

Mature Princeton

The monthly newsletter of



**DECEMBER
2014**

Come to the Holiday Party!

Wed., Dec. 10th
1:00 - 3:30pm at SPB

Come to our annual event full of fun, food and merry-making. Tickets are just \$5 per person and include a fabulous meal from the chef at Acorn Glen and a performance by the **American Boy Choir** training choir.

Transportation will be available, for those who reserve by December 1st, from Spruce Circle, Redding Circle, Holly House, Elm Court & Harriet Bryan House.

Purchase tickets at SPB, Spruce, Elm Ct or Harriet Bryan.



Holiday Wreath-Making Workshop

Tuesday, December 2nd

1:00 to 4:00 p.m.

\$5.00 materials fee ~ Natural and fire-safe wreaths, decorative berries, bows, stars, bells etc.

Take your wreath home or donate it for the holiday party!

Please register by calling
609-924-7108

Annual Giving

Do you sometimes wonder what your donation to our annual appeal does? We can assure you it does a lot! Individual donations like yours make it possible for PSRC to:

- ◆ Offer the immensely popular Evergreen Forum twice a year;
- ◆ Run lively programs, such as TED Talks and Table Tennis;
- ◆ Host dozens of speakers to provide you with the most current information on timely subjects;
- ◆ Create opportunities for peer support, including Men in Retirement, Widow Support and Let's Talk in English;
- ◆ Ensure a professional staff who provide confidential one-on-one advice, informed consultations and substantive programs.

Your gift is very important to us and we appreciate your support tremendously. Please give as generously as you can.

Watch for your letter in the mail or go to our website:
www.princetonsenior.org and click on the Donate button.

Reminder: If your employer has a matching gift program, be sure to fill out the correct form and include it with your gift. Many companies include retirees in the program, too, so if you're retired, check with your former company about participation.

CLOSING for FLOOR RE- SEALING



The Suzanne Patterson Building will be closed from Dec. 22nd at noon – Dec. 26th for the semi-annual resealing of the gym floor.

Inside this issue:

DIRECTOR'S MESSAGE	2
DECEMBER HIGHLIGHTS	3
NEXT STEP	4
LOOKING AHEAD	5
ONGOING CLASSES	6,7
DEVELOPMENT NEWS	8
WEATHER INFO	10
CALENDAR	11

For Holiday hours - see page 5

Director's Message ~ December 2014

Leaving a Legacy



Most of us take time this month to make annual donations to our favorite charities. It is one way we try to express gratitude for organizations that have made a difference to us or change other people's lives in ways that are meaningful. Some families even gather during the holidays to make their gift

decisions together. You know that your contribution makes a huge difference to the organizations you support. Remember that a \$100 gift for 10 years adds up to a \$1000 gift—you can be a philanthropist at any level! Charitable giving is one way to make a difference that you can see and benefit from while you are still active.

We all want to feel we have made a mark on the world, that we will be remembered after we are gone, that our time has been meaningful. We often think of a legacy as the inheritance left to our heirs in a will or a major donation to an organization we care deeply about through a capital campaign or bequest. Donors are increasingly giving these gifts before their estate distribution so they can see the results.

But there are other kinds of legacies as well. For example, politicians think about their legacies as they plan to leave office, enacting significant legislation they hope will have a lasting impact. Leaders in other businesses and organizations also try to establish programs that they will be remembered for as they plan retirement.

On a more personal level, as people age, they think about the legacy they want to leave to the family. I predict that when you reflect on the things you cherish that have been passed on to you, many of those treasures are not material goods, and if they are, they may not carry great monetary value. Maybe it is a family recipe or a shared passion for hiking. How will you pass on the stories of your life and your ancestors? Who will learn the legends that go with the photos and mementos? Have you considered writing a memoir of your life, or legacy letter telling your loved ones how important they are to you?

