



FREE HEALTH FAIR AND FLU SHOT CLINIC

Tuesday, October 10th, 1:00 - 4:00 p.m.

Flu shots will be administered until 6:00 p.m.

A health fair with a variety of screenings and plenty of useful information. Bring your Medicare Part B, Medicaid, or another qualifying insurance card; the Princeton Health Department is subsidizing the cost of the shots for the uninsured. You don't have to be a Princeton resident to get a flu shot, but you must be at least 18 years old.

Go to our princetonsenior.org to schedule an appointment, or call us if you have questions: 609.924.7108.

Crosstown will provide free rides to registrants.

SAVE THE DATE:

BRINGING THE WORLD TO YOU THROUGH TECHNOLOGY



PSRC's FALL CONFERENCE 2017

Friday, November 10th, 10:00 a.m. - 2:00 p.m.

Apps • Digital Books • Home Delivery Services • Home Safety • Internet Security

Medical Portals and Info • Personal Emergency Response Systems • Streaming Audio/ Video

Tracking People and Things • Video Chat and more!



Learn how technology can help you every day.

Workshops and a resource fair; lunch included.

\$5 suggested donation; registration begins OCTOBER 15th.



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 St.)
 Princeton, NJ 08540
 Phone: 609.252.2362
 Monday - Friday
 10:00 a.m. to 4:30 p.m.
info@princetonsenior.org
princetonsenior.org

*A non-profit organization
 serving our community*

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From the Executive Director



**Celebrates
 30 Years!**

Thirty years ago, Joce Helm, co-founder of PSRC, Barbara Purnell and Sue Tillett started the HomeFriends program at PSRC, modeled on a program Barbara had run in Montclair. The concept was to create an opportunity for home-based older adults and people with disabilities to have visitors once a week. And it worked! From the outset, these visitors performed modest tasks that made, and continue to make, a big difference for people who want to remain in their own homes. PSRC's HomeFriends program focuses on people living independently in Princeton.

Volunteers may chat over a cup of tea or a Scrabble game, do the grocery shopping and help put the food away, read mail, help sort photos, plant or help tend a small flower garden, listen to a lecture together, or engage in many other tasks that are tailored to meet a particular need. Volunteers can also alert staff when someone may need additional services.

HomeFriends are matched with one another for similar interests, personalities and needs. For example, one match was made because the two

shared a first language, and the volunteer helped the recipient navigate the American medical system. One recipient wanted someone to converse with in her second language so she could maintain fluency. Another volunteer reads correspondence to her visually-impaired friend.

HomeFriends are not intended to replace home care assistance, which requires professional training in memory loss and personal care. HomeFriends help alleviate the isolation, depression and loneliness that are increasingly common as people (and their friends and family) age, become more frail and no longer drive.

Many recipients and volunteers don't have family nearby, so the friendships that grow are deeply meaningful to both partners. Several of these relationships last for years. Being a HomeFriend is a great way to make a difference in someone's life. The visits can be scheduled around work and family obligations.

A year ago, MM had retired, and although busy with an active social and family life, was looking for a 1-to-1 volunteer opportunity that would make a difference in

someone's life—and her own. At the same time, EB got in touch with Dave Roussell, the Home-Friends coordinator. She was concerned that she was becoming more socially isolated as she had stopped attending the activities she enjoyed and had also lost a special friend.

In the beginning M and E spent time getting to know one another, talking about families and life experiences. As time went on, their activities broadened to include running short errands, light housework, and assistance with completing paperwork.

Together, they've returned to some of the activities that E once participated in at PSRC. The depth of their friendship is evident in the easy, light-hearted way they interact and the activities they do together.

If you are interested in being a HomeFriend volunteer or if you'd like a visitor, please contact Dave Roussell at 609.252.2362.

Susan W. Hoskins, LCSW

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Susan W. Hoskins, LCSW

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Dave Roussell, MSW

HomeFriends and Care Coordinator

Beth Weiskopf

Program and Office Assistant

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 x352

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 Ministry:

609.921.8888

Senior Citizen Club:

609.921.0973

Social Security:

800.772.1213

S.H.I.P (Medicare):

609.393.1626

T.R.A.D.E.:

609.530.1971

Questions? Call PSRC 609.924.7108

MEMORY SCREENINGS

Call PSRC at 609.924.7108 to schedule your free Memory Screening at the Health Fair on October 10th. Memory screenings are part of a regular wellness check-up, are non-invasive, consist of a series of questions and tasks, and take about ten minutes to administer. They're not used to diagnose any illness and in no way replace an exam by a primary care physician or specialist. A limited number of screenings will be available at the Health Fair, but PSRC's Dave Roussell, MSW, LSW, administers memory screenings by appointment at Spruce Circle. Call 609.252.2362.

