

# Mature Princeton

## LIVING WITH PURPOSE FELLOWS

Friday, March 2  
10:30am - 12:30pm  
Suzanne Patterson Building

Throughout the United States, there is growing interest in the concept of "Encore Careers." People of the boomer generation are starting to turn 65 and retire, recognizing that they may easily live another 30 years, most of which will be active and engaged. Many people are seeking ways to stay involved and combine their passion and experience for social good.

Civic Ventures--a nonprofit think tank on boomers, work, and social purpose--created the unique Purpose Prize® in 2005 to "recognize the social entrepreneurship of adults 60+, to call attention to the tremendous potential that exists today for older adults to change the world and put their visions, passions and experience to work finding innovative ways to solve tough social problems."

PSRC is proud to present *Living with Purpose*. Through a panel presentation, three extraordinary Purpose Prize® honorees will share their interest and insights, and tell their fascinating stories about finding their "calling" to address major social issues. The discussion will be a great opportunity to learn about how to embark on an encore career and to share your own experiences of living with purpose.

The featured honorees are Dr. Barry Zuckerman, Dana Fryer and Mindy Thompson Fullilove. See p. 7 for their bios.

Willo Carey from WHYY and Wider Horizons will introduce the program, and Dick Goldberg of Coming of Age will moderate the panel. Refreshments will be provided through a grant from Springpoint Foundation. The program is free and open to all. RSVP to 609-924-7108.

### New Classes this Month:

**Matter of Balance:** Tuesdays 10:00am - 12:00pm at SPB. 8 weeks starting Feb. 7. More than just an exercise program, this award-winning course covers strategies to keep living your life while coping with the risk of falling. Cost: \$45/resident, \$60 for non-residents.

**Literature with George:** Tuesdays 1:00 - 3:00pm at SPB. 8 weeks starting Feb. 14. PSRC welcomes back George Ingenbrandt. His topic will be the Bible as Literature. He will be discussing the writing, the prose and history, not the religious aspects of the Bible. Cost: \$45/resident, \$60 for non-residents.

## FEBRUARY 2012

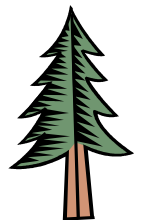
### Alabaster Sculptures

Free Art Lecture  
Wed. Feb. 1  
10:30am at SPB

Join Helen Schwartz for a discussion of the current exhibit at the University Art Museum. *Object of Devotion: Medieval English Alabaster Sculpture* will be on display through Feb. 12. Come hear this free lecture and then go visit the exhibit. RSVP to (609) 924-7108.

### EVERGREEN FORUM

Classes will start  
March 2, 2012.  
Check the web-  
site to see which  
classes still have openings.  
[www.TheEvergreenForum.org](http://www.TheEvergreenForum.org)



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Director's Message: February 2012

## Can You Spare an Hour?

February can often feel like the darkest month of the year. It is not the time of the shortest day, but it is often cold and dreary with too much bad weather that keeps us confined to home. Those who suffer from seasonal affective disorder are clearly feeling the lack of light. It is a time when many feel isolated and lonely.

Many people stay in when the weather could be treacherous, fearing (with reason) slipping and falling on poorly maintained sidewalks and parking lots, or auto accidents that can be threatening to one's long-term independence. We can't wait for warmer, sunnier weather.

During these dark months, it is important to get out when you can. Recent research shows that just 15 minutes in the sunlight will give you the Vitamin D you need. It also helps combat the feeling of being confined. Take the dog for a walk or make a date with a friend to walk around the block.

Fighting the instinct to just hibernate, PSRC is offering a full array of programs through the winter. We have truly become the adult community center for Princeton. Coming into the Suzanne Patterson Building is a great way to combat the feeling of isolation. During the months that Evergreen Forum classes are not meeting, we have space for other programs such as the opera videos and special lectures. Enroll now to take an Evergreen class in March! Bring a sandwich and share conversation before a class.

