GALLERY TALKS ONLINE

Thursdays, beginning January 13 through February 17 at 11:00 a.m.

Fee: $75 for the six-session series

Gallery Talks returns for another round of exceptional art lectures. Join the Princeton University Art Museum’s talented docents for weekly seminars designed for those interested in exploring the richness and complexities of the art world. This six-session course is a collaborative effort between the Princeton University Art Museum and PSRC.

Turn to page 5 for more details.

THE EVERGREEN FORUM

Evergreen Forum Spring 2022

Registration opens on Tuesday, January 25 at 9:30 a.m.
Classes begin the week of February 28
Registration is online and is first come, first served

Turn to page 7 for more details.
Dear Friends,

My favorite television program of all time is Aaron Sorkin’s *The West Wing*, which featured an up close, behind-the-scenes look at the fictional White House of President Jeb Bartlett. With a delightful cast of characters, including my favorites CJ Cregg and Toby Ziegler, and fast-paced, witty dialogue, *The West Wing* quickly became an Emmy-winning sensation. In nearly every episode of the seven-year series, President Bartlett would turn to his staff following tense moments and huge decisions, and calmly say, “What’s next?”

Nearly two years into the Covid-19 pandemic, we are faced as a community of older adults with the same question: What’s next? What emerging issues or trends will significantly impact the lives of older adults – and set the course for agencies, such as PSRC, who deliver services and programs to help older adults thrive?

Over the last several months, I have listened to over twenty experts on aging, in fields ranging from health care to retirement planning to intergenerational relationships, offer their perspectives on the future of aging. The Milken Institute Center for the Future of Aging, led by chairman Paul Irving, summarized four key insights for the future of aging that emerged in these conversations.

1) **Advancing Research on Aging.** The COVID-19 pandemic has highlighted the disproportionate harm inflicted upon older adults during this public health crisis and underscored the need for developing a deeper understanding of the underlying biological and social mechanisms of aging to develop more effective intervention strategies.

2) **Adopting New Technologies.** The COVID-19 pandemic has certainly accelerated the shift toward a technology-enabled future, reshaping trends and preferences along the way. For many older adults, our daily lives have been profoundly impacted by this remote-first approach to caring for many of life’s necessities. Irving writes, “Technology and digital solutions were identified by our experts as powerful tools to increase health care quality and access, social connectivity, and supports that can enable older adults to age in place.” This profound
shift, however, further exacerbates the divide between those with access and those without, calling forth creative solutions rooted in equity and justice.

3) **Tackling Ageism.** The pandemic has unfortunately called attention to the blight of age bias in our culture and our society. At a time when society could have united to protect those who were most at risk, visible ageism surfaced in everything from policy failures to respond effectively to the nursing home crisis, calls by political leaders to segregate people by age and “assume the risk” that comes with aging, and even popular culture memes such as “Okay Boomer.” “To realize a future where older adults are valued, empowered to shape their work and social lives, and meaningfully engaged in their communities,” Irving writes, “our experts urge that we tackle ageism now, whenever and wherever it is encountered.”

4) **Promoting Intergenerational Connection.** Multigenerational approaches to planning and policy making can be a potent force in building bridges, not walls, between the generations. Experts called for the creation and fostering of intergenerational workforces and initiatives, community spaces, and living arrangements to enhance understanding and collaboration while increasing empathy and connection to solve vexing social challenges.

These four themes dovetail with where we are headed as an organization. We will continue to offer dynamic lifelong learning, compassionate social services, and professional resource referral while expanding our use of virtual and hybrid platforms. We will continue to offer technology assistance to help our participants navigate this expanding technological world. We will advocate and work with others on bridging the technology gap and advancing tech equity. We will offer robust in-person, virtual, and hybrid programming that meets people where they are – and offers service to the greatest number of people possible. We will expand our work in combatting ageism through education, advocacy, and intergenerational programming.

This is an ambitious agenda, but I believe PSRC will be up to the task. The opening of the Nancy S. Klathe Center for Lifelong Learning gives us expanded capacity to meet the needs of those we serve. I look forward to journeying with you as we discover together “what’s next!”

All the Best,

_Drew A. Dyson, PhD_  
Chief Executive Officer

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**SPECIAL NOTICE**

It’s time to resubscribe for the January 1–December 31, 2022 print newsletter. You can find the subscription form [HERE](#).

