



GALLERY TALKS ON THE ROAD MONDAYS IN MAY AND JUNE

Beginning May 6 (no class 5/27)
11:00 a.m.–12:00 p.m.

Join the Princeton University Art Museum's outstanding docents as they come to PSRC to provide images of and insight into the Museum's collections and special exhibits. This 6-session course is a collaborative effort between the Princeton University Art Museum, PSRC, and The Evergreen Forum.

May 6 — *Manet, Modern Master*, with docent Chris Godfrey

May 13 — *How to Read a Portrait*, with docent Marianne Grey

May 20 — *Gabriele Munter, A Great Artist in the Shadow of Kandinsky*, with docent Brian Langille

June 3 — *Viewing Modern Art with an Open Eye*, with docent Nancee Goldstein

June 10 — *Power in African Art*, with docent Adria Sherman

June 17 — *Rosa Bonheur: A Woman Ahead of her Time*, with docent Jeanne Johnson

Registration required. \$65.00 for the 6-session course.
Visit princetonsenior.org for docent bios.

The Hun School of Princeton Presents Alfred Hitchcock's Classic Thriller: *Notorious*

Thursday, May 30 at 1:00 p.m.

Join students and teachers from The Hun School at PSRC for a special screening of the 1946 movie *Notorious* starring Cary Grant, Ingrid Bergman, and Claude Rains. Before the screening, the program will kick off with a meet & greet event with the students who have been studying Alfred Hitchcock films as part of a special spring elective course at Hun. We look forward to seeing you there!

Light refreshments. Registration required, no fee.



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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FROM THE EXECUTIVE DIRECTOR

OLDER AMERICANS MONTH

In May of each year, the Administration for Community Living leads the national recognition of Older Americans Month. This year's theme, "Connect. Create. Contribute," recognizes three core principles that enable older adults to thrive in this season of life. Here at the Princeton Senior Resource Center, we provide opportunities for people to experience all three of these dimensions for thriving during retirement. In a few short weeks as executive director, I have been inspired by the stories I have heard and the people I have met who embody this year's theme.

PSRC activities and programs are intentionally designed for people to foster friendships and CONNECT with others. Whether playing table tennis, exploring the mysteries of cosmology, discovering the world of watercolor, sweating while learning aerobics, engaging in a discussion or support group, or learning in an Evergreen Forum classroom, I have experienced small communities of people who have learned one another's stories and share their lives. Not only does PSRC provide places for adults to connect with other adults, we also encourage family connections that engender thriving older adulthood. I was particularly inspired by the stories of people who visit our tech lab for assistance with connecting via social media or video technology to their family members who live at a distance.

We also celebrate opportunities for older adults to CREATE value through artistic expression. In April, we recognized our PSRC artists at a wonderful art exhibit and reception. Walking through our "gallery," I was inspired by the creative expression and powerful storytelling of our artists who used various media to express themselves. There are plenty of classes and opportunities for you to explore your inner (and perhaps to this point) hidden artist. Additionally, our Evergreen Forum provides opportunities to study the arts through classes on literature, drama, art appreciation, music, poetry, and much more. Look for our fall class offerings in the upcoming months!

Finally, PSRC believes that older adults thrive when they are able to CONTRIBUTE to their community and give of themselves for the benefit of others. Erik Erikson, the renowned psychologist, argued that one of the important questions of the middle and later years is, "What difference have I made with my life?" Generativity, or making



one's mark on the world, is one of the hallmarks of what PSRC offers. Through programs such as GrandPals or HomeFriends, PSRC provides opportunities for people to give back to others through volunteer service.

One of the people I have been inspired by is in her mid 90's and has been a GrandPal volunteer — reading to Kindergarten students in Princeton — for more than 15 years. A few months ago, while sitting with one of our staff coordinators, she was greeted with a big smile and warm hug by a now 5th grade student who ran up to her in the library and said simply, "Thank you. I will never forget you."

To volunteer for GrandPals, HomeFriends, or our many other opportunities, contact our volunteer coordinator Sharon Hurley for more information (shurley@princetonsenior.org or 609.252.2362).

