



**PUPS & CUPS (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)**

FOURTH THURSDAY OF EVERY MONTH,  
BEGINNING APRIL 28 THROUGH AUGUST 25, 3:00–4:00 P.M.

*No fee, hot drinks for \$1.00*

Join us for an hour of socializing and pet therapy at our 101 Poor Farm location!

Register at: <https://princetonsenior.wufoo.com/forms/pups-cups-april-2022/>

*Turn to page 5 for details.*

*PSRC's Pups & Cups Program is sponsored by Angelion Mobility and Oasis Senior Advisors.*

**OUR DOORS ARE OPEN!**

Our new building is now open! You are invited to stop by and enjoy the building Monday through Friday from 9:30 a.m.–4:30 p.m. Meet a friend for coffee, sit by the fireplace and read your newspaper, or visit the Donald and Nancy Light Technology Lab. Drop by to relax and be engaged in our new space designed especially for you!



**Building Hours:**  
Monday–Friday  
9:30 a.m.–4:30 p.m.

**Tech Lab Drop-in Hours:**  
Monday–Friday  
9:30 a.m.–4:30 p.m.

**Transportation Options:**

- **Princeton Muni Service** stops at our building
- **Mercer County 606 Bus** stops at Princeton Care Center (728 Bunn Drive) which is two driveways from our building

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

**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

[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**

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FROM THE CEO, DREW DYSON

Hope for Better Days Ahead

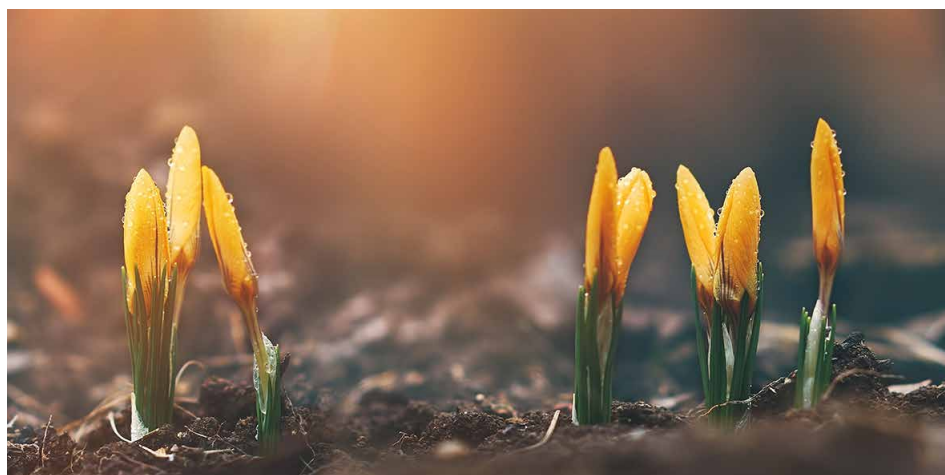
Dear Friends,

With April just around the corner, signs of spring are bursting forth all around us. The earth's renewal is a sign of hope and promise for what is yet to come. Amid the trials of war, a strained economy, and the ongoing pandemic, spring emerges with the hope that there are better days ahead. For many, this hope is intertwined with faith traditions that provide the basis for such confidence in the future.

This spring, people all over the world will mark festivals and religious celebrations, grounding their hope in this promise of renewal. For many others who do not ascribe to particular faith traditions, but find their source of the divine in nature or in their encounters with others, spring celebrations such as Earth Day usher in a similar sense of hopefulness. For still others in the recovery community, their experience of a "Higher Power" is often found in the "rooms" of AA, NA, Naranon, and other such communities of hope and possibility.

This season of divine celebration kicked off with the Hindu celebration of Holi on March 18. Holi is an ancient Hindu festival that celebrates the eternal and divine love of Radha Krishna. Holi heralds the arrival of spring after winter and signifies the victory of good over evil. Holi is celebrated as a day of thanksgiving for good harvest and of spreading happiness and love to others.

For Muslims, the celebration of Ramadan is a month-long time of intensified worship, study of the Quran, prayer, and fasting that commemorates the beginning of the revelation of the Quran to the Prophet Muhammad. This joyous celebration for Muslim people helps believers purify their hearts, renew their faith, seek forgiveness, and increase self-discipline.



Jews celebrate Passover, a celebration of liberation, marking the exodus from bondage of 220 years of slavery in Egypt. “Passover,” notes Rabbi Levi Greenberg from Chabad Lubavitch in El Paso, “reflects a message of hope, faith, and freedom amid hardship.... Passover really illustrates the idea that God has got your back; things won’t be easy all the time; you won’t understand everything all the time; there are problems, but always remember that God has our back.”

For Christians, Easter is a celebration of the resurrection of Jesus Christ and a reminder that God is ultimately the source of our hope and the promise of new life. For pastor and theologian Gordon Linney, “Easter is a declaration of hope in a troubled world...a living hope, a hope that is contemporary and real for the present moment.”

