



Princeton Senior Resource Center is proud to announce
the grand opening of the Nancy S. Klath Center for Lifelong Learning
at 101 Poor Farm Road

Watch for future communications about this new chapter in our PSRC story



PSRC FALL FUNDRAISER

PURCHASE TICKETS NOW

A transformative evening with
DR. BERNICE A. KING
CEO OF THE KING CENTER

SATURDAY, OCTOBER 16 AT 7:30 P.M.

VIP Event at 6:30 p.m.
THIS IS A VIRTUAL EVENT
on the Zoom conferencing platform

For ticket and event sponsorship information:
<https://princetonsenior.link/Bernice-A-King>

Questions?

Contact Lisa Adler at ladler@princetonsenior.org or call 609.751.9699, ext. 103.

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
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: 609.751.9699
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 nonprofit organization
serving our community*

BOARD OF TRUSTEES

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FROM THE CEO, DREW DYSON
Building Community

Dear Friends,

This month marks a significant milestone in the life of the Princeton Senior Resource Center with the opening of the Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road in Princeton. This new state of the art building, which will supplement our current facility at the Suzanne Patterson Center, has been created with the theme of “community” guiding our thought process. With our outstanding architects Juliet Richardson and Terry Smith and our construction managers Bancroft Construction, we have created a wonderful facility for your enjoyment for future generations.



PHOTOS (clockwise from top): PSRC's Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road, newly installed outdoor patio & garden area, newly carpeted technology lab (this space is huge!)

GRAND OPENING 101 POOR FARM ROAD

Watch for an invitation to one of our grand opening open house celebrations coming soon. Small group tours will be available.

In the first place, this new building will be a community asset for older adults in the greater Princeton region for years to come. Like other community assets, we believe that this building will enhance community life and contribute to making the Princeton area a premier retirement destination. With world-class programming, compassionate social services, and a state-of-the-art facility, PSRC will continue to help Princeton live into our WHO (World Health Organization) and AARP designation as one of the first age-friendly communities in the nation.

Secondly, the building has been designed with the intention of building community among our constituents. With a beautiful lounge and wonderful outdoor spaces in a scenic natural setting, we believe people will be drawn to this facility as a destination for enjoying time with new friends and old. Come for a cup of coffee with friends before or after your class. Sit in the lounge and enjoy a conversation or a good book.

Finally, the building will enable us to extend our community with technology that enables hybrid learning. The last few years has taught us that dynamic virtual programs are key to connecting with new constituents and expanding our community. This building is being thoughtfully outfitted with technology that will enable hybrid and virtual learning, as well as providing physical space for people to gather.

I am truly grateful that each of you is part of the PSRC community! I look forward to welcoming you to the Nancy S. Klath Center for Lifelong Learning over the next few months. Please look for virtual communications about several open houses that we will be offering to give you a chance to experience this new building.

All the Best,
Drew A. Dyson, PhD
Chief Executive Officer

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

Fran Angelone
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*Care Coordinator
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Shifra Vega
Lifelong Learning Coordinator

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

Kathleen Whalen
Director of Communications



THANK YOU FOR YOUR CAR DONATION

All of us at PSRC want to thank Anthony Lunn and Phyllis Teitelbaum for their thoughtful and generous donation. Donate your car or boat — Call 855.500.7433, 855.500.RIDE, or visit: careasy.org/nonprofit/Princeton-Senior-Resource-Center.

OCTOBER PROGRAMS

Visit <https://www.princeton senior.org/coming-soon/>

LIBRARY READS — MONDAY, OCTOBER 4 1:00 p.m. via Zoom

Calling all readers — Princeton Public Library staff will showcase some great recent and notable book titles to add to your to-be-read list. You can also ask for personalized book recommendations.

Presented by Princeton Public Librarians



FIRST FRIDAY FILM — “SUPERNOVA” Friday, October 1 at 1:00 p.m.

Sam and Tusker, partners of twenty years, travel across England in their old RV visiting friends, family, and places from their past. Following Tucker’s life-changing diagnosis of early-onset dementia two years ago, their time together is the most important thing they have. “As performers, Tucci and Firth embody the best kind of masculinity, which has been missing from popular culture for so long that we’ve forgotten what it looks like. Their characters are men of passion but also men of integrity. And most important, they’re men who know what love is.” (Glenn Kenny, *NY Times*) Starring: Colin Firth, Stanley Tucci

Running time: 1 hour, 33 minutes;

Genre: Drama, Romance; Rated: R

Registration required, no fee.



FYI SEMINAR — “MEDICARE BASICS” Friday, October 8 at 11:45 a.m.

