PSRC proudly presents our 2023 Fall Benefit

_Cocktails – Dinner – Entertainment_

**Thursday, September 14, 6:00 p.m.**
101 Poor Farm Road, Princeton

**2023 Leadership Awards:**
*Individual Honoree Hazel Stix*
*Corporate Honoree Bryn Mawr Trust*
*Community Impact Honoree Mayor and Council of the Municipality of Princeton*

For ticket and event sponsorship information, visit [princetonsenior.org/2023fallbenefit](http://princetonsenior.org/2023fallbenefit).

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**NEW JERSEY SYMPHONY ORCHESTRA**

AN AFTERNOON WITH THE NEW JERSEY SYMPHONY CHAMBER PLAYERS
(IN-PERSON AT THE STONE HILL CHURCH, 1025 BUNN DRIVE, PRINCETON, NJ)

_Thursday, July 20, 2:00–3:00 p.m._
Sponsored by Bloomberg

Descriptions on page 5.
Register at [princetonsenior.link/July-General-Programs](http://princetonsenior.link/July-General-Programs)

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**TRY SOMETHING NEW!**

**INTRO TO ITALIAN**
(HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

**PROBLEM SOLVING WHILE WE SLEEP**
(ZOOM)

**CONTRA DANCE**
(IN-PERSON AT SPB LOCATION)

Descriptions for these programs, and more, on pages 5 and 6.
Register at [princetonsenior.link/July-General-Programs](http://princetonsenior.link/July-General-Programs)

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**Fall 2023 Course List**
Registration opens Tuesday, August 22
at 9:30 a.m.
Electronic registration is first come, first served

See page 8 for the course list.
Dear Friends,

This month, I am pleased to highlight the writing of PSRC’s new Coordinator of Diversity, Equity, Inclusion, and Belonging, Ana Carolina González-Peña. Ana has written extensively for AARP and brings a wealth of experience and insight into her new role with PSRC.

All the Best,

Drew A. Dyson, PhD
Chief Executive Officer

According to the National Institute on Aging, the health risks of prolonged isolation are equivalent to smoking fifteen cigarettes a day or being an alcoholic, and it exceeds the health risks associated with obesity.

However, it is key to highlight that loneliness is a personal and subjective experience. It is defined by social psychologists as the gap between the desired social connections and the ones you currently have. There are instances where people may seem to have a wide network of friends but still experience a sense of emptiness, lacking emotional connection with those around them. Or you may encounter individuals who have intentionally chosen to isolate themselves, and they may not experience feelings of loneliness as they find contentment in their decision.
“Silent Pandemic”

Often referred to as a “silent epidemic,” loneliness has emerged as a health issue, impacting people of all ages and backgrounds, including young adults, single parents, and immigrants. In 2017, former U.S. Surgeon General Vivek Murthy declared loneliness a public health epidemic. And in 2018, the United Kingdom appointed a “minister for loneliness.”

The Impact of Loneliness

The impact of loneliness on our emotional well-being and overall health is profound. According to the Health Resources and Services Administration, socially isolated or lonely individuals may engage in insufficient physical activity and experience poor sleep, leading to heightened levels of stress, anxiety, and depression, as well as the risk of developing cardiovascular diseases, obesity, and other chronic conditions.

When individuals feel isolated or excluded, they are less likely to participate in activities or engage with their community. This lack of connection can prevent the exchange of diverse perspectives.

Diversity: A Pathway to Connection

By embracing diversity and fostering a sense of belonging, we can break down barriers, promote open dialogue, and cultivate a more inclusive culture. Here my recommendations:

• Challenge biases and stereotypes: Be willing to question your own assumptions and examine the origins of your beliefs. Evaluate whether they are based on accurate information or misconceptions.
• Practice active listening: Truly listen to others and try to understand different perspectives.
• Listen and learn from others: Actively engage with the experiences and perspectives of people from different backgrounds.
• Use technology for good: Connect with virtual groups, online communities, and social platforms dedicated to combating loneliness.
• Embrace discomfort: Recognize that stepping out of your comfort zone by initiating conversations with new people or reevaluating your biases can be uncomfortable. Embrace this discomfort as an opportunity for personal growth and a chance to enjoy life in new and different ways.

If we take a moment in our daily lives to embrace diversity and foster a sense of belonging among individuals from diverse backgrounds, we will start building a path towards a more equitable and inclusive society for all.

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
FIRST FRIDAY FILM — GLASS ONION: A KNIVES OUT MYSTERY (HYBRID — IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, July 7 at 1:00 p.m.
Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, famed southern detective Benoit Blanc is put on the case. Starring: Daniel Craig, Ed Norton, Janelle Monae, Kate Hudson. Running time: 2 hours, 19 minute; Genre: Comedy, Mystery; Rated: PG-13
Registration required, no fee.

FYI SEMINAR — “WHAT TO UPGRADE TO KEEP VALUE IN YOUR HOME” (IN-PERSON AT NSK LOCATION)
Tuesday, July 11 at 3:00 p.m.
Whether you are down-sizing, up-sizing, or right-sizing there are certain improvements you can make to your home to maximize the return on investment. The presenter will provide suggestions which have the potential to increase your profits. These improvements will also make your home more attractive to buyers and less problematic during a home inspection. Participants are encouraged to bring photographs of their home for review.

