THERE IS OUR SEVENTH ANNUAL

Brunch at Home

...a delectable way to support

This is our seventh annual Brunch at Home, a delectable way to support the Princeton Senior Resource Center. Give or enjoy a delicious Brunch for Two, delivered on the doorstep by 9:00 a.m. on Sunday, March 22.

Place your order today for a beautifully appointed basket filled with:
- Quiche • Smoked Salmon
- Freshly baked goods • Fruit & fruit juice
- Gourmet tea & coffee • Sweets
- Sparkling Cider

For details and an order form, please see page 9.

Happy 10th Anniversary!
PSRC Staffers

Carol King, Bookkeeper, Next Step Coordinator

Mauri Tyler, Program Director

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I recently read Dr. Atul Gawande’s book “Being Mortal” and I highly recommend it. You may have seen him on the book-promotion circuit on Frontline, morning talk shows or on the Daily Show, or perhaps you have watched his TED talk. He is a surgeon at Brigham and Women’s Hospital in Boston and a professor at Harvard Medical School as well as a well-regarded writer. Through research and stories, Gawande describes how we—both people and medical professionals—avoid dealing with death, resulting in high costs and great discomfort. Reading the book prompted me to commit to doing more at PSRC to engage in conversations about quality of life and death.

Gawande reviews the relatively rapid changes in how we handle aging and death in the U.S. As recently as 1945 most deaths were quick, precipitous and occurred at home, but by the 1980’s, 83% were dying in hospitals. U.S. life expectancy in 1900 was under age 50; today it is past 80. Thirty years from now there will be as many people over 80 as will be under age 5. There aren’t enough people choosing geriatric medicine to treat this growing population. Gawande points out that in 1900, 60% of those over age 65 lived with family and by 1975 that number had dropped to fewer than 15%. A quarter of Medicare spending is on the 5% of patients who are in the last year of life; most of that spending is for the last couple months and are of little apparent benefit.

Societies respond slowly to such rapid change. Gawande describes the often-unintentional evolution of elder care from the 19th Century, when people went to poor houses when they did not have family caregivers and their funds ran out. Care moved from home to hospital to nursing home to assisted care, continuing care and Eden Alternatives, and back home with homecare and Village networks. Now, much care is provided by families once again. It has been exciting and challenging for me to observe these evolving transitions and develop PSRC’s role as a resource center to help people make the right choices for them.

I think we are on the brink of the next sea-change. Gawande is determined to change the way we manage end of life care. He describes what he learned from geriatricians, hospice workers, and his patients about the critical need for patients and doctors to be able to talk about the end of life and to shift the focus. “We’ve been wrong about what our job is in medicine. We think our job is to ensure health and survival. But really it is larger than that. It is to enable well-being. And well-being is about the reasons one wishes to be alive.”

Gawande quotes one geriatrician: “The job of the doctor is to support quality of life: as much freedom from the ravages of disease as possible and the retention of enough function for active engagement in the world.” As a culture, we value independence above all else. Gawande argues that what older adults really want is autonomy, the ability to make decisions, often choosing autonomy with some risk over safety. We seek purpose and worth throughout the lifespan. We want to avoid being so diminished that “who we are becomes disconnected from who we were or who we want to be.” Hospice workers focus on helping a person have the fullest possible life right now. Surveys of critically ill people indicate their top concerns include not suffering, not being a burden on others and achieving a sense that their life is complete.

“Endings are not controllable...No one ever really has control, but we are not helpless...courage is the strength to recognize both realities. The sick and aged have priorities beyond being safe and living longer; that the chance to shape one’s story is essential to sustaining meaning in life; that we have the opportunity to refashion our institutions, our culture, and our conversations in ways that transform the possibilities for the last chapters of everyone’s lives” (p 243).

It excites me to think about PSRC’s role in this change. I believe PSRC can help Princeton move toward what La Crosse, Wisconsin, achieved in the 1990s: more than 85% of residents who died had written advance directives. All patients admitted to the hospital wrote one. One doctor noted that this has made his job easier, not because the specifics are written. (they change over time and with changing circumstances), but because people have had conversations that helped them accept their mortality, navigate their anxiety, and identify what their definition of “quality of life” is. Professionals need to sit down and listen carefully and then provide information and guidance. Gawande shares questions a palliative care specialist taught him: What do you understand your prognosis to be; what are your concerns about what lies ahead; what kind of trade-offs are you willing to make; how do you want to spend your time if your health worsens; who do you want to make decisions if you can’t? He reports studies that indicate that people who had discussions with their doctors were more likely to die at peace and in control of their situation and to spare their family anguish. Those who chose palliative care actually lived 25% longer!