**PSRC STAFF**

_Drew A. Dyson, PhD_  
Chief Executive Officer

_Donna Cosgrove_  
Chief Operating Officer

_Lisa Adler_  
Chief Development Officer

_Fran Angelone_  
Crosstown Coordinator

_Kiani Bonner_  
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_Sharon Hurley, CVA_  
Director of Social Services & Volunteer Coordinator

_Wendy Lodge_  
GrandPals Coordinator

_Jai Nimgaonkar_  
Technology Associate

_Barbara Prince_  
Development Coordinator

_Dave Roussell, MSEd, MSW, LSW_  
Care Coordinator & HomeFriends Coordinator

_Carla Servin_  
Program Associate

_Beth Weiskopf_  
Program Administrator

_Kathleen Whalen_  
Director of Communications
FIRST FRIDAY FILM — “THE PERSONAL HISTORY OF DAVID COPPERFIELD” (ZOOM)  
Friday, January 7 at 1:00 p.m.
A modern and distinctive take on Charles Dickens’ semi-autobiographical masterpiece. Set in the 1840s, the film chronicles the life of its iconic title character as he navigates a chaotic world to find his elusive place within it. From his unhappy childhood to the discovery of his gift as a storyteller and writer, David’s journey is by turns hilarious and tragic, but always full of life, color and humanity.
Starring: Dev Patel, Hugh Laurie, Tilda Swinton  
Running time: hour, 29 minutes; Genre: Drama, Comedy; Rated: PG
Registration required, no fee.

FYI SEMINAR — “PERSONAL SAFETY & EMPOWERMENT: MEDICATION MANAGEMENT & SAFETY” (HYBRID)  
Friday, January 7 at 11:45 a.m.
This class is part of R.A.D. for Seniors, a nationally recognized program aimed to improve personal safety for older adults. The first part of this class focuses on managing medication safely, whether you take prescribed medications to relieve pain, help you sleep or thin your blood. The second part will cover simple self-defense strategies to help you feel confident in your surroundings wherever your daily life takes you. Dress in sneakers and comfortable clothing. R.A.D. for Seniors offers sessions on other personal safety topics including financial safety, emergency preparedness, etc. Every personal safety session also features a self-defense component.
Registration required, no fee.

FYI SEMINAR — “GRANDPARENTING 101 IN THE TWENTY-FIRST CENTURY” (ZOOM)  
Friday, January 14 at 11:45 a.m.
This fun, interactive class is designed to bring grandparents-to-be and new grandparents up-to-date on the latest in baby-care. Topics range from the changing birth environment to safety considerations, including car seat laws and

LIBRARY READS — MONDAY, JANUARY 3  
(usually meets on the first Monday of the month)  
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

TED TALKS (ZOOM)  
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:
January 4 — Isha Datar: How we could eat real meat without harming animals (Recommended by Penny Foster)
January 11 — Joshua Chu-Tan: The science of preserving sight
January 18 — Aicha Evans: Your self-driving robotaxi is almost here
January 25 — Sheena Iyengar: How to make choosing easier
Registration required, no fee.

This month’s FYI sponsors are McCaffrey’s Food Markets and Princeton Care Center. TED Talk sponsors are Capital Health and Stark & Stark Attorneys at Law.
LIMITED SERIES PROGRAMS

TECHNOLOGY WORKSHOP: “DISCOVER USEFUL APPS FOR ALL YOUR DEVICES” (ZOOM)
Tuesday, January 18 at 2:00 p.m.
Most people don't make the most of the devices they use. There are an amazing number of useful apps built into your devices and even more to discover that you can add. We’ll show you how to find and use apps that work on your smartphone, tablet, and computer. We’ll show you apps to help you manage things you do every day and apps that are just plain fun.
Areas we'll cover include apps for reminders/to-do lists, health, finance, weather, travel, dictionaries, reading, music/podcasts, streaming video, games/puzzles, and more.
Instructors: Evelyn Sasmor and Don Benjamin
Registration required, no fee.

PSRC’s Technology Workshop “Discover Useful Apps for All Your Devices” Program is sponsored by Homewatch CareGivers.

NINETEENTH CENTURY AUTHORS (ZOOM)
Wednesdays, beginning January 5 through January 26 at 10:00 a.m.
Fee: $35 for the four-session series, or $10 per presentation
This series will look at a quartet of nineteenth century authors, two men, two women, two English, two American, through the lens of the homes in which they lived. We will see artifacts from their times and learn about the impact their surroundings had upon their lives and literature.

