

Mature Princeton

The monthly newsletter of
PSRC
Princeton Senior Resource Center

Brunch at Home

The Easiest Entertaining Ever!

I invited six friends for brunch and got out some forks and linen napkins. That was it. We just chatted away and waited for the fabulous Brunch at Home basket to arrive!

Susan

Please Don't Make a Fuss

That's what our employer said when he announced his retirement. No parties, no gifts, no nothing. So we sent him a Brunch at Home basket. What could they say. He and his wife loved it.

Elise

Thanks, to a Good Neighbor

They don't need anything, but we wanted them to know how much we appreciate them as good and thoughtful neighbors. The Brunch at Home basket was just perfect.

George

Mark Your Calendar for Sunday, March 30

Place Your Order Today

Online at www.brunchathome.org or call PSRC at 924-7108
or pick up an order form at the front desk.



PSRC Welcomes New Staff Member

After a successful Next Step internship at PSRC in the Fall, Jeanette Hooban has joined the staff as a Program Assistant. She works part time at the Suzanne Patterson office. In her free time Jeanette enjoys music, hiking, reading, and traveling to Ireland.



Adding Computer Lab

We are pleased to announce the scheduling of an additional computer lab session. The computer lab will now be open Fri., 10:00am - 12:00pm, in addition to the already popular Tuesday afternoon session, 1:00-4:00pm. Feel free to drop in for

help with your computer and technology questions. Lab assistants can also help with smartphones, e-readers, kindles and tablets.



FEBRUARY 2014

EVERGREEN FORUM

Registration for Spring classes is open now - by mail, online or drop-in.
Feb. 5 - Lottery Day
Mar. 7 - Classes begin.

Just a reminder: registration is not first come, first served. Anyone who submits his or her application by Feb. 5th has an equal chance of getting into a class.

Students will be notified of acceptance by e-mail or snail mail. Students will receive a phone call if they are denied a class.

More details at www.TheEvergreenForum.org

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I write this month as we return from the Christmas holiday. The holidays are often an occasion for families to get together, whether for a meal or a longer visit. This is when we notice changes from the last visit in parents, friends, and extended family members.

It may be that you notice that someone's balance or mobility is worse, or that they don't seem to see the dust kitties in the corners, or that the piles of mail are overwhelming the kitchen table. Maybe there are burn marks on the counter by the stove or more obvious signs of memory loss. I don't want to be all negative because it can also be reassuring to find out that things are going well, that a person is doing fine on their own, or that there is a very special caregiver in place.

Often this visit is a difficult experience for family members. It is never easy to see people you love and think of as vital and fully independent experiencing challenges. Some people are also good at covering, especially when visits are brief. Family members often say to me "it isn't really so bad" when telling me about someone falling or getting lost driving. But it is important to watch for, and respond to, signs of risk to prevent more serious harm. I remember when I realized that my father-in-law was not using any proper nouns although he was participating in the conversation in a way that seemed appropriate. It was hard for his children to consider the cognitive loss implications I saw in this. Digging deeper revealed unpaid bills and poor decisions based on confusion. I see an important part of our job as the care coordinators at PSRC to help families learn what to look for, how to respond, and what may lie ahead so they can plan.

Many people come in to see us in the weeks after these family holidays. PSRC is a tremendous resource. Care coordinators can help you through consultations and assessments (by appointment) to identify options, make a plan and connect with support services. It is our goal to help people preserve self-determination and independence as long as possible. It is important for them to be a part of this planning whenever feasible.

Director's Message: February 2014 Family Caregiving

These holiday visits are also a wonderful opportunity to have "the talk" between generations. "The Talk" is about how you want to spend the rest of your life; where you want to live, how you'll finance it, where you will find support, your end-of-life decisions. Often several family members are gathered and have time for conversation at these visits. Either parents or children can initiate the talk. Use the *Five Wishes* document or an anecdote as a springboard: "my friend Mary just moved to a smaller apartment in the center of town..." or "Mom, I noticed new dents on the car..."

