

In-Person at SPB Location

**PSRC'S ANNUAL HOLIDAY HOOPLA**

***Wednesday, December 14, 1:00–3:00 p.m. Fee: \$5.00***

Join us for a festive buffet at PSRC's Suzanne Patterson Building while you mingle and jingle with the Ho Ho Ho's and Dave Saltzman on the piano. Come for the songs, cheer, good will, raffles, and friendship. Transportation is available to and from the Suzanne Patterson Building by the Muni Bus, Crosstown, or by carpool, all of which we encourage! The festivities begin at 1:00 p.m. Because we cannot accommodate early arrivers, please note that our doors open at 12:45 p.m.

Register at [princetonsenior.org](https://princetonsenior.org) or by calling 609.751.9699. Seating is limited. All guests must show proof of Covid-19 vaccination. Mask wearing is optional. Register at [princetonsenior.link/HolidayHoopla](https://princetonsenior.link/HolidayHoopla)

**THANK YOU TO OUR HOLIDAY HOOPLA SPONSORS FOR THEIR GENEROUS SUPPORT. FOR A COMPLETE LIST SEE [PAGE 14](#).**



**AROMATHERAPY: TWO SESSION WORKSHOP**  
(IN-PERSON AT NSK LOCATION)

***Thursdays, December 1 and December 8,  
11:00 a.m. to noon***

***Fee: \$10 resident / \$15 nonresident***

**Turn to page 5 for details. Register at [princetonsenior.link/Aromatherapy](https://princetonsenior.link/Aromatherapy)**



**A GRATEFUL HEART, A JOYFUL HEART**  
(IN-PERSON AT NSK LOCATION)

***Friday, December 16, 10:00 a.m. to noon***

**Turn to page 5 for details. Register at [princetonsenior.link/GratefulHeart](https://princetonsenior.link/GratefulHeart)**



**THE  
EVERGREEN  
FORUM**

**Spring 2023 Course List**

Registration opens Tuesday, January 24 at 9:30 a.m.

Electronic registration is first come, first served

See [page 10](#) for the course list.

**THE NANCY S. KLATH CENTER  
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B  
Princeton, NJ 08540  
(between Bunn Dr. and Mt. Lucas Rd.)  
Phone: 609.751.9699  
Monday–Friday  
9:00 a.m. to 5:00 p.m.

**SUZANNE PATTERSON BUILDING**

45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.751.9699  
Call PSRC for hours

[info@princetonsenior.org](mailto:info@princetonsenior.org)  
[princetonsenior.org](http://princetonsenior.org)

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

*A nonprofit organization  
serving our community*

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FROM THE CEO, DREW DYSON  
When The Lights Aren't Quite as Bright

Dear Friends,

I love the holiday season! Lights. Trees. Traditions. Baking. Crowded dinner tables. Give me all of it! From the time I was a child, wide-eyed and wonder-filled, I enter every holiday season with a song on my lips and joy in my heart. And yet, over the last five years with the loss of a sibling and both of my parents, grief has joined my emotional landscape during the holiday season. I know that for many of you as well, your joy this season will be tempered by an empty chair at the holiday table.

With each passing year I find more joy in the memories and comfort in the sorrow, and you may as well. At the same time, it is important to be gentle with ourselves, to give ourselves the time and space to grieve, and be prepared for the little moments of grief that are sparked by a familiar smell or song or other incidental trigger. I have learned not to expect that grief is behind me, but to welcome it, give it space to resonate in my heart, and let it give way to special memories and new joys.

Sociologist Nancy Berns writes and speaks about the myth of closure. "Closure is a common assumption about what we need after loss," she writes, but "the concept of closure does not capture the complexity of grief." In her TED Talk, she invites her listeners to let go of the expectation of closure and to "understand that it is possible to hold joy and grief together."

Rabbi Samuel N. Gordon encourages folks who are grieving to welcome the presence of their loved ones in telling stories and sharing sacred memories. "Sitting at our dining tables, with the candles, china, silver, challah, wine, good food, we can feel the spiritual presence of those who have sat with us in the past — those who have





shared those meals, those who used to prepare the meals which we now prepare ourselves,” he writes. “The chair is empty, but we often feel as if they are sitting with us.”

For those of us facing a new loss this season, or continuing to feel the absence of our loved ones, Berns suggests several practices that may be helpful:

- Welcome the memories when they come and give attention in the moment rather than let the accumulation of these moments turn into a deeper sadness.
- Find a trusted friend or conversation partner who will take the time to listen deeply.
- Turn to your family for support rather than trying to “go it alone” or “put on a brave face.”
- Grieve in community with your temple, church, bridge partners, lunch group, etc.
- Volunteer for an organization that will honor your loved one.

