

Celebrate With Us

PSRC proudly presents our
2022 Fall Benefit

Cocktails – Dinner – Entertainment

Thursday, September 15, 6:00 p.m.
Nancy S. Klath Center for Lifelong Learning
101 Poor Farm Road, Princeton

2022 Leadership Awards:

Individual Honoree, Norman Klath

Corporate Honoree, Stark & Stark Attorneys at Law

For ticket and event sponsorship information,
visit princetonsenior.org/2022fallbenefit.



THE EVERGREEN FORUM

Fall 2022 Course List

Classes begin the week of September 26, 2022

See course list and registration information on [page 10](#).



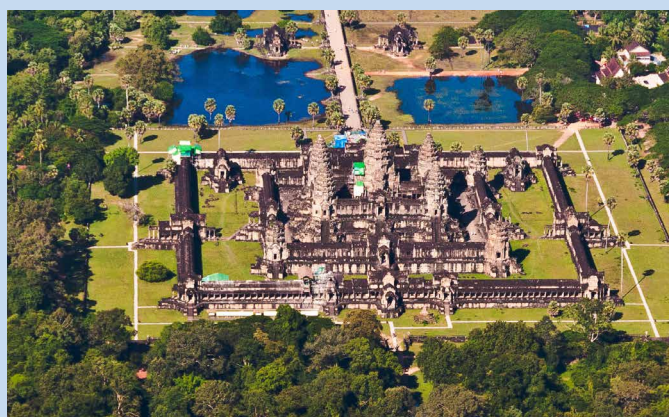
STORIES FROM BEHIND THE STAGE (ZOOM)

Wednesdays in September starting September 7 through September 28, 3:00–4:00 p.m.

Fee: \$10 resident / \$13 nonresident per session, or \$35 resident / \$45 nonresident for all four

Join us for Stories from Behind the Stage when we will feature four brilliant actors, singers, and stage managers as they discuss auditioning, preparing for a role, learning languages for Opera, the art of stage production, and so much more.

Turn to page 5 for details. Register at princetonsenior.link/Stories-Behind-the-Stage



LIVE FROM CAMBODIA: NIGHT MARKETS

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

Tuesday, September 6, 9:00–10:00 a.m.

Fee: \$5.00

Turn to page 6 for details. Register at princetonsenior.link/Live-from-Cambodia

**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
princetonsenior.org

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

*A nonprofit organization
serving our community*

BOARD OF TRUSTEES

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FROM THE CEO, DREW DYSON
National Senior Center Month

Dear Friends,

Every year, the National Council on Aging recognizes September as **National Senior Center Month**. In this year's letter to senior centers across the nation, NCOA recognized the significant growth of senior centers — in terms of reach and importance — in the midst of the last few challenging years. They wrote:

This year, senior centers have grown a great deal...showing the entire nation how vital they are to the health and well-being of a community. You transformed your centers to virtual classrooms overnight and, in so doing, provided continued means of social engagement and activity during bleak times, turning the table on ageist stereotypes about older adults and technology use. You provided countless hours of support and encouragement. You became even more integral to healthcare delivery by providing COVID-19 guidance, vaccine education, and vaccine access for your members. And you played an outsized role in addressing an issue that we all knew was important even before the pandemic: social isolation.

Here at PSRC, we have certainly experienced all that they identified and more! Our virtual shift led the way and we were highly sought out by senior centers across the country for advice on virtual programming. Now, we have become one of the first senior centers in the nation to create a learning environment that supports hybrid learning — creating spaces for those who want to return to in-person programming, as well as those who want (or need) to remain virtual participants. We have seen a significant increase in the number of participants in our programs, as well as those participating in various support and discussion groups. Our Vaccine Navigator program was a model throughout the state of NJ and helped nearly 1,000 seniors receive their vaccinations.



It's been quite a few years – and we hope that you will join us in celebrating National Senior Center Month with a sense of pride and satisfaction! Together our staff, board, participants, donors, and friends — each and every one of YOU — help make PSRC a shining beacon of light in our community and a trend-setter across the nation. Thank you!

You may or may not be aware that PSRC, unlike 98% of senior centers in the state of NJ, is a community non-profit and not a municipal senior center. We have an outstanding partnership with the municipality of Princeton through a contractual agreement to support the residents of the municipality. At the same time, however, we rely on individual donors, community partners, corporate sponsors, and program fees for over 80% of our annual budget. As such, your philanthropic generosity fuels our work every day.

