



GATSBY IN CONNECTICUT:

THE UNTOLD STORY

A Film Screening with Director,
Robert Steven Williams

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

Wednesday, May 10, 2:00–4:30 p.m.

Description on [page 6](#). Register at
princetonsenior.link/GatsbyFilmScreening

*Gatsby in Connecticut: The Untold Story is presented
in partnership with the AARP-NJ and PSRC.*

ON-STAGE SENIORS: OPENING PERFORMANCE

The Public Face of Positive Aging
Through Theater

(IN-PERSON AT NSK LOCATION)

Friday, May 5, 3:00–5:00 p.m.

Description on [page 6](#). Register at
princetonsenior.link/May-General-Programs



VACCINE AWARENESS FOR OVERALL HEALTH IN OLDER ADULTS (HYBRID – IN-PERSON AT NSK
LOCATION AND ON ZOOM)

Wednesday, May 3 at 1:00 p.m.

Dr. George DiFerdinando, chair of the Princeton Board of Health, will review the 2023

Adult Immunization Schedule by Age (<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>) with particular focus on immunizations for persons over fifty years

of age, with other medical conditions, and offer point to resources for home review. (<https://www.immunize.org/adult-vaccination/>) Registration required, no fee.

Register at princetonsenior.link/May-3-Town-Hall



NEXT COMMUNITY HEALTH EVENT

Thursday, May 11 from 1:00–3:00 p.m.

Vaccine Booster Clinic and Health

Screenings (In-Person at NSK Location)

See [page 15](#) for more details.

**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

Older Americans Month

Dear Friends,

Martin was tenacious. He was adventurous. He was bold. He was everything I hope to be in the later years of my life. I met Martin in 1995, when he was in his late eighties. He was a member of my first congregation, and we quickly became friends. He learned to ski in his seventies, went skydiving on his eightieth birthday, and took his great-grandchildren to ride rollercoasters. He personified the theme for Older Americans Month 2023, “aging unbound!”

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older citizens. Locally, Mayor Freda, Councilwoman Niedergang, and their colleagues on the Princeton council proclaimed May 2023 as “Older Americans Month...urge(ing) every resident to celebrate our older citizens, help create an inclusive society, and accept the challenge of flexible thinking around aging.”

This month, we invite you to join us as we recognize the sixtieth anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in **Aging Unbound**:

- Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities to bring in more growth, joy, and energy. This month we are offering a generative writing class, a “creating with clay” workshop, line dancing, and more!
- Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities. Join us for the screening of *Gatsby in Connecticut* with a post-screening discussion with award-winning director, Robert Steven Williams, the premier performance of OnStage Seniors’ 2023 production, a tech workshop on effective web usage, or one of our many other classes or activities.
- Stay engaged in your community. Everyone benefits when



everyone is connected and involved. Stay active by volunteering, working, mentoring, participating in social clubs, and taking part in activities in the community.

- Form relationships. As an essential ingredient of well-being, relationships can enhance your quality of life by introducing new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members. At PSRC, join one of our conversational small groups, such as Aging Gaily (LGBTQ+), Forever Young (55–65), Transitions to Retirement, or Let’s Talk (or many others listed on page 15).

Martin wasn’t only incredibly fun and full of life, he was also a man of substance whose vulnerability left a profound mark on my life. A veteran of World-War II and a father who lost his young adult son, Martin was open about his own struggles with depression and mental illness. It was his belief that by sharing openly about his own struggles and treatment, he would help break down the stigma around mental illness.

According to recent studies released by the American Journal of Geriatric Psychiatry, more than 27% of older adults assessed by aging service providers met the criteria for a diagnosis of major depression and another 31% of older adults had symptoms of depression that didn’t rise to diagnosis, but significantly impacted their lives. Similarly, the study found that 14% of older adults meet the criteria for a diagnosable anxiety disorder while another 27% had symptoms of anxiety that didn’t meet diagnostic criteria but appreciably affected their day-to-day life.

As May is also National Mental Health Awareness Month, it is a good opportunity to remind ourselves that mental health is an important component of “aging unbound.” Certainly, practices of self-care, such as exercise, good sleep habits, practicing gratitude, and staying connected with others are important aspects of fostering positive mental health. It is equally important to monitor your mental health, looking for signs or distressing symptoms such as difficulty sleeping, appetite changes, difficulty concentrating, or loss of interest in people or activities. Don’t wait until these symptoms become overwhelming. Instead, reach out for help. Reach out to our social services team. Talk to your primary care doctor. Connect with a counselor. All can get you connected to a mental health professional for assessment and treatment.

