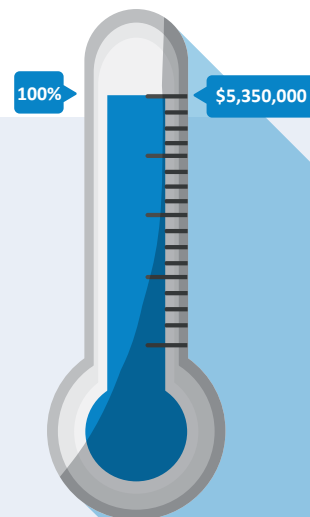


PRINCETON SENIOR RESOURCE CENTER
Lifelong Learning Capital Campaign



GOAL: \$5,350,000



WE DID IT TOGETHER!

Because of your generosity — a dream has become a reality! Thank you for helping us reach 100% of our capital campaign goal of \$5,350,000, which includes the purchase and renovation of the world-class Nancy S. Klath Center for Lifelong Learning and a Lifelong Learning endowment to support our mission to help older adults thrive!

If you would still like to be a part of this historic campaign, you can donate [HERE](#). Your donation will support the Lifelong Learning endowment. There are still building and program naming opportunities available. Contact Lisa Adler, chief development officer, at ladler@princetonsenior.org, or 609.751.9699, ext. 103.

THE EVERGREEN FORUM SUMMER SAMPLER

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

Wednesdays in June

starting June 7 to June 28, 1:00–3:00 p.m.

Fee: \$10 per session or \$35 for the series

- **The Role of Men and Women in Society as Reflected in Art Through the Centuries**
 - Antarctic Explorations
- **De-mystifying the American Judicial System**
 - Science in the News

Leaders and topic descriptions on [page 7](#).
Register at
princetonsenior.link/EF-Summer2023



THE BARNES FOUNDATION

THE BARNES FOUNDATION DAY TRIP (IN-PERSON)

Thursday, August 10

8:45 a.m.–4:00 p.m.

Fee: \$135

Description on [page 7](#).

Register at

princetonsenior.link/BarnesFoundationDayTrip

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

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

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE OFFICE

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

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

Intergenerational Friendship:
A Lifechanging Cup of Coffee

Dear Friends,

“Hey,” he shouted across the parking lot, “do you want to get a cup of coffee and chat sometime?”

I met Will when I was an intern with a community organization during my Master’s program and he was an active participant in that organization. I was in my mid-twenties and Will was in his early-seventies. I was just launching into my career in a helping profession and Will had recently retired as a banking executive. My first child had just been born and Will was celebrating the college graduation of his fourth grandchild. Our friendship began with an invitation for Diane and me to join Will and his wife for a lovely dinner at their home. Soon after, we began playing golf together on a monthly basis. We went on occasional outings to see a minor league baseball game or to grab breakfast at his favorite spot in town. He became a dear friend to me — and I’d like to think I was one of his dear friends as well.



The power of inter-generational friendship is remarkable. Will became a mentor who taught me more than I would’ve imagined about work and life — and living a healthy balance between those oft-competing spheres. Shirley, Will’s life partner, once told me that I became Will’s entre into an entirely new field. Our families shared life celebrations together and we formed a bond of friendship that changed both of us.

In a recent article entitled “Escaping ‘the old fogey’: Doing old age through intergenerational friendship,” sociologist Catherine Elliott O’Dare and her colleagues contend that intergenerational friendship is an integral part of ageing in a meaningful, everyday way. The qualitative research study pointed to three specific benefits of intergenerational friendships identified by the senior participants in the study. First, the intergenerational friendship helped the older partner fight off their perceived fears of “getting older,” in particular those socio-cultural stereotypes of ageing that participants are “afraid of becoming.” One of the study’s participants, Brendan, spoke about how his intergenerational friendships helped him “stave off the typical effects of retirement/ageing.”

The second benefit of intergenerational friendships highlighted in the research study was the “continuing expansion” rather than “contraction” of knowledge, interests, and goals. Hugo, who has been retired for nearly ten years, continues to participate in a group comprised of folks over fifty who are at various stages of the journey towards or through retirement. The group meets bi-weekly to discuss current affairs, financial markets, and other related subjects with the benefit of providing inter-generational friendships. “This group helps me continue to broaden my scope in life and creates tremendous friendships that have sustained me throughout my late professional life and my retirement.”

