

Medicare Open Enrollment is
October 15 - December 7
S.H.I.P. at PSRC
Friday, October 14
10:30 a.m.
See p. 4 for details.

OCTOBER 1 marks the beginning of a new quarter for classes at PSRC.
Register online at princetonsenior.org
See p. 6 for class and fee schedules.

WORKSHOP

INTRODUCTION TO RETIREMENT

MONDAY, OCTOBER 17
6:00 – 7:30 p.m.

A one-session free workshop focusing on the primary areas of change in retirement, including money, relationships, time, lifestyle, personal fulfillment.
Led by John George, PhD, Licensed Psychologist.
Please register online at princetonsenior.org.



and
FLU SHOT CLINIC
TUESDAY, OCTOBER 18
1:00 - 6:00 P.M.

HEALTH FAIR
1:00-4:00 p.m.
featuring free screenings for:
Balance
Blood Pressure
Hand and Grip Strength
Hearing
Memory

(from Advanced Medical Research)

FLU SHOTS

1:00 - 6:00 p.m.

The following shots will be administered by Rite-Aid professionals,

by appointment only; call 609.924.7108.

1. Flu and 2. T-dap

(for adult whooping cough, also known as pertussis. This vaccine protects against tetanus, diphtheria and pertussis.)

For more details, please see p. 5

Co-sponsored by Princeton HealthCare System, Princeton Regional Health Department, PSRC and individual providers.

**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

*A non-profit organization
serving our community.*

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From the Director

**Annual Report
2015-16**

PSRC continues to grow, but we've struggled with capacity problems. We added more staff to provide better support. Thanks to the Municipality and Corner House, we were able to expand on-site, but then ran into parking issues. Then, thanks to other community partners, we were able to hold more classes off-site, but this presented challenges for building a PSRC community and providing the necessary staff support. For the past two years we've explored dozens of options, and we're very excited to be able to offer some Evergreen Forum classes at the Lawrenceville Presbyterian Church. There is now room to grow again.

Managing growth and capacity

PSRC's strategic plan was also updated, laying the groundwork and establishing priorities for our attention in the coming years. We've also worked on building organizational capacity. There were several staff changes during the year. We held another hugely successful gala and several smaller fund-raising events.

An ongoing challenge continues to be how to keep costs low for participants while covering costs of professional staff, rental space and infrastructure. In addition to the new website, we'll need new computers, software and furniture in the coming year.

The Age Friendly Princeton plan was completed by a community task force, identifying four priority areas for making the town more age-friendly: housing, transportation, communication and neighborhood groups. There are specific tasks listed for the community to work on.

PSRC took an active role in the Mayor's Wellness Campaign efforts on Healthcare Directives, offering several workshops and an ongoing group, "Being Mortal," and distributing more than 300 *Five Wishes* documents.

New programs this year include Women in Retirement, an active group of newly or partially retired women who are enjoying social events and volunteering together.

We hosted several exciting special lectures and both the fall conference and winter

panel discussion focused on planning.

Our flu shot clinic has evolved into a health fair with a variety of screenings and information. TED talks, computer classes, film and opera video series and Men in Retirement continue to be popular, and attendance at our social groups has increased. Many of the new programs are suggested and run by volunteers.

Strategic goals for the coming year include: complete and implement a marketing plan, implement Office 365 for data backup, replace aging technology

and furniture, strengthen fundraising capacity, improve organizational effectiveness, and keep programs relevant.

PSRC envisions a community where aging adults are honored and respected for their experience and wisdom.

We hope you will be an active part of the PSRC community working to realize this vision in the coming years.