Connect. Create. Contribute. Through PSRC, you have an opportunity to experience all three of these dimensions of vitality. I hope that you will peruse the pages of this newsletter, surf the pages of our website, and consider trying something new. Learn. Express. Volunteer. Your life will be enriched by the relationships you form and the ways you stretch yourself beyond your comfort zone. I look forward to meeting you and hearing your stories — and, maybe next spring, I will see your watercolor hanging in our gallery!

Drew A. Dyson, PhD
Executive Director

PSRC STAFF

Drew A. Dyson, PhD
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& Director of Programs*

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Carla Servin
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*Program Associate, Receptionist,
& Administrative Assistant to the
Executive Management Team*

Kathleen Whalen
Director of Communications

MAY PROGRAMS

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



FIRST FRIDAY FILM — “RBG”

Friday, May 3 at 1:00 p.m.

“At the age of 85, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legal legacy while becoming an unexpected pop culture icon. But the unique personal journey of her rise to the nation’s highest court has been largely unknown, even to some of her biggest fans — until now. *RBG* explores Ginsburg’s life and career.” — *RBGmovie.com*

Starring: Ruth Bader Ginsburg, Bill Clinton, Gloria Steinem, Nina Totenberg

Running time: 1 hour, 38 minutes

Registration required, no fee.



FYI SEMINAR — “UNDERSTANDING FOOD-BORNE ILLNESSES”

Monday, May 13 at 1:00 p.m.

Recently there have been several widely reported cases of people becoming ill from eating contaminated food. Join David J. Herman, MD, FACP, board certified in infectious disease, for this informative discussion on the signs and symptoms of food-borne illnesses and how you are most likely to contract them. Dr. Herman is the hospital epidemiologist of Penn Medicine Princeton Medical Center.

Registration required, no fee.

Sponsor: Homewatch Caregivers



FYI SEMINAR — “MORTGAGES FOR DOWNSIZING”

Monday, May 20 at 1:00 p.m.

Learn the how’s and why’s to use a mortgage for downsizing to reach your financial goals. Kevin Kenyon, of Finance America, has been an accomplished mortgage professional in Princeton for over 25 years. Come and benefit from his experience and knowledge.

Registration required, no fee.

Sponsor: BlackRock



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:

May 7—Dan Gibson: “How to build synthetic DNA and send it across the internet” (recommended by Nayan Trivedi)

May 14—Guy Winch: “Why we all need to practice emotional first aid”

May 21—Sakena Yacoobi: “How I stopped the Taliban from shutting down my school”

May 28—Wendy Suzuki: “The brain changing benefits of exercise”

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “ETHICAL DILEMMAS — WHAT WOULD YOU DO?”

Friday, May 3 at 2:00 p.m.

What would you do? Please join us for a discussion on Ethical Dilemmas — we will view a video quiz on 6 different ethical dilemmas and then discuss the group’s reaction to the situations. We anticipate a lively discussion on the results of the exercise! All are welcome.

WOMEN IN RETIREMENT — “CLIMATE CHANGE — WHAT CAN YOU DO?”

Friday, May 17 at 10:30 a.m.

Many U.S. cities are setting ambitious goals to address our changing climate and improve the quality of life for their citizens. Come learn what you can do to help in your community. Our speaker will be Jenny Ludmer, community outreach manager, Sustainable Princeton. All are welcome.

Special location — MH Multipurpose Room (downstairs)

TRANSITION TO RETIREMENT

Friday, May 17 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, MEd, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.

MORE PROGRAMS

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

MINDFUL CHAIR YOGA & MEDITATION — TWICE A WEEK!

Tuesdays, 9:30 a.m.

Thursdays, 9:00 a.m.

This class has been revamped to include meditation and is now available on Tuesdays and Thursdays. The first half of the class is a gentle, versatile form of yoga that is adaptable for all skill levels followed by instructor led meditation. Reduce stress, gain flexibility, strength, and energy, all at a perfectly slowed pace. Improve overall health and well-being!

You can register for both days a week, one day a week, or just drop-in.

Tuesdays, 9:30–10:30 a.m. — residents \$72/qtr., non-residents \$96/qtr., or \$15 drop-in

Thursdays, 9:00–10:00 a.m. — residents \$72/qtr., non-residents \$96/qtr., or \$15 drop-in

LIMITED SERIES PROGRAMS

THE MARVELOUS MRS. MAISEL — SEASON 2

Tuesdays and Thursdays beginning May 2 through May 16, 1:00–3:00 p.m.

