

APRIL 2019



APRIL 7-13, 2019

EVEN THE SMALLEST ACT OF KINDNESS CAN BRING ABOUT GREAT CHANGE!

At PSRC, volunteers are essential to everything we do every day. National Volunteer Week, April 7–13, 2019, is a time to celebrate the impact of volunteer service on our communities.

PSRC volunteers are:

Front Desk Associates • Book Discussion
Facilitators • Technology Lab Assistants
Evergreen Forum Instructors • GrandPals
Event Production Assistants • HomeFriends
KnitWits • Retirement Group Leaders
Social & Support Group Facilitators
Board and Advisory Volunteers
Centerpiece & Wreath Makers
and so much more!

PSRC has over 375 volunteers helping us do what we do best—serve aging adults! Whether working at our front desk assisting with phone calls and answering questions, or offering support and advice as a board trustee, you make a difference in our lives.

We honor you and thank you for all that you do!

Moroccan & Nights

SATURDAY, MAY 4 6:30–9:30 p.m. at the Suzanne Patterson Building

The Straight Ahead Big Band is back for a magnificent night of live music

Dancing — Dinner — Mine

Reserve your spot – Single ticket \$40 Four tickets \$140

Register online at princetonsenior.org or call 609.924.7108 to place your reservations.

ART EXHIBITION & RECEPTION

Wednesday, April 3, 4:00–5:30 p.m. Stop by to celebrate the creative talents of PSRC's art students. The exhibition will run April 3 to April 30





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

BOARD OF TRUSTEES

Bradley Bartolino Donald Benjamin John Cannady Liz Charbonneau Joan Girgus Jane Gore Kate Hall Lee Harrod Elaine Jacoby Michael Kenny Jennifer Krychowecky Josh Lichtblau Joseph Maida Reid Murray Dave Saltzman Surinder Sharma Harpreet Sidhu Fiona Van Dyck



FROM THE EXECUTIVE DIRECTOR

TAKING THE PLUNGE

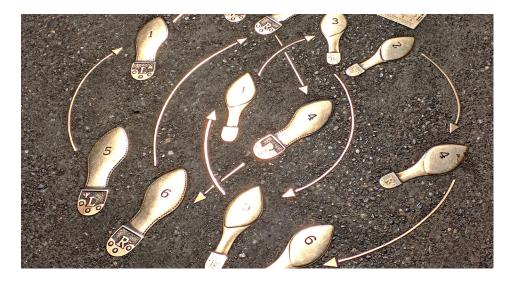
I stood in the parking lot in disbelief. The signboard in front of our favorite restaurant—the place where, for the last 15 years, we have celebrated anniversaries, birthdays, graduations, and other special family celebrations—was closed. I walked to the door to check for myself and was greeted by a sign that read simply, "Retired and moved south. Thank you for the memories!" I think I went through the stages of grief as I stood in the parking lot wondering why no one even bothered to call me.

I called Diane, my wife, to let her know the bad news as I drove home. As she often does, she provided a more balanced perspective and checked my reaction. "Do you think," she offered, "maybe your reaction to the restaurant closing has more to do with all of the other transitions going on in our life?" Gaining clarity and perspective from our conversation, I began to think back on the past year: the sudden death of my oldest brother, the death of my mother following an extended battle with cancer, the newly discovered "empty nest" with our youngest daughter starting college, the beginning of a new job, and moving to a new community. I was exhausted just thinking about all of the change and transition we have experienced this year.

I'm sure that many of you can relate to this experience. Moving to a new community. Entering a new phase of life in retirement. Losing someone close to you. Being a caretaker—or the experience of needing more care yourself. In my experience, I have found that these changes, while difficult, can also bring opportunities for new joys to be discovered. A few years ago, I came across a quote from Alan Watts: "The only way to make sense out of change is to plunge into it, move with it, and join the dance."

