

**INTERNATIONAL
MUSIC
FESTIVAL**



INTERNATIONAL MUSIC FESTIVAL
(IN-PERSON AT SPB LOCATION)

*Sábado, 14 de octubre /
Saturday, October 14, 2:00–5:00 p.m.*

Description on [page 13](#).
Register at [princetonsenior.link/October-
General-Programs](https://princetonsenior.link/October-General-Programs)



**GRAND ADVENTURES:
GRANDPARENTS AND KIDS ON THE GO
INTERGENERATIONAL SERIES**
(IN-PERSON AT HERRONTOWN WOODS)
Recommended for kids age six to twelve.

**NATURE'S MELODY: NATURE WALK
AND ARTFUL WIND CHIMES**

*Sunday, October 8, 1:00–3:00 p.m.
and*

**AUTUMN'S CANVAS: NATURE WALK & FALL
LEAVES MANDALA**

Sunday, October 22, 1:00–3:00 p.m.

Descriptions on [page 10](#).
Register at [princetonsenior.link/October-
Health-Wellness](https://princetonsenior.link/October-Health-Wellness)

NEW JERSEY SYMPHONY

XIAN ZHANG MUSIC DIRECTOR

A GOULISH AFTERNOON WITH THE NEW JERSEY SYMPHONY CHAMBER PLAYERS

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

Monday, October 30, 2:00 p.m.

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

Active Aging Week

Dear Friends,

For several decades now, the first week in October has been designated “active aging week.” It is a perfect time to remind ourselves that aging doesn’t necessarily mean slowing down. In fact, it’s an opportunity to celebrate the wisdom and experience gained over the years while continuing to lead active and fulfilling lives.

Active aging is about more than just staying physically fit; it encompasses a holistic approach to maintaining one’s wellbeing. Active aging includes physical, mental, social, and emotional dimensions that are crucial to a healthy concept of aging. Here are just a few reasons why active aging is so crucial:

- **Physical Health:** Staying physically active helps us maintain muscle mass, flexibility, and overall strength. Regular exercise reduces the risk of chronic diseases such as heart disease, diabetes, and osteoporosis.
- **Mental Agility:** Engaging in intellectual pursuits, such as learning new skills or participating in brain-stretching activities,



- keeps the brain sharp and enhances cognitive function.
- **Social Engagement:** Building and maintaining social connections is vital for emotional wellbeing. Active aging encourages us to be involved in social activities, volunteer work, or other interest groups.
 - **Emotional Resilience:** Aging can bring unique challenges, but active aging promotes emotional resilience. Staying fully engaged in the world around us leaves us better equipped to handle stress and maintain a positive outlook, thereby improving overall health.

At PSRC, we believe in celebrating the spirit of active aging. Here are just a few of the ways we are working to empower the older adults in our community to live life to the fullest:

- **Fitness Classes:** Join us for a variety of fitness classes, from gentle yoga and tai chi to aerobics and Pickleball. These classes cater to various fitness levels and offer a fun way to stay active.
- **Lifelong Learning:** Expand your horizons with Evergreen Forum or one of our many other educational offerings this fall. It's never too late to learn something new!
- **Outdoor Adventures:** Nature enthusiasts can explore the great outdoors with our hiking and nature walks. Enjoy the beauty of the Princeton area while staying active.
- **Volunteer Opportunities:** Give back to the community, and support the work of PSRC, by participating in one of our volunteer opportunities. Working at our front desk or helping in our technology lab is a great way to stay engaged and make a positive impact on others' lives.
- **Social and Support Groups:** PSRC offers many different groups to stay engaged and build relationships with others. From Aging Gaily to Forever Young, Global Conversations to Let's Talk, along with many others, we encourage you to jump in and get connected!

Active Aging Week is a celebration of the vibrant and fulfilling possibilities of older adulthood. It's an opportunity for us to embrace physical activity, expand our horizons, connect with others, and nurture our wellbeing. At PSRC, we are committed to empowering the older adults in our community to celebrate the joy of growing older with grace and vitality. Together, we can create a community where everyone thrives and enjoys a fulfilling, active life. Let's embrace these years together with enthusiasm, resilience, and a zest for life!

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

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Crosstown Coordinator

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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
Receptionist & Administrative Assistant

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.princeton senior.org/coming-soon/>

FYI SEMINARS

2024 MEDICARE & YOU (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, October 3, 3:00–4:00 p.m.

Join us to review the basics of Medicare and to see what to expect in 2024. Learn more about initial and open enrollment deadlines as well as Medicare Savings Programs. See what SHIP and our counselors have to offer in helping you navigate Medicare.

