

## NOW'S YOUR CHANCE TO FIND OUT WHAT THE EVERGREEN EXCITEMENT IS ALL ABOUT

If you've ever thought of taking a course, the Evergreen Forum designed a Summer Sampler just for you  
Four unique and fascinating courses in June — Take one or as many as you like  
For those of you who have already experienced Evergreen, we welcome you also!



### EVERGREEN FORUM SUMMER SAMPLER

(HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

*Wednesdays, beginning June 8 through June 29, 1:00–3:00 p.m.*

*Fee: \$10 per presentation or \$35 for the entire series*

Register at <https://princetonsenior.link/EF-Summer2022>

**June 8**

#### *Exploring the American West through the Art of the Times*

In this course, we will discuss works of art from various museums throughout the country that document and tell the story of U.S. westward expansion in the nineteenth century.

**Leader: Sandy Kurinsky**

**June 15**

#### *Science in the News*

This class will be broken into two one-hour lectures on current scientific topics: “Xenotransplantation: Pig-to-Human Organ Transplants” and “FDA Approval of Aduhelm for Alzheimer’s: End Run around the Scientific Method.”

**Leader: Harold Heft**

**June 22**

#### *Opera in Films*

We will explore the use of opera in films and why particular opera selections were chosen for inclusion in a variety of movies. Then we will explore Beethoven’s *Ode to Joy*.

**Leader: Harold Kuskin**

**June 29**

#### *The Jersey Boys — New Jersey and the United States Supreme Court*

This class will identify and discuss the five Supreme Court Justices from New Jersey (and one who almost was) with a special focus on the life and career of Justice William J. Brennan, Jr.

**Leader: Philip Carchman**

## NEW! LIVE FROM ALGERIA: WALKING TOUR OF THE CASBAH

(HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

Wednesday, June 1 at 10:00 a.m. Fee: \$5

Register at <https://princetonsenior.link/AlgeriaTour>

Join a live certified tour guide as they give a walking tour of the UNESCO world heritage site Casbah, Algeria.

Turn to [page 7](#) for description.



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

101 Poor Farm Road, Building B  
Princeton, NJ 08540  
(between Bunn Dr. and Mt. Lucas Rd.)  
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*

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FROM THE CEO, DREW DYSON

The Impact of Ageism

Dear Friends,

Prince Taylor was an extraordinary human being. The former Princeton resident (Laurel Circle) and bishop in the United Methodist Church was ninety-four years old when he passed in 2001. In our last conversation, a year before his death, Bishop Taylor challenged me to maintain a positive outlook on life, even when it becomes most difficult. "Each day," he shared, "I wake up happy to have another day to learn and grow and to make a difference in someone's life." He went on to share that his retired years had been among his best, stating that he approached aging "with excitement for what's next!" Turns out, his positive outlook on aging was likely a contributing factor to his long, active life.

Yale psychologist and epidemiologist Dr. Becca Levy, professor in the Yale School of Public Health, has spent her career to this point studying ageism and its effects on the health and well-being of older adults. In her new book, *Breaking the Age Code*, Dr. Levy demonstrates that ageism is about more than "hurt feelings or discriminatory behavior," but also deleteriously affects physical and cognitive health in dramatic ways, including a dramatic shortening of one's life expectancy. This book follows on her 2002 longitudinal study of older adults over a twenty year span in rural Ohio showing that one's own positive views of aging early in retirement extended life by a median of seven and a half years.

Dr. Levy and her colleagues measure ageism by testing subliminal biases evidenced in word association with images to test for negative or positive associations. Through her work over more than thirty years, we know that ageism not only impacts longevity, but ageist attitudes can also lead to significant cardiovascular events, physical functioning, and even Alzheimer's disease, with significant decreases in the size of the hippocampus, the region of the brain connected with memory. Significantly, her research on the APOE4 gene, connected with increased risk for Alzheimer's, shows that "those without the gene who had positive age beliefs had as low a risk as people without the gene."

