

You're Invited!



ANNUAL HOLIDAY PARTY Thursday, December 9

1:00–3:00 p.m.

at PSRC's Suzanne Patterson Building

Join us for a festive buffet at PSRC's Suzanne Patterson Building while you mingle and jingle with the Ho Ho Ho's and Dave Saltzman on the piano. Come for the songs, cheer, good will, raffles, and friendship.

Transportation is available to and from the Suzanne Patterson Building by the Muni Bus, Crosstown, or by carpool, all of which we encourage! 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. \$5 per person. Register at princetonsenior.org,

call 609.751.9699, or in-person at our 101 Poor Farm Road location. Seating is limited.

All partygoers including staff and volunteers must show proof of vaccination. You'll also be asked to fill out a waiver (if you haven't already) and a health screening form. Mask wearing is required except while eating and drinking. We're looking forward to celebrating with you!

*The 2021 PSRC Holiday Party is sponsored by
Brandywine Living: Princeton, Pennington, & Serenade
at Princeton*

NEW SERIES

Planes, Trains, and Automobiles Various days and times in December

Fee: \$10 each/\$35 for the series

Turn to [pages 6–7](#) for details.



THE EVERGREEN FORUM

Evergreen Forum Spring 2022

Registration opens on Tuesday, January 25
at 9:30 a.m.

Classes begin the week of February 28

Registration is online and
is first come, first served

Stay tuned for course list and details.

**THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B
Princeton, NJ 08540
Phone: 609.751.9699
Monday–Friday
9:00 a.m. to 5:00 p.m.

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call PSRC for hours

SPRUCE CIRCLE OFFICE

179 Spruce Circle
(off N. Harrison Street)
Princeton, NJ 08540
Phone: 609.751.9699
Call PSRC for hours

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 CEO, DREW DYSON

Dynamic Lifelong Learning
Opportunities

Dear Friends,

I remember vividly my graduate school professor standing on top of a desk in front of the class and saying, “In two minutes I am going to fall backwards off of this desk and you are going to catch me. Whatever you do, don’t let me fall.” To our amazement, she fell backwards in exactly two minutes. To her amazement, we caught her. “Teaching for transformation,” she continued, “involves vulnerability and trust on behalf of both students and teachers. Let’s talk about that...”

The next three hours followed with an incredibly rich and robust conversation about the importance of excellence in the classroom that requires more than information, but a commitment to the learning process and the learning community. It is hard to remember a more formative day in the classroom, and the impact of that day has been immeasurable for each one of us.

What are your most vivid classroom memories? What lecture radically shaped your point of view? What instructor is indelibly marked in your memory for their impact on your life and career? What “disorienting dilemma” opened you up to a new way of thinking or being in the world? I am certain, given time to think about such things, you would have a few things that immediately jump out to you.

PSRC is committed to offering dynamic lifelong learning opportunities in a variety of settings with a wonderful team of instructors and a vibrant learning community. Whether in our Evergreen Forum, celebrating its twentieth anniversary this year, or in one of our art or enrichment classes, you will be challenged, enlightened, and indeed, transformed. After all, the teleological dimension of adult learning should not be limited to knowledge for knowledge’s sake, but also for personal growth, community development, and societal change.

I want to personally invite you to consider three things this month that will give you a sense of how PSRC values lifelong learning:

- 1) Come tour our new location — The Nancy S. Klath Center for Lifelong Learning at 101 Poor Farm Road in Princeton. Sign up for one of our remaining community open houses by registering at <https://princetonsenior.link/CommunityOpenHouses>, sign up for one of our in-person or hybrid classes, or drop by during the day (Monday–Friday, 9:00 a.m.–5:00 p.m.) to visit the facility and tour the learning center.

RESCHEDULED PROGRAM

EVERYTHING YOU LEARNED ABOUT LEARNING IS WRONG:
DISORIENTING DILEMMAS, COMFORT ZONES, AND LIFELONG
LEARNING (HYBRID)

Monday, December 6, 10:00 a.m.

You can't teach an old dog new tricks...or can you?

Understanding the complexities of adult learning theory are crucial for effective lifelong learning. In this lecture we will explore Jack Mezirow's transformational learning theory and Lev Vygotsky's zone of proximal development and scaffolding in order to understand how adult learners learn most effectively.

Dr. Drew A. Dyson is the CEO of PSRC and holds a PhD in Education & Formation from Princeton Theological Seminary. Registration required, no fee. To register, go to <https://princetonsenior.link/Learn-Learning>

- 2) Participate in my inaugural hybrid lecture, "Everything You Learned about Learning is Wrong" on Monday, December 6 at 10:00 a.m. You can register here: <https://princetonsenior.link/Learn-Learning> to attend either in person at The Klath Center or via Zoom.
- 3) View this video — <https://princetonsenior.link/VolunteerTribute2021> — highlighting the volunteers who make the Evergreen Forum possible and celebrating twenty years of Evergreen!

I look forward to seeing you this month. Happy Holidays!

