

GRANDPALS RETURNS!

After a two-year Covid related hiatus, we are thrilled to announce that the GrandPals program returns to foster the love of reading and learning in some of the Princeton Public School kindergarten classes. GrandPals volunteers share stories with students, build meaningful relationships with the children who may not have a grandparent nearby, and engage in a lively, warm environment.

GrandPals, bringing generations together!



INSPIRED CREATIVITY WORKSHOP

(IN-PERSON AT NSK LOCATION)

Friday, November 11, 1:00–4:00 p.m.

Fee: \$15 resident / \$20 nonresident

“Creativity is intelligence having fun.”

— Albert Einstein

Turn to page 5 for details.

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

[InspiredCreativityWorkshop](https://princetonsenior.link/InspiredCreativityWorkshop)

HOW TO WRITE PLAYFULLY: A GENERATIVE CLASS

(ZOOM)

**Six Sessions, Thursdays, beginning
November 3 through December 15
(no class November 24), noon–1:00 p.m.**

Fee: \$75 resident / \$80 nonresident

Turn to page 5 for details. Register at

princetonsenior.link/WritePlayfully



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 princetonsenior.link/LongwoodGardens

**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*

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FROM THE CEO, DREW DYSON

PSRC Welcomes
Community Without Walls (CWW)

Dear Friends,

In 1992, four Princeton-area friends came to understand, through their professional and personal experiences, that a strong social support network is a critical factor of aging well. Together, they formed Community Without Walls, “a membership organization of individuals dedicated to pursuing mutually supportive activities to enhance members’ ability to grow older in their own homes and communities, for as long as possible, successfully and with dignity.”

Now, after thirty years of fruitful service to the community, CWW is transitioning to become a program entity of the Princeton Senior Resource Center. We are delighted to welcome CWW into PSRC and we look forward to many more years of successful operation.

CWW is organized into “houses” (chapters), that have up to one hundred members in each, that provide programming, social and affinity groups, and member support. The goal of maintaining this structure is to allow members of each house to develop a true sense and spirit of community as relationships are built over time. These relationships generate a support system where members offer and receive help from one another when needed.



Each house has regular (often monthly) meetings that feature speakers or program topics of interest to the group members. In addition, houses have a variety of social and affinity groups — such as gardening groups, ethnic dining groups, movie groups, and much more. Each house determines its own structure and programs/activities throughout the year. New houses may be formed when twenty-five people come together with a desire to form a new chapter.

Members pay modest annual dues (currently \$35/year) to belong to one of the houses. Dues cover administrative and operational expenses incurred by PSRC, as well as program support for each house’s activities throughout the year.

On our PSRC website, you can find a brief history of Community Without Walls, as well as a brief description of each house. You will also find a form to express your interest in becoming a member of a CWW house — or connecting with one of the leaders of CWW to find out more.

If you are looking to expand your own social support network — or if you are interested in being a part of a community of friends who socialize, learn, and have fun together — then I encourage you to explore what Community Without Walls offers. I know that CWW has been life-changing for so many of its current and former members — and I believe it could be for you as well.

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

Is CWW right for you?

Do you want to continue to live a meaningful life in the home and community you love?

Are you looking to make new friends, form new connections, and join a community of mutual support?

Have you wondered who will be there for you as you age?

Do you live in the greater Princeton area (within 25 miles of Princeton)?

Then CWW may be for you!

Hear what current members of CWW have to say:

“CWW made a big difference to us when we moved to Princeton. We knew only a few people here and it was great to be welcomed almost instantly into an entire community of interesting and friendly people.”

“Community Without Walls has been a rich resource for us — a place to find new friends, deepen ongoing friendships, share ideas, give and receive support, have fun, and experience many and varied aspects of community life. It’s a pleasure to be a CWW member!”

“My wife and I have found the Community Without Walls to be a valuable resource for forming much needed new friendships as well as a source of support for the physical and emotional challenges we have experienced as we age.”

“I never thought I’d make new friends at my age.”

**Interested in joining CWW — or learning more about membership?
Fill out this form and one of the CWW leadership team will be in touch with you!**

princeton senior.link/cwwinterest

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

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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

NOVEMBER PROGRAMS

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



FIRST FRIDAY FILM — THE TRIAL OF THE CHICAGO 7 (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, November 4 at 1:00 p.m.

