

*Give your love to PSRC this month!*



*Several very supportive "Cupids" have presented us  
with a \$25,000 Matching Gift Challenge:*

*Help us raise \$50,000 by February 14th, 2017*

*Our Cupids will match Dollar for Dollar*

- ♦ *All donations from new donors*
- ♦ *Additional gifts from current donors*
- ♦ *All new monthly sustaining donors*

*We need your help so we can continue  
to be here for you when you need us!*

*Please help us make our goal by going  
to [princetonsenior.org](http://princetonsenior.org)  
and give us  
your LOVE  
today!*



**Suzanne Patterson Building**  
45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.924.7108  
Monday - Friday  
9:00 a.m. to 5:00 p.m.



**Spruce Circle Office**  
179 Spruce Circle  
(off Harrison St.)  
Phone: 609.252.2362  
Monday - Friday  
10:00 a.m. to 4:30 p.m.  
info@princetonsenior.org  
princetonsenior.org  
*A non-profit organization  
serving our community*

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## From the Director

### No One Ages Well Alone

As I looked for inspiration this month, my attention was directed to a New York Times article entitled “Loneliness Can Be Deadly for Elders; Friends are the Antidote” (12.30.16). It seemed a good topic to address in the dark wintry months when people get out less than at other times of year.

The article notes that nearly 25% of men and 46% of women over age 75 live alone. Isolation increases the risks of neglecting health, medication errors, poor nutrition, and depression. But people can be lonely even when they don’t live alone, and studies show that people who report feeling lonely are more at risk for mortality, depression, and self-neglect.

A New York Times article of September 5, 2016 calls loneliness among older adults an “epidemic,” raising stress hormone levels and decreasing immune function, among other negative health effects.

The more recent article focuses on the importance of friendships, and how rewarding it is to develop new friendships later in life. As we age, we lose friends who move away, become unable to interact in meaningful ways, or die. It’s valuable to find new friends with com-

mon interests; these friendships will be different from those you’ve had for decades, but they certainly can also be rewarding.

Some people choose to move to residential communities for the social activities and connections found there. Others find friends their faith, neighborhood and social communities, such as Community Without Walls. And, of course, PSRC is a great place to meet people with similar interests.

We believe that every activity here is an opportunity for connection. People who come here have established deep friendships while painting or playing table tennis, debating cosmology, or attending a caregiver, widows or Let’s Talk group. We’ve even seen marriages grow out of friendships started here!

### *Many ways to find new friends*

Some GrandPals volunteers go out for lunch together after a reading session, and I know of a Home-Friends match built on a love of speaking a foreign language together. Some of the Women in Retirement group enjoyed deepening their friendships while volunteering together to prepare for the holiday party in December.

Starting a new friendship can be

as simple as inviting someone to a library lecture, concert, movie, meal, or a PSRC event. Or, if you live alone and don't get out much, become a "daily call" buddy with someone else or ask us about a HomeFriend.

New technology can be a great vehicle for staying in touch with family and friends old and new. Phone minutes are inexpensive today. You can also carry on a conversation using email or mes-

sage applications—they're faster than mail and can be continuous or include several sessions over time. Learn how to use Skype, a two-way video tool that enables you to both see and talk to family and friends in real time. Our computer volunteers would be happy to teach you how to use it!

I know that I find it harder to connect during the winter. I can't walk after work because it's already dark. I'm more reluctant to make

plans for fear that the weather will be bad. Plans I do make get cancelled for illness or weather. Making connections takes more effort. But I also know what happens when I don't make that effort: I feel lonely.

Don't let loneliness impact your health and well-being. Resist the winter blues. Make new friends and stay in touch with the old ones. Remember that PSRC can be a great resource for you!

