

# Celebrate With Us

**Save the Date**  
**2022 PSRC Fall Benefit**

**Thursday, September 15, 6:00 p.m.**  
**101 Poor Farm Road, Princeton**

*Cocktails – Dinner – Entertainment*

**2022 Leadership Awards:**

*Individual Honoree, Norman Klath*

*Corporate Honoree, Stark & Stark Attorneys at Law*

For ticket and event sponsorship information, visit [princetonsenior.org/2022fallbenefit](https://princetonsenior.org/2022fallbenefit).

## TRY SOMETHING NEW THIS SUMMER



**Technologies  
of Time**

**Canasta**



**Bingo**

**AEROBICS**



Turn to **pages 5, 6, and 7** for details about our exciting new programs!

**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*

**PSRC STAFF**

**Drew A. Dyson, PhD**  
Chief Executive Officer

**Donna Cosgrove**  
Chief Operating Officer

**Lisa Adler**  
Chief Development Officer

**Fran Angelone**  
Crosstown Coordinator

**Billi Charron, MSW**  
Social Worker

**Cathy Gara**  
Bookkeeper & HR Coordinator

**Cheryl Gomes**  
Development Associate

**Krista Hendrickson**  
Director of Lifelong Learning  
& Educational Technology

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

**Nick Macy**  
Receptionist & Administrative Support

**Jai Nimgaonkar**  
Technology Associate

**Barbara Prince**  
Development Coordinator

**Carla Servin**  
Program Associate

**Beth Weiskopf**  
Program Administrator

**Kathleen Whalen**  
Director of Communications

**Mission**

**Mission**

The Princeton Senior Resource Center (PSRC) is a community nonprofit organization that exists to help older adults thrive. We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.

**Vision**

Our vision is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. PSRC envisions a world where older adults embrace aging and are valued for their wisdom, experience, and talent.

**Our Core Values**

**Our Core Values**

Community

Inclusion

Stewardship

Excellence

Compassion

Innovation

Purpose

Joy

*Core Values expanded on opposite page*

## FROM THE CEO, DREW DYSON

### Charting a Course for the Future



Dear Friends,

This has been an exciting time in the life of the Princeton Senior Resource Center! In just over two years, we have weathered a pandemic, pivoted to offer virtual programming, significantly expanded our reach into our community and beyond, strengthened our relationships with municipal and community partners, deepened the impact of our social services, purchased and renovated our new building (The Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road), and we have now launched three types of programs (in-person, virtual, and hybrid). Just typing this out (and there are several things not listed), leaves me a bit breathless — and very energized for our future.

Over the course of the past eighteen months, PSRC has been involved in a strategic planning process to create an organizational roadmap for the next five years. We have been expertly guided through this process by Allison Trimarco of Creative Capacity consultants. Our board and staff strategic planning task force, led by board member Nancy Becker, led the effort with our full board. And you, our participants and community/corporate partners, participated through surveys and focus groups to help us sharpen our thinking about the future. Finally, there was significant involvement from members throughout our region who are not yet connected with PSRC. Together, this extraordinary team of people (you included), developed a strategic plan that will lead us into the future.

Part of that process involved strengthening and sharpening our organizational mission, vision, and values. On the previous page, you will read our newly adopted mission statement, as well as our vision for PSRC and for the older adults we serve. Finally, you will read eight core values that guide our work and ground who we are as an organization. I encourage you to read and reflect on how PSRC currently reflects these values and also where we can strengthen our work. I would love to hear your insights — so feel free to email me your thoughts! In the months ahead, we will share more from our strategic plan and, more importantly, you will see the results of the plan in action as we move into the future.

In the end, we are who we are because of YOU! I am grateful for your input along the way and I am excited to journey into this next chapter alongside each of you.

All the Best,

*Drew A. Dyson, PhD, Chief Executive Officer*

## Our Core Values

### Community

We facilitate and foster human connections so that no older adult, family, or caregiver feels alone in the journey of aging.

### Compassion

We respect the dignity, wisdom, and worth of each person, serving the older adults in our community with compassion and empathy.

### Inclusion

We purposefully embrace inclusion by actively working to remove barriers to participation at PSRC. We are committed to creating a more equitable, accessible, safe, welcoming, and inclusive center where differences are recognized, respected, valued, and celebrated.

### Innovation

We employ creativity and imagination in developing programs and services to meet the needs of the community we serve.

### Stewardship

We maximize the efficient use of financial and human resources while maintaining the highest ethical standards.

### Purpose

We promote the idea that everyone's life should have purpose and meaning, providing older adults avenues to give of their time and talent in service of PSRC and the wider community.

### Excellence

We strive for excellence in all aspects of our work, leading with flexibility and adaptability while continually seeking to improve the experience of our participants.

### Joy

We create experiences with and for older adults, offering something for everyone, so that fun and joy are a part of our participants' daily lives.

