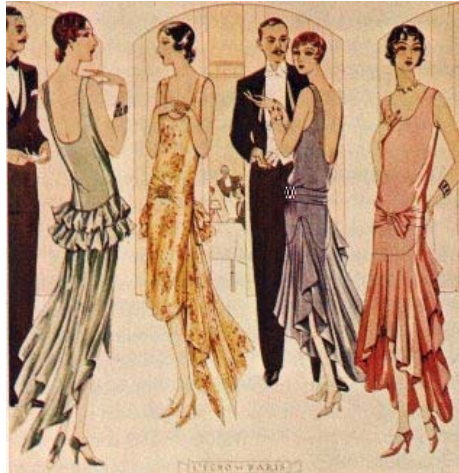


**Save The Date!
Roaring Twenties Dance Party!**



Saturday May 5, 2018 6:00–9:00 p.m.

Suzanne Patterson Building

**A night of live Big Band music, dancing, fun and laughter
Dig through your closet—prizes for best costume and more
More details to come—watch the website**

NEW PROGRAM!

MIGRATIONS

A Princeton Community Collaboration

Sharing Our Migration Stories

We are a nation of migrants from all over the world; first, second and later generations. Have you been telling yourself you should tell your story to your family and friends? This four week program will give you an opportunity to share your family migration story and listen to others. Their memories may remind you of details in your life. You may be inspired to record it for future generations! Four Tuesdays, March 27 through April 17th at 10:00 a.m. \$5 residents, \$10 non-residents.

For inspiration, attend the TED talk on March 13!

For more Migrations Collaboration events, go to www.princetonmigrations.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

Letter to Parents

Dear Parents,

We love you. Sometimes we say things that annoy you because you don't want us to worry or to point out the losses, but you need to know that we do it because we care and we do worry. It is just as hard for us to express our concerns as it is for you to hear them.

There are some things you can do to help with this conversation:

- ◆ Know when it is time to limit, and then to stop driving. We know this is one of the hardest things to do. Let us ride with you, and agree to an evaluation if it is recommended. We don't want you to hurt yourself or someone else.
- ◆ Accept help when you need it. This might be help with the lawn, or a housekeeper, or some hours of a caregiver. It might be using a cane or walker to prevent falls, or hearing aids so you can stay active in conversations.
- ◆ Get care when you need it. Poorly managed chronic conditions make everything worse. Take care of your physical and mental health. Eat a healthy diet.
- ◆ Use the tools that are available. There are many available tools that help you keep track of appointments and medications, stay in touch with friends and family, and be safe in your home.
- ◆ Stay connected. This may include in-person visits, letters,

email or video chat.

- ◆ Keep learning new things. Healthy aging requires care of physical health, mental challenge and social interaction.
- ◆ Keep a sense of humor. As they say, aging isn't for sissies. But don't take your frustrations out on those who love you most!
- ◆ Be willing to engage in conversation with us about our worries and your plans. Have a plan for when you need more care, which we hope you have saved up for. And a Plan B!
- ◆ Have all your Advanced Directive documents in order, and let us know where to find them. Talk to us about what you have decided so we can be confident we are doing the right thing when the time comes.
- ◆ Also, try not to set up conflicts between us siblings.
- ◆ Start downsizing NOW! Don't leave us a five-bedroom house with garage, attic and basement to clear out later. Help us know what is important to you now.
- ◆ Let us help. We can help with technology, bill-paying, transportation, social connection, and so much more.
- ◆ And then most of all, forgive us when we over-step. Let us know when we have, and let's work through it.

Thanks. You have taught us so much over our lifetimes.

Love,
Your adult children

Alzheimer's may start outside the brain

We know Alzheimer's involves plaques and tangles in the brain. New research is exploring possible links with the inflammatory process. Scientists found beta amyloids outside the brain, indicating chronic inflammation from diabetes, heart disease, obesity and other conditions. A holistic approach, including a healthy diet, moderate exercise, and mental challenge may help reduce and manage inflammation.

Germs

Did you know that the toilet is not the most bacteria-laden place in your home? Research indicates that your kitchen sponge may hold that honor. Other places you might not be aware of include: purses (do you set yours down on floors?), toothbrush holders, and office equipment such as phones, keyboards and computer mice. Recommendations include replacing sponges weekly, covering toothbrushes, and sanitizing equipment and handbags with antibacterial wipes, as well as washing your hands with soap frequently throughout the day.



