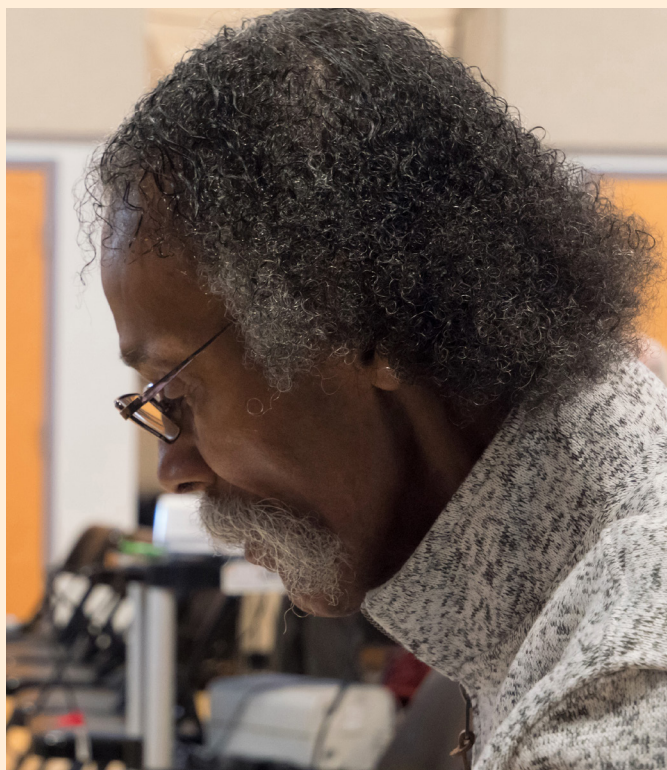


## ROMUS BROADWAY: THROUGH HIS LENS A Personal Visual History

**Monday, November 18 at 10:30 a.m.**  
*PSRC's Suzanne Patterson Building*

Romus Broadway chronicles his experience living in a Princeton that was once segregated and will visit PSRC to share and discuss his version of that history. Mr. Broadway's powerful visual stories express his personal legacy while highlighting the vibrancy of Princeton's black communities past to present day. Come share and celebrate Mr. Broadway's photographic anthology and experience black identity through his lens.

Registration required, no fee.



## PSRC WINS AT THE 2019 NJ SENIOR OLYMPICS

For the fourth consecutive year PSRC players excelled at the New Jersey Senior Olympics, bringing home a total of eighteen medals. Congratulations to all!

PHOTO (left to right): Boris Katz, Luba Lubovitsky, Cally Hanawalt, Elena Greene, Tak Yue, Ali Zomorodi, Ray Woodfield, and Sam Voleti  
(not pictured: Nancy Lu, Plamen Prodanov, George Sheng)

Leave the Pick-up to Us  
**Donate Your Vehicle!**

**Give Today**



**Help PSRC by donating your car.**

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

PSRC'S FALL CONFERENCE IS MOVING TO THE  
SPRING. STAY TUNED FOR DETAILS.

**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  
Practicing Gratitude

Leading an organization through any type of significant change gives you an opportunity to really get to know people. In my previous line of work, even the mention of change would bring out the best — and the worst — in people. In one particularly tense meeting early in my tenure, Yvonne asked the group to stop and reflect on all of the reasons we had as an organization to be grateful. The mood lifted. The bickering stopped. The complaining morphed into encouragement. What Yvonne understood and brought to the table is the reality that gratitude has the power — for individuals and organizations — to transform challenging situations into opportunities for growth.

The National Council on Aging recognizes the power of gratitude and includes it, along with mindfulness, as one of the six dimensions of aging well. Dr. Susan Stiles notes, “By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives...the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.”

