

## November 2015

**FYI**  
**NOVEMBER IS OPEN**  
**ENROLLMENT MONTH**  
**FOR MEDICARE**

**PSRC will be**  
**CLOSED**  
**for the**  
**THANKSGIVING**  
**HOLIDAY**  
**THURSDAY, NOVEMBER 26**  
**& FRIDAY, NOVEMBER 27**  
**Happy Thanksgiving!**  
**We're so grateful**  
**for all of you!**

**One of our own!**  
Hannah Fink, who teaches art at PSRC on Thursdays, currently has an exhibition of work at the Princeton Public Library. Hannah's work, along with that of Susan Macqueen, is on display in the Reference Gallery on the second floor.

Both artists will give a talk on Monday, November 16 at 7:00 p.m.

in the Community Room at the Library. No charge. Drop in.



### FALL CONFERENCE & HEALTH FAIR

*Saturday, November 14th, 8:30 a.m. to 1:00 p.m.*

**"GET YOUR DUCKS IN A ROW SO YOU CAN GET ON WITH YOUR BUCKET LIST!"**



*Join us for this great educational opportunity!*

The conference will include workshops, led by professionals, to address how to build a bucket list and the various "ducks" that make up a good preparatory plan. These include legal and financial planning, healthcare decisions, housing options and home modification, organizing, getting your parent's ducks in a row, giving back to the community and more.

There will also be a resource fair with representatives from local businesses who can help you with these issues.

This year's keynote speaker is Eleanore "Elly" Szymanski, CFP®. Elly is a certified financial planner with a unique approach to personal comprehensive planning.

*See page 7 for detailed conference information.*

This FREE program will be at the Suzanne Patterson Building. Continental breakfast and light lunch will be provided.

**Please call to register 609.924.7108**





Several people brought Mimi Schwartz's New York Times opinion piece to me; it's entitled "Becoming A Helicopter Daughter" (September 9, 2015). I think it really resonated for many people on both sides of the equation.

The author describes the way she remembers being a helicopter mom when her son was young, and how there are similarities in being the primary caregiver now for her father. She describes the familiar feelings of "constant anxiety combined with overtaxed patience." She manages his daily life--from doctor appointments to diet and activities. She concludes that over-caring is bad for a child but not for an elderly parent. "Being overly vigilant may not extend a parent's life, but it can improve it."

I think caring for someone, whether a child or a parent, is a delicate balancing act. I know I stepped over the line on more than one occasion as a parent. I've met young people who have no idea how to solve a problem, get out of a pickle, or take public transit because their parents did it all. Cell phones make it easy to continue this dynamic well into adulthood. I believe that we should be giving our children tools to be increasingly self-sufficient.

The dynamic with aging parents is different. People want to continue to perceive themselves as independent and capable, and may view help as intrusive or insulting. Yet needs are likely to grow as we age. Family members often become increasingly involved as their older relative's capacity to do various tasks—paying bills, driving, cooking, managing medications—diminishes. We need to be watchful when a parent's abilities begin to change and s/he needs more support. It's incumbent upon us to find ways to help respectfully.

On the other side of the equation, **over-caring** for a parent can be counter-productive. Performing the tasks of daily life contributes to mental and physical capacity and preserves autonomy. As caregivers, we should take care to foster those attributes wherever possible. We should make sure the ways we offer help and provide assistance add to a person's quality of life.

Helicopters tend to insert a personal agenda that reflects their own preferences, rather than listening

to what the individual wants, which they fear may reflect poorly on themselves. Often this backfires, and no one feels heard or understood.

Quality time is precious and often comes in the quiet moments. Sometimes doing the very best job of family caregiving is setting aside the quotidian tasks (or hiring help) in favor of taking time to go fishing, look through photos, watch a good movie or listen to a concert together.

As aging parents, we need to understand that our children are acting from a place of love and concern. Ideally, we will have honest conversations about when we need help and when we don't, and will try to hear our adult children's concerns with open hearts and minds. We also need to give one another space to make mistakes and help our them learn to succeed as caregivers. One day we might really need them!