PSRC’s professional staff will listen to you if you want help working through these questions so you can begin the conversation with your family and doctor(s). We will help you complete an advanced directive. And this month we will start a new discussion group: Conversations on Being Mortal. We will discuss the concepts raised in the book, explore what quality of life means to each of us, and work on conquering our discomfort with talking about death and dying, and we’ll follow where that takes us. Please join us on Monday, March 23 at 2:00 p.m.

Susan W. Hoskins LCSW
HAPPINESS PROJECT
This group meets every Monday afternoon at 1:30 p.m. (March 2, 9, 16, 23, 30). We’re reading and discussing 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

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. This month’s topics:
- March 3 - Yuval Noah Harari: Bananas in heaven.
- March 10 - Jill Bolte Taylor: My stroke of insight.
- March 17 - Verna Myers: How to overcome our biases? Walk boldly toward them.
- March 24 - David Christian: The history of the world in 18 minutes.
- March 31 - Pico Iyer: The art of stillness.
For more background, visit www.TED.com. Please register by calling (609) 924-7108.
Suzanne Patterson Building

FIRST FRIDAY FILM
Friday, March 6 at 1:00 p.m.
“Anna Karenina”
Acclaimed director Joe Wright’s bold, theatrical new vision of the epic story of love, stirringly adapted from Leo Tolstoy’s great novel by Academy Award winner Tom Stoppard (Shakespeare in Love). No fee. 129 minutes. Please call to register: 609-924-7108.
Suzanne Patterson Building

DELIGHTS & DILEMMAS OF BEING A GRANDPARENT
Tuesday, March 17 at 1:00 p.m.
Sometimes it’s fun, other times the responsibility is frightening. Come share your joys, your knowledge, and your questions with others. The leader is Lenore Sylvan. Lenore brings her many years of experience as a teacher, child care advocate and grandparent to the group. No fee.
Suzanne Patterson Building

LUNCH & LEARN
Friday, March 13 at 12 noon
Life Insurance Secrets That Fund Seniors’ Health and Living Expenses
A presentation by Steve Schloss.
Did you know that there are ways to use a life insurance policy to help pay for your living and health expenses now? This presentation will explain the concepts of Life Settlements and Advance Settlement Loans, two relatively unknown solutions that apply to both term and whole life insurance.
Suzanne Patterson Building

LUNCH & LEARN
Friday, March 20 at 12 noon
Osteoarthritis of the Knee
A presentation by Dr. Mahmud Ibrahim, of Performance, Spine and Sports Medicine in Lawrenceville.
Dr. Ibrahim will present the full spectrum of this unfortunately prevalent disease: What it is; the progression of the disease; symptoms, both physical and emotional; early stage treatments and options for more permanent solutions later on. Dr. Ibrahim is Board Certified by the American Board of Physical Medicine and Rehabilitation.
There is no charge for the Lunch & Learn programs. Bring your own lunch; dessert and beverages will be provided. Registration is encouraged; please call 609-924-7108.
Suzanne Patterson Building

FREE TAX HELP for SENIORS
The Princeton Senior Resource Center and AARP are again sponsoring free tax assistance with trained AARP volunteer tax specialists for low and moderate income people in the Princeton area.
Assistance is available by appointment only every Friday (except April 3rd, Good Friday), from 9:00 a.m.—1:00 p.m. through April 10th at the Suzanne Patterson Building, 45 Stockton Street, Princeton. Please bring all tax documents with you. Electronic filing is an option. Please call to reserve your time: (609) 924-7108.
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.
GOT NEW TECHNOLOGY?
Help is here!

INTRO TO IPAD
Thursday, March 19
10:00 a.m. to 12:00 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
Thursday, March 26
10:00 a.m. to 12:00 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, March 27
1:00—3:00 p.m.
Learn the ins and outs and apps and anything else you’ll need to know about your iPhone.

FREE COMPUTER 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 PCs.
All computer classes and labs are held at the Suzanne Patterson Building.