Instructor: Kelly Ott, SHIP coordinator of Mercer County. Registration required, no fee.

OSTEOPOROSIS & EXERCISE (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, October 17, 3:00–4:00 p.m.

Osteoporosis is a silent bone disease that results in brittle, porous bones that make individuals susceptible to fractures. The bone disease requires lifestyle changes that will help reduce the rate of bone deterioration and fracture. Exercise has been shown to help with slowing down osteoporosis, but adults often have a hard time differentiating between safe/effective exercises and dangerous ones that may make osteoporosis worse. In this seminar, we will discuss statistics regarding osteoporosis and ways to slow down its progression with lifestyle changes.

Instructor: Dr. Laura Wong
Registration required, no fee.

FRAUD AGAINST SENIORS (IN-PERSON AT NSK LOCATION)

Tuesday, October 24, 3:00–4:00 p.m.

This presentation will provide information about common cons and scams that target older adults. Participants will learn how to protect themselves from being a victim of these scams.

Instructor: Justin Scott, Scott Counsel, LLC.
Registration required, no fee.

This month's FYI sponsors are Hamilton Jewelers, Novi Wealth Partners, Silver Century Foundation, and Walsh Senior Solutions.

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

Monday, October 2, 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.

TALK & TEA: TIGER TRANSIT (IN-PERSON AT NSK LOCATION)

Thursday, October 5, 1:00 p.m.

Stop by to learn more about TigerTransit, Princeton University's free and publicly available shuttle service, from the University's Transportation and Parking Services team.

Registration required, no fee.

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

Tuesdays in October, 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:

October 3 — Marilyn Waring: The unpaid work that GDP ignores and why it really counts

October 10 — Celeste Headlee: 10 Ways to have a better conversation better

October 17 — Ian Bremmar: The next global superpower isn't who you think

October 24 — Sandersan Onie: How targeted ads might just save your life

October 31 — Sixto Cancel: A foster care system where every child has a loving home

Registration required, no fee.

This month's TED Talk sponsors are Bryn Mawr Trust, Capital Health, Springpoint Choice, Stark & Stark Attorneys at Law.

WORKSHOP: ARM IN ARM (IN-PERSON AT NSK LOCATION)

Thursday, October 19, 1:00 p.m.

From providing healthy food options to helping individuals secure stable housing and gain employment skills, Arm In Arm's services touch

OCTOBER PROGRAMS

OCTOBER SPECIAL PROGRAM SPONSORS

Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers

lives in meaningful ways. During this special event, you'll have the opportunity to learn firsthand about their mission, the range of support they provide, and how they make a positive impact on Mercer County families. Registration required, no fee.

RETIREMENT PROGRAMS

MEN & WOMEN IN RETIREMENT: DIVING INTO A SHARK TANK (HYBRID - IN-PERSON AT SPB LOCATION AND ON ZOOM)

Friday, October 20, 10:00 a.m.–noon

Ed Frankel, a member of Men in Retirement, has been a volunteer diver at the Adventure Aquarium for over thirty-one years. Ed has dived more than 2,000 times in the shark tank with many species of sharks: great hammerheads (about ten feet), tiger sharks, blue sharks, brown sharks, and sand tigers; to name a few. He will share some of his many experiences with the sharks at the Aquarium and the open ocean. All are welcome. Registration required, no fee.

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)
Friday, October 27, 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, October 20, 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 October, 10:00 a.m.

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

A NOVEL IDEA: PSRC'S BOOK CLUB (IN-PERSON AT SPB LOCATION)

Thursdays, beginning October 12 through November 16, 1:30–3:00 p.m.

Fee: \$20 resident / \$25 non-resident, space is limited

to 15 with a minimum of 14

Join Helen Burton who will guide you through the novel *The First Ladies* by Marie Benedict and Victoria Christopher Murray.

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@princeton senior.org.



OCTOBER ENRICHMENT PROGRAMS

COMPOSER OF THE MONTH: EDVARD GRIEG (ZOOM)
Tuesday, October 17, noon–1:00 p.m.

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

Join Dr. Brenda Leonard for the start of this monthly music class. For October we will explore the captivating works of Edvard Grieg, the renowned Norwegian romantic composer. While you may be familiar with his iconic piece "In the Hall of the Mountain King," this class offers a wonderful opportunity to uncover his lesser-known compositions such as songs, chamber music, and a beloved piano concerto.

CAFÉ FRANÇAIS (IN-PERSON AT NSK LOCATION)
Mondays in October, 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)
Friday, October 13, 1:30–2:30 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. Take part in an insightful session that could be the first step towards transforming your language abilities and your perspective on the world. We look forward to welcoming you!