Want to find out what Medicare means for you? October 15 to December 7 is the Medicare annual enrollment period when you can review your Medicare coverage for the following year. Find out what your choices are and what questions to ask. Presenter Cathy Forbes is the county coordinator for the SHIP program in Mercer County, a federally funded program to ensure people have access to free, impartial, and accurate information about Medicare and Medicare coverage choices.

Registration required, no fee.



FYI SEMINAR — “ARE YOU SAFE AT HOME?” Friday, October 15 at 11:45 a.m.

Join us as we discuss tips on how to stay safe at home or when moving to a new residence. The presentation will also include information on how to avoid hazards and scams. Elayne Szydlo, executive director of Brandywine Serenade at Princeton (formerly Acorn Glen). Elayne has been in the healthcare field for twenty-one years in the Princeton area.

Registration required, no fee.



FYI SEMINAR — “STAYING ACTIVE AS WE AGE” Friday, October 22 at 11:45 a.m.

Join physical therapist Pritee Dalvi, MSPT, DPT, MBA, to learn about skeletal and muscular changes with aging, fall prevention, and the importance of exercise for seniors. Pritee Dalvi is a member of the medical staff at Penn Medicine Princeton Health.

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:

October 5 — *Miracle Jones*: The Radical Revolutionary Resilience of Black Joy
(Recommended by Nayan Trivedi)

October 12 — *Anu Puusa*: The case for co-ops, the invisible giant of the economy

October 19 — *Amir Nizar Zuabi*: Walk with Little Amal, a theatrical journey celebrating the refugee experience

October 26 — *Aman Dannouni*: How online marketplaces can help local economies not hurt them

Registration required, no fee.

This month’s FYI sponsors are [Bryn Mawr Trust](#), [Capital Health](#), and [Stark & Stark Attorneys at Law](#). TED Talk sponsors are [Akin Care Senior Services](#) and [Princeton Portfolio Strategies Group, LLC](#).

To request a program scholarship, please fill out this confidential form.
<https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “PRINCETON: THE NATION’S CAPITAL 1783”

***Friday, October 8 (different date this month)
at 10:00 a.m.***

The American Revolution shooting war had ended in 1781 and the Colonies are awaiting word that peace negotiations in Paris will result in a treaty. Because of delays in negotiating across the Atlantic, Congress is in a dilemma. It has no money to pay the troops, but it cannot disband the army until there is a peace treaty. In June 1783, Congress, in session in Philadelphia, must flee after an Army mutiny (demanding back pay). Congress relocates to Princeton where it remains in session for four and a half months. This is the story of the many events that take place, and the people involved, as this small rural town provides the backdrop for the historic events of that summer and fall. Presented by Barry Singer. All are welcome. Registration required, no fee.

WOMEN IN RETIREMENT — “THE FREE-FORM MIND OF A POET”

Friday, October 15 at 10:00 a.m.

Please join us for an interesting presentation when WIR member and published poet, Lavinia Kumar, shares several of her poems and discusses her creative process. All are welcome. Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, October 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 Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee.

LIMITED SERIES PROGRAMS

STAY-WELL CHAIR EXERCISE

***Tuesdays, beginning October 5 through October 26
at 1:00 p.m.***

Fee: \$30

Join us on Zoom for a month-long aerobics workshop that will help build endurance and strengthen your body, mind, and soul. This chair aerobics class is designed for those seeking a gentle yet lively form of exercise. Instructor Laraine Alison offers a fun, music filled class that will help you to forget you are even exercising. You will need hand weights (or use water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

GAMES DAY AT PSRC (IN-PERSON)

Tuesdays, 1:00–4:00 p.m.

Come with a partner or a few friends to enjoy game playing at PSRC. Mahjongg (bring your own set), Scrabble, and Social Bridge. Preregistration and covid waiver are required, no fee.

VIRTUAL TOWN HALL MEETING

Wednesday, October 6, 3:00 p.m.

Join Dr. George DiFerdinando, chair of the Princeton Board of Health, for this virtual town hall meeting where we will discuss the current state of the COVID-19 pandemic in our area, the vaccine, and safety protocols. Registration required, no fee.

BLOOD DRIVE

October 7, 2:00–7:00 p.m.

To schedule an appointment, please contact the health department (not PSRC) at **609.497.7609**. To ensure safety, everyone is required to maintain social distancing and wear a mask. Strict COVID-19 guidelines will be followed.

