



GALLERY TALKS ON THE ROAD

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

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. This six-session course is a collaborative effort between the Princeton University Art Museum and PSRC.

January 6 — Connie Schaffer: *Corot: Precursor to Impressionism*

January 13 — Rob Cohan: *The Influence of Japanese Prints on Van Gogh*

January 27 — Adria Sherman: *Women Artists of PUAM*

February 3 — Elaine Jacoby: *Palace Banquet*

February 10 — Joyce Felsenfeld: *Manet's Women*

February 24 — Jeanne Johnson: *O'Keefe: The People You Don't Know About*

Registration required. \$75 for the six-session course.

French Rendez-Vous

Wednesdays in January & February for six weeks, beginning January 8, 10:30 a.m.
at PSRC's Suzanne Patterson Building

This class is designed for students looking forward to practicing and improving their French speaking skills while expanding their vocabulary. Students will talk about different subjects, share stories, exchange jokes, and play games in a relaxed and convivial ambiance. The course is designed for those with a good to strong command of the French language.

Fee: \$60/for residents; \$80/for non-residents

Instructor: Brigitte Aflalo-Calderon.

Ageism Workshop

Thursdays, beginning January 16 (Jan. 16, 23, 30 & Feb. 6, 13, 20), 10:30 a.m. at Princeton Public Library, First Floor Quiet Room

Join us as for a six-week exploration of ageism in Ashton Applewhite's book, *This Chair Rocks*. In this book, Applewhite fights against ageism stereotypes by delivering information on its roots and where to go from here. Together, we will read the book and discuss how to change the way we look at the aging process. Facilitated by PSRC's Nicole Maccarone, MSW, and Helen Burton. Cosponsored by the Princeton Public Library and PSRC. Class limit: 15
Registration required, no fee.



**THE
EVERGREEN
FORUM**

Spring 2020

- Course listings and descriptions are on our website now
- 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*

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FROM THE EXECUTIVE DIRECTOR
Beat the Winter Doldrums

"Snow day!" As a child, those words were unlike any other in their ability to wake me up, ignite my imagination, and spark my desire to get out into the frozen tundra of the New Jersey shore. Phone calls with my friends would start flying early. Plans would be made for great adventures. Snow pants and sweaters and boots and wool socks. Early morning into the evening spent running, sledding, playing ice hockey (in sneakers, of course), building forts, and so much more. I am breathless just thinking back to those early snow days with wonder and awe.

Now, those same words—"snow day"—fill me with more dread than wonder. Will we have to close the building? What about our employees? Who needs to be notified? How long will we be affected? Will the storm cause us to lose power? Who needs to be cared for? What else needs to be done? All of this before 6:00 a.m. so as to give time to carry out our snow day protocol. Then it's time to shovel the driveway, clear off the cars, and make sure the dog has a place to do her business outside. Now, in the day of laptops and cell phones, snow days don't mean a day filled with forts and sleds—but just another day at the office (granted, the home office). No thank you!

For some, the "winter doldrums" pose a greater threat than simple boredom or gloominess. Seasonal Affective Disorder (SAD) is a form of depression that cycles with the seasons and is known to affect more than 5% of all older adults. Declining daylight impacts circadian rhythms and causes hormonal changes leading to depressive symptoms in people affected by SAD. Added to the shorter daylight hours, cold weather and icy conditions force people to stay home and contribute to social isolation.

Before highlighting some of the means to fend off seasonal affective disorder (SAD), it is important to note the importance of regular communication with your doctor and mental health professionals. It is always acceptable—and encouraged—to reach out to your medical team if you are experiencing signs and symptoms of depression.

One of the primary means to combat SAD is to soak up as much sunlight as possible. Researchers from the National Institute of Health indicate that a mere ten minutes a day of sunlight, whenever possible, has a significant impact on seasonal depression. Other means suggested by ComfortKeepers to help older adults elevate their mood and fend off the effects of seasonal depression include:

- Open curtains and blinds, allowing as much daylight as possible. Simply sitting near a window can help.
- Spend time outdoors every day, as safety permits. Even on dreary days the effect of daylight can be beneficial.

- Find companionship. Take a new class. Meet friends for brunch. Staying involved in social activities helps to prevent feelings of isolation and loneliness.
- Eat a well-balanced diet that provides recommended amounts of vitamins and minerals needed to maintain energy.
- Get physical activity for at least thirty minutes a day, three times per week.

