

## *My Stroke of Luck*

PERFORMANCE

SATURDAY, MARCH 9

5:00 p.m. (followed by Q&A session)  
at the Suzanne Patterson Building



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](http://princetonsenior.org), call 609.924.7108, or purchase in person at PSRC.

### Sponsors: Capital Health Systems

Acorn Glen Assisted Living  
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Princeton Orthopaedic Associates  
Princeton Portfolio Strategies Group  
Private Wealth Management Group  
Team Toyota of Princeton  
Tranquil Transitions

### 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.*



*Photo Credit: Adrian Buckmaster*

**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 Street)  
Princeton, NJ 08540  
Phone: 609.252.2362  
Monday–Friday  
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org  
princetonsenior.org

*PSRC's refund policy may be found  
on the website under the "Who We Are/  
General Information" tab.*

*A non-profit organization  
serving our community*

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## FOR YOUR INFORMATION

### Cut the Clutter with Ease<sup>1</sup>

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](https://seniorplanet.org).*

<sup>1</sup> Randall, Virge. "Cut the Clutter with Ease." (2019, January 25) [seniorplanet.org](https://seniorplanet.org/cut-the-clutter-with-ease/). <https://seniorplanet.org/cut-the-clutter-with-ease/> (accessed February 7, 2019)

## SPECIAL NOTICE

**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](http://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.

***Co-sponsored by Princeton Public Library, Labyrinth Books, and the Princeton Senior Resource Center.***



## PSRC STAFF

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*Crosstown Coordinator and  
Office Manager, Spruce Circle*

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*Program and Office Assistant*

**Kathleen Whalen**  
*Communications Coordinator*

## 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](http://princetonsenior.org) or call us at 609.924.7108.



## MARCH PROGRAMS

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



### 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

## RETIREMENT PROGRAMS

### 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.

## MORE PROGRAMS

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

### 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, MEd, 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](http://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](http://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.

Fridays, 12:00–1:00 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](mailto:brucewallman@gmail.com) for more information.



### GAMES

##### SCRABBLE & 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**

# COMPUTER GURU

*By Don Benjamin*

## 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.

Suite	Made By	Applications	Runs On	Cost Options	Notes
<b>MS Office</b> <ul style="list-style-type: none"> <li>• Word</li> <li>• Excel</li> <li>• PowerPoint</li> <li>• Access</li> <li>• OneNote</li> <li>• Outlook</li> </ul>	Microsoft	<ul style="list-style-type: none"> <li>• Word processor</li> <li>• Spreadsheets</li> <li>• Presentations and graphics</li> <li>• Database</li> <li>• Notebook</li> <li>• Email</li> </ul>	<ul style="list-style-type: none"> <li>• Windows</li> <li>• MacOS</li> <li>• iOS (iPhone, iPad)</li> <li>• Android</li> </ul>	<ul style="list-style-type: none"> <li>• Subscription \$70/\$100 annually</li> <li>• Online version is free</li> <li>• Can purchase individual applications</li> </ul>	Robust and universally compatible. Free online version may satisfy your needs.
<b>iWorks</b> <ul style="list-style-type: none"> <li>• Pages</li> <li>• Numbers</li> <li>• Keynote</li> </ul>	Apple	<ul style="list-style-type: none"> <li>• Word processor</li> <li>• Spreadsheets</li> <li>• Presentations and graphics</li> </ul>	<ul style="list-style-type: none"> <li>• MacOS</li> <li>• iOS</li> </ul>	Included with Apple products	Capable but less intuitive than MS Office.
<b>WordPerfect Office</b> <ul style="list-style-type: none"> <li>• WordPerfect</li> <li>• Quattro</li> <li>• Presentations</li> <li>• Others</li> </ul>	Corel	<ul style="list-style-type: none"> <li>• Word processor</li> <li>• Spreadsheets</li> <li>• Presentations and graphics</li> <li>• Photo editor</li> <li>• Notebook</li> </ul>	<ul style="list-style-type: none"> <li>• Windows</li> </ul>	\$250	Robust. Uses older style menus. “Reveal codes” feature shows formatting “markups.”
<b>Google Docs</b> <ul style="list-style-type: none"> <li>• Docs</li> <li>• Sheets</li> <li>• Slides</li> </ul>	Google	<ul style="list-style-type: none"> <li>• Word processor</li> <li>• Spreadsheets</li> <li>• Presentations and graphics</li> </ul>	Most all devices	Free	Browser-based online application. Files stored in Google Drive.
<b>OpenOffice</b> <ul style="list-style-type: none"> <li>• Writer</li> <li>• Calc</li> <li>• Impress</li> <li>• Others</li> </ul>	Apache Software Foundation	<ul style="list-style-type: none"> <li>• Word processor</li> <li>• Spreadsheets</li> <li>• Presentations and graphics</li> <li>• Database</li> </ul>	<ul style="list-style-type: none"> <li>• Windows</li> <li>• MacOS</li> <li>• Linux</li> </ul>	Free	Complete. Uses older style menus. Somewhat limited font selection.
<b>LibreOffice</b> (Same applications as Open Office)	The Document Foundation (Based on Open Office)				

