

February 2016

PSRC
will be
CLOSED
on
Monday, February 15
President's Day

**GADGET
SUPERLAB!**
TUESDAY, FEBRUARY 9
1:00 TO 4:00 P.M.

Suzanne Patterson Building

Bring your gadget to the
computer lab
with you and learn
how to use it!

A dozen volunteers from
Bloomberg Financial Corp. will
be on hand to help with any
and all technology gadgets
(tablets, smartphones,
laptops, e-readers, etc.)
If yours is an Apple gadget,
make sure you know your
Apple ID and password.

No fee.

Please call to register
609.924.7108.



SPECIAL SPEAKER SERIES
WHYY'S DR. DAN GOTTLIEB
TUESDAY, FEBRUARY 23 AT 1:00 P.M.
(Snow Date: Friday, February 26)
"CULTIVATING COMPASSION FOR AGING"



Dr. Dan Gottlieb, "Dr. Dan" as he is known to WHYY listeners throughout the region, is retiring as the popular and insightful host of "Voices in the Family" which has aired on Mondays on WHYY FM since 1985.

PSRC is very pleased to host this discussion talk at our location. Dr. Gottlieb and Rabbi Dayle Friedman will explore ways to appreciate and honor the aging process as they help us also understand the psychological and spiritual issues at play in this sensitive issue.

From 1993 until 2008, Dr. Gottlieb wrote a highly regarded column for the *Philadelphia Inquirer* titled: "Inside Out," reflecting his perspective on the intersection of the events in our world and the events in our minds and hearts. He has also published four books.

This is a special WHYY event.

The only way to buy tickets is online:

Go to princetonsenior.org and
click on the **REGISTER HERE** link

which will take you to the registration form.

\$25 per ticket - 30 tickets available; limit 2 per person.

You may also go to why.org to purchase tickets.

If you need help purchasing a ticket online,
you may come to PSRC's front desk
and we will help you register.

DIRECTOR'S MESSAGE ~ STRATEGIC PLAN



As PSRC moves into our fifth decade, the board is conducting a review and update to our strategic plan. **You** are an important part of this process, so we invite your participation. Every organization needs to review its mission, vision, goals and values

periodically. Sometimes, over the course of time, internal and/or external factors can impact the work of an organization. Resources are always limited so it is critical to ensure that they are being directed in the most effective ways. It is also important to assess whether the activities conducted support the mission of the organization.

In 2015, we revised our mission statement:

PSRC is the Princeton area's go-to place where older adults and their families find support, guidance, educational and social programs to help navigate life transitions and continue to be active, healthy and engaged in the community.

We also affirmed the organization's vision:

PSRC will be the primary resource for seniors in the wider Princeton community and their family caregivers. It will provide support and guidance to people navigating life transitions and aging in place.

PSRC will be a welcoming and dynamic place where people gather and participate in activities that promote healthy aging toward physical, cognitive, social, emotional, spiritual and vocational well-being.

PSRC will collaborate with participants and other community organizations to address needs and current concerns of older adults and their families as well as to be responsive to emerging needs in this diverse community.

The goals established in the last plan were:

To provide an array of programs that appeal to a population diverse in income, education, culture, and interests;

To include programs that promote physical, emotional, cognitive, social and spiritual well-being and give purpose;

To be responsive to new initiatives from

participants and staff;

To provide information and support to people who have concerns around aging;

To be responsive to different needs and attitudes about aging for people age 55-100+ (three generations);

To create communities of support.

A key element to this process is hearing from you, our participants. We know that many of you have experienced programs and services of other organizations and that there is a wide range of things you seek from PSRC. We want to know from you:

How well is PSRC fulfilling our mission and vision?

What does PSRC do really well?

What do you participate in and value most?

What should we be doing better?

What activities and services would you like PSRC to offer that we don't offer now?

What could we discontinue?

What opportunities or challenges do you envision that could have an impact on PSRC's mission and success in the next five years?

When you imagine your life in five years, what activities and services would you like PSRC to offer that we don't now?

We appreciate those who have responded to our on-line survey and focus group. There will be another opportunity to attend an in-person focus group on **Wednesday, February 10 at 11:00 a.m.** or, if you prefer, fill out the survey on our website: (princetonsenior.org; click on the link:

<https://www.surveymonkey.com/r/7GBXMVJ>) or mail or email us your thoughts by the end of February so that we can include your input in our process.

Thank you!