Susan W. Hoskins, LCSW
Executive Director

STAFF

Susan W. Hoskins, LCSW
Executive Director

Nancy Amidon, Bookkeeper

Fran Angelone,
Office Manager, Spruce Circle

Olivian Boon,
GrandPals Coordinator

Cheryl Gomes,
Development Assistant

Sharon Hurley,
Director of Support & Guidance

Emily V. Logue,
Communications & Marketing Coordinator

Sallie Meade,
GrandPals Coordinator

Abigail Meletti,
Evergreen Forum Coordinator

Breana Newton,
Program Assistant & Rental Coordinator

Ken Peabody, Data Coordinator

Barbara Prince,
Director of Development

Dave Roussel, MSW,
HomeFriends Coordinator

Lorraine Starr-Curtin,
Program Assistant & Volunteer Coordinator

Mauri Tyler, TRS
Director of Programs

Here are some of the numbers:

- GrandPals had 110 volunteers reading to 266 children in 15 classrooms
- Crosstown transportation use is up 25%.
- 3077 contacts with people for information, resources, benefit assistance and care planning
- 80% of these people live in Princeton, as do 60% of class participants
- Monthly newsletter mailing increased 20% to 5350; digital readership doubled to 2952
- 1047 people attended 48 Evergreen Forum classes
- 19 Lunch & Learn programs (average attendance 23)
- 28 special lectures and events: attendance range: 10-406
- 536 attended 19 social and support groups
- 1271 attended 27 ongoing PSRC classes
- More than 70 collaborative partners helped with space, donated time or items
- 407 volunteers gave nearly 15,000 hours, value \$399,539
- 2015-16 Funding sources: individuals (15%), foundations (9%), events (31%), government (21%), program fees (14%), other (10%)

For a full report, please see our website: princetonsenior.org.



October Special Events and Programs

Register for all programs online at princetonsenior.org



Lunch & Learns are always free.
Bring a brown bag lunch; dessert
and beverages will be provided.
Please register online at
princetonsenior.org.

LUNCH AND LEARN

Friday, October 14, 12 noon

UNDERSTANDING THE AGING PROCESS

Older patients often have unique needs that require specialized care. Join Daphne Berei, RN, BSN, RN-C, Nurse Manager, Acute Care for the Elderly (ACE) Unit, and Allison Healy, BSN, RN-BC, Senior Care Coordinator, Acute Care of the Elderly (ACE) Unit, to learn about the latest geriatric care taking place at UMCP.

LUNCH AND LEARN

Friday, October 21, 12 noon

COLON CANCER AWARENESS

Margo Creevey, RN, MSN, AOCN, GI Cancer Nurse Navigator, Capital Health will talk about colorectal cancer prevention and screening. Presentation will be followed by a Q & A.

HEALTHCARE DECISIONS WORKSHOP

**Wednesday, October 26,
1:00 - 2:30 p.m.**

This free workshop will review healthcare directives, appointing a surrogate, and having the conversation with your family or friends about your wishes. Copies of the *Five Wishes* document will be available for completion. No fee. Facilitated by Susan Hoskins, LCSW.



FILM OF THE MONTH: "RACE"

Friday, October 7, 1:00 p.m.

Student athlete in Depression-era

America, Jesse Owens bears the weight of family expectations, racial tension at college, and his own high standards for competition.

S.H.I.P.* at PSRC

Friday, October 14, 10:30 a.m.

Cathy Forbes from S.H.I.P. will be on site to discuss:

- ♦ 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
- ♦ What to consider during the open enrollment period

A question and answer period will follow the presentation.

***State Health Insurance Program**



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:

October 3 ~ Suzanne Simard:

How trees talk to each other

October 10 ~ Dan Buettner:

How to live to be 100+

October 17 ~ John Hardy:

My green school dream

October 24 ~ Evelyn Gledy:

How to truly listen

October 31 ~ Paul Stamets:

Six ways mushrooms can save the world

To learn more, visit TED.com.

INTRO TO iPad**Thursday, October 13, 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.

MORE ABOUT iPad**Thursday, October 20, 10:00 a.m.**

Get really comfortable with your iPad! 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.
Call to register: 609.924.7108.

