



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.



BINGO BILINGÜE: ¡GANA COMO NUNCA!

B4/BILINGUAL BINGO

(EN PERSONA EN SPB/IN-PERSON AT SPB
LOCATION)

Sábado, Agosto 5 / Saturday, August 5,
4:00–5:30 p.m.

Descriptions on [page 9](#).

Register at [princetonsenior.link/August-
General-Programs](https://princetonsenior.link/August-General-Programs)



**THE DIZZYING PERFECTION
OF THE STRING QUARTET**
(ZOOM)

**Tuesdays, beginning August 22 through
September 19, 1:00–2:00 p.m.**

Descriptions on [page 6](#).

Register at [princetonsenior.link/August-
General-Programs](https://princetonsenior.link/August-General-Programs)

Fall 2023 Course List

Registration opens Tuesday, August 22
at 9:30 a.m.

Electronic registration is first come, first served



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

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

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

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE OFFICE

179 Spruce Circle
(off N. Harrison Street)
Princeton, NJ 08540
Phone: 609.751.9699
Call PSRC for hours

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

Technology and Older Adults:
Combating Senior Isolation

Dear Friends,

Prior to 2020, my Aunt G was deeply critical of Facebook. “Why in the world would anyone,” she would regularly inquire, “want to know what I had for dinner last night?” This familiar retort was such a common refrain that I was shocked to receive a friend request in June 2020. Believing it was a hoax or clearly spam, I picked up the phone and called her. “I realized that Facebook wasn’t really about sharing what one had for dinner — but reconnecting with people from my past and present in a meaningful way, particularly in the midst of a pandemic!”



For Aunt G, Facebook was merely one of the technological tools that became an important lifeline for her that pulled her through an intensely isolating time and continues to aid her in remaining active and vital. As the world continues to evolve digitally, embracing technological advancements can provide invaluable opportunities for older adults to connect, engage, and lead fulfilling lives. I want to explore a few themes emerging from recent research regarding technology and older adults.

- 1) Social Isolation is a Real Threat: Social isolation among older adults has emerged as a significant public health concern, not introduced but certainly exacerbated by the global pandemic. More than one in three seniors self-report high or very high levels of social isolation. Social isolation in older adults correlates to increased risks of depression, cognitive decline, and even mortality. Recognizing these challenges, researchers have been investigating how technology can bridge the social gap and improve older adults’ quality of life.
- 2) Connecting Generations: One remarkable aspect of technology is its ability to connect people across generations. Research has shown that older adults who actively engage with digital platforms, such as social media, video calls, and messaging apps, experience lower levels of social isolation. These virtual connections enable us to maintain relationships with family and friends and even to, as in the case of my Aunt G, reconnect with long-lost acquaintances. Throughout the pandemic, PSRC’s “Seniors-for-Seniors” program has been deeply meaningful for the high school students and older adults alike.

- 3) Virtual Support Networks: Online communities and support networks tailored to seniors have emerged as a powerful resource to combat isolation. These resources can provide a safe and inclusive space for many to share experiences, seek advice, and build meaningful connections. Many of our PSRC support and conversation groups are either virtual or hybrid — enabling participation in person or online — so that all can participate.
- 4) Digital Skill Training: One of the barriers to technology adoption among seniors is the lack of familiarity and confidence. Recognizing this barrier, PSRC’s technology lab continues to offer digital skill training programs specifically designed with you in mind. Through skills-based courses or one-on-one consultations, our tech team empowers older adults to navigate smartphones, tablets, computers, and relevant applications, enabling them to access a wide range of online resources and stay connected. You can request assistance at [princetonsenior.link/tech-assist](#) or you may choose to sign up for a course such as this month’s iPad introduction course.
- 5) Technological Innovations: Developing technologies have brought forth a plethora of devices and applications tailored to meet the unique needs of older adults. From easy-to-use smartphones to wearable health monitors and home automation systems, these innovations can enhance safety, communication, and overall well-being. Research and development in this field will continue to drive solutions for the unique challenges of aging — and older adults must remain technologically savvy in order to take advantage of these innovations.
- 6) Breaking Barriers to Access: While technology holds immense potential, it is crucial to acknowledge the digital divide and ensure equitable access for all seniors. Programs like the Affordable Connectivity Program which provides free home internet access for qualifying seniors or free/affordable training and assistance programs such as PSRC’s Donald and Nancy Light Technology Literacy Lab are helping to address these challenges. Qualifying participants in this month’s iPad class, for instance, will have their course fee waived and will receive a free iPad upon completion of the course.

As we move forward in an increasingly interconnected world, embracing technology can empower older adults, break down social barriers, and combat the pervasive issue of senior isolation. Now is the time for us to come together to promote digital inclusion, support one another on the technological journey, and create a vibrant and connected community of older adults. Technology, when used as an enhancement and not a replacement for meaningful connection, is a beautiful gift. And it begins with a single click...or post...or tweet! Stay connected, stay engaged!

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

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Barbara Prince
Development Coordinator

Andrea Schwarz
*Program Associate: Suzanne Patterson
 Building*

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

AUGUST PROGRAMS

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



FIRST FRIDAY FILM — *HUSTLE* (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)
Friday, August 4 at 1:00 p.m.

