



FALL CONFERENCE

MONDAY, NOVEMBER 12TH
8:30 a.m.–1:00 p.m.
45 Stockton Street

SECURING YOUR FUTURE HOME, LEGAL, FINANCIAL

How Tax Changes Can Affect Your Financial Plan

Estate Planning for the Second Half of Life

Home: Adapt It and Love It

Real Estate: To Sell or Not to Sell

Downsizing: From Chaos to Calm

Maximizing Your Homecare Dollars

Online registration: princetonsenior.org

Phone registration: 609.924.7108

Suggested donation \$10 per person.

THREE OVER NINETY — ARTIST RETROSPECTIVE ON 270 COLLECTIVE YEARS OF CREATIVITY

Reception on Thursday, November 8th, 4:00–5:30 p.m., 45 Stockton Street

Curated by Hannah Fink

Roslyn Dayan, Martha Kingsley, and Naomi Reich have taken Hannah Fink's mixed media art classes for more than three decades. Each artist has a unique talent and mode of expression that continues to develop into their 90's. Truly inspirational! Exhibition runs through November 30th.

ELECTION DAY TUESDAY, NOVEMBER 6TH

PSRC is a polling location and some programs will be affected. Check our website for scheduling updates.

SPECIAL NOTICE!

Tuesdays, 1:00 p.m.–4:00 p.m.
Wednesdays, 1:00 p.m.–4:00 p.m.
Fridays, 10:00 a.m.–1:00 p.m.



NEW!
TECHNOLOGY LAB
HAS EXPANDED HOURS

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 Street)
Princeton, NJ 08540
Phone: 609.252.2362
Monday–Friday
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org
princetonsenior.org

*PSRC's refund policy may be found
on the website under the "Who We Are/
General Information" tab.*

*A non-profit organization
serving our community*

BOARD OF TRUSTEES

Bradley Bartolino
Donald Benjamin
Liz Charbonneau
Joan Girgus
Jane Gore
Kate Hall
Lee Harrod
Elaine Jacoby
Michael Kenny
Josh Lichtblau
Anna Lustenberg
Joseph Maida
Reid Murray
Dave Saltzman
Surinder Sharma
Harpreet Sidhu
Fiona Van Dyck



FROM THE EXECUTIVE DIRECTOR

AGEISM

I was just starting to write my monthly message on ageism when I got a link to the current *Aging Insights* video from the NJ Foundation for Aging and a recommendation from a friend to read *This Chair Rocks* by Ashton Applewhite (or see her TED talk), both on ageism. So, the time is right.

Ageism is any discrimination based on age, blatant or indirect. It can impact any person at any age. Ageism relegates older people to second class citizenship as well as disrespecting youth. Discrimination legitimizes and sustains inequalities between groups and is imparted to us from an early age.

Why is ageism still an acceptable form of discrimination? Certainly no one would lump everyone age 20–70 in the same group, so why those 50–100? Growing old has become shameful; we blame ourselves for an array of circumstances beyond our control and dread our futures. Ageism legitimizes abuse.

We have all experienced it:

- A doctor says, “you are just getting older” and doesn’t give full attention to your concerns.
- A job interviewer does not value your years of experience, if you even get an interview.
- You hear comments about someone being “too old” to run for office.
- Walk through a pharmacy and check out the “anti-aging” aisle.
- People send you “old folk’s jokes” that emphasize disability, incontinence, loss of memory, and other functions. If you doubt this, check the birthday card collection at your pharmacy and see how the message changes at the 30th birthday.

What happens when we substitute another protected class of people for the ageist language in these jokes? “Did you hear about the woman who...” “How many gay men...” Most of these jokes would set off alarms that these messages are unacceptable.

Media messages often divide perception of older people into either old and a threat/burden on society (“silver tsunami”) or as super-agers (still running a marathon at 90). Images are often sanitized or romanticized. Neither of those describe most of us. Only recently

have advertisers and entertainment media started to feature older people as having normal lives. Ageist ideas like these have a negative impact on people's willingness to work with older people.

