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 and give us your LOVE today!
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 common 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!

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 messaging 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
Susan W. Hoskins, LCSW
Executive Director
Fran Angelone
Office Manager, Spruce Circle
Olivian Boon
GrandPals Coordinator
Donna Cosgrove
Director of Programs
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Sallie Meade
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Breana Newton
Program Associate & Rental Coordinator
Ken Peabody
Data Coordinator
Terry Poskay
Bookkeeper
Barbara Prince
Director of Development
Dave Roussell, MSW
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

princetonsenior.org
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.

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
*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.

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

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.

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.

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

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

Looking Ahead
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 Dimpleswat 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. 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 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 with Google’s IP address, 172.217.1.6. At this point, your request has a “To:” address of 172.217.1.6

(172.217.1.6 is 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

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 brucetwallman@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

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

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 peri-
ods 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.

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**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.

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**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.
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.*

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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.

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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.*
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<td>Princeton's Day</td>
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<td>Session Begins</td>
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**LOCATIONS**

- SC - Spence Circle
- SPB - Shuclleman
- PR - Radcliff Circle
- HH - Munnar Hall
- EC - Elm Court
- CH - Corner House

**SCHEDULE**

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**SESSIONS BEGINNING**

- 12:00 PM, 5:30 PM
- 10:00 AM, 3:00 PM
- 08:00 AM, 1:30 PM
- 06:00 AM, 1:30 PM
- 04:00 AM, 1:30 PM
- 02:00 AM, 1:30 PM
- 00:00 AM, 1:30 PM

**TUESDAY**

- 10:00 AM, 3:00 PM
- 08:00 AM, 1:30 PM
- 06:00 AM, 1:30 PM
- 04:00 AM, 1:30 PM
- 02:00 AM, 1:30 PM
- 00:00 AM, 1:30 PM
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.

**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: princetonresident.org, or call us at 609.924.7108.