



YOU'RE INVITED!

Wednesday, December 11

1:00–3:30 p.m.

PSRC's Suzanne Patterson Building

ANNUAL HOLIDAY PARTY

Ring in the season with holiday merriment!

Join us for a festive buffet while you mingle and jingle with the Ho Ho Ho's and Dave Saltzman on the piano. Vanessa Viscomi of Joyful Sounds will perform holiday songs, both old and new.

Transportation is available to and from the Suzanne Patterson Building by the FreeB Bus, Crosstown, or by carpool, all of which we encourage! Please let us know in advance if you plan to take the bus so we don't exceed capacity.

The festivities begin at 1:00 p.m. Because we cannot accommodate early arrivers, please note that our doors open at 12:45 p.m. We look forward to seeing you then.

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

GALLERY TALKS ON THE ROAD

Mondays in January & February for 6 weeks, beginning on January 6 (no class 1/20 & 2/17)

More information on page 5.

Aging Well Forum Panel

Monday, December 2 at 10:30 a.m.

Presenters: Melanie Basil, Carol Brodsky, Barbara Forschner, Deanna Mellon, Joe Muligan, and Soni Pahade;
Moderator: Sean Gwinner

More information on page 5.

THE EVERGREEN FORUM

Evergreen Forum Spring 2020

Registration opens on Tuesday, January 7
at 9:30 a.m.

Second (or more) course registration opens
on Tuesday, January 21

Classes begin the week of February 24

Registration is online and
is first come, first served

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 nonprofit organization
serving our community*

BOARD OF TRUSTEES

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FROM THE EXECUTIVE DIRECTOR

Giving Great Joy

One of the highlights of my childhood holiday memories was the arrival of the Sears Catalog the week before Thanksgiving. My brothers and I would flip through the toy section, dog-eared the pages to which we wanted to draw Santa's attention. One year in particular, I was determined to highlight—through any means necessary—the electric football set featuring the Philadelphia Eagles (America's team). In those days, the art of subtlety was discarded for the hinting—turned asking—turned pleading—of my "desperate" eight-year-old self.

Needless to say, my mom came through, as she always did. As a single mother raising four boys with little assistance, she sacrificed greatly throughout the year to make the holidays a time of joy. And boy, did I love that electric football set! While the toys were often gently used, or the clothes not always the highest fashion, my mom taught me that the art of gift-giving is truly discovered in the heart behind the gift. I've tried to live that legacy as a parent—and as a "gift-giver."

Over the last several years, my extended family has taken on two gift-giving traditions. First, my brothers and I work with social service agencies or religious congregations in our communities (alternating between our different homes) to support a single-parent family during the holidays, anonymously providing financial support to the mother or father so that they can bless their families.

Second, rather than exchange gifts with the other adults in the family, we give a gift in their honor to a charitable cause that is meaningful to them. I find this to be way more fun than shopping in the mall for a gift to give to someone who doesn't "need" anything. It takes time to pay attention, research potential causes, and surprise them on the holiday with a gift made in their honor. It has been our goal each holiday season for the last several years to match our holiday spending on gift-giving with charitable donations to nonprofit organizations.

As you consider your gift giving this holiday season, I'd like to invite you to consider a special gift to the Princeton Senior Resource Center. Perhaps you would like to give an extra gift in someone's honor or memory that will empower our mission to help older adults thrive. As you will read, we are in the midst of our annual fundraising appeal, and a gift to PSRC goes a long way to support seniors in the community. While many senior centers are municipal offices, PSRC is a community nonprofit that relies on the generosity of individuals,



businesses, and community partners for over 80% of our budget. Your gift truly does make a difference.

This year, I have had a blast shopping for my own young adult children, as well as my

nieces and nephews and their children. There may even be an electric football set under our tree this year! At the same time, there will be great joy in our family sharing our charitable gifts—including one to PSRC—as we remember my mom and honor her gift-giving legacy. I hope you can find the same joy—and I'd love for PSRC to be a part of that for you and your family. May your holiday season be filled with love and light.

