

Mature Princeton

What a long winter it was!

It's time to get out of the house and involved again. Try these!

- **Art with Bob** - Wed afternoons, 1:30-3:30 at SPB. You've been admiring the art work on the walls at SPB. You could paint too! Students work in a variety of media, including water colors, acrylics and pastels.
- **Tai Chi** - Fri. afternoons, 2:00-3:00pm at SPB. A wealth of recent studies confirm what the Chinese have known for centuries: tai chi improves balance, lowers blood pressure, reduces Parkinson's symptoms, increases blood circulation and lung function as well as helping to prevent depression. All levels, including beginners, are welcome.
- **Volunteer as a HomeFriend.** This rewarding experience involves visiting someone weekly who can't easily get out of their house. Some volunteers read, chat, play cards, work on computers or just visit with their HomeFriends. Call Soni at 609-252-2362 for more info or to sign up.
- **Chair Exercise** - Mon & Fri., 11:30am at Spruce Circle. Whatever shape you find yourself in, join Laraine Alison & the gang for exercises you can do from your chair. Great music, great laughs. It's a good way to work back into physical activity or to maintain the strength & flexibility you have.

SHREDDING - Residents of Princeton are invited to bring their personal papers to be shredded on date at place from time. This event is co-sponsored by the municipality of Princeton and bank. For more info call 609- 688-2566. Sorry, this is for Princeton residents only.

GRANDPARENTING GROUP FORMING

Delights and Dilemmas of Being a Grandparent

Sometimes it's so fun, other times the responsibility is frightening. Come share your joys, your knowledge and your questions with others. And not just grandparents! Great aunts and uncles, family friends—all are welcome who are involved in the lives of young people. This group will meet on the 3rd Tuesday of the month at 1:00pm in the Suzanne Patterson Building. First meeting will be May 20th. The group will be facilitated by Lenore Sylvan. Lenore brings many years of experience as a teacher, child care advocate and grandparent. Call 609-924-7108 to sign up. No fee.

**MAY
2014**

Evergreen Forum Annual Meeting & Party

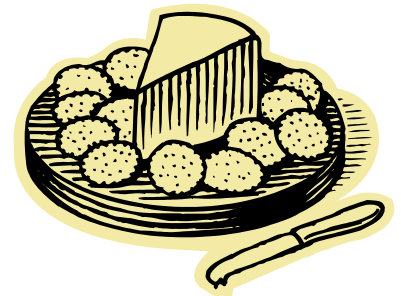
Fri., May 9

4:00 - 6:00pm

Suzanne Patterson Bldg.

Part business meeting, part program, featuring a panel of Evergreen instructors, and LOTS of socializing. Join us for wine, cheese and camaraderie! (Plus the first look at next season's course offerings.)

RSVP to 609-924-7108 or
mtyler@princetonsenior.org



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Your Virtual Estate



April has been the month for encouraging people to complete their advance directives. If you missed the chance, any of the Partners In Caring Princeton staff would be happy any time to give you a copy of the Five Wishes and help you get started.

But we now have a new issue to consider in our estate planning (remember, everyone leaves something behind so estate planning is not just for the wealthy). Most of us now have an array of electronic records and accounts. You may have a password on your computer and your phone. You do electronic banking and bill paying. You have a Facebook, iTunes or Netflix account. Where are your family photos stored? What happens with all that when you go? How easy will it be for your family to untangle your accounts and to keep things going?

I've been thinking about this a lot recently and then found that AARP raised this question in their March Magazine. This is another area where technological advances are moving faster than state laws.

There are steps you should take now to make things easier for those you leave behind.

First, make an inventory of your accounts with login names and passwords. Keep it under a secure login on your computer or on paper. Make sure you keep it updated and that you let your trusted executor know where it is and how to access it. Do not include it in your will, which is a public document.

Financial accounts: These are the most securely protected but most critical to your heirs. Where possible, specify your beneficiaries on the financial institution sites or written forms. Print copies of your statements quarterly or keep a file on your computer (and give access to someone). Anything on your computer becomes a part of your estate so the executor will eventually be able to

access the information. Make sure someone knows how to continue to pay your bills online.

Email accounts: The details are in the terms of service (TOS) that you signed when you opened the account. Some providers consider your account terminated when you die. It might be wise to share any critical documents before that happens. You can also draft a written statement that can be added to your will and advance directive stating your wish that certain individuals have access.

