

WINTER WONDERLAND EXTRAVAGANZA



Wednesday, December 13
1:00–3:00 p.m.
at PSRC's Suzanne Patterson Building
45 Stockton Street, Princeton

More details on [page 8](#).
Register at princetonior.link/December-General-Programs



**EGYPTOMANIA:
FASHION'S CONFLICTED OBSESSION
(ZOOM)**

Tuesday, December 12, 2:00–3:00 p.m.

Description on [page 7](#).
Register at princetonior.link/December-General-Programs



**THE iPad FUNDAMENTALS
(IN-PERSON AT NSK LOCATION)**

***Tuesdays beginning January 9 through
February 20, 10:30 a.m.–noon***

Description on [page 9](#).
Register at princetonior.link/The-iPad-Fundamentals

**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
Monday–Friday
9:00 a.m. to 5:00 p.m.

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

Words Matter: The Power of Language
in Reframing Our Perceptions

Dear Friends,

I was born into the parsonage of The Princeton United Methodist Church on Laurel Circle, the son of the United Methodist minister in town. Driving past that street every night on my commute home now, I am struck by the gentle slope of the hill down to the cul-de-sac where we lived. To a five-year-old Drew, it seemed like an insurmountable *mountain* to climb on my “Big Wheel” tricycle. I also remember fondly many of the lessons that I learned from Bishop Prince Taylor who lived right at the top of the Laurel Circle mountain. “Words matter,” Drew, “and the words we use to identify people can hurt or heal. Be a healer.” Among many lessons I learned from Prince Taylor, that one has had the most profound impact on my approach to life.

From our earliest beginnings at Spruce Circle in 1974, the Princeton Senior Resource Center has always been committed to fostering a community of respect, inclusivity, and understanding. This is a critical part of our core values, and a highlight of our current strategic plan guiding us into the future. As part of our ongoing endeavor to grow in our awareness as a community, I want to highlight the Centers for Disease Control and Prevention (CDC)’s latest recommendation regarding the way we refer to our community members.

A Shift in Perspective: “Older Adults”

In their latest communication guidance, the CDC has provided guidance on appropriate and inclusive ways to refer to members of particular population groups that centers the needs of each group and moves beyond “stigmatizing language.” In the report, which you can read [HERE: https://www.cdc.gov/healthcommunication/](https://www.cdc.gov/healthcommunication/)



[Preferred_Terms.html](#), the CDC recommends that instead of terms like “seniors” or “the elderly,” we use the phrase “older adults.” At a quick glance, it might seem like a simple linguistic shift, but the implications run deep.

Words are more than just labels; they carry connotations, histories, and emotions. Referring to someone as a “senior” might inadvertently emphasize age over experience, wisdom, or capability. The term “older adult,” on the other hand, offers a more neutral ground, emphasizing adulthood with the simple acknowledgment of the passing of time.

Why This Matters

- **Breaking Stereotypes:** Ageism remains one of the most pervasive forms of prejudice. By changing our language, we can challenge and reshape the stereotypes and preconceptions associated with aging.
- **Empowerment:** Words have the power to shape our reality. The term “older adults” centers the individual’s experience and maturity, acknowledging their years of experience while also emphasizing their continuing role in society.
- **Inclusivity:** Not everyone in the age bracket PSRC serves (55+) might identify with being a “senior” or “senior citizen.” “Older adult” is a broader term that can resonate with more people, making them feel seen and included.

Moving Forward

As a community, we have the power to reshape perceptions and redefine aging in positive and empowering ways. Embracing this new terminology is a step forward in this direction. I want to encourage you to adopt and promote the use of “older adults” in your conversations, writings, and communications.

Let us remember that words matter. They have the power to influence perceptions, inspire change, and foster understanding. By making this small yet significant change in our vocabulary, we can continue to create an inclusive and respectful community for all.

Thank you for being a part of our journey and for continuously striving to make our center a place of warmth, respect, and growth. I hope to see you “around the mountain!”

All the Best,

Drew A. Dyson, PhD
Chief Executive Officer

SPECIAL NOTICES

Friday, December 22 and Monday, December 25 —
PSRC is closed for the Christmas holiday

Friday, December 22 through Tuesday, December 26—
Suzanne Patterson Building is closed for floor refinishing

Friday, December 29 and Monday, January 1 —
PSRC is closed for the New Year’s Day holiday

PSRC STAFF

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Group/Program Location Key:

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

RC – Redding Circle at 61 Clay St.

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

PROGRAMS DECEMBER 2023

Visit princetonsenior.org

ARTS & CULTURE

COMPOSER OF THE MONTH: ARCANGELO CORELLI (ZOOM)

Tuesday, December 19, noon–1:00 p.m.

