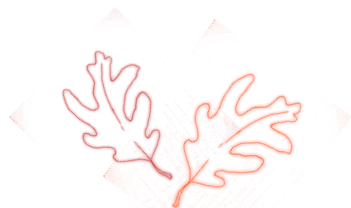


PSRC will be closed for the
Thanksgiving holiday
Thursday, November 24 and
Friday, November 25
Happy Thanksgiving!



PHOTOGRAPHY EXHIBIT

November 14 - December 9

"BEING THERE"

by Arthur Firestone

Photographs taken from travels
around the world..

Meet and greet the photographer
over cookies and coffee

Monday, November 21

3:30 - 5:00 p.m.

All are welcome



PARIS by Arthur Firestone

FALL CONFERENCE



FAMILY CAREGIVERS: COMPASSION FOR SELF AND OTHERS

Saturday November 12, 2016

8:30 am to 1:00 pm

KEYNOTE SPEAKER: TED TAYLOR,
Director of Pastoral Care & Training,
Robert Wood Johnson University Hospital, Hamilton

CONFERENCE SCHEDULE

- 8:30** Registration and Continental Breakfast
from Bear Creek Assisted Living
- 9:00** Keynote with Q & A
- 9:45** Break
- 10:00** Workshop A
- 11:00** Break
- 11:15** Workshop B
- 12:15** Resource Fair and Lunch from
Brandywine Senior Living & Exhibit
- 1:00** Closing - Raffle

To attend the conference, please register
at princetonsenior.org

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@princetonsenior.org
www.princetonsenior.org

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From the Director

FAMILY CAREGIVING

According to the 2015 AARP report, *Caregiving in the US*, an estimated 43.5 million adults in the United States provided unpaid care to an adult or a child in the prior 12 months. 85% care was for a relative, nearly half over age 75; 10% was care for a spouse and 10% are themselves over age 75. 60% have at least one chronic health condition and nearly one quarter have dementia. Some care for a spouse, others a friend or a parent. The aging population of the US is growing rapidly, making this one of today's most critical issues.

Family caregiving can be an 8-10 year journey. It is both rewarding and taxing, often starting small, but in time the load gets heavier and more complex. Many families don't have the financial resources to use care outside the family or will need to use a blend of paid and family care. A family caregiver needs to have knowledge of the disease process, physical and emotional care, nutrition, finance, benefit programs, family dynamics, end of life, and how to manage all the components. This awareness led us to select

family caregiving as the theme of PSRC's annual fall conference and the title "Compassion for Self & Others." Details on the conference are on the following page.

Selecting this topic has been very personal for me. This year my parents began to need more help at the same time that one son married and the other graduated from college. I learned that it's a lot easier to coach other people on how to manage all the aspects of care than to heed my own counsel.

Caregiving often requires creative problem-solving.

I had to learn how to navigate the care system where my parents live; to find my "team" among the many doctors, nurses, social workers, and other staff. I had to figure out when that care system worked for us and when it didn't. I had to screw up all my courage to advocate for my parents, to ask for meetings and speak up when the "plan" was not good for them. I had to change my schedule to be available more often to add shopping, bill-paying, appointment and calendar management to my tasks, and to start asking "Am I

the only one who can do this?”

Most challenging has been the creative problem-solving: if we can't garden in the community garden anymore, what other options are there and whom do I need to talk to for it to happen?

I'm grateful for my husband who accompanies them to medical appointments when I can't get away from work, and for the nurses who come every morning to administer medications and check in, and to the staff and friends who call with reminders of events to attend.

I'm grateful to my caregiver groups and friends who listen and make suggestions when I'm at a loss. It truly can take a village to help people age with dignity and self-determination.

PSRC's last family caregiver conference in 2011 focused on practical strategies. This year we

have workshops on several aspects of caregiving, but we want the emphasis to be on the need to be compassionate to ourselves as caregivers as well as those we care for. We need to interrupt the voice that says "If only I were a better person, I could...", or "If only I had...", or "What can't she still..."

As caregivers we need to take care of ourselves so that *we* don't become overwhelmed, depressed, isolated or sick. If that happens, we can't provide the care that's needed and we don't have the resources to respond as care needs increase.

