

LAUGHTER KEEPS YOU YOUNG



PSRC'S FALL BENEFIT — "A NIGHT OF COMEDY"

featuring Bob Nelson & The Stress Factory's Vinnie Brand

Co-hosts Bill Spadea & Jessica Gibson of New Jersey's most listened to radio station NJ 101.5

SATURDAY, OCTOBER 6, 2018



**THE
EVERGREEN
FORUM**

See page 8 for the course list
and registration details.



Nutrition program participants enjoying coffee & games.

**MERCER COUNTY
NUTRITION PROGRAM**

The Mercer County Nutrition Program is now
at PSRC! For more information and to register,
please call the county office 609.989.6650.

SPECIAL NOTICES:

ART CLASSES

"Multi Media Art with Hannah" will be on hiatus
beginning June 1st and will return after Labor Day.

"Drawing with Alex" will be on hiatus in July.
Men in Retirement are on hiatus in July.

OTHER CLASSES

TED Talks, FYI Seminars, and Transition
to Retirement are on hiatus during the
month of August

**OUR NEW WEBSITE
HAS LAUNCHED!**

Check it out at princetonsenior.org.

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*

BOARD OF TRUSTEES

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FROM THE EXECUTIVE DIRECTOR

A WELCOMING COMMUNITY

PSRC will work to assure that all aging adults, of diverse ethnic, socio-economic, educational, gender identity, sexual orientation, and immigration status, will be provided services through PSRC.

—PSRC Non-discrimination policy

I realized as I looked back over the past years of Director's Messages, that while we hold being **welcoming to all** as a core PSRC value which we try to make evident every day, I have not written about it. A welcoming community can be like that—you assume that respect is there until one day something happens like a snarky or ignorant comment, and you remember that sometimes you have to make it intentional, to say it out loud.

I think that most of us believe that the communities we live in are more diverse than the ones we grew up in. Yet do we really know people different from ourselves? The national media has pointed out that while our country has become more diverse, we have less contact with people from different political parties, faiths, ethnic, and cultural groups.

PSRC offers great opportunities to get to know people who have had different life experiences and interests. When I first arrived here, some people

said “PSRC is for residents in senior housing,” while others said “PSRC is for the wealthy people in the Western section.” I think we overcame those perceptions by offering a wide variety of programs in multiple locations that appeal to a diverse population. Someone once told me that PSRC and the Princeton Public Library are two places where people gather from throughout Princeton.

We also try to offer programs that give people opportunities to share thoughts and opinions, such as TED Talks and Let's Talk. Evergreen Forum classes are discussion-based and provide space to explore a wide range of subjects. Special programs like “Growing up African American in Princeton” help us learn about others. The more we know each other, the less likely we are to say or do something unintentionally hurtful.

But it takes more than offering programs to be truly welcoming. It means that our staff need to be culturally competent to understand how different cultures view aging and older adults, to help people make plans for their future that are consistent with their own traditions and circumstances, and to ensure that people feel respected and truly heard. Cultural competence includes



PSRC STAFF

Susan W. Hoskins, LCSW
Executive Director

Fran Angelone
*Crosstown Coordinator and
Office Manager, Spruce Circle*

Donna Cosgrove
Director of Programs

Cathy Gara
Bookkeeper

Cheryl Gomes
Development Associate

Sharon Hurley, CVA
Director of Support & Guidance

Wendy Lodge
GrandPals Coordinator

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
*Program Associate &
Rental Coordinator*

Ken Peabody
Data Coordinator

Barbara Prince
Director of Development

Dave Roussell, MSW
HomeFriends and Care Coordinator

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
Program and Office Assistant

Kathleen Whalen
Communications Coordinator

understanding LGBTQ concerns, gender differences, and how each generation views issues, not just ethnic and socioeconomic differences.

Being a welcoming community also means that we all—staff, volunteers and participants—need to be respectful of each other and individually have a responsibility to intervene when something happens that is disrespectful. There are times that I have interceded when someone has been rude to one of the staff, and when participants got into a disagreement. PSRC

can only be a safe space if there is no tolerance for hurtful behavior.