HELPERS-FOR-A-CAUSE

Too Many Scans?
Consumer Reports also reports that about one third of CT scans are unnecessary and potentially harmful. You should be especially wary of providers who recommend a “whole body” scan. They expose you to much more radiation than regular scans and up to 80% will show an abnormality in older adults, but are often harmless, for which they will recommend further testing.

LUNCH & LEARN
Friday, April 10 at 12 noon
Sustainability Heroes ~ Diane Landis, Executive Director, Sustainable Princeton
Suzanne Patterson Building

LUNCH & LEARN
Friday, April 17 at 12 noon
Macular Degeneration
Princeton Flemington Eye Institute
Suzanne Patterson Building

NEXT STEP SPEAKER SERIES
Tuesday, April 14 at 7:00 p.m.
Sex and Aging: Changing for the Better
Melanie Davis, Ph.D. CSE, New Jersey Center for Sexual Awareness
Princeton Public Library

RENT A ROWER!
The College of New Jersey’s rowing team is available to help you get the job done while raising money for the team!
$15 an hour - till the job is finished!
Contact info:
tcnjcrew@gmail.com or call Allie at (516) 695-7195

IF YOU NEED HELP…
♦ Shoveling snow
♦ Getting your garden ready for Spring
♦ Raking leaves
♦ Moving
♦ Building

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

NEXT STEP SPEAKER SERIES
Tuesday, March 3 at 7:00 p.m.
Exercise and the Aging Athlete Presented by Michael Wylykanowitc, Jr., PT, DPT Clinical Director of Rehabilitation, Princeton JAG Physical Therapy
The presentation will cover Proper exercise programs for the aging athlete; Common injuries and prevention techniques; exercise for arthritis; and a flexibility program.
Princeton Public Library
The Next Step Speaker Series is a joint program of the Princeton Senior Resource Center and the Princeton Public Library.

MEN IN RETIREMENT
Friday, March 6 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.
Monument Hall, 45 Stockton Street, Princeton

RETired? WHAT’S NEXT?
Thursday, March 12 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. Continues on the second Thursday of each month. Led by Shirley Roberts, Helen Burton and Carol King. Please call 609-584-5900 to register. No fee.
Robert Wood Johnson Health & Wellness Center: 3100 Quakerbridge Road, Hamilton

VOLUNTOURISM: COMBINE TRAVEL AND SERVICE AND SEE THE WORLD IN A NEW LIGHT.
Thursday, March 12 at 7:00 p.m.
Voluntourism combines voluntary service to a destination and its people with the traditional elements of travel and tourism - arts, culture, geography, history, and recreation. You will learn about a different country and culture, and go home with a different perspective on your own culture. No fee. Presenter: Carol King.
Robert Wood Johnson Health & Wellness Center: 3100 Quakerbridge Road, Hamilton

TRANSITION INTO RETIREMENT
Friday, March 20 at 3:00 p.m.
This monthly group deals with issues in making the adjustment to retirement. Group leader is Dr. John George, Licensed Psychologist. Please call to register 609-924-7108. No fee.
Suzanne Patterson Building

USEFUL INFORMATION

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609-924-4141
Arts Council of Princeton: 609-924-8777
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 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): 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
State Health Insurance Program: 609-924-2098
Sustainable Princeton: 609-454-4757
**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.
- 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: Fridays 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**
- Drawing with Pencil: Mondays at 10:30 a.m. 8 weeks: $45/residents, $60/non-residents.
- Word Play (poetry group): Mondays at 1:30 p.m. $20/year for copying costs.
- Currents: Mondays, 1:30 - 3:30 p.m. No charge. Peer-led current events discussion group (off-site). Group is full. Please contact barrydrclean@me.com.
- Computer Lab: Tuesdays from 1:00 - 4:00 p.m. Fridays from 10:00 a.m. - 12 noon. Drop-in for help & practice. No charge.
- Memoir Writing: Wednesdays at 3:30 p.m. No charge. Group full, wait list only.
- Cosmology: Thursdays at 9:45 a.m. No charge. Peer-led science discussion group. Contact Bruce Wallman for info. Brucewallman@gmail.com.
- Art with Hannah: Thursdays at 1:00 p.m. 8 weeks: $45/for residents; $60/non-residents
- Active Wisdom II: 2nd & 4th Fridays of the month at 10:30 a.m. Class full, wait list only.

