

PRIDE IN CONTEXT: HOW TO BE AN LGBTQIA+ ALLY IN THE HISTORY OF PRIDE



PRIDE IN CONTEXT: HOW TO BE AN LGBTQIA+ ALLY IN THE HISTORY OF PRIDE (ZOOM)

Wednesday, May 18, 10:00 a.m.

Registration required, no fee.

Many of us have LGBTQIA+ children, grandchildren, neighbors, and friends, and desire to be a better ally and show love and support in a way that is meaningful and appropriate. At the conclusion of this workshop, you will increase your knowledge of LGBTQIA+ PRIDE, examine American history of LGBTQIA+ PRIDE and its relationship to oppression and advocacy, and explore ways to support LGBTQIA+ people as a straight or cis-gender ally.

Leader: Dr. Brent Satterly, MSS, PhD, LCSW

Turn to [page 3](#) for full description and leader bio

**DOCUMENTARY SCREENING AN UNKNOWN COUNTRY:
THE JEWISH EXILES OF ECUADOR WITH DIRECTOR
EVA ZELIG (IN-PERSON AT PSRC'S POOR FARM
ROAD LOCATION)**

Monday, May 23, 2:00–4:00 p.m.

Registration required, no fee.

Turn to [page 7](#) for details

PSRC's Documentary Screening An Unknown Country Program
is sponsored by [Progression Physical Therapy of Princeton](#).

**"HOW DID WE GET HERE?" PERSONAL
DEVELOPMENT WORKSHOP (IN-PERSON AT PSRC'S
POOR FARM ROAD LOCATION)**

Wednesday, May 25, 10:00 a.m.–1:00 p.m.

Fee: \$20 per person

**Leaders: Helen Burton, host of PSRC's TED
Talks, and Krista Hendrickson, director for
lifelong learning and technology education at
PSRC.**

Turn to [page 6](#) for 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

info@princetonsenior.org
princetonsenior.org

*PSRC's refund policy may be found
on the website under the "Who We Are/
General Information" tab.*

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON
Celebrating Older Americans Month

Dear Friends,

Eula Chandler. Frances Covert. Hannah Newman. Growing up, these kind and generous individuals became my friends and welcomed me into their home. Nursing home that is. As a young child, with a single mother who worked as an administrator and social worker in a nursing home in Ocean Grove, I spent many hours before and after school with these friends who became family. The stories of their lives — a school administrator who oversaw the racial integration of her district, a war-time hospital nurse who served on the front lines in a world war, and a female executive who later served as a pastor — as well as the hospitality shown to me and my family, marked my life in indelible ways.

I am deeply grateful for these and so many other older adults who shared their lives generously. As we celebrate Older Americans Month this May, I am particularly mindful of those who give freely of their time, wisdom, and friendship to shape younger generations. Older adults play vital, positive roles in our communities – as family members, friends, mentors, volunteers, civic leaders, members of the workforce, and more. Just as every person is unique, so too is how they age and how they choose to do it — and there is no “right” way. That’s why the theme for Older Americans Month 2022 is *Age My Way*.

Every May, the Administration for Community Living (ACL) leads the celebration of Older Americans Month. This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.

While *Age My Way* will look different for each person, here are common things everyone can consider:

- **Planning:** Think about what you will need and want in the future, from home and community-based services to community activities that interest you.



- **Engagement:** Remain involved and contribute to your community through work, volunteer, and/or civic participation opportunities. Focus your generativity on giving back to younger people.
- **Access:** Make home improvements and modifications, use assistive technologies, and customize supports to help you better age in place.
- **Connection:** Maintain social activities and relationships to combat social isolation and stay connected to your community.

Diverse communities are strong communities. Ensuring that older adults remain involved and included in our communities for as long as possible benefits everyone. The Princeton Senior Resource Center is committed to helping older adults thrive by offering engaging programs, compassionate social services, dynamic lifelong learning opportunities, and generative volunteer opportunities. We hope that you will join us in some of the many offerings designed to help you *Age My Way!*

All the Best,

Drew A. Dyson, PhD, Chief Executive Officer



PRIDE IN CONTEXT: HOW TO BE AN LGBTQIA+ ALLY IN THE HISTORY OF PRIDE (ZOOM)

Wednesday, May 18, 10:00 a.m.

