

Mature Princeton

**Congratulations
to our own
Susan W. Hoskins,
Executive Director, PSRC**

2015 YWCA Tribute to Women Honoree

The award recognizes women of excellence who live or work in the greater Princeton area, and who have made significant contributions in their professions and communities. Honorees demonstrate a high level of leadership and exceptional talent, while supporting the YWCA's mission of eliminating racism and empowering women.

The award program was established by the YWCA Princeton in 1984 to honor women who have made significant contributions to their professions and community in executive, entrepreneurial, professional, educational, and elected roles. More than 300 women have been honored by the YWCA through the Tribute to Women Awards program.

**Annual Awards Dinner
March 5, 2015
Hyatt Regency, Princeton
www.ywcaprinceton.org**

CHINESE NEW YEAR CELEBRATION

**The Year of the Sheep
Wednesday, February 4th
10:30 - 11:30 a.m.**

Please join us for a celebration featuring a performance by the children from Ying Hua School, music and traditional snacks.

Admission is free, but reservations are appreciated.

Please call (609) 924-7108

Location: Suzanne Patterson Building



The monthly newsletter of
PSRC
Princeton Senior Resource Center

**February
2015**

FAKE CALLS FROM MICROSOFT

By Don Benjamin

A few months ago, I received a phone call from Microsoft warning me that my computer had been infected by a virus. **This was a fake call.** The caller would have tried to either install a program on my computer that would give him access to my files, or attempt to sell me a computer "cleaner."

The bottom line: Microsoft does not monitor your computer, and does not make unsolicited phone calls. If someone calls you claiming to be from Microsoft, hang up.



Inside this issue:

DIRECTOR'S MESSAGE	2
FEBRUARY HIGHLIGHTS	3
COMPUTER CLASSES	4
NEXT STEP PROGRAMS	5
ONGOING PROGRAMS	6
GROUPS/ SUPPORT	7
DEVELOPMENT NEWS	9, 10
CALENDAR	11

MENTORING



According to Webster's dictionary, a mentor is "someone who teaches or gives help and advice to a less experienced and often younger person." Have you been a mentor? Have you been mentored by someone?

I was recently asked to name my most important female mentor, which led me to reflect on the many people I have had as mentors, models and teachers. Some were people who led by example, quietly dedicating time to service or caring for others. Others were teachers I had in high school, college or graduate school who listened to my interests and guided me on this path. There have also been work supervisors and colleagues who have helped me, professionally and personally. When I started this job, I relied heavily on guidance from the board and founders of PSRC, as I had no prior executive director experience. And every day I interact with people who model for me how to navigate aging with dignity.

I am grateful for all of these gifts of mentoring. I know that I have thanked some of them, but I wonder if I have adequately acknowledged what I have learned. It can often mean a great deal to be recognized, even years later. Many people don't know that they have changed a life without even consciously giving advice, or knowing if their suggestions were followed.

As we move into middle age plus, others look to us to be mentors, giving guidance to those who are less experienced as professionals, or in raising families, travelling, volunteering or in other aspects of life. In some cultures, this is commonly honored as "sage wisdom." I think it is important to embrace this role, to wear it proudly, with dignity and purpose. It can be very rewarding.

I think of our GrandPals as mentors. They read with children in local schools, demonstrating their

love of exploring the world through literature. At the same time, they are encouraging new readers to master this core skill for future learning. Possibly just as significant, they also convey the message "I believe in you" which has been proven to be a key factor in lifelong resilience.

PSRC also has mentors in our computer lab who are teaching and encouraging people, sometimes people older than themselves, to master the skills that are so essential in today's world of electronic communication. We also have mentor/teachers of art, yoga, knitting and poetry, demonstrating that all of us have a skill that someone else wants to learn, at any age.

One of the key components explored in our Engaged Retirement program is that this is the time of life to share our gifts and to find purpose in helping others, using talents we have built over the years or finding novel opportunities to help others in ways we have not tried but have long wanted to do. PSRC can help you explore volunteer opportunities that suit your interests.

Make 2015 the year you discover the mentor within, and make a point to thank those who have guided you in your life.

