

2023 SPRING FUNDRAISER EVENT
JOIN US FOR A SPECIAL EVENT WITH

KEITH SPENCER IN CONCERT

DYNAMIC, VERSATILE BARITONE VOCALIST AND CONCERT ENTERTAINER

Sunday, April 30 at 7:00 p.m. (doors open at 6:30 p.m.) *NOTE NEW TIME*

Location: Stone Hill Church, 1025 Bunn Drive, Princeton, NJ

DESSERT RECEPTION FOLLOWING CONCERT

FOR MORE INFORMATION AND REGISTRATION: princetonsenior.link/2023-SpringFundraiser

Questions about this event?

Contact Lisa Adler at ladler@princetonsenior.org or call 609.751.9699, ext. 103.

SPRING INTO SHAPE AT PSRC!



Turn to [pages 7–8](#) for details about our exciting fitness programs!

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

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

SUZANNE PATTERSON BUILDING

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

info@princetonsenior.org
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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“Sorry it’s over! And I very much appreciate the opportunity to keep my brain in gear.”

“As I grow older, the Evergreen Forum courses mean more to my everyday life — expanding insights, sending my thinking in new directions.”

“We met new friends and traveling companions through the Evergreen Forum. In addition to great classes, Evergreen has become an important part of our social life in our retirement.”



As we prepare to kick off the spring 2023 semester of Evergreen Forum, these comments from past Evergreen Forum participants help to highlight the value of our Evergreen program — as well as other aspects of the Princeton Senior Resource Center’s lifelong learning initiatives. There is little doubt, a comprehensive lifelong learning program is one of the critical pieces in helping us carry out our mission to help older adults thrive!

Lifelong learning, the importance of continuing learning for adults in their post-retirement lives, has entered the national conversation on holistic well-being for older adults. Lenore Weinstein, professor at Marquette University, in her article “Lifelong Learning Benefits for Older Adults,” discusses the significant contributions of adult learning towards health and vitality.

Most notably, Professor Weinstein points to the positive contribution of continuing one’s education on mental well-being. She argues that lifelong learning programs “will stimulate the brain.... And so, to improve one’s mental functioning and mental health, one needs to get out of one’s rut and change one’s routine, try new things and experience the unfamiliar.”

PSRC’s lifelong learning offerings provide just that — an opportunity to stretch one’s horizons, to learn new things, to discover the “inner artist” that has been waiting to emerge. One of the most exciting aspects of the Evergreen Forum is that the course offerings cover a broad range of subjects and are not limited to topics on aging. In Evergreen Forum you can encounter Shakespeare, discover opera, dive into political discourse, and so much more. The Evergreen Forum steering committee does an outstanding job creating a diverse selection of courses so that everyone can find something of interest.

Professor Weinstein also notes other benefits of lifelong learning for older adults. She highlights the positive effects continuing education has on overall quality of life, memory and recall, and overcoming depression/loneliness. The socialization benefits alone, she argues, contribute to thriving and vitality. The most engaged retirement is one where people take risks, get involved, and discover new possibilities through lifelong learning.

Additionally, she points out that older adults who participate in lifelong learning programs and engage in classes that stretch their wings report an overwhelming sense of joy and contentment. One of the Evergreen participants put it this way, “Thank you so much for Evergreen! Stimulating, enlightening, and a lot of fun.”

So, come join the fun. Stretch your wings. It’s not too late to register for an Evergreen course this semester. With in-person, hybrid, and virtual offerings, there is something for everyone — and you can participate from anywhere! I look forward to seeing you around during this very robust Evergreen season.

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

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Chief Development Officer

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*Intergenerational Coordinator
 & Building Host*

Johanna Peters
Director of Social Services

Barbara Prince
Development Coordinator

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

EVERGREEN FORUM NOTICE:

Spring Evergreen Forum Courses begin the week of February 27
 Don't miss your chance to register at

princeton senior.org/evergreen-forum

MARCH PROGRAMS

MARCH SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Princeton eBikes, Princeton Theological Seminary



FIRST FRIDAY FILM — MARGIN CALL
(HYBRID – IN-PERSON AT NSK LOCATION
AND ON ZOOM)

Friday, March 3 at 1:00 p.m.

