

# Mature Princeton

THIS IS OUR SEVENTH ANNUAL

## BRUNCH AT HOME

...a delectable way to support



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*

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

**March  
2015**

**Coming Soon.....**

**DRIVEN TO EXCELLENCE!**

A new partnership for  
the 2015-16 season...



&

**McCARTER**  
THEATRE CENTER  
GROUP SERVICES

Enjoy Tony Award-  
winning theater  
and leave the driving  
to us!

*Details to follow  
in an upcoming  
Mature Princeton...*

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## ON BEING MORTAL



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 19<sup>th</sup> 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 doc-

tor 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 the 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

## MARCH PROGRAM HIGHLIGHTS

### 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](http://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.



### 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.

*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.*

## COMPUTER CLASSES

### 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.*



#### 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.

## LOOKING AHEAD

**PSRC WILL BE  
CLOSED**

**FRIDAY, APRIL 3**

**for Good Friday**

#### 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**

## HELPERS-FOR-A-CAUSE

#### IF YOU NEED HELP...

- ◆ Shoveling snow
- ◆ Getting your garden ready for Spring
- ◆ Raking leaves
- ◆ Moving
- ◆ Building

#### 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

## NEXT STEP PROGRAMS

*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



## ONGOING PROGRAMS

Pre-registration for classes is required. You may register in person, by mail-in registration, or phone with a credit card. **We accept Visa & Master 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: 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.

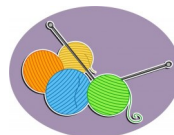
### CLASSES

#### 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 barrydrclan@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.



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

## GROUPS

- ◆ **Men in Retirement:** Friday, March 6 at 2:00 p.m. at Monument Hall
- ◆ **Caregivers:** Monday, March 9 at 1:30 p.m. at Corner House Room 19
- ◆ **Children of Aging Parents:** Wednesday, March 11 at 4:30 p.m. at Suzanne Patterson Building
- ◆ **Retired? What's Next?:** Thursday, March 12 at 2:00 p.m. at RWJ Hamilton Wellness Ctr. To register call: 609-584-5900
- ◆ **Widow Support:** Thursday, March 5 at 11:30 a.m. at Princeton Public Library
- ◆ **Transition to Retirement:** Friday, March 20 at 3:00 p.m. at Suzanne Patterson Building
- ◆ **Bereavement:** Monday, March 16 at 1:00 p.m. at Suzanne Patterson Building. Call Sherri Goldstein 609-497-4900 to attend.
- ◆ **Let's Talk:** Wednesdays at 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

## HEALTH SCREENINGS

### HEALTH SCREENINGS FOR OLDER ADULTS

The Princeton Regional Health Department is changing the "blood pressure screenings" offered for older adults in Princeton. These are free and no appointment is needed. The schedule for this service is:

#### BALANCE SCREENING

- ◆ March 10: 1:00 p.m. at Spruce Circle; 2:30 p.m. at Elm Court
- ◆ April 14: 10:00 a.m. at Redding Circle; 11:00 a.m. at Mt. Pisgah Church

#### BLOOD PRESSURE SCREENING

- ◆ March 25 at 12:00 p.m. at Harriet Bryan House
- ◆ April 29 at 12:00 p.m. at Elm Court

If you have questions, please call Jeff Grosser, Health Officer, at 609-924-7627.

## 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-mercerc.php](http://www.gmtma.org/pg-bus-mercerc.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.

## SPRUCE CIRCLE

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*



## 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

## Development News



*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

SEVENTH ANNUAL

## BRUNCH AT HOME

Enjoy a delicious Brunch for Two  
Delivered to your doorstep!  
Delivery by 9:00 a.m. on Sunday, March 22  
to benefit



Use the order form below or go to  
**www.brunchathome.org**  
All proceeds benefit the  
Princeton Senior Resource Center

Baskets are \$37.50 each	# of Baskets	Total
Deliver to my address below		\$
I will pick up between 8:30 & 10am		\$
Deliver gift basket(s) to address(es) on reverse		\$
Please donate to low income seniors		\$
<b>Grand Total:</b>		\$
Name (Please print)		
Address		
City, State, Zip		
Phone		
Email		
<input type="checkbox"/> Enclosed is my check made out to PSRC		
Please charge my baskets to <input type="checkbox"/> VISA <input type="checkbox"/> MasterCard		
<input type="checkbox"/> AMEX <input type="checkbox"/> Discover		
Account number		
Exp. Date		
Signature		

PSRC offers programs that support, educate  
and engage older adults and care givers.

