

December 2015

#GIVINGTUESDAY



DECEMBER 1, 2015

We have a day for giving thanks.
We have two for getting deals.
Your gift on Giving Tuesday will help support PSRC's mission to be the Princeton area's go-to place for older adults and their families to find support, guidance, educational programs and social services to help navigate life transitions and continue to be active, healthy, and engaged in the community.

On Tuesday, December 1, 2015
go to princetonsenior.org
to make your gift to PSRC.

THANK YOU!

A VERY SPECIAL STUDENT ART EXHIBIT FOR THE HOLIDAYS!

Kindergarteners from the
Riverside Elementary School
in Princeton will honor their
GrandPals with works of art
on display at PSRC from
December 1—18.
Stop in and have a look!



You're invited...

to

*Princeton Senior Resource Center's
Annual Holiday Party*

Wednesday, December 9th

1:00 - 3:30 p.m.



Come enjoy the fun, food, music, and merry-making!

Tickets are just \$5.00 per person, and include
a fabulous meal from the chef at Acorn Glen,
and music with the Princeton Boy Choir!

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

Tickets are available at the Suzanne Patterson Building,
Spruce Circle and Elm Court.

Please call 609. 924. 7108 to make a reservation.

NOTICE:

For the next year, parking is available at Morven
ONLY on Monday and Tuesdays,
and ONLY in the last three rows.

We are trying to find additional parking
and will keep you advised.

Thanks for helping us respect our neighbors!

DIRECTOR'S MESSAGE ~ GRATITUDE



At this time of thanks giving, we want to express how grateful we at PSRC are for YOU! You are the reason we are here. You share your ideas, talents and support of each other. You are our participants, instructors, volunteers, partners, sponsors, and donors!

Your friendship, support and participation are our *raison d'être*.

We'd like to thank:

♦ **Individual donors** --Your support provided 14% of our operating budget in 2014-15. This goes directly into supporting the programs and services you love.

♦ **Foundations** provided 11% of our support. We received grants last year from Bloomberg, Nordson Corporation, Bristol Myers Squibb, PNC Foundation, Curtis W. McGraw Foundation, David Mathey Foundation, J. Seward Johnson, Sr. Charitable 1963 Trust, Otsuka America Pharmaceutical, Fred C. Rummell Foundation, AARP, Gordon & Llera Gund Foundation, Horizon Foundation of NJ, Allergan Foundation, Janssen Pharmaceutical.

♦ **Sponsors and attendees** at events provided 32% of the budget. We hope you enjoyed our 40th Anniversary and Family & Community Galas, our Fall Conferences, Brunch at Home and the June BBQ. For a full list of sponsors, please see p.9 or go to our website princetonsenior.org.

♦ **Contracts** with the Municipality of Princeton and Princeton Housing Authority provide 20% of the budget as well as the buildings where we provide many of our programs.

♦ **Program revenue** adds another 13% toward the cost of program materials, staff and instructors.

♦ The rest (10%) is derived from an assortment of sources including McCaffrey's (thanks to your receipts), building rentals, and interest.

Where it goes:

70% of the operating budget supports staff compensation. PSRC is a non-profit multi-service organization which provides services that require a high level of personal interaction. We provide our own compensation and benefits to employees. The remainder supports instructors, infrastructure (database, website, computers), supplies, bulletin mailings, insurance, event expenses and other business costs.

PSRC could not be what it is without our fabulous **volunteers and partners**. Evergreen Forum classes and many of our groups are facilitated by skilled volunteers. Others help in the office, computer lab and with events as well as on the board. We had a fascinating array of special speakers this year giving their time and expertise. You are often the source of new program ideas. Professionals from dozens of local businesses present at the Health Fair, Lunch and Learn programs and the annual Fall Conference. Collaborations with more than 30 organizations have enabled us to expand programming into new spaces and investigate new topics, or they've offered refreshments. For a list of our community partners, please see page 10 or visit our website: www.princetonsenior.org.

