

# Mature Princeton

The monthly newsletter of



**You're invited to our  
40th Anniversary Gala**

**September 21, 2014  
4:00 to 8:00 pm**

**The Westin Princeton  
at Forrestal Village**

Join us in honoring Bill & Judy Scheide, Betty Wold Johnson, Norman Klath, Albert Stark, Bloomberg, L.P., and The J. Seward Johnson, Sr. 1963 Charitable Trust.

- Dinner
- Music by the Franklin & Alison Orchestra
- Our best auction EVER
- Golden Ticket Raffle (*details on page 10*)
- Entertainment that will delight and surprise you

Tickets start at \$150 (*all but \$90 is tax deductible*).  
Pick up an invitation at the front desk or order online at  
[www.firedupfor40more.org](http://www.firedupfor40more.org) or [www.princetonsenior.org](http://www.princetonsenior.org).

To place a congratulatory ad in the Journal go online or  
call Barbara at (609) 924-7108.

**Join us for a trip back in time...**

to Downton Abbey at Winterthur. Friday, Sept. 19. Details on pg. 3.

**Costumes of Downton Abbey** is an original exhibition of exquisite



designs from the award-winning television series. Approximately 40 historically inspired costumes from the television show will be displayed and supplemented by photographs and vignettes inspired by the fictional program and by real life at Winterthur.

**SEPTEMBER  
2014**

## **COMPUTER SUPER LAB!**

Tues., Sept. 2nd  
1:00-4:00pm

Suzanne Patterson Bldg.

Over a dozen Princeton University students will be here to help. Details on p. 9

## **SHREDDING and FALL CLEAN OUT**

Sat. Sept. 20, 2014  
10am - 2pm at

Witherspoon Hall Park. Lot

Residents of Princeton are invited to bring their personal papers and other junk to be discarded. There will be 2 shredding trucks on site until they are full. Details on the municipal website [www.princetonnj.gov](http://www.princetonnj.gov).

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## Annual Report



In the last issue I shared a brief history of PSRC. This month I focus on the present with my annual report and next month we'll get "fired up for 40 more," focusing on the future. I hope that you will come celebrate with us on September 21!

The Princeton Senior Resource Center (PSRC) continues to grow, reflecting the growth of the older adult population and the expanding awareness and popularity of our programs. Some people attend a variety of activities every week while others only read *Mature Princeton*. We frequently hear appreciation for what is offered: the range, variety and relevance.

This year PSRC Board and staff focused on addressing capacity issues, inspired by doing a capacity-building analysis sponsored by the Princeton Area Community Foundation. PSRC has outgrown both our physical space and the resources of staff. This work may not be as sparkly and visible as a new program but it builds the bedrock upon which we create a thriving organization.

These are some of the things we have done behind the scenes:

- Reviewed and updated the Strategic Plan. There will be more on this next month as we focus on the future.
- Reviewed the organizational structure, staff responsibilities and compensation. As PSRC became a larger and busier organization, we needed to transition to a leadership team model to facilitate communication and management. Staff are skilled, professional and hard-working, which needed to be better acknowledged. Job descriptions were updated to reflect current duties and strengths. Additional staff are also being added.
- Reviewed programs and space. With the

building at capacity, it was time to assess its use. New programs cannot be added unless older ones with low attendance are retired. We can see from attendance reports which activities are most popular. PSRC is fortunate to have increased access to space in Monument Hall as well as more than 25 community partners, many of whom provide space.

- Renewed efforts to ensure that PSRC meets the needs of this diverse community. These included offering more programs at the Mercer Nutrition Site and senior housing communities, as well as hosting a Chinese New Year's celebration. It has been an asset to have a Mandarin-speaking staff member! Programs are designed to fit different abilities and interests; as people age and become more frail, they come in to the Center less often and access more Partners In Caring support services.
- We have continued to develop the Partners In Caring program to fit the needs of this community, focusing on providing professional, reliable information and consultations to individuals and families to help them make informed decisions as they face aging issues.
- PSRC is converting to a new data base which promises greater functionality. The process of customizing, converting and training is a multi-month process which will continue for some time.