Do you have an hour a week that you could give to help someone else? Many of us know people who can't easily get out of their homes, even in good weather. The PSRC HomeFriends Program matches adult volunteers with people who need a little help to maintain their independence. HomeFriends do grocery shopping, help with mail, share a passion for opera or science lectures, or other tasks that help a person who has mobility or vision problems, no longer drives or needs other assistance. Imagine how much it helps when you stop at the drug store to pick up a prescription because your friend no longer drives. Your hour-long visit over a cup of tea or the Scrabble board flies by and brings a breath of fresh air as you share news of families, talk about community issues or discuss the book you brought last week. Many of us do this for friends and family, but there are many people in the community who do not have family nearby, and other family caregivers who welcome your visit so they can do their own errand. The HomeFriends program is seeking new volunteers and people who would like a visitor. Please call Susan Friedman at 252-2362 to find out more.

I know that my in-laws could not have stayed in their home as long as they did without the support of neighbors, church, and paid caregivers as well as family. It was reassuring to know that there were eyes watching when we were not there. My mother-in-law lived for the visits and conversations. Many of you have followed my journey as a family caregiver. Both in-laws passed away in 2011, peacefully surrounded by family in my sister-in-law's home. I learned a lot while traversing this road, much of which I have been able to pass along to other family caregivers and apply as my own parents need more attention. The family conflicts have been intense and painful. The siblings got together at the family home during the holidays for the first time without the parents and began the work of rebuilding relationships that have been strained. The challenges do not end with death, as they still have to make decisions about final resting place and find ways to co-own the cottage amicably. Meanwhile, my attention is pulled back to the other side of the sandwich generation: college applications are due this week!

Susan W. Hoskins, LCSW, Executive Director

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, their families and caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan set-up and to contact you if the program is cancelled.

## FEBRUARY PROGRAM HIGHLIGHTS

**MOVIE & MUNCHIES** - Fri., Feb. 3, 1:00 pm at SPB. *"The Help"*. Based on the sensational best-seller about the role of domestic help in the American South of the 1950's - 60's from the point of view of the help. RSVP to 609-924-7108.

**No fee**

**VALENTINE ORIGAMI** - Wed., Feb. 8, 1:00pm at SPB. Join Princeton's own Laura Kruskal for some holiday folding. Paper provided. Register at (609) 924-7108.

**Cost: \$5**

**BROWN BAG** - Fri., Feb. 10, 12:00 pm at SPB. *"Decorating on a Budget"* presented by Liz Lutchman. Is there a room in your home that is in need of an update? Are you tired of the furniture layout in your living room? Looking for some fresh ideas to try in the kitchen? Come and hear about tips you can use to make a big difference without having to spend "big bucks". Liz is the owner of Beautiful Touches, a company that offers decorating services to accommodate all your needs ... whether you are planning to sell your current home, about to move into a smaller place or staying right where you are. Bring your own lunch. Beverage & dessert provided. Register at 609-924-7108.

**No fee**

**AARP TAX HELP** - Get your papers ready! AARP tax aides will again be offering free assistance completing tax returns. Anyone with an uncomplicated return is eligible for assistance. Returns are filed electronically. Tax aides will be at Suzanne Patterson Building on Friday mornings starting Feb. 17, 2012 through April 13. Appointments are required and can be made by calling 609-924-7108.

**BROWN BAG** - Fri., Feb. 17, 12:00 pm at SPB. *"Online Banking"* presented by Susanne Walsh of PNC Bank. Learn about online banking benefits, options and safety. Bring your own lunch. Beverage & dessert provided. Register at 609-924-7108.

**No fee**



### FEBRUARY NEXT STEP: ENGAGED RETIREMENT & ENCORE CAREER PROGRAMS

Next Step is a PSRC program that focuses on planning for retirement, encore careers and re-turning to work.