About 44 million people in the U.S. provide care to adults age 50 and older. More than 75% of that care is provided by unpaid family caregivers, the majority of whom are women who are also working and raising children. A large number are themselves over age 65. The 2013 estimated economic value of family caregiving is \$470 billion.

At this time of Thanksgiving, I am thankful for family caregivers who try so hard to do the right thing. If you are a family caregiver, check out PSRC's resources and groups; we think you'll find you've come to the right place!

Susan W. Hoskins LCSW  
Executive Director

# NOVEMBER PROGRAM HIGHLIGHTS

## TED TALKS

**Tuesdays, 10:30 - 11:45 a.m.**

Drop in for a lively discussion! For the first 15 minutes we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. No fee.



This month's topics:

**November 3 ~ BJ Miller:** *What really matters at the end of life*

**November 10 ~ A. J. Jacobs:** *My year of living biblically*

**November 17 ~ Benjamin Zander:** *The transformative power of classical music*

**November 24 ~ Emilie Wapnick:** *Why some of us don't have one true calling B*

For more background, visit [www.TED.com](http://www.TED.com).

## FIRST FRIDAY FILM

**Friday, November 6 at 1:00 p.m.**

**"FIVE FLIGHTS UP"**

Forty years ago, artist Alex Carver bought a run-down apartment in a sketchy part of Brooklyn with his wife, school teacher Ruth. Now, they've let their niece, Lily, a real estate agent, list the property to see what the market might bear. Starring Morgan Freeman, Diane Keaton and Cynthia Nixon. (1 hour 32 minutes)

## LUNCH AND LEARN

**Friday, November 13 at 12 noon**

**MINDFUL EATING** Dr. Joseph Wieliczko, Ph.D.,  
Licensed Clinical Therapist

Mindful eating is becoming a popular and effective way to stop overeating, improve problematic eating patterns, and as a way for people to adhere to doctors' dietary recommendations in order to manage medical conditions such as heart disease, diabetes, G.I. problems, etc. In this presentation, Dr. Wieliczko will explain why we struggle with eating issues, and offer a new approach which has been shown to be quite effective. Additionally, he will explain what mindfulness is, what it does and offer the opportunity to try mindful meditation during the presentation.

## LUNCH AND LEARN

**Thursday, November 19 at 10:00 a.m.**

**MEDICARE UPDATES with**

**Suzanne Dunn** from SHIP will be here to discuss the following:

- ♦ Welcome to Medicare (for those new to Medicare);
- ♦ Medicare cost, benefits, and eligibility
- ♦ Medicare Part D (Medicare Prescription Drug Coverage)
- ♦ Medigap/supplement insurance and enrollment
- ♦ Medicare advantage plan options and enrollment
- ♦ Medicare savings programs, extra help programs, screenings, and enrollment PAAD, Senior Gold, LIS, SLMB, and QMB

*Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverage will be provided. Please call to reserve a space.*

## RETIREMENT PROGRAMS

### WOMEN IN RETIREMENT

**Friday, November 20 at 10:30 a.m.**

Meet interesting people, make new friendships, enjoy conversation, share experiences and join in engaging activities that stimulate personal growth. Group meets on the third Friday of every month. No fee.

### TRANSITION TO RETIREMENT

**Friday, November 20 at 3:00 p.m.**

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. Group will be facilitated by Dr. John George, Licensed Clinical Psychologist. No fee.

### ENGAGED RETIREMENT

#### SPEAKER SERIES

**Monday, November 2 at 7:00 p.m.**

**"CONSIDER THE CONVERSATION"**

View this documentary on the difficulty we have with end of life discussions, and discuss this taboo subject. Facilitated by Susan W. Hoskins, LCSW. More information can be found on the Princeton Library website: [www.princetonlibrary.org/events](http://www.princetonlibrary.org/events).

*This program is held at and co-sponsored by the Princeton Public Library.*

Please call to register or reserve a space for any class, program and/or event offered at PSRC609.924.7108. We ask for pre-registration so we can plan room set-ups or contact you in the event a program is cancelled.