Susan W. Hoskins, LCSW

## STAFF

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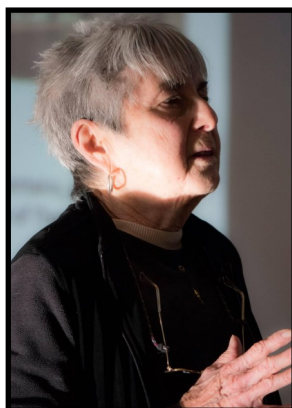
*HomeFriends Coordinator*

**Beth Weiskopf**

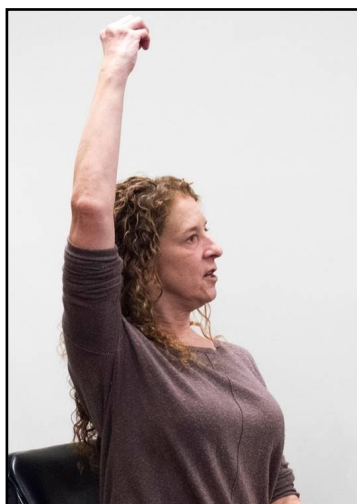
*Reception and Office Assistant*

## JANUARY AT PSRC

*Everyone who attended enjoyed Helen Schwartz's fantastic talk:  
"The Death of Impressionism: Disruption & Innovation in Art"*



*A Lunch & Learn program from Progression Physical Therapy of Princeton taught us about the importance for Parkinson's patients of creating new neural pathways through exercises using large, expressive movements.*



*Photography by Laura Hawkins*



# February Events and Programs

All programs and events are held at the Suzanne Patterson Building unless otherwise indicated.



## FIRST FRIDAY FILM

*Friday, February 3, 1:00 p.m.*

### "BREAKFAST AT TIFFANY'S"

A lonely, struggling writer becomes enchanted with his neighbor: an independent young woman who strives to be a high-climbing socialite with a penchant for high-fashion and wild parties. But, soon he uncovers her vulnerability and romance ensues. Starring Audrey Hepburn and George Peppard. Based on Truman Capote's classic novel. 1 hour 55 minutes

## GADGET SUPERLAB

*Wednesday, February 8 at 10:30 a.m.*

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.



## LUNCH AND LEARN

*Friday, February 10 at 12:30 p.m.*

### MANAGING THE FINANCIAL

**PAPERWORK** with Nancy Sobin, Owner,

*Professional Paperwork Services*. Strategies for handling all the mail you receive and those piles of paper that accumulate. Discussion will include what to keep or toss, how long to keep paperwork, reduce stress and how to prevent identity theft in the process.

*Sponsored by Homewatch CareGivers*



## LUNCH AND LEARN

*Friday, February 17 at 12:30 p.m.*

### HEALTHY HEARING 101 with Julie

Hogarth, Hearing Instrument Specialist,

*Total Hearing Care*. This presentation will outline the importance of hearing health care and offer free hearing screenings. Attendees are invited to visit our office in Plainsboro for a complete Hearing Test and Evaluation at no cost or obligation.

*Sponsored by Life St. Francis*

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

## SPECIAL EVENT

### YOUR FINANCIAL FUTURE: PLANNING THE BIG PICTURE

*Monday, February 13 at 6:30 p.m. at PSRC*

**A PANEL DISCUSSION led by Jane Gore,  
MBA, Wealth Advisor,  
Nolan Wealth Management.**

What do you envision as your lifestyle and financial needs after retirement? How do you start planning now to make your vision possible?

A panel including members of the PSRC board of trustees\* will provide an overview of the components of a financial plan and the professionals you might want to put on your team. They will present the various roles they play and how they work with you over time as your plan changes. The goal is to provide information about this critical aspect of planning for your future, regardless of your income, and will not promote any specific product.

### TOPICS AND PANELISTS:

#### FINANCIAL PLANNING

**\*JANE GORE, MBA, RICP**

**NOLAN WEALTH MANAGEMENT**

#### LONGEVITY ESTATE PLANNING

**\*FIONA VAN DYCK,**

**VAN DYCK LAW, LLC**

#### LONG TERM CARE INSURANCE

**\*DAVE SALTZMAN,**

**DAVE SALTZMAN INSURANCE**

#### TAXES AND ACCOUNTING

**DENNIS KILFEATHER, SUPERVISOR,**

**\*BRADLEY BARTOLINO, SENIOR ACCOUNTANT,  
LEAR PANNEPACKER, LLP**

Please register on our website, or call 609.924.7108.

