

Please join us for
HIGH TEA, FINE SILVER AND COINS
to benefit PSRC

Wednesday, January 25, 2017

1:30 to 4:30 p.m.

PSRC • 45 Stockton Street • Princeton

\$35 per ticket

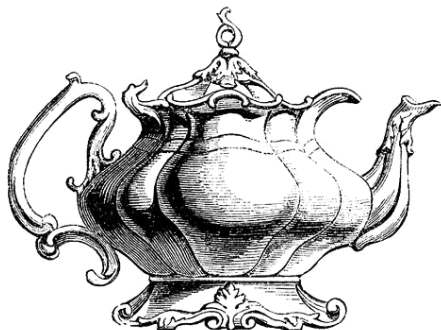
\$50 for Preferred Ticket *

Come enjoy a scrumptious tea and an hour-long presentation from

Rago Arts & Auctions experts

touching on the rich history of silver tea equipage, the factors
that determine the value of silver and coins,
how to identify marks and more.

** Preferred ticket holders will receive a verbal valuation
of their own tableware, objects of vertu and silver coins.*



R.S.V.P. princetonsenior.org

or call 609.924.7108

Snow date: Wednesday, February 1st



Thank you to our event sponsors:

Dr. Robert Platzman-Central Jersey Medicine & Geriatric, LLC.,
McCaffrey's Food Markets, Mercedes-Benz of Princeton, Independence Home Care,
Acorn Glen, Oasis Senior Advisors, Merwick Care & Rehabilitation

SPECIAL SPEAKER

Helen Schwartz
Art Historian and Journalist

**"The Death of
Impressionism"**

Friday, January 13
10:30 a.m.

at PSRC

in tandem with

Michener Museum Exhibit

"The Death of Impressionism"

Private guided tour and luncheon

Friday, January 20

at 11:00 a.m.

(limited to 20 people)

\$15 per ticket ~ Talk only

\$50 per ticket ~ Tour & Lunch

to benefit PSRC

See p. 4 for details.

**JANUARY
OPERA FILM
FESTIVAL**

is back!

Every Tuesday in January
at 1:00 p.m. at PSRC

Boito ~ Mephistofele

Puccini ~ Manon

Verdi ~ Simon Boccanegra

Rossini ~ La Donna del Lago

PLUS

a Special Screening Event



*Grateful thanks to George Goecke
for producing this
program, and to
Friends of Princeton Opera
for co-sponsoring it.*

Suzanne Patterson Building

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.924.7108

Monday - Friday
9:00 a.m. to 5:00 p.m.



Spruce Circle Office

179 Spruce Circle
(off Harrison St.)
Phone: 609.252.2362

Monday - Friday
10:00 a.m. to 4:30 p.m.
info@princetonsenior.org
princetonsenior.org

*A non-profit organization
serving our community*

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From the Director Home Care

One of the keys to successful aging in place is having the right people on your support team. It recently occurred to me that we know many professionals who provide a wide array of services in the home, but a person who doesn't do this work every day doesn't necessarily know they exist, or is faced with a bewildering collection of titles. Many give up because it feels too daunting to begin to sort out.

This month, we offer a guide to some of the people who can help you. We also urge you to make an appointment with one of us, the PSRC care coordinators, to review your needs, create a plan and help you connect with the right professionals.

These are the professionals

Geriatric Care Manager—Often a nurse or social worker, a GCM will be your care coordinator, identifying what you need and linking you to needed services. A GCM will be your advocate and communicate with others on your team. This is especially helpful if there are no family members nearby to fill this role.
Discharge Planner—If you are hospitalized and need to move to

rehabilitation or have home care, this person (often a nurse) will help make those arrangements, as well as review medications and plans for follow up care.

Home Visit Professionals—

Following a hospitalization, you may be treated at home by a physical therapist, occupational therapist, social worker, or nurse through a Medicare approved home care organization. You can choose to continue these services after the initial covered period if you pay out-of-pocket or with long term care insurance.

There are also many professionals who will make home visits for those who cannot leave home, including **primary care physicians, counselors/therapists, massage therapists, hairdressers, trainers and yoga coaches** and others.

Hospice care is designed to be provided primarily at home when a person is nearing the end of life. It includes services from a nurse, social worker, home health aides, chaplain, physician and others.

Home Health Care—**Home health aides** and **companions** help with cooking, shopping and companionship, home health aides also assist with personal

care such as bathing and dressing.