Ageism also has a dramatic impact on public policy and medical spending. Three significant factors of ageism, specifically age discrimination, negative age stereotypes, and negative self-perceptions of aging "lead to \$63 billion in excess annual spending on common health conditions like cardiovascular and respiratory disease, diabetes, and injuries." These national findings are supported by the World Health Organizations 2021 Global Report on Ageism, which also



found that one in every two people globally held ageist attitudes toward older adults. That report finds that “ageism arises when age is used to categorize and divide people in ways that lead to harm, disadvantage, and injustice” and shows up in prejudicial attitudes, discriminatory acts, and institutional policies and practices that perpetuate stereotypical beliefs.

Dr. Levy finds hope, however, in her belief that “damaging ideas about age can change.” She argues that while it is extremely difficult to create beliefs, you can activate them by reinforcing positive associations with aging like “active,” “full of life,” instead of “grumpy” or “helpless.” She also encourages intergenerational activities in common life (such as our GrandPals PenPals or Seniors-for-Seniors programs) as well as learning about ageism and discovering simple, yet powerful tools to combat ageism.

The Silver Century Foundation is a local organization committed to “promoting a positive view of aging...and shining a light on entrenched societal ageism.” The Silver Century Foundation is the powerful work of local resident Katherine Klotzburger and has been working on this mission since its founding in 2002. Their website, [www.silvercentury.org](http://www.silvercentury.org), offers a clearinghouse for resources focused on combatting ageism and challenging stereotypes. It is a go-to resource and one I encourage you to discover.

Dr. Levy believes in an “age liberation movement,” that sweeps the country and counters the disturbing narrative that aging is something to be feared rather than something to embrace with hope and possibility. Bishop Taylor encouraged aging adults to have an optimistic outlook as they write the next, and perhaps greatest, chapter of their lives. What about you?

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

## PSRC STAFF

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## JUNE PROGRAMS

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



**FIRST FRIDAY FILM — DISCLOSURE**  
(HYBRID — IN-PERSON AT PFR LOCATION  
AND ON ZOOM)

**Friday, June 3 at 1:00 p.m.**

*DISCLOSURE* is an unprecedented, eye-opening look at transgender depictions in film and television, revealing how Hollywood simultaneously reflects and manufactures our deepest anxieties about gender. Leading trans thinkers and creatives share their reactions and resistance to some of Hollywood's most beloved moments. Films and television trace a history that is at once dehumanizing, yet also evolving, complex, and sometimes humorous. What emerges is a fascinating story of dynamic interplay between trans representation on screen, society's beliefs, and the reality of trans lives. Reframing familiar scenes and iconic characters in a new light, director Sam Feder invites viewers to confront unexamined assumptions, and shows how what once captured the American imagination now elicits new feelings. *DISCLOSURE* provokes a startling revolution in how we see and understand trans people. Starring: Laverne Cox, Bianca Leigh, Susan Stryker, Yance Ford. **Running time: 1 hour, 48 minutes; Genre: Documentary; Rated: Mature**  
Registration required, no fee.



**FYI SEMINAR — "ALL ABOUT ELECTRIC BIKES"** (HYBRID — IN-PERSON AT PFR LOCATION AND ON ZOOM)

**Tuesday, June 14 at 3:00 p.m.**

The presentation will include a brief history of bicycles and where electric bikes fit into this history, what makes an electric bike an electric bike, the pros and cons of electric bikes, and why they have been increasing in popularity. For those who are interested, electric bikes will be available for test rides.

Presenter Theresa Wrobel is a partner in Princeton eBikes and is a longtime supporter of the Bike Exchange and the Boys & Girls Club of Mercer County. She is an avid cyclist who found her passion for biking among the hills of her hometown of Ithaca, New York during her teenage years. Registration required, no fee.

**LIBRARY READS — MONDAY, JUNE 6**

*(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**

Registration required, no fee.



**FYI SEMINAR — "JOINT REPLACEMENT — STAYING YOUNG"** (HYBRID — IN-PERSON AT PFR LOCATION AND ON ZOOM)

**Tuesday, June 21 at 3:00 p.m.**

Dr. Arjun Saxena will discuss the benefits of joint replacement to help patients stay active and young as they age. He will discuss diagnosis and treatment options for arthritis joints.