## NOVEMBER \* FEATURED GROUPS

### DO YOU WORRY ABOUT OR PROVIDE CARE TO AN OLDER ADULT?

#### CAREGIVERS & CHILDREN OF AGING PARENTS

If “yes” is your answer, you are a caregiver, joining the many families and friends who provide 75% of the care of a family member without compensation.

Caregiving can begin by being fairly easy—picking up groceries or making brief visits, but it can grow to include round-the-clock personal care. This can be very stressful for the caregiver, who often has multiple other responsibilities and activities in his or her life, some of which might include caring for children or grandchildren. It’s a lot to manage!

PSRC has two caregiver support groups—one for spouses and friends of a dependent loved one; the other for children of aging parents. In these groups, you can connect with others who are on a similar journey, learn from their experiences, share your own joys and frustrations, and find resources and support.

Caregivers meets on the second Monday of each month (November 9) from 1:30 to 3:00; Children of Aging Parents (CAPS) meets on the second Wednesday of each month (November 11), from 4:30 to 5:30 p.m. Groups are free; you are always welcome. Call Susan Hoskins for more information 609.924.7108

## COMPUTER GURU TIPS

### MANAGING USER IDS AND PASSWORDS

*By Don Benjamin*

By far, the most common problem we face in the PSRC computer lab is forgotten user IDs and passwords. Without these key credentials, you cannot access your E-mail or bank accounts, update your computer, or add applications to your tablet or smart phone. In some cases, folks bring notebooks with pages of IDs and passwords, which is a very unsecure method for keeping this valuable information.

The two-step solution to managing IDs and passwords is simple and safe: First, type all your IDs and passwords into your computer, either into a spreadsheet or a simple text document, and make sure that file is backed up and secure. Second, protect your computer, tablet, or smart phone with a passcode so that if you lose the device, no one can access any files.

If you need help, just stop by the PSRC computer lab on Tuesday from 1:00 to 4:00 p.m. or Friday from 10:00 a.m. to noon.

Then shred your notebook!

*This column will be a regular feature in the PSRC Newsletter. Look for more useful tech-related information in the months ahead. We welcome your suggestions for areas of interest.*

### PROTECTING YOURSELF FROM CYBERSCAMS

*From AARP Bulletin*

Americans are at risk of compromising their personal information, says a recent AARP Fraud Watch Network survey.

Some 45 percent of the respondents failed a quiz about online and wireless safety. AARP has launched a free cybersecurity education campaign offered by its state offices. In New Jersey you can go to <http://www.cyber.nj.gov>.

To keep yourself safe when using public Wi-Fi:

- ♦ Don’t fall for a fake, non-secure website that con artists often set up with names similar to names you may recognize;
- ♦ Don’t access your email, bank account or credit card accounts;
- ♦ Don’t let your device automatically connect to public Wi-Fi;
- ♦ DO use your cellphone network if a website, such as one for online shopping, requires sensitive information.

Go to [aarp.org/watchyourwifi](http://aarp.org/watchyourwifi) for more tips and information on cybersecurity.



## LOOKING AHEAD

### COMPUTER CLASSES

#### INTRO TO IPAD

Thursday, December 3, 10:00 a.m. to 12 noon

Bring your iPad and learn how to use it! Handouts will be provided for you to take with you.

Instructor: Barbara Essig.

#### MORE ABOUT IPAD

Thursday, December 10, 10:00 a.m. to 12 noon

Get really comfortable with your iPad! Handouts will be provided for you to take with you.

Instructor: Barbara Essig.

*All classes are held in the Suzanne Patterson Building. There is no fee; a nominal donation is always welcome. Please call to register: 609.924.7108.*

### GET YOUR HOLIDAY ON! A DAY OF BEAUTY AT PSRC

#### HOLIDAY MAKEOVERS

Wednesday, December 16 at 10:30 a.m.

with Laura Guberer, a trained aesthetician with 20 years experience with leading cosmetics and fragrance firms.

Other beautifying activities on-site are planned for this "Day of Beauty".

*Look for more information in the December issue of the PSRC Newsletter.*

### SAVE THE DATE FOR A SPECIAL PROGRAM: STRATEGIES FOR YOUR FINANCIAL FUTURE

Tuesday, January 12, 2016 at 7:00 p.m.

