SHOW YOUR LOVE THIS MONTH IN

See Page 10 for details!

The GrandPals Challenge

Then and Now: Growing Up African American in Princeton

Monday, February 12, 2018
10:30 am
Suzanne Patterson Building

Join us for an intergenerational panel discussion led by longtime Princeton resident, Shirley Satterfield, as we dive into the generational perspective of growing up African American in Princeton. We will cover a host of topics such as what it was like to live in Princeton during the era and fall of Jim Crow, the rise of the civil rights movement and social justice, plus a candid conversation with Princeton young adults who will discuss what has or hasn’t changed from their perspectives.

Refreshments sponsored by Atrium Post Acute Care

No Fee. Registration required at www.princetonsenior.org
What do you think of when you hear the term migration? Birds and butterflies? Animals on the savannah? Plants reseeding on the wind? People moving from rural to urban areas following jobs? Or the journey your family took to get to America? What about the movement of goods and ideas across the globe?

Last summer, a number of regional non-profit organizations agreed to embark on a multifaceted exploration of this theme in the Spring of 2018, in partnership with the Princeton University Art Museum and other University departments. Participating organizations will explore the theme as it best fits their mission and programmatic focus.

Discussions will likely explore immigration and the seasonal migrations of workers in the increasingly global economy of labor; the historical movements of peoples in response to famine, war, or economic crisis; and the seasonal migrations of various species. These meditations share a focus on the implications of such movements and how they change over time.

How do cultural and intellectual exchanges shape human activities? How do migrations impact the human need for community in the face of constant, and sometimes radical, change? What are the consequences of displacement, environmental change, or natural disasters for humans, animals, and plant species? How do visual and literary artists grapple with these themes? How do the arts reflect such exchanges and changes?

These timely and important questions have gained new weight against the backdrop of current debates surrounding immigration and climate change, and afford a compelling opportunity for the Princeton community to engage in conversation about these issues.

PSRC is excited to be participating in this extraordinary community collaboration. We began our inquiry in January with a book discussion group in conjunction with the Princeton Public Library’s book selection: *Enrique’s Journey*. Our spring art exhibit, “Migrations in Art” will illustrate our students’ expressions of this theme, while movies and TED Talks will feature other migration-related presentations.

There are many opportunities to weave this theme into the 2018 Spring Evergreen Forum class offerings. Memoir and Let’s Talk groups may share family immigration stories, and we have an idea for illustrating migration through the lifespan.

We hope you will join us and other participating organizations in deepening our understanding of...
migration and how it connects to all our lives. Watch for more details in our news; and visit the community website and calendar which includes lectures, films, art shows: www.princetonmigrations.org

Look for this special logo indicating programs that relate to the Princeton Migrations Project:

PSRC STAFF

Susan W. Hoskins, LCSW
Executive Director

Fran Angelone
Crosstown Coordinator and Office Manager, Spruce Circle

Olivian Boon
GrandPals Coordinator

Donna Cosgrove
Director of Programs

Cathy Gara
Bookkeeper

Cheryl Gomes
Development Associate

Sharon Hurley, CVA
Director of Support & Guidance

Wendy Lodge
GrandPals Associate Coordinator

Sallie Meade
GrandPals Associate Coordinator

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
Program Associate & Rental Coordinator

Ken Peabody
Data Coordinator

Barbara Prince
Director of Development

Dave Roussell, MSW
HomeFriends and Care Coordinator

Beth Weiskopf
Program and Office Assistant

Fire Safety for Your Home by Sharon Hurley, CVA

You have probably heard about the terrible fire that occurred at Griggs Farm on December 27th that took the life of a Princeton resident and displaced many others, mostly seniors living in Affordable Housing. Following the tips below could save lives (yours and others), if routinely practiced.

GENERAL FIRE SAFETY TIPS

• Attend the Fire Safety Presentation from the Princeton Department of Emergency and Safety Services at PSRC on February 14th (see p. 8)
• You need working smoke detectors in your home! Check them monthly and replace the batteries twice a year.
• Make sure that all hallways are clear in case you need to escape.
• Create a personal escape plan. Plan two ways out of every room and once you are out of the house, stay out and call 911. Hold a fire drill to practice the plan.
• Never have an open flame or smoke when on home oxygen.
• If you smoke, GO OUTSIDE to do it. Use a deep ashtray on a sturdy surface. Never smoke in bed or when tired.
• Use extension cords with caution, they can deteriorate and cause an electrical fire.
• Keep your phone, flashlight, glasses and shoes beside your bed.
• If you see or smell smoke, stay as close to the ground as possible. Feel any door for heat with the back of your hand before opening it.
• Use battery operated candles only.
• Never leave a portable space heater unattended and always turn off the heater before you go to sleep. Continued on p 8

Susan W. Hoskins LCSW
FEBRUARY PROGRAMS
Please register for all programs, classes and events at princetonsenior.org.