This program is co-sponsored by the Princeton Public Library; light refreshments will be provided by Nolan Wealth Management.

*Please check our website for programming updates  
in the event of inclement weather.*



## TED TALKS

*Tuesdays at 10:30 a.m.*

Come for a lively discussion! First we watch a TED Talk, then we discuss it.

Facilitated by Helen Burton. This month's topics:

**FEBRUARY 7 ~ Juan Enriquez:** *What will humans look like in 100 years?*

**FEBRUARY 14 ~ Julie Lythcott-Haims:** *How to raise successful kids — without over-parenting*

**FEBRUARY 21 ~ Robert Gupta:** *Between music and medicine*

**FEBRUARY 28 ~ Johann Hari:** *Everything you think you know about addiction is wrong*

For more information visit [TED.com](http://TED.com).



## IPAD CLASSES

### INTRO TO iPad

*Thursday, February 16 at 10:00 a.m.*

Bring your iPad and learn how to use it! Make sure you **know your Apple ID and password**. Handouts will be provided for you to take with you.

Instructor: Barbara Essig.

### MORE ABOUT iPad

*Thursday, February 23 at 10:00 a.m.*

Learn your way around email, storage, apps, etc. Make sure you **know your Apple ID and password**. Handouts will be provided for you to take with you.

Instructor: Barbara Essig.

**REGISTRATION IS MANDATORY** in order to ensure a space in any of the above classes.



## RETIREMENT PROGRAMS

### MEN IN RETIREMENT

*Friday, February 3 at 2:00 p.m.*

**PHYSICAL THERAPY FOR LOW BACK PAIN** with Matt James, DPT Director of Rehabilitation at Specialized Physical Therapy LLC in Princeton. Matt has extensive training in treating individuals with vestibular impairments, orthopaedic impairments and sports injuries. He will discuss the prevalence and causes of low back pain, reasons for recurrent low back pain, the different types of pain and the pain experience, and management techniques including some basic exercises.

*Location: Monument Hall Main*

### WOMEN IN RETIREMENT

*Friday, February 17 at 10:30 a.m.*

No speaker; group discussion this month.

All women are welcome.

### TRANSITION TO RETIREMENT

*Friday, February 17 at 3:00 p.m.*

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. The group leader is John George, PhD, Licensed Psychologist.

### TRANSITIONS BOOK DISCUSSION GROUP

**continues** on the first Monday of the month at 1:30 p.m. through May. *Location: Corner House 19.*

## LOOKING AHEAD

### ANTARCTICA BOOK TALK

*Sunday, March 5 at 2:30 p.m.*

(See p. 10 for details)

### LUNCH AND LEARN

*Friday, March 10 at 1:00 p.m.*

**MEMORY LOSS, DEMENTIA AND ALZHEIMER'S: THE BASICS** with Nicolette Vasco, Program Coordinator, Alzheimer's Association.

### LUNCH AND LEARN

*Friday, March 17 at 1:00 p.m.*

**PEDESTRIAN SAFETY** with Cheryl Kastrenakis of Greater Mercer Transportation Management Authority.

*Please check our website for up to the minute program changes or cancellations due to inclement winter weather.*

### ONLINE DATING

*Tuesday, March 21 at 7:00 p.m.*

Are you an older single, divorced, or widowed person looking for love? Dating Coach Gayle Crist could help. The author of *"How I Met My Second Husband Online at Age 50,"* Gayle focuses on one of the most effective dating tools for this age group—online dating.

*Location: Princeton Public Library*



# Computer Guru: *Your Address on the Internet*

In our December 2016 Newsletter, I explained how you connect your computer or mobile device to the Internet, and used words and phrases like “router,” “local area network,” and “Ethernet.” This month, we’ll talk about how your computer finds another computer to connect to on the Internet (that we call a “server”). This is somewhat “geeky,” and I’ll return to more mundane subjects next month. I promise.

