



PSRC proudly presents our
2023 Fall Benefit

Cocktails – Dinner – Entertainment

Thursday, September 14, 6:00 p.m.
101 Poor Farm Road, Princeton

2023 Leadership Awards:
Individual Honoree Hazel Stix
Corporate Honoree Bryn Mawr Trust
Community Impact Honoree Mayor and Council
of the Municipality of Princeton

Seats are filling up quickly, register today!

For ticket and event sponsorship information,
visit princetonsenior.org/2023fallbenefit.



LOTERIA

(EN PERSONA EN SPB/IN-PERSON AT SPB
LOCATION)

Sábado, septiembre 16/Saturday,
September 16, 2:00–4:00 p.m.

Descriptions on [page 8](#).

Register at princetonsenior.link/September-Free-Programs



NEW! THE JAPANESE TEA CEREMONY EXPERIENCE

(IN-PERSON AT NSK LOCATION)

Friday, September 29, 10:30 a.m.

Descriptions on [page 6](#).

Register at princetonsenior.link/September-General-Programs

Fall 2023 Course List

Registration opens Tuesday, August 22
at 9:30 a.m.

Electronic registration is first come, first served



See [page 8](#) for the course list and visit
princetonsenior.org for full descriptions & registration.



THE NANCY S. KLATH CENTER FOR LIFELONG LEARNING

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

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE OFFICE

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

info@princetonsenior.org
princetonsenior.org

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

A nonprofit organization serving our community

BOARD OF TRUSTEES

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FROM THE CEO, DREW DYSON
National Senior Center Month

Dear Friends,

Each September, the National Council on Aging celebrates “National Senior Center Month” by recognizing the important role such community centers play in enriching and extending the lives of older adults. In May of this year, NCOA released the findings of its study *The State of Today’s Senior Centers: Successes, Challenges, and Opportunities*. This month, as we celebrate the role PSRC plays in our community, I would like to highlight a few findings from this landmark study that will be important as we look to the future.

- **Generational Differences Expand.** The study highlighted the challenge for modern senior centers to serve the growing cohort of older adults. Currently PSRC, whose mission is to serve adults age fifty-five and above, serves FOUR (4) generations of older adults: Greatest Generation (age 98+), Silent Generation (ages 77–97), Baby Boomers (ages 58–76), and now our first cohort of Generation X (ages 42–57). As one can imagine, the concerns, interests, and perspectives of these cohorts varies greatly and programming must respond to this wide range of needs.
- **Language Matters.** Many of today’s older adults simply don’t consider themselves to be in the “senior” category. One study participant, reflecting myriad similar sentiments from the study, reported: “I am almost sixty but I don’t consider myself a ‘senior’...and I don’t see myself going to the senior center. What is there for me?” I have spoken with members of our own community in their late seventies/early eighties who are still looking forward to the day they are ready for “the senior center.” We must grapple with, and modernize, our language to reflect this new reality.

National Senior Center Month



- **Technology is Key — AND — Access is still limited.** The study shows the important role that technology played in successful senior centers throughout the pandemic — and the critical role technology will play from now on. Thankfully, with a skilled staff and volunteer tech team, PSRC adapted quickly to technology — and our new building represents one of the first senior centers in the nation built with hybrid technology as a centerpiece. At the same time, seniors without access to technology (either due to finances or ability) may become increasingly isolated without consistent in-person programming options.
- **Health and Well-being is Critical.** Older adults are increasingly focused on improving their health through education, information, access to health care services, and fitness programs. Our research and interviews during our strategic planning process clearly showed health and wellness as the top concern of older adults not currently connected with PSRC — and offering new programs such as pickleball, contra dancing, and Feldenkrais, are critical to engaging these emerging cohorts.

This national research study is both an affirmation of PSRC’s service to the community for the last five decades and a challenge for us to continue our evolution to meet the emerging needs of new generations of older adults while retaining our core commitment to help *all* older adults thrive. In the days ahead, you will hear some of the ways we are responding to this changing landscape, and we invite you to join us on this journey of progress. Together, we will continue to live out our vision to be “an indispensable community asset for older adults and their families as they navigate the journey of aging.”

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
 & Educational Technology

Sharon Hurley, CVA
 Volunteer & Vaccine Navigator Coordinator

Ella Leving
 Community Outreach Coordinator

Nick Macy
 Program Associate: Reception & 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

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

SPECIAL NOTICES

Monday, September 4 — PSRC is closed for the Labor Day holiday

Tuesday, September 25 — PSRC programs & groups cancelled to observe Yom Kippur

TRENDING TOPICS

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

FYI SEMINARS

YOGA FOR OSTEOPOROSIS & OSTEOPENIA (IN-PERSON AT NSK LOCATION)

Tuesday, September 5, 3:00–4:00 p.m.

Most women over fifty have some degree of osteopenia (no matter their diet and physical practice). This accessible practice (both standing and seated) will focus on bone density through some asana (poses) and work with balance. Learn the poses from Dr. Loren Fishman's study on osteoporosis and what movements are contraindicated. Participants are welcome to sit and listen or bring a mat and practice poses. Presenter: Lyn Lilavati Sirota, certified yoga instructor
Registration required, no fee.