Meanwhile, we have continued to welcome more than 1300 people a week to the wide range of activities offered by PSRC at the Suzanne Patterson Building and other locations. Attendance at Evergreen Forum, the Next Step speaker series, TED talks and Men In Retirement continues to grow. Some classes (Cosmology and Currents) just won't quit! We offered more Lunch and Learn education programs and peer groups this year, and the 2013 Fall Brain Health Fair broke records with more than 220 attending.

*(cont. on page 8)*

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.

## SEPTEMBER PROGRAM HIGHLIGHTS

**MOVIE & MUNCHIES** - Fri. Sept. 5, 1:00pm at SPB. ***"Twenty Feet from Stardom"*** Millions know their voices, but no one knows their names. This film shines a spotlight on the untold true stories of the backup singers behind some of the greatest musical legends of the 21st century. Stars Darlene Love, Merry Clayton. Appearances by Mick Jagger, Sting, Springsteen and Bette Midler. RSVP to 609-924-7108. No fee.

**LUNCH & LEARN** - Fri., Sept. 12, 12:00pm at SPB. ***"Integrative Medicine."*** Rheumatologist Dr. Aly Cohen will describe her practice, which combines conventional Western medicine with alternative or complementary treatments, such as herbal medicine, acupuncture, massage, bio-feedback, yoga, and stress reduction techniques -- all in the effort to treat the whole person. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

**GRANDPALS ORIENTATION** - Wed., Sept. 17, 10:30am at SPB. Details on back page.

**LUNCH & LEARN** - Fri., Sept. 19, 12:00pm at SPB. ***"Strategies for Beating the Blues."*** Experiencing increased stress and anxiety can negatively impact your emotional and physical health. Join Judith Mecklenburger, LCSW, Senior Primary Therapist at Princeton House Behavioral Health, for an uplifting program on preventing depression, recognizing the signs of depression and learning ways to cope with life's stressors in a healthier way. Judith specializes in geriatric mental health. Bring your own lunch. Dessert and beverage provided. RSVP to 609-924-7108. No charge.

### TED TALKS

Drop in for a lively discussion every Tues., 10:30am at SPB. For the first 15 minutes we watch a TED Talk. Then we discuss it. Discus-

sions are facilitated by Helen Burton. For more background, visit [www.TED.com](http://www.TED.com).

This month's topics:

Sept. 2 - "Why We Should Trust Scientists" by Naomi Oreskes

Sept. 9 - "How to Make Hard Choices" by Ruth Chang

Sept. 16 - "Does the Media have a Duty of Care?" by David Puttnam

Sept. 23 - "What Makes a Word Real?" by Anne Curzan

Sept. 30 - "Is Religion Good or Bad? (This is a trick question) by Kwame A. Appiah

**TRIP** - Join us on Friday, September 19 for an excursion to Winterthur, the historic DuPont mansion in Delaware's Brandywine Valley, to see the exhibition every Downton fan wants to see. We'll tour the gardens by tram, then head into the house for a self-guided tour of the exhibition. Lunch is on your own. You may choose to visit Winterthur's on-site Garden Café. You will also have a chance to visit the Museum Shops, including a Downton-related boutique.



**Trip Details:** Bus will leave 8:00am from Community Park North, and return by 4:30pm. Cost: \$50 per person includes bus and admission. Sign up at PSRC in person or by phone. Payment must accompany registration.

## NEXT STEP PROGRAMS

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

**SPEAKER: *Finding Love in Midlife*:** Dating Success Tips for People Over 50 -Tues., Sept. 9, 7:00pm at Princeton Public Library. Presenter: Gayle Crist, Dating Coach & Internet Dating Expert, and author of "How I Met My Second Husband Online at Age 50." No fee. Just drop in.

**Encore Careers: Combining Passion, Purpose & Paycheck** - Tues., Sept. 16, 6:30pm at RWJ Health & Wellness Center, 3100 Quakerbridge Road, Hamilton. Presenter: John George, Ph.D. No charge. Please call 609-584-5900 to register.