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Brent Satterly, MSS, PhD, LCSW, received his masters of social service from Bryn Mawr College School of Social Work and Social Research in 1995 and his doctorate in human sexuality education from the University of Pennsylvania in 2004. With over twenty-five years of clinical and educational experience as a Pennsylvania licensed clinical social worker, he is a full professor of social work at Widener University's Center for Social Work Education. He teaches family therapy, human sexuality, and education courses in the BSW, MSW, and PhD Programs.

He was awarded the prestigious Lindback Award for Distinguished Teaching in 2016 and the Widener Faculty Institutional Leadership Award in 2017. His areas of expertise include human sexuality and social work pedagogies, clinical work with lesbian, gay, bisexual, transgender, queer, intersex, and asexual (LGBTQIA+) populations, LGBTQIA+ professional identity management, HIV/AIDS, family therapy, and the use of pop culture in teaching social justice. He is well published, including his recent 2020 co-authored textbook, *Sexuality Concepts for Social Workers* (2nd ed.). He is a member of good standing in the Council on Social Work Education (CSWE) and the Pennsylvania Association of Undergraduate Social Work Education (PAUSWE). Registration required, no fee.

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MAY PROGRAMS

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



FIRST FRIDAY FILM — *CINCO DE MAYO: LA BATALLA* (IN-PERSON — HYBRID AT PSRC'S POOR FARM ROAD LOCATION)

Friday, May 6 at 1:00 p.m.

On May 5, 1862, a few thousand Mexican soldiers put their lives on the line against France, who commanded the world's largest and most powerful army, in one legendary battle for Mexico's freedom. This story chronicles the story of the Battle of Puebla, the most important battle in Mexico's history. Starring: Christian Vazquez, Angélica Aragón, Liz Gallardo. **Running time: 2 hours, 5 minutes; Genre: Drama, History, War; Rated: R** Registration required, no fee.



FYI SEMINAR — “THE CREATURE’S TALE — THE CREATION OF A FRANKENSTEIN OPERA” (ZOOM)

Tuesday, May 10 at 3:00 p.m.

How do you approach transforming an iconic story into a compelling opera (during a pandemic)? Princeton-based composer Gregg Kallor will share his thoughts about the process of adapting Mary Shelley's heartbreaking novel, *Frankenstein*, into an opera (commissioned by Arizona Opera) — including writing the libretto and composing the music, setting text to music, collaborating with the cast and creative team, and the challenges and successes of composing an opera during a global lockdown.

Gregg Kallor is a composer and pianist whose music fuses the classical and jazz traditions he loves into a new, deeply personal language.

www.GreggKallor.com

Registration required, no fee.



FYI SEMINAR — “R.A.D. SENIOR PERSONAL SAFETY INTRODUCTION” (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Tuesday, May 17 at 3:00 p.m.

R.A.D. for seniors is a nationally recognized program aimed at improving personal safety for older adults. This session will offer personal safety and awareness tips and strategies and will include a basic self-defense component. Please dress in comfortable clothes and sneakers.

Deborah Millar, RN, has been employed by Penn Medicine Princeton Health for thirty years. Craig Harley is the associate director of community wellness & engagement and has more than thirty years in leadership and teaching. Both are instructor trainers for R.A.D. Systems Basic Physical Defense Program and have been teaching self-defense programs for many years. Registration required, no fee.



FYI SEMINAR — “PLAN AHEAD AND REST IN PEACE” (IN-PERSON — HYBRID AT PSRC'S POOR FARM ROAD LOCATION)

Tuesday, May 24 at 3:00 p.m.

Join Laurie Powsner for an interesting and fun presentation about the funeral industry while gaining practical advice from an unbiased source. Learn how to save money and how to choose a funeral home. Plan ahead to avoid stress!