All the Best,
Drew A. Dyson, PhD
Executive Director

YOUR ENGAGED RETIREMENT: A LECTURE SERIES

PSRC and the Princeton Public Library cosponsor this series of free information lectures on a wide array of retirement issues.

Tax Updates for the 2019 Filing Season with Joseph Maida, CPA

Monday, January 27 at 7:00 p.m.

Princeton Public Library, Newsroom

Participants will learn what's new and what has changed from the last tax year.

Joseph C Maida, CPA is the managing member of Maida & Maida an eighty-four-year-old, third generation full service public accounting firm. Mr. Maida concentrates his practice on tax and wealth planning and compliance services. Maida & Maida has offices in Princeton, Cranbury, and Ewing.

SCHEDULE:

February 24: Downsizing & Organizing

March 23: Transition to Retirement

April 27: Volunteering in Retirement



PSRC STAFF

Drew A. Dyson, PhD
Executive Director

Donna Cosgrove
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 & Director of Programs*

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 & Administrative Assistant to the
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Director of Communications

DECEMBER PROGRAMS

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



FIRST FRIDAY FILM — “WON’T YOU BE MY NEIGHBOR”

Friday, December 6 at 1:00 p.m.

Documentary filmmaker Morgan Neville takes a deep dive into the extraordinary life, lessons, and legacy of iconic children’s television host, Fred Rogers. Go beyond his infamous cardigan sweaters and tie-up sneakers to find a man who practiced compassion, understanding, and advocacy for all children. His story will leave you inspired. Starring: Fred Rogers, Susan Stamberg, David Bianculli, YoYo Ma

Running time: 1 hour, 34 minutes

Registration required, no fee.



FYI SEMINARS
SPONSORED BY CAPITAL HEALTH

FYI SEMINAR — “HEALTHY OUTLOOKS FOR OLDER ADULTS: ALTERNATIVE APPROACHES TO MANAGING PAIN”

Monday, December 9 at 1:00 p.m.

In this seminar, you will learn about the risks of prescription pain medications and discover alternatives to pain management, such as meditation, yoga, physical therapy, etc. Presenter Heather Clawson will offer insight into prescription medicine misuse and safety.

Heather is a second-year graduate student working toward her master’s degree in social work at Rutgers University. She is an intern for Prevention Resources, a nonprofit agency that is dedicated to the prevention and education of substance abuse and related issues.

Registration required, no fee.

FYI SEMINAR — “OSTEOPOROSIS: HOW TO STAY ONE STEP AHEAD”

Monday, December 16 at 1:00 p.m.

Worldwide, osteoporosis is responsible for more than 8.9 million fractures each year. Join Christina DeValue, BSN, RN, ONC, registered nurse with Penn Medicine Princeton Medical Center, and Elizabeth Shokoff, MSN, RN, ONC, orthopaedic nurse navigator with the Jim Craigie Center for

Joint Replacement, to learn what you can do to prevent osteoporosis and bone loss, and explore the symptoms of and treatment options for osteoporosis in aging adults.

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:

December 3—Kimberly Noble: How does income affect childhood brain development?

December 10—Judith Jameson & members of the Alvin Alley American Dance Theater: Revelations from a lifetime of dance

December 17—Sam Van Aken: How one tree grows forty different kinds of fruit (*recommended by Nayan Trivedi*)

Sponsors: Artis Senior Living & NightingaleNJ Eldercare Navigators

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “A LIGHT AND PLAYFUL APPROACH TO SPEAKING”

Friday, December 6 at 2:00 p.m.

Gordon Jacoby, a member of MIR, will begin with a brief lecture about American English and the use of stage dialects, the foreign or regional speech used by theater actors in plays like *My Fair Lady* to help make their characters more realistic. Members of the group can volunteer to read a theatrical passage, giving Gordon the opportunity to listen and perhaps determine where they come from. His motto: “Life is a stage, and your speech is your identity.”

