



**Tuesday,
November 7th
is Election Day**



Some PSRC classes/programs will be held in alternate locations due to voting in our gym. Please consult p.11 and our website: princetonsenior.org for location and scheduling updates.

*PSRC will be closed for
the Thanksgiving holiday
Thursday, November 23rd
and
Friday, November 24th*

Happy Thanksgiving!

Who is Siri?

*How can you schedule an Uber
ride without a smart phone?*

*Can I watch movies at home
without cable?*

Is online ordering safe?

*How can I see my grandkids
on the TV?*

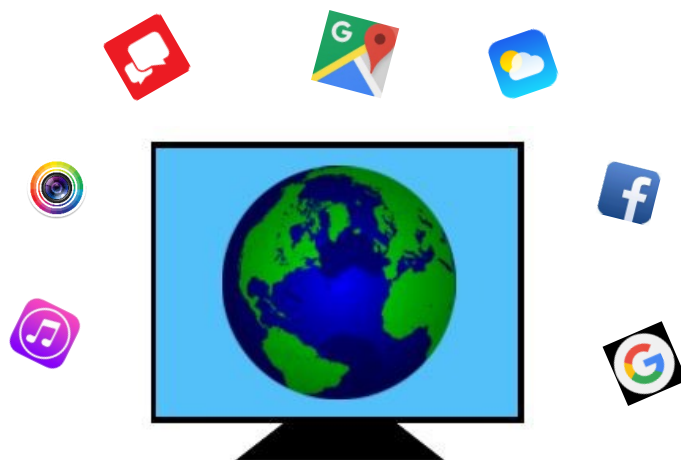
Why do I need apps?

Have you had these or
similar questions?

Come get answers at the
Fall Conference!



**BRINGING THE WORLD
TO YOU
THROUGH TECHNOLOGY**



PSRC's FALL CONFERENCE 2017

**Friday, November 10th,
10:00 a.m.- 2:00 p.m.**

Apps • Digital Books • Home Delivery Services
Home Safety • Internet Security

Making the Most of Your Cell Phone • Medical Portals and Info

Personal Emergency Response Systems

Streaming Audio/ Video • Tracking People and Things•

Video Chat and more!

**Learn how technology can
help you every day.**

Workshops and a resource fair; lunch included.
\$5 suggested donation

**Please pre-register online at
princetonsenior.org
or call 609.924.7108.**

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

TECHNOLOGY

Every day we hear about new technologies. Two-thirds of Americans own a smart phone; many of us have mastered texting, navigating, calendars, checking email and finding information. There is so much more available to us.

Tools are evolving so rapidly that just as I think I've mastered one, another replaces it. I think I'm not alone in my frustration when an update is released and familiar navigating tools are rearranged. Most of us who are over 40 don't find digital navigation to be intuitive, and I know I drive the PSRC help team crazy when I ask for step-by-step instruction, but I'm curious, and I keep trying.

Many are tempted to jump off the tech wagon and return to paper and pencil. I have several friends who found the "digital divide" to be the deciding factor in choosing to retire, as employers implemented a new database, digital record keeping, phone system, etc. And yet, the world keeps changing, with ever more transactions becoming digital, creating a greater potential for leaving people behind.

This year, PSRC's fall conference is called **"Bringing the World to You Through Technology."** We want to introduce you to several tools that can be used to make life easier and help you age in place

For example:

- Your smart phone is a computer in your pocket. Find out how to download and apps (applications) in everyday life
- Online shopping can help those who no longer drive but want to continue to prepare fresh food at home, or buy a new sweater, or perhaps you want to send a wedding present to your grandson and his partner
- Digital books allow you to read a book on any device. You can check them out from the library from your e-reader or an app on your phone from home or while you're on vacation.
- Most organization bulletins now arrive electronically; you can increase the font to read them in large-print.
- You probably need to go online to make travel arrangements: air, hotel, car, event registration
- Ride services are increasingly available for door-to-door service for smartphone users
- The internet holds an amazing wealth of information about anything you want to know: What's the best treatment for the pain in your back? What is the FreeB schedule? How does Medicare rank the rehabilitation facilities in the area? Check our website (princetonsenior.org) for activities each week, the latest helpful Computer Guru article

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HomeFriends and Care Coordinator

Beth Weiskopf

Program and Office Assistant

and area resources.