Laurie Powsner, MSW, LCSW, is a social worker in private practice in Princeton. She is on the boards of the Funeral Consumers Alliance of Princeton and the Funeral Consumers Alliance of Pennsylvania. 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:

May 3 — Emily Balcetis: Why some people find exercise harder than others

May 10 — Frans de Waal: The surprising science of alpha males

May 17 — Gary Haugen: The hidden reason for poverty the world needs to address now

May 24 — R. Alan Brooks: When the world is burning, is art a waste of time

May 31: — Daniel Pink: The puzzle of motivation
Registration required, no fee.

This month's FYI sponsors are [Novi Wealth Partners](#), [Silver Century Foundation](#), and [Walsh Senior Solutions](#).
TED Talk sponsors are [Bryn Mawr Trust](#), [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

YOGA FOR OSTEOPOROSIS/OSTEOPENIA WORKSHOP (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Wednesday, May 25, 2:00–3:30 p.m.

Fee: \$10.00 per person

Have you been diagnosed with osteoporosis or osteopenia? Osteoporosis is when the body loses too much bone, makes too little bone, or both. As a result, bones become weak and may break. Practicing yoga with osteoporosis can benefit the body if done mindfully. Many postures and practices can help improve strength and balance as well as restore function and relieve pain. Join us for a comprehensive, fun, ninety-minute workshop. It is a practice you can incorporate into your regular movement practices. We'll focus on building bone density by practicing asana (poses) and doing some work with weights — all practices to mitigate onset or progression of osteoporosis and/or osteopenia. We'll be using the following props: a chair, a mat, light weights, and a strap or resistance band. All asanas (poses) we practice come from the two year, long term study by Dr. Loren Fishman, author of many books about yoga and health. If you prefer not to use the floor for certain poses, alternatives will be offered. Please follow any/all doctor recommendations for movement. Space is limited to 15 students with a minimum of 9.

Instructor: Lyn Lilavati Sirota is a certified 200-hour yoga instructor through Integral Yoga in Princeton, New Jersey. She specializes in gentle yoga instruction with a focus on range of movement and therapeutic practices.

private and your documents backed up.

Instructor: PSRC Tech Volunteer Don Benjamin.

Registration required, no fee.

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

Thursday, May 26 (Usually the fourth Thursday of every month 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.

PSRC's Pups & Cups Program is sponsored

by [Angelion Mobility](#) and [Oasis Senior Advisors](#).

MEDICARE WORKSHOP (IN-PERSON — HYBRID IN THE LIBRARY'S COMMUNITY ROOM)

Wednesday, May 18, 2:00 p.m.

This workshop will cover the different parts of Medicare and recent changes in order for you to avoid common mistakes. Additional information includes how Medicare supplements work, Medicare prescription programs, Original Medicare vs. Medicare Advantage, enrollment, and working past the age of sixty-five. Presented by Senior Advisors. Registration through the Princeton Public Library, no fee.

This program is presented in partnership with the [Princeton Public Library](#) and PSRC.

TECHNOLOGY WORKSHOP — "COMPUTER SECURITY" (ZOOM)

Wednesday, May 4 at 2:00 p.m.

With the recent increase in the number of scams, it's even more important to pay attention to computer and data security. We invite you to join us for a one-hour tutorial where you'll learn about security breaches such as hacking and "phishing," malware types and prevention, phone scams, and best practices designed to help you keep your data

LIBRARY READS — MONDAY, MAY 2

(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

MAY PROGRAMS

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

MUSIC ON THE PATIO (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Thursday, May 19, 2:00–3:30 p.m.

Join us for a relaxing afternoon of live music on our patio along with some light refreshments. In case of rain, the event will be moved inside. Musical Guest: David Brahinsky has performed as a folk musician for over fifty years individually and as the lead singer and guitarist of The Roosevelt String Band and David Brahinsky and Friends, as a single act with The Shoestring Players of Rutgers University, and with Young Audiences of New Jersey. Registration required, no fee.

"HOW DID WE GET HERE?" PERSONAL DEVELOPMENT WORKSHOP (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Wednesday, May 25, 10:00 a.m.–1:00 p.m.