In the months ahead, I invite you to support our ongoing work in the following ways:

- Attend or sponsor our annual gala benefit on September 15, 2022, at our new facility at 101 Poor Farm Road. You can find detailed information in the newsletter or on the event page found here: princetonsenior.org/2022fallbenefit/
- Participate in our campaign for our annual fund for the 2022–2023 fiscal year. You can respond to our fall appeal later this year or simply click [HERE](#) to donate now.
- Introduce a neighbor, friend, fellow congregant, or family member to the work of PSRC and invite them to join you for a group or class. The more people we connect with, the more our impact spreads throughout the region.
- Consider a legacy gift by including PSRC in your estate planning. With the added expenses of our new building, a legacy gift will ensure the continued success of PSRC for years to come. Learn more about the many ways you can include PSRC in your planned giving at princetonsenior.plannedgiving.org.

This year, PSRC has also purchased and renovated our beautiful new building, the Nancy S. Klath Center for Lifelong Learning, that we believe will be a community asset for years to come. In the coming weeks you will hear more about our community capital campaign to help us fully fund this project — and an exciting challenge grant that will enable you to double your impact!

This is indeed an exciting time in the life of PSRC. National Senior Center Month gives us a minute to pause, reflect on where we have been, and look forward together to the next phase of our journey. It also gives me an opportunity to simply say thank you to each and every one of you who plays a part in helping PSRC shine as we carry out our mission to help older adults thrive!

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

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

Joo Nam
*Intergenerational Coordinator
& Building Host*

Jai Nimgaonkar
Technology Associate

Barbara Prince
Development Coordinator

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

Group/Program Location Key:

**NSK - Nancy S. Klath Center
for Lifelong Learning
at 101 Poor Farm Road**

SC - Spruce Circle at 179 Spruce Circle

**SPB - Suzanne Patterson Building
at 45 Stockton Street**

H - Hybrid Group/Program

SEPTEMBER PROGRAMS

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



FIRST FRIDAY FILM — *MINARI* (ZOOM) *Friday, September 2 at 1:00 p.m.*

A Korean American family moves to an Arkansas farm in search of its own American dream. Amidst the challenges of this new life in the strange and rugged Ozarks, they discover the undeniable resilience of family and what really makes a home. Golden Globe and Academy Award in 2021. Korean with English subtitles. Starring: Steven Yeun, Yeri Han, Alan Kim.

Running time: 1 hour, 55 minutes; **Genre:** Drama;
Rated: PG-13

Registration required, no fee.



FYI SEMINAR — “BALANCE SCREENING/ FALLS PREVENTION” (IN-PERSON AT SPB LOCATION)

Tuesday, September 13 at 3:00 p.m.

There are some simple physical therapy tests and measures that can help to predict whether a person is at a higher risk for falls. We will perform these tests as screening tools on people attending this FYI lecture. We will then talk about and perform some simple exercise activities that are helpful for decreasing fall risk.

Ruth Kaplan is the owner of Progression Physical Therapy of Princeton, a local outpatient PT clinic at 601 Ewing St. She holds a doctoral degree in physical therapy and has had thirty-five years of clinical experience. Ruth's primary specialty is outpatient orthopedics, including treatment of back and neck pain, joint pain, postural dysfunction, ergonomics, fall prevention, gait/balance disorders, decreased functional mobility, and general clinical practice. Registration required, no fee.



FYI SEMINAR — “USING YOUR WITS PART 2 — COGNITIVE FITNESS” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, September 20 at 3:00 p.m.

Using Your Wits Part 2 provides an overview of our cognitive skills and goes into greater detail about our brain's anatomy and where each cognitive skill resides in the brain. We will challenge our brains with fun and interactive

cognitive fitness, including optical illusions and will discuss games that you can play to improve your memory.

Lisa Bayer is a Certified Dementia Practitioner (CDP) and the director of marketing and education for Always Best Care Princeton, a home health care agency serving Mercer, Middlesex, Somerset, Burlington, and Ocean Counties. Registration required, no fee.



FYI SEMINAR — “TAX STRATEGIES, REQUIRED MINIMUM DISTRIBUTIONS, AND MEDICARE OVERVIEW” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, September 27 at 3:00 p.m.

This presentation will include the following topics:

- Year end tax planning opportunities
- Do you have a tax game plan for 2022

and beyond?

- Required minimum distributions strategy
- Roth conversions
- Medicare overview
- Charitable gifting strategies

Presenters C. Greg Crothers and Joseph Tortis are certified financial planners that offer educational classes to the community on various areas relating to retirement planning. They specialize in helping individuals and families develop a comprehensive game plan for retirement in the areas of investment planning, tax management, and insurance solutions. Registration required, no fee.

LIBRARY READS — MONDAY, SEPTEMBER 12 (DIFFERENT DATE THIS MONTH)

(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.

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



TED TALKS (HYBRID – IN-PERSON AT NSK LOCATION AND ON 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:

September 6 — Not meeting

September 13 — Platon: Stories of photographing monumental people – from Michelle Obama to Stephen Hawking

September 20 — Eleni Myrivili: A three-part plan to take on extreme heat waves

September 27 — Zak Ebrahim: I am the son of a terrorist. Here's how I chose peace. Registration required, no fee.