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

**Games**

**SUZANNE PATTERSON BUILDING**
- Social Bridge: Tuesdays, 1:00 - 4:00 p.m. Free.
- Mah Jongg: Tuesdays, 1:00 - 4:00 p.m. Drop-in. Free. BYO cards & set.
- Scrabble: Tuesdays at 12:00 noon. Free.

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.
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 under transportation, or www.gmtma.org/pg-bus-mercer.php.

MEDICARE AND WORK
Many people continue to work after age 65. Check with your benefits manager and a SHIP counselor about how your employee coverage and Medicare fit together. According to Consumer Reports (3/15) you should make sure you (and your spouse) sign up for Medicare before your last day of work because COBRA and your supplemental insurance expect Medicare to pay first.

CROSSTOWN UPDATE
PSRC and Greater Mercer TMA are pleased that Ride Provide has been awarded the contract to continue to provide the Crosstown Service to Princeton residents. The program is expanding to include some medical appointments in Plainsboro and Lawrenceville. More details will be available soon, or call Ride Provide at 452-5144.
We have been “Sprucing Up” PSRC’s Spruce Circle office. Stop and check out our many programs from social groups to chair exercise or just visit with our Social Service Staff to discuss local resources to help you or your loved one age in place in our wonderful community!

Spruce Circle staff (Left to right): Soni Pahade, Susan Friedman, Fran Angelone

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**Chinese New Year at PSRC**

Thank you to everyone who participated in our celebration: the students and teachers from YingHua International School for their wonderful dances and stories; performers Erik Zhou, Jifang Cao and Susan Bu; Tak Yue for help with organizing; and to the audience, for celebrating with us!

YingHua student drummers

Erik Zhou, artist and T’ai chi master

Susan Bu and Jifang Cao

Our multigenerational audience

Painting Chinese characters

PSRC friends and family enjoying the performances
Please join us for
A celebration of Jeanne Calo’s
Life and Art

Sunday, April 19th
3:00 - 6:00 p.m.
at the Suzanne Patterson Building
Paintings will be for sale; all proceeds will go
to the Princeton Senior Resource Center.
Cash or checks only, please.

Volunteers Wanted!
The PSRC Development team has great volunteer committees. Please join in! We have just the right opportunity for anyone who wants to participate. We are seeking people:

- For **Brunch at Home** to:
  - Help obtain items for baskets
  - Pick up items
  - Plant lawn signs and drop brochures
  - Write for the PSRC Spring Journal
  - Solicit sponsors and advertisers
  - Assemble or deliver baskets **March 22**

- For our **BBQ and Line Dancing** event to:
  - Help plan or publicize
  - Write for PSRC Summer Journal
  - Help with setup/centerpieces/decorations
  - Volunteer at event **June 14**

- For our **Gala Auction** Committee to:
  - Help obtain auction items
  - Photograph and write descriptions of items
  - Publicize the **October 18** event

- For our Fall Conference on **November 14**

Call Sharon or Barbara at (609) 924-7108 for more information.

Upcoming Events

June 14: BBQ and Line Dancing
5:00 to 9:00 p.m. $40 per person
Place your order today for a beautifully appointed basket for two filled with:

- Quiche
- Smoked Salmon
- Freshly baked goods
- Fruit & fruit juice
- Gourmet tea & coffee
- Sweets
- Sparkling Cider

Delight family, friends or clients by giving them a basket as a special gift. We’ll send them a lovely gift card to let them know in advance that brunch will be delivered to them that morning.

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Delivery Areas

- Princeton
- Lawrence Township & Lawrenceville
- Kingston
- Skillman & Rocky Hill
- Plainsboro & West Windsor
- Pennington & Hopewell
- East Windsor & Monroe Township

For deliveries beyond these areas, please call 609.924.7108 to make arrangements. A delivery charge will be assessed for areas beyond the towns listed above.

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Option to Pick Up

To pick up your basket(s), check the box on the order form or call us at least 10 days in advance.

Pick up is between 8:30 - 10:00 a.m. Sunday, March 22nd at PSRC - Suzanne Patterson Building, 45 Stockton Street, Princeton.

PSRC is an independent, non-profit, 501(c)(3) organization. For tax purposes, $27 of each basket is deductible.
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**Turn your clocks ahead 1 hour on 3/8**
EVERYBODY WANTS A GRANDPAL!

More classes are asking for GrandPals!
We are seeking volunteers for:

Community Park School
Wednesdays at 10:00 a.m.

Johnson Park School
Mondays at 1:00 p.m.

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