Instructor: Joan Kuskin is a graduate of Mount Holyoke College and earned her MA in human development at Fairleigh Dickinson University. She holds certificates in special education and reading and has taught in both public and private schools.

She also practiced as an educational therapist for many years. Registration required due to limited space.

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

Monday, October 30, 2:00 p.m.

Join us for an unforgettable afternoon of spine-tingling melodies and hauntingly beautiful harmonies with the New Jersey Symphony Chamber Players. Immerse yourself in the enchanting world of classical music with a twist of eerie excitement.

Registration required, no fee.

HOLIDAY DECOR TIPS (IN-PERSON AT NSK LOCATION)
Monday, October 16, 1:00–2:00 p.m.

Want to turn your home into a wonderland this holiday season? Join interior designer Kristin Menapace and the Homestead Princeton team to learn some practical tips and to get ideas for creating a festive look both inside and out.

Instructor: Kristin Menapace is an interior designer and an owner of Princeton Homestead. Registration required, no fee.

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

Friday, October 20 through December 15 (no class 11/24), 2:00 p.m.

Fee: \$85 resident / \$95 non-resident

For intermediate painters, this eight-session class emphasizes the components of the creative painting process.

Instructor: Christina Rang

PHOTOGRAPHY: WHAT MAKES A GOOD PICTURE? (ZOOM)

Monday, October 23, 3:30 p.m.

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

Join the Cleveland Art Museum as we explore the science and art that makes certain photographs stand out. Uncover the secrets of compelling images through the lens of contemporary and historical photographers from the CAM collection.

OCTOBER ENRICHMENT PROGRAMS

OCTOBER SPECIAL PROGRAM SPONSORS

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Learn how focus, framing, perspective, and subject choice shape the meaning of a photograph and lay the groundwork for your own creative journey behind the camera.

THE WONDERS OF WORDPLAY - FALL QUARTER

Monday, October 2 through December 18

Call for availability.

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

Tuesdays in October, 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.

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

Friday, October 27 through November 17, 1:00–3:30 p.m.

Fee: \$80 resident / \$90 non-resident

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. 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 sessions.

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

Friday, October 6, 1:00–4:00 p.m.

Fee: \$35 resident / \$40 non-resident

Socialize and have fun while you play this easy

card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with 2–4 players, in partnerships or individually, Canasta is one of the most widely played card games in the U.S.

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

Instructor: Neilia Makadok

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

Friday, October 13, 1:00–4:00 p.m.

Fee: \$35 resident / \$40 non-resident

A fun and easy card game in the Canasta family of games. Hand & Foot has become very popular and can be played with 2–4 players, in partnerships or individually.

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

Instructor: Neilia Makadok

WAKE UP WITH BINGO (IN-PERSON AT NSK LOCATION)

Wednesday, October 4, 10:30 a.m.–noon.

Join us for a lively morning of bingo fun where's there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required. Game play begins at 10:30 a.m.

NATIONAL COMING OUT DAY

Why October 11? On October 11, 1987, the second major National March on Washington for Lesbian and Gay Rights took place. There were half a million participants in this march, five times the number at the first march eight years prior. Coming out is a unique experience for each LGBTQ+ person. It's not a one-time event and it is important to acknowledge the courage it takes for people to come out and be proud of an identity that is still received negatively. Remember, PSRC celebrates all people and you are welcome here.

OCTOBER ENRICHMENT PROGRAMS

OCTOBER SPECIAL PROGRAM SPONSORS

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NOW SHOWING

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

Friday, October 6, 1:00 p.m.

Ghostbusters, the original 1984 film, is a spooky comedy about three parapsychologists who lost their university funding and set up shop as a unique ghost removal service in New York City. Crazyness ensues. Starring Bill Murray, Dan Ackroyd, Harold Ramis

Run Time: 1 hour 45 minutes, Genre: Comedy, Sci-Fi, Rated: PG

Registration required, no fee.

DOCUMENTARY: *GAY PEOPLE PRINCETON* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, October 11, 1:00–3:00 p.m.

Let's Celebrate National Coming Out Day with a stroll through Princeton's LGBTQ history, which began with Gay People Princeton. Founded in 1972 by undergraduates, the Gay Alliance of Princeton gathered together Princeton University students, workers and faculty, local townsfolk, and greater community members to come out and declare their identity. Frank Mahood is the documentarian who created this film, and he is a co-founder of Gay People of Princeton and is the current Safe-Space Host at the Bayard Rustin Center for Social Justice.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (ZOOM)

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

Relive the Golden Age of Radio through Zoom!