This month's FYI sponsors are [McCaffrey's Food Markets](#) and [Princeton Care Center](#). TED Talk sponsors are [Bryn Mawr Trust](#), [Capital Health](#), and [Stark & Stark Attorneys at Law](#).

LIMITED SERIES PROGRAMS

STORIES FROM BEHIND THE STAGE (ZOOM)

Wednesdays in September starting September 7 through September 28, 3:00–4:00 p.m.

Fee: \$10 resident/\$13 nonresident per session, or \$35 resident/\$45 nonresident for all four

Stories from Behind the Stage will feature four brilliant actors, singers, and stage managers as they discuss auditioning, preparing for a role, learning languages for Opera, the art of stage production, and so much more. Join us for this incredible series and get an inside look at life behind the center stage.

PSRC's Stories from Behind the Stage program is sponsored by [The Bank of Princeton](#).

September 7 – Laurette Gannon

Laurette Gannon has worked in performing arts beginning in children's theater as a performer at age three and has loved it ever since. She studied voice and theater for twelve years and as an adult,



worked on Broadway in Management and Casting for Livent Inc.-NYC, on *Ragtime*, *Fosse*, *Parade*, *Jesus Christ Superstar*, and *42nd Street*. She currently lives at the Jersey Shore and continues to perform, produce, and direct locally.

September 14 – Noah Marlowe

Noah Marlowe is a stage and screen actor who is currently performing in the *Book of Mormon* on Broadway. Other credits include *Mary Poppins* on Broadway, *Act One* on Broadway, *Elf* the Broadway National Tour, as well as several others. Noah is finishing his degree at Fordham University, while also performing in his current show.



September 21 – Christopher Allison

Christopher Allison is a classically trained tenor and multi-instrumentalist from the Baltimore-Washington region. He has performed in roles with Stillpointe Theater Company, Victorian Lyric Opera Company, Dell'Arte Opera Company, and others! Chris has also sung with several musical societies, including the Bridge Ensemble, the Handel Choir of Baltimore, DCINY, and the Baltimore Symphony Orchestra.



September 28 – Rebecca Marlowe

Rebecca Marlowe graduated in 2020 from Wagner College with a BA in theatre and speech. National Tour — *Billy Elliot: The Musical* (Swing/Tracy Atkinson); Wagner College Mainstage/Stage One — *Anything Goes* (Mrs. Harcourt), *Small Town Story* (Gwen), *Sister Act* (Sister Mary Lazarus), *A Little Night Music* (Frederika), and *Pirates of Penzance* (Isabel). Rebecca continues to work on projects with MTI/itheatrics on choreography DVD's and junior productions.



SEPTEMBER PROGRAMS

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

Welcome Joo!

We are pleased to announce that Joo Nam joined our team in July as intergenerational coordinator & building host. Joo has an extensive background serving the senior community as well as a master's degree in early education from Rutgers University. Joo will be involved in the coordination of our intergeneration programs including GrandPals, Seniors for Seniors, and GrandPals PenPals. You can find Joo at our Suzanne Patterson location where she will be managing that building's programs. Stop by to say hello or drop her a line at jnam@princetonsenior.org.



Welcome Nick!



Also join us in welcoming Nick Macy as our new receptionist & administrative support staff person. Nick is a people-person and has many years of customer relations experience. He began working for PSRC in June and hit the ground running. He has jumped in to support PSRC in many ways, including technology and program management. Nick also comes to us with a deep knowledge of music, learned through his experience as a local DJ on Radio BUX and through his degree in Arts in Cinema. You can find Nick at our Poor Farm Road location. Drop by our lounge to meet Nick and hear the tunes of the day.

If you would like to send an email, he can be contacted at nmacy@princetonsenior.org.

LIVE FROM CAMBODIA: NIGHT MARKETS (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, September 6, 9:00–10:00 a.m.

Fee: \$5.00

Join a local tour guide LIVE as they guide us through the beautiful Siem Reap, showcasing the best hand-picked local food stalls throughout the popular evening night market. Soak up the local culture of Cambodia and experience the best of what the night market has to offer. Participants will be able to ask questions and interact with the guide throughout the tour.

PSRC's Live from Cambodia: Night Markets program is sponsored by [The Bank of Princeton](#) and [Progression PT](#).

PUPS & CUPS (IN-PERSON AT NSK LOCATION)

Thursday, September 22 (Usually the fourth Thursday of every month), 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 [Angelon Mobility](#) and [Oasis Senior Advisors](#).

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

Flu Shot Clinic Day

Monday, October 17 from 1:00 to 3:00 p.m.

