

Mature Princeton

MEET OUR SOCIAL SERVICES TEAM

The PSRC Spruce Circle Social Services Department



(Left to right)

Susan M. Friedman, Masters in Public Health, Social Service Director, Social Services and Care Coordination;
Fran Angelone, Office Manager, Crosstown Coordinator and PSRC Go-To Person for information on Benefits;

Soni Pahade, MS Gerontology, Gerontologist, Social Services, Care Coordination and the HomeFriends Program. Not pictured – **Lynn Whitney**, Graduate Student in Social Work

SPRUCE CIRCLE FEATURES

These represent just a small sample of the services and activities offered at Spruce Circle. To learn more about what we offer, please visit our website at www.princetonsenior.org.

HOMEFRIEND VOLUNTEERS ARE AVAILABLE!

HomeFriends visit with homebound seniors in the Princeton Area. Are you retired and/or interested in meeting someone, having a HomeFriend visit you in your home? Contact Soni Pahade at 609-252-2362.

KNIT WITS

COME! Knit a homemade gift, follow a pattern, meet new friends, exercise your brain, enjoy a good conversation, knit for a charitable organization (lap blankets for wounded returning veterans, chemo caps, baby caps for preemies, sweaters and blankets for children in orphanages, hats and scarves for homeless people.) Knit Wits meet on Fridays at Spruce Circle from 1:00 to 3:00 p.m. All levels of knitters are welcome. Come with needles and a project or help yourself to our stash of patterns, yarn and needles.



Baby caps made by a Knit Witter

CHAIR EXERCISE

Come attend Chair Exercise with Laraine at Spruce Circle, on Mondays at 11:30 a.m. and on Fridays at 12 noon. So much fun you won't even realize you are exercising! A variety of levels of activity can be accommodated in class. Visit a session and meet Laraine. Questions? Call Laraine at 609-252-2362.

The monthly newsletter of



**January
2015**

*Happy New Year
to
All of You
from
All of Us...*

*We're looking forward
to another engaging,
enlightening,
exciting,
EXTRAORDINARY
year together!*

HOLIDAY CLOSINGS:

The Suzanne Patterson Building will close mid-day on Wednesday, December 31 and all of Thursday, January 1, New Year's Day. We will also be closed in observance of Martin Luther King Day on Monday, January 19th.

Inside this issue:

DIRECTOR'S MESSAGE	2
JANUARY HIGHLIGHTS	3
ONGOING PROGRAMS	4
NEXT STEP	5
EVERGREEN FORUM	6, 7
DEVELOPMENT NEWS	8
GROUPS / SUPPORT	9
CALENDAR	11

DIRECTOR'S MESSAGE ~ JANUARY 2015

Winter blues?



The holidays are over, the weather is dreary and confining, the days are short. This time of year can be tough for some people. Many recognize that they suffer from Seasonal Affective Disorder and make extra effort to get out and involved, and some use light therapy to get through these dark months.

Most of us experience periods of depression at some point in our lives. Sometimes it is a brief episode in reaction to a loss. Other times it may be a protracted grey mood, or a lengthy, debilitating illness that can be life-threatening. Sometimes we recognize it and get treatment, but often it remains undiagnosed or misunderstood.

Many factors contribute to depression in older adults. Losses and changes in family, friends, pets, home, health, and purpose are common. It may be hard to accept diminishing capacities of cognitive or physical health. Isolation increases as people go out less. Chronic health conditions and managing them may have depressing side effects. Medications can affect mood, particularly when mixed with alcohol or other drugs. Disruptions in sleep patterns can affect mood and ability to cope. Worries about finances or the future have a strong effect as well. Key symptoms of depression are:

- ◆ Sadness
- ◆ Fatigue
- ◆ Sleep disturbance (difficulty falling or staying asleep, oversleeping, daytime sleeping)
- ◆ Loss of interest in pleasurable activities
- ◆ Weight loss or loss of appetite
- ◆ Loss of self-worth
- ◆ Increased use of alcohol or drugs
- ◆ Fixation on death, suicidal thoughts or actions

Sometimes the signs are not recognized as sadness. A person may complain of physical aches and pains, exhibit slowed movement, anxiety, hopelessness, memory problems, lack of motivation or energy, loss of interest, irritability, or neglect personal care. The person may have less self-awareness or a reduced ability to describe what she or he is experiencing. Family and medical practitioners alike may attribute these to aging or other factors in a person's life. Often depression is confused with grief, a normal response to loss which

diminishes over time, and frequently is interspersed with periods of joy or pleasure. Depression is common with chronic pain, immune disorders and other chronic conditions. It may be confused with dementia, but depression often manifests more quickly; poor concentration is more noticeable than memory loss; language and motor skills are slowed but not impaired, and there is more self-awareness and concern than in dementia.