We even turn ageism on ourselves. Have you found yourself purchasing wrinkle cream, avoiding a store or exercise class because you judge it to be for people younger than yourself, or meeting someone your own age and thinking "I'm glad I don't look/act that old?" Internalizing these negative stereotypes impacts our health, wellness, and longevity.

It is time to change this form of discrimination. There is a group called the Radical Age Movement, with a chapter in NJ, whose goal is to "end the misperceptions and skewed attitudes toward aging so that people of all ages, races, classes, genders, and sexualities can participate productively in areas of cultural, professional, and community life." This goal is good for all society.

What can you do?

- The first step is awareness: watch for ageism around you
- Look for ways you are ageist and find ways to change your thinking — for example:
 - o Don't use terms like "still" as in "still driving" or "you look good for your age"
 - o Don't use adjectives you wouldn't use for a younger person
 - o Don't say "If I get like that"
 - o Don't refer to "the elderly" — try simply "people" or "older adults"
 - o Don't send or respond to ageist jokes
- Tell the truth when asked your age
- Find opportunities to share positive stories with others
- Look for beauty in older faces and bodies
- Assume capacity not incapacity
- Speak up when you hear others use ageist language and behavior. Ask "what do you mean," then listen, then help the speaker understand how it sounds.



Thanks to Robert Butler who raised this concern in 1969 and to The New Jersey Foundation for Aging and Ashton Applewhite for contributing the concepts in this article.

Susan W. Hoskins, LCSW
Executive Director



PSRC STAFF

Susan W. Hoskins, LCSW
Executive Director

Fran Angelone
*Crosstown Coordinator and
Office Manager, Spruce Circle*

Donna Cosgrove
Director of Programs

Cathy Gara
Bookkeeper

Cheryl Gomes
Development Associate

Sharon Hurley, CVA
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Wendy Lodge
GrandPals Coordinator

Abigail Meletti
Evergreen Forum Coordinator

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*Program Associate &
Rental Coordinator*

Ken Peabody
Data Coordinator

Barbara Prince
Director of Development

Dave Roussell, MSW
HomeFriends and Care Coordinator

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
Program and Office Assistant

Kathleen Whalen
Communications Coordinator

NOVEMBER PROGRAMS

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



FIRST FRIDAY FILM — “FINDING YOUR FEET”
Friday, November 2 at 1:00 p.m.

On the eve of retirement, a middle class, judgmental snob discovers her husband has been having an affair with her best friend and is forced into exile with her bohemian sister who lives on an impoverished inner-city council estate. (British comedy/drama) Starring: Imelda Staunton, Celia Imrie, Timothy Spall

Running time: 1 hours, 51 minutes



FYI SEMINAR — “AFFORDABLE SALES AND RENTALS IN PRINCETON”
Friday, November 9 at 1:00 p.m.

Maureen Fullaway, Manager of Princeton Affordable Housing, will discuss who qualifies for affordable housing in Princeton and how to apply to get on the wait list. Maureen has worked in the field of affordable housing for 25 years. She oversees the sales and rentals of affordable units in Princeton.



FYI SEMINAR — “BEATING THE HOLIDAY BLUES”
Friday, November 16 at 1:00 p.m.

The holiday blues are a problem for both older adults and their adult children. In older adults it causes overwhelming feelings which can lead to self-isolating behaviors of depression or escalating behaviors of anxiety. Join Christopher Kellogg of NightingaleNJ who will offer attendees the tools and techniques to manage the holiday blues for themselves or for their friends and family.

Sponsor: NightingaleNJ Eldercare Navigators



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 6 — Ina May Gasking: Reducing fear of birth in the U.S. culture (recommended by Melaine Benson)

November 13 — Wolfgang Kessling: How to air-condition outdoor spaces

November 20 — Peter Diamandis: Abundance is our future

November 27 — Paul Piff: Does money make you mean?

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “LIBERTY AND JUSTICE FOR SALE: REPRESENT.US AND THE ANTI-CORRUPTION CAMPAIGN”

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

Are we an oligarchy or a representative democracy? The answer and the threat may surprise you — and rival that of the Russians! Represent.Us, a national volunteer organization is leading campaigns across the nation to fix the problem — including in New Jersey.