Susan W. Hoskins, LCSW

Executive Director

shoskins@princetonsenior.org

Don Benjamin

Secretary, Board of Trustees

donmbenjamin@gmail.com

FEBRUARY PROGRAM HIGHLIGHTS

Please call to register/ reserve a space for programs, workshops, special classes and events offered at PSRC: 609.924.7108.

We ask for pre-registration so we can plan room set-ups and/ or contact you in the event a program is postponed or cancelled.

HEALTHCARE DECISIONS DAY

WEDNESDAY, FEBRUARY 3, 10:15 TO 11:45 A.M.

Susan Hoskins, LCSW, and Dave Roussel, LSW, will present information on healthcare decision-making (advance directives, Living Will, POLST) and having "the conversation" so your family, friends and healthcare providers understand your wishes.

FIRST FRIDAY FILM

FRIDAY, FEBRUARY 5 AT 1:00 P.M.

"IN A WORLD" - An underachieving voice coach finds herself competing in the movie trailer voice-over profession against her arrogant father and his protégé. Starring Lake Bell, Fred Melamed and Deme-tri Martin. (1 hour 33 minutes)

VALENTINE ORIGAMI

MONDAY, FEBRUARY 8 AT 1:00 P.M.

Make beautiful and unique folded paper valentines under the instruction of Princeton's own Origami Swami, Laura Kruskal. Travelling with her professor husband all over the world, Laura taught and communicated with people through the language of origami. Materials provided. Suggested donation: \$5.00.

PSRC FOCUS GROUP

WEDNESDAY, FEBRUARY 10 AT 11:00 A.M.

The PSRC Board is reviewing our strategic plan and setting goals for the next five years. Your voice is key to helping us address the ways in which we can best be of service to you and the community; please come to this meeting and let us hear what you have to say.

If you can't make it to the focus group, please consider going to our website to fill out a survey asking for your input:

<https://www.surveymonkey.com/r/7GBXMVJ>.

The survey will be online through February 12.

MEET AND GREET

SUPPORT & GUIDANCE STAFF

TUESDAY, FEBRUARY 16, 2016 AT 11:00 A.M.

AT SPRUCE CIRCLE

(179 SPRUCE STREET - OFF HARRISON ST.)

Please come to meet our new Support and Guidance team, Sharon Hurley and Dave Roussel will talk about their plans and listen to your ideas. Light refreshments will be served.

JUDITH HEATH ART EXHIBIT OPENING RECEPTION

FRIDAY, FEBRUARY 19, 4:30 TO 6:30 P.M.

World traveler and art advisor to Henry Luce at Time-Life™ in New York, Judith Heath settled in the Princeton area at Windrows, where she continued to be a prodigious painter and printmaker until her death in 2015.

This exhibition runs through the month of March. All proceeds from sales will go to benefit PSRC.

Bring a friend!



All programs and groups are held in the Suzanne Patterson Building and are free unless otherwise indicated.

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>.

FEBRUARY PROGRAMS

Please call to register/ reserve a space for programs, workshops and individual classes and events offered at PSRC: 609.924.7108.

We ask for pre-registration so we can plan room set-ups and/ or contact you in the event a program is postponed or cancelled.

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. This month's topics:

February 2 ~ Dr. Sashi Tharoor: *A well-educated mind is a well-formed mind* (Recommended by Nayan Trivedi)

February 9 ~ Robert Waldinger *What makes a good life? Lessons from the longest study on happiness*

February 16 ~ Jane Fonda and Lily Tomlin: *A hilarious celebration of lifelong female friendship*

February 23 ~ Steven Johnson: *Where good ideas come from*

For more background, visit www.TED.com.



LUNCH AND LEARN

Friday, February 12 at 12 noon

"IT'S OK TO DIE" A FILM FOLLOWED BY A DISCUSSION.

Dr. Monica Williams-Murphy, an emergency room physician, and her husband Kris Murphy are devoted to transforming the end of life into a time of peace, closure and healing. A discussion, facilitated by Mea Kaemerlin of the Funeral Consumer Alliance, will follow the film.

LUNCH AND LEARN

FRIDAY, FEBRUARY 19 AT 12 NOON

BALANCE AND FALLS WITH MATT JAMES, PT OF SPECIALIZED PHYSICAL THERAPY OF PRINCETON.

Falling is a primary source of injury and debilitation as we age. Learn how to improve your balance in order to help prevent falls.

Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverage will be provided.

All programs are held in the Suzanne Patterson Building and are free unless otherwise indicated.

COMPUTER LABS

TUESDAYS, FROM 1:00 TO 4:00 P.M.