Anne Nosnitsky is a licensed New Jersey broker-sales associate with Berkshire Hathaway Realtors in Princeton. She has spent more than thirty years selling residential real estate and working with international corporate relocation. Anne has facilitated the sales of hundreds of homes in the greater Princeton area during her real estate career. Registration required, no fee.

FYI SEMINAR — “ADVOCATING FOR YOURSELF OR A LOVED ONE” (HYBRID — IN-PERSON AT NSK LOCATION AND ON ZOOM)
Tuesday, July 18 at 3:00 p.m.
This program focuses on the social, financial, and legal issues surrounding healthcare and long-term care advocacy. The program will explain how to advocate for care at each level of the continuum, identify common care, financial, and legal issues at each care level, as well as offer several resources to assist individuals with these issues.

Kathleen Magee joined the Rothkoff Law Group in 2014 as a geriatric care coordinator and transitioned to the director of care coordination in 2019. Registration required, no fee.

FYI SEMINAR — “PATERSON AND AMERICAN INDUSTRY — PATERSON GREAT FALLS NATIONAL HISTORIC PARK” (ZOOM)
Tuesday, July 25 at 3:00 p.m.
Celebrate National Park Month by learning more about the Paterson Great Falls National Historic Park. As the first planned industrial city in the United States, Paterson, New Jersey is incredibly innovative! With this program, explore Paterson's role in the Industrial Revolution and discover how the natural world inspired a founding father, entrepreneurs, immigrants, poets, and artists to build the nation's first industrial city and changed the world. 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:

July 4 | no meeting
July 11 | Jan Wurzbacher: The Massive Machines Removing Carbon from Earth's Atmosphere
July 18 | Marilyn Waring: The Unpaid Work That GDP Ignores — And Why It Really Counts
July 25 | Keyu Jin: What The World Can Learn From China's Innovation Playbook

Registration required, no fee.

This month’s FYI sponsors are Brandywine Living: Princeton, Pennington, & Serenade at Princeton, Home Instead, Peapack Private Wealth Management, Princeton eBikes.
TED Talk sponsors are Homewatch CareGivers, Innovative Physical Therapy and Fitness Center, NightingaleNJ Eldercare Navigators, Penn Medicine Princeton Health, RothKoff Law Group.
LIMITED SERIES PROGRAMS

AN AFTERNOON WITH THE NEW JERSEY SYMPHONY CHAMBER PLAYERS (IN-PERSON AT THE STONE HILL CHURCH, 1025 BUNN DRIVE, PRINCETON, NJ)
**Thursday, July 20, 2:00–3:00 p.m.**
Join us for a special music presentation with a duo from the New Jersey Symphony Chamber Players. Sit back, relax, and get swept away from the summer heat by the exquisite sound of music. Time will be available for a Q&A session with the musicians.
*Sponsored by Bloomberg*
Registration required, no fee.

THE BARNES FOUNDATION DAY TRIP (IN-PERSON)
**Thursday, August 10, 8:45 a.m.–4:00 p.m.**
**Fee: $135**
Join us for a day trip to the incredible Barnes Foundation located in Philadelphia, Pennsylvania. Art collector Albert C. Barnes (1872–1951) chartered the Barnes in 1922 to teach people from all walks of life how to look at art. Over three decades, he collected some of the world’s most important impressionist, post-impressionist, and modern paintings, including works by Renoir, Cézanne, Matisse, and Picasso. Round trip transportation, access to the museum, docent tour, and a box lunch in the private, indoor Maguire Garden Pavilion is included in your ticket.
For more information, please visit [https://www.barnesfoundation.org/](https://www.barnesfoundation.org/).
Registration closes on July 13. Refunds are not available for this day trip.

CONTRA DANCE (IN-PERSON AT SPB LOCATION)
**Wednesday, July 12, 2:00–3:00 p.m.**
Come give contra dancing a try! It’s a great way to meet people, enjoy lively music, and get some exercise along the way. The dances have easy-to-learn patterns that are first taught, then danced to music from Irish, Appalachian, Klezmer, Cajun, and other influences. Come with or without a partner, wear casual clothes, and be ready to have fun!
Your caller, Bob Isaacs, has been calling for the Princeton Country Dancers for over twenty years, and will make sure all have a great time.
Registration required, no fee.

INTRO TO ITALIAN (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)
**Mondays and Fridays, July 10 through August 28, 10:30 a.m.–noon**
**Fee: $110**
Learn the language of Italian through this eight week Level 1 Italian language class designed to introduce you to the history, culture, and grammar that makes up the Italian language. This class meets twice weekly to ensure a quality education experience. Minimum of 13 for class viability.
Jen DeMarco is a graduate of Rutgers University-New Brunswick, where she completed a double major in French Linguistics and Italian Language, with a minor in German, along with Spanish and Russian classes at a university level.

NOW SHOWING: IN THE HEIGHTS (IN-PERSON AT NSK LOCATION)
**Thursday, July 13, 1:00–3:30 p.m.**
*In the Heights*, is a musical by Lin-Manuel Miranda developed from a screenplay by Quiara Alegria Hudes. The story is set over the course of three days, involving characters in the largely Dominican American neighborhood of Washington Heights in Upper Manhattan, New York City. **Rated: PG-13**
**Run-Time: 2 Hours 23 Minutes.**
Registration required, no fee.

