

# Mature Princeton

The monthly newsletter of  
**PSRC**  
Princeton Senior Resource Center

## Attitudes about Aging

Wed. Jan. 15

1:00pm at

Suzanne Patterson Bldg.

Susan Fiske, a professor at Princeton University, is doing research on this timely subject. She will discuss her research and findings so far. Come share your stories and consider filling out a questionnaire for Professor Fiske's research. Look for more discussion in this month's Director Message on page 2. No charge. RSVP to 609-924-7108.



## Did you get any new toys this holiday season?

Come to a free workshop: Fri. Jan. 10th or 17th,  
10:00am - 12:00 noon.

### How to Use Your New Gadget:

If you need help using a new gadget (smartphone, android or windows tablet, iPod, iPhone, Kindle, Nook, etc) bring them in and we will help you set them up and get started. Be sure to bring your ID and password if one is required.

*Please note that iPad users should register for one or both of the iPad classes that are also scheduled for January, rather than this session.*



## EVERGREEN FORUM

Has announced a great array of classes for Spring 2014. See listing on page 5. Some important dates:

Jan. 9 - Registration opens.

Feb. 5 - Lottery day.

Mar. 7 - Classes start.

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



## JANUARY 2014

### CHINESE NEW YEAR PARTY

Tuesday, Jan. 21, 2014  
10:30am  
Suzanne Patterson Building

Help us welcome  
the Year of the Horse!

Join us for a celebration featuring a performance by the children of Ying Hua International School, a tai chi demonstration, music and traditional foods.

No charge. RSVP to 609-924-7108.



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**OPERA VIDEO FEST** - back by popular demand. Join us Wednesday afternoons at 12:30pm at SPB for some great music. Refreshments will be served. Feel free to bring a lunch. No charge. RSVP to 609-924-7108.

January 22: **Il Trovatore** - Verdi

January 29: **Billy Budd** - Britten

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

February 12: **The Abduction of Figaro** - PDQ Bach





Recently I heard an interview on Radio Times (WHYY) on our atti-

tudes about aging. The guests were Susan Fiske, Professor of Psychology and Public Affairs at Princeton University and Jay Olshansky, Professor in the School of Public Health at the University of Illinois at Chicago. As soon as I got to the office, I emailed Dr. Fiske and invited her to speak at PSRC. Come hear her speak about her research on aging and stereotyping on Jan. 15.

Dr Fiske is a social psychologist known for her work on social cognition, stereotypes, and prejudice. Fiske leads the Fiske Lab at Princeton University and is examining emotional prejudices on the neural, interpersonal and cultural planes. Fiske's research has resulted in major theories in social psychology.

There is a lot of ageism in our culture. Dr. Fiske noted that age is seen as all about loss, decline and decay. Old people are seen as nice but not competent. Magazines are filled with advertisements for products that will melt age away. Articles present ideas for how to stay young. Even professionals in our field have published materials advocating taking over for parents when they reach age 70. Dr. Olshansky added that often-times these attitudes originate in a perceived tension over scarce resources such as money and jobs.

Both guests emphasized that in reality all generations are interdependent. Society needs older people who can share the wisdom they've gained from experience along the way. Adapting to changes allow us to grow into old age with a high level of functioning. Research indicates that most people get more cheerful and have a more positive outlook on life as they age.

We may also participate in perpetuating the idea that aging is bad. Carol King, our Next Step Director, recently forwarded a blog post

## Director's Message: January 2014 **Attitudes about Aging**

(gotoretirement.com) to me, entitled "do you want to defy your age?" It was commenting on an AARP article about celebrities it labeled as "age-defying." The blogger objected to AARP holding up age-defiance as a goal. "No one should think that natural ageing is an illness or health condition that needs to be prevented or corrected." The blogger argues that we should accept aging rather than trying to defy it, which only causes stress. But at the same time, we should work to counteract the negative health effects of aging by eating properly, exercising mind and body, and getting sufficient sleep.

