



## GALLERY TALKS ONLINE (Zoom)

Thursdays starting January 12 through February 16  
at 11:00 a.m.–noon

**Fee: \$75 for the whole series or \$13 for an individual session**

Gallery Talks returns for another round of exceptional art lectures. Join the Princeton University Art Museum’s talented docents for weekly seminars designed for those interested in exploring the richness and complexities of the art world. Participants can select to attend any or all of the Gallery Talks offered this Winter.

Register at [princetonsenior.link/Enrichment-LimitedSeries](https://princetonsenior.link/Enrichment-LimitedSeries)

### Course Schedule:

January 12 — Women in Art with Docent Sandy Kurinsky

January 19 — Selections from the Asian Collection of the PUAM with Docent Cathy Loevner

January 26 — Treasures of American Art with Docent Jeanne Johnson

February 2 — The Language of Prints with Docent Ximena Skovron

February 9 — Living Artists at PUAM with Docent Adria Sherman

February 16 — Cityscapes and Seascapes Through the Ages with Docent Connie Shaffer

## NEW COURSE! HISTORY OF CLASSICAL MUSIC

(ZOOM)

**Tuesdays starting January 17 through  
February 21 for six sessions, 1:00–2:00 p.m.**

**Fee: \$75**

Traverse time through the exploration of classical music in this six-week course. Starting in the era of Western Art music, you will get a historical overview, learn about the birth of opera and orchestra, and explore the evolution of classical form through the twenty-first century.

Dr. Brenda Leonard holds degrees in music history and cello performance from Northern Illinois University and the University of South Carolina. She teaches cello online, plays for the Bay Atlantic Symphony, and works for Cape May MAC (Museums+Arts+Culture). She also taught Bach and the Solo Cello at PSRC this past August.

Full course list can be found at [princetonsenior.org/coming-soon/](https://princetonsenior.org/coming-soon/)

Register at

[princetonsenior.link/Enrichment-LimitedSeries](https://princetonsenior.link/Enrichment-LimitedSeries)

## NEW! TAI CHI AT PSRC

(IN-PERSON AT SPB LOCATION)

**Tuesdays, January 10 through January 31,  
11:00 a.m.**

**Fee: \$20 resident / \$25 nonresident**

This gentle form of exercise can help maintain strength, flexibility, and balance and 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. Each posture flows into the next without pause, ensuring that your body is in constant motion. Space is limited to 15 with a minimum of 9.

Instructor: Sisco Kinjo

Register at

[princetonsenior.link/Exercise-Fitness](https://princetonsenior.link/Exercise-Fitness)

## Spring 2023 Course List

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

Electronic registration is first come, first served

See **page 10** for the  
course list.



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

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

**SUZANNE PATTERSON BUILDING**

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

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

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

*A nonprofit organization  
serving our community*

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FROM THE CEO, DREW DYSON

"Snow Day!"

Dear Friends,

"Snow day!" As a child, those words were unlike any other in their ability to wake me up, ignite my imagination, and spark my desire to get out into the frozen tundra of the Jersey shore. Phone calls with my friends would start flying early. Plans would be made for great adventures. Snow pants and sweaters and boots and wool socks. Early morning into the evening spent running, sledding, playing ice hockey (in sneakers, of course), building forts, and so much more. I am breathless just thinking back to those early snow days with wonder and awe.

Now, those same words — "snow day" — fill me with more dread than wonder. Will we have to close the building? What about our employees? Who needs to be notified? How long will we be affected? Will the storm cause us to lose power? Who needs to be cared for? What else needs to be done? All of this before 6:00 a.m. so as to give time to carry out our snow day protocol. Then it's time to shovel the driveway, clear off the cars, and make sure the dogs have a place to do their business outside. Now, in the day of laptops and cell phones, particularly in the wake of Covid-19, snow days don't mean a day filled with forts and sleds — but just another day at the office (granted, the home office). No thank you!

For some, the "winter doldrums" pose a greater threat than simple boredom or gloominess. Seasonal Affective Disorder (SAD) is a form of depression that cycles with the seasons and is known to affect more than 5% of all older adults. Declining daylight impacts circadian rhythms and causes hormonal changes leading to depressive symptoms in people affected by SAD. Added to the shorter daylight hours, cold weather and icy conditions force people to stay home and contribute to social isolation.

Before highlighting some of the means to fend off Seasonal Affective Disorder, it is important to note the importance of regular communication with your doctor and mental health professionals. It is always acceptable — and encouraged — to reach out to your medical team if you are experiencing signs and symptoms of depression.

One of the primary means to combat SAD is to soak up as much sunlight as possible. Researchers from the National Institute of Health indicate that a mere ten minutes a day of sunlight, whenever possible, has a significant impact on seasonal depression. Other means suggested by ComfortKeepers to help older adults elevate their mood and fend off the effects of seasonal depression include:

- Open curtains and blinds, allowing as much daylight as possible. Simply sitting near a window can help.
- Spend time outdoors every day, as safety permits. Even on dreary days the effect of daylight can be beneficial.
- Find companionship. Take a new class. Meet friends for brunch. Staying involved in social activities helps to prevent feelings of isolation and loneliness.
- Eat a well-balanced diet that provides recommended amounts of vitamins and minerals needed to maintain energy.
- Get physical activity for at least thirty minutes a day, three times per week.

Here at PSRC, we are committed to helping you stay active and engaged during the winter months! January is the perfect time to start taking one of our art classes to engage your creative spirit. We also offer winter exercise classes, including gentle mat yoga, chair exercise, and aerobics. You may choose to learn to play pickleball — or engage in our workshop on The Feldenkrais Method or our new Tai Chi class. FYI Seminars cover topics like “Loneliness vs. Social Isolation” and the “Aging Athlete.” The ever-popular “Gallery Talks” returns with exceptional docents from the Princeton University Art Museum and exciting new topics. And there is a brand new course on the history of classical music.