After being fired, basketball scout Stanley Sugarman finds renewed purpose when he discovers talented Spanish player Bo Cruz in a Madrid park. Determined to mentor Bo and guide him to NBA success, Stanley embarks on a journey fueled by passion and belief in their shared potential. Starring Adam Sandler, Queen Latifah, Juancho Hernangomez. **Running time: 1 hour, 57 minutes; Genre: Comedy, Drama, Sports; Rated: R**

Registration required, no fee.



FYI SEMINAR — “DEMENTIA VS MENTAL ILLNESS” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

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

Older adults with dementia and mental illness may look similar but they differ in many ways. Learn to identify the need for mental health support and dementia support and resources to assist.

Sheli Monacchio has twenty-four years of experience in senior care and is the executive director of Akin Care Senior Services and founder of Caring Connections of New Jersey. Registration required, no fee.



FYI SEMINAR — “WILLS, PROBATE, AND ESTATE PLANNING 2023: SAVING YOUR FAMILY MONEY AND MAKING THE PROBATE PROCESS EASY” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

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

This seminar will discuss (a) administering the estate/probate/surrogate, (b) dangers if you have no will or if your documents are invalid, (c) getting to know your documents if you can't get to an attorney's office, and more!

Kenneth Vercammen is an attorney in Edison, New Jersey. He is co-chair of the estate and financial planning committee of the American Bar Association (ABA) Solo and Small Firm Division. He is the author of the ABA book *Wills and Estate Administration*. Registration required, no fee.



FYI SEMINAR — “WOMEN'S EQUALITY DAY: SO MUCH MORE TO DO” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

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

Learn about the expanded twenty-first century vision of the nonpartisan League of Women Voters and how you can get involved with our mission to empower voters and defend democracy. NOTE: Although the name says “women” everyone is welcome to join.

Jean Nitzberg is the convener-spokesperson for the League of Women Voters of the Greater Princeton Area. She has been involved with the group for five years and is passionate about their mission. Jean retired from her position as an IT Analyst at the New Jersey Judiciary in 2017. Registration required, no fee.

This month's FYI sponsors are [Homewatch CareGivers](#), [Innovative Physical Therapy and Fitness Center](#), [NightingaleNJ Eldercare Navigators](#), [Penn Medicine Princeton Health](#), [RothKoff Law Group](#).



TED TALKS — ON HIATUS THROUGH AUGUST

LIMITED SERIES PROGRAMS

LET'S LEARN AND CREATE! ART SERIES (IN-PERSON AT NSK LOCATION)

Wednesdays through August 16, 1:30–3:30 p.m.

Fee: Per session is \$10 resident / \$12 nonresident

This informative, fun, and therapeutic 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.

AUGUST PROGRAMS

AUGUST SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers, Princeton Care Center

NOW SHOWING: *CRAZY HEART* (IN-PERSON AT NSK LOCATION)

Wednesday, August 23, 1:00 p.m.

Inspired by country singer Hank Thompson, *Crazy Heart* is the story of a faded country music musician forced to reassess his dysfunctional life during a doomed romance that also inspires him. Starring Jeff Bridges, Maggie Gyllenhaal, and Colin Farrell. **Running time: 1 hour, 52 minutes; Genre: Drama/Romances; Rated: R**
Registration required, no fee.

GRIEF WORKSHOP (IN-PERSON AT SPRUCE CIRCLE LOCATION)

Thursday, August 10, 1:00 p.m.

Good Grief will present on grief, coping with loss, and how to support someone who is grieving.

Mrittika Sen, PhD, head of research and collaboration, Good Grief Inc.
Registration required, no fee.

LIVE FROM FEST: LIVE FROM BITES AND SIPS FROM AROUND THE GLOBE (IN-PERSON AT NSK LOCATION)

Wednesday, August 16, noon– 1:00 p.m.

Fee: \$5

Celebrate a year of virtual travel with a delicious sampling of food and drinks from the twelve countries we've explored together, including the Netherlands, Cambodia, Spain, Italy, and more. Join the festivities and savor the flavors of our global adventures!

TALK & TEA (IN-PERSON AT REDDING CIRCLE LOCATION)

Thursday, August 24, 1:00 p.m.

End of summer finale: We will be talking about Princeton University's transportation and parking services (TPS), Tiger Transit, and the nuances of the system.

Instructor: Charlie Tennyson
Registration required, no fee.

SUMMER AT THE OPERA (IN-PERSON AT NSK LOCATION)

Thursdays in August, 10:00 a.m.

Immerse yourself in the opera experience with our guide Harold Kuskin as he introduces us to the histories, stories, and cultural significance of four centuries of operatic masterpieces.

Platee (composed 1745) — August 10
from 10:00 a.m.–noon

The first important French comic opera, tells the tale of a lovesick water nymph who is victimized by the gods. The opera is both satirical and romantic and features sparkling music.

Don Pasquale (composed 1842) — August 17
from 10:00 a.m.–noon

An Italian comic opera with sprightly music and arias, generates belly laughs as the aging Don pursues a much younger woman and learns to regret his folly.

Madama Butterfly (composed 1902) — August 24
10:00 a.m.–1:00 p.m.

