



LONGWOOD GARDENS DAY TRIP: 'TIS THE SEASON FOR SPLENDOR

Monday, December 5, 8:15 a.m. to 4:30 p.m. — Fee: \$100.00 per person, no refunds

Celebrate botanical splendor in all its forms as Longwood Gardens showcases the beauty and bounty of the natural world. Stroll amid floating floral designs, marvel at festive trees dressed in gilded garland to bold poinsettia, and step into an extravagant floral shop complete with an exquisite window display. Outside, gaze upon botanically inspired light displays, explore enchanting treehouses, and find new features that are sure to delight.

Turn to page 6 for details. Register at princeton senior.link/LongwoodGardens

NEW! PSRC'S ONSTAGE SENIORS

(IN-PERSON AT SPB LOCATION)

INFORMATION SESSION

Thursday, September 29, 1:30 – 3:30 p.m.

Turn to page 13 for details. Register at
princeton senior.link/OnstageSeniors

NEW! A NOVEL IDEA: PSRC'S BOOK CLUB

(IN-PERSON AT SPB LOCATION)

***Six Sessions, Wednesdays, beginning
October 12 through November 16,
1:30 to 3:00 p.m.***

Fee: \$25 resident / \$30 nonresident

Turn to page 7 for details. Register at
princeton senior.link/PSRCBookClub

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

Offered by the Princeton Health Department, Wegmans Pharmacy, and PSRC.

Registration opens on September 21. To schedule an appointment, go to our website or call PSRC at 609.751.9699. Please bring all insurance cards (prescription and health insurance), including all up-to-date Medicare Part B information to the clinic.

**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

Brad Bartolino
Nancy H. Becker
Donald Benjamin
Deborah K. 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



FROM THE CEO, DREW DYSON
PSRC Lifelong Learning Capital Campaign

Dear Friends,

Earlier this year, PSRC opened the doors of The Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road. This new state-of-the-art building, which supplements our facility at the Suzanne Patterson Building, will be an incredible asset to further our mission to help older adults thrive.

The trustees of PSRC embarked on this ambitious project to create a center for active aging in our community by launching a **\$5.35 million capital campaign**. This campaign includes the purchase price of our new building (\$1.8 million), the architectural and construction costs to renovate the building (\$1.39 million), the educational technology and assistive technology (\$350,000), interim financing and campaign administration (\$450,000), and an endowment to fund our lifelong learning programming and costs associated with operating the building (\$1.35 million).

This wonderful building was created with the theme of “community” guiding our way. The Klath Center will be a *community* asset in the greater Princeton region for years to come, enhancing *community* life and making Princeton a premier retirement destination. With a welcoming lounge and beautiful outdoor spaces in a scenic natural setting, the building has been designed to build *community* among our participants. And finally, outfitted with technology that enables hybrid and virtual learning, this new facility will enable us to extend our *community* to those who are shut in, those who live beyond our immediate area, and those who choose to participate virtually.

At the same time, this campaign is about more than a building. It is about providing a place for Emily, a recent widow who relies on her exercise class for friendship and support. It is about Charles who found his purpose volunteering to help other older adults with their technology. It is about Catherine who has been able to

PSRC Lifelong Learning Capital Campaign
Total Campaign Goal: \$5,350,000

Purchase of 101 Poor Farm Road	\$1,810,000
Renovation of 101 Poor Farm Road	\$1,390,000
Educational Technology & Accessibility	\$350,000
Lifelong Learning Endowment	\$1,350,000
Interim Financing & Campaign Admin.	\$450,000

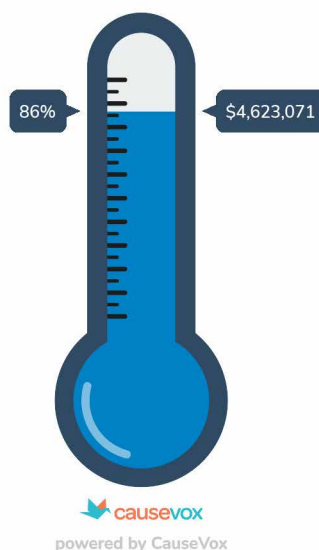
To donate online, visit princeton senior.link/CapitalCampaign or you can direct gifts and pledges to:

**Princeton Senior Resource Center
Lifelong Learning Capital Campaign
101 Poor Farm Road, Building B
Princeton, NJ 08540**

remain connected to friends through her hybrid support group despite her mobility limitations. This project is ultimately about the nearly 5,000 seniors we serve annually today — and the tens of thousands who will come through our doors (physically or virtually) over the next several decades.

We are extremely grateful that our lead donors and community/corporate partners have embraced our vision for a world-class senior center serving the greater Princeton region for generations to come. As a result, over \$4.6 million (86%) of our goal has been achieved in the quiet phase of our campaign. Now, as we near the end of our campaign, we are seeking the support of our community to complete this historic campaign.

GOAL: \$5,350,000



During this last phase, we are excited to have anonymous donors who have created a dollar-for-dollar challenge to help us meet our goal. That means that every dollar pledged or given between now and June 30, 2023 will be doubled — up to \$400,000!