Susan W. Hoskins, LCSW



FEBRUARY PROGRAM HIGHLIGHTS

HAPPINESS PROJECT

This group meets every **Monday** afternoon at **1:30 p.m.** (February 2, 9, 16, 23)

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. **Suzanne Patterson Building**

TED TALKS

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



This month's topics:

- ◆ **February 3** - Julie Taymor: *Spider-Man, The Lion King and life on the creative edge*.
- ◆ **February 10** - John Gerzema: *The post-crisis consumer*.
- ◆ **February 17** - J.J. Abrams: *The mystery box*.
- ◆ **February 24** - Eric Liu: *Why ordinary people need to understand power*.

For more background, visit www.TED.com. Please register by calling (609) 924-7108. **Suzanne Patterson Building**

FIRST FRIDAY FILM

Friday, February 6 at 1:00 p.m.
"Calendar Girls"

A Women's Institute chapter's fundraising effort for a local hospital by posing nude for a calendar becomes a media sensation. Starring Helen Mirren, Julie Walters and Annette Wilton; directed by Nigel Cole. No fee. 108 minutes. Please call to register: 609-924-7108. **Suzanne Patterson Building**

LUNCH & LEARN

Friday, February 13 at 12 noon
"Comprehensive Geriatric Assessments"
A presentation by Dr. David Barile

Dr. Barile describes various screening tools and functional assessments used to review the physical, mental, emotional and logistical circumstances of the person, and concludes with recommendations for the primary care doctor, the patient and the family accordingly.

LUNCH & LEARN

Friday, February 20 at 12 noon
"New Hearing Aid Technology: How It Can Help You Remain Independent" presented by **Family Hearing Center**. The newest hearing aid technology is capable of improving life for those with hearing loss in ways society never imagined just a few years ago. The advent of wireless devices—particularly the smartphone—combined with an uptick in the quality of hearing aids themselves makes for a beautiful relationship. Learn how to use your smartphone to make adjustments to your TV volume, find your hearing aid if it goes missing and other useful features.

*There is no charge for the Lunch & Learn programs. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108. **Suzanne Patterson Building***

UNCOMMON THREADS

Fridays from 10:00 a.m. to 12 noon

This craft group meets every Friday at Elm Court. Bring your knitting, needlework, crochet, sewing—whatever craft you're working on – or just stop in to visit. Everyone is welcome; there is no charge. For more information, please call Marilyn at (609) 937-8496. **Elm Court, 300 Elm Drive, Princeton.**

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 room set-ups and can contact you if the program is cancelled.

COMPUTER CLASSES

GOT NEW TECHNOLOGY?

Help is here!

INTRO TO IPAD

Thursday, February 19

10:00 a.m. to 12 noon

Learn to write, forward, send and delete e-mails as well as how to browse the internet, add applications (Apps) and to personalize settings.

BRING YOUR APPLE iPad, KNOW YOUR APPLE PASSWORD AND E-MAIL PASSWORD

MORE ABOUT IPAD

Thursday, February 26

10:00 a.m. to 12 noon

Learn to use your camera, make albums, save photos that are attached to your e-mails, more useful Apps and how to sync your iPad.

BRING YOUR APPLE iPad, KNOW YOUR APPLE PASSWORD AND E-MAIL PASSWORD.

MEDICAL INFORMATION ON THE INTERNET

Wednesday, February 11 at 10:00 a.m.

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

Please register for all of the above classes by calling 609-924-7108. All classes will be held in the computer lab at the Suzanne Patterson Building.



FREE COMPUTER LABS

Tuesdays, 1:00 - 4:00 p.m.

Fridays, 10:00 a.m. - 12 noon

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

USEFUL INFORMATION

**PSRC will be closed in
honor of President's Day
MONDAY, FEBRUARY 16**

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 or small electronics.)

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

NEXT STEP PROGRAMS

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

MEN IN RETIREMENT

Friday, February 6 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. No fee.

Location: Monument Hall, 45 Stockton Street, Princeton

NEXT STEP SPEAKER SERIES

Tuesday, February 10 at 7:00 p.m.