LET’S LEARN AND CREATE! ART SERIES (IN-PERSON AT NSK LOCATION)
**Wednesdays beginning July 19 through August 16, 1:30–3:30 p.m.**
**Fee: Per session is $10 resident/$12 nonresident or for series $45 resident/$55 nonresident**
This informative, fun, and therapeutic five-session series combines lectures in art history on varying artists like Georgia O’Keeffe, Vincent Van Gough, and Antoni Gaudi with your very own art project based on their work. Join us for one or as many sessions as you would like throughout this
incredible series and experience the history of art through hands-on learning. Space is limited to 28.

Lisa Bayer is the director of marketing & education from Always Best Care Senior Services and has hosted many programs at PSRC including FYI Seminars and Using Your Wits.

LIVE FROM POMPEII: WALKING TOUR WITH AN ARCHAEOLOGIST (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

**Thursday, July 20, 11:00 a.m.–noon**

**Fee: $5**

Explore the ancient city of Pompeii and its ruins while taking a trip back in time with your local and expert archaeologist live on site! You’ll start from the main entrance of the city: Porta Marina Superiore. From there looking at the volcano, Mt. Vesuvius, you’ll pass through the Basilica, the Forum with the market and the main temples, walking through the Decumanus Major (main street of Pompeii), looking closely and from inside the baths, the Roman fast food shop and much more. Limited registration.

NOW SHOWING: TED LASSO - SEASON 1 (IN-PERSON AT NSK LOCATION)

**Mondays and Tuesdays beginning July 10 through July 24, 1:00–2:00 p.m.**

Ted Lasso is a feel-good fish-out-of-water comedy about an American football coach who is recruited to coach a struggling British soccer team. We’ll show two episodes each day. An episode synopsis is available in case you miss one. Space is limited to 35. Registration required, no fee.

PROBLEM SOLVING WHILE WE SLEEP (ZOOM)

**Tuesday, July 18, 1:00–3:00 p.m.**

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

Whether you remember them or not, your dreams provide a very specific solution to a very specific situation that’s been bugging you. Join us to discover the Six-Point-of-Entry method that anyone can use to uncover the meaning of your crazy dreams. We will discuss how to recognize a solution when it comes to you in the form of a metaphor, the language of the dreaming unconscious mind.

Layne Dalfen founded the Dream Interpretation Center in 1997 and writes the Understand Dreams column at Psychology Today.

CAFÉ FRANÇAISE (IN-PERSON AT NSK LOCATION)

**Mondays in July, beginning July 10 at 3:00 p.m.**

Join us for casual French language conversation, focusing on pronunciation, vocabulary, and grammar enrichment. All levels welcome. Registration required, no fee.

**RETIREE PROGRAMS**

MEN IN RETIREMENT — ON HIATUS THROUGH AUGUST

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

**Friday, July 28, 11:00 a.m.**

Join up for a social hour of chatting, sharing, and refreshments. Leader: Rosetta Bruce

Registration is required, no fee.

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

**Friday, July 21 at 2:30 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.

WOMEN IN RETIREMENT “THE HISTORY OF RACISM AND THE CIVIL RIGHTS MOVEMENT” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

**Friday, July 21 at 10:00 a.m.**

One of our own WIR members, Janet Williams, will take us along the 4000-mile route below the Mason-Dixon line that she travelled recently. She visited many pivotal sites in the history of slavery and the civil rights movement. Janet will talk about the history and how this history is currently portrayed. All are welcome. Registration required, no fee.

WOMEN IN RETIREMENT: COFFEE KLATCH

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

For more information, go to [http://w iret.wordpress.com/](http://wiret.wordpress.com/)
**LIBRARY READS**  
**MONDAY, JULY 10 (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM), 1:00 p.m.**  
(usually meets on the first Monday of the month)

Princeton Public Library staff will showcase some great recent and notable book titles to add to your to-be-read list. **Presented by Princeton Public Librarians.** Registration required, no fee.

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**BINGO: WIN LIKE NEVER B-4 (IN-PERSON AT NSK LOCATION)**  
**Wednesday, July 12, 1:00–2:30 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. **Game play begins at 1:00 p.m.**

Registration required, no fee.

**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), Canasta, Scrabble, and Social Bridge. Registration required due to limited space, no fee.

**MASTERING THE ART OF PAINTING – SUMMER SESSION 1 (IN-PERSON AT SPB LOCATION)**  
**Fridays beginning July 21 through September 8, 2:00 p.m.**

Fee: $85 resident/$95 nonresident

For intermediate painters, this eight-session class emphasizes the components of the creative painting process. Maximum 9 students with a minimum of 6. **Instructor: Christina Rang**

**TIME TO TELL YOUR STORY: MEMOIR WRITING WORKSHOP (ZOOM)**  
**Thursdays beginning July 6 through August 3, 11:00 a.m.–12:30 p.m.**

Fee: $50 resident/$55 nonresident

In this Memoir Writing Workshop, you will have a chance to tell your stories – the big ones, the little ones, and everything in between! The class includes weekly writing prompts, along with tips and techniques to consider as you write. During each session, participants will share their pieces and get feedback from a supportive group of fellow writers. No memoir writing experience necessary, just a willingness to write, learn and share! Space is limited to 8. **Instructor: Wendy Humphrey is a communications and public relations specialist who has been helping people tell their stories for more than three decades.**

**THE WONDERS OF WORDPLAY - SUMMER QUARTER (ZOOM)**  
**Mondays beginning July 3 through September 18 (no class 9/4), 2:00–3:30 p.m.**

Fee: $10

The Wonders of Word Play is a cooperative-style poetry workshop where participants share their own poems, receive constructive feedback, and are given a prompt for the following week. All poets, novices and seasoned, are welcome. Maximum of 15 students.