Fee: \$20 per person

Over the past few years, we have all seen drastic changes to our daily lives and our "normal" schedule. "How Did We Get Here?" is a lively and interactive workshop designed to get participants to reflect on who we have become and the lives we are living. Packed with meaningful discussion, engaging and thoughtful activities, and a catered lunch, this personal development workshop is a wonderful opportunity to learn more about yourself. Space is limited to 20 with a minimum of 8.

Leaders: Helen Burton, host of PSRC's TED Talks, and Krista Hendrickson, director for lifelong learning and technology education at PSRC.

THE FELDENKRAIS METHOD: FOUR SESSION WORKSHOP (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Tuesdays, beginning May 3 through May 24, 10:00–11:00 a.m.

Fee: \$40.00 per person

Through the use of gentle movement and directed attention to reorganize connections between the brain and body for the purpose of improving movement and enhancing function, the Feldenkrais Method helps participants increase ease and range of motion, improve flexibility and coordination, and rediscover a capacity for graceful movement. Participants are encouraged to bring their own exercise mat. If they do not have one, a mat will be provided. Space is limited to 15 students with a minimum of 6.

Leader: Jaclyn (Jackie) Boone, a Guild Certified Feldenkrais® teacher with twenty-one years of professional practice in the Feldenkrais Method.

PSRC's Feldenkrais Method Workshop Program is sponsored by [Oasis Senior Living Advisors](#).

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN MAY

WOMEN IN RETIREMENT — "THE POWER OF GRATITUDE" (IN-PERSON — HYBRID AT PSRC'S POOR FARM ROAD LOCATION)

Friday, May 20 at 10:00 a.m.

Perhaps as a child you learned the magic words of "please" and "thank you." In her forty years as a Presbyterian minister, WIR member Janet Macgregor-Williams, has helped others cultivate an attitude of gratitude. In this month's talk she

will help us rediscover the power of gratitude to change lives. All are welcome. Masks are required. Registration required, no fee.

For more information about the Women in Retirement and Coffee Klatches, go to <http://wiret.wordpress.com/>

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

Friday, May 20 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 Paul Knight. Registration required, no fee.

DOCUMENTARY SCREENING *AN UNKNOWN COUNTRY: THE JEWISH EXILES OF ECUADOR* WITH DIRECTOR EVA ZELIG (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Monday, May 23, 2:00–4:00 p.m.

Join Director Eva Zelig for a screening of her film, *An Unknown Country: The Jewish Exiles of Ecuador*. This documentary tells the story of European Jews who escaped Nazi persecution to find refuge in an unlikely destination: Ecuador, a country barely known at the time. The film follows the exiles'

perilous escape and difficult adjustment as they remade their lives in what was for them an exotic, unfamiliar land.

Running time: 1 hour, 33 minutes, followed by a Q&A with the director

Registration required, no fee.

PSRC's Documentary Screening An

Unknown Country Program is sponsored by [Progression Physical Therapy of Princeton](#).

MAY ENRICHMENT PROGRAMS

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE — Spring Session 2

Eight Sessions on Tuesdays 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

FIGURE DRAWING

Eight Sessions on Wednesdays 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. (Special time on May 3 – noon to 2:00 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.

MASTERING THE ART OF PAINTING — SPRING SESSION 2 (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Fridays, May 6 through June 24 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 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, 10:00 a.m. Peer-led science discussion. Contact brucewallman@gmail.com for more info.

MAY 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 or call Progression Physical Therapy at 609.454.3536. Registration through PSRC. Call for availability.

Leader: Carol Keyes

Registration through PSRC, no fee.

GENTLE YOGA + NIDRA — Spring Quarter

Mondays 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 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 May 3 through May 31, 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. (Special time on May 6 – 1:00 to 3:00 p.m.)

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. *Preregistration required, no fee.*



TECHNOLOGY ASSISTANCE

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

Monday through Friday, 9:30 a.m. to 4:30 p.m.

Our well-appointed and roomy Tech Lab welcomes you with brand new PC's and MAC computers. Stop by to check your email, get some work done, connect with friends and family, or surf the web. Tech assistance is available two ways: in-person on Thursdays, from 2:00 to 4:00 p.m., and virtually, Monday through Friday. All tech help is by appointment only.