Finally, intergenerational friendships foster a sense of belonging and connectedness — with other individuals and with society as a whole. The study contends that “intergenerational friendship is a conduit to continued societal connectedness and belonging for aging adults.” Being an older intergenerational friend, the study discovered, “was imbued with seeking joy, belonging, and connectedness in everyday life.”

PSRC seeks to foster intergenerational friendships through programs such as GrandPals, which pairs older adult readers with kindergarten students in the public schools and Seniors-for-Seniors, which pairs seniors in high school with senior adults for conversation and mentoring relationships. We are continuing to expand these offerings, and our Intergenerational Program Coordinator, Joo Nam, is continually seeking folks interested in participating in these programs.

While this study helpfully articulates the benefits of intergenerational friendship for older adults, it stops short of addressing the benefits from the perspective of the younger relational partners. My friendship with Will truly changed my life in powerful ways. Not only was Will a mentor for me during the early stages of adulthood, he became a trusted confidant and encouraging guide. Even though Will has been gone for quite some time, I still remember fondly our conversations and the laughter shared on the golf course. I am truly thankful that he took a risk and invited me for a cup of coffee. It’s a cup of coffee that I will never forget. I wonder who you might invite to join you for coffee? It just may change your life — or theirs!

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

SPECIAL NOTICES

PSRC will close (both buildings) on Tuesday, June 6 at noon for staff in-service training

PSRC will be closed on Monday, June 19 in honor of the Juneteenth holiday

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

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Fran Angelone
Crosstown Coordinator

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Nick Macy
Program Associate: Reception & Technology

Joo Nam
Intergenerational Coordinator & Building Host

Johanna Peters
Director of Social Services

Barbara Prince
Development Coordinator

Andrea Schwarz
Receptionist & Administrative Assistant

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

Group/Program Location Key:

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

SC - Spruce Circle at 179 Spruce Circle

SPB - Suzanne Patterson Building at 45 Stockton Street

H - Hybrid Group/Program

NOTE:

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

JUNE PROGRAMS

Visit <https://www.princeton.edu/coming-soon/>



FIRST FRIDAY FILM — TWILIGHT'S KISS
(HYBRID – IN-PERSON AT NSK LOCATION
AND ON ZOOM)

Friday, June 2 at 1:00 p.m.

“A tender romance blooms for two elderly, closeted Hong Kong men in *Twilight's Kiss*” (*Los Angeles Times*). Nicolas Rapold of *The NY Times* wrote: “Handsomely shot but humble in approach, the film can often feel purposeful, laying down groundwork that other stories of queer experience might take for granted. But Tai Bo’s pragmatic momentum as Pak has a way of restoring a succinctness to the movie, which avoids minimizing or exploiting the pains of concealment.” “Delicately rendered and quietly affecting.” (*The Hollywood Reporter*).” Starring: Tai Bo, Ben Yuen, Patra Oh. **Running time: 1 hour, 32 minutes; Genre: Drama, Romance; Rated: Not rated**

Registration required, no fee.



FYI SEMINAR — “COMMUNITY HEALTH TALK: BLADDER AND BOWEL HEALTH”
(HYBRID – IN-PERSON AT NSK LOCATION
AND ON ZOOM)

Tuesday, June 13 at 3:00 p.m.

This presentation will focus on therapies that can be used to maintain bladder and bowel control. Registration required, no fee.



FYI SEMINAR — “EDUCATION PLANNING FOR CHILDREN AND GRANDCHILDREN”
(HYBRID – IN-PERSON AT NSK LOCATION
AND ON ZOOM)

Tuesday, June 20 at 3:00 p.m.

Many grandparents want to help with the cost of education or are paying forward the help that they received themselves decades before. With the ever-increasing cost of private school and college education, the need to plan for children’s and grandchildren’s future education costs has become increasingly important. The options for such planning have also become increasingly complex. In this presentation, participants will learn the options available to fund future education and how to consider the alternatives before deciding on a strategy.

With more than thirty-five years of experience combined in wealth management, investments, and planning, Brian Taylor, wealth director for the Princeton office of Bryn Mawr Trust, will lead an active education planning discussion alongside Matt Thornton, investment advisor for the Princeton office of Bryn Mawr Trust. Registration required, no fee.



FYI SEMINAR — “MIGRAINE AND PHYSICAL THERAPY” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, June 27 at 3:00 p.m.

Signs and symptoms of musculoskeletal and/or vestibular dysfunction often occurs among people who experience migraines. Physical therapy focuses on two primary aspects: (1) musculoskeletal dysfunction, and (2) vestibular symptoms/postural control impairment. Treatments aim to: (1) decrease musculoskeletal dysfunctions and reduce pain using interventions including manual therapy, exercise therapy, and education, and (2) to optimize function, reduce vestibular symptoms, and improve balance.