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**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/ or to fill out a request form go to princetonsenior.link/tech-assist.
Fall 2023 Course List

Most classes begin the week of September 26, 2023

**ADVENTURES IN GEOLOGY AND SPACE**
**INSTRUCTOR:** Lincoln Hollister
**Thursdays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

**AMERICA IN THE 1990S: IS THERE A "THIRD WAY"?**
**INSTRUCTOR:** Stan Katz
**Mondays from 10:00 a.m.–noon**
**FORMAT:** Virtual

**ANTARCTIC EXPLORATIONS**
**INSTRUCTOR:** Harold Kuskin
**Wednesdays from 10:00 a.m.–noon**
**FORMAT:** Hybrid

**ART FROM ALL ANGLES**
**INSTRUCTOR:** Nancee Goldstein
**Fridays from 1:00–2:30 p.m.**
**FORMAT:** Virtual

**THE CONSTANTS OF PHYSICS AND MATHEMATICS**
**INSTRUCTOR:** Bernard Abramson
**Thursdays from 10:00 a.m.–noon**
**FORMAT:** In-Person

**CONTEMPORARY BUSINESS & ECONOMICS**
**INSTRUCTORS:** Milton Grannatt, Kurt Steiner, and Jack Cohen
**Wednesdays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

**ELEANOR ROOSEVELT’S NIGHTLY PRAYER**
**INSTRUCTOR:** Donn Mitchell
**Fridays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

**GREAT EXPECTATIONS AND ITS AFTERLIFE**
**INSTRUCTOR:** Dianne Sadoff
**Tuesdays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

**THE HISTORY AND CULTURE OF SCOTLAND**
**INSTRUCTOR:** Peter Smith
**Mondays from 1:30–3:30 p.m.**
**FORMAT:** Hybrid

**HISTORY VIA SHAKESPEARE**
**INSTRUCTOR:** Robert Nolan
**Thursdays from 1:30–3:30 p.m.**
**FORMAT:** Hybrid

**INTRODUCTION TO MINDFULNESS PRACTICES**
**INSTRUCTOR:** Ruth Goldston
**Wednesdays from 10:00 a.m.–noon**
**FORMAT:** In-Person

**A JOURNEY OF TRAVEL AND DISCOVERY**
**INSTRUCTOR:** Lynne Cullinane
**Tuesdays from 10:00 a.m.–noon**
**FORMAT:** Virtual

**LABOR ISSUES IN NEW JERSEY**
**INSTRUCTOR:** Dave Saltzman
**Thursdays from 10:00 a.m.–noon**
**FORMAT:** In-Person

**MEDICINE: THE HISTORY AND THE MYSTERY**
**INSTRUCTORS:** Roy Carman and Seth Malin
**Tuesdays from 10:00 a.m.–noon**
**FORMAT:** In-Person

**MEMOIR AND FICTION BY THREE MODERN WRITERS**
**INSTRUCTOR:** Judith Wooldridge
**Thursdays from 10:00 a.m.–noon**
**FORMAT:** In-Person

**MORE HANDS-ON MATHEMATICAL PLAY**
**INSTRUCTOR:** Mark Schlawin
**Thursdays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

**NOBEL PRIZE WRITERS WAIT FOR THE BARBARIANS**
**INSTRUCTOR:** Lois Harrod
**Wednesdays from 1:30–3:30 p.m.**
**FORMAT:** Virtual

**OUTSIDER ART**
**INSTRUCTOR:** Wendy Worth
**Tuesdays from 1:30–3:30 p.m.**
**FORMAT:** Virtual

**RELIGIOUS FREEDOM AND CHRISTIAN NATIONALISM**
**INSTRUCTOR:** Elaine Jacoby
**Wednesdays from 1:30–3:30 p.m.**
**FORMAT:** Hybrid

**SCIENCE IN THE NEWS**
**INSTRUCTOR:** Harold Heft
**Fridays from 10:00 a.m.–noon**
**FORMAT:** Hybrid

**SOCIAL PROTEST MOVEMENTS**
**INSTRUCTOR:** Martin Oppenheimer
**Tuesdays from 1:30–3:30 p.m.**
**FORMAT:** Virtual

**STRESS: WHAT IS IT AND HOW TO MANAGE IT**
**INSTRUCTOR:** Paul Lehrer
**Tuesdays from 10:00 a.m.–noon**
**FORMAT:** Hybrid

**THE SUPREME COURT AND REPRODUCTIVE RIGHTS**
**INSTRUCTOR:** Phil Carchman
**Fridays from 10:00 a.m.–noon**
**FORMAT:** Hybrid

**THE UNIVERSITY AS ENLIGHTENMENT AND IDEAL**
**INSTRUCTOR:** Michael Merrill
**Mondays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

**THE WEIRD WONDERFUL WORLD OF FUNGI**
**INSTRUCTOR:** Kay Widmer
**Thursdays from 10:00 a.m.–noon**
**FORMAT:** Virtual

**WHAT IS TIME?**
**INSTRUCTOR:** Stuart Kurtz
**Fridays from 1:30–3:30 p.m.**
**FORMAT:** In-Person

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The Evergreen Forum uses a first-come, first-served registration system. **Registration will open on Tuesday, August 22 at 9:30 a.m.** Registration for three or more courses will open on Tuesday, August 29. To register, go to [princetonsenior.org](http://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 six- to eight-week courses, and $85 for three- to five-week courses. Cost should never be a barrier to learning! **Senior Scholarships** are available to those for whom the fee is a hardship.