Our presenters, David Goodman and Susan Colby, are team co-leaders of Represent.Us/ Central New Jersey. All are welcome.

WOMEN IN RETIREMENT — “NEW JERSEY FACTS AND FIRSTS”

Friday, November 16 at 10:30 a.m.

Please join us for an interesting presentation from Eve Mandel, Director of Program and Visitor Services at the Historical Society of Princeton. Eve's talk highlights the Lenape Indians and early European settlers, the development of cities and suburbs, as well as technology and inventions. With a look at five tourism regions, participants will be inspired to visit cultural landmarks and environmental locations throughout the state. This fun and interactive presentation concludes with audience participation to identify N.J. facts, symbols, and local celebrities. All are welcome.

TRANSITION TO RETIREMENT

Friday, November 16 at 3:00 p.m.

This group addresses the many 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.

MORE PROGRAMS

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

SPECIAL EVENTS/CLASSES

BLOOD GLUCOSE SCREENING

Friday, November 2, 9:00–11:00 a.m.

Are you at risk for Type 2 Diabetes? A registered nurse from Capital Health will be providing free blood glucose screenings and will review the diabetes risk test with you. **Fasting or 2-hour post meal required for accurate result.** For appointment, please register on our website or call 609.924.7108. No fee.

THREE OVER NINETY: ART EXHIBITION & RECEPTION

Thursday, November 8, 4:00–5:30 p.m., 45 Stockton Street, Curated by Hannah Fink

Roslyn Dayan, Martha Kingsley, and Naomi Reich have been in Hannah Fink's mixed media art classes for more than three decades. Each artist has a unique talent and mode of expression that continues to develop into their 90's. Truly inspirational!

Exhibition runs through November 30th.

HOLIDAY CARD CRAFTING

Wednesday, November 14, 10:30–11:30 a.m.

Here's an opportunity to get into the holiday spirit and wow friends and family. Alicia Vincelette is offering a class to learn the basics of greeting card-making using stamped images, dry embossing, folding techniques, and different coloring mediums. Supplies included. No experience required so give it a try! Fee: \$7.00. Registration required; 10 registrant minimum. (If fewer than 10 people register we will notify you and issue a refund.)

TECH WORKSHOP: IPHONE BASICS 2

Monday, November 19 at 10:00 a.m.

This workshop will provide advanced information on the operating system of the iPhone. Participants should already have mastered basic settings, phone calls, texting, installing apps, contacts, and basic use of the camera. **(NOTE: This class does not cover Android phones, such as Samsung, LG, or Motorola).** Registration required. No fee. Class limit: 10. *Instructor: Evelyn Sasmor*

YOUR ENGAGED RETIREMENT: A LECTURE SERIES
"DOWNSIZING & ORGANIZING" WITH JOHN ODALEN
Monday, November 26 at 7:00 p.m.

Princeton Public Library in the Newsroom

(PSRC and the Princeton Public Library are co-sponsoring this series of free lectures on a wide array of retirement issues.)

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 long time 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.

COMING UP:

Monday, January 28 — Legal and Estate Planning

Monday, February 25 — Financial Basics
for the 50+

LOOKING AHEAD

PSRC'S ANNUAL HOLIDAY PARTY

Wednesday, December 12, 1:00–3:30 p.m.

Music, Merriment, and Lunch!

\$5 per person.

Details to follow.

Registration opens Monday, November 26th at princetonsenior.org or by phone at 609.924.7108.

NOVEMBER PSRC CLOSINGS

PSRC will be closed for the Thanksgiving Holiday on Thursday, November 22nd and Friday, November 23rd.

NOVEMBER PROGRAMS

Register now online at princetonsenior.org. Financial assistance is available if needed.



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.

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30–4:30 p.m.

Drop-in; free.

MINDFUL CHAIR YOGA

Tuesdays, 9:30–10:30 a.m.

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

EVERY BODY WALK!

Tues./Thurs., 10:00 a.m. FREE. This program is available from Mar. through Nov. and meets in different outdoor locations. Last walk of the season is Nov. 20th. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by Progression Physical Therapy and PSRC.

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.

\$26/residents; \$35/non-residents; per month

WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.