Sometimes the best care we can give ourselves is to know and accept our limitations and ask for help. As one participant recently stated, "we are all on the same journey yet every one is different." PSRC support and

guidance staff is here to help caregivers find the resources you need for your unique situation.

We hope you'll start by attending the conference on November 12.

Susan W. Hoskins, LCSW
Executive Director

STAFF

Susan W. Hoskins, LCSW

Executive Director

Nancy Amidon

Bookkeeper

Fran Angelone

Office Manager, Spruce Circle

Olivian Boon

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Data Coordinator

Barbara Prince,

Director of Development

Dave Roussel, MSW

HomeFriends Coordinator

Mauri Tyler

Director of Programs

FALL CONFERENCE WORKSHOPS (ATTEND 2)

- ♦ **Practical Strategies for Family Caregivers**
Liz Charbonneau,
Homewatch CareGivers
- ♦ **Residential Care Options**
Connie Pisarro,
Oasis Senior Advisors
- ♦ **Activities for People with Dementia**
Helen Bowerman, RN, MSN
Buckingham Place

- ♦ **Estate and Long Term Care Planning 101**
Fiona Van Dyck,
Van Dyck Law
- ♦ **Staying Organized (and Sane)**
Soni Pahade,
Morris Hall Meadows

Each workshop will be offered twice during the morning. There will also be a community resource fair so you can meet local service providers. Suggested donation: \$5 at the door.

**PLEASE REGISTER TO ATTEND
THE CONFERENCE
AT PRINCETONSENIOR.ORG**

October Events and Programs

Register for all programs online at princetonsenior.org

BOOK DISCUSSION GROUP (continuing)

PRIME TIME II, PART 3 - PART 5

Wednesdays for six weeks, starting November 2.

1:00-2:30 p.m. Facilitated by Helen Burton.

There is space for a few more people, if you have read the first part of the book. Cost: \$36/ 6 weeks for residents, \$48 for non-residents. Please register online at princetonsenior.org.



FILM OF THE MONTH:

Friday, November 4, 1:00 p.m.

"THE IMPORTANCE OF BEING EARNEST"

In 1890s London, two friends use the same pseudonym ("Ernest") for their on-the-sly activities. Hilarity ensues. Filled with stars: Colin Firth, Rupert Everett, Judi Dench, Reese Witherspoon, Frances O'Connor. (1 hour, 37 min.)



TED TALKS

Mondays through November 14,
10:30 a.m.

Come for a lively discussion.

For the first 15 minutes we watch a TED Talk, then we discuss it. Facilitated by Helen Burton. This month's topics:

Monday, November 7: Julia Bacha:

How women wage conflict without violence

Monday, November 14: Dave Isay: *Everyone around you has a story the world needs to hear*

Tuesday, November 22: Abigail Marsh:

Why some people are more altruistic than others

Tuesday, November 29: Mihaly Csikszentmihalyi:

Flow, the secret to happiness

To learn more, visit TED.com.



LUNCH AND LEARN

Friday, November 11 at 12 noon
STRESS MANAGEMENT

Do you find yourself feeling MORE stressed out these days? Carol Rickard, LCSW, will give you the answers and the "tools" to get the job done! Ms. Rickard has written more than a dozen books and spoken nationally on stress and wellness.



RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, November 4, 2:00 p.m.

"THE MYSTERIES OF EASTER ISLAND" A presentation by MIR member Phil McIndoo, is an active world traveler with an interest in ancient cultures, particularly the Celts and the people of Easter Island, the Rapanui. This talk will offer latest scholarly thinking on these mysteries and maybe introduce some new questions.

Location: *Monument Hall Main*

WOMEN IN RETIREMENT

Friday, November 18, 10:30 a.m.

WOMEN AND NUTRITION

A presentation by registered dietitian, Rachel Cuomo, owner of the private practice Kiwi Nutrition Counseling in Princeton. Topics will include bone health, thirst and hydration, sugar and metabolism.

TRANSITION TO RETIREMENT

Friday, November 18, 3:00 p.m.

