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- Fran Angelone
Office Manager, Spruce Circle
- Olivian Boon
*GrandPals Director,
Evergreen Forum Coordinator*
- Donna Cosgrove
Development Assistant
- Susan M. Friedman, MPH
Director of Social Services
- Jeanette Hooban
*Program Assistant,
Volunteer Coordinator*
- Susan W. Hoskins, LCSW
Executive Director
- Carol King
Bookkeeper
- Emily V. Logue
*Communications,
Marketing Coordinator*
- Sallie Meade
GrandPals Assistant
- Sharon Lord Naeole
Director of Development
- Breana Newton
*Administrative Assistant,
Rental Coordinator*
- Soni Pahade, MA
*Gerontologist,
HomeFriends Coordinator*
- Ken Peabody
Data Coordinator
- Barbara Prince
Development Associate
- Mauri Tyler, CMP
Program Director

WELCOME NEW BOARD MEMBER !

Anna Lustenberg



**JULY
SPECIAL SPEAKER SERIES**



**MAIKEN SCOTT
WHYY'S**

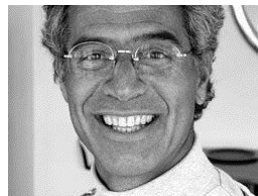


HOW IT'S MADE

Tuesday, July 14 at 11:00 a.m.

Maiken Scott, host of WHYY-FM's award-winning health and science show *The Pulse*, will be visiting Princeton to give a behind-the-scenes look at how *The Pulse* is made. She'll discuss how the staff picks the topics and the challenges of communicating complex issues in an engaging manner. Afterwards there will be a Q & A where you can ask all of your *Pulse* questions. Please call to register 609.924.7108. *Suzanne Patterson Building*

**AUGUST
SPECIAL SPEAKER SERIES
MOTHERS HELPING MOTHERS
FIGHT HIV**



**Dr. Mitchell Besser's TED Talk
Tuesday, August 4 at 11:00 a.m.**

In sub-Saharan Africa, HIV infections are more prevalent and doctors scarcer than anywhere else in the world. With a lack of medical professionals, Mitchell Besser enlisted the help of his patients to create mothers2mothers — an extraordinary network of HIV-positive women whose support for each other is changing and saving lives. After we watch the TED Talk, Dr. Bill Besser and Ruth Besser, Mitch Besser's parents and long-time Princeton residents, will talk about their son's work and lead a Q & A discussion. Please call to register: 609.924.7108 *Suzanne Patterson Building*

DIRECTOR'S MESSAGE

FAMILY AND COMMUNITY



The PSRC board has selected the theme “family and community” for our fall gala. This led me to think about what these words really mean in our daily lives. PSRC’s culture of collaboration and inclusion is based on valuing family and community. Here are some of the

experiences that came to my mind:

Family at PSRC is:

- ◆ A social worker helping you make a plan so you can remain safely at home, and helping you talk to your children about it.
- ◆ Helping you decide whether to have your parent live with you.
- ◆ Visiting you in the hospital or rehab when your family is distant.
- ◆ Celebrating with you when a new grandchild is born.
- ◆ Connecting you with others from your home country.
- ◆ Having a HomeFriend do your weekly shopping then join you for a cup of tea, and later inviting you to Thanksgiving dinner.
- ◆ Helping you fill out a long benefit application so you can get more assistance.
- ◆ Bringing you a blizzard bag for emergencies before the first snowfall.
- ◆ You bringing flowers or fruit to share with staff.
- ◆ Working with our incredible team of creative and caring staff and volunteers.
- ◆ The amazing models for aging with grace and dignity that all of us have met in our work here.

Community at PSRC is:

- ◆ Walking through the door and knowing immediately you are welcome and you belong here.
- ◆ Going to class with friends you made here more than ten years ago, and knowing they will go to a movie with you, visit you in the hospital, or call if you miss a class.
- ◆ Making a friend in this new community after you moved here from another state and you miss the friends you left behind.
- ◆ Having someone come to class with a birthday cake...for you.