Fee: \$10 resident / \$15 nonresident

Arcangelo Corelli, a key figure in the Baroque era, left a modest published legacy of just six collections. His music, celebrated across Europe, epitomized refinement and balance. Corelli's influence in shaping the sonata and concerto genres, alongside elevating the violin as a premier solo instrument, remains pivotal. Join Dr. Brenda Leonard to savor his renowned "Christmas Concerto" and explore his lesser-known solo and trio sonatas.

Leader: Dr. Brenda Leonard

DOCUMENTARY: *LIVE TO 100: SECRETS OF THE BLUE ZONES* (IN-PERSON AT NSK LOCATION)

Friday, December 8 and December 15, 11:00 a.m.

Join us for this two-part showing of *Live to 100* and discover five unique communities where people live extraordinarily long and vibrant lives.

Registration required, no fee.

FIRST FRIDAY FILM - *THE TRIP* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, December 1, 1:00 p.m.

Michael Winterbottom's comedy is a British road movie laced with lacerating laughs starring Steve Coogan and Rob Brydon. (*The New York Times*) This improvised and semi-fictional series follows Coogan as he sets off to write a load of restaurant reviews for *The Observer*. Drafting in his friend Brydon after his girlfriend can't make it, Coogan sets off, and the pair bicker and bond their way through country houses and hotels with brilliantly British names like Hipping Hall and Holbeck Ghyll. (*The Observer*)

Starring: Steve Coogan, Rob Brydon, Rebecca Johnson

Run Time: 1 hour, 52 minutes; Genre: Comedy, Drama; Rated: Not Rated.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (ZOOM)

Tuesdays and Thursdays in December, 4:00–5:00 p.m.

Relive the Golden Age of Radio with Zoom! Join us on Tuesdays and Thursdays for a nostalgic trip to the past, as we play some of the most iconic radio shows ever broadcasted. Each Tuesday, catch back-to-back episodes of "Gangbusters" and on Thursdays, two episodes of "The Shadow." Don't miss the opportunity to experience the magic of the Golden Age of Radio where you'll be entertained and amazed by the power of sound and imagination.

Registration required, no fee.

LIBRARY READS (ZOOM)

Monday, December 4, 1:00 p.m.

Presented by Princeton Public Librarians, staff will showcase some great recent and notable book titles to add to your to-be-read list.

Registration required, no fee.

LITERARY CAFÉ: WINTER HOLIDAY EDITION (IN-PERSON AT SPB LOCATION)

Monday, December 18, 6:00–7:00 p.m.

Fee: \$5

Join us for an enchanting evening where Alex Rendall, a former radio host with a captivating voice, will delight us with heartwarming readings of beloved stories. These narratives will be beautifully complemented by the seasonal piano melodies skillfully played by Dave Saltzman. Let's gather to celebrate gratitude, the art of storytelling, and the harmony of music, all within the welcoming embrace of our cafe. To enhance the winter spirit, we'll also be serving snowman soup, a delightful treat of hot chocolate, ensuring our hearts stay warm as we enjoy the magic of the season.

MASTERING THE ART OF PAINTING

Fridays through December 15

Call for availability.

THE WONDERS OF WORDPLAY - FALL QUARTER

Monday, October 2 through December 18

Call for availability.

PROGRAMS DECEMBER 2023

Visit princetonsenior.org

BILINGUAL

BILINGUAL BINGO (IN-PERSON AT SPB LOCATION)

Saturday, December 16, 4:00– 5:30 p.m.

Join us for a lively afternoon of bingo fun where there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required. Game play begins at 4:00 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. El juego comienza a las 4:00 p.m. Registration required, no fee.

BILINGUAL HOLIDAY DECOR: DIY POM-POM WREATH (IN-PERSON AT SPB LOCATION)

Monday, December 4, 3:00–4:30 p.m.

Fee: \$18

Elevate your holiday decor with a touch of fun and sophistication! Join us for a creative session where we'll guide you through crafting your very own pom-pom wreath. Using a foam wreath form, an assortment of pom-poms in various sizes and colors, and a trusty hot glue gun (or fabric glue), you'll bring to life a charming and unique Christmas wreath that's both easy to make and incredibly cute!

¡Dale un toque de diversión y sofisticación a tu decoración navideña! Únete a nuestra sesión creativa donde te guiaremos para que crees tu propia corona de pompones. Utilizando una base de espuma para coronas, una variedad de pompones en diferentes tamaños y colores, y una confiable pistola de pegamento caliente (o pegamento para tela), darás vida a una encantadora y única corona navideña que es fácil de hacer y ¡absolutamente adorable!