Rent a Rower

The College of New Jersey rowers are back! They will help with yardwork such as raking and gardening, or housework such as cleaning basements and moving furniture. They charge \$15/hour per rower, and the money allows them to afford equipment for this financially demanding sport.

Email TCNJCrew@tcnj.edu for more information

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 Roussel, MSW
HomeFriends and Care Coordinator

Beth Weiskopf
Program and Office Assistant

Kathleen Whalen
Communications Coordinator

MARCH PROGRAMS

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



FIRST FRIDAY FILM: "SPOTLIGHT"

Friday, March 2nd at 1:00 p.m.

The riveting true story about a team of Boston Globe reporters and editors that uncovered an unimaginable conspiracy to cover up clergy child abuse. Oscar winner for Best Picture of the Year 2016. Starring Michael Keaton, Mark Ruffalo, Rachel McAdams, Liev Schreiber, and Stanley Tucci. *Running time 2 hours 8 minutes.* Please pre-register.

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:



March 6 ~ Deborah Scranton: An Iraq War movie crowd-sourced from soldiers

March 13 ~ Tan Lee: My Immigration Story (Part of Migrations collaboration).

March 20 ~ Amy Webb: How I hacked online dating

March 27 ~ Scott Galloway: How Amazon, Apple, Facebook and Google manipulate our emotions.

For more information visit TED.com.



EMAIL BASICS

Tuesday March 20, 10:00 a.m.

In this class, you will get an introduction to various email services and applications. You will learn how to set up email, read and delete emails, compose an email and include attachments. You will also learn how to create email folders and how to maintain your email contact list.

Instructor: Evelyn Sasmor

Registration required; space is limited.



SEMINARS

Please pre-register for programs

SENIOR LIVING OPTIONS

Friday, March 9th at 1:00 p.m.

Connie Pizarro, CSA will provide information relating to housing options and their relative cost. Connie is a Certified Senior Advisor and is the owner of three Oasis Senior Advisor franchises, advising seniors in Northern and Central New Jersey. *Sponsored by Oasis Senior Advisors*

EVERY BODY WALK!

Friday, March 16th at 1:00 p.m.

Join us for a description and educational lecture regarding the free Every Body Walk program in Princeton. This program provides an opportunity to get out and walk safely with company for 30 minutes through various areas in your community. The Every Body Walk! Program began in response to the Surgeon General's Call to Action for increased walking for exercise and health benefits. *Sponsored by Progression Physical Therapy*

UNDERSTANDING & RESPONDING TO DEMENTIA BEHAVIORS

Friday, March 23rd at 1:00 p.m.

with Marianne Cavallero, RN, MBA

Join Nicolette Vasco from the Alzheimer's Association to learn how to identify common triggers for behaviors associated with dementia, assess and identify challenging behaviors, and strategies to assess common dementia-related behaviors. *Sponsored by Tranquil Transitions*

MORE PROGRAMS



RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, March 2nd at 2:00 p.m.

“SAILING THE SEVEN SEAS”

Sam Russell, a MIR member, a lifelong sailor, and professional filmmaker, will show and tell about adventures in distant places. Greece, Tahiti, and Baja California will be highlighted in videos made over the past 25 years on group trips with the Princeton Ski and Sail Club and other organizations. All are welcome.

WOMEN IN RETIREMENT

Friday, March 16th at 10:30 a.m.

“FREE YOUR LIFE OF CLUTTER” Overwhelmed by clutter? Ready to let go of items but don’t know where to begin, how to decide or where to distribute the items? Learn tips to make the process easier and obtain resources for disposal of unwanted items. We’ll also discuss tips on how to keep the clutter at bay. Go from chaos to comfort! Ellen Tozzi, certified professional organizer and owner of NATURAL ORDER has been helping residents in the greater Mercer County area declutter their lives for twelve years. All are welcome.

TRANSITION TO RETIREMENT

Friday, March 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, 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, March 26th at 7:00 p.m. at the Library

HEALTHCARE DECISIONS with Susan W. Hoskins, LCSW, PSRC’s Executive Director Learn ways to start the conversation with family members about how you want to be cared for at the end of life, as well as an overview of documents and common questions.

LOOKING AHEAD



ART SHOW RECEPTION: “MIGRATIONS IN ART”

Wednesday April 4, 2018, 4:00-5:30 p.m.

See how PSRC’s art students have interpreted the Migrations theme.