**JOB SEARCH STRATEGIES FOR OLDER WORKERS** - A PSRC Next Step program— Mon., Feb. 6, 7:00 pm at Princeton Public Library. Strategies for competing in the new labor market, updating your skills, networking and dealing with ageism. Presenter: Carol King, Director, Next Step: Engaged Retirement & Encore Careers. No sign-up required. **No fee**

**SPEAKER** - Tues., Feb. 14, 7:00 pm at Princeton Public Library. Ellen Tozzi of Natural Order Design: *"Downsize Your Possessions with Ease."* No sign-up required. **No fee**

**VOLUNTOURISM:** Mon., Feb. 27, 7:00pm at Princeton Public Library. Combine travel and service and see the world in a new light. Presented by Carol King. Drop in. **No fee**

## LOOKING AHEAD

**LIVING WITH PURPOSE** - Fri., Mar. 2. Details—page 1.

**NO MARCH MOVIE** - Come to Living with Purpose instead!

**TRIP** - Tues., March 6, 2012 to the Philadelphia **Flower Show**. This year's theme is "Hawaii: Islands of Aloha". \$45 includes bus and entrance fee. Co-sponsored by Princeton Recreation Dept. To register, pick up a form at the Suzanne Patterson Building or Recreation Dept. or go to <http://register.communitypass.net/princeton>.

**TRIP** - Tues., April 24, 2012 to Philadelphia Museum of Art for the **Van Gogh** exhibit "Up Close." \$45 includes bus and exhibit with audiotour. Co-sponsored by the Princeton Recreation Dept. To

register, pick up a form at the Suzanne Patterson Building or Recreation Department or go to <http://register.communitypass.net/princeton>.

**Age for Change** discussion group returns in March.

### **BROWN BAG DISCUSSIONS:**

Medicare Fraud Prevention - March 9

New Hospital Update - March 16

Legal & Financial Planning for Domestic Partners - April 18

**BILL CUNNINGHAM** - May 4 at Mercer County Community College. See insert.

**COTTON CLUB DANCE** - June 10. See insert.

## ONGOING PROGRAMS & SERVICES

### **INFORMATION INSERT**

The January newsletter featured a pull-out centerfold containing important phone numbers and information about the programs offered at PSRC. To save paper and avoid repetition, the insert will appear only twice a year in Mature Princeton. If you have misplaced yours, or need one for a friend, you may pick one up at a PSRC office or visit our website, [www.princeton senior.org](http://www.princeton senior.org).

### **CROSSTOWN TRANSPORTATION**

Car service within Princeton.

Call 924-7108 to sign up for the first time.

Call 452-5144 to schedule a ride.

### **DAYTIME FREE-B BUS**

The free Daytime Free-B runs a 1-hour loop around town 9:30-3:30 on Monday, Wednesday and Saturday. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and on the bus.

**For the following Social Services call 252-2362**

**FINANCIAL PLANNING** for low & moderate income people

### **INFORMATION & REFERRAL**

Benefit applications

Caregiver Resources

Community Resource Guide

Housing alternatives

SHIP (for help with health insurance)

### **SOCIAL SERVICES**

Transitions

United Aging & Disability Partnership

Support Groups

# ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail -in registration, or phone with a credit card. Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$45 per session for Princeton residents and \$60 per session for non-residents. Assistance is available** for those requiring financial help. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Borough Hall (BH), Harriet Bryan House (HB)

## EXERCISE & FITNESS

## CLASSES

### At Suzanne Patterson Building

- ◇ Wake-up aerobics - M,T,W,Th,F 8:00
- ◇ Aerobics - M,W,F 9:15
- ◇ High-Low-Go: Tues and Thur 8:45
- ◇ Tai Chi: Fri 2:00
- ◇ Yoga: Thur 10:30
- ◇ Table Tennis: Mon, Wed, Fri at 10:30

### At Spruce Circle

- ◇ Chair Exercise: Mon & Fri 11:30am

### At Harriet Bryan House

- ◇ Chair Yoga: Tues 11:00am
- ◇ Chair Exercise: Wed 11:00am

### At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm
- ◇ Art with Hannah: Thur 1:00pm
- ◇ Computer classes: see pg. 6
- ◇ Computer Lab: Tues 1-4pm
- ◇ Literature with George: Tues. 1-3pm
- ◇ Memoir Writing: Wed. 4:45pm
- ◇ WordPlay (poetry group): Mon 1-3pm

