

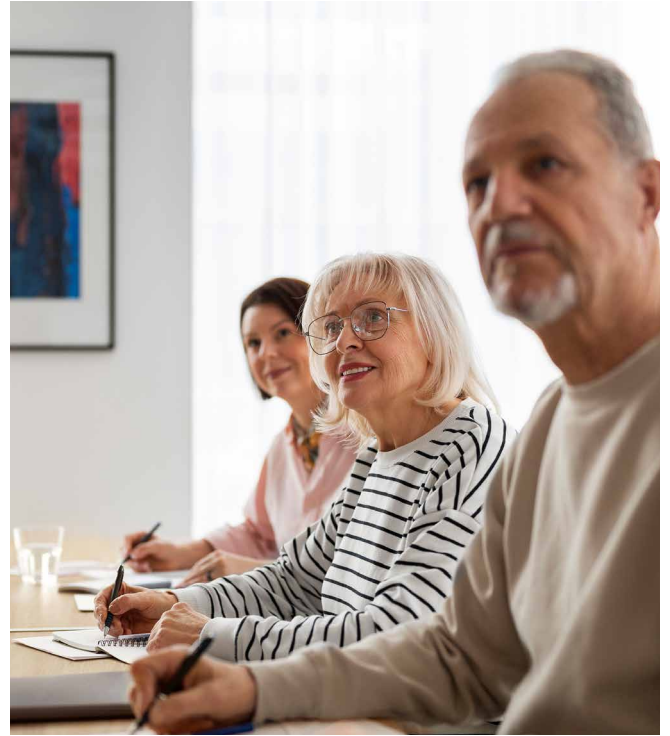


LITERARY CAFÉ: THANKSGIVING SPECIAL
(IN-PERSON AT NSK)

Wednesday, November 15, 6:00–7:00 p.m.

Descriptions on [page 6](#).

Register at princeton senior.link/November-General-Programs

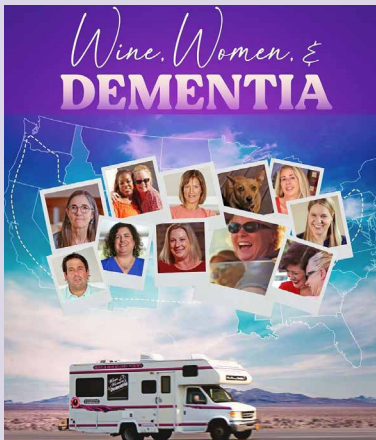


THE TECH HOUR: EXPANDING HORIZONS
(HYBRID - IN-PERSON AT NSK LOCATION
AND ON ZOOM)

Wednesdays in November, 11:00 a.m.–noon

Description on [page 5](#).

Register at princeton senior.link/November-Free-Programs



CELEBRATING NATIONAL FAMILY CAREGIVER MONTH

DOCUMENTARY: WINE, WOMEN, AND DEMENTIA
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, November 15, 1:00 p.m.

Description on [page 7](#).

Register at

princeton senior.link/November-Free-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
Monday–Friday
9:00 a.m. to 5:00 p.m.

info@princetonsenior.org
princetonsenior.org

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

*A nonprofit organization
serving our community*

BOARD OF TRUSTEES

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Surinder Sharma
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FROM THE CEO, DREW DYSON

Practicing Gratitude

Dear Friends,

Leading an organization through any type of significant change gives you an opportunity to really get to know people. In my previous line of work, even the mention of change would bring out the best — and the worst — in people. In one particularly tense meeting early in my tenure, Yvonne asked the group to stop and reflect on all of the reasons we had as an organization to be grateful. The mood lifted. The bickering stopped. The complaining morphed into encouragement. What Yvonne understood and brought to the table is the reality that gratitude has the power — for individuals and organizations — to transform challenging situations into opportunities for growth.

As I reflect this year on the work of the Princeton Senior Resource Center, there are so many things for which I am grateful:

- An incredible staff — Extraordinary professionals with a deep commitment to our mission, phenomenal creativity, and team approach to our shared work.
- Outstanding volunteers — Board and advisory council members, front desk workers, Evergreen steering committee and instructors, tech lab volunteers, vaccine navigators, and so many more folks who give of their time and talent to make PSRC tick.
- Generous donors — Unlike most senior centers, PSRC is a community nonprofit that relies heavily (over 80%) on individual donors, corporate and community partners, and foundations to support our work. Additionally, completing a \$5.35 million capital campaign this year at 100% of our goal is an accomplishment worth celebrating!



- Beautiful facilities — The revitalized Suzanne Patterson Building and the state-of-the-art Nancy S. Klath Center for Lifelong Learning that provide a welcoming environment for our programs.
- A hopeful future — As much gratitude as I feel for what has been, I am doubly grateful for what I know the future will hold for PSRC. With all of the factors above, we are poised for our next great chapter.

Individually, this is also an ideal opportunity to reflect on the many things for which we are grateful. A few years ago, a friend challenged me to use November as a time to not only be mindful of my reasons for gratitude, but also to practice gratitude with daily acts of acknowledgment. Whether writing a note to a former mentor or teacher, making a phone call to an extraordinary volunteer, or acknowledging (with an extra tip) the gas station attendants, restaurant servers, or other service workers, I try to make gratitude not only a mindset, but a daily practice.

The National Council on Aging recognizes the power of gratitude and includes it, along with mindfulness, as one of the six dimensions of aging well. Dr. Susan Stiles notes, “By practicing gratitude over time, we can learn to notice and appreciate not only the positives, but also develop better attitudes about the negatives ... the challenges, losses, and frustrations that we all face as we age. Adopting an attitude of gratitude means tackling the negative things and challenging ourselves to find ways to be grateful for them.”

Harvard Health, the publishing arm of the Harvard Medical School, highlights several studies in positive psychology that link gratitude with healthy aging. These studies have found that “gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships.”