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 •



## BRUNCH AT HOME

### Gift Delivery Form

Please deliver gift baskets to:

Name (Please print)

Address

City, State, Zip

Phone

Sign my/our gift card as:

Name (Please print)

Address

City, State, Zip

Phone

Sign my/our gift card as:

List additional gift baskets on a separate page and attach to this brochure.

[www.brunchathome.org](http://www.brunchathome.org)

Delight family, friends or clients by giving them a

## BRUNCH AT HOME

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.

### 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.

### 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.

# March 2015

Daylight Savings begins!



Turn your clocks ahead 1 hour on 3/8

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB <b>7:00 Next Step Specker - PPL</b>	9:15 Aerobics - SPB 11:30 Chair Exercise - SC 10:30 Let's Talk - RC 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 11:30 Widow Support - PPL 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 11:30 Chair Exercise - SC <b>1:00 Movie - Anna Karenina - SPB</b> 1:00 Knit Wits - SC <b>2:00 Men in Retirement - MH</b> 2:00 Tai Chi - SPB
2	3	4	5	6
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Caregivers - CH - 19 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Balance Screening - SC 2:30 Balance Screening - EC	9:15 Aerobics - SPB 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 4:30 Children of Aging Parents - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB 2:00 Retired? What's Next? - RWJ	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 11:30 Chair Exercise - SC <b>12:00 Lunch &amp; Learn - SPB</b> 1:00 Let's Talk English - SC 1:00 Knit Wits - SC 2:00 Tai Chi - SPB
9	10	11	12	13
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:00 Bereavement - SPB 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparenting Group - SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB <b>10:00 Intro to iPad - SPB</b> 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 11:30 Chair Exercise - SC <b>12:00 Lunch &amp; Learn - SPB</b> 1:00 Let's Talk English - SC 1:00 Knit Wits - SC 2:00 Tai Chi - SPB 3:00 Transition to Retirement - SPB
16	17	18	19	20
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Happiness Project - SPB <b>2:00 On Being Mortal - CH 19</b>	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 10:30 Let's Talk - RC 11:30 Chair Exercise - SC 12:00 Blood Pressure Screen - HBH 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	8:45 High Low Go - SPB 9:45 Cosmology - SPB 10:00 Yoga - SPB <b>10:00 More About iPad - SPB</b> 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics - SPB 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 11:30 Chair Exercise - SC 1:00 Knit Wits - SC 1:00 Senior Citizens Club - SPB 1:00 Let's Talk English - SC <b>1:00 Intro to iPhone - SPB</b> 2:00 Tai Chi - SPB
23	24	25	26	27
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English - SC 1:30 Wordplay - SPB 1:30 Happiness Project - SPB	8:45 High Low Go - SPB 10:30 TED Talk - SPB 11:00 Chair Yoga - HBH 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SP 1:00 Computer Lab - SPB	<b>EARLY BIRD AEROBICS</b> 8:00 Monday through Friday	<b>TABLE TENNIS</b> Monday, 10:30 - 3:00 Wednesday 10:30 - 3:00 Friday 10:30 - 1:45	<b>LOCATIONS:</b> EC = Elm Court HBH = Harriet Bryan House PPL = Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson Building
30	31			



Princeton Senior Resource Center  
45 Stockton Street • Princeton • New Jersey • 08540



**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@princeton senior.org  
www.princeton senior.org

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**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 kindergarteners and first graders, please contact Olivian Boon at 609-924-7108.