All the Best,
Drew A. Dyson, PhD
Chief Executive Officer

COME SEE OUR NEW LOCATION! PSRC COMMUNITY OPEN HOUSES



Nancy S. Klath Center for Lifelong Learning
101 Poor Farm Road in Princeton

Tuesday, November 30 — 3:00–4:30 p.m.
Friday, December 3 — 10:00–11:30 a.m.

SPECIAL NOTICE

It's time to resubscribe for the January 1–December 31, 2022 print newsletter. You can find the subscription form [HERE](#).

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

Fran Angelone
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Cathy Gara
Bookkeeper & HR Coordinator

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& HomeFriends Coordinator*

Carla Servin
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Lifelong Learning Coordinator

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

DECEMBER PROGRAMS

Visit <https://www.princetonsenior.org/coming-soon/>



FIRST FRIDAY FILM — “LITTLE WOMEN” *Friday, December 3 at 1:00 p.m.*

Writer-director Greta Gerwig has crafted a film that draws on both the classic novel and the writings of Louisa May Alcott. The story unfolds as the author’s alter ego, Jo March reflects back and forth on her fictional life. In Gerwig’s take, the beloved story of the March sisters, four young women each determined to live life on her own terms, is both timeless and timely. Academy Award and Golden Globe Award nominations.

Starring: Saoirse Ronan, Emma Watson, Meryl Streep, Laura Dern

Running time: 2 hours, 15 minutes; Genre: Drama, Romance; Rated: PG

Registration required, no fee.



FYI SEMINAR — “YEAR-END TAX PLANNING STRATEGIES” *Friday, December 10 at 11:45 a.m.*

Get information on year-end tax planning opportunities and learn about having a tax game plan for 2022 and beyond. Topics will include required minimum distribution (RMD) strategy, Roth conversions, Roth IRA’s vs traditional IRA’s and pre-tax retirement accounts, as well as important estate planning rules to understand.

Presenters: C. Greg Crothers and Joseph Tortis are Certified Financial Planners that offer educational classes to the community on various areas relating to retirement planning. They specialize in helping individuals and families develop a comprehensive game plan for retirement in the areas of investment planning, tax management, and insurance solutions. Registration required, no fee.



FYI SEMINAR — “GEORGIA O’KEEFE: AN INTERACTIVE PRESENTATION” *Friday, December 17 at 11:45 a.m.*

Georgia O’Keeffe was born on a Wisconsin farm in 1887. Free spirited and interested in art from a young age, O’Keeffe moved to Chicago to begin her formal education at the Art Institute of Chicago and then at the Art Students League in New York. Her highly abstract drawings caught the attention

LIBRARY READS — MONDAY, DECEMBER 6 *(usually meets on the first Monday of the month)* **1:00 p.m. via Zoom**

Calling all readers — Princeton Public Library staff will showcase some great recent and notable book titles to add to your to-be-read list. You can also ask for personalized book recommendations.

Presented by Princeton Public Librarians

of future husband, Alfred Stieglitz, an art dealer and photographer. After studying and teaching art in various places, developing her signature modernist style based on natural forms, O’Keeffe moved to New York at the behest of Stieglitz. In 1929, she began her iconic southwest series based on New Mexico’s landscapes, animal skulls, and flowers.

Join Lisa Bayer from Always Best Care Senior Services to learn more about this notorious female trailblazer and to create your own modernist masterpiece using oil pastels. No previous art skills are required. Oil pastel kits and paper will be provided. Limited to 30 participants. This presentation will be held on Zoom. 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 7 — Colin Powell: Kids need structure

December 14 — Hrishikesh Hirway: What you discover when you really listen

December 21 — Jimmy Wales: The birth of Wikipedia

December 28 — John Wooden: The difference between winning and succeeding

Registration required, no fee.

This month’s FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare Navigators](#), and [Penn Medicine Princeton Health & Home Health](#). TED Talk sponsors are [McCaffrey’s Food Markets](#) and [Princeton Care Center](#).

To request a program scholarship, please fill out this confidential form.
<https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “CURRENT EVENTS”
(IN-PERSON AT PSRC’S POOR FARM ROAD LOCATION)
Friday, December 10 (note different date this month)
at 10:00 a.m.

Lloyd Fredricks will lead a round table (chair) discussion of current events. Everyone will have an opportunity to speak on the topic and express their opinion. This is a chance to be heard in an informal and supportive environment. Lloyd always picks interesting subjects and there’s plenty of lively conversation! Registration is mandatory and is limited to 22 participants. See PSRC’s safety protocols for in-person programs on page 9. All are welcome. Registration required, no fee.

WOMEN IN RETIREMENT — NOT MEETING IN DEC.

TRANSITION TO RETIREMENT (IN-PERSON AT PSRC’S POOR FARM ROAD LOCATION — HYBRID)
Friday, December 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 Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee.

LIMITED SERIES PROGRAMS

TECHNOLOGY WORKSHOP: “THE CLOUD”
Tuesday, December 7 at 1:00 p.m.