**SPEAKER: *Finding the Right Volunteer Opportunity for You*.** Tues., Sept. 23, 7:00pm at Princeton Public Library. Presenter: Carol King. No charge. Just drop in.

**Your Retirement: Transition and Discovery for the Next Chapter of Your Life.** Tues. Sept. 23, 6:30pm at Pennington Public Library, 30 N. Main St. in Pennington. Please RSVP to Hopewell Valley Senior Services at (609)737-0605, ext. 692 or [awaugh@hopewelltp.org](mailto:awaugh@hopewelltp.org). Led by John George. No charge.

## NEW CLASSES & PROGRAMS this Fall

And some old classes with new looks

**Memoir Writing** - Wed. 4:30-5:45pm, starting Sept. 3, at Suzanne Patterson Building. After bidding a sad farewell to Judy Wendell, who moved out of state after leading this group for 6 years, we are thrilled to announce that Len Brown will facilitate the Memoir Writing Group starting in Sept. Len is Professor Emeritus, Rutgers University School of Social Work. He is an author, memoir group leader and collage artist.

**In Search of Active Wisdom: Consciousness Raising for Adulthood II** - Meets the 1st & 3rd Fridays of the month, 10:30am – 12:00pm, starting Sept. 5th at Suzanne Patterson Building. What is life asking of me at this stage of life and how do I want to respond? Where does one search for the answers to how one lives a new phase of life? Readings of poetry, philosophy and psychology dialogue and reflection, will challenge us to move out of old established habits of mind, and allow us to imagine who we might become in this new stage of life. Group will be facilitated by Debra Lambo, MA, LCSW, a psychotherapist in private practice in Princeton. No charge. Group is limited to 15. Call 609-924-7108 to sign up.

**Total Brain Health** - Mon. 10:00-11:00am at SPB. 15 weeks starting Sept. 8. Boost your brain power in the Total Brain Health® Activities course developed by Cynthia Greene, Ph.D. These easy to do, scientifically grounded activities are designed to teach you all you need to know to keep your brain active. Facilitated by Soni Pahade, Gerontologist. Cost: \$50. Call 609-924-7108 to sign up.

**Currents** - Mon., 1:30-3:30pm at Pelletteiri & Rabstein, 100 Nassau Park Blvd. We thank the law office for making their conference room available. Currents is a discussion group about current events. It grew out of an Evergreen Forum Great Decisions class that didn't want to stop meeting. There is no charge. For more information, contact Barry Cutler at [barrydr-clean@me.com](mailto:barrydr-clean@me.com)

**Transition into Retirement** - This new monthly support group will meet on the third Friday, 3:00-4:15pm, at SPB, starting Oct. 17th. Discussion will focus on practical approaches to the retirement transition process. Facilitated by John George, Ph.D. No charge.



## LOOKING AHEAD

**Next Step Speaker** - Tues., Oct. 14, 7:00pm at Princeton Public Library. **“Introduction to Medicare.”** Speaker will cover Medicare Basics, eligibility, enrolling in Medicare, Medicare Parts A & B, also Medicare Advantage (Part C) and Medicare prescription drug coverage and costs. Presenter is a representative from SHIP (State Health Insurance Program). No charge. Just drop in.

**MOVIE & MUNCHIES** - Fri. Oct. 3, 1:00pm at SPB. **“The Grand Budapest Hotel.”** This is the tale of the adventures of Gustave H., a legendary concierge at a famous European hotel between the wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend. The story involves the theft and recovery of a priceless Renaissance painting and the battle for an enormous family fortune -- all against the backdrop of a suddenly and dramatically changing continent. Stars Ralph Fiennes, F. Murray Abraham, Willem Dafoe.

**LUNCH & LEARN** - Fri., Oct. 10, 12:00pm at SPB. **“Rheumatoid Arthritis”** - Dr. Ranju Singh of Central Jersey Arthritis Group will focus on different types of arthritis, and specific treatment options for Rheumatoid Arthritis.