Visiting Nurse—Can come in to care for medical needs such as wound care or periodically set up medication boxes.

Certified Aging in Place Specialist

– Provides advice on home modifications that can make your home safer for you as you age. Some contractors have achieved this certification, others will create a plan and coordinate the contractors.

Certified Senior Advisor –

Provides guidance on selecting the

right senior living community for you.

Professional Organizer-- Can help you downsize, organize, determine what to discard.

Bookkeeper/Paperwork

Manager—Will help you keep track of and pay bills and manage your paperwork.

Lawn care, Housekeeper,

Handyman—Consider hiring these folks to keep your home and yard in shape.

Volunteers—**PSRC HomeFriend** volunteers stop in for a weekly friendly visit or other defined task.

Crosstown—door to door car service for rides within Princeton when you no longer drive.

Meals—From weekday hot lunch to food delivery to meal preparation

services, there are options when it is hard to cook for yourself.

Family, friends, neighbors, faith

faith and other communities—Most important of all are these networks, and the others (such as Community Without Walls) that coordinate care, provide transportation and meals, and do the many other things that make it possible for you to remain at home.

You can see that there are a wide range of resources to support aging in place. Please set up a meeting with one of us to help you create a plan and connect to the best resources to meet your needs.

Susan W. Hoskins, LCSW
Sharon Hurley, CVA
Dave Roussell, MSW
**PSRC's Support & Guidance
Services Team**

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Reception and Office Assistant



**Holiday Party
2016**



Laura Hawkins Photography

EARLY BIRD AEROBICS INVITATION

Is your New Year's resolution to work out more? Join the Early Birds from 8:00 - 8:45 a.m. Monday through Friday at SPB. This class is a more vigorous workout than the 9:15 class. We welcome participants of all ages and whether you live in or outside of Princeton. Class fee is \$55 per month or \$5 per session through January. Try it out!

January Events and Programs



Register for all programs online at princetonsenior.org



FIRST FRIDAY FILM

Friday, January 6 at 1:00 p.m.

"MR. CHURCH"

When a young girl and her dying mother are joined by a black male cook who comes to live with them, little do they know their lives are about to change forever. Starring Eddie Murphy. (1 hour 44 minutes)

SPECIAL SPEAKER AND TRIP

Didn't get into Helen Schwartz's Evergreen Forum class this fall? Join us on **Friday, January 13 at 10:30 a.m.** for her lecture at PSRC on *The Death of Impressionism? Disruption & Innovation in Art*, the current exhibition at the James Michener Museum in Doylestown, PA. Helen will examine the history and significance of works by the community of turn-of-the-century Bucks County Impressionist painters within the context of the modernist styles that followed.

Enhance your appreciation of the subject with a visit to the museum. Join us on **Friday, January 20 at 11:00 a.m.** for a private docent tour of the Michener exhibit, followed by a luncheon in the Terrace Café. Tickets: \$15 for Lecture (to benefit PSRC); \$50 for Lecture, private tour, museum admission and lunch. Limit 20 people. Purchase tickets at princetonsenior.org.



LUNCH AND LEARN

Friday, January 13 at 12 noon

PARKINSON'S EXERCISES with Denise Cheskis of Progression

Physical Therapy of Princeton will present an informative lecture about Parkinson's Disease: what it is, the symptoms, stages, diagnosis and treatments available. Denise will also offer a demonstration and practice of specific exercises.

Sponsored by Progression Physical Therapy



LUNCH AND LEARN

Friday, January 20 at 12:30 p.m.

SENIOR HOUSING OPTIONS

Hilary Murray, Director of Community

Relations at Brandywine Senior Living will present an overview and an explanation of financial structures (entrance and monthly fees) and criteria associated with each type of housing, including Active Adult Communities, Continuing Care/Life Care Retirement Communities, Assisted Living with Dementia Care Residences, and stand alone Dementia Care Residences.

Sponsored by Life St. Francis

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

PROGRAM HIGHLIGHT: January Opera Film Festival

Tuesday, January 3: Arrigo Boito ~ Mefistofele (in Italian): Samuel Ramey, Gabriela Beneckova, Dennis O'Neill. Chorus and Orchestra of the San Francisco Opera, Maurizio Arena, conductor. 159 minutes.