## JULY PROGRAMS

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



**FIRST FRIDAY FILM — ROADRUNNER:**  
A FILM ABOUT ANTHONY BOURDAIN  
(HYBRID – IN-PERSON AT PFR LOCATION

AND ON ZOOM)

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

It's not where you go. It's what you leave behind... chef, writer, adventurer, provocateur: Anthony Bourdain lived his life unabashedly. This film is an intimate, behind-the-scenes look at how an anonymous chef became a world-renowned cultural icon. From Academy Award-winning filmmaker Morgan Neville (*20 Feet From Stardom*, *Won't You Be My Neighbor?*), this unflinching look at Bourdain reverberates with his presence, in his own voice and in the way he indelibly impacted the world around him. Starring: Anthony Bourdain, David Chang, Anderson Cooper. **Running time: 1 hour, 59 minutes; Genre: Documentary; Rated: R, for language**

Registration required, no fee.



**FYI SEMINAR — "TRANSPORTATION AND TECHNOLOGY"** (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

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

Steve daCosta of Greater Mercer TMA (GMTMA) will present *Navigating Your Transportation Options: Apps, Maps, and You*. You'll learn how to use technology to get around how and when you want. Find and catch the right bus or train anytime and make services like Uber and Lyft work for you. Still driving? We've got you covered too, with maps and GPS.

GMTMA is a local nonprofit dedicated to promoting and providing transportation choices that are designed to reduce congestion, improve mobility, increase safety, and further sustainability. Cheryl Kastrenakes is the director, and Steve daCosta is a senior planner, at the GMTMA. Registration required, no fee.



**FYI SEMINAR — "CONCRETE SOLUTIONS TO EMPOWER RESILIENCE"** (IN-PERSON AT PFR LOCATION)

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

This presentation explains senior resources and when it's time to engage services. You'll learn what to expect when hiring outside services, cost of services, types of services, and when one would need services. There will also be a discussion on what is covered by insurance and what would be a private pay expense.

Sheli Monacchio is a home safety assessment consultant and an Aids of Daily Living specialist. She is also a Certified Dementia Practitioner, a Certified Alzheimer's Disease and Dementia Care Trainer, and a Montessori Dementia Care Professional. Sheli is the founder of Caring Connections of New Jersey and Pennsylvania, an organization that provides resources and education to seniors and their families. She has also been facilitating caregiver, dementia, and grief support groups throughout New Jersey since 2005. Registration required, no fee.



**TED TALKS (IN-PERSON AT PFR LOCATION)**

**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:

**July 5 — No Ted Talk this week**

**July 12 — Becca Heller:** A safe pathway to resettlement for migrants and refugees

**July 19 — Robert Thurman:** Expanding your circle of compassion (*recommended by Nayan*)

**July 26 — Barry Schwartz:** What role does luck play in your life

Registration required, no fee.

*This month's FYI sponsors are Akin Care Senior Services, Brandywine Living: Princeton, Pennington, & Serenade at Princeton, Peapack Private Wealth Management, and Rothkoff Law Group. TED Talk sponsors are Homewatch CareGivers, NightingaleNJ Eldercare Navigators, and Penn Medicine Princeton Health.*



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

## LIMITED SERIES PROGRAMS

LIVE FROM BELGIUM: WALKING TOUR OF BRUGES  
(HYBRID – IN-PERSON AT PFR LOCATION AND  
ON ZOOM)

**Thursday, July 14 at 3:00–4:00 p.m.**

**Fee: \$5.00**

Join a live certified tour guide for a walking tour of Bruges, the Venice of the North. Together we'll explore canals, bridges, and the beautiful Market and Burg Square. Experience Belgium from the comfort of home or in-person on our large high-definition projector at Poor Farm Road. It'll feel like you're there!

*Save the date for our next virtual trip — Live from Egypt:  
Sailing the River Nile on August 16 at 10:00 a.m.*

TECHNOLOGIES OF TIME — THREE-SESSION  
WORKSHOP (IN-PERSON AT PSRC'S POOR FARM  
ROAD LOCATION)

**Tuesdays starting July 12 through July 26,  
11:00 a.m.–noon**

**Fee: \$30 resident / \$35 nonresident**

St. Augustine once asked, "For what is time? Who can easily and briefly explain it? Who can comprehend it even in thought?" Join us for a three-week series exploring the challenges and promises of studying time. We will focus on how we mark, calculate, and track time through technology and how technology made by humans, controls humans.

Leader: Darin Hayon is an associate professor of the History of Science at Haverford College. He is a published author, public speaker, and has served as a consultant for television programs.

CREATIVE CALM: INVITING INSIGHT — FOUR-SESSION  
WORKSHOP (IN-PERSON AT PSRC'S POOR FARM  
ROAD LOCATION)

**Fridays starting July 8 through July 29,  
10:00–11:00 a.m.**

**Fee: \$20 resident / \$25 nonresident**

Mindfulness meditation develops two qualities that have a beneficial effect on our lives. It increases our

awareness of what is really going on for us—what we are thinking and feeling that we may not even realize. And it helps us create a calm space where we can open to clearer wisdom and knowledge. Join us to learn or revisit a meditation practice that can help sustain you through all of life's ups and downs.