I recently saw a person whom I've known for a few years. This person seemed abnormally quiet, the smile and the spark were gone, and it was hard to engage in conversation; I missed the stories about recent activities. I learned that the person isn't getting out as much and seems to be more forgetful. There is also a new medication in the mix. All of these are symptoms that might easily be missed, even by close family who aren't ready to see decline. This person is a prime candidate for assessment.

Depression is NOT a normal part of aging or a character flaw! If you—or someone you know—are exhibiting these symptoms, seek a professional evaluation. There are many interventions that can help. For example, as a friend or family member, you can facilitate re-engagement in social activities with a visit or invitation to go out. Help him or her discover new pleasures, eat healthy foods, get enough sleep, and re-engage in physical exercise. Counseling can address the related sources of stress and anxiety and underlying feelings. I am always impressed by the resilience that people have gained with life experience, and find that my role is often to help them reconnect with coping strategies they have used in the past, or discover new strategies for managing current realities. Your doctor can evaluate the effect of your health conditions and treatments. Anti-depressant medication can be prescribed if necessary. Alternative therapies can work too, such as light therapy, mentioned above for SAD. When treated properly, most symptoms are relieved. Treating depression can contribute significantly to one's quality of life.

PSRC offers many programs that can alleviate depression. Every activity has a strong social component. Let's Talk and support groups are designed to build connections. There are many exercise classes to get you moving and other classes to engage your mind. Set up an appointment with a care coordinator so we can link you to resources in the community.

Wishing you joy in the new year!
Susan W. Hoskins LCSW

JANUARY PROGRAM HIGHLIGHTS

FIRST FRIDAY FILM

Friday, January 2 at 1:00 p.m.

"Chef" Chef Carl Casper (Jon Favreau) suddenly quits his job at a prominent Los Angeles restaurant after refusing to compromise his creative integrity for its controlling owner (Dustin Hoffman). He is left to figure out what's next. Finding himself in Miami, he teams up with his ex-wife (Sofia Vergara), his friend (John Leguizamo) and his son to launch a food truck. Taking to the road, Chef Carl goes back to his roots to reignite his passion for the kitchen – and zest for life and love. No fee. 1 hr. 55 minutes. Please call to register: 609-924-7108.

Suzanne Patterson Building

LUNCH & LEARN

Friday, January 16 at 12 noon

"Introduce Yourself to Yoga" Have you been meaning to try this popular form of exercise but aren't sure which kind of yoga is for you? This friendly overview will enable you to learn about the different practices, ask questions, and try a little bit of yoga on the spot! There is no charge for this program. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.

Suzanne Patterson Building

LUNCH & LEARN

Friday, January 23 at 12 noon

"Understanding Memory Loss" – presented by Rose Berger of the Alzheimer's Association. While it's considered perfectly normal as people age, to have occasional memory lapses, such as forgetting the name of someone you've recently met, it can be difficult to tell normal memory problems from those that should be a cause for concern. The Alzheimer's Association has developed information to help you tell the difference. There is no charge for this program. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108. **Suzanne Patterson Building**

TED TALKS

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

Suzanne Patterson Building

This month's topics:

- ♦ **January 6** - Diana Laufenburg: How to learn? From mistakes.
- ♦ **January 13** - Chimamanda Ngozi Adichie: The danger of a single story.
- ♦ **January 20** - Emily Balcetis: Why some people find exercise harder than others.
- ♦ **January 27** - Ben Saunders: To the South Pole and back—the hardest 105 days of my life.

For more background, visit www.TED.com.



