



GALLERY TALKS ON THE ROAD MONDAYS IN JANUARY AND FEBRUARY

Beginning January 7 (no class 1/21 and 2/18)
11:00 a.m.–12:00 p.m.

Join the Princeton University Art Museum's outstanding docents as they come to PSRC to provide images of and insight into the Museum's collections and special exhibits. This 6-session course is a collaborative effort between the Princeton University Art Museum, The Evergreen Forum, and PSRC.

January 7 — Through the Eyes of Modigliani, with docent Connie Shaffer

January 14 — Early Birds: America's First Ornithologists, with docent Laura Berlik

January 28 — Richard Diebenkorn's Bay Area Art, with docent Chris Godfrey

February 4 — America's First Museum, with docent Marianne Grey

February 11 — Formline Art, with docent Wendel Lim

February 25 — WMJ Turner: The Power of Light, with docent Jeanne Johnson

Registration required. \$65.00 for the 6-session course.
Visit princetonsenior.org for docent bios.

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.



Evergreen Forum Spring 2019

Course descriptions are available and online registration is open at princetonsenior.org

January 29:
Lottery for over-subscribed courses

February 25: Most classes begin

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*

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Blizzard Bags and Community Partnerships!

In our November newsletter the Support and Guidance page addressed the importance of emergency preparedness by assembling a kit of non-perishable food items, just in case there is inclement weather with a loss of power. PSRC provides ongoing social service support to Princeton Housing Authority residents. We are proud to have partnered with several local organizations to provide what we call "blizzard bags" for 100 residents in Spruce Circle and Redding Circle. There were more than 1,800 items donated for the bags.



The generous donations came from the following supporters:

- Callaway Henderson/Sotheby's Realty: beautiful canvas bags to hold all the donated items
- Princeton University Dining Services: individual cartons (boxed) water
- McCaffrey's Princeton: tuna in pouches
- Arm In Arm: a generous donation of Glucerna shakes, granola bars, a cookie treat, and peanut butter crackers. (information about the community services that are provided by this non-profit were included in the blizzard bags and highlighted below)
- Johnson & Johnson Consumer Inc.: a team of 6 employees (see p. 12) collected many food items including fruit cups, juice, tuna, and pudding. For several hours these employees worked tirelessly to assemble the items into the 100 bags. After that task, they went door to door delivering the bags to the appreciative residents. This team made it all look so easy with their wonderful attitudes, high energy, and thoughtful participation. They left our community room at Spruce Circle spotless before they went to their own full-time jobs. It was a pleasure working with them!

Community Highlight

Arm In Arm's mission is to be a place where community comes together to make sure all people have the most basic needs of food and shelter and, as possible, the livelihood to maintain them.

Arm In Arm's food pantry in Princeton receives 200 visits per month and families receive a three days' supply of food when they visit. Homelessness prevention services, including emergency financial assistance for back rent, utilities, mortgage, and security deposits are some of their programs. A Community Service Block Grant case manager helps low-income Princeton residents to stabilize housing, increase food security, and connect to needed services. A partnership with Send Hunger Packing Princeton provides food for families of students at John Witherspoon Middle School.

JANUARY LIMITED SERIES PROGRAMS

WINTER OPERA FILM FESTIVAL

Tuesdays in January beginning January 8 at 12:30 p.m.

January 8 — Giuseppe Verdi: La Traviata (in Italian)

Angela Gheorghiu, Frank Lopardo, Leo Nucci.

1994, Royal Opera House, Covent Garden, Sir George Solti (Conductor). *Running time: 2 hours, 15 minutes.*

January 15 — Franz Lehar: Guiditta (in German)

Mehrzaad Montazeri, Natalia Ushkova, Dietrich Siegl.

2003, Festival Orchester Moerbisch, Chor and Ballet Seefestspiele Moerbisch, Harald Sarafin (Conductor). *Running time: 2 hours, 6 minutes.*

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

Robert Rounseville, Monica Sinclair, Moira Shearer, Bruce Dargeval, Dorothy Bond, Margherita Grandi, Ann Ayers.