An investment firm analyst uncovers disturbing information that could put his company in jeopardy in this riveting thriller set during the 2008 financial crisis. Starring: Stanley Tucci, Paul Bettany, Jeremy Irons, Kevin Spacey, Zachary Quinto. **Running time: 1 hour, 47 minutes; Genre: Drama, Thriller; Rated: R**

Drama, Thriller; Rated: R

Registration required, no fee.



FYI SEMINAR — “WOMEN IN PRINCETON’S HISTORY” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, March 7 at 3:00 p.m.

Women’s stories are often more difficult to find in the historical record, or their identities are hidden behind their husband’s names. This program brings to light the contributions of some of the diverse and influential women in Princeton’s history, including immigrants, enslaved women, working women, and community leaders. Through their service to others, these trailblazers played key roles in the town’s development.

Presenter Eve Mandel is the director of programs and outreach at the Historical Society of Princeton. Registration required, no fee.



FYI SEMINAR — “PARTNERS IN CARE — WHAT IS CARE MANAGEMENT?” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, March 14 at 3:00 p.m.

This presentation will provide an overview of different types of client advocacy, what specifically should a consumer know when looking for a care

LIBRARY READS — MONDAY, MARCH 6

(usually meets on the first Monday of the month)

1:00 p.m. via Zoom

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.

manager, what is a certified aging life care advisor, why one would seek out a care manager, and what types of specialties they offer.

Presenter Annette Murphy is a clinical medical geriatric social worker who has worked in the field for thirty years. Registration required, no fee.



FYI SEMINAR — “SPINAL STENOSIS”
(IN-PERSON AT NSK LOCATION)

Tuesday, March 21 at 3:00 p.m.

Spinal stenosis is a prevalent problem that exists in approximately fifty percent of adults over the age of sixty-five, presented by pain in the low back and/or pain, weakness, and tension in one or both legs. In this presentation, participants will learn about spinal stenosis in the back and legs, exercises to help the symptoms, and how to care for someone with this health issue. Participants will learn how movement and exercise can help with pain and improve daily function.

Presenter Laura Wong, PT, DPT, graduated with a doctor of physical therapy degree from Rutgers School of Health Professions. 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:

March 7 — Paul Catchlove: The habit that could improve your career

March 14 — Deepa Narayan: 7 beliefs that can silence women – and how to unlearn them

March 21 — George Monbiot: Can we feed ourselves without devouring the planet?

March 28 — Adam Grant: Are you a giver or a taker?

Registration required, no fee.

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

LIMITED SERIES PROGRAMS

A DAY OUT AT PSRC: JOIN US FOR A FILM & BINGO

Join us for a social day, come for a movie and then if you like, stay for Bingo!

NOW SHOWING — *THE BANSHEES OF INISHERIN*
(IN-PERSON AT NSK LOCATION)

Wednesday, March 15 at 10:30 a.m.

On a remote island off the coast of Ireland, Pádraic is devastated when his buddy Colm suddenly puts an end to their lifelong friendship. Pádraic sets out to repair the damaged relationship by any means necessary. However, as Colm's resolve only strengthens, he soon delivers an ultimatum that leads to shocking consequences. Nominated for nine Academy Awards. Starring: Colin Farrel, Brendan Gleeson. *Running time: 1 Hour, 53 minutes; Genre: Dark Tragi-Comedy; Rated: R*

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

Wednesday, March 15, 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.**

Individual registrations for both NOW SHOWING: *THE BANSHEES OF INISHERIN* and BINGO are required, no fee

Note: Staying for the day? We recommend bringing a lunch with you to enjoy in between the film and Bingo

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

Wednesday, March 22, 3:30–4:30 p.m.

Fee: \$5

Who makes up Gen Z and why are they always on their phone? Spanning from late teens to late twenties, this generation of people is the first to actively grow up with the internet and the impact is clear. Join us for a session dedicated

to exploring the environment Gen Z grew up in, their motivation, styles of communication, and the positive impact they could have on our future.

Instructor: Krista Hendrickson received her master's degree in higher education from the University of South Florida and has worked with Generation Z college students for over five years in the university setting. She now serves as the director for lifelong learning at PSRC.