Throughout this month, I’d like to once again extend this simple challenge to you. Each and every day, do one extra act to practice gratitude in your life. Every day. No exceptions. For 30 days. At the end of the month, send me a note to let me know about your experience. Pay attention to how your acts of gratitude impact others around you. But also pay attention to how you feel throughout this journey. I trust that you will feel the impact gratitude has on your health and overall well-being. I also have a hunch that practicing a month of gratitude will lead to the development of a habit that will ripple well beyond November — and will positively impact your life for years to come. I look forward to hearing your stories!

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

Fran Angelone
Crosstown Coordinator

Billi Charron, MSW
Social Worker

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

Ana Carolina González-Peña
*Coordinator of Diversity, Equity, Inclusion,
 and Belonging*

Krista Hendrickson
Director of Lifelong Learning

Sharon Hurley, CVA
Volunteer & Vaccine Navigator Coordinator

Ella Leving
Community Outreach Coordinator

Nick Macy
Program Associate: Technology

Johanna Peters
Director of Social Services

Barbara Prince
Development Coordinator

Andrea Schwarz
*Program Associate: Suzanne Patterson
 Building*

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

Z Zinsitz
Administrative Assistant to the CEO

Group/Program Location Key:

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

RC – Redding Circle at 61 Clay St.

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

TRENDING TOPICS

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

FYI SEMINARS

THINKING ABOUT HOME CARE (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, November 7, 3:00–4:00 p.m.

We are celebrating National Home Care Month with a presentation from Home Instead. Home Instead believes “A Life Well-Lived Should Continue at Home.” Discussion will cover the differences in home care and companion care as well as costs and benefits of home care.

Registration required, no fee.

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

Tuesday, November 14, 3:00–4:00 p.m.

This presentation will define what aging in place means, how it can be achieved, and the different roles home care can play to help you remain happily at home.

Instructor: Ann King-Musza is the founder and owner of Akin Care Senior Services. Akin Care is family owned and operated in Princeton, New Jersey, where Ann also resides.

Registration required, no fee.

This month's FYI sponsors are Bryn Mawr/WSFS, Capital Health, Springpoint Choice, and Stark & Stark Attorneys at Law.

BENEFITS & BINGO FOR VETERANS & THEIR FAMILIES (IN-PERSON AT NSK LOCATION)

Friday, November 10, 1:00–3:00 p.m.

This presentation is a review of the Veteran's Aid & Attendance Pension. This benefit is available to veterans and their widows, to help cover independent, assisted living, and home care expenses. Benefits are available to veterans who have income, substantial savings, and even real estate. After the informational session, we will play Bingo!

Leader: Shira Yerike, director of marketing for Veterans Care Services.

Registration required, no fee.

ELDER FRAUD: A GUIDE FOR SENIORS AND FAMILIES (HYBRID - IN-PERSON AT THE PRINCETON PUBLIC LIBRARY AND ON ZOOM)

Thursday, November 16, 1:00–3:00 p.m.

Scams targeting older adults in our community are far too common. In this presentation, Senior Service Connections will go over examples, statistics and the types of scams to be aware of including Medicare and government impersonation, online romance and lottery, as well as tech support and robo calls.

Registration through the Princeton Public Library at <https://princetonlibrary.libnet.info/event/9135323>

Registration required, no fee.

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

Monday, November 6, 1:00 p.m.

The Princeton Public Library will showcase some great recent and notable book titles to add to your to-be-read list.

Registration required, no fee.

MEDICARE: AVOID THE TOP FIVE MISTAKES (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Monday, November 6, 11:30 a.m.

Participants will learn about enrollment practices and penalties, how supplements work, working past the age of sixty-five, and more from a senior insurance specialist.

Leader: Roderick Spann transitioned from a career in hospitality to the Medicare space in 2020. Since then, he has helped more than 500 families successfully navigate the Medicare maze.

Registration required, no fee.

TALK & TEA: ZUFALL HEALTH CENTER (IN-PERSON AT SPRUCE CIRCLE LOCATION)

Thursday, November 2, 1:00 p.m.

Join Zufall Health Center for a great game of Bingo and learn more about the services they have to offer.

Registration required, no fee.

NOVEMBER PROGRAMS

NOVEMBER SPECIAL PROGRAM SPONSORS

Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers

THE TECH HOUR: EXPANDING HORIZONS (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesdays in November, 11:00 a.m.–noon

Join us weekly for a tech-focused lecture or informational video, followed by a lively conversation led by Nick Macy. Dive into fresh knowledge & stay sharp in our dynamic tech-driven sphere. This month's topics:

November 1 — Should We Be Worried About Technology?

November 8 — The History of Social Media

November 15 — Generative AI & ChatGPT

November 29 — Windows 11 101

Registration required, no fee.

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

Tuesdays in November, 10:30 a.m.

Together we'll watch a TED Talk then participate in an awesome discussion led by Helen Burton. Everyone's invited! This month's buzzworthy topics:

November 7 — ***Emmanuel Acho***: Why you should stop setting goals (yes, really)

November 14 — ***Sandeep Jauhar***: How your emotions change the shape of your heart

November 21 — ***Sarah Janet***: A One-Woman Global Village

November 28 — ***Robb Willer***: How to have better political conversations

Registration required, no fee.

This month's TED Talk sponsors are The Bank of Princeton, Brandywine Living: Princeton, Pennington, & Serenade at Princeton, Home Instead, and Peapack Private Wealth and Management.

WORKSHOP: MEDICARE OPEN ENROLLMENT (IN-PERSON AT SPRUCE CIRCLE LOCATION)

Thursday, November 9, 1:00 p.m.

Frontier Services will lead a workshop on Medicare plans, rules, and important things to know during open enrollment.

Instructor: Melody Bundy is the president of Frontier Services, a firm that provides insurance

broker services, in-home supports, and case management.

Registration required, no fee.