- ◆ Getting a card from everyone in your group.
- ◆ Finding other people who are curious about the same things as you are.
- ◆ Meeting other caregivers / children of aging parents / widows / retirees who are on a similar journey.
- ◆ Going to the school your children attended to read with a kindergartner, then having him/her run up to hug you in the grocery store.
- ◆ Squeezing in lunch with your fellow GrandPals between sessions.
- ◆ Knowing you have a place to go and something to do today that will make a difference in someone else’s life.
- ◆ Building collaborative partnerships with 35 local organizations which provide space, content and speakers for our programs.
- ◆ Knowing any PSRC participant, partner or staff member can offer proposals for new classes, lectures or programs.
- ◆ Speaking to local groups to increase awareness of aging issues or to help them assist one of their members through a difficult time.
- ◆ Advocating for Princeton to be designated as age-friendly, then working to make it even better.
- ◆ Meeting with a person, his or her family, doctor (s), homecare team, and other service providers to create a single coordinated plan that supports that person’s wishes.

I am sure you have your own thoughts about how PSRC means family and community for you. Please share your stories with us and help us make our story come alive. Email me at shoskins@princetonosr.org.

We’re so glad you’re part of our family community!

Susan W Hoskins LCSW

JULY/AUGUST PROGRAM HIGHLIGHTS

All programs and classes are held in the Suzanne Patterson Building unless otherwise indicated.

WEDNESDAY OPERA VIDEO SERIES (final)

July 1 at 12:30 p.m.

Maria Callas: Living and Dying for Art and Love
71 minutes

No fee. Co-sponsored by Princeton Friends of Opera.

TED TALKS

Tuesdays at 10:30 a.m.

Drop in for a lively discussion! For the first 15 minutes we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. No fee.



This month's topics:

- ♦ **July 7 ~ Barbara Natterson Horowitz:** *What veterinarians know that physicians don't*
- ♦ **July 14 ~ Louis Schwartzberg:** *Hidden miracles of the natural world*
- ♦ **July 21 ~ Itay Talgam:** *Lead like the great conductors*
- ♦ **July 28 ~ Nick Bostrom:** *What happens when our computers get smarter than we are?*

For more background, visit www.TED.com. Please let us know if you plan to attend by calling 609.924.7108. **NOTE: TED Talks will be on hiatus during the month of August. We will resume our Tuesday meetings in September; look for the dates and topics in the September edition of Mature Princeton.**

NEXT STEP SPEAKER

Tuesday, July 7 at 7:00 p.m.

A GUIDE TO SOCIAL SECURITY BENEFITS: HOW THEY FIT IN YOUR RETIREMENT INCOME STREAM

Keith Garrison and Daniel Shearer from AXA Advisors LLC. *Princeton Public Library*

LUNCH AND LEARN I

Friday, July 10 at 12 noon

YIKES! E-BIKES - ARE YOU READY FOR A RIDE? A PRESENTATION BY RUSS WHITE, SOURLAND CYCLES

The battery technology that makes possible the Tesla and other electrically powered cars is now available on bicycles, making bicycles friendly for everyone. Come learn more and take a test ride!

LUNCH & LEARN II

Friday, July 17 at 12 noon

ADAPT YOUR HOME FOR YOUR NEEDS

A presentation by Interior Designer Linda Madani. Changes in vision, dexterity, balance and flexibility may warrant changes in your home environment. This presentation will offer practical solutions so you are able to stay safely in your own home.

Our Lunch and Learn program is always free. Bring a brown bag lunch; dessert and beverages will be provided. Call to register: 609.924.7108.

TRANSITION TO RETIREMENT

Friday, July 17 at 3:00 p.m. *No meeting in August.*

This monthly group deals with issues in making the adjustment to retirement. The group leader is Dr. John George, Licensed Clinical Psychologist. Please call to register 609.924.7108. No fee.