FREE AARP TAX ASSISTANCE FOR SENIORS

(IN-PERSON AT SPB LOCATION, APPOINTMENT ONLY)

Fridays, February 3 through April 14

AARP sponsors free tax assistance for low and moderate-income people through the AARP Tax-Aide program. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

A pre-appointment packet may be picked up in advance or filled out at the time of your appointment. Call PSRC for packet pick-up locations and hours.

By appointment only. Register at <https://princetonsenior.link/AARPtaxaide>.

THE *FULL MONTY UKE BAND* EXPERIENCE

(IN-PERSON AT NSK LOCATION)

Thursday, March 30, 1:00–2:00 p.m.

Welcome to The *Full Monty Uke Band* Experience! This ukelele band formed five years ago at the Montgomery Senior Center and continues to practice and perform all over New Jersey. Playing almost every genre of music — from ballads and country; folk to rock; oldies to contemporary — you'll have a blast at our show. Registration required, no fee.

LIVE FROM ITALY: WALKING TOUR OF BOLOGNA

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

Wednesday, March 8, 10:00–11:00 a.m.

Fee: \$5

Come and explore the seven secrets of Bologna, Italy! This city is filled with medieval

MARCH PROGRAMS

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

architecture and is rich in churches and cultural sites. Characterized by arcades and warm colors, this historic city is not to be missed.

Participants will be able to ask questions and interact with the guide throughout the tour.

PUPS & CUPS (IN-PERSON AT NSK LOCATION)

Thursday, March 30, 3:00–4:00 p.m.

Join us for an hour of socializing and pet therapy at our 101 Poor Farm Road location! A certified therapy dog will be available to provide comfort, cuteness, and relaxation, along with the opportunity to socialize and enjoy some hot beverages for \$1.

“SHOW, DON’T TELL”: THE SECRET OF GOOD WRITING (ZOOM)

Wednesdays through March 8, 10:30 a.m.–noon

Fee: \$75

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NO PRESENTATION IN MARCH

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

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

Registration required, no fee

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Friday, March 31, 11:00 a.m.

Join up for a social hour of chatting and sharing.

Registration is required, no fee.

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

Friday, March 17 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 “ADVENTURES IN FIELDWORK — SANDINISTA, NICARAGUA” (ZOOM)

Friday, March 17 at 10:00 a.m.

WIR’s Victoria Caffrey returns to share her experiences during the 1980s Contra War in Nicaragua. Victoria studied at the Adult Literacy Campaign, living in urban and rural Nicaraguan communities. There were physical perils and beautiful moments as people shared what literacy meant to them and to the country — the answers were not obvious. All are welcome. Registration required, no fee. For more information about the Women in Retirement and WIR Coffee Klatches, go to <http://wiret.wordpress.com/>

WOMEN IN RETIREMENT: COFFEE KLATCH

(IN-PERSON AT PANERA BREAD IN NASSAU PARK OR ON ZOOM)

Fridays at 10:00 a.m.

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



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.

MARCH EXERCISE & FITNESS PROGRAMS

MARCH FITNESS SPONSOR: *Home Instead*

EVERY BODY WALK! (IN-PERSON)

Every Body Walk is returning in April. Stay tuned for details.

FULL MOTION FITNESS (IN-PERSON AT SPB LOCATION)

Mondays, beginning March 6 through March 27, 8:30 a.m.

Fee: \$30 resident/\$35 nonresident

Join us in-person for an energetic and fun workout designed to get the body moving through a variety of exercises set to lively music. This course is welcoming and inclusive to all fitness levels. Minimum of 6 participants.

Instructor: Cynthia Adams

GENTLE YOGA + NIDRA — WINTER QUARTER (ZOOM)

Mondays through March 27, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

Instructor: Joy Cline-Okoye

MINDFUL CHAIR YOGA & MEDITATION — WINTER QUARTER (ZOOM)

Thursdays through March 30, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

Instructor: Lyn Lilavati Sirota

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

Wednesdays and Thursdays in March (March 1 & 2, March 15 & 16, March 29 & 30), 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-Horensk

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

Wednesdays and Thursdays in March (March 8 & 9, March 22 & 23), 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-Horensk

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

Wednesdays in March, 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 complete drilling, all while improving their skills with guidance from our instructor. Space is limited to 6 participants with a minimum of 3.