FIRST FRIDAY FILM: “13th”
Friday, February 2nd at 1:00 p.m.
The title of Ava DuVernay’s extraordinary and galvanizing documentary “13th” refers to the 13th Amendment to the Constitution, which reads “Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States.” DuVernay explores the history of racial inequality in the United States, focusing on the fact that the nation’s prisons are disproportionately filled with African-Americans. Starring: Melina Abdullah, Michelle Alexander, Cory Booker. 1 hour 40 minutes.

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:
February 6 ~ Leah Chase and Pat Mitchell: An interview with the Queen of Creole Cuisine
February 13 ~ Gretchen Carlson: How we can end sexual harassment at work
February 20 ~ Best Ted Talks of 2015: Compassion. Take control of your life.
February 27 ~ Tristan Harris: How a handful of tech companies control billions of minds every day.
For more information visit TED.com.

INTRODUCTION TO ANDROID
Thursday, February 8th at 10:00 a.m.
Does your Smart phone make you feel dumb? Join us for an introduction and overview of your Android Smart Phone (not your iPhone). You’ll learn how to set-up and personalize your phone, send and receive your e-mail, send text messages, download Apps and use the camera function. Bring your Android smartphone, whatever brand you have, and your questions, to class. Instructor: Don Gould. Registration required; limit 8 participants.

GREETING CARD CRAFTING
Friday, February 9th, 10:00 - 11:00 a.m.
Get out of those February doldrums and do a little crafting with master instructor Alicia Vincelette. This fun one hour class will teach the basics of greeting card-making using rubber-stamped images and interesting folding and layering techniques to create one-of-a-kind cards for all occasions. Supplies included.
No experience required. Fee: $7.00. Registration required; 10 registrant minimum (if fewer than 10 people register we will notify you and issue a refund.)

VIDEO CHAT: HOW TO MAKE LIVE VIDEO PHONE CALLS
Thursday, February 22 at 10:00 am
Wouldn’t you love to watch a friend or loved one located thousands of miles away open a gift or play the piano, as it is happening? You can! It is easy to do on your laptop, tablet or cell phone with software already installed. This workshop will introduce and demonstrate two examples: Skype and Facetime.
Registration is required. Limit is 8 registrants.

EVERGREEN FORUM SPRING 2018

Check the website to see which classes are still open:
Www.theevergreenforum.org
Classes begin February 26th

PSRC will be closed
Monday, February 19, 2018 for President’s Day
SEMINARS

HOW TO HIRE HELP IN YOUR HOME SAFELY
Friday, February 9th at 1:00 p.m.
Don’t be a victim—become an expert in hiring help in your home! You’ll learn tips on hiring contractors, drivers, home helpers, housekeepers and handymen. Elayne Szydlo of Acorn Glen Assisted Living, will help you ask the right questions, tell you what to watch for—red flags, scammers, and so much more. Sponsored by Acorn Glen Assisted Living

HOME CARE 101
Friday, February 16th at 2:00 p.m.
Having a clear understanding of the basics of home care will prepare you to make informed decisions should you or a loved one need short or long-term care at home. Liz Charbonneau of Homewatch CareGivers will discuss: What is home care? What are the types of home care? What are the costs, etc. What services are covered by insurance vs private pay? Sponsored by Homewatch CareGivers

DO VEGETARIAN OR VEGAN DIETS IMPACT HEALTH?
Friday, February 23rd at 1:00 p.m.
with Mary Ann Cavallero, RN, MBA
The discussion explores the positive effects of avoiding animal products on heart, breast, prostate and gastrointestinal health. Discussion will also focus on environmental and industrial practices involved with our food choices, as well as the impact of our food choices on our health. Ms. Cavallero has written for the Princeton Packet, Princeton Magazine, and The American Vegan magazine, and is a registered nurse. Sponsored by Merwick Care & Rehabilitation

RETDIREMENT PROGRAMS

MEN IN RETIREMENT
Friday, February 2nd at 2:00 p.m.
CURRENT EVENTS DISCUSSION
Led by Lloyd Fredricks and Dan Weissman. There have been great topics in the past with very lively discussion. Everyone has an opportunity to speak on the topic and express an opinion. This is a chance for you to be heard in an informal and supportive environment. Lloyd and Dan always pick interesting subjects! All are welcome.