January 5
Jane Austen’s Home, Hampshire, England

January 12
Harriet Beecher Stowe, Hartford, CT

January 19 (Poe’s 213th birthday)
Edgar Allen Poe, Richmond, VA

January 26
Charles Dickens, London, England

PSRC’s Nineteenth Century Authors Program is sponsored by Artis Senior Living.

GALLERY TALKS ONLINE (ZOOM)
Thursdays, beginning January 13 through February 17 at 11:00 a.m.
Fee: $75 for the six-session series

January 13 — What Modern Has Meant Through the Centuries, Connie Shaffer

January 20 – Not Created for Museums, Adria Sherman

January 27 – Great Women Artists, Elaine Jacoby

February 3 – Transition to Modern Art, Leslie Sullivan

February 10 – Looking Up: Mountains and the Celestial, Cathy Loevner

February 17 – Seascapes and Cityscapes, Joyce Felsenfeld

PSRC’s Gallery Talks Online Program is sponsored by Princeton Care Center and Walsh Senior Solutions.

SPECIAL NOTICE

PSRC is closed on Monday, January 17 in honor of the Martin Luther King Jr. holiday
LET’S TALK ART EN FRANÇAIS S’IL-VOUS-PLAÎT (ZOOM)
Wednesdays, January 5–February 9 at 2:00 p.m.
Fee: $60 for the six-session series
Advanced level participants will practice and expand their knowledge of the French language by viewing and discussing works of art from both famous and emerging artists worldwide. Virtual tours of exhibits and interviews with French-speaking artists will also be featured.
Join us and contribute your skills and spirit of camaraderie to a series of lively and thought-provoking conversations.
Registration required.

PSRC’s Let’s Talk Art En Français S’il-Vous-Plaît Program is sponsored by Silver Century Foundation.

RETIREMENT PROGRAMS

MEN & WOMEN IN RETIREMENT — “DRUG DISCOVERY AND DEVELOPMENT: WHAT HAS SPACE EVER DONE FOR US?” (ZOOM)
Friday, January 21 at 11:00 a.m.
Living and working in space poses multiple challenges for the maintenance of astronaut health and well-being. It also offers a unique opportunity for scientific exploration in drug discovery and development. Dr. Martin Braddock, Sherwood Observatory, Nottinghamshire, UK, will discuss the drug discovery and development process that leads to the manufacture of new medicines, as well as aspects of the space environment. He will also examine a possible future for deep space travel and the challenges that need to be overcome to permit long-term missions. All are welcome.
Registration required, no fee.

WOMEN IN RETIREMENT COFFEE KLATCH (IN-PERSON AT PSRC’S POOR FARM ROAD LOCATION)
Friday, January 14 and 28 at 10:00 a.m.
Join the Women in Retirement for an informal, in-person meet up. All are welcome.
Registration required, limited space, no fee. See PSRC’s safety protocols for in-person programs on page 9.

TRANSITION TO RETIREMENT (IN-PERSON — HYBRID AT PSRC’S POOR FARM ROAD LOCATION)
Friday, January 21 at 3:00 p.m.
This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Dave Roussell, MSEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee. See PSRC’s safety protocols for in-person programs on page 9.

THE DONALD AND NANCY LIGHT TECHNOLOGY LAB
Monday, Wednesday, Friday, 10:00 a.m.–3:00 p.m.
Stop by the Technology Lab to use our computers in our Poor Farm Road location. Tech assistance is available in-person on Thursdays, from 3:00 to 5:00 p.m. Most tech assistance will remain virtual and by appointment only. See PSRC’s safety protocols for in-person programs on page 9.

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/.
Spring 2022 Course List
All Courses on Zoom unless otherwise noted

AFRICAN AMERICAN PRESENCE IN THE SOURLANDS
Leader: Pat Payne
Mondays: 1:00 to 3:00 p.m.

ART FROM ALL ANGLES 2
Leader: Linda Hayes
Wednesdays: 1:00 to 2:30 p.m.