The film is based on the infamous 1969 trial of seven defendants charged by the federal government with conspiracy and more, arising from the countercultural protests in Chicago at the 1968 Democratic National Convention. The trial transfixed the nation and sparked a conversation about the turmoil intended to undermine the U.S. government. Starring: Eddie Redmayne, Sacha Baron Cohen, Yahya Abdul-Mateen II, Alex Sharp. **Running time: 2 hours, 9 minutes; Genre: Drama, History, Thriller; Rated: R** Registration required, no fee.



FYI SEMINAR — “GIVING WITH YOUR KIDS AND GRANDKIDS” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, November 8 at 3:00 p.m.

We'll discuss how to express the values that shaped us, share important stories (without lecturing!), and invite others to share their charitable interests with us. Then we'll learn to identify common values we can lean into through our giving of time, talent, or treasure. You'll walk away with discussion starters, tools, and further reading ideas.

Presenter Elizabeth Wagner, senior vice president and director of institutional wealth management at Bryn Mawr Trust, helps generous families find common ground and make a positive impact on their communities. A 21/64 Certified Advisor, she believes family wisdom comes from all ages working together! Registration required, no fee.



FYI SEMINAR — “CLIMATE ACTION & YOU” (ZOOM)

Tuesday, November 15 at 3:00 p.m.

What can individuals do to help combat climate change locally? Tune in to find out what is happening in the Princeton area and what you can do to help reduce emissions and be better prepared for climate change.

This month's FYI sponsors are Akin Care Senior Services; Brandywine Living- Princeton, Pennington, Serenade; Peapack Private Wealth Management; and RothKoff Law. TED Talk sponsors are Homewatch CareGivers, NightingaleNJ Eldercare Navigators, Penn Medicine Princeton Health.

Christine Symington is the executive director of Sustainable Princeton, a nonprofit whose mission is to inspire the community to develop and implement solutions that positively impact the environment. We strive to lead community change to reduce greenhouse gas emissions, strengthen resilience to the impacts of the changing climate, and protect the local ecosystem. Registration required, no fee.



FYI SEMINAR — “SENIOR HOUSING OPTIONS DEMYSTIFIED” (IN-PERSON AT NSK LOCATION)

Tuesday, November 22 at 3:00 p.m.

This presentation answers questions about the different options for seniors to consider when they are thinking of moving from their current home. It explains the types of senior housing options and when they are best appropriate.

Connie Pizarro is the CEO of Oasis Senior Advisor and Dementia Awareness Training, LLC. Through Oasis Senior Advisors, Connie helps others by counseling older adults and providing resources for pertinent issues relating to health, finances, legal matters, and senior living options. 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:

November 1 — Anthony Fauci: Is the pandemic actually over? It's complicated

November 8 — Johann Hari: Everything you think you know about addiction is wrong

November 15 — Simon Anholt: Which country does the most good for the world?

November 22 — Mounia Akl: How film captures the space between hope and despair

November 29 — Allyson Felix: An Olympic champion's mindset for overcoming fear

Registration required, no fee.

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

LIMITED SERIES PROGRAMS

PPL'S MORNING TECH SERIES: APPS & WEBSITES FOR THE PRINCETON COMMUNITY (ZOOM)

Wednesday, November 9, 10:00 a.m.

This workshop will discuss apps that help people better navigate and keep up with Princeton. Apps include parking apps, transit tracking, wayfinding, social networking, and apps of Princeton's key institutions.

Presenters: City Hall employee Christina Rothman-Iliff and librarian Dana Treichler. This class will be held virtually via Zoom. Registration is required (through the Princeton Public Library). No fee.

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

HOW TO WRITE PLAYFULLY: A GENERATIVE CLASS (ZOOM)

Six Sessions, Thursdays, beginning November 3 through December 15 (no class November 24), noon–1:00 p.m.

Fee: \$75 resident / \$80 nonresident

In this six-week creative writing class you will read playful and inventive poetry and short-short fiction. We will unlock our creativity through fun forms such as “hermit-crab” flashes, found poems, and six-word memoirs, and we will write playful drafts of our own in class. Writing prompts and exercises will be used. No previous experience necessary. Just bring an enthusiasm for reading, an open mind, and a willingness to share your work!