Each individual contribution may not seem like much, but **look what we can do together!** We have made PSRC a dynamic organization, the go-to place where older adults and families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, healthy and engaged in the community.

Your support made possible:

- 1300 people attending weekly programs
- 60 older adults or families receiving weekly support and assistance
- 50 Evergreen Forum lifelong learning classes
- 20 computer classes
- 16 ongoing support and social groups
- 110 GrandPals reading to young students
- 20 HomeFriend volunteers helping home-based older adults
- 30 educational programs on health, wellness and other topics
- Special speakers on a range of topics
- New programs on healthcare decision making, brain health, retirement.

Everywhere we turn people are helping others, making connections, learning new things, keeping fit and having fun.

We are so grateful for all that you give.
Thank you.

Susan W. Hoskins, LCSW
Executive Director

DECEMBER PROGRAM HIGHLIGHTS

FIRST FRIDAY FILM

Friday, December 4 at 1:00 p.m.

"From Mao to Mozart" In 1979, Ukrainian-American violinist Isaac Stern made an unprecedented tour of China, the first such tour by a Western musician in a country still reeling from the effects of the Cultural Revolution. On hand to document the historic event was filmmaker Murray Lerner, who gathered footage of Stern's encounters with both traditional Chinese musicians and conservatory students versed in Brahms and Mozart -- encounters that, only a few years prior, would have been politically controversial. (1 hour 54 minutes)

WINDOWS 10 CLASS

Monday, December 7 at 1:30 p.m.

Learn how to download it, review new features and see how it differs from Windows 7 and 8. Instructor: Barbara Lundy. No fee; donations are always welcome. Please call to reserve a space: 609.924.7108.

PSRC'S HOLIDAY PARTY

Wednesday, December 9, 1:00 to 3:30 p.m.

Join us for fantastic food and friendship, and for the music—the Princeton Boy Choir will bring their magic again this year! Some transportation is available; for information, tickets and reservations please call 609.924.7108.



"OLD MASTERS" EXHIBIT

PSRC's *Art with Hannah* artists

AT THOMAS SWEET IN SKILLMAN

December 1 - 31st

OPENING RECEPTION FOR THE ARTISTS

Thursday, December 10th,

4:00 TO 6:00 P.M.

Works by Carol Barkann Ji Fang Cao, Roslyn Dayan, Gunilla Knutson, Carol Marsland, Judy Miller, Carla Olsen, Naomi Reich, Carol Schonfeld, and Joan Widner will be on view the whole month of December. All are welcome!

GET YOUR HOLIDAY ON! A DAY OF BEAUTY AT PSRC

Wednesday, December 16 at 10:30 a.m.

HOLIDAY MAKEOVERS

with **Laura Guberer**, a trained aesthetician with 20 years experience with leading cosmetics and fragrance firms.

LACE SILHOUETTES

Lingerie Fittings

The popular Palmer Square Boutique will help pull together the best holiday looks with proper and discreet undergarment fittings and recommendations.

ORIGINS®

also of Palmer Square, will be on site to give mini-facials and describe skincare regimens for different skin types

GREAT LOOKS HAIR

Complimentary on-the-spot styling by professionals from Great Looks Hair, Mercerville!

NO FEE

Light refreshments will be served; please call 609.924.7108 to make a reservation.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65 who don't drive. Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride. \$3 each way; free to UMCPP (the hospital). Call as early as possible to reserve your ride.

DAYTIME FREE- B BUS

The Free-B bus runs a daytime 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday.

For a map of Princeton public transit lines, go to: <http://www.princetonnj.gov/public-transportation.html>

DECEMBER PROGRAMS

TED TALKS

Tuesdays, 10:30 - 11:45 a.m.