*Harvard Health*, the publishing arm of the Harvard Medical School, highlights several studies in positive psychology that link gratitude with healthy aging. These studies have found that “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

The month of November, with Thanksgiving celebrations and gatherings of family and friends, provides an ideal time to reflect on those things for which we are truly grateful. Several years ago, I was challenged by a friend to use November as an opportunity to not only be mindful of my reasons for gratitude, but also to practice gratitude with daily acts of acknowledgment. It was, and continues to be, an opportunity to:

- Write a note to a colleague or professor to tell them about the impact they have made on my life





- Give a gift to a favorite charity (this year I am including an extra gift to the PSRC annual campaign) in honor of a family member or friend
- Pick up the phone and call someone from my life's journey to simply say, "thank you"
- Acknowledge with a note — or an extra tip — the service workers, such as gas station attendants or restaurant servers or house cleaners, who regularly care for the little things in my life

Throughout this month, I'd like to offer you a simple challenge. Each and every day, do one extra act to practice gratitude in your life. Every day. No exceptions. For 30 days. At the end of the month, send me a note to let me know about your experience. Pay attention to how your acts of gratitude impact others around you. But also pay attention to how you feel throughout this journey. I trust that you will feel the impact gratitude has on your health and overall well-being. I also have a hunch that practicing a month of gratitude will lead to the development of a habit that will ripple well beyond November — and will positively impact your life for years to come. I look forward to hearing your stories!

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

## NOVEMBER PSRC CLOSINGS

PSRC will be closed for the Thanksgiving Holiday on  
 Thursday, November 28 and Friday, November 29

## PSRC STAFF

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

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

**Fran Angelone**  
*Spruce Circle Office Manager  
 & Crosstown Coordinator*

**Cathy Gara**  
*Bookkeeper & HR Coordinator*

**Cheryl Gomes**  
*Development Associate*

**Sharon Hurley, CVA**  
*Director of Social Services  
 & Volunteer Coordinator*

**Alex Leibler**  
*Program Associate: Technology, Data,  
 and Digital Storytelling*

**Wendy Lodge**  
*GrandPals Coordinator*

**Nicole Maccarone, LCSW, LCADC**  
*Care Coordinator  
 & Social Service Outreach*

**Abigail Meletti**  
*Evergreen Forum Coordinator*

**Breana Newton**  
*Program Associate &  
 Rental Coordinator*

**Barbara Prince**  
*Director of Development*

**Dave Roussell, MSW**  
*Care Coordinator  
 & HomeFriends Coordinator*

**Carla Servin**  
*Assistant GrandPals Coordinator*

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

**Kathleen Whalen**  
*Director of Communications*

## NOVEMBER PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).



### FIRST FRIDAY FILM — “YESTERDAY”

**Friday, November 1 at 1:00 p.m.**

Jack Malik is just another struggling songwriter whose shot at fame is waning. After a mysterious blackout, Jack discovers he is the only person on earth who remembers The Beatles. As he rockets to fame by passing off the Fab Four’s songs as his own, Jack risks losing Ellie — the one person who has loved and believed in him from the start.

Starring: Himesh Patel, Lily James, Kate McKinnon, and Ed Sheeran

**Running time: 1 hour, 56 minutes Genre: Romantic comedy, fantasy**

Registration required, no fee.



### FYI SEMINARS

SPONSORED BY OASIS SENIOR ADVISORS  
& OVATION AT RIVERWALK

### FYI SEMINAR — “A FRESH LOOK AT NUTRITIONAL HEALTH”

**Monday, November 11 at 1:00 p.m.**

Nutritional health is no longer a matter of “calories in” vs “calories out.” The changes in our environment, economies, and lifestyles have drastically altered what we are consuming as food over the last several decades. With a little education, we can make adjustments in our daily lives to reduce the burden of what our bodies are processing and be empowered to support ourselves through improved cognitive, emotional, and physical health.

Carrie Patterson Besler is an Independent Consultant with Arbonne International which is a health and wellness company that encourages people to flourish with the guiding values of empowerment, sustainability, and transparency. Registration required, no fee.

### FYI SEMINAR — “ANXIETY AND DEPRESSION IN OLDER ADULTS”

**Monday, November 18 at 1:00 p.m.**

The World Health Organization estimates that world-wide, over 300 million people suffer from depression and 264 million from anxiety disorders,

leading to significant losses in health, quality of relationships, and overall functioning. This talk will review common symptoms of depression and anxiety, risk factors for older adults, as well as treatment options and lifestyle factors that have been shown to improve symptoms and support mental health.

