



**2023 SPRING FUNDRAISER EVENT
JOIN US FOR A SPECIAL EVENT WITH**

KEITH SPENCER IN CONCERT

DYNAMIC, VERSATILE BARITONE VOCALIST AND CONCERT ENTERTAINER

Sunday, April 30 at 7:00 p.m. (doors open at 6:30 p.m.)

Location: Stone Hill Church, 1025 Bunn Drive, Princeton, NJ

DESSERT RECEPTION FOLLOWING CONCERT

FOR MORE INFORMATION AND REGISTRATION: princetonsenior.link/2023-SpringFundraiser

Questions about this event?

Contact Lisa Adler at ladler@princetonsenior.org or call 609.751.9699, ext. 103.

FOOD: A JOURNEY THROUGH THREE CENTURIES OF HUMAN HISTORY (ZOOM)

Tuesday, April 25, 1:00–3:00 p.m. Fee: \$10 resident / \$15 nonresident

Description on [page 5](#). Register at princetonsenior.link/April-General-Programs

NATIONAL VOLUNTEER WEEK APRIL 16–22, 2023

At PSRC, volunteers are essential to everything we do every day. National Volunteer Week, April 16–22, 2023, is a time to celebrate the impact of volunteer service on our communities.



PSRC VOLUNTEERS:

- Front Desk Associates • Book Discussion Facilitators
- Technology Lab Assistants • Evergreen Forum Instructors
- GrandPals • Event Production Assistants
- HomeFriends • Crafter's Corner • Retirement Group Leaders
- Social & Support Group Facilitators • Vaccine Navigators
- Board and Advisory Volunteers • Seniors for Seniors
- and so much more!

PSRC has over 375 volunteers helping us do what we do best—serve aging adults! Whether working at our front desk assisting with phone calls and answering questions, or offering support and advice as a board trustee, you make a difference in our lives.

We honor you and thank you for all that you do!

If you are interested in volunteering, please contact Sharon Hurley, CVA,
at shurley@princetonsenior.org.

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

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

SUZANNE PATTERSON BUILDING

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

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

BOARD OF TRUSTEES

Brad Bartolino
Nancy H. Becker
Donald Benjamin
Deborah K. Blanks
J. Robert Bratman
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FROM THE CEO, DREW DYSON

Live Life to the Fullest:
The Power of Volunteerism

*"If you aren't making a difference
in someone else's life," Ella said,
"then you aren't really
living life to the fullest."*

I first met Ella when she was a ninety-one-year-old volunteer in the community I served for many years. A career educator, "Miss Ella" began volunteering upon her retirement at the age of sixty-six. She was well known across the county for her commitment to education, providing grants and scholarships to local college students through her foundation. In addition, she was an active Sunday school teacher, a frequent reader in the local schools, a volunteer at the community food bank, and much more.

At her one hundredth birthday celebration hosted by our church, she was joined by family, friends, and over 200 people from the community including school personnel, local, county, and state politicians, and many others. Seated in front of the gathered crowd, Miss Ella challenged everyone to give back to the community. "The best gift you can give me, besides chocolate," she said smiling, "is to start volunteering and making a difference." She had arranged for over fifteen community organizations to be present that day and, in honor of Miss Ella, over one hundred and twenty-five people signed up to volunteer for a minimum of ten hours!

A few years ago, Senior Corps (a national service program for active adults over sixty years old) conducted research on the health benefits



for older adults who volunteered in their program for one year.

In their study, they found:

- 46% of participants reported significant health improvement throughout the year
- 67% of participants reported decreased social isolation and improved social connections
- Among volunteers who started their service reporting multiple symptoms of depression, over 70% reported significant improvement

Similarly, Nicole Anderson, a senior scientist with the Rotman Research Institute and associate professor at the University of Toronto, concluded years of study indicating “volunteering boosts mental and physical health for older adults. Seniors who volunteer feel happier and less depressed, function better mentally, and experience more social support and satisfaction with their lives.”

PSRC has an incredible group of volunteers who give generously of their time to support others. I think of all the volunteers that make both of our buildings run smoothly by offering front desk support. I think of our incredible Tech Lab volunteers who are offering in-person and virtual assistance to hundreds of clients. I am amazed by the number of volunteers who give generously of their time and wisdom to make our Evergreen Forum run effectively — teaching, facilitating, assisting with technology, and much more.

This year, we have also resumed our GrandPals program and expanded our HomeFriends. And, of course, there are board members, advisory council members, fundraising volunteers, committee volunteers, and far more. PSRC truly is fueled by volunteers! I am frankly grateful for all who give so freely of their time to help us carry out our mission to help older adults thrive! If you are interested in volunteering within PSRC, contact Sharon Hurley, our volunteer & vaccine navigator coordinator.

My vision for the future of our work is to expand our reach by mobilizing a senior corps of volunteers who are ready and willing to serve throughout the community. You will hear more about that in the year ahead. For now, I want to challenge you to find a way to give back to your community through volunteerism. In the words of Miss Ella, if you want to truly live life to the fullest, it's time to start investing your time in the lives of others. Thank you for making a difference!