Do you know what “the cloud” is? Is “the cloud” safe?

Join us for a ninety-minute Zoom class devoted to online storage and internet basics. We’ll explain how the various storage offerings from Microsoft (OneDrive), Apple (iCloud), Google (Drive), DropBox, and others work, why you should consider them, how they keep your documents safe, and their cost.

You’ll also learn how the Internet works, understand what a “router” does, how wifi works, and the role your internet service provider plays.

We’ll also cover good online security practices. Instructors: Don Benjamin and Evelyn Sasmor. Registration required, no fee.

THE MAGIC GARDENS, PHILADELPHIA, PA
Thursday, December 9 at 11:00 a.m.
Fee: \$10

Learn about Philadelphia’s Magic Gardens which is an immersive mixed media art environment that is completely covered with mosaics. Over thirty years ago, the creator Isaiah Zagar, used handmade tiles, bottles, bicycle wheels, mirrors, and international folk art to chronicle his life and influences. Find out how the artist started the project, why it was nearly destroyed, and learn about the many objects throughout the space, from Mexican folk art to a Kohler toilet.

PSRC’s *The Magic Gardens Program* is sponsored by [The Bank of Princeton](#).

NATIVITY ART AT GLENCAIRN MUSEUM, BRYN ATHYN, PA
Tuesday, December 14 at 1:00 p.m.

The collection at Glencairn Museum, Bryn Athyn, Pennsylvania, contains many artworks depicting the Nativity and infancy of Jesus Christ, including paintings, illuminated manuscripts, sculptures, and stained-glass windows. Most of these works, which date from the medieval period to the present, were collected or commissioned by Raymond Pitcairn, who designed and built Glencairn, a castle-like home for his family and art collection. Since 2009, the Museum’s annual World Nativities exhibition has been presenting dozens of three-dimensional Nativity scenes borrowed from other museums, along with examples from its own growing collection. The goal of this exhibition is to demonstrate how artists around the world seek to give the Nativity story relevance by relating it to their own spiritual, intellectual, cultural, or regional environments.

This virtual program will serve as an introduction to Glencairn Museum’s annual World Nativities exhibition.

Registration required, no fee.

PSRC’s *Nativity Art at Glencairn Museum Program* is sponsored by [Star of David Memorial Chapel](#).

DECEMBER PROGRAMS

Visit <https://www.princetonsenior.org/coming-soon/>

HOW THE GRINCH STOLE CHRISTMAS AND THE AMAZING WORLD OF DR. SEUSS, SPRINGFIELD, MASSACHUSETTS

Friday, December 17 at 1:00 p.m.

Located in Theodor Geisel's hometown, the Amazing World of Dr. Seuss Museum invites virtual visitors to experience the author's childhood in Springfield, Massachusetts. See recreations of his favorite places in the city that inspired him to create some of his most iconic stories and interact with some of the characters that made Dr. Seuss a household name, including the Grinch who stole Christmas. This tour also features a look into the private life of Ted Geisel. Experience how he lived by examining his personal belongings from his home in La Jolla, California and his secret art. This tour is presented live and is followed by a Q & A session. Registration required, no fee.

PSRC's *How the Grinch Stole Christmas Program* is sponsored by [The Bank of Princeton](#).

WILLIAMS REINDEER FARM, PALMER, ALASKA

Tuesday, December 21 at 1:00 p.m.

Fee: \$10

There is much to know about these fascinating creatures that we celebrate each holiday season. Learn the history of reindeer in North America. In addition to the farm tour, you will discover interesting facts about reindeer adaptations that have made it possible for them to thrive in harsh environments and about their domestication thousands of years ago in Siberia. There's more to know about reindeer than Rudolph!

PSRC's *Williams Reindeer Farm Program* is sponsored by [Lawrenceville Optician](#) and [Rothkoff Law Group](#).

PLANES, TRAINS, AND AUTOMOBILES

Various days and times in December

Fee: \$10 each / \$35 for the series

The holidays inaugurate the winter travel season, as tens of millions of us move from place to place to see relatives, friends, and go on vacation. PSRC celebrates travel with this series on transit and transportation, focusing on how we get where we want to go.

Wednesday, December 1 at 1:00 p.m.

Moving the Millions — New York Transit Museum

Brooklyn, NY

The New York Transit Museum is dedicated to telling and preserving the stories of mass transportation. In this program, we will discover the magnitude and complexity of New York City's public transportation system by exploring elements of construction, social history, engineering, and impact over time in this introduction to transit history.

Wednesday, December 8 at 1:00 p.m.

**Barber Vintage Motorsports Museum
Birmingham, Alabama**

Join us on a tour of the largest motorcycle museum in the world. It contains more than 1,600 vintage and modern motorcycles and racing cars which includes the largest collection of Lotus race cars. The motorcycle collection includes bikes dating from 1904 to present production, with more than 900 motorcycles on display at any time. The collection comes from twenty-two different countries and represents over 220 manufacturers from as far away as Australia, New Zealand, and Sweden.