For related groups, please consult page 7.

LOOKING AHEAD

NEW FALL CLASSES and PROGRAMS

Look for a full list and description of our Fall 2015 classes and programs in the SEPTEMBER edition of Mature Princeton...

If you have a suggestion for a program or class, please let us know—we want to hear from you!

SPECIAL SPEAKER SERIES DR. M. ALI CHAUDRY ISLAM and ISIS

Tuesday, September 22 at 11:00 a.m.

Dr. Chaudry is a Lecturer, Rutgers University; and Co-Founder and President, Center for Understanding Islam. More information to follow in the September Mature Princeton. No fee. Please register by calling 609.924.7108.

The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals and their family caregivers. **To register for a class, call 609-924-7108. We ask for pre-registration so we can plan room set-ups and can contact you if the program is cancelled.**

JULY/AUGUST HIGHLIGHTS ~ cont.

SUMMER FILM SERIES

Every Wednesday in July and August at 1:00 p.m.

July 8 ~ Selma A chronicle of Dr. Martin Luther King's campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965. Starring Paul Webb. (128 minutes)

July 15 ~ The Theory of Everything A look at the relationship between the famous physicist, Stephen Hawking and his wife. (123 minutes)

July 22 ~ Into the Woods A witch tasks a childless baker and his wife with procuring magical items from classic fairy tales to reverse the curse put on their family tree. Anna Kendrick, Daniel Huttleston, Meryl Streep. (125 minutes)

July 29 ~ Wild A chronicle of one woman's 1100 mile solo hike undertaken as a way to recover from a recent catastrophe. Reese Witherspoon stars. (115 minutes)

August 5 ~ And So It Goes A self-absorbed realtor enlists the help of his neighbor when he's suddenly left in charge of the granddaughter he never knew existed until his estranged son drops her off at his home. Diane Keaton and Michael Douglas star. (94 minutes)

August 12 ~ Miral A drama centered on an orphaned Palestinian girl growing up in the wake of Arab-Israeli war, who finds herself drawn into the conflict. (112 minutes)

August 19 ~ The Rewrite An Oscar-winning writer in a slump leaves Hollywood to teach screenwriting at a college on the East Coast, where he falls for a single mom taking classes there. (107 minutes)

August 26 ~ Jersey Boys Four young men from the wrong side of the tracks come together to form the iconic 1960s rock group The Four Seasons. (134 minutes)

GROUP DRUMMING is back!

Monday mornings at 10:30 a.m. for four weeks July 20, July 27, August 3 and 10. We will drum outdoors, weather-permitting, or indoors in the Suzanne Patterson Building. Drums provided, or BYO. No musical experience required. \$15. for 4 sessions; \$5.00 per person drop-in fee. Open to everyone age 12 and older. Call 609.924.7108 to let us know you plan to attend.

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609.924.4141
Community Without Walls: 609.921.2050
Cornerstone Community Kitchen: 609.924.2613
Crisis Ministry: 609.921.2135
Funeral Consumers Alliance: 609.924.3320
Mercer County Legal Services: 609.695.6249
Mercer County Nutrition Program: 609.921.1104
Mercer County Office on Aging: 609.989.6661
or 877.222.3737
NJ Consumer Affairs: 973.504.6200
NJ Health & Senior Services: 800.792.8820
PAAD: 800.792.9745
Princeton Human Services: 609.688.2055
Reassurance Contact: 609.883.2880
Ride Provide: 609.452.5144
Senior Care Ministry: 609.921.8888
Senior Citizen Club: 609.921.0973
Social Security: 800.772.1213
State Health Insurance Program: 609.924.2098
TRADE: 609.530.1971