Listen in on Tuesdays and Thursdays as we play some of the most iconic radio shows ever broadcast. We'll start with the thrilling sci-fi drama that is Orson Welles' *War of the Worlds* and then we'll begin the crime-fighting adventures of *The Shadow* and *Gangbusters*. Don't miss this opportunity to re-experience the magic of the golden age of radio.

Registration required, no fee.

LIKE WATER FOR CHOCOLATE (ESP) *COMO AGUA PARA CHOCOLATE* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Thursday October 19, 2:30 p.m.

This movie is a follow-up from the September book club, but all are welcome. When tradition prevents her from marrying the man she loves, a young woman discovers she has a unique talent for cooking.

(ESP) Esta película es la continuación del club de lectura de septiembre. Cuando la tradición evita que una mujer se case con el hombre que ella ama, ella descubre que tiene un talento único para cocinar.

This film will be shown in Spanish with English subtitles



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 princeton senior.org/technology-lab/ or to fill out a request form go to princeton senior.link/tech-assist.

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10:00 Gentle Yoga + Nidra 10:30 Line Dancing (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 Café Français (NSK) 3:00 Caregivers Group</p>	<p>3</p> <p>10:00 <i>Every Body Walk!</i> 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 3:00 FYI Seminar - 2024 Medicare & You (NSK-H) 4:00 The Golden Age of Radio</p>	<p>4</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Pickleball Prep & Play (SPB) 10:30 Wake up with Bingo (NSK) 12:00 Pickleball 3 & Me (SPB) 2:00 OnStage Seniors (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>5</p> <p>10:00 Cosmology (NSK-H) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 10:00 Pickleball Prep & Play (SPB) 12:00 Pickleball 3 & Me (SPB) 1:00 Talk & Tea (NSK) 2:00 Tech Lab Assistance (NSK) 3:00 Forever Young (55-65) Group - (NSK-H) 4:00 The Golden Age of Radio</p>	<p>6</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - <i>Ghostbusters</i> (NSK-H) 1:00 Learn to Play Canasta with Neilia (NSK) 1:00 Table Tennis (SPB)</p> <hr/> <p>SUNDAY, OCTOBER 8 1:00 Grand Adventures: Grandparents and Kids on the Go (Herrontown Woods)</p>
<p>9</p> <p>8:00 Bird Walk with Winnie Spar (Rogers Refuge) 10:00 Gentle Yoga + Nidra 10:30 Line Dancing (SPB) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK)</p>	<p>10</p> <p>10:00 <i>Every Body Walk!</i> 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 4:00 The Golden Age of Radio</p>	<p>11</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Flu Shot Clinic (SPB) 11:00 Next Chapter: Widows & Widowers (NSK-H) 1:00 Gay People Princeton: Documentary (NSK-H) 2:00 OnStage Seniors (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>12</p> <p>10:00 Cosmology (NSK-H) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 10:00 Pickleball Prep & Play (SPB) 12:00 Pickleball 3 & Me (SPB) 1:00 Crafter's Corner (NSK-H) 2:00 Tech Lab Assistance (NSK) 1:30 A Novel Idea (SPB) 4:00 The Golden Age of Radio</p>	<p>13</p> <p>10:00 Pickleball Open Court (SPB) 10:00 Women in Retirement Coffee Klatch 1:00 Hand & Foot Canasta (NSK) 1:00 Table Tennis (SPB) 1:30 ESL Session (SPB)</p> <hr/> <p>SATURDAY, OCTOBER 14 8:00 Pickleball Prep & Play (SPB) 2:00 International Music Festival (SPB)</p>
<p>16</p> <p>10:00 Gentle Yoga + Nidra 10:30 Line Dancing (SPB) 11:00 Bereavement Group 1:00 Global Conversations 1:00 Holiday Decor Tips (NSK) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) Group (NSK-H) 3:00 Café Français (NSK)</p>	<p>17</p> <p>10:00 <i>Every Body Walk!</i> 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 12:00 Composer of the Month 12:30 Solvents & Glue Exercise Class (SPB) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 3:00 FYI Seminar - Osteoporosis & Exercise (NSK-H) 4:00 The Golden Age of Radio</p>	<p>18</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Pickleball 3 & Me (SPB) 11:00 Pickleball Prep & Play (SPB) 2:00 OnStage Seniors (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>19</p> <p>10:00 Cosmology (NSK-H) 10:00 <i>Every Body Walk!</i> 10:00 Mindful Chair Yoga 10:00 Pickleball 3 & Me (SPB) 11:00 A Taste of Pickleball (SPB) 1:00 Workshop (NSK) 1:30 A Novel Idea (SPB) 2:00 Tech Lab Assistance (NSK) 2:30 Now Showing: <i>Like Water for Chocolate/Como Agua Para Chocolate</i> (NSK-H) 3:00 Early Stage Memory Loss Support Group (NSK-H) 3:30 To Vaccinate Or Not To Vaccinate? 4:00 The Golden Age of Radio</p>	<p>20</p> <p>10:00 Men & Women in Retirement (SPB-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB) 2:30 Transition to Retirement (NSK-H)</p> <hr/> <p>SATURDAY, OCTOBER 21 10:00 Forget-Me-Not: Dementia Caregivers Group (NSK-H) 4:00 Bingo Bilingüe/Bilingual Bingo (SPB)</p> <p>SUNDAY, OCTOBER 22 1:00 Grand Adventures: Grandparents and Kids on the Go (Herrontown Woods)</p>
<p>23</p> <p>10:00 Gentle Yoga + Nidra 10:30 Line Dancing (SPB) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:30 Photography: What Makes a Good Picture?</p>	<p>24</p> <p>10:00 <i>Every Body Walk!</i> 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 3:00 FYI Seminar - Fraud Against Seniors (NSK) 4:00 The Golden Age of Radio</p>	<p>25</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Pickleball 3 & Me (SPB) 11:00 A Taste of Pickleball (SPB) 11:00 Next Chapter: Widows & Widowers (NSK-H) 2:00 OnStage Seniors (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>26</p> <p>10:00 Cosmology (NSK-H) 10:00 <i>Every Body Walk!</i> 10:00 Flu Shot Clinic (NSK) 10:00 Mindful Chair Yoga 10:00 Pickleball 3 & Me (SPB) 11:00 Pickleball Prep & Play (SPB) 1:30 A Novel Idea (SPB) 2:00 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>27</p> <p>10:00 Pickleball Open Court (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>30</p> <p>10:00 Gentle Yoga + Nidra 10:30 Line Dancing (SPB) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 A Ghoulish Afternoon: NJ Symphony Chamber Players (Stone Hill Church) 2:00 The Wonders of Word Play 3:00 Café Français (NSK)</p>	<p>31</p> <p>10:00 <i>Every Body Walk!</i> 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 4:00 The Golden Age of Radio</p>	<p>Key: NSK - Nancy S. Klath Center PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building H - Hybrid Group/Program</p>		

