



*PSRC will be closed on
Friday, April 14
Good Friday*

LET YOUR CREATIVITY SOAR!



Are you aware...

PSRC offers 3 different hands-on art classes to inspire your inner artist.

Whether you're the next Cezanne or just learning the basics, our experienced instructors will guide you to the next level.

So grab your paint brush or sketch pad or watercolors and join us today!

DRAWING WITH ALEX KOLTCHEV

Mondays, 10:30 a.m. - 12 noon

Any drawing implement you like

PAINTING WITH CHRISTINA RANG

Wednesdays, 1:30 - 3:30 p.m.

Acrylic, oil or watercolor

ART WITH HANNAH FINK

Thursdays, 1:00 - 3:00 p.m.

Choose your medium

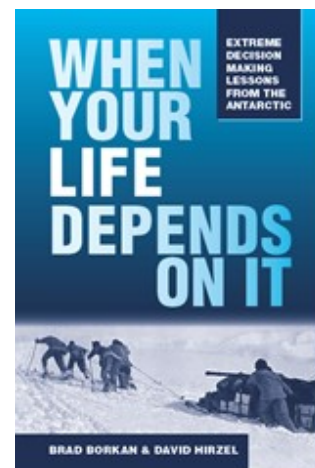
*PSRC art classes are the best deal around!
See p. 7 for pricing.*

**Sunday March 5th
2:30 p.m.
at PSRC**

**Princeton native
Brad Borkan introduces
his new book**

When Your Life Depends on It:

***Extreme decision-making
lessons from the Antarctic***



An adventure book based on the harrowing life and death decisions made by early Antarctic explorers during the heroic era of exploration in the early 20th century. The brave men who explored this unknown territory—Ernest Shackleton, Robert Scott, Roald Amundsen, and Douglas Mawson to name several—were real heroes, and often faced life-and-death decisions just to survive.

The talk will include unforgettable adventure stories about the challenges and decisions faced by the early Antarctic Explorers, and will include a presentation of historic photographs.

No fee. Please register at princetonsenior.org.

Books will be available for purchase.

***Sponsored by Progression Physical Therapy of Princeton
and Bear Creek Assisted Living***

WANT TO GO GREEN?

*Do you know we send out a weekly e-news to mailing list subscribers with all the program, class and event information you need to plan your week?
It also includes the entire newsletter and complete program & class registration information.
Don't miss out! Join our mailing list today on our homepage: princetonsenior.org.*

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*



From the Director

Multi-Generational Households

I just read a great post on the Silver Century Foundation website, which hosts a treasure trove of information on aging issues. I recommend investigating any of its well-written features.

The one I focused on was "Three Generation Households: Are They History?" by Flora Davis. The author notes that while Americans are nostalgic for an image of three-generation homes, this has not been the reality through most of our history. In colonial times, families often lived nearby one another, and unmarried adults remained at home to care for parents. Widows often took in boarders or became boarders so they were not alone. Three-generation households became more common in the Victorian era, as people lived longer and had larger families. Post-eman-cipation rural African American families placed great importance on keeping families together and sharing the work of farming. An influx of immigrant families also increased the number of multi-generational households as people took in relatives until they could get established.

The Depression saw some families moving in together and others splitting in search of work, or putting both parents and children in

public care homes. In the latter half of the century, New Deal reforms (including Social Security) and retirement pensions transformed older adults' ability to remain independent.

Today many millennial children are boomeranging back into their parents' homes, weighted down with significant student debt, high rents and low incomes, reducing the likelihood that their parents will take in their grandparents. In addition, nearly 90% of older adults want to remain independent in their own homes, and assistance programs help low-income people remain at home. Home health aides are in high demand and technology is evolving to provide in-home support. Many can't afford current senior living options.

What lies ahead?

Much depends on the economy and public policy. Affluence supports independence, and current public assistance programs help many lower-income seniors. Families, many from a distance, will continue to provide most of the care for those whose circumstances fall somewhere in the middle.

I wonder if we might see more

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generation-skipping multi-generational homes, where young adult grandchildren move in with their grandparents. Costs and tasks can be shared, benefitting both generations without some of the parent-child stresses.

I also wonder if our growing multi-culturalism will increase awareness and adoption of family models that are common in other parts of the world but have been lost in middle-class and affluent Euro-centric American families.