THE ART OF THE SONNET
Leader: Peter M. Smith
Fridays: 10:00 a.m. to noon

BEST MODERN AMERICAN STORIES
Leader: Susan Matson
Thursdays: 10:00 a.m. to noon

DECEPTION BY NUMBERS: DATA IN THE NEWS (IN-PERSON)
Leader: Bernard Abramson
Mondays: 10:00 a.m. to noon

DIPLOMACY (IN-PERSON)
Leader: Robert Ross
Wednesdays: 10:00 a.m. to noon

FROM WILSON TO BIDEN: MIDDLE EAST CHALLENGES
Leader: Lloyd Gardner
Thursdays: 10:00 a.m. to noon

THE GEOLOGY OF PRINCETON AND NEW JERSEY (IN-PERSON)
Leader: Lincoln Hollister
Thursdays: 1:00 to 4:00 p.m.

GEORGE ELLIOT’S MIDDLEMARCH
Leader: John Kucich
Tuesdays: 1:00 to 3:00 p.m.

GLOBAL CHANGES
Leader: Anne Soos
Tuesdays: 10:00 a.m. to noon

GREAT DECISIONS 2022
Leader: David Redman
Tuesdays: 1:00 to 3:00 p.m.

A HISTORY OF FOLK MUSIC (HYBRID)
Leader: David Brahinsky
Fridays: 1:30 to 3:30 p.m.

JAMES JOYCE’S ULYSSES (HYBRID)
Leader: Lee Harrod
Wednesdays: 10:00 a.m. to noon

OSCAR AND GBS
Leader: Lawrence Danson
Tuesdays: 10:00 a.m. to noon

OVERVIEW OF ART HISTORY: 1915 TO 2015
Leader: Wendy Worth
Thursdays: 1:00 to 3:00 p.m.

PERSPECTIVES ON OPERA (HYBRID)
Leader: Harold Kuskin
Mondays: 1:00 to 3:00 p.m.

PHILANTHROPY
Leader: Stanley Katz
Tuesdays: 1:00 to 3:00 p.m.

THE POWER OF WORDS: PEOPLE AND STORIES (HYBRID)
Leader: Ellen Gilbert
Mondays: 10:00 a.m. to noon

READING BUILDINGS: A PRIMER
Leader: Alan Chimacoff
Fridays: 1:00 to 3:00 p.m.

READING NABOKOV
Leader: Victor Ripp
Fridays: 10:00 a.m. to noon

SCIENCE IN THE NEWS
Leader: Bob Robinson
Fridays: 10:00 a.m. to noon

SHROUDED PILLARS OF WESTERN CIVILIZATION
Leader: Robert Nolan
Thursdays: 1:00 to 3:00 p.m.

STILL KICKING: LITERATURE OF THE FIESTY ELDERLY
Leader: Lois Marie Harrod
Wednesdays: 1:00 to 3:00 p.m.

TRADITIONAL CHINESE MEDICINE (IN-PERSON)
Leader: Leonard Chin
Wednesdays: 2:00 to 4:00 p.m.

YOU ARE WHAT YOU READ: DON QUIXOTE, PART II
Leader: Charles Ganelin
Fridays: 10:30 a.m. to 12:30 p.m.
GENTLE YOGA + NIDRA — Winter Quarter
Mondays, January 3 through March 28 (no class on 1/17, 2/21), 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 — Winter Quarter
Thursdays, January 6 through March 31, 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

STAY-WELL CHAIR EXERCISE
Tuesdays, beginning January 4 to January 25, 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 water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

TABLE TENNIS (IN-PERSON AT SUZANNE PATTERSON BUILDING)
Mondays and Fridays, 1:00–4:00 p.m.
Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport.
Preregistration required, no fee. See PSRC’s safety protocols for in-person programs on page 9.

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE
Tuesdays, Beginning January 4 through February 22, 9:30 a.m.; Fee: $80 per 8 sessions — This course introduces students to a variety of easy to learn drawing techniques and encourages students to develop their own style. Each interactive session includes a specified lesson plan, with practice and drills, time to share, and personalized critiques designed to unblock the artist in you, tap into your imagination, unleash your creativity, and exercise your memory, analytical and small motor skills. There is a minimum of 6 registrants for course viability and a maximum of 10 students.
Instructor: Denise McDaniel

ELEMENTS OF PAINTING — Winter Session
Wednesdays, January 5 through February 23 at 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

MEMOIR WRITING WITH JENNIFER — Winter Quarter
Thursdays, January 6 through March 31 (no class on 2/3), 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 15 participants.
Instructor: Jennifer Altmann

MASTERING THE ART OF PAINTING — Winter Session (In-Person at SPB)
Fridays, January 7 through February 25 at 2:00 p.m.; Fee: $80 — For advanced painters, this eight-session, in-person class emphasizes the components of the creative painting process. 6 students required for course viability.
Instructor: Christina Rang. See PSRC’s safety protocols for in-person programs on page 9.

