



PSRC proudly presents our
2023 Fall Benefit

Cocktails – Dinner – Entertainment

Thursday, September 14, 6:00 p.m.

101 Poor Farm Road, Princeton

2023 Leadership Awards:

Individual Honoree Hazel Stix

Corporate Honoree Bryn Mawr Trust

*Community Impact Honoree Mayor and Council of the
Municipality of Princeton*

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

NEW JERSEY SYMPHONY ORCHESTRA



**AN AFTERNOON WITH THE NEW JERSEY
SYMPHONY CHAMBER PLAYERS**

(IN-PERSON AT THE STONE HILL CHURCH,
1025 BUNN DRIVE, PRINCETON, NJ)

Thursday, July 20, 2:00–3:00 p.m.

Sponsored by Bloomberg

Descriptions on [page 5](#).

Register at

princetonsenior.link/July-General-Programs

TRY SOMETHING NEW!

INTRO TO ITALIAN

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

PROBLEM SOLVING WHILE WE SLEEP

(ZOOM)

CONTRA DANCE

(IN-PERSON AT SPB LOCATION)

Descriptions for these programs, and more,
on [pages 5 and 6](#).

Register at

princetonsenior.link/July-General-Programs

Fall 2023 Course List

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

Electronic registration is first come, first served



See [page 8](#) for the course list.

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

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

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE OFFICE

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

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

BOARD OF TRUSTEES

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Diversity as the Antidote to the Invisible
Crisis of Loneliness

Ana Carolina González-Peña

Dear Friends,

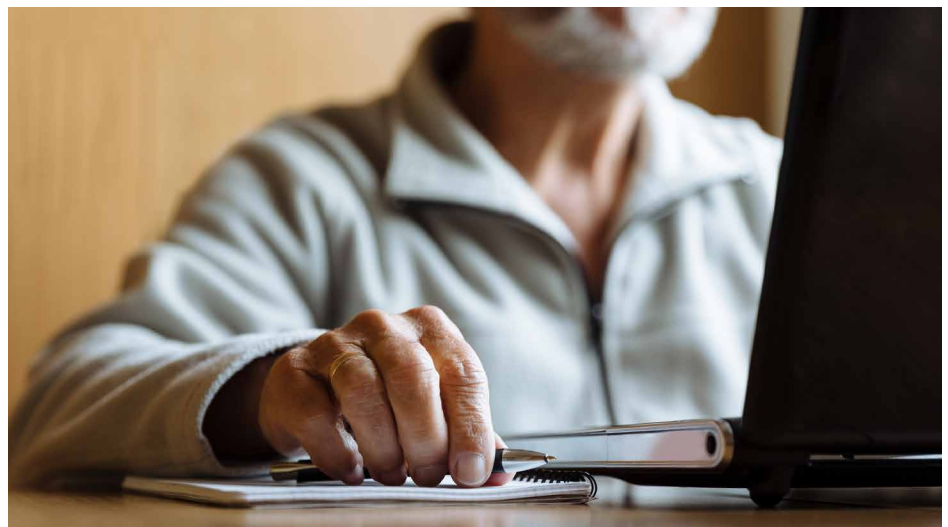
This month, I am pleased to highlight the writing of PSRC's new Coordinator of Diversity, Equity, Inclusion, and Belonging, Ana Carolina González-Peña. Ana has written extensively for AARP and brings a wealth of experience and insight into her new role with PSRC.



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

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

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



“Silent Pandemic”

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

The Impact of Loneliness

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

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

Diversity: A Pathway to Connection

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

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

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

SPECIAL NOTICES

Monday, July 3 — SPB is closed for floor refinishing
Tuesday, July 4 — PSRC is closed in celebration of Independence Day

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
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Fran Angelone
Crosstown Coordinator

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Ana Carolina González-Peña
*Coordinator of Diversity, Equity, Inclusion,
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Director of Social Services

Barbara Prince
Development Coordinator

Andrea Schwarz
Receptionist & Administrative Assistant

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

Group/Program Location Key:

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

SC - Spruce Circle at 179 Spruce Circle

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

H - Hybrid Group/Program

NOTE:

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

JULY PROGRAMS

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



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

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

Tech billionaire Miles Bron invites his friends for a getaway on his private Greek island. When someone turns up dead, famed southern detective Benoit Blanc is put on the case.

Starring: Daniel Craig, Ed Norton, Janelle Monae, Kate Hudson. **Running time: 2 hours, 19 minute;**

Genre: Comedy, Mystery; Rated: PG-13

Registration required, no fee.