FRAGMENTS OF TIME

Wednesday, October 13, noon

Local author and PSRC participant Peter Lindenfeld will discuss his new book, *Fragments of Time*. We will learn about transitions in his life

OCTOBER PROGRAMS

Visit <https://www.princetonsenior.org/coming-soon/>

from a secure childhood in prewar Vienna to the challenges of emigration, adaptation, and pursuits in science and in educational and social change. Registration required, no fee.

FLU SHOT & COVID-19 VACCINE BOOSTER CLINIC

Tuesday, October 19, 12:00–6:00 p.m.

To schedule an appointment, contact the health department (not PSRC) at 609.497.7609.

VIRTUAL HEALTH FAIR EVENTS

October 19, 26, 29

See full virtual health fair schedule on page 11

Virtual presentations about elder justice, health, and wellness by health care professionals will be happening throughout the month. Registration required, no fee.

ELDER JUSTICE: A CALL TO ACTION LEGAL AND FINANCIAL PLANNING

Tuesday, October 19 at 3:00 p.m.

Melissa H. Abu-Adas, CELA, Law Office of Melissa H. Abu-Adas, LLC, and Nicolette Vasco, program coordinator, Alzheimer's Association. [See page 10](#) for details.

HEALTHCARE DECISIONS WORKSHOP

Tuesday, October 26 at 1:00 p.m.

Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The workshop will review documents and key issues. Copies of *Five Wishes* will be emailed to participants prior to the session, so register early. Facilitated by Dave Roussell, MSEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee.

WITCHES: EVOLVING PERCEPTIONS

The Salem Witch Museum

Tuesday, October 26, 3:00 p.m.

Fee: \$10

In the modern-day, the term “witch” encompasses an enormously diverse array of definitions and images. Despite its dark historical origins, when confronted with this word today, most envision

a cartoonish green-skinned woman flying astride a broomstick or a beautiful, supernatural pop-culture heroine. Others still, such as those who practice Neopagan religions, may think of this as a sacred term and view this word as a spiritual designation. In this program, participants will hear about the complex and fascinating evolution of the image of the witch, tracing this story from the early modern period witch trials to the modern-day.

EVERYTHING YOU LEARNED ABOUT LEARNING IS WRONG: DISORIENTING DILEMMAS, COMFORT ZONES, AND LIFELONG LEARNING (HYBRID)

Thursday, October 28, noon

You can't teach an old dog new tricks...or can you? Understanding the complexities of adult learning theory are crucial for effective lifelong learning. In this lecture we will explore Jack Mezirow's transformational learning theory and Lev Vygotsky's zone of proximal development and scaffolding in order to understand how adult learners learn most effectively.

Dr. Drew A. Dyson is the CEO of PSRC and holds a PhD in Education & Formation from Princeton Theological Seminary.

Registration required, no fee. To register, go to [princetonsenior.org](https://www.princetonsenior.org).

KEEPING PRINCETON'S WATER CLEAN, SAFE, AND HEALTHY (HYBRID)

Friday, October 29, noon

Keeping water clean, safe, and healthy is at the heart of The Watershed Institute's work. Their staff includes policy advocates, scientists, land and water stewards, naturalists, and educators who protect and restore sensitive habitats, test our waterways for pollution, and inspire others to care for the natural world. Join Sophie Glovier, assistant policy director, for an update on some of the efforts that are underway in Princeton to address flooding issues, prepare residents to advocate for good environmental policy, and to encourage residents to adopt “River Friendly” practices on their property.

Registration required, no fee. To register, go to [princetonsenior.org](https://www.princetonsenior.org).

EVERGREEN FORUM — CELEBRATING TWENTY YEARS



“Evergreen Forum can be full of surprises, even for the course leader. I taught Human Evolution for several years. Once during a class discussion of homo erectus, an early human form that had existed a million years ago, a participant raised his hand. He declared that he owned a fossil skull of one that had been unearthed in another country. During the next class, we passed it around to examine it one-by-one, while we all marveled at being able to handle something this old and meaningful. In Evergreen Forum classes, there are always surprises, and everyone, including the course leader, comes away full of wonder and enrichment.”



THE
EVERGREEN
FORUM

— Peggy de Wolf

PSRC — UPDATED HEALTH & SAFETY PROTOCOLS

The Princeton Senior Resource Center values the safety of our participants, volunteers, and staff. We regularly update our COVID protocols and procedures based on CDC, federal, state, county, city, and other scientific data. PSRC reserves the right to alter safety protocols at any time and at its sole discretion including but not limited to social distancing, vaccines/testing, masks, building capacity, etc. as it deems appropriate.