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

PSRC'S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS

Safety measures for all staff, volunteers, and participants:

- Proof of vaccination
- PSRC covid waiver
- Mask wearing optional for vaccinated staff & participants

MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>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</p>	<p>3</p> <p>9:30 Basic Drawing: Beginners to Advanced 9:30 GrandPals Gabfest 10:00 <i>Every Body Walk!</i> 10:00 Feldenkrais (PFR) 10:30 TED Talks 12:00 Games Day (PFR) 1:00 Grandparenting Group (PFR-H) 1:00 Stay-Well Chair Exercise 3:00 Cheese 101 Class and Tasting (PFR)</p>	<p>4</p> <p>9:30 Figure Drawing 2:00 Tech Workshop "Computer Security" 3:00 Let's Talk (PFR-H)</p>	<p>5</p> <p>10:00 Cosmology (PFR) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 1:00 Memoir Writing</p>	<p>6</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - <i>Cinco de Mayo: La Batalla</i> (PFR-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p>
<p>9</p> <p>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</p>	<p>10</p> <p>9:30 Basic Drawing: Beginners to Advanced 9:30 GrandPals Gabfest 10:00 <i>Every Body Walk!</i> 10:00 Feldenkrais (PFR) 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 3:00 FYI Seminar - <i>The Creature's Tale</i></p>	<p>11</p> <p>9:30 Figure Drawing 3:00 Let's Talk (PFR-H)</p>	<p>12</p> <p>10:00 Cosmology (PFR) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 1:00 Memoir Writing 4:00 Children of Aging Parents (PFR-H)</p>	<p>13</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p>
<p>16</p> <p>10:00 Gentle Mat Yoga + Nidra 11:00 Bereavement 12:00 GrandPals Gabfest 1:00 Introduction to Mah Jongg 1:00 Table Tennis (SPB) 2:00 Word Play</p>	<p>17</p> <p>9:30 Basic Drawing: Beginners to Advanced 9:30 GrandPals Gabfest 10:00 <i>Every Body Walk!</i> 10:00 Feldenkrais (PFR) 10:30 TED Talks 1:00 Games Day (PFR) 1:00 Stay-Well Chair Exercise 3:00 FYI Seminar - "R.A.D. Senior Personal Safety" (PFR)</p>	<p>18</p> <p>9:30 Figure Drawing 10:00 PRIDE in Context 1:00 Introduction to Mah Jongg 2:00 PPL's Medicare Workshop 3:00 Let's Talk (PFR-H) 4:00 Spirits 101 Class and Tasting (PFR)</p>	<p>19</p> <p>10:00 Cosmology (PFR) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 1:00 Memoir Writing 2:00 Music on the Patio (PFR) 3:00 Early Stage Memory Loss Support Group (PFR-H)</p>	<p>20</p> <p>10:00 Women in Retirement Monthly Meeting (PFR-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB) 3:00 Transition to Retirement (PFR-H)</p>
<p>23</p> <p>10:00 Gentle Mat Yoga + Nidra 12:00 GrandPals Gabfest 1:00 Global Conversations 1:00 Introduction to Mah Jongg 1:00 Table Tennis (SPB) 2:00 <i>An Unknown Country: The Jewish Exiles of Ecuador</i> (PFR) 2:00 Word Play 3:00 Caregivers</p>	<p>24</p> <p>9:30 Basic Drawing: Beginners to Advanced 9:30 GrandPals Gabfest 10:00 <i>Every Body Walk!</i> 10:00 Feldenkrais (PFR) 10:30 TED Talks 11:00 Next Chapter: Widows and Widowers (PFR-H) 1:00 Games Day (PFR) 1:00 Stay-Well Chair Exercise 3:00 FYI Seminar - "Plan Ahead and Rest in Peace" (PFR-H)</p>	<p>25</p> <p>9:30 Figure Drawing 10:00 "How Did We Get Here?" (PFR) 1:00 Introduction to Mah Jongg 2:00 Yoga for Osteoporosis (PFR) 3:00 Let's Talk (PFR-H)</p>	<p>26</p> <p>10:00 Cosmology (PFR) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 1:00 Memoir Writing 3:00 Pups & Cups (PFR)</p>	<p>27</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p>
<p>30</p> <p>PSRC IS CLOSED FOR THE MEMORIAL DAY HOLIDAY</p>	<p>31</p> <p>9:30 Basic Drawing: Beginners to Advanced 9:30 GrandPals Gabfest 10:00 <i>Every Body Walk!</i> 10:30 TED Talks 1:00 Games Day (PFR) 1:00 Stay-Well Chair Exercise</p>	<p>Key: SPB - Suzanne Patterson Building PFR - Poor Farm Road H - Hybrid Group/Program</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

