

## EMBRACE YOUR CREATIVITY

### Fall is a great time to sign up for an art class!

PSRC offers several options for exploring  
the visual arts:

**DISCOVER DRAWING**  
*Mondays at 10:30 a.m.*

**FINDING COLOR, TEXTURE, AND LIGHT  
WITH PAINT**  
*Wednesdays at 11:00 a.m.*

**INSPIRATION THROUGH MIXED MEDIA**  
*Thursdays at 1:00 p.m.*

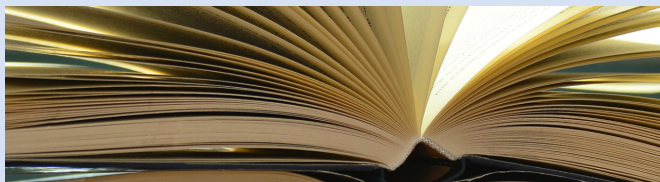
*(More information on p. 6)*



## AUTHOR TALK

**Ann McKinstry Micou**  
*A Guide to Fiction Set in New Jersey*  
**September 17 at 1:00 p.m.**

*(More information on p. 5)*



PSRC WILL BE CLOSED ON MONDAY,  
SEPTEMBER 2 IN OBSERVANCE OF LABOR DAY

## THE EVERGREEN FORUM

**Evergreen Forum Fall 2019**

**Most classes begin the  
week of September 23**

## 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! (Use the form located on page 11 of this newsletter or online at <https://princetonsenior.wufoo.com/forms/psrc-newsletter-subscription-page/>.)

**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  
YOUR COMFORT ZONE

There is nothing like the comfort that “my chair” brings after a long day. On certain days, it is the perfect place to take a quick nap before dinner or an evening meeting. On other days, it is my spot to read the paper, hear updates from my family on the events of the day, or—and perhaps most especially—the best place to watch “America’s Team,” the Philadelphia Eagles, play on a Sunday afternoon. It is comfortable. It is familiar. It is *mine*—and everyone in the house knows it!

Comfortable is good, except when it isn’t. Outside of the confines of my overstuffed living room chair and ottoman, the same desire for comfort can be dangerous. At work, for instance, when the “comfortable” thing to do is settle for the status quo rather than risk innovation, we’re settling for less than what is possible. In our personal lives, settling for what’s comfortable, while not always bad, can often lead to stagnation, boredom, or worse.

Journalist Jonathan Look, as he approached his own retirement, began to search and study the lives of people who reported “fulfillment” in their retired years. What he discovered these older adults had in common was, “They all intentionally lived (at least a portion of their lives) outside of their ‘comfort zones’—mental boundaries constructed to keep themselves content, provide a sense of security and keep their anxieties low.” He pressed further and concluded, “Learning new and demanding things outside of our comfort zones (and maintaining a social network) is key in keeping us sharp as we age.”

Psychologists agree with the importance of stepping outside of our comfort zones, particularly in our seasoned years. In a 2018 study published in Psychological Science, researchers point to the importance of mature adults stretching their perceived limitations in order to keep their minds active and engaged. Psychological scientist and lead researcher Denise Park of the University of Texas at Dallas elucidates her research: “It seems it is not enough just to get out and do something—it is important to get out and do something that is unfamiliar and mentally challenging, and that provides broad stimulation mentally and socially.” She goes further, “When you are inside your comfort zone you may be outside of the enhancement zone.”



So, the question looms in front of all of us: What will you do in the month ahead to get out of your comfort zone, expand your circle, and challenge yourself to explore a new horizon? Certainly, PSRC has many offerings that can help you answer that question. Peruse the pages of this newsletter or browse our website to discover the myriad of programs we offer to help you reach that goal. But beyond that, I simply want to encourage you to take one small step into the unknown—because there are new challenges, new friendships, and new opportunities for growth waiting for you.