Madama Butterfly is a poignant tale of love, sacrifice and heartbreak. Puccini's glorious soaring melodies will touch your soul.

Moby Dick (composed 2010) — August 31
10:00 a.m.–1:00 p.m.

Moby Dick streamlines Herman Melville's classic novel into a powerful, compelling opera. The spectacular staging and sets, outstanding performances, and melodious music combine to provide a vivid and moving portrayal of the thoughts and emotions of Ahab, Starbuck and the other principal characters.

Instructor: Harold Kuskin is a retired lawyer and judge. For the past six years, he has taught courses at the Evergreen Forum about one of his passions, opera.
Registration required, no fee.

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

THE iPad SIMPLIFIED (IN-PERSON
AT NSK LOCATION)

*Tuesdays, August 1 through August 22,
10:30 a.m.–noon*

Fee: \$40 resident / \$45 nonresident

Discover the incredible possibilities of the iPad in this introductory course. Whether you're a beginner or looking to enhance your skills, we'll provide guidance on utilizing its versatility and practicality. Learn how to optimize performance, care for your iPad, and master essential tasks like

email, calendars, FaceTime, internet browsing, and applications. Please note this course focuses exclusively on the Apple iPad and does not cover other devices.

Requirements:

- All participants must bring their own iPad (from 2020 or later) to the classes.

One can request the purchase of a new iPad through PSRC

Instructors: Don Benjamin and Evelyn Sasmor

Register at princetonsenior.link/iPad-Simplified

THE iPad SIMPLIFIED — SCHOLARSHIP OPPORTUNITY

Through a generous grant program, individuals interested in taking this course who meet income requirements for affordable housing* may apply for a scholarship that includes a waiver of the course fee and a free iPad upon completion of the course. Note that students will be given an iPad at the beginning of the course which will be considered a “loaner” until the student has attended all four classes and successfully completed the course.

To apply, please register for the course and select the option: “I would like to apply for a scholarship in order to have the course fee waived and an iPad provided for me.” Once registered, you will be contacted by a member of the PSRC social services team to review and confirm your eligibility.

**Note that you do not need to be a resident of an affordable housing unit to qualify, but simply must meet the income eligibility requirements.*

WHAT'S NEXT: THINKING ABOUT YOUR
FUTURE (IN-PERSON AT REDDING CIRCLE OR
SPRUCE CIRCLE LOCATIONS)

*Tuesday August 8 at Redding Circle or August 29
at Spruce Circle, 11:00 a.m.*

This program will offer Princeton Housing residents and community members the opportunity to learn about options for end-of-life care, living wills, and identify their future needs. What's Next will be six sessions over the course of six months, one session at Redding and one at Spruce Circle each month. August sessions #1 Where do I Want to Lay My Head?

Billi Charron, MSW, is a social worker and advanced care planner at Princeton Senior Resource Center.

Registration required, no fee.

MUSIC ON THE PATIO (IN-PERSON AT NSK LOCATION)

Thursday, August 17, 2:00–3:30 p.m.

Fee: \$5

Join us for the final Music on the Patio of the Summer 2023 season. Featuring Jessica Ehee, a student at Princeton High School, who has

been studying music for eleven years and has performed extensively as a pianist and vocalist. She is a co-founder of Princeton Music Outreach (musicoutreach.org), an organization that performs monthly at local assisted living facilities. Her current acoustic single act highlights Jessica's vocal range across many genres of popular music from the 1960s to today.

THE DIZZYING PERFECTION OF THE STRING QUARTET
(ZOOM)

*Tuesdays, beginning August 22 through September 19
(no class 9/5), 1:00–2:00 p.m.*

Fee: \$40 resident / \$45 nonresident

Join instructor Brenda Leonard on a captivating journey through the history and evolution of the String Quartet. Explore its creation, study famous composers, and immerse yourself in the beauty of their music.

Dr. Brenda Leonard holds degrees in music history and cello performance from Northern Illinois University and the University of South Carolina.

AUGUST PROGRAMS

AUGUST SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers, Princeton Care Center

RETIREMENT PROGRAMS

MEN IN RETIREMENT — ON HIATUS THROUGH AUGUST

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Friday, August 25, 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, August 18 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 “BOOK BANS AND CENSORSHIP” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, August 15 at 10:00 a.m. (note different date this month)

The American Library Association recorded 1,269 demands to censor library books and resources in 2022, the highest number of attempted book bans since the organization began compiling the data more than twenty years ago. All are welcome.

Presenter Ewa Dziedzic-Elliott, is president and executive board member of the New Jersey Association of School Librarians (NJASL).
Registration required, no fee.

WOMEN IN RETIREMENT: COFFEE KLATCH

Fridays at 10:00 a.m.

For more information, go to <http://wired.wordpress.com/>

LIBRARY READS

MONDAY, AUGUST 7 (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.



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.

BILINGUAL PROGRAMS

by Ana González-Peña, Coordinator of Diversity, Equity, Inclusion, and Belonging

¡Hola!

Tenemos emocionantes eventos y actividades planeadas para nuestra comunidad de habla hispana. Queremos asegurarnos de incluir a todos nuestros miembros, ¡así que aquí les contamos algunos destacados especialmente para ustedes!