**FYI SEMINAR — “WHAT TO UPGRADE TO
KEEP VALUE IN YOUR HOME”** (IN-PERSON
AT NSK LOCATION)

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

Whether you are down-sizing, up-sizing, or right-sizing there are certain improvements you can make to your home to maximize the return on investment. The presenter will provide suggestions which have the potential to increase your profits. These improvements will also make your home more attractive to buyers and less problematic during a home inspection. Participants are encouraged to bring photographs of their home for review.

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



**FYI SEMINAR — “ADVOCATING FOR
YOURSELF OR A LOVED ONE”** (HYBRID
– IN-PERSON AT NSK LOCATION

AND ON ZOOM)

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

This program focuses on the social, financial, and legal issues surrounding healthcare and long-term care advocacy. The program will explain how to advocate for care at each level of the continuum, identify common care, financial, and legal issues

at each care level, as well as offer several resources to assist individuals with these issues.

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



**FYI SEMINAR — “PATERSON AND
AMERICAN INDUSTRY — PATERSON GREAT
FALLS NATIONAL HISTORIC PARK”** (ZOOM)

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

Celebrate National Park Month by learning more about the Paterson Great Falls National Historic Park. As the first planned industrial city in the United States, Paterson, New Jersey is incredibly innovative! With this program, explore Paterson's role in the Industrial Revolution and discover how the natural world inspired a founding father, entrepreneurs, immigrants, poets, and artists to build the nation's first industrial city and changed the world. Registration required, no fee.



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

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

July 4 | no meeting

July 11 | Jan Wurzbacher: The Massive Machines Removing Carbon from Earth's Atmosphere

July 18 | Marilyn Waring: The Unpaid Work That GDP Ignores — And Why It Really Counts

July 25 | Keyu Jin: What The World Can Learn From China's Innovation Playbook

Registration required, no fee.

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

JULY PROGRAMS

JULY SPECIAL PROGRAM SPONSORS

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

LIMITED SERIES PROGRAMS

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

Thursday, July 20, 2:00–3:00 p.m.

Join us for a special music presentation with a duo from the New Jersey Symphony Chamber Players. Sit back, relax, and get swept away from the summer heat by the exquisite sound of music. Time will be available for a Q&A session with the musicians.

Sponsored by Bloomberg

Registration required, no fee.

THE BARNES FOUNDATION DAY TRIP (IN-PERSON)

Thursday, August 10, 8:45 a.m.–4:00 p.m.

Fee: \$135

Join us for a day trip to the incredible Barnes Foundation located in Philadelphia, Pennsylvania. Art collector Albert C. Barnes (1872–1951) chartered the Barnes in 1922 to teach people from all walks of life how to look at art. Over three decades, he collected some of the world's most important impressionist, post-impressionist, and modern paintings, including works by Renoir, Cézanne, Matisse, and Picasso. Round trip transportation, access to the museum, docent tour, and a box lunch in the private, indoor Maguire Garden Pavilion is included in your ticket.

For more information, please visit <https://www.barnesfoundation.org/>.

Registration closes on July 13. Refunds are not available for this day trip.

CONTRA DANCE (IN-PERSON AT SPB LOCATION)

Wednesday, July 12, 2:00–3:00 p.m.

Come give contra dancing a try! It's a great way to meet people, enjoy lively music, and get some exercise along the way. The dances have easy-to-learn patterns that are first taught, then danced to music from Irish, Appalachian, Klezmer, Cajun, and other influences. Come with or without a partner, wear casual clothes, and be ready to have fun!

Your caller, Bob Isaacs, has been calling for the Princeton Country Dancers for over twenty years, and will make sure all have a great time.

Registration required, no fee.

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

Mondays and Fridays, July 10 through August 28, 10:30 a.m.–noon

Fee: \$110

Learn the language of Italian through this eight week Level 1 Italian language class designed to introduce you to the history, culture, and grammar that makes up the Italian language. This class meets twice weekly to ensure a quality education experience. Minimum of 13 for class viability.

Jen DeMarco is a graduate of Rutgers University-New Brunswick, where she completed a double major in French Linguistics and Italian Language, with a minor in German, along with Spanish and Russian classes at a university level.

NOW SHOWING: *IN THE HEIGHTS* (IN-PERSON AT NSK LOCATION)

Thursday, July 13, 1:00–3:30 p.m.

In the Heights, is a musical by Lin-Manuel Miranda developed from a screenplay by Quiara Alegria Hudes. The story is set over the course of three days, involving characters in the largely Dominican American neighborhood of Washington Heights in Upper Manhattan, New York City. **Rated: PG-13**
Run-Time: 2 Hours 23 Minutes.

Registration required, no fee.

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

Wednesdays beginning July 19 through August 16, 1:30–3:30 p.m.