OCTOBER PROGRAMS

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

TED
Talks

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:

October 3: Doris Kearns Goodwin: *Lessons from Past Presidents*

October 10: HEALTH FAIR—No TED Talk today

October 17: Mia Birdsong: *The story we tell about poverty isn't true*

October 24: Anna Deveare Smith: *Four American Characters*

October 31: Michael Patrick Lynch: *How to see past your own perspective and find truth*

For more information visit TED.com.



FIRST FRIDAY FILM:

"BIRTH OF A NATION"

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

Nat Turner is an enslaved Baptist preacher who lives on a Virginia plantation owned by Samuel Turner. With rumors of insurrection in the air, a cleric convinces Samuel that Nat should sermonize to other slaves, thereby quelling any notions of an uprising. As Nat witnesses the horrific treatment of his fellow man, he realizes he can no longer just stand by and preach. On August 21, 1831, Turner's quest for justice and freedom leads to a violent and historic rebellion in Southampton County. Starring Nate Parker, Armie Hammer, and Penelope Ann Miller. **2 hours**



CELEBRATING HOLIDAYS WHEN YOUR LOVED ONE HAS ALZHEIMER'S DISEASE

Friday, October 13 at 1:00 p.m.

Mary Ann Ross from Alzheimer's of New Jersey will discuss how changes brought on by Alzheimer's Disease can affect how families celebrate the holidays, highlighting ways to modify meaningful traditions, celebrate away from home, and cope with caregiver stress. We will offer practical tips and strategies for making the most of time together during the holidays.



UPDATES ON CARDIOVASCULAR DISEASE with Dr. Banu Mahalingam of Princeton HealthCare System

Friday, October 20 at 1:00 p.m.

This seminar will provide information on how you can identify and control the risk factors for heart disease, and start and maintain a heart-healthy lifestyle.



ALL YOU NEED TO KNOW ABOUT MEDICARE with Cathy Forbes from SHIP

Friday, October 27 at 1:00 p.m.

Free, confidential, and impartial information on the different parts of Medicare; when and how to enroll; and what programs are available to help with costs.



TECHNOLOGY CLASSES

INTRO TO iPad

Thursday, October 5 at 10:00 a.m.

This class is for those just learning about the iPad and its basic uses and capacities. Remember to bring your Apple ID and password. Instructor: Barbara Essig.

ANDROID CLASS #3

MESSAGING WITH ANDROID PHONES

Monday, October 23 at 11:00 a.m.

Join us and learn how to use the Messages App on your Android phone. You will learn how to send, receive and delete messages containing text, pictures, audio and video. Please bring your Android phones to class. Limit: 8 people. Instructor: N. B. Sreenivasan

MORE ABOUT iPad

Thursday, October 26 at 10:00 a.m.

Learn your way around email, taking and storing photos, and downloading and using your favorite apps (applications.) Remember to bring your Apple ID and password. Each iPad class is limited to 10 people. Instructor: Barbara Essig. *Intro to iPad is a prerequisite for the More About iPad class.*

OCTOBER SPECIAL PROGRAMS

HEALTH FAIR AND FLU SHOT CLINIC

Tuesday, October 10, 1:00 - 4:00 p.m.

Flu shots will be administered until 6:00 p.m.

A free health fair with a variety of free screenings and plenty of helpful information. Bring your Medicare, Medicaid or other insurance card.

Go to princetonsenior.org to make an appointment or call us if you have questions: 609.924.7108.



Tuesdays and Thursdays at 10:00 a.m. Various locations

This free walking program offers great options for walking

in the beautiful Princeton area. It's an opportunity to get outside, walk safely, and socialize for 30 minutes. Some locations are: Pettoranello Gardens, D & R Greenway, The Institute Grounds, Princeton University, the towpath, Pole Farms, Mercer Meadow trail system and more. Walking sticks and canes are welcome; some sites are appropriate for sturdy rolling walkers. For more information and the Everybody Walk! Schedule, go to progressionpt.com and click on the walking program, or call Progression Physical Therapy at 609.454.3536. Co-sponsored by PSRC and Progression Physical Therapy of Princeton.