As part of PSRC's Next Step program, Carol King has developed an interesting program on "writing your ethical will." The ethical will is designed to pass along moral values, including personal and spiritual values, life lessons, accomplishments, hopes and blessings for the future, love and forgiveness. Doing this can give you more confidence that what is important to you will be remembered and will provide a kind of closure. Carol points out that this is a unique opportunity to tell others about the seminal moments in your life, to share your values, and to collect your thoughts about what has been most important to you. It can be shared either before your death, through conversation, video, or in writing to be preserved after you are gone.

A 2012 study by the Allianz Life Insurance Company found that 86% of boomers and 74% of Americans over age 72 said family stories and keeping their family history alive is the most important piece of their legacy. 64% of boomers and 58% of their parents said that mementos and heirlooms were an important part of their legacy; just 9% focused on money. If you do want to specify who should get a particular item, make sure you have it in writing and that family has your list. Wills are often not this specific. You might also discuss this list with family members so you can hear what items are meaningful to them. A grandchild might cherish a special mug while a niece may want to maintain the family genealogy records.

The end of the year is a great time to reflect on your life, your experiences and your values, and to begin to plan how you want to build your personal legacy. Take time during the holidays with your family to share the stories that made you who you are. Think about the organizations that have helped to shape your life and how you can leave a legacy that helps them continue their work into the future.

Happy Holidays from PSRC!

Susan W. Hoskins LCSW
Executive Director

DECEMBER PROGRAM HIGHLIGHTS

MOVIE & MUNCHIES - Fri. Dec. 5, 1:00pm at SPB **"Belle."** This is the true story of Dido Elizabeth Belle, the illegitimate mixed-race daughter of a Royal Navy Admiral. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet the color of her skin prevents her from fully participating in the traditions of her social standing. Left to wonder if she will ever find love, Belle falls for an idealistic young vicar's son bent on change who, with her help, shapes Lord Mansfield to end slavery in England. No fee. 1 hr. 42 minutes.

LUNCH & LEARN - Fri., Dec. 12, 12 noon at SPB **"Parkinson's Disease"** Dr. Jill Farmer, Neurologist from Capital Health will discuss various characteristics of and treatment options for movement disorders, including Parkinson's, Huntington's Chorea, Dystonia and Essential Tremor. There is no charge for this program. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.

LUNCH & LEARN - Fri., Dec. 19, 12:00pm at SPB **"Take Care of Your Feet and They'll Take Care of You"** – presented by Dr. Brad Schaeffer of Family Foot and Ankle Care. He will discuss prevention and treatment of common foot problems in adults; how to test a person's risk for various foot problems; and fall prevention. In addition, he will describe diabetes and other illness-related foot problems and

the Medicare Shoe Program. There is no charge for this program. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.

TED TALKS

Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton.

For more background, visit www.TED.com. This month's topics:

- ♦ **December 2** Kenneth Cukier: Big Data is Better Data
- ♦ **December 9**—Shawn Achor: The happy secret to better work
- ♦ **December 16**—James Watson: How we discovered DNA
- ♦ **December 23**—*SPB Closed*
- ♦ **December 30**—Fabien Cousteau: What I learned from spending 31 days underwater



HAPPINESS PROJECT

This group will meet every Monday afternoon at 1:30 p.m. beginning January 14. We will read and discuss Gretchen Rubin's second book, Happier at Home - Kiss More, Jump More, Abandon Self-Control and My Other Experiments in Everyday Life. No fee. Please register by calling 609-924-7108.

A SPECIAL LECTURE - Tues., Dec. 9, 1:00pm at Monument Hall Main. Join Jeanne Gorrissen for a fascinating look at **"The Secession of the Southern Slave States."** While many people discuss the economic factors that drove secession, Ms. Gorrissen will focus on some of the psychosocial factors that made secession inevitable. She will cover the wealth of the southern states, the reluctance of the northern free states to return slaves to the south and the role played by Thomas Jefferson in creating the legal/constitutional basis for secession. No fee. RSVP to 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 set-up and to contact you if the program is cancelled.

NEXT STEP PROGRAMS

Next Step is a PSRC program focused on planning your retirement and encore career.

Men in Retirement

Friday, Dec. 5, 2 pm Men in Retirement group general meeting. Come and meet other men who are making or have made the transition into retirement. For information call 924-7108. Monument Hall, 45 Stockton Street, Princeton. No fee.