Dr. Saxena is a board-certified fellowship-trained orthopaedic surgeon. He is the director of the Marjorie C. Ernest Center for Joint Replacement at Capital Health. Dr. Saxena works at the Rothman Orthopaedic Institute, a large musculoskeletal practice aimed at improving the lives of patients. Registration required, no fee.



**FYI SEMINAR — "NECK, SHOULDER, OR BACK PAIN?"** (HYBRID — IN-PERSON AT PFR LOCATION AND ON ZOOM)

**Tuesday, June 28 at 3:00 p.m.**

There are many causes of neck, shoulder, and back pain. One of the best ways to decrease your pain levels and increase your flexibility is to perform some simple (and painless!) therapeutic exercises. Techniques for improving posture and poor posture habits are also discussed.

Ruth Kaplan is the owner of Progression Physical Therapy of Princeton. She holds a doctorate in physical therapy and has worked in the profession for thirty-five years. Her primary specialty is outpatient orthopedics, including treatment of back and neck pain, joint pain, postural dysfunction, ergonomics, fall prevention, gait/balance disorders, and decreased functional mobility. Registration required, no fee.

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



#### 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:

***June 7 — Zarlasht Halaimzai:*** What it's like to be a war refugee

***June 14 — Garry Kasparov:*** Stand with Ukraine in the fight against evil

***June 21 — Betül Kacar:*** We could kick-start life on another planet. Should we?

***June 28 — Emily Esfahani Smith:*** There's more to life than being happy  
Registration required, no fee.

This month's FYI sponsors are [Bryn Mawr Trust](#), [Capital Health](#), and [Stark & Stark Attorneys at Law](#). TED Talk sponsors are [Akin Care Senior Services](#), [Brandywine Living: Princeton, Pennington, & Serenade at Princeton](#), [Peapack Private Wealth Management](#), and [Rothkoff Law Group](#).

### LIMITED SERIES PROGRAMS

NEW! A HISTORY OF MODERN ROMANCE LANGUAGES (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

***Monday, June 6 at 10:00 a.m.***

***Fee: \$10.00***

This hour-long lecture will explore Romance languages: What they are, why we love them, and how they came to be. By exploring a mix of history, linguistics, and culture, we will get to know the different languages in the Romance Family.

Instructor: Jen DeMarco is a graduate of Rutgers University - New Brunswick, where she completed a double major in French linguistics and Italian language. Jen lives in Monroe with her husband and dog, and loves her jobs as an instructor of world languages and fitness classes.

NEW! INTRODUCTION TO SPANISH (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

***Mondays and Wednesdays, beginning June 13 through August 15 (no class June 20, July 4, and July 6), 10:00–11:00 a.m.***

***Fee: \$80.00***

This sixteen session Level 1 Spanish Class is appropriate for all levels, including those with no experience studying world languages. The course will begin with the basics, and through the exploration of grammar, vocabulary, and culture, students will develop a conversational level of fluency by the course's end.

Instructor: Jen DeMarco is a graduate of Rutgers University - New Brunswick, where she completed a double major in French Linguistics and Italian Language, with a minor in German, along with Spanish and Russian classes at a university level. Space is limited to 15 with a minimum of 12.

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

***Thursday, June 23 (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](#).*

### SPECIAL NOTICE

Wednesday, June 1 — PSRC closes at 11:00 a.m. for a staff in-service day  
Friday, June 17 — PSRC is closed in honor of the Juneteenth holiday

## JUNE PROGRAMS

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

### PPL'S MORNING TECH SERIES: HOW TO GET PHOTOS OFF YOUR PHONE (ZOOM)

**Wednesday, June 1, 10:00 a.m.**

Taking pictures with a smartphone or tablet is easy. Trying to determine the best way to store them is the challenge. During this session, users will learn various ways to store, save, and protect their pictures and free up some storage space on their device. Registration required, no fee.

