

COMING TO PRINCETON IN MARCH



“compelling...a heartening illustration of Barnes’ sentiment, savvy, and survival skills.”

—*San Francisco Examiner*

PERFORMANCE

SATURDAY, MARCH 9

5:00 p.m. (followed by Q&A session)
at the Suzanne Patterson Building

My Stroke of Luck

Diane Barnes, physician-turned-solo performer, recounts her experience of having a stroke, her path to recovery, and more in *My Stroke of Luck* on Saturday, March 9 at 5:00 p.m. in the Suzanne Patterson Building. This Yale-trained radiologist shares a spellbinding and funny look at love, family, and seemingly unsurmountable obstacles. *(read more on page 10)*

Tickets are currently on sale for \$30 each. Visit princetonsenior.org, call 609.924.7108, or purchase in person at the Suzanne Patterson Building.



Evergreen Forum Spring 2019

Most classes begin the week of February 25.
Have you signed up for your selected classes yet?



News Release published 01.08.2019:

PSRC Announces Dr. Drew Dyson's appointment as Executive Director

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.924.7108
Monday–Friday
9:00 a.m. to 5:00 p.m.

SPRUCE CIRCLE OFFICE

179 Spruce Circle
(off N. Harrison Street)
Princeton, NJ 08540
Phone: 609.252.2362
Monday–Friday
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org
princetonsenior.org

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

*A non-profit organization
serving our community*

BOARD OF TRUSTEES

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The Board of Trustees of the Princeton Senior Resource Center (PSRC) is pleased to announce Dr. Drew A. Dyson's appointment as PSRC's next Executive Director. Dr. Dyson will assume the role full-time on March 19. Making the announcement, Board Chair Mike Kenny reflected the enthusiasm of the entire Board, "Drew's considerable leadership experience, which is visionary, strategic, and compassionate, distinguishes him as the individual we need to lead PSRC forward. He has the unanimous support of our Board. We cannot wait for him to get started."

The announcement comes after a comprehensive four-month search process by a committee chaired by trustee Liz Charbonneau that included trustees Kate Hall, Joe Maida, and Josh Lichtblau. The committee reviewed over 60 applicants during a highly competitive recruitment process. In their recommendation to the Board, the committee echoed Kenny's support, "We sought a candidate who would propel PSRC into an exciting, new, robust chapter of service to our senior community. Drew is that leader."

Dyson has spent the last 18 years developing his leadership in a variety of ecclesial positions within the Methodist Church, including appointments as a

pastor and seminary faculty member. He has served most recently as District Superintendent, Raritan Valley District of the Greater NJ Annual Conference overseeing administrative leadership and program development for 63 churches across central New Jersey. Dyson grew up in Princeton, where his father was Pastor of Princeton United Methodist Church in the 1970s. He returned to study at Princeton Theological Seminary earning a Master of Divinity degree in 2000 and a PhD in Education and Formation in 2011. Dyson looks forward to using his leadership experience to make a positive impact, stating, "I am excited about the possibilities ahead and look forward to continuing the story of PSRC's work within the greater Princeton community." He credits his parents, both of whom worked with aging communities, as instilling in him an early respect for seniors.

Dyson takes over from retiring Executive Director, Susan Hoskins, who led PSRC for 17 ½ years, guiding its growth and creating a distinguished center for service and lifelong learning that is recognized across the state. She leaves a PSRC that is a strong, diverse, vital resource for older adults in the greater Princeton community.

FOR YOUR INFORMATION



Social Security Changes in 2019¹

Benefits increase: Social Security recipients will get a 2.8 percent cost-of-living adjustment (COLA) in monthly benefits beginning in January. The average individual retired Social Security beneficiary is expected to see a monthly benefit jump from \$1,422 to \$1,461. The estimated monthly increase is \$39, or \$468 a year.

Earnings limit climbs: If you are between ages 62 and 66 or 67 (full retirement age) and working while receiving monthly Social Security benefits, you may now earn up to \$17,640 before the Social Security Administration will deduct \$1 for every \$2 you earn. In the year you turn your full retirement age, the earnings limit will be \$46,920 before the agency will deduct \$1 for every \$3 you earn until the month you reach full retirement age. (For those born between 1943 and 1954, full retirement age is 66. It increases by two months for each year after until 67.)