Instructor: Carolyn Dardani-Horensk

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. For available dates and times, please see the Pickleball Group Court Rental Form: princetonsenior.link/PickleballMarchGroupRental

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

Thursdays in March, 9:30–10:30 a.m. or 10:30–11:30 a.m.

Fee: \$20 resident/\$25 nonresident

“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.

Instructor: Carolyn Dardani-Horensk

(Continued)

MARCH 2023

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

Key:

NSK - Nancy S. Klath Center
SC - Spruce Circle
SPB - Suzanne Patterson Building
H - Hybrid Group/Program

1

9:30 Pickleball Instructed Open Court (SPB)
10:30 "Show, Don't Tell": The Secret of Good Writing
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

2

9:30 Pickleball "3 and Me" (SPB)
10:00 Cosmology (NSK-H)
10:00 Mindful Chair Yoga
10:30 Pickleball "3 and Me" (SPB)
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:30 A Novel Idea: PSRC's Book Club (SPB)
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Forever Young (55-65) Group (NSK-H)

3

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film - *Margin Call* (NSK-H)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

6

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

7

8:30 Sculpt & Stretch (SPB)
10:30 TED Talks (NSK-H)
1:00 Games Day (SPB)
3:00 FYI Seminar - "Women in Princeton's History" (NSK-H)

8

9:30 Pickleball Instructed Open Court (SPB)
10:00 Live from Italy: Walking Tour of Bologna (NSK-H)
10:30 "Show, Don't Tell": The Secret of Good Writing
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

9

9:30 Pickleball "3 and Me" (SPB)
10:00 Cosmology (NSK-H)
10:00 Mindful Chair Yoga
10:30 Pickleball "3 and Me" (SPB)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:30 A Novel Idea: PSRC's Book Club (SPB)
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Children of Aging Parents Group (NSK-H)

10

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)

13

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

14

8:30 Sculpt & Stretch (SPB)
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widows & Widowers (NSK-H)
1:00 Games Day (SPB)
1:00 Crafter's Corner (NSK-H)
3:00 FYI Seminar - "Partners in Care: What is Care Management?" (NSK-H)

15

9:30 Pickleball Instructed Open Court (SPB)
10:30 A Day Out at PSRC (NSK)
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:00 Bingo: Win Like Never B-4 (NSK)
2:00 Tech Lab Assistance (NSK)
3:00 Let's Talk (NSK-H)

16

9:30 Pickleball "3 and Me" (SPB)
10:00 Cosmology (NSK-H)
10:00 Mindful Chair Yoga
10:30 Pickleball "3 and Me" (SPB)
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Early Stage Memory Loss Support Group (NSK-H)

17

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Monthly Meeting
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
2:30 Transition to Retirement (NSK-H)

20

8:30 Full Motion Fitness (SPB)
10:00 Gentle Mat Yoga + Nidra
11:00 Bereavement Group
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Aging Gaily (LGBTQ+) Group (NSK-H)

21

8:30 Sculpt & Stretch (SPB)
10:30 TED Talks (NSK-H)
11:00 Grandparenting Group (NSK-H)
1:00 Games Day (SPB)
3:00 FYI Seminar - "Spinal Stenosis" (NSK)

22

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

23

9:30 Pickleball "3 and Me" (SPB)
10:00 Cosmology (NSK-H)
10:00 Mindful Chair Yoga
10:30 Pickleball "3 and Me" (SPB)
11:30 Pickleball *Next Level* Bootcamp: Two-A-Days (SPB)
1:30 OnStage Seniors
2:00 Tech Lab Assistance (NSK)

24

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

27

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

28

8:30 Sculpt & Stretch (SPB)
10:30 TED Talks (NSK-H)
11:00 Next Chapter: Widows & Widowers (NSK-H)
1:00 Games Day (SPB)

29

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

30

9:30 Pickleball "3 and Me" (SPB)
10:00 Cosmology (NSK-H)
10:00 Mindful Chair Yoga
10:30 Pickleball "3 and Me" (SPB)
11:30 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
1:00 The *Full Monty Uke Band* Experience (NSK)
1:30 OnStage Seniors (SPB)
2:00 Tech Lab Assistance (NSK)
3:00 Pups & Cups (NSK)

31

10:00 Men in Retirement Breakfast Meeting (SPB)
10:00 Women in Retirement Coffee Klatch
11:00 Senior Citizen Club (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

FROM THE DEVELOPMENT OFFICE



Spotlight on Springpoint Choice

Springpoint Choice is a membership program for healthy, active adults fifty-five plus, who live independently and wish to age in their home, safely and securely.