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. The group leader is Dr. John George, Licensed Clinical Psychologist.



HOARDING

Wednesday, November 30
10:00 a.m.

Do you, or does someone you know, have "collections" that interfere with daily living? We will explore identifying characteristics of hoarding, contributing factors, potentially helpful tools, and issues that arise in later life. Discussion led by Susan Hoskins, LCSW.



TECHNOLOGY CLASSES

TEXTING CLASS

Monday, November 7, 2:30 to 3:30 p.m.

Instructor: NB Sreenivasan

This class covers the basics of Text Messaging using cell phones. Messaging features of the phones to send, read (or receive), and delete text messages will be explained. We will cover texting scenarios with smart phones, such as Samsung Galaxy (Android), Apple iPhone (IOS), LG (Android), and with certain non-smart phones or basic-feature-phones.

INTRO TO iPad

Thursday, November 10, 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. No fee.

UBER - 21st CENTURY TRANSPORTATION!

Monday, November 14, 2:30 - 3:30

This class covers Uber setup and how to request an Uber ride from your mobile device. You will learn how to: set your pick-up and drop-off locations, select a tier of Uber service, track your driver until they arrive, track your location and ETA during your ride, and more.

MORE ABOUT iPad

Thursday, November 17, 10:00 a.m.

Get really comfortable with your iPad! 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. No fee.

REGISTRATION IS MANDATORY in order to ensure a space in any of the above classes. Register for all technology classes at princetonsenior.org.

LOOKING AHEAD

PRINCETON RECREATION DEPARTMENT RADIO CITY MUSIC HALL TRIP CHRIST- MAS SPECTACULAR THE ROCKETTES

Thursday, December 1, 8:15 a.m. - 4:00 p.m. \$75
(non-refundable fee) includes round trip motor coach transportation and entrance fee to the show.
register.communitypass.net/princeton

FIRST FRIDAY FILM

Friday, December 2 at 1:00 p.m.

Movie title & brief description to come

LUNCH AND LEARN

Friday, December 9 at 12 noon

Dealing with Dizziness and Vertigo with
Erin Mee, PT, DPT, Vestibular Rehabilitation
Specialist, University Medical Center of Princeton's
Outpatient Rehabilitation Network

LUNCH AND LEARN

Friday, December 16 at 12 noon

SLEEP APNEA with Lehka Tul, DDS,
Princeton Dental Associates

PSRC HOLIDAY PARTY

Wednesday, December 14

1:00 - 3:30 p.m.

Fun, food, music, and merry-making! Tickets are just
\$5.00 per person, includes lunch and music

PSRC HOLIDAY CLOSINGS

Thursday, December 22 through

Monday, December 26; and

Monday, January 2.

We will also be closed on

Monday, January 16,

in honor of Martin Luther King, Jr. Day.

Ongoing Classes

Register for all programs and classes online at princetonsenior.org

Financial assistance is available; ask at the front desk.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

Early Bird Aerobics: Every weekday morning 8:00 to 8:45 a.m.

\$55/month, or \$5/session to drop in

Aerobics: Monday, Wednesday, Friday 9:15 a.m. \$47/session/residents; \$93/non-residents.

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, 10:30 a.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/qtr for residents, \$48/qtr for non-residents

Memoir Writing: Wednesdays, 2:45 p.m.

\$36/qtr for residents, \$48/qtr for non-residents
(class is full.)

Painting with Christina: Wednesdays, 1:30 p.m.

Painting with watercolor and acrylics.

\$72 residents, \$96/non-residents per quarter

Art 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.

Contact brucewallman@gmail.com for info.



AN INVITATION

CRAFTY PEOPLE

Fridays 10:00 a.m. – 12 noon at Elm Court
Please join us in the Craft Room of Elm Court, 300 Elm Rd, Princeton.

Bring your favorite craft or just come and socialize.

If you are coming from outside Elm Court or Harriet Bryan House, please call Marilyn at 609 937-8496, so we know to let you in the outside door. All are welcome. No fee.

Note that we will not meet on the Friday after Thanksgiving.

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: Mondays,

12:00 noon Free.