Leader: Amy Rhett began meditating in college where she fell in love with the experience of being alert yet relaxed. She went on to study with Thich Nhat Hanh and is currently completing mindfulness training with Tara Brach and Jack Kornfield. An executive in marketing communications, she finds meditation essential to staying calm and centered, as well as creatively inspired. Space is limited to 10 participants.

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

**Thursday, July 28 (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](#).*

LIBRARY READS — MONDAY, JULY 11  
(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.

## JULY PROGRAMS

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

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

**Thursday, July 21, 2:00–3:30 p.m.**

**Fee: \$5.00**

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: Bob Mecklenburger, a resident of Princeton Junction, is a folksinger, songwriter, and guitarist. He's been singing and playing his 6-string and 12-string guitars for more than sixty years, performing songs from the 1960s/1970s folk music revival and his own compositions in a variety of bands and groups. Registration required.

PSRC's Music on the Patio Program is sponsored by [Artis Senior Living](#).

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

**Tuesdays, beginning July 5 through July 19, 9:30 a.m.**

**Fee: \$23 resident, \$27 nonresident**

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](#).

### TECHNOLOGY WORKSHOP: MICROSOFT WORD BASICS (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

**Wednesday, July 20, 2:00 p.m.**

**Fee: \$5.00**

This basic ninety-minute class will cover Microsoft Word essentials, including creating and formatting documents, making lists, using styles and templates, inserting pictures, checking grammar and spelling, and much more. We'll also explain where to save your documents so you can find them.

The instructor will be using the latest version of Microsoft Word for Windows and Mac. The techniques will also work for MS Word 2016 and later for Windows and Mac, as well as Office 365. We'll also touch on the free web versions of Word. This is an interactive class, and you should bring your laptop. Make sure it's fully charged.

Space is limited to 15

*Instructors: Don Benjamin and Evelyn Sasmor*

### BINGO (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

**Wednesday, July 13 and July 27, Doors open**

**1:00–1:30 p.m., Event runs 1:30 to 3:30 p.m.**

Join us for an afternoon of fun playing Summer Bingo where there's no charge and every game ends with a winner! Fun and exciting prizes will be available.

Registration is required as space is limited to 32 players.

## SPECIAL NOTICES

Monday, July 4 — PSRC is closed in celebration of Independence Day

### New Program Rates:

Beginning July 1, PSRC is returning to its prepandemic fee structure of different price points for Princeton residents and those who live outside of the municipality. When registering, a Princeton resident is considered one who pays taxes to the municipality of Princeton.

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

## LEARN TO PLAY CANASTA WITH NEILIA (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

**Thursday, July 14, 1:00 to 4:00 p.m.**

**Fee: \$20 resident / \$25 nonresident**

Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with 2–4 players, in partnerships or individually, Canasta is one of the most widely-played card games in the U.S. Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6.

*Note: There is a materials fee of \$3 payable to the instructor in class.*

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

## LEARN TO PLAY HAND & FOOT CANASTA WITH NEILIA (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

**Thursday, July 28, 1:00 to 4:00 p.m.**

**Fee: \$20 resident / \$25 nonresident**

A fun and easy card game in the Canasta family of games. Hand & Foot has become very popular and can be played with 2–4 players, in partnerships or individually. Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6.

*Note: There is a materials fee of \$3 payable to the instructor in class.*

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

## RETIREMENT PROGRAMS

### MEN IN RETIREMENT — NOT MEETING IN JULY OR AUGUST

### WOMEN IN RETIREMENT — “WOMEN AND FINANCIAL EMPOWERMENT” (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

**Friday, July 15 at 10:00 a.m.**

Arlene Ferris-Waks, director of complaints and investor outreach from the New Jersey Bureau of Securities will examine how women can be safer investors and knowledgeable about all aspects of their financial security. The program will focus on the fact that women tend to live longer than men, and often need to invest through many different phases in their lives. Learn how you can have a safer financial future. All are welcome. Registration required, no fee.

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

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

**Friday, July 15 (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.

## 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

## JULY EXERCISE & FITNESS PROGRAMS

### **AEROBICS (IN-PERSON AT SUZANNE PATTERSON BUILDING)**

*Mondays, Wednesdays, and Fridays, beginning July 11 through July 29, 8:30–9:30 a.m.*

Fee: \$45 resident/\$53 nonresident

Join us in person for a fun aerobic workout designed to get the body moving through a variety of exercises set to great music. This course is welcoming and inclusive to all fitness levels. Space is limited to 25 with a minimum of 9. Registration required, no walk-ins.

*Instructor: Jen DeMarco is a NASM Certified Personal Trainer, AFAA Group Fitness Instructor, AFPA Mat Pilates Instructor, and Certified Barre Movement Teacher.*

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

*Tuesdays and Thursdays, 9:00 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 — Summer Quarter (ZOOM)**

*Mondays, beginning July 11 through September 26, no class on September 5, 10:00 a.m.*

Fee: \$80 resident/\$90 nonresident 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 — Eight-Week Summer Session (ZOOM)**

*Thursdays, beginning July 7 through August 25, 10:00 a.m.*

Fee: \$53 resident/\$60 nonresident

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: Adnan Shamsi*

### **STAY-WELL CHAIR EXERCISE (ZOOM)**

*Tuesdays, beginning July 5 through July 26, 1:00 p.m.*

Fee: \$30 resident/\$35 nonresident

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. (No Table Tennis on 7/1 and 7/4)*

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 Wednesdays and Thursdays (masks required), from 2:00 to 4:00 p.m., and virtually, Monday through Friday. All tech help is by appointment only. Please follow PSRC's safety protocols for in-person programs. To learn more about PSRC's technical assistance, go to our website at [princetonior.org/technology-lab/](https://princetonior.org/technology-lab/) or to fill out a request form go to [princetonior.org/link/tech-assist](https://princetonior.org/link/tech-assist).