Retired? What's Next?

Thurs, Dec. 11 at 2 pm. So much of our life and identity revolves around work. This supportive group will discuss the joys, concerns and challenges of having extra time and making decisions about how to use it to create fulfillment. Led by Shirley Roberts, Helen Burton and Carol King. Location: Robert Wood Johnson Health & Wellness Center: 3100 Quakerbridge Road. Please call 609-584-5900 to register. No fee.

Delights and Dilemmas of Being a Grandparent

Tuesday, Dec. 16, 1:00 pm. Sometimes it's fun, other times the responsibility is frightening. Come share your joys, your knowledge, and your questions with others. The Leader is Lenore Sylvan. Lenore brings her many years of experience as a teacher, child care advocate and grandparent to the group. Location: Suzanne Patterson Building, 45 Stockton Street Princeton. No fee.

Transitions Into Retirement.

Friday, Dec. 19, 3:30 pm
This monthly group will deal with issues in making the adjustment to retirement. Group leader is Dr. John George. Suzanne Patterson Building, 45 Stockton Street, Princeton. Please call to register 609-924-7108. No fee.

FYI

HEALTH INSURANCE DATES TO KNOW:

MEDICARE:

Open Enrollment ends December 7, 2014.

Affordable Care Health Insurance Marketplace

Coverage ends for Marketplace Plans
bought in 2014: December 31, 2014:

Open Enrollment for 2015 ends:
February 15, 2015

Medicaid and CHIP :
365 Days a Year:

Learn more at:

Obamacarefacts.com/Obamacare-sign-up.php
or by going to the official marketplace:
healthcare.gov

NOTICE:

Please **don't** park at Morven
when you come to PSRC
from
November 26th
through January 2nd.

Please **do** park at Morven
if you're going to visit their
marvelous Festival of Trees
holiday exhibition.

Thank you!

LOOKING AHEAD

MOVIE & MUNCHIES - Fri. January 2, 1:00pm at SPB. **"Chef"** Chef Carl Casper (Jon Favreau) suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner (Dustin Hoffman.). Then, he's left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife (Sofia Vergara), his friend (John Leguizamo) and his son to launch a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen -- and zest for life and love. 1 hr. 55 mins.