Is New Jersey Ready to Retire? Speaker: Brian McGuire, Associate State Director with AARP NJ.

An interactive discussion about retirement security, engaging future retirees on ways they can better understand retirement's challenges and providing tools they can use to strengthen their own personal financial security. Newly compiled research will be presented that highlights New Jersey residents' readiness for retirement including: assessing retirement income and cost factors; employee access to and participation in retirement savings plans; deteriorating fiscal health of state public sector pension funds; the future of social security and its role in retirement planning.

Princeton Public Library

The Next Step Speaker Series is a joint program of the Princeton Senior Resource Center and the Princeton Public Library.

RETIRED? WHAT'S NEXT?

Thursday, February 12 at 2:00 p.m.

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. Continues on the second Thursday of each month. Led by Shirley Roberts, Helen Burton and Carol King. Please call 609-584-5900 to register. No fee.

Location: Robert Wood Johnson Health & Wellness Center: 3100 Quakerbridge Road, Hamilton.

DELIGHTS & DILEMMAS OF BEING A GRANDPARENT

Tuesday, February 17 at 1:00 p.m.

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. No fee.

Suzanne Patterson Building

TRANSITION INTO RETIREMENT

Friday, February 20 at 3:00 p.m.

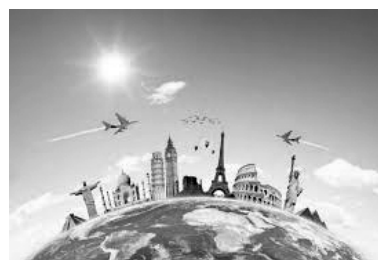
This monthly group deals with issues in making the adjustment to retirement. Group leader is Dr. John George, Licensed Psychologist. Please call to register 609-924-7108. No fee.

VOLUNTOURISM: *COMBINE TRAVEL AND SERVICE AND SEE THE WORLD IN A NEW LIGHT.*

Tuesday, February 24 at 7:00 p.m.

Voluntourism combines voluntary service to a destination and its people with the traditional elements of travel and tourism - arts, culture, geography, history, and recreation. You will learn about a different country and culture, and come home with a different perspective on your own culture. No fee. Presenter: Carol King.

Princeton Public Library. Sponsored by PSRC and the Princeton Public Library.



WORKSHOP

NEXT STEP — BOOMERS!

Offered by the Princeton Adult School.

This four-session hands-on program meets

Thursday, February 26, March 5, March 19 and March 26 at 7:00 p.m. We will help you explore

your options for the "Third Age" of your life. Workshop leader: Carol King. See the PAS brochure or website: www.princetonadultschool.org, or call (609) 683-1101 for cost and details.

Location: Princeton High School.

ONGOING PROGRAMS

Pre-registration for classes is required. You may register in person, by mail-in registration, or phone with a credit card. **We accept Visa & Master 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.

EXERCISE AND FITNESS

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/season for residents; \$93/for non-residents
Register through Princeton Rec. Dept: 609-921-9480
- ♦ **High-Low-Go: Tuesday and Thursday** at 8:45 a.m. 45 minutes of low-impact aerobics; 8-week sessions \$65/for residents; \$90 for non-residents
- ♦ **Yoga: Thursdays** at 10:00 a.m. 8-week sessions; \$45/for residents, \$60/non-residents
- ♦ **Table Tennis: Monday, Wednesday, Friday** at 10:30 a.m. Drop-in; no charge.
- ♦ **Tai Chi: Fridays** at 2:00 p.m. 8-week sessions; \$45/for residents, \$60/non-residents

SPRUCE CIRCLE

- ♦ **Chair Exercise: Mondays** at 11:30 a.m., Fridays at 12:00 noon. 8-week sessions: \$25/residents, \$30 non-residents

HARRIET BRYAN HOUSE

- ♦ **Chair Yoga: Tuesdays** at 11:00 a.m. 8-week sessions: \$45/residents, \$60 non-residents