Ruth Kaplan holds a doctoral degree in physical therapy and has had thirty-five years of clinical experience. Ruth's primary specialty is outpatient orthopedics, including treatment of back and neck pain, joint pain, postural dysfunction, ergonomics, fall prevention, gait/balance disorders, decreased functional mobility, and general clinical practice. 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:

June 6 — Tina Young: The rise of the “trauma essay” in college applications

June 13 — Hans Rosling: The magic washing machine

June 20 — Kathryn Schultz: Don’t regret regret

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

June 27 — Annie Murphy Paul: What we learn before we're born
Registration required, no fee.

This month's FYI sponsors are *Bryn Mawr/WSFS, Capital Health, Springpoint Choice, and Stark & Stark Attorneys at Law*. TED Talk sponsors are *Hamilton Jewelers, Novi Wealth Partners, Silver Century Foundation, Walsh Senior Solutions*.

LIMITED SERIES PROGRAMS

A DAY OUT AT PSRC

Come to PSRC for a day filled with fun! Join us first for a screening of *Almost Famous*, and then stick around for a lively afternoon of Bingo! We suggest packing a lunch to eat between the film and Bingo!

NOW SHOWING: *ALMOST FAMOUS* (IN-PERSON AT NSK LOCATION)

Monday, June 12, 10:30 a.m.

Set in 1973, and semi-autobiographical to the life of director Cameron Crowe, *Almost Famous* is a coming of age story following fifteen-year-old, William, who lands a dream job to go on assignment for *Rolling Stone Magazine* to cover up and coming rock band Stillwater, as the band struggles with everything that comes with fame. Starring: Jason Lee, Billy Crudup, Kate Hudson.

Running time: 2 hours, 2 minutes; Genre: Drama, Music; Rated: R

Registration required, no fee.

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

Monday, June 12, 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 **game play begins at 1:00 p.m.**

Individual registrations for both NOW SHOWING: *ALMOST FAMOUS* and BINGO are required.

LIVE FROM ARGENTINA: EXPLORE ARGENTINA'S LGBTQ+ HISTORY (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Thursday, June 8, 11:00 a.m.

Fee: \$5

Join actor Santi to unravel the journey of South America's queer-friendly country in a tour full of history, art, and grit. Argentina is a country where same sex marriage is legal, where people can legally be non-binary, and where all people can adopt children.

On this tour, you'll learn about the intersectional fight shaking the foundations of this heavily Catholic country, and about Argentina's relationship with non-conforming identities, from pre-colonial times to modernity. Enjoy emblematic landmarks such as the National Congress or the Rose Garden while you learn about Evita Perón, a gay ally and icon. Participants will be able to ask questions and interact with the guide throughout the tour. Limited registration.

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

Mondays from 10:30–11:30 a.m. on June 12 and June 26

Fee: \$20 resident / \$25 nonresident

Join instructor Carol for two 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.

JUNE IS LGBTQ+ PRIDE MONTH

PSRC PRIDE DAY OUT

This year we are hosting some events for our LGBTQ friends and allies.

We will begin at 1:00 p.m. with a movie. After the film, relax in the lounge listening to music, sharing snacks and drinks, and making new friends during Gay Afternoon Out.

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

Thursday, June 29, 1:00 p.m.

This movie stars Brendan Fraser as a gay college professor who is struggling to create a relationship with his teen daughter. Fraser won an Academy Award for Best Actor for his portrayal of Charlie, a depressed middle-aged man with food addiction and low self-esteem.

Starring: Brendan Fraser, Sadie Sink, Hong Chau, Ty Simpkins, and Samantha Morton.
Running time: 1 hour, 57 minutes; Genre: Drama; Rated: R

There will be popcorn available, no charge.

GAY AFTERNOON OUT (IN-PERSON AT NSK LOCATION)

Thursday, June 29, 3:00–5:00 p.m.

Finish the day off listening to music, sharing snacks and drinks, and making new friends during Gay Afternoon Out.

Registration required, no fee.

Individual registrations for both NOW SHOWING: *THE WHALE* and A GAY AFTERNOON OUT are required.