RETIREMENT PROGRAMS

MEN IN RETIREMENT: DISCUSSION (IN-PERSON AT SPB LOCATION)

Friday, November 10, 10:00 a.m.–noon

The Men in Retirement will be holding an informal discussion with the specific topic yet to be determined. In the past there have been fascinating topics that sparked vibrant discussions. This gathering provides an open platform for everyone to voice their thoughts and opinions on the chosen topic. All are welcome.

Registration required, no fee.

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)

Friday, November 17, 11:00 a.m.

Join us for a social hour of chatting, sharing, and refreshments led by Rosetta Bruce. Registration required, no fee

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

Friday, November 17, 2:30 p.m.

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

Registration required, no fee.

Instructor: Paul Knight

WOMEN IN RETIREMENT: COFFEE KLATCH

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

Fridays in November, 10:00 a.m.

Contact WIR for the location of the meeting. For more information about the Women in Retirement and WIR Coffee Klatches, go to <http://wired.wordpress.com/>.

All are welcome.

NOVEMBER ENRICHMENT PROGRAMS

COMPOSER OF THE MONTH: THOMAS TALLIS
(ZOOM)

Tuesday, November 21, noon–1:00 p.m.

Fee: \$10 resident / \$15 non-resident

Dive into the sixteenth-century life of English music master, Thomas Tallis. Join Dr. Brenda Leonard as we explore the ways Tallis navigated England's religious shifts between Catholicism and Protestantism under four monarchs culminating in his profound influence on English choral music and his publishing dominance.

CAFÉ FRANÇAIS (IN-PERSON AT NSK LOCATION)

Mondays in November, 3:00 p.m.

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

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

Every Thursday, 10:00 a.m.

Fee: \$40 for year

Peer-led discussion about the nature of the universe based on physics and metaphysics.

Contact brucewallman@gmail.com for more information.

DISCOVER THE WORLD OF LANGUAGE: ESL CLASS INFO SESSION (IN-PERSON AT SPB LOCATION)

Thursday, November 16, 3:30–4:30 p.m.

We are thrilled to invite you to an engaging and informative session designed to explore the exciting possibilities of our upcoming English as a second language (ESL) initiative. Join our dedicated instructor, Joan Kuskin, to discover how we can help you enhance your language skills.

Registration required due to limited space.

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

Tuesdays in November, 1:00–4:00 p.m.

Come with a partner or a few friends to enjoy game playing at PSRC. Canasta, Mah Jongg (bring your own set), Scrabble, and Social Bridge.

Registration required due to limited space.

GETTING HOLIDAY-READY: TIDY BEFORE THE GUESTS ARRIVE! (IN-PERSON AT NSK LOCATION)

Monday, November 13, 10:30 a.m.–noon

This holiday, declutter your home to make room for joy and family connections. Discover the art of crafting a warm, clutter-free holiday space with tidiness expert Ana Catarrivas from TidyNerd.com. Join us for her top tips and practical strategies to transform your space into a welcoming haven for friends and family. Ensure your home is guest-ready and savor the festive spirit without the clutter. Get ready to welcome the season in a beautifully tidy and harmonious space!

Instructor: Ana Catarrivas from TidyNerd.com, professional organizer and KonMari Consultant. Registration required, no fee.

HOW TO WRITE PLAYFULLY: A GENERATIVE CLASS (ZOOM)

Thursdays, November 2 through December 14 (no class 11/23), 12:30–1:30 p.m.

Fee: \$75 resident / \$85 non-resident

Join our creative writing course! Explore imaginative poetry and flash fiction. Delve into playful forms like one hundred-word stories, found poems, and micro memoirs. Nurture your creativity with engaging prompts and exercises. No experience needed—just bring your love for reading, an open mind, and a readiness to share your work!

Instructor: Alyson Dutemple

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

Fridays through November 17, 1:00–3:30 p.m.

Call for availability

LITERARY CAFÉ: THANKSGIVING SPECIAL (IN-PERSON AT NSK)

Wednesday, November 15, 6:00–7:00 p.m.; Fee: \$5

Join us for an enchanting evening of storytelling, live music, and delightful refreshments in the intimate and inviting ambiance of our Thanksgiving Special edition. We're delighted to welcome Dr. Alexander Randall, a former radio host and esteemed professor of communication for a heartwarming reading of the beloved tale "Dave

NOVEMBER ENRICHMENT PROGRAMS

NOVEMBER SPECIAL PROGRAM SPONSORS

Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers

Cooks Turkey" by Stuart McLean, accompanied by the folk and Celtic melodies of the talented duo, Ken Mayberg and Terri Morrow.

MASTERING THE ART OF PAINTING (IN-PERSON AT SPB LOCATION)

Fridays through December 15 (no class 11/24)

Call for availability

THE WONDERS OF WORDPLAY - FALL QUARTER

Mondays through December 18

Call for availability.

THANKSGIVING COOKING EXPERIENCE (IN-PERSON AT SPB LOCATION)

Monday, November 20, 3:00–5:00 p.m.

Fee: \$10 resident / \$15 non-resident

Indulge in a delightful afternoon as you join us to meet new friends and discover fresh takes on traditional Thanksgiving dishes. Along the way, you'll acquire new recipes to add to your collection. So come together for this festive Thanksgiving feast, cooking and, best of all, sharing a meal together.

NOW SHOWING

FIRST FRIDAY FILM — *NYAD* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, November 3, 1:00 p.m.

A remarkable true story of athlete Diana Nyad who, at the age of sixty and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida, considered to be the "Mount Everest" of swims. Starring Annette Bening, Jodie Foster, Rhys Ifans, Luke Cosgrove

Run Time: 2 hours, 1 minute; Genre: Biography, Sport, Drama; Rated: PG-13

Registration required, no fee.

DOCUMENTARY: *WINE, WOMEN, AND DEMENTIA* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, November 15, 1:00 p.m.