Here at the Princeton Senior Resource Center, we are committed to helping you stay active and engaged during the winter months! January is the perfect time to start taking one of our art classes to engage your creative spirit. We also offer winter exercise classes, including gentle mat yoga, chair exercise, and aerobics (in partnership with the municipal recreation department). FYI Seminars are great opportunities to meet others and engage with experts in various important topics. On January 13, we are pleased to welcome Cathy Chabala and Sheli Monacchio who will talk about the benefits of socialization.

January also offers exciting seasonal offerings, including “Gallery Talks on the Road.” This program, offered in conjunction with the Princeton University Art Museum, explores the richness and complexities of the world of art with the help of an extraordinary group of museum docents. A winter opera film festival is offered on Tuesday afternoons. There are plenty of other programs highlighted throughout this newsletter to keep you active and engaged through the winter months.

Grab your mittens. Put on a hat. Lace up your boots. And head to PSRC for exercise, learning, art, conversation, and so much more. I look forward to sharing a snowy day with you!

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

By the way, any “snow day” information about PSRC closings will be posted on our website, a message will be placed on our phone system, and emails will go out to participants who are registered in any affected program.

UPCOMING PSRC CLOSURES

December 31, January 1, and January 20

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.



PSRC STAFF

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& Administrative Assistant to the
Executive Management Team*

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Director of Communications

JANUARY PROGRAMS

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



FIRST FRIDAY FILM — “PAVAROTTI”

Friday, January 3 at 1:00 p.m.

Academy Award winner Ron Howard explores the career of Luciano Pavarotti who gave his life to the music and a voice to the world. This cinematic event features history-making performances and intimate interviews, including never-before-seen footage. A riveting film that lifts the curtain on the icon who brought opera to the people.

Starring: Luciano Pavarotti, Spike Lee, Phil Donahue, Stevie Wonder, Bono, Placido Domingo

Running time: 1 hour, 54 minutes

Registration required, no fee.



FYI SEMINARS

SPONSORED BY OASIS SENIOR ADVISORS
& OVATION AT RIVERWALK

FYI SEMINAR — “THE BENEFITS OF SOCIALIZATION FOR YOUR HEALTH”

Monday, January 13 at 1:00 p.m.

Social isolation and extreme loneliness can cause damage to our mental, emotional, and physical health. Learn how to be mindful of the risks of isolation and learn how to foster socialization to benefit your health.

Sheli Monacchio is a certified dementia practitioner and her twenty-year experience in the senior health care industry has fostered a passion for educating seniors throughout New Jersey. Sheli is the director of life care resources at Van Dyck Law in Princeton and the president of Caring Connections of New Jersey.

Cathy Chabala, community relations director at CareOne at Hamilton Assisted Living, has worked in the health care industry for many years. She has experience with long term care, memory care, and assisted living.

Registration required, no fee.

FYI SEMINAR — “DIETARY CONFUSION”

Monday, January 20 at 1:00 p.m.

Almost everyone is fearful of eating the “wrong” food, whether to prevent a medical problem or to reduce our planet’s carbon footprint. Feeding

the frenzy are giant food industries, social media outlets, and advertising, all of which are positioned to sell us new diet plans and unfamiliar food products. This presentation will help make sense about our dietary choices.

Dr. Cynthia Clayton, a retired pediatrician, has treated children and families for forty years. In addition, she has helped design projects to educate the public in maintaining a healthy lifestyle. Registration required, no fee.

FYI SEMINAR — “OSTEOARTHRITIS: A MODERN UNDERSTANDING AND UPDATED TREATMENT APPROACH”

Monday, January 27 at 1:00 p.m.

Osteoarthritis is the most common form of arthritis worldwide leading to decreased physical activity and increased pain. Join Jason Kirkbridge, MD, CAQSM, to learn about available treatments to improve your pain and function of this condition.

Dr. Kirkbridge is a board certified, fellowship trained sports medicine physician specializing in general musculoskeletal and sports related injuries. 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 7—Ashton Applewhite: Let’s end ageism

January 14—Dolph Lundgren: On healing and forgiveness

January 21—Laura Rovner: What happens to people in solitary confinement (*recommended by Nayan Trivedi*)

January 28—Lana Yarosh: How technology can reconnect parents and kids

Sponsors: Artis Senior Living & Capital Health

RETIREMENT PROGRAMS

MEN IN RETIREMENT — *Not meeting in January*

MORE PROGRAMS

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

WOMEN IN RETIREMENT — “BALANCE AND FALLS WORKSHOP”

Friday, January 17 at 10:30 a.m.