**LUNCH & LEARN** - Fri., Oct. 17, 12:00pm at SPB. **“Long Term Care Insurance”**. Do you need it? How much do you need? What does it cover? Dave Saltzman, founding partner of Dave Saltzman Insurance Company, will answer these and other questions.

**FLU SHOT CLINIC & HEALTH FAIR** - Tues., Oct. 21, 1:00-5:00pm at SPB. Appointments are required. To make an appointment call 609-924-7108 starting Sept. 8th. Flu shots are free with a Medicare part B card, otherwise \$20. You do not have to be a Princeton resident. Stay for the health fair full of free screenings and helpful information. Or if you don't need a flu shot, come just for the fair. This year's screenings will include balance, hearing, vision, cholesterol and more. The health fair is co-sponsored by Princeton HealthCare System individual practitioners.

**Engaged Retirement Workshop: What Will You Do With the Rest of Your Life?** This 4 session workshop will be offered through the Princeton Adult School on Thursdays Oct. 9, 16, 30 & Nov. 6. Led by Carol King and John George. See the PAS brochure or [www.PrincetonAdultSchool.org](http://www.PrincetonAdultSchool.org) for cost and details.

**Finding Your Purpose.** Wed., Oct. 15, 1-4 pm at Robert Wood Johnson Health & Wellness Center. Presenters: Debra Lambo & Lillian Israel. Fee: \$25

**Writing Your Ethical Will.** Tues., Oct. 28, 7:00 pm at Princeton Public Library. Presenter: Carol King.

**NATIONAL MEMORY SCREENING DAY** - Tues., Nov. 18 at SPB. Appointments will be available for free memory screenings. Details next month.

**FALL CONFERENCE** - Sat., Nov. 1, 8:30am - 1:00pm at SPB. This year's fall conference is ***Technology & Aging Independently.***



There are so many new gadgets, gizmos and apps - everything from putting one's medical records and advance directives on a portable device to medication reminders to learning a new language and everything in between. Some are junk, but some of this new technology can really help seniors, especially in the context of maintaining independence. Come learn about the latest and most practical. The day will include a resource fair and lunch. More details in the October Mature Princeton.

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

#### At Spruce Circle

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

#### At Harriet Bryan House

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



### CLASSES

#### At Suzanne Patterson Building

- ◇ Art with Bob: Wed 1:30pm  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Art with Hannah: Thur 1:00pm  
\$45/8 weeks for residents, \$60/non-resid.
- ◇ Computer classes: See page 9.
- ◇ 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.
- ◇ Drumming: Tues. Sept. 2, 10:00am.  
\$5/person.
- ◇ Memoir Writing: Wed. 4:30pm  
No charge.
- ◇ 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

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

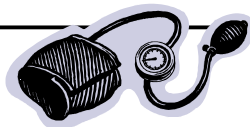
- ◇ Benefit Application Assistance
- ◇ Caregiver Resources + Support
- ◇ Support & Wellness Groups
- ◇ Transitions – support with the inevitable transitions throughout the life span
- ◇ Volunteer visitors

### PARTNERS IN CARING PRINCETON

PSRC is your go-to place, the resource center for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you.

Whether it is a single question answered in a phone call, a detailed professional assessment conducted in your home, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

Call for more information: 609-924-7108 or 609-252-2362.



### BLOOD PRESSURE SCREENING

(No fee - open to the community)

Second Tues: 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. You can also come to the Flu Shot Health Fair on Oct. 21st for blood pressure and other free screenings.

## GROUPS

- ◇ Caregivers: Mon. Sept. 8, 1:30pm at CH-19
- ◇ Children of Aging Parents: Wed. Sept. 10, 4:30pm at SPB.
- ◇ Widow Support: Thurs. Sept. 4 & 18, 11:30am at Princeton Public Library
- ◇ Bereavement: Mon. Sept. 15, 1:00pm at SPB  
Call Ann Schoonover 497-4900 to attend.
- ◇ Grandparenting: Tues. Sept. 16, 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. Sept. 5, 2:00pm at Monument Hall
- ◇ Navigating Retirement: Thurs. Sept. 11, 2:00pm at RWJ Hamilton Wellness.  
609-584-5900.

