



YOU'RE INVITED!

Please join us to ring in the holiday season
at PSRC's Annual Holiday Party

Wednesday, December 12th

1:00–3:30 p.m.

MUSIC, MERRIMENT, AND LUNCH!

\$5 per person

Register at princetonsenior.org, call
609.924.7108, or in person at the Suzanne
Patterson Building or at Spruce Circle.

Details and transportation
information on page 4.

NEW! GALLERY TALKS ON THE ROAD

Mondays in January and February
Brought to you by the Princeton University Art
Museum, The Evergreen Forum, and PSRC

THE EVERGREEN FORUM

Evergreen Forum Spring 2019

Starting mid-December:

Course descriptions will be available on the
website and online registration will begin

January 29th:

Lottery for over-subscribed courses

February 25th: Classes begin

Upcoming Closures:

Suzanne Patterson Building (SPB) will be closed for its
semi-annual floor resealing on Friday, December 21st

SPB and Spruce Circle closed Monday, December 24th
and Tuesday, December 25th

SPB will be open 9:00 a.m.–1:00 p.m. December
26–28th (Spruce Circle open 10:00 a.m.–4:00 p.m.)

SPB and Spruce Circle closed Monday, December 31st
SPB and Spruce Circle closed Tuesday, January 1st

New Technology Lab Hours

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.

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

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FROM THE EXECUTIVE DIRECTOR

FRIENDSHIP & PURPOSE

As I head into my next chapter, I am thinking about an article I recently read in the AARP Bulletin (June 2018) which named friendship and purpose as the keys to healthy living. We need to build strong social connections and reduce loneliness and isolation, find a sense of purpose, and develop a more positive, optimistic outlook on aging.

One thing I will miss greatly is the colleagues and friends I have made at PSRC. There are daily opportunities for social interaction, people with whom I have shared stories about our lives for 17 years. As I go forward, I know I will need to make sure I have communities that are as important to me as this one has been. Many of you have experienced this transition as you retire and move to new homes. I also know that I need to feel that what I am doing is making a difference—having purpose. I am excited about how the Friends Foundation for the Aging can have an impact in the field of aging. I also have ideas about volunteer opportunities I'd like to pursue, and you may see me at Women in Retirement or Evergreen Forum one day!

The current issue gaining national attention in the aging field is combatting loneliness and isolation. While isolation is a physical state, loneliness is a perception. Contributing factors include loss of family and friends, reduced mobility or restricted leaving of the home, and health issues. Several recent studies have found that loneliness can shorten life expectancy by eight years and that the mortality rate for loneliness is greater than obesity! Loneliness is associated with poorer overall health and higher rates of depression. PSRC offers dozens of activities to reduce isolation and loneliness, so check them out.

Research indicates that people with close friends and purpose are more likely to get plenty of sleep, eat healthy foods, take care of their health, have less stress, engage in cognitively challenging activities, and try new hobbies. Optimism about aging also has a positive impact on health, adding 7.5 years to life expectancy.

As defined by encore.org and Stanford University's study of purpose in the encore years, purpose is a "sustained commitment to goals that are meaningful to the self and contribute in some way

to the common good, something larger than the self.” This study found that the majority of older adults who exhibit high levels of prosocial values and behaviors, nearly one third engage in activities that meet the definition, and that people of color tend to be more engaged although prevalence of these activities cross all age, income, health, and geographic definitions. People who are purposeful also do more things for themselves and have a positive outlook on life.

Combined, these studies indicate that there are great benefits to engaging in purposeful activity in the community, which increases social interaction, improves outlook, and by extension, improves health and well-being.

If you want help finding ways to get more involved at PSRC, or in the wider community, ask Sharon Hurley, our volunteer coordinator and director of social services.

Susan W. Hoskins, LCSW
Executive Director



Susan Hoskins was recently awarded for her dedicated service to improving mobility in the Central Jersey region by the Greater Mercer Transportation Management Association. Pictured (above) with Cheryl Kastrenakes, GMTMA Executive Director.



A total of 22 medals were won by 13 PSRC table tennis players at the 2018 NJ Senior Olympics held September 8th in Woodbridge. The team, pictured here, included Boris Katz, Henry Acselrod, Elena Greene, Takeshi Kitagawa, Plamen Prodanov, Johnny Ho, Cally Hanawalt, Ali Zomorodi, Ray Woodfield, George Sheng. Not present: Susan Bu, Nancy Lu, Tak Yue.