I experienced this personally this holiday. I had more time to spend with my parents, and I was able to notice and dedicate time to tasks that have become hard for them to complete. I found ways to help that respected their need to feel in charge of the processes. I had time to slow down and explain how I was helping set up the new phones. We had fun reviewing photo albums and scanning favorites. This also gave us an opportunity to talk about those who are gone, and what it feels like to be nearly the last cousin or friend. And there is little that my mother enjoys more than dinners with her grandchildren!

We drove my parents to visit my aunt and uncle who live in their home, but both have mobility and health problems. Conversations with them about available services are met with declarations that they are doing fine, mixed with tales of recent visits by the first aid squad in response to falls. My cousins shrug and tell me they try to visit every couple of months or so. This is a sharp contrast to my parents' gratitude!

I use my personal experiences and those shared by the dozens of people who have attended my caregiver support groups over the last 10 years to support family caregivers who attend these groups or consultations. **Spouse/Friend Caregivers meet on the second Monday of the month at 1:30 and Children of Aging Parents meets on the second Wednesday at 4:30.** Both groups are free and open.

Please remember that you are PSRC's best ambassadors. Tell friends and family about our Partners In Caring Princeton services, which includes caregiver support, consultations, planning, education and linkage to services. Ongoing care coordination is also available if eligible.

Susan W Hoskins, LCSW

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. 7, 1:00pm at SPB. Since the movie was snowed out in Jan., we offer again: ***“Enchanted April.”*** Set in London in the 1920s, Lottie and Rose are two married women who share the misery of empty marriages and decide to rent an Italian castle for the spring to get away. In order to save money, they advertise for two other women to join them. Mrs. Fisher is an elderly widow struggling with a lonely and regimented existence. She jumps at the chance to join the vacation. Lady Caroline Dester is a gorgeous flapper who has been grabbed one too many times and believes that she is sick of men. In a seaside Italian castle the women find themselves in a transformative beauty so enchanting that they experience changes in themselves they never thought possible. RSVP to 609-924-7108. No fee.

CHILDREN OF AGING PARENTS (CAPS) - Wed., Feb. 12, 4:30pm at SPB. This is a Monthly support group for adults caring for their aging family or friends. This month's topic: "Losing the One You Knew". No fee. RSVP to 609-924-7108.

OPERA VIDEO FEST - continues. Two more chances: Wed., 12:30pm at SPB.

Feb 5: **The Merry Widow** - Lehar

Feb 12: **The Abduction of Figaro** - PDQ Bach. Refreshments will be served. Feel free to bring a lunch. No charge. RSVP to 609-924-7108.

TAX HELP - AARP tax volunteers will be offering free assistance with tax returns to people of low and moderate income starting Fri., Feb. 7. Assistance is available **by appointment** on Fridays 9:00am-1:00pm at the Suzanne Patterson Building Call (609) 924-7108 for appointment.

Participants must bring copies of their 2012 Federal and New Jersey tax returns, as well as all

necessary 2013 tax information, including W-2 and 1099 income forms, unemployment statements, SSA-1099 Social Security forms, forms indicating federal tax paid, property tax bill, dependent care provider information, and receipts for itemized deductions such as medical bills and charitable contributions.

AARP Tax Aides will also be available at the Princeton Public Library on Mondays and Nassau Presbyterian Church on Saturdays.

LUNCH & LEARN - Fri., Feb. 14, 12:00pm at SPB. "Dental Health for Seniors" with Dr. Purvi Desai of InSmile Dentistry. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

LUNCH & LEARN - Fri., Feb. 21, 12:00pm at SPB. "Cataracts & Glaucoma" with Dr. Gerald Dunham of Princeton-Flemington Eye Institute. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

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:

Feb. 4 - "Your Body Language Shapes You" by Amy Cuddy

Feb. 11 - "Extreme Swimming with the World's Most Dangerous Jellyfish" by Diana Nyad

Feb. 18—"The Walk from No to Yes" by William Ury

Feb. 25 - "A Saudi Woman Who Dared to Drive" by Manal al-Sharif

NEXT STEP PROGRAMS

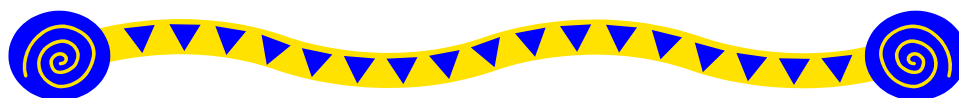
Next Step is a PSRC program focused on planning your retirement and encore career.