Martin taught me that aging was truly something worth embracing. He also taught me the importance of good mental health and the power of vulnerability to destigmatize mental illness and treatment. I am grateful for his presence in my life — and I wish for you the power of *aging unbound!*

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

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Johanna Peters
Director of Social Services

Barbara Prince
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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

MAY PROGRAMS

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



FIRST FRIDAY FILM — MANK (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)
Friday, May 5 at 10:00 a.m.

1930s Hollywood is reevaluated through the eyes of scathing wit and alcoholic screenwriter Herman J. Mankiewicz as he races to finish “Citizen Kane.” Starring: Gary Oldman, Amanda Seyfried, Lily Collins, Arliss Howard. **Running time: 2 hours, 11 minutes; Genre: Biography, Drama; Rated: R**

Registration required, no fee.



FYI SEMINAR — “THE PERILS OF HIRING PRIVATE HOME CARE” (IN-PERSON AT NSK LOCATION)

Tuesday, May 9 at 3:00 p.m.

You may believe that you are taking control and saving money by hiring a home health aid privately, but there are many risks involved in doing so. Join us for an informative session to learn about the pros, cons, potential dangers, and their legal ramifications.

Lisa Bayer is the director of marketing and education for Always Best Care. Prior to joining ABC, Lisa was the director of a LearningRx brain training center. Evan Kerstetter is an attorney with Archer Brogan. He practices exclusively in the areas of estate planning and administration, guardianships, and Medicaid applications. He is an active member of the elder law and disability section of the New Jersey State Bar Association. Registration required, no fee.



FYI SEMINAR — “WOMEN'S HEALTH” (IN-PERSON AT NSK LOCATION)

Tuesday, May 16 at 3:00 p.m.

We are celebrating Women’s Health Week with a presentation on health conditions that uniquely affect women. Conditions covered will include heart disease, diabetes, strokes, and other conditions. Nurse educator, Dana Hvisdock, BSN, RN-BC, will cover the risks and prevention measures for these conditions. Dana is a registered nurse for the community health and wellness department for Penn Medicine Princeton Health

in which she performs and organizes health screenings and other health education programs for the community. She has her gerontological nursing certification through the American Nurses Credentialing Center. Registration required, no fee.



FYI SEMINAR — “MENTAL HEALTH AND AGING” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, May 23 at 3:00 p.m.

Older adults experience anxiety, depression, and other mental health concerns. This seminar will discuss the symptoms and affects of mental health as we age.

Sharon Joag, DPM, is a master's of social work student at Columbia University and an intern at NAMI Mercer. 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:

May 2 — Mona Chalabi: 3 ways to spot a bad statistic

May 9 — Peter Attia: Is the obesity crisis hiding a bigger problem?

May 16 — Lisa Damour: 3 steps of anxiety overload and how you can take back control

May 23 — Robin Steinberg: What if we ended the injustice of bail?

May 30 — Lisa Nip: How can we engineer the human body to survive on Mars and beyond? (Recommended by Nayan Trivedi)

Registration required, no fee.

This month’s FYI sponsors are Akin Care Senior Services, McCaffrey’s Food Markets, Oasis Senior Advisors, and Roundview Capital. TED Talk sponsors are Bryn Mawr/WSFS, Capital Health, Springpoint Choice, and Stark & Stark Attorneys at Law.

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

LIMITED SERIES PROGRAMS

AN AFTERNOON OUT AT PSRC: JOIN US FOR A FILM AND PUPS & CUPS

Join us for a social day, come for a special screening and then stay for Pups & Cups.

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

Thursday, May 25, 1:30 p.m.

The French Dispatch is a comedy drama film by Wes Anderson that celebrates journalism and *The New Yorker*. It tells three stories from an American magazine in a fictional French city, featuring art, politics, and cuisine. Rounded out by an all-star ensemble cast featuring Frances McDormand, Tilda Swinton, Bill Murray, Adrien Brody, Benicio Del Toro, Owen Wilson, and more. Popcorn provided. **Running time: 1 hour, 45 minutes; Genre: Comedy, Drama; Rated: R**
Registration required, no fee.

PUPS & CUPS (IN-PERSON AT NSK LOCATION)

Thursday, May 25, 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.

Individual registrations for both NOW SHOWING: THE FRENCH DISPATCH and PUPS & CUPS are required.