WOMEN IN RETIREMENT
Friday, February 16th at 10:30 a.m.
YOUR FAVORITE THINGS TO DO ON FROSTY WINTER DAYS At our February meeting we’ll gather in small discussion groups, giving our members an opportunity to get to know each other better. We’ll share ideas on how to survive and thrive until spring arrives. All are welcome.

TRANSITION TO RETIREMENT
Friday, February 16th 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, MSEd, MSW, LSW, PSRC Care Coordinator and HomeFriends Coordinator.

YOUR ENGAGED RETIREMENT LECTURE SERIES 2017 - 2018
Co-sponsored by PSRC and the Princeton Public Library.
Monday, February 26th at 7:00 p.m. at the Library
FAMILY CAREGIVING with Susan W. Hoskins, LCSW, PSRC’s Executive Director
One of the greatest surprises for people in retirement is the amount of time spent caring for aging parents, near and far. This program will focus on how to find resources and support for fulfilling this significant role.
## Classes

**You can still join this quarter of PSRC classes.**
Register now online at princetonsenior.org. Financial assistance is available if needed.

### Exercise & Fitness

<table>
<thead>
<tr>
<th>SUZANNE PATTERSON BUILDING</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AEROBICS</strong></td>
</tr>
<tr>
<td><em>Monday, Wednesday, Friday, 9:15 - 10:15 a.m.</em></td>
</tr>
<tr>
<td>$64/residents; $128/non-residents; 13-week session.</td>
</tr>
<tr>
<td>Register through Princeton Recreation Department: 609.921.9480.</td>
</tr>
<tr>
<td><strong>EARLY BIRD AEROBICS</strong></td>
</tr>
<tr>
<td><em>Every weekday morning, 8:00 - 8:45 a.m.</em></td>
</tr>
<tr>
<td>$60/month, or $10/session to drop in</td>
</tr>
<tr>
<td><strong>CHAIR YOGA</strong></td>
</tr>
<tr>
<td><em>Tuesdays, 9:30 - 10:30 a.m.</em></td>
</tr>
<tr>
<td>$72/residents; $96/non-residents per quarter</td>
</tr>
<tr>
<td><strong>TABLE TENNIS</strong></td>
</tr>
<tr>
<td><em>Mondays, Wednesdays, Fridays, 12:30 p.m.</em></td>
</tr>
<tr>
<td>Drop-in; free.</td>
</tr>
<tr>
<td><strong>YOGA</strong></td>
</tr>
<tr>
<td><em>Thursdays, 10:00 - 11:00 a.m.</em></td>
</tr>
<tr>
<td>$72/residents, $96/non-residents per quarter</td>
</tr>
<tr>
<td><strong>SPRUCE CIRCLE</strong></td>
</tr>
<tr>
<td><strong>CHAIR EXERCISE</strong></td>
</tr>
<tr>
<td><em>Mondays, 11:30 a.m. - 12:30 p.m.</em></td>
</tr>
<tr>
<td><em>Fridays, 12:00 - 1:00 p.m.</em></td>
</tr>
<tr>
<td>$48 per quarter</td>
</tr>
</tbody>
</table>

### Enrichment

| **DRAWING WITH ALEX KOLTCHEV** |
| *Mondays at 10:30 a.m.* |
| $72/residents, $96/non-residents |
| **WORD PLAY (POETRY) WITH RICE LYONS** |
| *Mondays at 2:00 p.m.* |
| $5/quarter |
| **MULTI MEDIA ART WITH HANNAH FINK** |
| *Mondays at 1:00 p.m.* |
| $72/residents; $96/non-residents |
| **WRITING YOUR LIFE WITH BETTY LIES** |
| *Mondays at 10:30 a.m.* |
| $36/residents, $48/non-residents |
| **MEMOIR WRITING** |
| *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 |
| **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 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 |