\$36/residents; \$48/non-residents; per quarter

MULTIMEDIA ART WITH HANNAH FINK

Mondays at 1:00 p.m.

\$26/residents; \$35/non-residents; per month

WORD PLAY (POETRY) WITH RICE LYONS

Mondays at 2:00 p.m.; \$5/per quarter. Class is currently full. Call to be added to the waitlist.

PAINTING WITH CHRISTINA RANG

Wednesdays from 11:00 a.m. to 1:00 p.m.

Painting with watercolor and acrylics.

\$26/residents; \$35/non-residents; per month

COSMOLOGY

Thursdays at 9:45 a.m.

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

Contact brucewallman@gmail.com for more information.

TIME CHANGE



GAMES

SCRABBLE & OTHER GAMES

Tuesdays, 12:00 noon; free.

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

SOCIAL BRIDGE

Tuesdays, 1:00–4:00 p.m.; free.

MAH JONGG

Tuesdays, 1:00–4:00 p.m.; free; BYO set



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone or tablet, or use our desktops.

- Tuesday 1:00–4:00 p.m.
- Wednesday 1:00–4:00 p.m.
- Friday 10:00 a.m.–1:00 p.m.

NEW EXPANDED
TECH HOURS!

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

Operating System Updates and Security Patches

Microsoft and Apple roll out new editions of their operating systems (“OS”) each fall that include new features, improved reliability, and better security. They also issue minor updates—sometimes called “patches”—throughout the year that fix minor bugs, and obscure, but potentially harmful, security flaws that users report to Microsoft and Apple. And that’s why it’s important (as in REALLY important) that your computers and mobile devices are running the latest OS edition available, and that you install patches as soon as they’re issued.

Same “Look and Feel”

Windows, MacOS, iOS, and Android operating systems are mature, stable, and consistent from year to year. Changes to the “user interface”—the look and feel—are mostly subtle. Your icons and folders won’t change, and you won’t lose any data. New “dark mode” settings can be easier on the eyes. Improvements to Edge and Safari make web browsing quicker and easier. Under the hood, these new OS editions keep your data more secure, improve file handling efficiency, and help ensure you are actually the person using your computer.



What’s the “Operating System?”

The operating system is software that manages your computer or mobile device. It runs applications when you tell it to, displays stuff on your screen, and manages your documents on your internal drive. It asks for a password when you turn on your device, connects to the internet, and sends documents to your printer. It keeps your disk drive working efficiently, your battery charged, and keeps the little clock at the top or bottom of your screen accurate. And it helps keep your computer safe from running malware that will ruin your day.

This table lists the current operating systems as of October 2, 2018:

Company	OS Name	Latest Major Edition	Devices
Microsoft	Windows	Windows 10 “October 2018 Update”	Computers and tablets
Apple	Mac OS	Version 10.14, “Mojave”	Computers
	iOS	iOS 12	iPads and iPhones
Google	Android	9.0, “Pie” ¹	Tablets and smart phones

Windows, MacOS, iOS 12, can be set to update automatically, which is a jim-dandy idea. Google updates some parts of Android automatically, but major edition updates are managed by the device maker (e.g., Samsung, LG, etc.)

If you need help figuring out which operating system you have, or need help with any of these apps, visit our Technology Lab on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:00 to 4:00 p.m., or Fridays from 10:00 a.m. until 1:00 p.m.

¹ The device manufacturer controls which version of Android.

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, ext. 352

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

SHIP (Medicare)
609.695.6274, ext. 215

T.R.A.D.E. (Transportation)
609.530.1971

SUPPORT & GUIDANCE

Emergency Preparedness

Create an emergency kit that has a supply of food and other items in stock in the event of stormy weather and loss of power. Make an effort to choose foods that do not require refrigeration, have long shelf lives, and need no electricity to open or prepare. We also recommend that you consider locating your flashlight and buying new batteries.

Even though Princeton and New Jersey have emergency plans, it is important to assess your own ability to “shelter in place” (without power) for several days. With lessons learned from previous storms and severe weather conditions, we are listing some government recommendations on managing during emergencies.