“My chair” is comfortable. It is familiar. It is safe. And I will continue to enjoy every minute spent in that old leather chair. But I also know that, in order to live a fulfilling life, I have to be willing and able to move beyond what is safe and comfortable. In order to live in “the enhancement zone,” I have to step out of my comfort zone. Will you join me?

Best,  
*Drew A. Dyson, PhD*  
*Executive Director*

## PSRC STAFF

**Drew A. Dyson, PhD**  
*Executive Director*

**Donna Cosgrove**  
*Associate Executive Director  
 & Director of Programs*

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*Spruce Circle Office Manager  
 & Crosstown Coordinator*

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*Bookkeeper & HR Coordinator*

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*Development Associate*

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 & Volunteer Coordinator*

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*GrandPals Coordinator*

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*Care Coordinator  
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*Evergreen Forum Coordinator*

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*Assistant GrandPals Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*



McCARTER THEATER PRESENTS “GLORIA: A LIFE”

**September 6–October 6**

**Special \$30 Offer from McCarte to PSRC Participants**

*—For the September 6–13 performances only—*

**Use Promo Code: PSRC**

*By Emily Mann, original direction by Diane Paulus, restaged for  
 McCarte by Emily Mann*

*Featuring two-time Academy Award nominee Mary McDonnell*

Gloria Steinem first raised her voice five decades ago, championing equality for all. Today, her vision is more urgent than ever. The first act is Gloria’s story; the second is our own, as the audience joins in a talking circle to share personal experiences. This inspiring, and powerful event is more than a play—it’s a celebration of human connection.



## SEPTEMBER PROGRAMS

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



### FIRST FRIDAY FILM — “ROMA”

**Friday, September 6 at 1:00 p.m.**

A year in the life of a middle-class family's housekeeper in Mexico City in the early 1970s.

“Alfonso Cuarón's masterpiece *Roma*, an autobiographical movie set in Mexico City in the 1970s, uses both intimacy and monumentality to express the depths of ordinary life.” — Manohla Dargis, *NY Times*

Academy Award for Best Foreign Language Film

Starring: Yalitza Aparicio, Marina de Tavira

**Running time: 2 hours, 15 minutes**

Registration required, no fee.



### FYI SEMINARS

SPONSORED BY OASIS SENIOR ADVISORS  
& OVATION AT RIVERWALK

### FYI SEMINAR — “AGING IN PLACE SAFELY”

**Monday, September 16 at 1:00 p.m.**

This FYI will offer information to help you or your loved one live independently and safely.

Bobbie Burkhart is a professional home organizer who specializes in helping seniors age in place safely and in helping seniors and their families with the downsizing process.

Registration required, no fee.

### FYI SEMINAR — “HAVE VEGETARIAN & VEGAN DIETS GONE MAINSTREAM?”

**Monday, September 23 at 1:00 p.m.**

Explore how food choices impact our health and the environment. Heart, breast, prostate, bone, digestive health, and diabetes are discussed. Examine successful strategies for diet change and food waste reduction.

Mary Ann Cavallaro, RN, MBA, is a registered nurse and author of *What My Dog Told Me About Healthy Eating*.

Registration required, no fee.



### 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:

**September 3**—No Ted Talk

**September 10**—*Carole Cadwalladr*: Facebook's role in Brexit—and the threat to democracy

**September 17**—*Rahul Mehrotra*: The architectural wonder of impermanent cities (recommended by Nayan Trivedi)

**September 24**—*Dolly Chugh*: How to let go of being a “good” person—and become a better person

**Sponsors: Artis Senior Living & Capital Health**

## RETIREMENT PROGRAMS

### MEN IN RETIREMENT — “THE PLASTIC POLLUTION CRISIS”

**Friday, September 6 at 2:00 p.m.**

We cannot live without plastic; it is everywhere and is indispensable in our lives. Unfortunately, the properties that make plastic great, also make it a nightmare for the environment because it does not decompose. Join us for a video on plastic pollution followed by a discussion about how we can work to solve this critical problem. All are welcome.