Social media accounts: These too are governed by TOS agreements. Some providers have added capacity so friends and family can share memories on their Timeline. Google has created an Inactive Account Manager, which allows you to designate people to be beneficiaries of your accounts.

Music, books, etc: Most of these accounts are an agreement between you and the company and you don't actually own the materials. It is recommended that you download favorite photos from photo sharing sites to ensure that they stay in the family.

For more information, look for [Your Digital After-life](#) by Evan Carroll.

Susan W. Hoskins LCSW

P.S. Password Safety

The news about the computer Heartbleed bug that was released after I wrote this has many people alarmed. Some recommendations about passwords:

- Use a mix of letters and numbers without using common words or numbers easily associated with you
- Use different passwords for different sites
- Store passwords in a secure place, not on your desk. You can password protect a file on your computer, put in your important documents file or lock-box.
- Change passwords, especially when there is a breach of your email or a site you use
- Use a paid password protection service.
- Use a password on all your devices.

If you want to know about the vulnerability of specific sites to the Heartbleed bug, go to lastpass.com.

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, their families and caregivers. To register for a class, call 609-924-7108. We ask for pre-registration so we can plan set-up and to contact you if the program is cancelled.

MAY PROGRAM HIGHLIGHTS

MOVIE & MUNCHIES - Fri. May. 2, 1:00pm at SPB. ***“Last Vegas”*** Semi-retired baby boomers Billy, Paddy, Archie and Sam have been best friends since childhood. So when Billy, the group's sworn bachelor, finally proposes to his much younger girlfriend, the four head to Las Vegas, determined to stop acting their age and re-live their glory days. When they get there, they realize that the decades have transformed Sin City. However, even though Cirque du Soleil may now rule the Strip, it's these four who are taking over Vegas. Stars Robert DeNiro, Michael Douglas, Morgan Freeman and Kevin Kline. RSVP to 609-924-7108. No fee.

GROUP DRUMMING -

Wed., May 7, 10:30am at SPB

Thurs., May 13, 7:00pm at SPB -outdoors, weather permitting. Give it a try! Drums provided or BYO. No experience required. Only \$5/person. RSVP to 609-924-7108.

LUNCH & LEARN - Fri., May 9, 12:00pm at SPB. ***“Fire Safety for Seniors”*** Join Bill Drake, Princeton Fire Official for some tips on staying safe at home. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

GIANT SPRING SALE - Sat., May 10, 9:00am - 2:00pm at the Unitarian Universalist Church, 50 Cherry Hill Rd in Princeton. Tons of great stuff plus live music and food. All proceeds are donated to area charities, including PSRC. More info at www.uuprinceton.org or 609-924-1604.

LUNCH & LEARN - Fri., May 16, 12:00pm at SPB. ***“Total Hearing Care.”*** Come for an informative discussion about the latest developments in caring for your hearing as well as devices to help improve your

hearing. Complimentary hearing screenings will be available from the audiologist after the discussion. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

TED TALKS

Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discussions are facilitated by Helen Burton. For more background, visit www.TED.com.

This month's topics:

May 6 - “Riddle of Experience vs. Memory”
by *Daniel Kahneman*

May 13 - “Half a Million Secrets”
by *Frank Warren*

May 20 - “How to Escape Education's Death Valley” by *Ken Robinson*

May 27 - “The Next Age of Government”
by *David Cameron*

NEXT STEP PROGRAMS

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

Men in Retirement – Fri. May 2, 2:00pm at Monument Hall. Come and meet other men who are making or have made the transition into retirement. Facilitated by Rob Hegsbie and Bruce Wallman. No fee. Just drop in.

Writing Your Ethical Will. Mon., May 5, 7:00pm at Princeton Public Library. An Ethical Will allows you to leave something to future generations -- your story, your values, your family history, your memories, your advice -- something even more valuable than the money and the heirlooms. Presenter: Carol King. No charge. Just drop in.



Thinking About Retirement? If so, what do you need? Wed., May 7, 6:30pm at RWJ Health & Wellness Center, 3100 Quakerbridge Road, Hamilton. Retirement is a major life change, impacting both your income and your lifestyle. Eleanor K. Szymanski and Carol King will talk about planning for this next step of your life. Elly will talk about making sure the money matches your plans, and Carol will talk about making sure your lifestyle matches your dreams. Elly is a fee-only financial life planner and Chief Answer Person of the Financial Planning Answerplace. Carol is Director of the Next Step: Engaged Retirement and Encore Careers program. Please call 609-584-5900 to register.