- Streaming and video can bring almost any movie, tv show or music to you when you want. You can invite friends over to watch streamed videos of popular movies, opera performances and Broadway shows.
- There are digital devices that monitor your health, and can even transmit data to a healthcare practitioner. Apps can help you track a wandering loved one, and emergency response buttons can work through your mobile phone when you're away from home.
- Safe home technologies include smoke and CO2 detectors, night lights that go on when you move, auto-shutoff for stoves, door monitors and more.

We know that isolation and loneliness are increasing risks with age and reduced mobility. Technology can keep us connected across town or at a

distance. I find that Skype video calls with my sons make me feel much more connected than phone calls, and Facebook is great for staying connected with family, friends, communities (and funny videos.) Learn about interesting subjects through TED talks. Caregivers can connect to online support groups they can access at any time of day or night and find lots of other helpful information.

PSRC is dedicated to improving your awareness and comfort with using technology. We hope you'll attend the conference, sign up for free computer classes, and bring your device for one-to-one help in our computer lab.

Susan W. Hoskins, LCSW



A WIN-WIN!

*Need help around the house or yard?
Rent a rower!*

Rowers at the College of New Jersey will help you with housework—cleaning the basement or garage, or moving furniture, or yardwork—raking, cleaning garden beds, etc.

\$15/per hour per rower

The money earned enables the crew to buy equipment for this financially demanding sport.

*Email: TCNJCrew @gmail.com
for more information.*

NOVEMBER PROGRAMS

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



FIRST FRIDAY FILM:

“PATRIOT’S DAY”

Friday, November 3rd at 1:00 p.m.

Tragedy strikes on April 15, 2013, when two bombs explode during the Boston Marathon. In the aftermath of the attack, police Sgt. Tommy Saunders, FBI Special Agent Richard DesLauriers, and Commissioner Ed Davis join courageous survivors, first responders and other investigators in a race against the clock to hunt down the suspects and bring them to justice. Starring Mark Wahlberg, Kevin Bacon, John Goodman, Michelle Monaghan.

2 hours 13 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:

November 7th: Norman Lear: *An Entertainment Icon on Living a Life of Meaning*

November 14th: Diana Laufenberg: *How to learn? From mistakes*

November 21st: Promsodum Ok: *The Magic of Khmer Classical Dance*

November 28th: Alain de Botton: *A Kinder, Gentler Philosophy of Success*

For more information visit TED.com.



SEMINAR: MEMORY AND AGING: WHAT’S NORMAL, WHAT’S NOT

with Michael O’Sullivan, BA, Clinical Research Coordinator for Princeton Medical Institute

Friday, November 17th at 1:00 p.m.

Forgetfulness is often dismissed as a normal part of aging, but if you or someone you know is experiencing memory loss or changes in behavior or thinking skills, it’s time to learn the facts. Early detection, diagnosis and intervention are vital, providing the best opportunities for treatment, support and planning for the future. Learn the difference between mild cognitive impairment, dementia and Alzheimer’s disease.

Sponsored by Princeton HealthCare System



TECHNOLOGY CLASSES

MICROSOFT WORD FOR BEGINNERS

Wednesday, November 8th, 10:00 a.m. - 12 noon

Get a solid foundation with Microsoft Word. This class focuses on styles and templates, which forms the foundation for most everything you do in MS Word. This is an interactive class so make sure you bring your fully charged laptop. *Note: Microsoft Word for Beginners is a prerequisite for Microsoft Word Advanced.*

Instructor: Don Benjamin. Class limit: 15.

INTRO TO iPad

Thursday, November 9th at 10:00 a.m.

This class is for those just learning about the iPad and its basic uses and capacities. Remember to bring your Apple ID and password. Instructor: Barbara Essig.