OTHER PRIDE NEWS • The third annual **Princeton Pride Parade** is on **Saturday, June 17**, starting at the Bayard Rustin Center for Social Justice, 12 Stockton St., Princeton. • The Aging Gaily social group is interested in creating a **gay book club** that reads books authored by LGBTQ+ writers. If you are interested in walking in the parade as a group, or in joining a book club, email Billi Charron at bcharron@princetonsenior.org. • Stop by our PSRC table at the **Princeton Community Pride Picnic** on **Saturday, June 3** at Palmer Square.

ART EXHIBITION AND RECEPTION (IN-PERSON AT NSK LOCATION)

Wednesday, June 14, 3:30–5:00 p.m.

We invite the PSRC community to join us in celebrating the artistic creations of our art students, curated by instructor Christina Rang. You'll have the chance to mingle with other art enthusiasts and meet the artists behind the exhibited works, and maybe even learn more about their creative process and the inspiration behind each piece. There will be wine and light hors d'oeuvres to enjoy as you appreciate the aesthetic beauty of creativity. Registration required, no fee.

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

Thursday, June 22, 2:00–3:30 p.m.

Fee: \$5

Join us for a relaxing afternoon of live music on our patio along with some light refreshments. In case of rain, the event will be moved indoors. Musical Guests: Bill and Lauren O'Neal sing and play a mixture of Irish and 60s and 70s acoustic rock tunes on guitar. Bill O'Neal Jr. is a retired high school teacher of English, a published author, and a performer of traditional Irish music, and is a founding member of the Ballycastle band. Limited seating. Registration required.

JUNE PROGRAMS

JUNE SPECIAL PROGRAM SPONSORS

Princeton Care Center

THE EVERGREEN FORUM SUMMER SAMPLER (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)
Wednesdays in June starting June 7 to June 28, 1:00–3:00 p.m.
Fee: \$10 per session or \$35 for the series

June 7 | 1:00–2:30 p.m.

The Role of Men and Women in Society as Reflected in Art Through the Centuries

What does portraiture tell us about attitudes towards men and women through the centuries? We will look at art going back to the eighth century from both Europe and America.

Leader: Connie Shaffer has been a docent at the Princeton University Art Museum for the last nine years and enjoys painting.

June 14 | 1:00–3:00 p.m.

Antarctic Explorations

With extensive use of videos, we will examine not only the first expedition ever to cross the Antarctic Continent but also solo crossings on skis by several intrepid individual explorers, including the first crossing by a woman. In addition, we will discuss Admiral Byrd's flight to the South Pole and the Antarctic exploits of a very senior citizen.

Leader: Harold Kuskin, a retired lawyer and judge, is passionate about Antarctica and fascinated by the sagas of Antarctic explorers.

June 21 | 1:00–3:00 p.m.

De-mystifying the American Judicial System

Every day, the news carries a story about the happenings in a courtroom somewhere in America. Complaints are rampant about judges not following the law or being tied to a political party or ideology. This summer sampler lecture focuses on de-mystifying the American judicial system. The course will compare and contrast federal and state court systems (New Jersey) and discuss what have become code words — judges legislating from the bench. Is it real? Do judges legislate from the bench? What do judges really do in fulfilling their charge to “interpret the law?” The course will be a lecture course with ample time for participants’ thoughts and questions.

Leader: Philip Carchman is a retired judge of the Superior Court of New Jersey, Appellate Division.

June 28 | 1:00–3:00 p.m.

Science in the News

This session will include two one-hour presentations and discussions representative of those offered weekly by the Science in the News panel:

- “Synthetic Embryos:” Covers the successful growth of mouse embryos from mouse stem cells outside of a mouse womb and the implications for human embryological research.
- “James Webb Space Telescope Update:” Reviews analyses of new JWST observations and their implications for the Big Bang theory and the Standard Model of particle physics.

Leader: Harold Heft, a retired business executive with an abiding interest in many areas of science and history of science, was an experimental biopsychologist researching visual perception in his former academic life.

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.

JUNE PROGRAMS

JUNE SPECIAL PROGRAM SPONSORS

Princeton Care Center

RETIREMENT PROGRAMS

MEN IN RETIREMENT — ON HIATUS THROUGH AUGUST

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Friday, June 30, 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, June 16 at 2:30 p.m.

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

The group is facilitated by Paul Knight.

Registration required, no fee.

WOMEN IN RETIREMENT “BOOK BANS AND CENSORSHIP” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

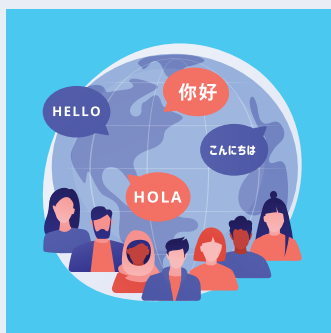
Friday, June 16 at 10:00 a.m.