Kim Casarona, DSW, LCSW, LCADC is the Associate Executive Director of Trinity Counseling Service. She has over 30 years of clinical experience treating children and adults suffering from anxiety and depression.

Registration required, no fee.

### FYI SEMINAR — “SENIOR HOUSING OPTIONS”

**Monday, November 25 at 1:00 p.m.**

Join Connie Pizarro, a Certified Senior Advisor, to learn what senior housing options are available, what’s right for you, and how much does it all cost? Connie is the owner of Oasis Senior Advisors. She has been helping seniors and their families for more than 4 years to understand the options available to them when more help is needed than family can provide. Connie provides her services at no cost to seniors and their families.

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:

**November 5—Story Musgrave:** Excellence, Exploration, and Evolution | TEDxWakeForestU  
(recommended by Melanie Benson)

**November 12—Jose Andres:** How a team of chefs fed Puerto Rico after Hurricane Maria

**November 19—Benjamin Zander:** The transformative power of classical music

**November 26—Chip Conley:** What baby boomers can learn from millennials at work — and vice versa

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

## MORE PROGRAMS

Please register for all programs, classes, and events at [princetonsenior.org](http://princetonsenior.org).

### RETIREMENT PROGRAMS

**MEN IN RETIREMENT — “SPECIAL PERFORMANCE BY BOB MECKLENBURGER”**

***Friday, November 1 at 2:00 p.m.***

Bob Mecklenburger, a member of Men in Retirement, will be performing and singing with his acoustic six- and twelve-string guitars. Bob has been a featured performer at house concerts and coffee houses in the New Jersey and Pennsylvania areas for over fifty years. He was televised on Café Improv by the Princeton Arts Council. All are welcome.

**WOMEN IN RETIREMENT — “UNDERSTANDING MEMORY LOSS”**

***Friday, November 15 at 10:30 a.m.***

Memory loss is often dismissed as a normal part of aging, but it can mean something more. Attend this informative session presented by Jeffrey Apter, MD, board certified in psychiatry and member of the medical staff of Penn Medicine Princeton Health, and learn the difference between mild cognitive impairment, dementia, and Alzheimer’s disease, as well as the next steps for people who have started to notice a decline in their memory. All are welcome.

**TRANSITION TO RETIREMENT**

***Friday, November 15 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

**WHAT’S NEW FOR MEDICARE IN 2020**

***Tuesday, November 12 at 12:30 p.m.***

Find out what’s new for Medicare in 2020 and what that means for you when comparing your coverage in the annual enrollment period. It is important to note that December 7 is the last day

to choose the right plan for you.

Cathy Forbes has been the coordinator for the Mercer County SHIP program for over 3 years and works with a team of volunteer SHIP counselors to ensure seniors have access to free, local, unbiased information about Medicare.

Registration required. No fee.

**POSTURE SCREENING**

***Wednesday, November 13 at 1:30 p.m.***

Dr. Carleen Thum of Gentle Chiropractic will bring the newest technology for posture screening. Using a photo taken during your screening, Dr. Thum will analyze the results which will then be emailed directly to you. It will take only 5 minutes to learn how your posture affects your health, your balance, and daily activities.

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.

**Affordable Housing in Princeton**

***Monday, November 25 at 7:00 p.m.***

***Princeton Public Library, Newsroom***

Ed Truscelli and Maureen Fullaway will present a short history of affordable housing in Princeton, the scope of currently available housing opportunities, and application and eligibility criteria. They will also discuss the future of housing opportunity in Princeton.

Ed Truscelli is the Executive Director of Princeton Community Housing and Maureen Fullaway is the Affordable Housing Manager for the Municipality of Princeton.