Catch up with Midge in Season 2.

“To say that the new season doubles down on everything the first did is an understatement. *The Marvelous Mrs. Maisel* is a concentrated version of itself in Season 2, thanks to the addition of an obviously inflated budget, more elaborate locations, and two extra episodes”. — *Variety*
Join us for two episodes per day. We’ll provide a synopsis of Season 1 along with a summary of Season 2 episodes just in case you miss a show. Registration required, no fee.

MAY PSRC CLOSINGS

PSRC is closed on Monday, May 27 in observance of Memorial Day.

AWARENESS THROUGH MOVEMENT:

A FELDENKRAIS 4-SESSION WORKSHOP

Tuesdays in May, beginning May 7, 9:00–10:00 a.m.

Embark on a journey of self-discovery to explore the benefits of sensory-motor learning for improved breathing, flexibility, coordination, and everyday movement. Each Feldenkrais class features a different “lesson” or theme that will involve lying on the floor, sitting in a chair, standing and walking, observing, and using imagination. Using verbally-guided attention, Feldenkrais Instructor, Jaclyn Boone will lead participants through gentle, non-strenuous movement sequences that evolve into more complex, comfortable, and efficiently coordinated movement patterns.

Fee: \$60 residents; \$80 non-residents.

SPECIAL SCREENING — “A STAR IS BORN”

Friday, May 10 at 1:00 p.m.

A seasoned musician helps a young singer find fame as age and alcoholism sends his own career into a downward spiral. Academy Award nomination for Best Picture.

Starring: Lady Gaga, Bradley Cooper, Sam Elliott

Running time: 2 hours, 16 minutes

Registration required, no fee.

TECHNOLOGY WORKSHOP—“MAC OS BASICS”

Wednesday, May 22 at 10:00 a.m.

This is a basic skills class on the Mac Operating System. We’ll cover what the operating system does, how to manipulate windows on the computer desktop, and trackpad and mouse gestures. We’ll also discuss files and folders, Time Machine backups, several common applications that Apple includes on its Mac computers, and the Apple App Store.

Important: This hands-on workshop is only for Mac laptop and desktop computers. Bring your laptop to class. Space is limited.

Instructor: Don Benjamin

Registration required, no fee.

MAY 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; no fee.

MINDFUL CHAIR YOGA & MEDITATION

Tuesdays, 9:30 a.m.–10:30 a.m.

\$72/residents; \$96/non-residents; per quarter (MH-Multi); \$15 drop-in

Thursdays, 9:00 a.m.–10:00 a.m.

\$72/residents; \$96/non-residents; per quarter (SPB); \$15 drop-in

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.



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.



GAMES DAY

SCRABBLE, CANASTA, SOCIAL BRIDGE, & OTHER GAMES

Tuesdays, 12:00 noon–4:00 p.m.; no fee.

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

MAHJONGG

Tuesdays, 12:00 noon–4:00 p.m.; no fee; 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

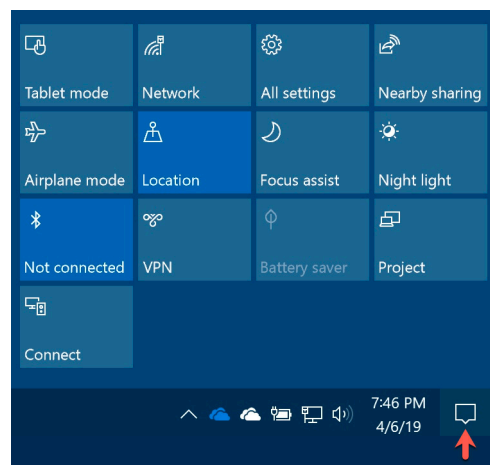
Windows 10 Spring 2019 Update

Microsoft inaugurated Windows 10 in July 2015 and issues updates each spring and fall. Most of these updates are evolutionary rather than revolutionary, such as improvements in file handling and graphics, enhancements to web browser Edge, and the “dark” theme.

