



## 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.



### JANUARY MEN & WOMEN IN RETIREMENT GROUP

**DRUG DISCOVERY AND DEVELOPMENT:  
WHAT HAS SPACE EVER DONE FOR US?**

*Friday, January 21 at 11:00 a.m.*

*All are welcome.*

*Registration required, no fee.*

*Turn to [page 6](#) for description.*



### NINETEENTH CENTURY AUTHORS

Wednesdays, beginning January 5 through  
January 26  
at 10:00 a.m.

*Fee: \$35 for the four-session series,  
or \$10 per presentation*

*Turn to [page 5](#) for description and dates.*



## 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.

**THE NANCY S. KLATH CENTER  
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B  
Princeton, NJ 08540  
Phone: 609.751.9699  
Monday–Friday  
9:00 a.m. to 5:00 p.m.

**SUZANNE PATTERSON BUILDING**

45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.751.9699  
Call PSRC for hours

**SPRUCE CIRCLE OFFICE**

179 Spruce Circle  
(off N. Harrison Street)  
Princeton, NJ 08540  
Phone: 609.751.9699  
Call PSRC for hours

[info@princetonsenior.org](mailto:info@princetonsenior.org)  
[princetonsenior.org](http://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**

Nancy H. Becker  
Donald Benjamin  
Rob Bratman  
Phil Carchman  
Liz Charbonneau  
Suresh C. Chugh  
Joan Girgus  
Kate Hall  
Iona Harding  
Lee Harrod  
Elaine Jacoby  
Mike Kenny  
Norman Klath  
Jennifer Krychowecky  
Bob Levitt  
Josh Lichtblau  
Lance Liverman  
Joe Maida  
Barry Rabner  
Surinder Sharma



FROM THE CEO, DREW DYSON

"What's Next?"

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. Klath 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*

## 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**  
*Receptionist & Administrative Assistant*

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

**Cheryl Gomes**  
*Development Associate*

**Alejandra Huertas**  
*Social Service Outreach  
& Care Coordinator*

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

**Wendy Lodge**  
*GrandPals Coordinator*

**Jai Nimgaonkar**  
*Technology Associate*

**Barbara Prince**  
*Development Coordinator*

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

**Carla Servin**  
*Program Associate*

**Beth Weiskopf**  
*Program Administrator*

**Kathleen Whalen**  
*Director of Communications*

## JANUARY PROGRAMS

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



**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***

recommendations; SIDS (Sudden Infant Death Syndrome) risk reduction; transitioning your role from parent to grandparent; and newborn characteristics.

Registration required, no fee.



**FYI SEMINAR** — “NJDEP, BUREAU OF SUSTAINABILITY” (ZOOM)

**Friday, Friday, January 28 at 11:45 a.m.**

Recycling and waste reduction news, trends and other (hopefully) interesting stuff.

Registration required, no fee.



**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](#).



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

## 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

## JANUARY PROGRAMS

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

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, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee. See *PSRC's safety protocols for in-person programs on page 9.*



### TECHNOLOGY ASSISTANCE

#### 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 [princeton senior.org/psrc-tech-resources/](https://www.princeton senior.org/psrc-tech-resources/) or to fill out a request form go to <https://www.princeton senior.org/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

**Thursdays:** 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.

The Evergreen Forum uses a first-come, first-served registration system. **Registration will open on Tuesday, January 25 at 9:30 a.m.**

Reminder — All courses will be held on Zoom, except where noted. To register, go to [princetonsenior.org](https://princetonsenior.org).

Telephone and mail applications will not be accepted.

Waitlists: If a class is full, registrants are encouraged to put their name on the online waitlist.

Fees are \$95 for a six to eight week course, and \$70 for a three to five week course.

Cost should never be a barrier to learning! **Senior Scholarships** are available to those for whom the fee is a hardship.

# JANUARY EXERCISE, FITNESS, AND ENRICHMENT PROGRAMS

## **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 [brucewallman@gmail.com](mailto:brucewallman@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.*



# JANUARY 2022

## Monday

3

10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals Gabfest  
1:00 Global Conversations  
1:00 Library Reads  
1:00 Table Tennis (SPB)  
2:00 Word Play

## Tuesday

4

9:30 Basic Drawing: Beginners to Advanced  
9:30 GrandPals Gabfest  
10:30 TED Talks  
1:00 Games Day (PFR)  
1:00 Grandparenting Group  
1:00 Stay-Well Chair Exercise

## Wednesday

5

10:00 19th Century Authors - Jane Austen's Home  
2:00 Elements of Painting  
2:00 Let's Talk Art En Français S'il-Vous-Plaît  
3:00 Let's Talk (PFR-H)

## Thursday

6

9:45 Cosmology (PFR)  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing

## Friday

7

10:00 Women in Retirement Coffee Klatch (Zoom)  
11:45 FYI Seminar - "Personal Safety & Empowerment" (PFR-H)  
1:00 First Friday Film - "The Personal History of David Copperfield"  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)

10

10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals Gabfest  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 Word Play  
3:00 Caregivers Group

11

9:30 Basic Drawing: Beginners to Advanced  
9:30 GrandPals Gabfest  
10:30 TED Talks  
11:00 Next Chapter: Widows and Widowers (PFR-H)  
1:00 Games Day (PFR)  
1:00 Knit Wits (PFR-H)  
1:00 Stay-Well Chair Exercise

12

10:00 19th Century Authors - Harriet Beecher Stowe  
2:00 Elements of Painting  
2:00 Let's Talk Art En Français S'il-Vous-Plaît  
3:00 Let's Talk (PFR-H)