Fee: Per session is \$10 resident / \$12 nonresident or for series \$45 resident / \$55 nonresident

This informative, fun, and therapeutic five-session series combines lectures in art history on varying artists like Georgia O'Keeffe, Vincent Van Gogh, and Antoni Gaudi with your very own art project based on their work. Join us for one or as many sessions as you would like throughout this

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

incredible series and experience the history of art through hands-on learning. Space is limited to 28

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

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

Thursday, July 20, 11:00 a.m.–noon

Fee: \$5

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

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

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

Ted Lasso is a feel-good fish-out-of-water comedy about an American football coach who is recruited to coach a struggling British soccer team. We'll show two episodes each day. An episode synopsis is available in case you miss one. Space is limited to 35.

Registration required, no fee.

PROBLEM SOLVING WHILE WE SLEEP (ZOOM)

Tuesday, July 18, 1:00–3:00 p.m.

Fee: \$10 resident / \$15 nonresident

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

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

CAFÉ FRANÇAISE (IN-PERSON AT NSK LOCATION)
Mondays in July, beginning July 10 at 3:00 p.m.

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

RETIREMENT PROGRAMS

MEN IN RETIREMENT — ON HIATUS THROUGH AUGUST

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)
Friday, July 28, 11:00 a.m.

Join up for a social hour of chatting, sharing, and refreshments. Leader: Rosetta Bruce
Registration is required, no fee.

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

Friday, July 21 at 2:30 p.m.

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

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

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

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

WOMEN IN RETIREMENT: COFFEE KLATCH

Fridays at 10:00 a.m.

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

JULY GAMES & ENRICHMENT PROGRAMS

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

Wednesday, July 12, 1:00–2:30 p.m.

Join us for a lively afternoon of bingo fun where's there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required. **Game play begins at 1:00 p.m.** Registration required, no fee.

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

Thursdays, 10:00 a.m.

Peer-led science discussion. Contact brucewallman@gmail.com for more info.

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

Tuesdays, 1:00–4:00 p.m.

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

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

Fridays beginning July 21 through September 8, 2:00 p.m.

Fee: \$85 resident/\$95 nonresident

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

Instructor: Christina Rang

TIME TO TELL YOUR STORY: MEMOIR WRITING WORKSHOP (ZOOM)

Thursdays beginning July 6 through August 3, 11:00 a.m.–12:30 p.m.

Fee: \$50 resident/\$55 nonresident

In this Memoir Writing Workshop, you will have a chance to tell your stories – the big ones, the little ones, and everything in between! The class includes weekly writing prompts, along with tips and techniques to consider as you write. During each session, participants will share their pieces and get feedback from a supportive group of fellow writers. No memoir writing experience necessary, just a willingness to write, learn and share! Space is limited to 8.

Instructor: Wendy Humphrey is a communications and public relations specialist who has been helping people tell their stories for more than three decades.

THE WONDERS OF WORDPLAY - SUMMER QUARTER (ZOOM)

Mondays beginning July 3 through September 18 (no class 9/4), 2:00–3:30 p.m.

Fee: \$10

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



TECHNOLOGY ASSISTANCE

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

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

Our well-appointed and roomy Tech Lab welcomes you with brand new PC's and Mac computers. Stop by to check your email, get some work done, connect with friends and family, or surf the web.

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

LIBRARY READS

MONDAY, JULY 10 (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM), **1:00 p.m.**

(usually meets on the first Monday of the month)

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



Fall 2023 Course List

Most classes begin the week of September 26, 2023

ADVENTURES IN GEOLOGY AND SPACE

INSTRUCTOR: Lincoln Hollister
Thursdays from 1:30–3:30 p.m.
FORMAT: In-Person

AMERICA IN THE 1990S: IS THERE A "THIRD WAY"?