YOUR ENGAGED RETIREMENT LECTURE SERIES 2017 - 2018

Informational lectures on a wide array of retirement issues, co-sponsored by PSRC and the Princeton Public Library.

Monday, October 23 at 7:00 p.m.

TRANSITION TO RETIREMENT

with John George, PhD, licensed psychologist, and Dave Roussell, MEd, MSW, LSW, Care Coordinator and HomeFriends Coordinator at PSRC.

An interactive workshop focused on helping retirees and pre-retirees navigate this important life transition.

A conceptual framework and practical tools will be offered to help attendees make their retirement years as personally rewarding and fulfilling as possible.

Upcoming lectures:

Monday, November 17: Downsizing & Organizing

Monday, January 22, 2018: Legal & Estate Planning

Monday, February 26: Family Caregiving

Monday, March 26: Healthcare Decisions

Monday, April 23: Volunteering

Location: Princeton Public Library Newsroom

HEALTHCARE DECISIONS WORKSHOP

Tuesday, October 24 at 1:00 p.m.

This free workshop will review healthcare directives, appointing a surrogate, and having the conversation with your family or friends about your end-of-life wishes. Copies of the Five Wishes document will be available for completion. Facilitated by Susan Hoskins, LCSW and Dave Roussell, MEd, MSW, LSW.



RETIREMENT PROGRAMS

MEN IN RETIREMENT

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

Speaker: John Wirth, Director, Mercer County Department of Consumer Affairs will discuss protection from fraud. All are welcome.

Location: Monument Hall Main

WOMEN IN RETIREMENT

Friday, October 20 at 10:30 a.m.

Speaker: Sandy Smith, League of Women Voters will discuss the upcoming 2017 election and why it's so important to residents of New Jersey. Sandy will briefly review the history of our state government structure and then discuss the state-level offices that are up for election. All are welcome.

TRANSITION TO RETIREMENT

Friday, October 20 at 3:00 p.m.

This group addresses the many different kinds of issues that can arise during the transition to retirement.

The group is facilitated by John George, PhD, licensed psychologist, and by Dave Roussell, MEd, MSW, LSW, PSRC's Care Coordinator and HomeFriends Coordinator. All are welcome.

OCTOBER SPECIAL PROGRAMS

~ continued



LOOKING AHEAD

A PRINCETON CHILDREN'S STORY!

THE ADVENTURES OF LITTLE MOONBEAM AND LULU by Regina Kenen



Set in Princeton, this is the story of a little girl and a moonbeam who set off together to visit the little girl's grandmother. The author and the illustrator, Susan Durkee, are both Princeton residents.

The book will be on sale at PSRC October 15th through November 15th; a portion of the proceeds from sales will benefit PSRC.

GAMES

SOCIAL BRIDGE: *Tuesdays, 1:00 - 4:00 p.m. Free.*

MAH JONGG: *Tuesdays, 1:00 - 4:00 p.m. Free.*

BYO cards & set.

SCRABBLE & OTHER GAMES: *Tuesdays, 12:00 noon.*

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

DUPLICATE BRIDGE: *Thursdays, 12:30 p.m.*

Please contact Bill Miller 908.872.7927 or email him at billsbridge@gmail.com for information and fees.

FIRST FRIDAY FILM

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

"PATRIOTS DAY" The story of victims, survivors, and first responders to the Boston Marathon bombing of 2013, and the race to hunt down the suspects and bring them to justice. *2 hours, 13 minutes*

MICROSOFT WORD FOR BEGINNERS

Wednesday, November 8, 10:00 a.m. to 12 noon

This class is a prerequisite for Intermediate Microsoft Word. Registration required.

Instructor: Don Benjamin

INTERMEDIATE MICROSOFT WORD

Wednesday, November 15, 10:00 a.m. to 12 noon

Microsoft Word for Beginners is a prerequisite for this class. Registration required.

Instructor: Don Benjamin.

PSRC FALL CONFERENCE BRINGING THE WORLD TO YOU THROUGH TECHNOLOGY

Friday, November 10th

10:00 a.m. - 2:00 p.m.

This year's conference will focus on all the many and various ways current technology can make life more convenient. There will be a resource fair with useful information, and a selection of workshops to choose from throughout the day, depending on your interests, including Apps, Digital Books, Home Delivery Services, Home Safety, Internet Security, Medical Portals and Info, Personal Emergency Response Systems, Streaming Audio/Video and more. Register online at princeton senior.org and select your preferences. Lunch is also included.