What inspires me in the midst of our troubling days, is that all of these faith traditions, as well as the belief in the divine that draws meaning in the natural world or the rooms of the recovery community, is that there is a telos that beckons individuals to think beyond themselves and their present experience in order to seek justice, liberation, and healing for all of humanity and of nature.

Ilana Levinson of Cherry Hill, New Jersey captures this poignantly, writing: “On Passover, we look inward at the struggles we have endured that have brought about our liberation; but we are also challenged to look outside of ourselves. Just as we take on the bitter burden of remembering our own oppression, we are also challenged to stand with those who still seek justice – for we too know the plight of the oppressed.”

Toward that end, I would like to invite you to a moderated conversation with an esteemed panel of interfaith clergy on Monday, April 25 at 10:00 a.m. via Zoom. Please join me for this important conversation with Rabbi Ben Adler (Adath Israel Congregation, Lawrenceville), Imam Quareeb Bashir (Islamic Center of Ewing), and Rev. Héctor A. Burgos-Núñez (District Superintendent, Greater NJ United Methodists). The topic for this panel will be: “[Faith Seeking Peace and Justice](#)” and will focus on the important role that the Abrahamic faith traditions have in peace-making and justice-seeking.

This month, I also want to invite you to reflect on your own experience of the divine spark in the world — whether through your faith tradition, your experience of nature, your encounters with others, or your exploration of the cosmos. As you do, ask yourself what my mentor and dissertation advisor describes as the “so what?” question. *What difference does this make in your life? What hope is needed in the world that you can bring forth? In what way will you work for the liberation of others — or the healing of our planet?*

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

## FAITH SEEKING PEACE AND JUSTICE

AN INTERFAITH PANEL  
MONDAY, APRIL 25  
10:00 A.M.

RABBI BEN ADLER,  
IMAM QUAREEB BASHIR,  
AND REV. HÉCTOR A.  
BURGOS-NÚÑEZ

### PSRC STAFF

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*Director of Communications*



## APRIL PROGRAMS

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



FIRST FRIDAY FILM — “THE STATION AGENT” (ZOOM)

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

The life of train aficionado Finbar McBride takes an unexpected turn when his boss dies and wills him a railroad depot in New Jersey. He relocates to the small town, where he befriends talkative food vendor Joe Oramas and local resident Olivia Harris. As the trio’s interactions deepen, quirky conversations and outcomes ensue. Starring: Peter Dinklage, Patricia Clarkson, Bobby Cannavale, Michelle Williams. **Running time: 1 hour, 59 minutes; Genre: Comedy, Drama; Rated: R** Registration required, no fee.



FYI SEMINAR — “HOLIDAY TRAVEL WITH DEMENTIA” (ZOOM)

**Tuesday, April 12 at 3:00 p.m.**

Visiting with your loved one is very important. Careful planning can help make the visit easier and more enjoyable for you, your loved one, hosts, or visitors. Barbara Forshner is the director of community relations at Artis Senior Living of Princeton Junction. Barbara is a Certified Dementia and Montessori Certified Dementia Practitioner.

Registration required, no fee.



FYI SEMINAR — “EXPLORING SENIOR HOUSING: THE BASICS OF SERVICES AND COSTS” (IN-PERSON — HYBRID AT PSRC’S POOR FARM ROAD LOCATION)

**Tuesday, April 19 at 3:00 p.m.**

There are many terms that describe the various types of senior housing, which can be confusing. This presentation will highlight five types of senior housing and the services and costs associated with each: independent living, affordable senior housing, continuing care retirement communities (life care retirement community), assisted living and respite, and memory care. Presenter: Hillary Murray from Brandywine Senior Living at Serenade. Registration required, no fee.



FYI SEMINAR — “THIS WAS TOSCANINI” REMEMBERING THE MUSICAL GENIUS OF LEGENDARY CONDUCTOR ARTURO

TOSCANINI (ZOOM)

**Tuesday, April 26 at 3:00 p.m.**

Coauthor of “*This was Toscanini*” *The Maestro, My Father, and Me*, Lucy Antek-Johnson will discuss her upbringing and how it was influenced by the musical geniuses in her life. Her father, Samuel Antek, worked with maestro Arturo Toscanini as a first-chair violinist for seventeen years in his orchestra. Anyone with an interest in memoirs, music history, classical music, or simply the curious is welcome to learn about Antek and Toscanini. A Q&A will follow after the presentation.

Lucy Antek-Johnson spent her entire career in the entertainment industry, working with such producers as Martin Charnin, Harry Belafonte, David Susskind, and Roone Arledge. When she moved from New York City to Los Angeles in 1978, she produced movies for television, then joined NBC as a network executive. 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:

**April 5 — Ozawa Bineshi Albert:** Climate action needs new frontline leadership

**April 12 — Ben Saunders:** Why did I ski to the North Pole?

**April 19 — Cristina Costa:** How gratitude rewires your brain

**April 26 — Anna Malaika Tubbs:** How moms shape the world

Registration required, no fee.