Are you fifty-five years old or older? Have you experienced a fall in the last six months or have a fear of falling? If you answer yes to any of these questions, then this workshop is for you! Dr. Matthew James, a physical therapist and director of rehabilitation for specialized physical therapy in Princeton, will explain what constitutes a fall and how they can be prevented and/or reduced. He will also discuss fall risk factors and will review various strengthening and balance exercises to help reduce the risk of falling. All are welcome.

TRANSITION TO RETIREMENT

Friday, January 17 at 3:00 p.m.

This group addresses the many kinds of issues that can arise during the transition to retirement. The group is facilitated by John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, PSRC care coordinator and HomeFriends coordinator.

LIMITED SERIES PROGRAMS

WINTER OPERA FILM FESTIVAL

Tuesdays in January at 12:30 p.m., MH Main

January 7—*Engelbert Humperdink, Hansel and Gretel* (1982, in English); With Blegen, Von Stade, Elias, Kraft, Devlin. The Metropolitan Opera, Thomas Fulton (conductor)

January 14—*Emmerich Kalman, The Gypsy Princess* (2002, in German); With Schoenenberg, Von Bothmer, Grotrian. Seefestspiele, Morbisch, Harald Serafin (conductor)

January 21—*Gaetano Donizetti, Lucia di Lammermoor* (2000, in Italian); With Krauss, Sutherland, Plishka, Elvira, Richard Bonyne (conductor)

January 28—*Johann Strauss, Die Fledermaus* (2015, in German); With Armstrong, Hagegard, Allen, Petrova, Glyndebourne Festival, Vladimir Juroski (conductor)

Sponsored by George Goeke with the Princeton Friends of Opera

January 2020

TECHNOLOGY WORKSHOP—“APPLE IPHONE BASICS, PART 1 AND PART 2”

Part 1: Thursday, January 23, 11:00 a.m.

Part 2: Thursday, January 30, 11:00 a.m.

Separate registrations for each workshop. No fee.

iPhone Basics 1

This workshop covers the basic operating features of the Apple iPhone, including the changes in the latest operating system. Topics include the touch-screen interface, basic settings, security features, phone calls, text messages, contact list, basic use of calendar and email, and the App Store. Please bring your fully charged iPhone and all passwords. (NOTE: This class does not cover Android phones, such as Samsung, LG, or Motorola.)

Registration required. No fee. Class limit: 15

Instructor: Don Benjamin

iPhone Basics 2

This workshop covers more advanced features of the Apple iPhone, including the changes in the latest operating system. Topics include email, passwords, calendars, notes, reminders, integration with other Apple devices, news apps, travel apps, and other key apps to make the most of your phone. Please bring your fully charged iPhone and all passwords. (NOTE: This class does not cover Android phones, such as Samsung, LG, or Motorola.)

Registration required. No fee. Class limit: 15.

Instructor: Evelyn Sasmor

LOOKING AHEAD

2020 PHILADELPHIA INTERNATIONAL FLOWER SHOW: “RIVIERA HOLIDAY”

Tuesday, March 3, 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: \$55.00 (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.

JANUARY 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.



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.)

INCLEMENT WEATHER?

If Mother Nature gets unruly, we will post any 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.



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

On hiatus for the month of January
Wednesdays at 11:00 a.m.

INSPIRATION THROUGH MIXED MEDIA

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

PAINTING AND SELF EXPRESSION

On hiatus for the month of January
Fridays at 10:30 a.m.

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



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

Buying Stuff Online

I regularly buy stuff from Amazon, one of many online “e-tail” stores, because it’s either cheaper or unavailable elsewhere. I order clothes from L.L. Bean when they have a sale. Prescriptions from online pharmacies are less expensive than CVS, and the pills arrive in my mailbox every month automatically. DiscountFilters.com sells furnace filters cheaper than Home Depot, and my outdoor house lights cost less from Lowe’s website than at the lighting store.



Buying things online is really convenient, and no different than ordering from the erstwhile¹ Sears catalog—except that you buy your stuff from a website instead of a ten-pound book.