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princetonsenior.org  July 2023
# JULY 2023

## Monday

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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>10:00</td>
<td>Gentle Yoga + Nidra</td>
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<tr>
<td>1:00</td>
<td>Global Conversations</td>
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<td>2:00</td>
<td>The Wonders of Word Play</td>
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## Tuesday

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<tr>
<td>3:00</td>
<td>Café Française (NSK)</td>
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<td>2:00</td>
<td>The Wonders of Word Play</td>
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<tr>
<td>1:00</td>
<td>Table Tennis (SPB)</td>
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<td>1:00</td>
<td>Global Conversations</td>
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<td>10:30</td>
<td>Line Dancing: Footloose &amp; Free (NSK)</td>
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<tr>
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<td>Gentle Yoga + Nidra</td>
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## Wednesday

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<tr>
<td>9:30</td>
<td>Pickleball Instructed Open Court (SPB)</td>
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<tr>
<td>11:30</td>
<td>Pickleball Beginner Bootcamp: Two-A-Days (SPB)</td>
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<td>2:00</td>
<td>Tech Lab Assistance (NSK)</td>
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<tr>
<td>3:00</td>
<td>Let’s Talk (NSK-H)</td>
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<td>9:00</td>
<td>Every Body Walk!</td>
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<tr>
<td>10:30</td>
<td>TED Talks (NSK-H)</td>
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<tr>
<td>11:00</td>
<td>Next Chapter: Widows &amp; Widowers (NSK-H)</td>
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<tr>
<td>11:00</td>
<td>Tai Chi (SPB)</td>
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<tr>
<td>1:00</td>
<td>Craffer’s Corner (NSK-H)</td>
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<td>Games Day (SPB)</td>
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<td>1:00</td>
<td>Stay-Well Chair Exercise</td>
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<td>Ted Lasso - Season 1, Episodes 3 &amp; 4 (NSK)</td>
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<tr>
<td>3:00</td>
<td>FYI Seminar - “What to Upgrade to Keep Value in Your Home” (NSK-H)</td>
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<td>Cosmology (NSK-H)</td>
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<td>10:00</td>
<td>Mindful Chair Yoga</td>
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<td>To Tell Your Story</td>
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<td>Tech Lab Assistance (NSK)</td>
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<td>3:00</td>
<td>Forever Young (55–65) Group (NSK-H)</td>
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<td>10:00</td>
<td>Women in Retirement Coffee Klatch</td>
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## Friday

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<td>10:00</td>
<td>Women in Retirement Coffee Klatch</td>
</tr>
<tr>
<td>10:30</td>
<td>Intro to Italian (NSK-H)</td>
</tr>
<tr>
<td>1:00</td>
<td>Table Tennis (SPB)</td>
</tr>
<tr>
<td>2:00</td>
<td>Mastering the Art of Painting (SPB)</td>
</tr>
</tbody>
</table>

## Saturday, July 8

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Saturday Pickleball Instructed Open Court (SPB)</td>
</tr>
<tr>
<td>10:00</td>
<td>Forget-Me-Not: Dementia Caregivers Group (NSK-H)</td>
</tr>
</tbody>
</table>

## Saturday, July 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Saturday Pickleball Instructed Open Court (SPB)</td>
</tr>
</tbody>
</table>

## Table Tennis (in-_person at SPB location)

**Mondays and Fridays, 1:00–4:45 p.m.**

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. Registration required (no walk-ins), no fee.

**Key:**
- NSK - Nancy S. Klatz Center
- PPL - Princeton Public Library
- SC - Spruce Circle
- SPB - Suzanne Patterson Building
- H - Hybrid Group/Program
EVERY BODY WALK! (IN-PERSON)
Tuesdays and Thursdays, 9:00 a.m.
This free program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. Call for availability.
Leader: Ruth Kaplan. Registration required, no fee.

THE FELDENKRAIS METHOD EXERCISE: THREE-SESSION WORKSHOP (IN-PERSON AT SPB LOCATION)
Wednesdays, July 12 through July 26, 10:00–11:00 a.m.
Fee: $23 resident/$28 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.

GENTLE MAT YOGA + NIDRA — SUMMER QUARTER (ZOOM)
Mondays, July 3 through September 18 (no class 9/4), 10:00 a.m.
Fee: $80 resident/$90 nonresident
This expansive workshop encompasses yoga postures, yogic breathing, yoga sounds which create 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

LINE DANCING: FOOTLOOSE & FREE (IN-PERSON AT SPB LOCATION)
Mondays beginning July 10 through July 31, 10:30 a.m.
Fee: $40 resident/$45 nonresident
Join instructor Carol for four weeks of line dancing fun! No prior dance experience required, just an excitement to learn, move, and groove. No dance partner is needed but feel free to invite some friends to register or make new ones on the dance floor. Either way, you’ll have a blast!
Instructor: Carol Feldman has been teaching and dancing since 1992. She began her teaching at a country western club called Oakley’s and continues to teach in many clubs in the New Jersey area. She was awarded the Christopher Nardone Spirit of Giving Award in 2006 for her work in the dance community.