There are plenty of programs highlighted throughout this newsletter to keep you active and engaged through the winter months. Grab your mittens. Put on a hat. Lace up your boots. And head to PSRC for exercise, learning, art, conversation, and so much more. Or join us in one of our virtual or hybrid programs from the comfort of your kitchen table. I look forward to sharing a snowy day with you!

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

*\*\*\*By the way, any “snow day” information about PSRC closings will be posted on our website, a message will be placed on our phone system, and emails will go out to participants who are registered in any affected program\*\*\**

## SPECIAL NOTICES

PSRC will be closed on January 2 for the New Year holiday and January 16 in honor of Dr. Martin Luther King Jr.

### PSRC Social Services Office Hours at PHA Communities

#### Spruce Circle:

Tuesdays, 12:30–4:30 p.m. Thursdays, 8:30 a.m.–12:30 p.m.

#### Redding Circle:

Tuesdays, 9:00–11:00 a.m.; Thursdays, 1:00–3:00 p.m.

## PSRC STAFF

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### 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

# JANUARY PROGRAMS

## JANUARY SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Oasis Senior Advisors, The Bank of Princeton, Progression PT



**FIRST FRIDAY FILM** — *tick, tick...BOOM*  
(HYBRID – IN-PERSON AT NSK LOCATION  
AND ON ZOOM)

**Friday, January 6 at 1:00 p.m.**

Directed by Lin-Manuel Maranda, the film follows Jon, a young theater composer who's waiting tables at a New York City diner in 1990 while writing what he hopes will be the next great American musical ("Rent"). Days before he's due to showcase his work in a make-or-break performance, Jon is feeling the pressure from everywhere amidst an artistic community being ravaged by the AIDS epidemic. With the clock ticking, Jon is at a crossroads and faces the question everyone must reckon with: What are we meant to do with the time we have? Starring: Andrew Garfield, Alexandra Shipp, Robin de Jesus. **Running time: 2 hours; Genre: Biography, Musical; Rated: PG-13**  
Registration required, no fee.



**FYI SEMINAR** — "LONELINESS VS. SOCIAL ISOLATION" (IN-PERSON AT NSK LOCATION)  
**Tuesday, January 10 at 3:00 p.m.**

The phrases social isolation and loneliness can be unclear and confusing. We will discuss causes of loneliness as well as solutions to share with your loved ones and friends.

Barbara Forshner is the sales manager at Brookdale Hamilton. She is a certified dementia practitioner and Montessori certified dementia practitioner. Registration required, no fee.



**FYI SEMINAR** — "AGING ATHLETE" (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

**Tuesday, January 17 at 3:00 p.m.**

This presentation will cover injury prevention techniques for the aging population, as well as educate those on safe exercising with changes to the aging musculoskeletal system.

Jillian Galindo is a doctor of physical therapy, achieving her degree from Stony Brook University in 2021. She has been with JAG-ONE Physical

Therapy Princeton since 2021, and additionally is LSVT-BIG certified (treatment for people with Parkinson's Disease). Registration required, no fee.



**FYI SEMINAR** — "SENIOR LIVING: COSTS, SERVICES & WHERE MEDICARE FITS IN"  
(HYBRID – IN-PERSON AT NSK LOCATION  
AND ON ZOOM)

**Tuesday, January 24 at 3:00 p.m.**

There are many types of senior living with different fees associated with each type. This talk will present a list of services included in the monthly fee, what is required to be included, and will cover any extra costs that may be incurred. Also covered will be memory care in assisted living, short term or respite stays, and the role of hospice in assisted living.

Hilary Murray is the director of community relations at Brandywine Serenade at Princeton. Registration required, no fee.



**TED TALKS** (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)  
**Every Tuesday at 10:30 a.m.**

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:

**January 3 — Not Meeting**

**January 10 — Priya Parker:** 3 steps to turn everyday get-togethers into transformative gatherings

**January 17 — Sofia Crespo:** AI-generated creatures that stretch the boundaries of imagination

**January 24 — Daniel Goldstein:** The battle between your present and future self

**January 31 — Billie Jean King:** The tennis icon paved the way for women in sports  
Registration required, no fee.

This month's FYI sponsors are [McCaffrey's Food Market](#), [Princeton Care Center](#), [Princeton eBikes](#), and [RoundView Capital](#). TED Talk sponsors are [Bryn Mawr/WSFS](#), [Capital Health](#), and [Stark & Stark Attorneys at Law](#).

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

**Safety measures for all staff, volunteers, and participants:**

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

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

## LIMITED SERIES PROGRAMS

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

*Fridays starting January 13 through February 10 for five sessions, 11:00 a.m.–12:15 p.m.*

*Fee: \$60 resident / \$65 nonresident*

In this new conversational French series, students will explore works from different francophone fiction writers. Prior to each rendez-vous, the instructor will e-mail abstracts of texts from both classical and contemporary authors including playwrights. Students will be encouraged to exchange their comments and critiques in a friendly and supportive atmosphere. The class is designed for advanced French speakers. Maximum 15 students with a minimum of 4.

Leader: Brigitte Aflalo-Calderon

NEW! USING YOUR WITS (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

*Thursdays starting January 12 through February 16 for six sessions, 2:00–3:00 p.m.*

*Fee: \$15 for all six or \$5 per session*

We all know that physical fitness is an important component of healthy aging, but did you know that your brain needs a workout too to maintain or improve its performance? “Using Your Wits” is a six-part series dedicated to learning about and developing cognitive skills to keep your brain as sharp as possible. Participants are encouraged to attend all six sessions but are welcome to register for any dates they are available as each session

LIBRARY READS — MONDAY, JANUARY 9  
*(usually meets on the first Monday of the month)*  
*1:00 p.m. via Zoom*

Calling all readers — Princeton Public Library staff will showcase some great recent and notable book titles to add to your to-be-read list. You can also ask for personalized book recommendations.

