



*SHOW YOUR LOVE THIS MONTH IN*



*See Page 10 for details!*



## 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.princeton senior.org](http://www.princeton senior.org)

**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*



**MIGRATIONS**

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, envi-

ronmental 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

*Continued on p. 3*

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](http://www.princetonmigrations.org)

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

# MIGRATIONS

A Princeton Community Collaboration

Susan W. Hoskins LCSW



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## Fire Safety for Your Home *by Sharon Hurley, CVA*

You have probably heard about the terrible fire that occurred at Griggs Farm on December 27<sup>th</sup> 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 14<sup>th</sup> (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*



# FEBRUARY PROGRAMS

Please register for all programs, classes and events at [princetonsenior.org](http://princetonsenior.org).



## FIRST FRIDAY FILM: "13<sup>TH</sup>"

Friday, February 2<sup>nd</sup> at 1:00 p.m.

The title of Ava DuVernay's extraordinary and galvanizing documentary "13<sup>th</sup>" 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

## 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](http://TED.com).



## INTRODUCTION TO ANDROID

Thursday, February 8<sup>th</sup> 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 9<sup>th</sup>, 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](http://www.theevergreenforum.org)

Classes begin February 26<sup>th</sup>



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

## MORE FEBRUARY PROGRAMS



### SEMINARS

#### HOW TO HIRE HELP IN YOUR HOME SAFELY

*Friday, February 9<sup>th</sup> 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 16<sup>th</sup> 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*

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#### DO VEGETARIAN OR VEGAN DIETS IMPACT HEALTH?

*Friday, February 23<sup>rd</sup> 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*



### RETIREMENT PROGRAMS

#### MEN IN RETIREMENT

*Friday, February 2<sup>nd</sup> 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 16<sup>th</sup> 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 16<sup>th</sup> 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 Care Coordinator and HomeFriends Coordinator.

#### YOUR ENGAGED RETIREMENT

#### LECTURE SERIES 2017 - 2018

Co-sponsored by PSRC and the Princeton Public Library.

*Monday, February 26<sup>th</sup> 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](http://princetonsenior.org). Financial assistance is available if needed.*



## 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



## 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

#### MULTIMEDIA 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](mailto: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](mailto: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.

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

# COMPUTER GURU

## EMAIL YOU CAN'T PART WITH *by Don Benjamin*



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:



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

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

### 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

## 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!

**Fire Safety Seminar**  
**Wednesday, February 14, 2018**  
**10:00 am**  
**Suzanne Patterson Building**



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.

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

**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

**FYI Seminar:** March 23, 2018 1 pm. "Understanding & Responding to Dementia Behaviors" Nicolette Vasco, Alzheimer's Association.

**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.



## 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 UMCPP (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](http://gogograndparent.com). *For information about local and regional bus and other transportation options, please visit [gmtma.org](http://gmtma.org). (Greater Mercer Transportation Authority)*



## GROUPS

### BEREAVEMENT

*Monday, February 26<sup>th</sup> 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 12<sup>th</sup> at 1:00 p.m.*  
(Second Monday of each month.)  
*Corner House 19*

### CHILDREN OF AGING PARENTS

*Wednesday, February 14<sup>th</sup> 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 20<sup>th</sup> 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 2<sup>nd</sup> at 2:00 p.m.*  
(First Friday of each month)  
*Location: Monument Hall Main*

### NEXT CHAPTER: WIDOW/-ERS

*Tuesday, February 13<sup>th</sup> and 27<sup>th</sup> -10:00 a.m.*  
(Second and fourth Tuesdays of the month.)

*Suzanne Patterson Building*

### TRANSITION TO RETIREMENT

*Friday, February 16<sup>th</sup> at 3:00 p.m.*  
(Third Friday of the month)

### WOMEN IN RETIREMENT

*Friday, February 16<sup>th</sup> at 10:30 a.m.*  
(Third Friday of each month.)  
*Suzanne Patterson Building*

*There are no fees for any of these groups.*

# 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](http://princetonsenior.org) and click on DONATE.

## HIGHLIGHTED ANNUAL SPONSOR



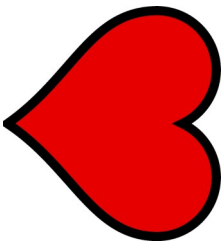
Homewatch CareGivers of Princeton combines home health care and home care to ensure each client's needs are met.

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 house-keeping, transportation and more. 609.423.1200;  
[www.homewatchcaregivers.com/northern-nj/princeton/](http://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.



# February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Table Tennis</u></b> Mon., Wed., Fri. 12:30 to 4:30 p.m.</p>	<p><b><u>Early Bird Aerobics</u></b> Monday through Friday 8:00 a.m.</p>		<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB</p>	<p>8:30 AARP Tax Assistance - SPB 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 2:00 Men in Retirement - MH Main</p>
<p>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 Let's Talk in English - SC 2:00 Word Play - SPB</p>	<p>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</p>	<p>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:00 Rago Event (snow date, if necessary) 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to Android - SPB 12:30 Duplicate Bridge - SPB</p>	<p>8:30 AARP Tax Assistance - SPB 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:00 Greeting Card Crafting - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB</p>
<p>9:15 Aerobics - SPB 10:30 Then &amp; Now: Growing Up Black in Princeton - 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 Let's Talk in English - SC 1:00 Caregivers (New Time!) - CH19 2:00 Word Play - SPB</p>	<p>9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - 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</p>	<p>9:15 Aerobics - SPB 10:00 Fire Safety Seminar - 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</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB</p>	<p>8:30 AARP Tax Assistance - SPB 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 2:00 FYI Seminar - SPB (different time) 3:00 Transition to Retirement - SPB</p>
<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p>	<p><b>16</b></p>
<p><b>19</b></p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
<p><b>CLOSED FOR PRESIDENTS DAY</b></p>	<p>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 1:00 Grandparents Group - SPB</p>	<p>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</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Video Chat Class - SPB 12:30 Duplicate Bridge - SPB</p>	<p>8:30 AARP Tax Assistance - SPB 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 12:30 Senior Citizen Club - SPB 1:00 FYI Seminar - SPB</p>
<p>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 Let's Talk in English - SC 1:00 Bereavement - CH19 (date change) 2:00 Word Play - SPB 7:00 Retirement Series - Caregivers - PPL 2018 SPRING EVERGREEN FORUM Session Begins</p>	<p>9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - 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</p>	<p>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</p>	<p><b>Locations:</b> CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library</p>	<p><b>Locations:</b> PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building</p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>1</b></p>	<p><b>2</b></p>



# MIGRATIONS

A Princeton Community Collaboration

## GRATEFUL THANKS TO OUR ANNUAL SPONSORS

<p>Acorn Glen Artis Senior Living Buckingham Place Adult Day Center Homewatch CareGivers McCaffrey's Food Markets</p>	<p>Merwick Care and Rehabilitation Center Oasis Senior Advisors Princeton HealthCare System Princeton HomeCare Progression Physical Therapy</p>	<p>Synergy Home Care Team Toyota of Princeton Tranquil Transitions Van Dyck Law, LLC</p>
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## FREE TAX ASSISTANCE FOR SENIORS AT PSRC

*Fridays, 8:30 a.m. to 12:00 noon  
February 2<sup>nd</sup> through Friday, April 13<sup>th</sup>  
(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**