Tax cap grows: Taxes on workers' wages finance Social Security. Workers pay 6.2 percent of their earnings to fund the benefit (employers pay the same). Next year, the maximum amount of earnings subject to the Social Security tax will increase from \$128,400 to \$132,900.

Work credit earnings rise: The earnings required for one work credit — that is, three months of Social Security coverage — edges up from \$1,320 to \$1,360 for 2019. Credits are the building blocks the Social Security Administration uses to determine whether you qualify for benefits. You can earn up to four credits a year if you earn at least \$5,440. In most cases, to qualify for benefits you'll need a minimum of 40 credits.

Supplemental Security Income up: Beneficiaries receiving Supplemental Security Income (SSI) will see an increase in their monthly payment. SSI is a federal program that aids the aged, blind, and others with disabilities who have little or no income by providing them funds for food, clothing, and shelter. The individual amount grows \$21 a month, from \$750 to \$771. The amount for couples rises \$32, from \$1,125 to \$1,157.

View monthly benefit: To check the amount of your 2019 Social Security monthly benefit, go to SSA.gov, and, if you already have a My Social Security account, sign in and check your account's message center. To create a My Social Security account, go to www.socialsecurity.gov/myaccount. So far, about 35 million beneficiaries and non-beneficiaries have set up My Social Security accounts.

¹ Edleson, Harriet. "Social Security Changes in 2019." (2018, October 19) AARP.org. https://www.aarp.org/retirement/social-security/info-2018/2019-social-security-changes.html?cmp=EMC-DSO-NLC-WBLTR---NMCTRL-011119-F1-3493625&ET_CID=3493625&ET_RID=17990670&mi_u=17990670&mi_ecmp=20190111_Webletter_NM_CTRL_Winner_685000_1007203&encparam=fxbFPZrTV7f051cfma0iQhsPeJLVgbiKwwcUgMiBHgl%3d (accessed January 14, 2019)

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HomeFriends and Care Coordinator

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Program and Office Assistant

Kathleen Whalen

Communications Coordinator

SPECIAL NOTICE

FYI Seminars have moved to Mondays and are usually on the second, third, and fourth Monday of each month.

FEBRUARY PROGRAMS

Register now online at princetonsenior.org. Financial assistance is available if needed.



FIRST FRIDAY FILM — “12 YEARS A SLAVE” *Friday, February 1 at 1:00 p.m.*

In antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery. Subjected to the cruelty of his malevolent owner, he struggles to survive and maintain his dignity. In Northup’s 12th year as a slave, a chance meeting with an abolitionist changes his life forever.

Academy Award Winner — Best Picture, Best Supporting Actress, Best Writing.

Starring: Chiwetel Ejiofor, Michael Fassbinder, Lupita Nyong’o, Michael Kenneth Williams

Running time: 2 hours, 14 minutes

Registration encouraged, no fee.



FYI SEMINAR — “UROLOGY 101” *Monday, February 11 at 1:00 p.m.*

Join Dr. Alexander Vukasin to learn about the symptoms associated with BPH, benign prostatic hyperplasia, also known as enlarged prostate which affects nearly 40 million men in America. Dr. Vukasin will help you to understand the different treatment options and how to relieve BPH symptoms to improve your quality of life.

Dr. Vukasin is a member of the American Urologic Association and a fellow of the American College of Surgeons.

Registration required, no fee.



FYI SEMINAR — “STRESS MANAGEMENT” *Monday, February 25 at 1:00 p.m.*

Did you know that stress can affect your health? Sheli Monacchio, Director of Life Care Resources at Van Dyck Law, LLC, will explain the overall health benefits of learning how to manage your stress. You will receive a “virtual toolkit” to carry with you to regulate your everyday stress.

Registration required, no fee.



TED TALKS

Every Tuesday at 10:30 a.m.

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

February 5 — Jan Rader: In the opioid crisis, here’s what it takes to save a life

February 12 — Kate Raworth: A healthy economy should be designed to thrive, not grow

February 19 — Adam Galinsky: How to speak up for yourself

February 26 — David Miliband: The refugee crisis is a test of our character

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “MANAGING DAILY LIVING WITH CHRONIC JOINT PAIN”

Friday, February 1 at 2:00 p.m.