And for all of us, as we encounter and encourage those who are grieving, here are a few suggestions:

- Listen more than talk; ask questions that give space for the grieving to share at their level of comfort.
- Acknowledge the loss and express your care.
- Do a simple task (shoveling, shopping, wrapping, baking) that would relieve the burden for that person or family.
- Include and invite the grieving person to special events without expectations that they participate.

For the last several years, my family has intentionally set an empty place at our holiday table. We decorate that place setting with photos, ornaments, notes, and special mementos. Before we eat, we give an opportunity for everyone present to share, if they’d like, a special memory of one who is no longer there. This practice has grown to include memories of parents, grandparents, siblings, uncles, friends, and more. There are tears shed but there is also a lot of laughter and love. And, in our experience, this moment of shared reflection has become an act of healing that has opened the door for new memories and true joy.

I encourage you, my friends, to find your own way to acknowledge your grief this holiday season. For me at least, even though things are certainly different, the lights still shine brightly and once again I will enter this holiday season filled with joy, wonder, and awe. Won’t you join me?

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**  
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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**

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**H - Hybrid Group/Program**

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

## DECEMBER PROGRAMS

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



**FIRST FRIDAY FILM — *BECOMING SANTA***  
(HYBRID – IN-PERSON AT NSK LOCATION  
AND ON ZOOM)

**Friday, December 2 at 1:00 p.m.**

The true story of a man entering the culture and character of Santa Claus for a single season. We follow Jack as he bleaches his hair, goes to Santa School, and tries to do everything that Santa is asked to do. Along the way, Jack collects children's wishes, learns about the benefits of belief, the history and origin of Santa, and the ordinary people keeping the spirit alive. Starring: John Merian, Gary Casey, Peter Fontana. **Running time: 1 hour, 37 minutes; Genre: Documentary, Comedy, History; Rated: Not rated**  
Registration required, no fee.



**FYI SEMINAR — “OSTEOPOROSIS  
EDUCATION – FIT TO A ‘T’”** (HYBRID – IN-  
PERSON AT NSK LOCATION AND ON ZOOM)

**Tuesday, December 6 at 3:00 p.m.**

Your “T” score is the number on a DEX scan that tells a physician whether you have osteoporosis or osteopenia. This lecture provides information regarding what that score means for you, appropriate movements and activities that are SAFE for someone diagnosed with osteoporosis/osteopenia, and types of movements that should NOT be performed if you have been diagnosed with osteoporosis/osteopenia.

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



**FYI SEMINAR — “YOUR STRESS TOOLBOX”**  
(ZOOM)

**Tuesday, December 13 at 3:00 p.m.**

Managing stress is a lifelong endeavor so having tools to address stress is essential for everyone. In this presentation we will review mental and physical strategies to reduce your stress and increase wellness. We will also engage in a short, relaxing mindfulness meditation exercise.

Dr. Rajiv Vyas is board certified in psychiatry and addiction medicine. Dr. Vyas is an adjunct clinical assistant professor of psychiatry at Rowan University School of Osteopathic Medicine. Before joining Capital Health, Dr. Vyas was medical director of behavioral health at Aetna Better Health of New Jersey. He has conducted classes on mindfulness meditation and stress reduction and has a special interest in the interaction of spirituality and mental health. Dr. Vyas is actively involved in volunteer activities promoting wider access to health screening and health awareness for uninsured and underinsured individuals in his community. 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:

**December 6 — Riley Moynes:** How to squeeze all the juice out of retirement

**December 13 — Dan Harris:** The benefits of not being a jerk to yourself

**December 20 — Noah Raford:** How gaming can be a force for good

**December 27 — Not meeting**

Registration required, no fee.

This month's FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare Navigators](#), [Penn Medicine Princeton Health](#). TED Talk sponsors are [Hamilton Jewelers](#), [McCaffrey's Food Markets](#), and [Princeton Care Center](#).

### PSRC'S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS

Safety measures for all staff, volunteers, and participants:

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

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

## LIMITED SERIES PROGRAMS

NOW SCREENING: *ONLY MURDERS IN THE BUILDING* – SEASON 1 (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

***Tuesdays and Fridays, beginning December 6 through December 20, 1:00– 2:00 p.m.***

Steve Martin and Martin Short star in this mystery/comedy where three strangers share an obsession with true crime and suddenly find themselves wrapped up in one. When a grisly death occurs inside their exclusive Upper West Side apartment building, the trio suspects murder and employs their precise knowledge of true crime to investigate the truth. Soon, the endangered trio comes to realize a killer might be living among them as they race to decipher the mounting clues before it's too late. Starring: Steve Martin, Martin Short, Selena Gomez. Two episodes will be shown each day. If you miss one, we'll provide episode summaries. Running time: each episode is approximately thirty minutes in length. **Genre: Comedy, Drama, Mystery; Rated: TV-MA**

Registration required, no fee.

