



You're invited!

*Please join us
to ring in the holiday season
at PSRC's*

**Annual Holiday Party
Wednesday, December 13th
1:00 - 3:30 p.m.**

MUSIC, MERRIMENT, AND LUNCH!

\$5 per person

**Register online at princetonsenior.org
or call 609.924.7108**

*Details and transportation information
on page 3.*

Suzanne Patterson Building

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)

Phone: 609.924.7108

Monday - Friday
9:00 a.m. to 5:00 p.m.



Spruce Circle Office

179 Spruce Circle
(off N. Harrison St.)
Princeton, NJ 08540
Phone: 609.252.2362
Monday - Friday
10:00 a.m. to 4:30 p.m.
info@princetonsenior.org
princetonsenior.org

*A non-profit organization
serving our community*

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From the Executive Director

Tradition Transitions

Once again, it's time to plan for the holidays. Thanksgiving, Christmas, Hanukkah, and New Year's all bring families together, with the attendant joys and stresses.

Many of the stresses may come from trying to sustain traditions that have been repeated over the years through several generations. You may also find that these traditions have gradually grown to intimidating proportions through happy events such as the combining of families, or unfortunate events like divorce (with both sides expecting you for dinner). It may also be a sad time as you miss those who have passed away.

I suspect, if you look back over the years, you'll find you've already changed your rituals at times for practical reasons, such as not wanting to travel 5 hours with a screaming baby, or living too far away to justify the expense or traveling hassles. Very likely, over time you've already made several adjustments due to changes in your extended family's lives as well as your own.

It may be time again to evaluate family traditions to see what works and what doesn't at this time of your life. What parts of holiday traditions do you most look forward to? What do you

dread? What adjustments need to be made? Do you need to break an 8-hour drive into two parts, or go a day earlier to avoid traffic and have a recovery day? Is it time to ask family to help prepare the meal? Would it be better to stay in a nearby hotel, so you aren't awakened by your son's dogs at 5 a.m.?

This review is especially relevant if you have a family member with dementia, which can progress significantly over the course of a year, requiring a different paradigm for celebrating together. Does s/he know the date and the people attending the event? Is s/he able to cope emotionally with the scene? What does that person enjoy and what does he or she find stressful? While you may like having the football game on all afternoon, a person with hearing loss or dementia may find it noisy and overwhelming, cutting him or her off from conversation and potentially causing agitation. Stress can be reduced by limiting stimulation, creating a quiet retreat space, or by ensuring opportunities to connect with familiar touchstones. If it's practical, it may be better to return the person to a familiar bed rather than having a family sleep-over, or make sure he or she has a familiar com-

fort quilt if away from home. Plan some down-time. Be prepared with alternate plans —taking someone home early, or taking a full left-over meal to him or her the next day. It may be that a phone call or video conference is as much connection as the person can handle. Another option is to have various family members take turns attending to the family member, prepared to leave the table, help with mobility, carry the conversation, so no one person feels the full responsibility.

I remember the year we moved Thanksgiving dinner from my parents' home to mine to take some of the load off my mother. Another year we celebrated Christmas on December 28th when our son returned from a semester in Prague. Last year we brought my parents to our house for a light Christmas lunch and an early dinner rather than a long, full day. This year as their dementia and frailty increase, I'm considering further simplifications, such as a few short visits

over the weekend, with just a couple of family members each time. I know my parents say being with family is most important, but I also know that anything more than a few people for a short visit is overwhelming and stressful for them.

As you make your holiday plans, consider what you enjoy most and what you're dreading. Ask yourself whose need it is to follow all the rituals—is it you trying to keep things normal rather than accepting the "new normal"? What's really most important to you? Talk to your family about what you need, and try to devise creative adjustments to the rituals to make them more pleasurable for everyone.

You may find you're able to avoid conflict and disappointment if you discuss your concerns and needs ahead of time. Rest assured, these traditions will continue to evolve in the future as well.

Happy Holidays!

Susan W. Hoskins, LCSW

PSRC STAFF

Susan W. Hoskins, LCSW

Executive Director

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*Crosstown Coordinator and
Office Manager, Spruce Circle*

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Dave Roussell, MSW

HomeFriends and Care Coordinator

Beth Weiskopf

Program and Office Assistant



PSRC Holiday Party

Let's ring in the season
with holiday merriment!

Join us for a delicious lunch while you mingle and
jingle with Dave Saltzman on piano, and the Ho, Ho, Ho's.