**SCHEDULE:**

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

***February 24: Downsizing & Organizing***

***March 23: Transition to Retirement***

***April 27: Volunteering in Retirement***



## NOVEMBER 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*

##### **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.  
**NOTE: Thursday, 11/26 is last Every Body Walk! session for the season.**



### 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

##### **PAINTING AND SELF EXPRESSION — NEW CLASS!**

*Fridays at 10:30 a.m.*  
Thought will be given to composition, subject matter, shape, light, movement, and structure. Join master instructor Christina Rang as she encourages you to explore your creative choices and personal expression.  
\$30/residents; \$40/non-residents; per month

*The following classes are currently full. Call to be added to the waitlist.*

- **TRUE STORIES: A MEMOIR WRITING CLASS**
- **WORD PLAY (POETRY) WITH RICE LYONS**
- **WRITING YOUR LIFE WITH BETTY LIES**



### 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 10:00 a.m.–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

## Google Photos App for Android, Apple, and Windows

Last month I reviewed the Apple Photos app and explained how the photos on iPhones are synchronized with those on iPads and MacBook computers.

This month's article covers Google's Photos app, which is available for **Android and Apple** mobile devices, as well as **Windows and Apple MacBook** computers. In other words—just about everything.

Most Android phones include a photo manager called Gallery, where you store and view the pictures you've taken with your phone's camera.<sup>1</sup> However, the **Google Photos** app (it's free from the Google Play Store) offers better photo management features **as well as free cloud storage to ensure your photos are backed up** and available on your other devices (like your tablet and computer.)

Google Photos lets you organize your pictures into albums and provides editing and special effect options. It also automatically uploads your photos to its cloud server *and keeps them synchronized*, so if you delete a photo from your phone, it will also delete the photo from your Google Photos cloud file. But you can also opt to remove a photo from your phone and leave it on the Google Photos server. Neat!

Google Photos works with Android and Apple smart phones and tablets, and Windows and Mac computers.

Google Photos can also identify objects in your snapshots and create panoramas by knitting the separate pictures of the adjacent scenes you captured.



*Why is this guy wearing socks with his sandals? I'm just sayin'...*

But wait—there's more! Google provides free unlimited storage on its cloud servers if you're willing to limit the size of each picture you upload to 16 million pixels (which Google calls "high quality"). That's enough for all but the most discerning photographer (see picture at left). If you want to store your pictures with greater detail ("original quality"), they will count toward the free 15 GB limit on your Google Drive account. You can add more storage for a monthly fee.

**Works with Windows PC's and Apple computers.** Google Photos also works with your built-in Windows 10 Photos application and with your Apple devices. This makes Google Photos a good alternative to Apple's iCloud Photos, and a "must-have" if you own a mix of Apple, Android, and Windows devices. You'll need a Gmail account to use Google Photos, but it's free. (I don't know how Google makes money giving away storage on their servers, but I suspect that while they lose something on each picture, they make it up in volume. But that's only a guess.)

If you need help setting up Google Photos, stop by the Technology Lab on Tuesdays from 10:00 a.m. to 4:00 p.m., Wednesdays from 1:00 to 4:00 p.m., or Fridays from 10:00 a.m. to 1:00 p.m.

Say "fromage."

<sup>1</sup> Android smart phones include those from Samsung, Google, LG, and so on. Each of these companies uses its own variation of the Android operating system, so some of the things you'll read here may look different on your own phone.

## 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



PHOTO (left to right): PSRC Knit Wit group members Barbara, Natasha, Olga, and Evelyn

### Knit Wits Group donate blankets to Princeton Hospice for Veterans at end-of-life

**The PSRC Knit Wits group supports veterans at end-of-life by providing red, white, and blue lap blankets to Princeton HomeCare-Hospice. The blankets are used for pinning ceremonies as part of We Honor Veterans.**

We Honor Veterans, is a program of the National Hospice and Palliative Care Organization (NHPCO) in collaboration with the Department of Veterans Affairs (VA). This pioneering program is focused on respectful inquiry, compassionate listening and grateful acknowledgment. By recognizing the unique needs of America's veterans and their families, community providers, in partnership with VA staff, learn how to accompany and guide veterans through their life stories toward a more peaceful ending.