It seems to me that a healthy community includes people of all ages who have many opportunities to interact and to work together. This provides space for all generations to give from their areas of strength and experience, and for people to get to know each other as individuals rather than lumping people into groups by age (or any other feature) which contributes to stereotyping. Find occasions to demonstrate your strengths and wisdom, as well as spaces to seek assistance from younger people (such as technology). Watch for ways that you buy into the age stereotypes of both older and younger people, and look for ways to break through them. Participate in communities that are intergenerational, such as families, neighborhoods, faith communities, and other civic organizations. Speak up when you hear ageist remarks. Demonstrate pride in your age and all its benefits. Each one of us can make a difference.

Susan W Hoskins, LCSW

Don't miss Susan Fiske's  
talk Wed., Jan. 15th, 1:00pm.  
Come early to be part of  
her research.

*The Princeton Senior Resource Center (PSRC) empowers older adults in the diverse Princeton community to make informed choices and live healthy lives. PSRC offers affordable services, programs and opportunities that support, educate and engage older individuals, their families and caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan set-up and to contact you if the program is cancelled.*

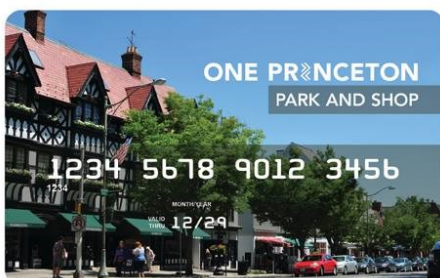
## JANUARY PROGRAM HIGHLIGHTS

**MOVIE & MUNCHIES** - Fri. Jan. 3, 1:00pm at SPB. ***“Enchanted April”*** London, the 1920s. Lottie and Rose are two married women who share the misery of empty marriages and decide to rent an Italian castle for the spring to get away. In order to save money, they advertise for two other women to join them. Mrs. Fisher is an elderly widow struggling with a lonely and regimented existence. She jumps at the chance to join the vacation. Lady Caroline Dester is a gorgeous flapper who has been grabbed one too many times and believes that she is sick of men. They arrive in San Salvatore. The seaside Italian castle is drenched in wisteria and sunshine. The women find themselves in a transformative beauty so enchanting that they experience changes in themselves they never thought possible. RSVP to 609-924-7108. No fee.

**CHILDREN OF AGING PARENTS (CAPS)** - Thurs., Jan. 9, 4:30pm at SPB. This is a support group meeting monthly, for adults caring for their aging family or friends. This month's topic: “Caregiver Creep”. No fee. RSVP to 609-924-7108.

**LUNCH & LEARN** - Fri., Jan. 10, 12:00pm at SPB. “Dry Eyes” with Dr. Subramaniam of Princeton-Flemington Eye Institute. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

**ONE PRINCETON** - Thurs. Jan. 23, 11:00am at SPB. Come to an info session on the new One Princeton debit card. For more details see p.10.



**BRUNCH for Your BRAIN** - New class starting Jan. 14. Class will meet Tues & Thurs, 10:00 at SPB for 10 weeks. Class will meet 90 minutes on Tues, 60 minutes on Thurs. Just as breakfast is important for your body, you need to feed your mind. Join Brunch for Your Brain, a mental exercise program designed to challenge and stimulate your brain. Leader: Soni Pahade, MS Gerontology. Cost \$50 for residents, \$70 for non-residents. Includes materials. Register at 609-924-7108.

### TED TALKS

Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton. For more background, visit [www.TED.com](http://www.TED.com).

This month's topics:

Jan. 7 - “Happiness by Design”  
by Stefan Sagmeister

Jan. 14 - “Why Do We Sleep?”  
by Russell Foster

Jan. 21—“Ingenious Homes/Unexpected Places”  
by Iwan Baan

Jan. 28 - “Music & Emotion through Time”  
by Michael Tilson Thomas

### NEXT STEP PROGRAMS

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

**Speaker** - Tues., Jan. 14, 7:00pm at Princeton Public Library. ***“Taxes in Retirement”*** with Martha Ferrari, VP of Financial Planning, Halberstadt Financial Consultants, Inc. Think your taxes will go down when you are retired? Not so for everyone. Come to this discussion about retirement and income taxes to gain a better understanding of 1) how income tax is calculated,

2) why you would want to know your personal tax rate and 3) a few strategies that may be useful. Martha is a CPA and fee-only CFP, with a practice in retirement planning, trust and estate administration and taxation. No charge. Just drop in.