INSTRUCTOR: Stan Katz
Mondays from 10:00 a.m.–noon
FORMAT: Virtual

ANTARCTIC EXPLORATIONS

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

ART FROM ALL ANGLES

INSTRUCTOR: Nancee Goldstein
Fridays from 1:00–2:30 p.m.
FORMAT: Virtual

THE CONSTANTS OF PHYSICS AND MATHEMATICS

INSTRUCTOR: Bernard Abramson
Thursdays from 10:00 a.m.–noon
FORMAT: In-Person

CONTEMPORARY BUSINESS & ECONOMICS

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

ELEANOR ROOSEVELT'S NIGHTLY PRAYER

INSTRUCTOR: Donn Mitchell
Fridays from 1:30–3:30 p.m.
FORMAT: In-Person

GREAT EXPECTATIONS AND ITS AFTERLIFE

INSTRUCTOR: Dianne Sadoff
Tuesdays from 1:30–3:30 p.m.
FORMAT: In-Person

THE HISTORY AND CULTURE OF SCOTLAND

INSTRUCTOR: Peter Smith
Mondays from 1:30–3:30 p.m.
FORMAT: Hybrid

HISTORY VIA SHAKESPEARE

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

INTRODUCTION TO MINDFULNESS PRACTICES

INSTRUCTOR: Ruth Goldston
Wednesdays from 10:00 a.m.–noon
FORMAT: In-Person

A JOURNEY OF TRAVEL AND DISCOVERY

INSTRUCTOR: Lynne Cullinane
Tuesdays from 10:00 a.m.–noon
FORMAT: Virtual

LABOR ISSUES IN NEW JERSEY

INSTRUCTOR: Dave Saltzman
Thursdays from 10:00 a.m.–noon
FORMAT: In-Person

MEDICINE: THE HISTORY AND THE MYSTERY

INSTRUCTORS: Roy Carman and Seth Malin
Tuesdays from 10:00 a.m.–noon
FORMAT: In-Person

MEMOIR AND FICTION BY THREE MODERN WRITERS

INSTRUCTOR: Judith Wooldridge
Thursdays from 10:00 a.m.–noon
FORMAT: In-Person

MORE HANDS-ON MATHEMATICAL PLAY

INSTRUCTOR: Mark Schlawin
Thursdays from 1:30–3:30 p.m.
FORMAT: In-Person

NOBEL PRIZE WRITERS WAIT FOR THE BARBARIANS

INSTRUCTOR: Lois Harrod
Wednesdays from 1:30–3:30 p.m.
FORMAT: Virtual

OUTSIDER ART

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

RELIGIOUS FREEDOM AND CHRISTIAN NATIONALISM

INSTRUCTOR: Elaine Jacoby
Wednesdays from 1:30–3:30 p.m.
FORMAT: Hybrid

SCIENCE IN THE NEWS

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

SOCIAL PROTEST MOVEMENTS

INSTRUCTOR: Martin Oppenheimer
Tuesdays from 1:30–3:30 p.m.
FORMAT: Virtual

STRESS: WHAT IS IT AND HOW TO MANAGE IT

INSTRUCTOR: Paul Lehrer
Tuesdays from 10:00 a.m.–noon
FORMAT: Hybrid

THE SUPREME COURT AND REPRODUCTIVE RIGHTS

INSTRUCTOR: Phil Carchman
Fridays from 10:00 a.m.–noon
FORMAT: Hybrid

THE UNIVERSITY AS ENLIGHTENMENT AND IDEAL

INSTRUCTOR: Michael Merrill
Mondays from 1:30–3:30 p.m.
FORMAT: In-Person

THE WEIRD WONDERFUL WORLD OF FUNGI

INSTRUCTOR: Kay Widmer
Thursdays from 10:00 a.m.–noon
FORMAT: Virtual

WHAT IS TIME?

INSTRUCTOR: Stuart Kurtz
Fridays from 1:30–3:30 p.m.
FORMAT: In-Person

The Evergreen Forum uses a first-come, first-served registration system. **Registration will open on Tuesday, August 22 at 9:30 a.m.**

Registration for three or more courses will open on Tuesday, August 29. To register, go to 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 six- to eight-week courses, and \$85 for three- to five-week courses.