### WOMEN IN RETIREMENT — “FOURTH ANNIVERSARY CELEBRATION”

**Friday, September 20 at 10:30 a.m.**

Come and celebrate our fourth anniversary with a potluck brunch and lots of conversation. Join us in generating ideas for future programs and outings. Newcomers (or new members) are always welcome, along with everyone else! All are welcome.

### TRANSITION TO RETIREMENT

**Friday, September 20 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](http://princetonsenior.org).

### LIMITED SERIES PROGRAMS

#### TECHNOLOGY WORKSHOP—"ANDROID PHONE BASICS 1"

**Monday, September 9 at 10:00 a.m.**

This course covers the basic operating features of the Android phone. We will discuss the touch-screen icons on the home screen, settings, connectivity with Wi-Fi, phone calls, texting, sending/deleting emails, and the app store Playstore.

**Instructor: Joyce Wuensch**

Registration required, no fee. Class limit: 10.

#### GRANDPAL ORIENTATION

**Wednesday, September 11 at 11:00 a.m.**

You don't have to be a grandparent to participate in GrandPals, the program that matches adult volunteers with children in Princeton Public Schools to promote the love of books. At the orientation, we will provide an overview of the program and ask volunteers to sign up for one or more reading sessions. Please register online at [princetonsenior.org](http://princetonsenior.org).

#### AUTHOR TALK — ANN MCKINSTRY MICOU, *A GUIDE TO FICTION SET IN NEW JERSEY*

**Tuesday, September 17 at 1:00 p.m.**

This talk looks at the way characters in New Jersey fiction responded to place in the 19th and very early 20th centuries. The discussion includes issues such as wartime, social class, feminism, resourcefulness, commuting to suburbia, immigration, race relations, neighborliness, satire, and the influence of Princeton University. The book will be available for purchase at \$25.

Ann McKinstry Micou, who lives in Montclair, NJ, holds a D.Litt. with distinction from Drew University (2014). The author of a new book, *A Guide to Fiction Set in New Jersey*, she has also written three guides to fiction set in Vermont and two scholarly articles in Scribner's *American Author* series. Registration required, no fee.

#### ALL YOU WANT TO KNOW ABOUT PRINCETON PARKING WITH MEMBERS OF THE TOWN COUNCIL **Friday, September 20 at 12:30 p.m.**

Council members David Cohen, Tim Quinn, and Leticia Fraga will be at PSRC to offer a brief overview of Princeton's parking rules and rates. They will answer frequently asked questions about the meters, the kiosks, and the phone app. Attendees will also have a chance to actually try the parking app. Handouts will be provided. Registration required, no fee.

### YOUR ENGAGED RETIREMENT: A LECTURE SERIES

PSRC and the Princeton Public Library cosponsor this series of free information lectures on a wide array of retirement issues.

#### **Medicare/Medicaid: Making Informed & Cost Effective Choices**

**Monday, September 23 at 7:00 p.m.**

**Princeton Public Library, Newsroom**

Turning 65? Retiring or reducing your hours? Confused between a Medigap policy, Medicare Advantage, and Medicaid? Need to reduce your drug costs? Understand the differences within Medicare health and drug coverages, when and how to enroll, and what programs may help with the costs. Learn how to select the most cost-effective coverage for your situation! Attend this presentation for an overview and understand how to secure one-on-one FREE counseling with a Medicare certified counselor.

Marion Zajac is a Certified Volunteer Counselor for Medicare and has served SHIP clients in Mercer County for the last 6 years.

#### SCHEDULE:

**October 28: Estate Planning**

**November 25: Affordable Housing in Princeton**

**January 27: Tax Updates for the 2019 Filing Season**

**February 24: Downsizing & Organizing**

**March 23: Transition to Retirement**

**April 27: Volunteering in Retirement**

## SEPTEMBER PROGRAMS

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



### EXERCISE & FITNESS

#### SUZANNE PATTERSON BUILDING

##### **AEROBICS**

*Mondays, Wednesdays, Fridays, 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

#### SPRUCE CIRCLE

##### **CHAIR EXERCISE**

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



### ENRICHMENT

#### **COSMOLOGY**

*Thursdays at 9:45 a.m.*  
\$20/annual. Peer-led science discussion. Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more information.