**Living with Purpose** - a discussion group Thursdays, Jan. 16 & 30, 6:30pm at SPB. How does one actually do this, when, as the poet James Richardson tells us, "nothing important in life comes with directions." A purposeful life gives us a sense of why we are alive, yet the task of taking responsibility for answering this question can seem daunting. Through a small learning community we will use poetry, song and personal reflection to better understand what living with purpose means for each of us. Led by Lillian Israel and Debra Lambo, MA, LCSW. No charge. Register at 609-924-7108.



*Chow Soon, at right, shows off the wreath she won at the Holiday Party. More photos on page 9.*

**Encore Careers** - Wed. Jan. 22, 7:00pm at Princeton Public Library. Looking to combine passion, purpose and a paycheck in a second career or retirement job? Find out how you can use your skills, knowledge and experience in an encore career in growth industries such as the education, health care, and environmental fields. Presenter: Carol King. No charge. Just drop in.



## LOOKING AHEAD

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

**EVERGREEN FORUM** - The brochure for the Spring 2014 classes will be mailed in early Jan. Classes will start the first week of March.

**LUNCH & LEARN** - Fri., Feb. 14, 12:00pm at SPB. "Dental Health for Seniors" with Dr. Purvi Desai of InSmile Dentistry.

**LUNCH & LEARN** - Fri., Feb. 21, 12:00pm at SPB. "Cataracts & Glaucoma" with Dr. Gerald Dunham of Princeton-Flemington Eye Institute.

**TAX HELP** - Start gathering your papers! AARP tax volunteers will be offering free assistance with tax returns to people of low and moderate income starting Fridays in February 2014.

**TRIP** - Tues., March 4 the Princeton Recreation Dept. is sponsoring a trip to the Philly Flower Show. This year's theme is "Articulture." For more details or to sign up, call 609-921-9480.

**BRUNCH at HOME** - Sun., March 30th. Our popular fund-raiser returns! Treat yourself or a friend to a brunch basket delivered to your door!