LUNCH & LEARN - Friday, January 16
Introduce Yourself to Yoga

LUNCH & LEARN - Friday, January 23
Understanding Memory Loss

OPERA VIDEO SERIES - this popular series returns for 4 weeks in January. Titles will be listed in next month's Mature Princeton.

~~~~~

**TRIP** - Philadelphia Flower Show - Tues., March 3, 2015. This year's theme is "Lights! Camera! Bloom!" Sponsored by the Princeton Recreation Dept. Bus leaves from Community Park North parking lot at 9:00am, returns at 4:00pm. Register at the Princeton Recreation Dept, 380 Witherspoon St., or online at <http://register.communitypass.net/princeton>. More info at 609-921-9480. Cost: \$50 per person.



## EVERGREEN FORUM



### EVERGREEN FORUM IMPORTANT DATES SPRING 2015

DECEMBER 22 ~ BROCHURE MAILED  
JANUARY 5 ~ REGISTRATION BEGINS  
LOTTERY ~ JANUARY 29  
FEBRUARY 24 ~ CLASSES BEGIN

#### Holiday Schedule for PSRC Buildings

##### Suzanne Patterson Building:

Closed: Mon. Dec. 22 at 12:00pm - Fri. Dec. 26, and Thurs. Jan. 1  
Open: Dec. 29, 30 and half day Dec. 31.

##### Spruce Circle: Closed Wed., Dec. 24 & Fri., Dec. 26.

Open: Dec. 29, 30 and half day Dec. 31. Closed Thurs., Jan. 1



# 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 8 week 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), Monument Hall (MH), Harriet Bryan House (HBH), Corner House (CH).

## EXERCISE & FITNESS

### Suzanne Patterson Building

- ♦ Early Bird Aerobics - M, T, W, Th, F 8:00am  
40 minutes of cardio & toning  
\$55/month, or \$5 daily drop-in rate
- ♦ Aerobics - M,W,F 9:15  
\$47/season for Princeton residents  
\$93/for non-residents.  
Register through Princeton Rec Dept:  
609-921-9480.
- ♦ High-Low-Go: Tues. and Thurs. 8:45am  
45 minutes of low-impact aerobics;  
8-week sessions \$65/for Princeton residents; \$90 for non-residents
- ♦ Yoga: Thurs. 10:00am 8-week sessions  
\$45/for Princeton residents, \$60/non-residents.
- ♦ Table Tennis: Mon, Wed, Fri. 10:30am  
Drop-in. No charge.
- ♦ Tai Chi: On hiatus until January 9, 2015

### Spruce Circle

- ♦ Chair Exercise: Mon. at 11:30am, Fri at 12:00.  
8 week sessions \$25/residents  
\$30 non-residents

### Harriet Bryan House

- ♦ Chair Yoga: Tues. 11:00am 8 week sessions

## CLASSES

### Suzanne Patterson Building

- ♦ Active Wisdom II: 1st & 3rd Fri., 10:30am.  
Class full, wait list only.
- ♦ Art with Bob: Wed. 1:30pm—8 weeks  
\$45/for residents, \$60/non-residents
- ♦ Art with Hannah: Thurs. 1:00pm—8 weeks  
\$45/for residents, \$60/non-residents
- ♦ Computer classes: See page 10.
- ♦ Computer Lab: Tues. 1-4pm, Fri 10am-12.  
Drop-in for help & practice. No charge.
- ♦ Cosmology: Thurs. 9:45am. No charge.  
Peer-led science discussion group.  
Contact Bruce Wallman for info.  
Brucewallman@gmail.com
- ♦ Currents: Mon. 1:30-3:30pm. No charge.  
Peer-led current events discussion group.  
Group is full. Contact barrydrclan@me.com  
to be added to wait list.
- ♦ Drawing with Pencil: Mon. 10:30am  
\$45/8 weeks for residents, \$60/non-resid.
- ♦ Memoir Writing: Wed. 4:30pm  
No charge. Group full, wait list only.
- ♦ Word Play (poetry group): Mon. 1:30-3:30pm \$20/year for copying costs.

### Spruce Circle

- ♦ Knit Wits: Fri. 1:00pm Drop-in for knitting & conversation. Free.

## GAMES

### At Suzanne Patterson Building

- ♦ Social Bridge: Tues. 1 - 4 pm  
Drop-in. No charge.
- ♦ Mah Jongg: Tues. 1- 4pm  
Drop-in. No charge.  
BYO card & set.
- ♦ Scrabble: Tues. 12:00pm. No charge.



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