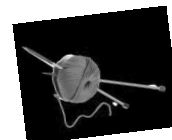
CLASSES

SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays** at 10:30 a.m. 8 weeks: \$45/residents, \$60/non-residents
- ♦ **Word Play (poetry group): Mondays** from 1:30 - 3:30pm. \$20/year for copying costs.
- ♦ **Currents: Mondays, 1:30–3:30 p.m.** No charge. Peer-led current events discussion group (off-site). *Group is full.* Please contact barrydrcline@me.com
- ♦ **Computer Lab: Tuesdays** from 1:00 – 4:00 p.m., Friday, 10:00 a.m. – 12 noon. Drop-in for help & practice. No charge.
- ♦ **Memoir Writing: Wednesdays** at 4:30 p.m. No charge. Group full, wait list only.
- ♦ **Cosmology: Thursdays** at 9:45 a.m. No charge. Peer-led science discussion group. Contact Bruce Wallman for info. Brucewallman@gmail.com
- ♦ **Art with Hannah: Thursdays** at 1:00 p.m. 8 weeks: \$45/for residents; \$60/non-residents
- ♦ **Active Wisdom II: 2nd & 4th Fridays** of the month at 10:30 a.m. *Class full, wait list only.*

SPRUCE CIRCLE

- ♦ **Knit Wits: Fridays** at 1:00 p.m. Drop-in for knitting & conversation. Free.



GAMES

SUZANNE PATTERSON BUILDING

- ♦ **Social Bridge: Tuesdays,** 1:00 - 4:00 p.m. No charge.
- ♦ **Mah Jongg: Tuesdays,** 1:00 - 4:00 p.m. Drop-in. No charge. BYO card & set.
- ♦ **Scrabble: Tuesdays** at 12:00 noon. No charge.



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** Wednesdays at 5:30 p.m.; Fridays at 2:00 p.m.



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

HEALTH SCREENINGS

HEALTH SCREENINGS FOR OLDER ADULTS

The Princeton Regional Health Department is changing the “blood pressure screenings” offered for older adults in Princeton. Instead of just offering blood pressure screening, the nurse will be able to offer additional screenings, such as diabetes, glaucoma, hearing, nutrition, and fall risk. The first two months will include hearing screenings. These are free and no appointment is needed. The schedule for this service is:

- ◆ February 10 at 10:00 a.m. at Redding Circle;
- ◆ February 10 at 11:00 a.m. at Mt Pisgah Church

In March, the Health Department will return to Spruce Circle, Elm Court, and Harriet Bryan House; in April to Redding Circle and Mt. Pisgah. We hope to add Holly House when the schedule allows, possibly in March. For further questions, please call Jeff Grosser, Health Officer, at 609-924-7627.

GROUPS

- ◆ **Men in Retirement:** Friday, February 6 at 2:00 p.m. at Monument Hall
- ◆ **Caregivers:** Monday, February 9 at 1:30 p.m. at Corner House Room 19
- ◆ **Children of Aging Parents:** Wednesday, February 11 at 4:30 p.m. at Suzanne Patterson Building
- ◆ **Retired? What's Next?:** Thursday, February 12 at 2:00 p.m. at RWJ Hamilton Wellness Ctr. To register call:609-584-5900
- ◆ **Widow Support:** Thursday, February 5 and Thursday, February 19 at 11:30 a.m. at Princeton Public Library
- ◆ **Transition to Retirement:** Friday, February 20 at 3:00 p.m. at Suzanne Patterson Building
- ◆ **Bereavement:** Monday, February 23 at 1:00 p.m. at Suzanne Patterson Building. Call Sherri Goldstein 497-4900 to attend.
- ◆ **Let's Talk:** Wednesdays, 10:30 a.m. at Redding Circle; Wednesdays at 2:45 p.m. at Spruce Circle
- ◆ **Let's Talk English:** Mondays at 1:00.p.m. at Spruce Circle; Fridays at 9:30 a.m. at Redding Circle

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 a.m. — 4:30 p.m., Monday through Saturday. Schedule and map are at PSRC, municipal buildings and on the bus.

Local transportation routes can be found at www.princetonnj.gov under transportation, or www.gmtma.org/pg-bus-mercerc.php.