I invite you to join us on this remarkable journey by making a pledge or gift to our capital campaign today! I encourage you to give whatever amount you can. A gift of \$50 or \$500 or \$5,000 will be doubled by our anonymous donors — and will go a long way to helping us reach our goal. What is meaningful to you is meaningful to PSRC. Every person counts — and every gift, no matter the amount, makes a difference!

I encourage you to reach out to myself, or to my colleague Lisa Adler in our development department, for more information on the campaign or to set up a tour of our new facility. We are looking forward to hearing from you!

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

NOTE:

Click on program/group titles to be directed to the registration form

OCTOBER PROGRAMS

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



FIRST FRIDAY FILM — *THE LOST LEONARDO*
(HYBRID – IN-PERSON AT NSK LOCATION
AND ON ZOOM)

Friday, October 7 at 1:00 p.m.

The mystery surrounding the Salvator Mundi, the first painting by Leonardo da Vinci to be discovered for more than a century and the most expensive painting ever sold at \$450 million, has now seemingly gone missing. The painting's fate is determined by an insatiable quest for fame, money, and power. This film reveals how vested interests of the Salvator Mundi are of such unrestrained power that truth becomes secondary. **Running time: 1 hour, 36 minutes; Genre: Documentary, Mystery**
Registration required, no fee.



**FYI SEMINAR — “DOWNSIZE, DECLUTTER,
AND MOVE WITH LESS STRESS!” (ZOOM)**

Tuesday, October 11 at 3:00 p.m.

This presentation will provide tips, tricks, and instructions to help you establish order and calm during the chaotic and stressful downsizing process. With the goal of how best to transition with your prized possessions to a smaller home, a 55+ active adult community, or a senior living community, guidance will be provided on finding profitable solutions to your excess possessions through estate sales, consignment, online selling, donation, or discard, as well as reducing your moving bill and overall stress level.

Presenter John Walsh, owner of Walsh Senior Solutions, has helped 825+ families in the past four years since launching the company. He was inspired to start Walsh Senior Solutions after helping his own parents successfully downsize,

declutter, and move twice within a fifteen-month period. John has extensive experience teaching best practices for downsizing and transitioning to a new home. Registration required, no fee.



**FYI SEMINAR — “CURRENT ISSUES IN
LGBTQ AGING” (HYBRID – IN-PERSON AT NSK
LOCATION AND ON ZOOM)**

Tuesday, October 18 at 3:00 p.m.

Lesbian, gay, bisexual, transgender, and queer (LGBTQ) older adults have many of the same experiences as non-LGBTQ people but also have unique considerations when it comes to aging. In this presentation/discussion, we'll explore issues including non-discrimination and the aging services network, LGBTQ rights in long-term care settings, and advocacy initiatives to advance the inclusivity of care for older adults. We will also take some time to discuss ways that straight older adults can be allies and advocates for their LGBTQ friends and loved ones.

Presenter David Griffith is the director of programs & outreach for the LGBT Elder Initiative at the William Way Community Center in Philadelphia. In this role, David oversees the organization's community education programs for LGBTQ older adults and people living with HIV. Registration required, no fee.



**FYI SEMINAR — “THE IMPORTANCE OF
HYDRATION” (IN-PERSON AT NSK LOCATION)**

Tuesday, October 25 at 3:00 p.m.

Join registered dietitian Beth Young, MS, RDN, to review how important hydration is to our vitality. Review issues related to acute and chronic dehydration, the importance of fluid for brain health, how much fluid is suggested for healthy adults, and where to get those fluids from.

Beth Young has worked in health promotion and disease prevention throughout her career. She is in private practice and consults with patients referred to her by their primary care physician, local schools and universities, and their insurance carriers. Registration required, no fee.

LIBRARY READS — MONDAY, OCTOBER 3
(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:

October 4 — Catherine Price: Why having fun is the secret to a healthier life

October 11 — Trish Millines Dziko: How schools can nurture every student's genius

October 18 — Heidi Grant: How to ask for help — and get a “yes”

October 25 — Louie Schwartzberg: Nature. Beauty. Gratitude.

Registration required, no fee.

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

LIMITED SERIES PROGRAMS

INTRODUCING THE GOTHIC (ZOOM)

Three Sessions, Fridays, beginning October 21 through November 4, noon–1:00 p.m.

Fee: \$30 resident / \$35 nonresident

This short course introduces students to the history and development of Gothic literature, from the eighteenth century to today. Covering early Gothic (Jane Austen's *Northanger Abbey* and its predecessors), Victorian Gothic (Bram Stoker's *Dracula* and other monsters) and Post-War Gothic (Shirley Jackson's *The Haunting of Hill House* on page and screen), it explores some of the ways in which Gothic literature reflects, shapes, and helps us deal with society's fears and phobias.

Dara Downey lectures in English and American literature in Trinity College Dublin and Dublin City University. She is the author of *American Women's Ghost Stories in the Gilded Age* (2014) and editor of *The Irish Journal of Gothic and Horror Studies* (<https://irishgothicjournal.net/>). She is currently writing a literary biography of Shirley

Jackson for the Palgrave Literary Lives series (forthcoming 2024).