EVERGREEN FORUM ~ FALL 2015

Registration for the fall semester begins on July 24th. Classes are not filled on a first-come, first-served basis. Should a class be oversubscribed, registration will go to a lottery, which will be held on August 26th. Complete course information, including reading assignments, class participation, and required texts, will be available on the website in mid-July, and will be sent by email (or by regular mail) at least two weeks before the first class meeting. There may be additional costs for books, parking, or other materials. **Class members who withdraw from a course before the second meeting will receive a refund, minus a \$10 processing fee. Classes begin September 28.** If you wish to receive a hard copy of the Evergreen Forum brochure, please contact us: info@princetonsenior.org, or give us a call at 609.924.7108. *(More Evergreen news on the following page.)*

EVERGREEN FORUM

ADVANCES IN MEDICINE FOR OLDER ADULTS

David Atkin/ Debbie Millar

Monday 9:30 to 11:30 a.m.

8 weeks beginning September 28

SCENES FROM SHAKESPEARE

Emily Bartels

Monday 11:00 a.m. to 1:00 p.m.

6 weeks beginning September 28

WHAT'S SO GREAT ABOUT ART?

Marcie Bader

Monday 1:00 to 3:30 p.m.

8 weeks beginning September 28

CONTEMPORARY BUSINESS AND ECONOMIC ISSUES

Milt Grannatt

Monday 1:30 to 3:30 p.m.

8 weeks beginning September 28

WITTY AND SUBVERSIVE

20th CENTURY ENGLISH NOVELS

Judith Wooldridge

Tuesday 10:00 a.m. to 12 noon

6 weeks beginning September 29

RECOGNIZING RANDOMNESS

Irwin Rosenblum

Tuesday 10:00 a.m. to 12 noon

6 weeks beginning September 29

KLEZMER: PAST, PRESENT, AND FUTURE

Robert Mehlman

Tuesday 10:00 a.m. to 12 noon

8 weeks beginning September 29

WHAT IS TIME? AN OVERVIEW

Stuart Kurtz

Tuesday 1:30 to 3:30 p.m.

8 weeks beginning September 29

RELIGIOUS FREEDOM, SEXISM AND HOMOPHOBIA

Elaine Jacoby

Tuesday 1:30 to 3:30 p.m.

8 weeks beginning September 29

SPEECH STYLES: FROM REAL LIFE TO STAGE LIFE

Gordon Jacoby

Tuesday 1:30 to 3:30 p.m.

8 weeks beginning September 29

ANCIENT JEWS AND GREEKS: CONFLICT AND SYNTHESIS

Robert Goldenberg

Wednesday 10:00 a.m. to 12 noon

8 weeks beginning September 30

MODERNISM AND HOW IT GOT THAT WAY

Helen Schwartz

Wednesday 10:30 a.m. to 12:30 p.m.

6 weeks beginning September 30

ISSUES CONFRONTING THE MODERN JUDICIARY

Phillip Carchman

Wednesday 10:30 a.m. to 12:30 p.m.

6 weeks beginning September 30

EARLY JOYCE

Lee Harrod

Wednesday 1:30 to 3:30 p.m.

8 weeks beginning September 30

RECENT NOBEL PRIZE WINNERS IN LITERATURE

Lois Harrod

Wednesday 1:30 to 3:30 p.m.

8 weeks beginning September 30

GEOGRAPHICAL LINKS: GREAT RIVER BASINS OF THE WORLD

Helen Goddard

Wednesday 1:30 to 3:30 p.m.

7 weeks beginning October 7

THE AMAZING ARTISTIC LIFE OF BIRDS

Wendy Worth

Thursday 10:00 a.m. to 12 noon

6 weeks beginning October 1

HOLY & WISE FOOLS IN LITERATURE: DOSTOEVSKY, SHAKESPEARE, I.B. SINGER

Mary Laity

Thursday 10:00 a.m. to 12 noon

8 weeks beginning October 1

CHALLENGES FACING 21st CENTURY CAPITALISM

Fran Bradley

Thursday 10:00 a.m. to 12 noon

6 weeks beginning October 1

CHEKHOV OFF THE PAGE

Barbara Herzberg

Thursday 10:00 a.m. to 12 noon

8 -10 weeks beginning October 1

MURDEROUS NEW JERSEY

Lloyd Gardner

Thursday 11:00 a.m. to 1:00 p.m.