SPECIAL PROGRAM

FREE TAX HELP for SENIORS

The Princeton Senior Resource Center will again sponsor free tax assistance for low and moderate income people, with special attention to those age 60+ in the wider Princeton area. IRS-trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns. Returns may be filed electronically.

Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

Assistance is available **by appointment only** beginning Friday, February 6 from 9:00 a.m.— 1:00 p.m. and every Friday (except April 3, Good Friday) through April 10 at the Suzanne Patterson Building, 45 Stockton Street, Princeton.

Please call to reserve your time: (609) 924-7108.

LOOKING AHEAD

FIRST FRIDAY FILM

Friday, March 6 at 1:00 p.m. *"Anna Karenina"* with Keira Knightley, Jude Law and Emily Watson. 2 hrs. 10 mins.

Suzanne Patterson Building

LUNCH & LEARN

Friday, March 13 at 12 noon

Life Settlements ~ Steven Schloss

Suzanne Patterson Building

LUNCH & LEARN

Friday, March 20 at 12 noon

Osteoarthritis of the Knee

Dr. Mahmud Ibrahim, Performance, Spine and Sports Medicine specialist.

Suzanne Patterson Building

NEXT STEP SPEAKER SERIES

Tuesday, March 3 at 7:00 p.m.

Exercise and Injury Prevention for the Aging Athlete

Michael Wylykanowitz, Jr. PT, DPT Clinical Director of Rehabilitation, Princeton JAG Physical Therapy. *Princeton Public Library*

PHILADELPHIA FLOWER SHOW TRIP

Tuesday, March 3rd from 9:00 a.m. to 4:00 p.m.

This year's theme is "Lights! Camera! Bloom!" Sponsored by the Princeton Recreation Dept. Bus leaves from Community Park North parking lot at 9:00 a.m., returns at 4:00 p.m. Register at the Princeton Recreation Department, 380 Witherspoon St., or online at: <http://register.communitypass.net/princeton>. More info at 609-921-9480. Cost: \$50 per person, includes transportation and admission to the show.



PSRC WILL BE CLOSED

FRIDAY, APRIL 3

for Good Friday

Development News

Thank You for Your Support!

We are very grateful to everyone who donated to our Annual Giving Campaign.

Your generosity helps make possible the programs, classes and social services we offer.

Together, we continue to improve the quality of life for many, many people in our community.

VOLUNTEER

The PSRC Development team has great volunteer committees. Please join in! We have just the right opportunity for everyone who wants to participate. We are seeking people:

- For **Brunch at Home** to:
Help obtain items for baskets
Pick up items
Plant lawn signs and drop brochures
Write for the PSRC Spring Journal
Solicit sponsors and advertisers
Assemble or deliver baskets **March 22**
- For our **BBQ and Line Dancing** event to:
Help plan or publicize
Write for PSRC Summer Journal
Help with setup/centerpieces/decorations
Volunteer at event **June 14**
- For our **Gala Auction** Committee to:
Help obtain auction items
Photograph and write descriptions of items
Publicize for event **October 18**
- For our Fall Conference on **November 14**

Call Sharon or Barbara at (609) 924-7108 for more information.

UPCOMING EVENTS

March 22: Brunch at Home

Order online at www.princeton senior.org or call us at (609) 924-7108. \$37.50 per basket.

April 19: A Celebration of Jeanne Calo's Life and Art

Reception at PSRC 3:00 to 6:00 p.m.

June 14: BBQ and Line Dancing

5:00 to 9:00 p.m. \$40 per person

SEVENTH ANNUAL

BRUNCH AT HOME

Enjoy a delicious Brunch for Two
Delivered to your doorstep!
Delivery by 9:00 a.m. on Sunday, March 22
to benefit



Use the order form below or go to
www.brunchathome.org
All proceeds benefit the
Princeton Senior Resource Center

Baskets are \$37.50 each	# of Baskets	Total
Deliver to my address below		\$
I will pick up between 8:30 & 10am		\$
Deliver gift basket(s) to address(es) on reverse		\$
Please donate to low income seniors		\$
Grand Total:		\$
Name (Please print)		
Address		
City, State, Zip		
Phone		
Email		
<input type="checkbox"/> Enclosed is my check made out to PSRC		
Please charge my baskets to <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard		
<input type="checkbox"/> AMEX <input type="checkbox"/> Discover		
Account number		
Exp. Date		
Signature		

PSRC offers programs that support, educate and engage older adults and care givers.