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

JULY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>SPB CLOSED FOR FLOOR REFINISHING</p> <p>10:00 Gentle Mat Yoga + Nidra 1:00 Global Conversations 2:00 The Wonders of Word Play</p>	<p>4</p> <p>PSRC CLOSED FOR JULY FOURTH HOLIDAY</p>	<p>5</p> <p>9:30 Pickleball Instructed Open Court (SPB) 11:30 Pickleball <i>Beginner</i> Bootcamp: Two-A-Days (SPB) 2:00 Tech Lab Assistance (NSK) 3:00 Let's Talk (NSK-H)</p>	<p>6</p> <p>9:00 <i>Every Body Walk!</i> 10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 11:00 Time to Tell Your Story 11:30 Pickleball <i>Beginner</i> Bootcamp: Two-A-Days (SPB) 2:00 Tech Lab Assistance (NSK) 3:00 Forever Young (55-65) Group (NSK-H)</p>	<p>7</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - <i>Glass Onion: A Knives Out Mystery</i> (NSK-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p> <p>SATURDAY, JULY 8 8:00 Saturday Pickleball Instructed Open Court (SPB)</p>
<p>10</p> <p>10:00 Gentle Mat Yoga + Nidra 10:30 Intro to Italian (NSK-H) 10:30 Line Dancing: Footloose & Free (SPB) 1:00 Global Conversations 1:00 Library Reads (NSK-H) 1:00 Table Tennis (SPB) 1:00 <i>Ted Lasso</i> - Season 1, Episodes 1 & 2 (NSK) 2:00 The Wonders of Word Play 3:00 Café Française (NSK) 3:00 Caregivers Group</p>	<p>11</p> <p>9:00 <i>Every Body Walk!</i> 10:30 TED Talks (NSK-H) 11:00 Next Chapter: Widows & Widowers (NSK-H) 11:00 Tai Chi (SPB) 1:00 Crafter's Corner (NSK-H) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 1:00 <i>Ted Lasso</i> - Season 1, Episodes 3 & 4 (NSK) 3:00 FYI Seminar - "What to Upgrade to Keep Value in Your Home" (NSK)</p>	<p>12</p> <p>10:00 Feldenkrais Method (SPB) 10:30 Pickleball "3 & Me" (SPB) 11:30 Pickleball <i>Next Level</i> Bootcamp: Two-A-Days (SPB) 1:00 Bingo: Win Like Never B-4 (NSK) 2:00 Contra Dance (SPB) 2:00 Tech Lab Assistance (NSK) 3:00 Let's Talk (NSK-H)</p>	<p>13</p> <p>9:00 <i>Every Body Walk!</i> 10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 11:00 Time to Tell Your Story 11:30 Pickleball <i>Next Level</i> Bootcamp: Two-A-Days (SPB) 1:00 Now Showing: <i>In the Heights</i> (NSK) 2:00 Tech Lab Assistance (NSK)</p>	<p>14</p> <p>10:00 Women in Retirement Coffee Klatch 10:30 Intro to Italian (NSK-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p> <p>SATURDAY, JULY 15 8:00 Saturday Pickleball Instructed Open Court (SPB) 10:00 Forget-Me-Not: Dementia Caregivers Group (NSK-H)</p>
<p>17</p> <p>10:00 Gentle Yoga + Nidra 10:30 Intro to Italian (NSK-H) 10:30 Line Dancing: Footloose & Free (SPB) 11:00 Bereavement Group 1:00 Global Conversations 1:00 Table Tennis (SPB) 1:00 <i>Ted Lasso</i> - Season 1, Episodes 5 & 6 (NSK) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) Group (NSK-H) 3:00 Café Française (NSK)</p>	<p>18</p> <p>9:00 <i>Every Body Walk!</i> 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Problem Solving While We Sleep 1:00 Stay-Well Chair Exercise 1:00 <i>Ted Lasso</i> - Season 1, Episodes 7 & 8 (NSK) 3:00 FYI Seminar - "Advocating for Yourself or a Loved One" (NSK-H)</p>	<p>19</p> <p>9:30 Pickleball Instructed Open Court (SPB) 10:00 Feldenkrais Method (SPB) 11:30 Pickleball "3 & Me" (SPB) 1:30 Let's Learn & Create! Art Series (NSK) 2:00 Tech Lab Assistance (NSK) 3:00 Let's Talk (NSK-H)</p>	<p>20</p> <p>9:00 <i>Every Body Walk!</i> 10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 11:00 Live from Pompeii (NSK-H) 11:00 Time to Tell Your Story 2:00 An Afternoon with the New Jersey Symphony Chamber Players (Stone Hill Church) 2:00 Tech Lab Assistance (NSK) 3:00 Early-Stage Memory Loss Support Group (NSK-H)</p>	<p>21</p> <p>10:00 Women in Retirement Monthly Meeting (NSK-H) 10:30 Intro to Italian (NSK-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB) 2:30 Transition to Retirement (NSK-H)</p>
<p>24</p> <p>10:00 Gentle Yoga + Nidra 10:30 Intro to Italian (NSK-H) 10:30 Line Dancing: Footloose & Free (SPB) 1:00 Global Conversations 1:00 Table Tennis (SPB) 1:00 <i>Ted Lasso</i> - Season 1, Episodes 9 & 10 (NSK) 2:00 The Wonders of Word Play 3:00 Café Française (NSK)</p>	<p>25</p> <p>9:00 <i>Every Body Walk!</i> 10:30 TED Talks (NSK-H) 11:00 Next Chapter: Widows & Widowers (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 3:00 FYI Seminar - "Paterson and American Industry"</p>	<p>26</p> <p>9:30 Pickleball Instructed Open Court (SPB) 10:00 Feldenkrais Method (SPB) 11:30 Pickleball <i>Beginner</i> Bootcamp: Two-A-Days (SPB) 1:30 Let's Learn & Create! Art Series (NSK) 2:00 Tech Lab Assistance (NSK) 3:00 Let's Talk (NSK-H)</p>	<p>27</p> <p>9:00 <i>Every Body Walk!</i> 10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 11:00 Time to Tell Your Story 11:30 Pickleball <i>Beginner</i> Bootcamp: Two-A-Days (SPB) 2:00 Tech Lab Assistance (NSK)</p>	<p>28</p> <p>10:00 Women in Retirement Coffee Klatch 10:30 Intro to Italian (NSK-H) 11:00 Senior Citizen Club (NSK) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p>
<p>31</p> <p>10:00 Gentle Yoga + Nidra 10:30 Intro to Italian (NSK-H) 10:30 Line Dancing: Footloose & Free (SPB) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Française (NSK)</p>	<p>TABLE TENNIS (IN-PERSON AT SPB LOCATION) <i>Mondays and Fridays, 1:00-4:45 p.m.</i> Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. Registration required (no walk-ins), no fee.</p>			<p>Key: NSK - Nancy S. Klath Center PPL - Princeton Public Library SC - Spruce Circle SPB - Suzanne Patterson Building H - Hybrid Group/Program</p>