HAPPINESS PROJECT

This group will meet every **Monday afternoon at 1:30 p.m. beginning January 12.** We will read and discuss Gretchen Rubin's second book, *Happier at Home - Kiss More, Jump More, Abandon Self-Control and My Other Experiments in Everyday Life*. No fee. Please register by calling 609-924-7108. **Suzanne Patterson Building**

OPERA SERIES

Every Wednesday in January at 12:30 p.m. in the Suzanne Patterson Building:

January 7: Gounod: Faust – 180 minutes

January 14: Boito: Mefistofele – 145 minutes + intermission

January 21: Berlioz: La Damnation de Faust – 146 minutes

January 28: Mozart: Don Giovanni – 180 minutes

Suzanne Patterson Building

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

ONGOING 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.

EXERCISE AND FITNESS

SUZANNE PATTERSON BUILDING

- ♦ Early Bird Aerobics - Every weekday morning at 8:00 a.m. 40 minutes of cardio & toning \$55/month, or \$5 daily drop-in rate
- ♦ Aerobics - Monday, Wednesday, Friday at 9:15 a.m. \$47/season for residents; \$93/for non-residents
Register through Princeton Rec. Dept: 609-921-9480
- ♦ High-Low-Go: Tuesday and Thursday at 8:45 a.m. 45 minutes of low-impact aerobics; 8-week sessions \$65/for residents; \$90 for non-residents
- ♦ Yoga: Thursdays at 10:00 a.m. 8-week sessions; \$45/for residents, \$60/non-residents
- ♦ Table Tennis: Monday, Wednesday, Friday at 10:30 a.m. Drop-in; no charge.
- ♦ Tai Chi: Friday, January 9 at 2:00 p.m. 8-week sessions; \$45/for residents, \$60/non-residents

SPRUCE CIRCLE

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

HARRIET BRYAN HOUSE

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

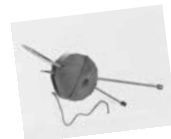
CLASSES

SUZANNE PATTERSON BUILDING

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

SPRUCE CIRCLE

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



SUZANNE PATTERSON BUILDING

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



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

- ♦ Duplicate Bridge
Thursdays at 12:30 p.m.
- ♦ Bridge Lessons
Wednesdays at 5:30 p.m.,
Fridays at 2:00 p.m.



NEXT STEP PROGRAMS

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

MEN IN RETIREMENT

Friday, January 2 at 2:00 p.m.

Come and meet other men who are making or have made the transition into retirement. For information call 924-7108. No fee.

Location: Monument Hall, 45 Stockton Street, Princeton

RETIRED? WHAT'S NEXT?

Thursday, January 8 at 2:00 p.m.

So much of our life and identity revolves around work. This supportive group will discuss the joys, concerns and challenges of having extra time and making decisions about how to use it to create fulfillment. Led by Shirley Roberts, Helen Burton and Carol King. Please call 609-584-5900 to register. No fee. **Location:**

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

NEXT STEP SPEAKER SERIES

Tuesday, January 13 at 7:00 p.m.

Wills, Trusts and Estates. Speakers: Rebecca Esmi and Fiona Van Dyck. Ms. Esmi is an attorney at Esmi Law Firm, serving clients in the Princeton area. Her specialties include estate planning and administration, elder and disabilities law, guardianship and surrogate decision-making. Ms. Van Dyck is a New Jersey Estate Planning Lawyer at Van Dyck Law Firm, whose practice includes elder law, estate planning, probate and estate administration and estate tax planning. Both women are members of the Board of the Princeton Senior Resource Center.

Location: Princeton Public Library

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

TRANSITIONS INTO RETIREMENT

Friday, January 16 at 3:00 p.m.

This monthly group will deal with issues in making the adjustment to retirement. Group leader is Dr. John George. Please call to register 609-924-7108. No fee. **Location: Suzanne Patterson Building, 45 Stockton Street, Princeton.**

INTRODUCTION TO YOUR LIFESTYLE IN RETIREMENT

Monday, January 26 at 7:00 p.m.

This single session offers an introduction to planning for retirement or a major lifestyle change. It will help you explore your options for dealing with change, managing your time, identifying your passions and making a difference through volunteering. Presenter: Carol King.

Location: Princeton Public Library

LOOKING AHEAD

CHINESE NEW YEAR CELEBRATION

Tuesday, February 4th at 10:30 a.m.

The children from Ying Hua School will help us welcome in the Year of the Goat.