Gordon received his BA in speech from City College of New York, as well as an MA in speech science and a PhD in theater, both from The Ohio State University. Following a career in academia, he became a professional freelance coach/instructor of speech for the stage, which he continues to do. All are welcome.

MORE PROGRAMS

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

WOMEN IN RETIREMENT — *Not meeting in December*

TRANSITION TO RETIREMENT

Friday, December 20 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, MSEd, MSW, LSW, PSRC, care coordinator and HomeFriends coordinator.

LIMITED SERIES PROGRAMS

GALLERY TALKS ON THE ROAD

Mondays in January & February for six weeks, beginning on January 6 (no class 1/20 & 2/17) at 11:00 a.m., PSRC's Suzanne Patterson Building
Fee: \$75

Gallery Talks returns for another round of exemplary art lectures. Join the Princeton University Art Museum's talented docents for weekly seminars designed for those interested in exploring the richness and complexities of the world of art. Stay tuned for more details. Registration opens December 19.

AGING WELL FORUM PANEL

Monday, December 2 at 10:30 a.m.

This event is designed to engage and inform participants about the variety of services available to the aging population. Sean Gwinner will moderate a panel of six local experts who will provide up-to-date information and answer your questions. Participants will also have the opportunity to speak one-on-one with the presenters. Topics are insurance, elder law, skilled rehabilitation, assisted living, memory care, care management, and home care.

Presenters: Melanie Basil of Scott Bloom Elderly Law, Carol Brodsky of Merwick Rehabilitation, Barbara Forschner of Artis Senior Living, Deanna Mellon of Acorn Glen Assisted Living, Joe Muligan of Mass Mutual Insurance, and Soni Pahade of Aging Advisors.

Moderator: Sean Gwinner is a veteran, community advocate, and owner of Right At Home Mercer County. Registration required. No fee.

TECHNOLOGY WORKSHOP—"WHICH DEVICE DO I NEED?"

Tuesday, December 10 at 1:00 p.m.

Is it time to replace your computer, phone, or tablet or are you trying to decide if you should upgrade? Are you thinking about getting a smart phone, iPad, or other device for the first time? In this class we will discuss what device to buy for your particular needs, how to know when it's time to replace your device, and what needs to be done to move to a new device. Registration required. No fee.

Instructor: Evelyn Sasmor

INSPIRATION THROUGH MIXED MEDIA

Thursdays at 1:00 p.m.

PSRC's Suzanne Patterson Building

Fee: \$30/residents; \$40/non-residents; per month
In this immersive and experimental class, instructor Hannah Fink will get your creative juices flowing. For inspiration, each session begins with a short talk about an artist of note. Then you'll dive into artistic exploration using your chosen media, including watercolor, acrylic, or collage. This class will focus on color, composition, shape, and more. Students at all levels are welcome. Develop your aesthetic and create adventurously!

Hannah has taught fine arts at The College of New Jersey for more than fifteen years and is in her thirtieth year at PSRC. Hannah has a master's in fine arts from San Francisco State University.

WINTER OPERA FILM FESTIVAL

Tuesdays in January at 12:30 p.m.

January 7—Engelbert Humperdink, Hansel and Gretel (1982, in English)

January 14—Emmerich Kalman, The Gypsy Princess (2002, in German)

January 21—Gaetano Donizetti, Lucia di Lammermoor (2000, in Italian)

January 28—Johann Strauss, Die Fledermaus (2015, in German)

DECEMBER PROGRAMS

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



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

AEROBICS

Mondays, Wednesdays, Fridays, 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; no fee.

MINDFUL CHAIR YOGA & MEDITATION

Tuesdays, 9:30–10:30 a.m.
\$72/residents; \$96/non-residents; per quarter (MH-Multi)
Thursdays, 9:00–10:00 a.m.
\$72/residents; \$96/non-residents; per quarter (SPB)

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, noon–1:00 p.m.; \$48 per quarter

EVERY BODY WALK!