Entertainment will follow with the
soulful sounds of Klezmer music.

*Transportation is available to and from the
Suzanne Patterson Building by the Free B Bus,
Crosstown, or by carpool, any of which we encourage!*

*Please let us know if you plan to take the bus,
so we don't exceed capacity.*



PSRC will be closed:

Friday, December 22nd

Monday, December 25th

Tuesday, December 26th

Monday, January 1st

and

Monday, January 15th

Happy Holidays!

DECEMBER PROGRAMS

Please register for all programs, classes and events at princetonsenior.org.



FIRST FRIDAY FILM:

“LOVING”

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

The story of Richard and Mildred Loving, a couple whose arrest for interracial marriage in 1960s Virginia began a legal battle that would end with the Supreme Court's historic 1967 decision. Director: Jeff Nichols. Starring: Joel Edgerton, Ruth Negga, Marton Csokas, Nick Kroll, Michael Shannon.

123 minutes

**TED
Talks**

TED TALKS

Every Tuesday at 10:30 a.m.

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:
December 5th ~ Naomi McDougall Jones: What it's like to be a woman in Hollywood

December 12th ~ Mike Kinney: A pro wrestler's guide to confidence

December 19th ~ David Lee: Why jobs of the future won't feel like work

December 26th ~ PSRC is CLOSED

For more information visit TED.com.



SEMINAR

URINARY INCONTINENCE – TIME TO TAKE CONTROL

Friday, December 8th at 1:00 p.m.

with Becky Keller, PT, PRPC, Pelvic Wellness Rehabilitation Coordinator, and Katie Doyle-Elmer, PT, DPT, both with UMCP's Outpatient Rehabilitation Network.

Urinary incontinence affects more than 15 million Americans, resulting in a range of lifestyle problems, from the occasional inconvenience of leakage when sneezing or coughing to a frequent urge to go that disrupts sleep or affects quality of life. Using physical therapy techniques, you'll learn ways to treat symptoms, improve bladder fitness and restore your quality of life.

Sponsored by Princeton HealthCare System



SEMINAR

MEDICAL TESTING: TIMING IS EVERYTHING

Friday, December 15th at 1:00 p.m.

Observing the recommended schedule for routine health tests can be a challenge, but proper screenings play an important role in disease prevention and control. Join Aubrie J. Nagy, MD, FACP, board certified in internal medicine and a member of the Medical Staff of Princeton HealthCare System, for this informative discussion of when you should schedule certain tests, including mammograms, colonoscopies, hearing tests, skin cancer screenings and others.



RETIREMENT PROGRAMS

MEN IN RETIREMENT

No meeting this month.

WOMEN IN RETIREMENT

Friday, December 15th at 10:30 a.m.

VOLUNTEERISM

Several members of Women in Retirement will be sharing volunteer opportunities and Sharon Hurley, CVA, Director of Support & Guidance and PSRC's Volunteer Coordinator will give an overview of what it means to volunteer. All are welcome.

TRANSITION TO RETIREMENT

Friday, November 17th at 3:00 p.m.

This group addresses many different kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, PSRC's Care Coordinator and HomeFriends Coordinator. All are welcome.

COMPUTER LAB

Tuesdays 1:00 - 4:00 p.m. Wednesdays 1:30 - 4:00 p.m.

Fridays, 10:00 a.m. to 12 noon.

Just drop in. Free.

Please check our website for upcoming computer classes in 2018.



LOOKING AHEAD



JANUARY OPERA FILM FESTIVAL

Tuesdays at 12:30 p.m. Look for complete opera descriptions in the January newsletter.

January 2nd: "Il Trovatore" ~ Verdi

January 9th: "Pique Dame" ~ Tchaikovsky

January 16th: "Tosca" ~ Puccini

January 23rd: "The Love for Three Oranges" ~ Prokofiev

January 30th: "Luciano Pavarotti: A Life in Seven Arias"



FIRST FRIDAY FILM: "MAUDIE"

Friday, January 5th at 1:00 p.m.

An uplifting biopic about Maud Lewis, who overcame rheumatoid arthritis to become a renowned folk artist. After taking a job as a housekeeper, Lewis hones her painting skills while attracting international interest for her inspirational story.
1 hour, 55 minutes



SEMINARS

JANUARY

THE FELDENKRAIS METHOD

Friday, January 12th at 1:00 p.m.