8 weeks beginning October 1

SCIENCE NEWS

Robert Robinson

Friday 9:45 to 11:45 a.m.

8 weeks beginning October 2

MEXICAN SHORT STORIES

Cecilia Rosenblum

Friday 10:30 a.m. to 12:30 p.m.

6 weeks beginning October 2

For full details and registration forms:

TheEvergreenForum.org Course fee: \$75.

Lottery will be held Wednesday, August 26

Sponsored by the Princeton Senior Resource Center

609-924-7108 ; www.princeton senior.org

ONGOING PROGRAMS

NEW CLASS FEE SCHEDULE

The new fiscal year, starting July 1st, brings several changes to the PSRC classes. We are changing our classes to a quarterly system with a small fee increase. **The quarters will start on the first week day of July, October, January and April, which means each class will run for approximately 12 weeks.** The cost will be \$72/quarter for Princeton residents and \$96/quarter for non-residents; some exceptions apply. The new quarterly system will decrease paperwork and simplify the enrollment process.

- ◆ Financial assistance is available for those who find this change in fee to be a hardship. Talk to Susan Hoskins, Executive Director, to apply.
- ◆ The length of class terms will vary depending on things like holidays, snow days and vacation schedules, but start dates will remain constant.
- ◆ Specific class details will be in the September Mature Princeton. (Please note, this does not apply to Evergreen Forum classes.)

Pre-registration for classes is required. You may register in person, by mail-in registration, or phone with a credit card. **We accept Visa & Master Card.** Payment must accompany registration. Many classes welcome newcomers mid-session. Thank you for your understanding as we try to keep pace with the operating costs of PSRC.

SUMMER EXERCISE AND FITNESS

SUZANNE PATTERSON BUILDING

- ◆ **Early Bird Aerobics - Every weekday morning** at 8:00 a.m. 40 minutes of cardio & toning. \$55/month, or \$5 daily drop-in rate.
- ◆ **Aerobics: Monday, Wednesday, Friday** at 9:15 a.m. \$47/session/residents; \$93/non-residents. *Register through Princeton Rec. Dept: 609.921.9480.*
- ◆ **Yoga: Thursdays** at 10:00 a.m. \$72/residents, \$96/non-residents per quarter.
- ◆ **Table Tennis: Monday, Wednesday, Friday** at 10:30 a.m. Drop-in; no charge.

SPRUCE CIRCLE

- ◆ **Chair Exercise: Mondays** at 11:30 a.m., **Fridays** at 12:00 noon. \$48 per quarter.

SUMMER CLASSES

SUZANNE PATTERSON BUILDING

- ◆ **Drawing with Pencil: Mondays** at 10:30 a.m. \$72/residents, \$96/non-residents per quarter.
- ◆ **Group Drumming: Mondays** at 10:30 a.m. 4 weeks: \$15/4 sessions; \$5.00 drop-in. Please call to register 609.924.7108.
- ◆ **Word Play (poetry group): Mondays** at 1:30 p.m. \$5/quarter for copying costs.
- ◆ **Memoir Writing: Wednesdays** at 3:30 p.m. \$5/quarter. No meetings in August
- ◆ **Painting: Open Studio: Wednesdays** at 1:30 p.m. **Thursdays** at 1:00 p.m. \$5/summer.
- ◆ **Cosmology: Thursdays** at 9:45 a.m. \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info. Brucewallman@gmail.com.
- ◆ **Brain Games: 2nd & 4th Thursdays** at 10:00 a.m. \$6/class to drop-in. *Class ends August 27.*

GAMES

SUZANNE PATTERSON BUILDING

- ◆ **Social Bridge: Tuesdays,** 1:00 - 4:00 p.m. Free.
- ◆ **Mah Jongg: Tuesdays,** 1:00 - 4:00 p.m. Drop-in. Free. BYO cards & set.
- ◆ **Scrabble: Tuesdays** at 12:00 Free.