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

Fran Angelone
Crosstown Coordinator

Billi Charron, MSW
Social Worker

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

Krista Hendrickson
*Director of Lifelong Learning
& Educational Technology*

Sharon Hurley, CVA
Volunteer & Vaccine Navigator Coordinator

Nick Macy
Program Associate: Reception & Technology

Joo Nam
*Intergenerational Coordinator
& Building Host*

Johanna Peters
Director of Social Services

Barbara Prince
Development Coordinator

Andrea Schwarz
Receptionist & Administrative Assistant

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

Group/Program Location Key:

**NSK - Nancy S. Klath Center
for Lifelong Learning
at 101 Poor Farm Road**

SC - Spruce Circle at 179 Spruce Circle

**SPB - Suzanne Patterson Building
at 45 Stockton Street**

H - Hybrid Group/Program

NOTE:

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

APRIL PROGRAMS

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



FIRST FRIDAY FILM — ACROSS THE UNIVERSE
(HYBRID – IN-PERSON AT NSK LOCATION
AND ON ZOOM)

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

The music of The Beatles and the Vietnam War form the backdrop for the romance between an upper-class American girl and a poor Liverpudlian artist. Starring: Evan Rachel Wood, Jim Sturgess, Joe Anderson. **Running time: 2 hours, 13 minutes; Genre: Drama, Music, History; Rated: PG-13**
Registration required, no fee.



FYI SEMINAR — “WHAT IS A LIFE PROGRAM?” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, April 4 at 3:00 p.m.

Capital Health LIFE offers coordinated, community-based care that supports independence for older adults. People who participate in a LIFE program remain independent with medical and social services provided at home and at the LIFE Center. We will discuss all the exciting social and physical wellness offerings during this presentation.

Presenter Brianna Eusebio is a community liaison for Capital Health. Registration required, no fee.



FYI SEMINAR — “NEW JERSEY AUTO INSURANCE: FULL COVERAGE VS FOOL’S COVERAGE” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

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

Auto insurance is more complicated than one would think. Full coverage does not always mean adequate coverage. Join this presentation to learn about the different types of New Jersey auto insurance and coverage suggestions that offer the best protection.

Presenter Robert Bratman is an expert civil trial attorney as certified by the Supreme Court of New Jersey. Mr. Bratman is the Stark & Stark personal injury practice group leader, where he represents individuals who have been catastrophically harmed or killed due to the negligence of others. Registration required, no fee.



FYI SEMINAR — “WEALTH TRANSFER PLANNING” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

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

This presentation will explain wealth transfer planning as it pertains to senior citizens. Topics will include ways to efficiently transfer money to spouses, family, the next generation, transfer taxes, trusts, wills, and ways you can minimize transfer taxes.

Presenter Jeff Condit is a financial advisor currently based in the Merrill Lynch Princeton, New Jersey office. Registration required, no fee.



FYI SEMINAR — “FOOT HEALTH 101”
(IN-PERSON AT NSK LOCATION)

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

Most people underestimate the importance of foot health especially as we age. This presentation will provide an overview of foot health and what to keep in mind when assessing your feet.

Presenter Dr. Onyile, a native of central New Jersey, is currently accepting new patients at her office location in Princeton. 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:

April 4 — Ksenia Petrichenko: What if buildings created energy instead of consuming it?

April 11 — Shimon Schocken: What a bike ride can teach you (Presenter will be joining us)

April 18 — Ashley Clift-Jennings: Have you met your soulmate?

April 25 — Mesmin Destin: How everyday interactions shape your future

Registration required, no fee.

This month’s FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare Navigators](#), [Penn Medicine Princeton Health](#), and [RothKoff Law](#). TED Talk sponsors are [Akin Care Senior Services](#), [McCaffrey’s Food Markets](#), [Oasis Senior Advisors](#), and [Roundview Capital](#).

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

LIMITED SERIES PROGRAMS

A DAY WITH THE DUTCH: JOIN US FOR A FILM & A LIVE TOUR OF THE NETHERLANDS

Join us for a social day, come for a live tulip tour of the Netherlands and then stay for a film.

LIVE FROM THE NETHERLANDS: TULIPS OF THE MAGNIFICENT KEUKENHOF GARDENS (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, April 12 at 12:30–1:30 p.m.

Fee: \$5

Every year millions of tulips are grown in the Keukenhof Gardens just south of Amsterdam. They are imaginatively and artistically laid out in a variety of different garden styles and are a riot of color and feast for the eyes. Join your tour guide and explore the best sights of this magnificent garden while learning about why tulips are such a big thing in Holland — and around the world! Participants will be able to ask questions and interact with the guide throughout the tour.

NOW SHOWING: *THE GIRL WITH THE PEARL EARRING* (IN-PERSON AT NSK LOCATION)

Wednesday, April 12, 2:00 p.m.

Filmed in the Netherlands, the story surrounds a young peasant maid working in the house of painter Johannes Vermeer who becomes his talented assistant and model for one of his most famous works. Starring: Scarlett Johansson, Colin Firth, Tom Wilkinson. **Running time: 1 hour, 40 minutes; Genre: Biography, Drama; Rated: PG-13**

Registration required, no fee.