Place your order today for a beautifully appointed basket for two filled with:

- Quiche • Smoked Salmon
- Freshly baked goods • Fruit & fruit juice
- Gourmet tea & coffee • Sweets
- Sparkling Cider •



BRUNCH AT HOME

Gift Delivery Form

Please deliver gift baskets to:

Name (Please print)
Address
City, State, Zip
Phone
Sign my/our gift card as:

Name (Please print)
Address
City, State, Zip
Phone
Sign my/our gift card as:

List additional gift baskets on a separate page and attach to this brochure.

www.brunchathome.org

Delight family, friends or clients by giving them a

BRUNCH AT HOME

basket as a special gift. We'll send them a lovely gift card to let them know in advance that brunch will be delivered to them that morning.

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### Delivery Areas

- Princeton
- Lawrence Township & Lawrenceville
- Kingston
- Skillman & Rocky Hill
- Plainsboro & West Windsor
- Pennington & Hopewell
- East Windsor & Monroe Township

For deliveries beyond these areas, please call 609.924.7108 to make arrangements. A delivery charge will be assessed for areas beyond the towns listed above.

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Option to Pick Up

To pick up your basket(s), check the box on the order form or call us at least 10 days in advance. Pick up is between 8:30 – 10:00 a.m. Sunday, March 22nd at **PSRC - Suzanne Patterson Building, 45 Stockton Street, Princeton.**

PSRC is an independent, non-profit, 501(c)(3) organization. For tax purposes, \$27 of each basket is deductible.

PRINCETON SENIOR RESOURCE CENTER

FEBRUARY 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:00 Let's Talk Eng. – SC 1:30 Happiness Project -SPB	8:45 High Low Go – 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 Chinese New Year - SPB 10:30 Let's Talk – RC 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 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - 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
2	3	4	5	6
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:00 Let's Talk Eng. – SC 1:30 Caregivers – SPB 1:30 Happiness Project - SPB	8:45 High Low Go – SPB 10:00 Health Screenings – RC 10:30 TED Talk - SPB 11:00 Health Screenings – Mt. Pisgah 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg –SPB 1:00 Computer Lab – SPB 7:00 Can NJ Retire? – PPL	9:15 Aerobics – SPB 10:00 Medical Info on the Internet - SPB 10:30 Let's Talk – RC 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 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB 2:00 Retired, What Next? –RWJH	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 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Tai Chi 2:00 Bridge Lessons – SPB
9	10	11	12	13
CLOSED Presidents' Day	8:45 High Low Go – SPB 10:30 TED Talk – SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB 1:00 Grandparent Grp. - SPB 2:30 Health Screenings – Elm	9:15 Aerobics – SPB 10:30 Let's Talk – RC 2:45 Let's Talk Too – SC 4:30 Child. Aging Parents – SPB 4:30 Memoir Writing – SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Intro to i-Pad - SPB 10:00 Yoga – SPB 11:00 Widow Support – PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB 2:00 Tai Chi
16	17	18	19	20
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:00 Let's Talk English – SC 1:00 Bereavement – SPB 1:30 Happiness Project-SPB	8:45 High Low Go – 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 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 i-Pad - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB	LOCATIONS HBH = Harriet Bryan House PPL =Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson RWJH = Robert W. Johnson Fitness/Wellness Center
23	24	25	26	27
		Early Bird Aerobics: 8:00am daily at SPB	Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30- 1:45	

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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

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WELCOME TO OUR BOARD!

DON BENJAMIN

Don retired from the electric utility industry in 2013 after working 9 years for the utilities in Florida and then 25 years for the North American Electric Reliability Council. The council writes the rules for operating the electricity grids

in the U.S. and Canada. He is a graduate of the University of Florida with a BS degree in computer science and an ME in electric power.

Don is also a tireless and patient volunteer in PSRC's twice-weekly free computer labs. We are so pleased to welcome him to our board!