The goal of the program is simple — to care for and honor those who have served when they reach the end of life. By working in community partnerships and collaborations, partner organizations are able to educate, engage, and expand awareness to veterans and their families. A vast majority of veterans are not enrolled in the VA and may not be aware of end-of-life services and benefits available to them, including the Medicare Hospice Benefit and VA-paid hospice care. For additional information: <https://www.wehonorveterans.org/about-us>.



This fall the Knit Wits group also knitted and crocheted blankets for the memory care residents at Acorn Glen. It is considered therapeutic for memory care residents to have something in their hands they can handle and feel and these knit blankets are perfect!



PHOTO (above): Acorn Glen memory care resident enjoying her new lap blanket

Learn more at [princetonsenior.org/social-and-support-groups/](http://princetonsenior.org/social-and-support-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](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, November 18 at 1:00 p.m.*  
(Usually third Monday of each month)  
Call Sherri Goldstein  
609.819.1226 to attend.  
Suzanne Patterson Building

### CAREGIVERS

*Monday, November 11 at 2:15 p.m.*  
(Usually second Monday of each month)  
Suzanne Patterson Building

### CHILDREN OF AGING PARENTS

*Thursday, November 14 at 4:30 p.m.*  
(Usually second Thursday of each month)  
Suzanne Patterson Building

### CRAFTY PEOPLE

*Fridays, 10:00 a.m.–noon*  
Call 609.921.0929, ext. 109 to attend.  
Elm Court

### GLOBAL CONVERSATIONS

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

### GRANDPARENTING

*Tuesday, November 19 at 1:00 p.m.*  
(Third Tuesday of each month)  
Suzanne Patterson Building

### KNIT WITS

*Tuesdays, November 5 & 19 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, November 1 at 2:00 p.m.*  
(Usually first Friday of each month)  
Location: Monument Hall Main

### NEXT CHAPTER: WIDOW/-ERS

*Tuesdays, November 12 and 26 at 10:45 a.m.*  
(Usually second and fourth Tuesdays of each month)  
Suzanne Patterson Building

### TRANSITION TO RETIREMENT

*Friday, November 15 at 3:00 p.m.*  
(Usually third Friday of each month)  
Suzanne Patterson Building

### WOMEN IN RETIREMENT

*Friday, November 15 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

**As the season of giving begins, we at PSRC hope you will consider making a generous gift to our Annual Appeal.**

### WHY IS THIS IMPORTANT?

- PSRC is a non-profit organization, opening our programs, and counseling service to everyone, regardless of where you live
- 2,315 referrals and information services were provided free of charge by our Social Services team
- 148 home visits were made
- 4,197 Partner in Caring contacts were made last year
- 1,203 people attended Evergreen Forum and 1,248 attended one-time presentations

An interesting fact about PSRC is that donations from individuals and organizations make up 80% of our budget. Each gift enables us to offer stimulating programs, ongoing services such as the Technology Lab, art classes, support groups, a host of interesting lectures and discussion groups, as well as exceptional thoughtful services through our social services team whose goal is to help people achieve a better quality of life. It is your generosity that allows us to thrive.

### PLEASE GIVE AS GENEROUSLY AS YOU CAN!

- Did you know PSRC has the Jocelyn and Carl Helms Legacy Society — please consider becoming a member by including PSRC in your will or estate planning, or as a beneficiary on your IRA.
- Have you considered making a MONTHLY SUSTAINING GIFT — just \$12 dollars a month would make an impactful annual gift.
- Making a gift to PSRC in someone's honor/memory is a lovely way to mark a meaningful occasion

### THANK YOU TO OUR INDIVIDUAL AND CORPORATE SPONSORS WHO HELPED MAKE OUR ANNUAL BENEFIT PERFORMANCE A WONDERFUL SUCCESS