The American Library Association recorded 1,269 demands to censor library books and resources in 2022, the highest number of attempted book bans since the organization began compiling the data more than twenty years ago. Presenter Ewa Dziejdzic-Elliott, is president and executive board member of the New Jersey Association of School Librarians (NJASL). All are welcome. 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 informal meetup. Contact WIR for location of meeting. All are welcome. For more information about the Women in Retirement and WIR Coffee Klatches, go to <http://wired.wordpress.com/>



GROUP HIGHLIGHT

PSRC’s Global Conversations group meets virtually every Monday at 1:00 p.m. This group discusses life, travel, culture, and language, and will soon expand to having a multilingual group. If you like conversation about global languages, events, and travels, this is the group for you! Registration required.

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.

LIBRARY READS: NOW HYBRID!

MONDAY, JUNE 5 (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.

JUNE 2023

Monday

Tuesday

Wednesday

Thursday

Friday

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays, 1:00–4:45 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. Registration required (no walk-ins), no fee.

1

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Forever Young (55-65) Group (NSK-H)

2

10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film - *Twilight's Kiss* (NSK-H)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

5

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

6

10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
11:00 Tai Chi (SPB)
1:00 Stay-Well Chair Exercise

PSRC CLOSED AT NOON FOR STAFF IN-SERVICE DAY

7

9:30 Pickleball Instructed Open Court (SPB)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:00 Evergreen Forum Summer Sampler (NSK-H)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

8

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
11:00 Live from Argentina: Explore Argentina's LGBTQ+ History (NSK-H)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)

9

10:00 Women in Retirement Coffee Klatch
1:00 Learn to Play Canasta with Neilia (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

SATURDAY, JUNE 10

10:00 Weekend Pickleball Instructed Open Court (SPB)

12

10:00 Gentle Mat Yoga + Nidra
10:30 Line Dancing: Footloose & Free (SPB)
10:30 Now Showing: *Almost Famous* (NSK)
1:00 Bingo: Win Like Never B-4 (NSK)
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play

13

10:00 *Every Body Walk!*
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
3:00 FYI Seminar - "Bladder and Bowel Health" (NSK-H)

14

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball "3 and Me" (SPB)
12:30 Pickleball "3 and Me" (SPB)
1:00 Evergreen Forum Summer Sampler (NSK-H)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)
3:30 Art Exhibition & Reception (NSK)

15

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
1:30 OnStage Seniors
2:00 Tech Lab Assistance (NSK)
3:00 Early Stage Memory Loss Support Group (NSK-H)

16

10:00 Women in Retirement Monthly Meeting (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)
3:00 Aging Gaily (LGBTQ+) Group (NSK-H)

SATURDAY, JUNE 17

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

19

PSRC CLOSED FOR JUNETEENTH HOLIDAY

20

10:00 *Every Body Walk!*
10:30 TED Talks (NSK-H)
11:00 Tai Chi (SPB)
1:00 Games Day (SPB)
1:00 Stay-Well Chair Exercise
3:00 FYI Seminar - "Education Planning for Children & Grandchildren" (NSK-H)

21

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:00 Evergreen Forum Summer Sampler (NSK-H)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

22

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:30 OnStage Seniors (SPB)
2:00 Music on the Patio (NSK)
2:00 Tech Lab Assistance (NSK)

23

10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

SUNDAY, JUNE 25

10:00 Weekend Pickleball Instructed Open Court (SPB)

26

10:00 Gentle Yoga + Nidra
10:30 Line Dancing: Footloose & Free (SPB)
11:00 Bereavement Group
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play

27

10:00 *Every Body Walk!*
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 - "Migraine and Physical Therapy" (NSK-H)

28

9:30 Pickleball Instructed Open Court (SPB)
10:00 Feldenkrais Method (SPB)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:00 Evergreen Forum Summer Sampler (NSK-H)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

29

10:00 Cosmology (NSK-H)
10:00 *Every Body Walk!*
10:00 Mindful Chair Yoga
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:00 Now Showing: *The Whale* (NSK)
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Gay Afternoon Out (NSK)

30

10:00 Women in Retirement Coffee Klatch
11:00 Senior Citizen Club (NSK)

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

JUNE GAMES & ENRICHMENT PROGRAMS

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

Monday, June 12, 1:00–3:00 p.m.