PSRC's *Introducing the Gothic* program is sponsored by [Novi Wealth Partners](#).

LIVE FROM NORWAY: 1000 YEARS OF HISTORY AROUND BERGEN'S HARBOR (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, October 4, 11:00 a.m. to noon

Fee: \$5.00

The old and well-preserved Bergen wharf is one of the key locations to visit in Norway. Our knowledgeable local guide will start this live virtual tour right from Bryggen and will narrate the history of the Hanseatic League and how it had affected medieval trade. You will learn about the everyday life of the locals and merchants of that time and how they made a living. Then, the tour will proceed to the city port, which has played an enormous role in the city's trade. Eventually, the tour will come to an end near St. Mary's Church, the oldest building in the city and the church that was eventually taken over by German merchants of the Hanseatic League. Participants will be able to ask questions and interact with the guide throughout the tour.

PSRC's *Live from Norway: 1000 Years of History Around Bergen's Harbor* program is sponsored by [The Bank of Princeton](#) and [Progression PT](#).

PUPS & CUPS (IN-PERSON AT NSK LOCATION)

Thursday, October 27 (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](#).

OCTOBER PROGRAMS

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

BINGO (IN-PERSON AT NSK LOCATION)

Friday, October 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.

PSRC's Bingo program is sponsored by [Princeton Care Center](#).

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

Friday, October 14, 3:30– 5:30 p.m.

Fee: \$5.00

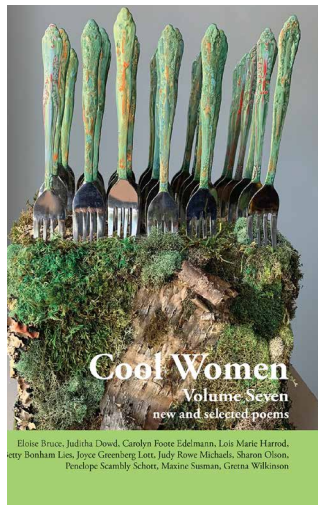
Join us for the publication party of *Cool Women Volume 7*. Refreshments will be followed by a lively reading featuring the eleven-poet poetry critique and performance group, who have been meeting for almost thirty years. Their performance, which will feature poems from their new anthology, will link the poems in a poetic jazz performance which all should enjoy. The members [Gretna Wilkinson, Sharon Olson, Maxine Susman, Judy Rowe Michaels, Juditha Dowd, Lois Marie Harrod, Joyce Greenberg Lott, Eloise Bruce, Betty Lies, Penelope Scambly Schott, Carolyn Foote Edelmänn] are widely published individually and as a group (7 anthologies and 2 CDs of their work). Come and enjoy the performance — you will like it, even if poetry is not your thing. You will leave for dinner, affirming life.

Copies of *Cool Women Volume 7* will be available for purchase (\$20).

Registration required.

To learn more about Cool Women, go to <https://coolwomenpoets.org/>

PSRC's Cool Women program is sponsored by [Homewatch CareGivers](#).



R.A.D. FOR SENIORS (IN-PERSON AT SPB LOCATION) **Mondays and Fridays, beginning October 3 through November 4, 10:00–11:30 a.m.**

Fee: \$35 resident / \$40 nonresident

Offering awareness and defense strategies for older adults, this ten-session course is taught in a relaxed environment that is conducive to learning tested instructional techniques, proven tactics, and unique insights about the problems unique to older adults. Our program also includes physical defense workouts for technique development, and educational components to assist with the development of defensive strategies. Space is limited to 20 students with a minimum of 10. Leader: Geoffrey Maurer, program associate at Penn Medicine Princeton Health

LONGWOOD GARDENS DAY TRIP: 'TIS THE SEASON FOR SPLENDOR

Monday, December 5, 8:15 a.m. to 4:30 p.m.

Fee: \$100.00 per person, no refunds

Celebrate botanical splendor in all its forms as Longwood Gardens showcases the beauty and bounty of the natural world. Stroll amid floating floral designs, marvel at festive trees dressed in gilded garland to bold poinsettia, and step into an extravagant floral shop complete with an exquisite window display. Outside, gaze upon botanically inspired light displays, explore enchanting treehouses, and find new features that are sure to delight.

Your ticket includes transportation to and from Longwood Gardens with entrance to the Gardens and a private group tour. Registration opens on October 3 and closes on November 11.

Things to know:

- Participants should be comfortable walking long distances and dress appropriately for the weather as some of the gardens and tour will take place outdoors.
- Meals are not included, but there are dining facilities available at Longwood Gardens. Participants are welcome to bring food and drinks on the bus, but no food or drinks can be brought into the Gardens.

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

NEW! A NOVEL IDEA: PSRC'S BOOK CLUB (IN-PERSON AT SPB LOCATION)

Six Sessions, Wednesdays, beginning October 12 through November 16, 1:30 to 3:00 p.m.