#### GRATEFUL THANKS FOR THE SUPPORT OF:

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Norman and Nancy Klath — Senate  
Robert Bratman and Stark & Stark — Representatives  
Michael and Marylou Kenny — Supreme Court  
Penn Medicine Princeton Health — Supreme Court  
Hazel Stix — Supreme Court  
Akin Care — Library of Congress  
Gordon and Llura Gund Fund of the PACF — Library of Congress  
Hilton Realty Co., LLC — Library of Congress  
Homewatch CareGivers — Library of Congress  
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McCarter Theater  
Novi Wealth Partners  
Oasis Senior Advisors  
Ovation at Riverwalk  
Personal Paperwork Solutions  
Princeton Radiology  
The Bank of Princeton



**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.**

# NOVEMBER 2019

## Monday

**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.

## Tuesday

**Locations:**  
CH - Corner House  
EC - Elm Court  
MH - Monument Hall  
PPL - Princeton Public Library  
RC - Redding Circle

## Wednesday

SC - Spruce Circle  
SPB - Suzanne Patterson  
Building  
Various — Call Progression PT  
for locations: 609.454.3536

## Thursday

## Friday

1

9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
12:00 Chair Exercise - SC  
**1:00 First Friday Film - SPB**  
**2:00 Men in Retirement -**  
**MH Main**

4

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

5

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

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9:15 Aerobics - SPB  
11:00 Finding Color, Light, &  
Texture with Paint - SPB  
1:00 Technology Lab - SPB  
1:30 True Stories - SPB  
2:45 Let's Talk - SC

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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

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9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
12:00 Chair Exercise - SC

11

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  
**2:15 Caregivers - SPB**

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9:30 Mindful Chair Yoga &  
Meditation - MH Multi  
10:00 Every Body Walk! - Various  
10:00 Technology Lab - SPB  
**10:45 Next Chapter Widow/ers**  
**- SPB**  
10:30 TED Talk - SPB  
12:00 Games Day - SPB  
**12:30 Medicare - What's New -**  
**SPB**

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9:15 Aerobics - SPB  
11:00 Finding Color, Light, &  
Texture with Paint - SPB  
1:00 Technology Lab - SPB  
**1:30 Posture Screening - SPB**  
1:30 True Stories - SPB  
2:45 Let's Talk - SC

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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**

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9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
**10:30 Women in Retirement**  
**- MH Main**  
12:00 Chair Exercise - SC  
**3:00 Transition to Retirement**  
**- SPB**

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

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

20

9:15 Aerobics - SPB  
11:00 Finding Color, Light, &  
Texture with Paint - SPB  
1:00 Technology Lab - SPB  
1:30 True Stories - SPB  
2:45 Let's Talk - SC

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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

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9:15 Aerobics - SPB  
10:00 Crafty People - EC  
10:00 Technology Lab - SPB  
10:30 Painting and Self  
Expression - SPB  
12:00 Chair Exercise - SC  
**12:30 Senior Citizen Club - SPB**

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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**

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9:30 Mindful Chair Yoga &  
Meditation - MH Multi  
10:00 Every Body Walk! - Various  
10:00 Technology Lab - SPB  
10:30 TED Talk - SPB  
**10:45 Next Chapter Widow/ers**  
**- SPB**  
12:00 Games Day - SPB

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9:15 Aerobics - SPB  
11:00 Finding Color, Light, &  
Texture with Paint - SPB  
1:00 Technology Lab - SPB  
1:30 True Stories - SPB  
2:45 Let's Talk - SC

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**CLOSED FOR THANKSGIVING**

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**CLOSED FOR THANKSGIVING**





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

## LOOKING AHEAD



### PSRC'S ANNUAL HOLIDAY PARTY

***Wednesday, December 11, 1:00 p.m. — PSRC's Suzanne Patterson Building***

**Eat, Drink, & Be Merry!**

Join us for music, merriment, and a holiday lunch with all the trimmings.

\$5 per person. Details to follow. Registration opens Wednesday, November 20 at [princetonsenior.org](http://princetonsenior.org).

## ELECTION DAY TUESDAY, NOVEMBER 5

PSRC is a polling location and some programs may be affected. Check our website for scheduling updates.

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