#### **DISCOVER DRAWING**

*Mondays at 10:30 a.m.*  
\$30/residents; \$40/non-residents; per month

#### **FINDING COLOR, TEXTURE, AND LIGHT WITH PAINT**

*Wednesdays at 11:00 a.m.*  
Painting with watercolor and acrylics.  
\$30/residents; \$40/non-residents; per month

#### **INSPIRATION THROUGH MIXED MEDIA**

*Thursdays at 1:00 p.m.*  
\$30/residents; \$40/non-residents; per month

#### **WORD PLAY (POETRY) WITH RICE LYONS**

*Mondays at 2:00 p.m.; \$20/annual. Class is currently full. Call to be added to the waitlist.*

#### **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.*

#### **EVERY BODY WALK!**

*Tuesdays and Thursdays, 10:00 a.m. FREE*  
This program is available from March through November and meets in different outdoor locations. Visit [www.progressionpt.com](http://www.progressionpt.com) or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.

*Every Body*  
**WALK!**



### GAMES DAY

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

*Tuesdays, noon–4:00 p.m.; no fee.*  
Let us know if there's a game you'd like to play!

#### **MAHJONGG**

*Tuesdays, 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. No fee. Registration encouraged; go to [princetonsenior.org](http://princetonsenior.org).

- *Tuesdays 1:00–4:00 p.m.*
- *Wednesdays 1:00–4:00 p.m.*
- *Fridays 10:00 a.m.–1:00 p.m.*

**ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED**



# COMPUTER GURU

By Don Benjamin

Technology Lab Programs sponsored by: Novi Wealth Partners

## iPadOS

This fall, Apple is releasing a new operating system for its venerable iPad called “iPadOS.” Until now, the iPad has used the same operating system as its little cousin, the iPhone, but with some of the applications (“apps”) tweaked to take advantage of the iPad’s larger screen.

The iPad and its thousands of applications have evolved over the years to the point that some folks have ditched their “real” computer in favor of this Apple tablet, and computer pundits have argued that the iPad is becoming a bona fide laptop replacement. In fact, there are things an iPad can do that you can’t do on a MacBook—such as drawing and editing with the Apple Pencil. And the iPad (or any tablet) is wonderful for reading e-books and surfing the web. Add a keyboard, and the iPad can indeed serve many folks as a viable laptop computer.

But the iPad doesn’t use a mouse or trackpad (because it has a touch screen), has no file system (with folders and such), and no defined “home” screen that could display, say, your day’s events or the weather.

For those of you who eschew change, there’s no need to panic<sup>1</sup>. Let me assure you the iPad will work the same—but it will have new features that you’ll probably like, including:

1. A real “home” screen with space to display the day’s calendar, or the weather, or the stock market, or a host of other “widgets” that you can select (or not).
2. A local file system with folders, just like a computer.
3. External drive support that lets you connect a flash drive (or even an external disk) to your iPad to copy documents and photos. This will be wonderful for archiving and transferring files to other computers.<sup>2</sup>
4. Better screen text selection that makes editing emails and documents easier.
5. More icons on the screen as iPadOS takes advantage of the tablet’s larger size.
6. Mouse support to help you select text and icons.

The new iPadOS should be available in September, along with updates to Apple’s iOS for its iPhones, MacOS for its MacBook computers, tvOS for its Apple TV streaming devices, and watchOS for its Apple Watch.

It’s critical that you keep your operating systems up to date. For help with your iPad (or any tablet), 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.



*This guy is about to go over a waterfall while enjoying his iPad.*



*iPadOS lets you add “widgets” to its home screen, like a clock, calendar, weather, and photos.*

<sup>1</sup> If you opt to panic, please do so *before* you come to our tech lab.

<sup>2</sup> You may need an adapter with either a USB-C or Lightning connector.