#### A PANEL DISCUSSION LED BY JANE GORE, MBA, INSIGHT FINANCIAL SERVICES

Jane has been in the financial services industry for 25 years. She has focused her career on providing solutions to all aspects of her clients' financial lives including asset allocation, retirement planning and college planning.

Look for more information in upcoming newsletters.

### TRIP TO RADIO CITY MUSIC HALL CHRISTMAS SPECTACULAR

Thursday, December 10

Depart from Petronella Gardens at 8:15 a.m. and return 4:00 p.m.

Sponsored by Princeton Recreation Department. Cost: \$75 includes round trip motor coach and admission to the show. You're on your own for lunch.

If you have questions or wish to register, please call the Recreation Department 609.921.9480.

**PSRC WILL BE CLOSED**  
for floor resealing  
**Tuesday, December 22**  
through  
**Friday, December 25**

### 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 UMCPP (the hospital). Call as early as possible to reserve your ride.

#### DAYTIME FREE- B BUS

The Free-B bus runs a daytime 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday.

For a map of Princeton public transit lines, go to: <http://www.princetonnj.gov/public-transportation.html>

## ONGOING PROGRAMS

### CLASS FEE SCHEDULE

The next new quarter begins on the first day of January 2016. Each class will run for approximately 12 weeks. The cost is \$72/quarter for Princeton residents and \$96/quarter for non-residents; some exceptions apply. The new quarterly system will decrease paperwork and simplify the enrollment process. *(Please note, this does not apply to Evergreen Forum classes.)*

- ♦ Financial assistance is available for those who find the fee to be a hardship. Talk to Susan Hoskins, Executive Director, to apply.
- ♦ The length of class terms will vary depending on things like holidays, snow days and vacation schedules, but start dates will remain constant.

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.

### EXERCISE AND FITNESS

### CLASSES

#### 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/session/residents; \$93/non-residents. *Register through Princeton Recreation Department: 609.921.9480.*
- ♦ **Yoga: Thursdays at 10:00 a.m.** \$72/residents, \$96/non-residents per quarter.
- ♦ **Table Tennis: Monday, Wednesday, Friday at 10:30 a.m.** Drop-in; no charge.

#### SPRUCE CIRCLE

- ♦ **Chair Exercise: Mondays at 11:30 a.m., Fridays at 12:00 noon.** \$48 per quarter.

#### SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays at 10:30 a.m.** \$72/residents, \$96/non-residents per quarter.
- ♦ **Word Play (poetry group): Mondays at 1:30 p.m.** \$5/quarter for copying costs.
- ♦ **Memoir Writing II: Mondays at 10:30** First class meets October 12. \$5.00 per quarter for copying costs
- ♦ **The Four Agreements: Wednesdays at 10:00 a.m.** Begins October 7, ends November 11. \$36/residents, \$48/ non-residents
- ♦ **Memoir Writing: Wednesdays at 3:30 p.m.** \$5/quarter for copying costs
- ♦ **Painting with Christina: Wednesdays at 1:30 p.m.** Painting with watercolor and acrylics. \$72/residents, \$96/non-residents per quarter.
- ♦ **Painting with Hannah: Thursdays at 1:00 p.m.** \$72/residents, \$96/non-residents per quarter.
- ♦ **Cosmology: Thursdays at 9:45 a.m.** \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info: [Brucewallman@gmail.com](mailto:Brucewallman@gmail.com).

## 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** Free.



For the following bridge events please register with Bill Miller 908.872.7927 or [billsbridge@gmail.com](mailto:billsbridge@gmail.com)

- ♦ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons** Intermediate Bridge Lessons Wednesdays at 5:30 p.m.; Fridays at 2:00 p.m. Please contact Bill to sign up.