AGOSTO

BINGO BILINGÜE: ¡GANA COMO NUNCA! B4
(EN PERSONA EN SPB)

Sábado, Agosto 5, 4:00–5:30 p.m.

¡Acompáñanos en una tarde de diversión con bingo, donde no hay cargo y cada juego termina con un ganador! Ven a disfrutar de camaradería y emocionantes premios. Se requiere inscripción.

Ana González-Peña es la coordinadora de Diversidad, Equidad e Inclusión en el PSRC.

Hello!

We have exciting events and activities planned for our Spanish speaking community. We want to make sure we include all of our members, so here are some highlights especially for you!

AUGUST

BILINGUAL BINGO: WIN LIKE NEVER B4 (IN-PERSON AT SPB LOCATION)

Saturday, August 5, 4:00–5:30 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.

Ana González-Peña is the diversity, equity, and inclusion coordinator at PSRC.

SEPTIEMBRE — RESERVA LA FECHA

CLUB DE LECTURA EN ESPAÑOL (EN PERSONA EN SPB)

Miércoles 6, 13, 20 y 27 de septiembre, 3:30–4:30 p.m.

Sumérgete en maravillosas historias, disfruta de conexiones literarias y participa en amenas discusiones. ¡Todos son bienvenidos a ser parte de esta comunidad de lectores entusiastas!

NOCHE DE MÚSICA INTERNACIONAL (EN PERSONA EN SPB)

Sábado 23 de septiembre, 3:00–6:00 p.m.

Únete a nosotros en una noche para divertirnos, conocernos, relajarnos y disfrutar de la compañía de todos. Tendremos canciones, pasabocas y refrescos que nos permitirán recordar la riqueza cultural que nos rodea. Será una noche llena de armonía, donde celebraremos el valor de la diversidad en nuestra comunidad.

Reserva tu cupo.

SEPTEMBER — SAVE THE DATE

SPANISH BOOK CLUB (IN-PERSON AT SPB LOCATION)

Wednesday September 6, 13, 20 and 27, 3:30–4:30 p.m.

Immerse yourself in wonderful stories, enjoy literary connections, and engage in lively discussions. Everyone is welcome to be a part of this community of enthusiastic readers!

INTERNATIONAL MUSIC NIGHT (IN-PERSON AT SPB LOCATION)

Saturday, September 23, 3:00–6:00 p.m.

Join us for an evening of fun, getting to know each other, relaxing, and enjoying the company of everyone. We will have songs, snacks, and refreshments that will allow us to remember the cultural richness that surrounds us. It will be a night full of harmony, where we can celebrate the diversity of our community.

Consejo del mes:

Prioriza tu autocuidado por encima del afán diario, ejercita tu cuerpo, y construye nuevas conexiones en la comunidad. Tu bienestar es un regalo maravilloso que merece toda tu atención.

Tip of the month:

Prioritize self-care above the daily rush, exercise your body, and build new connections within the community. Your well-being is a wonderful gift that deserves your attention.

¡Tenemos muchas cosas emocionantes planeadas para el futuro!

¡Si tienen alguna pregunta o desean más información, no duden en comunicarse con nosotros! Estamos aquí para ayudarles.

We have lots of exciting things planned for the future!

If you have any questions or would like more information, don't hesitate to contact us! We are here to help you.

AUGUST GAMES & ENRICHMENT PROGRAMS

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

Tuesday, August 15, 1:00–2:30 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. **Game play begins at 1:00 p.m.** Registration required, no fee.

CAFÉ FRANÇAIS (IN-PERSON AT NSK LOCATION)

Mondays in August, 3:00 p.m.

Join us for casual French language conversation, focusing on pronunciation, vocabulary, and grammar enrichment. All levels welcome.

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.

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

Friday, August 4 through August 25, 1:00–3:30 p.m.

Fee: \$80 resident/\$90 nonresident

Originating in China, Mah Jongg is an exciting and engaging game using tiles to form hands, much like

rummy. You will learn to play the American version using the National Mah Jongg League rules and card. Neilia Makadok, an experienced educator, will explain the basics in simple terms and guide you as you play. 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 NOTES:** There is a materials fee of \$18 payable to the instructor at the first class. The instructor requires mask wearing during the class session.

Instructor: Neilia Makadok.

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

Fridays 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. Call for availability.

Instructor: Christina Rang

THE WONDERS OF WORDPLAY - SUMMER QUARTER (ZOOM)

Mondays through September 18 (no class 9/4), 2:00–4:00 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. Call for availability.



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

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.

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.