This month’s FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare Navigators](#), and [Penn Medicine Princeton Health & Home Health](#). TED Talk sponsors are [McCaffrey’s Food Markets](#), [Princeton Care Center](#), and [Rothman Orthopaedic Institute](#).

**PLEASE NOTE THAT FYI’S HAVE MOVED TO TUESDAYS AT 3:00 P.M.**

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

## LIMITED SERIES PROGRAMS

**INTRODUCTION TO MAH JONGG WITH NEILIA**  
(IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)  
*Mondays and Wednesdays, beginning April 4 through April 20, 1:00–3:00 p.m.*

**Fee: \$60 for the six-session series**

Originating in China, Mah Jongg is an exciting and engaging game using tiles to form hands, much like rummy. You will learn to play the American version using the National Mah Jongg League rules and card. Neilia Makadok, an experienced educator, will explain the basics in simple terms and guide you as you play. Enrollment is limited to ensure a successful learning experience. The instructor will provide the use of her Mah Jongg sets during the class but you are welcome to bring your own.

Neilia Makadok is a trained educator and management consultant who has developed simplified methods to teach Mah Jongg and has taught Mah Jongg and Canasta for over twenty years.

**NOTE:** There is a materials fee of \$11 payable to the instructor at the first class.

Maximum is 10 students. 8 students needed for course viability.

See PSRC's safety protocols for in-person programs on [page 7](#).

PSRC's Introduction to Mah Jongg Program is sponsored by [Bank of Princeton](#).

**FREE AARP TAX ASSISTANCE FOR SENIORS**  
*Fridays through April 15*

AARP sponsors free tax assistance for low and moderate-income people through the AARP Tax-Aide program. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteers are familiar with tax regulations and rebate programs that affect seniors.

Using this service, you will be able to drop off your tax documents during your initial appointment and pick them up along with a copy of your



**PUPS & CUPS (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)**

*Fourth Thursday of every month, beginning April 28 through August 25, 3:00–4:00 p.m.*

**No fee, hot drinks for \$1.00**

Join us for an hour of socializing and pet therapy at our 101 Poor Farm location! A certified therapy dog will be available to provide comfort, cuteness, and relaxation, along with the opportunity to socialize and enjoy some hot beverages. You can learn more about pet therapy, pet a good dog, or join us for some casual conversations during this hour. No matter what, Pups and Cups will be a relaxing afternoon of fun.

See PSRC's safety protocols for in-person programs on [page 7](#).

PSRC's Pups & Cups Program is sponsored by [Angelion Mobility](#) and [Oasis Senior Advisors](#).

prepared tax return later that same day. The drop-off location is PSRC's Suzanne Patterson Building at 45 Stockton Street.

A pre-appointment packet containing information on the same-day drop-off service and tax forms that you need to fill out before your scheduled appointment can be picked-up in advance or can be downloaded at <http://www.bitly.com/AARPTaxForms>. Call PSRC for packet pick-up locations and hours. By appointment only. Register at <https://princetonsenior.link/AARPtaxaide> or call 609.751.9699.

## APRIL PROGRAMS

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

### LIBRARY READS — MONDAY, APRIL 4

*(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***

### PPL'S MORNING TECH SERIES: CAPTURING YOUR FAMILY'S ORAL HISTORY (ZOOM)

***Wednesday, April 6, 10:00 a.m.***

Attendees will learn about the resources available for making new recordings and preserving the old ones, including the available technology and apps. Registration required, no fee.

Instructor: Dana Treichler

*Morning Tech Series is presented in partnership with the Princeton Public Library and PSRC.*

### PPL'S MORNING TECH SERIES: SIMPLE TECH WITH A BIG IMPACT (ZOOM)

***Wednesday, April 20, 10:00 a.m.***

Attendees will learn about and explore the small, peripheral technologies that can make a big impact in your day-to-day life.

Registration required, no fee.

Instructor: Dana Treichler

*Morning Tech Series is presented in partnership with the Princeton Public Library and PSRC.*

## RETIREMENT PROGRAMS

### MEN IN RETIREMENT — "THE BASICS OF CRYPTOCURRENCY" (ZOOM)

***Friday, April 1 at 10:00 a.m.***

Arlene Ferris-Waks, director of complaints and investor outreach, NJ Bureau of Securities, will present an overview of this asset class, how cryptocurrency works, discussion of types of coins, blockchain, cryptocurrency mining, and ways that investors can avoid cryptocurrency scams. All are welcome.

Registration required, no fee.