For the following bridge events please register with Bill Miller 908.872.7927 or billsbridge@gmail.com

- ◆ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ◆ **Bridge Lessons** *Will resume in the fall.*



GROUPS

- ◆ **LETS TALK ENGLISH**
Mondays at 1:00 p.m.
Spruce Circle
Fridays at 9:30 a.m.
Redding Circle
Please call 252-2362 to register for Let's Talk groups
- ◆ **LET'S TALK**
Wednesdays at 10:30 a.m.
Redding Circle
- ◆ **LET'S TALK TOO**
Wednesdays at 2:45 p.m.
Spruce Circle
- ◆ **CHILDREN OF AGING PARENTS**
Wednesday, July 8, Wednesday, August 12
at 4:30 p.m. *Suzanne Patterson Building*
- ◆ **CAREGIVERS**
Monday, July 13, Monday, August 10
at 1:30 p.m. *Suzanne Patterson Building*
- ◆ **MEN IN RETIREMENT**
No meeting in July; First Friday of the month
(August 7) at 2:00 p.m. *Monument Hall*
- ◆ **TRANSITION TO RETIREMENT**
Friday, July 17, Friday, August 21 at 3:00 p.m.
Suzanne Patterson Building
- ◆ **BEREAVEMENT**
Monday, July 20, August 17 at 1:00 p.m.
Call Sherri Goldstein 609.497.4900 to attend.
Suzanne Patterson Building
- ◆ **CONVERSATIONS ON BEING MORTAL**
Monday, July 27, August 31 at 2:00 p.m.
Suzanne Patterson Building
- ◆ **GRANDPARENTING**
On hiatus for the summer; resuming in the fall.
- ◆ **WIDOW SUPPORT**
Thursday, July 2, at 11:30 a.m. . Please call 252-2362 to register for Widow's Group. No meeting in August. *Princeton Public Library*
- ◆ **KNIT WITS**
Fridays at 1:00 p.m. Drop-in for knitting & conversation. *Spruce Circle*

All groups are free; please call to let us know if you plan to attend: 609.924.7108.

PARTNERS IN CARING

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you. Whether it's a single question we can answer in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

- ◆ Information and Referrals
- ◆ Counseling and Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support & Wellness Groups
- ◆ Transitions – support with the inevitable transitions throughout the life span
- ◆ Volunteer Visitors

Call for more information: 609.924.7108 or 609-252-2362.

PSRC's FAN CLUB

Here's what some of our Spruce Circle Knitters said when we asked them What does PSRC mean to you? :

"There are so many elements – so many doors have opened up as a result...my knitting skills have improved, I have learned about knitting prayer shawl ministry and been able to take this back to my Church. But what really brings me back here is the people."

"I meet loving women and we teach each other how to knit and crochet, we share patterns and ideas. I always look forward to my Fridays at Spruce Circle." "I get revived with new ideas and the conversations are such fun."

"I enjoy being with the diverse members of the group. I love all these people, they make me feel so comfortable and I love listening to all the laughter. And I am learning new things too."

"To sit back and watch this group is like watching flowers bloom."

What does PSRC mean to you? Let us know!

SAFETY DEVICES

As summer comes, many of us are looking forward to taking advantage of the warmer weather. Whether you are taking a vacation, biking, hiking or enjoying long walks in many of our area trails and parks, safety is always a concern. Many of us are aware of alert systems that function within our home but did you also know that there are now many devices that allow you to call for assistance when outside of your home? Many active older adults worry about falls and that often limits their activity. GPS trackers have previously been known for use with children and wandering adults but they have great applications for active adults as well. These innovative devices come with a range of options as a way for friends and family to pin-point your exact location through apps on their mobile phone.