AUGUST 2023

Monday	Tuesday	Wednesday	Thursday	Friday
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Key:
 NSK - Nancy S. Klath Center
 PPL - Princeton Public Library
 RC - Redding Circle
 SC - Spruce Circle
 SPB - Suzanne Patterson Building
 H - Hybrid Group/Program

1
 9:00 *Every Body Walk!*
 10:30 The iPad Simplified (NSK)
 11:00 Tai Chi (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise

2
 9:30 Pickleball Instructed Open Court (SPB)
 10:00 Feldenkrais Method (NSK)
 11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
 1:30 Let's Learn & Create! Art Series (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

3
 9:00 *Every Body Walk!*
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:30 Pickleball "3 & Me" (SPB)
 11:00 Time to Tell Your Story
 11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
 2:00 Tech Lab Assistance (NSK)
 3:00 Forever Young (55-65) Group (NSK-H)

4
 10:00 Women in Retirement Coffee Klatch
 1:00 First Friday Film - *Hustle* (NSK-H)
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)

SATURDAY, AUGUST 5
 4:00 Bingo Bilingüe/Bilingual Bingo (SPB)

7
 10:00 Gentle Mat Yoga + Nidra
 10:30 Line Dancing: Footloose & Free (SPB)
 1:00 Global Conversations
 1:00 Library Reads (NSK-H)
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Francais (NSK)
 3:00 Caregivers Group

8
 9:00 *Every Body Walk!*
 10:30 The iPad Simplified (NSK)
 11:00 Next Chapter: Widows & Widowers (NSK-H)
 11:00 Tai Chi (SPB)
 11:00 What's Next: Thinking About Your Future (RC)
 1:00 Crafter's Corner (NSK-H)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar - "Dementia vs Mental Illness" (NSK-H)

9
 9:30 Pickleball Instructed Open Court (SPB)
 10:00 Feldenkrais Method (NSK)
 11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
 1:30 Let's Learn and Create! Art Series (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

10
 8:45 Barnes Foundation Day Trip
 9:00 *Every Body Walk!*
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Summer at the Opera (NSK)
 10:30 Pickleball "3 & Me" (SPB)
 11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
 1:00 Grief Workshop (SC)
 2:00 Tech Lab Assistance (NSK)

11
 10:00 Women in Retirement Coffee Klatch
 10:30 Intro to Italian (NSK-H)
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)

SATURDAY, AUGUST 12
 8:00 Pickleball Instructed Open Court (SPB)

14
 10:00 Gentle Yoga + Nidra
 10:30 Line Dancing: Footloose & Free (SPB)
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Francais (NSK)

15
 9:00 *Every Body Walk!*
 10:00 Women in Retirement Monthly Meeting (NSK-H)
 10:30 The iPad Simplified (NSK)
 11:00 Tai Chi (SPB)
 1:00 Bingo: Win Like Never B-4 (NSK)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar - "Wills, Probate & Estate Planning 2023" (NSK-H)

16
 9:30 Pickleball Instructed Open Court (SPB)
 10:00 Feldenkrais Method (NSK)
 11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
 12:00 Live from Fest (NSK)
 2:00 Let's Learn & Create! Art Series (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

17
 9:00 *Every Body Walk!*
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Summer at the Opera (NSK)
 10:30 Pickleball "3 & Me" (SPB)
 11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
 2:00 Music on the Patio (NSK)
 2:00 Tech Lab Assistanc (NSK)
 3:00 Early-Stage Memory Loss Support Group (NSK-H)

18
 10:00 Women in Retirement Coffee Klatch
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)
 2:30 Transition to Retirement (NSK-H)

SATURDAY, AUGUST 19
 10:00 Forget-Me-Not: Dementia Caregivers Group (NSK-H)

21
 10:00 Gentle Yoga + Nidra
 10:30 Line Dancing: Footloose & Free (SPB)
 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)
 3:00 Café Francais (NSK)

22
 9:00 *Every Body Walk!*
 10:30 The iPad Simplified (NSK)
 11:00 Next Chapter: Widows & Widowers (NSK-H)
 11:00 Tai Chi (SPB)
 1:00 Dizzying Perfection of the String Quartet
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar - "Women's Equality Day" (NSK-H)

23
 9:30 Pickleball Instructed Open Court (SPB)
 10:00 Feldenkrais Method (NSK)
 11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
 1:00 Now Showing: *Crazy Heart* (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

24
 9:00 *Every Body Walk!*
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Summer at the Opera (NSK)
 10:30 Pickleball "3 & Me" (SPB)
 11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
 1:00 Talk & Tea (RC)
 2:00 Tech Lab Assistance (NSK)

25
 10:00 Women in Retirement Coffee Klatch
 11:00 Senior Citizen Club (NSK)
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)

SATURDAY, AUGUST 26
 8:00 Pickleball Instructed Open Court (SPB)

28
 10:00 Gentle Yoga + Nidra
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Francais (NSK)

29
 9:00 *Every Body Walk!*
 11:00 Tai Chi (SPB)
 11:00 What's Next: Thinking About Your Future (SC)
 1:00 Dizzying Perfection of the String Quartet
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise

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

31
 9:00 *Every Body Walk!*
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Summer at the Opera (NSK)
 10:30 Pickleball "3 & Me" (SPB)
 11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
 2:00 Tech Lab Assistance (NSK)

AUGUST EXERCISE & FITNESS PROGRAMS

AUGUST FITNESS SPONSOR: *Capital Health, Springpoint Choice*

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.

Leader: Ruth Kaplan. Registration required, no fee.

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

Wednesdays, August 2 through August 23, 10:00–11:00 a.m.

Fee: \$30 resident/\$35 nonresident

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

Leader: Jaclyn (Jackie) Boone, a Guild Certified Feldenkrais® teacher with twenty-one years of professional practice in the Feldenkrais Method.