The program provides members with long-term care services and customized coordination of future care needs through Springpoint's network of providers, along with access to LivWell, an award-winning health and wellness program. Members can engage in a variety of social, wellness, and community activities to help them stay healthy and active. When care needs arise, members can access services with a call to their personal care navigator.

Springpoint Choice benefits include:

- A long-term care plan designed to help members stay in their own home as long as possible.
- A personal care navigator to secure and manage long-term care services.
- Access to social and wellness programs at the Springpoint Life Plan Communities in New Jersey and Delaware.
- Access to quality long-term care, if needed, in the most appropriate setting, including home care, assisted living, memory support, and skilled nursing and rehabilitation.

The Springpoint Choice team works diligently to offer great benefits today with financial protection and peace of mind for tomorrow. For more information on becoming a Springpoint Choice member, please visit springpointchoice.org.

Springpoint Choice is a proud sponsor of the Princeton Senior Center and fully supports PSRC's core values of community, compassion, inclusion, innovation, stewardship, purpose, excellence, and joy for all older adults.

springpointchoice.org

MARCH FEATURED SPONSORS

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The Silver Century Foundation promotes
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noviwealth.com/



Downsize, Move Forward

walshseniorsolutions.com

Do You Need a New Computer?

When does a computer become “obsolete?” Here are some things to consider.

Computers can last a long time. Folks bring us ten-year-old PCs and MacBooks that still perform basic tasks like web browsing, composing emails, and even word processing. So, when do you need to replace a computer that still works? Here are two considerations:

1. **The operating system is no longer supported.** Microsoft currently supports only Windows 10 and 11, and Apple supports MacOS Versions 11, 12, and 13. Computers more than roughly five years old may not be able to run these newer operating systems, and earlier versions (like Windows 7) are not updated with new features, bug fixes, or major security enhancements. Furthermore, some software won't work on older operating systems.
2. **Your computer is slow.** Your computer's central processor is running just as fast as it always did—but newer software is more demanding. Web pages include more graphics, newer software is more complex, and files are bigger. Older computers may not have the “horsepower” to keep up.



Steve is waiting patiently for Microsoft Word to load his memoirs.

So, you want a new computer? Sure! Here's what you can look forward to in today's laptop computers: ¹

1. **Latest operating system.** PC laptops come with Windows 11; MacBooks with MacOS 13 (Ventura). Both are excellent operating systems with enhanced security features and slick user interfaces (the menus, windows, and dialog boxes you see on the screen). Basic Windows and MacOS commands and desktop icons haven't changed much from earlier versions, and the learning curve isn't steep. (Besides, you can always ask us for help).
2. **Solid-state main memory.** Most computers now use solid-state main memory instead of spinning disks. This alone doubles the speed when starting a program, copying and transferring files, and even web browsing.
3. **Faster central processors.** Newer Intel and AMD processors on Windows laptop computers are much faster, and the latest MacBooks use Apple's new M1 and M2 processors that set the bar for both computing speed and battery life.
4. **Better screen resolution.** Most mid-priced Windows laptops use high-definition displays, with ultra-high-definition screens optional at extra cost. Apple MacBooks use Retina displays that render super-sharp text and graphics.

Consider tablet computers. Tablets are excellent for consuming (as in reading) information. Indeed, an iPad ² can either replace your aging computer or provide an alternative for surfing the web, writing emails, reading books (with the Kindle app), and so on.

Coming in April. Next month, I'll suggest what to look for in a Windows laptop or MacBook. So, don't touch that knob!

If you have questions about what computer to buy, just fill out the nifty help request at <https://princetonsenior.wufoo.com/forms/technology-assistance-request/>, and we'll be in touch!

¹ There's little reason to buy a “desktop” computer. Laptops are small and portable, and, with an external monitor, keyboard, and mouse, can double as a desktop computer.