## 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. Stops at the Suzanne Patterson Building, Elm/Harriet Bryan, Library, Shopping Center, Redding Circle, Princeton Community Village and more—and you can flag it down. Schedule and map are at SPB, municipal buildings and the bus.

Local transportation routes can be found at [www.princetonnj.gov](http://www.princetonnj.gov) under transportation, or [www.gmtma.org/pg-bus-mercercer.php](http://www.gmtma.org/pg-bus-mercercer.php).

## ACCESS PRINCETON

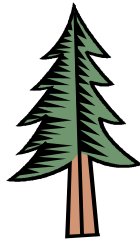
*One stop shopping for questions about Princeton*



The Municipality of Princeton is proud to announce that it has created a new department called **Access Princeton**. The idea is to have a call center that is the first stop for “all things Princeton.” The department is located in Monument Hall. Hours are 8:00am - 5:00pm. The department will also offer free notary services for residents of Princeton. Stop in to say hello & meet the staff.

[www.accessPrincetonNJ.gov](http://www.accessPrincetonNJ.gov)

The town has also partnered with **SeeClickFix** - an application where residents can report to the town everything from missed trash pickups to storm-water clogs, broken streetlights and signs, downed trees and unsafe buildings, all non-emergency issues. The town tracks these issues and will handle them during normal business hours. For questions about this app please call 609-924-4141 or e-mail [onecall@princetonnj.gov](mailto:onecall@princetonnj.gov).



### EVERGREEN FORUM

Classes start Fri., Sept. 29th. To see if there are any open seats left in any courses, visit [www.theEvergreenForum.org](http://www.theEvergreenForum.org).



*(Director's Message cont. from page 2)*

We held two successful fund raising events, Capital Steps and Brunch at Home, as well as a strong annual appeal. We were delighted to be remembered by several friends for memorial and legacy gifts this year. Other funding sources are the municipal contract to provide services for Princeton and foundation grants. This support is critical to PSRC's stability and growth.

There are currently 4 full time and 9 part time staff, 10 paid and 42 volunteer instructors. We had 5 Next Step Interns and 2 COPC Health Interns this year, as well as more than 500 volunteers.

Thanks to all of you for helping to make this a successful year. We welcome your ideas and your active involvement in making PSRC a welcoming, active community.

Susan W. Hoskins LCSW  
Executive Director

### Quick Reference Guide to Area Resources

Arts Council of Princeton 609-924-8777  
Cornerstone Community Kitchen 609-924-2613  
Crisis Ministry 609-921-2135  
Community Without Walls 609-921-7338  
Funeral Consumers Alliance 609-924-3320  
Health Care Ministry 609-921-8888  
Mercer County Legal Services 609-695-6249  
Mercer County Nutrition Program 609-921-1104  
Mercer County Office on Aging 609-989-6661  
or 877-222-3737  
NJ Consumer Affairs 973-504-6200  
NJ Health & Senior Services 800-792-8820  
One Table Café 609-924-2277  
PAAD 800-792-9745  
Princeton Human Services 609-688-2055  
Princeton Police (non-emerg) 609-921-2100  
Princeton Public Library 609-924-9529  
Reassurance Contact 609-883-2880  
Ride Provide 609-452-5144  
Senior Citizen Club 609-921-0973  
Social Security 800-772-1213



## COMPUTER ***SUPER*** LAB

Tues. Sept. 2nd  
1:00 - 4:00pm  
Suzanne Patterson Bldg.

A group of students from Princeton University will be assisting with a special computer lab to help you with all kinds of technology questions: computers, laptops, tablets, smartphones, e-readers and i-Pads. Bring in your questions and your gadgets for help. Even Mac users! No fee. Just drop in.

*Come early and join the students for drumming!*

Group Drumming  
Tues. Sept. 2nd  
10:00-11:00am at SPB

Get your brain waves flowing and your rhythm rocking by drumming along with some Princeton University students. No musical experience required. Drums provided or BYO. Cost: \$5. Call (609) 924-7108 to sign up.