JULY EXERCISE & FITNESS PROGRAMS

JULY FITNESS SPONSOR: *Bryn Mawr Trust, Silver Century Foundation*

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 9:00 a.m.

This free program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. Call for availability.

Leader: Ruth Kaplan. Registration required, no fee.

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

Wednesdays, July 12 through July 26, 10:00–11:00 a.m.

Fee: \$23 resident/\$28 nonresident

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

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

GENTLE MAT YOGA + NIDRA — SUMMER QUARTER (ZOOM)

Mondays, July 3 through September 18 (no class 9/4), 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

This expansive workshop encompasses yoga postures, yogic breathing, yoga sounds which create profound deep relaxation, and some meditation. It is suitable for new students and seasoned practitioners. Participants will need a yoga mat and/or clear floor space, water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye

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

Mondays beginning July 10 through July 31, 10:30 a.m.

Fee: \$40 resident/\$45 nonresident

Join instructor Carol for four weeks of line dancing fun! No prior dance experience required, just an excitement to learn, move, and groove. No dance partner is needed but feel free to invite some friends to register or make new ones on the dance floor. Either way, you'll have a blast!

Instructor: Carol Feldman has been teaching and dancing since 1992. She began her teaching at a country western club called Oakley's and continues

to teach in many clubs in the New Jersey area. She was awarded the Christopher Nardone Spirit of Giving Award in 2006 for her work in the dance community.

MINDFUL CHAIR YOGA & MEDITATION — JULY/AUGUST (ZOOM)

Thursdays beginning July 6 through August 31, 10:00 a.m.

Fee: \$55 resident/\$60 nonresident

Chair yoga is a gentle, versatile form of yoga using a chair that is adaptable for all skill levels and abilities and for those with balance issues and injuries. This includes participants who spend their time commuting, sitting at a desk, or suffer with limited mobility or chronic conditions. It is therapeutic in nature and welcoming to all populations. Participants will enjoy a restorative experience that is breath, body, and spiritually focused. Students will learn techniques to gain flexibility, strength, balance, and energy while increasing range of motion and delving into the serenity of a relaxing class that moves at a mindfully slow pace.

Instructor: Danalee Victor Gascon

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

Wednesday, July 12 from 10:30–11:30 a.m., or July 19 from 11:30 a.m.–12:30 p.m.

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

"3 and Me" is designed as a small-group pickleball experience with advanced beginners looking to actively play the game. With the instructor as your fourth, enjoy working up a sweat while improving your skills on the court. Requires 3 players.

Instructor: Carolyn Dardani-Horensky



JULY EXERCISE & FITNESS PROGRAMS

PICKLEBALL BEGINNER BOOTCAMP: TWO-A-DAYS

(IN-PERSON AT SPB LOCATION)

Wednesday and Thursdays on July 5 & 6 or July 26 & 27, 11:30 a.m.–1:00 p.m.

Fee: \$60 resident/\$75 nonresident

Join us for a back-to-back two-session course designed for *beginners or novice* players to learn the basics or refresh their skills, run drills, and of course, play the game. With a variety of Bootcamps available, participants are welcome to sign up for one or more "Two-A-Days" to grow their skills in pickleball.

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

Instructor: Carolyn Dardani-Horensky

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

Wednesday, July 5, July 19, or July 26, 9:30–11:30 a.m.

Fee: \$30 resident/\$35 nonresident

Let's play pickleball! Instructed Open Court is designed for advanced beginners to play real games and run drills, all while improving their skills with guidance from our instructor. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

PICKLEBALL NEXT LEVEL BOOTCAMP: TWO-A-DAYS

(IN-PERSON AT SPB LOCATION)

Wednesday and Thursday, July 12 & 13, 11:30 a.m.–1:00 p.m.