The Spring 2019 update will be “pushed” to computers in May and includes:

- A new “light” theme with a flatter aesthetic (from the department of “look and feel.”)
- Simplified Start menu and new features on the Action Center (see screenshot at right)
- Better “Settings” app and new font management.
- Quicker response to the Start button.
- Separation of the search and Cortana (voice assistant) functions.
- RAW support for photos (if you’re a photographer, you’ll understand this).
- Various security patches and upgrades.

In-between these semi-annual releases, Microsoft updates Windows 10 with security and “bug” fixes every month.



Windows Action Center includes the most-used settings.

Should You Update Windows 10?



Yes. The new features include subtle aesthetics, easier-to-use menus, and “under-the-hood” improvements. Plus, all Windows updates include critical security patches. Your desktop and taskbar icons won’t change, and all your Windows 10 programs will run fine.

Microsoft extensively tests its Windows updates before deployment by enticing millions of software developers to run “beta” versions of the upcoming release. Software developers love trying new stuff and are quick to point out glitches. By the time the update arrives on your computer, it’s solid.

End of Life for Earlier Versions of Windows

The table on the right lists the date beyond which Microsoft will no longer support Windows 7 and 8.1. This means Microsoft will no longer send updates—either bug fixes or security enhancements—beyond these dates. Support of Windows XP ended in 2014.

Version	End of support
Windows 8.1	January 10, 2023
Windows 7	January 14, 2020

Other Software Updates

In addition to the updates to Windows (and MacOS), you need to keep your other applications, such as Microsoft Office, Adobe Acrobat Reader, and Java (used by some websites) up to date. Some of these updates occur automatically (such as those bought from Apple’s App store). But if you’re unsure, you can visit our 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., and we’ll help you.

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

Program Highlight: HOMEFRIENDS

HomeFriends volunteers are ready and waiting to be matched with a senior in the Princeton area.

Do you know a senior who would enjoy some companionship? Someone to accompany him/her on a walk, read and sort mail, exchange stories about life experiences, or pursue mutually shared interests?

HomeFriends is a friendly visitor program for home-based seniors and people with disabilities in the greater Princeton area. It was created by PSRC in 1987, in response to a growing need for companionship and assistance. Volunteers visit for an hour or two each week.

HomeFriend success stories:

A HomeFriends volunteer who is a former diplomat and world traveler was linked with a senior who also enjoyed traveling during her life. When they were first introduced, the volunteer made a passing reference to Greek mythology to which the senior asked “do you speak Greek?” The volunteer replied “yes”, and they immediately began an animated conversation in Greek. As the meeting progressed, it became quite evident that they both shared an interest in opera, theatre and art, in addition to travel.



A thirty-something HomeFriends volunteer was linked with a seventy-something senior. As they were getting to know each other during their introductory meeting, the volunteer casually mentioned that she likes to meditate and had spent an extended period in India



learning the art, to which the senior replied “I love India and have traveled there extensively and it’s where I learned to meditate.”

The HomeFriends Coordinator, Dave Roussell, MSW, LSW, is a licensed social worker. If you are interested in hearing more about the HomeFriends program or know someone who would benefit from the companionship of a HomeFriend, please contact Dave at 609.252.2362. There is no cost for this program.

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)



GROUPS

BEREAVEMENT

Monday, May 20 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, May 13 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, May 9 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, May 21 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesday, May 7 and 21 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, May 3 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, May 14 and 28 at 10:45 a.m.
(Usually second and fourth Tuesdays of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, May 17 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, May 17 at 10:30 a.m.
(Usually third Friday of each month)
Special Location: Monument Hall Multipurpose

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

Your Spring Appeal gift will help PSRC finish out our fiscal year strong!

In the short time I have been serving as the executive director of the Princeton Senior Resource Center, I have come to be awed and inspired by many wonderful and touching stories that tell the powerful impact PSRC is having on people's lives. I am writing to invite you to demonstrate your support of PSRC and to be a part of this movement that is helping older adults thrive. To many individuals and families your generosity to PSRC is also enabling the following:

- A 94-year-old volunteer in the GrandPals Program, to continue experiencing joy and generativity as she concludes her fifteenth year reading to Kindergarten children;
- A grandfather and his 19-year-old grandson, to spend quality time and learn side-by-side in one of our Evergreen Forum classes;
- Our support & guidance team made more than 169 home visits and handled 438 case management sessions last year, while more than 570 people attended one or more of our support and social groups.