Suzanne Patterson Building

~~~~~

### FIRST FRIDAY FILM

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

with Helen Mirren, Julie Walters, Philip Glenister. 1 hr. 48 mins. **Suzanne Patterson Building**

~~~~~

LUNCH & LEARN

Friday, February 13 at 12 noon

Palliative Care/ Assessments ~ Dr. David Barile
Suzanne Patterson Building

LUNCH & LEARN

Friday, February 20 at 12 noon

"New Hearing Aid Technology: How It Can Help You Remain Independent" ~ Family Hearing Center. **Suzanne Patterson Building**

~~~~~

### TRIP - PHILADELPHIA FLOWER SHOW

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

This year's theme is "Lights! Camera! Bloom!" Sponsored by the Princeton Recreation Dept. Bus leaves from Community Park North parking lot at 9:00 a.m., returns at 4:00 p.m.

Register at the Princeton Recreation Department, 380 Witherspoon St., or online at <http://register.communitypass.net/princeton>. More info at 609-921-9480. Cost: \$50 per person.

## EVERGREEN FORUM SPRING 2015 COURSE ROSTER

### THE FAR EAST BEYOND THE HEADLINES

Steve Schlossstein

**Monday:** 10:30 a.m. to 12:30 p.m.

6 weeks beginning March 2

### DEVILS, DEMONS, AND THE SUPERNATURAL IN OPERA

Irwin Rosenblum

**Monday:** 10:30 a.m. to 1:00 p.m.

8 weeks beginning March 2

### WHAT'S SAFE TO EAT? DO NOT WORRY!

Juanell Boyd

**Monday:** 1:30 to 3:30 p.m.

8 weeks beginning March 2

### CHAUCE: THE PROLOGUE

John Fleming

**Tuesday:** 10:00 a.m. to 12 noon

6 weeks beginning February 24

### ANNA KARENINA

Peggy Kelly

**Tuesday:** 10:00 a.m. to 12 noon

8 weeks beginning March 3

### AMERICA IN THE 1970s

Stanley Katz

**Tuesday:** 11:00 a.m. to 1:00 p.m.

6 weeks beginning March 3

### DILEMMAS OF THE ATOMIC AGE

Harold Feiveson

**Tuesday:** 1:30 to 3:30 p.m.

6 weeks beginning March 3

### MECHANISMS OF DISEASES AND THE DRUGS USED TO TREAT THEM

Kurt Steiner

**Tuesday:** 1:30 to 3:30 p.m.

6 weeks beginning March 3

### BRAHMS: CHORAL AND SYMPHONIC MUSIC\*

Ryan Brandau

**Tuesday:** 1:30 to 3:30 p.m.

4 weeks beginning April 21

### GEOGRAPHICAL LINKS – GEOGRAPHICAL CURIOSITIES \*

Helen Goddard

**Tuesday:** 1:30 to 3:30 p.m.

4 weeks beginning March 3

### TOPICS IN HUMAN EVOLUTION

Peggy de Wolf

**Wednesday:** 10:30 a.m. to 12:30 p.m.

6 weeks beginning March 4

### FAITHS OF THE FOUNDING FATHERS

Henry Warner Bowden

**Wednesday:** 10:30 a.m. to 12:30 p.m.

8 weeks beginning March 4

### CHINESE CULTURE

Leonard Chin

**Wednesday:** 10:30 a.m. to 12:30 p.m.

8 weeks beginning March 4

### WOODY ALLEN: LIGHT AND DARK

Judith Walzer

**Wednesday:** 1:00 to 3:00 p.m.

8 weeks beginning March 4

### GREAT DECISIONS 2015

Richard Kaye, Susan Fox, Don Benjamin

**Wednesday:** 1:30 to 3:30 p.m.

8 weeks beginning March 4

### WHOSE LAW? LEGALITY VS. MORALITY IN LITERATURE

Betty Lies

**Wednesday:** 1:30 to 3:30 p.m.

8 weeks beginning March 4

### LEARNING TO UNDERSTAND AND LIKE CONTEMPORARY ART

Wendy Worth

**Thursday:** 10:00 a.m. to 12 noon

7 weeks beginning March 5

### EVEN MORE SHAKESPEARE OFF THE PAGE

Barbara Herzberg

**Thursday:** 10:00 a.m. to 12 noon

8-10 weeks beginning March 19

## EVERGREEN FORUM ~ CONTINUED

### THE ART AND CRAFT OF POETRY

Maxine Susman

**Thursday:** 10:00 a.m. to 12 noon

6 weeks beginning March 5

### CURIOUSER AND CURIOUSER: 150 YEARS OF ALICE

Ellen Gilbert

**Thursday:** 1:30 to 3:30 p.m.

8 weeks beginning March 5

### ART AS THE MIRROR OF CULTURAL UPHEAVAL

Anne Young

**Friday:** 10:00 a.m. to 12 noon

6 weeks beginning March

### SCIENCE IN THE NEWS

Bob Robinson, Harry Pinch

**Friday:** 9:45 to 11:45 a.m.

8 weeks beginning March 6

### PRINCETON: PAST, PRESENT & FUTURE

Arthur Firestone

**Friday:** 10:30 a.m. to 12 noon

8 weeks beginning March 6

### COSMOLOGY\*

Faculty and Members of the School of Natural Sciences, Institute for Advanced Study

**Friday:** 1:30 to 3:30 p.m.

4 weeks beginning April 10

*The Evergreen Forum is sponsored by the Princeton Senior Resource Center.*

### IMPORTANT EVERGREEN FORUM DATES:

**DECEMBER 22** ~ Brochures Mailed; **JANUARY 5** ~ Registration Begins

**JANUARY 29** ~ Lottery; **FEBRUARY 24** ~ Classes Begin

For full details and registration forms, please visit our web page: [www.TheEvergreenForum.org](http://www.TheEvergreenForum.org)

Course fees: \$60; \*mini-course: \$40. Questions? Call: 609-924-7108.