PSRC's Now Screening program is sponsored by [Akin Care Senior Services](#).

LIVE FROM NEW ZEALAND: HOLIDAY WALK IN AUCKLAND (ZOOM)

***Thursday, December 8, 5:30–6:30 p.m.***

***Fee: \$5.00***

Enjoy a festive walk around downtown Auckland, New Zealand and discover the magic of the holidays. Together, with your live virtual tour guide, you will explore the many decorations that adorn downtown Auckland and catch sight of beautiful Pohutukawa flowers, better known as the New Zealand Christmas tree. Finally, get your wish list ready, as we will get to experience the fantastical Santa Mail Machine sending letters directly to Santa.

Participants will be able to ask questions and interact with the guide throughout the tour.

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

BINGO: WIN LIKE NEVER B-4 (IN-PERSON AT NSK LOCATION)

***Monday, December 19, 1:00–3:00 p.m.***

Join us for a lively afternoon of bingo fun where's 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](#).

AROMATHERAPY: TWO SESSION WORKSHOP (IN-PERSON AT NSK LOCATION)

***Thursdays, December 1 and December 8, 11:00 a.m. to noon***

***Fee: \$10 resident / \$15 nonresident***

Learn about the art of essential oils through this aromatherapy series. Together, we will dive into the history, properties, and usage of essential oils. You will learn about the many ways essential oils can be incorporated into your life and will have the opportunity to make your own products to take home.

Lisa Bayer is a certified dementia practitioner (CDP) and the director of marketing and education for Always Best Care Princeton, a home health care agency serving Mercer, Middlesex, Somerset, Burlington, and Ocean Counties. Space is limited to 20 participants.

PSRC's Aroma Therapy Workshop program is sponsored by [Oasis Senior Advisors](#).

A GRATEFUL HEART, A JOYFUL HEART (IN-PERSON AT NSK LOCATION)

***Friday, December 16, 10:00 a.m. to noon***

***Fee: \$5.00***

Join us for a morning of cultivating gratitude, which naturally leads us into a state of joy. Gratitude gladdens the heart. It receives in wonder the myriad offerings of the rain and the earth, the care that supports every single life. As gratitude grows, it gives rise to joy. We experience the courage to rejoice in our own good fortune and in the good fortune of others. As David Steindl-Rast says, "It is not joy that makes us grateful; it is gratitude that makes us joyful."

## DECEMBER PROGRAMS

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

Leader, Amy Rhett, began meditating in college where she fell in love with the experience of being alert yet relaxed. She went on to study with Thich Nhat Hanh and is currently completing mindfulness training with Tara Brach and Jack Kornfield. An executive in marketing communications, she finds meditation essential to staying centered as well as creatively inspired. Space is limited to 14 participants.

PSRC's *A Grateful Heart, A Joyful Heart* program is sponsored by [Stark & Stark Attorneys at Law](#).

### LIBRARY READS — MONDAY, DECEMBER 5

*(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.

## SPECIAL NOTICES

PSRC will be closed on December 23, 26, 30, and January 2 in celebration of the holidays.

### 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.**

## RETIREMENT PROGRAMS

SENIOR CITIZEN CLUB — NOT MEETING IN DECEMBER

MEN IN RETIREMENT — NO PRESENTATION THIS MONTH

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

***Usually meets on Fridays at 10:00 a.m.***

Registration required, no fee

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

***Friday, December 16 at 2:30 p.m. (Different time this month)***

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

WOMEN IN RETIREMENT: OFF-THE-GRID HIKING  
(HYBRID — IN-PERSON AT NSK LOCATION AND ON ZOOM)

***Friday, December 2 (Different date this month) at 10:00 a.m.***

Please join us when WIR members Dina Kravets and Karen Coates share their off-the-grid hiking and rafting adventure with Grand Canyon Whitewater. All are welcome. Registration required, no fee. For more information about the Women in Retirement and WIR Coffee Klatches, go to <http://wired.wordpress.com/>

WOMEN IN RETIREMENT: COFFEE KLATCH (IN-PERSON AT PANERA BREAD IN NASSAU PARK OR ON ZOOM)

***Fridays at 10:00 a.m.***

Join the Women in Retirement for an in-person informal meetup. Contact WIR for location of meeting. All are welcome.