Instructor: Dana Treichler

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

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

**Thursday, June 16, 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 Guests: Bill and Lauren O'Neal sing and play a mixture of Irish and 60s and 70s acoustic rock tunes on guitar. Bill O'Neal, Jr. is a retired high school teacher of English, a published author, and a performer of traditional Irish music and is a founding member of the Ballycastle band. Registration required, no fee.

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

**Tuesdays, beginning June 7 through June 28, 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 JUNE, JULY, OR AUGUST

### WOMEN IN RETIREMENT — "THE RECORDER IS A REAL INSTRUMENT" (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

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

Please join us when Sue Parisi, a member of Women in Retirement, will perform on her recorder — an instrument needing no embouchure or whole orchestra with which to make music. Sue joined the Princeton Recorder Society and eventually became its music director. She has studied and performed on many ranges of these instruments. Sue will play five different size recorders and demonstrate their versatility using music from the Medieval to the Modern period. She will be joined by a viol da gamba player, vocalist, and a clarinetist for some pieces. All are welcome. Masks are required.

Registration required, no fee.

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

### TRANSITION TO RETIREMENT (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

**Friday, June 24 (note different day this month) 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.

# NEW! LIVE FROM ALGERIA: WALKING TOUR OF THE CASBAH

(HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

Wednesday, June 1 at 10:00 a.m.

Fee: \$5 — Register at <https://princetonsenior.link/AlgeriaTour>

Join a live certified tour guide as they give a walking tour of the UNESCO world heritage site Casbah, Algeria. The tour will begin at the top of Casbah on a street called Bab Djadid and continue through narrow streets exploring unique corners, shops, and ending in the Squares of Martyrs. Participants will be able to ask questions and engage with the tour guide.

## JUNE ENRICHMENT PROGRAMS

### BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE — Spring Session 2 (ZOOM)

*Eight Sessions on Tuesdays through June 21  
(no class June 7), 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. Space is limited to 10 students with a minimum of 7. Call for availability.

*Instructor: Denise McDaniel*

### FIGURE DRAWING (ZOOM)

*Eight Sessions on Wednesdays through June 22  
(no class June 8), 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. Space is limited to 10 students with a minimum of 7. Call for availability.

*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.

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

*Fridays through June 24 (no class June 17)  
at 2:00 p.m.*

Fee: \$80

For advanced painters, this eight-session class emphasizes the components of the creative painting process. Space limited to 6 students with a minimum of 6.

Call for availability.

*Instructor: Christina Rang*

### MEMOIR WRITING WITH JENNIFER — Spring Quarter (ZOOM)

*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 (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

*Thursdays, 10:00 a.m.* Peer-led science discussion. Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more info.



## JUNE 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](https://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 (ZOOM)**

*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 (ZOOM)**

*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 (ZOOM)**

*Tuesdays, beginning June 7 through June 28, 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.*



## 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 2:00 to 4:00 p.m., appointments required. Most tech assistance will remain virtual and by appointment only.

To learn more about PSRC's technical assistance, go to our website at [princeton senior.org/psrc-tech-resources/](https://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



# JUNE 2022

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Key:

SPB - Suzanne Patterson Building  
PFR - Poor Farm Road

H - Hybrid Group/Program

1

9:30 Figure Drawing  
10:00 Live from Algeria (PFR-H)  
10:00 Princeton Public Library's  
Morning Tech Series

11:00 – 5:00 PSRC  
Closed for In-Staff Meeting

2

10:00 Cosmology (PFR-H)  
10:00 Every Body Walk!  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing  
4:00 Children of Aging Parents  
(PFR-H)

3

10:00 Women in Retirement  
Coffee Klatch  
1:00 First Friday Film -  
"Disclosure" (PFR-H)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art  
of Painting (SPB)

6

10:00 Gentle Mat Yoga + Nidra  
10:00 Modern Romance  
Languages (PFR-H)  
12:00 GrandPals Gabfest  
Lunch (PFR)  
1:00 Global Conversations  
1:00 Library Reads  
1:00 Table Tennis (SPB)  
2:00 Word Play

7

9:30 GrandPals Gabfest  
10:00 *Every Body Walk!*  
10:00 Feldenkrais (PFR)  
10:30 TED Talks  
1:00 Games Day (PFR)  
1:00 Grandparenting Group  
(PFR-H)  
1:00 Stay-Well Chair Exercise