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





ALL ABOUT EMAIL

BY DON BENJAMIN

E-mail is one of the most popular computer applications, and one of the top “issues” we deal with during our twice-weekly computer help sessions (it’s just below the “I forgot my password” issue.)

HOW E-MAIL WORKS

When you set up an E-mail account, your service provider, such as Google (for Gmail), Yahoo, Xfinity, etc. provides you with space on its **mail server** in the “cloud,” which is the repository for the E-mail addressed to you—it’s your in-box. The provider also sets aside space for the mail you send—an out-box—and mail you’ve sent to the trash for later disposal. For example, suppose I have a Yahoo E-mail account and want to send a message to John Smith. I’ll compose the message and add John’s E-mail address in the To: line john.smith@gmail.com. When I press “Send,” Yahoo copies my message into my out-box (or “sent mail” box) and sends my message over the Internet to Google’s Gmail server. Google places the message in John’s E-mail in-box. It happens in seconds.

USING E-MAIL WITH YOUR BROWSER

There are two ways to access your E-mail. Most folks read and manage their E-mail using a **browser**—Internet Explorer, Chrome, Firefox, or Safari. When you enter “**gmail.com**,” your browser will take you to Google’s mail server and then ask you for your E-mail address and password so it can find and open your E-mail in-box and folders.

When you use a browser, your E-mail messages aren’t stored on your computer, they reside only on the E-mail server in the cloud. It’s as though you’re visiting the post office to read your mail and send mail to others. That also means you can only access your E-mail when you’re connected to the Internet. If you take your PC to the middle of the Mojave desert, you won’t be able to read your E-mail, but it probably wouldn’t matter because you’d be much too hot.

USING E-MAIL SOFTWARE

But there’s another way to access your E-mail that some people find easier: **by using E-mail software**, such as Microsoft Outlook or Apple’s Mail application. **These programs “fetch” your mail from your E-mail in-box and copy (“download”) it to your computer where it’s stored until you de-**

lete it. It’s like Charlie the letter carrier delivering your mail to your house. If you take your computer to the desert where your browser doesn’t work, you’ll be able to read your E-mail with your E-mail software. You could even compose new E-mails and replies, which will be sent as soon as your computer can connect to the Internet.

Using E-mail software has three other advantages:

First, you don’t need to log in or out of your E-mail account because you are always logged in (that’s why we recommend you protect your computer with a password or PIN). **Second, it can retrieve E-mail from more than one account**, so if you have both a Gmail and Yahoo E-mail account, the software can fetch your mail from both accounts at the same time and even deliver them to the same in-box if you’d like.

Finally, E-mail software works with other programs: Outlook is part of Microsoft Office for the PC, and Apple Mail plays nicely with other applications on a Mac.

If you have questions about E-mail or other issues, please stop by PSRC’s computer lab on Tuesday afternoon from 1 to 4, or Friday morning from 10:00 a.m. until 12 noon.



Support and Guidance

Register for groups online at princetonsenior.org

FOOD RESOURCES

Sometimes it is hard to make the food budget stretch through the month, especially when other expenses like medications are also critical. There are local resources that can help. Age, residence or income qualifications may apply.

Meals on Wheels – for those age 60+,
Home delivery 609-695-3483.

Crisis Ministry Pantry: 61 Nassau St. 609.396.9355

JFCS Pantry – 707 Alexander Rd. 609.987.8100

HomeFront- 1880 Princeton Ave, Lawrenceville.
609.989.9417

Bentley Community Services 4064 Route 1 North,
Monmouth Junction. 908.227.0684

Hot meals are served:

Weekdays Mercer County Nutrition Program
Lawrence Senior Center
609. 989-6650

Tuesday First Baptist Church
5:00 - 7:00 p.m.

Wednesday Princeton United Methodist Church
(Cornerstone)
5:00 - 6:30 p.m.

3rd Friday Trinity Church (One Table Café)
6:30-8:30 p.m.

T.R.A.D.E. Transportation is available to Nutrition Programs.

MEMORY SCREENINGS

Memory screenings are part of a regular wellness check-up. The screening is non-invasive, consists of a series of questions and tasks, and takes five to ten minutes to administer.