## FALL CONFERENCE

# GET YOUR DUCKS IN A ROW SO YOU CAN GET ON WITH YOUR BUCKET LIST!

**Saturday, November 14th ~ 8:30 a.m. - 1:00 p.m.**

Continental breakfast and light lunch will be provided by Princeton Care Center and Brandywine Senior Living

**RESOURCE FAIR OPEN 8:30 A.M. – 1:00 P.M.**

### AGENDA:

8:30 a.m.— Registration and Continental Breakfast

9:00 a.m.— Keynote

9:45 a.m. – Break

10:00 – 10:45 a.m. Round 1 of Workshops

11:00 – 11:45 a.m. Round 2 of Workshops

12:00 p.m. – Lunch

**KEYNOTE: IT'S ALL IN THE PLANNING**

**ELEANORE "Elly" Szymanski, CFP®, Financial Answer Place**

### WORKSHOPS:

(Choose two: Each workshop is offered twice in the morning.)

**SOLVING YOUR FINANCIAL PLANNING JIGSAW PUZZLE**

**HOWARD HOOK, EKS ASSOCIATES**

**ESTATE PLANNING FOR THE SECOND HALF OF LIFE**

**FIONA VAN DYCK, ESQ.**

An information-packed workshop that explores the many facets of estate planning and long term care planning to help you prepare for the unexpected. Topics to be discussed include the documents that offer you and your family the most protection; taxes and your estate planning; and how to pay for long term care.

**HOME: LOVE IT OR CHANGE IT**

**TOM CALLAHAN, AFI, COACH AND SENIOR SPECIALIST**

**& HOLLY HARDAWAY, INDEPENDENT DOMAIN**

Staying in your own home, co-housing, senior communities, adapting your home.

**NAVIGATING LIFE TRANSITIONS**

**DR. JOHN GEORGE, PH.D. LICENSED CLINICAL PSYCHOLOGIST**

How to find meaning and continue to feel useful in retirement.

Should you continue to work, volunteer, travel, or just go fishing?

Or, is this the time you get to try something you've been putting off?

**BUILDING YOUR BUCKET LIST**

**NATASHA SHERMAN, LIFE SUCCESS COACH**

Fulfill your dreams—travel, volunteer learn, explore—without spending a bucket load.

**GET ORGANIZED**

**JOHN ODALEN, ORGANIZE AND MAINTAIN**

Put your financial house in order

**Please make a reservation by calling 609.924.7108**

## GROUPS

- ♦ **LETS TALK ENGLISH**  
Fridays at 9:30 a.m.  
*Redding Circle*
- ♦ **LET'S TALK** Wednesdays at 2:45 p.m.  
*Spruce Circle*  
*Please call 609.252.2362 to register for Let's Talk groups*
- ♦ **WIDOW SUPPORT**  
Thursday, November 5 and Thursday, November 19 at 11:30 a.m. (First and third Thursdays of each month.) Please call 609.252.2362 to register for Widow's Group.  
*Princeton Public Library*
- ♦ **MEN IN RETIREMENT**  
Friday, November 6 at 2:00 p.m. (First Friday of each month.) *Monument Hall*
- ♦ **CAREGIVERS**  
Monday, November 9 at 1:30 p.m. (Usually second Monday of each month.)  
*Suzanne Patterson Building*
- ♦ **CHILDREN OF AGING PARENTS**  
Wednesday, November 11 at 4:30 p.m. (Second Wednesday of each month.)  
*Suzanne Patterson Building*
- ♦ **BEREAVEMENT**  
Monday, November 16 at 1:00 p.m. (Third Monday of each month.) Call Sherri Goldstein 609.497.4900 to attend. *Corner House ~ 19*
- ♦ **GRANDPARENTING**  
Tuesday, November 17 at 1:00 p.m. (Third Tuesday of each month.) *Suzanne Patterson Building*
- ♦ **WOMEN IN RETIREMENT**  
Friday, November 20 at 10:30 a.m. (Third Friday of each month)  
*Suzanne Patterson Building*
- ♦ **TRANSITION TO RETIREMENT**  
Friday, November 20 at 3:00 p.m. (Third Friday of each month.) *Suzanne Patterson Building*
- ♦ **CONVERSATIONS ON BEING MORTAL**  
Monday, November 23 at 2:00 p.m. Discussion will focus on Dr. Angelo Volandes' book The Conversation. (Fourth Monday of each month.)  
*Suzanne Patterson Building*
- ♦ **KNIT WITS**  
Fridays at 1:00 p.m. Drop-in for knitting and conversation. *Spruce Circle*

There are no fees associated with any of these groups.