As the Princeton area becomes more diverse, we all need to learn more about each other, to check our assumptions, to listen carefully to each other, and to be respectful, even when we disagree. Together we can make PSRC a community where we learn about each other and treat everyone with respect. The world will be a better place.

*Susan W. Hoskins, LCSW
Executive Director*

PSRC NEWSLETTER:

It's time to sign-up for the PSRC paper newsletter. Enjoy the convenience of having it delivered to your home mailbox. Our annual subscription rate is \$10 for September 2018 through August 2019. Don't miss out on all that's happening at PSRC!

Upcoming PSRC Closures:

SUZANNE PATTERSON BUILDING WILL BE CLOSED
FOR ITS SEMI-ANNUAL FLOOR RESEALING ON
MONDAY, JULY 2ND AND TUESDAY, JULY 3RD.

IN HONOR OF INDEPENDENCE DAY, PSRC WILL BE
CLOSED ON WEDNESDAY, JULY 4TH.

SPRUCE CIRCLE WILL BE CLOSED WEDNESDAY, JULY 4TH,
THURSDAY, JULY 5TH, AND FRIDAY, JULY 6TH.

JULY & AUGUST PROGRAMS

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



SUMMER CINEMA

*Every Friday in July and August at 1:00 p.m.
(except July 20 and July 27)*

JULY 6 — “LADY BIRD”

A coming of age tale about an artistic and outspoken teen who navigates a loving but turbulent relationship with her strong-willed mother over the course of an eventful and poignant senior year of high school.

Starring: Saoirse Ronan, Laurie Metcalf, Tracey Letts, Lucas Hedges

Running time: 1 hour, 34 minutes

JULY 13 — “THE POST”

Katharine Graham is the first female publisher of a major American newspaper — *The Washington Post*. With help from editor Ben Bradlee, Graham races to catch up with *The New York Times* to expose a massive cover-up of government secrets that spans three decades and four U.S. presidents.

Starring: Meryl Streep, Tom Hanks, Sarah Paulson, Bob Odenkirk

Running time: 1 hour, 56 minutes

AUGUST 3 — “THE GREATEST SHOWMAN”

Inspired by the imagination of P. T. Barnum, *The Greatest Showman* is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. Starring: Hugh Jackman, Michelle Williams, Zac Efron

Running time: 1 hour, 45 minutes

AUGUST 10 — “VICTORIA & ABDUL”

Abdul Karim arrives from India to participate in Queen Victoria’s golden jubilee. As Victoria questions the constrictions of her long-held position, the two forge an unlikely and devoted alliance that her household and inner circle try to destroy. As their friendship deepens, the queen begins to see a changing world through new eyes, joyfully reclaiming her humanity.

Starring: Judy Dench, Ali Fazal, Tim Pigott-Smith

Running time: 1 hour, 51 minutes

AUGUST 17 — “MARSHALL”

The story of Thurgood Marshall, the crusading lawyer who would become the first African-American Supreme Court Justice, as he battles through one of his career-defining cases.

Starring: Chadwick Boseman, Josh Gad, Kate Hudson

Running time: 1 hour, 58 minutes

AUGUST 24 — “MARK FELT: THE MAN WHO BROUGHT DOWN THE WHITEHOUSE”

Lifelong G-Man Mark Felt, aka “Deep Throat,” leaks information to journalists Bob Woodward and Carl Bernstein that helps to uncover the Watergate scandal of 1974.

Starring: Liam Neeson, Diane Lane, Martin Csokas

Running time: 1 hour, 43 minutes

AUGUST 31 — “I, TONYA”

Based on the unbelievable but true events, *I, Tonya* is a dark comedic tale of American figure skater, Tonya Harding.