WHAT'S HAPPENING AT PRINCETON RECREATION (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, September 12, 3:00–4:00 p.m.

Do you know about all the available amenities of the Princeton Recreation program? This presentation will provide what is offered, including community parks & gardens. Presenter: Evan Moorhead, executive director of Princeton Recreation
Registration required, no fee.

AN INVITATION TO WELLNESS (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, September 26, 3:00–4:00 p.m.

This presentation will be focused on depression, isolation, and suicide prevention. Participants will learn about the benefits of utilizing therapy. Presenters: Lucas Manrique, Molly Scrabonia, and Guadalupe Moriera, therapists at The Center for Therapy and Counseling.
Registration required, no fee.

This month's FYI sponsors are [Akin Care](#), [McCaffrey's Food Markets](#), [Oasis Senior Advisors](#), and [Roundview Capital](#).

HOW WILDFIRES AFFECT OUR HEALTH (ZOOM)

Wednesday, September 13, 10:00–11:00 a.m.

Ongoing climate change has made environments more susceptible to burning due to severe drought and heat. Deputy Administrator, Health Officer Jeff Grosser will provide an overview of health effects that could stem from the recent outbreak of wildfires this summer.
Registration required, no fee.

LIBRARY READS (IN-PERSON AT NSK LOCATION)

Monday, September 11, 1:00 p.m.

Join us to celebrate all things books as we launch our new bookcase filled with tomes curated by the Princeton Public Library. Join us for an in-person literary fête with light refreshments where we'll raise a glass to toast the love of reading.
Registration required, no fee.

TALK & TEA (IN-PERSON AT REDDING CIRCLE LOCATION)

Thursday, September 7, 1:00 p.m.

Zufall Health Center staff will introduce their team and follow up with Bingo.
Registration required, no fee.

WHAT'S NEXT: THINKING ABOUT YOUR FUTURE PART 2 (IN-PERSON AT REDDING CIRCLE AND SPRUCE CIRCLE LOCATIONS)

Tuesdays, September 12 at Redding Circle or September 26 at Spruce Circle, 11:00 a.m.

This is session 2 of What's Next. September session #2 Intro to Five Wishes will help participants become familiar with the documents and explain how to fill them in.

Instructor: Billi Charron, MSW, is a social worker and advanced care planner at Princeton Senior Resource Center.
Registration required, no fee.

WORKSHOP: MEDICARE (In-Person at Redding Circle Location)

Thursday, September 21, 1:00 p.m.

A representative from Frontier Services will discuss the basics of Medicare Part A and Part B, review a checklist for choosing the right plans, and explain

SEPTEMBER PROGRAMS

SEPTEMBER SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers

the differences between Medigap and Medicare Advantage plans.

Instructor: Robert McDaniel, New Jersey Medicare broker
Registration required, no fee.

WORLD ALZHEIMER'S MONTH TOWN HALL (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Tuesday, September 19, 2:00–4:00 p.m.

An open conversation with service providers in our area who provide resources to individuals and families living with dementia and other memory loss conditions. Please submit questions in advance when you register.

Instructor: Representatives from a dozen Central New Jersey organizations that offer support to those living with dementia conditions and their caregivers will be available to discuss their services and answer your questions.
Registration required, no fee.

RETIREMENT PROGRAMS

MEN IN RETIREMENT: MONTHLY MEETING (IN-PERSON AT SPB LOCATION)

Friday, September 8, 10:00 a.m.

Join Lloyd Fredricks for a lively round table (chair) discussion on current events. Express your opinions and be heard in a supportive and informal environment as we delve into fascinating topics.

SENIOR CITIZEN CLUB (IN-PERSON AT NSK LOCATION)
Friday, September 29, 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, September 15, 2:30 p.m.

This group addresses many kinds of issues that can arise during the transition to retirement. Registration required.
Instructor: Paul Knight

WOMEN IN RETIREMENT: COFFEE KLATCH (IN-PERSON AT PANERA BREAD IN NASSAU PARK OR ON ZOOM)

Fridays in September, 10:00 a.m.

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

WOMEN IN RETIREMENT – 8TH ANNIVERSARY POTLUCK BRUNCH (IN-PERSON)

Friday, September 22, 10:00 a.m.

Please join old and new friends as we celebrate our 8th WIR anniversary. In place of a meeting, we will be having a potluck brunch. Please see WIR's website for further information and to RSVP. All are welcome. Rain date is September 29 <http://wired.wordpress.com/>.



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.

SEPTEMBER ENRICHMENT PROGRAMS

BINGO: WIN LIKE NEVER B4 (IN-PERSON AT NSK LOCATION)

Thursday, September 7, 1:00–2:30 p.m.

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

Registration required, no fee.

CAFÉ FRANÇAIS (IN-PERSON AT NSK LOCATION)

Mondays in September (No meeting 9/4 and 9/25), 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.

THE DIZZYING PERFECTION OF THE STRING QUARTET (ZOOM)

Tuesdays, through September 19

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

Tuesdays in September, 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.