In-home Alert Systems are often used for people living alone or at high fall risk. Some services offer “impact-activated” alarms in case you fall and are unable to reach for the call button. An intercom device located in your home allows a dispatcher to try to contact you and then call first responders and your emergency contact.* Your keys can be placed in a lock-box outside your residence so first responders can enter your home.**

GPS trackers are exclusively for tracking your location; there are also those available with SOS Alarm and 2-way communication, which give you the ability to communicate directly without having to find your cell-phone. This is ideal in case of a fall outside your home, or if you feel that your personal safety is at risk. These two-way devices are available in many attractive wearable forms, including watches, pendants, pocket size, clip-ons and even insoles. Almost all of these items are waterproof. While a few of those currently available require a monthly service fee, some can be synchronized with your cell phone’s data plan.

You can now remain independent, active and maintain your freedom. Our Social Service office is always available to discuss these options and other ways to help you remain independent; call us at (609) 252-2362.

~ Soni Pahade, Gerontologist

I. C. E. *

(In Case of Emergency)

If you have a cell phone, it is highly recommended that you display either in your “Contacts” under “ICE” or save as your home screen, a person or persons whom you’d like to be contacted, including their telephone numbers, in the event of an emergency (car accident, fire, if you become lost, etc.)

I. C. E.



OPERATION BLUE ANGEL **

An emergency access program of the Princeton Police Department. For more information, call Geoff Maurer 609.921.2100 ext. 1887

TRANSPORTATION INFO

CROSTOWN

Door-to-door car service within Princeton for people over 65. Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride. \$3 each way; free to UCMPP (the hospital). Call as early as possible to reserve your ride.

DAYTIME FREE-B BUS

The Daytime Free-B bus runs a 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday. Schedule and map are at PSRC, municipal buildings, and on the bus.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Drumming - SPB 11:30 Chair Exercise - SC 1:30 Wordplay - SPB</p>	<p>11:00 Special Speaker Series 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB</p>	<p>9:15 Aerobics - SPB 1:00 Summer Film Series 1:30 Open Painting Studio- SPB</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Open Art Studio - SPB</p>	<p>9:15 Aerobics - SPB 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 Men In Retirement - MH-Main</p>
<p>9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Drumming - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Caregivers - SPB</p>	<p>10:00 BMI Assessment - RC 10:30 TED Talk – SPB 11:00 BMI Assessment - MPC 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab - SPB</p>	<p>9:15 Aerobics - SPB 10:30 Let's Talk - RC 1:00 Summer Film Series 1:30 Open Painting Studio- SPB 2:45 Let's Talk Too - SC 4:30 Children of Aging Parents - SPB</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Brain Games - SPB 12:30 Duplicate Bridge - SPB 1:00 Open Art Studio - SPB</p>	<p>9:15 Aerobics - SPB 9:30 Let's Talk English Too - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC</p>
<p>9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:00 Bereavement—SPB</p>	<p>10:30 TED Talk – SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab - SPB</p>	<p>9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:00 Summer Film Series 1:30 Open Painting Studio- SPB 2:45 Let's Talk Too - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Open Art Studio - SPB</p>	<p>9:15 Aerobics - SPB 9:30 Let's Talk English Too - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 Knit Wits - SC</p>
<p>9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 2:00 On Being Mortal - SPB</p>	<p>10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB</p>	<p>9:15 Aerobics - SPB 10:30 Let's Talk - RC 12:00 BP Screening - EC 1:00 Summer Film Series 1:30 Open Painting Studio- SPB 2:45 Let's Talk Too - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Brain Games - SPB 12:30 Duplicate Bridge - SPB 1:00 Open Art Studio - SPB</p>	<p>9:15 Aerobics - SPB 9:30 Let's Talk English Too - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Senior Club - SPB 1:00 Knit Wits - SC</p>
<p>31</p>	<p>24</p>	<p>25</p>	<p>26</p>	<p>27</p>
<p>LOCATIONS: EC = Elm Court HBH = Harriet Bryan House PPL = Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson Building MH = Monument Hall MPC = Mt. Pisgah Church</p>				
<p>HEALTH SCREENINGS BMI (Body Mass Index) What it means to your health BP (Blood Pressure)</p>				
<p>EARLY BIRD AEROBICS 8:00 Monday through Friday TABLE TENNIS Monday 10:30 – 3:00 Wednesday 10:30 – 3:00 Friday 10:30 – 3:45</p>				