We hope you'll consider making a \$5.00 donation when you register to help support this exciting and informative program.

CLASSES: A NEW QUARTER BEGINS OCTOBER 2

Details about classes and groups can be found on our website: princetonsenior.org.
Financial assistance is available to those for whom the fee is a hardship; please ask at the front desk.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

EARLY BIRD AEROBICS: *Every weekday morning*
8:00 to 8:45 a.m.

\$60/month, or \$10/session to drop in

AEROBICS: *Monday, Wednesday, Friday*
9:15 to 10:15 a.m.

\$64/residents; \$128/non-residents; 13-week session.

Register through Princeton Recreation Department:
609.921.9480.

CHAIR YOGA: *Tuesdays, 9:30 – 10:30 a.m.*

\$72/residents; \$96/non-residents per quarter

YOGA: *Thursdays, 10:00 - 11:00 a.m.*

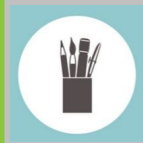
\$72/residents, \$96/non-residents per quarter

TABLE TENNIS: *Monday, Wednesday, Friday*
12:30 p.m. Drop-in; free.

SPRUCE CIRCLE

CHAIR EXERCISE: *Mondays, 11:30 a.m. - 12:30 p.m.*

Fridays, 12:00 - 1:00 p.m. \$48 per quarter



PSRC CLASSES

SUZANNE PATTERSON BUILDING

DRAWING WITH ALEX *Returns from hiatus*
Monday, October 9 at 10:30 a.m.

\$66/residents, \$88/non-residents

WORD PLAY (poetry group) WITH RICE LYONS
Mondays at 2:00 p.m. \$5/quarter

WRITING YOUR LIFE WITH BETTY LIES
Mondays at 10:30 a.m. (no class 10/2 or 10/9)
\$36/residents, \$48/non-residents

MEMOIR WRITING WITH EMILY LOGUE
Wednesdays at 2:30 p.m. \$5/quarter (class is currently full.)

PAINTING WITH CHRISTINA *Wednesdays, at 1:30 p.m.*
Painting with watercolor and acrylics.
\$72/residents, \$96/non-residents

MULTIMEDIA ART WITH HANNAH
MONDAYS at 1:00 p.m.

Fee \$72/residents; \$96/non-residents

COSMOLOGY: *Thursdays, at 9:45 a.m.*
\$5/quarter. Peer-led science discussion.

Contact brucewallman@gmail.com for more information.

**NEW
DAY &
TIME!**

PROGRAM HIGHLIGHT

INTERMEDIATE BRIDGE LESSONS

Fridays, October 13 - November 17th

2:00-4:00 p.m.

(No class November 10 due to Fall Conference)

Designed for bridge players seeking to improve their bidding skills and accuracy, this 5-week session will focus on “Two-Over-One” and “One-No-Trump-Forcing”, as well as other topics valuable for advancing bridge players. No drop-ins; registration required. To register, please go online to princetonsenior.org.

Fees: \$100/5-weeks, plus \$12 for a book; some free handouts will be included. There is a 10 student minimum, otherwise class will be cancelled and refunds will be issued. Instructor: Bill Miller.

NEW FACES AT PSRC!

Introducing **Vivian Greenberg, LCSW**, the new leader of PSRC’s **Caregivers Group**, which meets on the second Monday of each month at 1:30 p.m. Vivian has worked with many caregivers and has been one herself. For many years she wrote a column in the Trenton Times and was the keynote speaker at a PSRC Caregiver conference. Vivian also maintained a private practice in Pennington.

Our new **Thursday Yoga** instructor is **Joy Clin-Okoye**. Joy brings her background as an experimental movement artist, JourneyDance™ Facilitator, Integral Yoga Teacher and Holistic Health Coach to PSRC. Lyn Lilavati Sirota will continue to teach our Tuesday Chair Yoga class at the Suzanne Patterson Building.

COMPUTER GURU: OPERATING SYSTEM UPDATES by Don Benjamin

Fall is usually when Apple and Microsoft update their operating systems. The “operating system” is the software that your computer, smart phone, or tablet uses to perform its tasks. It displays icons for you to tap on your tablet, runs programs like E-mail and Word, saves files you’re working on, connects your device to the Internet, puts your computer to sleep, and on and on. Sometimes these updates are major, such as the birth of Windows 10 in July 2015; sometimes they’re simply internal “tweaks” that make the device run faster; and sometimes they fiddle with appearances and add features.