A presentation by Jacklyn Boone. Improve posture, reduce pain and feel better using this powerful and revolutionary approach to improving your life using gentle, mindful movement to bring new awareness and possibility into every aspect of your life.

EMERGENCY PREPAREDNESS

Friday, January 19th at 1:00 p.m.

with Carol Nicholas of the Princeton Health Department.

Sponsored by Merwick Care and Rehabilitation Center

PARKINSON'S DISEASE

Friday, January 26th at 1:00 p.m.

with Princeton Care Center

Register for all programs at princeton senior.org.



CHAIR YOGA

Tuesdays at 9:30 a.m. with Lyn Lilavati Sirota.

A new quarter of this popular class begins January 2. This is a gentle, versatile form of yoga that is adaptable for all skill levels and abilities and for those with balance issues and injuries. *See page 6 for fees.*

MINDFULNESS SEMINAR

January 10th, 17th and 24th, 10:30 - 11:30 a.m.

A three-session seminar with Lyn Lilivati Sirota. Come and get a taste of what Mindfulness is all about. Learn why it's being integrated into healthcare and psychology practices, schools, prison systems, corporations large and small, sports and more. In this series we'll explore the background of the practice and hands-on activities with mindfulness breathing, movement, meditation and journaling.

\$60/residents; \$80/non-residents. Register online.



BOOK DISCUSSION

ENRIQUE'S JOURNEY

by Sonia Nazario

Thursday, January 18th at 10:00 a.m., meeting at the Princeton Public Library.

This story puts a human face on the ongoing debate about immigration reform in the United States. Enrique's Journey recounts the unforgettable quest of a Honduran boy looking for his mother in the United States. *Part of Princeton's community events on Global Migrations. Co-sponsored by PSRC and the Princeton Public Library Registration required. No fee.*

YOUR ENGAGED RETIREMENT LECTURE SERIES 2017 - 2018

Informational lectures on a wide array of retirement issues, co-sponsored by PSRC and the Princeton Public Library, and held in the Library's Newsroom.
Monday, January 22nd, 2018, at 7:00 p.m.

Legal & Estate Planning

with Fiona Van Dyck of Van Dyck Law, LLC.

What you need to know about estate and long-term care planning in these turbulent times.

CLASSES

*Details about classes and groups can be found on our website: princetonsenior.org.
Financial assistance is available to those for whom the fee is a hardship; please ask at the front desk.*



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

AEROBICS

Monday, Wednesday, Friday, 9:15 - 10:15 a.m.

\$64/residents; \$128/non-residents; 13-week session.

Register through Princeton Recreation Department:

609.921.9480.

EARLY BIRD AEROBICS

Every weekday morning, 8:00 - 8:45 a.m.

\$60/month, or \$10/session to drop in

CHAIR YOGA

Tuesdays, 9:30 - 10:30 a.m.

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

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30 p.m.

Drop-in; free.

YOGA

Thursdays, 10:00 - 11:00 a.m.

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

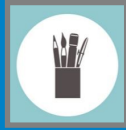
SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m. - 12:30 p.m.

Fridays, 12:00 - 1:00 p.m.

\$48 per quarter



PSRC CLASSES

SUZANNE PATTERSON BUILDING

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.

\$66/residents, \$88/non-residents

WORD PLAY (POETRY) WITH RICE LYONS

Mondays at 2:00 p.m. \$5/quarter

WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.

\$36/residents, \$48/non-residents

MEMOIR WRITING WITH EMILY LOGUE

Wednesdays at 2:30 p.m.

\$5/quarter (class is currently full.)

PAINTING WITH CHRISTINA RANG

Wednesdays at 1:30 p.m.

Painting with watercolor and acrylics.

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

MULTIMEDIA ART WITH HANNAH FINK

Mondays at 1:00 p.m.

\$72/residents; \$96/non-residents

COSMOLOGY

Thursdays at 9:45 a.m.

\$5/quarter. Peer-led science discussion.

Contact brucewallman@gmail.com for more information.

GAMES

SOCIAL BRIDGE

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

MAH JONGG

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

SCRABBLE & OTHER GAMES:

Tuesdays, 12:00 noon. Free.

Let us know if there's a game you'd like to play!

DUPLICATE BRIDGE

Thursdays, 12:30 p.m.

Please contact Bill Miller: 908.872.7927 or email him at billsbridge@gmail.com for information and fees.

