



AN AFTERNOON CONCERT WITH THE
NEW JERSEY SYMPHONY ORCHESTRA
THURSDAY, JUNE 13, 1:30–2:30 P.M.

Experience the joy of live music right here at PSRC.
NJSO will be bringing a string quartet to play their repertoire of classical music.

(See more information on p. 5)

Upcoming PSRC Closures:

IN OBSERVANCE OF INDEPENDENCE DAY,
PSRC WILL BE **CLOSED ON THURSDAY, JULY 4**
AND FRIDAY, JULY 5.



**THE
EVERGREEN
FORUM**

Evergreen Forum Fall 2019

July 1: Course descriptions will be
available on website and online
registration begins

August 27: Lottery for over-subscribed courses

September 23: Classes begin

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

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FROM THE EXECUTIVE DIRECTOR

INTERGENERATIONAL FRIENDSHIP

"Hey!" he shouted across the parking lot, "Do you want to get a cup of coffee and chat sometime?"

I met Will when I was an intern with a community organization during my master's program and he was an active participant in that organization. I was in my mid-twenties and Will was in his early-seventies. I was just launching into my career in a helping profession and Will had recently retired as a banking executive. My first child had just been born and Will was celebrating the college graduation of his fourth grandchild. Our friendship began with an invitation for my wife, Diane, and I to join Will and his wife for a lovely dinner at their home. Soon after, we began playing golf together on a monthly basis. We went on occasional outings to see a minor league baseball game or to grab breakfast at his favorite spot in town. He became a dear friend to me — and I'd like to think I was one of his dear friends as well.

The power of inter-generational friendship is remarkable. Will became a mentor who taught me more than I would've imagined about work and life — and living a healthy balance between those oft-competing spheres. Shirley, Will's life partner, once told me that I became Will's entre into an entirely new field. Our families shared life celebrations together and we formed a bond of friendship that changed both of us.

In a recent article entitled "Escaping 'the old fogey': Doing old age through intergenerational friendship," sociologist Catherine Elliott O'Dare and her colleagues contend that intergenerational friendship is an integral part of ageing in a meaningful, everyday way. The qualitative research study pointed to three specific benefits of intergenerational friendships identified by the senior participants in the study. First, the intergenerational friendship helped the older partner fight off their perceived fears of "getting older," in particular those socio-cultural stereotypes of ageing that participants are "afraid of becoming." One of the study's participants, Brendan, spoke about how his intergenerational friendships helped him "stave off the typical effects of retirement/ageing."

The second benefit of intergenerational friendships highlighted in the research study was the "continuing expansion" rather than "contraction" of knowledge, interests, and goals. Hugo, who has



been retired for nearly ten years, continues to participate in a group comprised of folks over fifty who are at various stages of the journey towards or through retirement. The group meets bi-weekly to discuss current affairs, financial markets, and other related subjects with the benefit of providing inter-generational friendships. “This group helps me continue to broaden my scope in life and creates tremendous friendships that have sustained me throughout my late professional life and my retirement.”

Finally, intergenerational friendships foster a sense of belonging and connectedness — with other individuals and with society as a whole. The study contends that “intergenerational friendship is a conduit to continued societal connectedness and belonging for aging adults.” Being an older intergenerational friend, the study discovered, “was imbued with seeking joy, belonging, and connectedness in everyday life.”

While this study helpfully articulates the benefits of intergenerational friendship for older adults, it stops short of addressing the benefits from the perspective of the younger relational partners. My friendship with Will truly changed my life in powerful ways. Not only was Will a mentor for me during the early stages of adulthood, he became a trusted confidant and encouraging guide. Even though Will has been gone for quite some time, I still remember fondly our conversations and the laughter shared on the golf course. I am truly thankful that he took a risk and invited me for a cup of coffee. It’s a cup of coffee that I will never forget. I wonder who you might invite to join you for coffee? It just may change your life!

*Drew A. Dyson, PhD
Executive Director*

PSRC NEWSLETTER:

It’s time to sign-up for the PSRC paper newsletter. Enjoy the convenience of having it delivered to your home mailbox. Our annual subscription rate is \$10 for September 2019 through August 2020. Don’t miss out on all that’s happening at PSRC!

PSRC STAFF

Drew A. Dyson, PhD
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& Director of Programs*

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& Crosstown Coordinator*

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

Kathleen Whalen
Director of Communications

JUNE PROGRAMS

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



FIRST FRIDAY FILM — “BlackKkKlansman”
Friday, June 7 at 1:00 p.m.