### WOMEN IN RETIREMENT — NOT MEETING IN APRIL

### WOMEN IN RETIREMENT COFFEE KLATCH (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

***Friday, April 8 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 7](#).*

### TRANSITION TO RETIREMENT (IN-PERSON — HYBRID AT PSRC'S POOR FARM ROAD LOCATION)

***Friday, April 22 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. Registration required, no fee.

*See PSRC's safety protocols for in-person programs on [page 7](#).*



## TECHNOLOGY ASSISTANCE

### THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

*Monday through Friday, 9:30 a.m. to 4:30 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., appointments required. Most tech assistance will remain virtual and by appointment only. *See PSRC's safety protocols for in-person programs on [page 7](#).*

To learn more about PSRC's technical assistance, go to our website at [princetonior.org/psrc-tech-resources/](https://princetonior.org/psrc-tech-resources/) or to fill out a request form go to <https://princetonior.wufoo.com/forms/technology-assistance-request/>.

## APRIL ENRICHMENT PROGRAMS

### **BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE — Spring Session 2**

*Eight Sessions on Tuesdays, beginning April 26 through June 21 (no class June 14), 9:30 a.m.*

Fee: \$80

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 7 students for course viability and a maximum of 10 students.

*Instructor: Denise McDaniel*

### **ELEMENTS OF PAINTING — Spring Session**

*Wednesdays, March 9 through April 27 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.

Call for availability.

*Instructor: Christina Rang*

### **NEW COURSE! FIGURE DRAWING**

*Eight Sessions on Wednesdays, beginning April 27 through June 22 (no class June 15), 9:30 a.m.*

Fee: \$80

Open to all skill levels, this class will focus on all aspects of figure drawing, including basic drawing techniques, anatomy for artists, and drawing the portrait. Students will work together online, in sketchbooks with a pencil. Classes include short demonstrations and draw-a-longs, with time for individual feedback. Long poses are assigned each week for additional personal enrichment and critiqued in class the following week. There is a minimum of 6 registrants for course viability and a maximum of 10 students.

*Instructor: Denise McDaniel*

### **GAMES DAY AT PSRC (IN-PERSON AT PSRC'S 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. Mah Jongg (bring your own set), Scrabble, and Social Bridge. Registration required, no fee. See PSRC's safety protocols for in-person programs on [page 7](#).

### **MASTERING THE ART OF PAINTING — Spring Session (IN-PERSON AT SUZANNE PATTERSON BUILDING)**

*Fridays, March 11 through April 29 at 2:00 p.m.*

Fee: \$80

For advanced painters, this eight-session class emphasizes the components of the creative painting process. 6 Students required for course viability and limited to 6 students.

Call for availability.

*Instructor: Christina Rang*

### **MEMOIR WRITING WITH JENNIFER — Spring Quarter**

*Thursdays, April 7 through June 30 (no class June 16), 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. Call for availability.

*Instructor: Jennifer Altmann*

### **COSMOLOGY**

*Thursdays, 9:45 a.m.* Peer-led science discussion.

Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more info.

### **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



## APRIL EXERCISE & FITNESS PROGRAMS

### **EVERY BODY WALK!** (IN-PERSON)

*Tuesdays and Thursdays, 10:00 a.m.*

This free walking program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. CDC guidelines will be followed. This program is offered in partnership with Progression Physical Therapy. For more information, including walking locations by date, go to [progressionpt.com](http://progressionpt.com) or call Progression Physical Therapy at 609.454.3536. Registration through PSRC, limited space, no fee.

*Leader: Carol Keyes*

*Registration through PSRC, no fee.*

### **GENTLE YOGA + NIDRA — Spring Quarter**

*Mondays, April 4 through June 27 (no class May 30), 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 — Spring Quarter**

*Thursdays, April 7 through June 30, 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 April 5 through April 26, 1:00 p.m.*

Fee: \$30 for the month

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.

*Instructor: Laraine Alison*

### **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 7](#).

## APRIL 2022

Monday

Tuesday

Wednesday

Thursday

Friday

#### **Key:**

SPB - Suzanne Patterson Building  
PFR - Poor Farm Road

H - Hybrid Group/Program

**FAITH SEEKING PEACE AND JUSTICE**  
AN INTERFAITH PANEL  
MONDAY, APRIL 25, 10:00 A.M.

**RABBI BEN ADLER, IMAM QUAREEB BASHIR,  
AND REV. HÉCTOR A. BURGOS-NÚÑEZ**

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10:00 Art of the Sonnet (EF)  
10:00 Men in Retirement  
Monthly Meeting  
10:00 Science in the News (EF)  
10:00 Women in Retirement  
Coffee Klatch  
10:30 *Don Quixote* (EF)  
1:00 First Friday Film -  
"The Station Agent"  
1:00 Reading Buildings (EF)  
1:00 Table Tennis (SPB)  
1:30 Folk Music (EF)  
2:00 Mastering the Art  
of Painting (SPB)



(continued from page 8)