So, I have been preparing to "plunge" into the new opportunities that life is bringing my way and "dance" my way into new possibilities. Over the last few months we have been trying lots of new restaurants to discover a new home for our family celebrations. Diane and I have come to enjoy the empty nest—taking time to go to the theater, enjoy concerts, see live sporting events (who doesn't love a good Phillies/ Eagles/Flyers/Sixers game?). And, I am preparing to jump in to my new journey with the Princeton Senior Resource Center.

I am incredibly thankful to Susan Hoskins and the legacy that she leaves at PSRC. She has been a gift to this organization and I know



that there are big shoes to fill. I am also thankful for the current PSRC staff, led by Donna Cosgrove, and the board of directors, all of who have truly stepped forward to lead PSRC through this season of transition. I am looking forward to joining this fantastic team.

I also look forward to getting to know many of you, PSRC supporters and participants. I am excited to hear your stories and share this journey as we move into the future together. Please stop by to say hello. And, if you are in a season of transition yourself, I encourage you to "plunge into" the new possibilities and join me on the dance floor!

Drew A. Dyson, PhD Executive Director

Planning to Live to 100? Volunteer!

Donating one's time to benefit others has deep individual value. A growing body of research tells us that those who volunteer have lower mortality rates and less depression, along with a greater sense of control over one's life and higher rates of self-esteem and happiness. Using health and volunteering data from the U.S. Census Bureau and the Centers for Disease Control and Prevention, one report found that states with a high volunteer rate even have lower incidences of heart disease. Some studies showed that volunteers who devote about 100 hours or more per year to volunteer activities are the most likely to experience health benefits.

Read the full article at aarp.org.

1 Schneidewind, Eric J. "Planning to Live to 100? Volunteer!" (2017, May 31) aarp.org. https://www.aarp.org/politics-society/advocacy/info-2017/planning-to-live-to-age-100-volunteer-schneidewind.html/ (accessed March 13, 2019)



PSRC STAFF

Drew A. Dyson, PhD
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

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

APRIL PROGRAMS

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

FIRST FRIDAY FILM — "CRAZY RICH ASIANS"
Friday, April 5 at 1:00 p.m.

Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and Nick's disapproving mother. Starring: Constance Wu, Henry Golding,

Michelle Yeoh

Running time: 2 hours

Registration required, no fee.



FYI SEMINAR — "MANAGING PRE-DIABETES AND DIABETES"

Monday, April 15 at 1:00 p.m.

Learn about lowering your risks of pre-diabetes and type 2 diabetes, how to reduce complications for those diagnosed with diabetes, and nutrition recommendations at this informative session presented by Louise Gross, RN, BSN, CDE, and Sandra Byer-Lubin, MS, RD, CDE, Diabetes Clinicians and Certified Diabetes Educators from Princeton Medical Center's Diabetes Management Program.

Registration required, no fee.

Sponsor: Princeton Orthopaedic Associates



FYI SEMINAR — "BALANCE AND FALL PREVENTION"

Monday, April 22 at 1:00 p.m.

Learn some tips about making your home safer and ways to improve your balance, which will help prevent falls. Join Kristin Murphy, PT, DPT of Ivy Rehab who has been practicing as a physical therapist since 1993. She has worked in a variety of settings including inpatient hospitals, home care, and has worked in the outpatient setting now for over 17 years.

Registration required, no fee.

Sponsor: Homewatch Caregivers



FYI SEMINAR — "MANAGING CHALLENGING DEMENTIA BEHAVIORS" *Monday, April 29 at 1:00 p.m.*

By making simple changes, you can ease stress and significantly improve your loved one's well-being and your own caregiving experience. Barbara Forshner has been in healthcare for the last 14 years and is the Director of Community Relations at Artis Senior Living of Princeton Junction. Registration required, no fee.