### At Spruce Circle

- ◇ Knit Wits: Fri 1:00pm

## GAMES

## SUPPORT & WELLNESS GROUPS

### At Suzanne Patterson Building

- ◇ Social Bridge: Tues 1 - 4 pm
- ◇ Mah Jongg: Tues 1- 4pm

For the following bridge events please register with Bill Miller (908) 872 -7927 or [billsbridge@gmail.com](mailto:billsbridge@gmail.com)

- ◇ Duplicate Bridge - Thur 12:45pm
- ◇ Coaching - Thur 9:30am
- ◇ Bridge Lessons - Fri. 2:00pm

- ◇ Caregivers: Mon. Feb. 13, 1:30pm at SPB
- ◇ Widow Support: Thurs. Feb. 2 & 16, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Feb. 27, 1:00pm at SPB
- ◇ Children of Aging Parents: Wed. Feb. 8, 4:30pm at SPB.
- ◇ Let's Talk: Weds, 10:30am at RC  
Weds, 3:00pm at SC
- ◇ Let's Talk English: Mon., 2:00pm at SC  
Fridays, 9:30am at RC
- ◆ Navigating Retirement: Thurs, Feb. 9, 2:00pm at RWJ Hamilton Fitness. 609-584-5900.

## BLOOD PRESSURE SCREENING

(No fee - open to the community)

Redding Circle: Tuesday, Feb. 21, 9:00am  
Spruce Circle: Monday, Feb. 27, 1:00pm

## Computer Classes

Computer classes are offered in individual modules. Seating is limited by the size of the computer lab - 8 computers. If you do not get into the class of your choice, please know that it will be offered again. You may also drop in to the Tuesday afternoon computer lab to have your questions answered and to get help with any computer endeavors.



**Cost:** \$5 per session. Please come 5-10 minutes early so you can pay before the class.

**To Register:** stop by the Suzanne Patterson Building or call 609-924-7108. All classes are held in the computer lab at Suzanne Patterson Building.

~ February 2012 ~				
Mon	Tue	Wed	Thu	Fri
		<b>1</b> Editing Photos using Picasa 1 - 3	<b>2</b> Intro to Excel 10-12	<b>3</b>
<b>6</b> Managing Files and other Windows Functions 10-12	<b>7</b> Linked In 10-12  Lab 1 - 4	<b>8</b> Intro to iPad 10-12  Sharing Photos 1 - 3	<b>9</b> More about Excel 10-12	<b>10</b>
<b>13</b> Facebook 10-12	<b>14</b> Intro to Email 10-12  Lab 1 - 4	<b>15</b>	<b>16</b> Intro to Word 10 - 12	<b>17</b> Intro to Email 10-12
<b>20</b> Presidents Day PSRC Closed	<b>21</b> More about Email 10-12  Lab 1 - 4	<b>22</b> More about iPad 1:30 – 3:30	<b>23</b> Intro to Internet Browsing 10-12	<b>24</b>
<b>27</b> iPhone 10 - 12	<b>28</b> Overview of Gadgets 10-12  Lab 1 - 4	<b>29</b> More about Email 10-12		

## Meet these Purpose Prize Fellows on March 2nd

*(Details on front page.)*

**Dr Barry Zuckerman** was honored in 2008 for the National Center for Medical-Legal Partnership, which brings lawyers into health clinics to improve the health of low-income children. This was a new model for addressing the preventable problems that impair children's access to food, safety, education, housing and other resources essential to their health. The initial center now serves 1500 families in Boston and the organization works nation-wide.

**Dana Freyer** was named a fellow in 2009. She founded the Global Partnership for Afghanistan in 2002 after a career as an attorney. Visits to Afghanistan revealed how much the country had suffered from years of war. The program enables Afghan farmers to restore orchards, woodlots and vineyards, develop enterprises that help alleviate poverty, renew the environment and provide alternatives to poppy production. It provides training in the many skills necessary to create successful businesses that lift families

out of poverty. The partnership has given rise to more than 10,000 rural Afghan entrepreneurs.

**Mindy Fullilove** was recognized in 2011 for establishing the University of Orange. Mindy is a native of Orange, NJ. She left her African American working-class neighborhood to pursue college and a career as a research psychiatrist at New York State Psychiatric Institute and teach at Columbia University. In 2007, she returned to find a city of recent immigrants that struggled with many urban issues. She created the University of Orange, a free school for city residents that promotes civic engagement, citizen participation and activism. Students (age 13-91) must take two courses from a wide range of topics, volunteer for a community project, engage with neighbors and attend a city government meeting. The University is run by a volunteer faculty and has graduated more than 75 students since 2009.