GENTLE MAT YOGA + NIDRA — SUMMER QUARTER (ZOOM)

Mondays through September 18 (no class 9/4), 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

This transformative and comprehensive yoga workshop blends postures, breathing techniques, deep relaxation, and meditation. Open to all levels, all you'll need is a yoga mat or clear floor space, water bottle, and comfortable attire to embark on a holistic journey of self-discovery and well-being.

Instructor: Joy Cline-Okoye



LINE DANCING: FOOTLOOSE & FREE (IN-PERSON AT SPB LOCATION)

Mondays, August 7 through August 21, 10:30 a.m.

Fee: \$30 resident/\$35 nonresident

Get your feet moving and join our vibrant line dancing class! Step into the rhythm, have fun, and stay active with a delightful instructor and community of dancers, where you'll learn exciting line dance routines that will keep you grooving and smiling.

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 through August 31, 10:00 a.m.

Fee: \$55 resident/\$60 nonresident

Experience the transformative benefits of chair yoga—a versatile and gentle practice suitable for all skill levels, including those with balance issues, injuries, or limited mobility. This therapeutic and inclusive form of yoga focuses on breath, body, and spiritual alignment, providing a restorative experience. Enhance flexibility, strength, and balance while immersing yourself in a serene and mindful class that promotes inner tranquility.

Instructor: Danalee Victor Gascon

AUGUST EXERCISE & FITNESS PROGRAMS

PICKLEBALL "3 AND ME" (IN-PERSON AT SPB LOCATION)

Thursdays in August, 10:30–11:30 a.m.

Fee: \$20 resident/\$25 nonresident per session

Check out "3 and Me" with Instructor Carolyn for an exciting small-group pickleball experience. Ideal for advanced beginners, you'll engage in energetic gameplay while refining your skills under the guidance of our expert instructor. Requires 3 players.

Instructor: Carolyn Dardani-Horensky

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

Wednesday and Thursday, August 2 & 3, August 16 & 17, or August 30 & 31, 11:30 a.m.–1:00 p.m.

Fee: \$60 resident/\$75 nonresident

Join our back-to-back two-session course, perfect for beginners and novice players. Whether you're seeking to grasp the fundamentals or revive your existing skills, this course offers instructional sessions, skill-enhancing drills, and exciting gameplay. With multiple Bootcamps available, sign up for one or more "Two-A-Days" to level up your pickleball skills.

Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

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

Wednesdays in August, 9:30–11:30 a.m.

Fee: \$30 resident/\$35 nonresident

Experience the thrill of pickleball with "Instructed Open Court"! This exhilarating program is specifically crafted for advanced beginners seeking the perfect balance of gameplay and skill enhancement guided by our expert instructor. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

PICKLEBALL INSTRUCTED OPEN COURT IS ALSO AVAILABLE ON THE WEEKENDS!

Saturday August 12 and August 26 from 8:00–10:00 a.m.

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

Wednesday and Thursday, August 9 & 10, August 23 & 24, 11:30 a.m.–1:00 p.m.

Fee: \$60 resident/\$75 nonresident

Elevate your pickleball game with our back-to-back two-session course tailored for advanced beginners.

Propel your skills to the next level, catering to players who possess the know-how of scorekeeping, executing a third drop shot, and confidently maneuvering cross-court dinks. Unlock your full potential with Next Level Bootcamps! Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

PICKLEBALL 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/PickleballAugustGroupRental

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesdays, August 1 through August 29, 1:00 p.m.

Fee: \$30 resident/\$35 nonresident

Join our month-long Zoom aerobics workshop and unleash your vitality! Led by instructor Laraine Alison, this lively chair aerobics class offers a gentle yet invigorating exercise experience. With music to uplift your spirits, you'll forget you're even working out. Grab your hand weights (or water bottles or cans), therapy bands, comfy attire, water, and a smile, and let the fun begin!

Instructor: Laraine Alison

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays in August, 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, August 1 through August 29, 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



**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.
princeton senior.org/lending-locker



PSRC has FREE incontinence supplies — contact us for information.

TRANSPORTATION

CROSTOWN

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.



How ChatGPT Works

Here we discuss ChatGPT's uncanny ability to understand our prompts and predict answers.

In the last two articles on ChatGPT, we prompted the “chatbot” to provide a table of foods ranked by LDL and recipes for pancakes.

Now we'll ask ChatGPT how it works:



In 50 words or fewer, explain how ChatGPT works.



ChatGPT is an AI language model that uses deep learning to generate human-like responses. It's trained on a massive amount of text from the internet and learns patterns to understand and generate coherent replies. It predicts the most probable next word based on the context provided by the user's input.

Cool. But what does that mean?

I'll break it down for you:

GPT stands for *Generative Pre-trained Transformer*, which is **computer software that mimics our brain's ability to understand word and sentence structure from context** rather than a dictionary.

It does this by digesting vast volumes of text on the internet, including Wikipedia and myriad websites, and “learning” word patterns and structures (hence the term “language model.”) We humans do this all time when we understand the meaning of words and phrases based on their context within the broader discourse. In fact, this is how children learn a language.