1951, Royal Philharmonic Orchestra, Sir Thomas Beecham (Conductor). *Running time: 2 hours, 7 minutes.*

January 29 — Antonio Vivaldi: Orlando Furioso (in Italian)

Marilyn Horne, Susan Patterson, Kathleen Kuhlmann, Jeffrey Gall.

1990, Orchestra/Chorus, San Francisco Opera, Randall Behr (Conductor). *Running time: 2 hours, 27 minutes.*

New Location! Monument Hall Main is roomy, comfortable, and just on the other side of the courtyard from PSRC. Elevator access in building. Registration required. No fee.

Sponsored by the Princeton Friends of Opera

FRENCH RENDEZ-VOUS

Wednesday, January 16, 10:00–11:00 a.m.

Join Brigitte Aflalocalderon to casually share experiences with the French language and Francophone culture. Brigitte has been teaching French for twenty years both in language schools such as the Alliance Francaise in Washington, DC and privately. She's been a bilingual (French/English) editor/translator at the World Bank in Washington, DC and has published articles in French magazines designed for non-French language natives.

Registration required, no fee.

SPECIAL NOTICE

FYI Seminars are moving to Mondays beginning in January! They are usually on the second, third, and fourth Monday of each month.



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JANUARY PROGRAMS

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



FIRST FRIDAY FILM — “THE DARKEST HOUR” *Friday, January 4 at 1:00 p.m.*

A thrilling and inspiring true story begins at the precipice of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill faces one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty, and freedom of a nation. Churchill must withstand his darkest hour, rally a nation, and attempt to change the course of world history. Gary Oldman won the Academy Award for his role as Churchill.

Starring: Gary Oldman, Kristin Scott Thomas, Lily James

Running time: 2 hours, 5 minutes

Registration encouraged, no fee.



FYI SEMINAR — “MANAGING CHALLENGING DEMENTIA BEHAVIORS” *Monday, January 7 at 1:00 p.m.*

By making simple changes, you can ease stress and significantly improve your loved one’s well-being and your own caregiving experience.

Barbara Forshner has been in health care for the last 14 years and is the Director of Community Relations at Artis Senior Living of Princeton Junction.

Registration required, no fee.



FYI SEMINAR — “TIPS AND TOOLS FOR MAKING A HARD CONVERSATION EASY” *Monday, January 14 at 1:00 p.m.*

Join Danielle Ulrich who will help you to navigate the sensitive subject of end-of-life decisions. She will highlight the importance of these discussions as they help families to fulfill the wishes of their loved ones.

Danielle is a consultant with Seasons Hospice Care of NJ and has been in the healthcare industry for over 20 years.

Registration required, no fee.



FYI SEMINAR — “MAINTAINING STRONG SOCIAL CONNECTIONS AS WE AGE” *Monday, January 28 at 1:00 p.m.*

This workshop addresses the importance of social connectivity by interactively identifying the risks and reasons of social isolation. A discussion of resources and strategies that help to combat isolation will follow.

Presenters: Asher Fink, Owner, Right at Home Mercer County and Sean Gwinne, Executive Director, Right at Home, Mercer County.

Registration required, no fee.



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:

January 8 — Graham Allison – We the Future: Is war between China and the US inevitable?

January 15 — Franklin Leonard – How I accidentally changed the way movies get made

January 22 — Carl Honore – In praise of slowness

January 29 — Michael Patrick Lynch – How to see past your own perspective and find truth

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NO MEETING

WOMEN IN RETIREMENT — “HEART HEALTH FOR WOMEN”

Friday, January 18 at 10:30 a.m.

Heart disease is the #1 killer of American women. The incidence of heart disease increases as a woman ages. The challenge is that women may often experience symptoms that are different from those experienced in men. It is important for women to understand their unique symptoms of heart disease and to learn ways to reduce their risk of cardiovascular disease in the future.