But some folks are wary of internet shopping because they have to provide their credit card information. With all the news of hackers stealing credit card numbers, I get their concern. But it’s the credit card that makes online shopping safe! If you lose your card or it’s stolen, the U.S. Fair Credit Billing Act limits your liability to \$50. **If, on the other hand, your credit card number is stolen, but not the card itself, you are not liable for any unauthorized use.**² Zip. Nada. Bupkis. That’s a key point, because you don’t give online sellers your card—only the number. You can’t accidentally leave your credit card at Amazon or L.L. Bean. The worse that can happen if someone charges stuff to your account is that you’ll need to get a new credit card, which is a pain in the *tuches*, but not an existential threat to your financial stability.³

Not convinced? Consider that when you use your credit card at a restaurant or gas station, that card is out of your control until the staff returns with the credit slip to sign. If you give someone a personal check, they have your bank account information and your signature. And paying with cash is fraught with, well, fraught.

Please—I’m not questioning the honesty of restaurants or gas stations, only pointing out that if you’re willing to give your credit card to someone you don’t know, you should be comfortable giving your credit card number to L.L. Bean. Now, that said, be careful buying from online vendors you know little about, or if a deal is too good to be true. Always order from websites whose address begins with “https.” And never send your credit card information to anyone via email.

Happy returns. If the item you bought from Amazon is defective or isn’t what you ordered, you let Amazon know, receive a return code, and then take it to Kohl’s, who will repack the item and send it back to Amazon (this is a new service from Kohl’s). Returns to L.L. Bean are easy, too, though you may have to take those all-weather skivvies you don’t like to the UPS store. But be careful: if you ordered the wrong thing, you may have to pay the return shipping, which can be expensive. (Example: the six-foot wide flat-screen TV that Amazon delivered didn’t fit your space because you didn’t measure first. Or your spouse doesn’t like it.) I usually buy big stuff at local stores, many of which will match online prices, so I can easily return the item.

Do you feel better about online shopping now? I hope so.

Next month, I’ll write about Apple Pay and Google Pay, which let you use your smart phone as a “digital wallet” to pay for stuff. It’s both convenient and secure.

If you need help with online purchases or just want us to hold your hand while you buy toothpaste from Amazon for the first time, visit the PSRC Tech Lab on Tuesdays from 10:00 a.m. to 4:00 p.m., Wednesdays from 1:00 to 4:00 p.m., or Fridays from 10:00 a.m. to 1:00 p.m.

1 I was looking for an opportunity to use erstwhile.

2 I’m only discussing credit cards. Debit cards are not as secure, and I wouldn’t use one for online purchases.

3 Was I too sarcastic here? Tell me if I was too sarcastic.

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



AMERICA'S OLD WEST
LEADER: Robert Nolan

BEST AMERICAN SHORT STORIES OF 2018
LEADER: Susan Matson

A BRIEF HISTORY OF PHOTOGRAPHY
LEADER: Larry Parsons

BUILDING ACCEPTANCE OF DIVERSITY
LEADER: Joan Goldstein

COMEDIANS OF THE TWENTIETH CENTURY
LEADER: Larry Wolfert

CONTEMPORARY WOMEN FILMMAKERS
LEADER: Judith Walzer

COSMOLOGY
LEADER: Matias Zaldarriaga

CULTURAL LITERACY IN THE INFORMATION AGE
LEADER: Mark Edelman

CURRENT ECONOMIC ISSUES AND THE 2020 ELECTION
LEADER: Stephen Friedlander

DIPLOMACY: STRATEGIES AND IMPACT
LEADER: Robert Ross

EXPLORATIONS IN EARLY AND BAROQUE MUSIC
LEADERS: Peggy de Wolf and Harold Kuskin with presentations by Gavin Black, Mary Benton, John Burkhalter, Joyce Chen, Paul Dorsey, and Wendy Young