Job Search Strategies for Older Workers - Tues. May 20, 7:00pm at Hickory Corner

Library, 138 Hickory Corner Road, East Windsor. Strategies for competing in the new work place, updating your skills, networking, dealing with ageism and avoiding job scams. Presenter: Carol King. For information: 609-448-1330.

Happiness Group -

The Happiness Project Group continues on Mondays, May 5, 12 & 19 at 1:00pm in SPB. They are reading and discussing Gretchen Rubin's book **The Happiness Project**. Subjects include vitality, marriage, work, parenthood, leisure, friendships, money, eternity, mindfulness, passion. Join the group for fun discussions, and maybe you can increase your own happiness. Group Leader is Helen Burton. No charge. Register at 924-7108.

LOOKING AHEAD

Speaker - Mon., June 2, 7:00pm at Princeton Public Library. **"Making Your Money go Further in Retirement"** with Marion Sommer. One of the greatest fears shared by retirees is that they will outlive their savings. If you are 65 years old, you have a 50 percent chance of living past age 87. Find out how you can make your money go further in retirement using any number of strategies. Marion is a Certified Financial Planner with MetLife. No charge. Just drop in.

MOVIE & MUNCHIES - Fri. June 6, 1:00pm at SPB. **"Saving Mr. Banks"** Walt Disney spent twenty years in pursuit of the film rights to P.L. Travers' popular novel "Mary Poppins," a quest he began in the 1940s as a promise to his two daughters. In 1961 author P.L. Travers traveled to Hollywood and reluctantly began meeting with Walt Disney. Stars Emma Thompson and Tom Hanks.

LUNCH & LEARN - Fri., June 13, 12:00pm at SPB. **"Care Management"** with Barb Bristow from Senior Care Management.

LUNCH & LEARN - Fri., June 20, 12:00pm at SPB. **"Dental Health for Seniors"** with Dr. Purvi Desai of Insmile Dentistry. Will cover:

- general dental health,
- planning for tooth loss,
- different options for replacing missing teeth
- dental implants.

ONE TABLE CAFÉ - Fri., June 20, 6:30pm at Trinity Church, 33 Mercer St. A free meal with other members of our community plus a performance by On Stage. On Stage is an ensemble of 16 seniors (age 55 plus) who present original theater focused on the experiences of seniors and others in central New Jersey. RSVP required to 609-924-2277, ext. 352.

FLOOR RESEALING - the Suzanne Patterson Building will be closed July 2-6 for the semi-annual resealing of the gym floor.



Safe Today. Healthy Tomorrow.

Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, we are focusing on injury prevention with the theme

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

“Them” is “Us.”

Here at PSRC we celebrate older Americans every day. We offer classes, lectures & groups every day to keep people healthy, active and safe. This month check out our

- Lunch & Learn programs on Fire Safety (May 9) and
- Total Hearing Care (May 16).
- Improve your balance with the tai chi class that is restarting on Fri. May 16th at 2:00pm.
- Or try group drumming on May 7 at 10:30am for stress release and strengthening.
- We have exercise classes for all fitness levels listed on page 6. You don't have to start at the top! Come try Chair Exercise on Mon & Fri at Spruce Circle at 11:30.

For a bigger challenge, consider entering the **NJ SENIOR OLYMPICS** which will be held Sept. 5, 6 & 7th, 2014 in Woodbridge Township. Sports include archery, basketball (3 on 3 or shooting), billiards, bocce, bowling, cycling, darts, fencing, golf, horseshoes, mini golf, pickle ball, racquet-

ball, swimming, table tennis, track & field, softball. Register online at njseniorolympics.com. For more info call Pat Trombetta (732) 636-3910 or Frank St. Marie (732) 636-9439. You must register by Aug. 22nd.

COMPUTER CLASSES

CLASSES: Intro to iPad - Thurs., May 8, 10:00am - 12 pm. Fee: \$10
More About iPad - Thurs., May 15, 10:00am - 12 pm. Fee: \$10

To register: stop by the Suzanne Patterson Building or call 609-924-7108. All classes are held in the computer lab at Suzanne Patterson Building. Please come 10 minutes early to pay.