Individual registrations for both LIVE FROM THE NETHERLANDS and NOW SHOWING: *THE GIRL WITH THE PEARL EARRING* are required.

Note: Staying for the day? We recommend bringing a lunch with you to enjoy in between Live from the Netherlands and the film

FOOD: A JOURNEY THROUGH THREE CENTURIES OF HUMAN HISTORY (ZOOM)

Tuesday, April 25, 1:00–3:00 p.m.

Fee: \$10 resident / \$15 nonresident

The story of human history is intimately tied to our need for food. The culture we have built around food offers a unique frame to examine the evolution of social and political systems, economic empires, human migrations, and so much more. Join award winning professor Ken Albala as we take a deep dive into the exploration, global trade, and food culture of the fifteenth–seventeenth centuries. Together, we'll discover the food that made history!

Guest Lecturer: Ken Albala is the Tully Knoles Endowed Professor of History at the University of the Pacific in Stockton, California. He has published twenty-seven books including academic monographs, single subject food books, reference works, translations, and cookbooks. He has also edited more than one hundred titles in various food series and has done two food history shows on Wondrium. He grew up in Monmouth County.

FREE AARP TAX ASSISTANCE FOR SENIORS (IN-PERSON AT SPB LOCATION, APPOINTMENT ONLY)

Fridays through April 14

AARP sponsors free tax assistance for low and moderate-income people through the AARP Tax-Aide program. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

A pre-appointment packet may be picked up in advance or filled out at the time of your appointment. Call PSRC for packet pick-up locations and hours or the packet can be found online: <https://ta-nttc.tiny.us/Tax-Aide-Intake-Booklet>.

By appointment only. Register at <https://princetonsenior.link/AARPtaxaide>.

APRIL PROGRAMS

APRIL SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Princeton eBikes, Princeton Theological Seminary

FRENCH RENDEZ-VOUS WITH FRANCOPHONE AUTHORS (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Fridays starting March 31 through April 28 for 5 sessions, 11:00 a.m.–12:15 p.m.

Fee: \$60 resident / \$65 nonresident

In this conversational French series, students will explore works from different francophone fiction writers. Prior to each rendez-vous, the instructor will email abstracts of texts from both classical and contemporary authors including playwrights. Students will be encouraged to exchange their comments and critiques in a friendly and supportive atmosphere. The class is designed for advanced French speakers. Maximum 15 students with a minimum of 5.

Instructor: Brigitte Aflalo-Calderon

HOW TO WRITE PLAYFULLY: A GENERATIVE CLASS (ZOOM)

Wednesdays, April 12 to May 17, noon–1:00 p.m.

Fee: \$75 resident / \$80 nonresident

In this six-week creative writing class offered via Zoom, we will read playful and inventive poetry and short-short fiction (also known as flash fiction). We will unlock our creativity through fun forms like one hundred-word stories, found poems, and micro memoirs, and we will write playful drafts of our own in class. Writing prompts and exercises will be used. No previous experience necessary.

Just bring an enthusiasm for reading, an open mind, and a willingness to share your work!

Instructor: Alyson Mosquera Dutemple is a writer from New Jersey with an MFA from Warren Wilson College. She has been nominated for a Pushcart Prize, Best Small Fictions, and Best

Microfictions. Her work has appeared or is forthcoming in *Colorado Review*, *Alaska Quarterly Review*, *Passages North*, *The Journal*, and *DIAGRAM*, among others. She works as an editorial consultant and creative writing instructor

MEMOIR WRITING: WHERE TO BEGIN? (ZOOM)

Thursdays through May 4 (no class March 30), 1:00–2:00 p.m.

Fee: \$50 resident / \$55 nonresident

Call for availability.

MAH JONGG WITH NEILIA – THE NEW 2023 CARD (IN-PERSON AT NSK LOCATION)

Friday, April 14, 1:00–4:00 p.m.

Fee: \$60 resident / \$65 nonresident

In this three-hour workshop, Neila will introduce the *NEW* 2023 National Mah Jongg League Card, including a brief review of the rules. You'll have plenty of time to practice with the new card.

Students must have taken a Mah Jongg class with Neilia and should bring their new card. If needed, \$15 cards will be available for purchase; payable to the instructor. Enrollment is limited to 8 to ensure a successful learning experience with a minimum of 6. The instructor will provide the use of her Mah Jongg sets during the class but you are welcome to bring your own.

Important note: The instructor requires mask wearing during the class session.

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

PUPS & CUPS (IN-PERSON AT NSK LOCATION)

Thursday, April 27 3:00–4:00 p.m.

Join us for an hour of socializing and pet therapy at our 101 Poor Farm Road location! A certified therapy dog will be available to provide comfort, cuteness, and relaxation, along with the opportunity to socialize and enjoy some hot beverages for \$1.

LIBRARY READS — MONDAY, APRIL 3

(usually meets on the first Monday of the month)

1:00 p.m. via Zoom

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.