Wednesday, December 15 at 1:00 p.m.

**U.S. Army Transportation Museum
Fort Eustis, Virginia**

The story of the Army's Transportation Corps, from horse-drawn wagons of the Revolutionary War to armored vehicles being used today, is told through exhibits, models, and dioramas. The collection includes nearly 100 macro artifacts ranging from planes, helicopters, tugboats, and landing craft to trucks, jeeps, hovercraft, and trains.

FROM THE DEVELOPMENT OFFICE

Spotlight on Capital Health



Capital Health Primary Care – Princeton, part of Capital Health Medical Group and a trusted provider of primary care in eastern Mercer County, moved to a new office at 300 Witherspoon Street, Princeton, NJ 08540.

Although the office is in a new location, patients will receive care from the same trusted providers, including Dr. Deborah Siegel-Robles (Internal Medicine), Dr. Bruce Rose (adult internal medicine), and Dr. Lee Shearer (internal and adolescent medicine). Dr. Kimberly Levitt (family medicine) and Dr. Abigail Rose (family medicine), formerly of Capital Health Primary Care – Quakerbridge, have joined as well. They are available for appointments and video visits to provide check-ups, sick visits, and preventive care for children, adolescents, and adults (including care that is specific for women).

“For almost seven years, our team has been dedicated to providing the safest, highest quality care here in Princeton,” said Dr. Siegel-Robles, physician at Capital Health Primary Care – Princeton. “Finding a primary care doctor you can trust is more important than ever these days, and our move to a larger space and expansion of services to include children and adolescent care reaffirms our commitment to our community in Princeton.”

Capital Health Primary Care is proud to support the Princeton Senior Resource Center and the work they do to ensure the holistic wellbeing of older adults, providing informative programs and support groups promoting community engagement and independence.

Office hours at Capital Health Primary Care – Princeton are Monday, Thursday, and Friday (8:00 a.m. to 4:00 p.m.) and Tuesday and Wednesday (8:00 a.m. to 7:00 p.m.). To make an appointment at the new office, call 609.303.4600 or visit capitalhealth.org/princeton for more information.

SPECIAL NOTICE

PSRC WILL BE CLOSED ON THE FOLLOWING DATES:

December 23 & 24 for the Christmas holiday and December 30 & 31 for the New Year's holiday

Join us to learn more about the contributions of the United States Army Transportation Corps and the role it played shaping the history of America.

Thursday, December 16 at 11:00 a.m.

Northlandz

Flemington, NJ

Northlandz, the “World’s Largest Miniature Wonderland” is a Guinness Book of World Records attraction. The site includes 100 trains running on more than seven miles of scale railroad track. Explore the museum along with a behind-the-scenes tour.

Wednesday, December 22 at 10:00 a.m.

Autostadt

Wolfsburg, Germany

The Autostadt is the Volkswagen Group’s museum which is adjacent to the company’s Wolfsburg, Germany factory. Through this virtual tour of the Autostadt, experience the various Volkswagen Group brands and their commitment to automobile design with a focus on exhibitions related to sustainability.

PSRC’s Planes, Trains, and Automobiles Series is sponsored by [Artis Senior Living](#), [Angelion Mobility](#), and [Oasis Senior Advisors](#).

DECEMBER PROGRAMS



EXERCISE & FITNESS

GENTLE YOGA + NIDRA — Fall Quarter

Mondays through December 27, 10:00 a.m.

Fee: \$75 per quarter

This expansive workshop encompasses yoga postures, yogic breathing, an explanation of the science of yoga sound which creates profound deep relaxation, and some meditation. It is suitable for new students and seasoned practitioners. Participants will need a yoga mat and/or clear floor space, water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye

MINDFUL CHAIR YOGA & MEDITATION — Fall Quarter

Thursdays through December 16, 10:00 a.m.

Fee: \$75 per quarter

Chair yoga is a gentle, versatile form of yoga utilizing a chair. It is adaptable for all skill levels and abilities and therapeutic in nature. Students will learn techniques to gain flexibility, strength, and balance while increasing range of motion in a relaxing class that moves at a mindfully slow pace.

Instructor: Lyn Lilavati Sirota

STAY-WELL CHAIR EXERCISE

Tuesdays, beginning December 7 through December 28, 1:00 p.m.

Fee: \$30

Join us on Zoom for a month-long aerobics workshop that will help build endurance and strengthen your body, mind, and soul. This chair aerobics class is designed for those seeking a gentle yet lively form of exercise. Instructor Laraine Alison offers a fun, music filled class that will help you to forget you are even exercising. You will need hand weights (or water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

TABLE TENNIS (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Mondays and Fridays, 1:00–4:00 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. *Preregistration required, no fee. See PSRC's safety protocols for in-person programs on page 9.*



ENRICHMENT

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

Tuesdays through December 14, 9:30 a.m.