Dr. Lisa Monahan is board certified in echocardiography, nuclear cardiology, vascular interpretation, and internal medicine at Capital Health. All are welcome.

MORE PROGRAMS

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

TRANSITION TO RETIREMENT

Friday, January 18 at 3:00 p.m.

This group addresses 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 NOTICES

2019 PHILADELPHIA INTERNATIONAL FLOWER SHOW: FLOWER POWER BUS TRIP

Tuesday, March 5, 9:00 a.m. to 4:00 p.m. (Please be at the bus by 8:45 a.m.)

Depart/Return: Community Park North Parking Lot on Mountain Avenue & Route 206

Fee: \$52.00 (non-refundable) includes roundtrip motor coach bus transportation and entrance fee to the show.

Register at the Princeton Recreation Department
380 Witherspoon St., Princeton NJ or
<http://register.communitypass.net/princeton>,
609.921.9480

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.)**

Legal and Estate Planning: what you need to know about estate and long-term care planning in these turbulent times. 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.

NEXT YOUR ENGAGED RETIREMENT:

Monday, February 25 — Financial Basics for the 50+

LOOKING AHEAD

THE MARVELOUS MRS. MAISEL - SEASON 1

**Tuesdays & Thursdays: February 5, 7, 12, 14,
1:00–3:00 p.m.**

Join us for this outstanding Emmy winning series—2 shows each day and if you miss one, we'll keep you on track with episode summaries.

It's the late 1950s and Miriam Maisel has everything she has ever wanted—the perfect husband, two kids, and an elegant apartment on New York's Upper West Side. Her seemingly idyllic life takes a surprising turn when she discovers a hidden talent she didn't previously know she had—stand-up comedy. This revelation changes her life forever as she begins a journey that takes her from her comfortable life on the Upper West Side through the cafes and nightclubs of Greenwich Village as she makes her way through the city's comedy industry on a path that could ultimately lead her to a spot on the *Tonight Show* couch. Registration required, no fee.

UPCOMING PSRC CLOSURES

Monday, December 31

Tuesday, January 1

Monday, January 21

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.

JANUARY 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.

\$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!

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

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 at 11:00 a.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.

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

Do You Know Your Spouse's Passwords?

An article in the October 2018 edition of the *AARP Bulletin*, "Left Alone—and at a Loss," tells the story of a husband who suddenly dies, leaving his widow without the passwords to the family's online financial accounts and services.

Last year, a good friend of mine lost her husband to cancer. He kept a "paperless" home office, banked online, set up their credit cards to pay the bills, had his own accounts with Microsoft and Apple, and subscribed to software and magazines. Unfortunately, his wife didn't know the ID's and passwords to any of these accounts—or to his computers, smart phone, and multiple tablets. After the funeral, she couldn't access their online financial records or even use her husband's computer. It took weeks of phone calls and letters to regain access to the online accounts she knew about, and longed to figure out—and turn off—the services her husband had used.

This could have been avoided had this couple shared their ID's and passwords, not only with each other, but with their grown children and close siblings.

But how? You shouldn't keep your ID's and passwords in a notebook that could be lost or stolen, and you'll never keep up with entering new and modified passwords. Instead, I recommend keeping this information on your and your spouse's computers, but if, and only if, your computers require a login password when you turn them on. You should also enter the security questions that some online sites require, such as your dog's name or where you were born. (You don't have to buy a dog; the website won't know that your dog, Bob, is really your husband.)

You can enter all this information in a spreadsheet or a text document, or use the "notes" app. You can also let your browser keep your passwords, but make sure you can reveal them in the browser's settings.

A better way to share your IDs and passwords is with a password manager. I use 1Password, but there are many others. Password managers encrypt and store your information on their servers and let you designate who can view your IDs and passwords. In my case, my wife and son can view each other's passwords on all our devices. 1Password also stores our credit card information, social security account numbers, passport ID's, insurance account information, and other sensitive information, such as our dog's name (Bob). Password managers keep track of ID and Password changes automatically, and suggest new, secure, passwords when you set up new online accounts.