Sponsor: Princeton Orthopaedic Associates

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:

April 2—Greta Thunberg: The disarming case to act right now on climate change (Recommended by Nayan Trivedi)

April 9—Kate Raworth: A healthy economy should be designed to thrive, not grow April 16—Lisa Genova: What you can do to prevent Alzheimer's (Recommended by Nayan Trivedi)

April 23—Alexis Charpentier: How record collectors find lost music and preserve our cultural heritage

April 30—Sir Ken Robinson: Do schools kill creativity?

RETIREMENT PROGRAMS

MEN IN RETIREMENT — "NEW JERSEY FACTS AND FIRSTS"

Friday, April 5 at 2:00 p.m.

Eve Mandel, Director of Program and Visitor Services at the Historical Society of Princeton will discuss the Lenape Indians and early European settlers, the development of cities and suburbs, as well as technology and inventions. All are welcome.

WOMEN IN RETIREMENT — NO MEETING IN APRIL

MORE PROGRAMS

Please register for all programs, classes, and events at princetonsenior.org.

TRANSITION TO RETIREMENT Friday, April 12 at 3:00 p.m.

This group addresses the 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.

ZUMBA GOLD - TWICE A WEEK!

Join certified instructor Abigail Pinheiro who will show you how to mix movement, music, and merriment. You can register for both days a week, one day a week, or just drop-in.

Tuesdays, 9:15 a.m.–10:00 a.m.—residents \$30/mo., non-residents \$37/mo., or \$15 drop-in **Thursdays**, 12:00 noon–12:45 p.m.—residents \$30/mo., non-residents \$37/mo., or \$15 drop-in

LIMITED SERIES PROGRAMS

FREE TAX ASSISTANCE FOR SENIORS

Fridays, April 5 and 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.

FREE CPR WORKSHOP: ADULT & CHILD Monday, April 8 at 2:00 p.m.

The Family & Friends CPR program from Penn Medicine Princeton Health will teach you how to perform CPR on adults or children, and how to help an adult/child who is choking. This course is designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card.

Registration required, no fee. Sponsor: Van Dyck Law, LLC

APRIL PSRC CLOSINGS

PSRC is closed on Friday, April 19 in observance of the Good Friday and Passover holidays.

SPECIAL SPEAKER—PRINCETON'S CLIMATE ACTION PLAN

Thursday, April 11 at 1:00 p.m.

Join Bernie Miller and Jenny Ludmer to learn about the plan's strategies to reduce Princeton's carbon footprint and prepare for climate change. We invite you to share your ideas and opinions about the plan and consider the actions you can take to support these initiatives.

Bernie Miller is a former Princeton Councilman and a current member of the Princeton Climate Action Plan Steering Committee. Jenny Ludmer is the Community Outreach Manager for Sustainable Princeton. Registration required, no fee.

HEALTHCARE DECISION DAY WORKSHOP Tuesday, April 23 at 3:30 p.m.

Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of Five Wishes will be available to take home.

Registration required. No fee.

Instructor: Dave Roussell, MSEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator

TECHNOLOGY WORKSHOP—"WINDOWS 10 BASICS" Wednesday, April 24 at 10:30 a.m.

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

Bring your lapton to class. Registration required:

Bring your laptop to class. Registration required; space is limited.

Instructors: Evelyn Sasmor and Anita Gupta Registration required, no fee.

APRIL 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 & MEDITATION

Tuesdays, 9:30 a.m.-10:30 a.m. \$72/residents; \$96/non-residents; per quarter (MH-Multi) Thursdays, 9:00 a.m.-10:00 a.m.

\$72/residents; \$96/non-residents; per quarter (SPB)

GENTLE MAT YOGA

Thursdays. 10:00-11:00 a.m. \$72/residents; \$96/non-residents; per quarter

ZUMBA GOLD

Tuesdays, 9:15-10:00 a.m. \$32/residents; \$40/non-residents; per month; \$15 drop-in Thursdays, 12:00-12:45 p.m. \$32/residents; \$40/non-residents; per month; \$15 drop-in

SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m.-12:30 p.m. *Fridays, 12:00–1:00 p.m.;* \$48 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.