Join us for a lively afternoon of bingo fun where's there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required, no fee. Space is limited to 32 players and **game play begins at 1:00 p.m.** Registration required, no fee.

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

Thursdays, 10:00 a.m.

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

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

Tuesdays, 1:00–4:00 p.m.

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

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

Friday, June 9, 1:00–3:30 p.m.

Fee: \$35 resident/\$40 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! Played with

2–4 players, in partnerships or individually, Canasta is one of the most widely played card games in the U.S. Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6. **IMPORTANT NOTES:** There is a materials fee of \$4 payable to the instructor. The instructor requires mask wearing during the class session.

Instructor: Neilia Makadok

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

Friday, June 16, 1:00–3:30 p.m.

Fee: \$35 resident/\$40 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.

IMPORTANT NOTES: There is a materials fee of \$4 payable to the instructor. The instructor requires mask wearing during the class session.

Instructor: Neilia Makadok

MASTERING THE ART OF PAINTING – SPRING SESSION 2 (IN-PERSON AT SPB LOCATION)

Fridays through July 14 (no class 6/30), 2:00 p.m.

Fee: \$85 resident/\$95 nonresident

Instructor: Christina Rang

JUNE EXERCISE & FITNESS PROGRAMS

JUNE FITNESS SPONSOR: Hamilton Jewelers and Walsh Senior Solutions

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 10:00 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 beginning June 14 through June 28, 10:00 to 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



JUNE EXERCISE & FITNESS PROGRAMS

GENTLE MAT YOGA + NIDRA — SPRING QUARTER (ZOOM)

Mondays through June 26 (no class 6/19), 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

MINDFUL CHAIR YOGA & MEDITATION — SPRING QUARTER (ZOOM)

Thursdays through June 29, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

PICKLEBALL “3 AND ME” WITH INSTRUCTOR CAROLYN (IN-PERSON AT SPB LOCATION)

Wednesday, June 14, 11:30 a.m.–12:30 p.m. and 12:30–1:30 p.m.

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

“3 and Me” with Instructor Carolyn is an excellent opportunity for participants who already know the basics of Pickleball to play for an hour of open court and develop their skills through instructed game play.

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

Wednesday and Thursday on June 21 and June 22, 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. 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)

Wednesdays and Thursdays on June 7 and 8 and June 28 and 29, 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. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

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

Wednesdays in June 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

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

Saturday, June 10 and Sunday, June 25, 10:00 a.m.–noon

Fee: \$30 resident/\$35 nonresident

Join us on Saturdays for Pickleball Instructed Open Court. This program is designed for beginners with little to no experience. You will learn the basics, play real games, and run drills to improve skills with guidance from our instructor. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensky

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

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

STAY-WELL CHAIR EXERCISE IS BACK! (ZOOM)

Tuesdays in June, 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

TAI CHI (IN-PERSON AT SPB LOCATION)

Tuesdays in June, 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.
princetonsenior.org/lending-locker



PSRC has FREE incontinence supplies — contact us for information.

TRANSPORTATION

CROSTOWN

The Crosstown Transportation program is currently following these safety protocols:

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

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

Vouchers are not needed for these destinations only:

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

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

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



ChatGPT – Part I

This is the first of three articles about ChatGPT—an artificially intelligent “chatbot” that understands human language and answers questions using information from the internet. We’ll start with one example this month with more examples and a look “under the hood” in future articles.

The startlingly fast progress of ChatGPT ¹ has folks musing about artificial intelligence taking over humanity, replacing our jobs, and returning homo sapiens to the hunter-gatherer lives we endured before the invention of the TV dinner. But until that happens, let’s play with this new online app and enjoy its contribution to our knowledge.

A screenshot of a “prompt” (question) about cholesterol and ChatGPT’s answer is on the right. I wanted the information ranked and in a table.

Within seconds of entering the prompt, ChatGPT began responding. I didn’t format the table—ChatGPT did that for me. It included a note about LDL levels.

ChatGPT inferred how I might want the list ranked (high to low) and the words to use. And the “Please note” caveat is clear and concise. That’s why ChatGPT is called a language model. I could ask ChatGPT to provide more details in subsequent prompts (that’s why it’s a chatbot).



