

Mature Princeton

The monthly newsletter of
PSRC
Princeton Senior Resource Center

Technology & Aging Independently

Fall Conference
Saturday, Nov. 1, 2014
8:30am - 1:00pm
Suzanne Patterson Building

8:30am Registration and coffee

9:00am Keynote address by Tobey Dichter,
Founder and CEO of Generations on Line

10:00am - 12:00pm Workshops
(Two 45-minute sessions each)

- ♦ **Getting Started:** Laptops and portable devices, reliable internet resources and online safety.
- ♦ **Entertainment & Social:** How to find games, movies, lectures, connect with friends.
- ♦ **Medical:** Online consultations with physicians, electronic medical records, monitors, devices.
- ♦ **Home Safety:** How to use technology in your home, home modifications, medical alert buttons.
- ♦ **Connect from Home:** learn how to pay bills, grocery shop, Skype, use social networks, access library books.

8:30am - 1:00pm Resource Fair

Representatives from area organizations and vendors with information about the latest products and services.

ALL FREE!

Continental breakfast & lunch included
Compliments of Princeton Care & Brandywine Senior Living

Please pre-register by calling 609 - 924 - 7108.

**NOVEMBER
2014**

New Database

We are now using a new database for mailings, class registration and donations! We ask for your help as we go through the transition.

This is the first major mailing using the new database. Please let us know if there are any problems, such as typos, mistakes or receiving duplicates. If you know anyone who didn't receive this mailing that should have, please let us know that as well.

Thank you!



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Technology and Aging Independently



It seems that everywhere we turn there is information on some new innovative technology that will help aging adults. It is both exciting and daunting.

I think most of us agree that technology will make parts of our lives easier, and that it will make things possible

for us that were challenging for earlier generations.

As a professional in the field, it is challenging to keep up with new developments. Strategies that we once recommended as state-of-the-art are now outdated. People ask advice on devices we've never seen. New features are added frequently, making devices more effective, but also more complicated to use (think TV channel changers!).

At the same time, there are exciting new developments almost every day that can transform our quality of life. There are stairs that light up when you step on them, apps for your phone to monitor your health and home, ever evolving ways to stay connected without leaving your home, wearable technology, and so much more.

Technology is a watershed issue for our generations. We are not the "digital natives" that those under age 25 are. Tech learning is not intuitive for us. Many have chosen to stay on the analog side, using telephones, longhand and typewriters for communication. For some, technology implementation has been the tipping point that led to retirement or makes it hard to get re-hired. Others eagerly embrace the latest versions and applications, trading up to the iPhone 6 on release day. Most of us fall somewhere along the continuum between these points. There are also privacy concerns to be addressed.

I know that many of us have days when we want to turn it all off and go sit quietly in a field of sun-

flowers, but inside we know that technology is a part of modern life, transforming our world at increasing speed, and that there are new technologies that can help us lead longer, healthier and more independent lives.

It is exciting to learn about emerging technologies that can help us stay socially connected, engaged in lifelong learning, have unlimited information at our fingertips, stay healthier and have tools to help us manage our own lives as we age. True to our mission, PSRC has invited several area resource professionals to share information on technologies they are using so that we can all discover new possibilities and make informed choices for our future.

Do you know these technologies?

- PERS—Personal Emergency Response System—a way to call for help if you have an emergency in your home
- MOOC-Massive Open Online Courses- keep learning new things from the comfort of home
- Skype-Video chat with anyone in the world.
- PHR- Personal Health Record- a digital record that you and all your care professionals can access
- Roku- a streaming media player that enables you to watch programs on your TV.
- Peapod- order groceries online
- Med-e-Lert- electronic medication dispenser
- Fitbit-track daily activity, calories, sleep and weight

Join us at the Fall Conference on November 1 to learn about these and more!

Susan W. Hoskins LCSW
Executive Director

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.