FNRICHMENT

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 guarter. Peer-led science discussion. Contact brucewallman@gmail.com for more information.



GAMES DAY

SCRABBLE, CANASTA, SOCIAL BRIDGE, **& OTHER GAMES**

Tuesdays, 12:00 noon-4:00 p.m.; free. Let us know if there's a game you'd like to play!

MAHJONGG

Tuesdays, 12:00 noon-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. Drop in, no fee.

- 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

My HomePods

For the last few months, I've been using two Apple HomePods in our living and family rooms to play music¹, but they can do much more, as I'll explain.

You can think of a HomePod as a squat round computer with a microphone and speaker, but no screen or keypad. It connects to the Internet via your wi-fi network, and you tell the device what to do using Siri, which is Apple's personal assistant. (The Echo uses Alexa.)

For example, if I want to hear songs by Acoustic Alchemy from my Apple music collection, I say, "Hey Siri, play Acoustic Alchemy," and she (or he, depending on the gender you assign Siri) will play songs from my favorite smooth jazz band. I can tell Siri to increase or decrease the volume ("Hey Siri, turn up the music"), but I can also adjust the loudness from my iPad, iPhone, or Mac laptop because the HomePods integrate with my other Apple devices.

My two HomePods aren't connected to each other; rather, they're separate devices with access to the internet via our wi-fi network. I can play the Rolling Stones on my family room HomePod and Beethoven in the living room.

I can ask my HomePod to "Play WNYC" to hear New York's NPR station via their streaming services. Or "Play Car Talk" to listen to Click and Clack help folks diagnose the strange sound coming from the engine compartment of their 1992 Yugo.²

"Hey Siri, Call PSRC" turns my HomePod into a speaker phone that calls the senior center, which is stored in my contacts list. I can call our son in Washington from my iPhone and transfer the call to my HomePod so my wife can talk as well. Same for text messages: "Hey Siri, send a message: Tell [insert your spouse's name here] that I'm on



Our living room HomePod (the round doo-dad on the shelf) my way home."

Finally, I can use my HomePod to turn on various "smart" lights in the house. I only have a couple of these, but they are pretty neat. "Hey Siri, turn on the deck lights."

Now, I can do all these things from my iPad or iPhone. (You would use Alexa on an Android device.) But the HomePod has a fantastic speaker. I'm just amazed that such a small device (about the size of a #10-size can of cling peaches³) sounds so good!

But maybe more important are the accessibility features of the HomePod (or Echo) for those of us who need help using the phone or sending a text. Siri understands a plethora of commands, and I've never heard her complain that I was a pain in the *tuchis*. At least not to my face.

If you need help selecting a "smart" speaker or want to try Siri or Alexa, just stop by the Technology Lab on Tuesdays or Wednesdays from 1:00 to 4:00 p.m. or Fridays from 10:00 a.m. to 1:00 p.m.

¹ The HomePod is similar to the Amazon Echo, but I'm writing about the HomePod because that's what I have.

² It's the engine.

³ Or stewed tomatoes. Roughly 7" tall and 6" wide.

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



Healthy Aging: Can Volunteering Help?

Healthy aging can be defined as caring for the "whole" person in a way that includes the physical, mental, and financial areas of an individual's life. Seniors can experience "social isolation" when their connections to family, friends, and activities/work change. It may be necessary to re-define what it means to be retired once a senior starts to experience the amount of free time available. Volunteering can be an important component of maintaining social connections as retirees age. In addition to the social aspect, volunteers often experience a new sense of energy by giving their time and sharing their talents for a cause they find meaningful.