NEW! CREATING WITH CLAY: POOCHI PLANTERS (IN-PERSON AT SPB LOCATION)

Thursday, May 11, 1:00–4:30 p.m.

Fee: \$40 resident / \$45 nonresident

Make your very own succulent planter with self-hardening clay and learn various hand-

building techniques such as slab building, coiling, and carving. No prior experience is needed! Class is limited to 8 students with a minimum of 4. **IMPORTANT NOTE:** *There is a materials fee of \$10 payable to the instructor at the beginning of class.*

Instructor: Rebecca Graham, currently residing with her family in Princeton, has taught ceramics for more than twenty-five years and is the resident artist and visiting fellow at the New College West, Princeton University.

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

Mondays starting May 1 through May 22, 10:30–11:30 a.m.

Introductory Price: \$30 resident / \$35 nonresident
Join instructor Carol for four weeks of line dancing fun! No prior dance experience required, just an excitement to learn, move, and groove. No dance partner is needed but feel free to invite some friends to register or make new ones on the dance floor. Either way, you'll have a blast!
Instructor: Carol Feldman has been teaching and dancing since 1992. She began her teaching at a country western club called Oakley's and continues to teach in many clubs in the New Jersey area. She was awarded the Christopher Nardone Spirit of Giving Award in 2006 for her work in the dance community.

LIVE FROM SOUTH AFRICA: A CULTURAL TOUR OF THE BO-KAAP (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Thursday, May 11, 10:30–11:30 a.m.

Fee: \$5

Join your guide for a cultural tour of the vibrant and colorful area of the Bo-Kaap or "Upper Cape." Together we will explore the area and visit the Bo-Kaap museum before heading over to meet the Spice Girls at Atlas Spices, the most famous spice shop in the Mother City. From there, we will head to the picturesque Chiappini Street before moving

LIBRARY READS: NOW HYBRID!

MONDAY, MAY 1 (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.

MAY PROGRAMS

MAY SPECIAL PROGRAM SPONSORS

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

to the best view of the Table Mountain from the Bo-Kaap. We'll end our tour at the oldest mosque in South Africa. Participants will be able to ask questions and interact with the guide throughout the tour.

GATSBY IN CONNECTICUT: THE UNTOLD STORY

A Film Screening with Director, Robert Steven Williams (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, May 10, 2:00–4:30 p.m.

F. Scott Fitzgerald's masterpiece, *The Great Gatsby*, has become synonymous with the lifestyle of the rich and famous on Long Island. But what if that connection is false? The argument that the real West and East Egg can be found on the other side of Long Island Sound is brilliantly argued in the 2020 documentary, *Gatsby In Connecticut: The Untold Story*. Featuring Sam Waterston and narrated by Keir Dullea (2001: *A Space Odyssey*), the documentary was selected by *The New Yorker* as one of the best movies of 2020. This program will include a post-screening discussion with the award-winning director, Robert Steven Williams, with a wine and cheese reception to follow. Registration required, no fee.

Gatsby in Connecticut: The Untold Story is presented in partnership with the AARP-NJ and PSRC.

TECH WORKSHOP: HOW TO USE THE WEB EFFECTIVELY (ZOOM)

Wednesday, May 3, 10:30 a.m.

Fee: \$5

This ninety-minute course is for anyone who uses the web on any device. We'll discuss how to use the web safely and how to find what you need easily. Topics we'll cover include:

1. A (simple) explanation of how the internet works
2. Browser basics and the differences among Edge, Chrome, and Safari
3. Search engines, such as Google, Bing, and DuckDuckGo
4. Web security, cookies, scams, and authentication

5. How to use the web for lifelong learning and online services such as banking, shopping, and medical portals

Instructors: Evelyn Sasmor and Don Benjamin
Registration required, no fee.

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

Thursday, May 18, 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 inside. Musical Guest: PSRC welcome's back David Brahinsky who has performed as a folk musician for over fifty years individually and as the lead singer and guitarist of The Roosevelt String Band and David Brahinsky and Friends, as a single act with The Shoestring Players of Rutgers University, and with Young Audiences of New Jersey. Limited seating. Registration required.

ON-STAGE SENIORS: OPENING PERFORMANCE THE PUBLIC FACE OF POSITIVE AGING THROUGH THEATER (IN-PERSON AT NSK LOCATION)

Friday, May 5, 3:00–5:00 p.m.

Fee: \$5

OnStage, now in its fifteenth year, opens the 2023 Season, "The Best of OnStage" at PSRC's Nancy S. Klath Center for Lifelong Learning.