PSRC Awarded National Grant for Vaccine Navigators

The National Council on Aging (NCOA), the national voice for every person's right to age well, has announced a grant award to the Princeton Senior Resource Center under its Vaccine Uptake Initiative, a federal grant program funded by the U.S. Administration for Community Living. The initiative is focused on promoting community health through vaccine health for older adults. While the primary aim is to see an uptick in the administration of Covid-19 vaccinations and boosters as well as influenza vaccines among older adults, there will also be a focus on overall healthy vaccine regimens for older adults.

PSRC received the largest Community Action Grant to revive its effective Vaccine Navigator Program to focus on vaccine health among older adults in the greater Princeton area. In early 2021, the Vaccine Navigators of PSRC deployed more than seventy-five volunteers, speaking thirteen different languages, to assist nearly 1,000 older adults navigate the complexities of the vaccine scheduling system.

This newly revised Vaccine Navigator program will re-deploy volunteers to engage one-on-one with those clients, as well as have direct contact with other community residents, to encourage a healthy vaccination regimen, including Covid-19 boosters, influenza vaccines, pneumonia, and shingles vaccines when appropriate. Covid-19 boosters remain a priority. In Mercer County, the initial Covid-19 vaccination rate for adults over sixty-five was roughly 95% while the percentage of the same population who have received updated bivalent boosters hovers in the range of 47%.

The Vaccine Navigator program will also include community health events, vaccine clinics, and supportive services through PSRC's social services team. The program is currently slated to run from March 2023 through June 2024. "I am excited to partner with NCOA to bring this focus on vaccine health for older adults to our region," offered PSRC CEO Drew Dyson, "and I am thrilled to continue working closely with the Princeton Health Department and other partners to continue this critical work and support their extraordinary efforts."

NCOA President and CEO, Ramsey Alwin, notes that local community organizations such as PSRC and other grantees, "are trusted messengers in their communities, and we're proud to support their efforts to keep older adults and people with disabilities safe and healthy with the latest life-saving vaccines."

The grant program, Vaccine Navigators, will be coordinated by PSRC's former Director of Social Services, Sharon Hurley, who recently retired from her full-time position. In this part-time role, Sharon will continue her work with PSRC volunteers and will oversee the Vaccine Navigators. For more information, or to offer your services as a volunteer, please contact Sharon at shurley@princetonsenior.org.

NATIONAL HEALTHCARE DECISIONS DAY EVENTS



HEALTHCARE DECISIONS DAY: FILLING IN THE BLANKS

Every year the Conversation Project hosts Healthcare Decisions Day. This is a day to raise awareness about planning for the next steps in our lives. This includes preparing for the future by having conversations with our loved ones about their wishes and sharing ours. On **Wednesday, April 19, 1:00–3:00 p.m.**, Billi Charron, MSW, will present information on how to complete advance directives, POLST, and Five Wishes forms. We will also discuss how to bring up this topic with your loved ones. No one is too young to start thinking about

these decisions and create a plan for their healthcare decisions. From 3:00–4:00 p.m. a physician will discuss what their role is once you have completed the advance directive forms. Registration required, no fee.

PSRC & COYL'S DAY OUT: HEALTHCARE DECISIONS ARE MORE THAN JUST PAPERWORK

On **Thursday, April 27, from 10:00 a.m.–3:00 p.m.**, PSRC is partnering with Conversations of Your Life (COYL) to present a half-day seminar related to making healthcare decisions. The seminar will include a screening of *A Man Called Otto*, lunch, and creating the Before I Leave Community Vision Board. These activities are designed to help participants reflect on their own healthcare decisions in a no-stress environment. Fee: \$5, registration required.

The Day Out ends with Pups in Cups in our lounge area. Can't make these dates? On May 6 the American College of Physicians and Goals of Care Coalition of New Jersey are partnering with PSRC to host a statewide broadcast presentation of healthcare decisions topics.



Image credit: Chris Klug Foundation

APRIL GAMES & ENRICHMENT PROGRAMS

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

Wednesday, April 26, 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 and 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.

MAH JONGG WITH NEILIA – THE NEW 2023 CARD (IN-PERSON AT NSK LOCATION)

Friday, April 14, 1:00–4:00 p.m.

Fee: \$60 resident/\$65 nonresident
Call for availability.

MASTERING THE ART OF PAINTING – SPRING SESSION 1 (IN-PERSON AT SPB LOCATION)

Fridays through May 5, 2:00 p.m.

Fee: \$85 resident/\$95 nonresident
Call for availability.

THE WONDERS OF WORD PLAY (ZOOM)

Mondays through June, 2:00 to 3:30 p.m.; Fee: \$20.00

A weekly cooperative style poetry workshop.
Call for availability.