## PARTNERS IN CARING

PSRC is your go-to place to find resources 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 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.

- ♦ 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

Please feel free to call for more information: 609.924.7108 or 609.252.2362.

### 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



## COMMUNITY PARTNERSHIPS

We are very pleased to welcome  
**A NEW COMMUNITY  
PARTNERSHIP!**



&

**P R I N C E T O N  
G A R D E N  
T H E A T R E**

### Princeton Garden Theatre

Simulcasts at the Garden Theatre  
\$2 off General Admission rate  
if you mention the code PSRC2.  
(Tickets with the discount will be \$16.)

#### Upcoming events:

##### THE MARRIAGE OF FIGARO

Royal Opera House, London  
Sunday, November 1 at 12:30 p.m.

##### HAMLET

National Theatre Live  
Sunday, November 8 at 12:30 p.m.

##### SKYLIGHT

National Theatre Live  
Sunday, November 15 at 12:30 p.m.

##### HAMLET

National Theatre Live  
Sunday, November 22 at 12:30 p.m.

Tickets are available at the  
Princeton Garden Theatre  
Box Office or online

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



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### CELEBRATING THE CREATIVITY OF WOMEN! PSO's 35th Anniversary Season

Purchase any **THREE** PSO Classical Series and  
receive **20% off** of your total ticket order!

Tickets can be ordered online  
via [princetonsymphony.org](http://princetonsymphony.org) using discount  
code **PSRC20** or by calling the PSO office  
at **609.497.0020** and mentioning  
Princeton Senior Resource Center.

Concert information can be found  
at [princetonsymphony.org](http://princetonsymphony.org)



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### DRIVEN TO EXCELLENCE!

Don't miss the bus!

Enjoy award-winning theater right in your  
backyard and leave the driving to us!

Convenient pick up at PSRC!

Support this new partnership between  
PSRC and McCarter Theatre  
and enjoy worry-free travel to and from  
the theater at a price that is right!

It's not too late!

Call Megan Johnston today at  
609.258.5050.

# THANK YOU TO ALL OUR GALA SUPPORTERS!

## *CELEBRATING FAMILY AND COMMUNITY*

What a wonderful, successful evening - we couldn't have done it without you!

Ellen and Albert Stark Foundation Fund of the Princeton Area Community Foundation

Atrium Post-Acute Care of Princeton \* Nancy & Norman Klath

McCaffrey's Food Markets \* Heidi Joseph & Dave Saltzman \* Team Toyota

Sharon & Richard Bianchetti \* Marylou & Michael Kenny \* Katherine Klotzburger

Princeton HealthCare System & Princeton HealthCare Foundation

Princeton Global Asset Management, LLC \* Princeton Design Guild

Copperwood, a J. Robert Hillier Project \* Jenny Crumiller \* Ellen & Gil Gordon

Haldeman Lexus of Princeton \* Hill Wallack LLP \* Hilton Realty Co., LLC

Investors Bank \* Claire & David Jacobus \* Lear & Pannepacker, LLP

Joan & Bob Levitt \* Maida Mackler, LLC \* Mercadien Group \* Princeton Portfolio Strategies

Cecilia & Irwin Rosenblum \* Judith Scheide \* Stark & Stark \* Wells Fargo

Lynn & Michael Wong \* Acorn Glen - An Assisted Living Residence

Bear Creek Assisted Living \* LIFE St. Francis \* Merwick Care & Rehabilitation

Buckingham Place \* Memory Care Living \* Borden Perlman Salisbury & Kelly

Callaway Henderson Sotheby's International Realty \* Harriet Joseph

Oasis Senior Advisors \* Progression Physical Therapy

Saul Ewing LLP \* State Assemblyman Jack Ciattarelli \* Stifel Nicolaus

The Bank of Princeton \* Colleen McGuigan

Community Without Walls \* EKS \* Ellen Teitelbaum

Friends of John Cimino for Freeholder \* Jewish Family & Children's Services

Joseph Fisher \* Julius Gross Decorators, Inc. \* Mason, Griffin & Pierson, P.C.