EXPLORING DIVERSITY AND MIGRATION IN ART
LEADER: Sandy Kurinsky

GREAT DECISIONS
LEADERS: Karen Coates and David Redman

Spring 2020 Course List

HEMINGWAY AND FITZGERALD
LEADER: Betty Lies

MOON ROCKS AND MORE: TOPICS IN GEOLOGY
LEADER: Lincoln Hollister

MORE PLAYS OFF THE PAGE: ANTONY AND CLEOPATRA
LEADER: Barbara Herzberg

THE NEW DEAL AND THE GREAT SOCIETY
LEADER: Stanley Katz

OUTSIDER ART
LEADER: Wendy Worth

PERSPECTIVES ON OPERA
LEADER: Harold Kuskin

SCIENCE IN THE NEWS
LEADER: Bob Robinson

SHAKESPEARE'S HENRIAD: THE PLAY OF HISTORY
LEADER: Lawrence Danson

SOCIAL JUSTICE
LEADER: Michael Walzer

THE SOUL OF CINEMA: MUSIC IN FILM
LEADER: Jerry Rife

TOPICS IN WEATHER AND CLIMATE
LEADER: Bill Stern

TRADITIONAL CHINESE MEDICINE
LEADER: Leonard Chin

UNDERSTANDING HUMAN EVOLUTION
LEADER: Peter Smith

WALLACE STEGNER'S SHORT STORIES
LEADERS: Barbara and Gerrit Bleeker

WISDOM LEADS TO HAPPINESS
LEADER: Ashwini Mokashi

JANUARY 7: Online registration opens at 9:30 a.m.

Registration is first come, first served.

Telephone and mail applications are not accepted.

Fees: \$95/6–8 week courses; \$70/3–5 week courses

For information and to register, go to PRINCETONSENIOR.ORG

Evergreen Forum corporate sponsors for spring 2020:
 Penn Medicine Princeton Health & Home Health and Team Toyota of Princeton

SUPPORT & GUIDANCE

Princeton Prepares is a voluntary community initiative provided by the Municipality of Princeton, the Office of Emergency Management, and the Princeton Health Department, to help emergency responders serve Princeton municipality residents who find it difficult to help themselves in the event of a major disaster or extreme weather conditions.

You should register if...

- You live alone
- You have a hearing or visual impairment, or other physical or cognitive limitation
- You lack transportation, or require a service animal or other assistance to get around
- You rely on supplemental oxygen or refrigerated medication
- You have limited English skills

For more information email Access Princeton at accessprinceton@princetonnj.gov or call 609.924.4141.

**PRINCETON
PREPARES**

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, January 27 at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.
Location: Monument Hall East
Conference Room

CAREGIVERS

Monday, January 13 at 2:15 p.m.
(Usually second Monday of each month)
Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thursday, January 9 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, January 21 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

Tuesdays, January 7 & 21 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

Not meeting in January
(Usually first Friday of each month)
Suzanne Patterson Building

NEXT CHAPTER: WIDOW/-ERS

Tuesday, January 14 & 28 at 10:45 a.m.
(Usually second and fourth Tuesday of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Friday, January 17 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Friday, January 17 at 10:30 a.m.
(Usually third Friday of each month)
Location: Monument Hall Main

THERE ARE NO FEES FOR THESE GROUPS.

FROM THE DEVELOPMENT OFFICE

Thank you to our corporate and foundation partners for their grant support during the calendar year 2019:

As a nonprofit organization, PSRC relies on the generosity of corporate and foundation grants to help cover a portion of general operating, social services, and program expenses. In 2019 these grant awards covered 15% of our operating expenses.

Berkshire Bank Foundation— Blizzard Bag Project for People at Risk
BlackRock Charitable Fund—Partners in Caring (PIC)—Addressing Financial Insecurities
Bloomberg Philanthropies—Technology Capacity Support
David Mathey Fund of the Princeton Area Community Foundation (PACF)—Social Services
Fox & Roach/Trident Charities—General Operating
Fred C. Rummel Foundation—PIC—Social Services
Janssen Pharmaceuticals, Inc.—FYI series, Programs on Elder Abuse
Nordson Corporation Foundation—GrandPals
PNC Fund of the Princeton Area Community Foundation—General Operating
Princeton Area Community Foundation Bunbury Fund—Capacity Building
Robert Wood Johnson Foundation President's Grant Fund of PACF—Social Services
Team Toyota of Princeton—General Operating
Tenacre—General Operating
The Curtis W. Mc Graw Foundation—General Operating—Social Services
The George H. and Estelle M. Sands Foundation—General Operating
Unitarian Universalist Congregation of Princeton—PIC—Social Services
Wells Fargo Bank—Capacity Building in Development Strategies and Diversity Training

We also extend our thanks and appreciation to our community partners who have provided gifts over the year to PSRC: Community Without Walls, ETS Cares, Princeton United Methodist Church, Princeton University, Princeton University Chapel, and Silver Century Fund. And a special thank you to Akin Care, Brandywine Princeton, and Van Dyck Law for sponsoring a wreath walk for PSRC.