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



This month's topics:

December 1 ~ Robin Morgan: *4 powerful poems about Parkinson's and growing older (Recommended by Susan M. Friedman, PSRC)*

December 8 ~ Michael Green: *How we can make the world a better place by 2030*

December 15 ~ Siddhartha Mukherjee: *Soon we'll cure diseases with a cell, not a pill*

December 29 ~ Margaret Heffernan: *Dare to disagree*

For more background, visit www.TED.com.

iPAD CLASSES

INTRO TO iPAD

Thursday, December 3, 10:00 a.m. to 12 noon

Bring your iPad and learn how to use it!
Handouts will be provided for you to take with you.
Instructor: Barbara Essig.

MORE ABOUT iPAD

Thursday, December 10, 10:00 a.m. to 12 noon

Get really comfortable with your iPad!
Handouts will be provided for you to take with you.
Instructor: Barbara Essig.

Both classes are held in the Suzanne Patterson Building. There is no fee; donations are always welcome. Please call to register: 609.924.7108.

EVERGREEN DATES

December 17 - Course descriptions on the website

December 22 - Spring brochure mailed

January 5 - Registration begins

February 1 - Lottery for over-subscribed courses

February 29 - Classes begin

LUNCH AND LEARN

Friday, December 11 at 12 noon

"IT COULD BE POISON" with Barbara Vaning, MHA, EMT Instructor and Coordinator of Princeton HealthCare System's Community Education and Outreach Program.

Every year, between 2 and 4 million poisonings occur in the United States, according to the New Jersey Poison Control Center. Unintentional poisoning can be caused by over-the-counter, prescribed or illegally obtained pain medications and sedatives; antidepressants and other medications prescribed for various health conditions; drug and alcohol interactions; and even household cleaning products.

Join us to learn more about:

- Identifying poisons;
- How poisons can enter the body;
- Dos and don'ts of using medications and household cleaners;
- What to do if you suspect poisoning.

LUNCH AND LEARN

Friday, December 18 at 12:00 noon

"PLANNING YOUR FUNERAL" with Laurie Powsner of the Funeral Consumers Alliance (a not-for-profit, all volunteer organization).

One of the best gifts a person can give his or her loved ones is to make funeral plans before they're needed. When faced with planning a funeral, few people do the research and comparison shopping they would do for any other expensive purchase. Entering a funeral home emotionally drained, with time urgency and insufficient knowledge of your options and rights leaves you vulnerable and less able to make practical decisions.

Don't be scared! Talking about sex doesn't make you pregnant and talking about funerals won't make you dead. Join us for this informative and fun presentation. You'll learn about your options, how to choose a funeral home, your legal rights and how to save money.

Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverage will be provided. Please call to reserve a space. 609.924.7108.

Please call to register or reserve a space for any class, program and/or event offered at PSRC 609.924.7108. We ask for pre-registration so we can plan room set-ups or contact you in the event a program is cancelled.

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, December 4
at 2:00 p.m.

Come and meet other men who are making or have made the transition into retirement. For information call 924-7108. Group is facilitated by Rob Hegstrom and Bruce Wallman. No fee. *Monument Hall Main*

WOMEN IN RETIREMENT

Friday, December 18
at 10:30 a.m.

Meet interesting people, make new friendships, enjoy conversation, share experiences and join in engaging activities that stimulate personal growth. Group meets on the third Friday of every month. No fee.

TRANSITION TO RETIREMENT

Friday, December 18
at 3:00 p.m.

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. The group is facilitated by Dr. John George, Licensed Psychologist. No fee.

EXERCISE AND FITNESS

CLASSES

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE

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

SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays at 10:30 a.m.** \$72 residents, \$96/non-residents per quarter.
- ♦ **Word Play (poetry group): Mondays at 1:30 p.m.** \$5/quarter for copying costs.
- ♦ **Memoir Writing II: Mondays at 10:30 a.m.** \$5.00 per quarter for copying costs
- ♦ **Memoir Writing: Wednesdays at 3:30 p.m.** \$5/quarter for copying costs
- ♦ **Painting with Christina: Wednesdays at 1:30 p.m.** Painting with watercolor and acrylics. \$72/residents, \$96/non-residents per quarter.
- ♦ **Art with Hannah: Thursdays at 1:00 p.m.** \$72/residents, \$96/non-residents per quarter.
- ♦ **Cosmology: Thursdays at 9:45 a.m.** \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info: Brucewallman@gmail.com.