Starring: Margot Robbie, Sebastian Stan, Allison Janney

Running time: 2 hours



OPERA FILM FESTIVAL

*Tuesdays from July 10 through August 7
at 12:30 p.m.*

CO-SPONSORED BY THE PRINCETON FRIENDS OF OPERA

JULY 10 — GIUSEPPE VERDI: *DON CARLO* (IN ITALIAN)

1983 Metropolitan Opera Orchestra and Chorus with James Levine, conductor

Starring: Placido Domingo, Mirella Freni, Grace Bumbry, Nicolai Ghiaurov

Running time: 3 hours, 33 minutes

JULY 17 — WOLFGANG AMADEUS MOZART: *THE MAGIC FLUTE* (IN SWEDISH)

1975 Inmar Bergman film, Swedish Radio

Symphony Orchestra with Eric Ericson, conductor

Starring: Josef Kostlinger, Hakan Hagegard, Elizabeth Eriksson, Birgit Nordin

Running time: 2 hours, 15 minutes

MORE PROGRAMS

JULY 24 — CHARLES GOUNOD: *FAUST* (IN FRENCH)

2010 Royal Opera House Orchestra and Chorus with Antonio Pappano, conductor

Starring: Angela Gheorghiu, Roberto Alagna, Bryn Terfel, Simon Keenyslide, Sophie Koch

Running time: 3 hours

JULY 31 — GIOACCHINO ROSSINI: *L'ITALIANA IN ALGERI* (IN ITALIAN)

1985 Metropolitan Opera Orchestra and Chorus with James Levine, conductor

Starring: Marilyn Horne, Paolo Montarsolo, Spiro Mallas, Allan Monk, Douglas Ahlstedt

Running time: 2 hours, 37 minutes

AUGUST 7 — GIUSEPPE VERDI: *I VESPRI SICILIANI* (IN ITALIAN)

1989 La Scala Orchestra and Chorus with Riccardo Muti, conductor

Starring: Giorgio Zaccaro, Chris Merritt, Cheryl Studer, Enzo Capuano, Ferruccio Furlanetto

Running time: 3 hours, 31 minutes



CLASSIC FILM FEST

Every Wednesday in August at 11:00 a.m.

AUGUST 1 — “REAR WINDOW”

A wheelchair-bound photographer spies on his neighbors from his apartment window and becomes convinced one of them has committed murder. Directed by Alfred Hitchcock. 1954

Starring: Jimmy Stewart, Grace Kelly, Wendell Corey, Raymond Burr

Running time: 1 hour, 52 minutes

AUGUST 8 — “ALL ABOUT EVE”

An ingenue insinuates herself into the company of an established but aging stage actress and her circle of theater friends. Directed by Joseph L. Mankiewicz. 1950

Starring: Bette Davis, Anne Baxter, George Sanders

Running time: 2 hours, 18 minutes

AUGUST 15 — “TOKYO STORY”

The elderly Shukishim and his wife, Tomi take the long journey from their small seaside village to visit their adult children in Tokyo. Directed by Yasujiro Ozu. 1953

Starring: Chishu Ryū, Chieko Higashiyama, Setsuko Hara

Running time: 2 hours, 16 minutes

AUGUST 22 — “12 ANGRY MEN”

Following the closing arguments in a murder trial, the 12 members of the jury must deliberate, with a guilty verdict meaning death for the accused, an inner-city teen. As the dozen men try to reach a unanimous decision while sequestered in a room, one juror casts considerable doubt on elements of the case. Directed by Sidney Lumet. 1957

Starring: Henry Fonda, Lee J. Cobb, Martin Balsam, E.G. Marshall

Running time: 1 hour, 36 minutes

AUGUST 29 — “LAURA”

In one of the most celebrated 1940s film noirs, Manhattan detective Mark McPherson investigates the murder of Madison Avenue executive Laura Hunt in her fashionable apartment. Directed by Otto Preminger. 1944

Starring: Gene Tierney, Dana Andrews, Clifton Webb

Running time: 1 hour, 28 minutes



FYI SEMINAR — “COMMON SHOULDER INJURIES WITH GOLF & TENNIS”

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

Regardless of your age and activity level, shoulder injuries can be debilitating. Join Scott J. Curtis, DO, board certified in internal medicine and fellowship trained in sports medicine, and Chris Blessing, MPT, OCS, CSCS, and MS in exercise physiology with Princeton Medical Center, to learn more about the diagnosis, treatment and prevention of common orthopedic ailments specific to golf and tennis. Chris will also demonstrate exercises to protect and strengthen the shoulder.

Sponsor: Penn Medicine Princeton

MORE PROGRAMS



FYI SEMINAR — “SENIOR LONELINESS & HOW TO HAVE A MEANINGFUL VISIT WITH A LOVED ONE”

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

Join us for a two-part seminar. Christina Forte of Senior Bridge will address senior loneliness: how to identify it, the impacts of loneliness, and improvements. Barbara Forshner of Artis will discuss how to have a meaningful visit with your loved one.