Fee: \$25 resident / \$30 nonresident

A Novel Idea offers an engaging forum for readers to discuss a carefully curated novel with leader, Helen Burton. Come for the joy of reading, comradery, and fun. This fall's book is *The Other Einstein* written by Marie Benedict which offers a window into a brilliant, fascinating woman whose light was lost in Einstein's enormous shadow. This novel resurrects Einstein's wife, a brilliant physicist in her own right, whose contribution to the special theory of relativity is hotly debated. Was she simply Einstein's sounding board, an assistant performing complex mathematical equations? Or did she contribute something?

Space is limited to 15 with a minimum of 12.

PSRC's A Novel Idea Book Club program is sponsored by [Peapack Private Wealth Management](#).

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Fridays: 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 & WOMEN IN RETIREMENT: LIVING AND WORKING OFF EARTH FOR THE LONG TERM (ZOOM)

Friday, October 14 (note different date) at 10:00 a.m.

Space Agencies and private enterprise are planning to return to the Moon to establish a human colony as a steppingstone to the habitation of Mars. This lecture will describe some of the design considerations, challenges, and opportunities for building colonies, and the role of physical and mental fitness in ensuring habitat expansion.

Dr. Martin Braddock, Sherwood Observatory, Nottinghamshire, UK, will present this presentation about the opportunities and challenges of space travel. All are welcome. Registration required, no fee.

WOMEN IN RETIREMENT — (MEETING WITH MIR ON OCTOBER 14)

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

Friday, October 21 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 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



Virtual Private Networks

This is the last in a series of three articles on internet privacy. Our August “Guru” article explained how websites use your internet address to track your web activity. Last month, we listed ways to keep websites you visit from tracking what you do. Today, we’ll explain how to make yourself anonymous on the internet by subscribing to a virtual private network service.

Websites use your IP (internet protocol) address to track the information you search for and sites you visit, so if you can hide your IP address, you can’t be tracked. And that’s exactly what a virtual private network (VPN) service does.

By hiding your internet address and encrypting all data to and from the websites you visit, a VPN service transforms you into an anonymous “netizen.” Even your ISP¹ can’t track the sites you’re visiting—all it knows is that your internet data is going to and from a VPN server.

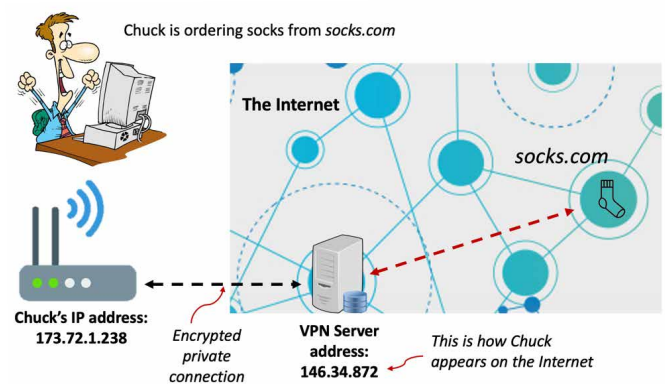
Here’s how it works:

The extremely well-thought-out diagram on the right will help.

Chuck² is ordering socks at socks.com from his computer via his router whose³ IP address is **173.72.238**. He doesn’t want to be tracked, so he subscribes to a VPN service through which all of his internet data is routed. When he navigates to the socks.com website (or anywhere on the internet), the VPN server overlays its own IP address of **146.34.872** and encrypts Chuck’s IP address in a kind of digital “wrapper” that socks.com can’t access. This is cool.

When socks.com provides the sock information that Chuck is seeking, it returns the data to the VPN server at **146.34.872**. The VPN server then extracts Chuck’s IP address from the digital wrapper and forwards the sock information to Chuck at **173.72.238**. If socks.com or any other website tries to send information to Chuck that he didn’t request, the VPN server will block the information. Thus, Chuck cannot be tracked!

The VPN service encrypts all of Chuck’s internet activities—including his email—so he can use unprotected Wi-Fi services (e.g., at Starbucks or MarketFair or Wegmans) without worry.



Chuck is ordering socks. He seems quite excited. Chuck needs to get a life.

VPN Downsides

While VPN services offer excellent internet privacy, there are a few downsides.

First, there’s the cost. Most VPN services range from \$50 to \$100 per year. Many offer discounts if you sign up for more than one year. Second, your internet performance could suffer because the data is routed through the VPN’s servers (though many VPN services advertise “blazing speed”). Finally, some low-price VPN plans may have monthly data transfer limits. Fortunately, many VPNs will let you try their service free for a month or so, which I’d recommend.

FYI, I don’t use a VPN service, opting for the free DuckDuckGo browser extension and Brave Browser to satisfy my internet privacy needs—at least for now.

If you need help keeping your internet activities private, just contact our friendly tech volunteers at <https://www.princeton senior.org/technology-lab/>.

¹ E.g., Xfinity, Verizon, etc. who assigns your router its IP address.

² I don’t think I know anyone named Chuck, so if you think it’s you, it probably isn’t.

³ I never considered a router to be a “who,” but let’s just go with it.

OCTOBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

3

10:00 Challenges for the Future (EF) - (NSK-H)
10:00 Gentle Mat Yoga + Nidra
10:00 The Power of Words: People & Stories (EF)
10:00 R.A.D. for Seniors (SPB)
1:00 Explaining the iPhone (EF) - (NSK-H)
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 Word Play

4

9:30 Basic Drawing
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 Live from Norway: Bergen's Harbor (NSK-H)
1:00 Games Day (SPB)
1:00 Stay-Well Chair Exercise
1:00 Virginia Woolf (EF)
1:30 Culture Wars & Mid-Term Elections (EF) - (NSK-H)
1:30 Grandparenting Group

5

PSRC CLOSED
IN OBSERVANCE OF
YOM KIPPUR

6

9:30 Feldenkrais (SPB)
10:00 Cosmology (NSK-H)
10:00 Courtship & the Queen (EF)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Pickleball Open Court (SPB)
10:00 Supreme Court (EF) - (NSK-H)
1:00 Africa (EF) - (NSK-H)
1:00 Bird Behavior: Birds as Artists (EF)
1:30 OnStage Seniors (SPB)

7

10:00 Science in the News (EF) - (NSK-H)
10:00 R.A.D. for Seniors (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Elements of Painting for Beginners (SPB)
1:00 First Friday Film - *The Lost Leonardo* (NSK-H)
1:00 Intro to Mah Jongg (NSK)
1:00 Table Tennis (SPB)
1:00 Woodrow Wilson (EF)
2:00 Mastering the Art of Painting (SPB)

10

10:00 Challenges for the Future (EF) - (NSK-H)
10:00 Gentle Mat Yoga + Nidra
10:00 The Power of Words: People & Stories (EF)
10:00 R.A.D. for Seniors (SPB)
1:00 Explaining the iPhone (EF) - (NSK-H)
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play

11

9:30 Basic Drawing
10:00 *Every Body Walk!*
10:00 Exploring the Early Neolithic World (EF)
10:00 Hard Choices in Political Life (EF) - (SPB)
10:00 Modern English Novels (EF)
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widows and Widowers Group (NSK-H)
1:00 Games Day (SPB)
1:00 Imagining Women: Films of the 1940's (EF) - (NSK)
1:00 Stay-Well Chair Exercise
1:00 Virginia Woolf (EF)
1:30 Culture Wars & Mid-Term Elections (EF) - (NSK-H)
3:00 FYI Seminar - "Downsize, Declutter, and Move with Less Stress"

12

9:30 Figure Drawing
10:00 Sociology & Psychology of Oppression (EF)
11:00 Pickleball Bootcamp - Group 1 (SPB)
12:00 Pickleball Bootcamp - Group 2 (SPB)
1:00 Contemporary Business & Economic Issues (EF) - (NSK)
1:00 Go, Went, Gone (EF)
1:00 Knit Wits (NSK-H)
1:00 Musical Explorations (EF) - (NSK-H)
1:00 Pickleball Bootcamp - Group 3 (SPB)
1:00 Role of the Artist (EF)
1:30 A Novel Idea: PSRC's Book Club (SPB)
3:00 Let's Talk (NSK-H)

13

9:30 Feldenkrais (SPB)
10:00 Cosmology (NSK-H)
10:00 Courtship & the Queen (EF)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Pickleball Open Court (SPB)
10:00 Supreme Court (EF) - (NSK-H)
10:00 World Cinema (EF) - (NSK)
1:00 Africa (EF) - (NSK-H)
1:00 Bird Behavior: Birds as Artists (EF)
1:30 OnStage Seniors (SPB)
4:00 Children of Aging Parents (NSK-H)

14

10:00 Men and Women in Retirement Monthly Meeting
10:00 Science in the News (EF) - (NSK-H)
10:00 R.A.D. for Seniors (SPB)
11:00 Elements of Painting for Beginners (SPB)
1:00 Intro to Mah Jongg (NSK)
1:00 Table Tennis (SPB)
1:00 Woodrow Wilson (EF)
2:00 Mastering the Art of Painting (SPB)
3:30 Cool Women (NSK-H)

17

10:00 Challenges for the Future (EF) - (NSK-H)
10:00 Gentle Mat Yoga + Nidra
10:00 The Power of Words: People & Stories (EF)
10:00 R.A.D. for Seniors (SPB)
11:00 Bereavement
1:00 Explaining the iPhone (EF) - (NSK-H)
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Caregivers Group

18

9:30 Basic Drawing
10:00 *Every Body Walk!*
10:00 Exploring the Early Neolithic World (EF)
10:00 Hard Choices in Political Life (EF) - (SPB)
10:00 Modern English Novels (EF)
10:30 TED Talks (NSK-H)
1:00 Games Day (SPB)
1:00 Imagining Women: Films of the 1940's (EF) - (NSK)
1:00 Stay-Well Chair Exercise
1:00 Virginia Woolf (EF)
1:30 Culture Wars & Mid-Term Elections (EF) - (NSK-H)
3:00 FYI Seminar - "Current Issues in LGBTQ Aging" - (NSK-H)

19

9:30 Figure Drawing
10:00 Sociology & Psychology of Oppression (EF)
11:00 Pickleball Bootcamp - Group 1 (SPB)
12:00 Pickleball Bootcamp - Group 2 (SPB)
1:00 Contemporary Business & Economic Issues (EF) - (NSK)
1:00 Go, Went, Gone (EF)
1:00 Musical Explorations (EF) - (NSK-H)
1:00 Pickleball Bootcamp - Group 3 (SPB)
1:00 Role of the Artist (EF)
1:30 A Novel Idea: PSRC's Book Club (SPB)
3:00 Let's Talk (NSK-H)