One in five adults in the U.S. is diagnosed with arthritis, but despite it being so common, arthritis is a broadly used term for a wide range of conditions that can lead to chronic joint pain and disability. Join Dr. Sanjina Prabhakaran who is a Board-Certified specialist in the care and treatment of conditions that affect the joints, muscles, bones, and immune system. All are welcome.

WOMEN IN RETIREMENT — “OUR FAVORITE BOOKS AND MOVIES”

Friday, February 15 at 10:30 a.m.

Please join us as we meet in small groups to discuss books and movies. Share your favorites and walk away with new ideas for future reading and viewing enjoyment. All are welcome.

TRANSITION TO RETIREMENT

Friday, February 15 at 3:00 p.m.

This group addresses many kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussel, MEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator.

UPCOMING PSRC CLOSURES

Monday, February 18

MORE PROGRAMS

Please register for all programs, classes, and events at princetonsenior.org.

LIMITED SERIES PROGRAMS

THE MARVELOUS MRS. MAISEL - SEASON 1
Tuesdays & Thursdays: February 5, 7, 12, 14,
1:00–3:00 p.m.

Join us for this outstanding Emmy winning series—2 shows each day and if you miss one, we'll keep you on track with episode summaries.

It's the late 1950s and Miriam Maisel's seemingly idyllic life takes a surprising turn when she discovers a hidden talent she didn't previously know she had—stand-up comedy. This revelation changes her life forever as she begins a journey that takes her from her comfortable life on the Upper West Side through the cafes and nightclubs of Greenwich Village. Registration required, no fee.

TECHNOLOGY WORKSHOP: SECURITY FOR YOUR DEVICES

Thursday, February 14, 10:00 a.m.–12:00 noon
Learn the essentials of keeping your devices secure and the data on your devices private. We'll cover basic definitions, the settings and applications you can use, how to remember your passwords, and some of the ways that you can protect yourself against email scams. This workshop provides information that is applicable across all brands of devices and is not a "hands-on" course, no need to bring your device with you.

Instructors: Donald Benjamin, Evelyn Sasmor

No fee; registration required.

NEW! ZUMBA GOLD FOR SENIORS

Thursdays in February and March, 12:00–12:45 p.m.
Fabulously fun with no previous experience necessary. This Zumba class recreates all the moves you love at a lower-intensity with easy-to-follow steps that focus on balance, flexibility, range of motion, muscle conditioning, cardiovascular, and coordination. This class checks off all the boxes and will leave you feeling strong and empowered. Join certified Zumba Gold instructor Abigail Pinheiro who will show you how to mix movement, music, merriment, and improve health. Fee: \$32/mo residents; \$40/mo non-residents.

FREE TAX ASSISTANCE FOR SENIORS

Fridays, February 1 through April 12, Appointments begin at 9:00 a.m.

AARP sponsors free tax assistance for low and moderate-income people, with special attention to those age 60+ in the wider Princeton area. IRS-trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns which will be filed electronically. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors. By appointment only: 609.924.7108.

YOUR ENGAGED RETIREMENT: FINANCIAL BASICS FOR THE 50+ WITH JEANETTE YU

Monday, February 25 at 7:00 p.m.
Princeton Public Library in the Newsroom
(PSRC and the Princeton Public Library are co-sponsoring this series of free lectures on a wide array of retirement issues.)

Jeanette Yu of AARP will discuss financial issues for those 50 and over. You will learn about budgeting and goal setting, taking charge of credit and debt, the importance of developing a savings plan, and protecting your assets. Jeannette Yu, MBA, is a licensed financial service professional specializing in retirement.

SPECIAL NOTICES

2019 PHILADELPHIA INTERNATIONAL FLOWER SHOW: FLOWER POWER

Tuesday, March 5, 9:00 a.m. to 4:00 p.m. (Please be at the bus by 8:45 a.m.)

Depart/Return: Community Park North Parking Lot on Mountain Avenue & Route 206

Fee: \$52.00 (non-refundable) includes roundtrip motor coach bus transportation and entrance fee to the show.

Register at the Princeton Recreation Department
380 Witherspoon St., Princeton NJ or
<http://register.communitypass.net/princeton>,
609.921.9480

FEBRUARY PROGRAMS

Register now online at princetonsenior.org. Financial assistance is available if needed.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

EARLY BIRD AEROBICS

Every weekday morning, 8:00–9:00 a.m.