NOVEMBER PROGRAM HIGHLIGHTS

MOVIE & MUNCHIES - Fri. Nov. 7, 1:00pm at SPB. *“At Middleton.”* Two strangers - straight-laced George and eccentric Edith - meet on their children's campus tour at the idyllic Middleton College. Failing comically to connect with their kids, George and Edith play hooky together, ditching the official tour for a carefree adventure reminiscent of their own college years. But what begins as an afternoon of fun soon becomes a revealing and enlightening experience that will change their lives forever. Stars Andy Garcia and Vera Farmiga. RSVP to 609-924-7108. No fee.

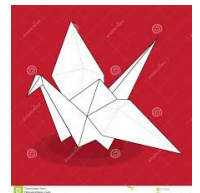
LUNCH & LEARN - Fri., Nov. 14, 12:00pm at SPB. *“Medicare Update”* - presented by State Health Insurance Program (SHIP) representatives Anjuli Melo and Marge Palace. Medicare beneficiaries frequently have questions about benefits, claims, supplement policies and long term care insurance. Volunteer counselors, trained in areas of health insurance coverage and benefits that affect Medicare beneficiaries, provide information and assistance for dealing with claims and in evaluating health insurance needs. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

NATIONAL MEMORY SCREENING DAY - Tues., Nov. 18 at SPB. Memory problems can be caused by Alzheimer's Disease or other medical conditions. A memory screening is the first step toward diagnosis and treatment. The screening takes about 15 minutes. Appointments are available 10:00am - 2:00pm. Please call 609-924-7108 to make an appointment for a free, confidential memory screening.

LUNCH & LEARN - Fri., Nov. 21, 12:00pm at SPB. *“Osteoporosis”* - presented by Dr. Deborah Siegel-Robles. She is from Capital Health

and specializes in women's healthcare and geriatric medicine. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

ORIGAMI - Mon., Nov. 24, 1:30pm at SPB. Join Laura Kruskal for a fun session of Japanese paper folding with a Thanksgiving theme. Learn how to make Laura's ingenious turkey napkin holders and more. RSVP to 609-924-7108. Cost: \$5 per person.



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:

Nov. 4 - "Our Loss of Wisdom"

by Barry Schwartz

Nov. 11 - "How to Speak so that People Want to Listen" *by Julian Treasure*

Nov. 18 - "Why a Good Book is a Secret Door" *By Mac Bennett*

Nov. 25 - "How Not to be Ignorant About the World" *by Hans & Ola Rosling*



PSRC CLOSED
November 27 & 28

NEXT STEP PROGRAMS

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

Writing Your Ethical Will - Tues., Nov. 4, 6:30pm at RWJ Health & Wellness Center. 3100 Quakerbridge Road, Ham. 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 fee. Please call 609-584-5900 to register.

SPEAKER: "Taxes in Retirement." Tues., Nov. 11, 7:00pm at Princeton Public Library. Presenter: Martha Ferrari CFP, CPA, MBA, from Partners for Planning LLC. Think your taxes will go down when you are retired? Not so for everyone. Come to this discussion about retirement and income taxes to gain a better understanding of how your income will be taxed. Next up, a few strategies that may be useful for those nearing or newly retired. Last, how a retirement income plan can potentially reduce income taxes. Martha is a CPA and fee-only CFP, with a practice in retirement, income tax and investment planning. No charge. Just drop in.

MINDFUL AGING - Thurs., Nov. 20, 7:00pm at Princeton Public Library. Aging, what is it? It happens at birth but has become a negative word attached like a barnacle solely to old age. We believe that "aging" is about evolving, moving into more complex ways of being in the world. In this program, we will look at some of our own beliefs and assumptions about what it means to grow old. We will examine current cultural images and compare them to our own experiences; and, through this process begin to explore possibilities for this stage of life. Presenters: Debra Lambo & Lillian Israel. No fee. Just drop in.

NEW GROUP STARTING:

Transition into Retirement - This new monthly support group meets on the third Friday, 3:00-4:15pm, at SPB. This month that is Nov. 21st. Discussion will focus on issues in making the adjustment to retirement. Facilitated by John George, Ph.D. No charge. RSVP to 609-924-7108.