The nineteen members of the OnStage Ensemble, all over fifty-five years of age, present original monologues and scenes drawn from interviews with area residents. Directed by Joshua Schnetzer, these scenes and vignettes, some funny, others poignant, tell the stories of life's triumphs and challenges, setbacks, and successes as seen by the fifty-five plus world. After the performance there will be a lively post-show discussion with the audience, followed by drinks and hors d'oeuvres. Limited seating, registration required.

HOW TO WRITE PLAYFULLY: A GENERATIVE CLASS (ZOOM)

Wednesdays, April 12 to May 17, noon–1:00 p.m.

Fee: \$75 resident / \$80 nonresident

Call for availability.

MAY PROGRAMS

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

PRESENTATION: MEDICARE WORKSHOP (HYBRID – IN-PERSON AT THE PRINCETON PUBLIC LIBRARY, COMMUNITY ROOM)

Tuesday, May 23, 2:00–3:30 p.m.

Representatives from Senior Advisors outline how Medicare works and how to avoid common mistakes. The workshop will cover the different parts of Medicare and recent changes. Additional information includes how Medicare supplements work, Medicare prescription programs, original Medicare vs. Medicare Advantage, enrollment, and working past the age of sixty-five.

Presented in partnership with Senior Advisors, Princeton Public Library, and PSRC.

RETIREMENT PROGRAMS

MEN AND WOMEN IN RETIREMENT “EXPLORING THE GROUNDS FOR SCULPTURE” (HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, May 19 at 10:00 a.m.

Join Julio Badel, director of education & community engagement, for a conversation about the history, philosophy, and upcoming exhibitions at Grounds for Sculpture. We’ll discuss a few iconic sculptures at the grounds, programs, and what the future holds with time for Q&A. All are welcome. Registration required, no fee. For more information about the

Women in Retirement and WIR Coffee Klatches, go to <http://wired.wordpress.com/>

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, May 26, 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, May 19 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: 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.

SPECIAL NOTICES

PSRC will be closed on Monday, May 29 in honor of Memorial Day.



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.

MAY GAMES & ENRICHMENT PROGRAMS

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

Wednesday, May 17, 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.

INTRODUCTION TO MAH JONGG WITH NEILIA (IN-PERSON AT NSK LOCATION)

Fridays in May beginning May 5, 1:00–3:30 p.m.

Fee: \$80 resident/\$90 nonresident

Originating in China, Mah Jongg is an exciting and engaging game using tiles to form hands, much like

rummy. You will learn to play the American version using the National Mah Jongg League rules and card. Neilia Makadok, an experienced educator, will explain the basics in simple terms and guide you as you play.

Enrollment is limited to 8 to ensure a successful learning experience with a minimum of 6. The instructor will provide the use of her Mah Jongg sets during the class but you are welcome to bring your own.

IMPORTANT NOTES: There is a materials fee of \$18 payable to the instructor at the first class. 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, May 19 through July 7, 2:00 p.m.

Fee: \$85 resident/\$95 nonresident

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

Instructor: Christina Rang

THE WONDERS OF WORD PLAY (ZOOM)

Mondays through June, 2:00 to 3:30 p.m.; Fee: \$20.00

A weekly cooperative style poetry workshop.

Class is full.

MAY EXERCISE & FITNESS PROGRAMS

MAY FITNESS SPONSOR: *Akin Care and Novi Wealth Partners*

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: FOUR-SESSION WORKSHOP (IN-PERSON AT SPB LOCATION)

Wednesdays in May (no class 5/17), 10:00 to 11:00 a.m.

Fee: \$30 resident/\$35 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

(continued on page 11)



MAY 2023

Monday

1
 10:00 Gentle Mat Yoga + Nidra
 10:30 Line Dancing: Footloose & Free (SPB)
 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

Tuesday

2
 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

Wednesday

3
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball *Beginner* Bootcamp: Two-A-Days (SPB)
 10:30 Tech Workshop: How to Use the Web Effectively
 11:30 Pickleball Instructed Open Court (SPB)
 12:00 How to Write Playfully
 1:00 Vaccine Awareness for Overall Health in Older Adults (NSK-H)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

Thursday

4
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 10:00 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)

Friday

5
 10:00 First Friday Film - *Mank* (NSK-H)
 10:00 Men in Retirement Breakfast Meeting (SPB)
 10:00 Women in Retirement Coffee Klatch
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)
 3:00 OnStage Seniors: Opening Performance (NSK)



COMMUNITY HEALTH EVENTS

Wednesday, May 3 at 1:00 p.m.
 Vaccine Awareness for Overall Health in Older Adults (Hybrid – In-Person at NSK Location and on Zoom)
 See [cover page](#) for more details.