DEVELOPMENT NEWS

SUSTAINING GIFTS

This is an exciting new way to support PSRC! You can spread out your gift dollars over the course of year by making a monthly commitment of whatever amount you choose. For example, your \$10 monthly pledge will grow to \$120, and all you have to do is call us once to set it up. Any amount will be greatly appreciated! Please call Sharon Naeole at 609.924.7108 for details or more information.



VOLUNTEER

Our annual Gala, with live and silent auctions, will be held on **Sunday, October 18th** (SAVE THE DATE!). There are many ways to help. We're looking for volunteers to join our terrific committee and would welcome your participation.

We also have a wish list for auction items including:

- * Corks n' Canvas Painting Party * Overnights at local hotels (Hyatt/Catch a Rising Star, Marriott)*
- * Dine Around (Princeton, Mercer County, Lambertville, Lawrenceville) *Vacation Homes*
- * Time Shares * Wine/Alcohol for Basket of Cheer *
- * Tickets to Sporting Events, Baseball, Basketball, Football, Hockey *
- * Sun Bank Center Tickets, Concert Tickets * Grounds for Sculpture Tickets *
- * Tickets to Museums and or Performances * Gift Certificates to Salons/Spas *
- * Small Gifts Wristlets, Jewelry, etc. * Keurig and Accessories *
- * Electronics: iPad, kindle, TV * Books/Reading Basket * Golf Foursomes *
- * Triumph Brewery Tour for a Group * Services: Pool Opening/Closing, Painting, Handyman services *
- ◆ Cleaning Services, Home Organizing Services * Landscaping Services *

If you, or anyone you know, would like to donate any of the above-listed items, please contact Donna Cosgrove at 924.7108, or by email at dcosgrove@princetonsenior.org. Thank you!



Princeton Senior Resource Center

Gala Dinner
CELEBRATING FAMILY AND COMMUNITY

Sunday, October 18



THANKS FOR A GREAT PARTY!

Thank you to everyone who bought tickets and came out for our fabulous first-time ever BBQ and Line-Dancing party! A special thanks to the following companies whose support helped to make it a made it all possible—we couldn't do it without you!

- * Acorn Glen * B-Well Rehabilitation and Atrium Health * Bear Creek Assisted Living *
- * Buckingham Place * LIFE St. Francis * Memory Care Living *
- * Merwick Rehabilitation * Progression Physical Therapy * Homewatch Caregivers
- * Heidi Joseph, Berkshire Hathaway/ Fox and Roach Realtors *





PrincetonSeniorResourceCenter
 45 Stockton Street * Princeton * New Jersey * 08540
 609.924.7108 * www.princetonsenior.org



Suzanne Patterson Building

45 Stockton Street
 Princeton, NJ 08540
 (behind Monument Hall)

Phone: 609.924.7108
 Fax: 609.497.1977

Spruce Circle Office

179 Spruce Circle
 (off Harrison St.)
 Phone: 609.252.2362

Fax: 609.924.9305
 info@princetonsenior.org
 www.princetonsenior.org

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**GRANDPALS AND STUDENTS
 IMMORTALIZED IN ART
 AT RIVERSIDE ELEMENTARY SCHOOL!**



GrandPals Sallie Meade and Reeva Isaacs in front of the newly installed mural created by kindergarteners and second graders to honor the GrandPals at Riverside School.