# THE EVERGREEN FORUM

Page 5

## *Intellectually Engaging Daytime Courses for Adults*

### Spring 2014 SCHEDULE

#### **WHAT'S SO GREAT ABOUT ART?**

Marcie Bader

**Monday:** 10:30am, 6 weeks beginning March 10.

#### **RECOGNIZING RANDOMNESS**

Irwin Rosenblum

**Monday:** 10:30am, 6 weeks beginning March 10.

#### **GREAT DECISIONS 2014**

Richard Kaye, Susan Fox

**Monday:** 1:30pm, 8 weeks beginning March 10.

#### **THE NOVELS OF EDITH WHARTON**

Peggy Kelly

**Tuesday:** 10am, 8 weeks beginning March 11.

#### **READING AND WRITING POETRY**

Maxine Susman

**Tuesday:** 10am, 6 weeks beginning March 11.

#### **THE DARK SIDE OF THE ENLIGHTENMENT**

John Fleming

**Tuesday:** 10am, 6 weeks beginning March 11.

#### **AMERICA IN THE 1960s**

Stanley Katz

**Tuesday:** 1:30pm, 6 weeks beginning March 11.

#### **BIBLICAL WOMEN IN CULTURAL PERSPECTIVE**

Katharine Doob Sakenfeld

**Tuesday:** 1:30pm, 6 weeks beginning March 11.

#### **RUSSIAN HISTORY THROUGH THE EYES OF THE ARTIST**

James West

**Tuesday:** 1:30pm, 8 weeks beginning March 11.

#### **THE FILMS OF THE ANGRY YOUNG MEN**

Judith Walzer

**Wednesday:** 10am, 8 weeks beginning March 12.

#### **MARTYRS FOR RELIGION: CONSPICUOUS PROPONENTS**

Henry Warner Bowden

**Wednesday:** 10:30am, 8 weeks beginning March 12.

#### **CHINESE CIVILIZATION**

Leonard Chin

**Wednesday:** 10:30am, 8 weeks beginning March 12.

#### **ISHIGURU AND MURAKAMI: TWO POSTWAR JAPANESE NOVELISTS**

Betty Lies

**Wednesday:** 10:30am, 8 weeks beginning March 12.

#### **SCIENTISTS AGAINST TIME— THE ROLE OF ALLIED SCIENTISTS IN WWII**

Harold Feiveson

**Wednesday:** 1:30pm, 6 weeks beginning March 12.

#### **MASTERWORKS OF HANDEL AND BACH**

Ryan Brandau

**Wednesday:** 1:30pm, 6 weeks beginning March 12.

#### **MUCH MORE SHAKESPEARE OFF THE PAGE**

Barbara Herzberg

**Thursday:** 10am, 8-10 weeks beginning March 13.

#### **CHALLENGES OF THE FUTURE**

David Southgate

**Thursday:** 10am, 8 weeks beginning March 13.

#### **SCIENCE IN THE NEWS**

Bob Robinson, Harry Pinch

**Friday:** 9:45am, 8 weeks beginning March 7.

#### **THREE ANCIENT CULTURES: GRECO/ROMAN, CHINESE, ANCIENT AMERICAN**

Anne Young and Museum docents

**Friday:** 10am, 6 weeks beginning March 7.

#### **LITTLE ENGINES, PURPLE CRAYONS, AND BIG, BAD WOLVES:**

#### **WHY CHILDREN'S BOOKS ENDURE**

Ellen Gilbert

**Friday:** 1:30pm, 6 weeks beginning March 7.

**\*TOPICS IN COSMOLOGY – THE DARK UNIVERSE**  
From Institute for Advanced Study

**Classes meet for two hours, once a week. Registration begins Jan 9, 2014.**

**Lottery date is Feb 5, 2014.**

For full details and registration forms: [www.TheEvergreenForum.org](http://www.TheEvergreenForum.org)

Course fee - \$60 \*mini course - \$40

# ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail -in registration, or phone with a credit card. Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$45 per 8 week session for Princeton residents and \$60 per session for non-residents.** Assistance is available for those requiring financial help. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Monument Hall (MH), Harriet Bryan House (HB)

## EXERCISE & FITNESS

### At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00  
30 minutes of cardio & toning  
\$55/month, or \$5 daily drop-in rate
- ◇ Aerobics - M,W,F 9:15  
\$47/season for Princeton residents  
\$93 for non-residents.  
Register through Princeton Rec Dept:  
609-921-9480.
- ◇ High-Low-Go: Tues and Thur 8:45  
45 minutes of low-impact aerobics  
\$65/8 weeks for residents  
\$90 for non-residents
- ◇ Yoga: Thur 10:00  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Table Tennis: Mon, Wed, Fri at 10:30  
Drop-in. No charge.

### At Spruce Circle

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

### At Harriet Bryan House

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



## CLASSES

### At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Art with Hannah: Thur 1:00pm  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Computer classes: See page 8.
- ◇ Computer Lab: Tues 1-4pm  
Drop-in for help & practice. No charge.
- ◇ Cosmology: Thurs. 9:45am. No charge.  
Peer-led science discussion group.  
Contact Bruce Wallman for info.  
Brucewallman@gmail.com
- ◇ Drawing with Pencil: Mon. 10:30am  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Memoir Writing: Wed. 4:30pm  
No charge. Group is full. Call to be added  
to waiting list.
- ◇ WordPlay (poetry group): Mon 1:30-3:30pm  
\$20/year for copying costs.