Programs and groups meet virtually on Zoom (unless indicated otherwise)

APRIL 2023

New! Saturday Pickleball: Instructed Open Court (In-Person at SPB Location), Saturdays in April, 10:00 a.m.–noon

Monday

Tuesday

Wednesday

Thursday

Friday

3

8:30 Full Motion Fitness (SPB)
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Caregivers Group

4

8:30 Sculpt & Stretch (SPB)
10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
1:00 Games Day (SPB)
3:00 FYI Seminar - "What is a Life Program?" (NSK-H)

5

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

6

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:00 Memoir Writing: Where to Begin?
2:00 Tech Lab Assistance (NSK)
3:00 Forever Young (55-65) Group (NSK-H)

7

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Rendez-vous with Francophone Authors (NSK-H)
1:00 First Friday Film: *Across the Universe* (NSK-H)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

10

8:30 Full Motion Fitness (SPB)
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play

11

8:30 Sculpt & Stretch (SPB)
10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widowers & Widowers (NSK-H)
1:00 Crafter's Corner (NSK-H)
1:00 Games Day (SPB)
3:00 FYI Seminar - "NJ Auto Insurance" (NSK-H)

12

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball Instructed Open Court (SPB)
12:00 How to Write Playfully
12:30 Live from the Netherlands: Tulips of the Keukenhof Gardens (NSK-H)
2:00 Now Showing: *The Girl with the Pearl Earring* (NSK)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

13

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
1:00 Memoir Writing: Where to Begin?
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Children of Aging Parents (NSK-H)

14

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Rendez-vous with Francophone Authors (NSK-H) (3/5)
1:00 Mah Jongg with Neilia - The New 2023 Card (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

SATURDAY, APRIL 15

10:00 Forget-Me-Not (NSK-H)

17

8:30 Full Motion Fitness (SPB)
10:00 Gentle Mat Yoga + Nidra
11:00 Bereavement Group
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Aging Gaily (LGBTQ+) Group (NSK-H)

18

8:30 Sculpt & Stretch (SPB)
10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
1:00 Games Day (SPB)
3:00 FYI Seminar - "Wealth Transfer Planning" (NSK-H)

19

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
12:00 How to Write Playfully
1:00 Healthcare Decisions Day (NSK-H)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

20

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:00 Memoir Writing: Where to Begin?
1:30 OnStage Seniors
2:00 Tech Lab Assistance (NSK)
3:00 Early Stage Memory Loss Support Group (NSK-H)

21

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Monthly Meeting (NSK-H)
11:00 Rendez-vous with Francophone Authors (NSK-H)
11:00 Senior Citizen Club (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
2:30 Transition to Retirement (NSK-H)

24

8:30 Full Motion Fitness (SPB)
10:00 Gentle Mat Yoga + Nidra
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play

25

8:30 Sculpt & Stretch (SPB)
10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widowers & Widowers (NSK-H)
1:00 Food: A Journey Through Three Centuries of Human History
1:00 Games Day (SPB)
3:00 FYI Seminar - "Foot Health 101" (NSK)

26

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
12:00 How to Write Playfully
1:00 Bingo: Win Like Never B-4 (NSK)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

27

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
10:00 PSRC & COYL's Day Out (NSK-H)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:00 Memoir Writing: Where to Begin?
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Pups & Cups (NSK)

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10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Rendez-vous with Francophone Authors (NSK-H)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

SUNDAY, APRIL 30

7:00 p.m.
PSRC SPRING FUNDRAISER
Keith Spencer in Concert
Location: Stone Hill Church

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. Klath Center
SC - Spruce Circle
SPB - Suzanne Patterson Building

H - Hybrid Group/Program

APRIL PROGRAMS

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

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NO PRESENTATION IN APRIL

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

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

Registration required, no fee

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Friday, April 21, 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, April 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 POWER & PLEASURE OF FRAGRANCE" (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, April 21 at 10:00 a.m.

Fragrance holds a privileged position in our lives due to its powerful link to memory and emotions. In this session, you'll get a glimpse into the world of modern perfumery — industry players, fragrance creators and the creation process, the language and appreciation of fragrance, and consumer-centric fragrance development. Our speaker is WIR member, Kristine Olson, former director of consumer & market insights at Firmenich. 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.

APRIL EXERCISE & FITNESS PROGRAMS

APRIL FITNESS SPONSOR: *Oasis Senior Advisors*

EVERY BODY WALK! (IN-PERSON)

Beginning April 4, Tuesdays and Thursdays, 10:00 a.m.
Every Body Walk! returns for the 2023 season. This free program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. This program is offered in partnership with Progression Physical Therapy. For more information, including walking locations by date, go to www.progressionpt.com or call Progression Physical Therapy at 609.454.3536. Maximum 35 participants.

Leader: Ruth Kaplan. Registration through PSRC, no fee.

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

Wednesdays, beginning April 5 through April 26, 10:00 to 11:00 a.m.

Fee: \$30 resident/\$35 nonresident

Through the use of gentle movement and directed attention to reorganize connections between the brain

and body for the purpose of improving movement and enhancing function, Feldenkrais Method helps participants increase ease and range of motion, improve flexibility and coordination, and rediscover a capacity for graceful movement. Participants are encouraged to bring their own exercise mat. If they do not have one, a mat will be provided. Space is limited to 15 with a minimum of 6.