We will continue to keep you updated on current requirements as well as any changes made to our COVID protocols and procedures.

Please note that these policies pertain ONLY to in-person programs and activities in one of PSRC's facilities. Our virtual programs are available to all persons at all times.

- All participants in PSRC's in-person programming in any of our facilities will be required to show proof of vaccine to access the facility and participate in in-person programs.
- Exemptions will be granted for those who provide proof of a medical or religious exemption. Those individuals with a verified exemption will be required to show proof of a negative PCR test taken within forty-eight hours of the program/event or a negative antigen test taken on the same day as the program or event.

- All participants, regardless of vaccination status, will be required to properly wear masks while inside the building.
- We are asking participants, staff, and volunteers to monitor their health and stay home if they are exhibiting any Covid and/or flu-like symptoms. By entering the building, you are agreeing that you are not sick and have not to your knowledge had direct contact with anyone who has a confirmed case of COVID-19 in the last ten days or exhibits symptoms of COVID-19. It is essential that you stay home if you are unwell. Participants will be required to complete a COVID-19 symptom check form daily.
- All participants will be required to complete PSRC's COVID-19 waiver one time prior to participating in any in-person programming.
- Physical distancing will be implemented as appropriate for each program.

Please note that PSRC has adopted a mandatory vaccination policy for employees, volunteers, contracted and affiliated personnel that requires a first dose by September 30, 2021 and full vaccination by October 31, 2021.

OCTOBER PROGRAMS

Visit <https://www.princetonsenior.org/coming-soon/>



EXERCISE & FITNESS

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 10:00 a.m.

For more information, including walking locations by date, go to progressionpt.com or call Progression Physical Therapy at 609.454.3536.

Leader: Carol Keyes

Registration through PSRC, no fee.

GENTLE YOGA + NIDRA — Fall Qtr

Mondays, Oct. 4 through Dec. 27, 10:00 a.m.

Fee: \$75 per quarter

This expansive workshop encompasses yoga postures, yogic breathing, an explanation of the science of yoga sound which creates profound deep relaxation, and some meditation. It is suitable for new students and seasoned practitioners. Participants will need a yoga mat and/or clear floor space, water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye

MINDFUL CHAIR YOGA & MEDITATION — Fall Qtr

Thursdays, Oct. 7 through Dec. 16 (no class on Nov. 25), 10:00 a.m.

Fee: \$75 per quarter

Chair yoga is a gentle, versatile form of yoga utilizing a chair. It is adaptable for all skill levels and abilities and therapeutic in nature. Students will learn techniques to gain flexibility, strength, and balance while increasing range of motion in a relaxing class that moves at a mindfully slow pace.

Instructor: Lyn Lilavati Sirota

TABLE TENNIS (IN-PERSON)

Mondays and Fridays, 1:00–4:00 p.m.

Come for camaraderie, exercise, and fun! All skill

levels are invited to participant in this energetic sport. *Preregistration and covid waiver are required, no fee*



ENRICHMENT

MEMOIR WRITING WITH JENNIFER — Fall Qtr

Thursdays, Oct. 7 through Dec. 16 (no class on Nov. 25), 1:00 p.m.; Fee: \$75 per quarter

What's your story? In our online memoir workshop, you will learn how to get started on mining your memories and shaping them into well-crafted pieces. We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you. Limited to 12 participants.

Instructor: Jennifer Altmann

ELEMENTS OF PAINTING — Fall Session

Wednesdays, Oct. 6 through Nov. 24, 2:00 p.m.;

Fee: \$80 — Join instructor Christina Rang on Zoom for an eight-session painting class designed specifically for those with intermediate skills. Limited to 8 students. *Instructor: Christina Rang*

MASTERING THE ART OF PAINTING — Fall Session

Fridays, Oct. 1 through Nov. 19, 2:00 p.m.; Fee: \$80 For advanced painters, this eight-session Zoom class emphasizes the components of the creative painting process. Limited to 8 students.

Instructor: Christina Rang

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

Wednesdays, September 1 through October 20

Instructor: Denise McDaniel

COSMOLOGY

Thursdays, 9:45 a.m.

Peer-led science discussion. Contact brucewallman@gmail.com for more information.



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB

The technology lab in the PSRC building is open Monday through Friday, 9:30 a.m. to 12:30 p.m. Feel free to pop-in to use the computers (limited to two participants at a time). If you need tech assistance, our dedicated volunteers are available to respond to your questions remotely. Once you submit a request, a volunteer will contact you, normally within one business day, to set up a virtual appointment. To learn more about PSRC's technical assistance, go to our website at princetonsenior.org/psrc-tech-resources/ or to fill out a request form go to <https://princetonsenior.wufoo.com/forms/technology-assistance-request/>.