GAMES

SUZANNE PATTERSON BUILDING

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



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

- ♦ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons** Intermediate Bridge Lessons Wednesdays at 5:30 p.m. Please contact Bill to sign up.



DID YOU KNOW...

ABOUT CREDIT SCORE OFFERS

Have you received email offers for a free credit score? This could be a scam to get your personal information. A good alert is if you are asked for a credit card number.

You should be checking your credit history report annually by going to annualcreditreport.com. This would enable you to review any activity that could reveal fraud. To be thorough, check all three companies.

If you want to know your credit score because you want to ask for credit, go to your bank, credit card provider, or a reliable website such as bankrate.com.

It is also a good practice to seek out your own information, rather than responding to an offer coming to you unsolicited. When you search for a site, make sure when you find it that the URL (address at the top) is the address you are seeking. For example, make sure it says pncbank.com rather than joescreditservice.lie when you land on the site!

COMPUTER GURU ~ Don Benjamin

WINDOWS 10

Several PSRC computer lab visitors have asked us about Windows 10. “Should I upgrade?” “Should I wait until the “bugs” are worked out?” “Will it change how my computer works?” The short answers are “yes,” “no,” and “somewhat, but mostly for the better.”

A bit of background: A few years ago, Microsoft developed Windows 8 and 8.1 to work on tablets with touch screens *and* computers with traditional mouse pointers. The result was a new “start screen” with large icons for tablets and the traditional desktop screen for computers. The Start button’s traditional functionality was replaced by a list of system commands and settings. However, many users found themselves on the wrong screen. Windows 10 solved this by returning the Start button to its previous function, and by being aware if you’re using a tablet or traditional computer, thus taming its frustrating “dual” personality.

SHOULD I UPGRADE?

Yes. If you use Windows 7, you’ll find Windows 10 similar. Even though the Start button menu looks different, it’s not difficult to navigate. Besides, if you keep your most-used program icons on the task bar at the bottom of the screen (which I do), you seldom need to refer to the Start menu.

If you use Windows 8 or 8.1, Windows 10 will provide welcome relief by staying on the traditional desktop where you want to be.

More good news: Windows 10 updates occur automatically when your computer isn’t being used so you won’t be interrupted while you’re doing your work. Nice.

SHOULD I WAIT UNTIL THEY WORK OUT THE “BUGS”

No. Microsoft (as well as Apple) now sends preliminary (“beta”) versions of their software to millions of volunteers many months before its released to the general public. Windows 10 has proven to be very reliable.

WILL IT CHANGE HOW MY COMPUTER WORKS?

Your programs, like Microsoft Office, will work as they always have. Some of the Windows operating system settings menus are different (though the control panel is still available). Windows 10 also uses a new browser called “Edge” that many folks (including me) don’t care for. But Internet Explorer is still available (it’s still an industry standard). On the other hand, finding files—or just about anything on the Internet—is a cinch with the Windows 10 new search tab on the bottom of the screen. Or you can ask Cortana (Microsoft’s answer to Apple’s Siri) to find stuff for you.

PSRC CLASS ON WINDOWS 10

We’ve upgraded two PC’s in the PSRC computer lab to Windows 10, and will be glad to help you do the same on your laptop. And, we’re holding a Windows 10 class on December 7th . Call 609.924.7108 to sign up.