Leader: Jaclyn (Jackie) Boone

FULL MOTION FITNESS (IN-PERSON AT SPB LOCATION)

Mondays, beginning April 3 through April 24, 8:30 a.m.
Fee: \$30 resident/\$35 nonresident

Join us in-person for an energetic and fun workout designed to get the body moving through a variety of exercises set to lively music. This course is welcoming and inclusive to all fitness levels. Minimum of 6 participants.

Instructor: Cynthia Adams

APRIL EXERCISE & FITNESS PROGRAMS

GENTLE MAT YOGA + NIDRA — SPRING QUARTER (ZOOM)

Mondays beginning April 3 through June 26 (no class 5/29, 6/19), 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

MINDFUL CHAIR YOGA & MEDITATION — SPRING QUARTER (ZOOM)

Thursdays beginning April 6 through June 29, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

Chair yoga is a gentle, versatile form of yoga using 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. **Important note: please do not use a rolling chair or a chair with arm rests.**

Instructor: Lyn Lilavati Sirota

PICKLEBALL BEGINNER BOOTCAMP: TWO-A-DAYS (IN-PERSON AT SPB LOCATION)

Wednesday, April 19 and Thursday, April 20, 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-Horensk

PICKLEBALL NEXT LEVEL BOOTCAMP: TWO-A-DAYS (IN-PERSON AT SPB LOCATION)

Wednesdays and Thursdays in April (April 5 & 6 and April 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 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-Horensk

PICKLEBALL INSTRUCTED OPEN COURT (IN-PERSON AT SPB LOCATION)

Wednesdays in April

Check registration form for times

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-Horensk

NEW! SATURDAY PICKLEBALL: INSTRUCTED OPEN COURT (IN-PERSON AT SPB LOCATION)

Saturdays in April, 10:00 a.m.–noon

Fee: \$30 resident/\$35 nonresident

Join us on Saturdays for Pickleball Instructed Open Court. This program is designed for beginners with little to no experience. You will learn the basics, play real games, and run drills to improve 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. For available dates and times, please see the Pickleball Group Court Rental Form: princetonsenior.link/PickleballAprilGroupRental

SCULPT & STRETCH (IN-PERSON AT SPB LOCATION)

Tuesdays, beginning April 4 through April 25, 8:30 a.m.

Fee: \$30 resident/\$35 nonresident

This total body sculpt and stretch class focuses on helping you to grow stronger while improving your range of motion through the use of light hand weights, resistance bands, and gentle stretching. This course is welcoming and inclusive to all fitness levels. Minimum of 6 participants.

Instructor: Cynthia Adams

Buying a Windows PC

Here's a simple guide to use when buying a Windows computer. Next month, we'll provide a guide for Apple computers.

Picture it: BestBuy. 2023. You're in the computer department, confronted with myriad laptops ranging from \$400 to \$1500, and a Gen Z salesperson approaches. "So, what do you want?"

First, we suggest you purchase a laptop computer, not a desktop PC (the "tower" thingy that's the size of a breadbox) because 1. You don't want to schlep your desktop computer to our tech lab (or anyplace else) when you need help, 2. Desktop computers take up lots of space, and 3. They're more expensive than a comparable laptop. Furthermore, you can connect a monitor, keyboard, and mouse to a laptop to create the desktop PC experience and still come out ahead on features and price.

This table lists two laptop specifications: 1. A basic configuration that will easily handle web surfing, word processing, and email, and 2. An upgrade setup that will let you edit photos and videos without breaking a sweat.

Feature	Description	Basic Configuration	Upgrade Configuration	Notes
Central Processor	Runs programs	Intel Core i5 or AMD Ryzen 5	Intel Core i7 or Ryzen 7	Upgrade if you edit photos or videos
Random Access Memory (RAM - gigabytes)	Super-fast memory available to run applications	8 GB	16 GB	Upgrade if you edit photos or videos or run multiple applications simultaneously
Main Storage (gigabytes)	Stores your applications and data	256 GB Solid State	528 GB (or more) Solid State	Solid-state drives are much faster than spinning disks
Display Definition (pixels)	Screen resolution (clarity)	Full High Definition 1920 x 1080 pixels	At least 2560 x 1440 pixels	More pixels = clearer images
Price		\$400 - \$500	\$600 and up	Discounts are easy to find

Screen Sizes

Laptop screen sizes generally fall into three groups: 12" to 14", 15" to 16", and larger than 16". And while larger laptop screens make documents easier to read, you can connect a laptop to a desktop monitor for an expansive view. (Note: Today's laptops require monitors with an HDMI connection.) You can even use the laptop screen along with the monitor, allowing you to, for example, view your email on one screen while you write a letter on the other.

Where to purchase your computer

I'd buy a laptop computer from a "bricks-and-mortar" store, like BestBuy, Costco, or Staples, where you can try the keyboards and check the screen resolution. These stores often discount their laptops, sometimes by several hundred dollars. It's also easier to return a laptop to a local store if you have a problem.

Setup

New PC's come with Windows 11, which is essentially Windows 10 with nicer graphics, improved menus, and enhanced security features. The computer will walk you through the setup and help you establish a Microsoft account (if you don't have one) or ask you to enter your ID and password if you do.