NEW! THE JAPANESE TEA CEREMONY EXPERIENCE (IN-PERSON AT NSK LOCATION)

Friday, September 29, 10:30 a.m.

Fee: \$25 resident / \$30 non-resident

Princeton Chanoyu will be offering a Japanese Tea Ceremony demonstration in a traditional Japanese tearoom set up. A tea ceremony is a Zen-inspired Japanese cultural activity that involves the ceremonial preparation and presentation of matcha

tea. Authentic matcha tea and sweets will be served to all participants after the demonstration.

Instructor: Mrs. Kiyoko Heineken is the founder and head of Princeton Chanoyu, located in Kingston, New Jersey, and a certified tea instructor with forty years of tea ceremony experience. Mr. Glenn Swan is a certified tea instructor with fifteen years of tea ceremony experience and a professional Shakuhachi (Japanese bamboo flute) performer.

LIVE FROM GERMANY: BERLIN'S OLD TOWN (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Wednesday, September 13, 11:00 a.m.

Fee: \$5

Embark on a live virtual walking tour of Berlin's captivating past, exploring its charming Nikolai Quarter, tracing its origins from a fishing village, and marveling at its historic churches and architectural gems, all guided by experts with immersive multimedia.

MASTERING THE ART OF PAINTING (SPB)

Fridays through September 8

ONSTAGE SENIORS: INTRODUCTORY CLASS (IN-PERSON AT SPB LOCATION)

Wednesday, September 13, 2:00 p.m.

OnStage Seniors, a dynamic documentary theater ensemble for older adults led by new director David Lee White, offers engaging classes combining acting and improvisation, leading to captivating performances at community venues each spring and fall.

To join OnStage Seniors, interested members must attend the free September 13 introductory class, where they'll learn more about the program and participate in the audition process. If selected, a year-long commitment is required, with a fee of \$360 (less than \$14 per class).

OnStage Seniors regularly meets throughout the year on Wednesdays at 2:00 p.m.

For more information, please see our website here:

princetonsenior.org/onstage-seniors/

Registration required, no fee.

SEPTEMBER ENRICHMENT PROGRAMS

SEPTEMBER SPECIAL PROGRAM SPONSORS

Angelion Mobility, Berkshire Hathaway-Fox Roach Realtors, Hamilton Jewelers

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

Tuesdays in September, 10:30 a.m.

First, we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:

September 12 — George T. Whitesides: The growing megafires crises — and how to contain it

September 19 — Sal Khan: How AI could save (not destroy) education

September 26 — Sheryl Lee Ralph: A 3-step guide to believing in yourself.

Registration required, no fee.

This month's TED Talk sponsors are [Hamilton Jewelers](#), [Novi Wealth Partners](#), [Silver Century Foundation](#), and [Walsh Senior Solutions](#).

NEW! TURN-OF-THE-CENTURY AMERICAN WOMEN'S GHOST STORIES (ZOOM)

Thursday, September 7 through September 21, 11:00 a.m.

Fee: \$30 resident / \$35 non-resident

This short course explores the history and development of ghost stories written by American women during the late nineteenth and early twentieth centuries, highlighting cultural phenomena and influential authors of that era. For further details and a recommended reading list, please see our website, here: <https://www.princetonsenior.org/ghost-stories/>

Instructor: Dr. Dara Downey is a teaching fellow in American literature at Trinity College Dublin, an author of *American Women's Ghost Stories in the Gilded Age* (2014), and editor of *The Irish Journal of Gothic and Horror Studies*.

THE WONDERS OF WORDPLAY - SUMMER QUARTER
Mondays through September 18 (No class 9/4)

NOW SHOWING

FIRST FRIDAY FILM — *80 FOR BRADY* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, September 1, 1:00 p.m.

Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. Inspired by a true story.

Starring: Jane Fonda, Rita Moreno, Sally Field, and Lily Tomlin

Running Time: 1 hour, 38 minute; Genre:

Comedy/Sport; Rated: PG-13

Registration required, no fee.

DOUBLE FEATURE: *ZERO HOUR!* AND *AIRPLANE!* (HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

Friday, September 8, Noon

Watch the original thriller, *Zero Hour!*, that inspired the hilarious spoof, *Airplane!*, and see how a crisis becomes a comedy classic. Don't miss this rare opportunity to enjoy two films that will keep you on the edge of your seat and make you laugh out loud.

Running Time: *Zero Hour!*, 1 hour 21 mins,

Airplane!, 1 hour 27 mins. Rated: PG

Registration required, no fee.





Fall 2023 Course List

Most classes begin the week of September 26, 2023
Visit princetonsenior.org for full course descriptions.

Adventures in Geology and Space
America in the 1990s: Is There A “Third Way”?
Antarctic Explorations
Art From All Angles
The Constants of Physics and Mathematics
Contemporary Business & Economics
Eleanor Roosevelt’s Nightly Prayer
Great Expectations and Its Afterlife
The History and Culture of Scotland
History Via Shakespeare
Introduction to Mindfulness Practices
Labor Issues in New Jersey
Medicine: The History and the Mystery

Memoir and Fiction by Three Modern Writers
More Hands-On Mathematical Play
Nobel Prize Writers Wait for The Barbarians
Outsider Art
Religious Freedom and Christian Nationalism
Science in the News
Social Protest Movements
Stress: What Is It and How To Manage It
The Supreme Court and Reproductive Rights
The University as Enlightenment And Ideal
The Weird Wonderful World of Fungi
What is Time?