### Technology Assistance

| **COMPUTER LAB** |
| is open for 1-1 assistance with our wonderful volunteers; bring your laptop, phone or tablet, or use our desktops. |
| ♦ Tuesday 1-4 pm |
| ♦ Wednesday 1:30-4 pm |
| ♦ Friday 10 am-12 noon. |

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**ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED**
This is the third part of my File Hygiene trilogy, and the one that I step into gingerly because it deals with managing your E-mail. My first notion about E-mail is “Why do folks keep E-mails?” The only E-mail messages I keep are those I’m actively dealing with—maybe 30 or so. I move (or download) attachments I need to keep into my computer files and delete the messages. For me, E-mail is more utilitarian than personal. But some folks keep E-mails for the same reason they keep shoe-boxes of letters from friends and family. Whatever your reason, if you want to keep your E-mails, here are three things to consider:

First, **E-mail is difficult to organize** and easily becomes another hiding place for information. Some E-mails you want to keep are buried in conversation threads that have wandered beyond the original subject because the sender used an older E-mail as a “container” for a new message. The recipe for Aunt Martha’s apple cake could be buried in an E-mail thread whose subject is “Uncle Ned’s Ski Trip to Bayonne.” Second, **some E-mails have attachments** that belong in your computer files. Photos of Uncle Ned should go into your Photo folders, and other documents into your document folders that you’ve meticulously organized after you read about “File Hygiene” a couple of months ago.

Third, **some E-mails are spam** that will quickly overwhelm your In-box if you don’t do something. If you want to keep your In-box tidy and save the important stuff, here’s what I suggest:

<table>
<thead>
<tr>
<th>If an E-mail...</th>
<th>Then...</th>
<th>And then...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Needs your attention</td>
<td>Either deal with it now or add it to your reminders.</td>
<td>Delete the E-mail after you’ve done what you need to do.</td>
</tr>
<tr>
<td>Is more than 6 months old and you forgot about it because you have too many E-mails in your In-box</td>
<td>Delete the E-mail and tell the sender you lost it.</td>
<td>Undo the delete, answer the E-mail, and promise you’ll be more prompt. See #1.</td>
</tr>
<tr>
<td>Has an attachment you need to keep</td>
<td>Save the attachment in a Windows or Mac folder. Save photos in your Photos folders.</td>
<td>Delete the E-mail.</td>
</tr>
<tr>
<td>Is spam that got through your spam filters</td>
<td>Delete the message. Do not order the skin cream or 3-in-1 air compressor—you don’t need them. Check your spam filter.</td>
<td>Think about the money you just saved.</td>
</tr>
<tr>
<td>Is an important message from Aunt Martha you need to keep</td>
<td>Create an Aunt Martha E-mail folder and move the E-mail into that folder.</td>
<td>Do the same for the other E-mails in your In-box. All of them.</td>
</tr>
</tbody>
</table>

Regarding the last item, if you use an E-mail “client” program like Outlook or Apple Mail, you can “drag-and-drop” the Aunt Martha E-mail from your In-box into your computer folders. In other words, your Aunt Martha folder would simply be a computer folder that contains her E-mails plus other documents related to Aunt Martha. Then you can read about her ski trip whenever you’d like.

Finally, you must regularly **empty your E-mail trash can**. I suggest every month, but that’s up to you.

If you need help managing your E-mail, please stop by the PSRC Computer Lab on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m., or Friday’s from 10 a.m. to 12 noon.

I may buy the air compressor if the price is right. I have no use for the skin cream.
## A Quick Guide to Area Resources