If we don't understand a concept at first blush, we'll consult enough sources until we're satisfied that we've found a consensus and then assume that's the correct answer.

ChatGPT does the same thing—but it pre-trained itself by building a context database of the entire internet¹ from which it can process our questions. That database is, in essence, a neural network that can predict an answer based on the word patterns it's already built. In other words, ChatGPT doesn't simply look up the recipe for pancakes—it **predicts the correct answer based on the context in which it found the words *how, make, and pancakes*** within the Internet during its pre-training phase. And by pre-training itself on the word patterns, ChatGPT can predict its answers quickly and clearly.

Final Thoughts

I've used ChatGPT to help write mediation agreements, list Supreme Court Cases, and summarize novels I never understood. I've asked it to write poems about ping-pong balls in the style of Edgar Allen Poe and write a computer program that solves polynomials (something I don't do very often.)

You should try it.

And if you need help with ChatGPT, just send a request to our tech volunteers at princetonsenior.wufoo.com/forms/technology-assistance-request.

¹ ChatGPT is based on the Internet as of 2021, which means it doesn't know anything after that.

INTERNATIONAL OVERDOSE AWARENESS DAY (IOAD), AUGUST 31

by Billi Charron, MSW, Social Worker

We don't often talk about overdoses in older adults and their families. It is considered taboo to discuss things related to substance use (alcohol, prescription drugs, and illicit substances). Often, we hear about the opioid epidemic on the news, but we aren't talking about it in our communities. You may know someone who is affected by substance use. International Overdose Awareness Day (August 31) is a time to acknowledge and remember the people we have lost due to this disease of addiction and those lost to accidental overdose. In 2021, the CDC reported 107,622 deaths due to drug overdose. In January 2023, New Jersey reported almost 3,000 deaths due to drug overdose. Someone you know has likely lost a loved one due to an overdose.



Safety Measures

IOAD is a time to reflect on how to prevent an overdose. If you are prescribed medication in the narcotics category, you should only be taking that as prescribed. This means only taking the amount that is prescribed and taking it at the designated time. Taking certain medications with alcohol can increase the effects of tiredness and "relaxation," and slow our brains from processing information, including how to safely care for ourselves. Keep your medications in a secure area away from children and visitors.

Also, be aware of the signs of an overdose. Narcan is readily available for anyone who wants to have this resource at their fingertips. You can get a Narcan spray kit (like an inhaler that you put under the nose) and keep it indoors in a temperature-controlled place (do not keep it in your car). If you believe someone is experiencing an overdose, you can use your Narcan kit and call 911 immediately. Narcan will only work if the person has opioids in their system. You can pick up a Narcan kit at any Mercer County library: <https://mcl.org/services/narcan/>. Rutgers offers trainings six times a month. You can contact them at the email: preventoverdose@rwjms.rutgers.edu.

CHOOSING YOU — WHY WELLNESS IS IMPORTANT

by Johanna Peters, Director of Social Services



As August is wellness month, I challenge you to think of wellness and why it is important to choose you. Let's start with what is wellness. Wellness upon first thought is considered the absence of disease or infirmity; however, it is more than that. It is a dynamic and conscious development of oneself. Wellness is associated with choices, intentions, and actions. It's moving from a place of just surviving to consciously allowing yourself to thrive. Wellness is generally categorized as mental, physical, social, financial, spiritual, environmental, and vocational.

It is easy to separate the different aspects of wellness, but it is also important to know how they influence each other. When one is out of balance, the other will automatically become affected. When striving for wellness it is important to make a conscious effort to build habits, routines, and coping strategies.

Some things to improve your overall wellness are eating healthy foods, drinking water, moving your body, and making sure you are sleeping enough. It's important to surround yourself with positive people, focus your thoughts on the present (not the past or the future), declutter your space, be your true authentic self, balance your spending, take opportunities to learn something new, and above all else make yourself a priority. This is choosing you and you are worth it.



Docket: Secure, Digital Access to COVID-19 Immunization Records

Docket is an app from the New Jersey Department of Health that makes it easier for you and your family to securely access your COVID-19 vaccination record.

If you don't have your vaccination card with you or you have lost it, you can easily access your record through the app to provide proof of COVID-19 immunizations as needed.

The Docket app is now available in the App store or on Google Play in English or Spanish depending on Smartphone settings.

Individuals with an email or phone number on file with the New Jersey Immunization Information System can access and download their COVID-19 vaccination record using the app. The app can also provide access to family members' records through a shared account.

Docket is a CDC-approved application. Information in Docket will only be used to provide consumers with electronic access to their own COVID-19 vaccination record, however, future plans include expanded access for other full immunization histories. The app adheres to federal and state standards for data security and privacy.

If a resident received their COVID-19 vaccine out-of-state, their records may not be available in the New Jersey Immunization Information System. The NJ Department of Health has worked with New York State and New York City to obtain records of New Jersey residents vaccinated there and is working on obtaining records for New Jersey residents vaccinated in other states/jurisdictions.

<https://covid19.nj.gov/pages/vaxrecords>



SUMMER VOLUNTEERS

Please help us welcome our high school and college students as they do a variety of volunteer work this summer at PSRC. You will see them at the reception desks, Tech Lab, and doing miscellaneous project work. One project will be at SPB cataloging books for our new library.