Most programs and groups meet virtually on Zoom (unless indicated otherwise)

OCTOBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Virtual programs are added daily.

Visit <https://www.princetonsenior.org/coming-soon/> often to see what's new!

1

10:00 Science in the News (EF)
10:00 Women in Retirement
Coffee Klatch
1:00 First Friday Film - "Supernova"
1:00 Joe Biden New Deal (EF)
1:00 Table Tennis (In-person)
2:00 Art of Painting

4

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Islam & Democracy (EF)
1:00 Library Reads
1:00 Table Tennis (In-person)
1:30 Contemp Econ Issues (EF)
2:00 Word Play

5

9:30 GrandPals Gabfest
10:00 Every Body Walk!
10:00 The Supreme Court (EF)
10:30 TED Talks
11:00 Chess + Workshop
11:00 Grandparenting
1:00 David Copperfield (EF)
1:00 Games Day (In-person)
1:00 Great Art (EF)
1:00 Socialism (EF)
1:00 Stay-Well Chair Exercise

6

9:30 Basic Drawing: Beginners
to Advanced
10:00 Early Joyce (EF)
1:00 Art from All Angles (EF)
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
2:00 Elements of Painting
3:00 Let's Talk
3:00 Virtual Town Hall Meeting

7

9:45 Cosmology
10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam (EF)
10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture
of Scotland (EF)
1:00 Memoir Writing
1:00 More Plays (EF)
2:00 Blood Drive (2-7pm)

8

10:00 Science in the News (EF)
10:00 Hassidim (EF)
10:00 Men in Retirement Monthly Meeting
11:45 FYI Seminar - "Medicare Basics"
1:00 Joe Biden New Deal (EF)
1:00 Table Tennis (In-person)
2:00 Art of Painting

11

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Islam & Democracy (EF)
1:00 Table Tennis (In-person)
1:30 Contemp Econ Issues (EF)
2:00 Word Play
3:00 Caregivers Group

12

9:30 GrandPals Gabfest
10:00 Every Body Walk!
10:00 The Supreme Court (EF)
10:30 TED Talks
11:00 Next Chapter: Widows and Widowers
1:00 David Copperfield (EF)
1:00 Games Day (In-person)
1:00 Knit Wits
1:00 Socialism (EF)
1:00 Stay-Well Chair Exercise

13

9:30 Basic Drawing: Beginners
to Advanced
10:00 Early Joyce (EF)
12:00 Fragments of Time
1:00 Art from All Angles (EF)
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
2:00 Elements of Painting
3:00 Let's Talk

14

9:45 Cosmology
10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam (EF)
10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture
of Scotland (EF)
1:00 Memoir Writing
1:00 More Plays (EF)
4:00 Children of Aging Parents

15

10:00 Science in the News (EF)
10:00 Hassidim (EF)
10:00 Women in Retirement Monthly Meeting
11:45 FYI Seminar - "Are You Safe at Home?"
1:00 Joe Biden New Deal (EF)
1:00 Table Tennis (In-person)
2:00 Art of Painting
3:00 Transition to Retirement

18

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Islam & Democracy (EF)
1:00 Table Tennis (In-person)
1:30 Contemp Econ Issues (EF)
2:00 Word Play
3:00 Bereavement Group

19

9:30 GrandPals Gabfest
10:00 Every Body Walk!
10:00 The Supreme Court (EF)
10:30 TED Talks
11:00 Grandparenting Group
12:00 Flu Shot Clinic (12-6pm)
1:00 David Copperfield (EF)
1:00 Great Art (EF)
1:00 Socialism (EF)
1:00 Stay-Well Chair Exercise
3:00 Elder Justice: A Call to Action

20

9:30 Basic Drawing: Beginners
to Advanced
10:00 Early Joyce (EF)
10:00 Art from All Angles (EF)
1:00 Elizabeth Strout (EF)
2:00 Elements of Painting
3:00 Let's Talk

21

9:45 Cosmology
10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam (EF)
10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture
of Scotland (EF)
1:00 Memoir Writing
1:00 More Plays (EF)

22

10:00 Science in the News (EF)
10:00 Hassidim (EF)
11:45 FYI Seminar - "Staying Active As We Age"
1:00 Joe Biden New Deal (EF)
1:00 Table Tennis (In-person)
2:00 Art of Painting