Tuesday, January 10: Giacomo Puccini ~ Manon Lescaut (in Italian): Renato Scotto, Plácido Domingo, Pablo Elvira, Renato Capecchi. 1980 Metropolitan Opera Orchestra and Chorus, James Levine, conductor. 132 minutes.

Tuesday, January 17: Giuseppe Verdi ~ Simon Boccanegra (in Italian): Sherrill Milnes, Anna Tomowa-Sintow, Vasile Moldoveanu, Paul Plishka. 1984 Metropolitan Opera Orchestra and Chorus, James Levine, conductor. 150 minutes.

Tuesday, January 24: Gioachino Rossini ~ La Donna del Lago (in Italian): Rockwell Blake, Giorgio Surjan, Chris Merritt, June Anderson. 1992 Teatro Alla Scala Orchestra and Chorus. James Levine, conductor. 167 minutes.

Tuesday, January 31: Special Screening: Karajan, or Beauty as I See It, a documentary film by Robert Dornhelm on the life and art of legendary conductor Herbert Von Karajan.



TED TALKS

Tuesdays at 10:30 a.m.

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

Facilitated by Helen Burton . This month's topics:

JANUARY 3: Bunker Roy: *Barefoot College~ How it works*

JANUARY 10 ~ Danielle Feinberg: *The magic ingredient that brings Pixar movies to life*

JANUARY 17 ~ Richi Manchanda: *What makes us get sick? Look upstream*

JANUARY 24 ~ Alyssa Monks: *How loss helped one artist find beauty in imperfection*

JANUARY 31 ~ Adam Galinsky: *How to speak up for yourself*

IPAD CLASSES

INTRO TO iPad

Thursday, January 19 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, January 26 at 10:00 a.m.

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

Instructor: Barbara Essig.

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



RETIREMENT PROGRAMS

MEN IN RETIREMENT

No regular meeting this month; due to group holiday party. (Usual meeting on the first Friday of each month at 2:00 p.m.)

Location: Please check PSRC website for location

WOMEN IN RETIREMENT

Friday, January 20 at 10:30 a.m.

Are your ducks in a row for the second half of life? Come and listen to estate planning and elder law attorney, Fiona Van Dyck, as she explains how to care for yourself and your spouse and how to maximize the assets you leave your children...plus how to protect their inheritance from less trustworthy spouses or creditors. In addition, uncover the secret source of paying for long term care costs that may be hidden in your retirement plan. All women are welcome.

TRANSITION TO RETIREMENT

Friday, January 20, 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 3:00p.m. through May (except when it will meet on January 9 due to PSRC January 2 holiday.)

LOOKING AHEAD

AARP TAX ASSISTANCE

Every Friday morning, 9:00 a.m. to 1:00 p.m. from February 3 - April 7 by appointment at PSRC. Free.

FIRST FRIDAY FILM

Friday, February 3 at 1:30 p.m.
"Breakfast at Tiffany's"

The classic with Audrey Hepburn.

GADGET SUPERLAB

Wednesday, February 8, 10:30 a.m.
Bloomberg volunteers help with any and all tech gadgets.

LUNCH AND LEARN

Friday, February 10, 1:00 p.m.

MANAGING THE FINANCIAL PAPERWORK with Nancy Sobrin, Owner, Professional Paperwork Services

PLANNING FOR YOUR FINANCIAL FUTURE

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

A panel discussion led by Jane Gore. MBA, Wealth Advisor, Nolan Wealth Management.

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



Computer Guru: Getting Connected Wirelessly

Last month, we explained how a router connects the local area network inside your home to the Internet over a coax cable provided by your Internet/TV service provider. But if you're away from home, walking around Princeton (or any place else in the world) how do you connect your mobile gadgets to the Internet? That's what this article is all about: Connecting without wires.

4G

You've probably heard about 4G and its predecessors 3G, 2G (you get the point) These are wireless Internet services for smartphones (and a few tablets) that you get **from your cell phone provider**, such as Verizon, Sprint, AT&T. With 4G service, you can read your E-mail, watch a YouTube video, or search the Web as long as you're within your provider's service area. Most 4G providers offer service plans that charge for the amount of data you use. A typical plan may allow you to use up to, say, 2 gigabytes of data each month for \$30. (That's enough for one feature-length movie, or 400



Cell phone tower

camera pictures that you want to share, or lots of Web searches, or thousands of emails.) The more data you want each month, the more it costs. Virtually all smart phones use 4G. Some tablets are available with 4G connectivity, but most use only Wi-Fi.

