeton Orthopaedic Associates Princeton Portfolio Strategies Group Private Wealth Management Group Team Toyota of Princeton Tranquil Transitions

My Stroke of Luck
PERFORMANCE
SATURDAY, MARCH 9
5:00 p.m. (followed by Q&A session)
at the Suzanne Patterson Building

AUTHOR TALK
______________________________

Ashton Applewhite
“This Chair Rocks: A Manifesto Against Ageism”
MONDAY, MARCH 18
4:00–5:30 p.m.
at Labyrinth Books, 122 Nassau Street, Princeton

Read full description on page 3.
Cut the Clutter with Ease¹

There’s nothing like a new year to inspire us to de-clutter our homes, but one woman in Japan has created a movement that is active year round, and has spawned books, blogs, and a Netflix series “Tidying Up with Marie Kondo.” Marie Kondo advocates transforming your life by tidying your space once and for all. How? By going through every item you own and asking yourself “Does this bring joy?” From this simple premise has come a *New York Times* best-seller “The Life-Changing Magic of Tidying Up,” and hordes of followers all over the world.

Not everyone is ready for this leap. Items have associations and memories, and for some of us, letting go can hurt. A Yale study found for some of us, parts of our brains react the same way to the anticipated loss of valued possessions as they do to the idea of quitting an addiction…and that’s where shows like “Hoarders” come from.

You don’t have to evaluate every single item. According to Sara Getzkin, a professional organizer, you can take it slow:

1. Don’t try to tackle too much at once. Getzkin tells her clients, “Let’s carve out three hours and see what we get done. Then you are going to rest and not even think about this.” Very few people can sustain focus for more than three hours and stopping before you get stuck means you can start again tomorrow feeling positive.

2. To start, Getzkin recommends preparing three bags or boxes and labeling them Keep, Toss, and Sell/Donate. You might add a fourth box for things that need repairing, mending, or dry cleaning, but don’t add more options than that. Put away what’s in your Keep pile at the end of the day and throw out what’s in your Toss pile.

3. Decide what you really use and consider what storage space is available. Be relentless in your decision-making and follow through.

4. Find local options to sell stuff in good condition or donate to a worthy cause.

*Read the full article at seniorplanet.org.*

AUTHOR TALK - ASHTON APPLEWHITE:
“THIS CHAIR ROCKS: A MANIFESTO AGAINST AGEISM”
Monday, March 18, 4:00–5:30 p.m.
Labyrinth Books, 122 Nassau Street, Princeton

From childhood on, we're barraged by messages that it's sad to be old: that wrinkles are embarrassing and old people useless. Author and activist Ashton Applewhite believed them too—until she realized where this prejudice comes from and the damage it does. Lively, funny, and deeply researched, This Chair Rocks traces Applewhite’s journey from apprehensive boomer to pro-aging radical, and in the process debunks myth after myth about late life.

The book explains the roots of ageism and how it divides and debases, examines how ageist myths and stereotypes cripple the way our brains and bodies function, looks at ageism in the workplace and the bedroom, exposes the cost of the all-American myth of independence, critiques the portrayal of aging adults as burdens to society, describes what an all-age-friendly world would look like, and concludes with a rousing call to action. Whether you’re older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. Age pride!

Register at PSRC (princetonsenior.org or 609.924.7108) for the opportunity to purchase the book This Chair Rocks at the event for a discounted rate. No fee for the talk. Registration required.


INCLEMENT WEATHER?
If Mother Nature gets unruly, we will post any schedule changes on our website and update our voicemail by 8:00 a.m.
Please note that we do not follow school closings.
You can find us at princetonsenior.org or call us at 609.924.7108.
FIRST FRIDAY FILM — “FIRST MAN”
Friday, March 1 at 1:00 p.m.
First Man is the riveting story behind NASA’s first manned mission to the moon focusing on Neil Armstrong’s walk on the lunar surface and the decade leading to the historic Apollo 11 flight.
Starring: Ryan Gosling, Claire Foy, Corey Stoll, Pablo Schreiber
Running time: 2 hours, 21 minutes
Registration required, no fee.