## 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

### Princeton's Fourth Annual Welcoming Week September 13–22, 2019



PSRC joins with local organizations in a global movement of 150 communities and 50,000 individuals, proactively building welcoming communities that value inclusiveness, unity, and diversity. We believe our community is stronger because of its diversity. If you know someone who is new to our area, ask them to stop by our front desk or give us a call. Everyone is welcome at PSRC!

## GRANDPALS ORIENTATION 2019–2020



Shown here at Johnson Park School (from left), GrandPal Greg Krawczyk and Sofia get ready to spend a half hour reading together. To recruit volunteers for the coming school year, an informational event will be held at PSRC's Suzanne Patterson Building, 45 Stockton Street, Wednesday, September 11 at 11:00 a.m. Most volunteers

read once a week with children during the day. Please register online at [princetonsenior.org](http://princetonsenior.org).



## PSRC BENEFIT EVENT

**OCTOBER 25, 2019**  
**7:30 PM**

Performance at  
the Stuart Country Day School  
1200 Stuart Road, Princeton, NJ 08540



**All ticket sales benefit PSRC!**

**TICKETS AVAILABLE AT**  
**PSRC, online at [princetonsenior.org](http://princetonsenior.org),**  
**and by calling 609.924.7108.**

## 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 medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

### DAYTIME FREE-B BUS

A 70-minute loop around town, Monday–Saturday. (No service to PSRC on Saturdays.) **New schedules** and map are available at PSRC, municipal buildings, and on the bus.

### GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: [gogograndparent.com](http://gogograndparent.com).

### RIDE PROVIDE

Membership door-to-door service in Mercer County. Call 609.452.5144 for more information.

*For information about local and regional bus and other transportation options, please visit [gmtma.org](http://gmtma.org). (Greater Mercer Transportation Authority)*



## GROUPS

### BEREAVEMENT

*Monday, September 16 at 1:00 p.m.*  
(Usually third Monday of each month)  
Call Sherri Goldstein 609.819.1226  
to attend. Monument Hall  
East Conference Room

### CAREGIVERS

*Monday, September 9 at 2:15 p.m.*  
(Usually second Monday of each month)  
Location: Monument Hall  
East Conference Room

### CHILDREN OF AGING PARENTS

*Thursday, September 12 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

### GLOBAL CONVERSATIONS

*Mondays at Spruce Circle at 1:00 p.m.*

### GRANDPARENTING

*Tuesday, September 17 at 1:00 p.m.*  
(Third Tuesday of each month)  
Suzanne Patterson Building

### KNIT WITS

*Tuesdays, September 3 & 17 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*

### MEN IN RETIREMENT

*Friday, September 6 at 2:00 p.m.*  
(Usually first Friday of each month)  
Location: Monument Hall Main

### NEXT CHAPTER: WIDOW/-ERS

*Tuesdays, September 10 and 24*  
*at 10:45 a.m.*  
(Usually second and fourth Tuesdays  
of each month)  
Suzanne Patterson Building

### TRANSITION TO RETIREMENT

*Friday, September 20 at 3:00 p.m.*  
(Usually third Friday of each month)  
Suzanne Patterson Building

### WOMEN IN RETIREMENT

*Friday, September 20 at 10:30 a.m.*  
(Usually third Friday of each month)  
Location: Monument Hall Main

**THERE ARE NO FEES FOR THESE GROUPS.**

# SEPTEMBER 2019

## Monday

2

**CLOSED FOR LABOR DAY**

## Tuesday

3

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

## Wednesday

4

9:15 Aerobics - SPB  
11:00 Finding Color, Light, & Texture with Paint - SPB  
1:00 Technology Lab - SPB  
2:45 Let's Talk - SC

## Thursday

5

9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:00 Gentle Mat Yoga - SPB  
1:00 Inspiration through Mixed Media - SPB

## Friday

6

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**

9

9:15 Aerobics - SPB  
**10:00 Tech Workshop - SPB**  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
1:00 Global Conversations - SC  
2:00 Word Play - SPB  
**2:15 Caregivers - MH East Conf Rm**