“Spike Lee’s serio-comic retelling of Ron Stallworth’s extraordinary story — in 1972, Colorado Springs’s first black cop and his Jewish partner succeeded in infiltrating the local Ku Klux Klan chapter...” — Charles Bramesco, *NY Times*
The film is Spike Lee’s “best nondocumentary feature in more than a decade and one of his greatest,” adding: “BlackKkKlansman is a furious, funny, blunt and brilliant confrontation with the truth.” — A.O. Scott, *NY Times*

Starring: John David Washington, Adam Driver, Laura Harrier, Topher Grace

Running time: 2 hours, 15 minutes

Registration required, no fee.



FYI SEMINAR — “EBOLA — WHAT YOU NEED TO KNOW WHILE TRAVELING”
Monday, June 10 at 1:00 p.m.

The Ebola virus, formerly known as Ebola hemorrhagic fever, is a severe, often fatal illness in humans. Join Sarbjit S. Sandhu, MD, specializing in infectious disease, for this informative session addressing where you can contract the disease and what to do if you are infected.

Dr. Sarbjit Sandhu is an infectious disease specialist in Hillsborough, New Jersey and is a member of the Medical Staff of Penn Medicine Princeton Health.

Registration required, no fee.

Sponsor: Penn Medicine Princeton Health



FYI SEMINAR — “PROTECTING YOUR CREDIT”
Monday, June 17 at 1:00 p.m.

Kevin Kenyon of Finance of America is a senior mortgage professional who will share the inside story of how credit scores are determined by agencies, what you can do to enhance or fix your credit, and what steps you can take to protect your credit.

Registration required, no fee.

Sponsor: BlackRock



FYI SEMINAR — “HOW TO NAVIGATE HOUSEHOLD BILLS”
Monday, June 24 at 1:00 p.m.

Are you responsible for paying the household bills and managing all the paperwork? If this is new to you, or you need a refresher, then join us for this seminar. Financial expert Nancy Sobin of Professional Paperwork Solutions will explain how to set-up a system to ensure that bills are paid on time and how to find your documents when you need them.

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:

June 4—Madeleine Albright: On being a woman and a diplomat

June 11—Sophie Scott: Why we laugh

June 18—Kakenya Ntaiya: Empower a girl, transform a community

June 25—Theaster Gates: How to revive a neighborhood: with imagination, beauty and art

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “A BRIEF HISTORY OF TELEVISION”

Friday, June 7 at 2:00 p.m.

The demonstration of television at the 1939 World’s Fair is commonly associated with the start of TV’s history. In actuality, television was being researched in 1877, with a number of different systems demonstrated (and sold) prior to 1939. This presentation will trace the history of television from its early beginnings to the current introduction of a new generation of capabilities. Speaker Rich Chernock is a MIR member recently retired from Triveni Digital in Princeton. All are welcome.

MORE PROGRAMS

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

WOMEN IN RETIREMENT — “SHOW AND TELL”

Friday, June 21 at 10:30 a.m.

Women in Retirement members have a variety of creative talents, encompassing painting, photography, quilting, jewelry-making, poetry writing, and more. Join us as they show samples of their work and share their enjoyment of arts and crafts pastimes. All are welcome.

TRANSITION TO RETIREMENT

Friday, June 21 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.

LIMITED SERIES PROGRAMS

“AN AFTERNOON CONCERT WITH THE NEW JERSEY SYMPHONY ORCHESTRA”

Thursday, June 13, 1:30–2:30 p.m.

Experience the joy of live music right here at PSRC. NJSO will be bringing a string quartet to play their repertoire of classical music from composers such as Mozart, Beethoven, Dvořák, and Ravel. This performance will highlight the evolution of music through the prism of the small ensemble which many composers turned to for their most personal and profound works.

Light refreshments

Registration required, no fee.

ACOUSTIC CAFÉ

Friday, June 21 at 1:30 p.m.

Join us for an afternoon of original music by Sheli Monacchio from Van Dyck Law. Sheli will share her songs and some life stories on her acoustic guitar. Coffeehouse style treats will be provided by The Gardens at Monroe. Registration required, no fee.

TECHNOLOGY WORKSHOP—“SECURITY FOR YOUR DEVICES”

Wednesday, June 26 at 10:00 a.m.

Learn the essentials of keeping your devices secure and the data on your devices private. We'll cover basic definitions, the settings and applications you can use, how to remember your passwords, and some of the ways that you can protect yourself against email scams. This workshop provides information that is applicable across all brands of devices and is not a “hands-on” course, no need to bring your device with you.

Instructors: Don Benjamin & Evelyn Sasmor

Registration required, no fee.

FREE COMMUNITY PICNIC

Tuesday, June 25, Rain date is Thursday, June 27 6:00–8:00 p.m.