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
Director of Support & Guidance

Wendy Lodge
GrandPals Coordinator

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
*Program Associate &
Rental Coordinator*

Ken Peabody
Data Coordinator

Barbara Prince
Director of Development

Dave Roussell, MSW
HomeFriends and Care Coordinator

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
Program and Office Assistant

Kathleen Whalen
Communications Coordinator

DECEMBER PROGRAMS

Time to sign up for the winter quarter and January classes.



FIRST FRIDAY FILM — “BELL, BOOK, AND CANDLE”

Friday, December 7 at 1:00 p.m.

It's the holiday season in New York City. Meet Gillian Holroyd, Greenwich Village's most alluring sorceress. Powerful, glamorous, and a wee bit bored. Gillian knows that witches can't fall in love but they can have fun! So when Gillian discovers handsome new neighbor Shep Henderson is the fiancé of an old college nemesis, she promptly puts the befuddled publisher under her spell. Presented in eye popping 1958 Technicolor. Starring: Kim Novak, James Stewart, Ernie Kovacs, Jack Lemmon, Elsa Lanchester

Running time: 1 hour, 43 minutes



FYI SEMINAR — “THE GIFT OF GRATITUDE”

Friday, December 14 at 1:00 p.m.

Enjoy a catered lunch from Greenwood House while Sheli Monacchio discusses the many benefits of being grateful for the “little things” and the health benefits that come along with doing so. This light-hearted, uplifting journey will show you ways to maintain a positive outlook despite the negativity that may arise in our lives. Leave with an improved understanding and appreciation of thankfulness, and a mason jar gift as a token of gratitude from Van Dyck Law, LLC.

Sheli comes to us from Caring Connections & Van Dyke Law, LLC.

Registration required. Limited attendance.

No walk-ins. No fee.

Sponsor: Greenwood House and Van Dyck Law, LLC



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:

December 4 – Anne Curzan: What makes a word “real”?

December 11 – Shekhar Kapur: We are the stories we tell ourselves

December 18 – Travis Kalanick: Uber's plan to get more people into fewer cars

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “HOW TO GET A HEALTHIER NIGHT'S SLEEP”

Friday, December 7 at 2:00 p.m.

Dr. Callum Dupre, a sleep medicine specialist at the Capital Health Center for Sleep Medicine and Capital Institute for Neurosciences will explore how to get good sleep and what makes it go bad. Learn tips on how to get your sleep pattern back on track. All are welcome.

WOMEN IN RETIREMENT — NO MEETING

TRANSITION TO RETIREMENT

Friday, December 14 at 3:00 p.m. (different date this month)

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.

SPECIAL EVENTS



PSRC'S ANNUAL HOLIDAY PARTY

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

Let's ring in the season with holiday merriment! Join us for a delicious lunch while you mingle and jingle with Dave Saltzman on the piano and the Ho Ho Ho's. The music of Joyful Sounds will follow as they regale you with festive songs, old and new. *Transportation is available to and from the Suzanne Patterson Building by the Free B Bus, Crosstown, or by carpool, any of which we encourage!* Please let us know in advance if you plan to take the bus, so we don't exceed capacity.

\$5 per person. Register at princetonsenior.org, call 609.924.7108, or in person at the Suzanne Patterson Building or at Spruce Circle.

MORE PROGRAMS

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

FAREWELL SUSAN

OPEN HOUSE FAREWELL CELEBRATION FOR SUSAN HOSKINS

Thursday, December 20, 1:00–3:00 p.m.

You are cordially invited to an open house celebration of our beloved Executive Director Susan Hoskins and her 17 years of devoted, impactful service. Please join us on Thursday, December 20th from 1:00 p.m. to 3:00 p.m. to share stories, hugs, and gratitude as we offer our best wishes as she steps into the future.

No R.S.V.P. required, simply stop in. Light refreshments.



LOOKING AHEAD

NEW! GALLERY TALKS ON THE ROAD

Mondays in January and February

Join the Princeton University Art Museum's finest docents as they come to PSRC to provide images of and insight into the Museum's collections and special exhibits. This program is a collaborative effort between the Princeton University Art Museum, The Evergreen Forum, and PSRC. Stay tuned for more details!

DEMYSTIFYING MEDITATION SEMINAR

**Wednesdays, January 30, February 6 & 13,
10:30–11:30 a.m.**

Meditation connects the mind to the body for enhanced relaxation. Join instructor Lyn Lilavati Sirota for an introduction to meditation. In this 3-part seminar, you'll learn the background, misconceptions, and techniques of meditation. No previous experience necessary.