BILINGUAL PROGRAMS

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

BINGO BILINGÜE: ¡GANA COMO NUNCA! B4
(EN PERSONA EN SPB)

Sábado, septiembre 23, 4:00–5:30 p.m.

¡Acompáñanos en una tarde de diversión con bingo, donde no hay costo y cada juego termina con un ganador! Ven a disfrutar de camaradería y emocionantes premios. Inscripción requerida, sin costo.

BILINGUAL BINGO: WIN LIKE NEVER B4 (IN-PERSON AT SPB LOCATION)

Saturday, September 23, 4:00–5:30 p.m.

Join us for a lively afternoon of bingo fun where’s there’s no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration required, no fee.

CLUB DE LECTURA EN ESPAÑOL (EN PERSONA EN SPB)
Miércoles 6, 13, 20 y 27 de septiembre, 3:30–4:30 p.m.

Sumérgete en maravillosas historias, disfruta de conexiones literarias y participa en amenas discusiones. ¡Todos son bienvenidos a ser parte de esta comunidad de lectores entusiastas!

Te invitamos a nuestro club de lectura en español, donde el libro elegido es 'Como agua para chocolate', de Laura Esquivel. Inscripción requerida, sin costo.

SPANISH BOOK CLUB (IN-PERSON AT SPB LOCATION)
Wednesday September 6, 13, 20 and 27, 3:30–4:30 p.m.

Immerse yourself in wonderful stories, enjoy literary connections, and engage in lively discussions. Everyone is welcome to be a part of this community of enthusiastic readers!

We invite you to our Spanish book club, where the chosen book is “Como agua para chocolate” (Like Water for Chocolate), by Laura Esquivel. Registration required, no fee.

LOTERÍA (EN PERSONA EN SPB)

Sábado, septiembre 16, 2:00–4:00 p.m.

Disfruta de este juego popular Mexicano. La lotería se anunciará en español e inglés. Los ganadores recibirán un premio y se servirán refrescos.

Copatrocinada por Princeton Senior Resource Center y Servicios Humanos de Princeton. Inscripción requerida, sin costo.

LOTERÍA (IN-PERSON AT SPB LOCATION)

Saturday, September 16, 2:00–4:00 p.m.

Enjoy this popular Mexican game of chance. Lotería will be called in Spanish and English. Winners will receive a prize and refreshments will be served.

Cosponsored by the Princeton Senior Resource Center and Princeton Human Services. Registration required, no fee.

SEPTEMBER 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 Women in Retirement
 Coffee Klatch
 1:00 First Friday Film - *80 for
 Brady* (NSK-H)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of
 Painting (SPB)

4

 PSRC IS CLOSED FOR
 LABOR DAY HOLIDAY

5
 10:00 *Every Body Walk!*
 11:00 Tai Chi (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar - Yoga for
 Osteoporosis & Osteopenia
 (NSK)

6
 10:00 Pickleball Prep & Play
 (SPB)
 12:00 Pickleball "3 and Me"
 (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Club de lectura en
 Español/Spanish Book Club
 (SPB)

7
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 10:00 Pickleball Prep & Play
 (SPB)
 11:00 American Women's Ghost
 Stories
 12:00 Pickleball "3 and Me"
 (SPB)
 1:00 Bingo: Win Like Never B-4
 (NSK)
 1:00 Talk & Tea (RC)
 2:00 Tech Lab Assistance (NSK)
 3:00 Forever Young (55-65)
 Group (NSK-H)

8
 10:00 Men in Retirement
 Monthly Meeting (SPB)
 10:00 Women in Retirement
 Coffee Klatch
 12:00 *Zero Hour! and Airplane!*
 (NSK)
 1:00 Table Tennis (SPB)
 2:00 Mastering the Art of
 Painting (SPB)

11
 10:00 Gentle Yoga + Nidra
 10:30 Line Dancing: Beginner
 and Beyond (SPB)
 1:00 Flu Clinic (First Baptist
 Church, 30 Green Street)
 1:00 Global Conversations
 1:00 Library Reads (NSK)
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)
 3:00 Caregivers Group

12
 10:00 *Every Body Walk!*
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 11:00 What's Next: Thinking
 About Your Future
 - Part 2 (RC)
 12:30 Solvents & Glue Exercise
 Class (SPB)
 1:00 Crafter's Corner (NSK-H)
 1:00 Dizzying Perfection of the
 String Quartet
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar - What's
 Happening at Princeton
 Recreation (NSK-H)

13
 10:00 A Taste of Pickleball (SPB)
 10:00 Feldenkrais Method (SPB)
 10:00 How Wildfires Affect Our
 Health
 11:00 Live from Germany:
 Berlin's Old Town (NSK-H)
 11:00 Next Chapter: Widows &
 Widowers (NSK-H)
 12:00 Pickleball "3 and Me"
 (SPB)
 2:00 OnStage Seniors
 Introductory Class (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Club de lectura en
 Español/Spanish Book Club
 (SPB)