And speaking of famous people, PSRC's own Hannah Fink is being honored as Artist of the Month by Jersey Arts. Hannah teaches art on Thursday afternoons at PSRC. Check her out at [www.jerseyarts.com](http://www.jerseyarts.com). She is currently exhibiting objects from her footwear series through February at Outsider Art Gallery in Frenchtown.



Hannah Fink with some of her students' artwork

**PSRC**  
45 Stockton Street  
Princeton NJ 08540

Non-profit Org.  
US Postage Paid  
Permit No. 113  
Princeton NJ 08540

Current resident or



**PSRC**

At Spruce Circle  
& Suzanne Patterson Building  
45 Stockton Street  
Princeton, NJ 08540

info@princetonsenior.org

www.princetonsenior.org

SPB Office: 609-924-7108  
Fax: 609-497-1977

SC Office: 609-252-2362  
Fax: 609-924-9305

*Partners in Caring funded by:*



*Engaged Retirement funded by:*



Mature Princeton

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**FREE ARTS LECTURE**

by Arts & Aging pioneer, Susan Perlstein, at the Arts Council of Princeton on February 21<sup>st</sup> at 7:30pm. Perlstein is founder of the National Center for Creative Aging and Elders Share the Arts, and will be discussing the importance of arts engagement in one's later years. The lecture is free, but registration is requested. Contact Andrea Honore at [609-924-8777](tel:609-924-8777) or email [ahoore@artscouncilofprinceton.org](mailto:ahoore@artscouncilofprinceton.org) to register. More details can be found under Events on the Arts Council website, [www.artscouncilofprinceton.org](http://www.artscouncilofprinceton.org).

**OPERA VIDEO FEST** - extended one more week. Join us Mondays at SPB for afternoons of great music.

February 6th 12:30 **Aida's Brothers and Sisters: Black Voices in Opera.** Bonus documentary: "Aida's Brothers & Sisters is an absorbing look, with fabulous archival footage, at the struggle of African-American singers to achieve such stages as the Metropolitan, from Marian Anderson and Paul Robeson to Leontyne Price and Simon Estes." --New York Magazine

February 13th 12:30 **I Pagliacci & Cavalleria Rusticana.** Post-poned from Jan. 9th.

**MONDAY**

**Table Tennis at SPB**  
 Monday 10:30-3  
 Wednesday 10:30-3  
 Friday 10:30-1:45

**TUESDAY**

Wake-up aerobics:  
 8:00am daily at SPB



**WEDNESDAY**

9:15 Aerobics - SPB  
 10:30 Medieval Alabaster - SPB  
 10:30 Let's Talk - RC  
 1:00 Editing Photos - SPB  
 1:30 Art with Bob - SPB  
 3:00 Let's Talk Too - SC  
 4:45 Memoir Writing - SPB  
 6:00 Bridge Lessons - SPB

**THURSDAY**

8:45 High Low Go - SPB  
 9:30 Bridge Coaching - SPB  
 10:00 Intro to Excel - SPB  
 10:30 Yoga - SPB  
 11:30 Widow Support - PPL  
 1:00 Art with Hannah - SPB  
 12:30 Bridge, sanctioned - SPB

**FRIDAY**

9:15 Aerobics - SPB  
 9:30 Let's Talk Eng. Too - RC  
 11:30 Chair Exercise - SC  
 1:00 Knit Wits - SC  
 1:00 Movie- SPB "The Help"  
 2:00 Tai Chi - SPB  
 2:00 Bridge Lessons - SPB

9:15 Aerobics - SPB  
 10:00 Organizing Files - SPB  
 10:30 Drawing- SPB  
 11:30 Chair Exercise - SC  
 12:30 Opera Video - SPB  
 1:00 Wordplay - SPB  
 2:00 Let's Talk English - SC  
 7:00 Job Searching for Older Workers - PPL