Speaker - Tues., Feb. 11, 7:00pm at Princeton Public Library. **"Grandparenting 101,"** led by Carolyn Schindewolf, Health Educator, Princeton Healthcare System. This fun, interactive session will include the latest in baby and child care, transitioning from parent to grandparent, and family dynamics when grandpa and grandma retire. No charge. Just drop in.

Living with Purpose - this discussion group wraps up Thursday, Feb. 13, 6:30pm at SPB. How does one actually do this, when, as the poet James Richardson tells us, "nothing important in life comes with directions." A purposeful life

gives us a sense of why we are alive, yet the task of taking responsibility for answering this question can seem daunting. Through a small learning community we will use poetry, song and personal reflection to better understand what living with purpose means for each of us. Led by Lillian Israel and Debra Lambo, MA, LCSW. No charge. Register at 609-924-7108.

Intro to Your Lifestyle in Retirement - Mon., Feb. 24, 7:00pm at Princeton Public Library. This single session offers an introduction to planning for retirement or a major lifestyle change. It will help you explore your options for dealing with change, managing your time, identifying your passions and making a difference through volunteering. Presenter: John George. No charge. Just drop in.



Quick Reference Guide to Area Resources

Arts Council of Princeton 609-924-8777
 Cornerstone Community Kitchen 609-924-2613
 Crisis Ministry 609-921-2135
 Community Without Walls 609-921-7338
 Funeral Consumers Alliance 609-924-3320
 Health 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-emergency) 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

BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 10am-12pm at Mt. Pisgah
 1 - 2pm at Spruce Circle

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

Fourth Wed: 1-3pm at Elm Court



Princeton Senior Resource Center

LOOKING AHEAD

MOVIE & MUNCHIES - Fri. Mar. 7, 1:00pm at SPB. ***"The Guilt Trip"*** Andy Brewster is about to go on the road trip of a lifetime...accompanied by his overbearing mother Joyce. After deciding to start his adventure with a quick visit at mom's, Andy gets guilted into taking her along for the ride. As they cross 3,000 miles, he is constantly aggravated by her antics, but over time he comes to realize that they actually have more in common than he originally thought, and in fact, his mother's advice might end up being exactly what he needs. Stars Barbara Streisand, Seth Rogen.

LUNCH & LEARN - Fri., Mar. 14, 12:00pm at SPB. ***"Home Adaptations"*** with Holly Hardaway.

LUNCH & LEARN - Fri., Mar. 21, 12:00pm at SPB. ***"It Could Be Poison!"*** presented by Princeton HealthCare System.

TRIP - Tues., March 4th the Princeton Recreation Dept. is sponsoring a trip to the Philadelphia Flower Show. This year's theme is "Articulture," celebrating everyone from Michelangelo to Monet, Picasso to Pollack, and daVinci to Dali. Bus will leave from Community Park North at 9:00am and return at 4:00pm. Cost: \$50. For more info contact Vikki Caines at vcaines@princetonnj.gov or 609-921-9480. More info about the flower show at www.theflowershow.com.

The **Retirement Planning Workshop** will be offered by the Princeton Adult School, starting March 6. This four session hands-on program will help you explore your options for the "Third Age" of your life. See the PAS brochure or www.PrincetonAdultSchool.org for cost and details.

BRUNCH at HOME - Sun., March 30th. Our popular fund-raiser returns! Treat yourself or a friend to a brunch basket delivered to your door! Details and ordering at our website: www.princeton senior.org

The **Age for Change** group, which has taken a break over the winter months, will reconvene in March to read and discuss Gretchen Rubin's The Happiness Project: or Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle, and Generally Have More Fun. Group leader: Helen Burton.

Savvy Social Security Planning: What Baby Boomers Need to Know to Maximize Retirement Income - Tues., Mar. 11, 7:00pm at Princeton Public Library. This informative seminar covers the basics of Social Security and provides strategies for maximizing your benefits. Seminar will be led by Shikha Mittra, AIF®, CFP®, CMFC®, CRPS®, MBA.