8

1:00 EF Summer  
Sampler (PFR-H)  
3:00 Let's Talk (PFR-H)

9

10:00 Cosmology (PFR-H)  
10:00 Every Body Walk!  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing

10

10:00 Women in Retirement  
Monthly Meeting  
1:00 Table Tennis (SPB)  
1:00 World Wide Knit in Public  
Day (PFR)  
2:00 Mastering the Art  
of Painting (SPB)

13

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

14

9:30 Basic Drawing: Beginners  
to Advanced  
9:30 GrandPals Gabfest  
10:00 Every Body Walk!  
10:00 Feldenkrais (PFR)  
10:30 TED Talks  
11:00 Next Chapter: Widows  
and Widowers (PFR-H)  
12:30 Mr. Softee Ice Cream  
Truck (PFR)  
1:00 Games Day (PFR)  
1:00 Knit Wits (PFR-H)  
1:00 Stay-Well Chair Exercise  
3:00 FYI Seminar - eBikes  
(PFR-H)

15

9:30 Figure Drawing  
10:00 Intro to Spanish (PFR)  
1:00 EF Summer  
Sampler (PFR-H)  
3:00 Let's Talk (PFR-H)

16

10:00 Cosmology (PFR-H)  
10:00 Every Body Walk!  
10:00 Mindful Chair Yoga  
2:00 Music on the Patio (PFR)  
3:00 Early Stage Memory Loss  
Support Group (PFR-H)

17

PSRC CLOSED FOR  
JUNETEENTH HOLIDAY

20

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

21

9:30 Basic Drawing: Beginners  
to Advanced  
9:30 GrandPals Gabfest  
10:00 *Every Body Walk!*  
10:00 Feldenkrais (PFR)  
10:30 TED Talks  
1:00 Games Day (PFR)  
1:00 Stay-Well Chair Exercise  
3:00 FYI Seminar - "Joint  
Replacement" (PFR-H)

22

9:30 Figure Drawing  
10:00 Intro to Spanish (PFR)  
1:00 EF Summer  
Sampler (PFR-H)  
3:00 Let's Talk (Spruce Circle)

23

10:00 Cosmology (PFR-H)  
10:00 *Every Body Walk!*  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing  
3:00 Pups & Cups (PFR)

24

10:00 Women in Retirement  
Coffee Klatch  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art  
of Painting (SPB)  
3:00 Transition to Retirement  
(PFR-H)

27

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

28

9:30 GrandPals Gabfest  
10:00 *Every Body Walk!*  
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 -  
"Back Pain" (PFR-H)

29

10:00 Intro to Spanish (PFR)  
1:00 EF Summer  
Sampler (PFR-H)  
3:00 Let's Talk (PFR-H)

30

10:00 Cosmology (PFR-H)  
10:00 Every Body Walk!  
10:00 Mindful Chair Yoga  
1:00 Memoir Writing

## 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

## GRANDPALS UPDATE

*Continued from back page*

When the pandemic hit in 2020, we had to stop meeting in person and those restrictions are still in place two years later. Now that children are back in school, we wanted to find a new way to encourage intergenerational sharing.

We have started a letter writing program with the fourth graders at Littlebrook and the GrandPals volunteers who are still at home. To date, approximately 100 letters have been exchanged. We hope to continue this even after we are able to have our kindergartner/senior partnerships in person safely once again. For now these GrandPal PenPals are on their way to forging lifelong relationships!

*Theresa Cross, media specialist, Littlebrook School Resource Center, and Wendy Lodge, retired PSRC GrandPals coordinator*

## 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.

**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 or drop off: to: PSRC, 101 Poor Farm Road, Building B (located between Bunn Dr. and Mt. Lucas Rd.), Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.