Redding Circle in Princeton

Join your neighbors for a picnic with grilled hot dogs, hamburgers, and more. We bring the BBQ, you bring the fun! Open to the public. Redding Circle is located off Mt. Lucas Road in Princeton. Co-sponsored by the Princeton Public Library, Princeton Housing Authority, Princeton Human Services, Princeton Police Department, PSRC, and Committed and Faithful Princetonians.

Technology Lab Update

We are pleased to announce that we have given the PSRC Technology Lab a makeover. We have updated and upgraded the Lab computers that are available for your use, and we even have new comfortable chairs. We've also rearranged the work areas to ensure that there is ample space for us to work side by side with you.

This makeover was made possible by the Lundy Fund, which was established in 2016, in honor of the long-time coordinator of the Lab, Barbara Lundy. We thank the Lundy family and all of you who have donated over the years.

Please come and visit us to enjoy our new surroundings. Our knowledgeable and patient volunteers will be happy to help you with all your devices and questions.

JUNE PROGRAMS

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



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

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)
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

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

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.

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.

COSMOLOGY

Thursdays at 9:45 a.m.
\$5/per quarter. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

ART CLASS UPDATE

DRAWING WITH ALEX is on hiatus for the month of June.

MULTIMEDIA ART WITH HANNAH and **PAINTING WITH CHRISTINA** are on hiatus June through August.



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

Univac

The progress in digital computing technology has been nothing short of miraculous. When I was a computer science student¹ at the University of Florida in the late 1960's, most of my programs ran on the school's IBM 370, a behemoth “mainframe” computer that was, at the time, the bees' knees.

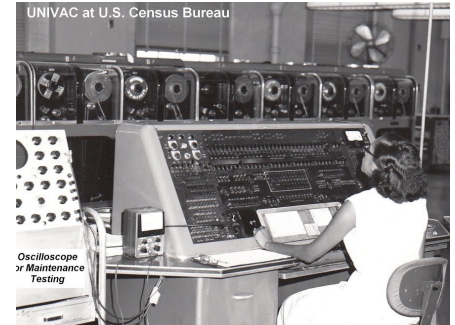
The first commercial computer was the **UNIV**ersal **Auto**matic **C**omputer, or UNIVAC. Invented by J. Prespert Eckert and John Mauchly from the University of Pennsylvania, the first UNIVAC was used by the U.S. Census Bureau in 1951. CBS employed the fifth UNIVAC to predict the results of the 1952 presidential election. (Spoiler alert: Eisenhower beat Stevenson).

UNIVAC used 5,000 vacuum tubes, weighed 8 tons, occupied 380 square feet, used 125kW of electricity (your home uses, on average, 1.2kW), and could perform 2000 operations per second. (Such as adding $1 + 1 = 2$).

Its random-access memory that held the program being executed totaled 1,000 characters, and its mass storage comprised 10 magnetic tape drives that held 1 million characters each.

UNIVAC didn't have an operating system (such as Windows or MacOS); rather, the computer operators performed the functions manually by loading magnetic tapes, starting programs, and feeding punch-cards into the typewriter to print the results.

To explain how far we've come in computing technology, the table below compares the UNIVAC to the iPhone X:



	Univac 1	iPhone X	Approximate Difference
Calculations per second	2000	2.4 billion	1.2 million times faster
Memory	1000 characters	3 billion “bytes” ²	3 million times larger
Mass Storage	10 million characters	64 billion “bytes”	88,000 times more
Electronics	5000 tubes	4.3 billion transistors	860,000 times more
Weight	8 tons	6 ounces	42,000 times less
Size	380 square feet	Shirt pocket	A lot
Power	125 kW	0.813 W	150,000 times less
Cost	\$1.2 million (1952)	\$1,000	12,000 times less (after inflation)

Nanotechnology (really tiny stuff) shrank the Univac into the iPhone: A computer you can hold in your hand that has almost infinitely more calculating power, plus a cell phone and a camera. And a GPS receiver. And your music and photos. And apps you can buy for a buck.

We can't fix a Univac, but we can help you use your smart phone, laptop, or other digital device. Just drop 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 Not my career field, which was electric power.

² Assumes each Univac's “character” = 1 “byte” or 8 binary bits (one's and zero's).

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

World Elder Abuse Awareness Day Saturday, June 15

World Elder Abuse Awareness Day (WEAAD) was launched by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. The purpose of WEAAD is to provide an opportunity for communities around the world to promote a better understanding of abuse and neglect of older persons by raising awareness of the cultural, social, economic, and demographic processes affecting elder abuse and neglect.

The National Center on Elder Abuse (NCEA) and the National Clearinghouse on Abuse in Later Life (NCALL) invite you to join them in Lifting Up Voices for World Elder Abuse Awareness Day (WEAAD) 2019. This theme serves as a platform for unifying Elder Justice and Violence Against Women by sharing the lived experiences of older people.