Christina Forte has worked in senior healthcare since 2010, where she began as a social services coordinator in a skilled nursing facility.

Barbara Forshner has been in health care for the last 13 years and is currently Artis Senior Living’s Director of Community Relations.

Sponsor: Artis Senior Living



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:

July 3 — No Ted Talk

July 10 — **Rebecca Kleinberger**: Why you don’t like the sound of your own voice

July 17 — **Hans & Olga Rosling**: How not to be ignorant about the world

July 24 — **Nicholas Negroponte**: A 30-year history of the future

July 31 — **Madhumita Murgia**: How data brokers sell your identity

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Not meeting in July

MEN IN RETIREMENT — “CURRENT EVENTS DISCUSSION”

Friday, August 3 at 2:00 p.m.

Join in on the discussion. Everyone will have an opportunity to speak and express their opinion. All are welcome.

WOMEN IN RETIREMENT — “MANAGING DAILY LIVING WITH ARTHRITIS”

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

Dr. Sanjina Prabhakaran, a board certified, fellowship trained rheumatologist from Capital Health-Rheumatology Specialists, will speak about the different types of arthritis that can occur in adults, symptoms, and how to manage the condition in everyday life. All are welcome.

WOMEN IN RETIREMENT — “EDUCATIONAL AND CULTURAL OPPORTUNITIES IN THE PRINCETON AREA”

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

We will be exploring the multitude of programs, classes, and lecture series available in our community. Come join us to pick up some new ideas, including sources of information to help you stay informed throughout the year.

All are welcome.

TRANSITION TO RETIREMENT

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

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

CLASSES

TECHNOLOGY WORKSHOP “STREAMING AND STREAMING DEVICES”

Wednesday, July 18, 10:00 a.m.– noon

High quality entertainment is one click away! In this class, we’ll explain what streaming is, review the wide array of streaming channels (including “broadcast” and “cable” channels), and talk about streaming devices you can add to your TV. It’s time to enjoy Netflix, YouTube, Apple TV, Google Chromecast, Amazon Fire, and more!

Class is limited to 8. No fee. Registration required.

Instructor: Don Benjamin

MORE PROGRAMS

SONGWRITING 101

**Wednesday, July 11,
10:00–11:00 a.m.**

Set to acoustic guitar music, you will share stories about the topic that the group chooses. Participants will learn the parts of a song and how they are structured encouraging them to come up with the lyrics through story telling.

No fee. Registration required.

Instructor: Sheli Monacchio

Sheli is the Director of Life Care Resources at Van Dyck Law

BRIDGE LESSONS FOR BEGINNERS

**Fridays, July 13–August 17th,
10:00 a.m.–noon**

Students learn how to bid, play, and defend bridge hands, using modern, hands-on techniques. The course is designed for those who have never played bridge before, as well as those returning to the game.

Fee: \$120/6 weeks. No drop-ins. Registration required. To register, please go online to princetonsenior.org. NOTE: \$12 charge, payable to instructor. **Audrey Grant's Bridge Basics 1**—supplied the first class. There is a 10 student minimum, otherwise class will be cancelled and refunds will be issued.

Instructor: Bill Miller

COMMUNITY PICNIC ~ FREE!

AT REDDING CIRCLE

**Wednesday, July 25,
5:30–7:30 p.m.**

Redding Circle is located off of Mt. Lucas Road in Princeton
Join your neighbors for a

picnic with grilled hot dogs, hamburgers, and more. We bring the BBQ, you bring the fun!

Open to the public, rain or shine.

Co-sponsored by the Princeton Public Library, Princeton Human Services, Princeton Police Department, and Committed and Faithful Princetonians.

COMING OF AGE IN AGING AMERICA

ENCORE PERFORMANCE

Monday, August 13, 11:00 a.m.

This is an encore screening of the film that was shown at the Princeton Public Library in May 2018. This 2017 documentary from American Public Television/PBS examines the approach of a global demographic where most of the population will be more than 50 years old. The far-reaching implications for America's social and economic institutions as they adapt to this transformation are also examined.