FRIDAYS, FROM 10:00 A.M. TO 12 NOON

Come to our computer lab for free assistance from our volunteers. Whether you're new to technology, have some experience or have a particular issue to resolve, help is at hand. Bring your own tablet or laptop or use one of our desktop computers.

EVERGREEN FORUM

February 1 - Lottery for over-subscribed courses; applicants will be notified of results by phone and email.

February 29 - Classes begin

See the website for more information: theevergreenforum.org.

We regret the cancellation of the following two classes:

"The Golden Age of Japanese Cinema" and "Black Slavery: Southern Expansion, Northern Resistance"

RETIREMENT PROGRAMS

MEN IN RETIREMENT

FRIDAY, FEBRUARY 5 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. *Monument Hall Main*

WOMEN IN RETIREMENT

FRIDAY, FEBRUARY 19 AT 10:30 A.M.

A SPECIAL PROGRAM:

"SKILLS-BASED VOLUNTEERISM AND YOU!"

WITH AMY KLEIN

Amy Klein is the Executive Director of VolunteerConnect, the leader in skills-based volunteerism in central New Jersey. Amy will focus on how you can have meaningful volunteer experiences in retirement including short-term pro bono projects with area non-profits and nonprofit board of trustee service. All are welcome.

TRANSITION TO RETIREMENT

FRIDAY, FEBRUARY 19 AT 3:00 P.M.

This monthly group deals with issues related to making the transition to retirement.

All are welcome. The group is facilitated by John George, PhD., Licensed Psychologist.

WELCOME



Kim Cotner is PSRC's new Bookkeeper.

Kim received her Master's degree (MAcc) from Rider University, and has more than 25 years of experience in accounting. In conjunction with her accounting experience, Kim has worked as a Human Resources Director, working closely with both employer and employees in facilitating/maintaining the policies and procedures within the organization and specializing in tracking employee benefits and compensation. When she's not at PSRC, she works as the Children's Ministry Leader for her church, where she also volunteers as a Hospital Ministry leader. Her favorite thing is spending time with her husband.

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/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.

Quarterly sessions begin on January 1, April 1, July 1 and October 1.

Mid-session registration is welcome in most classes (unless full, in which case you may be waitlisted.)

Financial assistance is available; please contact Susan Hoskins at 609.924.7108.

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 set.
- ♦ **Scrabble: Tuesdays** at 12:00 noon. Free.



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

- ♦ **Duplicate Bridge** Thursdays at 12:00 noon
- ♦ **Bridge Lessons** Intermediate Bridge Lessons Wednesdays at 5:30 p.m. Please contact Bill to sign up.



GROUPS

BEREAVEMENT

Monday, February 22 at 1:00 p.m.
(Usually third Monday of each month.)
Call Sherri Goldstein 609.497.4900 to attend.
Corner House 19

CAREGIVERS

Monday, February 8 at 1:30 p.m.
(Second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, February 10 at 4:30 p.m.
(Second Wednesday of the month)
Suzanne Patterson Building

GRANDPARENTING

Tuesday, February 16 at 1:00 p.m.
(Third Tuesday of each month.)
Suzanne Patterson Building

KNIT WITS

Fridays at 1:00 p.m. Drop-in for knitting and conversation. *Spruce Circle*

LET'S TALK

Wednesdays at 2:45 p.m.
Spruce Circle

LET'S TALK IN ENGLISH

**Mondays at Spruce Circle at 1:00 p.m. and
Fridays at Redding Circle at 9:30 a.m.**
*Please call 609.252.2362 to register for Let's
Talk groups*

MEN IN RETIREMENT

Friday, February 5 at 2:00 p.m. (First Friday of
each month at 2:00 p.m.)
Monument Hall

TRANSITION TO RETIREMENT

Friday, February 19 at 3:00 p.m. (Third Friday
of each month.) *Suzanne Patterson Building*

WOMEN IN RETIREMENT

Friday, February 19 at 10:30 a.m. (Third Friday
of each month)
Suzanne Patterson Building

There are no fees for any of these groups.