NJ creates Bill of Rights for residents in Continuing Care Retirement Communities

This legislation ensures that residents of CCRCs have an active role in the decisions that affect their daily lives. All new residents will receive a written copy prior to signing a contract for admission. All current residents will receive one, and the Bill of Rights will be posted in the facility. The act takes effect May 1, 2014.



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 (HB)

EXERCISE & FITNESS

At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00
30 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 Thur 8:45
45 minutes of low-impact aerobics
\$65/8 weeks for residents
\$90 for non-residents
- ◇ Yoga: Thur 10:00
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Table Tennis: Mon, Wed, Fri at 10:30
Drop-in. No charge.

At Spruce Circle

- ◇ Chair Exercise: Mon-11:30am, Fri-12:00pm
\$25/8 week session (\$30 non-residents)

At Harriet Bryan House

- ◇ Chair Yoga: Tues 11:00am
\$45/8 weeks for Princeton residents,
\$60/non-residents.

CLASSES

At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Art with Hannah: Thur 1:00pm
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Brunch for the Brain: Tues & Thurs 10:00.
\$50/10 weeks for residents, \$70/non-resid.
- ◇ Computer classes: See page 8.
- ◇ 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
- ◇ Drawing with Pencil: Mon. 10:30am
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Memoir Writing: Wed. 4:30pm
No charge. Group is full. Call to be added
to waiting list.
- ◇ WordPlay (poetry group): Mon 1:30-3:30pm
\$20/year for copying costs.

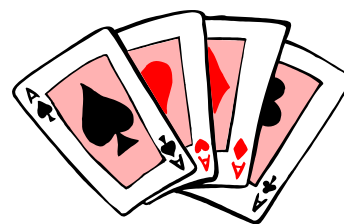
At Spruce Circle

- ◇ 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 1-4pm. No charge.



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

- ◇ Duplicate Bridge - Thur 12:30pm
- ◇ Bridge Lessons - Weds. 5:30pm, Fri. 2:00pm

SUPPORT & GUIDANCE

**For the following Support Services
call (609) 252-2362**

- ◇ Benefit Application Assistance
- ◇ Caregiver Resources + Support
- ◇ Care Coordination
- ◇ Community Resource Guide
- ◇ Consultations
- ◇ Food Stamps (SNAP)
- ◇ Housing alternatives
- ◇ Information & Referral
- ◇ PIC Princeton
- ◇ SHIP (for help with health insurance)
- ◇ Support & Wellness Groups
- ◇ Transitions – support with the inevitable transitions throughout the life span
- ◇ Volunteer visitors

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.



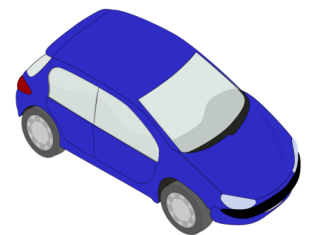
SUPPORT & WELLNESS GROUPS

- ◇ Caregivers: Mon. Feb. 10, 1:30pm at SPB
- ◇ Children of Aging Parents: Wed. Feb. 12, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Feb. 6 & 20, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Feb. 10, 1:00pm at SPB
Call Ann Schoonover 497-4900 to attend.
- ◇ Let's Talk: Weds. 10:30am at RC
Weds. 2:45pm at SC
- ◇ Let's Talk English: Mon., 1:00pm at SC
Fridays, 9:30am at RC
- ◇ Men in Retirement: Fri. Feb. 7, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Feb. 13, 2:00pm at RWJ Hamilton Wellness.
609-584-5900.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-924-7108 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. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.

COMPUTER CLASSES

Computer classes are offered in individual modules. Seating is limited by the size of the computer lab - 8 computers. You may also drop in to the **free computer labs Tuesday afternoon or Friday morning** to have your questions answered and to get help with any computer endeavors.

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. Please come 10 minutes early to pay -\$10/session.