COSMOLOGY AT PSRC (IN-PERSON)
NEW! FOR THE MONTHS OF JANUARY AND FEBRUARY COSMOLOGY WILL MEET AT OUR 101 POOR FARM ROAD LOCATION.
Thursdays, 9:45 a.m. Peer-led science discussion. Contact brucetwallman@gmail.com for more info.
Registration required. See PSRC’s safety protocols for in-person programs on page 9.

GAMES DAY AT PSRC (IN-PERSON)
NEW! FOR THE MONTHS OF JANUARY AND FEBRUARY GAMES DAY WILL BE HELD AT OUR 101 POOR FARM ROAD LOCATION.
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. Registration required, no fee. See PSRC’s safety protocols for in-person programs on page 9.
Most programs and groups meet virtually on Zoom (unless indicated otherwise)

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**Key:**
- **SPB** - Suzanne Patterson Building
- **PFR** - Poor Farm Road
- **H** - Hybrid Group/Program

Stop by the Nancy S. Klath Learning Center to use our computers in our Poor Farm Road location. Tech assistance is available in-person on Thursdays, from 3:00 to 5:00 p.m. Most tech assistance will remain virtual and by appointment only.

**Safety measures for all staff, volunteers, and participants:**
- Proof of vaccination
- Health check forms to be filled out each time one enters our buildings
- Mask wearing at all times
- PSRC covid waiver

**PSRC’S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS**

January 2022

princetonsenior.org
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

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.

ELDER JUSTICE: A CALL TO ACTION

Tuesday, January 18 at 3:00 p.m.
Estate Planning Seminar

Planning for the Unexpected: Last Will and Testament, Power of Attorney, and Living Will
Speaker: Kalea T. Edmundo, Esq. is a senior staff attorney at Central Jersey Legal Services, Mercer Division. She handles estate planning for seniors, family law, and landlord/tenant matters.

Register at https://princetonsenior.link/ElderJustice-EstatePlanning
Many of the articles and slideshows I create include graphics. Some I download from clipart.com, which is a subscription service. But there are many times I need to add an image from my screen, such as part of a webpage or maybe an application menu or dialog box, and these require a “screen capture.”

Fortunately, both Windows and macOS come with screen capture apps. You can copy your entire screen or just a portion, store the image in the computer’s clipboard, and then paste it into a document, email, slideshow, notes, and so on. You can also edit the image, change its size, crop out parts you don’t want, add labels, and even do minor touch-ups. And you can save the image as a file for future use.

Windows Snipping Tool

Windows 10 and 11 provide a Snipping Tool for screen captures that you’ll find in the list of applications that pops up when you click the Start icon. When you run the application, you can then press SHIFT + WINDOWS KEY + S, which changes the cursor to a plus-sign that you drag diagonally to frame out the area on your screen that you want to copy. When you release your mouse, Windows saves the image to your clipboard. You can also crop the image and add text, and then save it to a folder.

macOS Screen Capture

If you have a Mac computer, press SHIFT + COMMAND + 4. The cursor changes to a plus sign that you drag to define the area you want to capture. You can then edit the picture before you save it to a file.

Third-Party Screen Capture Apps

There are many third-party screen capture apps. Some are free, but my favorite is Snagit. It’s $63 and offers a vast array of editing and special effects features. For example, you can remove inner portions of your picture, add shadows and jagged edges to simulate ripped paper (see image at right), and remove the background. Snagit can also edit saved images and change image formats (e.g., convert a .png to a .tiff, etc.).

Copyrights

Some images you want to capture from the internet might be copyrighted. Most of the things I capture are Windows or macOS folders and dialog boxes from my computer, diagrams I created on PowerPoint, or clipart that I pay for. If you see a picture on the internet you want to copy, check the website’s copyright policy. And if you’re unsure, then don’t copy it.

Need Help?