# JULY 2022

Monday

Tuesday

Wednesday

Thursday

Friday

## Key:

SPB - Suzanne Patterson Building  
PFR - Poor Farm Road

H - Hybrid Group/Program

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PSRC IS CLOSED IN  
OBSERVANCE OF  
INDEPENDENCE DAY

5

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

6

3:00 Let's Talk (PFR-H)

7

9:00 *Every Body Walk!*  
10:00 Cosmology (PFR-H)  
10:00 Mindful Chair Yoga

8

8:30 Aerobics  
10:00 Creative Calm, Inviting  
Insight (PFR)  
10:00 Women in Retirement  
Coffee Klatch  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)

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8:30 Aerobics (SPB)  
10:00 Gentle Mat Yoga + Nidra  
10:00 Intro to Spanish (PFR)  
12:00 GrandPals Gabfest  
1:00 Global Conversations  
1:00 Library Reads  
1:00 Table Tennis (SPB)  
2:00 Word Play  
3:00 Caregivers

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9:00 *Every Body Walk!*  
9:30 Basic Drawing: Beginners  
to Advanced  
9:30 Feldenkrais  
9:30 GrandPals Gabfest  
10:30 TED Talks (PFR)  
11:00 Next Chapter: Widows  
and Widowers (PFR-H)  
11:00 Technologies of Time  
(PFR)  
1:00 Games Day (PFR)  
1:00 Knit Wits (PFR-H)  
1:00 Stay-Well Chair Exercise  
3:00 FYI Seminar -  
"Transportation &  
Technology" (PFR-H)

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8:30 Aerobics (SPB)  
9:30 Figure Drawing  
10:00 Intro to Spanish (PFR)  
1:00 Ask a Doc: How to Plan  
Ahead and Be Prepared (PFR)  
1:00 Bingo (PFR) - Doors Open  
at 1:00  
3:00 Let's Talk (PFR-H)

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9:00 *Every Body Walk!*  
10:00 Cosmology (PFR-H)  
10:00 Mindful Chair Yoga  
1:00 Learn to Play CANASTA  
with Neilia (PFR)  
3:00 Live from Belgium: Walking  
Tour of Bruges (PFR-H)  
4:00 Children of Aging Parents  
(PFR-H)

15

8:30 Aerobics  
10:00 Creative Calm, Inviting  
Insight (PFR)  
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)

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8:30 Aerobics (SPB)  
10:00 Gentle Mat Yoga + Nidra  
10:00 Intro to Spanish (PFR)  
11:00 Bereavement  
12:00 GrandPals Gabfest  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 Word Play

19

9:00 *Every Body Walk!*  
9:30 Basic Drawing: Beginners  
to Advanced  
9:30 Feldenkrais  
9:30 GrandPals Gabfest  
10:30 TED Talks (PFR)  
11:00 Technologies of Time  
(PFR)  
1:00 Games Day (PFR)  
1:00 Stay-Well Chair Exercise

20

8:30 Aerobics (SPB)  
9:30 Figure Drawing  
10:00 Intro to Spanish (PFR)  
2:00 Tech Workshop: Microsoft  
Word Basics (PFR)  
3:00 Let's Talk (PFR-H)

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9:00 *Every Body Walk!*  
10:00 Cosmology (PFR-H)  
10:00 Mindful Chair Yoga  
2:00 Music on the Patio (PFR)  
3:00 Early Stage Memory Loss  
Support Group (PFR-H)

22

8:30 Aerobics  
10:00 Creative Calm, Inviting  
Insight (PFR)  
10:00 Women in Retirement  
Coffee Klatch  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)

25

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

26

9:00 *Every Body Walk!*  
9:30 Basic Drawing: Beginners  
to Advanced  
9:30 GrandPals Gabfest  
10:30 TED Talks (PFR)  
11:00 Next Chapter: Widows  
and Widowers (PFR-H)  
11:00 Technologies of Time  
(PFR)  
1:00 Games Day (PFR)  
1:00 Stay-Well Chair Exercise  
3:00 FYI Seminar - "Concrete  
Solutions to Empower  
Resilience" (PFR)

27

8:30 Aerobics (SPB)  
9:30 Figure Drawing  
10:00 Intro to Spanish (PFR)  
1:00 Bingo (PFR) - Doors Open  
at 1:00  
3:00 Let's Talk (Spruce Circle)