FLOWER ARRANGEMENT WORKSHOP/TALLER DE ARREGLOS FLORALES

Please see [page 7](#).

GAMES & RECREATION

BINGO: WIN LIKE NEVER B4! (IN-PERSON AT NSK LOCATION)

Wednesday, December 6, 1:30 p.m.

Join us for a lively afternoon of bingo fun where there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required. Game play begins at 1:30 p.m.

Registration required, no fee.

GAMES DAY (IN-PERSON AT SPB LOCATION)

Tuesdays in December, 1:00– 4:00 p.m.

Come with a partner or a few friends to enjoy game playing at PSRC. Canasta, Mah Jongg (bring your own set), Scrabble, and Social Bridge. Registration required due to limited space.



LEARN ABOUT OUR SPONSORS

This month's FYI sponsors are [The Bank Of Princeton](#), [Brandywine Living: Princeton, Pennington, & Serenade at Princeton](#), [Home Instead](#), and [Peapack Private Wealth Management](#). TED Talk sponsors are [Homewatch CareGivers](#), [Innovative Physical Therapy](#), [NightingaleNJ Eldercare Navigators](#), [Penn Medicine Princeton Health](#), and [RothKoff Law](#).

This month's Health/Wellness sponsors are [The Bank of Princeton](#), [Peapack Private Wealth Management](#), [Penn Medicine Princeton Health](#), [Stark & Stark Attorneys at Law](#).

PROGRAMS DECEMBER 2023

Visit princetonsenior.org

HEALTH/WELLNESS

AWARENESS THROUGH MOVEMENT: A FELDENKRAIS FOCUS (IN-PERSON AT SPB LOCATION)

Tuesday, December 19, 10:00 a.m.

Fee: \$10 resident / \$15 nonresident

Join master instructor Jaclyn Boone for a transformative Feldenkrais experience aimed at enhancing spinal flexibility, balance, and breathing, which in turn can positively impact your cognitive function, emotional well-being, and problem-solving abilities, ultimately leading to a more vibrant and harmonious life. Come one, come all; no previous experience necessary.

Instructor: Jaclyn Boone

GENTLE MAT YOGA + NIDRA – FALL QUARTER

Mondays through December 18

MINDFUL CHAIR YOGA & MEDITATION

Thursdays through December 28

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesday, December 5 through December 26, 1:00 p.m.

Fee: \$30 resident / \$35 nonresident

Participate in a month-long lively and enjoyable aerobics workshop tailored to enhance endurance and strengthen your body, mind, and soul. Grab your hand weights (or alternatives like water bottles or cans), therapy bands, and comfortable attire, and let's get moving!

Instructor: Laraine Alison

PICKLEBALL MANIA DECEMBER 2023

Explore the diverse schedule of our monthly pickleball activities at: princetonsenior.org

PROGRAMS FOR BEGINNERS:

Players should be brand new to the sport or looking to refresh their skills.

A TASTE OF PICKLEBALL

Experience a dynamic two-hour beginner's workshop, combining skill instruction with active gameplay for an exciting introduction to the sport.

Fee: \$35 resident/\$40 nonresident

GET INTO THE GAME!

Now that you know the basics from A Taste of Pickleball, join your instructor for two hours of game play designed to improve skill and get a feel for real game play.

Fee: \$35 resident/\$40 nonresident

GROUP COURT RENTALS

Reserve our pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form.

Fee: \$30 resident/\$35 nonresident

PROGRAMS FOR ADVANCED-BEGINNERS TO LOWER INTERMEDIATE

Players should have knowledge of the game and be able to keep score, dink, serve, and have taken an intro to pickleball course. Please, no beginners in Prep & Play or 3 & Me. If you're new to the sport, check out A Taste of Pickleball and Get Into the Game!

PREP & PLAY

Learn new techniques on the court with expert instruction and enjoy open game play with guided support to enhance your game.

Fee: \$35 resident/\$40 nonresident

3 & ME

This exciting small group pickleball experience allows players to engage in energetic gameplay while refining skills under the guidance of our expert instructor.

Fee: \$20 resident/\$25 nonresident

PROGRAMS DECEMBER 2023

Visit princetonsenior.org

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays in December (No sessions on 12/22, 12/25 and 12/29), 1:00–4:45 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)

Tuesday, December 5 through December 19, 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

LIFELONG LEARNING

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

Every Thursday, 10:00 a.m.

Fee: \$40 for year

Peer-led discussion about the nature of the universe based on physics and metaphysics.

Instructor: Contact brucewallman@gmail.com for more information.