20

9:30 Feldenkrais (SPB)
10:00 Cosmology (NSK-H)
10:00 Courtship & the Queen (EF)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Pickleball Open Court (SPB)
10:00 Supreme Court (EF) - (NSK-H)
10:00 World Cinema (EF) - (NSK)
1:00 Africa (EF) - (NSK-H)
1:00 Bird Behavior: Birds as Artists (EF)
1:30 OnStage Seniors (SPB)
3:00 Early Stage Memory Loss Support Group (NSK-H)

21

10:00 Science in the News (EF) - (NSK-H)
10:00 R.A.D. for Seniors (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Elements of Painting for Beginners (SPB)
12:00 Introducing the Gothic
1:00 Bingo (NSK)
1:00 Intro to Mah Jongg (NSK)
1:00 Table Tennis (SPB)
1:00 Woodrow Wilson (EF)
2:00 Mastering the Art of Painting (SPB)
3:00 Transition to Retirement (NSK-H)

October 17, 1:00-3:00 p.m.
FLU SHOT CLINIC (NSK)

OCTOBER 2022

Monday

24

10:00 Challenges for the Future (EF) - (NSK-H)
10:00 Gentle Mat Yoga + Nidra
10:00 The Power of Words: People & Stories (EF)
10:00 R.A.D. for Seniors (SPB)
1:00 Explaining the iPhone (EF) - (NSK-H)
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play

Tuesday

25

9:30 Basic Drawing
10:00 *Every Body Walk!*
10:00 Exploring the Early Neolithic World (EF)
10:00 Hard Choice in Political Life (EF) - (SPB)
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 Imagining Women: Films of the 1940's (EF) - (NSK)
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 - "The Importance of Hydration" (NSK)

Wednesday

26

9:30 Figure Drawing
10:00 Sociology & Psychology of Oppression (EF)
11:00 Pickleball Bootcamp - Group 1 (SPB)
12:00 Pickleball Bootcamp - Group 2 (SPB)
1:00 Contemporary Business & Economic Issues (EF) - (NSK)
1:00 Go, Went, Gone (EF)
1:00 Musical Explorations (EF) - (NSK-H)
1:00 Pickleball Bootcamp - Group 3 (SPB)
1:00 Role of the Artist (EF)
1:30 A Novel Idea: PSRC's Book Club (SPB)
3:00 Let's Talk (SC)

Thursday

27

9:30 Feldenkrais (SPB)
10:00 Cosmology (NSK-H)
10:00 Courtship & the Queen (EF)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Pickleball Open Court (SPB)
10:00 Supreme Court (EF) - (NSK-H)
10:00 World Cinema (EF) - (NSK)
1:00 Africa (EF) - (NSK-H)
1:00 Bird Behavior: Birds as Artists (EF)
1:30 OnStage Seniors (SPB)
3:00 Pups & Cups (NSK)

Friday

28

10:00 Science in the News (EF) - (NSK-H)
10:00 R.A.D. for Seniors (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Elements of Painting for Beginners (SPB)
11:00 Senior Citizen Club (NSK)
12:00 Introducing the Gothic
1:00 Intro to Mah Jongg (NSK)
1:00 Table Tennis (SPB)
1:00 Woodrow Wilson (EF)
2:00 Mastering the Art of Painting (SPB)

31

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

SPECIAL NOTICES

PSRC will be closed on Wednesday, October 5 for the Yom Kippur holiday

Key:

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

LOOKING AHEAD — MARK YOUR CALENDARS

Medicare Day — Monday, November 14 from 1:00–3:00 p.m.
Health Fair — Wednesday, November 16, 1:00–4:00 p.m.
Both events take place in-person at NSK.

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

OCTOBER EXERCISE & FITNESS PROGRAMS

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 10:00 a.m.

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

Leader: Ruth Kaplan

Registration through PSRC, no fee.

THE FELDENKRAIS METHOD EXERCISE: FOUR-SESSION WORKSHOP (IN-PERSON AT SPB LOCATION)

Thursdays, beginning October 6 through October 27, 9:30 to 10:30 a.m.

Fee: \$30 resident/\$35 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, 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 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 Exercise program is sponsored by [Oasis Senior Advisors](#).

GENTLE YOGA + NIDRA — Fall Quarter (ZOOM)

Mondays, beginning October 3 through December 19, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

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 — Fall Quarter (ZOOM)

Thursdays, beginning October 6 through December 29 (no class on November 24), 10:00 a.m.

\$80 resident/\$90 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

PICKLEBALL BOOTCAMP (IN-PERSON AT SPB LOCATION)

Wednesdays, beginning October 12 through 26

Three Bootcamp Groups available at 11:00–noon, noon–1:00 p.m., or 1:00–2:00 p.m.