HEALTH SCREENINGS (BLOOD PRESSURE)

Tuesday, February 9 at 10:30 a.m. at Spruce Circle;
11:30 a.m. at Redding Circle
Wednesday, February 24 at 1:00 p.m. at Elm Court

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
Meals on Wheels: 609.695.3483 (NEW)
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
SHIP (Medicare): 609.924.2098
Sustainable Princeton: 609.454.4757

SUPPORT AND GUIDANCE

WELCOME SHARON HURLEY, CVA, PSRC'S NEW DIRECTOR OF SUPPORT AND GUIDANCE



Sharon's background is in Human Services. She began her career in Early Childhood Education and later moved into Senior Services as the Director of Community Services for the American Red Cross in Princeton. Most recently she served as the Director of Volunteers for a national hospice company. Sharon was honored earlier this year as Volunteer Manager of the Year by the NJ Hospice and Palliative Care Organization. She has been a passionate advocate for Veterans by serving on the NJ Hospice Veteran Partnership, achieving a Level 3 status in the national We Honor Veterans program www.wehonorveterans.org. She enjoys giving presentations to Veterans groups and community organizations about Veterans health care and hospice benefits. Sharon has also been an active board member for the Aging in Place Partnership, a nonprofit organization in South Brunswick that assists residents with resources to live out their days in the home of their choice. She will be serving as Director of Support and Guidance for PSRC, based at the Spruce Circle office. Sharon is looking forward to assisting Princeton area seniors, and their adult children with the resources they need to maintain a successful quality of life.



Sharon joins **David Roussell, MEd, MSW, LSW** PSRC's
new Care Coordinator and HomeFriends Coordinator...

...and **Fran Angelone**,
Spruce Circle Office Manager,
Crosstown Coordinator
and Benefits Assistant



Please come meet them all—see below for details.

LET'S GET TOGETHER TO MEET AND GREET EACH OTHER IN PERSON!

You're invited to join the new Support and Guidance staff,
Sharon Hurley, CVA, and Dave Roussell, MEd, MSW, LSW,
And Fran Angelone, Crosstown Coordinator and Benefits Assistant
for a special Meet and Greet hour

Tuesday, February 16th at 11:00 a.m.

**at Spruce Circle, 179 Spruce Street (off Harrison Street)
and**

Wednesday, March 2 at 1:00 p.m.

**at the Suzanne Patterson Building
45 Stockton Street (behind Monument Hall)**

Come see what the Support and Guidance team has planned and add your ideas!

Light refreshments provided!

DID YOU KNOW...

SIGNS OF A-FIB (Atrial fibrillation)

The most common symptom: a quivering or fluttering heartbeat

Atrial fibrillation (AFib) is the most common type of irregular heartbeat. The abnormal firing of electrical impulses causes the atria (the top chambers in the heart) to quiver (or fibrillate). Sometimes people with A-Fib have no symptoms and their condition is only detectable upon physical examination. Others may experience one or more of the following symptoms:

- General fatigue
- Rapid and irregular heartbeat
- Fluttering or “thumping” in the chest
- Dizziness
- Shortness of breath and anxiety
- Weakness
- Faintness or confusion
- Fatigue when exercising
- Sweating with Chest pain* or pressure*



*** Chest pain or pressure is a medical emergency. You may be having a heart attack. Call 9-1-1 immediately.**

IN CASE YOU NEED TO CALL 9-1-1, MAKE IT EASIER FOR RESCUE PERSONNEL TO REACH YOU QUICKLY:

- ♦ Have a large, clear, well-lit house number;
- ♦ Keep pathways clear of brush and snow outside, and free of clutter inside;
- ♦ Keep a hidden key outside that you can tell them about so they don't have to break the door down;
- ♦ Keep a “File of Life” on the fridge with your emergency information on it, including emergency contact, medications, doctors and health conditions. Also a copy of your healthcare directive;
- ♦ Wear your medical alert jewelry prominently;
- ♦ Tell EMS ahead of time if you have any special needs;
- ♦ If you call and are able, unlock the door and lock up pets;
- ♦ If you live alone or with someone who is unable to call for help, invest in a personal emergency response button and wear it.



FILE OF LIFE	
Princeton Community Fire Protection District KEEP INFORMATION UP TO DATE	
Name: _____	Sex: <u> </u> M <u> </u> F
Address: _____	
Doctor: _____	Phone: _____
Doctor: _____	Phone: _____
EMERGENCY CONTACTS	
NAME: _____	PHONE: _____
Address: _____	
NAME: _____	PHONE: _____
Address: _____	



DEVELOPMENT

As a non-profit organization, PSRC is dependent on raising 80% of its annual budget through donations, grants, and program fees. Unlike the majority of senior centers catering to the interests and needs of seniors, we receive only a small portion of our financial support through municipal funding. Why? Because we are open to everyone who wishes to attend our activities regardless of where they live.