How do you decide where and when to volunteer? What questions should you ask yourself? Start with these:

- How much time do you want to devote to doing community service/volunteering? Do you want a regular schedule or an occasional opportunity?
- What would make you smile? You may be skilled at something specific but that doesn't necessarily mean that you want to use those skills in your volunteer service.
- Have you asked your friends/family where they like to volunteer?
- Are you prepared to interview for the volunteer position and have a background check run?
- Does your passion align with the organization's mission?
- Do you want to learn a new skill?

You will have to do some searching to find the right fit.

Volunteering with a friend can be enjoyable but you may prefer to "go it alone" so you will be able to make new friends more readily. Volunteering on a weekly basis can play an important role in healthy aging. There are valuable resources for helping you find the right volunteer experience.

Here are a few options: Volunteer Match (volunteermatch.org), Idealist (idealist.org), Create the Good (createthegood.org), Jersey

Cares (jerseycares.org). You can also go directly to a non-profit's website to view volunteer opportunities. See PSRC's volunteer page at princetonsenior.org/volunteer.

Opportunities are available that combine several quality of life issues during one experience. A great example would be the PSRC Knit Wits group (see photo on p. 8). These people gather together several times a month at Spruce Circle to work on their knitting and crocheting projects. Most of the completed items are donated to local charities of choice. During the gathering people usually share their stories and help in problem solving issues of all kinds. Many friendships have formed outside the Knit Wits group. PSRC has had yarn donated by many corporations, so if you are knitting for charity you may just find the yarn you need at the group.

National Volunteer Week is April 7–13, 2019. PSRC is so grateful for all the volunteers that continue to help us thrive! PSRC has volunteer opportunities throughout the year, especially when there is a special event planned. If you would like more information about volunteering, please contact Sharon Hurley, CVA at shurley@princetonsenior.org or 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.

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)



BEREAVEMENT

Monday, April 15 at 1:00 p.m. (Usually third Monday of each month) Call Sherri Goldstein 609.819.1226 to attend. Corner House 19

CAREGIVERS

Monday, April 8 at 2:15 p.m. (Usually second Monday of each month) Location: Monument Hall East Conference Room

CHILDREN OF AGING PARENTS

Thursday, April 11 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, April 16 at 1:00 p.m. (Third Tuesday of each month) Suzanne Patterson Building

KNIT WITS

Tuesday, April 2 and 16 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, April 5 at 2:00 p.m. (Usually first Friday of each month) Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, April 9 and 23 at 10:45 a.m. (Usually second and fourth Tuesdays of each month) Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, April 12 at 3:00 p.m. (Usually third Friday of each month) Suzanne Patterson Building

WOMEN IN RETIREMENT

Not meeting in April.
(Usually third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

CARS DONATION

Maurice and Iona Harding have participated in numerous programs through PSRC, including Men in Retirement group, Evergreen Forum courses, Feldenkrais, and others. When they wanted to get rid one of their cars, Maurice remembered hearing about the CARS Donation Program at PSRC's 2018 Fall Conference workshop on taxes. It was a win-win. The car was taken away, the Hardings got a tax-deductible donation, and PSRC received the proceeds!

"The donation process was pretty straight forward, with all the details worked out in a phone call to the number we saw in the PSRC Newsletter and on the website. We love PSRC and appreciate all it has to offer this community. This was an easy and mutually beneficial way to donate something we no longer needed and to have it benefit the Center."

All of us at PSRC want to thank the Hardings for their thoughtful and generous donation, and are here to help others interested in learning more about donating an unwanted automobile or boat.

Donate your car or boat — Call 855.500.7433 or 855.500.RIDE or visit: careasy.org/nonprofit/Princeton-Senior-Resource-Center.



Photo: Iona and Maurice Harding



BEQUESTS — If you have included PSRC in your estate planning, THANK YOU! Please let us know so we can enroll you in the Jocelyn and Carl Helm Legacy Society. If you would like more information about how to make a bequest to PSRC, please contact Barbara Prince at 609.924.7108, or by email to request a brochure at bprince@princetonsenior.org.