GROUPS

- ♦ **LET'S TALK ENGLISH**
Mondays at Spruce Circle at 1:00 p.m. and
Fridays at Redding Circle at 9:30 a.m.
 - ♦ **LET'S TALK**
Wednesdays at 2:45 p.m.
Spruce Circle
Please call 609.252.2362 to register
for Let's Talk groups
 - ♦ **WIDOW SUPPORT**
Thursday, December 3 and Thursday, December 17
at 11:30 a.m. (First and third Thursdays of each
month.) Please call 609.252.2362 to register for
Widow's Group. *Princeton Public Library*
 - ♦ **MEN IN RETIREMENT**
Friday, December 4 at 2:00 p.m. (First Friday
of each month.) *Monument Hall*
 - ♦ **CAREGIVERS**
Monday, December 14 at 1:30 p.m. (Usually
second Monday of each month.)
Corner House 19
 - ♦ **CHILDREN OF AGING PARENTS**
Wednesday, December 9 at 4:30 p.m. (Second
Wednesday of each month.)
Suzanne Patterson Building
 - ♦ **BEREAVEMENT**
Monday, December 21 at 1:00 p.m. (Third Mon-
day of each month.) Call Sherri Goldstein
609.497.4900 to attend. *Corner House ~ 19*
 - ♦ **GRANDPARENTING**
Tuesday, December 15 at 1:00 p.m. (Third Tuesday
of each month.) *Suzanne Patterson Building*
 - ♦ **WOMEN IN RETIREMENT**
Friday, December 18 at 10:30 a.m. (Third Friday
of each month)
Suzanne Patterson Building
 - ♦ **TRANSITION TO RETIREMENT**
Friday, December 18 at 3:00 p.m. (Third Friday
of each month.) *Suzanne Patterson Building*
 - ♦ **KNIT WITS**
Fridays at 1:00 p.m. Drop-in for knitting and
conversation. *Spruce Circle*
- There are no fees associated with any of these groups.

PARTNERS IN CARING

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

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

Please feel free to call for more information:
609.924.7108 or 609.252.2362.

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609.924.4141
 Arts Council of Princeton: 609.924.8777
 Community Without Walls: 609.921.2050
 Cornerstone Community Kitchen: 609.924.2613
 Crisis Ministry: 609.921.2135
 Funeral Consumers Alliance: 609.924.3320
 Mercer County Legal Services: 609.695.6249
 Mercer County Nutrition Program: 609.921.1104
 Mercer County Office on Aging: 609.989.6661
 or 877.222.3737
 NJ Consumer Affairs: 973.504.6200
 NJ Health & Senior Services: 800.792.8820
 One Table Café: 609.924.2277
 PAAD: 800.792.9745
 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 Ministry: 609.921.8888
 Senior Citizen Club: 609.921.0973
 Social Security: 800.772.1213
 State Health Insurance Program: 609.924.2098
 Sustainable Princeton: 609.454.4757

COMMUNITY ARTS PARTNERSHIPS

We are very pleased to welcome
A NEW COMMUNITY
PARTNERSHIP!



&

P R I N C E T O N
G A R D E N
T H E A T R E

Princeton Garden Theatre

Films and Simulcasts at the Garden Theatre
Princeton Garden Theatre

Mention "Princeton Senior Resource Center"
to receive the Member Discount.
(\$6 Admission to Main Films
or reduced admission to Special Events)

UPCOMING SPECIAL EVENTS:

IT'S A WONDERFUL LIFE

Thursday, December 10 at 7:30 p.m.

National Theatre Live:

JANE EYRE

Sunday, December 13 at 12:30 p.m.

FAMILY EVENTS SERIES

Take the Grandkids! Discount applies!

Every Saturday morning at 10:30 a.m.

Call 269.279.1999 with questions
or, for tickets and more information visit
PrincetonGardenTheatre.org



HOLIDAY POPS!

Saturday, December 19th at 4:00 p.m.

The spirit of the season comes alive with the beautiful tradition of our holiday concert with the Princeton High School Choir, musicians from the Trenton Music School, and a joyous carol sing along! Purchase your tickets early because this special concert sells out every year!

Get a \$5.00 discount by calling the PSO office at 609.497.0020 and mentioning Princeton Senior Resource Center.

Information can be found at princetonsymphony.org.



