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/.)
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

McCARTER THEATER PRESENTS “GLORIA: A LIFE”
September 6–October 6
Special $30 Offer from McCarter to PSRC Participants
—For the September 6–13 performances only—
Use Promo Code: PSRC
By Emily Mann, original direction by Diane Paulus, restaged for McCarter 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.
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.

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

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.

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, MSeD, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.
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.

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.  

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.

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. 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

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

**COSMOLOGY**
Thursdays at 9:45 a.m.
$20/annual. Peer-led science discussion. Contact 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.

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

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

Every Body WALK!

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

princetonsenior.org

September 2019
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. 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.$^{2}$
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.

---

1. If you opt to panic, please do so before you come to our tech lab.
2. 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
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.
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,
and by calling 609.924.7108.

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.

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.

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)

September 2019 princetonsenior.org 9
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>3:00 Mindful Chair Yoga &amp; Meditation - MH Multi</td>
<td>9:15 Aerobics - SPB</td>
<td>9:00 Mindful Chair Yoga &amp; Meditation - SPB</td>
<td>9:15 Aerobics - SPB</td>
</tr>
<tr>
<td>3</td>
<td>10:00 Every Body Walk! - Various</td>
<td>11:00 Finding Color, Light, &amp; Texture with Paint - SPB</td>
<td>9:45 Cosmology - SPB</td>
<td>10:00 Crafty People - EC</td>
</tr>
<tr>
<td>4</td>
<td>12:00 Games Day - SPB</td>
<td>1:00 Technology Lab - SPB</td>
<td>10:00 Every Body Walk! - Various</td>
<td>10:00 Technology Lab - SPB</td>
</tr>
<tr>
<td>5</td>
<td>1:00 Knit Wits - SC</td>
<td>2:45 Let’s Talk - SC</td>
<td>10:00 Gentle Mat Yoga - SPB</td>
<td>12:00 Chair Exercise - SC</td>
</tr>
<tr>
<td>6</td>
<td>1:00 Technology Lab - SPB</td>
<td></td>
<td>1:00 Inspiration through Mixed Media - SPB</td>
<td>1:00 First Friday Film - SPB</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td>2:00 Men in Retirement - MH Main</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>9:15 Aerobics - SPB</td>
<td>9:15 Aerobics - SPB</td>
<td>9:00 Mindful Chair Yoga &amp; Meditation - SPB</td>
<td>9:15 Aerobics - SPB</td>
</tr>
<tr>
<td>10</td>
<td>9:30 Mindful Chair Yoga &amp; Meditation - MH Multi</td>
<td>11:00 GrandPals Orientation - SPB</td>
<td>9:45 Cosmology - SPB</td>
<td>10:00 Crafty People - EC</td>
</tr>
<tr>
<td>11</td>
<td>10:00 Every Body Walk! - Various</td>
<td>11:00 Finding Color, Light, &amp; Texture with Paint - SPB</td>
<td>10:00 Every Body Walk! - Various</td>
<td>10:00 Technology Lab - SPB</td>
</tr>
<tr>
<td>12</td>
<td>10:30 TED Talk - SPB</td>
<td>10:00 Gentle Mat Yoga - SPB</td>
<td>10:00 Gentle Mat Yoga - SPB</td>
<td>12:00 Chair Exercise - SC</td>
</tr>
<tr>
<td>13</td>
<td>10:45 Next Chapter Widow/ers - SPB</td>
<td>1:00 Inspiration through Mixed Media - SPB</td>
<td>1:00 Inspiration through Mixed Media - SPB</td>
<td></td>
</tr>
<tr>
<td>14</td>
<td>12:00 Games Day - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15</td>
<td>1:00 Author Talk - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>16</td>
<td>1:00 Grandparents Group - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>17</td>
<td>1:00 Knit Wits - SC</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>18</td>
<td>1:00 Technology Lab - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>19</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>21</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>26</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>27</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>28</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>29</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>9:15 Aerobics - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>10:30 Discover Drawing - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>10:30 Writing Your Life - MH - E Conf</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>32</td>
<td>11:30 Chair Exercise - SC</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>33</td>
<td>1:00 Global Conversations - SC</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>34</td>
<td>2:00 Word Play - SPB</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>35</td>
<td>7:00 Retirement Series - PPL</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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
HIGHLIGHTED SPONSOR OF THE MONTH

Acorn Glen
An Assisted Living Residence

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.

acornglen.com

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.

PSRC NEWSLETTER SUBSCRIPTION:

Name ________________________________________________________________

Address _____________________________________________________________________________

Apt. _____________________ City _________________________ State ______ Zip ______________

Phone _______________________________________________________________________________

Email _______________________________________________________________________________

☐ I prefer to receive notices by email.

☐ I’d like to subscribe to the newsletter for $10/year.

Mail to: PSRC • 45 Stockton Street • Princeton • NJ • 08540
Tel: 609.924.7108 • Website: princetonseniorg.org
Or sign up online at https://princetonsenior.wufoo.com/forms/psrc-newsletter-subscription-page/.
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 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
- GENTLE MAT YOGA
- AEROBICS
- TABLE TENNIS
- WALKING
- CHAIR EXERCISE

Check out the class times and register at 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.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

<table>
<thead>
<tr>
<th>Acorn Glen Assisted Living</th>
<th>McCaffrey’s Food Markets</th>
<th>Penn Medicine Princeton Health &amp; Home Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artis Senior Living</td>
<td>NightingaleNJ Eldercare Navigators</td>
<td>Princeton Portfolio Strategies Group, LLC</td>
</tr>
<tr>
<td>Capital Health</td>
<td>Novi Wealth Partners</td>
<td>Progression Physical Therapy</td>
</tr>
<tr>
<td>CareOne at Hamilton Assisted Living</td>
<td>Oasis Senior Advisors</td>
<td>Van Dyck Law, LLC</td>
</tr>
<tr>
<td>Homewatch CareGivers</td>
<td>Ovation at Riverwalk</td>
<td></td>
</tr>
</tbody>
</table>

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/