FIRST FRIDAY FILM: “The Intouchables”

Friday, April 6, 2018, 1:00 p.m.

An irreverent, uplifting comedy about friendship, trust, and human possibility. Based on a true story of friendship between a handicapped millionaire and his street smart ex-con caretaker, The Intouchables depicts an unlikely camaraderie rooted in honesty and humor between two individuals who, on the surface, would seem to have nothing in common. French with English sub-titles. Starring Francois Cluzet, Omar Sy, Anne Le Ny, Audrey Fleurot. Run time 1 hr, 52 min.



BOOK DISCUSSION: “Pachinko”

by Min Lee

Thursday, April 12, 2018, 10:30 a.m.

Part of the Princeton Migrations Collaboration.

HEALTHCARE DECISIONS DAY

Monday, April 16, 2018, 1:00 p.m. Go beyond completing your advance directives and learn ways to talk to your family/friends about your wishes for end-of-life care. The program will review documents and key issues. Copies of Five Wishes will be available to take home.



SEMINARS:

Treating GERD April 13, 1:00 p.m.

Dr Jason Rogard

Pain Education April 20, 1:00 p.m.

Specialized Physical Therapy

Longevity & Volunteerism April 27, 1:00 p.m.,

Mauri Tyler of CASA

PSRC will be closed
Friday, March 30, 2018
for Good Friday

CLASSES

You can still join this quarter of PSRC classes.

Register now online at 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

SHARING YOUR MIGRATION STORY

Tuesdays at 10:00 a.m. Starts March 27th.

\$5/residents, \$10 non-residents/4 weeks

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

TECHNOLOGY 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

by Don Benjamin

Avoiding a Meltdown

The January 3, 2018, edition of the New York Times reported that “Computer security experts have discovered two major security flaws in the microprocessors inside nearly all of the world’s computers. The two problems, called Meltdown and Spectre, could allow hackers to steal the entire memory contents of computers, including mobile devices, personal computers and servers running in so-called cloud computer networks.”



Oh great. Now what? Do we unplug our PC’s, never to view cute kittens on YouTube? Or stop Googling the origins of porridge?

The answer is quite simple:

- Keep your operating system up to date.** Microsoft has already updated Windows 7, 8, and 10, and Apple has fixed MacOS.

- Consider installing an ad-blocking “extension” to your web browser(s).** Clicking on an ad can install software you don’t want. I installed **U-block Origin**, and so far, I’m impressed. It uses an extensive filtering scheme to remove ads, including those on Google searches. It’s available for Mac and Windows versions of Chrome and Firefox, and Mac Safari.

If you need help adding a browser extension, stop by the PSRC Computer Lab on Tuesdays from 1 to 4 p.m., Wednesdays from 1:30 to 4 p.m., or Fridays from 10 a.m. to noon.

EMERGENCY PREPAREDNESS AND CRITICAL DOCUMENTS

Support & Guidance Staff

No one wants to think it will happen to you but sometimes emergencies happen without notice. Do you know where all your documents are located? Could you grab them on the way out the door in a fire or do you have a copy in another location?

Critical documents are the records you need to maintain your personal business, make insurance claims, access funds, etc, in an emergency. Make sure you have contact name and phone (or email), address, account number for each of these. Also make sure you have PIN numbers/Access codes for all accounts and your passwords. You might keep a scanned copy in a password-protected digital file in your “cloud” storage, or on a USB drive in your safe deposit box. Remember to update them regularly, such as at tax time each year. Keep a list of where to find the originals (bank, attorney...). Create a photo inventory of your belongings and photocopy the contents of your wallet so you can easily replace cards.

At the same time, consider what other treasures you want to preserve. Perhaps a selection of family photos, or other personal treasures. Would it be wise to scan copies and give them to your children?

Go to page 8 for a list of Critical Documents to preserve.

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

Continued from page 7

Critical Documents List

- * Passport
- * Drivers License
- * Bank Accounts
- * Investment Accounts
- * Insurance Policies– Home, Umbrella
- * Loan & Mortgage Accounts
- * Pension & 401K Retirement Accounts
- * Savings Deposit Accounts & Certificates
- * Stock & Bond Certificates
- * Life Insurance Policies
- * Safe or Safe Deposit Information
- * Trusts
- * Power of Attorney (Financial)
- * Advance Directive (Healthcare)
- * Wills
- * Organ donor documents
- * Health Insurance Policy & Card
- * Medicare Card
- * Social Security Card
- * Tax Returns-3 years
- * Military Discharge Papers
- * Naturalization Papers
- * Auto Insurance + Registration
- * Memberships
- * Contracts
- * Adoption, Marriage, Divorce Documents
- * Medical History
- * Utility Accounts

2017 Veterans Tax Exemption

You are eligible for a \$3000 exemption on your NJ Income Tax if you are a military veteran who was honorably discharged or released under honorable circumstances from active duty in the Armed Forces of the US on or any time before the last day of the tax year. Your spouse/partner is also eligible if s/he is a veteran honorably discharged and you are filing a joint return.