Join us in celebrating National Caregivers Month with a special screening of "Wine, Women, and Dementia." This powerful documentary sheds light on the challenges faced by family caregivers as they care for their loved ones with dementia. Despite the isolation, financial stress, and emotional toll, these caregivers come together to build a supportive community and learn to embrace life on their caregiving journey.

Provided by Advocate for Mom & Dad in partnership with Akin Care.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (ZOOM)

Tuesdays and Thursdays in November, 4:00–5:00 p.m.

Relive Radio's Golden Age on Zoom! Join us Tuesdays and Thursdays for iconic shows like Orson Welles' "War of the Worlds," "The Shadow," and "Gangbusters." Experience the magic of yesteryear's radio!

Registration required, no fee.

PLANES, TRAINS, & AUTOMOBILES (IN-PERSON AT NSK LOCATION)

Friday, November 17, 2:00 p.m.

A Chicago advertising man must struggle to travel home from New York for Thanksgiving, with a lovable oaf of a shower-curtain-ring salesman as his only companion. Featuring Steve Martin and John Candy.

Run Time: 1 hour, 33 minutes; Genre: Comedy; Rated: R

THE SOCIAL NETWORK (IN-PERSON AT NSK LOCATION)

Wednesday, November 8, 1:00 p.m.

As Harvard student Mark Zuckerberg creates the social networking site that would become known as Facebook, he is sued by the twins who claimed he stole their idea and by the co-founder who was later squeezed out of the business. Jesse Eisenberg, Andrew Garfield.

Run Time: 2 hours; Genre: Drama; Rated: PG-13

iPad's Nifty Built-in Dictionary

iPad's excellent built-in dictionary is literally at your fingertip.

My iPad is my “daily driver” for everything from newspapers to magazines to *The New York Times* Spelling Bee and Kindle books. And while I think I have a pretty good vocabulary (somewhere between William F. Buckley and Gomer Pyle), I often run across words I've never seen or am unsure about. And that's where the iPad's built-in dictionary is just so handy!

For example, while playing *The New York Times* Spelling Bee, I knew there was a word “educ” but wasn't sure what it meant.

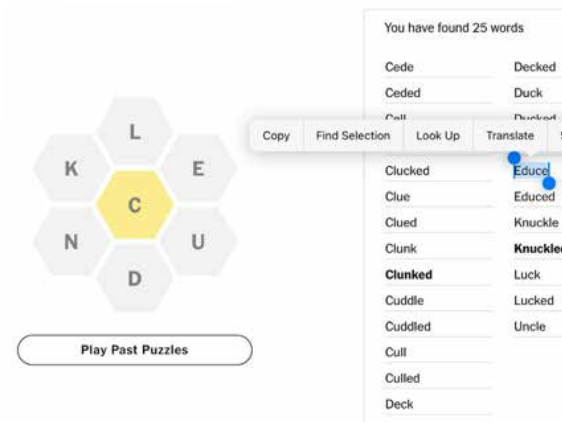
To look it up, I just placed my finger ¹ on the word until a menu popped up with several options. Then I tapped on “Look Up,” and the definition of educ popped up along with other online sites in case I wanted to do more etymology on educ, which I didn't.

This lookup feature works in almost all iPad (and iPhone) apps, including emails, websites, Kindle books, etc.

Unlike its cousin, the MacBook, the iPad doesn't have a dictionary app. But you can download the Merriam-Webster Dictionary or Dictionary.com for iPad from the App Store. Both are free.

Or you can open the search bar on your iPad (swipe down on any home screen) and enter the mystery word.

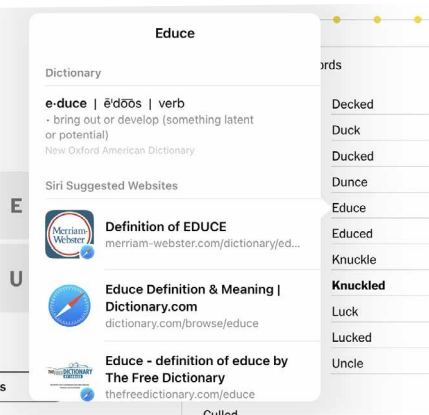
If you need help with your iPad, just go to princetonsenior.wufoo.com/forms/technology-assistance-request and click **REQUEST TECHNOLOGY HELP**.



Place your finger on a word to reveal the lookup menu.

Operating System Updates

Apple updated its operating systems for all its devices in September (iPhone, iPad, and Mac). Windows 11 updates are expected this month. Make sure you keep all your devices up to date.



Then tap Look Up

¹ You can use any available finger, but I suggest Pointer. Thumb isn't designed for precision. Tallman is obviously inappropriate and Ringman seems awkwardly connected to other fingers. Pinkie sort of works—but you'll look ridiculous using it to tap your iPad screen.



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 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.

NOVEMBER 2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

1
 10:00 A Taste of Pickleball (SPB)
 10:00 Feldenkrais Method (SPB)
 11:00 The Tech Hour: Expanding Horizons (NSK)
 12:00 Pickleball 3 & Me (SPB)
 2:00 OnStage Seniors (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Spanish Book Club (SPB)

2
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball: Prep & Play (SPB)
 11:00 Time to Tell Your Story: Memoir Writing
 12:00 Pickleball 3 & Me (SPB)
 12:30 How to Write Playfully
 1:00 Talk & Tea (SC)
 1:30 A Novel Idea (SPB)
 2:00 Tech Lab Assistance (NSK)
 3:00 Forever Young (55-65) Group - (NSK-H)
 4:00 The Golden Age of Radio

3
 10:00 Women in Retirement Coffee Klatch
 1:00 First Friday Film - *Nyad* (NSK-H)
 1:00 Intro to Mah Jongg (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)

SUNDAY, NOVEMBER 5
 1:00 Grand Adventures (Herrontown Woods)