~ February 2014 ~				
Mon	Tue	Wed	Thu	Fri
3	4 Computer Lab 1 - 4	5	6	7 Computer Lab 10 - 12
10	11 Computer Lab 1 - 4	12	13 Intro to iPad 10 - 12	14 Computer Lab 10 - 12
17	18 Computer Lab 1 - 4	19	20	21 Computer Lab 10 - 12
24	25 Computer Lab 1 - 4	26	27 More about iPad 10 - 12	28 Computer Lab 10 - 12

Intro to iPad: Learn how to use your iPad to browse the internet, add applications from the marketplace, personalize settings. Prerequisite: Bring your Apple iPad and your AppleID and password. **Update to IOS 7.0.4 before coming to class.**

More About iPad: Learn more about some of the more useful applications that you can access either free or for a low price. You are welcome to share your most useful applications during the class. Learn more of the settings and about iTunes and how to back-up /sync your ipad. Prerequisite: Introduction to iPad or equivalent experience. Bring your Apple iPad and your AppleID and password. **Update to IOS 7.0.4 before coming to class.**

New Lab Day added! Fridays 10:00am - 12:00pm.

Even more chances to get 1:1 help with your computer and gadget questions!

What is an Observation Stay in a hospital? How would it effect me?

Many of you know that under the Affordable Care Act, hospitals will be penalized for having too high a rate of re-admissions. Hospital systems have responded with several initiatives to reduce readmissions. One of these is establishing *Transitions of Care*, currently being piloted at PHCS and RWJ Medical Centers with grants from the RWJ Foundation. This program connects people being discharged with certain diagnoses to a Transitions counselor who will meet with them both in the hospital and once they return home to ensure that they understand and follow the doctor's orders and medication regimen.

Hospitals are also trying to reduce negative outcomes and readmissions by reducing hospital-acquired infections. If you have taken a tour of the new PHCS or Capitol Health medical centers, you may have noticed how much emphasis was put on various technologies and practices for reducing transmission, such as hand-washing stations and special fabrics. You may also notice more use of masks by staff.

But I am concerned about one practice that I heard about last year. This involves placing a person on "*observation stay*" rather than admitting them to the hospital. Initially my concern was that a person who had been hospitalized for one condition (such as an infection) would be more likely to be put on observation if returning for either that condition or something unrelated (such as a fall/hip fracture). There are several implications of observation status, including:

- The hospital stay may not be covered by Medicare A. Medicare B only pays 80% and has no cap, thus potentially higher costs for the patient who does not have supplemental insurance.
- Supplemental insurance rates will increase if they shoulder more of this cost.
- A person must have a 3 night admission for Medicare to pay for Rehabilitation or Skilled Nursing Facility care to regain strength and capacity after the hospitalization (otherwise the cost is fully on the patient).

Observation stays were intended for situations where it is unclear whether a person should be admitted, and should be for less than 24 hours. Medicare is looking at claims more closely and trying to ensure that admissions meet their criteria. Hospitals are also

being more cautious, as they will not get paid for improper admissions.

In the last 2-3 months, I have seen a sudden increase in the number of people who are reporting to me that they were put on observational status. Neither they nor their physicians were aware of these implications. I would like to hear your experience and verify my understanding of this situation. If you are faced with this situation, make sure you understand your status and what it means for you.

To read more, search "observation stay" on the internet; there are reports by Medicare(CMS) and Wall St. Journal.



On a related note, Medicare is also exploring reducing costs with a program called *Patient Centered Medical Home Care*. It is a team-based health care model led by a physician with a strong emphasis on care coordination to improve health outcomes. Specially trained staff in the doctor's office provide education, follow up, and help navigating the healthcare system. Medicare reimburses these practices at a higher rate which acknowledges a higher cost to the practice, while expecting that the overall cost to Medicare will be lower if there is better preventive and follow-up care. We work with some of these care coordinators and would like more of them to know about PSRC services. Please be our ambassadors if your physician is in a PCMH practice!

We will try to schedule Lunch & Learn speakers on these programs in the coming months.

Susan W. Hoskins, LCSW

Development News

Home-Based or In-office Computer Help Needed

We are seeking one or two people to help research corporate in-kind donations. You can do it at home or here at PSRC.

It would involve going to various corporate websites, determining what their product donation policies are and helping us apply for Brunch at Home in March and our 40th Anniversary Benefit next fall.