# APRIL 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>10:00 Gentle Mat Yoga + Nidra</p> <p>10:00 People &amp; Stories (EF)</p> <p>12:00 GrandPals Gabfest</p> <p>1:00 African American Presence in the Sourlands (EF)</p> <p>1:00 Global Conversations</p> <p>1:00 Introduction to Mah Jongg</p> <p>1:00 Library Reads</p> <p>1:00 Perspectives on Opera (EF)</p> <p>1:00 Table Tennis (SPB)</p> <p>2:00 Word Play</p>	<p>5</p> <p>9:30 Basic Drawing: Beginners to Advanced</p> <p>9:30 GrandPals Gabfest</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 Oscar &amp; GBS (EF)</p> <p>10:30 TED Talks</p> <p>1:00 Games Day (PFR)</p> <p>1:00 Grandparenting Group (PFR-H)</p> <p>1:00 Great Decisions (EF)</p> <p>1:00 <i>Middlemarch</i> (EF)</p> <p>1:00 Philanthropy (EF)</p> <p>1:00 Stay-Well Chair Exercise</p>	<p>6</p> <p>10:00 Princeton Public Library's Morning Tech Series</p> <p>10:00 <i>Ulysses</i> (EF)</p> <p>1:00 Art from All Angles (EF)</p> <p>1:00 Introduction to Mah Jongg</p> <p>1:00 Still Kicking (EF)</p> <p>2:00 Chinese Medicine (EF)</p> <p>2:00 Elements of Painting</p> <p>3:00 Let's Talk (PFR-H)</p>	<p>7</p> <p>9:45 Cosmology</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 From Wilson to Biden (EF)</p> <p>10:00 Mindful Chair Yoga</p> <p>10:00 Modern American Stories (EF)</p> <p>10:00 Reading Nabokov (EF)</p> <p>1:00 Art: 1915 to 2015 (EF)</p> <p>1:00 Geology (EF)</p> <p>1:00 Memoir Writing</p> <p>1:00 Western Civilization (EF)</p>	<p>8</p> <p>10:00 Art of the Sonnet (EF)</p> <p>10:00 Science in the News (EF)</p> <p>10:00 Women in Retirement Coffee Klatch (PFR)</p> <p>10:30 <i>Don Quixote</i> (EF)</p> <p>1:00 Reading Buildings (EF)</p> <p>1:00 Table Tennis (SPB)</p> <p>1:30 Folk Music (EF)</p> <p>2:00 Mastering the Art of Painting (SPB)</p>
<p>11</p> <p>10:00 Gentle Mat Yoga + Nidra</p> <p>10:00 People &amp; Stories (EF)</p> <p>12:00 GrandPals Gabfest</p> <p>1:00 African American Presence in the Sourlands (EF)</p> <p>1:00 Global Conversations</p> <p>1:00 Introduction to Mah Jongg</p> <p>1:00 Perspectives on Opera (EF)</p> <p>1:00 Table Tennis (SPB)</p> <p>2:00 Word Play</p> <p>3:00 Caregivers Group</p>	<p>12</p> <p>9:30 Basic Drawing: Beginners to Advanced</p> <p>9:30 GrandPals Gabfest</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 Oscar &amp; GBS (EF)</p> <p>10:30 TED Talks</p> <p>11:00 Next Chapter: Widows and Widowers (PFR-H)</p> <p>1:00 Games Day (PFR)</p> <p>1:00 Great Decisions (EF)</p> <p>1:00 Knit Wits (PFR-H)</p> <p>1:00 <i>Middlemarch</i> (EF)</p> <p>1:00 Philanthropy (EF)</p> <p>1:00 Stay-Well Chair Exercise</p> <p>3:00 FYI Seminar - "Holiday Travel with Dementia"</p>	<p>13</p> <p>10:00 <i>Ulysses</i> (EF)</p> <p>1:00 Introduction to Mah Jongg</p> <p>1:00 Still Kicking (EF)</p> <p>2:00 Chinese Medicine (EF)</p> <p>2:00 Elements of Painting</p> <p>3:00 Let's Talk (PFR-H)</p>	<p>14</p> <p>9:45 Cosmology</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 From Wilson to Biden (EF)</p> <p>10:00 Mindful Chair Yoga</p> <p>10:00 Modern American Stories (EF)</p> <p>1:00 Art: 1915 to 2015 (EF)</p> <p>1:00 Geology (EF)</p> <p>1:00 Memoir Writing</p> <p>1:00 Western Civilization (EF)</p> <p>4:00 Children of Aging Parents (PFR-H)</p>	<p>15</p> <p>10:30 <i>Don Quixote</i> (EF)</p> <p>1:00 Reading Buildings (EF)</p> <p>1:00 Table Tennis (SPB)</p> <p>1:30 Folk Music (EF)</p> <p>2:00 Mastering the Art of Painting (SPB)</p>