OCTOBER HEALTH AND WELLNESS

OCTOBER HEALTH AND WELLNESS SPONSOR: *Home Instead, Peapack Private Wealth Management*

GRAND ADVENTURES

GRANDPARENTS AND KIDS ON THE GO INTERGENERATIONAL SERIES

Come be a part of a whimsical adventure where grandparents and grandkids team up to explore nature's palette for an unforgettable experience where nature, knowledge, and art unite for an extraordinary bonding journey. Aimed for grandkids age six to twelve.

Leaders: Steve Hiltner is a naturalist, musician, actor, writer, and founder of the Friends of Herrontown Woods. His Princeton Nature Notes blog tells stories of nature in Princeton over nearly two decades. Ella Leving is the community outreach coordinator at PSRC.

NATURE'S MELODY: NATURE WALK AND ARTFUL WIND CHIMES (IN-PERSON AT HERRONTOWN WOODS)

***Sunday, October 8 (Rain Date: Sunday, October 15),
1:00–3:00 p.m.***

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

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

Monday, October 9, 8:00–9:30 a.m.

Join expert birder Winnie Hughes Spar for a guided bird walk at Rogers Refuge in Princeton. Witness vibrant birdlife amidst the town's heart and delve into their fascinating habits. Gain insights into crucial bird habits and learn valuable hints to enhance your bird-watching skills.

Instructor: Winnie Hughes Spar serves on the boards of Friends of Princeton Open Space and Washington Crossing Audubon Society.

Registration required, no fee.

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays in October, 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. *Every Body Walk!* ends on October 31. Registration required, no fee.

Instructor: Ruth Kaplan

Discover the enchantment of Herrontown woods, where magic lingers in every rustle of the leaves. Join naturalist Steve Hiltner on an immersive nature walk, where he unveils the forest's hidden wonders. Following the exploration, Ella Leving, PSRC's community outreach coordinator, will guide you in unleashing your creativity through a collaborative wind chime crafting session.

AUTUMN'S CANVAS: NATURE WALK & FALL LEAVES MANDALA (IN-PERSON AT HERRONTOWN WOODS)

***Sunday, October 22 (Rain Date: Sunday, October 29),
1:00–3:00 p.m.***

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

Join the naturalist Steve Hiltner as he guides us through a captivating nature walk, unveiling the secrets and marvels hidden within the forest's heart. Following the nature walk, let your creative spirit flourish under the guidance of Ella Leving, PSRC's community outreach coordinator, crafting vibrant fall leaf mandalas together.