*Presented by Princeton Public Librarians*  
Registration required, no fee.

is self-contained. Topics will include anatomy and brain function, cognitive exercises, memory, nutrition, and so much more.

Leader: This program is developed and led by Lisa Bayer, CDP, from Always Best Care Senior Services. Prior to joining ABC, Lisa was the director of a LearningRx brain training center.

LIVE FROM MEXICO: THE LIFE OF FRIDA KAHLO (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

*Tuesday, January 10, 4:00–5:00 p.m.*

*Fee: \$5*

Join this virtual guided walk of the Coyoacan neighborhood in Mexico City to get acquainted with the life and art of the famous Mexican painter, Frida Kahlo. This district is primarily known for Casa Azul (“Blue House”), where Frida was born, and which currently serves as a museum. However, there are several other attractions connected with the passionate life of this painter that will be of great interest to any of her fans. Participants will be able to ask questions and interact with the guide throughout the tour.

NEW! A NOVEL IDEA: PSRC’S BOOK CLUB (IN-PERSON AT SPB LOCATION)

*Thursdays starting January 12 through February 23 (no class 2/16) for six sessions, 1:30 to 3:00 p.m.*

*Fee: \$20 resident / \$25 nonresident*

Immerse yourself with a good book and great conversation with leader Helen Burton. This jovial book club celebrates the love of reading. Light refreshments will be provided. Space is limited to 15 with a minimum of 9. Registration is required.

PUPS & CUPS (IN-PERSON AT NSK LOCATION)

*Thursday, January 26, 3:00–4:00 p.m.*

Join us for an hour of socializing and pet therapy at our 101 Poor Farm location! A certified therapy dog will be available to provide comfort, cuteness, and relaxation, along with the opportunity to socialize and enjoy some hot beverages. You can learn more about pet therapy, pet a good dog, or join us for some casual conversation. No matter what, Pups & Cups is a relaxing afternoon of fun.

## JANUARY PROGRAMS

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

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

***Wednesday, January 18, 1:00–3:00 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, no fee. Space is limited to 32 players and the games start at 1:00 p.m.

**TECH WORKSHOP: MAC OS BASICS (IN-PERSON AT NSK LOCATION)**

***Tuesday, January 17, 1:00 p.m.***

This basic skills class on the Mac Operating System covers what the operating system does, how to manipulate windows on the computer desktop, and trackpad, and mouse gestures. Also files and folders, Time Machine backups, applications that Apple includes on its Mac computers, the App Store, and look at a few of the new features in Mac OS Ventura. **Important:** *This hands-on workshop is only for Mac laptop and desktop computers. You can try out many of the things we'll cover during the class on your computer.* Instructor: Donald Benjamin. Space is limited to 20. Registration required, no fee.

**TECH WORKSHOP: WINDOWS 11 BASICS (IN-PERSON AT NSK LOCATION)**

***Tuesday, January 24, 1:00 p.m.***

This Windows computer basic skills class covers what the operating system does, how to manipulate windows on your desktop, how to organize and back up your files, and some basic programs to browse the web, read your email, and work with documents and spreadsheets. **Important:** *This hands-on workshop is only for Windows laptop and desktop computers. You can try out many of the new things that we'll cover during the class on your computer if you have Windows 11 or if you have updated your computer to Windows 11 before the class.* Instructor: Evelyn Sasmor. Space is limited to 20. Registration required, no fee.

## RETIREMENT PROGRAMS

**SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)**

***January 27, 11:00 a.m.***

Join up for a social hour of chatting and sharing. Registration is required, no fee.

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

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

Registration required, no fee

**MEN & WOMEN IN RETIREMENT (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)**

***Friday, January 20 at 10:00 a.m.***

Bob Mecklenburger, a member of MIR, has been singing and performing his own and other folk songwriters' music with his acoustic six- and twelve-string guitars for over fifty years. All are welcome. Registration required, no fee. For more information about the Women in Retirement and WIR Coffee Klatches, go to <http://wired.wordpress.com/>

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

***Friday, January 20 at 2:30 p.m. (Different time this month)***

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by Paul Knight. Registration required, no fee

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

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

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

### PSRC Lending Locker

Your go-to resource for wheelchairs, walkers, canes, and more! Call to inquire about inventory or to donate equipment. [princetonsenior.org/lending-locker](https://www.princetonsenior.org/lending-locker)



# JANUARY EXERCISE & FITNESS PROGRAMS

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

*Mondays, Wednesdays, and Fridays in January  
(no class 1/2, 1/16), 8:30 a.m.*

Fee: \$60 resident/\$70 nonresident

Join us in person for a fun aerobic workout designed to get the body moving through a variety of exercises set to great music. This course is welcoming and inclusive to all fitness levels. Space is limited to 25 with a minimum of 9. Registration required, no walk-ins.

*Instructor: Cynthia Adams*

## **GENTLE YOGA + NIDRA — WINTER QUARTER (ZOOM)**

*Mondays, beginning January 9 through March 27  
(no class 1/16, 2/20), 10:00 a.m.*

Fee: \$80 resident/\$90 nonresident

This expansive workshop encompasses yoga postures, yogic breathing, yoga sounds which create profound deep relaxation, and some meditation. It is suitable for new students and seasoned practitioners. Participants will need a yoga mat, yoga strap, and two foam yoga blocks.

*Instructor: Joy Cline-Okoye*

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

*Wednesdays, beginning January 4 through  
January 25, 10:00 a.m.*

Fee: \$30 resident/\$35 nonresident

The Feldenkrais Method helps participants increase ease and range of motion, improve flexibility and coordination, and rediscover a capacity for graceful movement. Space is limited to 15 with a minimum of 6.