<p>18</p> <p>10:00 Gentle Mat Yoga + Nidra</p> <p>10:00 People &amp; Stories (EF)</p> <p>12:00 GrandPals Gabfest</p> <p>1:00 African American Presence in the Sourlands (EF)</p> <p>1:00 Global Conversations</p> <p>1:00 Introduction to Mah Jongg</p> <p>1:00 Perspectives on Opera (EF)</p> <p>1:00 Table Tennis (SPB)</p> <p>2:00 Word Play</p>	<p>19</p> <p>9:30 Basic Drawing: Beginners to Advanced</p> <p>9:30 GrandPals Gabfest</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 Oscar &amp; GBS (EF)</p> <p>10:30 TED Talks</p> <p>1:00 Games Day (PFR)</p> <p>1:00 Great Decisions (EF)</p> <p>1:00 <i>Middlemarch</i> (EF)</p> <p>1:00 Philanthropy (EF)</p> <p>1:00 Stay-Well Chair Exercise</p> <p>3:00 FYI Seminar - "Exploring Senior Housing" (PFR-H)</p>	<p>20</p> <p>10:00 Princeton Public Library's Morning Tech Series</p> <p>10:00 <i>Ulysses</i> (EF)</p> <p>1:00 Introduction to Mah Jongg</p> <p>1:00 Still Kicking (EF)</p> <p>2:00 Chinese Medicine (EF)</p> <p>2:00 Elements of Painting</p> <p>3:00 Let's Talk (PFR-H)</p>	<p>21</p> <p>9:45 Cosmology</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 From Wilson to Biden (EF)</p> <p>10:00 Mindful Chair Yoga</p> <p>10:00 Modern American Stories (EF)</p> <p>1:00 Art: 1915 to 2015 (EF)</p> <p>1:00 Memoir Writing</p> <p>1:00 Western Civilization</p> <p>3:00 Early Stage Memory Loss Support Group (PFR-H)</p>	<p>22</p> <p>10:00 Science in the News (EF)</p> <p>10:00 Women in Retirement Coffee Klatch</p> <p>10:30 <i>Don Quixote</i> (EF)</p> <p>1:00 Reading Buildings (EF)</p> <p>1:00 Table Tennis (SPB)</p> <p>2:00 Mastering the Art of Painting (SPB)</p> <p>3:00 Transition to Retirement (PFR-H)</p>
<p>25</p> <p>10:00 Gentle Mat Yoga + Nidra</p> <p>10:00 Faith Seeking Peace &amp; Justice - Interfaith Panel</p> <p>11:00 Bereavement Group</p> <p>12:00 GrandPals Gabfest</p> <p>1:00 Global Conversations</p> <p>1:00 Table Tennis (SPB)</p> <p>2:00 Word Play</p> <p>3:00 Caregivers</p>	<p>26</p> <p>9:30 Basic Drawing: Beginners to Advanced</p> <p>9:30 GrandPals Gabfest</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:30 TED Talks</p> <p>11:00 Next Chapter: Widows and Widowers (PFR-H)</p> <p>1:00 Games Day (PFR)</p> <p>1:00 Great Decisions (EF)</p> <p>1:00 Stay-Well Chair Exercise</p> <p>3:00 FYI Seminar - "This Was Toscanini"</p>	<p>27</p> <p>9:30 Figure Drawing</p> <p>2:00 Elements of Painting</p> <p>3:00 Let's Talk (PFR-H)</p>	<p>28</p> <p>9:45 Cosmology</p> <p>10:00 <i>Every Body Walk!</i></p> <p>10:00 Mindful Chair Yoga</p> <p>1:00 Memoir Writing</p> <p>3:00 Pups and Cups (PFR)</p>	<p>29</p> <p>10:00 Science in the News (EF)</p> <p>10:00 Women in Retirement Coffee Klatch</p> <p>1:00 Table Tennis (SPB)</p> <p>2:00 Mastering the Art of Painting (SPB)</p>