Most password managers charge an annual fee, but I think it's well worth the cost.

If you need help setting up a password manager, stop by the PSRC Technology Lab on Tuesdays and Wednesdays from 1:00 to 4:00 p.m. or Fridays from 10:00 a.m. until 1:00 p.m.



Giving Your Mom or Dad Your Smart Phone or Tablet?

Don't forget to restore it to its factory settings (the device, not your parent). Lots of folks bring us hand-me-down mobile devices that are still registered to their child, which means they can't add apps, change settings, or remove unneeded accounts or software. You really don't want your mom reading your email, do you? Or charging new iTunes to your account?

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



THE EVERGREEN FORUM

AMERICA 1890–1914: HISTORY MAY NOT REPEAT BUT IT CAN RHYME

Leader: Walter Frank

AMERICA'S CIVIL WAR

Leader: Robert Nolan

AMERICAN POLITICS SINCE 2010: WHERE'S THE U.S. HEADED?

Leader: Stanley Katz

THE ARTISTIC LIFE OF BIRDS

Leader: Wendy Worth

A BRIEF HISTORY OF PHOTOGRAPHY

Leader: Larry Parsons

BUILDING ACCEPTANCE OF DIVERSITY

Leader: Joan Goldstein

COSMOLOGY

Leader: Mattias Zaldarriaga

THE FOLK MUSIC REVIVAL

Leader: Larry Wolfert

THE GOTHIC NOVEL

Leader: Betty Lies

GREAT CHINESE PHILOSOPHERS

Leader: Leonard Chin

GREAT DECISIONS 2019

Leader: Karen Coates and David Redman

THE LIVELY PENELOPE LIVELY

Leader: Lynne Cullinane

MAKING SENSE OF CURRENT ECONOMIC ISSUES

Leader: Stephen Friedlander

Spring 2019 Course List

PEOPLE AND STORIES: THE POWER OF WORDS

Leader: Ellen Gilbert

PERSPECTIVES ON OPERA

Leader: Harold Kusklin

POWER IN ART

Leader: Sandy Kurinsky

THE PRACTICE AND IMPACT OF DIPLOMACY

Leader: Robert Ross

THE ROAD TO UNDERSTANDING HUMAN ORIGINS

Leaders: Peter Smith and
Peggy de Wolf

SHAKESPEARE'S CENTRAL TRAGEDIES

Leader: Lawrence Danson

SCIENCE IN THE NEWS

Leader: Bob Robinson

THEATRE APPRECIATION: FROM PAGE TO STAGE

Leader: Ryanne Domingues

TOPICS IN WEATHER AND CLIMATE

Leader: Bill Stern

TRACY K. SMITH, USA POET LAUREATE, GETTING TO LEARN ALL ABOUT HER

Leader: Gail Anne Johnson Mitchell

YET MORE SHAKESPEARE OFF THE PAGE: *MACBETH*

Leader: Barbara Herzberg

FEES ARE \$85.00 FOR A 6 TO 8 WEEK COURSE, AND \$60.00 FOR A 3 TO 5 WEEK COURSE.

COURSE DESCRIPTIONS AND ONLINE REGISTRATION AVAILABLE AT
PRINCETONSENIOR.ORG

JANUARY 29: LOTTERY FOR OVER-SUBSCRIBED COURSES

FEBRUARY 25: CLASSES BEGIN

PERSON-CENTERED CARE

It seems that we hear this term everywhere this year. What does it mean? The SCAN Foundation, defines person-centered care as a philosophy putting older adults “at the center of the decision-making process” by making use of a care team “that considers the full range of needs of individuals and their families.” Research has found that involving people in their care improves outcomes. Good person-centered care includes having access to healthcare professionals whenever you have questions, and being able to get to the treatment that has been recommended, as well as addressing the barriers to care. It means considering all the parts of your individual situation and choices, not treating you just like everyone else. How well does your medical office provide person-centered care?