EVERGREEN FORUM SPRING 2018

- ♦ *Mid December* ~ Course descriptions will be available on website
- ♦ *End of December* ~ Spring brochures will be mailed
- ♦ *January 3rd* ~ Registration begins
- ♦ *January 30th* ~ Lottery held for over-subscribed courses
- ♦ *February 26th* ~ Classes begin



COMPUTER GURU

FILE HYGIENE *by Don Benjamin*

Does your computer desktop screen look like the picture on the right? Do you keep your computer files in a folder? Do you keep your socks in the same drawer as your socket wrenches? If your answers are “yes,” “no,” and “yes,” respectively, then do read on.

Now, I am a neat person (as in organized, not as in cool), I lead a complicated life (as in I spend time at PSRC, belong to Toastmasters, and mediate municipal court cases), and I keep few paper documents (as in everything is in my computer), so if I had to face this desktop every day, I’d freak out.



What a mess!



To be fair, many folks whose laptop screens look like their disk drive just

exploded assure me they know exactly where to find each document. But that doesn’t work for me, **so I keep all my computer files in folders.** I have three top-level folders for PSRC, Toastmasters, and Mediation. My PSRC folder includes folders for Meetings, Computer Guru articles, and Subjects (to name a few). The Meetings folder includes Meetings – 2015, Meetings – 2016, and Meetings – 2017. And so on. In other words, I have folders within folders.

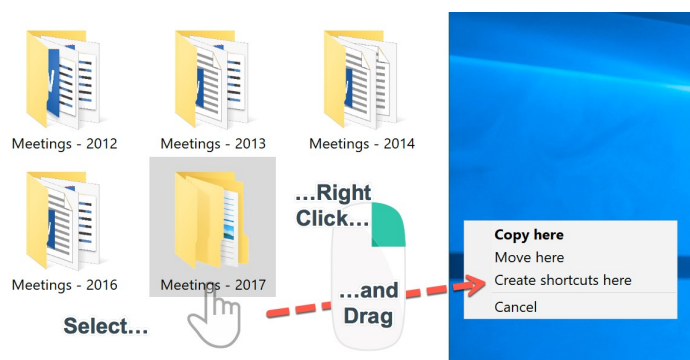
My folder hierarchy.

My desktop is reserved for **1. Documents in progress** (like this article), which I drag into folders (Computer Guru) when I’m done, and **2. Shortcuts (or Aliases** if you have a Mac computer) to the files and folders I use most often.

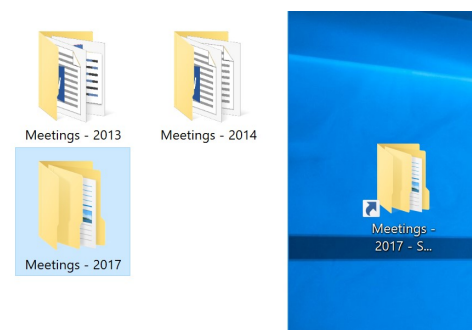
A shortcut is a link that opens the file or folder you need, eliminating the need to “drill down” into your folders. To create a shortcut, navigate down to the folder (or file) you need, then **right-click the folder and drag it to the desktop.** You’ll then see a dialog box where you’ll select “Create shortcuts here.” When you release the mouse button, you’ll see your shortcut. (The little arrow to the left of the icon shows it’s a shortcut.) You can click the shortcut to open the folder, and you can and drag files into the shortcut. If you delete the shortcut, the actual folder and its contents are left intact.

Next month, we’ll venture into the Downloads and Recycle Bin folders and discuss how to organize your email messages. If you’ve lost your files or need help creating folders, stop by the lab for one-on-one help. Our hours are Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m., and Fridays from 10:00 a.m. to 12 noon.

You’ll need to reorganize your sock drawer by yourself.



Right-click and drag to the desktop.



There's the shortcut!

A Quick Guide to Area Resources

Access Princeton

609.924.4141

Affordable Housing

609.688.2053

Arm-in-Arm

609.921.2135

Central Jersey Legal Services

609.695.6249

Community Without Walls

609.921.2050

Cornerstone Community Kitchen

609.924.2613

Funeral Consumers Alliance

609.924.3320

Meals on Wheels

609.695.3483

Mercer County Nutrition Program

609.989.6650

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 (Pharmaceutical Aid)

800.792.9745

Princeton Community Housing

609.924.3822

Princeton Housing Authority

609.924.3448

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 Services of NJ

609.921.8888

Senior Citizen Club

609.921.0973

Social Security

800.772.1213

S.H.I.P (Medicare)

609.393.1626

T.R.A.D.E.