*Leader: Jaclyn (Jackie) Boone*

## **MINDFUL CHAIR YOGA & MEDITATION — WINTER QUARTER (ZOOM)**

*Thursdays, beginning January 12 through  
March 30, 10:00 a.m.*

\$80 resident/\$90 nonresident

Chair yoga is a gentle, versatile form of yoga utilizing a chair. It is adaptable for all skill levels and abilities and therapeutic in nature. Students will learn techniques

to gain flexibility, strength, and balance while increasing range of motion in a relaxing class that moves at a mindfully slow pace.

*Instructor: Lyn Lilavati Sirota*

## **PICKLEBALL BOOTCAMP (IN-PERSON AT SPB LOCATION)**

*Wednesdays, beginning January 4 through January 18,  
sessions 11:00 a.m., noon, 1:00 p.m.*

Fee: \$60 resident/\$75 nonresident per session

Pickleball Bootcamp is a three-session course designed for beginners to learn the basics of pickleball, run drills, and play the game. Bootcamps require a minimum of 4 players and maximum of 6 for class viability.

## **PICKLEBALL GROUP COURT RENTALS (IN-PERSON AT SPB LOCATION)**

Fee: \$30 resident/\$35 nonresident per hour per group

For available dates and times, please see the Pickleball Group Court Rental Form: [princetonsenior.link/PickleballJanuaryGroupRental](https://princetonsenior.link/PickleballJanuaryGroupRental)

## **PICKLEBALL INSTRUCTED OPEN COURT**

(IN-PERSON AT SPB LOCATION)

*Available on Thursdays, January 5, 12, and 19 from  
10:00 a.m. to noon, and Wednesday, January 25 from  
11:00 a.m. to 1:00 p.m.*

Fee: \$10 resident/\$15 nonresident per session

Sign up for one (or more!) Instructed Open Court play where pickleball enthusiasts are welcome to play pick-up games alongside our pickleball instructor Carolyn, who will provide instruction to help develop your skills. Participants must have previous experience with Pickleball and know the basics. To learn how to play, sign up for one of our Bootcamps! Maximum of 6 players.

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

*Mondays and Fridays, 1:00–4:00 p.m.*

*(no Table Tennis 1/2, 1/16)*

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

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

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

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

Our well-appointed and roomy Tech Lab welcomes you with brand new PC's and Mac computers.

Stop by to check your email, get some work done, connect with friends and family, or surf the web.

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

# JANUARY GAMES & ENRICHMENT PROGRAMS

## **BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE – WINTER SESSION 1 (ZOOM)**

*Eight Sessions on Tuesdays, January 10 through February 28, 9:30 a.m.*

Fee: \$85 resident/\$95 nonresident

This course introduces students to a variety of easy to learn drawing techniques and encourages students to develop their own style. The class will also offer sessions on figure drawing. Each interactive session includes a specified lesson plan, with practice and drills, time to share, and personalized critiques designed to unblock the artist in you, tap into your imagination, unleash your creativity, and exercise your memory, analytical, and small motor skills. Experienced artists will grow in agility and gain proficiency. Fun weekly challenges! Space is limited to 10 students with a minimum of 6. Call for availability.

*Instructor: Denise McDaniel*

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

*Thursdays, 10:00 a.m.*

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

## **GAMES DAY AT PSRC (IN-PERSON AT SPB LOCATION)**

*Tuesdays, 1:00–4:00 p.m.*

Come with a partner or a few friends to enjoy game playing at PSRC. Mah Jongg (bring your own set), Canasta, Scrabble, and Social Bridge. Registration required due to limited space, no fee.

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

*Friday, January 13, 1:00–4:00 p.m.*

Fee: \$20 resident/\$25 nonresident

Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6.

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

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

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

*Friday, January 20, 1:00–4:00 p.m.*

Fee: \$20 resident/\$25 nonresident

A fun and easy card game in the Canasta family of games. Hand & Foot has become very popular and

can be played with 2–4 players, in partnerships or individually. Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6. *Note: There is a materials fee of \$4 payable to the instructor in class.*

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

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

*Fridays, January 13 through March 3, 2:00 p.m.*

Fee: \$85 resident/\$95 nonresident

For intermediate painters, this four-session class emphasizes the components of the creative painting process. Maximum 9 students with a minimum of 6.

*Instructor: Christina Rang*

## **MEMOIR WRITING (ZOOM)**

*Six Sessions on Thursdays starting January 12 through February 16, 1:00–2:00 p.m.;* Fee: \$40

What's your story? In our online memoir workshop, you will learn how to get started on mining your memories and shaping them into well-crafted pieces. We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you. Limited to 14 students with a minimum of 7.

Wendy Humphrey is a communications and public relations specialist who has been helping people tell their stories for more than three decades, first in the hospital setting and then in higher education. She is a confident writer and editor who loves the power of words. Having interviewed hundreds of people over the years, Wendy has learned that everyone has a story; you just need to ask the right questions.

## **THE WONDERS OF WORD PLAY (ZOOM)**

*Mondays, January through June (no class 1/2, 1/16), 2:00 to 3:30 p.m.;* Fee: \$20.00

The Wonders of Word Play is a poetry workshop that meets weekly, offering an opportunity for all to read a poem that they wrote or worked on that week and receive constructive responses and suggestions. At the end of each session a prompt is given for the following week.

Created by Rice Lyons in 2000, Word Play is open to anyone, whether brand new or seasoned poet, who is interested in writing poetry and having a writing community in which to grow one's skills. A cooperative style of leadership distributes roles of hosting and facilitating weekly sessions among its members. Limited to 12 registrants.