Many of our Latino, Chinese and South Asian neighbors have successfully maintained multi-generational family homes after immigrating to the U.S. We may also see an increase in establishment of “friend families” of non-related members, such as students and older adults together, or a small group of co-housing adults. I think multi-generational homes are a very viable model for successful aging in place.

We need to provide information and resources so that both families

and non-families can negotiate effective home-sharing agreements and work through issues that arise to support the success of multi-generational homes.

Susan W. Hoskins, LCSW

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WE DID IT!

*To everyone who stepped up and
“Gave Your Love” during PSRC’s
Matching Challenge, we are grateful
from the bottom of our hearts!
Thanks to your gifts, we reached our target of
\$25,000, and with our Matching ‘Cupids’
we achieved our goal of \$50,000
toward programs and staff support.*

Thank you, thank you, thank you!



MARCH Events and Programs

All programs and events are held at the Suzanne Patterson Building unless otherwise indicated.



FIRST FRIDAY FILM

Friday, March 3 at 1:00 p.m.

“GENIUS” A chronicle of Max

Perkins's time as the book editor at Scribner, where he oversaw works by Thomas Wolfe, Ernest Hemingway, F. Scott Fitzgerald and others. Starring Colin Firth, Jude Law, Nicole Kidman, Laura Linney and Guy Pearce. *2 hours 4 minutes.*



LUNCH AND LEARN

Friday, March 10 at 1:00 p.m.

MEMORY LOSS, DEMENTIA AND

ALZHEIMER'S A program from the Alzheimer's Association. This workshop will provide information and education on: the facts and myths regarding aging, Alzheimer's disease and dementia; the common risk factors and causes; and the stages of the disease and current treatments.

Sponsored by Life St. Francis



LUNCH AND LEARN

Friday, March 17 at 1:00 p.m.

LET'S GET WALKING, SAFELY!

with Cheryl Kastrenakis from Greater Mercer Transportation Authority. Walking is fun, social, healthy and a great way to get around town! Learn strategies to keep you safe when walking, what to look for to create a more pedestrian friendly environment and great walks in the Princeton area.

Sponsored by Merwick Care and Rehabilitation Center

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



ONLINE DATING

Tuesday, March 21 at 7:00 p.m.

Are you an older single, divorced, or widowed person looking for love? Dating Coach Gayle Crist could help. The author of “How I Met My Second Husband Online at Age 50,” Gayle focuses on one of the most effective dating tools for this age group—online dating. *Co-sponsored by and presented at the Princeton Public Library*



LUNCH AND LEARN

Friday, March 24 at 1:00 p.m.

RIDE SERVICES with Monica Cepak of Lyft.

Learn how to use 21st century ride services to meet your various transportation needs (Lyft and Uber, for example).

A class on using your smart phone app will be offered at PSRC this spring.



RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, March 3 at 2:00 p.m.

WHAT VISUAL ILLUSIONS TELL US ABOUT THE BRAIN with Thomas Papathomas, PhD.

This talk will provide evidence that our perceptions are derived by brain mechanisms that process data-driven signals to provide the result of their processing to higher brain areas, as well as by schema-based processes driven by high brain areas that provide feedback signals to lower areas. All men are welcome.

Location: Monument Hall Main

WOMEN IN RETIREMENT

Friday, March 17 at 10:30 a.m.

Donna Giovannetti, Division Chief of the Mercer County Division of Consumer Affairs, will be speaking about home improvement fraud, automotive-related scams, advertising, ID theft, and scams targeting seniors such as telemarketing and grandparents scams. All women are welcome.

TRANSITION TO RETIREMENT

Friday, March 17 at 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 1:30 p.m. through May. *Location: Corner House 19.*



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:

MARCH 7 ~ Adam Galinsky: *How to speak up for yourself*

MARCH 14 ~ Wendy Freedman: *The new telescope might show is the beginning of the universe*

MARCH 21 ~ Carl Honoré: *In praise of slowness*

MARCH 28 ~ Daniel Goleman: *Why aren't we more compassionate?*

For more information visit TED.com.



iPAD CLASSES

INTRO TO iPAD

Thursday, March 16 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, March 23 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 the above classes.

LOOKING AHEAD

HIGH LINE TOUR

Sunday, April 2 at 9:00 a.m.

See p. 10 for details

FIRST FRIDAY FILM

Friday, April 7 at 1:00 p.m.