## COMPUTER GURU — by Don Benjamin

The Donald and Nancy Light Technology and Literacy Lab Programs  
sponsored by: Silver Century Foundation

### Windows 11 and Mac OS Monterey – Six-month Review

*Here are my thoughts about Windows 11 and MacOS Monterey after using both for the last six months. Neither are revolutionary; both bring nice features. And both are more secure.*

#### Windows 11

I really like Windows 11's beautiful desktop, with its rounded window corners and beautiful colors. The enhanced desktop widgets feature displays weather, stocks, and calendar, but doesn't offer enough options. The new Snap Groups and Snap Layout make positioning windows on the screen easier. When you click the maximize icon, you'll see a choice of layouts for the windows on your desktop. Really nice for those of us who run more than one application at a time.

The most un-noticeable change is increased security. Windows 11 requires the computer to have a Trusted Platform Module (TPM) chip that protects the operating system and the “firmware” (that's the built-in software that starts Windows when you start your computer.) In other words, Windows 11 makes it harder for malware to mess up your computer.

#### Should you Upgrade?

Sure—mostly for the better security features. But that said, Windows 10 is quite secure, and Microsoft will continue to support Windows 10 through October 2025. And some older computers that don't have the TPM chip may not be able to run Windows 11. Bottom line: upgrade if you can, but don't lose sleep if you can't or don't want to.

#### Mac OS 12, “Monterey”

Apple's Monterey is the doppelgänger of its former versions (Big Sur, Catalina, Mojave, et al), but adds several features, such as

1. Universal Control that lets you use your keyboard, trackpad, and mouse with a nearby iPad or second Mac,
2. The “quick note” feature for quickly adding a note to your Notebook.
3. A “focus” mode for managing notifications during the day.

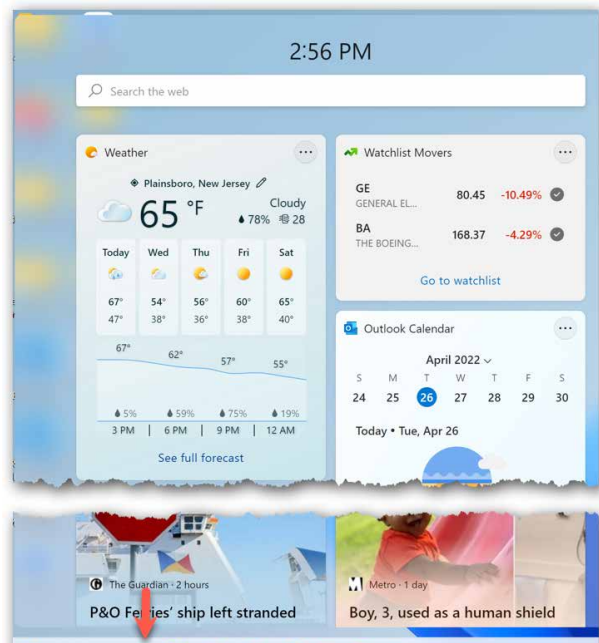
Monterey continues Apple's emphasis on security. For example, adding software like Zoom or TeamViewer will ask you for permission to use your camera, microphone, or file system.

Monterey already offers lots of desktop widgets if you're so inclined, and there are several third-party apps that let you arrange your windows like the new Snap Groups and Snap Layout feature in Windows 11.

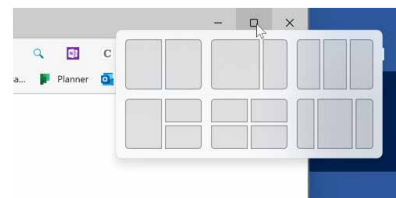
#### Should You Upgrade?

Yes, if for no other reason that MacOS updates always include security enhancements.

If you have questions about Windows or Mac OS, just mosey on over to the PSRC website at <https://www.princeton senior.org/technology-lab/>, fill out a request form, and we'll be in touch.



*Windows 11 widgets afford a quick glance at news, weather, and your calendar.*



*Snap Groups and Layout make window positioning effortless in Windows 11.*

## SOCIAL SERVICES

### Introducing the PSRC Lending Locker!

PSRC can be the new home for the medical equipment that you no longer need.

Mom doesn't need that wheelchair anymore?

Dad doesn't use his cane or walker?

Spouse needs a wheelchair during recovery process?