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



ENRICHMENT

COSMOLOGY

Thursdays at 9:45 a.m.; \$20/annual. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

DISCOVER DRAWING

Mondays at 10:30 a.m.
\$30/residents; \$40/non-residents; per month

FINDING COLOR, TEXTURE, AND LIGHT WITH PAINT

Wednesdays at 11:00 a.m.
Painting with watercolor and acrylics.
\$30/residents; \$40/non-residents; per month

INSPIRATION THROUGH MIXED MEDIA

Thursdays at 1:00 p.m.
\$30/residents; \$40/non-residents; per month

PAINTING AND SELF EXPRESSION — NEW CLASS!

Fridays at 10:30 a.m.
Thought will be given to composition, subject matter, shape, light, movement, and structure. Join master instructor Christina Rang as she encourages you to explore your creative choices and personal expression.
\$30/residents; \$40/non-residents; per month

The following classes are currently full. Call to be added to the waitlist.

- **TRUE STORIES: A MEMOIR WRITING CLASS**
- **WORD PLAY (POETRY) WITH RICE LYONS**
- **WRITING YOUR LIFE WITH BETTY LIES**



GAMES DAY

CANASTA, MAHJONGG, SCRABBLE, SOCIAL BRIDGE, & OTHER GAMES

Tuesdays, noon–4:00 p.m.; no fee.
Let us know if there's a game you'd like to play! (BYO mahjongg 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. No fee. Registration encouraged; go to princetonsenior.org.

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

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

Technology Lab Programs sponsored by: Novi Wealth Partners

A Bit of Understanding

When Apple released its latest operating system, called Catalina, the company also dropped support for 32 bit applications. So, what are those, you ask?

Get a mug of Ovaltine and read on...

When we count things, we use the ten digits, zero through nine—called decimal arithmetic—which is probably because we have ten fingers. And when we decide what we want for dinner, we can pick from any number of foods (NOTE: I don't like cilantro).

But Computers don't have fingers (or toes, for that matter). The only digits they can use are zero and one. It's called binary arithmetic. And forget cilantro. It's either on or off. This or that. Yes or no. (For me, cilantro=no).

We can string our ten digits together to make numbers as big as we want, like the number of stars in the universe (our Cosmology group knows how many), because we assign values—ones, tens, hundreds—to the position of each digit. So 13 means 3 ones + 1 ten and 2019 means 9 ones + 1 ten + no hundreds + 2 thousands. **Each position is 10 times the value of the neighbor to its right.**

Computers do the same, but with ones and zeros. The decimal number 13 becomes binary 1101. And the year 2019 becomes 11111100011. That's cumbersome. But computers are so fast that working with binary arithmetic is just fine, and they convert the results to decimal when they're done.

Value →	2 ¹⁵	2 ¹⁴	2 ¹³	2 ¹²	2 ¹¹	2 ¹⁰	2 ⁹	2 ⁸	2 ⁷	2 ⁶	2 ⁵	2 ⁴	2 ³	2 ²	2 ¹	2 ⁰	Decimal
Bits	0	0	0	0	0	0	0	0	0	0	0	0	1	1	0	1	13
	0	0	0	0	0	1	1	1	1	1	1	0	0	0	1	1	2019
	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	65,535

16-bit words

The biggest number you can represent with 16 bits is 65,535.

But while computers excel at speed, they're limited by the structure of their memory, which is organized into blocks (called "bytes" and "words") of a fixed number of "bits" of ones and zeros.

Early personal computers used 16-bit words that limited the range of the numbers they could calculate (up to 65,535) and the size of the computer's memory they could use without resorting to special arithmetic and memory address routines, which made the computer run slower.

In 1985, Intel introduced computer processing chips based on 32-bit words that could directly handle numbers and memory addresses up to 4.3 billion (4 gigabytes). And in 2000, 64-bit processors could handle numbers and memory addresses up to 256 trillion (256 terabytes).