14
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 10:00 Pickleball Prep & Play
 (SPB)
 11:00 American Women's Ghost
 Stories
 12:00 Pickleball "3 and Me"
 (SPB)
 2:00 Tech Lab Assistance (NSK)

15
 10:00 Pickleball Open Court
 (SPB)
 10:00 Women in Retirement
 Coffee Klatch
 1:00 Table Tennis (SPB)
 2:30 Transition to Retirement
 (NSK-H)

September 14, 6:00 p.m.
PSRC FALL BENEFIT

SATURDAY, SEPTEMBER 16
 10:00 Forget-Me-Not: Dementia
 Caregivers Group (NSK-H)
 2:00 Loteria (SPB)

18
 10:00 Gentle Yoga + Nidra
 10:30 Line Dancing: Beginner
 and Beyond (SPB)
 11:00 Bereavement Group
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 The Wonders of Word Play
 3:00 Aging Gaily (LGBTQ+)
 Group (NSK-H)
 3:00 Café Français (NSK)

19
 10:00 *Every Body Walk!*
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 12:30 Solvents & Glue Exercise
 Class (SPB)
 1:00 Dizzying Perfection of the
 String Quartet
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 World Alzheimer's Month
 Town Hall (NSK-H)

20
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball "3 and Me"
 (SPB)
 11:00 Pickleball Prep & Play
 (SPB)
 2:00 OnStage Seniors (SPB)
 3:00 Let's Talk (NSK-H)
 3:30 Club de lectura en
 Español/Spanish Book Club
 (SPB)
 5:00 Choosing Me: Mask &
 Relax (SPB)

21
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 10:00 Pickleball "3 and Me"
 (SPB)
 11:00 A Taste of Pickleball (SPB)
 11:00 American Women's Ghost
 Stories
 1:00 Workshop: Medicare (RC)
 2:00 Tech Lab Assistance (NSK)
 3:00 Early Stage Memory Loss
 Support Group (NSK-H)

22
 10:00 Women in Retirement 8th
 Anniversary Potluck Brunch
 1:00 Table Tennis (SPB)

SATURDAY, SEPTEMBER 23
 8:00 Pickleball Prep & Play
 (SPB)
 4:00 Bingo Bilingüe/Bilingual
 Bingo (SPB)

25

 PSRC PROGRAMS & GROUPS
 CANCELLED - YOM KIPPUR

26
 10:00 *Every Body Walk!*
 10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 11:00 What's Next: Thinking
 About Your Future -
 Part 2 (SC)
 12:30 Solvents & Glue Exercise
 Class (SPB)
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 3:00 FYI Seminar - An Invitation
 to Wellness (NSK-H)

27
 10:00 Feldenkrais Method (SPB)
 10:00 Pickleball "3 and 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)
 3:30 Club de lectura en
 Español/Spanish Book Club
 (SPB)

28
 10:00 Cosmology (NSK-H)
 10:00 *Every Body Walk!*
 10:00 Mindful Chair Yoga
 10:00 Pickleball "3 and Me"
 (SPB)
 11:00 Pickleball Prep & Play
 (SPB)
 2:00 Tech Lab Assistance (NSK)
 3:00 Flu Clinic (SPB)

29
 10:00 Pickleball Open Court
 (SPB)
 10:00 Women in Retirement
 Coffee Klatch
 10:30 Japanese Tea Ceremony
 (NSK)
 11:00 Senior Citizen Club (NSK)
 1:00 Table Tennis (SPB)

SEPTEMBER HEALTH AND WELLNESS

SEPTEMBER HEALTH AND WELLNESS SPONSOR: *Princeton eBikes, Stark & Stark Attorneys at Law*

CHOOSING ME: MASK & RELAX (IN-PERSON AT SPB LOCATION)

Wednesday, September 20, 5:00–6:00 p.m.

Sit back and relax with a face mask and manicure. The Choosing Me mini-retreat focuses on letting ourselves relax and enjoy the company of others.

Instructor: Michelle Ribsam is a social services intern for Princeton Senior Resource Center. She is currently pursuing her MSW with Rutgers School of Social Work. Registration required, no fee.

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays in September, 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.

Instructor: Ruth Kaplan

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

Wednesdays, September 13 through September 27, 10:00–11:00 a.m.

Fee: \$25 resident / \$30 nonresident

Through the use of gentle movement and directed attention to reorganize connections between the brain and body for the purpose of improving movement and enhancing function, Feldenkrais Method helps participants increase ease and range of motion, improve flexibility and coordination, and rediscover a capacity for graceful movement. Participants are encouraged to bring their own exercise mat. If they do not have one, a mat will be provided. Space is limited to 15 with a minimum of 6.

Leader: Jaclyn (Jackie) Boone, a Guild Certified Feldenkrais® teacher with twenty-one years of professional practice in the Feldenkrais Method.

GENTLE MAT YOGA + NIDRA - SUMMER QUARTER
Mondays, July 3 through September 18 (no class 9/4)

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

Monday, September 11 and September 18, 10:30–11:30 a.m.