We will provide training, lots of backup and plenty of encouragement. If you like to click around websites, this is for you.

BBQ Committee

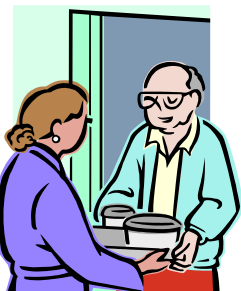
Volunteer to help plan a BBQ and country dance fund raiser to be held on June 22. It will be a fun, casual evening guaranteed to bring a smile to attendees faces. Help us make it a fantastic event.

Call Sharon or Barbara at 924-7108 to ask us more about these volunteer opportunities.

HOME DELIVERED MEALS

Would you like to have meals delivered to your home? That could ensure that you are getting good nutritional balance to support good health. One option is to enroll in Meals on Wheels at (609) 951-2120. This is a federally subsidized program, which has been impacted by federal budget cuts, so there is currently a waiting list. While you are waiting, you might want to explore some of these alternatives:

- Kosher/Halal Meals on Wheels—Jewish Family & Children's Services (609) 987-8100
- Mom's Meals—momsmeals.com
- Peapod.com
- Freshdirect.com
- McCaffrey's Home Delivery – (609) 683-1600



Thank You!

On behalf of the Board of Trustees, I want to thank you for your generous support of PSRC through our Annual Giving appeal.

Your generosity underscores how important PSRC is to our community and that you value the scores of programs and services provided by our outstanding staff.

Our goal, to be The Go-To Place for seniors and their family caregivers, is achievable because of you and your neighbors who participate at PSRC and provide the financial support that is essential to our success.

Paul Gerard

President, Board of Trustees

HEARING AID ASSISTANCE

NJ Division of the Deaf and Hard of Hearing has a new program for low income people. Also recycling old hearing aids. Call PSRC for info. 252-2362

Support PSRC

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



Wanna play Upwords?

Fran Z is looking for people to play the board game Upwords on Tuesdays at 1:00pm at SPB. Upwords is like a vertical form of Scrabble and easy to learn. This would be joining the line-up of drop-in board games that happen on Tuesday afternoons from 1:00-4:00pm. Currently people drop in for social bridge, mah jongg and Scrabble. Give them a try!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Computer Lab – SPB 1:00 Bridge/Mah Jongg – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 12:30 Opera Video - SPB 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing – SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 1:00 Movie - SPB 1:00 Knit Wits – SC 2:00 Men in Retirement -MH 2:00 Bridge Lessons – SPB
3	4	5	6	7
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Bereavement – SPB 1:30 Caregivers – SPB 1:30 Wordplay - SPB 1:30 Let's Talk Eng. – SC	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg –SPB 1:00 Computer Lab – SPB 1:00 Blood Pressure – SC 7:00 Grandparenting 101– PPL	9:15 Aerobics – SPB 10:30 Let's Talk – RC 12:30 Opera Video - SPB 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 4:30 Child. Aging Parents – SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Intro to iPad - SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB 2:00 Navigating Retire. – RWJH 6:30 Living with Purpose - SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons – SPB
10	11	12	13	14
CLOSED Presidents' Day	8:45 High Low Go – SPB 9:00 Blood Pressure – RC 10:00 Brunch for Brain - SPB 10:30 TED Talk - 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 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB
17	18	19	20	21
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:30 Let's Talk English – SC 7:00 Retirement Lifestyle-PPL	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - 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 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 More about iPad - SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB	<i>Tax Help by appointment</i> 9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB
24	25	26	27	28
Early Bird Aerobics: 8:00am daily at SPB	Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30-3			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



Order your Brunch Basket today!



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

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INCLEMENT WEATHER

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

During weather emergencies the Suzanne Patterson Building and both municipal buildings have been designated as reception centers. In an emergency if you need a place to get warm (or cool in summer) or to recharge your electronic devices, stop in.

If you have an emergency, call 9-1-1. If you need help but it is not an emergency, call the police non-emergency number, 609-921-2100. Please use these numbers as we may not be able to get to work.

Good sources of information during weather emergencies are www.princetonnj.gov, the police website and police facebook pages as well as tv and radio. Do you have your batteries ready?