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access Princeton</td>
<td>609.924.4141</td>
</tr>
<tr>
<td>Affordable Housing</td>
<td>609.688.2053</td>
</tr>
<tr>
<td>Arm-in-Arm</td>
<td>609.921.2135</td>
</tr>
<tr>
<td>Central Jersey Legal Services</td>
<td>609.695.6249</td>
</tr>
<tr>
<td>Community Without Walls</td>
<td>609.921.2050</td>
</tr>
<tr>
<td>Cornerstone Community Kitchen</td>
<td>609.924.2613</td>
</tr>
<tr>
<td>Funeral Consumers Alliance</td>
<td>609.924.3320</td>
</tr>
<tr>
<td>Meals on Wheels</td>
<td>609.695.3483</td>
</tr>
<tr>
<td>Mercer County Nutrition Program</td>
<td>609.989.6650</td>
</tr>
<tr>
<td>Mercer County Office on Aging</td>
<td>609.989.6661 or 877.222.3737</td>
</tr>
<tr>
<td>NJ Consumer Affairs</td>
<td>973.504.6200</td>
</tr>
<tr>
<td>NJ Division of Aging Services</td>
<td>800.792.8820 x352</td>
</tr>
<tr>
<td>One Table Café</td>
<td>609.924.2277</td>
</tr>
<tr>
<td>PAAD (Pharmaceutical Aid)</td>
<td>800.792.9745</td>
</tr>
<tr>
<td>Princeton Community Housing</td>
<td>609.924.3822</td>
</tr>
<tr>
<td>Princeton Housing Authority</td>
<td>609.924.3448</td>
</tr>
<tr>
<td>Princeton Human Services</td>
<td>609.688.2055</td>
</tr>
<tr>
<td>Princeton Police (non-emergency)</td>
<td>609.921.2100</td>
</tr>
<tr>
<td>Princeton Public Library</td>
<td>609.924.9529</td>
</tr>
<tr>
<td>Reassurance Contact</td>
<td>609.883.2880</td>
</tr>
<tr>
<td>Ride Provide</td>
<td>609.452.5144</td>
</tr>
<tr>
<td>Senior Care Services of NJ</td>
<td>609.921.8888</td>
</tr>
<tr>
<td>Senior Citizen Club</td>
<td>609.921.0973</td>
</tr>
<tr>
<td>Social Security</td>
<td>800.772.1213</td>
</tr>
<tr>
<td>S.H.I.P (Medicare)</td>
<td>609.393.1626</td>
</tr>
</tbody>
</table>

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## Fire Safety continued

### COOKING SAFETY TIPS

- Stand By Your Pan! Never leave boiling, frying or broiling food unattended. **Put a lid on a grease fire** to smother it, and then turn off the heat. Baking soda will also work.
- Never move a burning pan. You can be badly burned and/or spread the fire.
- Never throw water on a grease fire. **Water spreads the fire.**
- **Wear short or tight-fitting sleeves** when cooking. Loose fitting clothing can easily catch fire. If your clothing catches fire, **STOP, DROP & ROLL** to put out the flames.
- **Keep pot handles turned inward** to prevent accidental spills of hot contents.
- Never use the kitchen stove/oven to heat your home!

Proper handling of a fire extinguisher is critical to its use and your safety. The most important thing is to get out of the home to be safe. Fires spread quickly!

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### Fire Safety Seminar

**Wednesday, February 14, 2018**

10:00 am

Suzanne Patterson Building

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Ron DiLapo, Princeton Fire Safety Education Specialist, will present important fire safety concepts including:

- Importance of smoke and carbon monoxide alarms
- Escape planning
- Cooking safety
- Home safety including candles and heaters.

There will be time for questions and in-home check lists will be distributed.

No Fee. Registration required.

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**Grateful thanks to Fire, Police and Emergency Responders for everything they do every day to help keep us all safe.**

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**RAISE**: In January, the Senate passed the House version of the RAISE (Recognize, Assist, Include, Support, and Engage) Family Caregivers Act (H.R. 3759). It’s now on its way to the President for his signature. This legislation is a big deal for the 90 million family caregivers throughout the United States. It requires the Federal Government to develop a plan for future family caregiver needs.
LOOKING AHEAD

FYI Seminar: March 9, 2018 1 pm. Senior Living Options, Connie Pizarro, Oasis Senior Advisors

FYI Seminar: March 16, 2018 1 pm. “Every Body Walk!”, Ruth Kaplan, Progression Physical Therapy


TED Talk– Tuesday March 13, 10:30 am. Tan Le: My Immigration Story. Part of the Migrations Collaboration

RETIREMENT SERIES: March 26, 2018, 7 pm at the Princeton Public Library: “Healthcare decisions” discussion with Susan W. Hoskins, LCSW—covering the necessary documents and how to have the conversation with your family.

MOVIE: Friday March 2, 1 pm. “Spotlight” - true story about the Boston Globe uncovering the massive child molestation scandal.

GROUPS

BEREAVEMENT
Monday, February 26th at 1:00 p.m.
(Usually Third Monday of each month)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS
Monday, February 12th at 1:00 p.m.
(Second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS
Wednesday, February 14th at 4:30 p.m.
(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, February 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 p.m. 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
Friday, February 2nd at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOWERS
Tuesday, February 13th and 27th -10:00 a.m.
(Second and fourth Tuesdays of the month.)
Suzanne Patterson Building

TRANSITION TO RETIREMENT
Friday, February 16th at 3:00 p.m.
(Third Friday of the month)

WOMEN IN RETIREMENT
Friday, February 16th at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

There are no fees for any of these groups.