Fee: \$20 resident / \$25 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

Minimum of 10 for course viability. Registration closes on 9/1.

MINDFUL CHAIR YOGA & MEDITATION – SEPTEMBER (ZOOM)

Thursdays beginning September 7 through September 28, 10:00 a.m.

Fee: \$25 resident / \$30 non-resident

Chair yoga is gentle and versatile, suitable for all skill levels, including those with balance issues and injuries. Enjoy a restorative experience, gaining flexibility, strength, balance, and serenity in a mindfully paced class.

Instructor: Lyn Sirota

NEW! SOLVENTS & GLUE (IN-PERSON AT SPB LOCATION)

Tuesdays, September 12 through November 14, 12:30–1:30 p.m.

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

This new twelve-session exercise class is a groundbreaking movement system designed to strengthen and stabilize major joints in your body. Led by certified teacher Jaclyn Boone, these innovative lessons will invigorate your musculoskeletal system and complement various physical exercise and wellness practices.

Instructor: Jaclyn (Jackie) Boone



STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesdays, September 5 through September 26, 1:00 p.m.

Fee: \$30 resident / \$35 non-resident

Join our virtual chair aerobics workshop filled with lively music aimed to gently build endurance and strengthen the body, mind, and soul. You will need hand weights (or water bottles or cans), therapy bands, comfortable clothing, and water.

Instructor: Laraine Alison

TAI CHI (IN-PERSON AT SPB LOCATION)

Tuesdays, September 5 through September 26, 11:00 a.m.

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

Tai Chi exercises enhance strength, flexibility, and balance, making it an ideal lifelong activity. The practice involves gentle, slow, focused movements and deep breathing for a serene experience.

Instructor: Guy DeRosa

TABLE TENNIS (IN-PERSON AT SPB LOCATION)

Mondays and Fridays in September (no session on 9/4 and 9/25), 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.

PICKLEBALL MANIA

IS PICKLEBALL RIGHT FOR ME?

Pickleball is an inclusive paddle sport suitable for most athleticism levels. It is not recommended for individuals with severe mobility limitations or for those who received medical advice to avoid high-impact activities.

Ready to play? 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

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

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

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 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

Combining Flu and COVID-19 Vaccines: Key Information

Combining flu vaccines with COVID-19 vaccines offers convenience and ensures timely protection. Here are key points to know:

- **Co-administration:** Flu and COVID-19 vaccines can be safely given together, reducing the need for multiple healthcare visits.
- **Safety and Efficacy:** Studies show that receiving both vaccines simultaneously is safe and does not compromise effectiveness.
- **Convenience and Compliance:** Co-administration improves convenience, especially for those with limited access to healthcare.
- **Vaccine Recommendations:** Follow local health authorities' guidelines for timing and administration.
- **Potential Side Effects:** Side effects are typically mild and temporary, similar to receiving each vaccine separately.
- **Importance of Vaccination:** Both vaccines are crucial for protecting against influenza and COVID-19, especially for high-risk individuals.

Consult healthcare professionals for accurate information on combining flu and COVID-19 vaccines, based on your specific health circumstances.



PSRC Influenza Clinics 2023

Monday, September 11, 1:00–3:00 p.m. Flu Clinic

First Baptist Church, 30 Green Street, Princeton

The church building is located on the northeast corner of the intersection of Paul Robeson Place and John Street.

Thursday, September 28, 3:00–5:00 p.m. Flu Clinic at SPB

Thursday, October 26, 10:00 a.m.–noon Flu Clinic at NSK



VOLUNTEER CORNER

VOLUNTEERS NEEDED FOR RECEPTION DESK AT NSK AND SPB

We need enthusiastic people to be the PSRC first point of contact. Contact Sharon Hurley at shurley@princetonsenior.org. Many thanks to our summer volunteers, and interns, Alyssa and Brandon.

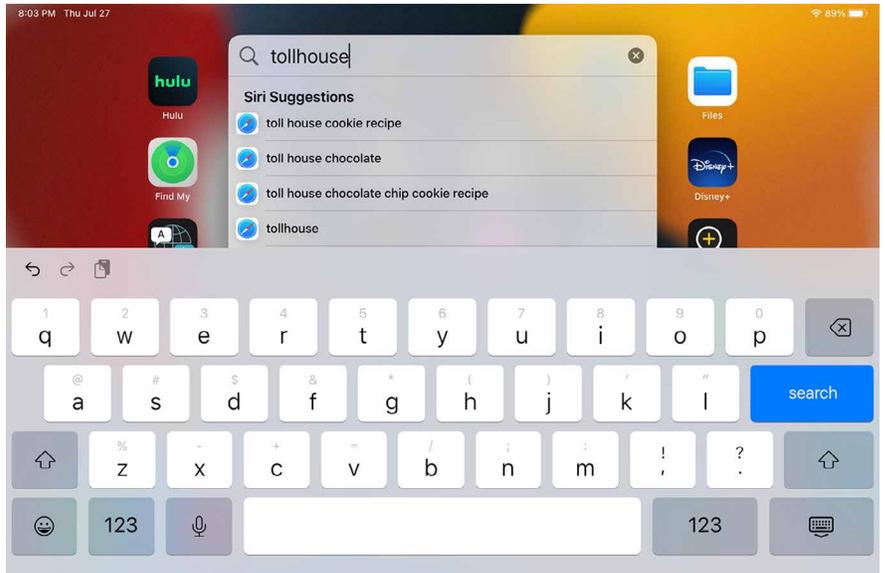
Searching on your iPad

iPad's built-in Spotlight function is one of its handiest—and probably most overlooked—features.