## 2014 HOLIDAY PARTY HIGHLIGHTS



**Special guest performers: The American Boychoir**



**PSRC Social Worker Susan Friedman and pal Lois Stone**



**Show-stopping Doorstops made the Spruce Circle Knit Wits**



**A full house of holiday party friends**



**Lucky door prize winner Minnie Craig**



**Fabulous Bloomberg volunteers**

## **DEVELOPMENT NEWS**

### **Fired Up for Forty More!**

*"Thank you for the lovely helper who drives me to the store, the interesting and personable folks of all ages you've referred to me as helpers and teachers, the programs through which my friendships have been expanded and my life in Princeton enriched."*

~ Sue Bishop

### **Your Gift at Work**

When you donate to PSRC, your gift helps in many important ways. We provide guidance and counseling to individuals and families facing health issues or life transitions; and we offer health, wellness, and exercise classes to stimulate your mind and spirit.

Please donate to PSRC as generously as you can this year. Your gift is fully tax deductible. We are very grateful for your support.

### **Thanks to Our Annual Sponsors**

Acorn Glen  
B-Well/Pavilions  
Buckingham Place  
LIFE St. Francis  
Merwick Care & Rehabilitation Center

### **Call for Volunteers**

- **Silent Auction Committee** We'll start meeting again soon to prepare for next fall's gala. The last auction was a great success and we are ready to make this one even better.
- **Brunch at Home** is set for Sunday, March 29th. Help us assemble the baskets at the crack of dawn, or spend an hour delivering baskets. We would also welcome your input if you can help source donated food items.
- **Writers/Editors for our Journals** We publish 4 a year, one with each of our fundraising events.
- **BBQ & Square/Line Dancing** on June 14th. This is a new event and we would love to have you give us a hand. Call Sharon at 609-924-7108 for more information or email [snaeole@princetonsenior.org](mailto:snaeole@princetonsenior.org)

### **Consider a Gift of Stock**

To get the greatest tax benefit, it is recommended that you sell the stock first if it is worth less than you originally paid, then donate the cash resulting from the sale to PSRC. If the stock has increased in value, transfer the stock directly to us. Check with your financial advisor and call us for routing information.

### **Matching Gifts**

If you work for a company that matches employees' charitable donations, please make sure that you pick up the form from your employer and include it with your gift to us.

Some companies include retirees in their matching gifts program; check to see if your gift qualifies.

## **BRUNCH AT HOME**

**Mark Your Calendar**  
**Sunday, March 29, 2015**

Baskets: \$37.50

To volunteer or order online,  
go to our website [www.princetonsenior.org](http://www.princetonsenior.org)





## SUPPORT & GUIDANCE

### PARTNERS IN CARING PRINCETON

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you. Whether it is a single question answered in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set. Call for more information: 609-924-7108 or 609-252-2362.

- ◆ Information and referral
- ◆ Counseling + consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources + Support
- ◆ Support & Wellness Groups
- ◆ Transitions – support with the inevitable transitions throughout the life span
- ◆ Volunteer visitors

## BLOOD PRESSURE SCREENINGS

### HEALTH SCREENINGS FOR OLDER ADULTS

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

- ◆ January 13 at 1:00 p.m. at Spruce Circle; 2:30 p.m. at Elm Court / Harriet Bryan House
- ◆ February 10 at 10:00 a.m. at Redding Circle; 11:00 a.m. at Mercer County Nutrition Program at Mt Pisgah Church

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

## GROUPS

- ◆ **Caregivers:** Monday, January 12 at 1:30 p.m. at Corner House Room 19
- ◆ **Children of Aging Parents:** Wednesday, January 14 at 4:30 p.m. at Suzanne Patterson Building
- ◆ **Widow Support:** Thursday, January 15 at 11:30 a.m. at Princeton Public Library
- ◆ **Bereavement:** Monday, January 26 at 1:00 p.m. at Suzanne Patterson Building. Call Sherri Goldstein 497-4900 to attend.
- ◆ **Grandparenting:** Tuesday, January 20 at 1:00 p.m. at Suzanne Patterson Building
- ◆ **Let's Talk:** Wednesdays, 10:30 a.m. at Redding Circle; Wednesdays at 2:45 p.m. at Spruce Circle