Location:

The Nancy S. Klath Center for Lifelong Learning
101 Poor Farm Road, Princeton NJ 08540

Organized by the Princeton Health
Department, Wegmans Pharmacy, and PSRC

Appointment registration opens on
Wednesday, September 28

BINGO (IN-PERSON AT NSK LOCATION)

Wednesday, September 21, 1:00–3:30 p.m.

Join us for a lively afternoon of bingo fun where there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required, no fee. Space is limited to 32 players.

LEARN TO PLAY CANASTA WITH NEILIA (IN-PERSON AT NSK LOCATION)

Monday, September 19, 1:00–4:00 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 widelyplayed 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. Instructor, Neilia Makadok.

SPECIAL NOTICES

PSRC will be closed on Monday,
September 5 in celebration of Labor Day

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)
Fridays: September 30, October 28, and November 18, 11:00 a.m.

Join up for a social hour of chatting and sharing.
Registration is required, no fee.

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “CURRENT EVENTS”
(IN-PERSON AT NSK LOCATION)

Friday, September 9 (different date this month) at 10:00 a.m.

Lloyd Fredericks will lead us in a round table (chair) discussion of current events. There have been great topics in the past with very lively discussions. Everyone has an opportunity to speak on the topic and express their opinion. This is a chance for you to be heard in an informal and supportive environment. Lloyd always picks interesting subjects! Space is limited to 25 participants. This meeting will be held outside, if the weather is inclement the group will move indoors.

WOMEN IN RETIREMENT — “SEVENTH ANNIVERSARY POTLUCK CELEBRATION”

Friday, September 16 at 10:00 a.m.

Please join old and new friends as WIR celebrates their seventh anniversary! In place of a meeting, they will be having a potluck brunch. Please see WIR's website for further information and to RSVP at <http://wired.wordpress.com/>. All are welcome.

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

Friday, September 16 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

SEPTEMBER EXERCISE & FITNESS PROGRAMS

AEROBICS (IN-PERSON AT SPB LOCATION)

*Mondays, Wednesdays, Fridays in September
(no class on September 5), 8:30–9:30 a.m.*

Fee: \$60 resident/\$70 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, 10:00 a.m.

This free walking program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. CDC guidelines will be followed. This program is offered in partnership with Progression Physical Therapy. For more information, including walking locations by date, go to progressionpt.com or call Progression Physical Therapy at 609.454.3536. Registration through PSRC. Call for availability.

Leader: Ruth Kaplan

Registration through PSRC, no fee.

GENTLE YOGA + NIDRA — Summer Quarter (ZOOM)

Mondays 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 — September Workshop (ZOOM)

Thursdays, beginning September 8 through September 29, 10:00 a.m.

Fee: \$30 resident/\$35 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: Lyn Lilavati Sirota

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesdays, beginning September 6 through September 27, 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 you could use water bottles or cans, therapy bands, comfortable clothing, water, and a smile.

Instructor: Laraine Alison

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

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. *Registration required (no walk-ins), no fee.*



TECHNOLOGY ASSISTANCE

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB (IN-PERSON AT NSK LOCATION)

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/ or to fill out a request form go to princetonior.org/link/tech-assist.

SEPTEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Key:

NSK - Nancy S. Klath Center
SC - Spruce Circle
SPB - Suzanne Patterson Building
H - Hybrid Group/Program

1

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*

2

8:30 Aerobics (SPB)
10:00 Women in Retirement
Coffee Klatch
1:00 First Friday Film - *Minari*
1:00 Table Tennis (SPB)

5

PSRC IS CLOSED FOR
LABOR DAY HOLIDAY

6

9:00 Live from Cambodia: Night
Markets (NSK-H)
9:30 Basic Drawing
9:30 GrandPals Gabfest
10:00 *Every Body Walk!*
1:00 Games Day (NSK)
1:00 Grandparenting Group
1:00 Stay-Well Chair Exercise

7

8:30 Aerobics (SPB)
9:30 Figure Drawing
11:00 Emergency Response to
Falls (NSK-H)
3:00 Let's Talk (NSK-H)
3:00 Stories from Behind
the Stage

8

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
4:00 Children of Aging Parents
(NSK-H)

9

8:30 Aerobics (SPB)
10:00 Men in Retirement
Monthly Meeting (NSK)
10:00 Women in Retirement
Coffee Klatch
1:00 Table Tennis (SPB)

12

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

13

9:30 GrandPals Gabfest
10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widows
and Widowers Group (NSK-H)
1:00 Games Day (NSK)
1:00 Knit Wits (NSK-H)
1:00 Stay-Well Chair Exercise
3:00 FYI Seminar - "Balance
Screening/Falls
Prevention" (SPB)

14

8:30 Aerobics (SPB)
3:00 Let's Talk (NSK-H)
3:00 Stories from Behind
the Stage

15

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

16

8:30 Aerobics (SPB)
10:00 Women in Retirement 7th
Anniversary Pot Luck
1:00 Table Tennis (SPB)
3:00 Transition to Retirement
(NSK-H)