Thursday, May 11 from 1:00–3:00 p.m.
 Vaccine Booster Clinic and Health Screenings (In-Person at NSK Location)
 See [page 15](#) for more details.

SATURDAY, MAY 6

10:00 Advance Care Planning: A Gift for your Loved Ones (NSK-H)
 10:00 Saturday Pickleball Instructed Open Court (SPB)

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

9
 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 - "The Perils of Hiring Private Home Care" (NSK)

10
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball *Next Level* Bootcamp: Two- A-Days (SPB)
 11:30 Pickleball Instructed Open Court (SPB)
 12:00 How to Write Playfully
 2:00 *Gatsby in Connecticut: The Untold Story* (NSK-H)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

11
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 10:00 Pickleball *Next Level* Bootcamp: Two- A-Days (SPB)
 10:30 Live from South Africa: A Cultural Tour of the Bo-Kaap (NSK-H)
 1:00 Creating with Clay: Poochi Planters (SPB)
 1:30 A Novel Idea: PSRC's Book Club (SPB)
 1:00 Vaccine Booster Clinic and Health Screenings (NSK)
 1:30 OnStage Seniors (SPB)
 2:00 Tech Lab Assistance (NSK)
 3:00 Children of Aging Parents (NSK-H)

12
 10:00 Men in Retirement Breakfast Meeting (SPB)
 10:00 Women in Retirement Coffee Klatch
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)

15
 10:00 Gentle Mat 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
 3:00 Aging Gaily (LGBTQ+) Group (NSK-H)

16
 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 - "Women's Health" (NSK)

17
 12:00 How to Write Playfully
 1:00 Bingo: Win Like Never B-4 (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Let's Talk (NSK-H)

18
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 1:30 A Novel Idea: PSRC's Book Club (SPB)
 1:30 OnStage Seniors
 2:00 Music on the Patio (NSK)
 2:00 Tech Lab Assistance (NSK)
 3:00 Early Stage Memory Loss Support Group (NSK-H)

19
 10:00 Men & Women in Retirement Monthly Meeting (NSK-H)
 1:00 Intro to Mah Jongg with Neilia (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)
 2:30 Transition to Retirement (NSK-H)

SATURDAY, MAY 20

10:00 Forget-Me-Not (NSK-H)

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.

Key:

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

MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>22</p> <p>10:00 Gentle Mat Yoga + Nidra 10:30 Line Dancing: Footloose & Free (SPB) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play</p>	<p>23</p> <p>10:00 <i>Every Body Walk!</i> 10:30 TED Talks (NSK-H) 11:00 Next Chapter: Widows & Widowers (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 2:00 Presentation: Medicare Workshop (PPL-H) 3:00 FYI Seminar - "Mental Health and Aging" (NSK-H)</p>	<p>24</p> <p>10:00 Feldenkrais Method (SPB) 2:00 Tech Lab Assistance (NSK) 3:00 Let's Talk (NSK-H)</p>	<p>25</p> <p>10:00 Cosmology (NSK-H) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 11:30 Pickleball Instructed Open Court (SPB) 1:30 Now Showing: <i>The French Dispatch</i> (NSK) 1:30 OnStage Seniors (SPB) 2:00 Tech Lab Assistance (NSK) 3:00 Pups & Cups (NSK)</p>	<p>26</p> <p>10:00 Men in Retirement Breakfast Meeting (SPB) 10:00 Women in Retirement Coffee Klatch 11:00 Senior Citizen Club (NSK) 1:00 Intro to Mah Jongg with Neilia (NSK) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB)</p>
<p>29</p> <p>————— PSRC CLOSED FOR THE MEMORIAL DAY HOLIDAY —————</p>	<p>30</p> <p>10:00 <i>Every Body Walk!</i> 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise</p>	<p>31</p> <p>10:00 Feldenkrais Method (SPB) 3:00 Let's Talk (NSK-H)</p>		