MICROSOFT WORD – ADVANCED

Wednesday, November 15th, 10:00 a.m. - 12 noon

Using your basic skills from Microsoft Word for Beginners, this class builds on concepts that will improve your use and understanding of this easy-to-learn program. *Microsoft for Beginners class is a prerequisite.* Make sure you bring your fully charged laptop to class. Class limit 15. Instructor: Don Benjamin

MORE ABOUT iPad

Thursday, November 16th at 10:00 a.m.

Learn your way around email, taking and storing photos, and downloading and using your favorite apps (applications.) *Intro to iPad is a prerequisite for the More About iPad class.* Remember to bring your Apple ID and password. Each iPad class is limited to 10 people. Instructor: Barbara Essig.

***Registration is mandatory for all technology classes due to space constraints.
Register online at princetonsenior.org.***

NOVEMBER SPECIAL PROGRAMS

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.

Monday, November 27th at 7:00 p.m.

ORGANIZING AND DOWNSIZING with John Odalen.

Learn easy techniques on how to get organized and stay organized. Explore new ways to think about your possessions and discover different options for what to do with the items you are now willing and able to part with. Professional organizer John Odalen specializes in helping people who feel overwhelmed by their stuff and want to get organized, but don't know where to start. A longtime Lawrenceville resident, John published his first book on organizing, *Real Value: New Ways to Think About Your Time, Your Space & Your Stuff*, in March 2016 through Open Door Publications.

Upcoming lectures:

Monday, January 22nd, 2018: Legal & Estate Planning

Monday, February 26th: Family Caregiving

Monday, March 26th: Healthcare Decisions

Monday, April 23rd: Volunteering

***All lectures will be held at 7:00 p.m. in the
Princeton Public Library Newsroom***

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.*

BLOOD GLUCOSE SCREENINGS

Tuesday, November 28th, 9:00 to 11:00 a.m.

Are you at risk for Type 2 Diabetes? Mary Rosner, RN, from Capital Health will be providing free blood glucose screenings and review the diabetes risk test with you. **Fasting or 2-hour post meal required for accurate result.** For an appointment, please register on our website or call 609.924.7108.



RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, November 3rd at 2:00 p.m.

INSIDE A POLITICAL CAMPAIGN

Speaker: John Samerjan, former Deputy Press Secretary to Governor Tom Kean. John will discuss strange things that happen during campaigns with a special emphasis on the second campaign of Governor Kean. John is a recognized expert in public affairs with broad experience as a primary spokesperson in broadcast and print working across constituencies to define and develop effective solutions. All are welcome.

Location: Monument Hall Main

WOMEN IN RETIREMENT

Friday, November 17th at 10:30 a.m.

HOW TO SLEEP LIKE A BABY: WHAT CAN GO WRONG WITH SLEEP & HOW TO FIX IT

SPEAKER: Dr. Callum Dupre, board certified in sleep medicine and neurology and fellowship-trained sleep medicine specialist from the Capital Health Center for Sleep Medicine and Capital Institute for Neurosciences. Learn tips about how to get your sleep pattern back on track. All are welcome.

TRANSITION TO RETIREMENT

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

This group addresses the 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, MSW, LSW, PSRC's Care Coordinator and HomeFriends Coordinator. All are welcome.



LOOKING AHEAD

A Quick Guide to Area Resources



FIRST FRIDAY FILM

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

"LOVING"

This film celebrates the love story at the center of Loving v. Virginia, the Supreme Court case that ended racial discrimination for marriage. Starring: Ruth Negga, Joel Edgerton, Will Dalton *2 hours, 3 minutes*



FYI: URINARY INCONTINENCE: TIME TO TAKE CONTROL

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

Join Becky Keller, PT, PRPC, Pelvic Wellness Rehabilitation Coordinator, and Katie Doyle-Elmer, PT, DPT, both with University Medical Center of Princeton's Outpatient Rehabilitation Network, to learn ways to treat your urinary incontinence symptoms, improve bladder fitness and restore your quality of life.