Most programs and groups meet virtually on Zoom (unless indicated otherwise)

# JANUARY 2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

2

PSRC CLOSED  
FOR NEW YEAR'S DAY HOLIDAY

3

1:00 Games Day (SPB)

4

8:30 Aerobics (SPB)  
10:00 The Feldenkrais Method (SPB)  
11:00 Pickleball Bootcamp - Group 1 (SPB)  
12:00 Pickleball Bootcamp - Group 2 (SPB)  
1:00 Pickleball Bootcamp - Group 3 (SPB)  
3:00 Let's Talk (NSK-H)

5

10:00 Cosmology (NSK-H)  
10:00 Pickleball Instructed Open Court (SPB)

6

8:30 Aerobics (SPB)  
10:00 Men in Retirement Breakfast Meeting (SPB)  
10:00 Women in Retirement Coffee Klatch  
1:00 First Friday Film - tick, tick...BOOM (NSK-H)  
1:00 Table Tennis (SPB)

9

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

10

9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
11:00 Next Chapter: Widows & Widowers (NSK-H)  
11:00 Tai-Chi at PSRC (SPB)  
1:00 Games Day (SPB)  
1:00 Knit Wits (NSK-H)  
3:00 FYI Seminar - "Loneliness vs. Social Isolation" (NSK)  
4:00 Live from Mexico: The Life of Frida Kahlo (NSK-H)

11

8:30 Aerobics (SPB)  
10:00 The Feldenkrais Method (SPB)  
11:00 Pickleball Bootcamp - Group 1 (SPB)  
12:00 Pickleball Bootcamp - Group 2 (SPB)  
1:00 Pickleball Bootcamp - Group 3 (SPB)  
3:00 Let's Talk (NSK-H)

12

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 Pickleball Instructed Open Court (SPB)  
11:00 Gallery Talks  
1:00 Memoir Writing  
1:30 A Novel Idea: PSRC's Book Club (SPB)  
2:00 Using Your Wits (NSK-H)  
3:00 Children of Aging Parents Group (NSK-H)  
3:30 Aging Gaily (NSK)

13

8:30 Aerobics (SPB)  
10:00 Men in Retirement Breakfast Meeting (SPB)  
10:00 Women in Retirement Coffee Klatch  
11:00 Rendez-vous with Francophone Authors (NSK-H) (1/5)  
1:00 Learn to Play Canasta with Neilia (NSK)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)

16

PSRC CLOSED  
FOR THE MARTIN LUTHER KING JR. DAY HOLIDAY

17

9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
11:00 Grandparenting Group (NSK-H)  
11:00 Tai-Chi at PSRC (SPB)  
1:00 Games Day (SPB)  
1:00 History of Classical Music  
1:00 Tech Workshop: Mac OS Basics (NSK)  
3:00 FYI Seminar - "Aging Athlete" (NSK-H)

18

8:30 Aerobics (SPB)  
10:00 The Feldenkrais Method (SPB)  
11:00 Pickleball Bootcamp - Group 1 (SPB)  
12:00 Pickleball Bootcamp - Group 2 (SPB)  
1:00 Bingo: Win Like Never B-4 (NSK)  
1:00 Pickleball Bootcamp - Group 3 (SPB)  
3:00 Let's Talk (NSK-H)

19

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
10:00 Pickleball Instructed Open Court (SPB)  
11:00 Gallery Talks  
1:00 Memoir Writing  
1:30 A Novel Idea: PSRC's Book Club (SPB)  
2:00 Using Your Wits (NSK-H)  
3:00 Early Stage Memory Loss Support Group (NSK-H)

20

8:30 Aerobics (SPB)  
10:00 Men & Women in Retirement Monthly Meeting (NSK-H)  
11:00 Rendez-vous with Francophone Authors (NSK-H)  
1:00 Learn to Play Hand & Foot Canasta with Neilia (NSK)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)  
2:30 Transition to Retirement (NSK-H)

23

8:30 Aerobics (SPB)  
10:00 Gentle Mat Yoga + Nidra  
11:00 Bereavement Group  
1:00 Global Conversations  
1:00 Table Tennis (SPB)  
2:00 The Wonders of Word Play  
3:00 Caregivers Group

24

9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
11:00 Next Chapter: Widows & Widowers Group (NSK-H)  
11:00 Tai-Chi at PSRC (SPB)  
1:00 Games Day (SPB)  
1:00 History of Classical Music  
1:00 Tech Workshop: Windows 11 Basics (NSK)  
FYI Seminar - "Senior Living: Costs, Services & Where Medicare Fits In" (NSK-H)

25

8:30 Aerobics (SPB)  
10:00 The Feldenkrais Method (SPB)  
11:00 Pickleball Instructed Open Court (SPB)  
3:00 Let's Talk (NSK-H)

26

10:00 Cosmology (NSK-H)  
10:00 Mindful Chair Yoga  
11:00 Gallery Talks  
1:00 Memoir Writing  
1:30 A Novel Idea: PSRC's Book Club (SPB)  
2:00 Using Your Wits (NSK-H)  
3:00 Pups & Cups (NSK)

27

8:30 Aerobics (SPB)  
10:00 Men in Retirement Breakfast Meeting (SPB)  
10:00 Women in Retirement Coffee Klatch  
11:00 Rendez-vous with Francophone Authors (NSK-H) (3/5)  
11:00 Senior Citizen Club (NSK)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of Painting (SPB)

30

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

31

9:30 Basic Drawing  
10:30 TED Talks (NSK-H)  
11:00 Tai-Chi at PSRC (SPB)  
1:00 Games Day (SPB)  
1:00 History of Classical Music

### Key:

NSK - Nancy S. Klath Center  
SC - Spruce Circle  
SPB - Suzanne Patterson Building