Virtual CE Seminar

How Care Gets Paid in Today's Elder Care Continuum
Thursday, May 5, noon–2:00 p.m.

This discussion focuses on identifying payor sources for long-term care, including public benefits, private funds, and insurance options. Participants will learn about payor sources for care at all levels across the elder care continuum.

At the end of this seminar participants will be able to:

- Recognize several strategies to pay for care
- Identify suitable professionals to assist clients/patients/residents in paying for care
- Understand the interplay between government benefits and private funds.

Registration required: https://bit.ly/LearningWithPSRC_AkinCare (Sponsored by Rothkoff Law Group and Akin Care Senior Services)
Sharon Hurley • shurley@princetonsenior.org • 609.751.9699

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: Stark & Stark Attorneys at Law

Malware Protection

(To learn more, register for the Tech Workshop on Computer Security, Wednesday, May 4 at 2:00 p.m. on Zoom.)

Hacking, scamming, phishing, and spoofing. What security software do you need to stay safe? And safe from what?

Let's answer that last question first.

Most security breaches fall into two categories: **1. Hackers** who steal data from your online accounts, and **2. Malware** that makes your computer do bad things.

Hacking

Hackers do not try to break into your computer. Instead, they hack into corporate file servers to steal information, which could include your usernames and passwords. Unfortunately, you cannot prevent hackers from stealing your information from corporate servers. That's why you should assign different passwords to each of your online accounts and use double authentication (via email or text) for your financial accounts. Then, if someone does obtain the password to your online bank account, they won't be able to log in, and you'll know if they tried.

Malware

Malware is software that folks unwittingly download on their computer by 1. Opening an infected email attachment, 2. Downloading infected software from the Internet, or 3. Allowing a scammer to remotely access your computer and install spyware.

Your defenses against malware include 1. Keeping your operating system up to date, 2. Remaining wary of email attachments, and 3. Using anti-malware programs.

Paid-for or Free: Our Recommendations

If you use Microsoft Windows 10 or 11, then **Windows Security**, a.k.a. Microsoft Defender Antivirus, is a good choice. It's built into Windows and costs nothing to use. Microsoft keeps the malware definitions database up to date. The Windows software examines your downloads and the websites you visit and scans your computer periodically to catch software that shouldn't be there.

Malwarebytes (at \$40/year) is a good choice if you want more protection. It's unobtrusive and effective.

For Apple users, while MacOS is pretty much "locked down," it's still a good idea to use a malware protection program, and, again, we suggest **Malwarebytes**.

If your security software detects malware, it may display an alert or warn you about a suspect web page, but these programs "quarantine" the offending malware so it can't run.

In no case will Microsoft or Apple call you, text you, e-mail you, or cause a web page pop-up to appear that claims your computer has a virus. If you experience any of these warnings, beware! They're scams. And don't give anyone access to your computer unless you know who they are.

And finally...

1. Don't respond to emails or phone calls demanding money, especially if they want payment in cryptocurrency (e.g., Bitcoin) or gift cards.
2. Don't respond to pop-up banners claiming that your computer is infected. Instead, either close them or exit your browser.
3. Don't call phone numbers or click on links listed in suspicious emails.
4. Don't allow anyone you don't know to remotely control your computer.
5. Request help from our Tech Resources if you suspect a scam or malware infection. Just fill out the tech request form at princetonsenior.org/psrc-tech-resources/ and we'll be in touch!