"THE MARTIAN" with Matt Damon

SEXUALITY AND AGING

Tuesday, April 18 at 7:00 p.m. with Melanie Davis.

Co-sponsored by the Princeton Public Library

Location: Princeton Public Library

LUNCH AND LEARN

Friday, April 21 at 1:00 p.m.

STROKE REHABILITATION

with Kathleen Cooney, RN, Princeton HealthCare System

BRUNCH AT HOME

Sunday, May 7th

Order forms will be available mid-March

See p. 10 for details

LUNCH AND LEARN

Friday, May 12 at 1:00 p.m.

INTRODUCTION TO MINDFULNESS

with Robin Boudette, PhD, Princeton University

Sponsored by Trinity Counseling Services

LUNCH AND LEARN

Friday, May 19 at 1:00 p.m.

ANXIETY AND DEPRESSION with Kim Casarona, Trinity Counseling Services

FREE TAX HELP FOR SENIORS

Fridays from 8:30 a.m. to 1:00 p.m. through April 7

PSRC and AARP sponsor free tax assistance for low and moderate income people, with special attention to those age 60+ in the wider Princeton area. IRS-trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns. Returns will be filed electronically. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

Assistance is available **by appointment only** at the Suzanne Patterson Building, 45 Stockton Street, Princeton. Please call 609.924.7108 to make an appointment.





When people started memorializing their thoughts thousands of years ago, they painted or carved things like oxen, trees, and adorable kittens on cave walls. Unfortunately, others had to visit the cave to see these things. Then folks invented papyrus from reeds, clay tablets from, well, clay, and parchment from sheep (bad time to be a sheep), all of which were portable media (if you consider a brick to be portable.)



Then someone invented paper, the printing press, Xerox machine, and Staples, and we were awash with paper. So much paper that someone had to invent landfills and recycling so we had a place to put the paper when we were through using it.

I don't keep much paper these days. I read digital issues of newspapers and magazines on my iPad, pore over books on my Kindle, and keep all manner of documents, manuals for my kitchen appliances, and insurance policies on my computer as **PDF documents**. And PDF's are at the core of the paperless world.

THE PORTABLE DOCUMENT FORMAT

The PDF was invented by Adobe in 1992 as a universal format for presenting and exchanging documents that virtually any computer can display. For example, PSRC's

communications coordinator, Emily Logue, composes this newsletter using Microsoft Publisher and then converts it to a PDF document that you can download (and keep) from PSRC's website. You don't need Microsoft Publisher to view it. The PDF revolutionized electronic document exchange, and made the "paperless office" (or "home") possible.

Microsoft Word and most all Apple applications can create PDF versions of whatever document, drawing, or spreadsheet you're creating. You can email these PDF files to anyone, and they'll be able to view them on their computer without needing the originating software. You can download the instruction booklet for your toaster in PDF,



as well as your monthly checking account statement from your bank, and your current insurance policies.

You can annotate a PDF document with text, highlight sections, and even add your signature if it's a contract. (You cannot, however, modify the text unless you purchase a PDF creator such as Acrobat Pro.)

And you don't have to shred anything when you're done with the PDF document. Just delete it from your computer.

If, for some reason, you don't

have a PDF "viewer," you can download Acrobat Reader for free (yes, FREE). Mac computers include a program called Preview that displays PDF documents (among many other formats.)

SCANNERS

When I receive a paper document I want to keep, I scan it directly into a PDF document (which most scanners can do) and save it to one of my many computer folders. High-speed scanners (about \$500) can convert a 20-page double-sided document into a PDF file in less than a minute, leaving a clean desk (and a full recycle bin). All-in-one printers, which include a scanner, are less than \$100.

SOMETIMES, PAPER IS BETTER

That said, I still buy physical reference books for software applications, prefer real birthday cards, and cherish paper drawings from my 4-year-old grandson. Everything else can be digital. But that's just me.

If you want to learn how to go "paperless," or need help with your digital doo-dads, bring your laptop, tablet, or phone to the PSRC computer lab on Tuesday from 1 to 4 p.m. or Friday from 10 a.m. until noon. Our volunteers will provide our own brand of personal service.



Ongoing Classes

Register for all programs and classes online at princetonsenior.org

*New quarters begin April 1, July 1, October 1, January 1
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.*

\$60/month, or \$10/session to drop in

Aerobics: *Monday, Wednesday, Friday
9:15 - 10:15 a.m.*

\$64/session/residents; \$128/non-residents.
13-week sessions. *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,
12:30 p.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 Group: *Wednesdays, 2:30 p.m.*
(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.