## WHERE ARE YOU?

Mail (in paper envelopes) and people (in cars) find their way to your home because you have a unique address that defines your location. Maybe it’s 123 Dimples-wat St., Princeton, NJ, 08540. There’s no other house with that address, and it’s associated with your name, say, Jane Doe. If folks want to visit you, they can look up Jane Doe in their “Rolodex” and drive to that address.

## COMPUTERS ALSO HAVE ADDRESSES

Just like our homes, every computer connected to the Internet has a unique location comprising four groups of numbers from 0 to 999 called an Internet Protocol (IP)

address. These IP addresses are assigned by the Internet service provider (Xfinity, Verizon, etc.), and you can discover your IP address by doing a search on “my ip” in Google. It might be something like 173.73.122.227. Google.com’s IP address is 172.217.1.68, and if you type this into your browser address field, up pops Google.

## HOW IT WORKS

But you don’t have to type 172.217.1.68 to reach the Google site, you just type [www.google.com](http://www.google.com). So, how does that work? Well, the Internet also has “Rolodexes,” called Domain Name Servers (DNS), that associate Internet site names, like “google.com,” with its IP address, 172.217.1.68. For example, when you type [www.google.com](http://www.google.com) to visit Google, here’s what happens:

Your browser sends that request to a DNS on the Internet along with your computer’s IP address, 173.73.122.227, which becomes the “return” address label. The DNS replaces the [www.google.com](http://www.google.com) with Google’s IP address, 172.217.1.6. At this point, your request has a “To:” address of 172.217.1.6

(Google) and a “From:” address of 173.73.122.227 (your computer). The request then goes to one of the thousands of routers on the Internet that selects a path to Google. (That path may go through many other routers depending on where there’s room on the Internet). The request arrives at Google’s servers, which retrieve the Google home page (the one with the picture and the search box.) Google’s servers then send that information to your computer’s IP address (remember, it was attached to your original request) by way of the Internet’s routers. The information arrives at your computer at 173.73.122.227. Your browser displays the Google page. And all this happens in *milliseconds*. It’s an amazing communications system, and now you know how it works!

If you have a tech question, your computer seems to have a mind of its own, or you need help formatting a document, drop by PSRC on Tuesday from 1:00 to 4:00 p.m. or Friday from 10:00 a.m. to noon and we’ll help you!

## TEXTING / MESSAGING

*Friday, February 17 at 1:30 p.m.*

This class covers the basics of Messaging using cell phones. Messaging features of the phones to send, read (or receive), and delete messages containing, text, picture, audio and video will be explained. We will cover messaging scenarios with smart phones such as Samsung Galaxy (Android) and Apple iPhone (iOS).

Instructor: NB Sreenivasan. No fee. **Registration is mandatory, please register on our website** ↓

# Ongoing Classes

Register for all programs and classes online at [princetonsenior.org](http://princetonsenior.org)

*Financial assistance is available; please ask at the front desk.*



## EXERCISE & FITNESS

### SUZANNE PATTERSON BUILDING

**Early Bird Aerobics:** *Every weekday morning 8:00 to 8:45 a.m.*

\$60/month, or \$10/session to drop in

**Aerobics:** *Monday, Wednesday, Friday 9:15 a.m.* \$47/quarter/residents; \$93/non-residents.

*Register through Princeton Recreation Department: 609.921.9480.*

**Yoga:** *Thursdays, 10:00 a.m.*

\$72/residents, \$96/non-residents per quarter

**Table Tennis:** *Monday, Wednesday, Friday, 10:30 a.m.* Drop-in; no charge.

### SPRUCE CIRCLE

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



## CLASSES

### SUZANNE PATTERSON BUILDING

**Drawing with Alex:** *Mondays, 10:30 a.m.*

\$72 residents, \$96/non-residents per quarter.

**Word Play (poetry group):** *Mondays, 2:00 p.m.*  
\$5/quarter for copying costs.

**Memoir Writing II:** *Mondays, 10:30 a.m.*

\$36/residents, \$48/non-residents

**Memoir Writing Group:** *Wednesdays, 2:30 p.m.*  
(class is full.)

**Painting with Christina:** *Wednesdays, 1:30 p.m.*

Painting with watercolor and acrylics.