FREE LABS: Tuesdays, 1:00 - 4:00pm
 Fridays, 10:00am - 12:00pm

No sign up required. Just drop in to have your questions answered and to get help with any computer endeavors, including iPads, tablets, smartphones, and other gadgets. Can help with Macs as well as pc's.



ONGOING PSRC PROGRAMS

Pre-registration for classes is required. **We accept Visa & Master Card.** You may register in person, by mail -in registration, or phone with a credit card. Payment must accompany registration. Many classes welcome newcomers mid-session. Fees, **unless otherwise noted, are \$45 per 8 week session for Princeton residents and \$60 per session for non-residents.** Assistance is available for those requiring financial help. Suzanne Patterson Bldg (SPB), Spruce Circle (SC), Redding Circle (RC), Monument Hall (MH), Harriet Bryan House (HB)

EXERCISE & FITNESS

At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00
30 minutes of cardio & toning
\$55/month, or \$5 daily drop-in rate
- ◇ Aerobics - M,W,F 9:15
\$47/season for Princeton residents
\$93 for non-residents.
Register through Princeton Rec Dept:
609-921-9480.
- ◇ High-Low-Go: Tues and Thur 8:45
45 minutes of low-impact aerobics
\$65/8 weeks for residents
\$90 for non-residents
- ◇ Yoga: Thur 10:00
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Table Tennis: Mon, Wed, Fri at 10:30
Drop-in. No charge.
- ◇ Tai Chi: Fri 2:00
\$45/8 weeks for residents, \$60/non-resid.

At Spruce Circle

- ◇ Chair Exercise: Mon, Fri at 11:30am,
\$25/8 week session (\$30 non-residents)

At Harriet Bryan House

- ◇ Chair Yoga: Tues 11:00am
\$45/8 weeks for Princeton residents,
\$60/non-residents.



CLASSES

At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Art with Hannah: Thur 1:00pm
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Computer classes: See page 5.
- ◇ Computer Lab: Tues 1-4pm, Fri 10am-12.
Drop-in for help & practice. No charge.
- ◇ Cosmology: Thurs. 9:45am. No charge.
Peer-led science discussion group.
Contact Bruce Wallman for info.
Brucewallman@gmail.com
- ◇ Drawing with Pencil: Mon. 10:30am
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Drumming: Wed. May 7, 10:30am.
Tues. May 13, 7:00pm. \$5/person.
- ◇ Memoir Writing: Wed. 4:30pm
No charge. Group is full. Call to be added
to waiting list.
- ◇ WordPlay (poetry group): Mon 1:30-3:30pm
\$20/year for copying costs.

At Spruce Circle

- ◇ Knit Wits: Fri 1:00pm Drop-in for knitting &
conversation. Free.

GAMES

At Suzanne Patterson Building

- ◇ Social Bridge: Tues 1 - 4 pm
Drop-in. No charge.
- ◇ Mah Jongg: Tues 1- 4pm
Drop-in. No charge. BYO card & set.
- ◇ Scrabble: Tues 1-4pm. No charge.

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

- ◇ Duplicate Bridge - Thur 12:30pm
- ◇ Bridge Lessons - Weds. 5:30pm, Fri. 2:00pm

SUPPORT & GUIDANCE

**For the following Support Services
call (609) 252-2362**

- ◇ Benefit Application Assistance
- ◇ Caregiver Resources + Support
- ◇ Support & Wellness Groups
- ◇ Transitions – support with the inevitable transitions throughout the life span
- ◇ Volunteer visitors

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.

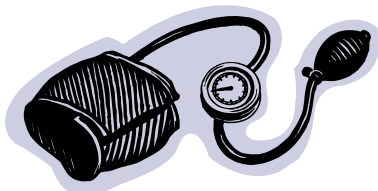
BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 10am-12pm at Mt. Pisgah
1 - 2pm at Spruce Circle

Third Tues: 9 - 10am at Redding Circle
1-2pm at Harriet Bryan House

Fourth Wed: 1-3pm at Elm Court



GROUPS

- ◇ Caregivers: Mon. May 12, 1:30pm at SPB
- ◇ Children of Aging Parents: Wed. May 14, 4:30pm at SPB.
- ◇ Widow Support: Thurs. May 1 & 15, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. May 12, 1:00pm at SPB
Call Ann Schoonover 497-4900 to attend.
- ◇ Grandparenting: Tues. May 20, 1:00pm at SPB.
- ◇ Let's Talk: Weds. 10:30am at RC
Weds. 2:45pm at SC
- ◇ Let's Talk English: Mon., 1:00pm at SC
Fridays, 9:30am at RC
- ◇ Men in Retirement: Fri. May 2, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. May 8, 2:00pm at RWJ Hamilton Wellness. 609-584-5900.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65. Call 609-924-7108 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 9:30-4:30 on Monday through Saturday. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.