13

9:45 Cosmology (PFR)  
10:00 Mindful Chair Yoga  
11:00 Gallery Talks  
1:00 Memoir Writing  
4:00 Children of Aging Parents (PFR-H)

14

10:00 Women in Retirement Coffee Klatch (PFR)  
11:45 FYI Seminar - "Grandparenting 101 in the 21st Century"  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)

17

PSRC CLOSED FOR THE MARTIN LUTHER KING JR. DAY HOLIDAY

18

9:30 Basic Drawing: Beginners to Advanced  
9:30 GrandPals Gabfest  
10:30 TED Talks  
1:00 Games Day (PFR)  
1:00 Stay-Well Chair Exercise  
2:00 Tech Workshop  
3:00 Elder Justice: A Call to Action

19

10:00 19th Century Authors - Edgar Allen Poe  
2:00 Elements of Painting  
2:00 Let's Talk Art En Français S'il-Vous-Plaît  
3:00 Let's Talk (PFR-H)

20

9:45 Cosmology (PFR)  
10:00 Mindful Chair Yoga  
11:00 Gallery Talks  
1:00 Memoir Writing  
3:00 Early Stage Memory Loss Support Group (PFR-H)

21

11:00 Men and Women In Retirement Monthly Meeting (Zoom)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)  
3:00 Transition to Retirement (PFR-H)

24

10:00 Gentle Mat Yoga + Nidra  
12:00 GrandPals Gabfest  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 Word Play  
3:00 Caregivers Group

25

9:30 Basic Drawing: Beginners to Advanced  
9:30 GrandPals Gabfest  
10:30 TED Talks  
11:00 Next Chapter: Widows and Widowers (PFR-H)  
1:00 Games Day (PFR)  
1:00 Stay-Well Chair Exercise

26

10:00 19th Century Authors - Charles Dickens  
2:00 Elements of Painting  
2:00 Let's Talk Art En Français S'il-Vous-Plaît  
3:00 Let's Talk (PFR-H)

27

9:45 Cosmology (PFR)  
10:00 Mindful Chair Yoga  
11:00 Gallery Talks  
1:00 Memoir Writing

28

10:00 Women in Retirement Coffee Klatch (PFR)  
11:45 FYI Seminar - "NJDEP, Bureau of Sustainability"  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)

31

10:00 Gentle Mat Yoga + Nidra  
11:00 Bereavement Group  
12:00 GrandPals Gabfest  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 Word Play

### 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.

## PSRC'S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS

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

## 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, 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>

## 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.

## Screen Captures

Many of the articles and slideshows I create include graphics. Some I download from [clipart.com](https://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

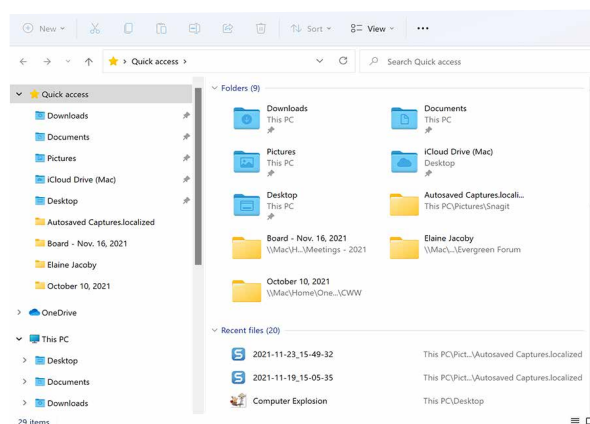
Some images you want to capture from the internet might be copyrighted. Most of the things I capture are Windows or macOS folders and dialog boxes from my computer, diagrams I created on PowerPoint, or clipart that I pay for. If you see a picture on the internet you want to copy, check the website’s 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 [princetonsenior.org/psrc-tech-resources/](https://princetonsenior.org/psrc-tech-resources/).



*Image from Clipart.com*



*I used the Windows Snipping Tool to capture this image of Windows Explorer.*



*I used Snagit to capture a map of our new office building and add an edge effect. ©Apple Maps*

## SOCIAL SERVICES

by Sharon Hurley, CVA



### Puzzled!

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.

**The 20 Best Jigsaw Puzzles of 2021:** <https://www.thespruce.com/best-puzzles-4157497>





U.S. Department  
of Veterans Affairs

## VETERANS HEALTH ADMINISTRATION

### 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](http://www.va.gov/geriatrics) | 800.698.2411



## 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.

## FROM THE DEVELOPMENT OFFICE — THANK YOU!

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:**

Louise Conley, CWW Inc, Drew and Diane Dyson, Faegre Drinker Biddle & Raeth LLP, Iona and Maurice Harding, Hilton Management LLC, Norman Klath, Lance & LaTonya Liverman, Mercadien Group, LLC., Penn Medicine-Princeton Health & Homecare, PNC Private Bank, Princeton Global Asset Management, Princeton United Methodist Church, Roundview Capital, Judith Scheide, Ellen & Albert Stark Family Foundation Fund at PACF, Sylvia Stengle, Hazel & Thomas Stix Charitable Fund

**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



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

—William Arthur Ward

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.princeton senior.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](https://noviwealth.com)



Downsize, Move Forward

[walshseniorsolutions.com](https://walshseniorsolutions.com)



101 Poor Farm Rd, Bldg B • Princeton • NJ 08540



Mayors Wellness Campaign  
Put your community in motion.

## 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/](https://facebook.com/princetonsenior.org/)