Fee: \$60 residents; \$80 non-residents.

WINTER OPERA FILM FESTIVAL

Tuesdays in January at 12:30 p.m.

January 8 – Giuseppe Verdi: *La Traviata* (in Italian)

January 15 – Franz Lehar: *Guiditta* (in German)

January 22 – Jacques Offenbach: *The Tales of Hoffmann* (in English)

January 29 – Antonio Vivaldi: *Orlando Furioso* (in Italian)

New location — join us in the comfortable and roomy Monument Hall - Main (just on the other side of the courtyard from PSRC). Registration required. No fee.

Sponsored by the Princeton Friends of Opera

YOUR ENGAGED RETIREMENT: LEGAL AND ESTATE PLANNING WITH FIONA VAN DYCK

Monday, January 28 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.)

Fiona Van Dyck, Esquire, will discuss what legal documents you need to have now to protect yourself and your family. Fiona has over 20 years of experience practicing law. She dedicates Van Dyck Law to assisting individuals and families in formulating estate plans, protecting the interests of a disabled or elderly family member, and probating the will of a deceased loved one. She is also a member of the Board of Trustees of PRSC.

COMING UP:

Monday, February 25 — Financial Basics
for the 50+

INCLEMENT WEATHER?

If Mother Nature gets unruly, we will post any schedule changes on our website and update our voicemail by 8:00 a.m. Please note that we do not follow school closings. You can find us at princetonsenior.org or call us at 609.924.7108.

DECEMBER PROGRAMS

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



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

EARLY BIRD AEROBICS

Every weekday morning, 8:00–9:00 a.m.

\$30/month or \$10/session to drop in

Special price for December

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!

On hiatus for the winter. Will be back in March.

GENTLE MAT 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

(Moving to Thursdays starting in December.)

Thursdays 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.



GAMES

SCRABBLE & OTHER GAMES

Tuesdays, 12:00 noon; free.

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

NEW! CANASTA

Tuesdays, 1:00–4:00 p.m.; free.

You asked for it, you got it. Grab a friend and come and 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

Online Banking

I don't remember the last time I mailed a check. But this isn't about memory loss (that's another department). I don't remember because I do all my banking online.

Like most banks, PNC bank provides private, secure online access to my checking, savings, and credit card accounts. I can view my account balances, transfer funds between accounts, and pay my bills from the comfort of my home—at no cost.

Easy, Accurate, and Fun¹

The bill payment feature is terrific.

Consider the steps when you mail a check:

1. Write the check.
2. Hope you wrote the check correctly.
3. Address the envelope (assuming you lost the return envelope).
4. Hope you didn't make any mistakes.
5. Apply a 50-cent stamp.
6. Lick the envelope, carefully avoiding a paper cut.
7. Hope the people who handled that envelope before you licked it had washed their hands.
8. Hope you appreciate the taste of envelope glue.
9. Find band-aid for your lip.
10. Put the envelope in your mailbox.
11. Raise mailbox flag.
12. Hope a deranged squirrel doesn't steal your check from the mailbox.
13. Hope the post office can read your handwriting.
14. Hope the check arrives on time.
15. Hope the bank can read your handwriting.
16. Hope you really did put a stamp on the envelope.

On the other hand, if you send a payment from the bank's website, you just log in, click on the payee, type the payment amount on your keyboard, and click SEND. The bank prints and mails the check. No muss (or fuss) or cost. No envelopes. No glue after-taste.

Automatic Payments

You can also set up automatic payments. Suppose you want to make a donation to PSRC every month

(this is, incidentally, a jim-dandy idea). You log in to your bank's website, add PSRC to your payee list, and select the "autopay" option. Then you enter the amount you want to contribute each month and the day of the month you want the check to arrive at our office. That's it. Then, every month, the bank sends PSRC a check, and sends you a confirming email.

Deposit Checks from Your Home

But wait—there's more! You can also deposit checks from home using your bank's mobile app. You endorse the check, start the app, tap DEPOSIT, and enter the check amount on the device's keyboard. The app then directs you to take photos of the front and back of the check using your smart phone or tablet's built-in camera. The bank analyzes the writing on the check to make sure it matches the amount you entered on the keyboard. If everything looks OK, it deposits the funds into your account. No need to go to the bank.

It's Safe, But...

I've been banking online for more than 20 years without a problem. It's safe because banks use a secure, encrypted internet link between your browser and the bank's web server. **But if you're not at home, make sure the Wi-Fi connection is secure (requires a passcode) before you bank online.** In other words, don't do your online banking at Starbucks where anyone can use their open Wi-Fi network without a passcode. I do my online banking at home where I know my internet connection is secure.