EGYPTOMANIA: FASHION'S CONFLICTED OBSESSION (ZOOM)

Tuesday, December 12, 2:00–3:00 p.m.

Fee: \$10 resident / \$15 nonresident

Discover a captivating dialogue between Egyptian art and fashion in this special presentation from The Cleveland Museum of Art. Study the objects which seamlessly blend ancient Egypt's allure with modern style, fueling global fashion discussions like the complex history of European imperialism's influence on Egypt and cultural appropriation. Join us and explore the evolving discourse between fashion, art, and Egyptomania.

FYI SEMINAR: CARING FOR THE CAREGIVER (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, December 12, 3:00–4:00 p.m.

This presentation will focus on addressing the needs of family caregivers.

Instructor: Beth Shalom is a senior care expert with more than thirty years of experience in serving older adults starting out as an elder care attorney and then transitioning into business.

Registration required, no fee.

FYI SEMINAR: ALL ABOUT ASSISTED LIVING & LONG-TERM CARE (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, December 19, 3:00–4:00 p.m.

We will discuss the differences in these two senior living options, what to expect, financials, medical criteria, and the infamous "spend down" time.

Instructor: Stacy Costa is a senior living liaison for The Terrace and The Meadows at Lawrence. She has been in the senior living industry for the past ten years, advising older adults and their families on assisted living communities. Stacy also has experience in the skilled nursing sector, as well as short-term stays in post & subacute rehabilitation. Registration required, no fee.

SOCIAL CONNECTIONS

PROGRAMS

FLOWER ARRANGEMENT: WINTER HOLIDAY WORKSHOP (IN-PERSON AT NSK LOCATION)

Monday, December 11, 2:00–4:00 p.m.

Fee: \$20 resident / \$25 nonresident

Embrace the magic of winter with our enchanting flower arrangement winter holiday workshop! Discover the artistry of crafting stunning winter-themed arrangements that will warm your heart and elevate your holiday decor. Take your creation home and watch it shine on your holiday table or side table, adding a touch of elegance to your celebrations. Unleash your inner florist and make this holiday season truly unforgettable!

PROGRAMS DECEMBER 2023

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Aprovecha la magia del invierno con nuestro Taller de Arreglos Florales para las Fiestas de Invierno. Crea arreglos temáticos de invierno que llenarán tu corazón de calidez y realzarán la decoración de tus fiestas. Lleva tu creación a casa agrega un toque de elegancia a tus celebraciones. ¡Libera a tu florista interior y haz de esta temporada navideña algo inolvidable!

**The instructions will be provided in English, Russian and Spanish languages.*

MEN AND WOMEN IN RETIREMENT SPECIAL PRESENTATION: CLIMBING MT. KILIMANJARO (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, December 1, 10:00 a.m.–noon

Join Maurice Harding, a member of MIR, as he recounts his amazing journey to Tanzania and the top of Mt. Kilimanjaro (at age fifty-seven)! Mt. Kilimanjaro is the highest mountain in Africa, and the highest single free-standing mountain above sea level in the world: 19,341 ft above sea level. Registration required, no fee.

WINTER WONDERLAND EXTRAVAGANZA (IN-PERSON AT SPB LOCATION)

Wednesday, December 13, 1:00 p.m.

Fee: \$5

Come and join in the merriment at the PSRC's Suzanne Patterson Building! Get ready to jingle all the way with the Ho Ho Ho's and Dave Saltzman on the piano. We invite you to savor a delightful buffet, full of holiday magic and festive treats. Get into the spirit with your favorite songs, spread cheer, exchange goodwill, and participate in our exciting raffles. Most importantly, make new friends and celebrate the holiday season in style!

Transportation is available to and from the Suzanne Patterson Building by the Muni Bus, Crosstown, or by carpool, all of which we encourage! The festivities begin at 1:00 p.m. Because we cannot accommodate early arrivals, our doors will open at 12:45 p.m. Register at princetonsenior.org or by calling 609.751.9699. Seating is limited.

Thank you to our sponsors for their generous support listed on [page 16](#).

SOCIAL CONNECTIONS

GROUPS

AGING GAILY (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Monday, December 18, 3:00 p.m.

Social activities, build friendships, and offer support.

CAFÉ FRANÇAIS (IN-PERSON AT NSK LOCATION)

Mondays in December (no meeting 12/25), 3:00 p.m.

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

CRAFTER'S CORNER (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Thursday, December 14, 11:00 a.m.

Fun space for craft hobbies.

FOREVER YOUNG (55-65) (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Thursday, December 7, 3:00 p.m.

For young older adults who may still be working or in early retirement.