Wi-Fi

Wi-Fi is a short range wireless technology that connects your mobile devices to a **local area network** (LAN) and the **Internet**. The Wi-Fi radio signal is broadcast by a wireless router that usually covers a radius of 100 feet or less—an area also called a “hot spot.” If you have Internet service in your home, you probably have a Wi-Fi router. Unlike 4G service, you don't pay for the amount of data you use with Wi-Fi, but rather for the speed of your Internet service, which is measured in megabits per second. Therefore, when you're home, you should enable Wi-Fi service on your smart phone in addition to your tablet and laptop so you're not using (and paying for) your cell phone provider's data service.

Free public Wi-Fi hot spots



Wi-Fi Router

abound. Every Starbucks has one, as do many restaurants, schools, and, of course, PSRC. But there's a downside to public Wi-Fi hot spots: Unlike your home Wi-Fi, public Wi-Fi usually doesn't require a passcode. This means public Wi-Fi is *unsecured*, which means the data connection between your mobile device and the public Wi-Fi router *isn't encrypted*. That's OK for run-of-the-mill Web surfing, non-confidential E-mails, and watching kittens on YouTube, but not for on-line banking, file transfers, or other sensitive communications.

Bluetooth

Bluetooth connects *devices* to each other, such as cell phones, wireless earphones, or keyboards, mice, and speakers to your computer or tablet. Bluetooth signals usually cover no more than 30 feet or less. They're not encrypted, which isn't a problem because they typically don't carry sensitive data, but must usually be *paired* with the device(s) they connect to. PSRC's computer lab team is always glad to help you with your wireless connection questions.



Bluetooth earphone

INTRODUCTORY CLASS IN MICROSOFT WORD~ Wednesday, January 18, 1:00 - 2:30 p.m. Free.

Whether you use Microsoft Word to write a letter or a novel, understanding the basics—especially styles, templates, and lists—makes your time at the keyboard enjoyable and vastly simpler. This is a hands-on class designed for Microsoft Word versions 2007, 2010, 2013, and 2016 for Windows, and versions 2008, 2011, and 2016 for Mac. Bring your laptop, (with Word installed) for a hands-on experience as you follow our examples. If you can't bring your computer, you'll still learn a lot. The class will cover: styles, templates, lists, tables, page layout, pagination, other goodies. Instructor: Don Benjamin. Class size is limited.

Registration is mandatory in order to ensure a space; register at princetonsenior.org.

Ongoing Classes

Register for all programs and classes online at princetonsenior.org

*January 1, 2017 is the beginning of a new quarter for PSRC classes. Please register 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.*

\$55/month, or \$5/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 I : *Wednesdays, 2:30 p.m.*
\$36/residents, \$48/non-residents
(class is full.)

Painting with Christina: *Wednesdays, 1:30 p.m.*
Painting with watercolor and acrylics.
\$72 residents, \$96/non-residents

Art with Hannah: *Thursdays at 1:00 p.m.*
\$72 residents, \$96/non-residents

Cosmology: *Thursdays at 9:45 a.m.*
\$5/quarter. Peer-led science discussion.
Contact brucewallman@gmail.com for info.

NEW BOOK DISCUSSION GROUP

THE FOUR THINGS THAT MATTER MOST - 10TH ANNIVERSARY EDITION:

A BOOK ABOUT LIVING BY IRA BYOCK, MD
Wednesdays at 1:00 p.m. for 6 weeks, January 11 through April 12. \$36/residents; \$48/ non-residents.

Four simple phrases: "Please forgive me," "I forgive you," "Thank you," and "I love you," carry enormous power. Dr. Byock, a palliative care thought leader, believes these four phrases and the sentiments they convey provide us with a clear path to emotional wellness, and can guide us to and a conscious way of living with integrity and grace. Thus, we can focus on what really matters most in our lives every day. Facilitated by Helen Burton. Class size limited to 12. Register online at princetonsenior.org.



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 in February.*



HEARING SCREENINGS ~New!

EXPERIENCING HEARING PROBLEMS?

Do you want to know if you need a full hearing test, want to know if it's only wax? New screening equipment has been developed that is essentially a pass/fail for 4 different tones. It's a very quick process (about 1 minute.)

Hearing Screenings will be held on the 4th Monday of each at Spruce Circle, *by appointment*, from 12:30-1:30 pm. Call Dr. Farah M.H. Said, Clinical and Rehab Audiologist, to schedule your quick screening: **908.547.0202**.