6
 10:00 Gentle Yoga + Nidra
 11:30 Medicare: Avoid the Top Five Mistakes (NSK-H)
 1:00 Global Conversations
 1:00 Library Reads (NSK-H)
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)
 3:00 Caregivers Group

7
 10:30 TED Talks (NSK-H)
 12:30 Solvents & Glue Exercise Class (NSK)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 Basic Drawing (SPB)
 3:00 FYI Seminar - Thinking about Home Care (NSK-H)
 4:00 The Golden Age of Radio

8
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball: Prep & Play (SPB)
 11:00 Next Chapter: Widows & Widowers (NSK-H)
 11:00 The Tech Hour: Expanding Horizons (NSK)
 12:00 Pickleball 3 & Me (SPB)
 1:00 Now Showing: *The Social Network* (NSK)
 2:00 OnStage Seniors (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Spanish Book Club (SPB)

9
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball: Get into the Game! (SPB)
 11:00 Time to Tell Your Story: Memoir Writing
 12:00 Pickleball 3 & Me (SPB)
 12:30 How to Write Playfully
 1:00 Crafter's Corner (NSK-H)
 1:00 Workshop (SC)
 1:30 A Novel Idea (SPB)
 2:00 Tech Lab Assistance (NSK)
 4:00 The Golden Age of Radio

10
 10:00 Men in Retirement Discussion (SPB)
 10:00 Women in Retirement Coffee Klatch
 1:00 Table Tennis (SPB)
 1:00 Benefits & Bingo for Veterans & Their Families (NSK)
 1:00 Intro to Mah Jongg (NSK)
 2:00 Mastering the Art of Painting (SPB)

13
 10:00 Gentle Yoga + Nidra
 10:30 Getting Holiday-Ready: Tidy Before the Guests Arrive (NSK)
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)

14
 9:30 Long Covid by Zufall Health
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 12:30 Solvents & Glue Exercise Class (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 Basic Drawing (SPB)
 3:00 FYI Seminar - Happily at Home (NSK-H)
 4:00 The Golden Age of Radio

15
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball: Get into the Game! (SPB)
 11:00 The Tech Hour: Expanding Horizons (NSK)
 1:00 Wine, Women, and Dementia (NSK-H)
 2:00 OnStage Seniors (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Spanish Book Club (SPB)
 6:00 Literary Cafe: Thanksgiving Special Edition (NSK)

16
 8:00 Bird Walk (Rogers Refuge)
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball: Prep & Play
 12:30 How to Write Playfully
 1:00 Elder Fraud: A Guide for Seniors & Families (PPL-H)
 1:30 A Novel Idea (SPB)
 2:00 Tech Lab Assistance (NSK)
 3:00 Early Stage Memory Loss Support Group (NSK-H)
 3:30 ESL Information Session
 4:00 The Golden Age of Radio

17
 10:00 Women in Retirement Coffee Klatch
 11:00 Senior Citizen Club (NSK)
 1:00 Intro to Mah Jongg (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of Painting (SPB)
 2:00 Now Showing: *Planes, Trains & Automobiles* (NSK)
 2:30 Transition to Retirement (NSK-H)

SATURDAY, NOVEMBER 18
 10:00 Forget-Me-Not: Dementia Caregivers Group (NSK-H)
 4:00 Bingo Bilingüe/Bilingual Bingo (SPB)

20
 10:00 Gentle Yoga + Nidra
 11:00 Bereavement Group
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 2:30 Meditation (NSK)
 3:00 Aging Gaily (LGBTQ+) Group (NSK-H)
 3:00 Café Français (NSK)
 3:00 Thanksgiving Cooking Experience (SPB)

21
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 12:00 Composer of the Month
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 Basic Drawing (SPB)
 4:00 The Golden Age of Radio

22
 11:00 Next Chapter: Widows & Widowers (NSK-H)
 11:00 The Tech Hour: Expanding Horizons (NSK)
 3:00 Let's Talk (NSK-H)

23

 PSRC IS CLOSED FOR THANKSGIVING HOLIDAY

24

 PSRC IS CLOSED FOR THANKSGIVING HOLIDAY

27
 10:00 Gentle Yoga + Nidra
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)

28
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 Basic Drawing (SPB)
 4:00 The Golden Age of Radio

29
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball: Prep & Play (SPB)
 11:00 The Tech Hour: Expanding Horizons (NSK)
 2:00 OnStage Seniors (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Spanish Book Club (SPB)

30
 10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball: Get into the Game! (SPB)
 11:00 Time to Tell Your Story: Memoir Writing
 12:30 How to Write Playfully
 4:00 The Golden Age of Radio

NOVEMBER HEALTH AND WELLNESS

NOVEMBER HEALTH AND WELLNESS SPONSORS

Brandywine Living: Princeton, Pennington, & Serenade at Princeton, RothKoff Law

BIRD WALK WITH WINNIE SPAR (IN-PERSON AT ROGERS REFUGE)

Monday, November 16, 8:00–9:30 a.m.

Join birding expert Winnie Hughes Spar for a guided bird walk at Rogers Refuge in Princeton. Discover vibrant birdlife, their habits, and enhance your bird-watching skills with Winnie's insights.

Instructor: Winnie Hughes Spar leads frequent bird walks in the Princeton area and serves on the boards of Friends of Princeton Open Space and Washington Crossing Audubon Society. Registration required, no fee.

GRAND ADVENTURES: ENCHANTED TRAILS – BAMBOO MAGIC WAND CRAFT (IN-PERSON AT HERRONTOWN WOODS)

Sunday, November 5 (Rain Date: Sunday, November 12), 1:00–3:00 p.m.

Fee: \$10 per family (includes up to two adults and two children), \$5 per additional child.