H - Hybrid Group/Program



## Spring 2023 Course List

Most classes begin the week of February 27, 2023

### AMERICA IN THE 1960s

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

### ANTARCTIC EXPLORATIONS

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

### BRONTE AND ELIOT: ROMANTICISM VS. REALISM

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

### DADA AND SURREALISM

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

### DECEIVING BY NUMBERS: DATA IN THE NEWS

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

### DIPLOMACY: TODAY'S WORLD ORDER

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

### FOUR LECTURES ON QUANTUM MECHANICS

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

### THE FRENCH REVOLUTION AND THE AGE OF NAPOLEON

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

### GEOGRAPHY OF NEW JERSEY

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

### GREAT DECISIONS 2023

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

### HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY

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

### HOLDING HANDS WITH THE BROTHERS GRIMM

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

### MATHEMATICAL PLAY: PUZZLES, PROBABILITIES, AND PARADOXES

**INSTRUCTOR:** Mark Schlawin  
**DAY AND TIME:** Wednesdays from 10:00 a.m.–noon  
**FORMAT:** In-Person

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

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

### POETS AMONG US

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

### PRINCETON'S 300 MILLION YEARS OF GEOLOGIC HISTORY

**INSTRUCTOR:** Lincoln Hollister  
**DAY AND TIME:** Thursdays between 1:00–4:00 p.m.  
**FORMAT:** In-Person

### READING BUILDINGS: A PRIMER

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

### SCIENCE IN THE NEWS

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

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

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

### SHAKESPEARE'S TRAGEDIES

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

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

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

### TALES FROM OUR GALLERIES

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

### THEATRE APPRECIATION: FROM PAGE TO STAGE

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

### WAR AND PEACE: TEXT AND CONTEXT

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

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

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

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

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

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

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

# COMPUTER GURU — by Don Benjamin

The Donald and Nancy Light Technology and Literacy Lab Programs  
sponsored by: The Bank of Princeton & Oasis Senior Advisors

## What's New in Windows 11

*Windows 11 is Microsoft's latest version of its ubiquitous operating system. Here are some of its new features. Read on...*

Microsoft spent a lot of time making Windows 11 easier to use than its predecessor, including improvements to the operating system's look and feel and new features to help you manage your work and keep you safe from malware.

### Improved Security

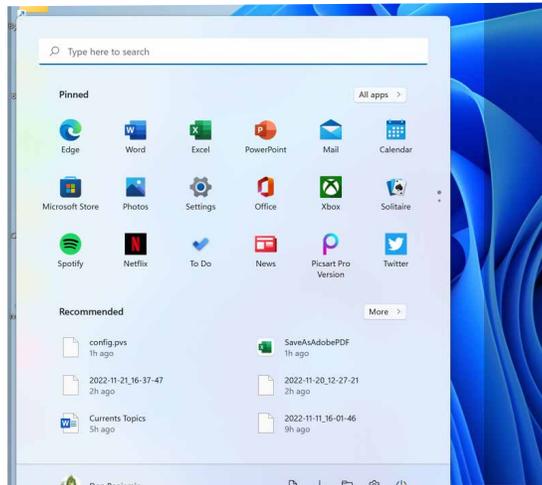
Windows 11's built-in "Smart App Control" offers more protection from malware—both new and emerging threats—by blocking malicious or untrusted applications. This alone is an excellent reason to upgrade from Windows 10.

However, these new security features require a special microchip called the "Trusted Platform Module Version 2.0." Most computers purchased within the last five years include this hardware, but older ones may not and will need to remain on Windows 10, which Microsoft plans to support until 2025.

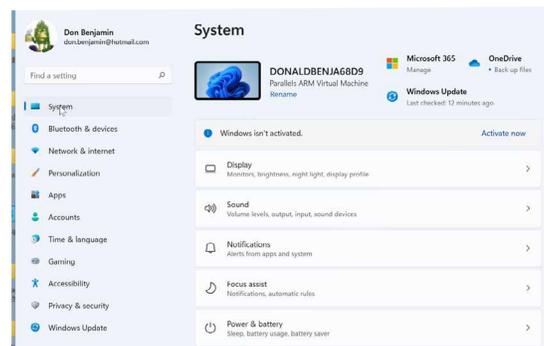
### Look and Feel

The Windows 11 user interface (the parts you see) uses rounded window corners and pleasing colors that I like. Of course, this is my subjective opinion, but it's obvious Microsoft paid attention to aesthetics. You can change your desktop background and underlying colors to suit your taste.

But Windows 11 isn't simply about "form over function."



*The Windows 11 Start menu is easier to navigate*



*The Windows 11 Settings window is cleaner and easier to find what you're looking for.*



*Windows "snap layout" bar lets you quickly arrange multiple windows on your desktop.*

In addition to its attractive new look, Microsoft also remodeled many menus and dialog windows to make them easier to navigate and appear more consistent throughout the operating system.

For example, the Settings menu is easier to navigate and includes a search bar to help you find your tweak.

### Window Control

The new Windows 11 "snap layout" feature makes arranging app windows easier. For example, when you hover your cursor over the Full-Screen box, a window opens that offers different desktop layout options. This is especially helpful when you want to keep open windows—say, your browser and Word document—side by side.

### It's Faster

Finally, Windows 11 is snappier on lower-end computers than Windows 10. I noticed a significant improvement in responsiveness on my low-end Microsoft Surface tablet when I upgraded.

### If You Need Help

If you need help navigating Windows 11, just click the tech request button at <https://princetonsenior.wufoo.com/forms/technology-assistance-request/>.

## 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

### MAYORS WELLNESS BOOK DISCUSSION AT THE PRINCETON PUBLIC LIBRARY, CONFERENCE ROOM

“Anxious People” by Fredrik Backman will be discussed both in person and virtually. Registration required for the in-person program.