### 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](https://princetonsenior.org/lending-locker)





## DECEMBER EXERCISE & FITNESS PROGRAMS

### **AEROBICS (IN-PERSON AT SPB LOCATION)**

*Mondays, Wednesdays, and Fridays in December  
(no class 12/23, 12/26, 12/30), 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*

### **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, 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 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/PickleballDecemberGroupRental](https://princetonsenior.link/PickleballDecemberGroupRental)

### **NEW! PICKLEBALL INSTRUCTED OPEN COURT (IN-PERSON AT SPB LOCATION)**

*Wednesday, December 7 and 21, 11:00 a.m.–1:00 p.m.*

Fee: \$10 resident/\$15 nonresident

Join us for instructed open court play where pickleball enthusiasts are welcome to come play pick-up games alongside our pickleball instructor Carolyn, who will provide instruction to help develop your skills. Participants must have previous experience with Pickleball and know the basics. To learn how to play, sign up for one of our future Bootcamps! Maximum of 6 players.

### **TABLE TENNIS (IN-PERSON AT SPB LOCATION)**

*Mondays and Fridays, 1:00–4:00 p.m. (no Table Tennis on December 23, 26, and 30)*

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport.

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



## TECHNOLOGY ASSISTANCE

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

*Monday through Friday, 9:30 a.m. to 4:30 p.m.*

Our well-appointed and roomy Tech Lab welcomes you with brand new PC's and Mac computers. Stop by to check your email, get some work done, connect with friends and family, or surf the web.

Tech assistance is available two ways: in-person on Wednesdays and Thursdays, from 2:00 to 4:00 p.m., and virtually, Monday through Friday. Appointments preferred. To learn more about PSRC's technical assistance, go to our website at [princetonsenior.org/technology-lab/](https://princetonsenior.org/technology-lab/) or to fill out a request form go to [princetonsenior.link/tech-assist](https://princetonsenior.link/tech-assist).

## DECEMBER GAMES & ENRICHMENT PROGRAMS



### BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

This class is on hiatus until January.

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

*Thursdays, 10:00 a.m.*

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

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

*Friday, December 9, 1:00–4:00 p.m.*

Fee: \$20 Resident/\$25 Nonresident

Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly,

even if you have never played cards before! Played with 2–4 players, in partnerships or individually, Canasta is one of the most widely played card games in the U.S. Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6. Note: There is a materials fee of \$4 payable to the instructor in class.

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

### LEARN TO PLAY HAND & FOOT CANASTA WITH NEILIA (IN-PERSON AT NSK LOCATION)

*Friday, December 16, 1:00–4:00 p.m.*

Fee: \$20 Resident/\$25 Nonresident

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

Note: There is a materials fee of \$4 payable to the instructor in class.

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

### MASTERING THE ART OF PAINTING — FALL SESSION 2 (IN-PERSON AT SPB LOCATION)

*Fridays through December 16, 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. Call for availability. *Instructor: Christina Rang*

### DECEMBER SPECIAL PROGRAM SPONSORS

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

## HEALTH SCREENINGS

Watch for information about monthly health screenings scheduled at our NSK location. There will be regular blood pressure checks, memory screenings, and a variety of other screenings to help find problems early on, when they may be easier to treat.



# DECEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday

## Key:

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

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10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 World Cinema (EF) - (NSK)  
11:00 Aromatherapy: Two  
Session Workshop (NSK)  
12:00 How to Write Playfully  
1:00 Bird Behavior: Birds as  
Artists (EF)  
1:30 OnStage Seniors (SPB)

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8:30 Aerobics (SPB)  
10:00 Men in Retirement  
Breakfast Meeting (SPB)  
10:00 Women in Retirement  
Monthly Meeting (NSK-H)  
1:00 First Friday Film -  
Becoming Santa (NSK-H)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)

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8:15 Longwood Gardens Day  
Trip  
8:30 Aerobics (SPB)  
10:00 Gentle Mat Yoga + Nidra  
1:00 Global Conversations  
1:00 Library Reads  
1:00 Table Tennis (SPB)  
2:00 Word Play

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9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
1:00 Games Day (SPB)  
1:00 *Only Murders in the  
Building* - ep 1 & 2 (NSK-H)  
1:30 Grandparenting Group  
3:00 FYI Seminar -  
"Osteoporosis Education - Fit  
to a "T" (NSK-H)

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8:30 Aerobics (SPB)  
11:00 Pickleball Instructed  
Open Court (SPB)  
1:00 Musical Explorations (EF)  
- (NSK-H)  
3:00 Let's Talk (NSK-H)