\$72 residents, \$96/non-residents

**Art with Hannah:** *Thursdays at 1:00 p.m.*

\$72 residents, \$96/non-residents

**Cosmology:** *Thursdays at 9:45 a.m.*

\$5/quarter. Peer-led science discussion.

Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for info.



## GAMES

### SUZANNE PATTERSON BUILDING

**Social Bridge:** *Tuesdays, 1:00 - 4:00 p.m.* Free.

**Mah Jongg:** *Tuesdays, 1:00 - 4:00 p.m.* Free.  
BYO cards & set.

**Scrabble:** *Tuesdays, 12:00 noon.* Free.

**Table Tennis:** *Monday, Wednesdays, Fridays 10:30 a.m.- 3:30 p.m.*

*For the following bridge events please register with Bill Miller 908.872.7927 or [billsbridge@gmail.com](mailto:billsbridge@gmail.com)*

**Duplicate Bridge:** *Thursdays, 12:30 p.m.*

**Bridge Lessons:** *Fridays, 2:00 p.m.*  
*beginning February 3.*



## LET'S HEAR FROM YOU!

### TRANSPORTATION FOCUS GROUP

*Wednesday, February 22 at 1:00 p.m.*

**Suzanne Patterson Building**

Evening public transportation was a concern raised in the Age Friendly Princeton focus groups.

We would like to hear from you about what you would like to see and how you think this need could be met in Princeton.

Please sign up on our website if you plan to attend.





# Support and Guidance

Register for groups online at [princetonsenior.org](http://princetonsenior.org)

## GROUPS - *There are no fees for any of these groups*

### BEREAVEMENT

*Monday, February 27 at 1:00 p.m.*  
*(due to President's Day holiday on February 20)*  
(Usually third Monday of each month.)  
Call Sherri Goldstein 609.819.1226 to attend.  
Corner House 19

### CAREGIVERS

*Monday, February 13 at 1:30 p.m.*  
(Usually the second Monday of each month.)  
Corner House 19

### CHILDREN OF AGING PARENTS

*Wednesday, February 8 at 4:30 p.m.*  
(Usually second Wednesday of the month.)  
Suzanne Patterson Building

### CRAFTY PEOPLE

*Fridays, 10:00 a.m. - 12 noon* Call 609.937.8496  
to attend. Elm Court

### GRANDPARENTING

*Tuesday, February 21 at 1:00 p.m.*  
(Third Tuesday of the month.)  
Suzanne Patterson Building

### KNIT WITS

*Tuesdays 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.*  
*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 3 at 2:00 p.m.*  
(Usually first Friday of each month)  
Call PSRC or check website for location

### TRANSITION TO RETIREMENT

*Friday, February 17 at 3:00 p.m.*  
(Third Friday of each month.)  
Suzanne Patterson Building

### WIDOWS: NEXT CHAPTER

*Tuesday, February 14 & February 28 at 10:30 a.m.*  
(Second and fourth Tuesdays of the month.)  
Spruce Circle

### WOMEN IN RETIREMENT

*Friday, February 17 at 10:30 a.m.*  
(Third Friday of each month.)  
Suzanne Patterson Building

## HEALTH SCREENINGS

### HEARING SCREENINGS

On the 4th Monday of each month at Spruce Circle, from 12:30-1:30 p.m. with Dr. Farah M.H. Said, Clinical and Rehab Audiologist.

### MEMORY SCREENINGS

On the 4th Wednesday morning of the month *by appointment* with Dave Roussell, MSW, LSW, at Spruce Circle. Please call 609.252.2362 to schedule.

## PET CARE - WHEN YOU AREN'T ABLE

### Do you have a succession plan for your pet?

The advantages of having a pet are numerous! Pets are constant companions, provide unconditional love and are there to snuggle in times of happiness and sadness. It's hard to think about our pets living without us, but a time may come when someone else needs to care for them. Having a succession plan for pets is just as important as having a financial plan.

### *Here are some tips for future custody and care:*

**Talk to your Vet:** Veterinarians have many resources at hand and can often help find a home for a pet. No-kill shelters can also be a useful option, and there are many non-profit organizations around the U.S. that will also assist older adults in finding new homes for their pets.