**Wednesday, January 18 from 1:00–2:00 p.m.**

The discussion will be led by library staff and PSRC Social Worker, Billi Charron.

Charron holds a master’s degree in social work from Temple University. As the PSRC Social Worker she facilitates groups, coordinates the HomeFriends program, manages the Lending Locker (durable medical equipment), and supports aging community members in a variety of ways.

Presented in partnership with the Princeton Public Library.

To register for in-person event: [princetonsenior.link/Anxious-In-Person](https://princetonsenior.link/Anxious-In-Person)

To attend via Zoom: [princetonsenior.link/Anxious-Virtual](https://princetonsenior.link/Anxious-Virtual)



## TRANSPORTATION

### CROSTOWN

The Crosstown Transportation program is currently following these safety protocols:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn’t have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride.

Vouchers are not needed for these destinations only:

- **Penn Medicine Princeton Health/Princeton Medical Center**  
One Plainsboro Road, Plainsboro, NJ 08536  
(the hospital and medical offices at the hospital)
- **Princeton Fitness & Wellness Center**  
1225 State Road (Route 206), Princeton, NJ 08540  
(physical therapy/rehabilitation)

**Did you know you can support PSRC by giving us your McCaffrey’s receipts?**

PSRC receives a percentage of the total receipts. They can be **up to three months old**. Mail or drop off: to: PSRC, 101 Poor Farm Road, Building B (located between Bunn Dr. and Mt. Lucas Rd.), Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.



## GRANDPARENTING GROUP — NEW SCHEDULE

AARP research says: Grandparents remain the bedrock of modern families. Eighty-one percent of grandparents say they play an important role in their grandchildren's lives. Although the fundamentals of the grandparenting role remain the same, changes in attitudes, technology, and our world have impacted how grandparents relate to and engage with their grandchildren. Grandparents hold increasingly progressive views about their grandchildren and society, but many are still holding on to traditional values and views on parenting. Grandparents retain the title of respected elder. While the mosaic of grandparent life today is changing, what hasn't changed is the grandparent's respected role in the family. Grandparents today largely view their role as imparting wisdom and knowledge to their grandchildren. When asked to define themselves across a variety of roles, the top roles they chose for themselves were as a source of wisdom (52%), the purveyor of family roots, heritage, and culture (49%), a valued elder (49%), and a friend (44%).

Grandparents are actively seeking information about the latest issues their grandchildren may be facing, how to speak to their grandchildren about issues in their lives, and how to connect with their grandchildren. They also seek information on how to speak to their grandchild's parents about issues concerning their grandchild.

Join the PSRC Grandparenting group on January 17 at 11:00 a.m. (new time) at The Nancy S. Klath Center for Lifelong Learning for a hybrid meeting (in-person and on Zoom). The group will now be meeting usually the third Tuesday of the month. For questions, please email Sharon Hurley, PSRC facilitator, at [shurley@princetonsenior.org](mailto:shurley@princetonsenior.org), or call 609.751.9699.



## HEALTH SCREENINGS — SAVE THE DATE

PSRC will be providing quarterly community health screenings for anyone to receive free or inexpensive health evaluations to help determine their risk of developing a medical condition. Watch for dates, and times to schedule your screening beginning in February.



## GROUPS

### AGING GAILY

(IN-PERSON AT NSK)

Thursday, January 12 at 3:30 p.m.

(Usually second Thursday of each month)

### BEREAVEMENT

Monday, January 23 at 11:00 a.m.  
(Usually third Monday of each month)

Call Sherri Goldstein  
609.819.1226 to attend.

### CAREGIVERS

Monday, January 9 & 23 at 3:00 p.m.

(Usually second & fourth Monday of each month)

### CHILDREN OF AGING PARENTS

(IN-PERSON AT NSK - HYBRID)

Thursday, January 12 at 3:00 p.m.

(Usually second Thursday of each month)

### EARLY STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, January 19 at 3:00 p.m.

(Usually third Thursday of each month)

### GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

### GRANDPARENTING

(IN-PERSON AT NSK - HYBRID)

Tuesday, January 17 at 11:00 a.m.

(Usually third Tuesday of each month)

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

Tuesday, January 10 at 1:00 p.m.

(Usually second Tuesday of each month)

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

Wednesdays at 3:00 p.m.

### MEN & WOMEN IN RETIREMENT

#### MONTHLY MEETING

Friday, January 20 at 10:00 a.m.

(Usually third Friday of each month)

### NEXT CHAPTER: WIDOW/-ERS

(IN-PERSON AT NSK - HYBRID)

Tuesday, January 10 & 24 at 11:00 a.m.

(Usually second and fourth Tuesday of each month)

### TED TALKS

(IN-PERSON AT NSK - HYBRID)

Tuesdays at 10:30 a.m.

### TRANSITION TO RETIREMENT

(IN-PERSON AT NSK - HYBRID)

Friday, January 20 at 2:30 p.m.

(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM  
UNLESS INDICATED OTHERWISE.

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

## FROM THE DEVELOPMENT OFFICE

### PRINCETON SENIOR RESOURCE CENTER

Lifelong Learning Capital Campaign

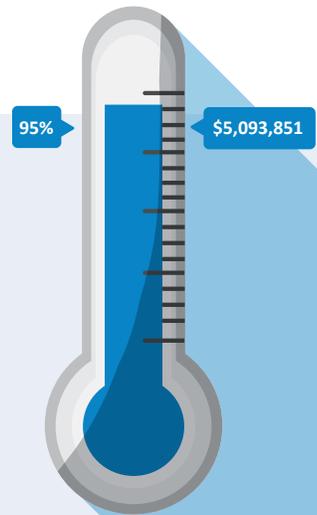


GOAL: \$5,350,000

## HELP US CLOSE OUT OUR CAPITAL CAMPAIGN AND MEET 100% OF OUR GOAL

We are currently at \$5.1 million  
and need only \$250,000 to meet 100% of our goal

To donate now to the capital campaign, click [HERE](#). To arrange a tour of the building or discuss naming opportunities, contact Lisa Adler, chief development officer, at [ladler@princetonsenior.org](mailto:ladler@princetonsenior.org), or 609.751.9699, ext. 103.