When seeking residential care, ask whether care is person-centered and how this is experienced in daily living. For example, are meals, bed-times and activities arranged to fit the person’s preferences or are they scheduled for everyone together?

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, Jan. 28 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226
to attend. Corner House 19

CAREGIVERS

Monday, Jan. 14 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, Jan. 10 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, Jan. 15 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

Not meeting in January.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, Jan. 8 and 22 at 10:45 a.m.
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, Jan. 18 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, Jan. 18 at 10:30 a.m.
(Usually third Friday of each month)
Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

The staff and Board of Trustees wish to thank everyone who generously contributed to PSRC over the past year. Through contributions made to our annual appeal, our GrandPals challenge, Giving Tuesday, and through AmazonSmile, YOUR gifts made a difference! They let us know you value the critical services and life-long learning programs PSRC provides to aging adults. Support from individuals make up 24% of our annual budget and helps ensure that PSRC continues to be a reliable and engaged presence in this community.

2018 Grant Funding Awarded to PSRC 16–20% of our budget

The George H. and Estell M. Sands Foundation—General Operating Funds
The George H. and Estell M. Sands Foundation—PSRC GrandPals Program

The Tenacre Foundation—General Operating Funds
The Tenacre Foundation—PSRC GrandPals Program

Nordson Corporation Foundation—PSRC GrandPals Program

PNC Fund at the Princeton Area Community Foundation—GrandPals

The David Mathey Fund of the Princeton Area Community Foundation—General Operating Funds

The Curtis W. McGraw Foundation—Unrestricted funds for Partners In Caring

The Fred C. Rummel Foundation—Partners In Caring

BlackRock – special programing—Addressing Financial Insecurities

Janssen Pharmaceuticals, Inc.—PSRC’s 2018 Fall Conference and FYI educational programs

Wells Fargo Bank, N.A.—PSRC’s 2018 Fall Conference

Bunbury Fund of the Princeton Area Community Foundation—Capacity Building Through Technology

Bloomberg Philanthropies—Technology

Thank you to all our Corporate and Foundation Grantors for their critical financial support

We also extend our thanks and appreciation to our community partners who have provided gifts over the year to PSRC: The Unitarian Universalist Congregation of Princeton, Fox & Roach Charities, the Princeton University Chapel, Princeton United Methodist Church, Community Without Walls, and the PSRC Cosmology Group.

And to all our Annual Sponsors whose continued financial support make our FYI Seminars and our signature annual events possible!

HIGHLIGHTED SPONSORS OF THE MONTH



Team Toyota of Princeton makes it easy for you to get all the available vehicle information so you can spend less time researching and more time enjoying your purchase. Come visit us, be part of the team!
teamtoyotaprinceton.com



Tranquil Transitions assists clients in downsizing, organizing, packing/unpacking, and estate dispersals. We supply a one-stop service provider, eliminating stress and making your transitions tranquil.
tranquiltransitionsllc.com

JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird Aerobics Monday through Friday 8:00–9:00 a.m. Mercer County Nutrition Program Monday through Friday 10:00 a.m. to 1:00 p.m.	1 PSRC IS CLOSED FOR NEW YEAR'S DAY Table Tennis Monday, Wednesday, Friday 12:30–4:30 p.m.	2 9:15 Aerobics - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	3 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Art with Hannah - SPB	4 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
7 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:00 Gallery Talks on the Road - SPB 11:30 Chair Exercise - SC 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB	8 9:30 Mindful Chair Yoga - SPB 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - MH 1:00 Bridge/Canasta/Mah Jongg - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB	9 9:15 Aerobics - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	10 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Art with Hannah - SPB 4:30 Children of Aging Parents - SPB	11 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 12:00 Chair Exercise - SC
14 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:00 Gallery Talks on the Road - SPB 11:30 Chair Exercise - SC 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers - MH East Conf Rm	15 9:30 Mindful Chair Yoga - SPB 10:30 TED Talk - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - MH 1:00 Bridge/Canasta/Mah Jongg - SPB 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB	16 9:15 Aerobics - SPB 10:00 French Rendez-Vous - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	17 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Art with Hannah - SPB	18 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 3:00 Transition to Retirement - SPB
21 PSRC IS CLOSED FOR THE MLK HOLIDAY	22 9:30 Mindful Chair Yoga - SPB 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - MH 1:00 Bridge/Canasta/Mah Jongg - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB	23 9:15 Aerobics - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	24 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Art with Hannah - SPB	25 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB
28 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:00 Gallery Talks on the Road - SPB 11:30 Chair Exercise - SC 1:00 Bereavement - CH-19 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB 7:00 Retirement Series - PPL	29 9:30 Mindful Chair Yoga - SPB 10:30 TED Talk - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - MH 1:00 Bridge/Canasta/Mah Jongg - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB	30 9:15 Aerobics - SPB 10:30 Meditation Seminar - SPB 11:00 Painting with Christina - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	31 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Art with Hannah - SPB	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



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Mayors Wellness Campaign
Put your community in motion.



THANK YOU TO OUR BLIZZARD BAG PARTNERS

“What a lovely morning of giving back to community. [We] packed over 100 blizzard bags, and delivered to seniors. It was absolutely humbling and priceless to see the joy on their face as we wished them a very festive season and happy holidays. Best of all, super duper time with the team.”

—Sharad Doshi (pictured far left), Senior Director J&J Consumer Group GSIA North America



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 receipts.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Acorn Glen Assisted Living
Akin Care Senior Services
Artis Senior Living
Buckingham Place Adult Day Center
and Home Care
Dave Saltzman Insurance
Home Instead Senior Care

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Oasis Senior Advisors
Penn Medicine Princeton Health
Penn Medicine Princeton HomeCare
Princeton Orthopaedic Associates, P.A.

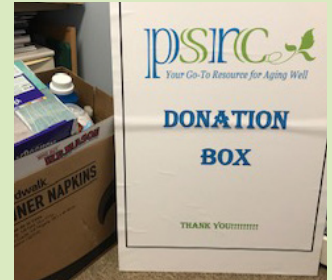
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Tranquil Transitions
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And to our individual donors who along with our sponsors make our programs & services possible.

DONATIONS & SUPPORT

The Princeton Community's generosity is amazing! We would like to thank the following groups/organizations for their support of PSRC and the seniors we serve.

- **Stark and Stark** had a fundraiser to benefit PSRC at their holiday party. In order to "dress down" employees brought a donation. The donations included gift cards and hundreds of personal care items for the seniors.
- During their annual Holiday Party, the **Ladies Auxiliary of the Italian American Sportmen's Club of Princeton** collected many gift wrapped items for those in need instead of exchanging gifts with each other.
- **PSRC Knits Wits Group** at Spruce Circle knitted many items throughout the year to benefit local charities such as: Princeton Nursery School, Arm in Arm, Anchor House, Better Beginnings child care center, and Project Linus. We couldn't do all that without the donations of yarn we receive from individuals and organizations like Pins and Needles and the Princeton University Graduate School - Student Life and Princeton University of Community and Regional Affairs.



DECEMBER CELEBRATIONS



PSRC's Annual Holiday Party was a great success! To view photos of the holiday party festivities, as well as Susan's Farewell Open House, visit us on Flickr: <https://www.flickr.com/photos/psrc/albums/>.



Princeton Honors Susan Hoskins

Princeton Council honored Susan Hoskins at their meeting on December 17, 2018. Read the *Town Topics* article (page 10) for more details. Also, a feature article about Susan's retirement on page 8 of same issue.

VISIT https://issuu.com/witherspoonmediagroup/docs/tt_web_12-19-18

The video of the council meeting presentation can be found here: <https://www.youtube.com/watch?v=jx0MWIjvos&t=53s>