MEMORY SCREENINGS

Memory screenings are part of a regular wellness check-up. The screening is non-invasive, consists of a series of questions and tasks, and takes five to ten minutes to administer. Screenings are held by appointment with Dave Roussell, MSW, LSW, on the 4th Wednesday morning of the month at PSRC's Spruce Circle office.

Please call 609.252.2362 to schedule.

MAKING A DIFFERENCE

Thank you to the residents of our community for their generous donations of yarn/supplies, and to Bank of America/Merrill Lynch for collecting yarn donations during their annual community service event.

These donations made it possible for the PSRC Knit Wits group to create beautiful hand-knitted items throughout the year. In 2016, Knit Wits donated to Anchor House, Better Beginnings Child Development Center, Boys & Girls Club of Mercer County, Budgeting for Babies (a military newborn program), Christian Friends of Korea, Guadalupe Family Services, NJ Veterans Memorial Home, PSRC, Spruce Circle residents, and the Trenton Area Soup Kitchen (TASK).

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

BEREAVEMENT

Monday, January 23 at 1:00 p.m. (due to MLK holiday on January 16) (Usually third Monday of each month.)

Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, January 9 at 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, January 11 at 4:30 p.m.

(Usually second Wednesday of the month.)

Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 - 12 noon Call 609.937.8496 to attend

Elm Court

GRANDPARENTING

Tuesday, January 17 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

No regular meeting in January.

(Usually first Friday of each month at 2:00 p.m.)

Call PSRC or check website for location

TRANSITION TO RETIREMENT

Friday, January 20 at 3:00 p.m.

(Third Friday of each month.)

Suzanne Patterson Building

WIDOWS: NEXT CHAPTER

Tuesday, January 10 & January 24 at 10:30 a.m.

(Second and fourth Tuesdays of the month.)

Spruce Circle

WOMEN IN RETIREMENT

Friday, January 20 at 10:30 a.m.

(Third Friday of each month.)

Suzanne Patterson Building

MEDICARE ADVANTAGE DISENROLLMENT PERIOD

This runs from January 1 to February 14 each year. At this time you can choose to dis-enroll from a Medicare Advantage plan and return to Original Medicare. If you switch to Original Medicare during this time, you have a chance to join a Medicare Part D plan to add drug coverage.

During this time you cannot join a new Medicare Advantage plan, switch Medicare Advantage plans or switch Medicare Part D plans. For further information or to discuss if this would benefit you, please call us at **609.393.1626** to make an individual appointment with a SHIP counselor.



TRANSPORTATION

CROSSTOWN

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

DAYTIME FREE-B BUS

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



PARTNERS-IN-CARING

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you.

Whether it's a single question we can answer in a phone call, a detailed professional consultation about options, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

- ◆ Information and Referrals
- ◆ Counseling and Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support & Wellness Groups
- ◆ Transitions – support with the inevitable transitions throughout the life span
- ◆ Volunteer Visitors

Call for more information: 609.924.7108 or 609.252.2362.

Access Princeton:

609.924.4141

Affordable Housing

609.609.688.2053

Central Jersey Legal Services:

609.695.6249

Community Without Walls:

609.921.2050

Cornerstone Community Kitchen:

609.924.2613

Crisis Ministry:

609.921.2135

Funeral Consumers Alliance:

609.924.3320

Mercer County Nutrition Program:

609.989.6650

Mercer County Office on Aging:

609.989.6661 or 877.222.3737

NJ Consumer Affairs:

973.504.6200

NJ Division of Aging

Services: 800.792.8820 x352

One Table Café:

609.924.2277

PAAD:

800.792.9745

Princeton Community Housing

609.924.3822

Princeton Housing Authority

609.924.3448

Princeton Human Services:

609.688.2055

Princeton Police

(non-emergency):

609.921.2100

Princeton Public Library:

609.924.9529

Reassurance Contact:

609.883.2880

Ride Provide:

609.452.5144

Senior Care Ministry:

609.921.8888

Senior Citizen Club:

609.921.0973

Social Security:

800.772.1213

S.H.I.P (Medicare):

609.393.1626

Questions? Call PSRC! 609.924.7108



FINANCIAL MATTERS – THANK YOU!