Instructor: Alyson Mosquera Dutemple is a writer from New Jersey with an MFA from Warren Wilson College. She has been nominated for a Pushcart Prize, Best Small Fictions, and Best Microfictions. Her work has appeared or is forthcoming in *Colorado Review*, *Alaska Quarterly Review*, *Passages North*, *The Journal*, and *DIAGRAM*, among others. She works as an editorial consultant and creative writing instructor.

PSRC's How to Write Playfully program is sponsored by Walsh Senior Solutions.

INSPIRED CREATIVITY WORKSHOP (IN-PERSON AT NSK LOCATION)

Friday, November 11, 1:00 – 4:00 p.m.

Fee: \$15 resident / \$20 nonresident

“Creativity is intelligence having fun.”

— Albert Einstein

Inspired Creativity, a three-hour workshop, is an exploration into discovering, unlocking, and unleashing your imagination and creativity. Starting with the premise that all of us are innately creative we'll explore together how we gain access, unleash, and hone our creativity. We will also take a detailed look at the barriers to creativity that keep us from exercising our creative muscles. Refreshments will be served.

Instructor: Dr. Richard Hendrickson is a retired elder in the United Methodist Church. He received his Doctor of Ministry degree from Drew Theological Seminary where he focused on imagination and creativity as a resource for ministry and life. He has led numerous individuals and groups through the process of visioning and organizational creativity along with creative problem solving.

PSRC's Inspired Creativity program is sponsored by [NightingaleNJ Eldercare Navigators](#).

LIVE FROM SLOVENIA: WALKING TOUR OF LJUBLJANA (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, November 30, 10:00–11:00 a.m.

Fee: \$5.00

Experience the capital of Slovenia, Ljubljana live and in real time! One of the smallest European Capitals, you'll get the opportunity to explore a city filled with rich history and a diverse heritage during this guided walking tour. The city has only 300,000 inhabitants and its university attracts many young students from all around the world to spend some time studying here. The city is vibrant, excellent for creativity, and contemporary art. Participants will be able to ask questions and interact with the guide throughout the tour.

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

NOVEMBER PROGRAMS

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

BINGO (IN-PERSON AT NSK LOCATION)

Friday, November 18, 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](#).

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 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.

LIBRARY READS — MONDAY, NOVEMBER 7
(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.

Participants are welcome to bring food and drinks on the bus, but no food or drinks can be brought into the Gardens.

RETIREMENT PROGRAMS

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Friday, November 18, 11:00 a.m.

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

MEN IN RETIREMENT — (MEETING WITH WIR ON NOVEMBER 18)

MEN & WOMEN IN RETIREMENT: PRINCETON CEMETERY VIRTUAL TOUR (ZOOM)

Friday, November 18 at 10:00 a.m.

Get into the Princeton spirit with a virtual tour of Princeton Cemetery, referred to as the “Westminster Abbey of the United States.” Hear the fascinating stories of some prominent members of the community (including a U.S. president and vice president), as well as extraordinary tales from the diverse men and women that called Princeton home.

Presented by Eve Mandel of the Historical Society of Princeton. Registration required, no fee. For more information about the Women in Retirement and WIR Coffee Klatches, go to <http://wired.wordpress.com/>

MEN IN RETIREMENT'S BREAKFAST MEETING (IN-PERSON AT SPB LOCATION)

Fridays, November 4 and November 11 at 10:00 a.m.

Registration required, no fee

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

Friday, November 18 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.

MEDICARE INFORMATION SESSION (HYBRID — IN-PERSON AT NSK LOCATION) Monday, November 14, 1:00–3:00 p.m.



We are currently in the Medicare open enrollment period. The enrollment period will end on December 7, 2022. What should you know about open enrollment? If you have a Medicare health or drug plan, this period is for you to make any changes to your coverage. If you do not have an additional plan and want to enroll, you can also do that now. PSRC is hosting a Medicare information session at our NSK location on Monday, November 14, from 1:00–3:00 p.m. You will hear from SHIP (State Health Insurance Assistance Program) and Senior Advisors.

This presentation will help you learn more about Medicare decision-making and there will be an opportunity for individual counseling after the formal presentation.

Kelly Ott is the Mercer County SHIP coordinator at Children's Home Society of NJ. She has been working in nonprofit volunteer management throughout her career. She is a graduate of Stockton University. Metta Cahill is a certified SHIP Counselor who has been volunteering since 2018. She is a retired nurse and nurse-midwife. Roderick Spann is an independent broker with Senior Advisors. The top priority of Senior Advisors is to reduce stress for Medicare beneficiaries by providing education and overview of available choices, and making recommendations for coverage. Senior Advisors offers a FREE annual review of your prescription plan to ensure you have the most cost-efficient card.