Class News: Seeking Early Birds

Want to get your exercise in early? Join our Early Bird Aerobics group. They meet Monday - Friday at 8:00am. For 40 minutes they work on cardio, strengthening & stretching, all to great music! It's a great way to start your day. The group meets at Suzanne Patterson Building. Cost: \$55 for the month, or \$5 to drop in. Come try your first class for free!



Caregiver Support Groups

Are you helping an aging parent, friend or spouse? PSRC has a group for you!

Caregivers is for spouses, partners, friends. Meets on the second Monday of the month at 1:30.

Children of Aging Parents is for adult children caring for parents near and far. Meets on the second Wednesday of the month at 4:30pm.

Both groups are facilitated by Susan W. Hoskins, LCSW and meet at the Suzanne Patterson Building. We share stories, resources, joys and challenges. No charge.

LOOKING AHEAD

TRIP - Radio City Music Hall Christmas Spectacular! Thurs., Dec. 4th, 8:30am - 4:00pm. Sponsored by the Princeton Recreation Dept. Bus leaves from Community Park North parking lot. Register at the Princeton Recreation Dept, 380 Witherspoon St., or online at <http://register.communitypass.net/princeton>. More info at 609-921-9480. Cost: \$75

MOVIE & MUNCHIES - Fri. Dec. 5, 1:00pm at SPB. **"Belle."** This is the true story of Dido Elizabeth Belle, the illegitimate mixed-race daughter of a Royal Navy Admiral. Raised by her aristocratic great-uncle Lord Mansfield and his wife, Belle's lineage affords her certain privileges, yet the color of her skin prevents her from fully participating in the traditions of her social standing. Left to wonder if she will ever find love, Belle falls for an idealistic young vicar's son bent on change who, with her help, shapes Lord Mansfield's role as Lord Chief Justice to end slavery in England.

LUNCH & LEARN - Fri., Dec. 12, 12:00pm at SPB. **"Parkinson's"** – Neurologist Dr. Jill Farmer will discuss various characteristics of and treatment options for movement disorders including Parkinson's, Huntington's chorea, dystonia and essential tremor.

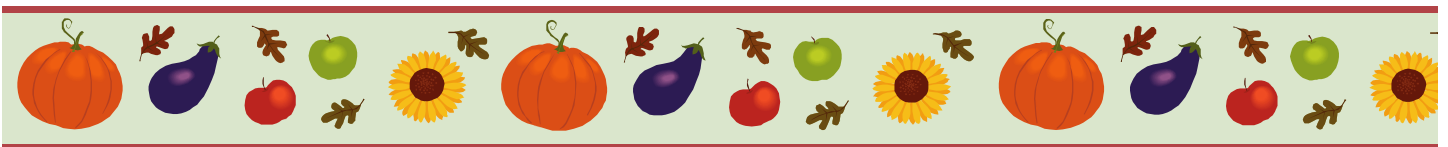
LUNCH & LEARN - Fri., Dec. 19, 12:00pm at SPB. **"Podiatry"** – presented by Family Foot & Ankle Care.

LECTURE - Tues., Dec. 9, 1:00pm at Monument Hall Main. Join Jeanne Gorrissen for a fascinating look at **"The Secession of the Southern Slave States."** While many people discuss the economic factors that drove secession, Ms. Gorrissen will focus on some of the psycho-social factors that made secession inevitable. She will cover the wealth of the southern states, the reluctance of the northern free states to return slaves to the south and the role played by Thomas Jefferson in creating the legal/constitutional basis for secession. No fee. RSVP to 609-924-7108.

HOLIDAY PARTY - Wed., Dec. 10, 12:30pm at SPB. Join us for our annual event full of fun, food and merry-making. Tickets will go on sale Nov. 17th. Just \$5 per person includes a fabulous meal from the chef at Acorn Glen and an afternoon of great entertainment featuring the American Boy Choir.

HAPPINESS GROUP - will be returning in Dec. This time the group will be 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.

FLOOR RESEALING - The Suzanne Patterson Building will close Monday, Dec. 22nd at noon to have the floor resealed. We will reopen on Sat. Dec. 27th.