### At Spruce Circle

- ◇ Knit Wits: Fri 1:00pm Drop-in for knitting &  
conversation. Free.

## GAMES

### At Suzanne Patterson Building

- ◇ Social Bridge: Tues 1 - 4 pm  
Drop-in. No charge.
- ◇ Mah Jongg: Tues 1- 4pm  
Drop-in. No charge. BYO card & set.
- ◇ Scrabble: Tues 1-4pm. No charge.

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

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

## SUPPORT & GUIDANCE

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

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

## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-924-7108 to sign up for the first time and 609-452-5144 to schedule a ride. \$3 each way and free to UCMPP (the hospital).

### DAYTIME FREE-B BUS

The free Daytime Free-B runs a 70 minute loop around town 9:30-4:30 on Monday through Saturday. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.

## SUPPORT & WELLNESS GROUPS

- ◇ Caregivers: Mon. Jan. 13, 1:30pm at SPB
- ◇ Children of Aging Parents: Thurs. Jan. 9, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Jan. 2 & 16, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Jan. 13, 1:00pm at SPB  
Call Ann Schoonover 497-4900 to attend.
- ◇ Let's Talk: Weds. 10:30am at RC  
Weds. 2:45pm at SC
- ◇ Let's Talk English: Mon., 1:00pm at SC  
Fridays, 9:30am at RC
- ◇ Men in Retirement: Fri. Jan. 3, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Jan. 9, 2:00pm at RWJ Hamilton Wellness.  
609-584-5900.

### BLOOD PRESSURE SCREENING

(No fee - open to the community)

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

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

Fourth Wed: 1-3pm at Elm Court



### Support PSRC

You can support PSRC all year by bringing us your **McCaffrey's** receipts, used ink cartridges, cell phones and small electronics, and by making Comcast payments at

Spruce Circle. We also accept durable medical equipment for Goodwill.



**Princeton Senior Resource Center**

## COMPUTER CLASSES

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

**To Register:** stop by the Suzanne Patterson Building or call 609-924-7108. All classes are held in the computer lab at Suzanne Patterson Building. Please come 10 minutes early to pay.

~ January 2014 ~				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7 Google Docs 10-12 <hr/> Computer Lab 1-4	8	9 Intro to iPad 10-12	10 How to Use your New Gadget 10-12
13	14 Google Docs 10-12 <hr/> Computer Lab 1-4	15	16	17 How to Use your New Gadget 10-12
20	21 Computer Lab 1-4	22	23	24
27	28 Computer Lab 1-4	29	30 More about iPad 10-12	31

**Gadgets:** See page 1 for details about this free gadget lab.

**Google Docs:** is a free web based suite of tools offered by Google for creating documents, spreadsheets, presentations and more. Files can be accessed from any computer with an internet connection and a web browser. In this 2 session class, learn how to create, edit and share documents using Google Docs. Prerequisite : Must have a valid gmail account, and please bring the password of your gmail account. Fee: \$10.

**Intro to iPad:** Learn how to use your iPad to browse the internet, add applications from the market-place, personalize settings. Prerequisite: Bring your Apple iPad and your AppleID and password. **Update to IOS 7.0.4 before coming to class.** Fee: \$10.

**More About iPad:** Learn more about some of the more useful applications that you can access either free or for a low price. You are welcome to share your most useful applications during the class. Learn more of the settings and about iTunes and how to back-up /sync your ipad. Prerequisite: Introduction to iPad or equivalent experience. Bring your Apple iPad and your AppleID and password. **Update to IOS 7.0.4 before coming to class.** Fee: \$10.



## Happy Revelers at the Holiday Party, Dec. 11, 2013

A good time was had by all at the Holiday Party! Acorn Glen provided a fabulous meal, Lenora Kandiner and her Nyckelharpa Musicians demonstrated their unique instruments and even led us in a folk dance. Volunteers from Bloomberg Financial worked like busy elves to keep the party flowing. Stony Brook Garden Club created beautiful live wreaths & centerpieces, which several happy winners took home as door prizes. Thank you to all!