MINDFUL CHAIR YOGA & MEDITATION — JULY/AUGUST (ZOOM)
Thursdays beginning July 6 through August 31, 10:00 a.m.
Fee: $55 resident/$60 nonresident
Chair yoga is a gentle, versatile form of yoga using a chair that is adaptable for all skill levels and abilities and for those with balance issues and injuries. This includes participants who spend their time commuting, sitting at a desk, or suffer with limited mobility or chronic conditions. It is therapeutic in nature and welcoming to all populations. Participants will enjoy a restorative experience that is breath, body, and spiritually focused. Students will learn techniques to gain flexibility, strength, balance, and energy while increasing range of motion and delving into the serenity of a relaxing class that moves at a mindfully slow pace.
Instructor: Danalee Victor Gascon

PICKLEBALL “3 AND ME” (IN-PERSON AT SPB LOCATION)
Wednesday, July 12 from 10:30–11:30 a.m., or July 19 from 11:30 a.m.–12:30 p.m.
Fee: $20 resident/$25 nonresident per session
"3 and Me" is designed as a small-group pickleball experience with advanced beginners looking to actively play the game. With the instructor as your fourth, enjoy working up a sweat while improving your skills on the court. Requires 3 players.
Instructor: Carolyn Dardani-Horensky
JULY EXERCISE & FITNESS PROGRAMS

PICKLEBALL BEGINNER BOOTCAMP: TWO-A-DAYS
(IN-PERSON AT SPB LOCATION)
Wednesday and Thursdays on July 5 & 6 or July 26 & 27,
11:30 a.m.–1:00 p.m.
Fee: $60 resident/$75 nonresident
Join us for a back-to-back two-session course designed
for beginners or novice players to learn the basics
or refresh their skills, run drills, and of course, play
the game. With a variety of Bootcamps available,
participants are welcome to sign up for one or more
“Two-A-Days” to grow their skills in pickleball.
Space is limited to 6 participants with a minimum of 3.
Instructor: Carolyn Dardani-Horensky

PICKLEBALL INSTRUCTED OPEN COURT (IN-PERSON
AT SPB LOCATION)
Wednesday, July 5, July 19, or July 26, 9:30–11:30 a.m.
Fee: $30 resident/$35 nonresident
Let’s play pickleball! Instructed Open Court is designed
for advanced beginners to play real games and run
drills, all while improving their skills with guidance from
our instructor. Space is limited to 6 participants with
a minimum of 3.
Instructor: Carolyn Dardani-Horensky

PICKLEBALL NEXT LEVEL BOOTCAMP: TWO-A-DAYS
(IN-PERSON AT SPB LOCATION)
Wednesday and Thursday, July 12 & 13,
11:30 a.m.–1:00 p.m.
Fee: $60 resident/$75 nonresident
Join us for a back-to-back two-session course designed
for advanced beginners who want to take their
pickleball skills to the next level. Players should know
how to effectively keep score, execute a third drop
shot, and know how to make a cross court dink. With
a variety of Bootcamps available, participants are
welcome to sign up for one or more “Two-A-Days”
to grow their skills in pickleball. Space is limited
to 6 participants with a minimum of 3.
Instructor: Carolyn Dardani-Horensky

PICKLEBALL SATURDAY INSTRUCTED OPEN COURT
(IN-PERSON AT SPB LOCATION)
Saturday, July 8 or July 15, 8:00–10:00 a.m.
Fee: $30 resident/$35 nonresident
Let’s play pickleball! Instructed Open Court is designed
for advanced beginners to play real games and run
drills, all while improving their skills with guidance from
our instructor. Space is limited to 6 participants with
a minimum of 3.
Instructor: Carolyn Dardani-Horensky

PICKLEBALL GROUP COURT RENTALS (IN-PERSON
AT SPB LOCATION)
Fee: $30 resident/$35 nonresident per hour per group
Reserve our pickleball court located in our Suzanne
Patterson Building at 45 Stockton Street! Reservations
are on a first come, first served basis and we are unable
to provide refunds for cancellations. For available dates
and times, please see the Pickleball Group Court Rental
Form: princetonsenior.link/PickleballJulyGroupRental

STAY-WELL CHAIR EXERCISE IS BACK! (ZOOM)
Tuesdays in July beginning July 11, 1:00 p.m.
Fee: $30 resident/$35 nonresident
Join us on Zoom for a month-long aerobics workshop
that will help build endurance and strengthen your
body, mind, and soul. This chair aerobics class is
designed for those seeking a gentle yet lively form of
exercise. Instructor Laraine Alison offers a fun, music-
filled class that will help you to forget you are even
exercising. You will need hand weights (or water bottles
or cans), therapy bands, comfortable clothing, water,
and a smile.
Instructor: Laraine Alison

TABLE TENNIS (IN-PERSON AT SPB LOCATION)
Mondays and Fridays in July (no class 7/3),
1:00 to 4:45 p.m.
Come for camaraderie, exercise, and fun! All skill
levels are invited to take part in this energetic sport.
Registration required, no fee.

TAI CHI (IN-PERSON AT SPB LOCATION)
Tuesdays, July 11 through July 25, 11:00 a.m.
Fee: $20 resident/$25 nonresident
This gentle form of exercise helps to maintain strength,
flexibility, and balance and could be the perfect activity
for the rest of your life. Tai Chi involves a series of
movements performed in a slow, focused manner
accompanied by deep breathing.
Instructor: Sisco Kinjo
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

CROSSTOWN
Crosstown is a door-to-door transportation service for seniors age sixty-five and up, and people with disabilities who live in the municipality of Princeton. The service is provided by a partnership between the Princeton Senior Resource Center (PSRC) and RideProvide, a program of the Greater Mercer Transportation Management Authority.