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
12:30 - 4:30 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.*

DON'T MISS THIS!

PSRC STUDENT ART SHOW

APRIL 4 - 30

Opening reception April 5

3:30 - 5:00 p.m.





GROUPS

BEREAVEMENT

Monday, March 20 at 1:00 p.m.

(Usually third Monday of each month.)

Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, March 13 at 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Cancelled this month.

(Usually second Wednesday of the month.)

Suzanne Patterson Building

CRAFTY PEOPLE

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

Call 609.937.8496 to attend. Elm Court

GRANDPARENTING

Tuesday, March 21 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

Friday, March 3 at 2:00 p.m.

(Usually first Friday of each month)

Call PSRC or check website for location

TRANSITION TO RETIREMENT

Friday, March 17 at 3:00 p.m.

(Third Friday of each month.)

Suzanne Patterson Building

WIDOWS: NEXT CHAPTER

Tuesday, March 14 & March 28 at 10:30 a.m.

(Second and fourth Tuesdays of the month.)

Spruce Circle

WOMEN IN RETIREMENT

Friday, March 17 at 10:30 a.m.

(Third Friday of each month.)

Suzanne Patterson Building

There are no fees associated with any of these groups.

LET'S TALK IN ENGLISH!

If your first language is something other than English, stop by Spruce Circle to meet a great group of diverse individuals from Italy, Russia, Japan, China, Venezuela, Ukraine and other countries around the globe.

An article of interest, short story or poem written in English, is handed out a week in advance to participants. The week gives everyone enough time to read, research and decide what they would like to share with the group.

This is an opportunity to speak in English in a non-critical, supportive environment. Recent stories we read were "The Last Leaf" by O'Henry, "The Yellow Wall-Paper" by Charlotte Perkins Stetson, and "Young Goodman Brown" by Nathaniel Hawthorne. Sharon Hurley is the group facilitator and welcomes your questions.

This group meets on Mondays from 1:00-2:00 p.m. at Spruce Circle. Call 609.252.2362 for more information. Watch for details next month about our other **Let's Talk in English** group that meets at Redding Circle on Fridays at 9:30 a.m.

BENEFITS ASSISTANCE

There is a wide array of federal, state and local assistance available to people of low and moderate income, but it can be challenging to know which assistance may be available to you.

PSRC staff will help you find out which programs you can benefit from, and will help with the applications for programs like **PAAD** (Pharmaceutical Assistance), **SNAP** (NJ Food Stamps), **LIHEAP** (Low Income Home Energy Assistance Program), or link you with people who can help. Please call 609.252.2362.

Trained **AARP** tax aides will help you complete uncomplicated tax returns and property tax rebate forms at the Suzanne Patterson Building **by appointment** through April 7th. Call 609.924.7108.

Counselors from the **SHIP** program will help with Medicare enrollment, options and questions at Spruce Circle. Please call the **SHIP** office at 609.393.1626 to schedule an appointment.



PARTNERS-IN-CARING

PSRC is your go-to 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.

HEALTH SCREENINGS

HEARING SCREENINGS

On the 4th Monday of each month at Spruce Circle, from 12:30 -1:30 p.m. Screenings are performed by Dr. Farah M.H. Said, Clinical and Rehab Audiologist. *No appointment required.*

MEMORY SCREENINGS

By appointment with Dave Roussell, MSW, LSW, at Spruce Circle. Please call **609.252.2362** to schedule.



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.7108 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UCMPP (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.

Access Princeton:

609.924.4141

Affordable Housing:

609.688.2053

Arm-in-Arm:

609.921.2135

Central Jersey Legal Services:

609.695.6249

Community Without Walls:

609.921.2050

Cornerstone Community Kitchen:

609.924.2613

Funeral Consumers Alliance:

609.924.3320

Meals on Wheels:

609.695.3483

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

T.R.A.D.E.:

609.530.1971



UPCOMING EVENTS:

High Line Tour

Sunday, April 2 at 9:00 a.m.

Enjoy an in-depth, detailed guided tour of the NYC High Line. The High Line is a linear park, just shy of a mile and a half long, built in Manhattan on an elevated section of a disused New York Central Railroad spur called the West Side High Line.