Fee: \$60 resident/\$75 nonresident

Pickleball Bootcamp is a three-session course designed for beginners to learn the basics of pickleball, run drills, and, of course, play the game. With three beginner boot camps offered during October, interested players can choose which Bootcamp they'd like to sign up for. Bootcamps require a minimum of 4 players and maximum of 6 for class viability.

PICKLEBALL OPEN COURT (IN-PERSON AT SPB LOCATION)

Thursdays, beginning October 6 through 27 10:00 a.m.–noon

Fee: \$10 resident/\$15 nonresident

Looking to play some pickup Pickleball? Join other Pickleball enthusiasts and register for our Pickleball open court that takes place every Thursday from 10:00 a.m.–noon. Participants should have experience with Pickleball. To learn how to play, sign up for one of our Bootcamps!

OCTOBER EXERCISE & FITNESS PROGRAMS

PICKLEBALL GROUP COURT RENTALS (IN-PERSON AT SPB LOCATION)

Fee: \$30 resident/\$35 nonresident per hour per group
Do you have a pickleball crew or partner and looking to play some games? Then make a reservation for our pickleball court located in our Suzanne Patterson Building at 45 Stockton Street. Our court is available for rent when not booked by PSRC events or activities. Reservations are on a first come first served basis. We are unable to provide refunds for cancellations. For available dates and times, please see the Pickleball Group Court Rental Form: princetonsenior.link/PickleballCourtRental

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesdays, beginning October 4 through October 25, 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.*

OCTOBER ENRICHMENT PROGRAMS

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

8 Sessions on Tuesdays through November 1, 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

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.

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

Fridays 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 through November 9 (no class 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*

OCTOBER ENRICHMENT PROGRAMS

GAMES DAY AT PSRC (IN-PERSON 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.

INTRODUCTION TO MAH JONGG (IN-PERSON AT NSK LOCATION)

Fridays, beginning October 7 through October 28, 1:00 to 3:30 p.m.

Fee: \$60 Resident/\$70 Nonresident

Originating in China, Mah Jongg is an exciting game using tiles for form hands, much like rummy. You will learn to play the American version using the National Mah Jongg League rules and card. Instructor, Neilia Makadok, is an experienced educator, will explain the basics in simple terms and guide you as you play. Enrollment is limited to ensure a successful learning experience. The instructor will provide the use of her Mah Jongg sets during the class but you are welcome to bring your own.

Note: There is a materials fee of \$11 payable to the instructor at the first class. Space is limited to 10 students with a minimum of 8.

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

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

Fridays 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*

NEW! PSRC'S ONSTAGE SENIORS (IN-PERSON AT SPB LOCATION)

Information Session

Thursday, September 29, 1:30 – 3:30 p.m.

What is OnStage Seniors? OnStage is a documentary theater ensemble of older adults. Formerly associated with McCarter Theater and now happily a part of PSRC, OnStage classes are a mixture of acting and improvisation experiences culminating in spring performances at various venues throughout the community.

OnStage Seniors welcomes new members. Interested participants are required to attend the free September 29 introductory class to meet the director, Josh Schnetzer, and the other ensemble members. If selected, participants will be invited to join OnStage Seniors.

OnStage Seniors meets on Thursdays, 1:30 to 3:30 p.m., beginning October 6 through December 8 (no class on 11/24) and February 2 through May 25 (no class on 4/6). The yearlong fee is \$360.00 (less than \$14.00 per class) and will be held in-person at PSRC's Suzanne Patterson Building. Space is limited to 15 participants with a minimum of 12. A year's commitment is required.



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. Please follow PSRC's safety protocols for in-person programs. To learn more about PSRC's technical assistance, go to our website at princeton senior.org/technology-lab/ or to fill out a request form go to princeton senior.org/link/tech-assist.

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.

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.

Vouchers are not needed for these destinations only:

- **Penn Medicine Princeton Health/Princeton Medical Center**
 One Plainsboro Road, Plainsboro, NJ 08536
 (the hospital and medical offices at the hospital)
- **Princeton Fitness & Wellness Center**
 1225 State Road (Route 206), Princeton, NJ 08540
 (physical therapy/rehabilitation)

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.



SOCIAL SERVICES



GROUPS

BEREAVEMENT

Monday, October 17 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, October 17 & 31 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

(IN-PERSON AT NSK - HYBRID)
Thursday, October 13 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)
Thursday, October 20 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, October 4 at 1:30 p.m.
(Usually first Tuesday of each month)

KNIT WITS (IN-PERSON AT NSK - HYBRID)

Wednesday, October 12 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. (October 26 meeting at Spruce Circle)

MEN AND WOMEN IN RETIREMENT MONTHLY MEETING

Friday, October 14 at 10:00 a.m.

NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT NSK - HYBRID)
Tuesdays, October 11 & 25 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, October 21 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT MONTHLY MEETING

Combining with Men in Retirement group this month
(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.

World Mental Health Day — Monday, October 10

Since 1992, World Mental Health Day is a day celebrated in over 150 countries worldwide to educate, advocate against stigma, and bring awareness of mental health education and available resources for help in communities. Many online events and resources are available, including [This Is My Brave Virtual Live Stream](https://princetonsenior.link/ThisIsMyBrave) (<https://princetonsenior.link/ThisIsMyBrave>) with poetry, music, storytelling, and more from people living with mental health conditions or who have been affected by a loved one's mental health condition. You can also share your story on the website as well.