25

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Islam & Democracy (EF)
1:00 Table Tennis (In-person)
1:30 Contemp Econ Issues (EF)
2:00 Word Play
3:00 Caregivers

26

10:00 Back to the Future (In-person)
10:00 GrandPals Gabfest
10:00 Every Body Walk!
10:00 The Supreme Court (EF)
10:30 TED Talks
11:00 Next Chapter: Widows and Widowers
1:00 David Copperfield (EF)
1:00 Games Day (In-person)
1:00 Great Art (EF)
1:00 Healthcare Decisions Workshop
1:00 Socialism (EF)
1:00 Stay-Well Chair Exercise
3:00 Witches: Evolving Perspectives
3:00 & 3:45 Virtual Health Fair

27

10:00 Early Joyce (EF)
1:00 Art from All Angles (EF)
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
2:00 Elements of Painting
3:00 Let's Talk

28

9:45 Cosmology
10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam (EF)
10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
12:00 About Learning (Hybrid)
1:00 History & Culture
of Scotland (EF)
1:00 Memoir Writing
1:00 More Plays (EF)

29

10:00 Science in the News (EF)
10:00 Stories of the Hassidim (EF)
10:00 Women in Retirement
Coffee Klatch
12:00 Keeping Princeton's Water Clean, Safe, and Healthy (Hybrid)
1:00 Joe Biden New Deal (EF)
1:00 Table Tennis (In-person)
2:00 Art of Painting
3:00 & 3:45 Virtual Health Fair

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)
 609.273.0588
T.R.A.D.E. (Transportation)
 609.530.1971

Elder Justice: A Call to Action Tuesday, October 19, 3:00 p.m.

Topic: Legal and Financial Planning

Melissa H. Abu-Adas, CELA, owner of the Law Office of Melissa H. Abu-Adas, LLC, in Tinton Falls, New Jersey. Melissa is certified as an elder law attorney by the ABA-accredited National Elder Law Foundation. Melissa's practice focuses on estate planning, elder law, wills, trusts, long-term care planning, Medicaid applications, guardianships, special needs trusts, and estate administration.

Nicolette Vasco, program coordinator, Alzheimer's Association, serving the Greater New Jersey Chapter. Nicolette has been on staff of the Alzheimer's Association since 2016. She is the program coordinator and as such, oversees delivery of all programs & services offered by the Alzheimer's Association to constituents in the greater New Jersey region. Within the organization Ms. Vasco engages, trains, and manages volunteers to increase the reach of community engagement. As Ms. Vasco's family has been personally impacted by Alzheimer's Disease, she provides compassion and empathy in the advocacy, support, and resources to those she serves.

Registration required, no fee.

TRANSPORTATION

CROSSTOWN

The Crosstown Transportation program is currently following these safety protocols:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn't have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.
- Daily driver health screening check list.
- Health screening questions for rider with the ride confirmation call prior to the trip.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 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.

VIRTUAL HEALTH FAIR SCHEDULE AND PRESENTATIONS

The Zoom links with presenter bios and topic descriptions can be found at
<https://princetonsenior.link/virtual-health-fair>.

You will be able to submit questions in advance on the registration form.
An open Q&A time will follow each presentation.

WEDNESDAY, OCTOBER 6, 3:00 P.M.

Virtual Town Hall Meeting with Dr. DiFerdinando, Princeton Board of Health

TUESDAY, OCTOBER 19, 3:00–4:30 P.M.

Elder Justice: A Call to Action

Melissa H. Abu-Adas, CELA, Law Office of Melissa H. Abu-Adas, LLC,
and Nicolette Vasco, program coordinator, Alzheimer's Association
Topic: Legal and Financial Planning

TUESDAY, OCTOBER 26, 1:00 P.M.

Healthcare Decisions Workshop

TUESDAY, OCTOBER 26

Penn Medicine Princeton Health & Home Health

3:00 P.M. Heather Bainbridge, EdM, MA, RDN — Topic: Nutrition and Pelvic Health

3:45 P.M. Katrina Heath, PT, DPT, PRPC, LPF-C — Center for Pelvic Wellness

FRIDAY, OCTOBER 29

Capital Health

3:00 P.M. Dr. Ashlee Godshalk Ruggles — Topic: Colon Cancer

3:45 P.M. Dr. Vaughese — Topic: Gynecological Cancers

PSRC FYI SCHEDULE AND TOPICS

FRIDAY, OCTOBER 8, 11:45 A.M.

FYI Seminar — “Medicare Basics”

FRIDAY, OCTOBER 15, 11:45 A.M.

FYI Seminar — “Are you safe at home?”