Fee: \$80 per 8 Sessions — This course introduces students to a variety of easy to learn drawing techniques and encourages students to develop their own style. Each interactive session includes a specified lesson plan, with practice and drills, time to share, and personalized critiques designed to unblock the artist in you, tap into your imagination, unleash your creativity, and exercise your memory, analytical and small motor skills.

There is a minimum of 6 registrants for course viability and a maximum of 15 students.

Instructor: Denise McDaniel

ELEMENTS OF PAINTING — Winter Session

Wednesdays at 2:00 p.m.; Fee: \$80

The winter session will begin in January. Stay tuned for registration details.

Instructor: Christina Rang

MEMOIR WRITING WITH JENNIFER — Fall Quarter

Thursdays through December 16, 1:00 p.m.

Fee: \$75 per quarter — What's your story? In our online memoir workshop, you will learn how to get started on mining your memories and shaping them into well-crafted pieces. We will engage in writing exercises, discuss the craft of writing, and share examples from several published memoirs to inspire you. Limited to 15 participants. **Call for availability.**

Instructor: Jennifer Altmann

MASTERING THE ART OF PAINTING — Winter Session

Fridays at 2:00 p.m.; Fee: \$80

The winter session will begin in January. Stay tuned for registration details.

Instructor: Christina Rang

COSMOLOGY

Thursdays, 9:45 a.m. Peer-led science discussion.

Contact brucewallman@gmail.com for more info.

GAMES DAY AT PSRC (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Tuesdays, 1:00–4:00 p.m. — Come with a partner or a few friends to enjoy game playing at PSRC.

Mahjongg (bring your own set), Scrabble, and Social Bridge. *Registration required, no fee. See PSRC's safety protocols for in-person programs on page 9.*

Most programs and groups meet virtually on Zoom (unless indicated otherwise)

DECEMBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

Key:

SPB - Suzanne Patterson Building
PFR - Poor Farm Road

H - Hybrid Group/Program

1

1:00 Planes, Trains,
and Automobiles
3:00 Let's Talk

2

9:45 Cosmology
10:00 Mindful Chair Yoga
1:00 Memoir Writing

3

10:00 Stories of the Hassidim
10:00 Women in Retirement
Coffee Klatch
1:00 First Friday Film - "Little
Women"
1:00 Table Tennis (SPB)

6

10:00 Everything You Learned
about Learning is Wrong
(PFR - H)
10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 Word Play

7

9:30 Basic Drawing: Beginners
to Advanced
9:30 GrandPals Gabfest
10:30 TED Talks
11:00 Grandparenting Group
(PFR - H)
1:00 Games Day (SPB)
1:00 Stay-Well Chair Exercise
1:00 Technology Workshop:
"The Cloud"

8

1:00 Planes, Trains,
and Automobiles
3:00 Let's Talk

9

9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 The Magic Garden
1:00 Memoir Writing
1:00 PSRC's Holiday Party (SPB)
4:00 Children of Aging Parents
(PFR - H)

10

10:00 Men in Retirement
Monthly Meeting (PFR)
11:45 FYI Seminar - "Year-End
Tax Planning Strategies"
1:00 Table Tennis (SPB)

13

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Caregivers Group

14

9:30 Basic Drawing: Beginners
to Advanced
9:30 GrandPals Gabfest
10:30 TED Talks
11:00 Next Chapter: Widows
and Widowers
1:00 Games Day (SPB)
1:00 Nativity Art at Glencairn
Museum
1:00 Stay-Well Chair Exercise

15

1:00 Knit Wits (PFR - H)
1:00 Planes, Trains,
and Automobiles
3:00 Let's Talk

16

9:45 Cosmology
10:00 Mindful Chair Yoga
11:00 Planes, Trains, and
Automobiles
1:00 Memoir Writing
3:00 Early Stage Memory Loss
Support Group

17

11:45 FYI Seminar - "Georgia
O'Keefe: An Interactive
Presentation"
1:00 Dr. Seuss Museum
1:00 Table Tennis (SPB)
3:00 Transition to Retirement
(PFR - H)

20

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Bereavement Group

21

9:30 GrandPals Gabfest
10:30 TED Talks
11:00 Grandparenting Group
(PFR - H)
1:00 Games Day (SPB)
1:00 Stay-Well Chair Exercise
1:00 Williams Reindeer Farm

22

10:00 Planes, Trains,
and Automobiles
3:00 Let's Talk

23

PSRC CLOSED FOR THE
CHRISTMAS HOLIDAY

24

PSRC CLOSED FOR THE
CHRISTMAS HOLIDAY

27

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Caregivers Group

28

9:30 GrandPals Gabfest
10:30 TED Talks
1:00 Games Day (SPB)
1:00 Stay-Well Chair Exercise

29

3:00 Let's Talk

30

PSRC CLOSED FOR THE NEW
YEAR'S DAY HOLIDAY

31

PSRC CLOSED FOR THE NEW
YEAR'S DAY HOLIDAY

PSRC'S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS

Safety measures for all staff, volunteers, and participants:

- Proof of vaccination
- Health check forms to be filled out each time one enters our buildings
- Mask wearing at all times
- PSRC covid waiver

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)
609.273.0588

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



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB

The Technology Lab's dedicated volunteers continue to serve clients remotely. Once you submit a request, a volunteer will contact you normally within one business day to set up an appointment. If you would like to use a computer, our Tech Lab in the Suzanne Patterson Building is open Monday, Tuesday, and Friday afternoons. Call first to confirm times. Come by to use the computers and wifi, limited to two participants at a time.