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

***Wednesday, October 4 through October 25,
10:00–11:00 a.m.***

Fee: \$30 resident / \$35 nonresident

Discover the power of 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)

Monday, October 2 through December 18, 10:00 a.m.

Fee: \$80 resident / \$90 non-resident

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

Instructor: Joy Cline-Okoye

LINE DANCING: BEGINNER AND BEYOND (IN-PERSON AT SPB LOCATION)

Monday, October 2 through October 30, 10:30–11:30 a.m.

Fee: \$40 resident / \$45 non-resident

Get your feet moving and join our vibrant line dancing class! Whether you're a beginner or beyond, step into the rhythm, have fun, and stay active with our delightful instructor and community of dancers.

Instructor: Carol Feldman

MINDFUL CHAIR YOGA & MEDITATION - FALL QUARTER (ZOOM)

Thursday, October 5 through December 28 (no class 11/23), 10:00 a.m.

Fee: \$80 resident / \$90 non-resident

Experience the soothing practice of chair yoga—a versatile form of yoga suitable for all skill levels, including those with limited mobility or injuries. Enjoy a therapeutic and restorative session that enhances flexibility, strength, balance, and energy. Join us for a relaxing class that moves at a mindful, serene pace.

Instructor: Lyn Lilavati Sirota

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesday, October 3 through October 31, 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 October, 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, October 3 through October 31, 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: Guy DeRosa

PICKLEBALL MANIA

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

GROUP COURT RENTALS

Reserve our 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

OPEN COURT

Join the thrill of two-hour open court play where varying skill levels are welcome, but basic knowledge of the game is required. Enjoy competitive matches and friendly camaraderie on the court.

Registration required; payment only accepted at the door.

Fee: \$10

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

PROGRAMS FOR ADVANCED-BEGINNERS

Players should have knowledge of the game and be able to keep score.

PREP & PLAY

This two-hour program is designed for players looking to advance their skills. Learn new techniques on the court with expert instruction and enjoy open game play with guided support to enhance your game.

Fee: \$30 resident/\$35 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

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 FLU SHOT CLINICS

Hosted by PSRC, Zufall Health, Wegmans, and Princeton Health Department



Wednesday, October 11, 10:00 a.m.–2:00 p.m. at PSRC, Suzanne Patterson Building, 45 Stockton St. Register at <https://princetonsenior.wufoo.com/forms/z17lbua41yygbnp/>

Wednesday, October 25, 5:00–7:00 p.m. at Princeton Public Library, 65 Witherspoon St. **(Walk-in only)**

Thursday, October 26, 10:00 a.m.–noon at Nancy S Klath Center for Lifelong Learning, 101 Poor Farm Rd. Register with Wegmans at <https://tinyurl.com/4yeww8sd> (You cannot schedule an appointment more than thirty days in advance of the clinic date.)

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

SPECIAL VACCINE PROGRAM

TO VACCINATE OR NOT TO VACCINATE? THAT IS THE QUESTION. (ZOOM)

Thursday, October 19, 3:30 p.m.

The rapid development and approval of new vaccines is impressive. But who does it benefit for us to have all or any of these shots?

Instructor: Kathy Ales, MD, trained in general internal medicine and clinical epidemiology, served on the faculty at New York Hospital-Cornell University Medical College and as a physician at The New York Hospital and later at the University Medical Center at Princeton.

As medical director for Jacobus Pharmaceutical Company, Inc., she assisted in the clinical research required for drug development for an ultra-rare neurological disorder medicine.

Registration required, no fee.



princetonsenior.link/Vaccinate

BILINGUAL PROGRAMS

En el Princeton Senior Resource Center creemos que la diversidad y la conexión son esenciales para enriquecer la experiencia de todos nuestros miembros. En octubre, te invitamos a unirte a nosotros en una serie de emocionantes actividades bilingües que celebran la riqueza de nuestra comunidad, fomentan nuestra empatía y nos conectan culturalmente:

DESCUBRE EL MUNDO DE LOS IDIOMAS:
SESIÓN INFORMATIVA DE CLASES DE ESL
(EN PERSONA EN SPB)

Viernes, 13 de octubre, 1:30–2:30 p.m.