- ♦ Duplicate Bridge - Thurs. 12:30pm
- ♦ Bridge Lessons - Weds. 5:30pm, Fri. 2:00pm



## SUPPORT & GUIDANCE

### PARTNERS IN CARING PRINCETON

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 is a single question answered 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.

Call for more information: 609-924-7108 or 609-252-2362.

- ◆ Information and referral
- ◆ Counseling + consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources + Support
- ◆ Support & Wellness Groups
- ◆ Transitions – support with the inevitable transitions throughout the life span
- ◆ Volunteer visitors

## GROUPS

- ◆ Caregivers: Mon. Dec.15 1:30pm at CH-19
- ◆ Children of Aging Parents: Wed. Dec. 17, 4:30pm at SPB.
- ◆ Widow Support: Thurs. Dec. 4 & 18, 11:30am at Princeton Public Library
- ◆ Bereavement: Mon. Dec 15, 1:00pm at SPB. Call Sherri Goldstein 497-4900 to attend.
- ◆ Grandparenting: Tues., Dec 16 1:00pm at SPB.
- ◆ Let's Talk: Wednesdays 10:30am at RC  
Wednesdays. 2:45pm at SC
- ◆ Let's Talk English: Mondays, 1:00pm at SC; Fridays, 9:30am at RC
- ◆ Men in Retirement: Fri. Dec. 5, 2:00pm at Monument Hall
- ◆ Navigating Retirement:  
2:00pm at RWJ Hamilton Wellness.  
To register call:609-584-5900.
- ◆ Transition to Retirement: Fri. Dec.19 3:00pm at SPB.

## BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 11am-12pm at Mt. Pisgah  
1 - 2pm at Spruce Circle

Third Tues: 9 - 10am at Redding Circle  
1-2pm at Harriet Bryan House

Fourth Wed: 1-2pm at Elm Court

Dates and times will be changing. Check this spot next month.



## TRANSPORTATION

### CROSSTOWN

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).

### DAYTIME FREE-B BUS

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

Local transportation routes can be found at [www.princetonnj.gov](http://www.princetonnj.gov) under transportation, or [www.gmtma.org/pg-bus-mercer.php](http://www.gmtma.org/pg-bus-mercer.php).



## DEVELOPMENT NEWS

### Thanks to the Sponsors of Our Fall Conference on Technology & Aging Independently

#### *Annual Sponsors*

Acorn Glen  
B-Well/Pavilions  
Buckingham Place  
LIFE St. Francis  
Merwick Care & Rehabilitation Center



#### *Breakfast provided by*

Princeton Care Center

#### *Lunch provided by*

Brandywine Senior Care at Princeton



#### *Conference Sponsors and Advertisers*

Always Best Senior Care  
A. W. Martin Construction  
Bobette Lister, Realtor/Gloria Nilson & Co.  
Edie Kelly-Edward Jones  
Goodwill Home Medical Equipment  
Greenwood House  
Health Trends  
Heidi Joseph, Realtor/Berkshire Hathaway  
Marion Sommer-New England Financial  
Mistral  
Princeton Medical Institute  
Princeton Theological Seminary  
PSRC Ping Pong Players  
Secure at Home  
Senior Care Management  
Teena L. Cahill, Psy.D



*Thanks to Kimble Funeral Home  
for providing extra chairs.*

*Let them know you appreciate their support.*



*Conference attendees, vendors and presenters  
braved the downpour and filled every seat*



## COMPUTER CLASSES

### FREE LABS:

Tuesdays, 1:00- 4:00pm;  
Fridays, 10:00am - 2:00pm

No sign-up required. Just drop in to have your questions answered and to get help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Help is available for Macs as well as PC's.

**"Medical Information  
on the Internet"  
Monday, December 8  
at 11:00 a.m.  
at SPB**



Barbara Lundy will give an expanded presentation of one of our popular Fall Conference topics: how to use your computer, laptop or tablet to access and use medical information on the internet.