None of this would be possible without your generous support for PSRC. You may not be aware that PSRC is a community non-profit, with over 80% of our budget coming through individual donations, corporate sponsorships, and grants. Your gift to our annual appeal is critical to fueling our mission to help older adults thrive! **To donate, please visit princetonsenior.org/support/donate/ or by mail: PSRC, 45 Stockton St., Princeton, NJ 08540 (mark your donation "Spring Appeal").**

Other ways to show your support

Want to invest in PSRC's future? A Legacy Gift is one of the simplest and most meaningful ways. You can:

- Name PSRC as a beneficiary in your will, on your IRA/401(k), living trust, or other estate plans; or
- Include PSRC in your estate planning, at any level.

A Legacy Gift does not reduce your current available assets.

Gifts large and small are important and there are many ways to leave a bequest. Perhaps PSRC has played a significant role in keeping you active over the years — building friendships, taking classes, mastering technology, and connecting you to area resources. Or maybe PSRC advocated for your needs with your extended family, your health provider, or by activating our community's awareness of issues on aging.

Learning about PSRC's Helm Legacy Society is simple and important. A member of our development team will be happy to discuss your questions — with no obligation on your part to make a gift. We can give you general information, which you can then discuss with your financial and legal advisors. Call Barbara Prince or Cheryl Gomes at 609.924.7108. Thank you so much for your commitment and support!

HIGHLIGHTED SPONSORS OF THE MONTH



Our success and reputation as a provider of senior services has been earned through our commitment to the highest standards of care and services, meeting the changing needs of our clients and exceeding industry standards.

732.329.8954 | buckinghamplace.net



Caring for families impacted by age or illness.

609.730.9004 | synergyhomecare.com

MAY 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.

Table Tennis
Mon., Wed., Frid.
12:30–4:30 p.m.

Tuesday

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

Wednesday

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

Thursday

2
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 Thursday
- SPB
1:00 Art with Hannah - SPB
1:00 Maisel - Season 2 - SPB

Friday

3
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

6

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:00 Gallery Talks on the Road
- SPB
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB

7

9:00 Feldenkrais Workshop -
SPB
9:15 Zumba Gold Tuesday - 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 Maisel - Season 2 - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

8

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

9

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 Thursday
- SPB
1:00 Art with Hannah - SPB
1:00 Maisel - Season 2 - SPB
4:30 Children of Aging Parents
- SPB

10

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
1:00 Special Screening - SPB

13

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:00 Gallery Talks on the Road
- SPB
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

14

9:00 Feldenkrais Workshop
- SPB
9:15 Zumba Gold Tuesday - 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
- SPB
12:00 Games Day - SPB
1:00 Maisel - Season 2 - SPB
1:00 Technology Lab - SPB

15

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

16

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 Thursday
- SPB
1:00 Art with Hannah - SPB
1:00 Maisel - Season 2 - SPB

17

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Women in Retirement
- MH Multi (special location)
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
3:00 Transition to Retirement
- SPB

20

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:00 Gallery Talks on the Road
- SPB
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

21

9:00 Feldenkrais Workshop
- SPB
9:15 Zumba Gold Tuesday - 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 Grandparents Group - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

22

9:15 Aerobics - SPB
10:00 Tech Workshop - SPB
11:00 Painting with Christina
- SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

23

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 Thursday
- SPB
1:00 Art with Hannah - SPB

24

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

27

**PSRC IS CLOSED
IN OBSERVANCE OF
MEMORIAL DAY**

28

9:00 Feldenkrais Workshop
- SPB
9:15 Zumba Gold Tuesday - 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
- SPB
12:00 Games Day - SPB
1:00 Technology Lab - SPB

29

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

30

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 Thursday
- SPB
1:00 Art with Hannah - SPB
1:00 Hun School & Hitchcock
- SPB

31

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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Thank you to all who attended the PSRC Student Art Show Reception.
To see more photos from the reception, visit <https://flic.kr/s/aHsmxf4y7j>.



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.

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