Want to take a PSRC class but it doesn't fit in your budget?

PSRC has established a scholarship fund in the name of our honorees at the 40th anniversary gala. If you would like to take a class but need financial assistance, talk to Executive Director Susan Hoskins.

Save 20% on **Princeton Pro Musica** concert tickets. Next concert is Sat., Dec. 20, 8:00pm at Richardson Hall - "A Bach Christmas: Magnificat & Christmas Oratorio". Order at 609-683-5122 and mention code PSRC15.



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 (HBH), Corner House (CH).

EXERCISE & FITNESS

At Suzanne Patterson Building

- ◇ Early Bird Aerobics - M,T,W,Th,F 8:00
40 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 at 11:30am, Fri at 12:00.
\$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.



Intermediate Bridge lessons - may start if there is sufficient interest. Call Bill Miller for details. (908)872-7927.

CLASSES

At Suzanne Patterson Building

- ◇ Active Wisdom II: 1st & 3rd Fri., 10:30am.
Class full, wait list only.
- ◇ 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 10.
- ◇ 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
- ◇ Currents: Mon. 1:30-3:30pm. No charge.
Peer-led current events discussion group.
Contact barrydrclan@me.com
- ◇ Drawing with Pencil: Mon. 10:30am
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Memoir Writing: Wed. 4:30pm
No charge. Group full, wait list only.
- ◇ 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 12:00pm. 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

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



BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 11am-12pm at Mt. Pisgah
1 - 2pm at Spruce Circle

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

Fourth Wed: 1-2pm at Elm Court

Dates and times will be changing. Check this spot next month.

GROUPS

- ◇ Caregivers: Mon. Nov. 10, 1:30pm at CH-19
- ◇ Children of Aging Parents: Wed. Nov. 12, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Nov. 6 & 13, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Nov. 17, 1:00pm at SPB
Call Sherri Goldstein 497-4900 to attend.
- ◇ Grandparenting: Tues. Nov. 18, 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. Nov. 7, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Nov. 13, 2:00pm at RWJ Hamilton Wellness.
609-584-5900.
- ◇ Transition to Retirement: Fri., Nov. 21, 3:00pm at SPB.

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 9:30-4:30 on Monday through Saturday. 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-mercero.php.

Thanks to Our 40th Anniversary Gala Sponsors and Auction Donors

Let these businesses and individuals know how much you appreciate their support of PSRC

Judy Adler
Peter Armenio
Bradley Bartolino
Helen Burton
Tina Cahill
Vanessa & Gerry Connolly
Benefit Cosmetics
Cafe Vienna
Carter & Caverio
Melanie Clarke
Conte's
D'Angelos
Gennaro's
George Street Playhouse
George's Roasters and Ribs
Mary Furey & Paul Gerard
Jim Greschak
Grounds for Sculpture
Hamilton's Grill Room
Hamilton Jewelers
Hoagie Haven
Claire & David Jacobus
Betty Wold Johnson
Florence & Steven Kahn
Nancy & Norman Klath
Jean Hanff Korelitz
Bill Kovatch
Sheila Kurtzer
Dr. Margaret Lancefield &
Congressman Rush Holt
Ryan Lilienthal
Bobette Lister
Metro North
Kathy & Kevin McLaughlin



Ruth & Bernard Miller
Mistral
Mrs. G's
Sharon Lord Naeole
Nassau Inn
Nomad Pizza
One53
Arlene & Henry Opatut
Peony Pavilion
PSRC Tennis Table Players
PJ's Pancake House
Princeton Nails
Princeton Theological Seminary
Princeton University
Rago Arts
Bob Redmond
Ingrid & Marvin Reed
The Ridge at Backbrook
Barry Sagotsky
Salon 54
Salt Creek Grill
Dave Saltzman
Savory Spice Shop
Bill & Judy Scheide
Slice Between
Mr. & Mrs. Launny Steffens
Hazel Stix
Tre Piani
Mr. & Mrs. Edward Ventura
Kevin Wilkes
Winberie's Restaurant & Grill
Mary Wisnovsky

**Annual Giving**

November marks the time when we call on you to support PSRC through your end-of-year charitable giving.