Looking stuff up on your iPad is easy—you don't need to open your browser—just swipe down from the middle of the home screen.¹ The iPad will open a search window called “Spotlight” (see picture) and the tablet's virtual keyboard.

I typed “tollhouse” looking for cookie recipes.

As I typed, Spotlight began to list several websites where I could find tollhouse cookies.



Tapping “Search” revealed a longer list of websites.

Indeed, you can search for *anything* using iPad's Spotlight:

Here are some examples:

If you enter...	...such as...	Results
The name of an app	Mail	The Mail app icon. (Handy if you have lots of apps).
A topic	Trees	One or more website suggestions to look up trees.
A word to define	Def hubris	Definitions of “hubris” and a variety of online dictionaries.
A person's name	Sally	Websites, contacts, and other sources that include the name “Sally” as well as your photos of Sally. (Or Buddy or Mel or Rob.)
A song title	Summer Samba	Audio and video recordings of the song “Summer Samba.”
Conversion	How many oz are in a cup	Unit conversion websites.
Exchange rate	Exchange rate	Websites that list the current monetary exchange rates for your upcoming trip to Auckland.
Doctor appointment	Dr. Ben Dover	Appointments in your calendar with Dr. Dover.

You should try this out. And if you need help with your iPad, just send a request to our tech volunteers at princetonsenior.wufoo.com/forms/technology-assistance-request.

¹ Not just the first screen.

NEVER TOO EARLY, NEVER TOO LATE: WORLD ALZHEIMER'S MONTH

by Billi Charron, MSW, Social Worker

September is World Alzheimer's Month, an international campaign to raise dementia awareness and challenge stigma. Each year, Alzheimer's and dementia associations, alongside all those involved in the treatment, care, and support of people living with dementia, from around the world unite to organize advocacy and informational events, as well as Memory Walks and fundraising days. This year's theme for World Alzheimer's Month focuses on risk factors and symptom recognition.

Dementia risks include high blood pressure, high blood sugar, obesity, smoking, physical inactivity, excessive alcohol intake, social isolation, and depression. The leading cause of dementia is age. As we age, our brains start to deteriorate, and our brain cells change. These changes affect how our brains communicate and this disrupts our thinking, feelings, and behavior.

PSRC presents a World Alzheimer's Month town hall session. Local organizations will be present to discuss their services and how they can assist families living with a dementia diagnosis. Participants will have ample time to ask questions of the panelists and learn more about what is available in Central New Jersey for memory care testing, day programs, respite, home care, and residential services.

We hope to see you for the town hall on **September 19 , 2:00-4:00 p.m.**, (Hybrid - In-Person at NSK Location and on Zoom). Register here: princetonsenior.link/September-Free-Programs

PSRC offers support groups for those living with early-stage memory loss (and their caregivers), a group for any caregiver, and a group for caregivers of someone living with dementia. Contact Social Services for more information: email socialservices@princetonsenior.org or call us at 609.751. 9699.

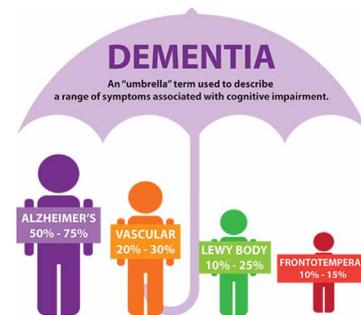


Image Source: Dementia Friendly Wyoming

A CALL TO ARMS AGAINST ELDER SUICIDE

by Johanna Peters, Director of Social Services

As September is Suicide Awareness month, we would be remiss to not think about the growing rate of elder suicide and the risk and warning signs associated with it. It is often a taboo topic that people avoid discussing, but suicide is indeed a major public health issue in this country and seniors are disproportionately impacted. The CDC has stated adults aged seventy-five and older have one of the highest suicide rates at 20.3 percent. Men aged seventy-five and older have the highest rate at 42.2 percent compared to other age groups. Many factors contribute to the rate of suicide such as:

- Depression
- Feelings of loss of independence or sense of purpose
- Medical conditions that significantly limit bodily functions or life expectancy
- Social isolation
- Family discord or losses
- Access to lethal means
- Alcohol or medication misuse or abuse

Tackling suicide starts by first coming to the realization that there is an issue and then assessing the cause. Having an outlet for communication such as talking to a friend, joining a social group, or speaking to a medical professional is helpful. At PSRC we are continuously finding ways to keep you actively engaged and involved. We understand the importance of socialization and believe it to be essential to beating depression and improving your quality of life.