Once Windows is set up, you'll copy your documents from your older PC. This step is a snap if you used OneDrive to back up your documents. Then you'll install your software, like Zoom, Microsoft Office, Photoshop, and so on, and you're all set.

If you need help setting up your new computer, just fill out the help request at princetonsenior.wufoo.com/forms/technology-assistance-request, and we'll be in touch!

PSRC STAFF ANNOUNCEMENTS

PSRC is thrilled to welcome two new staff members to our team. **JOHANNA PETERS** began her tenure with PSRC on March 6 as director of social services. Johanna comes to PSRC after a fifteen year career with the Department of Human Services in New York City. With DHS, Johanna worked in the areas of benefit eligibility, quality assurance/benefit audits, homelessness prevention, and adult protective services. She has worked with older adults throughout her career in New York and is excited to be joining PSRC. A graduate of Brooklyn College CUNY, Johanna is an experienced and compassionate social service professional who will build on a solid foundation, continuing our excellence in social services, who will also lead our social service team in exciting new directions. Johanna loves reading, gardening, and the great outdoors.



ANDREA SCHWARZ began her tenure on March 13 as part-time receptionist & administrative assistant. Andrea brings a wealth of administrative experience to this new role, most recently serving as the leasing office manager for Whitehall Gardens from 2011–2022. Andrea has an associate degree in office systems management from the University of Central Florida and is a certified executive secretary. Andrea is excited to join the PSRC team and looks forward to meeting our participants at the front desk of both buildings!

We are also excited to announce the promotion of **NICK MACY** to programs associate for reception & technology. During his time at PSRC, Nick has become a critical asset to our staff team and a welcome friend among our participants. In this new role, Nick will oversee the front desk reception area, including supervising part-time staff and volunteers, and will have an expanded role with our programs team in supporting PSRC's staff & educational technology. And, yes, Nick will continue to call BINGO!



Finally, as noted in the announcement of our NCOA Vaccine Navigator grant, we are delighted that **SHARON HURLEY**, who retired last month from her full-time role as director of social services, has agreed to continue on our team in a part-time role as volunteer & vaccine navigator coordinator.

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**

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



PSRC has FREE incontinence supplies — contact us for information.

TRANSPORTATION

CROSTOWN

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.





SUPPORT GROUP HIGHLIGHTS

FORGET-ME-NOT: DEMENTIA CAREGIVERS

This group is for anyone who has a loved one with dementia, cognitive decline, or other memory related diagnoses. Participants will learn new techniques for managing the stress of caregiving and offer emotional and practical support to one another. The group will meet once a month for one-and-a-half hours on the third Saturday of each month. Initial meeting: April 15, 10:00–11:30 a.m. This group will be offered in a hybrid format.

FOREVER YOUNG (55–65YRS OLD)

Our group for the “young seniors” is designed to support those who may still be working, caring for children or parents, and who want to build a social network. This group meets once a month in hybrid format and once a month for an in-person outing in the community.

EARLY STAGE MEMORY LOSS SUPPORT

Did you know we have a group to help your loved one who is experiencing early-stage memory loss? This support group invites the person with memory loss and their support person to attend the hybrid group to get support, learn about issues related to memory loss, and build friendships. This group is facilitated by an experienced advocate and former director of the Mercer County Office on Aging, Eileen Doremus. This group meets in a hybrid format. Register at princetonior.link/ESML-Group.

SOCIAL GROUPS REGISTRATION:
princetonior.link/SocialGroups

BEREAVEMENT GROUP REGISTRATION:
princetonior.link/BereavementGroup



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 princetonior.org/technology-lab/ or to fill out a request form go to princetonior.link/tech-assist.

AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Monday, April 17 at 3:00 p.m.
(Usually third Monday of each month)

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

CAREGIVERS
Monday, April 3 at 3:00 p.m.
(Usually first Monday of each month)

CHILDREN OF AGING PARENTS
(IN-PERSON AT NSK - HYBRID)
Thursday, April 13 at 3:00 p.m.
(Usually second Thursday of each month)

CRAFTER’S CORNER
(IN-PERSON AT NSK - HYBRID)
Tuesday, April 11 at 1:00 p.m.
(Usually second Tuesday of each month)

EARLY STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, April 20 at 3:00 p.m.
(Usually third Thursday of each month)

FOREVER YOUNG (55–65)
(IN-PERSON AT NSK - HYBRID)
Thursday, April 6 at 3:00 p.m.
(Usually first Thursday of each month)

**FORGET-ME-NOT:
DEMENTIA CAREGIVERS**
(IN-PERSON AT NSK - HYBRID)
Saturday, April 15 at 10:00 a.m.
(Usually third Saturday of each month)

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

LET’S TALK (IN-PERSON AT NSK - HYBRID)
Wednesdays at 3:00 p.m.

NEXT CHAPTER: WIDOW/-ERS
(IN-PERSON AT NSK - HYBRID)
Tuesday, April 11 & 25 at 11:00 a.m.
(Usually second and fourth Tuesday of each month)

TED TALKS
(IN-PERSON AT NSK - HYBRID)
Tuesdays at 10:30 a.m.