Visit: <https://eldermistreatment.usc.edu/weaad-home/>

Older people throughout the United States lose an estimated \$2.6 billion or more annually due to elder financial abuse and exploitation. Elder abuse also creates health care and legal costs for our society.

What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

- Neglect or Isolation
- Physical abuse
- Sexual abuse
- Financial abuse and exploitation
- Emotional or psychological abuse (including verbal abuse and threats)

Each state defines elder abuse differently. Information for New Jersey can be found at <https://www.state.nj.us/humanservices/doas/services/aps/>. There is some debate over whether mistreatment by strangers, rather than by a person in a trust relationship to the older person such as spouse, child, or friend, also constitutes elder abuse, neglect, or exploitation.

PLAN!

Talk with family members, friends, and professionals that you trust and plan for your future.

BE CAUTIOUS!

Unscrupulous people target seniors and will abuse or take advantage of them.

STAY CONNECTED!

Keep in touch regularly with others, isolation can make you vulnerable to abuse.

REPORT!

Making a report in instances of abuse or neglect is the right thing to do, and it's easy. Don't be afraid! Elders have a right to be safe!

Please visit www.napsa-now.org/report for more information on how to make a report in your area.

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, June 17 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, June 10 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, June 6 at 4:30 p.m.
(Usually 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, June 18 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesday, June 11 (*special date*)
and 18 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, June 7 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, June 11 and 25 at 10:45 a.m.
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, June 21 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, June 21 at 10:30 a.m.
(Usually third Friday of each month)
Location: Monument Hall Main

THERE ARE NO FEES FOR THESE GROUPS.

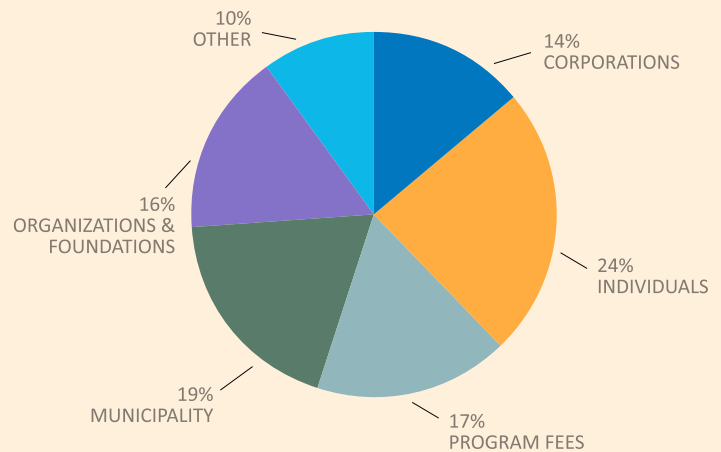
FROM THE DEVELOPMENT OFFICE

SUPPORT

PSRC, a non-profit organization, is sustained largely by donor support. Almost half of our total operating budget comes from individual donations in support of services and fees for programs.

If you've already made a gift to PSRC's spring appeal, we THANK YOU. Your gift of any amount helps ensure that PSRC has the tools to provide the classes, services, and resources you've come to love and expect.

To donate:
princetonsenior.org/support/donate/



Send Your Unwanted Vehicle to
Greener Pastures

Call 855.500.7433 or 855.500.RIDE
or visit:
<https://careasy.org/nonprofit/Princeton-Senior-Resource-Center>
to get started!

If you're done with your car, do something good with it.



HIGHLIGHTED SPONSORS OF THE MONTH



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

1.800.637.2374 | capitalhealth.org



Let me help you create the best possible plan to preserve your quality of life and protect your dreams.

609.430.9740

JUNE 2019

Monday

3

9:15 Aerobics - 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

Tuesday

4

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

Wednesday

5

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

Thursday

6

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
4:30 Children of Aging Parents
- SPB

Friday

7

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

10

9:15 Aerobics - 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

11

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
- SPB
12:00 Games Day - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

12

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

13

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
1:30 NJSO Concert - SPB

14

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

17

9:15 Aerobics - 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

18

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

19

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

20

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB

21

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Women in Retirement
- MH Main
12:00 Chair Exercise - SC
1:30 Acoustic Café - SPB
3:00 Transition to Retirement
- SPB

24

9:15 Aerobics - 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

25

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
- SPB
12:00 Games Day - SPB
1:00 Technology Lab - SPB
6:00 Community Picnic - RC

26

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

27

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB

28

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

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.

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



45 Stockton Street • Princeton • New Jersey



Mayors Wellness Campaign
Put your community in motion.



Sixteen students from Stuart Country Day School raked, weeded, and planted flowers to beautify the Spruce Circle community for residents, including Ida Belle (pictured center).



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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