Rank these foods by levels of LDL in a table: Butter, eggs, filet mignon, salmon, whole milk



Here's a table ranking the foods you've mentioned based on their levels of LDL (low-density lipoprotein) cholesterol:

Food	LDL Cholesterol Level (approximate)
Butter	High
Whole Milk	Moderate
Eggs	Moderate
Filet Mignon	Low to Moderate
Salmon	Low

Please note that the LDL cholesterol levels are only approximate, as individual foods can vary in their exact cholesterol content. Additionally, it's important to remember that dietary cholesterol does not always directly translate to increased blood LDL cholesterol levels. Factors such as genetics, exercise, and overall diet can also influence an individual's blood cholesterol levels.

Try it Out

To try ChatGPT, go to <https://chat.openai.com/>. You’ll need to create an account, but the basic service is free.

I plan to use ChatGPT to help me write other articles. Of course, I’ll remain the “editor in chief”—I’ll simply assign ChatGPT as my “gofer.”

We’ll try more prompts next month.

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.

¹ GPT stands for "Generative Pre-trained Transformer." It is a type of language model developed by OpenAI, which uses a neural network architecture called a Transformer to generate natural language text. If this sounds like gobbledygook, just hang in there. We’ll explain this in more depth in a later article.

GETTING TO KNOW ELDER ABUSE

by Johanna Peters, Director of Social Services

June is elder abuse awareness month. Elder abuse can be defined as the intentional act, or failure to act, that causes or creates risk of harm to an older and/or disabled adult. In most cases the abuser is a caregiver or someone the elder trusts; however, there are some cases where the elder does not know the abuser, which is the case with online and in person scams. Elder abuse has increased greatly as one out of six people over the age of sixty have experienced some form of abuse. Also, the number of cases that go unreported since the pandemic has increased exponentially.

One person shared their story with me. “I saw my friend Mary and she had a bruised wrist and when I asked her how she got it she said ‘I just fell, and I don’t want to talk about it.’ The next week I saw Mary again and this time she had a black eye and she said that she ‘was very clumsy and tripped.’” Mary’s friend later recalled that Mary just hired a new aide three months before she started getting hurt. I asked Mary’s friend if she thought she might report the abuse. Her responses included, “I don’t want to ruin my friendship with Mary,” “Mary didn’t mention it,” and “I don’t know where to report the abuse.”

I want to stress the importance of reporting abuse of any kind. You may be saving a friend, family member, or stranger’s life. Even if you are not sure, it is usually better to err on the side of caution. Please see the definitions of the types of elder abuse, signs of elder abuse, and where you can report it.

- Physical abuse is when an elder experiences illness, pain, injury, functional impairment, distress, or death as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.

- Sexual abuse involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact, or non-contact acts such as sexual harassment.
- Emotional or psychological abuse refers to verbal or nonverbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include humiliation or disrespect, verbal and non-verbal threats, harassment, and geographic or interpersonal isolation. An example would be preventing contact with family and friends and involvement in social activities, restricting movement in the home.
- Neglect is the failure to meet an older adult’s basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.
- Financial abuse is the illegal, unauthorized, or improper use of an elder’s money, benefits, belongings, property, or assets for the benefit of someone other than the older adult.

Watch for these signs of abuse:

- Seems depressed, confused, fearful, anxious, withdrawn, or cowered behavior.
- Isolated from friends and family.
- Has unexplained bruises, such as black eyes, concussion and broken bones, burns, scars, and rope burns.
- Appears dirty, underfed, dehydrated, over-or undermedicated, or not receiving needed care for medical problems.
- Has bed sores or other preventable conditions.
- Recent changes in banking or spending patterns.

If you or anyone you know has experienced elder abuse or you suspect someone is at risk of elder abuse, please reach out to have a confidential conversation with someone on our social services team. Send an email to socialservices@princetonior.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.mcboos.org. In extreme cases or after business hours, call your local police or 911 in case of emergency.



VACCINE NAVIGATORS

COVID-19 BIVALENT UPDATE

The second bivalent booster is now available for those sixty-five years of age and older and those who are immunocompromised. There has to be at least a four month interval from the last COVID booster. The NJDOH vaccine program approved administration of the vaccine with this schedule:

You may be eligible for additional COVID-19 vaccine doses if:

- You are sixty-five years of age and older and got your first bivalent (updated) COVID-19 vaccine booster four or more months ago.
- You are moderately or severely immunocompromised and received a bivalent (updated) COVID-19 vaccine booster two or more months ago.

As part of the grant PSRC received from the National Council on Aging (NCOA), anyone receiving the bivalent booster will be asked to anonymously participate in a demographic survey. This is voluntary but will help PSRC receive additional national recognition.