Descripción: Estamos emocionados de invitarte a una sesión informativa y atractiva diseñada para explorar las emocionantes posibilidades de nuestra próxima iniciativa de inglés como Segundo Idioma (ESL). Únete a nuestra dedicada instructora, Joan Kuskin, para descubrir cómo podemos ayudarte a mejorar tus habilidades lingüísticas. Participa en una sesión esclarecedora que podría ser el primer paso para transformar tus habilidades lingüísticas y tu perspectiva del mundo. ¡Esperamos darte la bienvenida! Inscripción requerida, sin costo.

INTERNATIONAL MUSIC FESTIVAL (EN PERSONA
EN SPB)

Sábado, 14 de octubre, 2:00–5:00 p.m.

Valor: \$10

Únete a nosotros para una emocionante tarde de música de diferentes partes del mundo en nuestro Festival Internacional de Música. Bailaremos, nos relajaremos y disfrutaremos de la compañía de todos mientras celebramos la diversidad de nuestro planeta. Disfruta de aperitivos y refrescos que nos recordarán la riqueza cultural que nos rodea. ¡No te lo pierdas!

BINGO BILINGÜE (EN PERSONA EN SPB)

Sábado, 21 de octubre, 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.

At the Princeton Senior Resource Center, we believe that diversity and connection are essential for enriching the experience of all our members. In October, we invite you to join us in a series of exciting bilingual activities that celebrate the richness of our community, foster empathy, and connect us culturally:

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

Friday, October 13, 1:30–2:30 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. Take part in an insightful session that could be the first step towards transforming your language abilities and your perspective on the world. We look forward to welcoming you! Registration required, no fee.

INTERNATIONAL MUSIC FESTIVAL (IN-PERSON
AT SPB LOCATION)

Saturday, October 14, 2:00–5:00 p.m.

Cost: \$10

Join us for an exciting afternoon of music from different parts of the world at our International Music Festival in the Suzanne Paterson Building. We will dance, relax, and enjoy each other's company while celebrating the diversity of our planet. Enjoy snacks and refreshments that will remind us of the cultural richness that surrounds us. Don't miss out!

BILINGUAL BINGO (IN-PERSON AT SPB LOCATION)

Saturday, October 21, 4:00–5:30 p.m.

Join us for an afternoon of fun, games, and laughter at our Bilingual Bingo event, taking place in the Suzanne Paterson Building on Saturday, October 21, 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 fun. Registration is free, so join in on the fun! Registration required, no fee.

BEATING THE SEASONAL BLUES: UNDERSTANDING THE SEASONAL AFFECTIVE DISORDER (SAD)

by Johanna Peters, Director of Social Services

As autumn transforms the outdoors with vibrant hues and a crisp breeze, many relish the joys of the season through all things pumpkin spice and prepare for the fast approaching holiday season. Fall reflects a balance between the summer heat and the chill of winter in a way that is almost magical. However, for some, their perspective of fall is quite different. Some people experience an increase in fatigue, depression, hopelessness, and social withdrawal. These shifts in their mood, progressively increase as the days get shorter, often leaving some debilitated as winter approaches until the emergence of spring.

Are You Affected by Seasonal Affective Disorder?

This phenomenon, known as Seasonal Affective Disorder (SAD), manifests as a form of depression with various symptoms, and has specific patterns for winter and summer. Notably, these symptoms may differ in timing and presentation for each person. They may include:

- Feeling depressed most of the day, nearly every day
- Losing interest in activities you once enjoyed
- Experiencing changes in appetite or weight
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Winter-pattern SAD may bring additional symptoms such as oversleeping, carbohydrate cravings, and social withdrawal (feeling like “hibernating”).

Specific symptoms associated with summer-pattern SAD can encompass difficulty sleeping (insomnia), reduced appetite leading to weight loss, heightened restlessness and agitation, increased anxiety, and occasional episodes of aggressive behavior.

Strategies for Overcoming SAD

Coping with SAD can involve committing to daily activities, whether it’s working out, joining a social group, or volunteering in your community. Light therapy, which boosts serotonin levels, might offer relief as well. If you or someone you know has symptoms of SAD or major depressive disorder, seeking professional help is key. Professionals can assist you in pinpointing your specific symptoms as well as providing a treatment best suited for you. At PSRC, we’re here to support you in socializing and staying engaged so that we may all enjoy the beauty of this season together.

WHAT AM I ELIGIBLE FOR?

by Billi Charron, MSW, Social Worker

It’s October! That means Medicare Open Enrollment time. If you are considering changing your Medicare Advantage plan, this is the time to do so. You will have from October 15 until December 7 to make any changes. If you want more information about changes to Medicare this year, you can attend our Medicare Open Enrollment FYI session on Tuesday, October 3. We will have a second presentation in November for those who miss the October date. You can also reach out to the State Health Insurance Program (SHIP) for Medicare counseling at any time.