HIGHLIGHTED SPONSORS OF THE MONTH



"We believe every family in the area deserves individualized in-home senior care with a compassionate touch. That's why we established Home Instead Senior Care® of Monroe Township." —Kunwar Singh, Owner

https://www.homeinstead.com/357



Our clients have a diverse array of needs that require multi-dimensional solutions. In each case, our goal is your peace of mind.

www.princetonpsg.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.

APRIL 2019

Monday

Tuesday

Wednesday

Thursday

Friday

1

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

2

9:15 Zumba Gold - SPB 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 1:00 French Rendez-Vous - SPB 10:30 TED Talk - SPB 12:00 Games Day - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB

3

9:15 Aerobics - SPB 11:00 Painting with Christina - SPB

1:00 Technology Lab - SPB 2:45 Let's Talk - SC 4:00 Art Reception - SPB

4

9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Every Body Walk! - Various 10:00 Technology Lab - SPB 10:00 Gentle Mat Yoga - SPB 12:00 Zumba Gold - SPB 1:00 Art with Hannah - SPB

5

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

8

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 CPR Workshop - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers -MH East Conf Rm

9

9:15 Zumba Gold - SPB 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 1:00 French Rendez-Vous - SPB 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers 2:45 Let's Talk - SC 12:00 Games Day - SPB 1:00 Technology Lab - SPB

10

9:15 Aerobics - SPB 11:00 Painting with Christina 1:00 Technology Lab - SPB

11

9:00 Mindful Chair Yoga & **Meditation - SPB** 9:45 Cosmology - SPB 10:00 Every Body Walk! - Various 10:00 Technology Lab - SPB 10:00 Gentle Mat Yoga - SPB 12:00 Zumba Gold - SPB 1:00 Art with Hannah - SPB 1:00 Special Speaker - SPB 4:30 Children of Aging Parents - SPB

12

9:00 AARP Tax - SPB 9:15 Aerobics - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 3:00 Transition to Retirement - SPB

15

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

16

9:15 Zumba Gold - SPB 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 1:00 Technology Lab - SPB 10:30 TED Talk - SPB 12:00 Games Day - SPB 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB

17

9:15 Aerobics - SPB 11:00 Painting with Christina - SPB 2:45 Let's Talk - SC

18

9:00 Mindful Chair Yoga & **Meditation - SPB** 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

19

PSRC IS CLOSED IN OBSERVANCE OF THE **GOOD FRIDAY AND PASSOVER HOLIDAYS**

22

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

23

9:15 Zumba Gold - SPB 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers 2:45 Let's Talk - SC 12:00 Games Day - SPB 1:00 Technology Lab - SPB

3:30 Healthcare Decision Workshop - SPB

24

9:15 Aerobics - SPB 10:30 Tech Workshop - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB

25

9:00 Mindful Chair Yoga & **Meditation - SPB** 9:45 Cosmology - SPB 10:00 Every Body Walk! - Various 12:00 Chair Exercise - SC 10:00 Gentle Mat Yoga - SPB 12:00 Zumba Gold - SPB 1:00 Art with Hannah - SPB

26

9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 12:30 Senior Citizen Club - SPB

29

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

30

9:15 Zumba Gold - SPB 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 12:00 Games Day - SPB 1:00 Technology Lab - SPB

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.

Table Tennis

Monday, Wednesday, **Friday** 12:30-4:30 p.m.

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

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THANK YOU

Thank you to all who came to see Diane Barnes' performance *My Stroke of Luck*, on March 9 at PSRC. and to the sponsors whose generous support helped to make it possible. Special thanks go to Scott Hoskins for technical support, sound, and lighting and Billie Emmerich for being our Windrows Ambassador.

To view photos visit: https://flic.kr/s/aHsmzqrnMR



Photo: Diane Barnes, My Stroke of Luck Photo Credit: Barry Sagotsky

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