If you need help using screen capture tools, just fill out our handy-dandy online form. Go to the PSRC website, click the Tech Resources webpage and fill out the Tech Request Form at princeton senior.org/psrc-tech-resources/.
January 29 is National Puzzle Day. When I was a young child I spent many happy hours with my family working on jigsaw puzzles. We always started them together, but the puzzles were then left open on the dining room table to work on whenever any of us wanted to add additional pieces. I remember people of all ages adding puzzle pieces whenever they stopped by for a visit. My friends, neighbors, and even friends of my parents joined in the fun.

My grandmother’s favorite puzzles were word find/search puzzles. She liked these puzzles best because her vision changed as she grew older, and we were able to find them in large print. She appreciated that simple change because it made it easier for her to continue with her puzzle passion. I’m a grandmother now and I love sharing stories about my childhood while working on puzzles with my elementary school age granddaughters.

In addition to being fun to do, puzzles are a good exercise for our brains. Scientific studies show that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem-solving skills. By doing puzzles like Sudoku, people can even stimulate the brain to improve critical thinking skills and improve concentration. On short-term memory tests, puzzle takers had brain function equivalent to being eight years younger.

PSRC has Games Day every Tuesday from 1:00–4:00 p.m. In January it will be held in the Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road, Princeton. In honor of National Puzzle Day, we invite you to join us on Tuesday, January 25 to have fun completing puzzles with new friends, in addition to playing the usual games of Bridge, Mahjongg, and Scrabble. Invite a friend to join you. Bring your favorite puzzles to share, or be surprised by what you find when you arrive. Sign up at https://princetonsenior.wufoo.com/forms/games-day-january-february-2022/.

Use #NationalPuzzleDay on social media after completing your jigsaw, Sudoku, word search, or crossword puzzle, share it with your online community using #NationalPuzzleDay to encourage people to join in the fun!

**FUN FACTS**

- **2300 BC Early Puzzles:** Before modern puzzles, labyrinth drawing puzzles were popular in Ancient Egypt.
- **1767 The First Jigsaw Puzzle:** Mapmaker John Spilsbury creates the first jigsaw puzzle.
- **1908 Puzzle Mania:** Puzzles become a full-blown craze in the United States.
- **1933 Peak Popularity:** During the Great Depression, puzzles sales soared at ten million per week.

GROUPS

BEREAVEMENT
Monday, January 31 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226 to attend.

CAREGIVERS
Monday, January 10 & 24 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS
(IN-PERSON AT PFR - HYBRID)
Thursday, January 13 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT PFR - HYBRID)
Thursday, January 20 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

GRANDPARENTING
Tuesday, January 4 at 1:00 p.m.
(Usually first Tuesday of each month)

KNIT WITS
(IN-PERSON AT PFR - HYBRID)
Tuesday, January 11 at 1:00 p.m.
(Usually second Tuesday of each month)

LET’S TALK
(IN-PERSON AT PFR - HYBRID)
Wednesdays at 3:00 p.m.

MEN & WOMEN IN RETIREMENT
MONTHLY MEETING
Friday, January 21 at 11:00 a.m.

NEXT CHAPTER: WIDOW/-ERS
(IN-PERSON AT PFR - HYBRID)
Tuesdays, January 11 & 25 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
(IN-PERSON AT PFR - HYBRID)
Friday, January 21 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT
MONTHLY MEETING
Friday, January 21 at 11:00 a.m.
(Usually third Friday of each month, this month the Women in Retirement join the Men in Retirement)

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.

Patient Advocate

The Patient Advocacy Program is for all veterans and their families who receive care at Veterans Health Administration (VHA) facilities and clinics. We want to be sure you have someone to go to with your concerns in a timely manner and to help you receive care.

If you need help getting care or getting your problems resolved, talk to the patient advocate at your VA Medical Center. We want to provide you with world-class veteran customer service and this is just one important way in which we do that!

https://www.va.gov/HEALTH/patientadvocate/

VA Wants to Hear From You

The Department of Veterans Affairs (VA) wants to make sure you get the best care possible. Every employee at VA, especially your treatment team, wants to be involved in providing the best care possible. If you have a compliment, suggestion, or concern regarding your care, first speak with your treatment team. Your treatment team includes your doctor, nurse, social worker, dietitian, pharmacist, chaplain, therapist, and other professionals associated with your medical care. If you feel your concerns are not being addressed by your treatment team, you may contact a VA patient advocate. A patient advocate is an employee who is specifically designated at each VHA facility to manage the feedback received from veterans, family members, and friends. The patient advocate works directly with management and employees to facilitate resolutions. You may contact the patient advocate at your facility.