SPECIAL \$50 OFFER!*

Celebrate McCarter's critically-acclaimed production of *A Christmas Carol* before we welcome a reimagined version in 2016. Now's the time—don't miss this chance to embrace the magic of the holiday season and bring your family to join Ebenezer Scrooge on his transformative journey as he discovers the true meaning of Christmas. Mention PSRC when you call 609.258.9652 to relive the magic!

Also, there are three plays left in the

DRIVEN TO EXCELLENCE SERIES

August Wilson's **THE PIANO LESSON**

Wednesday, February 3, 2016

Agatha Christie's **THE MOUSETRAP**

Thursday, March 24, 2016

Sharyn Rothstein's **ALL THE DAYS**

Wednesday, May 25, 2016

Call 609.258.2787 for tickets and information.

**restrictions may apply*

THANK YOU!

ANNUAL SPONSORS

Acorn Glen
Atrium at Princeton
Bear Creek Assisted Living
Buckingham Place Adult Day Care & Home
LIFE St. Francis
Memory Care Living
Oasis Senior Advisors
Progression Physical Therapy

IN-KIND DONATIONS

Anna Lustenberg
Arlene and Henry Opatut
AW Martin, Inc.
Bagel Barn
BAPS Shri Swaminarayan Mandir
Benefit Cosmetics
Benihana
Bradley Bartolino
Brandywine Senior Living
Cafe Vienna
Carter & Cavero
CG Gallery, LTD
Chauncey Conference Center
Chez Alice
Christina Stadelmeier
Conte's
Dahlia Florals
David and Claire Jacobus
Donald Benjamin
Dunkin Donuts
Enzo's La Piccola Cucina
Garden State Discovery Museum
Gelavino Gelato
Gennaro's
George Street Theater
George's Roasters
Golden Blossom Honey
Greenwood House
Gretalia Hospitality Group
Grounds for Sculpture
Halo Farm
Hamilton Jewelers
Hamilton Grille
Hand & Stone Massage & Facial Spa
Harriet Pakula-Teweles
Heidi Joseph and Dave Saltzman
Helen Burton
Institute for Advanced Study
James Floyd
Jimmy Duffy Catering
Joan and Robert Levitt
Joel Tenenbaum
Judith Adler
Karen's Kreations
Katherine and Kevin McLaughlin
Katherine Klotzberger
Kitchen Kapers
Kramer Photography
Landon Jones
Lauren Davis
Leonardo's II Restaurant
Lindt
Lucy's Kitchen and Market

Main Street Catering
Marcia and Caesar Primus
Marriott Princeton at Forrestal
Marvin Cheiten
Mary Furey and Paul Gerard
Massage Envy of Montgomery
McCaffrey's Food Markets
McCarter Theater
Melanie Clarke
Mercer County Park Commission
Metro North Grill
Marylou and Michael Kenny
Michael's Family Restaurant & Diner
Mistral Restaurant
Monday Morning Flowers
Nancy and Norman Klath
Nassau Inn
North End Bistro
Olives Caterers
One 53
Pia de Jong
Paul Steinhardt
Peony Pavilion
Philadelphia Flyers
Philadelphia Museum of Art
PJ's Pancake House
Princeton Airport
Princeton Care Center
Princeton Jazz Nights
Princeton Nails
Princeton Symphony Orchestra
Princeton Tour Company
Pro Bono Partnership
Rachel Holland
Rago Arts & Auction Center
Robinson's
Rosedale Mills
Ruth and Richard Besser
Sallie Meade
Salon 54
Salt Creek Grille
Shari Powell
Springdale Country Club
Sun National Bank Center
Teresa Azario Momo
The Daily Show with Trevor Noah
The Home Depot
The Keswick Theater
The Nassau Club
The Peacock Inn
The Ridge at Back Brook
The Spice Shop
The Whitney Museum
Thomas Sweet Chocolate
Tiger's Tale Bar & Grill
Times of Trenton
Tina and Anthony LaPlaca
Trader Joe's
Tre Piani
Two Divas and a Party
Viburnum
Victoria Chu Moy
Victoria Leyton
Wawa Community Care
Winberie's Restaurant & Bar
WWFM