AGING GAILY (LGBTQ+)
 (IN-PERSON AT NSK - HYBRID)
Monday, August 21 at 3:00 p.m.
 (Usually third Monday of each month)
 — social activities, build friendships, and offer support

BEREAVEMENT
Monday, August 21 at 11:00 a.m.
 (Usually third Monday of each month)
 Call Sherri Goldstein
 609.819.1226 to attend.
 — coping with grief and loss

CAREGIVERS
Monday, August 7 at 3:00 p.m.
 (Usually first Monday of each month)
 — share challenges and experiences

CRAFTER'S CORNER
 (IN-PERSON AT NSK - HYBRID)
Tuesday, August 8 at 1:00 p.m.
 (Usually second Tuesday of each month)
 — fun space for craft hobbies

EARLY-STAGE MEMORY LOSS SUPPORT
 (IN-PERSON AT NSK - HYBRID)
Thursday, August 17 at 3:00 p.m.
 (Usually third Thursday of each month)
 — individuals experiencing early-stage memory loss

FOREVER YOUNG (55–65)
 (IN-PERSON AT NSK - HYBRID)
Thursday, August 3 at 3:00 p.m.
 (Usually first Thursday of each month)
 — young seniors who may still be working or in early retirement

FORGET-ME-NOT: DEMENTIA CAREGIVERS
 (IN-PERSON AT NSK - HYBRID)
Saturday, August 19 at 10:00 a.m.
 (Usually third Saturday of each month)
 — anyone affected by a loved one's memory loss

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.
 — individuals opened to worldly conversations

LET'S TALK (IN-PERSON AT NSK - HYBRID)
Wednesdays at 3:00 p.m.
 — general conversation group

NEXT CHAPTER: WIDOW/-ERS
 (IN-PERSON AT NSK - HYBRID)
Tuesday, August 8 & 22 at 11:00 a.m.
 (Usually second and fourth Tuesday of each month)
 — safe space for anyone who has lost a partner to reminisce, laugh, and support

THERE ARE NO FEES FOR THESE GROUPS.
ALL GROUPS MEET VIRTUALLY USING ZOOM UNLESS INDICATED OTHERWISE.

Sign up for virtual groups on our [website](#) or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE



Spotlight on Innovative Physical Therapy and Fitness Center

Innovative Physical Therapy embraces the term “innovative” that incorporates AlterG® Anti-Gravity Treadmill™, robotic Laser Multiwave Locked System (MLS) laser therapy, extracorporeal shockwave therapy (EPAT), and Solo-Step®. Each system takes physical therapy to a new level.

The **AlterG® treadmill** features NASA differential air pressure technology that uses pressurized air chamber to reduce gravitational load and body weight in increments, enabling patients to move pain-free. Ideal for patients recovering from hip/knee replacements, lumbar spine surgery, and post operative fractures of lower extremity; **The robotic MLS** relieves pain, inflammation, and swelling. MLS offers deep tissue penetration, surpassing traditional laser therapy in safety and capability. It is a perfect combination of continuous and pulsed emissions, giving the patient a greater anti-inflammatory and analgesic effect than other Class IV lasers; **EPAT therapy** is a non-invasive therapy alternative to surgery for joint and tendon disorders. EPAT sends acoustic shock waves into bone or soft tissue, in effect reinjuring the area on a cellular level and breaking up the scarring that has penetrated tendons and ligaments; and **Solo-Step** takes rehab to a new level through a secure harness system that gives the patient a secure step without risking a fall and provides a device to challenge yourself to even greater strength and balance in a safe environment.

New Jersey consumers can access physical therapy services directly without a referral from a physician. With three clinics located in Princeton, Kendall Park, and Edison, pain relief is readily available through Innovative Physical Therapy.

Phone: 609.423.2069 Website: innovativeptnj.com

AUGUST FEATURED SPONSORS

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Hamilton history four generations of family ownership
hamiltonjewelers.com



The Silver Century Foundation promotes a positive view of aging
silvercentury.org



Compassionately and thoughtfully directing our clients in making sound financial decisions
noviwealth.com



Downsize, Move Forward
walshseniorsolutions.com

**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

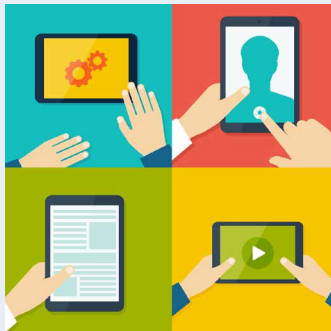
- Includes cocktail hour, dinner, entertainment

* Sponsorship must be received by July 10 to be included on the printed invitation

** Reserve your sponsorship or personal acknowledgment by August 30 to 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.

Celebrate With Us



THE IPAD SIMPLIFIED

Tuesdays, August 1 through August 22, 10:30 a.m.–noon

What’s all this hype about the iPad? What use is it anyway? This introductory course is for those new to the iPad or who want to improve their basic skills and take advantage of what this tablet can do.

Full description on [page 6](#).

Register at

princetonsenior.link/iPad-Simplified

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 Pennington, & Serenade at Princeton
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 and Fitness Center
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Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/