~~~~~

*Did you miss the Fall Conference? Go to our website www.princtonsenior.org; under "Announcements" click on **Fall Conference Presentations** for some of the presentations, including Tobey Dichter's Keynote address.*



USEFUL INFORMATION

McCaffrey's Receipts and More

You can support PSRC all year by bringing us your McCaffrey's receipts, used ink cartridges, and by making Comcast payments at Spruce Circle. We also accept durable medical equipment for Goodwill.

We are also participating in the One Princeton debit card program. If you designate PSRC as your charity we will receive the contributions.

(Sorry we no longer accept cell phones & small electronics.)

Want to take a PSRC class but it doesn't fit in your budget?

PSRC has established a scholarship fund in the name of our honorees at the 40th anniversary gala. If you would like to take a class but need financial assistance, talk to Executive Director Susan Hoskins.

Quick Reference Guide to Area Resources

Access Princeton 609-924-4141
Arts Council of Princeton 609-924-8777
Cornerstone Community Kitchen 609-924-2613
Crisis Ministry 609-921-2135
Community Without Walls 609-921-2050
Funeral Consumers Alliance 609-924-3320
Senior Care Ministry 609-921-8888
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
One Table Café 609-924-2277
PAAD 800-792-9745
Princeton Human Services 609-688-2055
Princeton Police (non-emerg) 609-921-2100
Princeton Public Library 609-924-9529
Reassurance Contact 609-883-2880
Ride Provide 609-452-5144
Senior Citizen Club 609-921-0973
Social Security 800-772-1213

Weather Preparedness

BLIZZARD BAGS

It's never too early to prepare for a storm!