8:45 High Low Go - SPB  
 10:00 Matter of Balance -SPB  
 10:00 Linked In - SPB  
 11:00 Chair Yoga - HBH  
 1:00 Bridge/Mah Jongg -SPB  
 1:00 Computer Lab - SPB

9:15 Aerobics - SPB  
 10:30 Let's Talk - RC  
 1:00 Valentine Origami -SPB  
 1:30 Art with Bob - SPB  
 3:00 Let's Talk Too - SC  
 4:30 CAPS - SPB  
 4:45 Memoir Writing - SPB  
 6:00 Bridge Lessons - SPB

8:45 High Low Go - SPB  
 9:30 Bridge Coaching - SPB  
 10:00 More about Excel - SPB  
 10:30 Yoga - SPB  
 1:00 Art with Hannah -SPB  
 12:45 Bridge, sanctioned - SPB  
 2:00 Navigating Retire. - RWJH

9:15 Aerobics - SPB  
 9:30 Let's Talk Eng. Too -RC  
 11:30 Chair Exercise - SC  
 12:00 Brown Bag - SPB  
 1:00 Knit Wits - SC  
 2:00 Tai Chi - SPB  
 2:00 Bridge Lessons - SPB

9:15 Aerobics - SPB  
 10:00 Face Book - SPB  
 10:30 Drawing- SPB  
 11:30 Chair Exercise - SC  
 12:30 Opera Video - SPB  
 1:00 Wordplay - SPB  
 1:30 Caregivers - SPB  
 2:00 Let's Talk English - SC

8:45 High Low Go - SPB  
 10:00 Intro to e-mail - SPB  
 10:00 Matter of Balance -SPB  
 11:00 Chair Yoga - HBH  
 1:00 Bridge/Mah Jongg - SPB  
 1:00 Computer Lab - SPB  
 1:00 Literature w/George -SPB  
 7:00 Downsizing - PPL

9:15 Aerobics - SPB  
 10:30 Let's Talk - RC  
 1:30 Art with Bob - SPB  
 3:00 Let's Talk Too - SC  
 4:45 Memoir Writing - SPB  
 6:00 Bridge Lessons - SPB

8:45 High Low Go - SPB  
 9:30 Bridge Coaching - SPB  
 10:00 Intro to Word- SPB  
 10:00 MP Folding - PCV  
 10:30 Yoga - SPB  
 11:30 Widow Support -PPL  
 1:00 Art with Hannah - SPB  
 12:45 Bridge, sanctioned - SP

Tax Help by appointment -SPB  
 9:15 Aerobics - SPB  
 9:30 Let's Talk Eng. Too -RC  
 10:00 Intro to e-mail -SPB  
 11:30 Chair Exercise - SC  
 12:00 Brown Bag - SPB  
 1:00 Knit Wits - SC  
 2:00 Tai Chi - SPB  
 2:00 Bridge Lessons - SPB

**CLOSED**  
*Presidents' Day*

8:45 High Low Go - SPB  
 9:00 Blood Pressure - RC  
 10:00 More e-mail - SPB  
 10:00 Matter of Balance -SPB  
 11:00 Chair Yoga - HBH  
 1:00 Computer Lab - SPB  
 1:00 Literature w/George -SPB  
 1:00 Bridge/Mah Jongg - SPB

9:15 Aerobics - SPB  
 10:30 Let's Talk - RC  
 1:30 More about iPad- SPB  
 1:30 Art with Bob - SPB  
 3:00 Let's Talk Too - SC  
 4:45 Memoir Writing - SPB  
 6:00 Bridge Lessons - SPB

8:45 High Low Go - SPB  
 9:30 Bridge Coaching - SPB  
 10:00 Internet Browse 101 -SPB  
 10:30 Yoga - SPB  
 1:00 Art with Hannah -SPB  
 12:45 Bridge, sanctioned - SPB

Tax Help by appointment -SPB  
 9:15 Aerobics - SPB  
 9:30 Let's Talk Eng. Too -RC  
 11:30 Chair Exercise - SC  
 1:00 Senior Club -SPB  
 1:00 Knit Wits - SC  
 2:00 Tai Chi - SPB  
 2:00 Bridge Lessons - SPB