FYI: MEDICAL TESTING: TIMING IS EVERYTHING

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

A presentation by Dr. Aubrie J. Nagy, FACP, of Princeton HealthCare System. Observing the recommended schedule for routine health tests can be a challenge, but proper screenings play an important role in disease prevention and control. Dr. Nagy, board certified in internal medicine, will lead this informative discussion of when you should schedule certain tests, including mammograms, colonoscopy, hearing tests, skin cancer screenings and more.



PSRC'S ANNUAL HOLIDAY PARTY

Wednesday, December 13th, 1:00 - 3:30 p.m.

Music Merriment and Lunch! \$5 per person.

Details to follow. Registration opens

Wednesday, November 29th at princetonsenior.org, or by phone at 609.924.7108.

PSRC will be closed:

*Friday, December 22nd, Monday, December 25th,
Tuesday, December 26th, Monday, January 1st,
and Monday, January 15th.*

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

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

EARLY BIRD AEROBICS

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

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

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.*

CHAIR YOGA

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

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

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

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

TABLE TENNIS

Monday, Wednesday, Friday 12:30 p.m.

Drop-in; free.

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.

Fee \$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.



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.

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)

COMPUTER GURU

FOR LIFELONG LEARNING, YOU NEED TO BE ONLINE *by Don Benjamin*

I've been a volunteer in the PSRC computer lab for about four years. It keeps me off the streets, though I admit downtown Plainsboro is fairly docile at night. Besides, as a senior, I get sleepy at 8 p.m.

Also, I enjoy helping folks of any age use their smart phones, tablets, and computers. Of all the inventions during my lifetime, nothing compares to the transformation of information and communications from analog to digital—from paper to disk, from wires to fiber optic cables, from the TV in a wooden box that sits on the floor to a flat screen that hangs on the wall, from the wired phone on your desk to the wireless phone in your pocket. I still enjoy holding a physical book and flipping through my glossy *Astronomy* magazine, but for pure knowledge power, the Internet's immense store of information and speed-of-light delivery to any computer or mobile device anywhere in the world is without equal.

In his seminal book, *The World is Flat*, now in its third revision, author Thomas Friedman explains that digital technology allows us to "...reach farther, faster, deeper, and cheaper than ever before... giving so many people the tools and ability to connect, compete, and collaborate." Indeed, if we don't bring computers (or tablets or smart phones) into our day-to-day lives, we'll be left in the dust because everyone else in the world is online—talking, texting, and Tweeting. The Internet and digital technology has replaced the "dial" telephone with the smart phone, including video. Remember the AT&T PicturePhone from the 1960s? Your smart phone can do that today—for free!

Now, some folks tell me they don't believe in texting, or don't like E-mail, or reading news from a computer or tablet. But the point is that most everyone else does—including your family. That's how your children and grandchildren communicate and learn about the world. If you're waiting for them to call you or send you photos of their vacation in the mail, forget it. Cameras don't use film. The pictures of your niece or nephew are available on Facebook. They'll text you. You can always call them.

Google lets you search myriad information sources about any subject imaginable. YouTube provides millions of videos that range from aardvarks to zithers, Ansel Adams to Picasso, Beethoven to Beyoncé, live "streams" of press conferences and programs, and how to take apart your toaster. (Step 1: Unplug your toaster.) Study Botticelli's "Venus on the Half-shell" at the Uffizi Gallery in Florence (Italy, not New Jersey) on your laptop, or sign up for university lectures through Coursera—for free!

Most newspapers and magazines offer on-line versions that include videos and narration ("The Economist" can read itself to you.) The New York Times and Wall Street Journal update their digital content throughout the day, and include videos and graphics not available in their newsprint versions. PBS Newshour is available on YouTube. The range of on-line news, opinions, and facts at your fingertips is orders of magnitude greater than anything that's ever been available. (Anyone want to buy my 1980's edition of World Book? How about my 1973 World Almanac?)

McCaffrey's is bringing on-line grocery shopping to its stores. Amazon.com, which is actually a marketplace, sells thousands of items from thousands of manufacturers, and delivers them to you—sometimes the same day. If you want to shop at the Quakerbridge Mall, you can summon a ride from Uber or Lyft from your smart phone.

There's no need to mail paper checks when your bank provides an on-line bill-pay service—for free! I've been doing this for the last 20 years.