- ◆ **Let's Talk English:** Mondays at 1:00 p.m. at Spruce Circle; Fridays at 9:30 a.m. at Redding Circle
- ◆ **Men in Retirement:** Friday, January 2 at 2:00 p.m. at Monument Hall
- ◆ **Retired? What's Next?:** Thursday, January 8 at 2:00 p.m. at RWJ Hamilton Wellness Ctr. To register call: 609-584-5900
- ◆ **Transition to Retirement:** Friday, January 16 at 3:00 p.m. at Suzanne Patterson Building

## TRANSPORTATION

### CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-252-2362 to sign up for the first time and 609-452-5144 to schedule a ride. \$3 each way, free to UCMPP (the hospital.)

### DAYTIME FREE-B BUS

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

Local transportation routes can be found at [www.princetonnj.gov](http://www.princetonnj.gov) under transportation, or [www.gmtma.org/pg-bus-mercer.php](http://www.gmtma.org/pg-bus-mercer.php).

## COMPUTER CLASSES

### GOT NEW TECHNOLOGY?

*Did someone give you an iPhone, an iPad or a tablet this holiday? We will be offering FREE introductory classes on different portable devices this winter.*

#### Intro to iPad - Thursday, January 8

10:00 a.m. to 12 noon

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

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

#### More About iPad - Wednesday, January 14

10:00 a.m. to 12 noon

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

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

#### Intro to iPhone - Friday, January 23

at 1:00 p.m.

Learn the basic operating features of the iPhone, including the touch-screen interface, basic settings, security features, phone calls, text messages, contact list, calendar, e-mail, and the app store.

Please register by calling 609-924-7108.

All classes will be held in the computer lab at the Suzanne Patterson Building.



### FREE LABS

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

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

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

## USEFUL INFORMATION

### Want to take a PSRC class but it doesn't fit in your budget?

PSRC has established a scholarship fund in the name of our honorees at the 40th anniversary gala. If you would like to take a class but need financial assistance, please speak to Executive Director Susan Hoskins.

### McCaffrey's Receipts and More

You can support PSRC all year by bringing us your McCaffrey's receipts, used ink cartridges, and by making Comcast payments at Spruce Circle. We also accept durable medical equipment for Goodwill.

We are also participating in the One Princeton debit card program. If you designate PSRC as your charity we will receive the contributions.

*(Sorry we no longer accept cell phones & small electronics.)*

### Quick Reference Guide to Area Resources

Access Princeton 609-924-4141  
Arts Council of Princeton 609-924-8777  
Cornerstone Community Kitchen 609-924-2613  
Crisis Ministry 609-921-2135  
Community Without Walls 609-921-2050  
Funeral Consumers Alliance 609-924-3320  
Senior 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 1-877-222-3737  
NJ Consumer Affairs 1-973-504-6200  
NJ Health & Senior Services 800-792-8820  
One Table Café 609-924-2277  
PAAD 1-800-792-9745  
Princeton Human Services 609-688-2055  
Princeton Police (non-emerg.) 609-921-2100  
Princeton Public Library 609-924-9529  
Reassurance Contact 609-883-2880  
Ride Provide 609-452-5144  
Senior Citizen Club 609-921-0973  
Social Security 1-800-772-1213

# PRINCETON SENIOR RESOURCE CENTER

## JANUARY 2015

| MONDAY                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                               |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Table Tennis</b> at SPB<br>Monday 10:30-3<br>Wednesday 10:30-3<br>Friday 10:30- 1:45<br>-----<br><b>Early Bird Aerobics:</b><br>8:00am daily at SPB                                                                  | <b>LOCATIONS</b><br>HBH = Harriet Bryan House<br>PPL =Princeton Public Library<br>RC = Redding Circle<br>SC = Spruce Circle<br>SPB = Suzanne Patterson<br>RWJH = Robert W. Johnson<br>Fitness/Wellness Center |                                                                                                                                                                                                                                                                           | <b>CLOSED</b><br><br><i>Happy New Year!