September 15, 6:00 p.m.
PSRC FALL BENEFIT

19

8:30 Aerobics (SPB)
10:00 Gentle Mat Yoga + Nidra
11:00 Bereavement Group
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Learn to Play CANASTA
with Neilia (NSK)
1:00 Table Tennis (SPB)
2:00 Word Play

20

9:30 Basic Drawing
9:30 GrandPals Gabfest
10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
1:00 Games Day (NSK)
1:00 Stay-Well Chair Exercise
3:00 FYI Seminar - "Using Your
Wits Part 2" (NSK-H)

21

8:30 Aerobics (SPB)
9:30 Figure Drawing
11:00 A Holistic Approach to
Fall Prevention (NSK-H)
1:00 Bingo (NSK) - Doors Open
at 1:00
3:00 Let's Talk (NSK-H)
3:00 Stories from Behind
the Stage

22

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
3:00 Early Stage Memory Loss
Support Group (NSK-H)
3:00 Pups & Cups (NSK)

23

8:30 Aerobics (SPB)
10:00 Women in Retirement
Coffee Klatch
11:00 Elements of Painting
for Beginners (SPB)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of
Painting (SPB)

26

8:30 Aerobics (SPB)
10:00 Challenges for the Future
(EF) - (NSK-H)
10:00 Gentle Mat Yoga + Nidra
10:00 The Power of Words:
People & Stories (EF)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Caregivers Group

27

9:30 Basic Drawing
9:30 GrandPals Gabfest
10:00 *Every Body Walk!*
10:00 Exploring the Early
Neolithic World (EF)
10:00 Modern English
Novels (EF)
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widows &
Widowers Group (NSK-H)
1:00 Games Day (SPB)
1:00 Stay-Well Chair Exercise
1:00 Virginia Woolf (EF)
1:30 Culture Wars & the Mid-
Term Elections (EF) - (NSK-H)
3:00 FYI Seminar - "Tax
Strategies" (NSK-H)

28

8:30 Aerobics (SPB)
9:30 Figure Drawing
10:00 Sociology & Psychology
of Oppression (EF)
1:00 Contemporary Business &
Economic Issues (EF) - (NSK)
1:00 Go, Went, Gone (EF)
1:00 Musical Explorations (EF)
- (NSK-H)
3:00 Let's Talk (Spruce Circle)
3:00 Stories from Behind
the Stage

29

10:00 Cosmology (NSK-H)
10:00 Courtship & the
Queen (EF)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Supreme Court (EF) -
(NSK-H)
1:00 Africa (EF) - (NSK-H)
1:00 Aging in America: Realities
of Long-Term Care
1:00 Bird Behavior: Birds
as Artists (EF)

30

8:30 Aerobics (SPB)
10:00 Science in the News (EF)
- (NSK-H)
10:00 Women in Retirement
Coffee Klatch
11:00 Elements of Painting
for Beginners (SPB)
11:00 Senior Citizen Club (NSK)
1:00 Table Tennis (SPB)
1:00 Woodrow Wilson (EF)
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: Virtual

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: Virtual

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: Virtual

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: Virtual

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 princeton senior.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.

WITTY, 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

SEPTEMBER ENRICHMENT PROGRAMS

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

8 Sessions on Tuesdays, September 6 through November 1 (no class on September 13), 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 6. Call for availability.

Instructor: Denise McDaniel

NEW! ELEMENTS OF PAINTING FOR BEGINNERS— FALL SESSION 1 (IN-PERSON AT SPB LOCATION)

Fridays, September 23 through November 11, 11:00 a.m.

Fee: \$85 resident/\$95 nonresident

This eight-session painting class is designed specifically for beginners and those who have minimal painting experience. Students will learn basic techniques including the handling of watercolor and acrylic paint, brush strokes, light, form, and subject matter. Space limited to 6 students with a minimum of 6.

Instructor: Christina Rang

FIGURE DRAWING — FALL SESSION 1 (ZOOM)

8 Sessions on Wednesdays, September 7 through November 9 (no class on September 14 and on October 5), 9:30 to 11:00 a.m.

Fee: \$85 resident/\$95 nonresident

Open to all skill levels, this class will focus on all aspects of figure drawing, including basic drawing techniques, anatomy for artists, 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 6. Call for availability.

Instructor: Denise McDaniel

GAMES DAY AT PSRC (IN-PERSON AT NSK LOCATION, STARTING SEPTEMBER 27 AT SPB 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 due to limited space, no fee.

MASTERING THE ART OF PAINTING — FALL SESSION 1 (IN-PERSON AT SPB LOCATION)

Fridays, September 23 through November 11, 2:00 p.m.

Fee: \$85 resident/\$95 nonresident

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

Instructor: Christina Rang

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

Thursdays, 10:00 a.m.