To be a Crosstown rider you must be:
• A Princeton municipal resident
• Age sixty-five and up, OR have a physical disability
• Able to get yourself to the car and in/out of the car without assistance
• Registered with the Crosstown program through PSRC at 609.751.9699

Rides between the hours of 8:00 a.m. and 5:00 p.m. on weekdays must be reserved no later than noon on the business day before the scheduled ride. Rides can be scheduled for any purpose between any points of origin and destination within the municipality, but medical appointments at Penn Medicine Princeton Health or at the Princeton Fitness and Wellness Centers (in both Princeton and Plainsboro) will receive priority. Rides to Penn Medicine are free for registered riders.

Each one-way ride costs $3, which is payable by voucher; riders may purchase (with cash, check, or credit card) up to twenty vouchers at a time at the PSRC Office (101 Poor Farm Road) or by calling 609.751.9699.

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.
ChatGPT – Part II

Let’s ask ChatGPT how to make buttermilk pancakes.

How do I make buttermilk pancakes?

To make buttermilk pancakes, you’ll need the following ingredients:

- 1 cup all-purpose flour
- 1 tablespoon granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup buttermilk
- 1 large egg
- 2 tablespoons unsalted butter, melted
- Cooking spray or additional butter for greasing the pan

Here’s a step-by-step guide to making buttermilk pancakes:
1. In a large bowl, whisk together the flour, sugar, baking powder, baking soda, and salt. Make sure the dry ingredients are well combined.
2. In a separate bowl, whisk together the buttermilk, egg, and melted butter until well blended.
3. Pour the wet ingredients into the dry ingredients and gently stir until just combined. It’s okay if there are a few lumps in the batter; overmixing can make the pancakes tough.
4. Let the batter rest for about 10 minutes. This allows the leavening agents to activate and helps the pancakes become light and fluffy.

(I omitted the rest of the instructions to avoid overflowing our newsletter page.)

Now, let’s ask a follow-up question. I highlighted its references to the recipe.

Suppose I don't have buttermilk

If you don't have buttermilk on hand, you can still make a suitable substitute using regular milk and an acid like lemon juice or vinegar. Here’s how to make a homemade buttermilk substitute:

- 1 cup milk
- 1 tablespoon lemon juice or vinegar

Instructions:
1. Pour the milk into a measuring cup or bowl.
2. Add the lemon juice or vinegar to the milk and stir to combine.
3. Let the mixture sit for about five to ten minutes at room temperature. During this time, the acid will react with the milk, thickening and souring it, similar to buttermilk.
4. After the designated time, the milk should have thickened slightly and curdled. It is now ready to be used as a buttermilk substitute in your recipe.

You can then proceed with the buttermilk pancake recipe mentioned earlier, using the homemade buttermilk substitute in place of buttermilk. The pancakes should turn out just as delicious.

If you need help with ChatGPT (or almost any other computer problem), just fill out one of our nifty tech help requests at princetonsenior.wufoo.com/forms/technology-assistance-request. Unfortunately, we don’t make pancakes.
This month we focus on minority mental health largely as there has been a greater need for counseling and intervention post-pandemic. Mental health does not discriminate based on color, gender or identity; however, these factors can make it more difficult for an individual to receive care. Minority groups show higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder, as well as other mental health disorders. Without adequate treatment, mental health conditions will likely continue or worsen.

As per the statistics, one in five adults in the United States has a mental health condition; however, the risk factors for minorities include inaccessibility to high quality mental health care, discrimination, cultural stigma regarding mental health care, and overall lack of awareness about mental health.

Minority mental health can have a big impact on the community as there is already a misconception as to how certain minorities behave, and when coupled with mental health is automatically seen as disruptive, a cause for concern, and can incite acts of violence. Such is the case with the young man in New York that lost his life on the subway. He was clearly struggling with mental health issues and in distress, however instead of him being referred for services, he lost his life.

As a society we need to understand mental health matters, it affects how we feel, act, handle stress, relate to others, and make choices. Mental illness is very common and, in most cases, treatable. We need to have equal access to healthcare, diverse and culturally competent providers, and collectively work to fight the stigma associated with getting treatment. We all benefit when people from racial and ethnic minority groups have access to mental health care, supportive social conditions, and access to other resources needed for health.

If you or anyone you know needs counseling, please reach out to have a confidential conversation with someone on our social services team. Send an email to socialservices@princetonsenior.org or call us at 609.751.9699. You can also reach out to Adult Protective Services in your area. APS in Mercer County can be reached at 609.989.4320/609.989.4346 or www.mcboss.org. In extreme cases or after business hours, call your local police or 911 in case of emergency.
The PSRC Vaccine Navigator program will continue to assist with questions related to vaccine appointments, specifically COVID-19 and Flu shots. Follow this link if you want to find out where local clinics are being held: https://covid19.nj.gov/pages/finder

Below you will find information from the CDC. For the full webpage go here: https://www.cdc.gov/coronavirus/2019-ncov/your-health/end-of-phe.html

The End of the Federal COVID-19 Public Health Emergency (PHE)

May 11, 2023, marked the end of the federal COVID-19 PHE declaration.