### Quick Reference Guide to Area Resources

Arts Council of Princeton 609-924-8777  
 Cornerstone Community Kitchen 609-924-2613  
 Crisis Ministry 609-921-2135  
 Community Without Walls 609-921-7338  
 Funeral Consumers Alliance 609-924-3320  
 Health Care Ministry 609-921-8888  
 Mercer County Legal Services 609-695-6249  
 Mercer County Nutrition Program 609-921-1104  
 Mercer County Office on Aging 609-989-6661  
 or 877-222-3737  
 NJ Consumer Affairs 973-504-6200  
 NJ Health & Senior Services 800-792-8820  
 One Table Café 609-924-2277  
 PAAD 800-792-9745  
 Princeton Human Services 609-688-2055  
 Princeton Police (non-emergency) 921-2100  
 Princeton Public Library 609-924-9529  
 Reassurance Contact 609-883-2880  
 Ride Provide 609-9452-5144  
 Senior Citizen Club 609-921-0973  
 Social Security 800-772-1213



# Development News

## ***Snaps from our Capitol Steps Post-performance Reception***



## **And Thanks to our Capitol Steps Sponsors**

AARP  
Acorn Glen  
Archer & Greiner  
Bank of Princeton  
Bear Creek  
Borden Perlman  
Brandywine  
Buckingham Place  
Bunbury Foundation  
Callaway Realtors  
Care One  
Caring Senior Services  
of Mercer County  
Costanza Builders  
Jenny and Jonathan Crumiller  
Domain Associates  
Drinker, Biddle Reath  
Esmi Law Firm, LLC  
Fulton Bank of New Jersey  
Geo Peak Energy  
Andrew and Carol Golden  
Greenwood House  
The Gordon & Llura Gund Fdn.  
Hamilton Jewelers  
Harbourton Enterprises  
Herring Properties  
Hill Wallack, LLP  
Hilton Realty Co, LLC  
Hinkle, Fingles & Prior LLC  
Hopewell Radiology  
Claire and David Jacobus  
Michael and Marylou Kenny  
Norman and Nancy Klath  
Lawrence Lexus

Lear & Pannepacker  
Lenox, Socey, Formidoni  
Robert and Joan Levitt  
Maida Mackler LLC  
Mason Griffin Pierson  
Mercadian  
Mercedes Benz  
Memory Care Living  
Merrill Lynch  
Merwick Care Center  
Mistral  
Morford & Dodds Realty  
NJM Insurance Group  
Henry and Arlene Opatut  
Parmele, McDermott & Thomas  
Pennswood Village  
Pidgeon & Pidgeon Law  
Princeton Global Asset  
Management  
Princeton Orthopaedic  
Princeton Portfolio Strategies  
Group  
Princeton Radiology  
Irwin and Cecilia Rosenblum  
Dave Saltzman Insurance  
Ellen and Albert Stark  
The W. Bryce Thompson Fdn.  
Silver Shop  
Studio Hillier Architecture  
Team Toyota of Princeton  
Stark & Stark  
Judit and Kurt Stenn  
Stifel Nicolaus  
Kevin Wilkes

## **Save the Date and Pitch In**

**Brunch at Home, Sunday, March 30.** There are lots of options for this popular event:

- Serve on the committee and help with publicity, procurement or planning.
- Volunteer to help assemble or deliver baskets on March 30.
- Purchase your baskets online or call the office to order.

**June BBQ, Sunday, June 22.** We're going to have a BBQ and square dance!

- This is a first for PSRC and we would love to have you give us a hand in planning .