Our development staff is dedicated to raising the funds that ultimately keep our doors open, our programs interesting, and our social services staff responsive to individuals and families in need of guidance. Your annual support, be it a one-time gift or a sustaining monthly donation is critical to PSRC's wellbeing.

WAYS TO SUPPORT PSRC:

START OFF THE NEW YEAR WITH PLANNED GIVING IN MIND

You might think about a sustaining gift through an automatic monthly donation of any set amount. A gift as small as \$15.00 a month multiplies into an annual gift of \$180.00. We will help you set up your sustaining direct deposit gift, eliminating the end of year rush, while providing PSRC a consistent income flow year round. The process is easy, the benefits are many!

GIFTS IN MEMORY OR IN HONOR

Or, Consider making a gift to the Princeton Senior Resource Center in memory of someone dear to you, in celebration of his or her life, or make a gift in honor of someone who is celebrating a special occasion, such as a birthday, or retirement, PSRC will send out an acknowledgement card *In Memory* or *In Honor* to the family or individual you designate, to let them know a gift has been made on their behalf.

GEHRY LIBRARY TOUR

Join us for a guided tour of the unique and imaginative architecture of the Lewis Library in the Frank Gehry-designed building on the Princeton University Campus. A number of Gehry's buildings have become world-renowned attractions. His works are often cited as being among the most important examples of contemporary architecture in the world. Your tax deductible ticket purchase supports PSRC.

Saturday, February 6 at 2:00 p.m. Cost per ticket is \$25.00; only 9 tickets are available.

You may register online at princetonsenior.org, or by calling Donna at 609.924.7108.

A BENEFIT ART EXHIBITION

PSRC is very pleased to offer an exhibit of prints, collages and paintings by Judith Heath. A long-time resident of Princeton, Heath passed away last August leaving many of her paintings to be sold.

The opening reception is **Friday, February 19 from 4:30 - 6:30 p.m.;**

the exhibition remains on view through the month of March.

All of the works will be for sale; all proceeds will benefit the Princeton Senior Resource Center.



A CALL FOR VOLUNTEERS

Working in conjunction with the Board of Trustees, the PSRC Development team is looking for volunteers who are interested in planning events and developing new fundraising ideas. Your input, ideas, and time would be invaluable. We are happy to tailor your involvement to your particular interests, time, and expertise. Please call Barbara at 609.924.7108 or email bprince@princetonsenior.org for more information.

LOOKING AHEAD

FIRST FRIDAY FILM

FRIDAY, MARCH 4 AT 1:00 P.M.

“Ricki and the Flash” starring Meryl Streep

PHILADELPHIA FLOWER SHOW TRIP

through Princeton Recreation Department

MARCH 8 FROM 8:45 TO 4:00 P.M.

Cost: \$52, which includes transportation and entrance fee.

Registration forms at PSRC and at Recreation Department, 380 Witherspoon Street or online at: <http://register.communitypass.net/princeton>.

LUNCH AND LEARN

FRIDAY, MARCH 11 AT 12 NOON

“CARING FOR HAIR “

LUNCH AND LEARN

FRIDAY, MARCH 18 AT 12 NOON

“IT COULD BE POISON”

PSRC will be CLOSED on Friday, March 25, Good Friday

SAVE THE DATE:

Free CPR class offered by the
Princeton HealthCare System
Friday, April 15 from 12:30 – 1:30 p.m.
at the Suzanne Patterson Building
This opportunity is open to the public.
Please register in person at PSRC or
by calling 609.924.7108.

COMPUTER GURU ~ Don Benjamin

BACKING UP YOUR FILES

Some folks use their computer only for reading E-mail and searching the Internet. But if your computer is also your paperless filing system with documents, spreadsheets, and photos, then you need to make sure you can retrieve these files in case your computer fails, is stolen, or lost. In other words, you need a strategy for maintaining an up-to-date copy of your digital files that's **physically separate** from your computer.

There are two ways to do this. **First, you can set up a backup routine using Window's Backup feature or Apple's Time Machine**, both of which automatically copy your files to an **external hard drive**.

Large-capacity drives that hold 1000 gigabytes or more are available for less than \$100. The bigger the drive the better, because the backup software will keep more versions of your documents that you've recently revised. (If you have a laptop, you need to remember to connect it to the external drive whenever you're home.)