\$60/month or \$10/session to drop in

AEROBICS

Monday, Wednesday, Friday, 9:15–10:15 a.m.

\$64/residents; \$128/non-residents; 13-week session

Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30–4:30 p.m.

Drop-in; free.

MINDFUL CHAIR YOGA

Tuesdays, 9:30–10:30 a.m.

\$72/residents; \$96/non-residents; per quarter

EVERY BODY WALK!

On hiatus for the winter. Will be back in March.

GENTLE MAT YOGA

Thursdays, 10:00–11:00 a.m.

\$72/residents; \$96/non-residents; per quarter

ZUMBA GOLD

Thursdays, 12:00–12:45 p.m.

\$32/residents; \$40/non-residents; per month

SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m.–12:30 p.m.

Fridays, 12:00–1:00 p.m.

\$48 per quarter



ENRICHMENT

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.

\$26/residents; \$35/non-residents; per month

WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.

\$36/residents; \$48/non-residents; per quarter.

Class is currently full. Call to be added to the waitlist.

MULTIMEDIA ART WITH HANNAH FINK

Thursdays at 1:00 p.m.

\$26/residents; \$35/non-residents; per month

WORD PLAY (POETRY) WITH RICE LYONS

Mondays at 2:00 p.m.; \$5/per quarter. Class is currently full. Call to be added to the waitlist.

PAINTING WITH CHRISTINA RANG

Wednesdays at 11:00 a.m.

Painting with watercolor and acrylics.

\$26/residents; \$35/non-residents; per month

COSMOLOGY

Thursdays at 9:45 a.m.

\$5/per quarter. Peer-led science discussion.

Contact brucewallman@gmail.com for more information.



GAMES

SCRABBLE & OTHER GAMES

Tuesdays, 12:00 noon; free.

Let us know if there's a game you'd like to play!

CANASTA

Tuesdays, 1:00–4:00 p.m.; free.

You asked for it, you got it. Grab a friend and come and play.

SOCIAL BRIDGE

Tuesdays, 1:00–4:00 p.m.; free.

MAH JONGG

Tuesdays, 1:00–4:00 p.m.; free; BYO set.



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone, or tablet, or use our desktops.

- Tuesday 1:00–4:00 p.m.
- Wednesday 1:00–4:00 p.m.
- Friday 10:00 a.m.–1:00 p.m.

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

I Didn't Download That!

When we explore people's ailing laptops in the Tech Lab, we usually look at the list of installed applications and ask about those that we're not familiar with.¹ Sometimes, the owners don't know where the software came from, and they're certain they didn't download it themselves.

But chances are they probably did, though not intentionally.

It's easy to accidentally download a program you didn't want or need. For example, the screenshot on the right is from a website that features printer "drivers," which are programs your computer needs to make your printer—well—print. So, which **DOWNLOAD** button do I click?

Download 1 installs the Firefox browser. Nice, but I didn't want it. Download 2 installs a "cleaning" program called MacKeeper. Nope. Download 3 installs a MacBook virus scanner. Nope.

The drivers I want are listed in the blue dotted oval thingy. Not obvious.

Another "gotcha" is the Adobe Flash Player update notice. Some web pages use Flash to create special effects, such as animations, and when Adobe issues an update to Flash, a dialog will pop up like the one on the left. But when you click **UPDATE NOW**, you'll also download the Google Chrome browser and Google toolbar unless you *uncheck* the little box that I kindly magnified for you. Chrome is a nice browser but downloading it (again) extends the interruption from the Flash update.² The Google Toolbar just junks up your browser toolbar, which is already confusing enough. So, if you wonder how the Google Toolbar³ started showing up in your browser, I just told you. You downloaded it.

If you need help finding third-party software on the internet, or removing software you don't want, just stop by the PSRC Technology Lab on Tuesdays and Wednesdays from 1:00 to 4:00 p.m. or Fridays from 10:00 a.m. until 1:00 p.m.



Adobe Flash Player



¹ Yes, I ended this sentence with a preposition.

² Many websites are moving away from Flash, which can carry malware exploits.

³ Unless you like it, in which case it's simply wonderful.