Peer-led science discussion. Contact 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



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

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.



Browser Settings for Privacy

Many internet services track your search activity and the websites you visit. Our August “Guru” article explained how websites use your internet address to track your web activity. This month, we’ll explain how to reduce the likelihood that the websites you visit are tracking what you do.

Here are three ways you can prevent website tracking:

1. Enable Built-in Browser Privacy Features

All popular browsers, including Firefox, Edge, and Chrome, offer privacy features that block tracking. To enable this protection, click the menu button in the upper right corner of the browser window and then “Settings” in the drop-down list. (See picture at right.) From there, you’ll find various options and privacy settings.

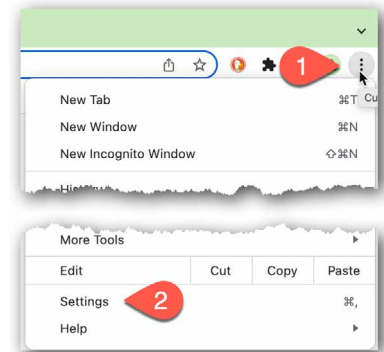
Mac’s Safari browser blocks tracking by default. You can adjust these settings by clicking on the Safari Menu > Preferences > Privacy.

2. Add the DuckDuckGo Browser Extension

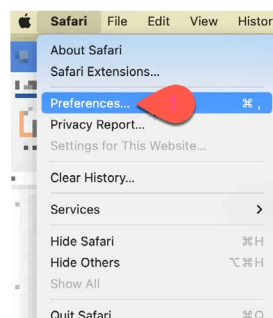
Yes, it has a funky name, but DuckDuckGo’s browser extension¹, which is available for Safari, Edge, Chrome, etc., provides both a private search “engine” (à la “Google”) as well as website tracking prevention. You can download the extension at duckduckgo.com, along with instructions on how to add the extension to your browser.

DuckDuckGo’s search engine isn’t as robust as Google, but it doesn’t track what you search for.

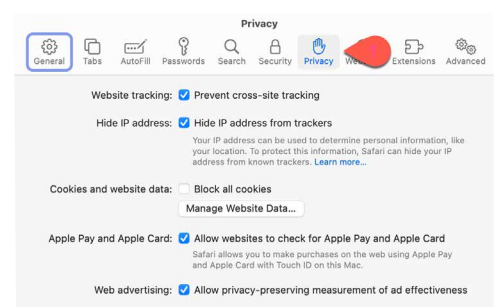
When I visited Papa John’s website to order a pizza, DuckDuckGo blocked four trackers. (See picture at right).



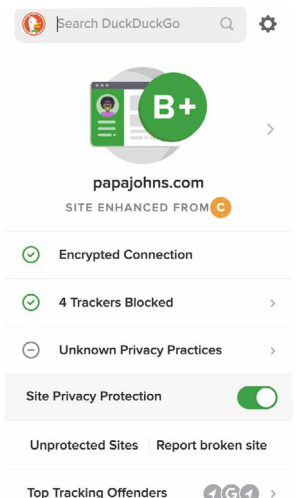
Click the Menu button and then Settings in Firefox, Edge, or Chrome.



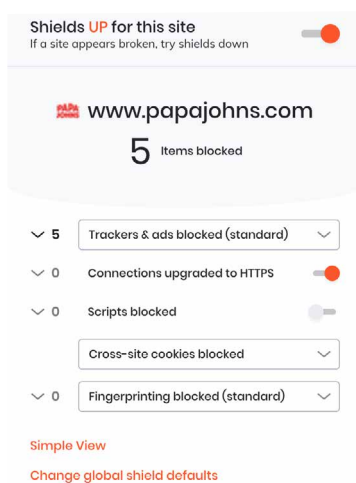
Select Preferences in the Safari menu...



...then select Privacy to list the extensive options.



The DuckDuckGo browser extension blocked four trackers and provided other privacy information about the Papa John’s website.



The Brave browser blocked five sites from tracking my visit to Papa Johns.

3. Install the Brave Browser

The Brave web browser looks like Chrome, but it keeps your web activities private. Brave blocked five tracking attempts on Papa John’s website (see picture at left).

Brave is available for Windows and Mac computers at brave.com. It also offers a search engine that’s pretty good—and private.

If You Need Help

If you need help adjusting your browser settings, visit the PSRC website at <https://www.princetonior.org/technology-lab/>, fill out one of our nifty tech help requests, and we’ll be in touch.

¹ “Extensions” are browser add-ons, such as ad-blockers, grammar-checkers, and so on, that enhance your browser’s capabilities.

SOCIAL SERVICES

Strengthening Community Connections in Falls Prevention

No matter our age, each of us has tripped or fallen at some point. This is a preventable occurrence in many situations. Each year, the USA recognizes Falls Prevention Awareness Week during the first week of fall. Falling is an ongoing public health concern and with the support of our communities, we can decrease the frequency of falls. For the first three weeks of September, PSRC is offering presentations to help you learn more about preventing falls.