**RETIREMENT PROGRAMS****MEN IN RETIREMENT****Friday, October 7, 2:00 p.m.**

Guest speaker Albert Stark, attorney and author will discuss his experience in creating a murder-mystery with social significance and the serialization of his book, *The Statement*, in *The Trentonian*, with its unanticipated outcomes. No fee.

Location: Suzanne Patterson Building

WOMEN IN RETIREMENT**Friday, October 21, 10:30 a.m.**

Just in time for the elections, Sandi Smith of the League of Women Voters and a WIR member, will speak about the history of voting rights and offer information that will help us be better-informed voters. All women are welcome. No fee.

TRANSITION TO RETIREMENT**Friday, October 21, 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. No fee.

**LUNCH AND LEARN****Friday, November 11, 12 noon**
STRESS MANAGEMENT:

WITH CAROL RICKARD, LCSW

Do you find yourself feeling MORE stressed out these days? Already know that too much stress can ruin your health but aren't sure HOW to get rid of it? Carol will give you the answers and the "tools" to get the job done! These are 'insider secrets' you have not had access to before. Carol L. Rickard, LCSW, has written over a dozen books and spoken nationally on stress & wellness.

PHOTOGRAPHY EXHIBITION**November 14 - December 9****"BEING THERE"** by Arthur Firestone

Photographs taken from travels around the world.

**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 years. Facilitated by Susan W. Hoskins LCSW.

FLU SHOT CLINIC INSTRUCTIONS—cont.

1. You will be asked to complete a screening form. Fill it out on the day of, or ahead of time. Pick up a form at PSRC or we can e-mail it to you.
2. Bring your Medicare card, as well as any other insurance or prescription cards.
3. Rite-Aid will bill Medicare for you.
4. The Clinic is open to anyone 18 years of age and older. You do not have to be a Princeton resident to get the flu shots.
5. Princeton Health Department is subsidizing the cost of the shots for the uninsured
6. Medicaid covers flu shots - bring your card with you.

Ongoing Classes - New quarter begins Monday, October 3.

Register for all programs and classes online at princetonsenior.org

Financial assistance is available; ask at the front desk.

PROGRAM HIGHLIGHT

MEMOIR WRITING is growing in popularity, both for the joy of self-expression and for the chance to leave a legacy.

Whether you are an experienced writer or someone who wants to try writing for the first time, sign up for **Memoir II Mondays, 10:45 a.m. with Betty Lies.**

Betty's direction in memoir writing is to write separate pieces of memory rather than trying an autobiography, which can be so daunting! Betty says, "We write about our lives to understand who we are; and to remember and appreciate what we have gone through: the delights and sorrows that have made us ourselves. Add to that the pleasure of writing, itself, and sharing what we have discovered and you have a very enjoyable class."

EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

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

\$55/month, or \$5/session

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.

GAMES

SUZANNE PATTERSON BUILDING

SOCIAL BRIDGE: Tuesdays

1:00 - 4:00 p.m. Free.

Mah Jongg: Tuesdays,

1:00 - 4:00 p.m. Free. BYO cards & set.

Scrabble: Tuesdays 12:00 noon Free.

For the following bridge events please register with Bill Miller 908.872.7927 or billsbridge@gmail.com

Duplicate Bridge: Thursdays

12:30 p.m.

Bridge Lessons: Fridays

2:00 p.m. Intermediate level

HACKING

by Don Benjamin

Some of our computer lab visitors fear having their computer or mobile devices hacked and shy away from the advantages of on-line banking, the savings gleaned from on-line purchases, or the convenience of keeping personal information on their devices. someone breaking in to your computer to steal your information? Probably not, because unless you are 1. A CIA agent, 2. Hillary Clinton, or 3. Guardian of KFC's fried chicken recipe, you're simply not important enough.

Stated another way, hackers are mostly interested in massive amounts of data they can sell or use for political advantage or profit, so they're more apt to hack into massive databases.