And to our 2019–2020 Annual Sponsors for their support of our FYI Seminars, TED Talks, our Technology Lab, Evergreen Forum, and our signature annual events:

Acorn Glen	Oasis Senior Advisors
Artis Senior Living	Ovation at Riverwalk
Capital Health System	Penn Medicine Princeton Health & Home Health
CareOne Management LLC	Princeton Portfolio Strategies Group, LLC
Homewatch Caregivers	Progression Physical Therapy
McCaffrey's Food Markets	Team Toyota of Princeton
NightingaleNJ Eldercare Navigators	Van Dyck Law, LLC
Novi Wealth Partners	

HIGHLIGHTED SPONSOR OF THE MONTH



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

1.800.637.2374 | capitalhealth.org

JANUARY 2020

Monday

**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.

Tuesday

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

Wednesday

1
**PSRC IS CLOSED FOR
NEW YEAR'S DAY**

Thursday

2
9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
1:00 Inspiration Through Mixed
Media - SPB

Friday

3
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

6

9:15 Aerobics - SPB
10:30 Discover Drawing - SPB
10:30 Writing Your Life -
MH - E Conf
**11:00 Gallery Talks on the Road
- SPB**
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB

7

**9:30 Evergreen Forum
Registration Opens - Online**
9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Technology Lab - SPB
10:30 TED Talk - SPB
12:00 Games Day - SPB
**12:30 Opera Film Series - MH
Main**
1:00 Knit Wits - SC

8

9:15 Aerobics - SPB
10:30 French Rendez-Vous - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

9

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**

10

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

13

9:15 Aerobics - SPB
10:30 Discover Drawing - 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 - E Conf

14

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
**12:30 Opera Film Series - MH
Main**

15

9:15 Aerobics - SPB
10:30 French Rendez-Vous - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

16

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
10:30 Ageism Workshop - PPL
1:00 Inspiration Through Mixed
Media - SPB

17

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
**10:30 Women in Retirement -
MH Main**
12:00 Chair Exercise - SC
**3:00 Transition to Retirement
- SPB**

20

**PSRC IS CLOSED FOR THE
MLK HOLIDAY**

21

**9:30 Evergreen Forum Second
Class Registration - Online**
9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Technology Lab - SPB
10:30 TED Talk - SPB
12:00 Games Day - SPB
**12:30 Opera Film Series - MH
Main**
1:00 Grandparents Group - SPB
1:00 Knit Wits - SC

22

9:15 Aerobics - SPB
10:30 French Rendez-Vous - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

23

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
10:30 Ageism Workshop - PPL
**11:00 Technology Workshop -
SPB**
1:00 Inspiration Through Mixed
Media - SPB

24

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

27

9:15 Aerobics - SPB
10:30 Discover Drawing - 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 - MH - E Conf
1:00 FYI Seminar - SPB
1:00 Global Conversations - SC
2:00 Word Play - SPB
7:00 Retirement Series - PPL

28

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
**12:30 Opera Film Series - MH
Main**

29

9:15 Aerobics - SPB
10:30 French Rendez-Vous - SPB
1:00 Technology Lab - SPB
1:30 True Stories - SPB
2:45 Let's Talk - SC

30

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Gentle Mat Yoga - SPB
10:30 Ageism Workshop - PPL
**11:00 Technology Workshop -
SPB**
1:00 Inspiration Through Mixed
Media - SPB

31

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



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Mayors Wellness Campaign
Put your community in motion.

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.



Gracious thanks to our Holiday Party sponsors

Acorn Glen, Archer Law, Association of Elder Care Professionals, Bloomberg Philanthropies, Brandywine Pennington, The Ho Ho Ho's, Princeton Public Works, PSRC Board & Volunteers, Dave Saltzman, Stony Brook Garden Club, Ellen Tattenbaum & ETS, and Vanessa Viscomi



Did you know you can support PSRC all year long by bringing us your McCaffrey's receipts? They can be up to three months old. PSRC receives a percentage of the total receipts.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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NightingaleNJ Eldercare Navigators
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& Home Health

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