Security at a glance



Virus & threat protection
No action needed.



Account protection
No action needed.



Firewall & network protection
No action needed.



App & browser control
No action needed.



Device security
View status and manage hardware security features.



Device performance & health
No action needed.



Family options
Manage how your family uses their devices.



Protection history
View latest protection actions and recommendations.

Windows security options.

SOCIAL SERVICES

by Sharon Hurley, CVA

TRANSITION to RETIREMENT

ARE YOU THINKING ABOUT RETIRING?
YOU PROBABLY HAVE MANY QUESTIONS:

What kinds of things do I need to know?

How much money will I need?

What about my debt?

Will my medical costs increase?

Should I move?

Will it be boring?

Attend PSRC's Transition to Retirement monthly group meeting (in-person and on Zoom) where people that have already retired will share their experiences with those looking into retiring. Join in the discussion of all the questions above. Find out what it takes to make the transition to retirement.

Facilitated by Paul Knight on May 20 at 3:00 p.m. at the beautiful new PSRC building on 101 Poor Farm Road, Princeton. (Usually meets on the third Friday of each month)

REGISTER at <https://princetonsenior.wufoo.com/forms/virtual-transition-to-retirement/>

Welcome Billi!

We are happy to announce that we have a new staff member. Billi Charron joined the social services department in the position of Social Worker in March. Billi comes to us from Bucks County, Pennsylvania. She has a passion for aging in place efforts and community resources and is experienced in senior housing, LGBT aging, and case management. If you would like to welcome her, send an email to bcharron@princetonsenior.org.



Welcome our new Transition to Retirement facilitator, Paul Knight

Paul has had several careers, first as a radio broadcaster in Bridgeport, Connecticut, then in information technology at Princeton University and Bristol-Myers Squibb. Most recently he led a department at BMS that managed productivity-improvement initiatives in the R&D division. As a volunteer, he led personal growth seminars for five years in the 1990s for Landmark Education.

Since retiring from full-time work in 2014, Paul has worked part-time as a coach and consultant, helping individuals and organizations improve personal productivity. Throughout his retirement he has engaged with the question of how to lead a rich, full life in the absence of a full-time job. He joined the Transition to Retirement group in December of last year, and is also a member of the Men in Retirement and Children of Aging Parents groups at PSRC. Paul is married and lives in Lawrenceville, New Jersey.





U.S. Department
of Veterans Affairs

NATIONAL MILITARY APPRECIATION MONTH OBSERVANCES & EVENTS

National Military Appreciation Month (NMAM) is celebrated every May and is a declaration that encourages U.S. citizens to observe the month in a symbol of unity. NMAM honors current and former members of the U.S. Armed Forces, including those who have died in the pursuit of freedom. May is characterized by six national observances highlighting the contributions of those who have served. Show your support on social media with #MilitaryAppreciationMonth.

Discover the **National Military Appreciation Month military discounts** available all month long!

Loyalty Day — Sunday, May 1, 2022

About: Loyalty Day kicks off our Nation's month-long celebration of military appreciation. It is a day set aside for the reaffirmation of loyalty to the United States, and to reflect on the proud heritage of our American freedom.

Military Spouse Appreciation Day — Friday, May 6, 2022.

Traditionally set for the Friday before Mother's Day.

About: A day to honor military spouses with appropriate ceremonies and activities. Recognizes the important role our military families play in keeping our Armed Forces strong and our country safe.

Armed Forces Day — Saturday, May 21, 2022. Celebrated the third Saturday in May every year.

About: A single holiday for citizens to come together and thank our military members for their patriotic service in support of our country. This day honors everyone serving in the U.S. Military branches; Air Force, Army, Coast Guard, Marines, Navy, Space Force. There is also Armed Forces Week which typically leads up to Armed Forces Day, although it is not an official observance, many activities are planned nonetheless during the week.

Memorial Day — Monday, May 30, 2022. A Federal holiday observed on the last Monday in May.

About: A remembrance of our veterans. Commemorates the men and women who died while in military service. All Americans are encouraged to pause, wherever they are, at 3:00 pm local time for a minute of silence.