FYI SEMINAR — “SEPSIS—WHEN AN INFECTION BECOMES LIFE THREATENING”
Monday, March 11 at 1:00 p.m.
Although it is most common in older adults or those with weakened immune systems, anyone can develop sepsis—a potentially life-threatening infection complication. Join Craig Gronczewski, MD, MBA, Chairman of the Department of Emergency Medicine at Penn Medicine Princeton Health, for a discussion on the signs and symptoms of sepsis, who is at risk, and ways to prevent and treat sepsis.
Registration required, no fee.
Sponsor: Penn Medicine Princeton Health

FYI SEMINAR — “AGING LIFE CAREGIVING 101”
Monday, March 18 at 1:00 p.m.
Join Christopher Kellogg, MSW, LSW as he leads an informative workshop about anticipating care needs, and how those needs are impacted by your loved one’s medical, financial, and legal situation. Learn how to think and act proactively about aging life care needs.
Chris Kellogg earned his BA degrees in Psychology and Sociology from West Virginia Wesleyan College and his MSW from Boston University with a concentration in Gerontology in 2001. He has been practicing as a NJ Board Certified Licensed Social Worker for more than 20 years and is the co-owner of NightingaleNJ.
Registration required, no fee.
Sponsor: Tranquil Transitions

FYI SEMINAR — “INSURANCE FRAUD AND YOU”
Monday, March 25 at 1:00 p.m.
Insurance fraud is more pervasive and damaging than you might realize. Everyone is vulnerable to becoming a victim, directly or indirectly. In this session, Tracy M. Thompson, Acting NJ Insurance Fraud Prosecutor, will discuss the different forms of insurance fraud and ways to protect you and your family. Plus, you will discover how to identify potentially fraudulent insurance schemes and why you should report suspected activities to the New Jersey Office of Insurance Fraud Prosecutor.
Registration required, no fee.
Sponsor: BlackRock, Inc.

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:
March 5—Margaret Heffernan: Forget the pecking order at work
March 12—Barbara Natterson Horowitz: What veterinarians know that physicians don’t
March 19—Cary Fowler: One seed at a time, protecting the future of food
March 26—Frans de Waal: Moral behavior in animals

MEN IN RETIREMENT — “CURRENT EVENTS DISCUSSION”
Friday, March 1 at 2:00 p.m.
Men in Retirement’s current events discussion will be led by Lloyd Fredricks and Mike Dubrow. There have been great topics in the past with very lively discussions. Everyone has an opportunity to speak on the topic and express their opinions. This is a chance for you to be heard in an informal and supportive environment. Lloyd and Mike always pick interesting subjects! All are welcome.
WOMEN IN RETIREMENT — “THE HISTORY OF FRAGRANCE: 1600 B.C. TO COCO CHANEL”
Friday, March 15 at 10:30 a.m.
Did you know that perfumes originated from basic essential oil blends used as early as 1600 B.C.? Join Mr. Sevi Adat, fragrance developer, to learn the history and benefits of perfumes and the geographical expansion of perfumes to Europe, specifically France. Also discussed are the events that occurred after Coco Chanel launched Chanel No. 5 which exposed the world to the power of perfume as a fashion and beauty accessory. All are welcome.

TRANSITION TO RETIREMENT
Friday, March 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.