The second option is to use a “cloud” (Internet) service. Microsoft's OneDrive and Apple's iCloud storage are already well-integrated into Windows and OS X, respectively, and are simple to activate. These maintain a duplicate of your files on the Microsoft or Apple servers, and both provide free storage up to a limit. (Note: Pictures use a lot of file space!) There's nothing to connect because the files are backed up through your Internet connection.

You can also subscribe to a third-party cloud backup service, such as Dropbox (which integrates nicely with both Windows and Mac systems), or Mozy or Carbonite, the latter two of which run as separate backup programs.

Ideally, you should use both an external hard drive at home and a cloud storage service because cloud services provide you with **off-site** storage which ensures your files will be safe even if your home is destroyed. Furthermore, files you store on a cloud server are available on all your devices (tablets and smart phones) and can be accessed via the Web on any computer in the world (after you sign in with your ID and password.) I use a MacBook with Apple's Time Machine that backs up my files to an external hard drive at home, and Microsoft's One Drive that allows me to have all my files available wherever I'm working.

Whatever methods you choose, you won't regret spending a few dollars to back up your years of files and knowing you can recover them at the drop of a hat.



FEBRUARY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
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 Evergreen Forum Lottery	1 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	2 9:15 Aerobics - SPB 10:30 Taming Your Gremlin - SPB 11:45 Healthcare Decisions - SPB 12:45 Let's Talk - SC 1:30 Painting with Christina - SPB 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	3 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	4 9:15 Aerobics - SPB 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 Wfts - SC 2:00 Men in Retirement - MH
8 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 Valentine Origami - SPB 1:30 Word Play - SPB 1:30 Caregivers Support Group - SPB	9 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Gadget Superlab - SPB	10 9:15 Aerobics - SPB 10:30 Taming Your Gremlin - SPB 11:00 PSRC Focus Group - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB 4:30 Children of Aging Parents - SPB 5:30 Bridge Lessons - SPB	11 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	12 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 Wfts - SC
15 CLOSED for PRESIDENTS DAY	16 10:30 TED Talk - SPB 11:00 Meet and Greet - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparent Group - SPB	17 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB 530 Bridge Lessons - SPB	18 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	19 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 Wfts - SC 3:00 Transition to Retirement - SPB 4:30 Benefit Art Exhibit -SPB
22 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 Bereavement - CH-19 1:30 Word Play - SPB	23 10:30 TED Talk 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Special Speaker Series - SPB	24 9:15 Aerobics 1:30 Painting with Christina - SPB 2:45 Let's Talk - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	25 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:00 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	26 9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC 1:00 Knit Wfts - SC 12:00 Senior Club - SPB
29 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 FIRST DAY OF EVERGREEN FORUM SPRING TERM	Early Bird Aerobics 8:00 a.m. Monday through Friday Table Tennis Monday: 10:30 a.m.- 3:30 p.m. Wednesday 10:30 a.m. - 3:30 p.m. Friday: 10:30 a.m. - 4:00 p.m.	LOCATIONS CH - Corner House EC -Elm Court HBH - Harriet Bryan House MH - Monument Hall SPB - Suzanne Patterson Building	LOCATIONS - cont. RC - Redding Circle SC - Spruce Circle	TAX ASSISTANCE BY APPOINTMENT EVERY FRIDAY IN FEBRUARY, MARCH (except March 25) and through APRIL 15 9:00 a.m. to 1:00 p.m.



Suzanne Patterson Building

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)

Phone: 609.924.7108
Fax: 609.497.1977

Spruce Circle Office

179 Spruce Circle
(off Harrison St.)
Phone: 609.252.2362
Fax: 609.924.9305
info@princetonsenior.org
www.princetonsenior.org

BOARD OF TRUSTEES

Bradley Bartolino	Norman R. Klath
Donald Benjamin	Jay Kuris
Richard Bianchetti	Robert Levitt
Rebecca Esmi	Stephanie Lewis
Paul Gerard	Anna Lustenberg
Jane Gore	Dave Saltzman
Kate Hall	Albert Stark
Audrey Hallowell	Margaret Van Dagens
Allen Jacobi	Fiona Van Dyck
Edith Jeffrey	Kevin Wilkes
Michael Kenny	

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 5, from 9:00 a.m.— 1:00 p.m., and

every Friday (except March 25, Good Friday) through April 15 at the Suzanne Patterson Building, 45 Stockton Street, Princeton.

Please call 609.924.7108 to make an appointment.

**In the event of inclement weather,
programs may be delayed,
postponed or cancelled.
Please make sure to check our website
for updates, www.princetonsenior.org;
or call us at 609.924.7108.**