GLOBAL CONVERSATIONS (ZOOM)

Mondays in December (no meeting 12/25), 1:00 p.m.

For individuals open to worldly conversations.

LET'S TALK (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesdays in December (no meeting 12/13), 3:00 p.m.

General conversation group.

TED TALKS (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesdays in December (no meeting 12/26), 10:30 a.m.

Together we'll watch a TED Talk then participate in an awesome discussion led by Helen Burton. Everyone's invited! This month's buzzworthy topics:

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December 5: Barbara F. Walter — Is the U.S. headed towards another civil war?

December 12: Aisha Nyandoro — What does “wealth” mean to you?

December 19: Rebecca Onie — What Americans agree on when it comes to health

December 26: No meeting scheduled

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

Friday, December 15, 2:30 p.m.

This group addresses many kinds of issues that can arise during the transition to retirement.

Instructor: Paul Knight

WOMEN IN RETIREMENT: COFFEE KLATCH

Fridays in December, 10:00 a.m.

Contact WIR for the location of meeting. All are welcome. For more information go to <http://wired.wordpress.com/>.

TECHNOLOGY

THE TECH HOUR: EXPANDING HORIZONS (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, December 6 and December 13, 11:00 a.m.–noon

Join us weekly for a tech-focused lecture or informational video, followed by a lively conversation led by Nick Macy. This month’s topics:

December 6 – Why Is My Computer Slowing Down?

December 13 – Cyber Security 101

Registration required, no fee.

THE iPad FUNDAMENTALS - SEVEN-SESSION WORKSHOP (IN-PERSON AT NSK LOCATION)

Tuesdays beginning January 9 through February 20, 10:30 a.m.–noon

Fee: \$40 resident / \$45 nonresident

Discover the incredible possibilities of the iPad in this introductory course designed for those who have never used an iPad. 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.

Registration closes on December 15, 2023 for those wishing to purchase an iPad through PSRC.

THE iPad FUNDAMENTALS — SCHOLARSHIP OPPORTUNITY

PSRC has created an opportunity for individuals interested in taking this course, and who meet income requirements for affordable housing*, to 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 seven 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.

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

Monday through Friday, 9:30 a.m.–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 Thursdays and Fridays, from 2:00 to 4:00 p.m., and virtually, Monday through Friday. Appointments preferred.

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

DECEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

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10:00 Gentle Yoga + Nidra
 1:00 Global Conversations
 1:00 Library Reads
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)
 3:00 Bilingual Holiday Decor:
 DIY Pom-Pom Wreath (SPB)
 3:00 Caregivers Group

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10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 4:00 The Golden Age of Radio

6

10:00 A Taste of Pickleball (SPB)
 11:00 The Tech Hour: Expanding
 Horizons (NSK-H)
 12:00 Pickleball 3 & Me (SPB)
 1:30 Bingo: Win Like Never B-4
 (NSK)
 2:00 OnStage Seniors (SPB)
 3:00 Let's Talk (NSK-H)

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10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball Prep & Play
 (SPB)
 12:00 Pickleball 3 & Me (SPB)
 12:30 How to Write Playfully
 2:00 Sponsor-A-Senior
 Giveaway (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Forever Young (55-65)
 Group (NSK-H)
 4:00 The Golden Age of Radio

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 10:00 Men & Women in
 Retirement (NSK-H)
 1:00 First Friday Film - *The Trip*
 (NSK-H)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of
 Painting (SPB)
 2:00 Tech Lab Assistance (NSK)

10:00 Women in Retirement
 Coffee Klatch
 11:00 Live to 100: Secrets of the
 Blue Zones (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of
 Painting (SPB)
 2:00 Tech Lab Assistance (NSK)

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10:00 Gentle Yoga + Nidra
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 Flower Arrangement
 Winter Holiday Workshop
 (NSK)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)

12

10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 Egyptomania: Fashion's
 Conflicted Obsession
 3:00 FYI Seminar – Caring for
 the Caregiver (NSK-H)
 4:00 The Golden Age of Radio

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11:00 Next Chapter: Widows &
 Widowers (NSK-H)
 11:00 The Tech Hour: Expanding
 Horizons (NSK-H)
 1:00 Winter Wonderland
 Extravaganza (SPB)

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10:00 Cosmology (NSK-H)
 10:00 Pickleball Get into the
 Game! (SPB)
 10:00 Mindful Chair Yoga
 11:00 Crafter's Corner (NSK-H)
 12:00 Pickleball 3 & Me (SPB)
 12:30 How to Write Playfully
 2:00 Tech Lab Assistance (NSK)
 4:00 The Golden Age of Radio