At right are the fruits of the labors of PSRC Staff and volunteers, who spent some hours building blizzard bags with non-perishable food and water for local seniors.



~~~~~  
Speaking of being prepared—have you gathered your storm supplies to make your own Blizzard Bag? Below is the

Basic Red Cross Emergency Kit in the event of an extreme weather event that affects power and mobility:

- Water—one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food—non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area



PSRC mourns the loss of Bill Scheide, a remarkable man who leaves a legacy through his generous support of many organizations in Princeton and beyond. Bill and Judy Scheide helped establish an endowment for PSRC. Rest in peace.

## INCLEMENT WEATHER?

For news about PSRC closings and delayed openings, please check our website: [www.princetonsenior.org](http://www.princetonsenior.org) or call 609-924-7108 after 8:30 a.m. Aerobics classes can call the Rec. Department hotline: 609-688-2054.

During weather emergencies the Suzanne Patterson Building has been designated a reception center. In an emergency if you need a place to get warm or to recharge your electronic devices, stop in.



# PRINCETON SENIOR RESOURCE CENTER

## DECEMBER 2014

| MONDAY                                                                                                                                                          | TUESDAY                                                                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                        | THURSDAY                                                                                                                                                           | FRIDAY                                                                                                                                                                                                                                                                                                      |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing – SPB<br>11:30 Chair Exercise – SC<br>1:30 Wordplay - SPB<br>1:00 Let's Talk Eng. – SC                              | 8:45 High Low Go – SPB<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:30 Bridge/Mah Jongg –MH<br>1:00 Computer Lab – SPB<br>1:00 Tot.Brain Health-Copperwood                                                                    | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC<br>1:30 Art with Bob – SPB<br>2:45 Let's Talk Too –SC<br>4:30 Memoir Writing - SPB<br>5:30 Bridge Lessons – SPB                                     | 8:45 High Low Go – SPB<br>9:45 Cosmology - SPB<br>10:00 Yoga – SPB<br>11:30 Widow Support - PPL<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah - SPB      | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>10:00 Tot.Brain Health-Copperwood<br>10:30 Active Wisdom - SPB<br>12:00 Chair Exercise – SC                                                                                                                              |
| 1                                                                                                                                                               | 2                                                                                                                                                                                                                                       | 3                                                                                                                                                                                                | 4                                                                                                                                                                  | 5                                                                                                                                                                                                                                                                                                           |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing – SPB<br>11:30 Chair Exercise – SC<br>1:30 Wordplay - SPB<br>1:30 Caregivers – CH19<br>1:00 Let's Talk Eng. – SC    | 8:45 High Low Go – SPB<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:30 Bridge/Mah Jongg –MH<br>1:00 Computer Lab – SPB<br>1:00 Tot.Brain Health-Copperwood<br>1:00 Blood Pressure - SC<br>7:00 Next Step Speaker - PPL        | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC<br>1:30 Art with Bob – SPB<br>2:45 Let's Talk Too –SC<br>4:30 Memoir Writing - SPB<br>5:30 Bridge Lessons – SPB                                     | 8:45 High Low Go – SPB<br>9:45 Cosmology - SPB<br>10:00 Yoga – SPB<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah - SPB<br>2:00 Navigating Retire. – RWJH | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>10:00 Tot.Brain Health-Copperwood<br>12:00 Chair Exercise – SC<br>1:00 Knit Wits - SC<br>2:00 Bridge Lessons – SPB                                                                                                       |
| 8                                                                                                                                                               | 9                                                                                                                                                                                                                                       | 10                                                                                                                                                                                               | 11                                                                                                                                                                 | 12                                                                                                                                                                                                                                                                                                          |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing – SPB<br>11:30 Chair Exercise – SC<br>1:00 Bereavement – SPB<br>1:30 Wordplay - SPB<br>1:00 Let's Talk English – SC | 8:45 High Low Go – SPB<br>9:00 Blood Pressure - RC<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:00 Bridge/Mah Jongg – SPB<br>1:00 Computer Lab – SPB<br>1:00 Tot.Brain Health-Copperwood<br><b>1:00 Grandparent Group-SPB</b> | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC<br>1:30 Art with Bob – SPB<br>2:45 Let's Talk Too – SC<br>4:30 Memoir Writing - SPB<br>4:30 Child, Aging Parents – SPB<br>5:30 Bridge Lessons – SPB | 8:45 High Low Go – SPB<br>9:45 Cosmology - SPB<br>10:00 Yoga – SPB<br>11:30 Widow Support - PPL<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah – SPB      | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>10:00 Tot.Brain Health-Copperwood<br>10:30 Active Wisdom - SPB<br>12:00 Chair Exercise – SC<br><b>12:00 Lunch &amp; Learn -SPB</b><br>1:00 Knit Wits - SC<br>2:00 Bridge Lessons – SPB<br>3:00 Transition to Retire –SPB |
| 15                                                                                                                                                              | 16                                                                                                                                                                                                                                      | 17                                                                                                                                                                                               | 18                                                                                                                                                                 | 19                                                                                                                                                                                                                                                                                                          |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing - SPB<br>11:30 Chair Exercise – SC<br>1:00 Let's Talk English – SC                                                  | <b>CLOSED</b>                                                                                                                                                                                                                           |                                                                                                                                                                                                  |                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                             |
| 22                                                                                                                                                              | 23                                                                                                                                                                                                                                      | 24                                                                                                                                                                                               | 25                                                                                                                                                                 | 26                                                                                                                                                                                                                                                                                                          |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing – SPB<br>11:30 Chair Exercise – SC<br>1:30 Wordplay - SPB<br>1:00 Let's Talk English – SC                           | 8:45 High Low Go – SPB<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:00 Bridge/Mah Jongg – SPB<br>1:00 Computer Lab – SPB                                                                                                      | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC                                                                                                                                                     | <b>LOCATIONS</b><br>HBH = Harriet Bryan House<br>PPL =Princeton Public Library<br>RC = Redding Circle<br>RWJH = Robert W. Johnson Fitness/Wellness Center          | SC = Spruce Circle<br>SPB = Suzanne Patterson<br><br><b>Earlybird Aerobics</b><br>8:00am daily at SPB                                                                                                                                                                                                       |
| 29                                                                                                                                                              | 30                                                                                                                                                                                                                                      | 31                                                                                                                                                                                               |                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                             |



Princeton Senior Resource Center  
45 Stockton Street • Princeton • NJ • 08540



Non-Profit Organization  
U.S. Postage  
PAID  
Trenton, NJ  
Permit No. 114



**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

#### BOARD OF TRUSTEES

|                    |                   |
|--------------------|-------------------|
| Bradley Bartolino  | Michael Kenny     |
| Rich Bianchetti    | Norman R. Klath   |
| Ruth Bronzan       | Jay Kuris         |
| Hendricks S. Davis | Robert Levitt     |
| Rebecca Esmi       | Stephanie Lewis   |
| Paul Gerard        | Henry Opatut      |
| Jane Gore          | Dave Saltzman     |
| Audrey Hallowell   | Nakkia Smith      |
| Lynne Hirayama     | Al Stark          |
| Allen Jacobi       | Maggie Van Dagens |
| Edith Jeffrey      | Fiona Van Dyck    |

## Winter Solstice Drum Circle



**Sunday, Dec. 21, 2014  
7:00pm**



**at Suzanne Patterson Building**

Winter Solstice marks the longest night of the year,  
the turning point when the sun begins it's journey back  
to warm the Earth in Spring.

***Help us drum back the sun!***

Drums provided or BYO. No musical experience required.

Circle will be facilitated by  
Mauri Tyler, HealthRhythms Endorsed Facilitator  
and special guests.

Refreshments will be served.

Pre-registration helps us plan,  
but walk-ins are welcome.  
Sign up at 609-924-7108.  
Suggested donation \$5.