609.530.1971

Questions? Call PSRC 609.924.7108

Grief and the Holidays

The holidays could be a difficult time if you've lost a loved one. Here is an excerpt from an article with 64 tips to help with grief at the holidays. Check the link for all of the tips and the entire article.

<https://whatsyourgrief.com/64-tips-grief-at-the-holidays/>

- ◆ Acknowledge that the holidays will be different and they will be tough.
- ◆ Decide which traditions you want to keep.
- ◆ Decide which traditions you want to change.
- ◆ Create a new tradition in memory of your loved one.
- ◆ Decide where you want to spend the holidays – you may want to switch up the location, or it may be of comfort to keep it the same. Either way, make a conscious decision about location.
- ◆ Plan ahead and communicate in advance with the people you'll be with on the holiday to make sure everyone is in agreement about traditions and plans.
- ◆ Remember that not everyone grieves the same way you are grieving.
- ◆ Remember that the way others will want to spend the holiday may not match how you want to spend the holiday.
- ◆ Put out a 'memory stocking', 'memory box', or other special place where you and others can write down memories you treasure. Pick a time to read them together.
- ◆ Light a candle in your home in memory of the person you've lost.
- ◆ Include one of your loved one's favorite dishes in your holiday meal.
- ◆ Be honest. Tell people what you DO want to do for the holidays and what you DON'T want to do.

SUPPORT GROUP UPDATES FOR JANUARY

- ⇒ **Caregivers Group**, facilitated by Susan Hoskins, will begin at **1:00 p.m.** on the second Monday of the month;
- ⇒ **Next Chapter Widows/ers Group is moving to the Suzanne Patterson Building at 45 Stockton Street**, (due to parking constraints at Spruce Circle), meeting at a new time – **10:00 a.m.**—and facilitated by Sharon Hurley, on the second and fourth Tuesdays of each month. Register for these and all groups at princeton senior.org.



GROUPS

BEREAVEMENT

Monday, December 18th at 1:00 p.m.
(Third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS

Monday, December 11th at 1:30 p.m.
(Second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, December 6th at 4:30 p.m.
(Usually second Wednesday of the month.) *Suzanne Patterson Building*

CRAFTY PEOPLE

Fridays, 10:00 a.m. - 12 noon
Call 609.937.8496 to attend.
Elm Court

GRANDPARENTING

Tuesday, December 20th at 1:00 p.m.
(Third Tuesday of the 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 pm at Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m.
Fridays at Redding Circle at 9:30 a.m.
Please call 609.252.2362 to register for Let's Talk groups.

MEN IN RETIREMENT

NO MEETING THIS MONTH
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, December 5th and 19th at 10:30 a.m.
(Change in dates due to holidays; usually second and fourth Tuesdays of the month.)
Suzanne Patterson Building

New location

TRANSITION TO RETIREMENT

Friday, December 15th at 3:00 p.m.
(Third Friday of the month)

WOMEN IN RETIREMENT

Friday, December 15th at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

There are no fees for any of these groups.

SUPPORT AND GUIDANCE:

KNIT WITS (KNITTING) GROUP



Knit Wits' mission is to knit for those in need. Their current knitting projects are: lap blankets for disabled Veterans, infant caps for newborn babies in the hospital, and hats/scarves, mittens and sweaters for local homeless and needy families.

There is a special outreach with a national organization called **Project Linus** that provides blankets to children with serious illnesses. Our knitters make small squares that are assembled into blankets, afghans and shawls to be donated.

Donations of yarn are needed so that our group can continue these wonderful projects! Yarn must be acrylic, cotton or washable – no wool please. Donations can be dropped off at either the Suzanne Patterson Building or brought directly to Spruce Circle.

Knit Wits meets on Tuesdays at 1:00 p.m. at Spruce Circle. We welcome newcomers! For additional information please call Sharon Hurley 609.252.2362 or email shurley@princetonsenior.org.



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UMCPP (hospital). A physician's prescription for rehab therapy is required for free transport to PHCS rehab facilities.

Beginning in January 2018, the FreeB Bus will operate on an extended schedule! Watch for details on our website.

DAYTIME FREE-B BUS

A 70-minute loop around town, 9:30 a.m. - 4:30 p.m. Monday - Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus. Want to know exactly where the FreeB is in real time?