- Lifeline does not work if the landline phone system is not functioning so please have a current list of emergency phone numbers and make arrangements, prior to an emergency, for a support network to immediately check on you after a disaster and offer assistance.
- If you take medication or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week.
- People who rely on medical devices that use electricity (such as c-pap machines or oxygen tanks) to breathe should discuss with their doctors what to do in the event of a power outage.
- Cell phones have limited battery life and should be reserved for emergency calls in the absence of a mechanism to recharge them. Keep cell phones fully charged at all times — before the storm arrives.

By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

If you need immediate assistance during an emergency call 911. If your need is not critical call Access Princeton at 609.924.4141. We also advise you to sign up for an emergency notification system. Access Princeton or PSRC can assist if you need help.

PSRC VOLUNTEERS NEEDED

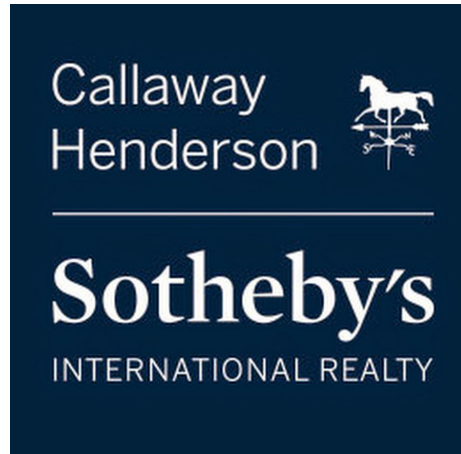
Monday, November 12th Annual Fall Conference. Volunteers will assist with set up, clean up and/or assisting the speakers of the workshops, lunch set up, and registration.

Please contact Sharon Hurley, CVA, for more information at 609.252.2362 or shurley@princetonsenior.org.

BLIZZARD BAGS

Thank you to Callaway Henderson
Sotheby's International Realty

Thank you to Callaway Henderson Sotheby's International Realty for generously supporting PSRC's Blizzard Bag project with their donation of 100 bags for the seniors living in Princeton Housing Authority communities. Their donation of 100 canvas bags will make the delivery of the non-perishable supplies easy to deliver.



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 purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and rehab (prescription for rehab therapy is required).

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.

GO GO GRANDPARENT

Available 24/7. Helps you schedule on-demand transportation companies like Uber and Lyft. Call 855.464.6872 or go to: gogograndparent.com.

RIDE PROVIDE

Membership door-to-door service in Mercer County. Call 609.452.5144 for more information.

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



GROUPS

BEREAVEMENT

Monday, Nov. 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, Nov. 5th at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, Nov. 8th at 4:30 p.m.
(Second Thursday of each month)
Suzanne Patterson Building

CRAFTY PEOPLE

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

GRANDPARENTING

Tuesday, Nov. 20th at 1:00 p.m.
(Third Tuesday of each 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

GLOBAL CONVERSATIONS

Mondays at Spruce Circle at 1:00 p.m.

MEN IN RETIREMENT

Friday, Nov. 2nd at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, Nov. 13th & 27th at 10:30 a.m.
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, November 16th at 3:00 p.m.
(Third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

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

THERE ARE NO FEES FOR THESE GROUPS.

A WORD FROM THE DEVELOPMENT OFFICE

As we approach the end of the year, PSRC is now focusing on our Annual Appeal drive. PSRC, a non-profit organization, **is sustained largely by donor support**. Almost half of our total operating budget comes from individual donations in support of our programs and services:

3924	Support & Guidance Contacts Last Year
578	Support & Social Group Participants
124	Received Assistance with Taxes, Medicare, & Emergency Blizzard Bag
502	People Attended Education and Enrichment — art, writing, technology
1156	People Attended Evergreen Forum
178	People Attended Fitness — yoga, table tennis, aerobics
376	Volunteers

Your annual appeal gifts enable us to offer a wide variety of opportunities for aging adults and their families including first-rate social services, lifelong learning classes and programs, art and exercise classes, and a myriad of other stimulating activities every month. At this time, we appeal to you to make a gift in support of our work providing these essential resources to our community.

Please give as generously as you can!