Our parents welcomed radio in the 1920s, dial telephones in the 1930s, and televisions in the 1950s. Now it's our turn to welcome the digital world. Talk about lifelong learning! I love it.

If you need help with your laptop, tablet, mobile phone, or camera, stop by PSRC's computer lab on 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.



GROUPS

SUPPORT AND GUIDANCE: TRANSITION TO RETIREMENT

BEREAVEMENT

Monday, November 20th at 1:00 p.m.
(Third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS

Monday, November 13th at 1:30 p.m.
(Second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, November 8th 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, November 21st 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, November 3rd at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, November 14th & 28th at 10:30 a.m.
(Second and fourth Tuesdays of the month.)
Spruce Circle

TRANSITION TO RETIREMENT

Friday, November 17th at 3:00 p.m.
(Third Friday of the month)

WOMEN IN RETIREMENT

Friday, November 17th at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

There are no fees for any of these groups.

Retirement follows the pattern of all major transitions in life, but it is one without a road map. In other life transitions, such as the pursuit of a higher education, career advancement, or marriage, there's a general, more or less predictable, course of action.

For example, in the pursuit of a college degree, the potential student visits colleges, completes the application process, is accepted, goes through the orientation phase, completes the course requirements for the chosen degree and graduates with the degree in hand. Making the transition to retirement, on the other hand, is not so obvious and is often filled with unforeseen challenges without a clear way to resolve them.

In a typical retirement scenario, a pattern unfolds: At the outset, the individual is thrilled at the prospect of having the freedom to pursue whatever course she or he chooses, without the confines of a job. One is free to go to bed late, sleep late, play golf whenever one likes, pursue any and all interests, etc. This might be considered the "Honeymoon" phase of retirement and, as with all honeymoons, it doesn't last.

At some point, feelings of uncertainty, confusion, and dissatisfaction begin to appear. The novelty of retirement has worn off and is replaced by the question "Who am I?" a question previously self-defined by aspects of the person's career. The retiree has now entered what is considered the Exploration phase, in which she or he attempts to answer the question "Who am I now?" and it is at this point that the lack of a road map becomes obvious.

How does one answer the "Who am I now?" question? The answer: PSRC's Transition to Retirement group.

The Transition to Retirement group addresses many types of issues that can arise during the Exploration phase, and assists group members in navigating this phase, enabling them to begin to answer the "Who am I now?" question.

The group meets the third Friday of the month at 3:00 p.m. at the Suzanne Patterson Building and is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, PSRC's Care Coordinator and HomeFriends Coordinator. All are welcome.

DEVELOPMENT

Please include PSRC in your annual charitable giving this year...we make every dollar count!

DONATE TODAY ON OUR WEBSITE HOMEPAGE: PRINCETONSENIOR.ORG.

ANNUAL SPONSORS

Acorn Glen, Artis Senior Living, Buckingham Place, Homewatch CareGivers, McCaffrey's Food Markets, Merwick Care & Rehabilitation Center, Oasis Senior Advisors, Princeton HealthCare System, Princeton HomeCare, Progression Physical Therapy of Princeton,
and our newest Annual Sponsors—

Welcome Synergy Home Care, Team Toyota of Princeton and Van Dyck Law!

TUESDAY, NOVEMBER 28TH IS GIVING TUESDAY:

The concept was created when two organizations, the 92nd Street Y and the United Nations Foundation came together in 2012, about a month before that year's Thanksgiving. Their intention was to set aside a day that is all about celebrating the generosity of giving, a great American tradition.

This year, Giving Tuesday is after Thanksgiving, just in time to jumpstart your holiday giving! On November 28th, just go to our website and click on the #GivingTuesday icon to make your donation.

SUSTAINING GIFTS

One year in... and more of our loyal supporters have become Sustaining Donors. We encourage others to join in this easy, no fuss way to spread out your annual PSRC support through an automatic monthly gift.

By making a monthly commitment of whatever amount you choose, you spread the payments out over 12 months. For example, your \$12 monthly pledge will grow to \$144 in 12 months.