EVENT AND PROGRAM SPONSORS

Always Best Care Senior Services
AmRamp
Andrew and Carol Golden Fund/PACF
Archer Law
Atrium at Princeton
AW Martin Construction
Bank of America Charitable Foundation
Black Rock Financial Management, Inc.
Bloomberg
Borden Perlman Salisbury & Kelly
Brandywine Senior Living
Callaway Henderson Sotheby's
Capital Health System
Cyndi Shattuck Archiving
Community Without Walls, Inc.
Copperwood
Costanza Builders Inc.
CWW, House V
Dave Saltzman Insurance
Drinker Biddle & Reath
Edward Jones Associates
EKS Associates
Ellen and Albert Stark Foundation Fund/PACF
Friends of John Cimino for Freeholder
Fulton Bank of New Jersey
Goodwill Industries
Gordon and Llura Fund
Greenwood House
Haldeman Lexus
Hamilton Jewelers
Health Trends
Hill Wallack
Hilton Realty Co.
Home Heart Beats
Homewatch Care Givers
Independent Domain
Investors Bank
Jefferson Bath and Kitchen
Jewish Family & Children Services
Julius Gross
Knox Grove Financial
Lear & Pannepacker
Lenox, Socey, Formidoni, Giordano, Cooley, Lang & Casey
LIFE St. Francis
Maida Mackler
Mason, Griffin & Pierson
McCaffrey's Market
McNeely, McGuigan & Esmi
Mercadien Consulting
Mercedes-Benz of Princeton
Merwick Care and Rehabilitation Center
Morris Hall Meadows
Morven
Nesting Egg Home Care
New England Financial
New Jersey Manufacturers Insurance
Organize and Maintain
Payam Hanina, D.M.D.
Pidgeon & Pidgeon, P.C.
PNC Bank
Princeton Care Center
Princeton Dentistry
Princeton Design Guild

continued on next page

THANK YOU! ~ continued

Princeton Eye Group
 Princeton Fitness & Wellness Center
 Princeton Global Asset Management
 Princeton HealthCare Systems
 Princeton Home Care Services
 Princeton Marriott at Forrestal
 Princeton Portfolio Strategies Group
 Princeton Public Library
 Princeton Radiology
 Princeton Symphony Orchestra
 Princeton Theological Seminary
 Private Wealth Management Group
 Professional Paperwork Services
 Robert Hillier
 Robert Wood Johnson University Hospital
 Sally Steinberg, Attorney
 Saul Ewing

Jill Schwartz-Chevlin, MD
 Secure at Home
 Silver Century Foundation
 Sourland Cycles
 Stark & Stark
 State Assemblyman Jack Citarelli
 Stifel Nicolaus
 Szaferman, Leikind, Blumstein & Blader
 Team Toyota
 The Bank of Princeton
 The Financial Planning Answerplace
 The Jewish Center
 The Yedlin Group
 Van Dyck Law
 W. Bryce Thompson Foundation
 Wells Fargo Bank, N.A.

Whence the \$ comes:

Events	32%
Government	20%
Individual	14%
Program	13%
Fdn. & Corp.	11%
Other	10%



LOOKING AHEAD

New Book Discussion Group:
TAMING YOUR INNER GREMLIN by Rick Carson
 Wednesdays at 10:30 a.m. beginning January 6
 Facilitated by Helen Burton.

JANUARY OPERA FESTIVAL
 Every Wednesday in January at 12:30 p.m.
 Look for a program list in the next edition
 of the PSRC Newsletter.