Fee: \$60 resident/\$75 nonresident

Join us for a back-to-back two-session course designed for *advanced beginners* who want to take their pickleball skills to the next level. Players should know how to effectively keep score, execute a third drop shot, and know how to make a cross court dink. With a variety of Bootcamps available, participants are welcome to sign up for one or more "Two-A-Days" to grow their skills in pickleball. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

PICKLEBALL SATURDAY INSTRUCTED OPEN COURT

(IN-PERSON AT SPB LOCATION)

Saturday, July 8 or July 15, 8:00–10:00 a.m.

Fee: \$30 resident/\$35 nonresident

Let's play pickleball! Instructed Open Court is designed for advanced beginners to play real games and run drills, all while improving their skills with guidance from our instructor. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

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

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

STAY-WELL CHAIR EXERCISE IS BACK! (ZOOM)

Tuesdays in July beginning July 11, 1:00 p.m.

Fee: \$30 resident/\$35 nonresident

Join us on Zoom for a month-long aerobics workshop that will help build endurance and strengthen your body, mind, and soul. This chair aerobics class is designed for those seeking a gentle yet lively form of exercise. Instructor Laraine Alison offers a fun, music-filled class that will help you to forget you are even exercising. You will need hand weights (or water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

Instructor: Laraine Alison

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays in July (no class 7/3), 1:00 to 4:45 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to take part in this energetic sport. Registration required, no fee.

TAI CHI (IN-PERSON AT SPB LOCATION)

Tuesdays, July 11 through July 25, 11:00 a.m.

Fee: \$20 resident/\$25 nonresident

This gentle form of exercise helps to maintain strength, flexibility, and balance and could be the perfect activity for the rest of your life. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Instructor: Sisco Kinjo



A QUICK GUIDE TO AREA RESOURCES

Access Princeton
609.924.4141

Affordable Housing
609.688.2053

Arm-in-Arm
609.921.2135

Central Jersey Legal Services
609.695.6249

Community Without Walls
609.921.2050

Cornerstone Community Kitchen
609.924.2613

Funeral Consumers Alliance
609.924.3320

Meals on Wheels
609.695.3483

Mercer County Nutrition Program
609.989.6650

Mercer County Office on Aging
609.989.6661 or 877.222.3737

NJ Consumer Affairs
973.504.6200

NJ Division of Aging Services
800.792.8820, ext. 352

One Table Café
609.924.2277

PAAD (Pharmaceutical Aid)
800.792.9745

Princeton Community Housing
609.924.3822

Princeton Housing Authority
609.924.3448

Princeton Human Services
609.688.2055

Princeton Police (non-emergency)
609.921.2100

Princeton Public Library
609.924.9529

Reassurance Contact
609.883.2880

Ride Provide
609.452.5144

Senior Care Services of NJ
609.921.8888

Senior Citizen Club
609.921.0973

Social Security
800.772.1213

SHIP (Medicare)
609.273.0588

T.R.A.D.E. (Transportation)
609.530.1971



**Princeton Muni Service stops
at our building**

**Mercer County 606 Bus stops
at Princeton Care Center
(728 Bunn Drive)
which is two driveways from our building**

PSRC Lending Locker

Your go-to resource for wheelchairs, walkers, canes, and more! Call to inquire about inventory or to donate equipment.
princeton senior.org/lending-locker



PSRC has FREE incontinence supplies — contact us for information.

TRANSPORTATION

CROSTOWN

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

To be a Crosstown rider you must be:

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

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

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

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

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



ChatGPT – Part II

Let's ask ChatGPT how to make buttermilk pancakes.

DO How do I make buttermilk pancakes?

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

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

Here's a step-by-step guide to making buttermilk pancakes:

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

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

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

DO Suppose I don't have buttermilk

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

- 1 cup milk
- 1 tablespoon lemon juice or vinegar

Instructions:

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

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

If you need help with ChatGPT (or almost any other computer problem), just fill out one of our nifty tech help requests at princetonsenior.wufoo.com/forms/technology-assistance-request. Unfortunately, we don't make pancakes.

MINORITY MENTAL HEALTH AND THE IMPACT ON THE COMMUNITY

by Johanna Peters, Director of Social Services

nami
National Alliance on Mental Illness

Mental illness doesn't choose who is affected by it, but culture, race, gender or sexual orientation can affect access to treatment, support and quality of care for many.

Let's change this.