28

9:00 *Every Body Walk!*  
10:00 Cosmology (PFR-H)  
10:00 Mindful Chair Yoga  
1:00 Learn to Play HAND &  
FOOT CANASTA with Neilia  
(PFR)  
3:00 Pups & Cups (PFR)

29

8:30 Aerobics  
10:00 Creative Calm, Inviting  
Insight (PFR)  
10:00 Women in Retirement  
Coffee Klatch  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)



## Fall 2022 Course List

Classes begin the week of September 26, 2022

### **AFRICA**

**LEADER:** Robert Nolan

**FORMAT:** Hybrid

**THURSDAYS 1:00 to 3:00 p.m.**

### **BIRD BEHAVIOR: BIRDS AS ARTISTS**

**LEADER:** Wendy Worth

**FORMAT:** Virtual

**THURSDAYS 1:00 to 3:00 p.m.**

### **CHALLENGES FOR THE FUTURE**

**LEADER:** Peter Smith with assistance from  
Dr. Peggy de Wolf

**FORMAT:** Hybrid

**MONDAYS 10:00 a.m. to noon**

### **CONTEMPORARY BUSINESS & ECONOMICAL ISSUES**

**LEADERS:** Milton H. Grannatt and Kurt Steiner

**FORMAT:** In-person

**WEDNESDAYS 1:00 to 3:00 p.m.**

### **COURTSHIP AND THE QUEEN**

**LEADER:** Lynne Cullinane

**FORMAT:** In-person

**THURSDAYS 10:00 a.m. to noon**

### **CULTURE WARS AND THE 2022 MID-TERM ELECTIONS**

**LEADER:** Elaine Jacoby

**FORMAT:** Hybrid

**TUESDAYS 1:30 to 3:30 p.m.**

### **EXPLAINING THE IPHONE TO ISAAC NEWTON**

**LEADER:** Bernard Abramson

**FORMAT:** Hybrid

**MONDAYS 1:00 to 3:00 p.m.**

### **EXPLORING THE EARLY NEOLITHIC WORLD**

**LEADER:** Kay Widmer

**FORMAT:** In-person

**TUESDAYS 10:00 a.m. to noon**

### **GO, WENT, GONE: LITERATURE OF IMMIGRATION**

**LEADER:** Lois Marie Harrod

**FORMAT:** Virtual

**WEDNESDAYS 1:00 to 3:00 p.m.**

### **HARD CHOICES IN POLITICAL LIFE**

**LEADER:** Michael Walzer

**FORMAT:** In-person

**TUESDAYS 10:00 a.m. to noon**

### **IMAGINING WOMEN: FILMS OF THE 1940S**

**LEADER:** Judith B. Walzer

**FORMAT:** In-person

**TUESDAYS 1:00 to 3:00 p.m.**

### **THE POWER OF WORDS: PEOPLE & STORIES**

**LEADER:** Ellen Gilbert

**FORMAT:** In-person

**MONDAYS 10:00 a.m. to noon**

### **THE ROLE OF THE ARTIST**

**LEADER:** Nancee Goldstein

**FORMAT:** Virtual

**WEDNESDAYS 1:00 to 2:30 p.m.**

### **SCIENCE IN THE NEWS**

**LEADER:** Harold Heft

**FORMAT:** Hybrid

**FRIDAYS 10:00 a.m. to noon**

### **A SERIES OF MUSICAL EXPLORATIONS**

**LEADER:** Barbara Kirsh

**FORMAT:** Hybrid

**WEDNESDAYS 1:00 to 3:00 p.m.**

### **THE SOCIOLOGY AND PSYCHOLOGY OF OPPRESSION**

**LEADER:** Martin Oppenheimer

**FORMAT:** In-person

**WEDNESDAYS 10:00 a.m. to noon**

The Evergreen Forum uses a first-come, first-served registration system. **Registration will open on Tuesday, August 23 at 9:30 a.m.** Registration for a second or more courses will open on Tuesday September 6. To register, go to [princetonsenior.org](https://princetonsenior.org). Telephone and mail applications will not be accepted. Course format is subject to change.

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

**New Evergreen Forum Fees: \$110 for a six- to eight-week course, and \$85 for a three- to five-week course.**  
Cost should never be a barrier to learning! [Senior Scholarships](#) are available to those for whom the fee is a hardship.

### THE SUPREME COURT: REDISTRICTING, VOTING RIGHTS, CAMPAIGN FINANCE

LEADER: Philip Carchman

FORMAT: Hybrid

THURSDAYS 10:00 a.m. to noon

### VIRGINIA WOOLF: NOVELS AND FILMS

LEADER: Dianne Sadoff

FORMAT: Virtual

TUESDAYS 1:00 to 3:00 p.m.

### WHITTY, SUBVERSIVE, MODERN ENGLISH NOVELS

LEADER: Judith Wooldridge

FORMAT: Virtual

TUESDAYS 10:00 a.m. to noon

### WOODROW WILSON: HERO OR VILLIAN?

LEADER: Stan Katz

FORMAT: Virtual

FRIDAYS 1:00 to 3:00 p.m.