To learn more about PSRC's technical assistance, go to our website at princeton senior.org/psrc-tech-resources/ or to fill out a request form go to <https://princeton senior.wufoo.com/forms/technology-assistance-request/>.

Watch for announcements
about the opening of the
Donald and Nancy Light Technology Literacy Lab
at 101 Poor Farm Road.
Stay tuned!

TRANSPORTATION

CROSSTOWN

The Crosstown Transportation program is currently following these safety protocols:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn't have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.
- Daily driver health screening check list.
- Health screening questions for rider with the ride confirmation call prior to the trip.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 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.

The October 4th Facebook Outage

On October 4, 2021, Facebook, along with its sister applications, WhatsApp, Messenger, and Instagram, were nowhere to be found on the internet for some five hours. But first, some internet basics...

URLs and Servers and Clients — Oh my: When you want to find something on the PSRC website, you start your browser (Safari, Edge, Firefox, etc.) and enter **www.princetonsenior.org** in the address space at the top of your browser window. The “www.princetonsenior.org” is our *Universal Resource Locator—URL* for short—and when you enter it, our website shows up a couple of seconds later.

The information that comprises our website is on a *server* on the internet. Servers are computers that provide information to users like yourself, which are called *clients*. (Actually, your computer is the client.)

The server on which our website resides could be anywhere in the world (it’s not in our office). It may be in a huge server warehouse owned by Amazon¹ or Google or Microsoft, or in someone’s basement (probably not). My point is that servers can be physically anywhere there’s a connection to the internet.

And so can clients. Folks in Bayonne or Boise or Bangalore can access our website.

184.175.101.76 Maple Street: Every server and client has a unique *internet address*. The address that Verizon assigned me is 173.72.1.218. If you want to look up your internet address, just go to whatismyip.com. www.princetonsenior.org’s address is 184.175.101.76. But we don’t use these addresses because they’re not easy to remember, nor are they descriptive.

How to Find the Server — Calling 411: So, how does your browser know where to find the server that holds our website? There must be some kind of directory service—you know, like the old “411” that we’d dial to get a phone number. And, in fact, there is! It’s called *Domain Name Services—DNS* for short—and it comprises thousands of computers on the internet that look up the address of websites for us. Your internet service provider, like Xfinity or Verizon, provide DNS.

Domain Services — Where the Magic Happens: Our *domain* is “princetonsenior.org,”² and when you type it in the address box, your browser contacts the closest DNS computer, which looks up the address and responds with “184.175.101.76.” This all happens behind the scenes. Then your browser sends a request directly to the server at 184.175.101.76, which responds with our webpage.

Now you know how your browser finds the right server. (TA-DA!)

So, what happened to Facebook?: Facebook has thousands of servers and its own DNS computers to help sort out what’s where. At noon on October 4, someone on the Facebook tech team gave an incorrect command to Facebook’s DNS computers, which promptly disconnected themselves from the internet. From that moment until they fixed the problem, there was no way to find the Facebook servers on the internet.

It’s like calling “411” and finding that Facebook was an unlisted number.

To complicate matters, the Facebook staff couldn’t reach their own servers for several hours because their Domain Name Services was broken!

I hope you enjoyed this somewhat “deep dive” into how the internet works.

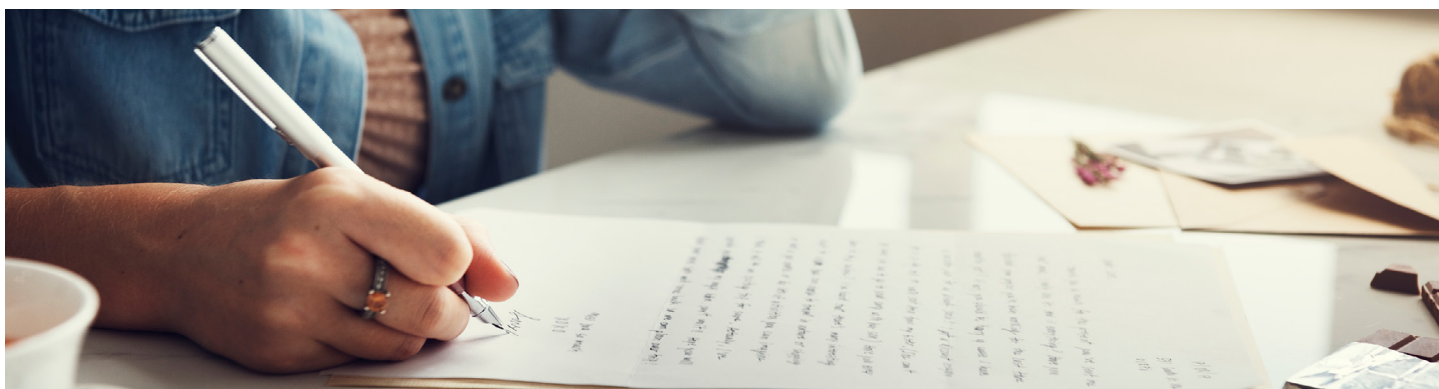
If you need technology help, go to the PSRC website, click the Tech Resources webpage and fill out the Tech Request Form at princetonsenior.org/psrc-tech-resources/.