LIMITED SERIES PROGRAMS

NEW! FRENCH RENDEZ-VOUS – 6-SESSION SERIES
Wednesdays, beginning March 6 through April 10, 1:00–2:15 p.m.
This 6-session series is perfect for those who are looking for an opportunity to brush-up on one’s French language skills. Whether you are embarking on a trip to a French-speaking country or wish to practice just because you enjoy the language, you’ll enjoy this friendly, relaxed class. The course is designed for those with a good to strong command of the French language. Fee: $60/session for residents; $80/session for non-residents
Instructors: Brigitte Aflalo-Calderon

NEW! ZUMBA GOLD FOR SENIORS
Thursdays in March, 12:00–12:45 p.m.
Fabulously fun with no previous experience necessary. This Zumba class recreates all the moves you love at a lower-intensity with easy-to-follow steps that focus on balance, flexibility, range of motion, muscle conditioning, cardiovascular endurance, and coordination. Join certified Zumba Gold instructor Abigail Pinheiro who will show you how to mix movement, music, and merriment. Fee: $32/mo residents; $40/mo non-residents.

FREE TAX ASSISTANCE FOR SENIORS
Fridays, February 1 through April 12, Appointments begin at 9:00 a.m.
AARP sponsors free tax assistance for low and moderate-income people, with special attention to those age 60+ in the wider Princeton area. IRS trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns. Returns will be filed electronically. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors. By appointment only: 609.924.7108.

SPECIAL SPEAKER SERIES: PREPARING YOURSELF FOR LIFE WITHOUT A PAYCHECK
Friday, March 22 at 2:00 p.m.
This workshop will offer a comprehensive overview of investment budgeting strategies, investment options and the pitfalls to look out for, what to expect from an investment provider so that your interests are best represented in your investment strategies, and what investing instruments might be best for the mature investor.
Presenter: Robert B. Dunn, President and Managing Partner of Private Wealth Management Group
Registration required, no fee.

TECHNOLOGY WORKSHOP: OFFICE BASICS
Monday, March 25 at 1:00 p.m.
This class will cover office application “suites,” including Microsoft Office (Word, Excel, PowerPoint), Apple iWorks (Pages, Numbers, Keynote), OpenOffice, and OfficeLibre. We’ll explain what the suites include, their cost, which of the included applications can be used best for particular needs, the differences among the different suites, and which devices they are designed for. We’ll also provide examples and demonstrations. Registration required, no fee.
Instructors: Donald Benjamin, Craig Sanders
## MARCH PROGRAMS

Register now online at princetonsenior.org. Financial assistance is available if needed.

### EXERCISE & FITNESS

**SUZANNE PATTERSON BUILDING**

**EARLY BIRD AEROBICS**

*Every weekday morning, 8:00–9:00 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, 12:30–4:30 p.m.*

Drop-in; free.

**MINDFUL CHAIR YOGA**

*Tuesdays, 9:30–10:30 a.m.*

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

**EVERY BODY WALK!**

*Tuesdays and Thursdays, 10:00 a.m.* FREE

This program is available from March through November and meets in different outdoor locations. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.

**GENTLE MAT YOGA**

*Thursdays, 10:00–11:00 a.m.*

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

**ZUMBA GOLD**

*Thursdays, 12:00–12:45 p.m.*

$32/residents; $40/non-residents; per month

**SPRUCE CIRCLE CHAIR EXERCISE**

*Mondays, 11:30 a.m.–12:30 p.m.*

$48 per quarter

### ENRICHMENT

**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; per quarter. *Class is currently full. Call to be added to the waitlist.*

**MULTIMEDIA ART WITH HANNAH FINK**

*Thursdays 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. Class is currently full. Call to be added to the waitlist.*

**PAINTING WITH CHRISTINA RANG**

*Wednesdays at 11:00 a.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.

**SCRAMBLE & OTHER GAMES**

*Tuesdays, 12:00 noon–4:00 p.m.; free.*

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

**CANASTA**

*Tuesdays, 1:00–4:00 p.m.; free.*

You asked for it, you got it. Grab a friend and come and play.