15

10:00 Women in Retirement
 Coffee Klatch
 11:00 Live to 100: Secrets of the
 Blue Zones (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of
 Painting (SPB)
 2:00 Tech Lab Assistance (NSK)
 2:30 Transition to Retirement
 (NSK-H)

SATURDAY, DECEMBER 16

10:00 Forget-Me-Not:
 Dementia Caregivers
 Group (NSK-H)

4:00 Bingo Bilingüe/Bilingual
 Bingo (SPB)

18

10:00 Gentle 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)
 3:00 Café Français (NSK)
 6:00 Literary Cafe: Winter
 Holiday Edition (SPB)

19

10:00 Awareness Through
 Movement (SPB)
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 12:00 Composer of the Month:
 Arcangelo Corelli
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar – Assisted
 Living & Long-Term Care
 (NSK-H)
 4:00 The Golden Age of Radio

20

10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball Prep & Play
 (SPB)
 3:00 Let's Talk (NSK-H)

21

10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball Get into the
 Game (SPB)
 2:00 Tech Lab Assistance (NSK)
 3:00 Early-Stage Memory Loss
 Support Group (NSK-H)
 4:00 The Golden Age of Radio

22

PSRC IS CLOSED FOR
 THE CHRISTMAS HOLIDAY

SPB IS CLOSED FOR FLOOR
 REFINISHING DECEMBER 22–26

25

PSRC IS CLOSED FOR
 THE CHRISTMAS HOLIDAY

26

1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 4:00 The Golden Age of Radio

27

3:00 Let's Talk (NSK-H)

28

10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 2:00 Tech Lab Assistance (NSK)
 4:00 The Golden Age of Radio

29

PSRC IS CLOSED FOR
 THE NEW YEAR'S DAY HOLIDAY



Spring 2024 Course List

Most classes begin the week of March 4, 2024

AMERICA IN THE 2000S: BUSH '43 AND ALL THAT

INSTRUCTOR: Stan Katz
Wednesdays, 10:00 a.m.–noon
FORMAT: Hybrid

THE AMERICAN FAMILY AND THE LAW

INSTRUCTOR: Lawrence Rosen
Tuesdays, 10:00 a.m.–noon
FORMAT: In-Person

AMERICAN IMPRESSIONISM: BUCKS COUNTY PAINTERS

INSTRUCTOR: Christina Kales
Mondays, 1:30– 3:30 p.m.
FORMAT: Hybrid

THE ART OF THE SONNET

INSTRUCTOR: Peter Smith
Mondays, 10:00 a.m.–noon
FORMAT: Hybrid

BROTHERS KARAMAZOV: TEXT AND CONTEXT

INSTRUCTORS: Victor Ripp and Nancy Kanach
Thursdays, 10:00 a.m.–noon
FORMAT: In-Person

CHARLES DICKENS'S BLEAK HOUSE

INSTRUCTOR: John Kucich
Tuesdays, 1:30–3:30 p.m.
FORMAT: Virtual

GREAT DECISIONS 2024

INSTRUCTORS: Karen Coates & David Redman
Tuesdays, 1:30– 3:30 p.m.
FORMAT: Hybrid

HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY: WEST AND EAST PART II

INSTRUCTOR: David Brahinsky
Wednesdays, 1:30– 3:30 p.m.
FORMAT: Hybrid

HISTORIC FOUNDATION OF EAST ASIAN CULTURES

INSTRUCTOR: Robert Nolan
Thursdays, 1:30– 3:30 p.m.
FORMAT: Hybrid

MULTI-MESSENGER ASTRONOMY

INSTRUCTOR: Bernard Abramson
Mondays, 10:00 a.m.–noon
FORMAT: In-Person

PERSPECTIVES ON OPERA

INSTRUCTOR: Harold Kuskin
Tuesdays, 1:30– 3:30 p.m.
FORMAT: Hybrid

NOW AND THEN WITH KAZUO ISHIGURO

INSTRUCTOR: Lois Harrod
Wednesdays, 1:30– 3:30 p.m.
FORMAT: In-Person

PSYCHOLOGY OF SLEEP AND DREAMING

INSTRUCTOR: Alex Randall
Fridays, 10:00 a.m.–noon
FORMAT: In-Person

READING BUILDINGS

INSTRUCTOR: Alan Chimacoff
Fridays, 1:30– 3:30 p.m.
FORMAT: Virtual

SEMICENTENNIAL RENDEZVOUS: JAMES A. MICHENER'S CENTENNIAL AT FIFTY

INSTRUCTOR: Paul Soltis
Mondays, 1:30–3:30 p.m.
FORMAT: Hybrid

SCIENCE IN THE NEWS

INSTRUCTOR: Harold Heft
Fridays, 10:00 a.m.–noon
FORMAT: Hybrid

SHAKESPEARE DOUBLED

INSTRUCTOR: Larry Danson
Tuesdays, 10:00 a.m.–noon
FORMAT: In-Person

TECHNOLOGY, SOCIETY AND YOU

INSTRUCTOR: Dina Kravets
Tuesdays, 10:00 a.m.–noon
FORMAT: Hybrid

UNDERSTANDING CONTEMPORARY ART

INSTRUCTOR: Wendy Worth
Thursdays, 1:30– 3:30 p.m.
FORMAT: Virtual

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

Evergreen Forum Fees: \$85 for three- to five-week courses and \$110 for six- to eight-week courses.

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

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

Vaccine Navigator Survey VACCINES 2023

Have you or any of your family/friends received a Covid or Flu vaccine in 2023? If so, please forward the link below to your contacts, asking them to complete the short survey. This will help us with the Vaccine Navigator grant that PSRC received from the National Council on Aging. It will let us know where and approximately when people have had vaccines in 2023. Thank you for spreading the word!



princetonsenior.link/2023-Vaccine-Survey

princetonsenior.org/vaccine-navigators



VOLUNTEER CORNER

BECOME THE HEARTBEAT OF GRANDPALS: LEAD WITH PASSION AND PURPOSE!

Are you a dynamic senior with a passion for fostering intergenerational connections? GrandPals invites you to take on the role of a Program Site-Leader, where your energy and expertise will shape meaningful interactions. As the Volunteer Site Leader, you will manage our dedicated team of GrandPals, ensuring seamless experiences, arranging substitutions when needed, and nurturing an environment where positive relationships flourish. If you possess a warm spirit, excellent organizational skills, and a desire to create enduring bonds between generations, we eagerly welcome you to apply and become a driving force behind this enriching program!

In-Person Volunteer Office Support

Are you a social person that likes to help others? Our front desk reception volunteers are the first point-of-contact for our participants and are comfortable with computer technology, greeting people, answering questions about PSRC programs and services, and much more. Volunteer shifts are from 9:00 a.m.–1:00 p.m. and 1:00–5:00 p.m., Monday through Friday.

If you're interested in joining our dynamic team of volunteers, contact Sharon Hurley, volunteer coordinator, at shurley@princetonsenior.org.

Folder Hygiene: Downloads and Trash

Keeping these two folders clean will give you peace of mind and make your computer happy.

Windows and Mac computers include a **Downloads** folder for files you save from emails and websites, and a **Trash** (or **Recycle Bin**) for files you no longer want. It's easy to overlook these folders, which can fill up with all sorts of flotsam and jetsam, resulting in an unhealthy backup and possible explosion of bits and bytes that you'll be sweeping up for years. Like glitter.

Actually, that's not true. Computers can't explode. I was just trying to make a point.

Downloads Folder

Downloads is a default folder for everything you download from websites, screenshots, email attachments, third-party software installation files (more about these in a minute), and videos from your cousin's recent trip to Bayonne.¹ When I request a PDF copy of my bank statement from PNC.com, it goes into my **Downloads** folder, as do the graphics I download from clipart.com that you see in this article.

I move important documents from **Downloads** into my permanent documents folders, and move what I don't need into the **Trash** folder.²

The Downloads folder is also the repository for software installation files. For example, if you download a new or updated version of Microsoft 365, you might see a file in your **Downloads** folder called "microsoft365install.exe" if you use Windows or "microsoft365.dmg"³ if you use a Mac computer. These files take up a lot of space and are only used to install new or updated software. Once you've installed the application, you should move these files to the **Trash**.

Trash (a.k.a. the Recycle Bin)

When you delete a file, Windows moves it into its **Recycle Bin**, and MacOS moves it to **Trash**. The file is still there so you can retrieve the instructions for your Aunt Sarah's favorite gefilte fish recipe that you deleted last week.

At some point, you have to empty the **Trash**. Ignoring your **Trash** folder will result in a gigantic landfill of files with old sell-by dates and hordes of virtual sea gulls swirling over your keyboard.

You can set Windows and MacOS to automatically empty the **Trash** after a set time—I suggest thirty days.

If You Need Help

Remember, if you need tech help, just fill out one of our tech help requests at princetonsenior.link/tech-assist.



Sharon is absolutely ecstatic after cleaning out her Downloads folder. Sharon needs to get a life.



Steve faces the consequences of the lack of computer file hygiene.

¹ Video files usually end in ".mp4," and can be hundreds of megabytes. Even from Bayonne.