² There are also Android tablets, but the iPad is stellar in every regard. They start at \$330.

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



No matter where you live in the U.S.,
you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to
chat with a caring counselor.

We're here for you.



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.



MENTAL HEALTH RESOURCES

The Mental Health Association in New Jersey (MHANJ) has a rich history of improving the lives of people with mental health and substance use disorders. The MHANJ is a statewide nonprofit organization whose mission is to strive for children and adults to achieve victory over mental illness and substance use disorders through advocacy, education, training and services. As the Association marks seventy-eight years of service, there is much to celebrate! The MHANJ breaks down stigma and other barriers that prevent people from seeking treatment. It builds a strong base of support and network of services for people coping with behavioral health issues and their family members.

<https://www.mhanj.org/resource-links>



It's OK not to be OK.
*We are here 7 days a week to offer emotional support.
 Your calls to us are free & anonymous.*

Call 866.202.HELP (4357) or Text NJHOPE to 51684
 8AM - 8PM, daily 10AM - 6PM, M-F

NEW JERSEY hope and healing This program is brought to you by NJ Hope and Healing- CCP program The Mental Health Association in New Jersey in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services, Disaster and Terrorism Branch, is offering a Crisis Counseling Program (CCP) through a (FEMA/SAMHSA) grant.



- AGING GAILY (LGBTQ+)**
 (IN-PERSON AT NSK - HYBRID)
Monday, March 20 at 3:00 p.m.
 (Usually third Monday of each month)
- BEREAVEMENT**
Monday, March 20 at 11:00 a.m.
 (Usually third Monday of each month)
*Call Sherri Goldstein
 609.819.1226 to attend.*
- CAREGIVERS**
Monday, March 13 & 27 at 3:00 p.m.
 (Usually second & fourth Monday of each month)
- CHILDREN OF AGING PARENTS**
 (IN-PERSON AT NSK - HYBRID)
Thursday, March 9 at 3:00 p.m.
 (Usually second Thursday of each month)
- CRAFTER'S CORNER**
 (IN-PERSON AT NSK - HYBRID)
Tuesday, March 14 at 1:00 p.m.
 (Usually second Tuesday of each month)
- EARLY STAGE MEMORY LOSS SUPPORT**
 (IN-PERSON AT NSK - HYBRID)
Thursday, March 16 at 3:00 p.m.
 (Usually third Thursday of each month)
- FOREVER YOUNG (55-65)**
 (IN-PERSON AT NSK - HYBRID)
Thursday, March 2 at 3:00 p.m.
 (Usually first Thursday of each month)
- GLOBAL CONVERSATIONS**
Mondays at 1:00 p.m.
- GRANDPARENTING**
 (IN-PERSON AT NSK - HYBRID)
Tuesday, March 21 at 11:00 a.m.
 (Usually third Tuesday of each month)
- LET'S TALK (IN-PERSON AT NSK - HYBRID)**
Wednesdays at 3:00 p.m.



**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.
princetonior.org/lending-locker



PSRC has FREE incontinence supplies — contact us for information.

- NEXT CHAPTER: WIDOW/-ERS**
 (IN-PERSON AT NSK - HYBRID)
Tuesday, March 14 & 28 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, March 17 at 2:30 p.m.
 (Usually third Friday of each month)
- WOMEN IN RETIREMENT
 MONTHLY MEETING**
Friday, March 17 at 10:00 a.m.
 (different time this month)

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

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

PSRC WINTER RAFFLE

ARE YOU FEELING LUCKY?

Help PSRC reach our annual fundraising goals for 2022–23 by entering a chance to WIN

1st Prize — \$5,000 AMEX gift card

2nd Prize — \$2,500 AMEX gift card

3rd Prize — Aventon E-Bike

Aventon E-Bike donated by Princeton eBikes

4th Prize — Paella Dinner for 8

Catered Paella Dinner for 8 provided by Las Patatas de Rafa*

**only delivery in Mercer County*

Drawing on Thursday, March 16

\$100 each, max 300 tickets sold

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

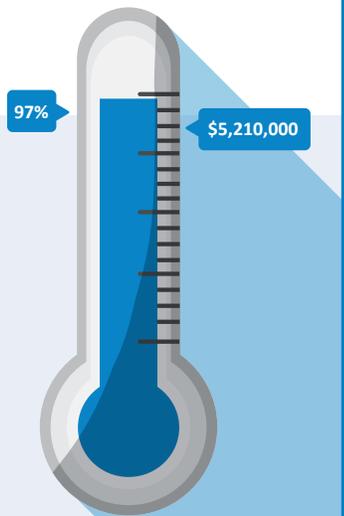
OR CLICK HERE TO ENTER: princetonsenior.link/2023-WinterRaffle