### WORLD CINEMA

LEADER: Judith Zinis

FORMAT: In-person

THURSDAYS 10:00 a.m. to noon

## JULY ENRICHMENT PROGRAMS

### BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE — SUMMER SESSION 1 (ZOOM)

*Tuesdays, beginning July 12 through August 30, 9:30 to 11:00 a.m.*

Fee: \$85 resident/\$95 nonresident

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. Experienced artists will grow in agility and gain proficiency. Fun weekly challenges! Space is limited to 10 students with a minimum of 8. Call for availability.

*Instructor: Denise McDaniel*

### FIGURE DRAWING — SUMMER SESSION 1 (ZOOM)

*Wednesdays, beginning July 13 through August 31, 9:30 to 11:00 a.m.*

Fee: \$85 resident/\$95 nonresident

Open to all skill levels, this eight-session class will focus on all aspects of figure drawing, including basic drawing techniques, anatomy for artists, and and portrait drawing. 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 8. 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 — SUMMER SESSION 1 (IN-PERSON AT SUZANNE PATTERSON BUILDING)

*Fridays, beginning July 8 through August 26, 2:00 p.m.*

Fee: \$85 resident/\$95 nonresident

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*

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

*Thursdays, 10:00 a.m.*

Fee: \$40 resident/\$45 nonresident

Peer-led science discussion. Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more info.

## 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

## ASK A DOC: HOW TO PLAN AHEAD AND BE PREPARED

### Wednesday, July 13 at 1:00 p.m. (In-Person at PSRC's Poor Farm Road Location)

Presenter: Dr. Vikranta Sharma serves as the medical director of hospice and palliative care at Visiting Nurse Association Health Group and medical director of palliative care at Centrastate Healthcare System. Dr. Sharma also serves on the steering committee for Conversation of Your Life and as a board member of the New Jersey Foundation of Aging. (<https://www.njhcqi.org/coyl/>)

Topic: When we, or those we love, face serious illness, we have to make many personal and medical decisions that can be frightening, difficult, and confusing. Individuals who have conversations with their clinicians about their values, goals, and wishes are more likely to receive the care they want, feel less distress, and report better quality of life. Join Dr. Sharma and ask any pressing questions you may have on how to start this conversation.

Register at [princetonsenior.link/AskDoc](https://princetonsenior.link/AskDoc)

## 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

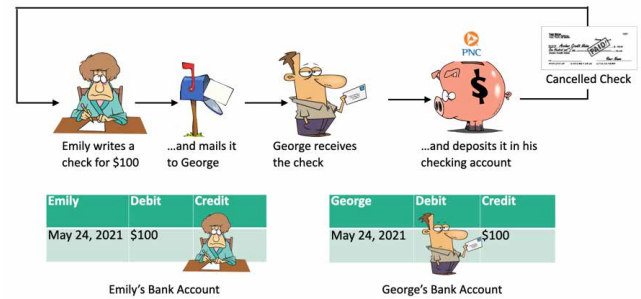
The Donald and Nancy Light Technology and Literacy Lab Programs  
sponsored by: Peapack Private Wealth Management

### Bitcoin

*Bitcoin is one of many cryptocurrencies that don't depend on banks to serve as clearinghouses. So should you pay for stuff with Bitcoin? In this edition of Guru, we'll dip our big toe into the world of cryptocurrency.*

Before we explain Bitcoin, we need to review what happens when you pay someone with a check or credit card, both of which are non-cash transactions.

In the picture to the right, Emily mails George a check for \$100. George takes the check to his bank and gives it to the teller with a deposit slip. The bank then transfers \$100 from Emily's checking account to George's. Emily receives her cancelled check as a receipt, and the bank sends Emily and George a "ledger" (bank statement) each month that lists their transactions.



*Banks serve as clearinghouses for transactions by check.*

Neither Emily nor George physically handles the cash.

Instead, the bank “clears” the check, debits the buyer’s account, and credits the seller’s.

It’s worked well all these years, but there are some downsides. For example, Emily may not have \$100 in her account, the check can be lost in the mail, or need a few days to clear. And checks can be forged.

**On the other hand**, Bitcoin transfers funds directly from the buyer’s Bitcoin account<sup>1</sup> to the seller’s without the need for a bank to clear the exchange (see picture below).

But where is the record of the transaction? There’s no cancelled check or bank statement.

Instead, the Bitcoin system places the transaction details into multiple, identical online ledgers, called “blockchains,” managed by a consortium of blockchain managers.

Because there are multiple copies of these blockchains, if anyone tries to manipulate an entry to divert funds, the corresponding blocks in other blockchains won’t agree, and management consortium will correct the error. Moreover, the blocks are openly available to Bitcoin users so that they can confirm their transactions.

There’s one more feature of cryptocurrency—anonymity.

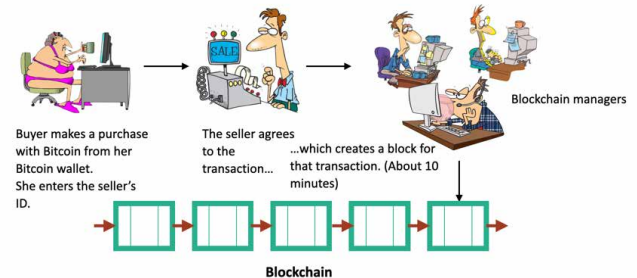
The buyer and seller may never know each other—they only know each other’s IDs, which they’ll see in the blockchain ledger. This privacy is why scammers often demand ransom payments in Bitcoin.