10

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

11

9:15 Aerobics - SPB  
**11:00 GrandPals Orientation - SPB**  
11:00 Finding Color, Light, & Texture with Paint - SPB  
1:00 Technology Lab - SPB  
2:45 Let's Talk - SC

12

9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:00 Gentle Mat Yoga - SPB  
1:00 Inspiration through Mixed Media - SPB  
**4:30 Children of Aging Parents - SPB**

13

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

16

9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
**1:00 Bereavement - MH East Conf Rm**  
**1:00 FYI Seminar - SPB**  
1:00 Global Conversations - SC  
2:00 Word Play - SPB

17

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

18

9:15 Aerobics - SPB  
11:00 Finding Color, Light, & Texture with Paint - SPB  
1:00 Technology Lab - SPB  
2:45 Let's Talk - SC

19

9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:00 Gentle Mat Yoga - SPB  
1:00 Inspiration through Mixed Media - SPB

20

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  
**12:30 Princeton Parking - SPB**  
**3:00 Transition to Retirement - SPB**

23

9:15 Aerobics - SPB  
10:30 Discover Drawing - 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  
**7:00 Retirement Series - PPL**

24

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

25

9:15 Aerobics - SPB  
11:00 Finding Color, Light, & Texture with Paint - SPB  
1:00 Technology Lab - SPB  
2:45 Let's Talk - SC

26

9:00 Mindful Chair Yoga & Meditation - SPB  
9:45 Cosmology - SPB  
10:00 Every Body Walk! - Various  
10:00 Gentle Mat Yoga - SPB  
1:00 Inspiration through Mixed Media - SPB

27

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**

30

9:15 Aerobics - SPB  
10:30 Discover Drawing - SPB  
10:30 Writing Your Life - MH - E Conf  
11:30 Chair Exercise - SC  
1:00 Global Conversations - SC  
2:00 Word Play - SPB

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

**Table Tennis**  
Mon., Wed., Fri.  
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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### There are many simple and effective ways you can make a gift

**PLANNED GIVING** — Donating to PSRC through a bequest in your will is a way to acknowledge and enlarge the impact PSRC has had on your life. Perhaps PSRC has helped you master technology or build new friendships. Or maybe you've taken interesting classes, or utilized our free support services to help advocate for your needs with your family or health providers. Regardless of how PSRC serves your needs, we hope it has been positive and impactful.

**Making PSRC a part of YOUR LEGACY PLANS** — will ensure that your generosity continues beyond your lifetime. It enables you to make an important investment in PSRC while your assets remain totally available during your lifespan. Please consider joining the Jocelyn and Carl Helm Legacy Society, by letting us know you have included us in your will.

If you're interested in initiating a planned gift and would like some assistance in the process, please give our development team a call at 609.924.7108 and we can help you move forward on that plan.

## HIGHLIGHTED SPONSOR OF THE MONTH



At Acorn Glen, we are more than providers of day-to-day care... we are partners in helping families make good choices and develop individual care plans suited to each of our residents' needs.

[acorglen.com](http://acorglen.com)





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

## LOOKING AHEAD: Health Fair & Flu Shot Clinic

**Tuesday, October 8, 1:00–4:00 p.m.**

Flu shots will be administered until 6:00 p.m. A free health fair with a variety of screenings and plenty of helpful information. To decrease your wait time, appointments for flu shots are highly recommended. Go to [princetonsenior.org](http://princetonsenior.org) to make an appointment starting September 10.



## FALL IS THE PERFECT TIME TO TRY OUT A NEW EXERCISE CLASS!

**PSRC offers a variety of exercise classes including:**

- MINDFUL CHAIR YOGA & MEDITATION
- AEROBICS
- CHAIR EXERCISE
- GENTLE MAT YOGA
- TABLE TENNIS
- WALKING

Check out the class times and register at [princetonsenior.org](http://princetonsenior.org).



**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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