**SOCIAL BRIDGE**

*Tuesdays, 1:00–4:00 p.m.; free.*

**MAHJONGG**

*Tuesdays, 1:00–4:00 p.m.; free; BYO set.*

### 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 1:00–4:00 p.m.*
- *Friday 10:00 a.m.–1:00 p.m.*

**ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED**
Office Applications and Suites

The October 2018 edition of Computer Guru covered applications for writers. I use Microsoft Office, which comprises a “suite” of applications, including Word, Excel (spreadsheets), PowerPoint (graphics and presentations), Access (database), OneNote (an electronic notebook), and Outlook (email). But there’s a plethora of capable alternatives—some of which are free—that you may want to consider. These office suites are, for the most part, compatible with Microsoft Office, which is important if you are sharing your files with other folks.

The following table gives you a “30,000-foot” view of those alternatives.

If you need help selecting, installing, or using an office suite, drop by the Technology Lab on Tuesdays or Wednesdays from 1:00 to 4:00 p.m. or Fridays from 10:00 a.m. until 1:00 p.m. We’re also planning a class on this topic on Monday, March 25 at 1:00 p.m. Registration required, no fee.

<table>
<thead>
<tr>
<th>Suite</th>
<th>Made By</th>
<th>Applications</th>
<th>Runs On</th>
<th>Cost Options</th>
<th>Notes</th>
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<tr>
<td>MS Office</td>
<td>Microsoft</td>
<td>• Word processor • Spreadsheets • Presentations</td>
<td>Windows, MacOS, iOS (iPhone, iPad, Android)</td>
<td>Subscription $70/$100 annually • Online version is free • Can purchase individual applications</td>
<td>Robust and universally compatible. Free online version may satisfy your needs.</td>
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<tr>
<td></td>
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<td>and graphics • Database • Notebook • Email</td>
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<td>Pages</td>
<td>Apple</td>
<td>• Word processor • Spreadsheets • Presentations</td>
<td>MacOS, iOS</td>
<td>Included with Apple products</td>
<td>Capable but less intuitive than MS Office.</td>
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<td>Numbers</td>
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<td>and graphics • Photo editor • Notebook</td>
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<td>Keynote</td>
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<td>WordPerfect Office</td>
<td>Corel</td>
<td>• Word processor • Spreadsheets • Presentations</td>
<td>Windows</td>
<td>$250</td>
<td>Robust. Uses older style menus. “Reveal codes” feature shows formatting “markups.”</td>
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<td>Google Docs</td>
<td>Google</td>
<td>• Word processor • Spreadsheets • Presentations</td>
<td>Most all devices</td>
<td>Free</td>
<td>Browser-based online application. Files stored in Google Drive.</td>
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<td>and graphics • Database</td>
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<td>OpenOffice</td>
<td>Apache Software</td>
<td>• Word processor • Spreadsheets • Presentations</td>
<td>Windows</td>
<td>Free</td>
<td>Complete. Uses older style menus. Somewhat limited font selection.</td>
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<td>Foundation</td>
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<td>LibreOffice</td>
<td>The Document</td>
<td>• Word processor • Spreadsheets • Presentations</td>
<td>Windows, MacOS, Linux</td>
<td>Free</td>
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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, ext. 352
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)
609.695.6274, ext. 215
T.R.A.D.E. (Transportation)
609.530.1971

SUPPORT & GUIDANCE

Free Memory Screenings

What: Memory screenings are part of a regular wellness check-up. The screening is non-invasive, consists of a series of questions and tasks, and takes five to ten minutes to administer. All materials clearly emphasize that memory screenings are used as an indicator of whether a person might benefit from an extensive medical exam, but that they are not used to diagnose any illness and in no way replace an exam by a primary care physician or specialist. We encourage medical follow-up, at the very least during annual doctor’s visits, to ensure best monitoring of memory and health concerns.

Where: Call for more information on screening sites

When: Please call 609.252.2362 to schedule your free screening

Who: David Roussell, MSW, LSW, will administer the memory screening

HEALTHCARE DECISION WORKSHOP

SAVE THE DATE: Tuesday, April 23, 3:30 p.m.