The downsides include the enormous computing effort by the blockchain managers to maintain the blockchains (called “mining”) and the unstable value of cryptocurrencies, which aren’t managed like the dollar.

Now, I’ll admit this is a superficial view of the blockchain concept that forms the backbone of Bitcoin and other cryptocurrencies.

I have no reason to use Bitcoin, and many reasons not to. Cryptocurrency may have a place in our economy, but not to pay for my recent Amazon purchase of bathroom tissue (which you may have gift-wrapped if you’d prefer.)

If you have questions for the technology lab, visit the PSRC website at <https://www.princetonsenior.org/technology-lab/>, fill out a request form, and we’ll be in touch.



<sup>1</sup> Both the buyer and seller must subscribe to one of many Bitcoin account services, which issues account IDs and passwords.

## SOCIAL SERVICES

### International Day of Friendship — Saturday, July 30

The United Nations designates specific days, weeks, years, and decades as occasions to mark particular events or topics in order to promote, through awareness and action, the objectives of the organization.

#### Sharing the human spirit through friendship

Our world faces many challenges, crises, and forces of division — such as poverty, violence, and human rights abuses — among many others — that undermine peace, security, development, and social harmony among the world's peoples.

To confront those crises and challenges, their root causes must be addressed by promoting and defending a shared spirit of human solidarity that takes many forms — the simplest of which is friendship.

Through friendship, by accumulating bonds of camaraderie and developing strong ties of trust, we can contribute to the fundamental shifts that are urgently needed to achieve lasting stability, weave a safety net that will protect us all, and generate passion for a better world where all are united for the greater good.

#### Background

The International Day of Friendship was proclaimed in 2011 by the UN General Assembly with the idea that friendship between peoples, countries, cultures, and individuals can inspire peace efforts and build bridges between communities.

The resolution places emphasis on involving young people, as future leaders, in community activities that include different cultures and promote international understanding and respect for diversity.

To mark the International Day of Friendship the UN encourages governments, international organizations, and civil society groups to hold events, activities, and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilizations, solidarity, mutual understanding, and reconciliation.

The International Day of Friendship is an initiative that follows on the proposal made by the United Nations Educational, Scientific, and Cultural Organization, defining the Culture of Peace as a set of values, attitudes, and behaviours that reject violence and endeavour to prevent conflicts by addressing their root causes with a view to solving problems. It was then adopted by the UN General Assembly in 1997.

#### Actions to Promote a Culture of Peace

- foster a culture of peace through education;
- promote sustainable economic and social development;
- promote respect for all human rights;
- ensure equality between women and men;
- foster democratic participation;
- advance understanding, tolerance and solidarity;
- support participatory communication and the free flow of information and knowledge;
- promote international peace and security.



<https://www.un.org/en/our-work>

PSRC has many opportunities to make new friends, spend time with “old” friends and make a difference in other's lives by volunteering.

- Attend a group of interest to you. <https://www.princetonior.org/social-and-support-groups>
- Meet friends for a beverage in the PSRC lounge or outdoor patio
- Become a HomeFriend volunteer to visit someone in need of a friend. <https://www.princetonior.org/volunteer/homefriends/>

## VOLUNTEER COMPANION PROGRAM

**Do you need additional assistance in your home or know someone that needs help? Are you looking to offer your skills and time as a companion to a local older adult? Look no further!**

HomeFriends is a companion visitor program for home-based seniors in the greater Princeton area. This program is offered free of charge. PSRC staff match interested volunteers with older adults in Mercer County and surrounding areas.

Volunteers can do a variety of things during weekly home visits such as: accompany seniors on walks, read and sort mail, pick up preordered groceries, pursue mutually shared interests, and have friendly conversation. Some volunteers bring library books, watch movies, or weed the garden together. Volunteers complement and support—rather than replace—the role of family and paid caregivers.



HomeFriends volunteers are interviewed, trained, background checked, and then matched for such things as background, common interests, and geographical location. Volunteers visit for a minimum of one hour each week.

If you are interested in being a HomeFriend volunteer or in receiving a volunteer, please contact PSRC Social Worker, Billi Charron, today at [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org), or call 609.751.9699.