FRIDAY, OCTOBER 22, 11:45 A.M.

FYI Seminar — “Staying active as we age”

PSRC HEALTH EVENTS AT SUZANNE PATTERSON BUILDING (BY APPOINTMENT)

THURSDAY, OCTOBER 7, 2:00–7:00 P.M.

Blood Drive — American Red Cross and Princeton Police Department

TUESDAY, OCTOBER 19, NOON–6:00 P.M.

Flu Clinic/Vaccine Boosters — Princeton Health Department

SOCIAL SERVICES: WORLD STROKE DAY

World Stroke Day, on October 29, seeks to emphasize the serious nature and high rates of stroke. The day is also observed to raise awareness of the prevention and treatment of strokes.

One in six people are expected to have a stroke during their lifetime. Fifteen million people around the world have strokes each year. It's also the leading cause of disability. A stroke may cause paralysis, sensory disturbances, aphasia, and emotional disturbances. Over six million people die as a result of a stroke. Throughout the world, stroke is the second leading cause of death.

Early Warning Signs

Knowing the early warning signs of stroke saves lives. Early symptoms of a stroke usually happen suddenly.

F.A.S.T. WARNING SIGNS

Use the letters in F.A.S.T to spot a Stroke

- **F = Face Drooping** — Does one side of the face droop or is it numb?
- **A = Arm Weakness** — Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **S = Speech Difficulty** — Is speech slurred? Ask the person to smile. Is the person's smile uneven?
- **T = Time to call 911**

STROKE SYMPTOMS

Watch for Sudden:

- **NUMBNESS** or weakness of face, arm, or leg, especially on one side of the body
- **CONFUSION**, trouble speaking or understanding speech
- **TROUBLE SEEING** in one or both eyes
- **TROUBLE WALKING**, dizziness, loss of balance or coordination
- **SEVERE HEADACHE** with no known cause

Call 911 when these symptoms are present. Don't wait!

Early warning signs of a stroke may disappear after a few minutes. However, the symptoms may still indicate a transient ischemic attack (TIA). Even if symptoms disappear, it's important to receive medical attention right away.

It's important to know the symptoms of a stroke. Furthermore, it's also important to know that strokes can be prevented. In fact, up to 90% of all strokes can be prevented by addressing certain risk factors. These risk factors include hypertension, diet, smoking, and exercise. Through an emphasis on prevention, the World Stroke Association hopes to cut the number of strokes in half by 2030.

HOW TO OBSERVE #WorldStrokeDay

Here are some ways to observe this day:

- Know your risk of having a stroke
- Attend an informational discussion on strokes at a local medical facility
- Take action to prevent a stroke by quitting smoking, changing your diet, and reducing hypertension
- Learn the early signs of stroke and how you should respond
- If you have experienced a stroke, share your survivor story with others

Visit www.strokeassociation.org for more resources and use #WorldStrokeDay to share on social media.



U.S. Department of Veterans Affairs

VETERAN DESIGNATION ON NJ DRIVERS LICENSE

New Jersey thanks our military veterans who proudly served to protect our freedom. To honor you, a special designation has been created for display on your driver license or non-driver identification (ID) card.

The Motor Vehicle Commission (MVC) began issuing a permanent imprinted veteran designation on driver licenses and non-driver ID cards. You may request your permanent imprinted veteran designation driver license or non-driver ID card by following the instructions below.

For initial license or non-driver ID card

If you are applying for a driver license or a non-driver ID card in New Jersey for the first time and would like to include the permanent veteran designation, please visit any MVC agency with the following documents:

- Your **6 Points of ID**; **AND**
- Your proof of address; **AND**
- Your completed driver license or non-driver ID application (forms available only at **motor vehicle agencies**); **AND**
- Your **original or a photocopy** of your honorable military discharge or General Discharge under Honorable Conditions documents to show satisfactory proof of your veteran status, which can be any of the following documents:
 - **Original or photocopy** of your DD-214 or DD-215; **OR**
 - **Original or photocopy** of your official county-issued veteran ID card; **OR**
 - **Original or photocopy** of your federal activation orders showing service under Title 10, section 672 or section 12301 of the United States Code; **OR**
 - **Original or photocopy** of your report of Separation of Active Duty (honorably discharged or General Discharge under Honorable Conditions prior to 1950).

Once all of the above requirements have been met, your driver license or non-driver ID card will be issued to you and will be imprinted with the permanent veteran designation.