¹ Amazon made \$13.5 Billion from its web services in 2020. It’s a side business.

² The “www” part is optional. It means “world-wide web,” but you don’t have to use it for our site.

SOCIAL SERVICES

by Sharon Hurley, CVA



National Letter Writing Day — December 7, 2021

Some of my most treasured possessions are the notes, letters, and cards that I have received from my loved ones. I know that I am being sentimental, but I believe there is something special about seeing their handwriting and not having everything written perfectly. In today's digital age we edit, spellcheck, draft, proof, and rewrite to the point that the sentiments may not even sound like the person that wrote them.

The end of the year is a great time to send a handwritten note. You can share what you have been doing since the beginning of 2021, share a memory or a time spent together or even write a note of gratitude. If you compose an annual holiday letter that is typed, you could add a personal note to the document at the end.

PSRC will be collecting cards, notes, and letters to be given to residents in local long term care facilities. Many residents have outlived their family and friends and would love to receive a positive personal note. Your notes do not have to be holiday notes, although that would be fine too.

Consider doing this as a volunteer opportunity with your family or organization.

PSRC will have a box in the lobby of our new headquarters on 101 Poor Farm Road, or you can drop it in the mailbox on the porch of Suzanne Patterson at 45 Stockton Street from December 1 to December 20. Mark the envelope "GREETINGS" and we will make sure it is delivered. If it is a holiday message, please indicate that on the envelope as well, so it will be delivered on time. Hanukkah is November 28–December 6, 2021, Christmas is December 25, and Kwanzaa is December 26–January 1.

SAVE THE DATE — ELDER JUSTICE: A CALL TO ACTION

Tuesday, January 18 at 3:00 p.m. —Estate Planning Seminar
Planning for the Unexpected: Last Will and Testament, Power of Attorney and Living Will

Speaker: Kalea T. Edmundo, Esq. is a senior staff attorney at Central Jersey Legal Services, Mercer Division. She handles estate planning for seniors, family law and landlord/tenant matters.

Register at <https://princetonsenior.link/ElderJustice-EstatePlanning>

NATIONAL WREATHS ACROSS AMERICA DAY DECEMBER 18, 2021

National Wreaths Across America Day is a movement to cover all veterans' grave markers with a Christmas wreath. The observance is designated annually on a Saturday in December by Congress.

Remember. Honor. Teach. This is the mission of Wreaths Across America. By coordinating wreath-laying ceremonies at Arlington National Cemetery and other veterans cemeteries around the country, Wreaths Across America strives to remember our fallen heroes. The day honors those who serve. And it teaches our children about the sacrifices made by veterans and their families to preserve our freedoms.

HOW TO OBSERVE #WreathsAcrossAmericaDay

All across the country, volunteers come together to lay wreaths on the gravesites of the military. You can help by volunteering, too. Bring your children, no matter their age. It's an excellent opportunity to teach them about the sacrifices our military and their families make and show respect for our military. You can also donate to make sure every fallen hero is honored. Many volunteers start by laying wreaths for their family members but find they continue to help each year. The meaning of a somber commitment of honoring service members with a wreath grows every year.

Volunteer or donate by visiting www.wreathsasscrossamerica.org. Use #WreathsAcrossAmericaDay to post on social media.

NATIONAL WREATHS ACROSS AMERICA DAY HISTORY

In 1992 Morrill Worcester and his business Worcester Wreath Company of Harrington, Maine, had a surplus of wreaths toward the end of the holiday season. Years before as a young boy, Worcester visited Arlington National Cemetery in our Nation's capital. The experience reminded him throughout his life of the sacrifice some had made in order for others, including himself, to succeed and flourish.

Worcester made plans to lay the wreaths in honor of our veterans at an older, less-visited section of Arlington National Cemetery. Volunteers stepped forward to help deliver and place the wreaths.

In 2007, the Wreaths Across America nonprofit group was founded. Since then, the event has expanded to all 50 states to lay wreaths at veterans' cemeteries to remember our fallen heroes, honor those who serve and teach our children about the sacrifices made by veterans and their families.