Lifelong Learning Capital Campaign  
Progress Report — Winter 2023

Raised 5.1 million of 5.35 million

We are grateful to the following corporate and foundation partners for their invaluable support during the 2022 calendar year. As a nonprofit organization PSRC relies of the generosity of our funding partners; their generosity enables us to help older adults thrive.

Anonymous

Bloomberg

BMS

David Mathey Fund of the Princeton Area  
Community Foundation

Dorothea van Dyke McLane Association

Henry E. Niles Foundation

Jewish Federation of Princeton Mercer Bucks

Meta A. and William S. Griffith Foundation

NJM

PNC Bank

PNC Fund of the Princeton Area Community  
Foundation

Princeton Area Community Foundation

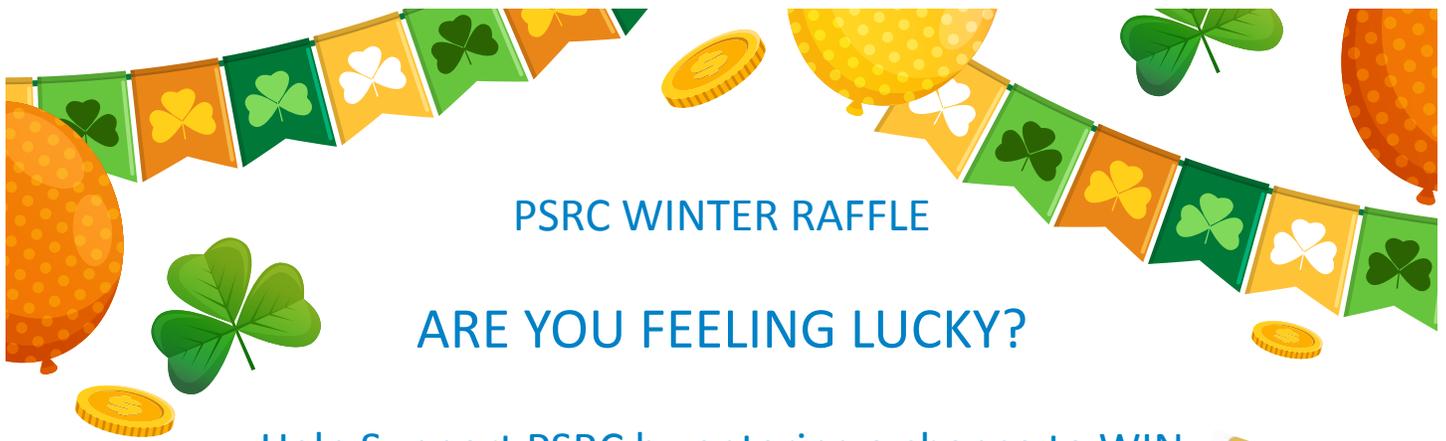
PSEG Foundation

The Curtis W. McGraw Foundation

The Fred C. Rummel Foundation

Unitarian Universalist Congregation of Princeton

WSFS Bank



## PSRC WINTER RAFFLE

### 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
- 4th Prize — Paella Dinner for 8



Tickets go on sale Tuesday, January 17  
Drawing on Thursday, March 16

\$100 each, max 300 tickets sold

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



In the past three years, electric bike ownership has soared in the U.S. Electric bikes are fun to ride and give people of all ages the ability to ride farther and on different types of terrain, to commute, to do errands, to ride with others with different riding abilities and to do so in an environmentally friendly way. Because there was not a dedicated eBike store locally, Princeton eBikes was established to provide a large variety of high quality eBikes to test ride and purchase, to provide excellent eBike service and to provide a fund source for the Boys & Girls Club of Mercer County.

Specifically, all Princeton eBikes' profits are donated to the Boys & Girls Club of Mercer County. Since its inception in March 2021, Princeton eBikes has donated over \$150,000 to the Club. The inspiration for Princeton eBikes' mission has been the success of the Trenton Bike Exchange, which has sold over 25,000 bikes and raised more than \$1,400,000 for the after-school programs of the Boys & Girls Club of Mercer County.

Princeton eBikes is proud to be an annual sponsor and support the valued work of PSRC. PSRC is grateful to Princeton eBikes for donating an Aventon Pace eBike (valued at \$1,600) as a prize for the PSRC winter raffle. Come by The Nancy S. Klath Center Lounge at 101 Poor Farm Road to check it out and enter the WINTER PSRC RAFFLE. You could be riding your very own eBike this spring.





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



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

## PICKLEBALL AT THE SUZANNE PATTERSON BUILDING



Now that the weather is getting chilly, grab some Pickleball rental time at PSRC. Our indoor court is climate-controlled. No rain, no snow, no clouds – all fun. Click [here](https://princetonsenior.org/pickleball/) to rent.

## GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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

Homewatch CareGivers  
McCaffrey's Food Markets  
NightingaleNJ Eldercare Navigators  
Novi Wealth Partners  
Peapack Private Wealth Management  
Penn Medicine Princeton Health  
Princeton Care Center

Princeton eBikes  
Rothkoff Law Group  
Roundview Capital  
Silver Century Foundation  
Stark & Stark Attorneys at Law  
Walsh Senior Solutions

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don't miss a beat! [facebook.com/princetonsenior.org/](https://facebook.com/princetonsenior.org/)