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10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 World Cinema (EF) - (NSK)  
11:00 Aromatherapy: Two  
Session Workshop (NSK)  
12:00 How to Write Playfully  
1:30 OnStage Seniors (SPB)  
3:00 Children of Aging Parents  
(NSK-H)  
5:30 Live from New Zealand:  
Holiday Walk in Auckland

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8:30 Aerobics (SPB)  
10:00 Men in Retirement  
Breakfast Meeting (SPB)  
10:00 Women in Retirement  
Coffee Klatch  
1:00 Learn to Play Canasta with  
Neilia (NSK)  
1:00 *Only Murders in the  
Building* - ep 3 & 4 (NSK-H)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)

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

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9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
11:00 Next Chapter: Widows &  
Widowers (NSK-H)  
1:00 Games Day (SPB)  
1:00 Knit Wits (NSK-H)  
1:00 *Only Murders in the  
Building* - ep 5 & 6 (NSK-H)  
3:00 FYI Seminar - "Your Stress  
Toolbox"

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8:30 Aerobics (SPB)

December 14, 1:00 p.m  
PSRC'S ANNUAL HOLIDAY  
HOOPLA (SPB)

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10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
12:00 How to Write Playfully  
3:00 Early Stage Memory Loss  
Support Group (NSK-H)

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8:30 Aerobics (SPB)  
10:00 A Greatful Heart, A Joyful  
Heart (NSK)  
10:00 Men in Retirement  
Breakfast Meeting (SPB)  
10:00 Women in Retirement  
Coffee Klatch  
1:00 Learn to Play Hand & Foot  
Canasta with Neilia (NSK)  
1:00 *Only Murders in the  
Building* - ep 7 & 8 (NSK-H)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)  
2:30 Transition to Retirement  
(NSK-H)

19

8:30 Aerobics (SPB)  
10:00 Gentle Mat Yoga + Nidra  
11:00 Bereavement Group  
1:00 Bingo: Win Like Never B-4  
(NSK)  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 Word Play

20

9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
11:00 Next Chapter: Widows &  
Widowers (NSK-H)  
1:00 Games Day (SPB)  
1:00 *Only Murders in the  
Building* - ep 9 & 10 (NSK-H)

21

8:30 Aerobics (SPB)  
11:00 Pickleball Instructed  
Open Court (SPB)  
3:00 Let's Talk (SC)