Join us for a captivating nature hike led by naturalist Steve Hiltner, unveiling hidden woodland wonders. Grandparents and grandchildren are invited to explore nature's marvels. Plus, craft bamboo magic wands and walking sticks under Andrew Thornton's expert guidance. Open to all older adults, whether with or without grandkids, this enchanting experience promotes intergenerational bonding. Come enjoy the walk, and perhaps, the magic lies in who crafts what!

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

Wednesday, November 1 through November 29 (no class 11/22), 10:00–11:00 a.m.

Fee: \$30 resident / \$35 nonresident

Discover the power of The Feldenkrais Method! Enhance movement, flexibility, and coordination through gentle actions and focused mind-body connections. Experience increased ease, range of motion, and graceful movement.

Leader: Jaclyn (Jackie) Boone

GENTLE MAT YOGA + NIDRA - FALL QUARTER (ZOOM)
Mondays through December 18, 10:00 a.m.

MINDFUL CHAIR YOGA & MEDITATION - FALL QUARTER (ZOOM)

Thursdays through December 28 (no class 11/23), 10:00 a.m.

SOLVENTS & GLUE (IN-PERSON AT SPB LOCATION)
Tuesdays through November 14, noon–1:00 p.m.

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesday, November 7 through November 28, 1:00 p.m.
Fee: \$30 resident / \$35 non-resident

Participate in a month-long Zoom lively aerobics workshop tailored to enhance endurance and strengthen your body, mind, and soul. Grab your hand weights (or alternatives like water bottles or cans), therapy bands, and comfortable attire, and let's get moving!

Instructor: Laraine Alison

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays in November (no class 11/24), 1:00–4:45 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to take part in this energetic sport. Registration required.

TAI CHI (IN-PERSON AT SPB LOCATION)

Tuesday, November 14 through November 28, 11:00 a.m.

Fee: \$20 resident / \$25 non-resident

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

SPECIAL NOTICES

Thursday and Friday, November 23 and 24 — PSRC is closed for the Thanksgiving holiday

PICKLEBALL MANIA

Explore the diverse schedule of our monthly pickleball activities at: princetonsenior.org/pickleball/

PROGRAMS FOR BEGINNERS:

Players should be brand new to the sport or looking to refresh their skills.

A TASTE OF PICKLEBALL

Experience a dynamic two-hour beginner's workshop, combining skill instruction with active gameplay for an exciting introduction to the sport.

Fee: \$30 resident/\$35 nonresident

GET INTO THE GAME!

Now that you know the basics from A Taste of Pickleball, join your instructor for two hours of game play designed to improve skill and get a feel for real game play.

GROUP COURT RENTALS

Reserve our climate-controlled indoor pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form.

Fee: \$30 resident/\$35 nonresident

PROGRAMS FOR ADVANCED-BEGINNERS TO LOWER INTERMEDIATE

Players should have knowledge of the game and be able to keep score, dink, serve, and have taken an intro to pickleball course. Please, no beginners in Prep & Play or 3 & Me. If you're new to the sport, check out "Get Into the Game!"

PREP & PLAY

Learn new techniques on the court with expert instruction and enjoy open game play with guided support to enhance your game.

Fee: \$35 resident/\$40 nonresident

3 & ME

This exciting small group pickleball experience allows players to engage in energetic gameplay while refining skills under the guidance of our expert instructor.

Fee: \$20 resident/\$25 nonresident

BE A PART OF SOMETHING MEANINGFUL

Recreational Poker Coordinator

We are looking for someone to host our nonmonetary Recreational Poker Club. The perfect candidate is patient, friendly, knows the game, and can instruct seniors on the basics of poker in a fun, easy-going environment. This is a great opportunity to meet new people and socialize.

In-Person Volunteer Office Support

Are you a social person that likes to help others?

Our front desk reception volunteers are the first point-of-contact for our participants and are comfortable with computer technology, greeting people, answering questions about PSRC programs and services, and much more.

Volunteer shifts are from 9:00 a.m.–1:00 p.m. and 1:00–5:00 p.m., Monday through Friday.

If you're interested in joining our dynamic team of volunteers, contact Sharon Hurley, volunteer coordinator, at shurley@princetonsenior.org.



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

HELP PSRC WITH OUR VACCINE NAVIGATOR GRANT!

PSRC is currently running a grant-funded program with the National Council on Aging and the United States Government to support and encourage vaccine health for older adults in our community. To accurately reflect vaccine data in our community, we are asking for your help to record the number of folks who have received either a Covid vaccine or flu vaccine in the year 2023. If you have received one or more vaccinations in 2023, whether or not that vaccination was through one of PSRC's clinics, please let us know! If you have received any Covid or Influenza vaccine in 2023, simply click here: princetonsenior.link/2023-Vaccine-Survey



Your input will greatly help us share accurate community data with the National Council on Aging. Thank you!

For questions email vaccine@princetonsenior.org

Looking for local Flu and COVID clinics? click here: princetonsenior.org/vaccine-navigators

PRINCETON FLU SHOT CLINICS

Tuesday, November 28, 3:00–5:00 p.m. at Monument Hall, East Conference Room, 1 Monument Dr. (Walk-in only)

Tuesday, December 5, 1:00–3:00 p.m. at Witherspoon Hall, Community Room, 400 Witherspoon St. (Walk-in only)

Health Insurance Information:

If you have health insurance, you need to bring all your insurance cards/information to receive the influenza vaccine (prescription and health insurance, including all up-to-date Medicare Part B information.) Uninsured Princeton residents will receive the influenza vaccine at no cost.

princetonsenior.org/vaccine-navigators

BILINGUAL PROGRAMS

CLUB DE LECTURA EN ESPAÑOL (EN PERSONA EN SPB)
Miércoles 1, 8, 15 y 29 de noviembre, 3:30–4:30 p.m.
Valor: \$20 resident / \$25 non-resident

Sumérgete en maravillosas historias y participa en animadas discusiones en español. ¡Sé parte de esta comunidad de lectores entusiastas! Únete a nuestro club de lectura en español, donde exploraremos los cautivadores relatos de "Doce Cuentos Peregrinos" de Gabriel García Márquez.