## 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.

**Princeton Muni Service** stops at our building

**Mercer County 606 Bus** stops at Princeton Care Center (728 Bunn Drive) which is two driveways from our building

## COMPUTER GURU — by Don Benjamin

The Donald and Nancy Light Technology and Literacy Lab Programs sponsored by: Capital Health

### My Laptop Is Also A Desktop

*Using your laptop computer with a separate monitor, keyboard, and mouse combines the advantages of a large screen plus portability.*

Some of you asked about my computer equipment. Actually, I don't remember anyone asking me, but I thought it made for a reasonably good excuse for this article. So here goes...

I use a 14-inch M1 Pro MacBook. It's fast, quiet, and doesn't weigh too much, which is handy when I have to schlep it to a meeting. (Of course, COVID has reduced my schlepping, but I assume that will come to an end at some point and we'll be making our regular treks to the PSRC computer lab.)

We tech volunteers usually recommend laptop computers for several reasons:

1. Laptops are portable and easy to bring to the Tech Lab when you need help dealing with your 125,783 emails, or to the Geek Squad or Apple Store when a fan belt breaks.
2. You'll always have all your files and applications with you.
3. By adding a monitor, keyboard, and mouse, a laptop morphs into a desktop computer at home. And this is the crux of this article.

When I'm at home, I connect my MacBook to a 27" high-resolution monitor via a single USB-C cable that powers the laptop and provides the data connection to the monitor, internet, and external backup drives. That's just one itty-bitty cable!

I usually keep the MacBook screen closed, but I can also use it as a second display, which is handy when I'm running several applications at the same time. I can keep my calendar open on my laptop while I write something on the desktop monitor.

My keyboard, trackpad, and mouse are rechargeable and wireless (Bluetooth.) The monitor has a built-in USB hub for other peripherals as well as my iPad.

Most Windows laptops can be configured the same way, though you may need separate connections for power and video to the monitor. Not a big deal. A 24" high-definition monitor costs about \$150. A wireless keyboard plus mouse can be had for around \$50. So for \$200 bucks, you can turn your laptop into a whiz-bang desktop computer that reverts to a laptop when you're on the go!

We'll be glad to help you select your next computer or tablet or smart phone, or any of the other doo-dads you see in the picture above (other than my pictures, pencil cup, or clock). Just fill out the tech request form at [princetonsenior.org/psrc-tech-resources/](http://princetonsenior.org/psrc-tech-resources/) and we'll be in touch!



*Sidney regrets not buying a laptop computer.*



*My computer setup. Where the magic happens.*



## SOCIAL SERVICES

### HAVE YOU CLEANED OUT YOUR MEDICINE CABINET RECENTLY?

National Clean Out Your Medicine Cabinet Day and  
National Prescription Drug Take Back Day both occur in the month of April

CVS is committed to reducing the opioid epidemic by having permanent drug disposal locations. Their website says: Old prescriptions left unsecured in the home can often be an easy source for someone thinking about unsafely using prescription medications and can pose danger to pets or children who may accidentally ingest them. Each year, there are **approximately 60,000 emergency department visits and 450,000 calls to poison centers** after children under six years old ingest medication without a caregiver's oversight. They can also be confusing for people who may have multiple prescriptions.

Many communities have permanent drug disposal boxes at the following locations:

- Police departments
- Pharmacies, including independent and chains
- Fire stations
- Hospitals
- Municipal buildings

<https://safe.pharmacy/drug-disposal/>

A CVS Drug Disposal Locator Tool includes more than 9,000 of these locations nationwide. Search using your zip code to find a permanent disposal box near you, as well as the facility's hours, directions, and accepted medications. The locations are updated regularly providing you with more places to safely dispose of your medications.

CVS also supports local law enforcement by teaming up with The Partnership at Drugfree.org to make drug collection units available to local law enforcement agencies at no cost, as well as

participating in the National Prescription Drug Take Back Days sponsored by the DEA and held twice a year.



DEA's next National Prescription Drug Take Back Day is April 30, 2022 — 10:00 a.m. to 2:00 p.m. Watch for more information about local participants.

National Clean Out Your Medicine Cabinet Day occurs annually on the third Friday in April. The day aims to raise awareness and effectively rid homes of unused or expired prescription and over-the-counter medications sitting in medicine cabinets, nightstands, or kitchen cabinets that have the potential for misuse or abuse by family members, friends or visitors.

<https://safe.pharmacy/wp-content/uploads/2021/11/DrugDisposalFlyer.png>

## HOW TO DO IT RIGHT

How you dispose of your expired or unused medications is just as important as why. Environmental studies show that flushed medications flow into our water supply. They negatively impact the fish we eat and the water we drink. When discarded in the trash, medications leach into and contaminate the soil.

At-home drug disposal solutions offer a simple, convenient, and effective way of disposing of unwanted medications. This pdf gives you the steps needed:

<https://archive.epa.gov/region02/capp/web/pdf/ppcpflyer.pdf>

If you have large quantities of leftover medications or as a supplement to at-home drug disposal, you may also consider participating in the Drug Enforcement Agency's (DEA's) **National Drug Takeback Day** generally held in the spring and fall of each year.



## HOW TO OBSERVE #CleanOutMedsDay

Take time during National Clean Out Your Medicine Cabinet Day to help remove your home of risks associated with leftover medications and do your part to help fight drug addiction. Review your medications—as well as those of your pets—wherever you store them, such as your medicine cabinet, nightstand, or kitchen cabinets. Then easily and effectively dispose of any leftover or expired medications by using an at-home disposal solution.

**DisposeRx** founded National Clean Out Your Medicine Cabinet Day in 2019 to raise awareness of the risks associated with keeping leftover or expired prescription or over-the-counter medications in your home. Drug addiction, overdose, poisonings, and deaths related to leftover medications are real. DisposeRx provides a simple and effective way to dispose of expired and unused medications that is easy to use and eco-friendly.

If you need assistance finding a disposal site or need more information about how to safely dispose of old medications, please email PSRC at [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org).