22

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
3:00 Caregivers Group

23

PSRC CLOSED  
FOR THE CHRISTMAS HOLIDAY

26

PSRC CLOSED  
FOR THE CHRISTMAS HOLIDAY

27

9:30 Basic Drawing

28

8:30 Aerobics (SPB)  
3:00 Let's Talk

29

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga

30

PSRC CLOSED  
FOR THE NEW YEAR'S  
DAY HOLIDAY



## Spring 2023 Course List

Most classes begin the week of February 27, 2023

### AMERICA IN THE 1960s

**INSTRUCTOR:** Stan Katz  
**DAY AND TIME:** Mondays from 10:00 a.m.–noon  
**FORMAT:** Virtual

### ANTARCTIC EXPLORATIONS

**INSTRUCTOR:** Harold Kuskin  
**DAY AND TIME:** Tuesdays from 10:00 a.m.–noon  
**FORMAT:** Hybrid

### BRONTE AND ELIOT: ROMANTICISM VS. REALISM

**INSTRUCTOR:** John Kucich  
**DAY AND TIME:** Wednesdays from 10:00 a.m.–noon  
**FORMAT:** Virtual

### DADA AND SURREALISM

**INSTRUCTOR:** Wendy Worth  
**DAY AND TIME:** Tuesdays from 1:30–3:30 p.m.  
**FORMAT:** Virtual

### DECEIVING BY NUMBERS: DATA IN THE NEWS

**INSTRUCTOR:** Bernard Abramson  
**DAY AND TIME:** Thursdays from 1:30–3:30 p.m.  
**FORMAT:** In-Person

### DIPLOMACY: TODAY'S WORLD ORDER

**INSTRUCTOR:** Robert Ross  
**DAY AND TIME:** Mondays from 1:30–3:30 p.m.  
**FORMAT:** Hybrid

### FOUR LECTURES ON QUANTUM MECHANICS

**INSTRUCTOR:** Matias Zaldarriaga  
**DAY AND TIME:** Fridays from 3:30–5:30 p.m.  
**FORMAT:** In-Person

### THE FRENCH REVOLUTION AND THE AGE OF NAPOLEON

**INSTRUCTOR:** Robert Nolan  
**DAY AND TIME:** Thursdays from 1:30–3:30 p.m.  
**FORMAT:** Hybrid

### GEOGRAPHY OF NEW JERSEY

**INSTRUCTOR:** Dave Saltzman  
**DAY AND TIME:** Thursdays from 10:00 a.m.–noon  
**FORMAT:** Hybrid

### GREAT DECISIONS 2023

**INSTRUCTORS:** David Redman  
**DAY AND TIME:** Tuesdays from 1:30–3:30 p.m.  
**FORMAT:** Virtual

### HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY

**INSTRUCTOR:** David Brahinsky  
**DAY AND TIME:** Wednesdays from 1:30–3:30 p.m.  
**FORMAT:** Hybrid

### HOLDING HANDS WITH THE BROTHERS GRIMM

**INSTRUCTOR:** Susan Matson  
**DAY AND TIME:** Mondays from 1:30–3:30 p.m.  
**FORMAT:** In-Person

### MOHSIN HAMID AND AYAD AKHTAR: THE DIVIDED CONVERSATION

**INSTRUCTOR:** Lois Marie Harrod  
**DAY AND TIME:** Wednesdays from 1:30–3:30 p.m.  
**FORMAT:** Virtual

### READING BUILDINGS: A PRIMER

**INSTRUCTOR:** Alan Chimacoff  
**DAY AND TIME:** Fridays from 1:30–3:30 p.m.  
**FORMAT:** Virtual

### SCIENCE IN THE NEWS

**INSTRUCTOR:** Harold Heft  
**DAY AND TIME:** Fridays from 10:00 a.m.–noon  
**FORMAT:** Hybrid

### SCIENTISTS, SOLDIERS, STATESMEN: THE A-BOMB

**INSTRUCTOR:** Lloyd Gardner  
**DAY AND TIME:** Thursdays from 10:00 a.m.–noon  
**FORMAT:** Hybrid

### SHAKESPEARE'S TRAGEDIES

**INSTRUCTOR:** Larry Danson  
**DAY AND TIME:** Tuesdays from 10:00 a.m.–noon  
**FORMAT:** In-Person

### SOCIAL SECURITY — WHAT'S LOVE GOT TO DO WITH IT?

**INSTRUCTOR:** Donn Mitchell  
**DAY AND TIME:** Fridays from 1:30–3:30 p.m.  
**FORMAT:** Hybrid

### TALES FROM OUR GALLERIES

**INSTRUCTOR:** Nancee Goldstein  
**DAY AND TIME:** Wednesdays from 1:00–2:30 p.m.  
**FORMAT:** Virtual

### THEATRE APPRECIATION: FROM PAGE TO STAGE

**INSTRUCTOR:** Rianne Domingues  
**DAY AND TIME:** Mondays from 10:00 a.m.–noon  
**FORMAT:** Hybrid

### WAR AND PEACE: TEXT AND CONTEXT

**INSTRUCTOR:** Nancy Kanach and Victor Ripp  
**DAY AND TIME:** Thursdays from 10:00 a.m.–noon  
**FORMAT:** In-Person

The Evergreen Forum uses a first-come, first-served registration system. **Registration will open on Tuesday, January 24 at 9:30 a.m.**

Registration for a second or more courses will open on Tuesday, February 7. To register, go to [princetonsenior.org](https://princetonsenior.org).

Telephone and mail applications will not be accepted. Course format is subject to change.

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

**Evergreen Forum Fees: \$110 for a six- to eight-week course, and \$85 for a three- to five-week course.**

Cost should never be a barrier to learning! [Senior Scholarships](#) are available to those for whom the fee is a hardship.

# COMPUTER GURU — by Don Benjamin

The Donald and Nancy Light Technology and Literacy Lab Programs  
sponsored by: Princeton Care Center

## What's New in Mac OS Ventura

*Apple's macOS "Ventura" includes many boffo features, some of which you'll probably never use and some that are important. Read on...*

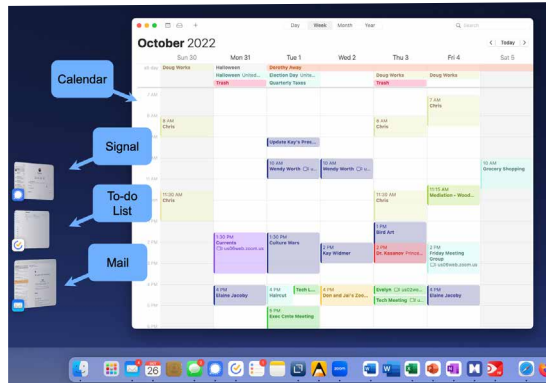
Each Fall, the Apple folks roll out a "New, Improved" version of their venerable Mac operating system named for a California location. On October 24, Apple released Mac OS "Ventura"<sup>1</sup> into the wild after months of "beta" testing. Here's a synopsis of what I think are its most important features. Your results may vary.