² Windows can be set to remove Download items after a set time.

³ ".exe" means "executable application;" ".dmg" refers to "disk image file."

STRONGER TOGETHER: EMBRACING HUMAN RIGHTS AND KINDNESS

by Johanna Peters, Director of Social Services



As we approach the end of 2023, it's a time for reflection on the crucial role of human rights awareness and kindness in our world. Throughout the year, we've witnessed both significant challenges and promising progress in the realm of human rights. These include climate justice, racial and social justice, refugee and migrant rights, and gender equality.

In parallel, kindness has emerged as an essential force in an increasingly divided world. It acts as a unifying factor, bridging divides, fostering empathy, and inspiring positive actions. Acts of kindness have a ripple effect, encouraging others to spread positivity and compassion. Service also promotes inclusivity, emphasizing the value and respect for all individuals, regardless of their background or identity.

The spirit of the season, often associated with warmth, togetherness, and compassion, should extend beyond the holidays. Human rights awareness and kindness should be mutually reinforcing, with the two working hand in hand to create a more just and compassionate world. Let's celebrate our shared humanity and commit to making the world a better place in the coming year. Despite the significant challenges we face, the transformative power of human rights and kindness is boundless, reminding us that, together, we can make a meaningful difference for all.





Princeton Muni Service stops at our building

Mercer County 606 Bus stops at our neighbor's located at 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 single and four-prong canes — contact us for information.

TRANSPORTATION

CROSTOWN

Crosstown is a door-to-door transportation service for those who are 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 or use this form: princetonsenior.link/Crosstown-Voucher-Order-Form.

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.



AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Monday, December 18 at 3:00 p.m.
(Usually third Monday of each month)
— social activities, build friendships, and offer support

BEREAVEMENT
Monday, December 18 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, December 4 at 3:00 p.m.
(Usually first Monday of each month)
— share challenges and experiences

CRAFTER'S CORNER
(IN-PERSON AT NSK - HYBRID)
Thursday, December 14 at 11:00 a.m.
(Usually second Thursday of each month)
— fun space for craft hobbies

EARLY-STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, December 21 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, December 7 at 3:00 p.m.
(Usually first Thursday of each month)
— young older adults who may still be working or in early retirement

FORGET-ME-NOT: DEMENTIA CAREGIVERS
(IN-PERSON AT NSK - HYBRID)
Saturday, December 16 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 open 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)
Wednesday, December 13 at 11:00 a.m.
(Usually second and fourth Wednesday 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](http://princetonsenior.org) or call 609.751.9699 for assistance.

ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2024

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

For more information visit princetonsenior.org

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

please contact Barbara Prince at

bprince@princetonsenior.org or 609.751.9699, ext. 107.

STAY TUNED — WINTER RAFFLE 2024 ARE YOU FEELING LUCKY?

Help Support PSRC by entering a chance to WIN!



1st Prize — \$5,000 AMEX gift card

2nd Prize — \$2,500 AMEX gift card

3rd Prize — Aventon E-Bike Soltera.2 (\$1000 value)

4th Prize — iPad (\$300 value)



Tickets go on sale Tuesday, January 16

Drawing on Thursday, March 14

\$100 each, max 300 tickets sold

Tickets can be bought at the front desk of NSK or SPB

THANK YOU TO OUR WINTER WONDERLAND EXTRAVAGANZA SPONSORS



BRANDYWINE LIVING
Serenade at Princeton

Life is Beautiful

We are truly grateful to all our sponsors for making PSRC's Winter Wonderland Extravaganza a success!

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

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

CULTIVATING COMMUNITY:



DONATE online at princetonsenior.link/DonateNow2023_2024

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

Before the end of 2023, did you know?

- That you can make a gift **DIRECTLY** from your IRA if you are seventy-and-a-half as of January 1, 2023 or seventy-two now and will be taking a distribution from your IRA this year.
- To take advantage of these tax benefits this year, simply direct your IRA plan provider to make a “Qualified Charitable Distribution” (QCD) to PSRC by December 31.

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



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



GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services

The Bank of Princeton

Brandywine Living: Princeton,
Pennington, & Serenade at Princeton

Bryn Mawr Trust

Capital Health

Hamilton Jewelers

Home Instead

Homewatch CareGivers

Innovative Physical Therapy
and Fitness Center

Justin Tree Service & Lawn Care
Lawrence Campus – Rehab & Assisted
Living

McCaffrey’s Food Markets

NightingaleNJ Eldercare Navigators

Novi Wealth Partners

Oasis Senior Advisors

Peapack Private Wealth Management

Penn Medicine Princeton Health

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/