## GROUPS

### BEREAVEMENT

*Monday, April 25 at 11:00 a.m.*  
(Usually third Monday of each month)  
*Call Sherri Goldstein*  
*609.819.1226 to attend.*

### CAREGIVERS

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

### CHILDREN OF AGING PARENTS

(IN-PERSON AT PFR - HYBRID)  
*Thursday, April 14 at 4:00 p.m.*  
(Usually second Thursday of each month)

### EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT PFR - HYBRID)  
*Thursday, April 21 at 3:00 p.m.*  
(Usually third Thursday of each month)

### GLOBAL CONVERSATIONS

*Mondays at 1:00 p.m.*

### GRANDPARENTING

(IN-PERSON AT PFR - HYBRID)  
*Tuesday, April 5 at 1:00 p.m.*  
(Usually first Tuesday of each month)

### KNIT WITS (IN-PERSON AT PFR - HYBRID)

*Tuesday, April 12 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 IN RETIREMENT

#### MONTHLY MEETING

*Friday, April 1 at 10:00 a.m.*  
(Usually third Friday of each month)

### NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT PFR - HYBRID)  
*Tuesdays, April 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

(IN-PERSON AT PFR - HYBRID)  
*Friday, April 22 at 3:00 p.m.*  
(Usually third Friday of each month)

### WOMEN IN RETIREMENT

#### MONTHLY MEETING

*Not meeting in April*

**THERE ARE NO FEES FOR THESE GROUPS.**

**ALL GROUPS MEET VIRTUALLY USING ZOOM  
UNLESS INDICATED OTHERWISE.**

Sign up for virtual groups on our [website](https://princetonsenior.org)  
or call 609.751.9699 for assistance.

## Spring Fundraiser Event Sponsors\*

### Thank You for Helping to Make PSRC's Spring Fundraiser A Success!

PSRC had a wonderful turn out for last month's insightful and captivating program with Manoush Zomorodi — former Princetonian — turned national star and host of National Public Radio's *TED Radio Hour*.

It was wonderful to have so many of you join us for this program and to support the work we do at PSRC to improve the quality of life for older adults across the area. This program would not have been possible without your support and that of our event sponsors and advertisers.\*

*TED Radio Hour Level* \_\_\_\_\_

NORMAN KLATH  
HAZEL STIX

*Bored and Brilliant Level* \_\_\_\_\_

ELLEN AND ALBERT STARK

*Zig Zag Level* \_\_\_\_\_

IONA AND MAURICE HARDING



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NightingaleNJ Eldercare Navigators  
Novi Wealth Partners

Peapack Private Wealth Management  
Penn Medicine Princeton Health &  
Home Health  
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Silver Century Foundation  
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Walsh Senior Solutions

*\*as of publication date*

## APRIL FEATURED SPONSORS



Brandywine Living Offers Active Aging Communities,  
Including Assisted Living and Memory Care

[brandycare.com](http://brandycare.com)



Princeton Health is one of the most comprehensive healthcare systems in New Jersey.

[princetonhcs.org](http://princetonhcs.org)



## FROM THE DEVELOPMENT OFFICE

### SAVE THE DATE FOR TWO FUN FUNDRAISERS

#### Calling all Cheese, Wine, and Spirits Lovers

Join us for a two-part interactive cheese and spirits appreciation and tasting classes

#### CHEESE 101 CLASS AND TASTING

Tuesday, May 3 at 3:00 p.m. with Olsson's Fine Foods

#### SPIRITS 101 CLASS AND TASTING

Wednesday, May 18 at 4:00 p.m. with Sourland Mountain Distillery

These classes will be hybrid, with a virtual option and an in-person option at 101 Poor Farm Road.

Registration link: <https://princeton senior.link/CheeseAndSpiritsClasses>

#### CHEESE 101 CLASS AND TASTING



Join Olsson's Fine Foods. We will be talking about the history of cheese, how cheese is made, and what makes cheeses different. Most importantly, we will be TASTING CHEESES.

**TUESDAY, MAY 3 AT 3:00 P.M.**

#### SPIRITS 101 CLASS AND TASTING



Join award winning craft distillery Sourland Mountain Spirits share the history of this family run award winning craft distillery, take a virtual tour of the facility, learn how gin, rum, and vodka are made and get ready to taste the best Spirits in America!

**WEDNESDAY, MAY 18 AT 4:00 P.M.**

\$50 for one class and \$80 for two classes

100% of fee is a DONATION to PSRC

Includes supplies (CHEESE Sampler) or (Spirit Sampler) and light refreshments

RSVP by April 24 for the Cheese 101 class and RSVP by May 11 for the Spirits 101 class

(You can take each class individually or as part of the series)

For more information contact Lisa Adler at [ladler@princeton senior.org](mailto:ladler@princeton senior.org) and 609.751.9699, ext. 103.



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



ALERT!

Please make note of our new mailing address:

101 POOR FARM ROAD, BUILDING B, PRINCETON, NJ 08540



**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

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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  
Rothkoff Law Group  
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/)