Tuition and fees cover only part of what it costs to offer the scores and scores of programs we offer.

Watch for your letter from PSRC, and please give as generously as you can.

MEDICARE OPEN ENROLLMENT

NOW THROUGH DECEMBER 7, 2014

Come to our

Medicare Update Lunch & Learn

Fri., November 14
12 Noon

Suzanne Patterson Building

Are you getting the best coverage for the health conditions and medications you take? Come learn about recent and developing changes and ask your questions. Presenters: Anjuli Melo and Marge Palance from the State Health Insurance Program (SHIP). RSVP to 609-924-7108.

Medicare Scam Alerts

Scammers seem to see Medicare Open Enrollment period as "open season on older adults." They take advantage of this time when you are getting legitimate mail about changing insurance plans to steal identity information. Protect yourself!

Here are some tips from AARP:

- ♦ Medicare will never call you and ask for your personal information, such as your Medicare number. Nor will you get email or home visits to collect this information. Don't give it to anyone you don't trust.
- ♦ There are currently no plans to issue new Medicare cards. It would be beneficial for govt. to use a system other than social security numbers, but it is deemed too expensive to switch (\$845 Million).
- ♦ Do not give out account numbers, like bank account information, even if someone says you have a payment overdue.
- ♦ Beware of products that are "free" or "a short cut." If it seems too good to be true, it is! These products have hidden costs, usually buried in the fine print.
- ♦ Beware of people trying to sell "supplemental" plans that are not listed on Medicare.gov
- ♦ If you decide to switch to a new plan, make sure it covers your doctors and medications
- ♦ Review your bills each month to make sure you haven't been charged for procedures you did not have.

For more information, go to aarp.org/fraudwatch and aarp.org/Medicare QA

Have you tried the
Medicare Websites?

Medicare.gov

The Official U.S. Government Site for Medicare

Sign Up /
Change Plans

Your Medicare
Costs

What Medicare
Covers

Drug Coverage
(Part D)

Visit **www.Medicare.gov** for information and plan comparisons.

Visit **[www. Mymedicare.gov](http://www.Mymedicare.gov)** for your own personal records.

Come to the PSRC computer lab on Tues (1-4pm) or Friday (10am-12pm) for assistance accessing the websites.

If you have any questions about your plan and plan options, or about an offer you received, contact a trained consultant at SHIP (609-924-2098) or a PSRC social worker.

COMPUTER CLASSES

CLASSES: Intro to iPad - Thurs., Nov. 6,
10:00am - 12 pm. Fee: \$10
More About iPad - Thurs., Nov. 20,
10:00am - 12 pm. Fee: \$10

A minimum of 4 people is required to hold the class. Please register by calling 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. Help is available for Macs as well as pc's.



McCaffrey's Receipts and More

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

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

(Sorry we no longer accept cell phones & small electronics.)

Save These Dates!

Tuesday, December 2

1:00 ~ 4:00 p.m.

Holiday

Wreath-Making

Workshop

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Sunday, December 21

WINTER SOLSTICE

Celebration

### Quick Reference Guide to Area Resources

Access Princeton 609-924-4141  
Arts Council of Princeton 609-924-8777  
Cornerstone Community Kitchen 609-924-2613  
Crisis Ministry 609-921-2135  
Community Without Walls 609-921-2050  
Funeral Consumers Alliance 609-924-3320  
Senior 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  
45 Stockton Street • Princeton • NJ • 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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## GrandPals Needed

The GrandPal program of pairing older adults to read to children in kindergarten, 1<sup>st</sup>, and 2<sup>nd</sup> grades has expanded to 15 classes this year. We need more volunteers to continue the success of this exciting program. Can you make a commitment of 30 minutes a week to read wonderful books with a child? We also need people who can substitute when GrandPals are away.

We have openings at the following times:

#### Community Park

Thursdays at 9:45 (3)

Wednesdays at 11:25 (3)

Mondays at 9:30 (2)

Please call Olivian Boon at 609-924-7108  
to set up an appointment.