When thinking about who you can talk to about preventing falls, think about the people and businesses closest to you. This includes your family, faith institution, physicians, fire department, senior center, library, and sporting goods or hardware stores. Each of these people and organizations offer a unique perspective and can help in creating a plan to protect against falls.

If you live with someone or caregive for someone who might be a fall risk, open the conversation with them to create a safety plan. When discussing falling or risks, it helps to share a personal experience or ask open questions without judgment. It's nobody's fault when someone falls. Be sure to use "I" statements and let your loved one know that you care about them when sharing your feelings about their health. If your loved one has experienced a fall, it can help if you listen and offer support. Sometimes there is no solution to help someone feel better about falling and that is okay.

ncoa | FallsFree CheckUp
national council on aging

YOU CAN PREVENT A FALL

Know your risk of falls
and take action!

Explore our #FallsFree
CheckUp tool today.

ncoa.org/FallsFreeCheckUp



The National Council on Aging has a variety of tips and tools on their website that address concerns related to preventing falls. www.ncoa.org

Please feel free to reach out to PSRC Social Services for questions related to falls assessment or home safety concerns.

CEU Event in September — Aging in America: Realities of Long Term Care
Thursday, September 29 at 1:00 p.m. https://bit.ly/LearningWithPSRC_AkinCare

Bryan J. Adler, ESQ, CELA, a certified elder law attorney (CELA) through the National Elder Law Foundation, the only Pennsylvania and New Jersey Supreme Courts authorized and American Bar Association accredited certification in elder law. With Rothkoff Law Group, he dedicates his New Jersey and Pennsylvania elder law practice to advising and counseling clients in the areas of elder law, life care planning, asset protection, veterans' benefits, estate planning, guardianships, and long-term care advocacy for both Pennsylvania and New Jersey residents

For more information, contact Sharon Hurley • shurley@princetonsenior.org • 609.751.9699

PSRC will co-sponsor this event with Akin Care and Rothkoff Law

PSRC Lending Locker

Your go-to resource for wheelchairs, walkers, canes and more! Call to inquire about inventory or to donate equipment. princetonsenior.org/lending-locker



Falls Prevention Presentations

Register at princetonsenior.link/FallsPrevention

EMERGENCY RESPONSE TO FALLS (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, September 7 at 11:00 a.m.

Jay Padulchick is an emergency medical and rescue technician with the Princeton Fire and Rescue Squad (PFARS). He has been an EMT for thirty-seven years and is a CPR instructor/coordinator. He will share information on their response to falls, how to avoid falls at home, and answer questions related to home safety. Did you

know that for people over sixty-five, falls account for 17% of all 911 calls? And 50% of all lift-assist calls result in a second lift-assist call within two-weeks?*



BALANCE SCREENING/FALLS PREVENTION (IN-PERSON AT SPB LOCATION)

Tuesday, September 13 at 3:00 p.m.

Ruth Kaplan holds a doctoral degree in physical therapy and has more than thirty-five years of clinical experience. She is the owner of Progression Physical Therapy at 601 Ewing Street, Princeton. Ruth will lead simple physical therapy tests and measures that can predict whether a person is at a higher risk for falls. We will perform these tests as screening tools and discuss and perform simple exercises that are helpful for decreasing falls.

A HOLISTIC APPROACH TO FALLS PREVENTION (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, September 21 at 11:00 a.m.

Angelion Mobility's, Sheli Monacchio, will present on proper usage of mobility equipment. Sheli has more than twenty-two years' experience helping people with aging in place, home care, and assisted living. Her demonstration will utilize canes, walkers, rollators, and wheelchairs.

* Faul M, Stevens JA, Sasser SM, et al. Older Adult Falls Seen by Emergency Medical Service Providers: A Prevention Opportunity. *Am J Prev Med.* 2016;50(6):719-726. doi:10.1016/j.amepre.2015.12.011

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.

BEREAVEMENT

Monday, September 19 at 11:00 a.m.
(Usually third Monday of each month)

*Call Sherri Goldstein
609.819.1226 to attend.*

CAREGIVERS

Monday, September 12 & 26 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

(IN-PERSON AT NSK - HYBRID)
Thursday, September 8 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)
Thursday, September 22 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, September 6 at 1:00 p.m.
(Usually first Tuesday of each month)

KNIT WITS (IN-PERSON AT NSK - HYBRID)

Tuesday, September 13 at 1:00 p.m.
(Usually second Tuesday of each month)

LET'S TALK (IN-PERSON AT NSK - HYBRID)

Wednesdays at 3:00 p.m. (September 28 meeting at Spruce Circle)

MEN IN RETIREMENT

MONTHLY MEETING (IN-PERSON AT NSK)

Friday, September 9 at 10:00 a.m.
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT NSK - HYBRID)
Tuesdays, September 13 & 27 at 11:00 a.m.