This documentary and accompanying website have been designed as tools to change the conversation about aging and how our longevity will bring a systemic transformation of our society—today and in the future. The film's central thesis is that an aging society is not just about old people—it's our fundamental institutions, policies, and systems, and how to approach re-engineering them.

No fee. Registration required.



GROUPS

BEREAVEMENT

Mon., July 16th & Aug. 20th at 1:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein 609.819.1226 to attend.

Corner House 19

CAREGIVERS

Mon., July 9th & Aug. 13th at 2:15 p.m.
(Second Monday of each month)

Location: Monument Hall
East Conference Room

CHILDREN OF AGING PARENTS

Thur., July 12th & Aug. 9th at 4:30 p.m.
(Second Thursday of the month)

Suzanne Patterson Building

CRAFTY PEOPLE

Fridays, 10:00 a.m.–12:00 noon
Call 609.937.8496 to attend.

Elm Court

GRANDPARENTING

Tue., July 17th & Aug. 21st 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

GLOBAL CONVERSATIONS

(formerly Let's Talk in English)

Mondays at Spruce Circle at 1:00 p.m.
Fridays at Redding Circle at 9:30 a.m.

MEN IN RETIREMENT

On hiatus for month of July

Friday, Aug. 3rd at 2:00 p.m.
(First Friday of each month)

Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

Tue., July 10th & 24th & Aug. 14th & 28th at 10:30 a.m. (Second and fourth Tuesdays of the month)

Suzanne Patterson Building

TRANSITION TO RETIREMENT

Fri., July 20th at 3:00 p.m. (Third Friday of the month), **on hiatus in Aug.**

WOMEN IN RETIREMENT

Fri., July 20th & Aug. 17th at 10:30 a.m.
(Third Friday of each month)

Suzanne Patterson Building

THERE ARE NO FEES FOR THESE GROUPS.

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

Mount Carmel Guild
609.392.5159 x113

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 Services of NJ
609.921.8888

Senior Citizen Club
609.921.0973

Social Security
800.772.1213

SHIP (Medicare)
800.792.8820

T.R.A.D.E.
609.530.1971



ADVANCES IN MEDICINE FOR OLDER ADULTS
Leaders: Dr. David Atkin and Dr. John Cotton

THE AMERICAN SONGBOOK: BEYOND NOSTALGIA
Leader: Michael Lundy

ART, ANARCHY, AND THE ENIGMA OF DREAMS
Leader: Wendy Worth

THE ART OF THE SONNET
Leader: Peter Smith

ART SPEAKS: THE IMAGE AS PROPAGANDA
Leader: Helen Schwartz

THE BRONTËS' NOVELS AND FILMS
Leader: Dianne Sadoff

CASE STUDIES IN SCIENCE AND TECHNOLOGY
Leader: Stuart Kurtz

CONTEMPORARY BUSINESS AND ECONOMICS ISSUES
Leaders: Bonnie Galloway, Milton Grannatt, and Kurt Steiner

EXPLORING LITERARY STYLES IN MEXICAN SHORT STORIES
Leader: Cecilia Rosenblum

A GEOGRAPHER'S PERSPECTIVE ON THE ENVIRONMENT
Leader: Helen Goddard

THE HISTORY AND MYSTERY OF ICE AGE ART
Leader: Kay Widmer

THE HISTORY OF HASIDIM
Leader: GH Friedlander

ILLUMINATING RECENT FICTION
Leader: Judith Wooldridge

Fall 2018 Course List

JAMES JOYCE'S *ULYSSES*
Leader: Lee Harrod

KLEZMER ROOTS AND KLEZMER TOOTS
Leaders: Bob Mehlman and Bill Selden

THE MAJESTY OF BEL CANTO OPERA
Leader: Irwin Rosenblum

MARGARET ATWOOD'S SHORT GRIM TALES
Leader: Lois Marie Harrod

MORE PLAYS OFF THE PAGE: *MAJOR BARBARA*
Leader: Barbara Herzberg

THE NATURE OF AMERICAN ART
Leader: Richard Swain

OLD AND NEW: JUDICIAL DECISIONS THAT STILL COMMAND HEADLINES
Leader: Philip Carchman