Grandma needs a walker to help get around?

Call the PSRC Lending Locker to get assistance.

Let the PSRC Lending Locker be your first call to request durable medical equipment at no cost to you. We loan devices for short and long-term use.

We accept manual wheelchairs, transfer wheelchairs, canes, walkers, rollators, new adult diapers, new bed pads, and new diabetic socks, and gently used diabetic/orthotic shoes.

For more information on the PSRC Lending Locker, please contact Billi Charron at 609.751.9699, ext. 115, or email [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org). Visit <https://www.princetonsenior.org/lending-locker/> to access the registration form.



### World Wide Knit in Public Day

Friday, June 10

1:00–3:00 p.m.

101 Poor Farm Road, Building B

(Located between Bunn Dr. and Mt. Lucas Rd.)

Outside, weather permitting (PFR lobby, if rain)

Light refreshments will be available.

Registration required. No fee.

To register go to:

<https://princetonsenior.link/WWKIPday>

### FREE ice cream cone!



Mister Softee

Tuesday, June 14

12:30-2:30 p.m.

Parking lot at 101 Poor Farm Road, Building B  
(Located between Bunn Dr. and Mt. Lucas Rd.)

Sponsored by:





## JUSTICE FOR ALL

### WEAAD — June 15

As Americans, we believe in justice for all. Yet, every year an estimated five million, or one in ten older Americans experience elder abuse, neglect, or exploitation. Working together, we can build the social supports that can prevent this abuse and keep everyone safe as we age. World Elder Abuse Awareness Day (WEAAD) — commemorated on June 15 every year — is an opportunity for people or organizations to take action to protect older people by raising awareness about elder abuse, why it occurs, and what we can do to stop it. We can act collectively to support justice for all.



Watch for messages, research data and opportunities for discussion throughout the month of June. PSRC is here for you. If you or anyone you know has experienced elder abuse, please reach out to have a confidential conversation with someone on our social services team. Send an email to [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org) or call us at 609.751.9699.

Sharon Hurley, director of social services, ext. 104, and Billi Charron, MSW, ext. 115.

#### What Is Elder Abuse?

Elder abuse refers to intentional or negligent acts by a caregiver or trusted individual that causes harm to an older person. Elder abuse takes many forms, including:

- Neglect or Isolation • Physical abuse • Sexual abuse • Financial abuse and exploitation • Emotional or psychological abuse (including verbal abuse and threats)

#### How Can We Report Elder Abuse?

It is up to everyone to prevent and address elder abuse. Report suspected mistreatment to your local adult protective services, long-term care ombudsman or law enforcement agency who can investigate the situation. Programs such as Adult Protective Services (APS) and the Long-Term Care Ombudsmen are here to help. For reporting numbers, contact Eldercare Locator at 1.800.677.1116 ([eldercare.gov](http://eldercare.gov)). If you believe that an older person is in a life-threatening situation, contact 911 or the local police or sheriff's department.

### PSRC Social Services

#### Office Hours at PHA Communities

##### Spruce Circle:

Tuesdays, 12:30–4:30 p.m.; Thursdays, 8:30 a.m.–12:30 p.m.

##### Redding Circle:

Tuesdays, 9:00–11:00 a.m.; Thursdays, 1:00–3:00 p.m.



## GROUPS

#### BEREAVEMENT

Monday, June 20 at 11:00 a.m.  
(Usually third Monday of each month)  
Call Sherri Goldstein  
609.819.1226 to attend.

#### CAREGIVERS

Monday, June 13 & 27 at 3:00 p.m.  
(Usually second & fourth Monday of each month)

#### CHILDREN OF AGING PARENTS (IN-PERSON AT PFR - HYBRID)

Thursday, June 2 at 4:00 p.m.  
(Usually second Thursday of each month)

#### EARLY STAGE MEMORY LOSS SUPPORT (IN-PERSON AT PFR - HYBRID)

Thursday, June 16 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, June 7 at 1:00 p.m.  
(Usually first Tuesday of each month)

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

Tuesday, June 14 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. (not meeting  
June 1; June 22 at Spruce Circle)

#### MEN IN RETIREMENT MONTHLY MEETING

Not meeting in June

#### NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT PFR - HYBRID)

Tuesdays, June 14 & 28 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, June 24 at 3:00 p.m.  
(Usually third Friday of each month)

#### WOMEN IN RETIREMENT MONTHLY MEETING

(IN-PERSON AT PFR - HYBRID)

Friday, June 10 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](http://princetonsenior.org)  
or call 609.751.9699 for assistance.