Watch our weekly eblasts for news on upcoming Vaccine Clinics or check out the Vaccine Navigator page (<https://www.princetonsenior.org/vaccine-navigators/>) for regular updates.



VOLUNTEER CORNER

VOLUNTEER OPPORTUNITIES WITH PSRC

Tech volunteers needed for the Donald and Nancy Light Technology Lab at NSK. Several in-person volunteers are needed to assist seniors with tech issues.

To read the volunteer job descriptions and to find the link to apply, visit <https://www.princetonsenior.org/volunteer-corner/>.

AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Friday, June 16 at 3:00 p.m.
(Usually third Monday of each month)

BEREAVEMENT
Monday, June 26 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS
Monday, June 5 at 3:00 p.m.
(Usually first Monday of each month)

CRAFTER'S CORNER
(IN-PERSON AT NSK - HYBRID)
Tuesday, June 13 at 1:00 p.m.
(Usually second Tuesday of each month)

EARLY STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, June 15 at 3:00 p.m.
(Usually third Thursday of each month)

FOREVER YOUNG (55-65)
(IN-PERSON AT NSK - HYBRID)
Thursday, June 1 at 3:00 p.m.
(Usually first Thursday of each month)

**FORGET-ME-NOT:
DEMENTIA CAREGIVERS**
(IN-PERSON AT NSK - HYBRID)
Saturday, June 17 at 10:00 a.m.
(Usually third Saturday of each month)

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

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

**MEN IN RETIREMENT
MONTHLY MEETING**
On hiatus through August

NEXT CHAPTER: WIDOW/-ERS
(IN-PERSON AT NSK - HYBRID)
Tuesday, June 13 & 27 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, June 16 at 2:30 p.m.
(Usually third Friday of each month)

**WOMEN IN RETIREMENT
MONTHLY MEETING**
Friday, June 16 at 10:00 a.m.

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.

Donating a vehicle brings a smile as sweet as spring

The process is easy, the pick-up is free, and your gift is tax-deductible

Give Today!

Donate It

Call 855.500.7433 or 855.500.RIDE or visit:
<https://careasy.org/nonprofit/Princeton-Senior-Resource-Center>
to get started!

JUNE 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



NIGHTINGALENJ
Eldercare Navigators

Navigate the healthcare system and maintain control of their lives throughout the aging process
nightingalenj.com



Focus on patient education — not only for treatment but also for prevention
innovativeptnj.com



Penn Medicine
Princeton Health

Princeton Health is one of the most comprehensive healthcare systems in New Jersey
princetonhcs.org



ROTHKOFF
LAW GROUP
Elder Care Law

Committed to helping seniors and their families
with life care planning
rothkofflaw.com

FROM THE DEVELOPMENT OFFICE

As we approach the last month of the 2022–2023 annual giving campaign, we invite you to make a **DONATION** that will further our work with the older adults in our community.

AGING UNBOUND:



CONNECT. LEARN. THRIVE.

Thanks to you, we are able to offer the older adults in our region a place to connect, to learn, and to thrive! As we approach the end of our forty-ninth year serving the older adults throughout our region, we want to thank you for empowering us to make a difference in our community. This year alone, we have:

- Served more than 5,500 constituents across all aspects of our programs and services
- Engaged over 400 older adult volunteers in making a difference in the lives of others
- Supported 1,385 participants in our support and discussion groups
- Performed nearly 1,000 hours of case management and counseling
- Provided technology assistance with over 900 client visits and workshop participants

Your generosity is truly the fuel that empowers PSRC to change lives and to help older adults connect...learn...and thrive!

As a participant, volunteer, or friend of PSRC, your participation in this campaign would be extremely meaningful to us and would help us finish our fiscal year in a strong position to continue serving the older adults in our community. Whatever you are able to give will be deeply worthwhile and greatly appreciated.

Thank you! Again, **we invite you to make a DONATION**. We are truly grateful for your gift. Your generosity is the fuel that empowers PSRC to change lives.

To make a DONATION, visit https://princetonsenior.link/DonateNow2022_2023, or call 609.751.9699, ext 103.



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



TECHNOLOGY ASSISTANCE

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

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

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

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

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

Innovative Physical Therapy
and Fitness Center
McCaffrey's Food Markets
NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Oasis Senior Advisors
Peapack Private Wealth Management
Penn Medicine Princeton Health

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

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

Be sure to follow us on Facebook so you don't miss a beat! facebook.com/princetonsenior.org/