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

PSRC HEALTH & WELLNESS FAIR (IN-PERSON AT NSK LOCATION) Wednesday, November 16, 1:00–4:00 p.m.

This year we are hosting our health and wellness fair in-person at our NSK location. We invite our community to join us for an afternoon with local health and wellness providers. There will be free on-site screenings by qualified medical professionals. In addition to gathering information about providers and services, we will have a therapy dog on-site. We highly recommend registering in advance, but walk-ins will also be welcome. All participants who have not previously provided a Covid-19 vaccine card will be asked to show this before entering the fair.



Register at <https://princetonsenior.link/health-wellness-fair>

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



The End of Passwords

The era of passwords may be waning. The “passkey” concept should make account logins quicker and safer.

I probably have over 200 passwords stored in the 1Password company’s cloud servers. They’re safe and easy to look up, but managing these pieces of flotsam and jetsam is a pain.

Fortunately, there’s help on the horizon!

But before we go there, let’s talk about authentication—for instance, how does Amazon know it’s you who is ordering a gross of Crest Toothpaste?¹

Online web accounts ask for two pieces of information (we call them “keys”) to confirm that you are you:

1. **An ID**, like your email address, is a “public” key that you give out willy-nilly to scads of people and websites. This is how a website knows who’s knocking at its door (so to speak) and where to send you emails. Email addresses make good IDs because they’re unique, and, like your street address, they’re public so folks can find you. On the other hand, you don’t want the bug man² walking in your front door, so you keep it locked with a private key on your keyring.³
2. **A password** is the private “key” you use to complete your online authentication. (This means you shouldn’t use the same password for every website, just like you don’t use the same key for your house, car, and safe deposit box at the bank. And that’s why I have 200 passwords.)

Two-Factor Authentication

Over the past few years, some websites—especially banks—have added two-factor authentication to their login process. After you enter your ID and password, the bank sends you a text message with a one-time numeric string. When you enter that number, the website has authenticated you on TWO devices—your computer and your smartphone (or tablet). (If you don’t have a smartphone, you can opt to have the website call your phone and recite the numeric string you’ll type in).

“Biometric” Identifiers

Unfortunately, no matter how many “keys” and codes we have to enter, IDs and passwords are just text characters that can be stolen, forgotten, or accidentally sent in response to a phishing email.

Fortunately, most of us have two unique identifying traits that can’t be replicated: our face and fingerprints. Many newer mobile devices and laptops already use face ID or fingerprint (“biometric”) sensors to ensure that the actual owner is using that device.

I have an older iPhone that uses my previously stored fingerprint to “wake up” the phone and authenticate me as its rightful owner.

Now that I’ve authenticated myself on my iPhone, there should be a way the phone can authenticate me to the website I’m visiting.

Passkeys

And that’s what passkeys do. Apple, Microsoft, and Google are major players in implementing the FIDO (Fast IDentity Online) alliance’s protocols that can use my smart devices’ biometric authentication to encrypt my login IDs into what are called “passkeys.”

Once a website has adopted the FIDO standard, it will accept my passkey from my smartphone, tablet, or computer and then automatically admit me to the website. There’s no password to remember—or forget—or lose.

Apple is implementing Passkeys on its newest operating systems this fall (MacOS Ventura, iOS 16, and iPad OS 16). Google will add Passkeys to Android devices by the end of this year. Microsoft is aiming for 2022–2023 with Windows 11 updates.

I suspect websites will adopt the passkey protocol sooner rather than later to ensure their client’s data is secure and make ordering toothpaste even easier.

If You Need Help

Remember, if you need tech help, just fill out one of our tech help requests at <https://princetonior.wufoo.com/forms/technology-assistance-request/>.

1 Recommended by nine out of ten dentists, many of whom own stock in the Crest Toothpaste Company. I’m not sure what the tenth dentist uses.