PSRC STAFF ANNOUNCEMENT

ANA CAROLINA GONZÁLEZ-PEÑA joins the PSRC staff team on Monday, May 1 as coordinator of diversity, equity, inclusion, & belonging. Ana has her Bachelor of Arts degree in social communication from Pontificia Universidad Javeriana in Bogotá, Colombia, and an Master of Science degree in international cooperation & development in Latin America from Universidad Rey Juan Carlos in Madrid, Spain. Ana has vast experience designing social projects for vulnerable populations. Ana is also an award-winning journalist, receiving the prestigious McGraw-Hill Personal Finance Journalism Award in 2009. For more than ten years, Ana worked for AARP as journalist and content creator for Latin America with responsibility for conceiving, planning, researching, and writing original articles on mental health, politics, and tourism. For Ana Carolina, language is an important tool for preventing and resolving conflict, for healing, and for transforming lives and realities. With this conviction, in 2017, she founded Magnolia Foundation for Peace and Wellbeing, an organization dedicated to peace education and emotional recovery in post-conflict populations.



MAY EXERCISE & FITNESS PROGRAMS

(continued from page 8)

GENTLE MAT YOGA + NIDRA — SPRING QUARTER (ZOOM)

Mondays through June 26 (no class 5/29, 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 BEGINNER BOOTCAMP: TWO-A-DAYS (IN-PERSON AT SPB LOCATION)

Wednesday, May 3 and Thursday, May 4, 10:00–11:30 a.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)

Wednesday, May 10 and Thursday, May 11, 10:00–11:30 a.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 and Thursdays throughout May
Check registration form for times*

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

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

Saturday, May 6, 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/PickleballMayGroupRental

STAY-WELL CHAIR EXERCISE IS BACK! (ZOOM)

Tuesdays, May 2 through May 30, 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, May 2 through May 30, 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.



Buying a Mac Computer

The universe of Mac computers comprises laptops (MacBook Air and Pro), desktops (Mac Mini and Studio), and all-in-ones (iMac). So, which one to buy?

Before we dive into the details, here's some basic information about Mac computers:

1. **Processors.** Two years ago, Apple changed from using Intel CPU chips to its own “silicon,” starting with the M1 chip. Based on Apple’s mobile devices, such as the iPhone and iPad, the M-series chips are ultra-fast, run cool, and use less battery power. Apple has regularly updated these CPU chips, denoted as M2, M3, etc., that are even faster.
2. **Retina displays.** MacBooks use Retina displays—you won’t see any pixels.
3. **Solid-state storage.** All Mac computers use solid-state primary storage instead of spinning disks, which means applications start quickly and files load very fast. Most Mac computers come with 256GB of primary storage, with options up to several terabytes at additional cost. Unfortunately, you can’t add storage, so you’ll need to decide how much primary storage you’ll need when you buy your computer. (We can help you decide.)
4. **Cost.** Mac computers start at \$1000 for the MacBook Air. The Mac Mini’s base price is \$600 (which is a lot of computer for the price, but you supply the monitor.)

Here’s a nifty table that lists the different Apple computers along with their specs and starting prices.

Mac Computer	Configuration	Processor	Starting Price	Notes
MacBook Air	13" Laptop	M1 or M2	\$1000	Fulfills most needs.
MacBook Pro	14" or 16" Laptop	M1	\$1300	Fast, with the power to edit photos and videos.
		M2 Pro, M2 Max	\$2000	
Mac Mini	Desktop (does not include a monitor)	M2 or M2 Pro	\$600	Excellent choice if you already have a monitor and don't want a laptop. Can be upgraded to be a very powerful processor.
Mac Studio		M1 Max or M1 Ultra	\$2000	Professional tasks, such as graphics and video production and editing
iMac	Desktop (all-in-one). 24" display	M1	\$1300	Like the MacBook Air, but with a large screen.

Adding a monitor to a laptop

You can connect a laptop to a desktop monitor for an expansive view. You can even use the laptop screen along with the monitor, allowing you to, say, view a webpage on one screen while you write a document on the other. Adding a wireless keyboard and mouse (or trackpad) gives you the best of both worlds: Portability and easy viewing.

Where to purchase an Apple computer

I prefer buying computers from a “bricks-and-mortar” store, like the Apple Store or BestBuy, where you can try the keyboards and check the screen resolution. It’s also easier to return a laptop to a local store if you have a problem. You’ll find discounts now and then (especially at BestBuy).

Setup

Mac computers come with the latest Mac operating system installed. The computer will walk you through the setup and help you establish an Apple account (if you don’t have one) or ask you to enter your ID and password if you do.

Once you set up your new Mac, you’ll copy your documents from your iCloud folders or Time Machine drive (including your software) or connect it directly to your old computer via the USB ports.