TRANSITION TO RETIREMENT
(IN-PERSON AT NSK - HYBRID)
Friday, April 21 at 2:30 p.m.
(Usually third Friday of each month)

**WOMEN IN RETIREMENT
MONTHLY MEETING**
Friday, April 21 at 10:00 a.m.
(different time this 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](https://princetonior.org)
or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE

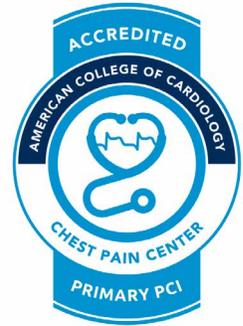


Spotlight on Capital Health Medical Center – Hopewell

Receives Fourth Consecutive Chest Pain Center Accreditation

When you or someone you know is having a heart attack, getting the right treatment in a timely manner greatly improves your chances of a better outcome. Through its commitment to an evidence-based approach to care that can reduce the time to treatment during the critical early stages of a heart attack, Capital Health Medical Center – Hopewell has earned accreditation as a chest pain center with primary PCI (Percutaneous Coronary Intervention) from the American College of Cardiology (ACC) for the fourth consecutive time.

If you think you or someone you know is having a **heart attack**, calling 911 should be your first step to talk with a trained dispatcher and have an ambulance sent to your location as quickly as possible. Treatment can begin on site when the ambulance arrives and may include medication and EKG testing. If on-site testing determines that a heart attack is occurring, Capital Health's pre-hospital alert system immediately mobilizes specialized medical teams in the emergency department and cardiac catheterization lab at Capital Health Medical Center – Hopewell to perform additional testing or an emergency procedure as needed when the patient arrives.



capitalchestpain.org

APRIL FEATURED SPONSORS



A WSFS COMPANY

You can count on the team at BMT for all your personal banking needs.

bmt.com



Your Journey, Your Choices

springpointchoice.org



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

capitalhealth.org



Since 1933, Stark & Stark has developed innovative legal solutions to meet our clients' needs.

stark-stark.com



SPONSORSHIP OPPORTUNITIES

PSRC SPRING FUNDRAISER

Join us for a special event with KEITH SPENCER IN CONCERT

DYNAMIC, VERSATILE BARITONE VOCALIST AND CONCERT ENTERTAINER
DESSERT RECEPTION FOLLOWING CONCERT

Ticket(s) \$40 each Patron Level \$100 each (includes a \$60 donation)

Keith Spencer has pursued his love of the stage and concert performance nationally and in many Philadelphia-local professional venues including Bristol Riverside Theatre, Act II Playhouse, The Prince Music Theatre, Hedgerow Theatre, The Broadway Theatre of Pitman, and Parx Casino with the Summer Club Big Band.

Proceeds from this event fund PSRC's essential social services, providing support and extensive educational and social programming for the older adults in our community. PSRC has set a goal to raise \$35,000. Help us achieve this goal and become an event sponsor.

An event sponsorship offers unique advertising benefits. We are a perfect fit for the company looking to build brand awareness, share their communal philanthropy, and increase visibility among 4,500 plus patrons of the greater Princeton area.

THIS IS AN IN-PERSON EVENT at Stone Hill Church, 1025 Bunn Dr, Princeton NJ

SUNDAY, APRIL 30, 2023 at 7:00 p.m. (doors open at 6:30 p.m.)

REGISTER HERE: princeton senior.link/2023-SpringFundraiser



PRINCETON SENIOR RESOURCE CENTER 101 Poor Farm Road, Building B Princeton • NJ • 08540 princeton senior.org • 609.751.9699

Company Name _____
Address _____
Contact Name _____
Signature _____
Telephone _____
Email _____
Administrative Contact _____
Telephone _____ Email _____

All That Jazz Level — \$2,500

- 10 complimentary tickets
Recognition on the digital invitation with active hyperlink; recognition in the printed program (full page ad, first page: first come, first service basis); company name on PSRC website with active hyperlink; and name listing in eblasts

Luck Be A Lady Level — \$1,500

- 8 complimentary tickets
Recognition on the digital invitation with active hyperlink; recognition in the printed program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

That Old Black Magic Level — \$750

- 6 complimentary tickets
Recognition on the digital invitation with active hyperlink; recognition in the printed program (quarter page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

For more information about event sponsorships or printed ad journal specifications, contact Lisa Adler at ladler@princeton senior.org, or call 609.751.9699, ext. 103.

PAYMENT INFORMATION (Check or Credit Card)

Check Number _____ Check Amount _____

Card Number _____

Exp ____/____ CVV _____

Cardholder Name _____

Signature _____ Date _____

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.



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



Saturdays in April, 10:00 a.m.–noon
Fee: \$30 resident/\$35 nonresident
Turn to **page 11** for more information.

<https://www.princetonsenior.org/pickleball/>

LINE DANCING AT PSRC!



**Coming in May, Line Dancing at PSRC.
Stay tuned for more details.**

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr/WSFS
Capital Health
Hamilton Jewelers
Home Instead

Homewatch CareGivers
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/