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



## **Volunteer**

We would love to have you as part of our development team. You can put in a lot of time or just volunteer on the day of an event. Some ideas:

- Help with June BBQ & Square Dance
- Ushers, parking volunteers, and bartenders
- Write for PSRC Journals (four issues a year)
- Serve on Brunch at Home committee
- Help obtain items for Brunch baskets
- Help solicit items for our Silent Auction
- Help with mailings
- Greet and host sponsors at our fall conference
- List management (Excel required)
- Stuff goody bags
- Graphics and layout
- Drop off event signs/flyers at local businesses



## **One Princeton**

Have you read about the new One Princeton card in the papers? Enroll in One Princeton and every time you use the card at a participating local store, one percent of the purchase will be donated to PSRC! You can control the amount that can be charged through the One Princeton card which is a debit card attached to your bank account.

When you designate PSRC as your charity of choice, we will receive the contributions. We can help you enroll. Just stop at the front desk and ask for Sharon or Barbara. We will give you a card and help you get set up.

**For more information call Sharon Naeole or Barbara Prince at 924-7108.**

# PRINCETON SENIOR RESOURCE CENTER

## JANUARY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Table Tennis at SPB</b> Monday 10:30-3 Wednesday 10:30-3 Friday 10:30- 1:45 ----- <b>Early Bird Aerobics:</b> 8:00am daily at SPB	<b>LOCATIONS</b> HBH = Harriet Bryan House PPL=Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson RWJH = Robert W. Johnson Fitness/Wellness Center	<b>CLOSED</b>  <i>Happy New Year!</i>	8:45 High Low Go – SPB 9:45 Cosmology – 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 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC <b>1:00 Movie -SPB</b> 1:00 Knit Wits – SC 2:00 Men in Retirement -MH 2:00 Bridge Lessons – SPB
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:30 Let's Talk Eng. – SC	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 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB 2:00 Navigating Retire. – RWJH 4:30 Child. Aging Parents - SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 12:00 Chair Exercise – SC 1:00 Knit Wits – SC 2:00 Bridge Lessons – SPB
6	7	8	9	10
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:00 Berevement – SPB 1:30 Let's Talk English – SC 1:30 Caregivers – SPB	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB 1:00 Blood Pressure – SC 7:00 Taxes in Retire. - PPL	9:15 Aerobics – SPB 10:30 Let's Talk – RC <b>1:00 Susan Fiske - SPB</b> 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 11:00 Widow Support - PPL 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah – SPB 6:30 Living with Purpose - SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 12:00 Chair Exercise – SC 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB
13	14	15	16	17
<b>CLOSED</b>  <i>Martin Luther King Day</i>	8:45 High Low Go – SPB 9:00 Blood Pressure – RC 10:00 Brunch for Brain - SPB <b>10:30 Chinese New Year-SPB</b> 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 <b>12:30 Opera Video -SPB</b> 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB 7:00 Encore Careers – PPL	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB <b>11:00 One Princeton -SPB</b> 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 12:00 Chair Exercise – SC 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB
20	21	22	23	24
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:00 Brunch for Brain - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Computer Lab – SPB 1:00 Bridge/Mah Jongg – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC <b>12:30 Opera Video -SPB</b> 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB 7:00 Encore Careers – PPL	8:45 High Low Go – SPB 9:45 Cosmology – SPB 10:00 Brunch for Brain - SPB 10:00 Yoga – SPB 12:30 Duplicate Bridge – SPB 1:00 Art with Hannah - SPB 6:30 Living with Purpose - SPB	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 12:00 Chair Exercise – SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits – SC 2:00 Bridge Lessons - SPB
27	28	29	30	31



**PSRC**  
**45 Stockton Street**  
**Princeton NJ 08540**

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## **PSRC**

At Suzanne Patterson Building  
45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)

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Fax: 609-497-1977

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## **GrandPal Subs Needed**

Some GrandPals are snowbirds in January and February, while others fly away in March and April. We need GrandPal substitutes for the following sessions:

Monday- Community Park 9:15-9:45 (2nd graders)  
Tuesday- Riverside 11:50-12:30 (kindergarten)  
Thursday- Riverside 1:35 -2:15 (kindergarten)

We read to children in the school libraries for about 30 minutes. We promise fun, the great feeling you'll get from reading to children, and a luncheon in May!

Call Olivian Boon (609) 924-7108



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