Mercer County benefits: Mercer County Board of Social Services coordinates a variety of services and application including SNAP, Medicaid, adult protective services, funeral and burial assistance, transportation, and assistance with heating/cooling, electric/gas, and water utilities. They help provide emergency medical assistance to undocumented residents and long-term care services to older adults who want to stay in their home.

Senior Freeze: October 31 is the deadline to file an application for 2022 property tax reimbursement. Basic eligibility requirements are that you (1) own your home for a minimum of three years, (2) must be age sixty-five or older as of December 31, 2021, or receive Social Security disability benefit, (3) lived in New Jersey continuously since December 31, 2011, and (4) annual income no greater than \$99,735.

You can always contact PSRC Social Services for assistance with benefits. Send an email to socialservices@princetonsenior.org, or call us at 609.751. 9699.



**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

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

To be a Crosstown rider you must be:

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

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

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

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

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



AGING GAILY (LGBTQ+)
(IN-PERSON AT NSK - HYBRID)
Monday, October 16 at 3:00 p.m.
(Usually third Monday of each month)
— social activities, build friendships, and offer support

BEREAVEMENT
Monday, October 16 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, October 2 at 3:00 p.m.
(Usually first Monday of each month)
— share challenges and experiences

CRAFTER'S CORNER
(IN-PERSON AT NSK - HYBRID)
Thursday, October 12 at 1:00 p.m.
(Usually second Thursday of each month)
— fun space for craft hobbies

EARLY-STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, October 19 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, October 5 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, October 21 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, October 11 & 25
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



Spotlight on Novi Wealth Partners

Are you aiming for a retirement that resonates with your dreams? Do you envision a wealth management plan tailored just for you? Look no further. We specialize in helping individuals and families align their financial strategies with their unique goals and values.

What Makes Novi Different:

Comprehensive Personalized Approach: Your financial situation is unique, and so should be your financial plan. Novi provides customized comprehensive solutions, focusing on your specific needs and aspirations. Ensuring that every area of planning aligns.

Educational Empowerment: Through their extensive learning resources, they empower you with the knowledge to take charge of your financial destiny.

Trusted Team: Their team of CERTIFIED FINANCIAL ADVISORS (CFP®) in Princeton, New Jersey, takes pride in their ability to navigate the intricate financial landscape and align with your objectives. As Fee-Only Fiduciary Advisors, Novi always prioritizes your best interests while making the opaque clear.

Investment Excellence: Portfolios designed with you in mind. Their values are aligned and rooted in your success, always. Novi implements portfolios using science, structure, and discipline to deliver successful outcomes. Novi Wealth Partners works with our clients to ensure that strategic asset allocation, asset location, and logic — not emotion — form the foundation for investing your investment plan. It is reassuring to have wealth. It is even more assuring to be able to keep and grow your wealth.

Community Engagement: Novi Wealth Partners believes in giving back to the community that has nurtured all of us. Join in various social initiatives and partnerships that reflect their commitment to social responsibility.

Novi Wealth Partners invites you to schedule a free review today. Experience firsthand their unwavering dedication to your financial future.

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2023 PSRC Fall Benefit

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SCAN ME



At the 2023 Fall Benefit, we launched the **PSRC Social Services Outreach Challenge**. Help us reach our goal by donating to support the vital resources and social services PSRC provides. Donate now to princetonsenior.wufoo.com/forms/donate-now2023-social-services-outreach-challenge

*as of publication date



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“This is a wonderful day. I have never seen this one before.” — Maya Angelou

CONSEJO DEL MES: CULTIVA LA GRATITUD

Octubre es el momento perfecto para cultivar la gratitud. A medida que entramos en la temporada de otoño y vemos los cambios en la naturaleza que nos rodea, recordemos también cómo evolucionan nuestras vidas y las cosas por las que sentimos gratitud. Para hacerlo, te recomendamos:

Crea un diario de gratitud: Toma unos minutos cuando te levantes cada mañana para anotar tres cosas por las que te sientes agradecido(a). Pueden ser pequeños momentos de alegría, los alimentos de tu mesa o un detalle que no esperabas o grandes logros, ¡todo cuenta!

MONTHLY TIP: CULTIVATE GRATITUDE

October is the perfect time to cultivate gratitude. As we enter the fall season and witness the changes in the nature around us, let's also reflect on how our lives evolve and the things we are grateful for. To do so, we recommend:

Create a Gratitude Journal: Take a few minutes each morning to jot down three things you are grateful for. They can be small moments of joy, the food on your table, an unexpected kindness, or significant achievements—everything counts!

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