GROUPS

BACK TO THE FUTURE (IN-PERSON)
Not meeting in December
(Usually fourth Tuesday of each month)

BEREAVEMENT
Monday, December 20 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS
Monday, December 13 & 27 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS
(IN-PERSON AT PFR - HYBRID)
Thursday, December 9 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT
Thursday, December 16 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

GRANDPARENTING
(IN-PERSON AT PFR - HYBRID)
Tuesday, December 7 & 21 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS (IN-PERSON AT PFR - HYBRID)
Wednesday, December 15 at 1:00 p.m.
(Usually second Tuesday of each month)

LET'S TALK
Wednesdays at 3:00 p.m.

MEN IN RETIREMENT
MONTHLY MEETING (IN-PERSON AT PFR)
Friday, December 10 at 10:00 a.m.
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS
Tuesday, December 14 at 11:00 a.m.
(Usually second and fourth Tuesday of each month)

TED TALKS
(Usually Tuesdays at 10:30 a.m.)

TRANSITION TO RETIREMENT
(IN-PERSON AT PFR - HYBRID)
Friday, December 17 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT
MONTHLY MEETING
Not meeting in December
(Usually third Friday of each month)
THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM UNLESS INDICATED OTHERWISE.

Sign up for virtual groups on our [website](http://www.princeton.org) or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE

PSRC Legacy Corner — Live Well, Give Well

Did you know there are creative ways to support PSRC? Ways in which PSRC, you and your loved ones all benefit at the same time? Such giving techniques are called “planned gifts,” because with thoughtful planning, you create a win-win solution for you, your family and PSRC.

We invite you to learn more about PSRC’s planned giving program and become part of the Jocelyn and Carl Helm Legacy Society. For information visit

<https://princetonsenior.plannedgiving.org/>

ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2022

PSRC’s annual sponsorship program is more than good will, it’s good business. Do you own or have a relationship with a company that would be interested in a sponsorship to PSRC? A PSRC sponsorship offers unique advertising benefits, is a perfect fit for the company looking to increase visibility among active consumers and influencers across greater Mercer County, and demonstrates your commitment to providing quality supportive services and programming to help older adults thrive. Sponsorship levels begin at \$2,500.

For more information visit <https://princetonsenior.link/Sponsorships>

To DONATE, learn more about PLANNED GIVING, or to BECOME AN ANNUAL SPONSOR please contact me directly.

With Gratitude,

Lisa Adler, Chief Development Officer

ladler@princetonsenior.org or 609.751.9699, ext. 103

DECEMBER FEATURED SPONSORS



Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

homewatchcaregivers.com



Since 1933, Stark & Stark has developed innovative legal solutions to meet our clients’ needs.

stark-stark.com



“Will someone else’s life
be brighter tomorrow
because of what you
have done today?”

—William Arthur Ward

PSRC OFFERS BRIGHTER TOMORROWS

DONATE online [HERE](#)

As one who has been engaged in PSRC programming, we invite you to make a year-end donation to help continue our work with older adults across the region.

Offering brighter tomorrows for the older adults we serve.

Before the end of 2021, did you know?

- That for the 2021 tax year, you can deduct up to \$300 of cash donations without having to itemize!
- That you can make a gift DIRECTLY from your IRA if you are seventy-and-a-half as of January 1, 2021 or seventy-two now and will be taking a distribution from your IRA this year.
- To take advantage of these tax benefits this year, simply direct your IRA plan provider to make a “Qualified Charitable Distribution” (QCD) to PSRC by December 31.



101 Poor Farm Rd, Bldg B • Princeton • NJ 08540



Mayors Wellness Campaign
Put your community in motion.

CONGRATULATIONS!

2021 PRINCETON MERCER REGIONAL CHAMBER BUSINESS LEADERSHIP AWARDS GALA AWARD WINNERS 2021

**THE BOARD OF TRUSTEES AT PSRC WISHES TO CONGRATULATE
OUR CEO, DREW A. DYSON, ON THE COMMUNITY LEADER
OF THE YEAR AWARD**

Sponsored by the Princeton Mercer Regional Chamber of Commerce, Drew has been selected as Community Leader of the Year. We also congratulate Adam Lenkowsky of Bristol Myers Squibb for being selected Business Leader of the Year, Christian Amato of CMA as Entrepreneur of the Year, and Dr. Merodie Hancock of Thomas Edison State University for her award as Innovator of the Year.



Did you know you can support PSRC by giving us your McCaffrey's receipts?
PSRC receives a percentage of the total receipts. They can be **up to three months old**.
Mail to: PSRC, 101 Poor Farm Road, Building B, Princeton, NJ 08540 OR drop them
in our mailbox on the porch at the Suzanne Patterson Building.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health
Homewatch CareGivers

McCaffrey's Food Markets
NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Peapack Private Wealth Management
Penn Medicine Princeton Health
& Home Health

Princeton Care Center
Rothman Orthopaedic Institute
Silver Century Foundation
Stark & Stark Attorneys at Law
Walsh Senior Solutions

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

Be sure to follow us on Facebook so you don't miss a beat! facebook.com/princetonsenior.org/