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)
609.695.6274, ext. 215

T.R.A.D.E. (Transportation)
609.530.1971

SUPPORT & GUIDANCE

Program Highlight: HOMEFRIENDS

Do you know a senior who would enjoy some companionship? Someone to accompany him or her on a walk, read and sort mail, exchange stories about life experiences, or pursue mutually shared interests? If so, a HomeFriends volunteer is ready and waiting. HomeFriends is a friendly visitor program for home-based seniors and people with disabilities in the greater Princeton area. It was created by PSRC in 1987, in response to a growing need for companionship and assistance. Volunteers visit for an hour or two each week.

A shining example of the HomeFriends program involves a volunteer who was linked with a senior residing in her own home. In the beginning, they spent their time primarily getting to know each other and talking about their respective families, interests, and life experiences. As time went on their activities broadened to include, taking walks, running short errands, light house cleaning, and assistance with completing forms.

In the past, the senior had attended the PSRC sponsored Let's Talk group, but her growing reluctance to engage with a larger group was preventing her from returning to the group. Recognizing another opportunity to support her HomeFriend, the volunteer offered to accompany her to the meetings. Today, they are regular attendees of the Let's Talk group.

As time has passed, what started as a tentative HomeFriends volunteer relationship has evolved into a genuine friendship. When the senior underwent an operation for a knee replacement, her friend accompanied her to the hospital, stayed during the operation and, when she returned home, stayed with her for a couple of days. Today, the closeness of their relationship is evidenced by the easy, light-hearted way in which they interact and discuss future trips to the library and decisions on the films they will watch. And on a nice summer day, it is not unusual to see them taking a walk or sitting on a park bench enjoying each other's company.

The HomeFriends Coordinator, Dave Roussell, MSW, LSW, is a licensed social worker. If you are interested in hearing more about the HomeFriends program or know someone who would benefit from the companionship of a HomeFriend, please contact Dave at 609.252.2362. There is no cost for this program.

GRANDPALS NOTICE

ENTHUSIASTIC SUBSTITUTE READERS ARE NEEDED. PLEASE CONTACT WENDY LODGE AT WLODGE@PRINCETONSENIOR.ORG.



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and rehab (prescription for rehab therapy is required).

DAYTIME FREE-B BUS

A 70-minute loop around town, Monday–Saturday. (No service to PSRC on Saturdays.) **New schedules** and map are available at PSRC, municipal buildings, and on the bus.

GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: gogograndparent.com.

RIDE PROVIDE

Membership door-to-door service in Mercer County. Call 609.452.5144 for more information.

For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)



BEREAVEMENT

Monday, Feb. 25 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, Feb. 11 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, Feb. 14 at 4:30 p.m.
(Second Thursday of each month)
Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m.–12:00 noon
Call 609.937.8496 to attend.
Elm Court

GRANDPARENTING

Tuesday, Feb. 19 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesday, Feb. 5 and 19 at 1:00 p.m.
Drop in for knitting and conversation.
Spruce Circle

LET'S TALK

Wednesdays at 2:45 p.m. at Spruce Circle

GLOBAL CONVERSATIONS

Mondays at Spruce Circle at 1:00 p.m.

MEN IN RETIREMENT

Friday, Feb. 1 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, Feb. 12 and 26 at 10:45 a.m.
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, Feb. 15 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, Feb. 15 at 10:30 a.m.
(Usually third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE



(continued from cover page)

In *My Stroke of Luck*, doctor-turned-actor Diane Barnes recounts her experience of realizing she was having a stroke, her path to recovery, and more. It's a heartfelt and humorous look at love, family, and overcoming seemingly insurmountable obstacles. See this amazing one-woman show.

“A very honest, thoughtful, & insightful dramatic solo performance by a busy single mother/M.D. who can't believe she has suffered a possible stroke. Very entertaining & informative, she will discuss distressing clinical signs that she tried to ignore but the audience should not! A must see!”

—Clifford Young's review (5 stars)

“Diane Barnes is a terrific performer. The story of her stroke is not only compelling, but also informative and uplifting. The dual threads of a doctor muscling through her symptoms, in spite of knowing what was happening, and the mother pushing to be responsible for her sons worked to make this solo performance thrilling.”

—5 star review

“Really brilliant and poignant. An amazing glimpse of what a stroke patient goes through and what happens after they leave the hospital. It was witty, funny, emotional, intense, powerful. What a journey she makes. I highly recommend this one-woman show! Diane Barnes is incredible!”