Are you curious about Early Stage Memory Loss?

What is early detection of dementia?

Early detection of dementia means identifying the problem when it is affecting a person's life — before a crisis occurs. Not everyone is aware or will say they are having problems. Because many people living with dementia never report symptoms (e.g., changes in memory, thinking, or ability to get things done), early detection strategies use a number of different but complementary approaches.

This usually starts with a conversation. First, ask about memory concerns or other symptoms, and also talk with someone who knows the person well (i.e., a family member or friend). Cognitive assessment methods can help: these include screening tools that use mental tasks to identify cognitive impairment (performance-based screeners) or changes in everyday functioning observed by others (informant-based screeners).

Attend a virtual symposium about early detection of dementia beginning October 25.

**BOLD Public Health Center of Excellence
on Early Detection of Dementia**

<https://princetonsenior.link/BOLDSymposium>

PSRC has a monthly Early Stage Memory Loss support group on the third Thursday every month at 3:00 pm. Please complete this brief [FORM](#) and one of the facilitators will contact you.

<https://princetonsenior.link/EarlyStageForm>

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.

FROM THE DEVELOPMENT OFFICE



Penn Medicine
Princeton Health

Spotlight on
Penn Medicine Princeton Health

Princeton Medical Center Named a Best Regional Hospital

Penn Medicine Princeton Medical Center (PMC) was recognized as a Best Regional Hospital in central New Jersey and tied for the No. 6 ranking in New Jersey in the 2022–2023 Best Hospitals rankings published by *U.S. News & World Report*.

PMC also was ranked No. 24 in the New York metropolitan region and rated *high performing* in orthopedics and seven procedures and conditions: COPD, heart failure, hip fracture, hip replacement, kidney failure, knee replacement, and stroke.

“At PMC and across Penn Medicine Princeton Health, we have fostered a culture of pursuing excellence and achieving higher standards,” said CEO **James Demetriades**. “These results are a tribute to every employee and physician whose work supports patient care at the hospital.”

The 2022–2023 rankings mark the eighth year in a row that PMC was rated high performing in multiple types of care and the seventh time it earned recognition as a Best Regional Hospital.

The ratings are based largely on data related to clinical outcomes and patient safety, patient satisfaction surveys, and indicators such as whether a hospital holds Magnet® status, the highest institutional recognition for nursing excellence. PMC is one of 591 hospitals worldwide to hold Magnet recognition.

This is the first time *U.S. News* rated PMC high performing in stroke care. PMC is designated a primary stroke center by The Joint Commission and the American Heart Association/American Stroke Association.

Penn Medicine Princeton Health values its partnership with the Princeton Senior Resource Center and recognizes their vast contributions to our community.

princetonhcs.org

OCTOBER FEATURED SPONSORS



BRANDYWINE LIVING
Serenade at Princeton
Life is Beautiful

Brandywine Living Offers Active Aging Communities,
Including Assisted Living and Memory Care

brandycare.com



ROTHKOFF
LAW GROUP
Elder Care Law

Committed to helping seniors and their families with life care planning

rothkofflaw.com

PRINCETON SENIOR RESOURCE CENTER

Lifelong Learning Capital Campaign



CAPITAL CAMPAIGN DOLLAR-FOR-DOLLAR CHALLENGE MATCH

Ways To Give to help us reach our goal

- Personal Check/Credit Card
- Donor Advised Fund
- Bequest/Legacy Gift
- IRA Distribution
- Stock Transfer
- Multi-year gift - up to three years
- Naming opportunities available for donations above \$10,000 and donor wall recognition for gifts above \$5,000

For more information on how to donate to the capital campaign and to arrange for a tour of the building, please contact Lisa Adler, chief development officer, at ladler@princetonsenior.org, or 609.751.9699, ext. 103.

Celebrate With Us

Thank You to all our Fall Benefit Event Sponsors* listed and all those who joined us in person for making the evening a wonderful celebration of PSRC

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
Faegre Drinker Biddle & Reath LLP
Hilton Management, LLC.

Katherine Klotzburger
Russell and Helene Kulsrud
Sandy Kurinsky and Michael Katz
Harold and Joan Kuskin
Lear & Pannepacker, LLP
Bob and Joan Levitt
Donald and Nancy Light

Mercadien
Nancy and Will Robins
Karen and Ron Schotland
Frank and Grace Sinden
Sylvia Stengle
Michael & Lynn Wong

**as of publication date*

Read digital event program [HERE](#)



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



Mayors Wellness Campaign
Put your community in motion.

SUZANNE PATTERSON BUILDING IS OPEN!



Our renovated Suzanne Patterson Building is open and staffed Monday through Friday from 9:00 a.m. to 5:00 p.m. Drop in to ask questions, purchase crosstown vouchers, or just stop by to say hello!

Our SPB location is home to:

• AEROBICS • TABLE TENNIS • ART CLASSES • LECTURES
and now PICKLEBALL!

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health
Home Instead

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/