## FROM THE DEVELOPMENT OFFICE



### Spotlight on Walsh Senior Solutions

Walsh Senior Solutions helps families of all ages to declutter, downsize, and move. As an insured moving company, they provide a comprehensive solution to families who are moving, as well as families who want to declutter and remain in their home. They have helped more than 800 families in the past four years.

Walsh helps families to sort, keep, sell, donate, discard, or move their possessions. In addition to services to get the home ready for real estate photography, they also help with floor planning to decide what of their current furniture and items can fit into their next home, as well as coordinating the selling of excess possessions through various sources, such as an estate sale, consignment, online auction, or online selling. For items unsold, they can help with the donation of furniture and other items, and provide a donation receipt. Additionally, they provide junk removal services, estate cleanout, house cleaning before the real estate photos and closing date, the packing and moving of a traditional moving company, unpacking services to have the new home setup and live-in ready, as well as helping to pack and bring items to storage, or pack and load a pod-like moving container that is often seen in driveways.

Walsh Senior Solutions is trained, insured, and bonded by the National Association of Senior Move Managers and an active member of Caring Connections of NJ/PA, the Association of Elder Care Professionals, and Senior Care Services. Walsh Senior Solutions is pleased to be a supporting sponsor of the Princeton Senior Resource Center and look forward to assisting you or your loved one.

Contact Walsh Senior Solutions online to setup a free consultation at <https://www.walshseniorsolutions.com> or call 609.558.1830.

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

## JUNE FEATURED SPONSORS



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

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



To provide the highest quality care services to each and every resident, patient, and family.  
"The art of living well"

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

## FROM THE DEVELOPMENT OFFICE

As we approach the last month of the 2021–2022 annual giving campaign, we invite you to make a **DONATION** that will further our work with the older adults in our community. By participating in our annual fund with your donation, PSRC will be able to continue bringing purpose, hope, and light to the seniors we serve.



“The best way to lengthen out our days is to walk steadily and with a purpose.” —Charles Dickens

For forty-eight years, PSRC has been a beacon of hope for older adults in our community by providing dynamic enrichment programs, engaging lifelong learning opportunities, compassionate social services, and knowledgeable resource referrals. PSRC exists to help older adults thrive and experience the joy and hope of aging well.

For Lynn, who discovered a new sense of purpose and belonging in the Elements of Painting class at PSRC, identifying it as “life altering.” She found this virtual class, in the midst of the pandemic, and decided to give it a try.

For Geri, purpose was discovered through volunteerism, connecting with our social service team to create the new and very popular Early-Stage Memory Loss Support group. A retired clinical social worker, Geri was teamed with fellow social worker Eileen to launch this critical group.

As a participant, volunteer, or friend of PSRC, your participation in this campaign would be extremely meaningful to us and would help us finish our fiscal year in a strong position to continue serving the older adults in our community. Whatever you are able to give will be deeply worthwhile and greatly appreciated.

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.

To make a DONATION, visit <https://princetonsenior.link/donate2021-2022>, or call 609.751.9699, ext 103.



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



Mayors Wellness Campaign  
Put your community in motion.

## GrandPal PenPals

In 1997 a new partnership was formed between students at Littlebrook School and seniors in the community through Princeton Senior Resource Center called GrandPals. Every year since then kindergarten students were paired with volunteers who came weekly to the Littlebrook Library to share a love of reading. It has been one of our most beloved programs and has spread to all four elementary schools in the district.

*(Continued inside on page 10)*

PHOTOS: Letters exchanged between GrandPal senior volunteers and fourth graders at the Littlebrook School in Princeton



**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

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