Local transportation routes can be found at www.princetonnj.gov under transportation, or www.gmtma.org/pg-bus-mercercer.php.

Social Security Tips

Many people do not know how their Social Security benefits actually work. The Social Security Administration passes along these tips about maximizing your benefit.

1. Don't rush to collect benefits. There is a financial penalty for claiming Social Security benefits between age 62 and full retirement age (which varies by the year you were born). Benefits increase 8% each year you delay claiming them between full retirement age and age 70.

You can calculate your "break even" point (when it is beneficial to start claiming benefits) by using an online tool, but many of these do not factor in the value of Social Security cost of living adjustments, tax preferences for Social Security income over other income, ability to integrate spousal income, survivor benefits, and lifetime stability.

2. Understand how couples can integrate benefits.

A worker is eligible to collect if you have worked 40 quarters and contributed to Social Security. You may file as early as the first full month after you turn 62. Assuming your spouse has filed for benefits, spousal benefits can begin the first full month after you turn 62. Spousal benefits do not earn delayed retirement credits if you delay claiming past your full retirement age.

The spousal benefit is often thought of as the greater of what a spouse earns on his/her own work or one half of the other spouse's

benefit. But it can be complicated, depending on the benefit that each can claim.

Some couples are claiming the lower spouse's benefit first and using savings to make up the rest of what they need until the higher earning spouse reaches age 70. The spouse can collect spousal benefits during this time as well, then switch to their own benefit at full retirement age.

3. Understanding these strategies can also increase survivor benefits. Upon your death, your spouse receives the greater of his/her own benefit or the deceased spouse's benefit. Thus, the longer you delay, increasing your benefit, the greater the survivor benefit. The lower social security benefit will discontinue with the death of one spouse. The remaining higher benefit will include cost of living increases that other sources of income may not have.

4. The funds that you and your employer have set aside in a 401K plan or other tax-deferred account will eventually be withdrawn and taxed. This will increase your income, which can cause your social security benefits to be taxed at a higher rate. Therefore the conventional wisdom of delaying withdrawals as long as possible may not be wise for you.

Discuss these strategies with your financial advisor to see what makes the most sense in your situation.



Family Health History

The Cleveland Clinic has developed a new tool to help you record your family health history. Knowing your family history is an important part of preventive and diagnostic medicine that is often neglected by busy physicians. It can identify high risk areas and guide your doctors in what testing to do and how often.

It is important for you to share the information you uncover with your doctors. You should also share it with your children and other close relatives, as it may be relevant to their health and wellness.

A brief version of the Cleveland Clinic questionnaire is available at clevelandclinic.org/family. Other tools are available from the Centers for Disease Control and Prevention and the Surgeon General's office at familyhistory.hhs.gov and the Genetic Alliance at familyhealthhistory.org.

New Jersey Caregivers Assistance Act

The NJ State Legislature is considering a bill (S841, A1855) that would give family caregivers a state tax credit of up to \$675 to offset costs of caring for a family member. AARP estimates that nearly 2 million caregivers devote more than 1 billion hours a year helping relatives age in place. It is estimated that the value of this unpaid care is \$13 billion a year. Many family caregivers are struggling to juggle care of parents with children's needs and jobs. The program would be limited to couples earning \$100,000 or less and individuals earning under \$50,000.

Source: nj.com April 2, 2014

Quick Reference Guide to Area Resources

Arts Council of Princeton 609-924-8777
 Cornerstone Community Kitchen 609-924-2613
 Crisis Ministry 609-921-2135
 Community Without Walls 609-921-7338
 Funeral Consumers Alliance 609-924-3320
 Health Care Ministry 609-921-8888
 Mercer County Legal Services 609-695-6249
 Mercer County Nutrition Program 609-921-1104
 Mercer County Office on Aging 609-989-6661
 or 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-emerg) 609-921-2100
 Princeton Public Library 609-924-9529
 Reassurance Contact 609-883-2880
 Ride Provide 609-452-5144
 Senior Citizen Club 609-921-0973
 Social Security 800-772-1213



Princeton Senior Resource Center

McCaffrey's Receipts and More

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



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

Just stop in to find out more about these additional ways to support PSRC— a non-profit organization.