PERSONALITY AND LEADERSHIP IN THE WHITE HOUSE
Leader: David Brown

SCIENCE IN THE NEWS
Leader: Bob Robinson

THEMES IN IRISH FOLK MUSIC
Leader: Bill O'Neal

UNDERSTANDING THE QU'RAN
Leader: Mohammad Ali Chaudry

VOTING RIGHTS AND THE 2018 MID-TERM ELECTIONS
Leader: Elaine Jacoby

WAR AND MORALITY
Leader: Michael Walzer

WORLD CINEMA
Leader: Judith Zinis

FEES: \$85/6-8 WEEK COURSES
FOR INFORMATION AND TO REGISTER GO TO THEEVERGREENFORUM.ORG

JULY 11: COURSE DESCRIPTIONS AVAILABLE ON WEBSITE AND ONLINE
REGISTRATION BEGINS
AUGUST 28: LOTTERY FOR OVER-SUBSCRIBED COURSES
SEPTEMBER 24: CLASSES BEGIN

JULY & AUGUST PROGRAMS

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



EXERCISE & FITNESS



ENRICHMENT

SUZANNE PATTERSON BUILDING

EARLY BIRD AEROBICS

Every weekday morning, 8:00–8:45 a.m.

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

AEROBICS

Monday, Wednesday, Friday, 9:15–10:15 a.m.

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

Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30 p.m.

Drop-in; free.

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

SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m.–12:30 p.m.

Fridays, 12:00–1:00 p.m.

\$48 per quarter

MULTIMEDIA ART WITH HANNAH FINK

This class is on hiatus from June 1st to early September.

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.

This class is on hiatus for the month of July.

\$26/residents; \$35/non-residents; per month*

WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.

\$36/residents; \$48/non-residents

WORD PLAY (POETRY) WITH RICE LYONS

Join an ongoing group to read, discuss and write poetry. No writing experience is required.

Mondays at 2:00 p.m. \$5/per quarter

PAINTING WITH CHRISTINA RANG

Wednesdays at 1:30 p.m.

Painting with watercolor and acrylics.

\$26/residents; \$35/non-residents; per month*

COSMOLOGY

Thursdays at 9:45 a.m.

\$5/per quarter. Peer-led science discussion.

Contact brucewallman@gmail.com for more information.

* Note that art classes have changed to monthly registration.



GAMES



TECHNOLOGY ASSISTANCE

SCRABBLE & OTHER GAMES

Tuesdays, 12:00 noon. Free.

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

SOCIAL BRIDGE

Tuesdays, 1:00–4:00 p.m. Free.

MAH JONGG

Tuesdays, 1:00–4:00 p.m. Free. BYO set.

DUPLICATE BRIDGE

Thursdays, 12:30 p.m.

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

TECHNOLOGY LAB is open for one-on-one

assistance with our experienced and patient volunteers; bring your laptop, phone, or tablet, or use our desktops.

- Tuesday 1:00–4:00 p.m.
- Wednesday 1:30–4:00 p.m.
- Friday 10:00 a.m.–12:00 noon

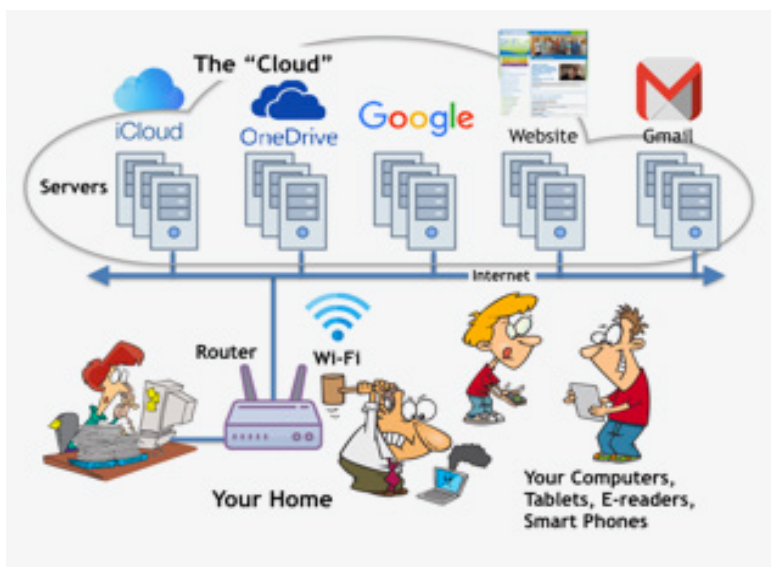
ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

By Don Benjamin

Cloud Services

One of the questions folks often ask when they visit the Technology Lab is, “What’s the cloud?” So, I thought it was time to talk about the cloud and offer some reasons to use it. I drew the nifty graphic below to help.