</i>                                                                                                                                                            | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise – SC<br><b>1:00 Movie - SPB</b><br>1:00 Knit Wits – SC<br>2:00 Men in Retirement -MH<br>2:00 Bridge Lessons – SPB                            |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing - SPB<br>11:30 Chair Exercise – SC<br>1:30 Wordplay - SPB<br>1:00 Let's Talk Eng. – SC                                                                                      | 8:45 High Low Go – SPB<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:00 Bridge/Mah Jongg –SPB<br>1:00 Computer Lab – SPB                                                                             | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC<br><b>12:30 Opera Video - SPB</b><br>1:30 Art with Bob – SPB<br>2:45 Let's Talk Too –SC<br>4:30 Memoir Writing- SPB<br>5:30 Bridge Lessons – SPB                                                                             | 8:45 High Low Go – SPB<br>9:45 Cosmology – SPB<br><b>10:00 Intro to i-Pad -SPB</b><br>10:00 Yoga – SPB<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah - SPB<br>2:00 Retired, What Next? –RWJH | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>10:30 Active Wisdom - SPB<br>12:00 Chair Exercise – SC<br>1:00 Knit Wits – SC<br>2:00 Tai Chi<br>2:00 Bridge Lessons – SPB                                        |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing – SPB<br>11:30 Chair Exercise – SC<br>1:30 Wordplay - SPB<br>1:00 Let's Talk English – SC<br>1:30 Caregivers – SPB<br>1:30 Happiness Project-SPB                            | 8:45 High Low Go – SPB<br>10:30 TED Talk – SPB<br>11:00 Chair Yoga – HBH<br>1:00 Bridge/Mah Jongg – SPB<br>1:00 Computer Lab – SPB<br>2:30 Health Screenings – SC<br>7:00 Wills & Estates – PPL               | 9:15 Aerobics – SPB<br><b>10:00 More about i-Pad - SPB</b><br>10:30 Let's Talk – RC<br><b>12:30 Opera Video - SPB</b><br>1:30 Art with Bob – SPB<br>2:45 Let's Talk Too – SC<br>4:30 Child. Aging Parents – SPB<br>4:30 Memoir Writing – SPB<br>5:30 Bridge Lessons – SPB | 8:45 High Low Go – SPB<br>9:45 Cosmology – SPB<br>10:00 Yoga – SPB<br>11:00 Widow Support – PPL<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah – SPB                                          | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise – SC<br><b>12:00 Lunch &amp; Learn -SPB</b><br>1:00 Knit Wits – SC<br>2:00 Bridge Lessons - SPB<br>2:00 Tai Chi                              |
| <b>CLOSED</b><br><br><b>Martin Luther King Day</b>                                                                                                                                                                      | 8:45 High Low Go – SPB<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:00 Bridge/Mah Jongg – SPB<br>1:00 Computer Lab – SPB<br>1:00 Grandparent Grp. - SPB                                             | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC<br><b>12:30 Opera Video -SPB</b><br>2:45 Let's Talk Too – SC<br>4:30 Memoir Writing- SPB<br>5:30 Bridge Lessons – SPB                                                                                                        | 8:45 High Low Go – SPB<br>9:45 Cosmology – SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah - SPB                                                                       | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>10:30 Active Wisdom - SPB<br>12:00 Chair Exercise – SC<br><b>12:00 Lunch &amp; Learn -SPB</b><br>1:00 Knit Wits – SC<br>2:00 Bridge Lessons - SPB<br>2:00 Tai Chi |
| 19                                                                                                                                                                                                                      | 20                                                                                                                                                                                                            | 21                                                                                                                                                                                                                                                                        | 22                                                                                                                                                                                                     | 23                                                                                                                                                                                                                                                   |