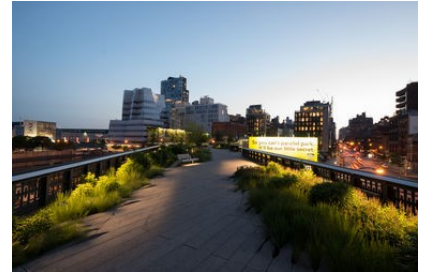
Our guide is High Line expert and award-winning architect Joshua Zinder. He will discuss the development and architecture of and around this NYC gem, including little known facts and the story behind the story.

Transportation is not included; participants are encouraged to meet at the Princeton Junction Train Station to meet PSRC's Barbara Prince and Josh Zinder to make the 7:10 a.m. train for New York Penn Station.

If you choose to meet in New York, the tour begins at Gansevoort and Washington Streets (next to the new Whitney Museum of Art) and will move north toward 30th Street.

Time: The Tour will begin at 9:00 a.m. and is typically about 2.5 hours. The trip will take place rain or shine, and can accommodate up to 16 people. It involves walking about a mile and a half.

Fee: \$50 to benefit PSRC. Register online at princetonsenior.org.



Back by popular demand

BRUNCH AT HOME

MAY 7, 2017

The perfect gift for friends, Mother's Day, Corporate recognition, or a great excuse to gather with friends and share a delicious brunch.

Each basket includes bagels, smoked salmon, fresh fruit and an assortment of delectable treats for two, delivered to your door in the morning before 10:00 a.m.

\$38.00 per basket to benefit PSRC; order forms will be available at PSRC and online mid-March.

This is a great opportunity to volunteer your time and energy! Call if you're interested: 609.924.7108.

Featured Annual Sponsor this month: MERWICK CARE AND REHABILITATION CENTER



Combining a longstanding reputation for superior care with an exciting new facility, Merwick offers unmatched service and amenities to our residents and patients.

March

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS CH - Corner House EC - Elm Court MH - Monument Hall RC - Redding Circle SPB - Suzanne Patterson Building SC - Spruce Circle	TABLE TENNIS Monday & Wednesday & Friday 12:30 - 4:30 p.m. EARLYBIRD AEROBICS 8:00 - 8:45 a.m. Monday - Friday	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8:30 AARP Tax Help - SPB 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 2:00 Men in Retirement - MH Main 2:00 Bridge Lessons - SPB
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 2:00 Word Play - SPB 1:30 Transitions Book Group - CH-19	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	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	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	8:30 AARP Tax Help - SPB 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 1:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 2:00 Bridge Lessons - SPB 3:00 Transition to Retirement - SPB
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 Group—CH-19 2:00 Word Play - SPB	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 Grandparents Group - SPB	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	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	8:30 AARP Tax Help SPB 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 Lunch and Learn - SPB 2:00 Bridge Lessons - SPB
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 2:00 Word Play - SPB	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	9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 3:30 Table Tennis - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	8:30 AARP Tax Help SPB 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 Citizens Club - SPB 2:00 Bridge Lessons - SPB



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.



PHILADELPHIA FLOWER SHOW “HOLLAND FLOWERING THE WORLD”

Date: Tuesday, March 14, 2017

Time: 9:00 a.m. - 4:00 p.m.
(please be at the bus by 8:45 a.m.)

Depart/Return: Community Park North parking lot on Mountain Ave. & Route 206.

Fee: \$50 (non-refundable fee) includes round-trip Motor Coach transportation and entrance fee to the show.

Register:
<http://register.communitypass.net/princeton>

Questions? Call the Princeton Recreation Department at: **609.921.9480 or 609.688.2040** or visit their website: princetonrecreation.com



“MASTERPIECES EAST” Step-on Mural Arts Tour in Philadelphia

Date: Tuesday, May 9, 2017

Time: 9:00 a.m. - 4:00 p.m.
(please be at the bus by 8:45 a.m.)

Depart/Return: Community Park North parking lot on Mountain Ave. & Route 206.

Fee: \$55 (non-refundable fee) includes round-trip Motor Coach transportation, tour, and family-style lunch at Maggiano's Restaurant.

Note: We stay on the bus for the guided tour, then we are dropped off in front of the restaurant for lunch!

Register:
<http://register.communitypass.net/princeton>
Questions? Call the Princeton Recreation Department at: **609.921.9480 or 609.688.2040** or visit their website: princetonrecreation.com