That said, your computer data can be stolen—not by people hacking in, but by you

unwittingly giving them the keys. You might do this when you answer a phony E-mail asking for your username and password, or when you allow someone, perhaps posing as a Microsoft agent, to control your computer remotely, or when you open an attachment that contains a virus or other “malware” that gives others access to your computer files.

You can protect yourself by following fairly simple guidelines:

- Require a PIN or password when you turn on your computer or mobile device.
- Ensure your computer is running its virus scanner all the time.
- Use an anti-malware scanner to remove malware that your virus checker misses (such as Malwarebytes).
- Keep your operating system up to date (don't ignore those Windows or Apple updates).
- Set your browser to ask for

permission to run Flash or Java scripts

- Don't keep your IDs and passwords in a paper notebook that you could lose.
- Don't ever provide your ID and password in response to an unsolicited E-mail or phone call.
- Don't open unsolicited E-mail attachments or click on embedded links.
- Don't call 800-numbers for technical support or allow anyone to control your computer unless you're sure you know who they are. Instead, come see us or a reputable computer store.

If you need help, come to the PSRC computer lab where volunteers will be glad to help you Tuesday from 1:00 until 4:00 p.m., and Friday from 10:00 a.m. until 12 noon.

IN MEMORIAM

It is with heavy hearts that we report the passing of Barbara Lundy. She died September 17 following a brief illness. She had been hoping to return any week now to the Computer Lab that she helped build.

When Barbara started volunteering at PSRC the computer lab was open one day a week, with an occasional class. It was nice. But then Barbara brought her 30+ years of experience from IBM to upgrade it. She took over as coordinator and built up the volunteer pool, the classes, and

even the visual look of the space. She had a gift for helping people, especially beginners, get comfortable with technology. Even her fellow volunteers remarked on how smooth everything ran when Barbara was around.

When she wasn't helping someone in the lab, she helped design the database for the Crosstown ride program and the delivery system for Brunch at Home baskets. We are better for having known her and grateful for all her contributions to PSRC. We will miss her smile, her bright mind and her easy-going attitude.



If anyone would like to make a donation in her memory, we have started a **Barbara Lundy Lab Fund** for upgrades to the computer lab. Please make checks payable to PSRC with Barbara Lundy in the memo line.



Support and Guidance

Register for groups online at princetonsenior.org

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.

NEW GROUP FORMING

NEXT CHAPTER FOR WIDOWS

Have you lost a husband or partner? This women's group will focus on creating a new life that honors our grief, communicates what we need and feel, and helps us begin again. Share your strategies and challenges with others on a similar journey. We will share how we live single in a couples world.

The group will start meeting monthly over a cup of tea in the warmth of the Spruce Circle community room (on the fourth Tuesday of each month.) Please contact Sharon Hurley if you're interested in attending: 609.252.2362.

GROUPS

BEREAVEMENT

Monday, October 17, 1:00 p.m.

(Usually third Monday of each month.)

Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Monday, October 10, 1:30 p.m.

(Usually the second Monday of each month.)

Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, October 19, 4:30 p.m.

(Usually second Wednesday of the month.)

GRANDPARENTING

Tuesday, October 25, 1:00 p.m.

(Usually third Tuesday of each month.)

KNIT WITS

Tuesdays, 1:00 p.m.

Drop-in for knitting and conversation.

Spruce Circle

LET'S TALK

Wednesdays, 2:45 p.m. Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle, 1:00 p.m.

Fridays at Redding Circle, 9:30 a.m.

Call 609.252.2362 to register for Let's Talk groups.

MEN IN RETIREMENT (check website for location)

Friday, October 7, 2:00 p.m.

(First Friday of each month.)

Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, October 21, 3:00 p.m.

(Third Friday of each month.)

WIDOWS

Tuesday, October 25, 10:30-11:30 a.m.

(Fourth Tuesday of each month.)

Spruce Circle

WOMEN IN RETIREMENT

Friday, October 21, 10:30 a.m.

(Third Friday of each month.)

There are no fees associated with any of these groups.



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.