Healthcare Decisions Day is an initiative to encourage patients to express their wishes regarding healthcare, and for providers and facilities to understand how to respect those wishes, whatever they may be. Registration required for this workshop.
SUPPORT GROUP HIGHLIGHT

Next Chapter: Widows & Widowers

For men and women that have moved through the early stages of grief after losing a spouse and are starting to feel ready to engage with people and activities. All topics about this next stage of life are discussed. Many friendships have already formed outside of the group meeting. This is a social/support group and is not intended to be for counseling. If you have lost a spouse recently, our Bereavement group may be a better place for you to begin. Please call before attending your first meeting.

We meet monthly on the second & fourth Tuesday, 10:45 a.m.–12:00 p.m. at Suzanne Patterson Building in Room 5.

Facilitated by Sharon Hurley 609.252.2362.

GROUPS

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

CAREGIVERS
Monday, March 11 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS
Thursday, March 14 at 4:30 p.m.
(Second Thursday of each month)
Suzanne Patterson Building

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

GRANDPARENTING
Tuesday, March 19 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS
Tuesday, March 5 and 19 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
Mondays at Spruce Circle at 1:00 p.m.

MEN IN RETIREMENT
Friday, March 1 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS
Tuesday, March 12 and 26 at 10:45 a.m.
(Usually second and fourth Tuesdays of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT
Friday, March 15 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT
Friday, March 15 at 10:30 a.m.
(Usually third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

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)
OTHER UPCOMING EVENTS

SAVE THE DATE: Saturday, May 4

Back by popular demand The Straight Ahead Big Band will once again grace us with their vibrant sounds for a fun evening of dining and dancing. More information to follow. This was a sell out event last year, so stay tuned for more information!

HIGHLIGHTED SPONSORS OF THE MONTH

Our mission is to be THE orthopedic health care provider of choice and the recognized leader in the delivery of quality health care services.

princetorthopaedic.com

At Oasis Senior Advisors®, we are committed to making senior housing simple. We offer free senior housing services for individuals and their families from coast to coast.

oasissenioradvisors.com

Did you know you can 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 receipts.
# MARCH 2019

### Early Bird Aerobics
Monday through Friday 8:00–9:00 a.m.

### Mercer County Nutrition Program
Monday through Friday 10:00 a.m. to 1:00 p.m.

## Monday
- **9:15** Aerobics - 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

## Tuesday
- **9:30** Mindful Chair Yoga - SPB
- **10:00** Every Body Walk! - Various
- **10:30** TED Talk - SPB
- **12:00** Scrabble - SPB
- **1:00** Bridge/Canasta/Mah Jongg - SPB
- **1:00** Knit Wits - SC
- **1:00** Technology Lab - SPB

## Wednesday
- **9:15** Aerobics - SPB
- **11:00** Painting with Christina - SPB
- **12:00** French Rendez-Vous - SPB
- **1:00** Technology Lab - SPB
- **2:45** Let’s Talk - SC

## Thursday
- **9:45** Cosmology - SPB
- **10:00** Every Body Walk! - Various
- **10:00** Gentle Mat Yoga - SPB
- **12:00** Zumba Gold - SPB
- **1:00** Art with Hannah - SPB

### Locations:
- **CH**: Corner House
- **EC**: Elm Court
- **MH**: Monument Hall
- **PPL**: Princeton Public Library
- **RC**: Redding Circle
- **SC**: Spruce Circle
- **SPB**: Suzanne Patterson Building
- **Various**: Call Progression PT for locations: 609.454.3536

### Friday
- **9:00** AARP Tax - SPB
- **9:15** Aerobics - SPB
- **10:00** Chair Exercise - SC
- **1:00** First Friday Film - SPB
- **2:00** Men in Retirement - MH Main

**Saturday March 9, 5:00 p.m.**

*My Stroke of Luck*
Have you heard what’s going on at PSRC?
Come out on Tuesdays for free TED Talks, Social Bridge, Canasta, and Mah Jongg; or stop by the Technology Lab on Tuesdays, Wednesdays, and Fridays for free help with our experienced, patient, expert volunteers. Explore the resources available to you and make some new friends in the process.

Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/