| 9:15 Aerobics – SPB<br>10:30 Pencil Drawing - SPB<br>11:30 Chair Exercise – SC<br>1:30 Wordplay - SPB<br>1:00 Let's Talk English – SC<br>1:00 Bereavement – SPB<br>1:30 Happiness Project-SPB<br>7:00 Intro Retire –PPL | 8:45 High Low Go – SPB<br>10:30 TED Talk - SPB<br>11:00 Chair Yoga – HBH<br>1:00 Computer Lab – SPB<br>1:00 Bridge/Mah Jongg – SPB                                                                            | 9:15 Aerobics – SPB<br>10:30 Let's Talk – RC<br><b>12:30 Opera Video - SPB</b><br>2:45 Let's Talk Too – SC<br>4:30 Memoir Writing– SPB<br>5:30 Bridge Lessons – SPB                                                                                                       | 8:45 High Low Go – SPB<br>9:45 Cosmology – SPB<br>10:00 Yoga – SPB<br>12:30 Duplicate Bridge – SPB<br>1:00 Art with Hannah - SPB                                                                       | 9:15 Aerobics – SPB<br>9:30 Let's Talk Eng. Too –RC<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise – SC<br>1:00 Senior Citizen Club - SPB<br>1:00 Knit Wits – SC<br>2:00 Tai Chi<br>2:00 Bridge Lessons - SPB                                   |
| 26                                                                                                                                                                                                                      | 27                                                                                                                                                                                                            | 28                                                                                                                                                                                                                                                                        | 29                                                                                                                                                                                                     | 30                                                                                                                                                                                                                                                   |



Princeton Senior Resource Center  
45 Stockton Street • Princeton • NJ • 08540



Non-Profit Organization  
U.S. Postage  
PAID  
Trenton, NJ  
Permit No. 114



**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  | Michael Kenny     |
| Don Benjamin       | Norman R. Klath   |
| Rich Bianchetti    | Jay Kuris         |
| Ruth Bronzan       | Robert Levitt     |
| Hendricks S. Davis | Stephanie Lewis   |
| Rebecca Esmi       | Henry Opatut      |
| Paul Gerard        | Dave Saltzman     |
| Jane Gore          | Nakkia Smith      |
| Audrey Hollowell   | Al Stark          |
| Lynne Hirayama     | Maggie Van Dagens |
| Allen Jacobi       | Fiona Van Dyck    |
| Edith Jeffrey      |                   |

## T'AI CHI IS COMING BACK!!!

8 -week session beginning **Friday, January 9 at 2:00 p.m.**

*Did you know that practicing T'ai Chi can help you:*

- Improve your balance
- Develop better focus and concentration
- Increase your circulation and lung capacity
- Integrate your mind, body and Spirit
- Relax and lower blood pressure
- Stimulate the internal organs
- Eliminate depression with regular practice.

Please call 609-924-7108 to sign up for this class.

**Location: Suzanne Patterson Building**

## EVERYBODY WANTS A GRANDPAL !

More classes are asking for GrandPals! We are seeking volunteers for Community Park School on Wednesday mornings at 10:00, starting in January, and for an as-yet-undecided time and day at Johnson Park, also starting in January.

If you are interested and have the time to commit to this extra special reading program with kindergarteners, please contact Olivian Boon at 609-924-7108.