More May Observances

Month of the Military Caregiver — Month of May

About: Honors more than five million caregivers in the U.S. and pays tribute to the people who care for more than two million veterans.



GROUPS

BEREAVEMENT

Monday, May 16 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, May 9 & 23 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

(IN-PERSON AT PFR - HYBRID)
Thursday, May 12 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT PFR - HYBRID)
Thursday, May 19 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m. (not meeting on May 16 & May 30)

GRANDPARENTING

(IN-PERSON AT PFR - HYBRID)
Tuesday, May 3 at 1:00 p.m.
(Usually first Tuesday of each month)

KNIT WITS (IN-PERSON AT PFR - HYBRID)

Tuesday, May 10 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

Not meeting in May

NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT PFR - HYBRID)
Tuesdays, May 10 & 24 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, May 20 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT

MONTHLY MEETING
(IN-PERSON AT PFR - HYBRID)
Friday, May 20 at 10:00 a.m.
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

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

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

FROM THE DEVELOPMENT OFFICE



PEAPACK PRIVATE
Wealth Management

Spotlight on Peapack Private Wealth Management

Founded in 1921, Peapack-Gladstone Bank is a commercial bank that provides innovative wealth management, investment banking, commercial and retail solutions, including residential lending and online platforms to businesses and consumers. Peapack Private, the Bank's wealth management division and one of the largest trust companies and wealth managers in New Jersey, offers comprehensive financial, tax, fiduciary and investment advice, and solutions, to individuals, families, privately held businesses, family offices, and not-for-profit organizations. Peapack Private helps individuals achieve their goals by developing solutions designed and implemented to establish, maintain, and expand their legacy.

In its commitment to serve its clients and communities, Peapack Private has expanded its geographic footprint through recent strategic acquisitions with offices now located in Bedminster, Morristown, New Providence, Princeton, Red Bank, and Teaneck, New Jersey, as well as in Delaware. The acquisition of New Jersey-based Princeton Portfolio Strategies Group in July 2021 is the eighth for the Bank over the last six years. The continued growth of Peapack Private has elevated its overall delivery of wealth management and customized portfolio management solutions and expands the broad range of experience and expertise its team of wealth advisors, trust officers, and portfolio managers provide to clients looking to create, manage, increase, and protect their wealth. With its custom-tailored guidance and focus on investments for seniors, Peapack Private values the broad range of services provided by the Princeton Senior Resource Center in keeping seniors safe, healthy, engaged, and active.

Together, Peapack-Gladstone Bank and Peapack Private offer an unparalleled commitment to client service. Visit www.pgbank.com and www.peapackprivate.com for more information.

peapackprivate.com

MAY FEATURED SPONSORS



Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

homewatchcaregivers.com/princeton



Rothman Orthopaedic Institute's mission is to help patients live pain-free lives. We're experts in orthopaedics because orthopaedics is all we do.

rothmanortho.com

TWO FUN FUNDRAISERS HAPPENING IN MAY



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 in-person at 101 Poor Farm Road.

Registration link: <https://princetonsenior.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 as they share the history of this family run award winning craft distillery. Take a video 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), (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@princetonsenior.org and 609.751.9699, ext. 103.



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



Mayors Wellness Campaign
Put your community in motion.

Our outdoor patio is now open! Swing by to lounge on the terrace with a friend or a good book or just to soak up the great outdoors. Natural beauty abounds at PSRC!

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



BAN ON PLASTIC BAGS IN EFFECT MAY 4

Beginning May 4, all retail stores in New Jersey will be banned from providing single use plastic bags — and large retailers, such as grocery stores — may not provide paper bags either. You are encouraged to keep reusable bags on hand so you do not need to purchase bags each time you shop. PSRC, in partnership with Sustainable Princeton, will have a take/give collection bin at the Nancy S. Klath Center at 101 Poor Farm Road where you can pick up or donate gently-used reusable shopping bags. There is an additional bin located at the Sustainable Princeton Office at Monument Hall. Let's do our part to protect Mother Earth!



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
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/