(Usually second and fourth Tuesday of each month)

TED TALKS

(IN-PERSON AT NSK - HYBRID)
Tuesdays at 10:30 a.m.

TRANSITION TO RETIREMENT

(IN-PERSON AT NSK - HYBRID)
Friday, September 16 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT

MONTHLY MEETING

See [page 7](#) for information.
Friday, September 16 at 10:00 a.m.
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM UNLESS INDICATED OTHERWISE.

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

FROM THE DEVELOPMENT OFFICE



Spotlight on Homewatch CareGivers

Aging can sometimes be difficult for you and your loved one. The wide array of mixed emotions — guilt, stress, confusion, frustration — you're feeling is common. Homewatch CareGivers of Princeton is here to help make sense of it all. Their local team of professional caregivers can give you the peace of mind you've been missing, all while doing everything they can to ensure the comfort and safety of your loved one.

What is Senior Care for Elders?

The exact type of care that is needed depends on the type of assistance required and challenges you and your loved one may be currently facing. Providing elder care for the senior in your life can help them re-engage with activities, family, and friends as they age, leading to improved well-being and a renewed sense of independence!

Homewatch CareGivers offers both hourly and live-in care for a wide variety of senior home care services that are customized to meet the individual needs of each client including:

Companion Care — Companion CareGivers engage with their clients with friendly conversation, learn more about them, and participate in their favorite hobbies or activities.

Personal Care — Certified Home Health Aides assist with any day-to-day personal care needs that your loved one may have.

24-Hour Care — To ensure the safety of your aging loved one and the peace of mind of you and your family, 24-hour care may be the best option.

After Hospital Care — A Homewatch Caregivers team can help ensure the discharge plan is followed and the transition — and care after that — goes as smoothly as possible for the well-being of your loved one.

Homewatch CareGivers has been a longtime supporter of the Princeton Senior Resource Center, acknowledging that the programs and services they provide have helped seniors remain engaged and thrive.

homewatchcaregivers.com/princeton • 609.917.9221

SEPTEMBER FEATURED SPONSORS



PEAPACK PRIVATE
Wealth Management

Comprehensive financial, tax, fiduciary and investment advice to individuals, families, privately-held businesses, family offices, and not-for-profit organizations..

peapackprivate.com

STARK & STARK
ATTORNEYS AT LAW

Since 1933, Stark & Stark has developed innovative legal solutions to meet our clients' needs

stark-stark.com

Celebrate With Us

2022 PSRC Fall Benefit

Thursday, September 15, 6:00 p.m.

**The Board of Trustees and staff
are delighted to celebrate our
2022 Leadership Award Honorees**

Norman Klath — leader, advocate, ambassador,
and pillar of the PSRC community

Stark & Stark Attorneys at Law — long-time PSRC sponsor
and supporter, active community leaders, and philanthropists

Our leadership award honorees have been integral to the success of PSRC. Join PSRC in honoring Norman Klath and Stark & Stark Attorneys at Law with an event sponsorship or congratulatory ad.

RSVP by September 1, 2022

**For ticket and event sponsorship information,
visit princetonsenior.org/2022fallbenefit**

Festive Attire

Please note that the dinner and program for this event
will take place outside under a tent.

Questions? Contact Lisa Adler at ladler@princetonsenior.org
or call 609.751.9699, ext 103.

Fall Benefit Event Sponsors*

IN THE SPOTLIGHT SPONSOR

Norman Klath
Stark & Stark Attorneys at Law

SUSTAINER LEVEL

Penn Medicine Princeton Health

PARTNER LEVEL

Peapack Private Wealth Management

FRIEND LEVEL

Drew and Diane Dyson
Iona and Maurice Harding
The Hofing Family
Michael and Marylou Kenny
Lance and LaTonya Liverman
Mason, Griffin & Pierson, P.C.
Hazel Stix

PATRON LEVEL

Nancy Becker
Philip and JoAnn Carchman
Liz and Milt Charbonneau
Paul Gerard and Mary Furey
Joan Girgus and Alan Chimacoff
Hilton Management, LLC.
Katherine Klotzburger
Russell and Helene Kulsrud
Sandy Kurinsky and Michael Katz
Bob and Joan Levitt
Donald and Nancy Light
Mercadien
Sylvia Stengle
Michael & Lynn Wong

**as of publication date*



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



Mayors Wellness Campaign
Put your community in motion.

WELCOME BOARD MEMBERS



Please welcome our new and returning board members: (left to right)
Bradley A. Bartolino, The Reverend Dr. Deborah K. Blanks, and Barbara Lawrence

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
Roundview Capital
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/