Memory screenings are used as an indicator of whether a person might benefit from an extensive medical exam. They are not used to diagnose any illness and in no way replace an exam by a primary care physician or specialist. We encourage a medical follow-up with your primary care physician.

Screenings will be held by appointment with Dave Roussell, MSW, LSW, on the 4th Wednesday morning of the month at PSRC's Spruce Circle office . Please call 609.252.2362 to schedule.

GROUPS – there are no fees for any of these groups

BEREAVEMENT

Monday, November 21 at 1:00 p.m.

(Usually third Monday of each month.)

Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, November 14 at 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, November 9 at 4:30 p.m.

(Second Wednesday of the month.)

Suzanne Patterson Building

GRANDPARENTING

Tuesday, November 15 at 1:00 p.m.

(Third Tuesday of each 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. and

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, November 4 at 2:00 p.m.

(Usually first Friday of each month.)

Monument Hall Main Room

TRANSITION TO RETIREMENT

Friday, November 19 at 3:00 p.m.

(Third Friday of each month.)

Suzanne Patterson Building

WIDOWS: A NEW CHAPTER

Tuesday, November 15 (due to holiday)

10:30 a.m. (Twice monthly, usually second and fourth

Tuesdays) *Please call 609.252.2362 to attend this*

group. Spruce Circle

WOMEN IN RETIREMENT

Friday, November 19 at 10:30 a.m. (Third Friday of each month.)

Suzanne Patterson Building

There are no fees associated with any of these groups..

S.H.I.P. (STATE HEALTH INSURANCE PROGRAM)

Counseling on Medicare Benefits by appointment at Spruce Circle on Thursdays. Bring any and all healthcare benefits questions! Please call 609.393.1626 and ask for Cathy to schedule your appointment.

Note: Parking is limited at Spruce Circle so please take the Free-B Bus if possible (see below!)



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). Call as early as possible to reserve your ride.

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 at PSRC, municipal buildings, and on the bus.



PARTNERS-IN-CARING

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'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

Call for more information: 609.924.7108 or 609.252.2362.

Access Princeton:

609.924.4141

Arts Council of Princeton:

609.924.8777

Central Jersey Legal Services:

609.695.6249

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 Nutrition

Program: 609.921.1104

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 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

Sustainable Princeton:

609.454.4757

Questions? Call PSRC! 609.924.7108

Appreciation—Be A Part of Our Future

A TIME TO REFLECT AND GIVE THANKS

The staff and board of PSRC wish to express our deep gratitude to all of you who share your time, energy, and companionship with us - and everyone else with whom you interact here at PSRC. Every day, you keep us all vital and make our mission possible. Thank you for inspiring us to continue to make PSRC *the best* go-to resource in the region.

PSRC is a non-profit organization sustained largely by donor support. *Almost half* of our total operating budget comes from individual donations and support of our fundraising events. A donation may also memorialize a person or special event at any time throughout the year. These gifts help enable us to offer aging adults and their families first-rate social services, lifelong learning classes and programs, art and exercise classes, and myriad other stimulating activities every month. At this time, we appeal to you to make a gift in support of our work supplying these essential resources to our community. **Please give as generously as you can!** We've enclosed a remittance envelope for your convenience, or you can give online at PrincetonSenior.org.

SUSTAINING GIFTS

Here's an easy and affordable way to support PSRC! You can spread out your gift dollars over the course of the year by making a monthly commitment of whatever amount you choose. For example, your \$12 monthly pledge will grow to \$144, and all you have to do is call us once to set it up. Any monthly amount is greatly appreciated!

IRA DISTRIBUTION & GIFTS OF STOCK

You can make charitable donations directly from your qualified minimum IRA distribution. You can also donate gifts of stock, or designate PSRC as a beneficiary on a life insurance policy, all of which have significant tax advantages for you or your family.

PLANNED GIVING

Did you know PSRC is building our Legacy Society to ensure our future?

If you have included PSRC in your estate planning (THANK YOU!), please let us know so we can enroll you in the Jocelyn and Carl Helm Legacy Society. As a donor-dependent organization, it is essential that we protect and honor our promise to continue delivering important and necessary services, as well as interesting programs, events and opportunities that make us uniquely valuable to the community. By contributing to PSRC's Legacy Society, you ensure both PSRC's future and your own – we want to be here for you when YOU need us!