TRANSPORTATION

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

DAYTIME FREE-B BUS
A 70-minute loop around town, Monday - Saturday. (No service to PSRC on Saturdays). New 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)
The GrandPals Challenge

Show your Love to PSRC’s Matching GrandPals winter campaign!

Thanks to a generous gift from The George H. and Estelle M. Sands Foundation, all gifts up to $20,000 will be matched dollar for dollar. This is a wonderful opportunity to ensure the continued funding of this inspirational program. Twenty-one years along, there are 120 volunteers reading in 16 Princeton classrooms. This program provides cherished intergenerational bonds between students and their GrandPals.

Consider a gift honoring:

◊ One of the many volunteers, teachers and/or librarians who participate year after year
◊ Someone who read to you as a child or encouraged you to read
◊ A child you once read to
◊ Our dedicated GrandPal coordinators – Olivian, Sallie, and Wendy
◊ In celebration of the joy of reading!

We’re counting on you to help us reach our goal of $40,000 by March 15, 2018 ensuring the program’s future success and well-being!

All donations are fully tax deductible!
go to princetonsenior.org and click on DONATE.

Highlighted Annual Sponsor

Homewatch CareGivers of Princeton combines home health care and home care to ensure each client's needs are met.

There is no one-size-fits-all plan of care and that’s why Homewatch CareGivers creates a customized plan of care based on the unique preferences and needs of each client, including housekeeping, transportation and more. 609.423.1200; www.homewatchcaregivers.com/northern-nj/princeton/

Did you know you could support PSRC all year long by bringing us your McCaffrey’s Receipts? They can be up to 3 months old. PSRC receives a percentage of the total turned in.
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00-12:00 PM</td>
<td>SPB</td>
<td>Chair Exercise</td>
</tr>
<tr>
<td>12:30-2:30 PM</td>
<td>EC</td>
<td>Computer Lab</td>
</tr>
<tr>
<td>1:00-2:00 PM</td>
<td>EC</td>
<td>Green Screen</td>
</tr>
<tr>
<td>1:00-2:00 PM</td>
<td>SPB</td>
<td>Writing Your Life</td>
</tr>
<tr>
<td>1:30-2:30 PM</td>
<td>SC</td>
<td>Painting with Christina</td>
</tr>
<tr>
<td>2:30-3:30 PM</td>
<td>SC</td>
<td>Computer Lab</td>
</tr>
<tr>
<td>3:30-4:30 PM</td>
<td>SC</td>
<td>Chair Exercise</td>
</tr>
<tr>
<td>9:00-12:00 PM</td>
<td>SPB</td>
<td>Chair Exercise</td>
</tr>
<tr>
<td>12:30-2:30 PM</td>
<td>EC</td>
<td>Computer Lab</td>
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<td>1:00-2:00 PM</td>
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</tr>
<tr>
<td>3:30-4:30 PM</td>
<td>SC</td>
<td>Chair Exercise</td>
</tr>
</tbody>
</table>

*Locations: SPB - Princeton Public Library, EC - Emory Court, CH - Moore Court*
FREE TAX ASSISTANCE FOR SENIORS AT PSRC

Fridays, 8:30 a.m. to 12:00 noon
February 2nd through Friday, April 13th (except March 30)

PSRC and AARP sponsor free tax assistance for low and moderate-income people, with special attention to those age 60+ in the wider Princeton area. IRS-trained volunteers from AARP will be available to prepare individual New Jersey State and Federal returns. Returns will be filed electronically. Volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

By appointment only: 609-924-7108

2018 Philadelphia Flower Show
“Wonders of Waters”

The 2018 PHS Philadelphia Flower Show, “Wonders of Waters” will celebrate the beauty and life-sustaining interplay of horticulture and water.

Date: Tuesday March 6, 2018
Time: 9:00 am to 4:00 pm
Depart/Return: Community Park North Parking Lot Mountain Ave. Please arrive by 8:45.
Fee: $52.00 (non-refundable, includes round-trip motor coach and entrance fee)
Register at the Princeton Recreation Department 380 Witherspoon St, Princeton NJ
Or http://register.communitypass.net/princeton 609-921-9480