2 We have a nice bug man who comes by every few months and looks for bugs. He then tells us if he finds any.

3 I keep my keys in the refrigerator because that’s where I’ll often find them.

NOVEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

Key:

NSK - Nancy S. Klath Center
SC - Spruce Circle
SPB - Suzanne Patterson Building

H - Hybrid Group/Program

1

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)
1:30 GrandParenting Group

2

8:30 Aerobics (SPB)
10:00 The Feldenkrais Method (SPB)
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 Pickleball Bootcamp - Group 3 (SPB)
1:00 Role of the Artist (EF)
1:00 Musical Explorations (EF) - (NSK)
1:30 A Novel Idea: PSRC's Book Club (SPB)
3:00 Let's Talk (NSK-H)

3

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)
12:00 How to Write Playfully
1:00 Africa (EF) - (NSK-H)
1:00 Bird Behavior: Birds as Artists (EF)
1:00 Intro to Mah Jongg (NSK)
1:30 OnStage Seniors (SPB)

4

8:30 Aerobics (SPB)
10:00 MIR Breakfast Meeting (SPB)
10:00 R.A.D. for Seniors (SPB)
10:00 Science in the News (EF) - (NSK-H)
10:00 Women in Retirement Coffee Klatch
12:00 Introducing the Gothic of the Chicago 7 (NSK-H)
1:00 Table Tennis (SPB)
1:00 Woodrow Wilson (EF)
2:00 Mastering the Art of Painting (SPB)

7

8:30 Aerobics (SPB)
10:00 Challenges for the Future (EF) - (NSK-H)
10:00 Gentle Mat Yoga + Nidra
10:00 The Power of Words: People & Stories (EF)
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

8

9:30 Basic Drawing
10:00 *Every Body Walk!*
10:00 Hard Choices in Political Life (EF) - (SPB)
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 Knit Wits (NSK-H)
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 - "Giving with Your Kids and Grandkids" (NSK-H)

9

8:30 Aerobics (SPB)
10:00 The Feldenkrais Method (SPB)
10:00 PPL's Morning Tech Series
10:00 Sociology & Psychology of Oppression (EF)
11:00 Pickleball Bootcamp - Group 1 (SPB)
1:00 Contemporary Business & Economic Issues (EF) - (NSK)
1:00 Go, Went, Gone (EF)
1:00 Role of the Artist (EF)
1:00 Musical Explorations (EF) - (SPB)
1:30 A Novel Idea: PSRC's Book Club (SPB)
3:00 Let's Talk (NSK-H)

10

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Pickleball Open Court (SPB)
10:00 World Cinema (EF) - (NSK)
12:00 How to Write Playfully
1:00 Africa (EF) - (NSK-H)
1:00 Intro to Mah Jongg (NSK)
1:30 OnStage Seniors (SPB)
4:00 Children of Aging Parents (NSK-H)

11

8:30 Aerobics (SPB)
10:00 MIR Breakfast Meeting (SPB)
10:00 Science in the News (EF) - (NSK-H)
10:00 Women in Retirement Coffee Klatch
1:00 Inspired Creativity Workshop (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

14

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

15

9:30 Basic Drawing
10:00 *Every Body Walk!*
10:00 Hard Choices in Political Life (EF) - (SPB)
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 - "Climate Action & You"

16

8:30 Aerobics (SPB)
10:00 The Feldenkrais Method (SPB)
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 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)

17

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 Pickleball Open Court (SPB)
10:00 World Cinema (EF) - (NSK)
12:00 How to Write Playfully
1:00 Africa (EF) - (NSK-H)
1:00 Intro to Mah Jongg (NSK)
1:30 OnStage Seniors (SPB)
3:00 Early Stage Memory Loss Support Group (NSK-H)

18

8:30 Aerobics (SPB)
10:00 Men & Women in Retirement Monthly Meeting (NSK-H)
10:00 Science in the News (EF) - (NSK-H)
11:00 Senior Citizen Club (NSK)
1:00 Bingo (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
3:00 Transition to Retirement (NSK-H)

November 14, 1:00–3:00 p.m.
MEDICARE INFORMATION SESSION (NSK)

November 16, 1:00–4:00 p.m.

PSRC HEALTH AND WELLNESS FAIR (NSK)

NOVEMBER EXERCISE & FITNESS PROGRAMS

AEROBICS (IN-PERSON AT SPB LOCATION)

Mondays, Wednesdays, and Fridays in November (no class November 25), 8:30 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: Cynthia Adams

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 10:00 a.m.