Grants received during 2016 help provide the backbone of professional support for PSRC signature programs. Foundation grants provide 10% of the operating support for PSRC

We extend grateful thanks to:

The Princeton Area Community Foundation, PNC and Junior League of Greater Princeton for supporting GrandPals;

The Fred C. Rummel Foundation, David Mathey Foundation, the Curtis W. McGraw Foundation, the Otsuka America Foundation, and The Dorothea Van Dyke McLane Foundation for their Partners in Caring support;

The Unitarian Universalist Church of Princeton for supporting HomeFriends;

Janssen Pharmaceuticals and WellCare Health Plans for supporting family caregiver services and PSRC's Fall Conference on family caregivers;

PACF for a Path to Impact Capacity building grant which has been used to improve our identity and marketing strategies;

The Gordon and Llura Gund Foundation for organizational capacity building;

Bloomberg Corporation, J.A. Padhoven Fund of the Princeton Area Community Foundation, and the **Lundy** family and friends, for supporting technology improvements for staff and the computer lab.

Additionally, several families give to PSRC through private family charitable gift funds for general operating or specific programs. Many of you give to a particular program in memory of, or to honor someone. The **Lundy Fund** is a good example, as it was established and accepts donations to honor the late and much beloved Barbara Lundy, coordinator of PSRC's computer lab and classes.



To all who awarded PSRC a grant, a gift or a donation of any kind or amount during 2016, we thank you for your support and generosity. Without the assistance of these grants and gifts, PSRC would not be able to provide our remarkable level of programs, care and services. Together, they help ensure that PSRC can continue to pursue our mission to be *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.*



January 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>CLOSED <i>Happy New Year!</i></p>	<p>2 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Opera Film Festival - SPB</p>	<p>4 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>5 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB</p>	<p>6 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 Movie - SPB</p>
<p>9 9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Caregivers Group - CH 19 2:00 Word Play - SPB 3:00 Transitions Book Group - SPB</p>	<p>10 10:30 Widow Support - SC 10:00 Ted Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Opera Film Festival - SPB</p>	<p>11 9:15 Aerobics - SPB 1:00 Four Things Book Group - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB</p>	<p>12 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB</p>	<p>13 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Impressionism Talk - SPB 12:00 Chair Exercise - SC 12:00 Lunch and Learn - SPB</p>
<p>16 CLOSED Martin Luther King, Jr. Day</p>	<p>17 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparent Group - SPB 1:00 Opera Film Festival - SPB</p>	<p>18 9:15 Aerobics - SPB 1:00 Four Things Book Group - SPB 1:30 Painting with Christina - SPB 1:00 WORD Class - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>19 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB</p>	<p>20 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Women in Retirement - SPB 12:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 3:00 Transition to Retirement - SPB</p>
<p>23 9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB</p>	<p>24 10:30 Widows Support - SC 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Opera Film Festival - SPB</p>	<p>25 9:15 Aerobics - SPB 1:00 Four Things Book Group - SPB 1:30 Tea & Silver Event - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>26 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More about iPad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB</p>	<p>27 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB</p>
<p>30 9:15 Aerobics - SPB 9:30 Drawing - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB</p>	<p>31 10:30 TED Talk - SPB 10:30 Chinese New Year - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Opera Film Festival - SPB</p>	<p>EARLYBIRD AEROBICS 8:00 a.m. Monday through Friday</p>	<p>TABLE TENNIS Monday 10:30 a.m. - 3:00 p.m. Wednesday 10:30 a.m. - 3:00 p.m. Friday 10:30 a.m. - 4:00 p.m.</p>	<p>LOCATIONS CH - Corner House MH - Monument Hall SPB - Suzanne Patterson Building RC - Redding Circle SC - Spruce Circle</p>



Mayors Wellness Campaign
Put your community in motion.

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

EVERGREEN FORUM SPRING 2017

JANUARY 4

Registration begins

JANUARY 30

Lottery for
over-subscribed courses

FEBRUARY 27

First classes begin



Please consult the enclosed Evergreen Forum brochure for complete course titles, descriptions and class locations.

All of the aforementioned are also available on our webpage: theevergreenforum.org, and by clicking the Evergreen Forum tab at the left on PSRC's homepage at princetonsenior.org.



CHINESE NEW YEAR CELEBRATION

Tuesday, January 31 at 10:30 a.m.

Please join us to welcome
2017 ~ Year of the Rooster
with a performance by students
from Ying Hua School, music
and traditional snacks.

Admission is free,
but reservations are appreciated.
Register at princetonsenior.org

All are welcome!