### Improved Security

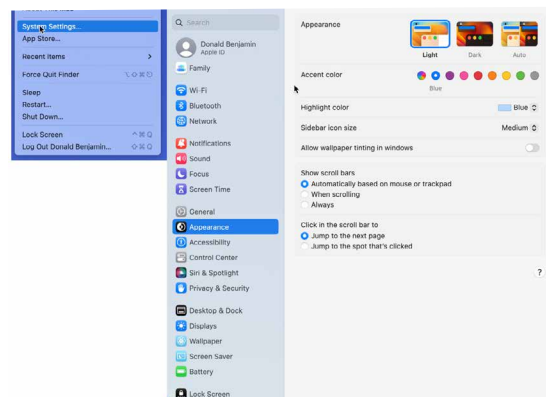
Every new edition of Mac OS (and Windows 11, which I'll cover in January) adds security features to keep malware and such from corrupting your computer and completely ruining your day.<sup>2</sup> Ventura is no exception and is reason enough for you to upgrade.

### Stage Manager

This feature is for us multi-taskers who keep several windows open on our desktop. For example, I keep Mail, Calendar, Reminders (to-do lists), and Signal (a private texting app) running all the time. I used to shuffle windows around to read mail and look at my calendar. But now, these apps automatically shrink to a thumbnail on my screen that I can quickly open. Very nice.



*Stage manager keeps your open apps handy as thumbnails on the left side of your screen.*



*Ventura's new System Settings menu is easier to use of your screen.*



*You can remove backgrounds from pictures. This is our grandson Chris. He didn't feel a thing when I cropped his picture.*

### Passkeys

Ventura (as well as iOS 16 and iPadOS 16) supports passkeys, which will replace password authentication on certain websites.<sup>3</sup>

### New System Settings Menu

Apple replaced the "Preferences" menu with a new "System Settings" panel that's easier to use.

### iCloud Shared Photos

Ventura's Photos app now lets you share a photo library with up to five others (the "others" must use an Apple device to see your photos). This might be a good alternative to using social media for those of us who don't like social media. (I don't need to know that Sharon and David, whom we seldom see, just discovered a new recipe for sauteed kale.)

You can also remove the background from a photo to isolate your subject (like a person or pet).

### If You Need Help

If you need help navigating MacOS Ventura, just fill out the handy-dandy form at <https://princeton.wufoo.com/forms/technology-assistance-request/>.

<sup>1</sup> It's between LA and Santa Barbara. Maybe someday they'll start naming their operating system after New Jersey towns, like MacOS "Bayonne." But I doubt it.

<sup>2</sup> It will probably protect you from running malware that you accidentally downloaded from the Internet.

<sup>3</sup> See the November 2022 Computer Guru article, "Passkeys"



## 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.



## GROUPS FOR EVERYONE!

PSRC has a variety of groups (see listing at right) for both socializing and support. Some of the groups address specific issues affecting a person's life. For example: Next Chapter is for widows and widowers that have moved from the initial grief phase to finding new ways to live life without a spouse. Other groups are more social in nature. For example: Let's Talk meets weekly to discuss contemporary topics of interest, as well as things that are currently happening in each other's lives.

On Monday, December 12 at 3:00 p.m., our Caregivers group will have a guest speaker, Hilary Murray, CALA, from Brandywine Living: Serenade at Princeton. She will be discussing memory issues and care options.

If you have questions about any of the groups please reach out to us at [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org) or go to our webpage [princetonsenior.org/social-and-support-groups/](http://princetonsenior.org/social-and-support-groups/), to read descriptions and to register.



## COMING SOON — TWO NEW GROUPS

A support group for LGBTQ+ older adults is forming at PSRC. We invite you to come and bring a friend. LGBTQ+ older adults are often more isolated than their non-LGBTQ+ counterparts. PSRC welcomes everyone to our center and is excited to start this much needed group.

Inaugural meeting: January 12, 2023 at 3:30 p.m. at NSK Location.

Interest form: [princetonsenior.link/LGBTQgroup](http://princetonsenior.link/LGBTQgroup)

A social group for fifty-five to sixty-five year-olds will begin in January also. We invite you to join a group that is not focused on retiring but on the early years of aging, grandchildren, adult children, hobbies, tech info sessions, and other topics for age group.

An interest meeting for this group will be held on Zoom on December 7, 2022 at 2:00 p.m.

Register: [princetonsenior.link/55-65yoGroup](http://princetonsenior.link/55-65yoGroup)

For questions or to express interest in these groups, please contact Social Services at [socialservices@princetonsenior.org](mailto:socialservices@princetonsenior.org), or call 609.751.9699.