**Adoption:** If your loved one is the pet owner, ask your loved one's friends to see if they can offer a new home to the animal.

**Gradual bonding:** Ideally, the current owner will help the pet transition to its new owner. One option would be to care for it in the new home for short periods of time before full-time ownership begins.

**Ongoing contact:** After an adoption or re-housing takes place, allowing the previous owner to have



***PETS continued***

continued contact with the pet will be beneficial to everyone.

**Create a basic budget:** Care of a pet can be costly for the new owner, so a financial plan should include the cost of shelter, food, veterinary care, medicine and pet funeral costs.

**Create a Trust:** Putting your pet in your Will naming an individual to care for it is a good start, but probating a Will can take months. A Trust will ensure your pet's care and expenses are addressed immediately.

**Get the owner's input:** Be sure to let the pet owner have a say in the future care decisions.



## TRANSPORTATION

### **CROSSTOWN**

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UCMPP (the hospital).

### **DAYTIME FREE-B BUS**

The Daytime Free-B bus runs a 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus.



## PARTNERS-IN-CARING

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's a single question we can answer in a phone call, a detailed professional consultation about options, 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

Call for more information: 609.924.7108 or 609.252.2362.

### **Access Princeton:**

609.924.4141

### **Affordable Housing**

609.609.688.2053

### **Central Jersey Legal Services:**

609.695.6249

### **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 Nutrition Program:**

609.989.6650

### **Mercer County Office on Aging:**

609.989.6661 or 877.222.3737

### **NJ Consumer Affairs:**

973.504.6200

### **NJ Division of Aging**

**Services:** 800.792.8820 x352

### **One Table Café:**

609.924.2277

### **PAAD:**

800.792.9745

### **Princeton Community Housing**

609.924.3822

### **Princeton Housing Authority**

609.924.3448

### **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

### **S.H.I.P (Medicare):**

609.393.1626

**Questions? Call PSRC! 609.924.7108**



## SAVE THE DATE!

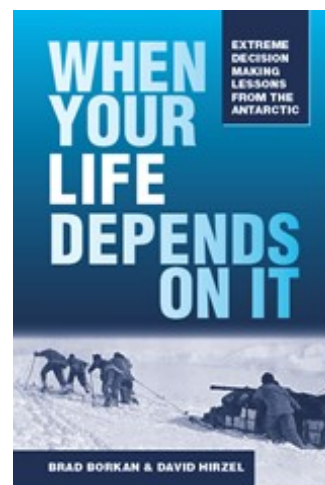
**Sunday March 5th, 2:30 p.m. at PSRC**

Princeton native Brad Borkan introduces his new book

### ***When Your Life Depends on It:***

#### ***Extreme decision-making lessons from the Antarctic***

An adventure book based on the harrowing life and death decisions made by early Antarctic explorers during the heroic era of exploration in the early 20th century. The brave men who explored this unknown territory— Ernest Shackleton, Robert Scott, Roald Amundsen, and Douglas Mawson to name several—were real heroes, and often faced life-and-death decisions just to survive—the kind most of us never have to make in our own lives.



The talk will include unforgettable true adventure stories about the challenges and decisions faced by the early Antarctic Explorers, and will include a presentation of historic photographs.

*Sponsored by Progression Physical Therapy of Princeton and Bear Creek Assisted Living  
No fee. Please register at [princetonsenior.org](http://princetonsenior.org).*

### **We hope you enjoyed our recent special event with Rago Arts & Auctions!**

Thank you to Sebastian Clarke, Jennifer Pitman, and Chris Wise, specialists from Rago Arts & Auctions, for sharing their expertise at our “High Tea, Fine Silver & Coins” event on Wednesday, January 25. Once again our friends at Rago brought us a terrific and informative program.

We are also most grateful to Mary and Dick Walley for the gracious loan of their lovely English china tea collection for our event.