Most important, however, is that operating system updates almost always bring new cybersecurity features, and that’s why you should make sure your device’s operating system is up to date.

The table below lists the most common operating systems, their corresponding device(s) and the updates that are now being rolled out.

Operating System	Devices	Current Version and “Nickname”	Fall 2017 Update and “Nickname”	Noteworthy Changes
Microsoft Windows	Personal Computers other than Apple	Windows 10 “Creators’ Update”	Windows 10 “Creators Fall Update”	Minor appearance changes; better linking with Android and Apple devices; improvement in Edge browser
Apple Mac OS	Apple Computers	Mac OS “Sierra”	Mac OS “High Sierra”	More efficient file storage for documents and pictures; improvements to Safari browser; new photo editing features
Apple iOS	Apple mobile devices: iPad, iPhone, iPod	iOS 10	iOS 11	New dock holds more icons; “drag and drop” between apps; internal file system
Google Android	Most smartphones and tablets other than Apple	Version 7 “Nougat”	Version 8 “Oreo”	Faster operation; “auto-fill” information; more efficient interface

Among these operating system updates, **iOS 11 is a significant change for iPad owners.** It moves the “dock,” which now has room for only six icons, into a panel that accommodates a dozen with room for the last three apps you were running. iOS 11 also adds an internal file system for document storage that integrates with OneDrive, iCloud, Dropbox and so on. The on-screen keyboard is easier to use and photos take up less memory.

If you need help installing these updates, or want to make sure your devices are running the latest operating system, stop by the PSRC Computer Lab on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m., and Fridays from 10:00 a.m. to 12 noon.



GROUPS

BEREAVEMENT

Monday, October 16 at 1:00 p.m.
(Third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS

Monday, October 9 at 1:30 p.m.
(Second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, October 11 at 4:30 p.m.
(Second Wednesday of the month.)
Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m. - 12 noon
Call 609.937.8496 to attend.
Elm Court

GRANDPARENTING

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

KNIT WITS

Tuesdays at 1:00 p.m.
Drop-in for knitting and conversation.
Spruce Circle

LET'S TALK

Wednesdays at 2:45 p.m. at Spruce Circle

LET'S TALK IN ENGLISH

Mondays at Spruce Circle at 1:00 p.m.
Fridays at Redding Circle at 9:30 a.m.
Please call 609.252.2362 to register for
Let's Talk groups.

MEN IN RETIREMENT

Friday, October 6 at 2:00 p.m.
(First Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tuesday, October 17 & 24 at 10:30 a.m.*
(Usually second and fourth Tuesdays of
the month.) Spruce Circle

TRANSITION TO RETIREMENT

Friday, October 20 at 3:00 p.m.
(Third Friday of the month)

WOMEN IN RETIREMENT

Friday, October 20 at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

* Note date change in first Next Chapter
meeting this month.

There are no fees for any of these groups.

SUPPORT AND GUIDANCE:

EMERGENCY PREPAREDNESS

While it's true that we've just entered the fall season, winter will be upon us—and it may come sooner than we expect. Here are some things to keep in mind to be prepared before hurricanes, severe storms, snowstorms and dangerous road conditions arrive:

- Have your "Shelter in Place" supplies ready so you can stay home for 72 hours if need be. These include water (1 gallon per person, per day); food that doesn't require electricity to prepare; flashlights and fresh batteries; extra medication; emergency contact numbers; and a battery-powered radio.
- Identify an out-of-town emergency contact to coordinate information with family and friends in the event of a power-outage;
- Charge up your cell phone(s) and medical equipment.
- Stay indoors, and keep your pets indoors, in extreme cold or stormy weather; and stay off the roads during and after a storm.
- Sign up for Nixle alerts at Access Princeton (609.924.4141). Access Princeton can also help with information, and the police department can help with emergency calls during a crisis.

For news about PSRC class cancellations, delayed openings or building closures, please consult our website, princeton senior.org, or call the office: 609.924.7108 after 8:30 a.m.



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over age 65. Call 609.252.2362 or 609.924.7108 to register in the program, and 609.452.5144 to schedule a ride. \$3 each way; free to UMCPP (hospital). A physician's prescription for rehab therapy is required for free transport to PHCS rehab facilities.