And remember, you must always initiate access to your bank account by selecting the bank's website via your browser. If you ever receive an email from your bank with a login link, it's a scam trying to steal your ID and password. Banks don't send emails like that.

Need Help?

If you need help with your online banking, please stop by the PSRC technology lab during our recently-expanded hours on Tuesday or Wednesday from 1:00 to 4:00 p.m. or Friday from 10:00 a.m. until 1:00 p.m. Our Wi-Fi network is passcode-protected.

¹ I'm probably exaggerating a bit with the "fun" part.

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

Scammers

According to Lisa Weintraub Schifferle, Attorney, FTC, Division of Consumer & Business Education, if you get a call that looks like it's from the Social Security Administration (SSA), think twice. Scammers are spoofing SSA's 1-800 customer service number to try to get your personal information. Spoofing means that scammers can call from anywhere, but they make your caller ID show a different number — often one that looks legit. Here are few things you should know about these so-called SSA calls:

These scam calls are happening across the nation, according to SSA. Your phone rings. Your caller ID shows that it's the SSA calling from 1.800.772.1213. The caller says he works for the Social Security Administration and needs your personal information — like your Social Security number — to increase your benefits payments. (Or he threatens to cut off your benefits if you don't give the information.) But it's not really the Social Security Administration calling. Yes, it is the SSA's real phone number, but the scammers on the phone are spoofing the number to make the call look real.

What can you do if you get one of these calls? Hang up. Remember:

- **SSA will not threaten you.** Real SSA employees will never threaten you to get personal information. They also won't promise to increase your benefits in exchange for information. If they do, it's a scam.
- **If you have any doubt, hang up and call SSA directly.** Call 1.800.772.1213 — that really is the phone number for the Social Security Administration. If you dial that number, you know who you're getting. But remember that you can't trust caller ID. If a call comes in from that number, you can't be sure it's really SSA calling.
- **If you get a spoofed call, report it.** If someone calls, claiming to be from SSA and asking for information like your Social Security number, report it to SSA's Office of Inspector General at 1.800.269.0271 or <https://oig.ssa.gov/report>. You can also report these calls to the FTC at ftc.gov/complaint.¹

¹ Weintraub Schifferle, Lisa. "Hang up on spoofed SSA calls." FEDERAL TRADE COMMISSION Consumer Information. https://www.consumer.ftc.gov/blog/2018/10/hang-spoofed-ssa-calls?utm_source=govdelivery&eType=EmailBlastContent&eId=909b4cd5-ae14-46e0-ad01-1d4a2e4b5e30 (accessed November 1, 2018).

THANK YOU TO OUR VOLUNTEERS



Thank you to more than a dozen volunteers from Bloomberg Philanthropies, as well as sixteen volunteers from the area community and our board of trustees.

Your service at the Annual Fall Conference is always appreciated!

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, Dec. 17th at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, Dec. 10th at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, Dec. 13th 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, Dec. 18th 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
Not meeting Dec. 12.

GLOBAL CONVERSATIONS

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

MEN IN RETIREMENT

Friday, Dec. 7th at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, Dec. 11th at 10:30 a.m.
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, Dec. 14th at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

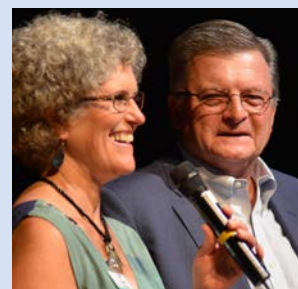
WOMEN IN RETIREMENT

Not meeting in December.
(Usually third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

As PSRC wishes Susan Hoskins farewell, we hope that you will show your appreciation for her many years of service to PSRC and contribute to the Susan W. Hoskins Fund that has been established in her honor. Over the past 17 years, Susan has met the challenge to provide support and guidance for those in need, increased the number and types of classes offered, established a technology lab for one-on-one tutoring, enhanced the FYI seminars on a myriad of relevant topics, and built a strong and collaborative staff to carry PSRC forward into the future.



Now you can play an active role in ensuring that PSRC stays on course and continues to serve the needs of central New Jersey's aging adults.

There are many simple and effective ways you can make a gift

PLANNED GIVING — Making a gift to PSRC in your will or as a beneficiary to your IRA will help secure PSRC's future and support our mission to be the go-to resources for aging adults and their families.