For more information about how to contribute in any of these ways, please contact Barbara Prince at 609.924.7108, or bprince@princetonsenior.org to request a brochure or referral to a qualified estate planner.

PSRC extends great appreciation and thanks to Occasions by Cintron for delivering a wonderful VIP reception at our 2016 Capitol Steps Benefit evening !

THIS MONTH'S HIGHLIGHTED ANNUAL SPONSOR



BUCKINGHAM PLACE

Buckingham Place Adult Day Center and Buckingham Home Care are the area's premier senior services organizations. Located in Monmouth Junction, New Jersey Buckingham Place proudly serves families in and around Mercer, Monmouth, and Somerset counties. PSRC is very pleased to count Buckingham Place among our annual sponsors.

NOVEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
LOCATIONS CH - Corner House EC - Elm Court HBH - Harriet Bryan House MH - Monument Hall RC - Redding Circle SPB - Suzanne Patterson Building SC - Spruce Circle				
9:15 Aerobics - SPB 9:30 Drawing - SPB 10:45 Memoir Writing II - SPB 10:30 TED Talk - SPB 12:00 Scrabble - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB 2:30 Texting - SPB 3:00 Transitions Book Group - SPB	1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9:15 Aerobics - SPB 1:00 Prime Time Book Group - SPB 1:30 Painting with Christina - SPB 2:45 Memoir Writing I - 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	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - Elm Court 12:00 Chair Exercise - SC 1:00 Film - SPB 2:00 Men in Retirement - MH Main
7 9:15 Aerobics - SPB 9:30 Drawing - SPB 10:45 Memoir Writing II - SPB 10:30 TED Talk - SPB 12:00 Scrabble - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB 2:30 Texting - SPB 3:00 Transitions Book Group - SPB	8 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	9 9:15 Aerobics - SPB 1:00 Prime Time Book Group - SPB 1:30 Painting with Christina - SPB 2:45 Memoir Writing I - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB	10 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to i-Pad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	11 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - Elm Court 12:00 Chair Exercise - SC 12:00 Lunch and Learn - SPB 2:00 Intermediate Bridge - SPB
14 9:15 Aerobics - SPB 9:30 Drawing - SPB 10:45 Memoir Writing II - SPB 10:30 TED Talk - SPB 12:00 Scrabble - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:30 Caregivers Group - CH 19 2:00 Word Play - SPB 2:30 Uber - SPB	15 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparent Group - SPB	16 9:15 Aerobics - SPB 1:00 Prime Time Book Group - SPB 1:30 Painting with Christina - SPB 2:45 Memoir Writing I - SPB 2:45 Let's Talk - SC	17 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More about i-Pad - SPB 12:30 Duplicate Bridge - SPB 1:00 Art with Hannah - SPB	18 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - Elm Court 10:30 Women in Retirement - SPB 12:00 Lunch and Learn - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 2:00 Intermediate Bridge - SPB 3:00 Transition to Retirement - SPB
21 9:15 Aerobics - SPB 9:30 Drawing - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB	22 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	23 9:15 Aerobics - SPB 1:00 Prime Time Book Group - SPB 1:30 Painting with Christina - SPB 2:45 Memoir Writing I - SPB 2:45 Let's Talk - SC	24 CLOSED THANKSGIVING	25 CLOSED THANKSGIVING
28 9:15 Aerobics - SPB 9:30 Drawing - SPB 10:45 Memoir Writing II - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	29 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	30 9:15 Aerobics - SPB 1:00 Prime Time Book Group - SPB 1:30 Painting with Christina - SPB 2:45 Memoir Writing I - SPB 2:45 Let's Talk - SC	TABLE TENNIS Monday 10:30 a.m. – 3:00 p.m. Wednesday 10:30 a.m. – 3:00 p.m. Friday 10:30 a.m. – 4:00 p.m.	EARLYBIRD AEROBICS 8:00 a.m. Monday through Friday



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register online at
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