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.



## 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.

## 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, 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.**

## 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



Princeton Orthopaedic  
ASSOCIATES



Penn Medicine  
Orthopaedic Surgery | Affiliate

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

[princetonorthopaedic.com](http://princetonorthopaedic.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.

[oasisseioradvisors.com](http://oasisseioradvisors.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

## Monday

**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.

## Tuesday

**Table Tennis**  
Monday, Wednesday,  
Friday  
12:30–4:30 p.m.

## Wednesday

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

## Thursday

RC - Redding Circle  
SC - Spruce Circle  
SPB - Suzanne Patterson  
Building  
Various — Call Progression PT  
for locations: 609.454.3536

## Friday

**1**  
9:00 AARP Tax - SPB  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
12:00 Chair Exercise - SC  
**1:00 First Friday Film - SPB**  
**2:00 Men in Retirement - MH Main**

**4**

9:15 Aerobics - SPB  
10:30 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 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

**6**

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

**7**

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

**8**

**9:00 AARP Tax - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
12:00 Chair Exercise - SC

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

*My Stroke of Luck*

**11**

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 FYI Seminar - SPB**  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
**2:15 Caregivers - MH East Conf Rm**

**12**

9:30 Mindful Chair Yoga - SPB  
10:00 Every Body Walk! - Various  
10:30 TED Talk - SPB  
**10:45 Next Chapter Widow/ers - SPB**  
12:00 Scrabble - SPB  
1:00 Bridge/Canasta/Mah Jongg - SPB  
1:00 Technology Lab - SPB

**13**

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

**14**

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  
**4:30 Children of Aging Parents - SPB**

**15**

**9:00 AARP Tax - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
**10:30 Women in Retirement - SPB**  
12:00 Chair Exercise - SC  
**3:00 Transition to Retirement - SPB**

**18**

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 Bereavement - CH-19**  
**1:00 FYI Seminar - SPB**  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
**4:00 Author Talk - Labyrinth**

**19**

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 Grandparents Group - SPB**  
1:00 Knit Wits - SC  
1:00 Technology Lab - SPB

**20**

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

**21**

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

**22**

**9:00 AARP Tax - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
12:00 Chair Exercise - SC  
**2:00 Special Speaker - SPB**

**25**

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 FYI Seminar - SPB**  
1:00 Global Conversations - SC  
**1:00 Tech Workshop - SPB**  
2:00 Word Play - SPB

**26**

9:30 Mindful Chair Yoga - SPB  
10:00 Every Body Walk! - Various  
10:30 TED Talk - SPB  
**10:45 Next Chapter Widow/ers - SPB**  
12:00 Scrabble - SPB  
1:00 Bridge/Canasta/Mah Jongg - SPB  
1:00 Technology Lab - SPB

**27**

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

**28**

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

**29**

**9:00 AARP Tax - SPB**  
9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
12:00 Chair Exercise - SC  
**12:30 Senior Citizen Club - SPB**





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*Mayors Wellness Campaign*  
*Put your community in motion.*



## Have you heard what's going on at PSIRC?

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.

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