Go to <https://princetonnj.transloc.com/>

GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 and wait to hear "Thanks for calling GoGoGrandparent" or go to: gogograndparent.com. *For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)*

DEVELOPMENT

YES, IT'S TRUE, IT IS ANNUAL APPEAL SEASON!

PSRC is a 501(c)(3) non-profit organization. We rely on individual donors like you for nearly 40% of our operating budget. 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 volunteer opportunities that make us uniquely valuable to the community.

In addition to the traditional annual donations you can make by credit card or check, we offer these opportunities:

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

Making a direct transfer from your IRA Minimum Distribution is an excellent way to make a meaningful charitable donation. Because the charitable IRA distribution isn't included in gross income, it will not be included in your taxable income. We suggest you discuss the best strategy for handling these transfers with a financial advisor. You can also designate PSRC as a beneficiary on a life insurance policy, which may also 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. 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 be a legacy donor, please contact Barbara Prince at 609.924.7108, or bprince@princetonior.org, or speak to your financial advisor.

SAVE THE DATE: Wednesday, January 31, 2018, 2:00 p.m.

The History of the Trenton Porcelain Era with Rago Arts & Auctions

Please join us for our third annual Rago presentation.

Learn about the outstanding 19th Century Era in home décor, when Trenton ruled the American Ceramic industry, from Ott and Brewer and Lenox to many others in ceramics.

Presentation by David Rago with Q&A, followed by light refreshments and, for preferred ticketholders*, a verbal valuation of your items.

\$35/\$50* per person to benefit PSRC. Register at princetonior.org.

HIGHLIGHTED ANNUAL SPONSORS



Buckingham Place Adult Day Center & Home Health Services


Our success and reputation as a provider of senior services has been earned through our commitment to the highest standards of care, meeting the changing needs of our clients and exceeding industry standards. 732.329.8954.

Merwick Care & Rehabilitation Center



We take a person-centered approach to care, tailoring treatment and activities to individual needs and preferences under the guidance of our interdisciplinary teams. 609.759.6000.

DECEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
TABLE TENNIS Monday, Wednesday, Friday 12:30 to 4:40 p.m.	EARLY BIRD AEROBICS Monday through Friday 8:00 a.m.	LOCATIONS: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library	LOCATIONS: RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building	1 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB
4 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 11:00 Borkan Book Talk - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Art with Hannah - SPB 2:00 Word Play - SPB	5 9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - SPB (New Time & Location) 10:30 Ted Talks - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	6 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB ↑ Change in date due to holiday party	7 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	8 9:30 Let's Talk in English - RC 10:00 Crafty People - EC 10:00 Computer Lab - SPB 10:30-1:00 Table Tennis - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - MH Main
11 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 10:30 Table Tennis - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC 1:30 Caregivers Group - CH-19 2:00 Word Play - SPB	12 9:30 Chair Yoga - SPB 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	13 9:00 Aerobics - SPB 1:00 Holiday Party - SPB 	14 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	15 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizens Club - SPB 1:00 FYI Seminar - SPB 3:00 Transition to Retirement - SPB
18 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Bereavement Group - CH-19 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	19 9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - SPB (New Time & Location) 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC	20 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	21 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	22 CLOSED FOR FLOOR REFINISHING
25 CLOSED FOR CHRISTMAS HOLIDAY	26 CLOSED FOR CHRISTMAS HOLIDAY	27 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	28 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - Cancelled	29 9:45 Cosmology - SPB 10:00 Yoga - SPB



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A SPECIAL PROGRAM!

Please join us for
More Exciting Tales from the Antarctic
Monday, December 4th, 11:00 a.m.



Brad Borkan will be back to share newly selected historic photographs and the incredible story of *The Endurance Expedition* and the even more incredible, and rarely told, story of the *Ross Sea Party*.

Author of *When Your Life Depends On It: Extreme decision-making lessons from the Antarctic*, Brad only touched the surface in his first talk on the subject at PSRC last March.

Don't miss this opportunity to hear the whole story!

Suggested registration fee \$15 to benefit PSRC.

Register at princeton senior.org.

Books will be available for purchase at the event.



PSRC Wine and Dine Raffle winners
Roz and Gerr Kopelman; not pictured is Linda Donato, the winner of the second *Wine and Dine* basket.
Congratulations!

Thanks to all who donated to the raffle baskets, and to everyone who bought a ticket to support PSRC!