DAYTIME FREE-B BUS

A 70-minute loop around town, 9:30 a.m. - 4:30 p.m.
Monday - Saturday. 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 and wait to hear "thanks for calling GoGoGrandparent" or go to: gogograndparent.com.
For information about local and regional bus and other transportation options, please visit gmtma.org.
(Greater Mercer Transportation Authority)

DEVELOPMENT

Thank you to the Cast and Crew of The Second City comedy & improv troupe for a terrific show!

**Heartfelt thanks to our wonderful Second City Benefit Sponsors & Advertisers –
we couldn't have had such a successful event without you!!!**

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Progression Physical Therapy

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Occasions by Cintron • PNC Wealth Management • Princeton Radiology • Private Wealth Management

AND, to the many individuals who stepped up as sponsors and ticket purchasers, **THANK YOU!**
Your support is immensely important and greatly appreciated.

Together we can all keep up the good work!

As your life evolves, you may need a realtor, a new apartment, home renovations, appliances, accounting or financial advising assistance, banking, or to address health concerns with yearly screenings, or the support of the CWW community.

PSRC hopes you will consider using or supporting the companies above whose participation in this year's benefit will help PSRC provide outstanding services and programs throughout the year.

PARTNERS-IN-CARING PRINCETON

PSRC is your go-to place for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you.

Information and Referrals • Counseling and Consultations • Benefit Application Assistance

Caregiver Resources and Support • Support and Wellness Groups

Transitions – support with the inevitable transitions throughout the life span • Volunteer Visitors

Call us for more information: 609.924.7108 or 609.252.2362.

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:15 Aerobics - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Art with Hannah - SPB 2:00 Word Play - SPB</p>	<p>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC</p>	<p>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 1:00 Intro to iPad - SPB 12:00 Art with Hannah - SPB 12:30 Duplicate Bridge - SPB</p>	<p>9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 First Friday Film - SPB 2:00 Men In Retirement - MH Main 2:00 Intermediate Bridge Lessons - SPB</p>
<p>9:15 Aerobics - SPB 10:30 Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Art with Hannah - SPB 1:30 Care Givers Group - CH-19 2:00 Word Play - SPB</p>	<p>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Next Chapter Widow/ers - SC 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparents Group - SPB</p>	<p>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 12:30 Duplicate Bridge - SPB</p>	<p>9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB 2:00 Intermediate Bridge Lessons - SPB 3:00 Transition to Retirement- SPB</p>
<p>9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Writing Your Life - SPB 11:00 Android Class #3 - SPB 11:30 Chair Exercise - SC 1:00 Art with Hannah - SPB 1:00 Let's Talk in English - SC 2:00 Word Play - SPB</p>	<p>9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:30 Next Chapter Widow/ers - SC 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Healthcare Decision Day - SPB</p>	<p>9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Computer Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC</p>	<p>9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 More About iPad - SPB 12:30 Duplicate Bridge - SPB</p>	<p>9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 12:30 Senior Citizens Club - SPB 1:00 FYI Seminar - SPB 2:00 Intermediate Bridge Lessons - SPB</p>
<p>9:15 Aerobics - SPB 10:30 Drawing - SPB 10:30 Writing Your Life - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Art with Hannah - SPB 2:00 Word Play - SPB</p>	<p>9:30 Chair Yoga 10:00 Every Body Walk! - Various 10:30 Ted Talks - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC</p>	<p>TABLE TENNIS Mon., Wed., Fri. 12:30 to 4:40 p.m.</p>	<p>EARLYBIRD AEROBICS Monday through Friday 8:00 a.m.</p>	<p>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</p>



Mayors Wellness Campaign
Put your community in motion.

SPRUCE CIRCLE WILL BE CLOSED TUESDAY, OCTOBER 10th.

COME TO THE HEALTH FAIR AND FLU SHOT CLINIC AT THE SUZANNE PATTERSON BUILDING!

SAVE THE DATE!

Wednesday, January 31, 2018

Another fun-filled and informative presentation from the experts at Rago Arts and Auctions on the history and art of the Trenton porcelain era.



Details to follow in upcoming PSRC Newsletters.

PRINCETON REC DEPARTMENT

TRIP!

LONGWOOD GARDENS GUIDED HOLIDAY TOUR

Date: December 5, 2017

Time: 12:30 - 7:30 p.m.

Depart/Return:

Community Park Pool parking lot,
400 Witherspoon St., Princeton

Fee: \$50/ non-refundable

Includes round-trip in motor coach and
entrance fee to Gardens.

For details and to register online go to
<http://register.communitypass.net/princeton>
or, pick up a registration form at PSRC or
the Princeton Recreation Department.