Learn More at
NAMI.org/mmh

#MinorityMentalHealth

1 IN 5 PEOPLE
EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.
You can make a difference.

Learn more about
National Minority
Mental Health
Awareness Month

This month we focus on minority mental health largely as there has been a greater need for counseling and intervention post-pandemic. Mental health does not discriminate based on color, gender or identity; however, these factors can make it more difficult for an individual to receive care. Minority groups show higher levels of anxiety, depression, suicidal tendencies, post-traumatic stress disorder, as well as other mental health disorders. Without adequate treatment, mental health conditions will likely continue or worsen.

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

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

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

If you or anyone you know needs counseling, please reach out to have a confidential conversation with someone on our social services team. Send an email to socialservices@princetonsenior.org or call us at 609.751. 9699. You can also reach out to Adult Protective Services in your area. APS in Mercer County can be reached at 609.989.4320/609.989.4346 or www.mcboss.org. In extreme cases or after business hours, call your local police or 911 in case of emergency.



The PSRC Vaccine Navigator program will continue to assist with questions related to vaccine appointments, specifically COVID-19 and Flu shots. Follow this link if you want to find out where local clinics are being held: <https://covid19.nj.gov/pages/finder>

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

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

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

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

What Does the End of the PHE Mean for You?

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

Vaccines will remain available.

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

COVID-19 at-home tests may not be covered by insurance.

Insurance providers will no longer be required to waive costs or provide free COVID-19 tests.

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

Treatments will remain available.

Medication to prevent severe COVID-19, **such as Paxlovid**, will remain available for free while supplies last. After that, the price will be determined by the medication manufacturer and your health insurance coverage. Check with your healthcare provider if you need **early treatment to prevent severe COVID-19**.

AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Monday, July 17 at 3:00 p.m.
(Usually third Monday of each month)
— *social activities, build friendships, and offer support*

BEREAVEMENT
Monday, July 17 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, July 10 at 3:00 p.m.
(Usually first Monday of each month)
— *share challenges and experiences*

CRAFTER'S CORNER
(IN-PERSON AT NSK - HYBRID)
Tuesday, July 11 at 1:00 p.m.
(Usually second Tuesday of each month)
— *fun space for craft hobbies*

EARLY-STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, July 20 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, July 6 at 3:00 p.m.
(Usually first Thursday of each month)
— *young seniors who may still be working or in early retirement*

**FORGET-ME-NOT:
DEMENTIA CAREGIVERS**
(IN-PERSON AT NSK - HYBRID)
Saturday, July 15 at 10:00 a.m.
(Usually third Saturday of each month)
— *anyone affected by a loved one's memory loss*

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

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

NEXT CHAPTER: WIDOW/-ERS
(IN-PERSON AT NSK - HYBRID)
Tuesday, July 11 & 25 at 11:00 a.m.
(Usually second and fourth Tuesday of each month)
— *safe space for anyone who has lost a partner to reminisce, laugh, and support*

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

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

FROM THE DEVELOPMENT OFFICE



Spotlight on Homewatch CareGivers

Why do people need in-home care? Perhaps an elderly loved one needs help doing chores around the house or running errands, or maybe a degenerative disease like ALS or dementia has made it difficult for them to complete daily activities. While we all hope to stay healthy, happy, and independent, sometimes life has other plans. Injuries and surgeries can occur in any age group, leaving those affected disabled or on bed rest and in need of home care for months or a lifetime.

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

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

homewatchcaregivers.com

JULY FEATURED SPONSORS



Good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable

homewatchcaregivers.com/princeton



Let Oasis Senior Advisors be your trusted partner for senior living and resources

oasisenioradvisors.com



McCaffrey’s Food Markets take pride in being good neighbors and supporting the local communities where we live and work

mccaffreys.com



Customize financial programs to fit the unique needs of our clients.

roundviewcapital.com

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

Individual Honoree Hazel Stix

Corporate Honoree Bryn Mawr Trust

Community Impact Honoree Mayor and Council of the Municipality of Princeton

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

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

Sustainer — \$10,000

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

Champion — \$7,500

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

Partner — \$5,000

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

Friend — \$2,500

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

Benefit Patron — \$1,250

- Includes 2 tickets, an additional \$750 donation, and recognition in printed benefit journal

Benefit Guest — \$250 per person

- Includes cocktail hour, dinner, entertainment

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

** Reserve your sponsorship or personal acknowledgment by August 30 ensure placement of name/logo in printed benefit journal

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

Celebrate With Us



GROUP HIGHLIGHT

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

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

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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 Pennington, & Serenade at Princeton
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 Capital Health
 Hamilton Jewelers
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 and Fitness Center
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 NightingaleNJ Eldercare Navigators
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