VOTER REGISTRATION INFORMATION:

To register in New Jersey you must be:

1) A United States citizen; 2) At least 17 years old; 3) A resident of the county for 30 days before the election; and 4) NOT currently serving a sentence, probation or parole because of a felony conviction. You must complete a Voter Affiliation Form. Mail or deliver the Voter Registration Application and/or Party Affiliation Form to the County Commissioner of Registration or Superintendent of Elections for your county.

For more absentee ballot and registration info, go to:

http://www.state.nj.us/counties/mercer/commissions/pdfs/boe_geneletimeline.pdf

MEDICARE UPDATE:

Make sure you read your mail for changes in your coverage, and feel free to come to the S.H.I.P. presentation at PSRC on Friday, October 14 at 10:00 a.m. (See p. 4 for details.)

HANDCRAFTED KNIT WEAR SALE

Our Knit Wits group has been busy making beautiful items to help raise funds for PSRC. The fundraiser will be held during the Annual Caregiver's Conference on Saturday, November 12. All funds will be used by PSRC to assist individuals in need. For additional info or to contribute items to the sale contact Sharon Hurley, Director of Support and Guidance at: shurley@princeton senior.org or call 609.252.2362.



P.S. WE NEED YARN! The Spruce Circle Knit Wits group is avidly seeking your unused skeins of (non-wool) yarn! If you have a donation, please feel free to drop it off either at Spruce Circle or the Suzanne Patterson Building. THANK YOU!

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

Thank you to our PSRC Capitol Steps Event Sponsors!

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Oasis Senior Advisors
Progression Physical Therapy

THIS MONTH'S HIGHLIGHTED ANNUAL SPONSOR



Bear Creek – *The Community That Treats You Like Family*

**Assisted Living, Memory Care, Respite Care, 24-Hour Nursing,
Bed & Breakfast Style Fine Dining.**

**For more information, please visit our website
www.bearcreekassistedliving.com**

PSRC is proud to have *Bear Creek* as an Annual Sponsor.

OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15 Aerobics - SPB 3</p> <p>9:30 Drawing - SPB</p> <p>10:30 TED Talk - SPB</p> <p>10:45 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Let's Talk in English - SC</p> <p>2:00 Word Play - SPB</p> <p>3:00 Transitions Book Group - CH 19</p>	<p>1:00 Bridge/ Mah Jongg - SPB 4</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>9:15 Aerobics - SPB 5</p> <p>1:00 Prime Time Book Group - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 6</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>9:15 Aerobics - SPB 7</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>1:00 Movie - SPB</p> <p>2:00 Men in Retirement - MH Main</p> <p>2:00 Intermediate Bridge - SPB</p>
<p>9:15 Aerobics - SPB 10</p> <p>9:30 Drawing - SPB</p> <p>10:30 TED Talk - SPB</p> <p>10:45 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Let's Talk in English - SC</p> <p>1:30 Caregivers Group - CH 19</p> <p>2:00 Word Play - SPB</p>	<p>1:00 Bridge/ Mah Jongg - SPB 11</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>CLOSED</p> <p>Yom Kippur</p>	<p>9:45 Cosmology - SPB 13</p> <p>10:00 Yoga - SPB</p> <p>10:00 Intro to i-Pad - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>9:15 Aerobics - SPB 14</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:30 SHIP Talk - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:00 Lunch and Learn - SPB</p> <p>2:00 Intermediate Bridge - SPB</p>
<p>9:15 Aerobics - SPB 17</p> <p>9:30 Drawing - SPB</p> <p>10:30 TED Talk - SPB</p> <p>10:45 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Let's Talk in English - SC</p> <p>1:00 Bereavement - CH-19</p> <p>2:00 Word Play - SPB</p> <p>6:00 Intro to Retirement—SPB</p>	<p>1:00 HEALTH FAIR & FLU SHOT CLINIC 18</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p>	<p>9:15 Aerobics - SPB 19</p> <p>1:00 Prime Time Book Group - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p> <p>4:30 Children of Aging Parents - SPB</p>	<p>9:45 Cosmology - SPB 20</p> <p>10:00 Yoga - SPB</p> <p>10:00 More about i-Pad - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>9:15 Aerobics - SPB 21</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>10:30 Women in Retirement - SPB</p> <p>12:00 Lunch and Learn - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>2:00 Intermediate Bridge - SPB</p> <p>3:00 Transition to Retirement - SPB</p>
<p>9:15 Aerobics - SPB 24</p> <p>9:30 Drawing - SPB</p> <p>10:30 TED Talk - SPB</p> <p>10:45 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Let's Talk in English - SC</p> <p>2:00 Word Play - SPB</p>	<p>10:30 Widow Support - SC 25</p> <p>1:00 Bridge/ Mah Jongg - SPB</p> <p>1:00 Computer Lab - SPB</p> <p>1:00 Knit Wits - SC</p> <p>1:00 Grandparent Group - SPB</p>	<p>9:15 Aerobics - SPB 26</p> <p>1:00 HealthCare Decisions - SPB</p> <p>1:30 Painting with Christina - SPB</p> <p>2:45 Memoir Writing - SPB</p> <p>2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 27</p> <p>10:00 Yoga - SPB</p> <p>12:30 Duplicate Bridge - SPB</p> <p>1:00 Art with Hannah - SPB</p>	<p>9:15 Aerobics - SPB 28</p> <p>9:30 Let's Talk in English - RC</p> <p>10:00 Computer Lab - SPB</p> <p>12:00 Chair Exercise - SC</p> <p>12:30 Senior Citizen Club - SPB</p> <p>2:00 Intermediate Bridge - SPB</p>
<p>9:15 Aerobics - SPB 31</p> <p>9:30 Drawing - SPB</p> <p>10:30 TED Talk - SPB</p> <p>10:45 Memoir Writing II - SPB</p> <p>11:30 Chair Exercise - SC</p> <p>12:00 Scrabble - SPB</p> <p>1:00 Let's Talk in English - SC</p> <p>2:00 Word Play - SPB</p>		<p>EARLYBIRD AEROBICS</p> <p>8:00 a.m. Monday through Friday</p>	<p>TABLE TENNIS</p> <p>Monday 10:30 a.m. - 3:00 p.m.</p> <p>Wednesday 10:30 a.m. - 3:00 p.m.</p> <p>Friday 10:30 a.m. - 4:00 p.m.</p>	<p>LOCATIONS</p> <p>CH - Corner House</p> <p>MH - Monument Hall</p> <p>SPB - Suzanne Patterson Building</p> <p>RC - Redding Circle</p> <p>SC - Spruce Circle</p>



October 18 is the last day to register to vote in the 2016 general election. For more information please visit our website princetonsenior.org or go to http://www.state.nj.us/counties/mercer/commissions/pdfs/boe_geneletimeline.pdf.



PSRC's 2016
FALL CONFERENCE
Saturday, November 12
8:30 a.m. – 1:00 p.m.

FAMILY CAREGIVERS: *Compassion for Self and Others*

Keynote Speaker: Ted Taylor,
Director of Pastoral Care and Training, Robert Wood Johnson Hospital, Hamilton
Workshops:

- ♦ **Practical Strategies for Family Caregivers** Liz Charbonneau, Homewatch Caregivers
- ♦ **Residential Care Options** Connie Pizarro, Oasis Senior Advisors
- ♦ **Activities for People with Dementia** Robyn Siminski, Buckingham Place

- ♦ **Legal and Financial Issues** Fiona Van Dyck, Van Dyck Law
 - ♦ **Managing the Paperwork** Soni Pahade, Morris Hall Meadows
- Continental breakfast provided courtesy of Bear Creek; lunch provided courtesy of Brandywine Senior Living.

Please register online at princetonsenior.org. Suggested donation: \$5.00 at the door.