BINGO BILINGÜE (EN PERSONA EN SPB)
Sábado, 18 de noviembre, 4:00–5:30 p.m.

Acompáñanos en una tarde de diversión, juegos y risas en nuestro Bingo Bilingüe, el sábado, 21 de octubre, de 4:00 p.m. a 5:30 p.m. Cada juego termina con un ganador y es una excelente manera de conocer a diferentes personas de la comunidad mientras te diviertes. ¡La inscripción es gratuita, así que únete a la diversión!

Inscripción requerida, sin costo.

MEDITACIÓN DE AGRADECIMIENTO Y RELAJACIÓN
(EN PERSONA EN NSK)

Lunes, 20 de noviembre, 2:30–3:00 p.m.
Valor: \$5

Únete a la Meditación de Acción de Gracias en español: Encuentra paz, relájate y cultiva la gratitud. Te guiaremos a través de prácticas de meditación y respiración que te ayudarán a relajarte, liberar el estrés y cultivar la gratitud. Únete con tu familia y amigos para compartir este momento especial antes de las festividades.

CONSEJO DEL MES: THANKSGIVING POTLUCK:
¡COMPARTE MÁS QUE COMIDA!

¡Haz de este Día de Acción de Gracias una experiencia compartida! Invita a tus seres queridos a un 'Thanksgiving potluck' y comparte no solo comidas, sino también recuerdos y gratitud. Es una hermosa forma de fortalecer los lazos familiares y crear nuevos momentos especiales.

SPANISH BOOK CLUB (IN-PERSON AT SPB LOCATION)
Wednesdays, November 1, 8, 15 and 29, 3:30–4:30 p.m.

Fee: \$20 resident / \$25 non-resident

Immerse yourself in wonderful stories and take part in lively discussions in Spanish. Become a member of this community of enthusiastic readers! Join our Spanish book club, where we'll be exploring the captivating tales of "Doce Cuentos Peregrinos" by Gabriel García Márquez.

BILINGUAL BINGO (IN-PERSON AT SPB LOCATION)
Saturday, November 18, 4:00–5:30 p.m.

Join us for an afternoon of fun, games, and laughter at our Bilingual Bingo on Saturday, November 18, from 4:00 p.m. to 5:30 p.m. Each game ends with a winner, making it a great way to meet different people from the community while having a blast. Registration is free, so come join the fun!

Registration required, no fee.

THANKSGIVING GRATITUDE AND RELAXATION
MEDITATION (IN-PERSON AT NSK LOCATION)

Monday, November 20, 2:30–3:00 p.m.
Fee: \$5

Join us for the Thanksgiving Meditation in Spanish: Find peace, relax, and cultivate gratitude. We will guide you through meditation and breathing practices that will help you unwind, release stress, and nurture gratitude. Gather with your family and friends to share this special moment before the festivities.

MONTHLY TIP: THANKSGIVING POTLUCK: SHARE
MORE THAN JUST FOOD!

Make this Thanksgiving a shared experience! Invite your loved ones to a "Thanksgiving potluck" and share not only meals but also memories and gratitude. It's a beautiful way to strengthen family bonds and create new special moments.

2023 SPONSOR-A-SENIOR PROGRAM

by Billi Charron, MSW, Social Worker



Our social services team is excited to announce an opportunity to brighten the winter holidays for older adults in the municipality of Princeton. We are registering low-income residents for our first annual Sponsor-a-Senior program. The older adults will create a wish list of two items under \$50 that they are interested in OR sign up for a household goods box. We are asking our wider community to sign up to sponsor one of the older adults in the program. Sponsors will purchase one item for their assigned older adult, not to exceed \$50. There will be a collection basket at the Suzanne Patterson Building for quick drop-off for household goods donations. Anyone can donate, you do not have to be a sponsor to donate household items.

This holiday drive is in coordination with the Department of Human Services and Corner House which are hosting drives for families and youth.

Deadlines

Sponsor sign-up: November 9

Gifts to PSRC by November 28

Items will be distributed to participants in early December

UNDERSTANDING ALZHEIMER'S IMPACT ON SENIORS AND STRATEGIES FOR MANAGING IT

by Johanna Peters, Director of Social Services

Alzheimer's disease is a progressive neurodegenerative condition primarily affecting seniors, although it can also occur in younger individuals. It impacts cognitive function and memory and can profoundly impact an individual's daily life. Alzheimer's, and other dementias, usually start with mild memory issues, then slowly become more severe, making remembering familiar faces difficult. There is a decline in cognitive abilities, reasoning, and decision-making. Communication gradually becomes more complicated; the person increases irritability, confusion, agitation, and mood swings. As it advances, dementia causes disorientation in familiar surroundings, leading to wandering and safety concerns, which eventually leads to a loss of independence and increased reliance on caregivers to help with daily tasks like dressing, grooming, and feeding themselves.

While there is no cure for Alzheimer's disease, some strategies to help manage the condition and improve the quality of life include consulting a medical professional for medication management, engaging in mentally stimulating activities such as PSRC Evergreen courses, puzzles, crosswords, and reading. Social interaction and hobbies are also essential. Seniors and their families should engage in planning, including legal and financial arrangements, and discuss end-of-life care preferences, such as advance directives and living wills. PSRC offers a caregivers group that meets on the first Monday and third Saturday, with an introduction to our memory cafe that starts Oct 21 and is for the person living with dementia.





Princeton Muni Service stops at our building

Mercer County 606 Bus stops at our neighbor's located at 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 single and four-prong canes — contact us for information.

TRANSPORTATION

CROSTOWN

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

To be a Crosstown rider you must be:

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

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

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

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.



AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Monday, November 20 at 3:00 p.m.
(Usually third Monday of each month)
— social activities, build friendships, and offer support

BEREAVEMENT
Monday, November 20 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226 to attend.
— coping with grief and loss

CAREGIVERS
Monday, November 6 at 3:00 p.m.
(Usually first Monday of each month)
— share challenges and experiences

CRAFTER'S CORNER
(IN-PERSON AT NSK - HYBRID)
Thursday, November 9 at 11:00 a.m.
(Usually second Thursday of each month)
— fun space for craft hobbies

EARLY-STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, November 16 at 3:00 p.m.
(Usually third Thursday of each month)
— individuals experiencing early-stage memory loss

FOREVER YOUNG (55–65)
(IN-PERSON AT NSK - HYBRID)
Thursday, November 2 at 3:00 p.m.
(Usually first Thursday of each month)
— young seniors who may still be working or in early retirement

FORGET-ME-NOT: DEMENTIA CAREGIVERS
(IN-PERSON AT NSK - HYBRID)
Saturday, November 18 at 10:00 a.m.
(Usually third Saturday of each month)
— anyone affected by a loved one's memory loss

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

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

NEXT CHAPTER: WIDOW/-ERS
(IN-PERSON AT NSK - HYBRID)
Wednesday, November 8 & 22 at 11:00 a.m.
(Usually second and fourth Wednesday of each month)
— safe space for anyone who has lost a partner to reminisce, laugh, and support

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

Sign up for virtual groups on our [website](http://princetonsenior.org) or call 609.751.9699 for assistance. **15**

FROM THE DEVELOPMENT OFFICE



PEAPACK PRIVATE
Wealth Management

Spotlight on Peapack Private Wealth Management

For more than one hundred years, Peapack-Gladstone Bank, and its wealth division, Peapack Private Wealth Management, have maintained a culture of service to clients, families, and seniors — not only through its corporate philanthropy program of volunteer and community engagement but also through its custom-tailored services and solutions to meet each individual client’s needs.

Peapack Private’s staff of wealth management experts takes pride in its offering of customized financial solutions. It provides comprehensive financial, tax, fiduciary, and investment advice to individuals, families, private-held business, family offices, and not-for-profit organizations. Peapack Private’s wealth advisors support their clients to help them achieve their personal financial goals by developing solutions implemented specifically for them, designed to meet changing financial circumstances at various life stages. The company has a longstanding commitment to keep older adults and their money safe through the offering of comprehensive advice, along with responsive and trusted access to banking products and services.

Supporting those both inside and outside of its organization is always a priority. With its custom-tailored guidance and focus on investment for older adults, Peapack Private values the broad range of services provided by the Princeton Senior Resource Center in keeping seniors safe, healthy, engaged, and active. Through its pledge to serve both clients and communities, Peapack Private’s commitment to provide excellent service extends beyond banking. The company’s ongoing focus on both community and people has made an appreciable impact in providing a better quality of life within the communities it serves.

Visit www.pgbank.com and www.peapackprivate.com for more information.

NOVEMBER FEATURED SPONSORS



BRANDYWINE LIVING
Serenade at Princeton
Life is Beautiful

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



**ROTHKOFF
LAW GROUP**
Elder Care Law

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

Did you know you CAN have it all? You can help sustain the senior community and make PSRC stronger while SAVING ON TAXES! Learn how to donate using your IRA tax free if you make your 2023 gift to Princeton Senior Resource Center before December 31!

As we approach the final months of 2023, this is an excellent time to consider your year-end charitable giving.

If you are seventy-three, you may make a **required minimum distribution (RMD)** to Princeton Senior Resource Center directly from your **individual retirement account (IRA)**.

If you are seventy and one-half, you can use all or part of your **qualified charitable distribution (QCD)**, up to \$100,000, to make a charitable gift to PSRC.

The entire amount of your gift passes to PSRC and **you pay no income tax** on the money.

If you intend to use your IRA to make a gift to PSRC this year, we encourage you to make plans now. Please do not wait until the end of the year to arrange for your distribution as IRA administrators may take several weeks to complete the transfer and you want to make sure your gift is received by PSRC no later than December 31, 2023.

You Can Also Use Your IRA to Support PSRC in the Future

You can choose to designate PSRC as a beneficiary of your IRA and your gift will pass tax-free to PSRC after your lifetime.

Your gift—today and in the future—will enable PSRC to help older adults thrive in our community for years to come.

Ways to Make Your IRA Gift to PSRC:

Your IRA administrator can send a current year check payable to “PSRC” to:
Princeton Senior Resource Center
101 Poor Farm Road, Building B, Princeton, NJ 08540

For wire transfer instructions, please contact Lisa Adler at ladler@princetonsenior.org, or call 609.751.9699, ext. 103, for PSRC’s banking information.

**Please note that all donations must be itemized for your 2023 tax returns.*

For more information about the advantages of using your IRA to make a gift to PSRC, please contact Lisa Adler, chief development officer, at ladler@princetonsenior.org or 609.751.9699, ext. 103.

Thank you for being part of the PSRC community and recognizing the importance of our vital work.



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



COVID-19 VACCINE LOCATIONS TOOL

With the approval of the new Covid-19 vaccine, there is an online tool to search for providers in your area: princetonsenior.link/Gov-Vaccine-Tool. Remember that with the commercialization of the Covid-19 vaccine, it is no longer free. Therefore, the vaccine is available at no cost for people who have private health insurance, Medicare, or Medicaid. The Bridge Access Program will provide the vaccine at no cost for adults eighteen years old and older without health insurance or whose health insurance plans do not cover the Covid-19 vaccine. For more information on the Bridge Access Program: <https://princetonsenior.link/Bridge-Program>. The online vaccine search tool allows you to search for Bridge Access Program participating locations.

princetonsenior.org/vaccine-navigators

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
The Bank of Princeton
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
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
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/