### 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, July 18 at 11:00 a.m.*  
(Usually third Monday of each month)  
*Call Sherri Goldstein*  
*609.819.1226 to attend.*

### CAREGIVERS

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

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

*Thursday, July 14 at 4:00 p.m.*  
(Usually second Thursday of each month)

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

*Thursday, July 21 at 3:00 p.m.*  
(Usually third Thursday of each month)

### GLOBAL CONVERSATIONS

*Mondays at 1:00 p.m. (Not Meeting July 4)*

### GRANDPARENTING

*Tuesday, July 5 at 1:00 p.m.*  
(Usually first Tuesday of each month)

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

*Tuesday, July 12 at 1:00 p.m.*  
(Usually second Tuesday of each month)

### LET'S TALK (IN-PERSON AT PFR - HYBRID)

*Wednesdays at 3:00 p.m. (July 27 meeting at Spruce Circle)*

### MEN IN RETIREMENT MONTHLY MEETING

*Not meeting in July*

### NEXT CHAPTER: WIDOW/-ERS (IN-PERSON AT PFR - HYBRID)

*Tuesdays, July 12 & 26 at 11:00 a.m.*  
(Usually second and fourth Tuesday of each month)

### TED TALKS

*Tuesdays at 10:30 a.m. (Not meeting July 5, July 12 meeting at PFR)*

### TRANSITION TO RETIREMENT (IN-PERSON AT PFR - HYBRID)

*Friday, July 15 at 3:00 p.m.*  
(Usually third Friday of each month)

### WOMEN IN RETIREMENT MONTHLY MEETING

*Friday, July 15 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](https://www.princetonsenior.org) or call 609.751.9699 for assistance.

## FROM THE DEVELOPMENT OFFICE



### Spotlight on NightingaleNJ Eldercare Navigators

#### YOUR VOICE HEARD!

NightingaleNJ Eldercare Navigators helps seniors and their loved ones make sound choices when confronted by the confusing array of medical, financial, legal, and emotional matters related to aging. They help you maintain power, control, dignity, and peace of mind as you age through mature life planning.

Eldercare Navigators is owned and operated by Christopher Kellogg, MSW, LSW, and Kelly McNamara, RN, who are licensed healthcare professionals. They will get to know you personally: your health, history, family, and long-term goals. Their navigators help seniors and their adult children to make sound choices when confronted by the confusing array of medical, financial, and emotional matters related to aging. They refer to and consult with elder law attorneys, financial advisors, accountants, Medicare consultants, bill pay services, and insurance professions. And when called for, they help evaluate and select appropriate level and type of alternative housing or residential options to best meet your needs.

To make sure your values inform your healthcare, they advocate to ensure your voice is heard, improving continuity of care and overall wellbeing. PSRC is a vital patch in the tapestry of care for Princeton's seniors, providing robust programming and outstanding support services invaluable to NightingaleNJ and the community.

Your Advocate, Your Guide, Your Expert

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

## JULY FEATURED SPONSORS



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

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



Downsize, Move Forward

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



For ticket and event sponsorship information, visit [princetonsenior.org/2022fallbenefit](http://princetonsenior.org/2022fallbenefit).

Company Name \_\_\_\_\_ Address \_\_\_\_\_  
Contact Name \_\_\_\_\_ Signature \_\_\_\_\_  
Tel \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_  
Admin Contact \_\_\_\_\_ Tel \_\_\_\_\_ Email \_\_\_\_\_

☐ **Sustainer — \$10,000**

- Complimentary table, which includes 10 reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations\* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full page full color ad or personal acknowledgment in printed benefit journal
- Recognition in the PSRC leadership podium remarks
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Champion — \$7,500**

- Premium seating package, which includes 8 reserved VIP tickets
- Inclusion of name and/or logo on all event invitations\* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Half page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Partner — \$5,000**

- Premium seating package, which includes 6 reserved VIP tickets
- Inclusion of name and/or logo on all event invitations and advertisements and recognition in printed and digital event materials related to the event
- Printed recognition at the cocktail reception and dessert table
- Half page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Friend — \$2,500**

- 4 VIP tickets
- Quarter page full color ad or personal acknowledgments in printed benefit journal
- Printed recognition at the cocktail reception and dessert table
- Recognition in printed and digital materials related to the event
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Benefit Patron — \$1,000**

- Includes 2 tickets, an additional \$500 donation, and recognition in printed benefit journal

☐ **Benefit Guest — \$250 per person**

- Includes cocktail hour, dinner, entertainment

\* Sponsorship must be received by July 11 to be included on the printed invitation

\*\* Reserve your sponsorship or personal acknowledgment by August 31 ensure placement of name/logo in printed benefit journal

Contact Barbara Prince for ad journal specifications and/or submissions  
at [bprince@princetonsenior.org](mailto:bprince@princetonsenior.org), or call 609.751.9699, ext 107.

PAYMENT INFORMATION (Check or Credit Card) Check Number \_\_\_\_\_ Check Amount \_\_\_\_\_

Card Number \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_ CVV \_\_\_\_\_

Cardholder Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.





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



Mayors Wellness Campaign  
Put your community in motion.

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#### BOARD OF TRUSTEES

Bradley Bartolino  
Nancy H. Becker  
Donald Benjamin  
Deborah Kathleen Blanks  
J. Robert Bratman  
Philip Carchman  
Liz Charbonneau  
Suresh C. Chugh

Joan Girgus  
Kate Hall  
Iona Harding  
Elaine Jacoby  
Michael Kenny  
Norman Klath  
Jennifer Krychowecky

Barbara Lawrence  
Robert Levitt  
Josh Lichtblau  
Lance Liverman  
Joseph C. Maida  
Surinder Sharma

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#### 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

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/)