9:15 Aerobics - SPB

10:00 Iphone - SPB  
 10:30 Drawing -SPB  
 11:30 Chair Exercise - SC  
 1:00 Bereavement - SPB  
 1:00 Wordplay - SPB  
 1:00 Blood Pressure - SC  
 2:00 Let's Talk English - SC  
 7:00 VolunTourism - PPL

8:45 High Low Go - SPB  
 9:00 Blood Pressure - RC  
 10:00 Gadget Overview - SPB  
 10:00 Matter of Balance -SPB  
 11:00 Chair Yoga - HBH  
 1:00 Literature w/George -SPB  
 1:00 Computer Lab - SPB  
 1:00 Bridge/Mah Jongg - SPB

9:15 Aerobics - SPB  
 10:00 More e-mail - SPB  
 10:30 Let's Talk - RC  
 1:30 Art with Bob - SPB  
 3:00 Let's Talk Too - SC  
 4:45 Memoir Writing - SPB  
 6:00 Bridge Lessons - SPB

9:15 Aerobics - SPB  
 10:00 More e-mail - SPB  
 10:30 Let's Talk - RC  
 1:30 Art with Bob - SPB  
 3:00 Let's Talk Too - SC  
 4:45 Memoir Writing - SPB  
 6:00 Bridge Lessons - SPB

**LOCATIONS**  
 HBH = Harriet Bryan House  
 PPL =Princeton Public Library  
 RC = Redding Circle  
 SC = Spruce Circle  
 SPB = Suzanne Patterson  
 RWJH = Robert W. Johnson  
 Fitness/Wellness Center

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## PROTECTION AGAINST SCAMS



Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century."

Why? Because seniors are thought to have a significant amount of money sitting in their accounts.

Financial scams also often go unreported or can be difficult to prosecute, so they're considered a "low-risk" crime. However, they're devastating to many older adults and can leave them in a very vulnerable position with little time to recoup their losses.

It's not just wealthy seniors who are targeted. Low-income older adults are also at risk of financial abuse.

And it's not always strangers who perpetrate these crimes. Over 90% of all reported elder abuse is committed by an older person's own family members, most often their adult children, followed by grandchildren, nieces and nephews, and others.

**For a list of the 10 most prevalent scams, as well as a list of 8 ways** to protect yourself, visit [www.ncoa.org](http://www.ncoa.org). Or go to the PSRC website: [www.princetonior.org](http://www.princetonior.org). There is a link to those lists on our home page.

## SUPPORT PSRC ALL YEAR LONG:

- Bring us your **McCaffrey's receipts** or send them to us in the mail.
- Bring your **Comcast** payment to one of our offices. You can also return or exchange remotes and converter boxes at Spruce Circle.
- Drop off your old **cell phones** at either office. We receive payment (amount depends on model) for recycling them. All phone memories are "wiped" in the process. Chargers & accessories not required. Plus it keeps harmful materials out of the landfills.
- We can also recycle small electronics: laptops, game systems, digital cameras & MP3 players.

We also accept durable medical equipment at Spruce Circle for *Your Resource*.

## FREE WEATHERIZATION for Low-Income

Qualified people could receive free:

- Home Energy Audit
- Attic insulation
- Heater inspection, service, or repair
- Weather stripping and caulking
- Window and door repair or replacement
- Refrigerator evaluation
- Energy conservation education.

Eligibility: Mercer county residents, both homeowners and renters. If anyone in your household has received SSI, Veterans Benefits, LIHEAP or cash assistance within the last 12 months, you are automatically qualified for our services.

You are also eligible if you meet the following income guidelines: \$21,780 for a single, \$29,420 for 2, \$37,060 for a family of 3.

For an application call 609-341-4741 or go to [www.isles.org](http://www.isles.org). Funding provided by NJ Dept. of Community Affairs & American Recovery & Reinvestment Act.

**INCLEMENT WEATHER** - For news about PSRC closings and delayed openings, check our website or call 609-924-7108 after 8:30am. Aerobics classes can check the Rec. Dept hotline: 609-688-2054.