There are so many ways to give:

- Make an **HONORARY OR MEMORIAL GIFT** in someone's name
- **MONTHLY SUSTAINING GIFTS**
- **DESIGNATE PSRC AS A BENEFICIARY ON A LIFE INSURANCE POLICY**
- **PLANNED GIVING**

• IRA DISTRIBUTION & GIFTS OF STOCK

Do you still need to take a required minimum distribution from your IRA?

In 2015 federal legislation made IRA rollovers permanently available to individuals over 70½.

You can make a charitable donation directly from your qualified minimum IRA distribution. Because IRA assets can be among the most highly taxed, they make very effective donations. The donor will not pay federal income tax on these gifts, unlike other IRA distributions. Please speak with your financial advisor about making any distributions to benefit PSRC.

These may have significant tax advantages for you or your family.
To learn more, visit princetonsenior.org/support/donate.

NOVEMBER 2018

Monday

Early Bird Aerobics
Monday through Friday
8:00 a.m. to 9:00 a.m.

**Mercer County
Nutrition Program**
Monday through Friday
10:00 a.m. to 1:00 p.m.

Tuesday

Table Tennis
Monday, Wednesday,
Friday
12:30 p.m. to 4:30 p.m.

Wednesday

Locations:
CH - Corner House
EC - Elm Court
MH - Monument Hall
PPL - Princeton Public Library
RC - Redding Circle
SC - Spruce Circle
SPB - Suzanne Patterson
Building
Various — Call Progression PT
for locations: 609-454-3536

Thursday

1
9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various

Friday

2
9:00 Blood Glucose Screenings
- SPB
9:15 Aerobics - SPB
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

5

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 Art with Hannah - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
2:15 Caregivers -
MH East Conf Rm

6

6:00am-8pm Polling Location
- SPB
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
1:00 Technology Lab - SPB
1:00 Knit Wits - SC

7

9:15 Aerobics - SPB
1:30 Painting with Christina -
SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

8

9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various
4:00 Art Reception - SPB
4:30 Children of Aging Parents
- SPB

9

9:15 Aerobics - SPB
10:00 Technology Lab - SPB
10:00 Crafty People - EC
12:00 Chair Exercise - SC
1:00 FYI Seminar - SPB

12

8:30 Fall Conference - SPB
11:30 Chair Exercise - SC

13

9:30 Chair Yoga - SPB
10:00 Every Body Walk! - Various
10:30 Next Chapter Widow/ers
- MH Multi
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Knit Wits - SC

14

9:15 Aerobics - SPB
10:30 Holiday Card Crafting -
SPB
1:30 Painting with Christina -
SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

15

9:45 Cosmology - SPB
10:00 Yoga - SPB
10:00 Every Body Walk! - Various

16

9:15 Aerobics - SPB
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

19

9:15 Aerobics - SPB
10:00 Tech Workshop - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH-E Conf
11:30 Chair Exercise - SC
1:00 Art with Hannah - SPB
1:00 Bereavement - CH-19
1:00 Global Conversations - SC
2:00 Word Play - SPB

20

9:30 Chair Yoga - SPB
10:00 Every Body Walk! - Various
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Grandparents Group - SPB
1:00 Knit Wits - SC

21

9:15 Aerobics - SPB
1:30 Painting with Christina -
SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

22

CLOSED FOR THANKSGIVING

23

CLOSED FOR THANKSGIVING

26

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH-E Conf
11:30 Chair Exercise - SC
1:00 Art with Hannah - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
7:00 Retirement Series - PPL

27

9:30 Chair Yoga - SPB
10:30 Next Chapter Widow/ers
- SPB
10:30 TED Talk - SPB
12:00 Scrabble - SPB
1:00 Bridge/Mah Jongg - SPB
1:00 Technology Lab - SPB
1:00 Knit Wits - SC

28

9:15 Aerobics - SPB
1:30 Painting with Christina -
SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

29

9:45 Cosmology - SPB
10:00 Yoga - SPB

30

9:15 Aerobics - SPB
10:00 Technology Lab - SPB
10:00 Crafty People - EC
12:00 Chair Exercise - SC
12:30 Senior Citizen Club - SPB



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