## NEW DATA BASE

Over the summer we installed a new data base. Thank you to everyone who submitted updated contact forms. Please let us know if you find any errors in your address or contact information. Also let us know if you are not receiving Mature Princeton. We have been working diligently to update all the data. It's a VERY big job! Thank you for your patience.

like us on

# facebook

for pictures, videos, and updates

Not sure how?

- Open your Facebook account
- Search for Princeton Senior Resource Center
- Click on the  Like button

Or ask the helpful volunteers in our computer lab for help.

## COMPUTER CLASSES

**CLASSES:** Intro to iPad - Thurs., Sept. 11, 10:00am - 12 pm. Fee: \$10  
More About iPad - Thurs., Sept. 25, 10:00am - 12 pm. Fee: \$10

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

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

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



## Golden Raffle Tickets - Only \$100 each!

**Only 100 will be sold!**

As part of our Gala Celebration, choose one of these seven great prizes, an opportunity of a lifetime!!!



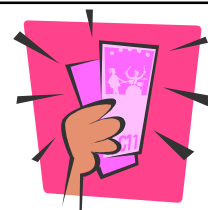
1. A DAY AT THE RIDGE - Play with 2 friends at The Ridge at Back Brook, one of America's top new golf courses, in Ringoes, NJ - value \$840
2. A FOOTBALL FANTASY- 2 tickets to the Jets owners box, field access, parking, buffet – value \$2,000
3. HARVEY CEDARS, LBI VACATION – Last week in June 2015 at fantastic 5BR waterfront home. Value \$4,000
4. HERITAGE PALMS CC, FORT MYERS, FL VACATION - It's a dream vacation at this 2 BR, 2 Bath condo. Value \$1,500
5. BAYFRONT OCEAN CITY, MD VACATION – 1 Week to enjoy this very special 3BR, 2.5 bath townhome that sits directly on the bay. Value \$2,000
6. PRIVATE LUNCH WITH CELEBRATED AUTHOR - for you and 6-8 of your book-loving friends with Jean Hanff Korelitz author of *Admissions*, and *You Should Have Known*. Value \$500
7. GOTHAM CITY GET-AWAY – Two tickets to any Broadway play, two nights at any NYC Hilton, and a \$200 gift certificate for dinner. Value \$1,600

### Here's how it works:

The drawing will be at 6:00 pm Sunday, September 21, 2014. You must be at the dinner or available by phone at that time to be eligible to win. After the winner has selected the prize of his/her choice, the remaining items will then be in our live auction later that evening at the Gala.

### To buy tickets

for the dinner and/or the Golden Raffle, contact Barbara at 609-924-7108 or [bprince@princetonsenior.org](mailto:bprince@princetonsenior.org)



### **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.)*



Princeton Senior Resource Center  
45 Stockton Street, Princeton, NJ 08540



*Come to the Gala - Sept. 21st!*



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  
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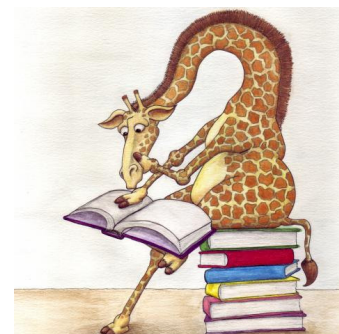
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### GrandPal Orientation

**Wednesday, September 17 at 10:30am**  
in the Suzanne Patterson Building

***Do you remember the joy of reading children's books or the thrill of being read to? Would you like to be a partner in sharing your love of books, encouraging questions, delighting in the everyday life of young children?***



Join us for the opening event for this year's GrandPal Program. We welcome all new and returning GrandPals. This year we will have at least 10 GrandPal sessions a week, reading to kindergartners, first graders, and second graders in the Princeton schools.

Experienced GrandPals from each school will provide an overview of the program at the Orientation. You may sign up for one (or more) sessions. You may also sign up to substitute for people who are ill or on vacation. We are increasing our program again this year, so we need many more GrandPals. Come one, come all! And bring your friends!

Light refreshments will be served. Please call 924-7108 to register.