For Renewals — **If you do not currently have a veteran designation sticker**

Please note: if you wish to obtain the imprinted veteran designation and are renewing your driver's license or non-driver ID card, and you do not have a veteran designation sticker, **you must renew in person at a motor vehicle agency.**

<https://www.state.nj.us/mvc/drivertopics/vetdesignation.htm>



GROUPS

BACK TO THE FUTURE (IN-PERSON)
*Tuesday, October 26 at 10:00 a.m.
at Suzanne Patterson Building*

BEREAVEMENT
*Monday, October 18 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.*

CAREGIVERS
*Monday, October 11 & 25 at 3:00 p.m.
(Usually second & fourth Monday
of each month)*

CHILDREN OF AGING PARENTS
*Thursday, October 14 at 4:00 p.m.
(Usually second Thursday of each month)*

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

GRANDPARENTING
*Tuesday, October 5 & 19 at 11:00 a.m.
(First & third Tuesday of each month)*

KNIT WITS (ON ZOOM THIS MONTH)
*Tuesday, October 12 at 1:00 p.m.
(Usually second Tuesday of each month)*

LET'S TALK
Wednesdays at 3:00 p.m.

**MEN IN RETIREMENT
MONTHLY MEETING**
*Friday, October 8 (different date this
month) at 10:00 a.m.
(Usually first Friday of each month)*

NEXT CHAPTER: WIDOW/-ERS
*Tuesday, October 12 & 26 at 11:00 a.m.
(Usually second and fourth Tuesday
of each month)*

TED TALKS
(Usually Tuesdays at 10:30 a.m.)

TRANSITION TO RETIREMENT
*Friday, October 15 at 3:00 p.m.
(Usually third Friday of each month)*

**WOMEN IN RETIREMENT
MONTHLY MEETING**
*Friday, October 15 at 10:00 a.m.
(Usually third Friday of each month)*

THERE ARE NO FEES FOR THESE GROUPS.
**ALL GROUPS MEET VIRTUALLY USING ZOOM
UNLESS INDICATED OTHERWISE.**

Sign up for virtual groups on our [website](#)
or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE

Fall Fundraiser Event Sponsors*

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STARK & STARK
ATTORNEYS AT LAW

**as of publication date*

OCTOBER FEATURED SPONSORS



McCaffrey's Food Markets take pride in being good neighbors and supporting the local communities where we live and work.

mccaffreys.com



The Silver Century Foundation promotes a positive view of aging.

silvercentury.org

FROM THE DEVELOPMENT OFFICE

VOLUNTEER APPRECIATION AWARD

to be presented at the PSRC Fall Fundraiser

*As we celebrate Evergreen Forum's twentieth anniversary,
we honor twenty years of*

***Evergreen Forum Volunteers, Instructors,
and Steering Committee Members***



The annual volunteer appreciation award, given by the PSRC board and staff, recognizes the extraordinary service and dedication of an individual or group committed to the mission of PSRC.

Generous with their time and talents, this year we honor twenty years of Evergreen Forum Volunteers, Instructors, and Steering Committee Members

PSRC will have a special tribute to our Evergreen Forum volunteers
at the fall fundraiser on October 16 at 7:30 p.m.

We invite you to join with us in recognizing the extraordinary service of our Evergreen Forum volunteers by taking an ad in the digital program or making a generous donation in their honor.

Donations can be made at princetonsenior.org or by calling 609.751.9699.

Ad and sponsorship information can be found at princetonsenior.org/fall-fundraiser-event.



45 Stockton Street • Princeton • New Jersey



EVERGREEN FORUM — CELEBRATING TWENTY YEARS

“

I especially enjoyed Lee Harrod's course on Joyce's *Ulysses*. I view the work as a touchstone, given my background as an Irish Catholic raised in Benedictine and Jesuit schools in New Jersey. Having read *Portrait of the Artist* and *Dubliners* in prep school and college, I always felt *Ulysses* was a big hill to climb. But not now. I recently read *The Irish Assassins* by Julie Kavanagh about the Phoenix Park assassinations of two English civil servants in the 1880s. Kavanagh points out that in the Eumaeus chapter Joyce places an accomplice to the murders, Skin-the-Goat Fitzharris, in a cabmen's shelter where Bloom and Stephen seek something to eat. Such genius to join history and fiction! It is a great read. I am so grateful to Dr. Harrod for guidance to tackle the book — which is now dog-eared.”

— Jack McCaskie



Did you know you can support PSRC by giving us your McCaffrey's receipts?
PSRC receives a percentage of the total receipts. They can be **up to three months old**.
Mail to: PSRC, 45 Stockton St., Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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Silver Century Foundation
Stark & Stark Attorneys at Law

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/