All you have to do is call us once to set it up. Any monthly amount will be greatly appreciated!

Please help make this year's Annual Appeal a whopping success!

SAVE THE DATE!

Monday, December 4th

11:00 a.m. - 12:30 p.m.

MORE GREAT STORIES FROM THE ANTARCTIC

Brad Borkan will be back to share additional tales about the challenges and decisions faced by the early Antarctic Explorers. Since Brad's first presentation here at PSRC last winter, he has been an invited guest speaker in Oslo, Norway, and Plymouth, England, as well as presenting seminars and webinars to more than 500 participants. He has also been invited to do a presentation at the prestigious Explorers Club in NYC.

Register on our website: princeton senior.org.

HIGHLIGHTED ANNUAL SPONSOR OF THE MONTH: ARTIS SENIOR LIVING



We believe two-way communication between care partners and residents is the key to upholding and sustaining the dignity and comfort all residents deserve. At Artis, we strive to empower everyone in our community to exercise a voice in their own wellbeing.

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
TABLE TENNIS Mon., Wed., Fri. 12:30 to 4:40 p.m.	EARLYBIRD AEROBICS Monday through Friday 8:00 a.m.	1 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	2 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	3 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 2:00 Intermediate Bridge Lessons - SPB
6 9:15 Aerobics - SPB 10:30 Drawing with Alex - 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	7 8:00 Early Bird Aerobics at YMCA 9:00 Chair Yoga - SPB 10:00 Every Body Walk! - Various 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	8 9:15 Aerobics - SPB 10:00 MS Word Beginners-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	9 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Intro to iPad - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	10 8:00 Early Bird Aerobics at PCV 9:15 Aerobics - Cancelled 9:30 Let's Talk in English - RC 10:00 Crafty People - EC 10:00 Fall Conference: "Bringing the World to you Through Technology" 12:00 Chair Exercise - SC
13 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 1:30 Caregivers Group - CH-19 2:00 Word Play - SPB	14 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 10:30 Next Chapter Widowers - SC 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	15 9:15 Aerobics - SPB 10:00 MS Word Interm. - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	16 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 More About iPad - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	17 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 2:00 Intermediate Bridge Lessons - SPB 3:00 Transition to Retirement- SPB
20 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	21 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 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	22 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	CLOSED FOR THANKSGIVING	
27 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 Your Engaged Retirement: "Downsizing & Organizing" - PPL	28 9:00 Glucose Screening-SPB 9:30 Chair Yoga 10:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 10:30 Next Chapter Widowers - SC 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	29 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	30 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB	CH - Corner House EC - Elm Court MH - Monument Hall PCV - Princeton Community Village PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building Various - Call Progression PT for locations at 609.454.3536



Pre-register for the
Fall Conference today!



Mayors Wellness Campaign
Put your community in motion.

Thank you so much to Jersey Cares and Dental Care of Princeton for donating their time to make Spruce Circle flower beds beautiful. They have provided a large assortment of Fall mums for the gardens and plan to work with Princeton Housing Authority to spread the mulch! In addition, they donated miscellaneous supplies to assemble Blizzards Bags for the Spruce residents. The bags include non-perishable foods to safely shelter in place in the event that there is a loss of electricity.



WELCOME TO PSRC!



Ellen Pretz (L) and Wendy Lodge (R) are interns in PSRC's GrandPals program, learning the ropes now, alongside longtime program leaders Olivian Boon and Sallie Meade, in preparation to assume leadership of the program next year. Ellen was the director of a pre-school and Wendy was an elementary teacher at Littlebrook School.

We're so happy to welcome them to the team!

PRINCETON REC DEPARTMENT

TRIP!

LONGWOOD GARDENS GUIDED HOLIDAY TOUR

Date: December 5, 2017

Time: 12:30 - 7:30 p.m.

Depart/Return:

Community Park Pool parking lot,
400 Witherspoon St., Princeton

Fee: \$50/ non-refundable

Includes round-trip in motor coach
and entrance fee to Gardens.

For details and to register online go to
<http://register.communitypass.net/princeton>
or, pick up a registration form at PSRC or
the Princeton Recreation Department.