- We hope that some of you reading this message have already included PSRC in your estate plans. If that's the case we would love to know.
- If you're interested in initiating a planned gift and would like some assistance in the process, please give our development team a call and we can help you move forward on that plan.

Make a SUSTAINING GIFT in Susan's honor — Here's an easy and affordable way to support PSRC and Susan's legacy! You can spread out your gift dollars over the course of the year by making a monthly commitment of whatever amount you choose. For example, your \$12 monthly pledge will grow to \$144, and all you have to do is call us once to set it up. Any monthly amount is a wonderful show of support for the work and dedication Susan has poured into PSRC.

IRA DISTRIBUTION & GIFTS OF STOCK — As the year draws to a close, do you still need to make your IRA Minimum Distribution? Did you know you can have your financial institution make a direct IRA distribution to PSRC? Because the charitable IRA distribution isn't included in gross income, it will not be included in your taxable income. This is an excellent way to make a meaningful charitable donation, and again, you can make it in Susan's honor. We suggest you discuss the best strategy for handling these transfers with a financial advisor. You can also designate PSRC as a beneficiary on a life insurance policy, which may also have significant tax advantages for you or your family.

To learn more, visit princetonsenior.org/support/donate.

HIGHLIGHTED SPONSORS OF THE MONTH




At Acorn Glen, we are more than providers of day-to-day care... we are partners in helping families make good choices and develop individual care plans suited to each of our residents' needs.

775 Mt. Lucas Road
Princeton, NJ 08540 / 609.430.4003
acornklen.com



McCauffrey's Food Markets take pride in being good neighbors and supporting the local communities where we live and work.
mccauffreys.com

DECEMBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>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 Global Conversations - SC 2:00 Word Play - SPB</div>	<div>4</div> <div>9:30 Mindful Chair Yoga - 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</div>	<div>5</div> <div>9:15 Aerobics - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC</div>	<div>6</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 1:00 Art with Hannah - SPB</div>	<div>7</div> <div>9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 2:00 Men in Retirement - MH Main</div>
<div>10</div> <div>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 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers - MH East Conf Rm</div>	<div>11</div> <div>9:30 Mindful 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</div>	<div>12</div> <div>9:15 Aerobics - SPB 1:00 Holiday Party - SPB</div> <div></div>	<div>13</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 1:00 Art with Hannah - SPB 4:30 Children of Aging Parents - SPB</div>	<div>14</div> <div>9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB 3:00 Transition to Retirement - SPB</div>
<div>17</div> <div>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 Bereavement - CH-19 1:00 Global Conversations - SC 2:00 Word Play - SPB</div>	<div>18</div> <div>9:30 Mindful Chair Yoga - SPB 10:30 TED Talk - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Grandparents Group - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC</div>	<div>19</div> <div>9:15 Aerobics - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC</div>	<div>20</div> <div>9:45 Cosmology - SPB 10:00 Yoga - SPB 1:00 Art with Hannah - SPB 1:00 Open House Celebration for Susan Hoskins - SPB</div>	<div>21</div> <div>PSRC'S SUZANNE PATTERSON BUILDING CLOSED FOR SEMI-ANNUAL FLOOR REFINISHING</div>
<div>24</div> <div>PSRC IS CLOSED FOR THE HOLIDAYS</div>	<div>25</div> <div>PSRC IS CLOSED FOR THE HOLIDAYS</div>	<div>26</div> <div>9:15 Aerobics - SPB 2:45 Let's Talk - SC</div>	<div>27</div>	<div>28</div> <div>9:15 Aerobics - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC</div>
<div>← PSRC'S SUZANNE PATTERSON BUILDING WILL BE OPEN 9:00 A.M.–1:00 P.M. SPRUCE CIRCLE OPEN 10:00 A.M.–4:00 P.M. →</div>				
<div>31</div> <div>PSRC IS CLOSED FOR THE NEW YEAR'S EVE HOLIDAY</div>	<div>Early Bird Aerobics Monday through Friday 8:00 a.m. to 9:00 a.m.</div> <div>Mercer County Nutrition Program Monday through Friday 10:00 a.m. to 1:00 p.m.</div>		<div>Table Tennis Monday, Wednesday, Friday 12:30 p.m. to 4:30 p.m.</div>	<div>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</div>



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Mayors Wellness Campaign
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NEW BOARD MEMBERS

PSRC announces the appointment of two new board members, **Lee Harrod** (left) and **Surinder Sharma** (right). Our new board members bring unique skills, knowledge, and spirit to the PSRC Board of Directors.

Welcome, Lee and Surinder!



Did you know you can 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.

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