Development News



Brunch at Home Class of 2014

When you stop in their shops,
let these businesses know how much
you appreciate their support of
Brunch at Home.

Bagel Barn

Bagel Hole

The Chauncey Center

Chez Alice

Dunkin' Donuts Princeton

Dunkin' Donuts Montgomery

Einstein Bagels

Lindt Choclatier

Main Street Catering

Manhattan Bagels

McCaffrey's

Olives

Robinson's Chocolates

The Times of Trenton

Thomas Sweet

Trader Joe's

Westin Hotel at Forrestal



Our Saturday assembly crew

Thanks to the following for sponsoring Brunch at Home

AARP

Acorn Glen

Bank of Princeton

Bear Creek

Buckingham Place

Greenwood House

Memory Care Living

Merwick

Princeton Fitness & Wellness

Princeton Medical Institute

Secure at Home



Spring is SO appealing!

Many of you prefer to support PSRC in the Spring.
Watch for our "appeal" in the mail or just go to www.princeton senior.org
and press the Donate button.

PRINCETON SENIOR RESOURCE CENTER

MAY 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCATIONS HBH = Harriet Bryan House PPL =Princeton Public Library RC = Redding Circle SC = Spruce Circle SPB = Suzanne Patterson R W/JH = Robert W. Johnson Fitness/Wellness Center	Table Tennis at SPB Monday 10:30-3 Wednesday 10:30-3 Friday 10:30- 1:45pm	Earlybird Aerobics 8:00am daily	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 Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 1:00 Movie – SPB 1:00 Knit Wits – SC 2:00 Men in Retirement –MH 2:00 Bridge Lessons – SPB
9:15 Aerobics – SPB 10:30 Pencil Drawing – SPB 11:30 Chair Exercise – SC 1:00 Happiness Project –SPB 1:30 Wordplay - SPB 1:30 Let's Talk Eng. – SC 7:00 Ethical Wills - PPL	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg –SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:30 Group Drumming - SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too –SC 4:30 Memoir Writing - SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 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 2:00 Navigating Retire. – R W/JH	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons – SPB
5	6	7	8	9
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:00 Bereavement – SPB 1:30 Caregivers – CH19 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB 1:00 Blood Pressure – SC 7:00 Group Drumming - SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - SPB 4:30 Child. Aging Parents – SPB 5:30 Bridge Lessons – SPB	8:45 High Low Go – SPB 9:45 Cosmology - SPB 10:00 Yoga – SPB 10:00 More about iPad - 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 Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 12:00 Lunch & Learn -SPB 1:00 Knit Wits – SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons – SPB
12	13	14	15	16
9:15 Aerobics – SPB 10:30 Pencil Drawing - SPB 11:30 Chair Exercise – SC 1:00 Happiness Project -SPB 1:30 Wordplay - SPB 1:30 Let's Talk English – SC	8:45 High Low Go – SPB 9:00 Blood Pressure – RC 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Grandparent Group-SPB 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - 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	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 10:30 Active Wisdom - SPB 12:00 Chair Exercise – SC 1:00 Knit Wits – SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons - SPB
19	20	21	22	23
CLOSED <i>Memorial Day</i>	8:45 High Low Go – SPB 10:30 TED Talk - SPB 11:00 Chair Yoga – HBH 1:00 Bridge/Mah Jongg – SPB 1:00 Computer Lab – SPB	9:15 Aerobics – SPB 10:30 Let's Talk – RC 1:30 Art with Bob – SPB 2:45 Let's Talk Too – SC 4:30 Memoir Writing - 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	9:15 Aerobics – SPB 9:30 Let's Talk Eng. Too –RC 10:00 Computer Lab - SPB 12:00 Chair Exercise – SC 1:00 Senior Citizen Club - SPB 1:00 Knit Wits – SC 2:00 Tai Chi - SPB 2:00 Bridge Lessons – SPB
26	27	28	29	30



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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