PRINCETON SENIOR RESOURCE CENTER
Lifelong Learning Capital Campaign



GOAL: \$5,350,000



WE ARE SO CLOSE! HELP US CLOSE OUT OUR CAPITAL CAMPAIGN AND MEET 100% OF OUR GOAL

We are currently at \$5.21 million and need only \$140,000 to meet 100% of our goal

WE NEED YOUR HELP TO END STRONG

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

Lifelong Learning Capital Campaign
Progress Report — March 2023

Raised 5.21 million of 5.35 million



SPONSORSHIP OPPORTUNITIES

PSRC SPRING FUNDRAISER
Join us for a special event with
KEITH SPENCER IN CONCERT

DYNAMIC, VERSATILE BARITONE VOCALIST AND CONCERT ENTERTAINER
DESSERT RECEPTION FOLLOWING CONCERT
Ticket(s) \$40 each Patron Level \$100 each (includes a \$60 donation)

Keith Spencer has pursued his love of the stage and concert performance nationally and in many Philadelphia-local professional venues including Bristol Riverside Theatre, Act II Playhouse, The Prince Music Theatre, Hedgerow Theatre, The Broadway Theatre of Pitman, and Parx Casino with the Summer Club Big Band.

Proceeds from this event fund PSRC's essential social services, providing support and extensive educational and social programming for the older adults in our community. PSRC has set a goal to raise \$35,000. Help us achieve this goal and become an event sponsor.

An event sponsorship offers unique advertising benefits. We are a perfect fit for the company looking to build brand awareness, share their communal philanthropy, and increase visibility among 4,500 plus patrons of the greater Princeton area.

THIS IS AN IN-PERSON EVENT
at Stone Hill Church,
1025 Bunn Dr, Princeton NJ

SUNDAY, APRIL 30, 2023
at 7:00 p.m. (doors open at 6:30 p.m.)

REGISTER HERE:
princetonsenior.link/2023-SpringFundraiser



PRINCETON SENIOR RESOURCE CENTER
101 Poor Farm Road, Building B
Princeton • NJ • 08540
princetonsenior.org • 609.751.9699

Company Name _____
Address _____
Contact Name _____
Signature _____
Telephone _____
Email _____
Administrative Contact _____
Telephone _____ Email _____

[] All That Jazz Level — \$2,500
• 10 complimentary tickets
• Recognition on the digital invitation with active hyperlink; recognition in the printed program (full page ad, first page: first come, first service basis); company name on PSRC website with active hyperlink; and name listing in eblasts
[] Luck Be A Lady Level — \$1,500
• 8 complimentary tickets
• Recognition on the digital invitation with active hyperlink; recognition in the printed program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts
[] That Old Black Magic Level — \$750
• 6 complimentary tickets
• Recognition on the digital invitation with active hyperlink; recognition in the printed program (quarter page ad); company name on PSRC website with active hyperlink; and name listing in eblasts
For more information about event sponsorships or printed ad journal specifications, contact Lisa Adler at ladler@princetonsenior.org, or call 609.751.9699, ext. 103.

PAYMENT INFORMATION (Check or Credit Card)
Check Number _____ Check Amount _____
Card Number _____
Exp ____/____ CVV _____
Cardholder Name _____
Signature _____ Date _____

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.



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



HOW LUCKY YOU ARE!

PSRC Winter Raffle Drawing on Thursday, March 16 from 3:30–4:30 p.m. at the Nancy S. Klath Center for Lifelong Learning.

Enjoy some St. Patrick’s Day treats and see if you are the big winner!

ENTER TO WIN: princetonsenior.link/2023-WinterRaffle

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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

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

Princeton eBikes
Rothkoff Law Group
Roundview Capital
Silver Century Foundation
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/