## LOOK FOR MORE INFORMATION IN JANUARY



## GROUPS

### BEREAVEMENT

Monday, December 19 at 11:00 a.m.  
(Usually third Monday of each month)  
Call Sherri Goldstein  
609.819.1226 to attend.

### CAREGIVERS

Monday, December 12 and Thursday,  
December 22 at 3:00 p.m.  
(Usually second & fourth Monday  
of each month)

### CHILDREN OF AGING PARENTS

(IN-PERSON AT NSK - HYBRID)  
Thursday, December 8 at 3:00 p.m.  
(Usually second Thursday of each month)

### EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)  
Thursday, December 15 at 3:00 p.m.  
(Usually third Thursday of each month)

### GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

### GRANDPARENTING

Tuesday, December 6 at 1:30 p.m.  
(Usually first Tuesday of each month)

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

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

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

Wednesdays at 3:00 p.m.

### MEN IN RETIREMENT MONTHLY MEETING

No presentation this month  
(Usually first Friday of each month)

### NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT NSK - HYBRID)  
Tuesday, December 13 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, December 16 at 2:30 p.m.  
(Usually third Friday of each month)

### WOMEN IN RETIREMENT MONTHLY MEETING

Friday, December 2 at 10:00 a.m.  
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM  
UNLESS INDICATED OTHERWISE.

Sign up for virtual groups on our [website](http://princetonsenior.org)  
or call 609.751.9699 for assistance.

## FROM THE DEVELOPMENT OFFICE

### ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2023

PSRC's annual sponsorship program is more than good will, it's good business. Do you own or have a relationship with a company that would be interested in a sponsorship to PSRC? A PSRC sponsorship offers unique advertising benefits, is a perfect fit for the company looking to increase visibility among active consumers and influencers across greater Mercer County, and demonstrates your commitment to providing quality supportive services and programming to help older adults thrive. Sponsorship levels begin at \$2,500.

For more information visit <https://princetonior.link/Sponsorships>

**To learn more or to BECOME AN ANNUAL SPONSOR**

**please contact Barbara Prince at**

**[bprince@princetonior.org](mailto:bprince@princetonior.org) or 609.751.9699, ext. 107.**

**Gift A Vehicle  
This Holiday**



Donating your car, truck, or boat is easy, and your gift is tax-deductible.



**Call 855.500.7433 or 855.500.RIDE  
or visit:**

**<https://careasy.org/nonprofit/Princeton-Senior-Resource-Center>  
to get started!**

**Donate Today**



**Moving Forward Together**

### THANK YOU TO OUR HOLIDAY HOOPLA SPONSORS



**BRANDYWINE LIVING**  
*Serenade at Princeton*  
*Life is Beautiful*

**We are truly grateful to all our  
sponsors for making the PSRC  
Holiday Hoopla a success!**

**Lead Sponsor**  
Brandywine Living at Princeton,  
Serenade at Princeton, and  
Brandywine Living at Pennington,  
for providing the delicious holiday meal

**and**  
Association of Elder Care Professionals  
Bloomberg Philanthropies  
Brookdale Senior Living  
Dave Saltzman  
The Princeton Public Works  
PSRC Board & Volunteers  
Stony Brook Garden Club  
Terra Momo Bread Company



# PSRC — WHERE AGING IS REIMAGINED



## FRIENDSHIP • SUPPORT • VITALITY

**DONATE** online at [princetonsenior.link/DonateNow2022\\_2023](https://princetonsenior.link/DonateNow2022_2023)

As one who has been engaged in PSRC programming, we invite you to make a year-end donation to help continue our work with older adults across the region.

**Offering friendship, support, and vitality for the older adults we serve.**

---

### Before the end of 2022, did you know?

- That you can make a gift **DIRECTLY** from your IRA if you are seventy-and-a-half as of January 1, 2022 or seventy-two now and will be taking a distribution from your IRA this year.
- To take advantage of these tax benefits this year, simply direct your IRA plan provider to make a “Qualified Charitable Distribution” (QCD) to PSRC by December 31.

To **DONATE** or learn more about end of the year charitable options, please contact Lisa Adler, chief development officer, at [ladler@princetonsenior.org](mailto:ladler@princetonsenior.org) or 609.751.9699, ext. 103.



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



Mayors Wellness Campaign  
Put your community in motion.

## 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.princetonsenior.org/pickleball/) to rent.

<https://www.princetonsenior.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  
Hamilton Jewelers  
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/princetonsenior.org/](https://facebook.com/princetonsenior.org/)