If you need help setting up your new computer, just fill out the help request at princetonsenior.wufoo.com/forms/technology-assistance-request, and we’ll be in touch!

SOCIAL SERVICES

by Johanna Peters, Director of Social Services

As May is Mental Health month it is an amazing time to reflect on the ongoing efforts to minimize the stigma around mental illness. Talking openly about your struggles and seeking support are key. At PSRC we are here to help you make social connections through our various groups and programs. Our social services team are happy to talk with you one on one or in a group setting creating space for you to be heard, as we understand the impact mental health has on daily life and seek to combat that through social interaction. Don't suffer in silence, feel free to come out and join us.



AMERICAN COLLEGE OF PHYSICIANS ADVANCE CARE PLANNING SEMINAR

Did you miss our April events for National Healthcare Decisions Day? You still have a chance to learn about this important step in your life. The Goals of Care Coalition New Jersey (GOCCNJ) and the New Jersey Chapter of American College of Physicians (ACPNJ) is bringing an advanced directives presentation to PSRC. This hybrid event, *Advance Care Planning: A Gift for your Loved Ones*, will be on Saturday, May 6, beginning at 10:00 a.m. The ACPNJ will educate participants about how to talk about what's important to you, how to document your wishes, and improve the understanding of palliative, and hospice care. This is a great seminar for those just beginning to think about these documents and for anyone considering updating their POLST, Five Wishes, etc. Light refreshments will be available at 9:45 a.m., program begins at 10:00 a.m.

Registration required, no fee.

NATIONAL HONOR OUR LGBT ELDERS DAY

Tuesday, May 16 is recognized as a day to honor LGBT elders. Princeton has a rich history of LGBTQ activism that many may not be aware of. Take a few minutes and do a google search on gay history in Princeton. You will learn there is a documentary created by a local man that chronicles the history of the Gay Alliance of Princeton and the spin-off group Gay People Princeton. These groups were long before the town was having Pride Parade and after the first LGBTQ people graduated from Princeton University. *The Princeton Alumni Weekly* published a story *Hidden Lives* in 2013. This article profiles gay students from the 1950s and 60s. PSRC acknowledges the LGBTQ+ pioneers in our community.

AGING UNBOUND

We are going to get older, but we do not have to live within the confines of traditional "aging" behavior and mentality. Aging unbound refers to creating your own path as you get older and giving and accepting support from helpers of all ages. We would love for you to send us a two–three minute video or voicemail on "what does aging unbound mean to me." The deadline to participate is Monday, May 15 and will be compiled into a presentation and discussion at a later date. Contact Billi Charron for more information.





VACCINE NAVIGATORS

VACCINE QUESTIONS (FAQ)

Why is it important for older adults to get the latest booster?

Adults over the age of sixty, especially those with underlying medical problems, are more likely to be hospitalized or die from Covid-19 than their younger counterparts. If you're up to date with your Covid-19 vaccines and the virus enters your body (infects you), your immune system will quickly recognize the virus and work to keep it from doing real harm. That's why most people who get infected with Covid-19 despite being up to date with their vaccines have no symptoms or only mild-to-moderate illness. Most people who develop severe illness, are hospitalized, and dying from Covid-19 are unvaccinated.

BOOSTER CONFUSION

Anyone who has already received the bivalent booster IS NOT currently eligible for an additional booster. Eligible individuals to get boosted had their last booster prior to Sept 1, 2022 (which is when the bivalent got approved so anyone before this point got the monovalent/original booster).

1. Individuals need to bring their vaccine cards.
2. The Princeton Health Department will be administering Pfizer and Moderna boosters for ages five and up.
3. Insurance is not necessary.

COMMUNITY HEALTH EVENTS

VACCINE AWARENESS FOR OVERALL HEALTH IN OLDER ADULTS
(HYBRID – IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, May 3 at 1:00 p.m.

See [cover page](#) for more details.

VACCINE BOOSTER CLINIC AND HEALTH SCREENINGS (IN-PERSON
AT NSK LOCATION)

Thursday, May 11 from 1:00–3:00 p.m.

A variety of free community health screenings will be offered, in addition to Covid boosters. These will be first come, first serve. Anyone receiving a booster will be given priority in line.

AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Monday, May 15 at 3:00 p.m.
(Usually third Monday of each month)

BEREAVEMENT
Monday, May 15 at 11:00 a.m.
(Usually third Monday of each month)
*Call Sherri Goldstein
609.819.1226 to attend.*

CAREGIVERS
Monday, May 1 at 3:00 p.m.
(Usually first Monday of each month)

CHILDREN OF AGING PARENTS
(IN-PERSON AT NSK - HYBRID)
Thursday, May 11 at 3:00 p.m.
(Usually second Thursday of each month)

CRAFTER'S CORNER
(IN-PERSON AT NSK - HYBRID)
Tuesday, May 9 at 1:00 p.m.
(Usually second Tuesday of each month)

EARLY STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, May 18 at 3:00 p.m.
(Usually third Thursday of each month)

FOREVER YOUNG (55–65)
(IN-PERSON AT NSK - HYBRID)
Thursday, May 4 at 3:00 p.m.
(Usually first Thursday of each month)

**FORGET-ME-NOT:
DEMENTIA CAREGIVERS**
(IN-PERSON AT NSK - HYBRID)
Saturday, May 20 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 & WOMEN IN RETIREMENT
MONTHLY MEETING**
Friday, May 19 at 10:00 a.m.

NEXT CHAPTER: WIDOW/-ERS
(IN-PERSON AT NSK - HYBRID)
Tuesday, May 9 & 23 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, May 19 at 2:30 p.m.
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

**ALL GROUPS MEET VIRTUALLY USING ZOOM
UNLESS INDICATED OTHERWISE.**

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

FROM THE DEVELOPMENT OFFICE



Spotlight on Home Instead —
Princeton, Hamilton, Monroe Township,
and neighboring communities

Home Instead of Princeton, Hamilton, and Monroe Township provides trustworthy, kind-hearted, senior homecare services to meet your situation, the needs of a friend, or loved one. Under the ownership of Kunwar Singh, the extensively trained care professionals at Home Instead can provide you or your family member a complete needs assessment, and with your input, develop a comprehensive management plan.

A free care consultation can provide valuable information both for the client and the family, to ensure the right services are identified and help you implement them to reach the best possible outcome.

At Home Instead, homecare professionals are concerned about their clients' physical and emotional health needs.

- Through a home safety check, professionals may identify simple fixes like installing grab bars for safety near stairs, or in bathrooms;
- Identifying one's ability to bath, dress, or cook for themselves, and step in as the need arises;
- Or help seek out opportunities for socializing to minimize isolation and loneliness.

Home Instead believes quality of life has no expiration date. Their person-centric care helps people of all ages maintain comfort, connection, and quality of life in the place that they love the most. They provide homecare no matter where you call home.

609.448.7555 — homeinstead.com

MAY FEATURED SPONSORS



BRANDYWINE LIVING
Serenade at Princeton
Life is Beautiful

Brandywine Living Offers Active Aging Communities, Including
Assisted Living and Memory Care
brandycare.com



PEAPACK PRIVATE
Wealth Management

Comprehensive financial, tax, fiduciary and investment advice
peapackprivate.com



Dependable, Compassionate Elderly Care Services
homeinstead.com



You've come to the right place.
princeton-ebikes.com

Spring Fundraiser Event Sponsors

Thank you for making the Spring Concert with Keith Spencer a success! Special thanks to the Stone Hill Church for hosting the concert, and to our event sponsors and advertisers.

All That Jazz Level _____

ELLEN AND ALBERT STARK

Luck Be the Lady Level _____

NORM KLATH
LANCE AND LATONYA LIVERMAN

That Old Black Magic Level _____

BARBARA LAWRENCE
FAEGRE DRINKER

EVENT ADVERTISERS

Artis
The Bank of Princeton
NJM
The Elms of Cranbury-Rehabilitation
& Health Center
Stone Hill Church

And our **ANNUAL SPONSORS**
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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



Thank you for entering the 2023 Winter Raffle in support of the Princeton Senior Resource Center. We sold a total of 254 tickets! Your generosity enables PSRC to help older adults thrive!

CONGRATULATIONS TO OUR WINNERS!

1st Prize Winner — Lisa Patterson — \$5,000 AMEX gift card

2nd Prize Winner — Mike and Marylou Kenny — \$2,500 AMEX gift card

3rd Prize Winner — Kathy Ales — Aventon E-Bike

4th Prize Winner — Victoria Leyton — Paella Dinner for 8





MUSIC ON THE PATIO RETURNS FOR THE SEASON

(IN-PERSON AT NSK LOCATION)

Thursday, May 18, 2:00–3:30 p.m.

Turn to **page 6** for details.

Register at

[princetonsenior.link/
May-General-Programs](https://princetonsenior.link/May-General-Programs)

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/