Mercedes-Benz of Princeton \* Morven Museum & Garden

NJM Insurance Group \* Pidgeon & Pidgeon, PC \* PNC Bank

Princeton Dentistry \* Princeton Radiology

Private Wealth Management Group \* Robert Platzman, DO

Robert Wood Johnson University Hospital Hamilton

Sourland Cycles \* The Yedlin Company

## NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English Too - SC 1:30 Word Play - SPB <b>7:00 Speaker Series - PPL</b>	10:30 TED Talk - MH 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB  <b>ELECTION DAY</b>	9:15 Aerobics - SPB 10:00 Four Agreements - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:45 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB <b>11:30 Widow Support - PPL</b> 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	9:15 Aerobics 9:30 Let's Talk English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC <b>1:00 First Friday Film - SPB</b> 1:00 Knit Wits - SC <b>2:00 Men in Retirement - MH</b> 2:00 Bridge Lessons - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English Too - SC 1:30 Word Play - SPB <b>1:30 Caregivers Group - CH 19</b>	10:30 TED Talk - MH 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB <b>1:00 BP/Nutrition Q &amp; A - SC</b> <b>2:30 BP/ Nutrition Q &amp; A - HBH</b>	9:15 Aerobics - SPB 10:00 Four Agreements - SPB 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:45 Memoir Writing - SPB <b>4:30 Children of Aging Parents - SPB</b> 5:30 Bridge Lessons - 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 English - RC 10:00 Computer Lab - SPB 12:00 Chair Exercise - SC <b>12:00 Lunch &amp; Learn - SPB</b> 1:00 Knit Wits - SC 2:00 Bridge Lessons - SPB
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English Too - SC 1:30 Word Play - SPB <b>1:00 Bereavement Group - CH 19</b>	10:30 TED Talk - MH 12:00 Scrabble-SPB 1:00 Computer Lab - SPB <b>1:00 Grandparent Group - SPB</b> 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB 12:00 BP Screening - EC 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB <b>10:00 Lunch &amp; Learn - SPB</b> <b>11:30 Widow Support - PPL</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 <b>10:30 Women in Retirement - SPB</b> 12:00 Chair Exercise - SC 1:00 Knit Wits - SC 2:00 Bridge Lessons - SPB <b>3:00 Transition to Retirement - SPB</b>
9:15 Aerobics - SPB 10:30 Pencil Drawing - SPB 10:30 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk English Too - SC 1:30 Wordplay - SPB	10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB	9:15 Aerobics - SPB <b>12:00 BP Screening - EC</b> 1:30 Painting with Christina - SPB 2:45 Let's Talk Too - SC 3:30 Memoir Writing - SPB 5:30 Bridge Lessons - SPB	9:45 Cosmology - SPB 10:00 Yoga - SPB <b>11:30 Widow Support - PPL</b> 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	<b>LOCATIONS</b> CH - Corner House EC - Elm Court HBH - Harriet Bryan House MH - Monument Hall MPC - Mt. Pigeon Church RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building





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***Save the Date***

JOIN US FOR

A SPECIAL PROGRAM

**Tuesday, January 12, 2016 at 7:00 p.m.**

**STRATEGIES FOR YOUR FINANCIAL FUTURE**

**A PANEL DISCUSSION LED BY**

**JANE GORE, MBA, INSIGHT FINANCIAL SERVICES**

Jane has been in the financial services industry for 25 years. She has focused her career on providing solutions to all aspects of her clients' financial lives including asset allocation, retirement planning and college planning.

**TOPICS AND PANELISTS:**

**BANKING:** LUCIA STEGAU, PNC Bank

**PLANNING:** ELLY SYMANSKY, CFA

**ANNUITIES:** JAY LA MALFA, Insight Financial

**TRUSTS:** FIONA VAN DYCK, Van Dyck Law

**INSURANCE:** DAVE SALTZMAN, Saltzman Insurance

Look for more details and registration information  
in the December PSRC Newsletter.

*Suzanne Patterson Building*