—Ingrid Lim's review (5 star review)

HIGHLIGHTED SPONSORS OF THE MONTH



**PRIVATE WEALTH
MANAGEMENT GROUP**
FREEDOM. SECURITY. CLARITY.

SECURITY comes from confidence that you have planned your future. Let us help as your trusted advisor.
myprivatewealth.com/



Penn Medicine
Princeton Health

Princeton Health is one of the most comprehensive healthcare systems in New Jersey.
princetonhcs.org

FEBRUARY 2019

Monday

Early Bird Aerobics
Monday through Friday
8:00–9:00 a.m.

**Mercer County
Nutrition Program**
Monday through Friday
10:00 a.m. to 1:00 p.m.

Tuesday

Table Tennis
Monday, Wednesday,
Friday
12:30–4:30 p.m.

Wednesday

Locations:
CH - Corner House
EC - Elm Court
MH - Monument Hall
PPL - Princeton Public Library

Thursday

RC - Redding Circle
SC - Spruce Circle
SPB - Suzanne Patterson
Building
Various — Call Progression PT
for locations: 609.454.3536

Friday

1
9:00 AARP Tax - SPB
9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
1:00 First Friday Film - SPB
2:00 Men in Retirement -
MH Main

4

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:00 Gallery Talks on the Road
- SPB
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB

5

9:30 Mindful Chair Yoga - SPB
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Canasta/Mah Jongg
- SPB
1:00 Knit Wits - SC
1:00 Mrs. Maisel - SPB
1:00 Technology Lab - SPB

6

9:15 Aerobics - SPB
10:30 Meditation Seminar - SPB
11:00 Painting with Christina
- SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

7

9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
12:00 Zumba Gold - SPB
1:00 Art with Hannah - SPB
1:00 Mrs. Maisel - SPB

8

9:00 AARP Tax - SPB
9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC

11

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:00 Gallery Talks on the Road
- SPB
11:30 Chair Exercise - SC
1:00 FYI Seminar - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
2:15 Caregivers -
MH East Conf Rm

12

9:30 Mindful Chair Yoga - SPB
10:30 TED Talk - SPB
10:45 Next Chapter Widow/ers
- SPB
12:00 Scrabble - SPB
1:00 Bridge/Canasta/Mah Jongg
- SPB
1:00 Mrs. Maisel - SPB
1:00 Technology Lab - SPB

13

9:15 Aerobics - SPB
10:30 Meditation Seminar - SPB
11:00 Painting with Christina
- SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

14

9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
10:00 Tech Workshop - SPB
12:00 Zumba Gold - SPB
1:00 Art with Hannah - SPB
1:00 Mrs. Maisel - SPB
4:30 Children of Aging Parents
- SPB

15

9:00 AARP Tax - SPB
9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Women in Retirement
- SPB
12:00 Chair Exercise - SC
3:00 Transition to Retirement
- SPB

18

**PSRC IS CLOSED FOR THE
PRESIDENTS DAY HOLIDAY**

19

9:30 Mindful Chair Yoga - SPB
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Canasta/Mah Jongg
- SPB
1:00 Grandparents Group - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

20

9:15 Aerobics - SPB
11:00 Painting with Christina
- SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

21

9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
12:00 Zumba Gold - SPB
1:00 Art with Hannah - SPB

22

9:00 AARP Tax - SPB
9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
12:30 Senior Citizen Club - SPB

25

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:00 Gallery Talks on the Road
- SPB
11:30 Chair Exercise - SC
1:00 Bereavement - CH-19
1:00 FYI Seminar - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
7:00 Retirement Series - PPL

26

9:30 Mindful Chair Yoga - SPB
10:30 TED Talk - SPB
10:45 Next Chapter Widow/ers
- SPB
12:00 Scrabble - SPB
1:00 Bridge/Canasta/Mah Jongg
- SPB
1:00 Technology Lab - SPB

27

9:15 Aerobics - SPB
11:00 Painting with Christina
- SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

28

9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
12:00 Zumba Gold - SPB
1:00 Art with Hannah - SPB



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Thank you to all who attended Susan Hoskins' farewell open house on December 20 and to all of those who stopped by during her last month to wish her well in her next chapter.



Did you know you can support PSRC all year long by bringing us your McCaffrey's receipts? They can be up to 3 months old. PSRC receives a percentage of the total receipts.

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