Find Your Nearest VA at
https://www.va.gov/DIRECTORY/GUIDE/home.asp

VA US Department of Veterans Affairs
www.va.gov/geriatrics | 800.698.2411
It is with great appreciation that we wish to thank the following corporate and foundation partners for their invaluable support during the calendar year 2021. As a nonprofit organization, PSRC relies on the generosity of corporate and foundation grants to help cover a portion of our general operating, social service, and program expenses. Although this has been a most unusual year for everyone, it is reassuring to know that the work and services that PSRC provides are highly valued and supported by our funding partners.

Anonymous
Bloomberg Philanthropies
Bristol Myers Squibb
Curtis W. McGraw Foundation
David Mathey Fund at Princeton Area Community Foundation
Dorothea Van Dyke McLean Association
Investors Bank
Janssen Pharmaceuticals, Inc.
Karma Foundation
Laura J. Niles Foundation
MacMillan Family Foundation

McCaffrey’s Food Markets
New Jersey Manufacturers Insurance Company
PNC Fund at Princeton Area Community Foundation
Princeton United Methodist Church
PSE&G
The Bunbury Fund at Princeton Area Community Foundation
The Fred C. Rummel Foundation
Unitarian Universalist Congregation of Princeton
Wallerstein Foundation for Geriatric Life Improvement

We also extend our thanks and appreciation to our community partners and event sponsors who have provided special gifts over the year to PSRC:

And to our 2021 Annual Sponsors for their support of our FYI Seminars, TED Talks, our Technology Lab, Evergreen Forum, and our signature annual events:
Akin Care, Angelion Mobility, Artis Senior Living, Brandywine Senior Living, Bryn Mawr Trust, Capital Health System, Homewatch CareGivers, Lawrenceville Optician, McCaffrey’s Food Markets, NightingaleNJ Eldercare Navigators, Novi Wealth Partners, Oasis Senior Advisors, Peapack Private Bank, Penn Medicine Princeton Health, Princeton Care Center, Rothkoff Law LLC, Rothman Orthopaedics, Star of David Memorial Chapels, Stark & Stark, Silver Century Fund, The Bank of Princeton, Walsh Senior Solutions
Jean discovered PSRC last spring when she was searching for compelling virtual programs for retired adults. She first attended our Symposium on Race and then signed up for an Evergreen Forum course.

“So much of what I found,” she offered, “was mundane and felt ‘old.’ I wanted something dynamic. When I discovered PSRC, I found a whole new world of programming that is timely, compelling, and vibrant. I also discovered new friends and connections that are meaningful, especially in such a difficult time. Thank you PSRC for breathing new life into my retirement! I can’t wait for what comes next.”

If your “tomorrow” has been made brighter by PSRC, or if you believe in the work we do and would like to make someone else’s life brighter, we invite you to make a donation to help PSRC continue to carry out our mission to help older adults thrive.

Thank you! Again, we invite you to make a DONATION. We are truly grateful for your gift. Your generosity is the fuel that empowers PSRC to change lives.

Visit https://www.princetonsenior.org/support/donate/ to learn how to donate or call 609.751.9699, ext. 103.

JANUARY FEATURED SPONSORS

At Novi Wealth Partners, we compassionately and thoughtfully direct our clients in making sound financial decisions.

noviwealth.com

Downsize, Move Forward

walshseniorsolutions.com

“Will someone else’s life be brighter tomorrow because of what you have done today?”

—William Arthur Ward
COME SEE OUR NEW LOCATION!

Beginning Monday, January 3, our new building is open to the public! You are invited to enjoy the building Monday through Friday from 9:30 a.m.–4:30 p.m. Partake in a cup of coffee with friends, read a book while you wait for your Evergreen class to begin, or just sit by the fireplace and relax in our new space.

Nancy S. Klath Center for Lifelong Learning
101 Poor Farm Road, Princeton

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, 101 Poor Farm Road, Building B, 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

Akin Care Senior Services
Brandywine Living: Princeton, Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health
Homewatch CareGivers

McCaffrey’s Food Markets
NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Peapack Private Wealth Management
Penn Medicine Princeton Health & Home Health

Princeton Care Center
Rothman Orthopaedic Institute
Silver Century Foundation
Stark & Stark Attorneys at Law
Walsh Senior Solutions

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/