EBW!'s last date for the season is November 17

Stay tuned for its return in March 2023

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)

Wednesdays, beginning November 2 through 30 (no class November 23), 10:00 to 11:00 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 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 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 November 2

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 November, 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 November 3 through 17 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!

NOVEMBER 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/PickleballCourtRentalNov

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays, 1:00–4:00 p.m. (no Table Tennis on November 25)
Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. *Registration required (no walk-ins), no fee.*

NOVEMBER SPECIAL PROGRAM SPONSORS

Capital Health, McCaffrey's Food Markets, Princeton Care Center, Rothkoff Law, and Silver Century Foundation

NOVEMBER ENRICHMENT PROGRAMS

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE — FALL SESSION 2 (ZOOM)

8 Sessions on Tuesdays, November 8 through December 27, 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.

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)

Thursdays, beginning October 27 through November 17, 1:00 to 3:30 p.m. (and 1:00 to 4:00 p.m. on November 10 and November 17)

Fee: \$60 Resident/\$70 Nonresident

Originating in China, Mah Jongg is an exciting game using tiles to 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 2 (IN-PERSON AT SPB LOCATION)

Fridays, November 18 through December 16 (no class November 25), 2:00 p.m.

Fee: \$45 resident/\$50 nonresident

For advanced painters, this **four-week session class** emphasizes the components of the creative painting process. Space limited to 9 students with a minimum of 6. *Instructor: Christina Rang*

WELCOME 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 performances at various venues throughout the community. OnStage will be going on the road this spring — stay tuned for their dates. You won't want to miss it!

November is National Family Caregivers Month

Celebrated every November, National Family Caregivers Month (NFCM) is a time to recognize and honor family caregivers across the country. It offers an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. PSRC has two caregiver support groups: Caregivers group meets on the second and fourth Monday of the month at 3:00 p.m. via Zoom. The second group is featured below.

Children of Aging Parents

One of the support groups we offer is Children of Aging Parents group. This group exists to help one another through the challenges and joys of supporting parents through their later years. Ruth Bronzan, LCSW, has led the group for many years in person and now hosts the group in a hybrid format. Children of Aging Parents group meets once a month on the second Thursday at 4:00 p.m. The group meets "hybrid," meaning in-person at NSK location and also on Zoom. The next meeting will be on November 10 at 4:00 p.m.



GROUPS

BEREAVEMENT

Monday, November 21 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, November 14 & 28 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS

(IN-PERSON AT NSK - HYBRID)
Thursday, November 10 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)
Thursday, November 17 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

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

KNIT WITS (IN-PERSON AT NSK - HYBRID)

Tuesday, November 8 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. (November 30 meeting at Spruce Circle)

MEN AND WOMEN IN RETIREMENT MONTHLY MEETING

Friday, November 18 at 10:00 a.m.

NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT NSK - HYBRID)
Tuesdays, November 8 & 22 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, November 18 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.



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, from 2:00 to 4:00 p.m., and virtually, Monday through Friday. To learn more about PSRC's technical assistance, go to our website at princetonsenior.org/technology-lab/ or to fill out a request form go to princetonsenior.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

Alzheimer's Awareness Month

November is **Alzheimer's Awareness Month**, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it.

In the early stage of Alzheimer's, a person may function independently. He or she may still drive, work, and be part of social activities. Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects. Symptoms may not be widely apparent at this stage, but family and close friends may take notice and a doctor would be able to identify symptoms using certain diagnostic tools.

Common difficulties include: coming up with the right word or name; remembering names when introduced to new people; having difficulty performing tasks in social or work settings; forgetting material that was just read; losing or misplacing a valuable object; or experiencing increased trouble with planning or organizing. During the early stage, it's possible for people with a memory loss to live well by taking control of their health and wellness, and focusing their energy on aspects of their life that are most meaningful to them.



PSRC has an Early Stage Memory Support group that meets hybrid (in-person and on Zoom) the third Thursday of each month from 3:00 to 4:4:30 p.m. Not all memory loss is related to Alzheimer's disease. This group supports any kind of memory loss (with or without a diagnosis). It is led by two compassionate women with extensive experience as caregivers and leaders in the field of aging.

Eileen E. Doremus is a certified social worker and current advocacy coordinator for the New Jersey Association of Area Agencies on Aging. She is the former executive director for the Mercer County Office on Aging, a founding Alzheimer's Association Chapter volunteer and professional staff educator, and Alzheimer's unit coordinator in a Central New Jersey nursing home. Both Eileen's parents experienced dementia in their later years.

