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.

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

Fall 2022 Course List
Classes begin the week of September 26, 2022
See course list and registration information on page 10.
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
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 than 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.
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.

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**
Laurett 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.
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 Angelion Mobility and Oasis Senior Advisors.
**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**

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**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.

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**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 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. Instructor, Neilia Makadok.

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**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.

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**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.

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**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://wiret.wordpress.com/. All are welcome.

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**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.

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**SPECIAL NOTICES**

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

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**PSRC’S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS**

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

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**To request a program scholarship, please fill out this confidential form.**

https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/
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 though 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 princetonsenior.org/technology-lab/ or to fill out a request form go to princetonsenior.link/tech-assist.
### SEPTEMBER 2022

- **Key:**
  - NSK - Nancy S. Klatz Center
  - SC - Spruce Circle
  - SPB - Suzanne Patterson Building
  - H - Hybrid Group/Program

#### Monday

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<td>Grandparenting Group</td>
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#### PSRC FALL BENEFIT

- **September 15, 6:00 p.m.**
- **PSRC FALL BENEFIT**
- **10:00 Women in Retirement 7th Anniversary Pot Luck**
- **1:00 Table Tennis (SPB)**
- **2:00 Mastering the Art of Painting (SPB)**

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Most programs and groups meet virtually on Zoom (unless indicated otherwise)

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**Key:**
- NSK - Nancy S. Klatz Center
- SC - Spruce Circle
- SPB - Suzanne Patterson Building
- H - Hybrid Group/Program
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 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.
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.
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.
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).

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.princetonsenior.org/technology-lab/](https://www.princetonsenior.org/technology-lab/), fill out one of our nifty tech help requests, and we’ll be in touch.

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

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](http://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](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](http://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.

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
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*

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Stark & Stark Attorneys at Law

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*as of publication date

September 2022
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

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Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/