Meanwhile, Windows and MacOS—the operating systems that handle software and data—had to accommodate software for processors that use either 32- or 64-bit words. That flexibility makes these operating systems less efficient.

This year, Apple decided that MacOS 10.15 (Catalina) would only run software written for 64-bit processors, which allowed Apple to optimize their operating system. This means that older software, like Microsoft Office 2011, which uses 32-bit words, won't work on Catalina. (Bummer.) At some point, Microsoft may do the same for Windows, but because Windows is so ubiquitous, that may not happen for quite a while.

Now you have a bit of information you didn't have until now. If you have software that won't work anymore, stop by the Tech Lab on Tuesday, Wednesday, or Friday and we'll help you figure out an alternative. (Check for the latest assistance hours on page 6).

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

Family Visits During the Holiday Season

December is usually the time of year when families gather. These visits can also be for extended periods which gives everyone more time to notice changes in their loved ones. Here are a few things that may indicate the need for increased social service supports.

- Are there unopened bills stacked in multiple locations?
- Does there appear to be weight loss?
- Do the refrigerator and kitchen cabinets have food? Are the foods expired or moldy?
- Did your loved one wear the same clothes multiple times without being laundered? Is laundry being done? Is there laundry detergent near the washer/dryer?

These are just a few questions that could give you insight to whether additional assistance is needed. The majority of people prefer to live in their own homes and with additional supports in place this could significantly extend that time.

The PSRC social services team can help answer which services might be necessary and where to find them. The PSRC website has an extensive list of community resources and this is a great way to get started with researching options that are available. If you desire to speak with one of the PSRC social services staff members, please call either 609.252.2362 or 609.924.7108 and we will be happy to assist you!



Thank you to the volunteers from Bloomberg Philanthropies who helped to make our fall fundraiser, The Capitol Steps, a success!

BLUE ANGEL PROGRAM

Operation Blue Angel is designed to provide Police, Fire, and EMS access to a residence in the event of an emergency where a resident is unable to open the door for first responders.

- Must be fifty-five years of age or older; or have a medical condition which could lead to incapacitation
- Live alone or be alone for extended periods of time on a regular basis
- Secured lock box is provided and must be attached to the front door of the residence
- A list of eligible participants will be compiled and maintained by the Princeton Police Department for emergency personnel use only



Call the Princeton Police Department at 609.921.2100 for additional information.

TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age sixty-five. 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 medically prescribed rehabilitation at Princeton Fitness and Wellness Center.

DAYTIME FreeB BUS

A seventy-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, December 16 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.
Suzanne Patterson Building

CAREGIVERS

Monday, December 9 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, December 12 at 4:30 p.m.
(Usually second Thursday of each month)
Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m.–noon
Call 609.921.0929, ext. 109 to attend.
Elm Court

GLOBAL CONVERSATIONS

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

GRANDPARENTING

Tuesday, December 17 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesdays, December 3 & 17 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

MEN IN RETIREMENT

Friday, December 6 at 2:00 p.m.
(Usually first Friday of each month)
Suzanne Patterson Building

NEXT CHAPTER: WIDOW/-ERS

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

TRANSITION TO RETIREMENT

Friday, December 20 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)
Location: Monument Hall Main

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

As the year draws to a close, we hope you will keep PSRC in mind as you plan your holiday giving. Your support of PSRC helps us fund 80% of our operating budget that is not covered by municipal funds.

IRA DISTRIBUTION & GIFTS OF STOCK — 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**?

- If an IRA distribution check is made payable to PSRC it will be counted as part of your required minimum distribution (RMD) but will not be included in your taxable income.

PLANNED GIVING — PSRC is making an effort to build up our Legacy Society. We want to be sure that PSRC is here, serving the needs of this community for generations to come. As participants of PSRC programs and services, you know first-hand the value we add to your life, so please consider joining the **Jocelyn and Carl Helm Legacy Society of PSRC**.