In addition, THANK YOU to our special event sponsors:

Central Jersey Medical and Geriatric – Dr. Robert Platzman, McCaffrey's Food Markets, Independence Home Care, Mercedes-Benz of Princeton, Acorn Glen Assisted Living, Bear Creek Assisted Living, Merwick Care and Rehabilitation

If you have the opportunity to work with any of these businesses, we hope you will take a moment to thank them for their support of PSRC. Appreciating this partnership makes a difference!




Welcome and grateful thanks to our new sponsor, TEAM TOYOTA of Princeton, for their generous Dealer Match Grant to PSRC in support of program operations.

### ***This month's featured Annual Sponsor is Life St. Francis***



*LIFE St. Francis is the newest healthcare choice for elders living in Mercer County and sections of Burlington County. We are a Program of All-Inclusive Care for the Elderly (PACE), which can assist elders to live safely at home while being helped by a team of healthcare experts.*

# February 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<b>EARLYBIRD AEROBICS</b> <b>8:00 a.m.</b> Monday through Friday	<b>TABLE TENNIS</b> <b>Monday</b> 10:30 a.m. - 3:00 p.m. <b>Wednesday</b> 10:30 a.m. - 3:00 p.m. <b>Friday</b> 10:30 a.m. - 4:00 p.m.	9:15 Aerobics - SPB 1:00 Four Things Book Group - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8:30 AARP Tax Help - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 Movie - SPB 2:00 Men in Retirement - MH Main 2:00 Bridge Lessons - SPB
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB 1:30 Transitions Book Group - CH-19	10:30 Ted Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 10:30 Gadget Superlab - SPB 1:00 Four Things Book Group - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8:30 AARP Tax Help - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:00 Lunch and Learn - SPB 2:00 Bridge Lessons - SPB
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Caregivers Group - SPB 2:00 Word Play - SPB 6:30 Financial Strategies Panel - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 	9:15 Aerobics - SPB 1:00 Four Things Book Group - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8:30 AARP Tax Help - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Women in Retirement - MH 12:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 2:00 Bridge Lessons - SPB 3:00 Transition to Retirement - SPB
20 <b>CLOSED</b> <b>President's Day</b>	21 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	22 9:15 Aerobics - SPB 1:00 Transportation Focus Group - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	23 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More about iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	24 8:30 AARP Tax Help SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:30 Senior Citizens Club - SPB 1:30 Texting/Messaging Class - SPB 2:00 Bridge Lessons - SPB
9:15 Aerobics - SPB 10:30 Drawing - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Bereavement Group - CH-19 2:00 Word Play - SPB <b>EVERGREEN FORUM</b> <b>SPRING 2017</b> Session Begins	27 10:30 TED Talk - SPB 10:30 Widows: Next Chapter - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	28 10:30 TED Talk - SPB 10:30 Widows: Next Chapter - SC 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	<b>LOCATIONS</b> <b>CH - Corner House</b> <b>EC - Elm Court</b> <b>MH - Monument Hall</b> <b>RC - Redding Circle</b> <b>SPB - Suzanne Patterson Building</b> <b>SC - Spruce Circle</b>	





*Do you know we send out a weekly e-news to mailing list subscribers with all the program, class and event information you need to plan your week?*

*Don't miss out! Join our mailing list today on our homepage: [princetonsenior.org](http://princetonsenior.org).*



**Mayors Wellness Campaign**  
Put your community in motion.

*PSRC is the go-to resource 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.*

## **PSRC will be CLOSED**

**for President's Day  
Monday, February 20.**

*Please check the calendar on page 11  
for rescheduled groups / classes.*

## **EVERGREEN FORUM SPRING 2017**

### **JANUARY 30**

Lottery for  
over-subscribed  
courses

### **FEBRUARY 27**

First classes begin

Please consult the webpage:  
[theevergreenforum.org](http://theevergreenforum.org), for more  
information.



## **FREE TAX HELP FOR SENIORS**

*Fridays from 8:30 a.m. to 1:00 p.m.  
February 3 - April 7*



PSRC and AARP 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 will be filed electronically. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors. Assistance is available **by appointment only** 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: [princetonsenior.org](http://princetonsenior.org), or call us at 609.924.7108.**