If you or anyone you know has experienced suicidal thoughts or ideations, please reach out to have a confidential conversation with someone on our social services team. Send an email to socialservices@princetonsenior.org, or call us at 609.751. 9699. For additional help you can reach out to Lifeline at 988 for suicide and crisis intervention. NJ Hopeline is also available twenty-four hours at 1.855.654.6735.



**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. princeton senior.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, September 18 at 3:00 p.m.
(Usually third Monday of each month)
— social activities, build friendships, and offer support

BEREAVEMENT
Monday, September 18 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, September 11 at 3:00 p.m.
(Usually first Monday of each month)
— share challenges and experiences

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

EARLY-STAGE MEMORY LOSS SUPPORT
(IN-PERSON AT NSK - HYBRID)
Thursday, September 21 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, September 7 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, September 16 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, September 13 & 27
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://princeton senior.org) or call 609.751.9699 for assistance. **15**

FROM THE DEVELOPMENT OFFICE



Spotlight on McCaffrey's Food Markets

McCaffrey's Food Markets has been a true community partner for nearly forty years, providing the freshest foods and quality catering services to Princeton and the other seven locations in the Central New Jersey–Eastern Pennsylvania area. But what makes them a great community partner goes beyond the food and wide selection of inventory they provide. As a local entity, they give back to the community, not only to PSRC but to several nonprofits through their receipt donation program.

What's more, McCaffrey's is actively doing what they can for the environment through their efforts to reduce their impact. All McCaffrey stores are on energy management systems that dim the lighting depending on how busy they are. It's linked to the lights at each register: the fewer lanes open, the dimmer the lights. 95% of the lighting in all their stores is now LED. The energy system eliminates all non-essential lighting overnight.

All their refrigeration systems were converted (or initially installed) with variable speed motors so they only draw the minimum amount of energy required for current conditions. Several, if not all, of their stores, have heat reclaim that uses excess heat created by the refrigeration equipment to dehumidify the store. Most of their stores have de-stratification fans which keep warm air from being trapped at ceiling height and increase the efficiency of the HVAC systems.

Although this may seem like a strange thing to point out — McCaffrey's feels it's important for customers to know that they go beyond caring about them and the products they provide. They take environmental concerns seriously as well.

mccaffreys.com

SEPTEMBER FEATURED SPONSORS

BRYN MAWR TRUST

A WSFS COMPANY

You can count on the team at BMT for all your personal banking needs.

bmt.com



See Why Springpoint Choice Is the Right Choice For Securing Your Future

springpointchoice.org



We cover everything from the routine tests and office visits to the most acute and critical conditions.

capitalhealth.org

STARK & STARK

ATTORNEYS AT LAW

Since 1933, Stark & Stark has developed innovative legal solutions to meet our clients' needs.

stark-stark.com

Celebrate With Us

2023 PSRC Fall Benefit

Thursday, September 14, 6:00 p.m.

**The Board of Trustees and staff are delighted to celebrate our
2023 Leadership Award Honorees**

*Individual Honoree Hazel Stix
Corporate Honoree Bryn Mawr Trust
Community Impact Honoree Mayor and Council of the Municipality of Princeton*

Our leadership award honorees have been integral to the success of PSRC. Please join PSRC in honoring them with an event sponsorship or congratulatory ad.

RSVP by September 1, 2023

**For ticket and event sponsorship information,
visit princetonsenior.org/2023fallbenefit**

Seats are filling up quickly, register today!

Festive Attire

Please note that the dinner and program for this event will take place outside under a tent.

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

Fall Benefit Event Sponsors*

IN THE SPOTLIGHT SPONSOR

Bryn Mawr Trust
Hazel Stix

SUSTAINER LEVEL

Susan and Chip Fisher
Norman Klath

PARTNER LEVEL

Penn Medicine Princeton Health
Ellen and Albert Stark

FRIEND LEVEL

Philip and JoAnn Carchman
Faegre Drinker
Drew and Diane Dyson
Iona and Maurice Harding
Florence and Steven Kahn
Michael and Marylou Kenny
Lance and LaTonya Liverman
Grace and Frank Sinden

PATRON LEVEL

Adele Agin
Kathy Ales and Richard Levine
Nancy Becker
Judith Brodsky
Billie Emmerich

Ira and Karen Fuchs
Joan Girgus and Alan Chimacoff
Gary and Shara Hofing
Helene and Russell Kulsrud
Sandy Kurinsky and Michael Katz
Harold and Joan Kuskin
Mason, Griffin & Pierson
Reba Orszag
Elyse Pivnick
Carol and Mark Pollard
Barbara and Harry Purnell
Martin and Judith Schwartz
Surinder and Rashma Sharman
Jane Silverman
Sylvia Stengle
Caren Vignos Sturges

*as of publication date



WELCOME BOARD MEMBERS



Please welcome our new board members: (left to right) Kathy Ales, Harold A. Kuskin, and Jane Silverman



SOLVENTS AND GLUE

Tuesdays, September 12 through November 14, 12:30–1:30 p.m.

This new exercise class is a groundbreaking movement system designed to strengthen and stabilize major joints in your body.

Full description on [page 10](#).

Register at

princetonsenior.link/September-Health-Wellness

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
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

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

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

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