Geri H. Garfinkle, MSW, has personal experience with family and friends with dementia. Her grandmother, years ago, and now currently her brother-in-law and a childhood friend of sixty-three years. She has thirty years experience practicing as a clinical social worker/ psychotherapist/family therapist and worked for ten years as a speech/ language pathologist and audiologist at ICD International Center for the Disabled in New York.

For more information, please complete the short form in the link below and one of the facilitators will reach out to you.

<https://princetonsenior.link/memoryloss>

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



Spotlight on Silver Century Foundation

The Silver Century Foundation promotes a positive view of aging. The foundation challenges entrenched and harmful stereotypes, encourages dialogue between generations, advocates planning for the second half of life, and raises awareness to educate and inspire everyone to live long, healthy, empowered lives.

The foundation's free website publication **silverycentury.org** provides a trusted source of journalism about our older years. We challenge people to really think about a subject most of us would rather ignore, because when we defy stereotypes and dispute assumptions, we can welcome—dare we say, celebrate—all aspects of growing older and, therefore, enjoy happier, fuller, longer lives.

By sharing information and experiences through our website, Silver Century strives to help people of all ages understand the myriad interests and concerns that affect us as we grow older. Issues run the gamut from physical and mental health to financial security to life passions and pursuits.

Through its grantmaking the Silver Century Foundation also helps institutions such as the Kaiser Health News (KHN) and the Gerontological Society of America develop articles on longevity and related health and social issues.

Our **website blog** features the voices of various scholars, activists, and advocates who range in age and experience. Our **arts section** offers curated selections of books and films that provide positive age perspectives rather than ageist stereotypes, and **our quizzes** help visitors challenge their own knowledge of aging and to identify truth from fiction.

The foundation hopes you will join PSRC in using its website publication as an enjoyable and informative resource to assist you in experiencing life to the fullest.

silverycentury.org

NOVEMBER FEATURED SPONSORS



Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

homewatchcaregivers.com



NightingaleNJ is dedicated to assisting older adults navigate the healthcare system and maintain control of their lives throughout the aging process.

nightingalenj.com



Princeton Health is one of the most comprehensive healthcare systems in New Jersey.

princetonhcs.org

PRINCETON SENIOR RESOURCE CENTER

Lifelong Learning Capital Campaign



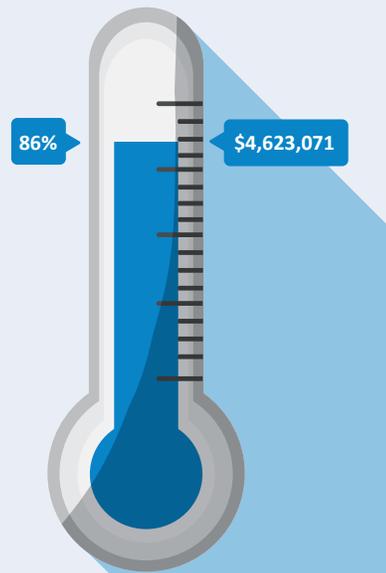
CAPITAL CAMPAIGN DOLLAR-FOR-DOLLAR CHALLENGE MATCH! All Donations and Pledges up to \$400,000 will be matched!

We are extremely grateful for our lead donors and community/corporate partners that have already pledged over 85% of our goal, nearly \$4.6 million.

We are asking you to consider a special way to help us close out the capital campaign.

(The capital campaign funds the purchase and renovation of our new building at 101 Poor Farm Road and an endowment to support lifelong learning.)

GOAL: \$5,350,000



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

To donate now to the capital campaign click [HERE](#). To arrange a tour of the building or discuss naming opportunities, contact Lisa Adler, chief development officer, at ladler@princeton senior.org, or 609.751.9699, ext. 103.

**Lifelong Learning Capital Campaign
Progress Report — Fall 2022**

Raised 4.6 million of 5.35 million



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



PICKLEBALL AT THE SUZANNE PATTERSON BUILDING



Now that the weather is getting chilly, grab some Pickleball rental time at PSRC. Our indoor court is climate-controlled. No rain, no snow, no clouds — all fun. Click [here](https://www.princeton senior.org/pickleball/) to rent.

<https://www.princeton senior.org/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

Princeton eBikes
Rothkoff Law Group
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/princeton senior.org/