Contact the PSRC Support & Guidance team for more details at 252-2362.

WELCOME



Kathleen Whalen joins the PSRC staff in March as Communications Coordinator. Kathy comes to us from a long career as Creative Director for the Princeton Theological Seminary. You will see evidence of her creative skills in the Newsletter, e-news, website, flyers, posters, press releases, and event materials. Welcome Kathy!



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. *For information about local and regional bus and other transportation options, please visit gmtma.org. (Greater Mercer Transportation Authority)*



GROUPS

BEREAVEMENT

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

CAREGIVERS

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

CHILDREN OF AGING PARENTS

Wednesday, March 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, March 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, March 2nd at 2:00 p.m.
(First Friday of each month)

Location: Monument Hall Main

NEXT CHAPTER: WIDOW /-ERS

Tuesday, March 13th and 27th -10:00 a.m.
(Second and fourth Tuesdays of the month.)

Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, March 16th at 3:00 p.m.
(Third Friday of the month)

WOMEN IN RETIREMENT

Friday, March 16th 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

We still have a way to go to reach our goal!

To everyone who stepped up and gave your love to GrandPals during this \$20,000 matching challenge, we are grateful from the bottom of our hearts! If you haven't given yet, there is still time!

We hope you have taken a few minutes to see the wonderful photos that are on display at the Suzanne Patterson Building of our GrandPals and their students—it's guaranteed to bring a smile to your face and a tug to your heart. Your gift will **support the staff who recruit, train, and oversee the GrandPals through the school year.**

"You must do this for yourself and the children because the link between the past and the present defines the future." A GrandPal

"GrandPals has been the most meaningful thing I have done in my life. It has been great for both me and the children." A GrandPal



Help us meet the \$20,000 matching challenge by March 15! All donations are fully tax deductible! Go to princetonsenior.org and click on DONATE. Thank you for your support!

Are you a great event planner?
Got creative ideas or good contacts? Looking for something to do with friends?

Please join the PSRC Event Planning Committee to plan the dance and our next fall event.
Contact Barbara at 609-924-7108

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.



HIGHLIGHTED ANNUAL SPONSORS



Our success and reputation as a provider of senior services has been earned through our commitment to the highest standards of care and services, meeting the changing needs of our clients and exceeding industry standards. Call us at 732 329.8954 <http://buckinghamplace.net/>



Progression Physical Therapy of Princeton provides expert outpatient rehabilitative care, as well as prompt scheduling, convenient day and evening hours, and comprehensive insurance participation. Our patient service is professional, reliable, ethical and caring.

March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Early Bird Aerobics Monday through Friday 8:00 a.m.</p> <p>Table Tennis Monday, Wednesday, Friday 12:30 to 4:30 p.m.</p>	<p>Locations: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library</p>	<p>Locations: RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building</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 Technology 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 Technology Lab - SPB 1:00 Knit Wits - SC</p>	<p>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC</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 Technology Lab - SPB 10:00 Crafty People - EC 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB 3:00 Transition to Retirement - 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 2:00 Word Play - SPB</p>	<p>9:30 Chair Yoga - SPB 10:00 Email Workshop - SPB 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology 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 Technology Lab - SPB 2:45 Let's Talk - SC</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 Technology Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB 12:30 Senior Citizen Club</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 7:00 Retirement Series - Healthcare Decisions- PPL</p>	<p>9:30 Chair Yoga - SPB 10:00 Next Chapter Widow/ers - SPB 10:00 Sharing Your Migration Story 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC</p>	<p>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB</p>	<p>CLOSED FOR GOOD FRIDAY</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>
<p>5</p>	<p>6</p>	<p>7</p>	<p>8</p>	<p>9</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
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

Then & Now: Growing up African American in Princeton



Panelists Jawhara Parker, Shirley Satterfield, Breana Newton. Stimulating dialogue among participants.