- Please let us know if you have included us in your will, estate plan, or made us a beneficiary to your IRA and annuity, or a life insurance policy.
- 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 so that we can properly acknowledge your generosity.
- If you're interested in initiating a planned gift and would like some assistance in the process, please give our development team a call so we can help you move forward.



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.

HIGHLIGHTED SPONSOR 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.

609.430.4003 | acorglen.com


Help PSRC by donating your car.

Call 855.500.7433 or 855.500.RIDE or visit:

<https://careasy.org/nonprofit/Princeton-Senior-Resource-Center>
to get started!



DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:15 Aerobics - SPB 10:30 Discover Drawing - SPB 10:30 Aging Well Forum - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB	3 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Technology Lab - SPB 10:30 TED Talk - SPB 12:00 Games Day - SPB 1:00 Knit Wits - SC	4 9:15 Aerobics - SPB 11:00 Finding Color, Light, & Texture with Paint - SPB 1:00 Technology Lab - SPB 1:30 True Stories - SPB 2:45 Let's Talk - SC	5 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Inspiration Through Mixed Media - SPB	6 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 10:30 Painting and Self Expression - SPB 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 2:00 Men in Retirement - SPB
9 9:15 Aerobics - SPB 10:30 Discover Drawing - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers - MH - E Conf	10 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Technology Lab - SPB 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers - SPB 12:00 Games Day - SPB 1:00 Technology Workshop- SPB	11 9:00 Aerobics (special time) - SPB 1:00 Holiday Party - SPB 	12 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Inspiration Through Mixed Media - SPB 4:30 Children of Aging Parents - SPB	13 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 10:30 Painting and Self Expression - SPB 12:00 Chair Exercise - SC
16 9:15 Aerobics - SPB 10:30 Discover Drawing - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 Bereavement - SPB 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB	17 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Technology Lab - SPB 10:30 TED Talk - SPB 12:00 Games Day - SPB 1:00 Knit Wits - SC 1:00 Grandparents Group - SPB	18 9:15 Aerobics - SPB 11:00 Finding Color, Light, & Texture with Paint - SPB 1:00 Technology Lab - SPB 1:30 True Stories - SPB 2:45 Let's Talk - SC	19 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Inspiration Through Mixed Media - SPB	20 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 10:30 Painting and Self Expression - SPB 12:00 Chair Exercise - SC 3:00 Transition to Retirement - SPB
23 PSRC IS CLOSED FOR SEMIANNUAL FLOOR REFINISHING	24 PSRC IS CLOSED FOR THE CHRISTMAS HOLIDAY	25 PSRC IS CLOSED FOR THE CHRISTMAS HOLIDAY	26 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Gentle Mat Yoga - SPB 1:00 Inspiration Through Mixed Media - SPB	27 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 10:30 Painting and Self Expression - SPB 12:00 Chair Exercise - SC
30 9:15 Aerobics - SPB 10:30 Discover Drawing - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 2:00 Word Play - SPB	31 PSRC IS CLOSED FOR THE NEW YEAR'S EVE HOLIDAY	Mercer County Nutrition Program Monday through Friday 10:00 a.m. to 1:00 p.m. Table Tennis Mon., Wed., Fri. 12:30–4:30 p.m.	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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SPECIAL NOTICE

PSRC WILL BE CLOSED ON THE FOLLOWING DATES:

December 23
for semiannual floor refinishing

December 24 & 25
for the Christmas holiday

December 31 & January 1
for the New Year's holiday

LOOKING AHEAD

SAVE THE DATE FOR PSRC'S ANNUAL CONFERENCE *Saturday, March 28*

This year's conference will focus on technology and how it relates to you. Stay tuned for details.

WINTER OPERA FILM FESTIVAL
Tuesdays in January at 12:30 p.m.
Sponsored by the Princeton Friends of Opera
(see page 5)

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