The United States has mobilized and sustained a historic response to the COVID-19 pandemic. As a nation, we now find ourselves at a different point in the pandemic — with more tools and resources than ever before to better protect ourselves and our communities.

What Does the End of the PHE Mean for You?

Most tools, like vaccines, treatments, and testing, will remain available. But, some tools, like certain data sources and reporting, will change.

Vaccines will remain available.

Access to COVID-19 vaccines will generally not be affected for now. The U.S. government is currently distributing free COVID-19 vaccines for all adults and children. To help keep communities safe from COVID-19, HHS remains committed to maximizing continued access to COVID-19 vaccines.

COVID-19 at-home tests may not be covered by insurance. Insurance providers will no longer be required to waive costs or provide free COVID-19 tests.

CDC’s No Cost COVID-19 Testing Locator can help people find current community and pharmacy partners participating in the Increasing Community Access to Testing (ICATT) program.

Treatments will remain available.

Medication to prevent severe COVID-19, such as Paxlovid, will remain available for free while supplies last. After that, the price will be determined by the medication manufacturer and your health insurance coverage. Check with your healthcare provider if you need early treatment to prevent severe COVID-19.
Why do people need in-home care? Perhaps an elderly loved one needs help doing chores around the house or running errands, or maybe a degenerative disease like ALS or dementia has made it difficult for them to complete daily activities. While we all hope to stay healthy, happy, and independent, sometimes life has other plans. Injuries and surgeries can occur in any age group, leaving those affected disabled or on bed rest and in need of home care for months or a lifetime.

- **Elder Care**: Caregivers are available to lend a helping hand with transportation to the grocery store or appointments, complete light housekeeping tasks, and provide companionship to alleviate feelings of loneliness and isolation.
- **Care for Chronic Conditions**: Managed or treatable conditions like diabetes, cancer, or degenerative disorders—for example, ALS, Parkinson's disease, arthritis, or multiple sclerosis—can make even simple activities difficult. Trained and compassionate caregivers will assist the individual with retaining as much independence as possible with daily tasks. Homewatch CareGivers customized plan of care changes with the person’s evolving needs.
- **Hospital Discharge Care**: Next steps and recovery time following a procedure can vary, whether a person has undergone joint replacement, been treated for pneumonia, or heart issues. Qualified caregivers are trained for the transition from hospital to home and are there every step of the way.

What are you waiting for? Call 609.917.9221 to contact Homewatch CareGivers for your free evaluation today!

[homewatchcaregivers.com]
PSRC’S FALL BENEFIT SPONSORSHIP OPPORTUNITIES — THURSDAY, SEPTEMBER 14, 2023

The Board of Trustees and staff are delighted to celebrate our 2023 Leadership Award Honorees

Individual Honoree Hazel Stix
Corporate Honoree Bryn Mawr Trust
Community Impact Honoree Mayor and Council of the Municipality of Princeton

Join PSRC in honoring them with an event sponsorship or congratulatory ad.

For ticket and event sponsorship information, visit princetonsenior.org/2023fallbenefit.

☐ Sustainer — $10,000
  • Complimentary table, which includes 10 reserved VIP tickets
  • Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
  • Printed recognition on each dinner table
  • Full page full color ad or personal acknowledgment in printed benefit journal
  • Recognition in the PSRC leadership podium remarks
  • Hyperlink of company on PSRC website and digital marketing material

☐ Champion — $7,500
  • Premium seating package, which includes 8 reserved VIP tickets
  • Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
  • Printed recognition on each dinner table
  • Half page full color ad or personal acknowledgment in printed benefit journal
  • Hyperlink of company on PSRC website and digital marketing materials

☐ Partner — $5,000
  • Premium seating package, which includes 6 reserved VIP tickets
  • Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
  • Printed recognition at the cocktail reception and dessert table
  • Half page full color ad or personal acknowledgment in printed benefit journal
  • Hyperlink of company on PSRC website and digital marketing materials

☐ Friend — $2,500
  • 4 VIP tickets
  • Quarter page full color ad or personal acknowledgments in printed benefit journal
  • Printed recognition at the cocktail reception and dessert table
  • Recognition in printed and digital materials related to the event
  • Hyperlink of company on PSRC website and digital marketing materials

☐ Benefit Patron — $1,250
  • Includes 2 tickets, an additional $750 donation, and recognition in printed benefit journal

☐ Benefit Guest — $250 per person
  • Includes cocktail hour, dinner, entertainment

* Sponsorship must be received by July 10 to be included on the printed invitation
** Reserve your sponsorship or personal acknowledgment by August 30 ensure placement of name/logo in printed benefit journal

Contact Barbara Prince for ad journal specifications and/or submissions at bprince@princetonsenior.org, or call 609.751.9699, ext 107.
GROUP HIGHLIGHT

PSRC’s Forever Young (55–65). Forever young offers an opportunity to meet like-minded individuals, plan activities, and creates an opportunity to make new friends. This group is offered in-person in the Nancy S. Klath Center for Lifelong Learning, located at 101 Poor Farm Road and on Zoom. This group meets the first Thursday of every month.

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

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
Innovative Physical Therapy and Fitness Center
McCaffrey’s Food Markets
NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Oasis Senior Advisors
Peapack Private Wealth Management
Penn Medicine Princeton Health
Princeton eBikes
Rothkoff Law Group
Roundview Capital
Silver Century Foundation
Springpoint Choice
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/