SPECIAL PROGRAM
 Tuesday, January 12, 2016 at 7:00 p.m.
STRATEGIES FOR YOUR FINANCIAL FUTURE
 A Panel Discussion led by
 Jane Gore, MBA, Insight Financial Services

LUNCH and LEARN
 Friday, January 15
**"HAPPILY AT HOME: WHAT DOES AGING IN PLACE LOOK
 LIKE?" WITH ANN KING-MUSZA OF AKIN CARE SERVICES**

LUNCH AND LEARN
 Friday, February 12
"IT'S OK TO DIE" FILM FOLLOWED BY A DISCUSSION.

SPECIAL SPEAKER SERIES
WHYY's DR. DAN GOTTLIEB
TUESDAY, FEBRUARY 23 AT 1:00 P.M.
(Snow Date Friday, February 26)
**"CULTIVATING COMPASSION FOR
 OUR AGING FAMILY MEMBERS AND OUR AGING SELVES"**
 Dr. Dan, as is he is known to WHYY listeners
 throughout the region, is the popular and insightful
 host of "Voices in the Family."

COMMUNITY PARTNERS

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Princeton Recreation Department
Princeton Rotary
Princeton University
Princeton University Concerts
Rutgers School of Social Work
RWJ Wellness Center
Stark & Stark
Stony Brook Garden Club
Stony Brook School
Ying Hua International School

DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY BIRD AEROBICS 8:00 a.m. Monday through Friday TABLE TENNIS Monday 10:30 a.m. – 3:00 p.m. Wednesday 10:30 a.m. – 3:00 p.m. Friday 10:30 a.m. – 4:00 p.m.	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:00 Four Agreements - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	9:45 Cosmology - SPB 10:00 INTRO TO IPAD - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 1:00 Knit Writs - SC 2:00 Men in Retirement - MH1
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:00 Word Play - SPB 1:00 WINDOWS TO CLASS - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:00 Four Agreements - SPB 1:00 HOLIDAY PARTY - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB 4:30 Children of Aging Parents - SPB 5:30 Bridge Lessons - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 BP Screening - RC 10:00 MORE ABOUT IPAD - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 12:00 Lunch & Learn - SPB 1:00 Knit Writs - SC
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Word Play - SPB 1:30 Caregivers Group - CH 19	10:30 TED Talk - SPB 12:00 Scrabble-SPB 1:00 Grandparent Group - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics – SPB 10:30 DAY OF BEAUTY - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing – SPB 5:30 Bridge Lessons - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 10:30 Women in Retirement -SPB 12:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 1:00 Knit Writs - SC 3:00 Transition to Retirement - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:00 Bereavement Group - CH 19	SPB CLOSED SPRUCE CIRCLE OPEN	SPB CLOSED SPRUCE CIRCLE OPEN	CLOSED	CLOSED
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB	10:30 TED Talk - SPB 12:00 Scrabble-SPB 1:00 Computer Lab - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 12:00 BP Screening - EC 1:30 Painting with Christina - SPB 3:30 Memoir Writing – SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB NEW YEAR'S EVE PSRC CLOSED AT 12:30 P.M.	CLOSED



PSRC will be **CLOSED** for floor resealing **TUESDAY, DECEMBER 22** through **FRIDAY, DECEMBER 25**



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Save the Date

JOIN US FOR

A SPECIAL PROGRAM

Tuesday, January 12, 2016 at 7:00 p.m.

STRATEGIES FOR YOUR FINANCIAL FUTURE

A PANEL DISCUSSION LED BY

JANE GORE, MBA, INSIGHT FINANCIAL SERVICES Jane

has been in the financial services industry for 25 years. She has focused her career on providing solutions to all aspects of her clients' financial lives including asset allocation, retirement planning and college planning.

TOPICS AND PANELISTS:

BANKING: LUCIA STEGAU, PNC Bank

PLANNING: ELEANOR "ELLY" SZYMANSKI, CFP

ANNUITIES: JAY LA MALFA, Insight Financial

TRUSTS: FIONA VAN DYCK, Van Dyck Law

INSURANCE: DAVE SALTZMAN, Dave Saltzman Insurance

Look for more details and registration information in the December PSRC Newsletter and on our website:
princetonsenior.org

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