How your computer gear connects to the “cloud.” corner.

First, “Why the Cloud?” It’s an unfortunate name because it conjures up images of an ethereal network floating overhead. But it actually refers to the gazillion computers, servers, smart phones, tablets, etc., interconnected via the internet. (In that sense, your computer and mobile devices are also part of “the cloud.”)

Now, unlike the traditional (“dial”) telephone system, which connects two phones over a defined path of wires, the information you send over the internet is chopped into “packets” of data that are commingled with packets from other computers over the internet and reassembled at the destination. The email message you send to your son in Denver may be sliced into 10 pieces in Bayonne, shipped over the internet via 5 different paths, and reconstructed by computers in nearby Boulder—all within fractions of a second.

The YouTube video you’re watching on how to replace the shock absorbers on your Yugo comprises thousands of data “packets” that flow from the YouTube servers through the internet over many paths to your service provider’s (Verizon or Comcast) network and into your home.



Proud Yugo owner.

Therefore, we can think of the internet as a “cloud,” where stuff goes in here and comes out there but doesn’t follow an identifiable path. In fact, it can follow many paths simultaneously.

When you Google a term, send an email, or open the princeton senior.org website, you’re using the internet to connect your personal computer to corporate “servers”—which are simply huge computers in giant buildings—in “the cloud.” These servers could be anywhere in the world. Apple’s iCloud could be in California or Great Britain; YouTube and Gmail servers could be in Seattle, Paris, and Tokyo; PSRC’s web server might be in Princeton or Bayonne or Chicago. It doesn’t matter because the internet is global, and it transports information at the speed of light.

So far, I’ve referred to servers in the cloud as sources of information—data that others have made available for you to download. But you can also use cloud servers as repositories to back up the information on your computer. Apple’s iCloud, Microsoft’s OneDrive, Google’s Drive, and Dropbox are excellent cloud-based backup services (I use iCloud and OneDrive). They’re seamless, reliable, and inexpensive.

If you want to know more about cloud services, stop by the Technology Lab on Tuesdays from 1:00 to 4:00 p.m., Wednesdays from 1:30 to 4:00 p.m., or Fridays from 10:00 a.m. until noon.

JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 PSRC'S SUZANNE PATTERSON BUILDING CLOSED FOR SEMI-ANNUAL FLOOR REFINISHING <hr/> 11:30 Chair Exercise - SC 1:00 Global Conversations - SC	3 PSRC'S SUZANNE PATTERSON BUILDING CLOSED FOR SEMI-ANNUAL FLOOR REFINISHING <hr/> 10:00 Every Body Walk! - Various 1:00 Knit Wits - SC	4 PSRC IS CLOSED FOR THE JULY 4TH HOLIDAY	5 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB	6 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 1:00 First Friday Film - SPB
9 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers - New time & location - MH - E Conf	10 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 10:30 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	11 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:00 Songwriting 101 - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	12 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB 4:30 Children of Aging Parents - SPB	13 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 10:00 Bridge Lessons - SPB 12:00 Chair Exercise - SC 1:00 Summer Cinema - SPB
16 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB	17 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC	18 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:00 Tech Workshop - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	19 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB	20 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 10:00 Bridge Lessons - SPB 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 1:00 FYI Seminar - SPB 3:00 Transition to Retirement - SPB
23 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB	24 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 10:30 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	25 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC 5:30 Community Picnic - RC	26 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:30 Duplicate Bridge - SPB	27 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 10:00 Bridge Lessons - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 1:00 FYI Seminar - SPB
30 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB	31 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Ted Talk - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	Early Bird Aerobics Monday through Friday 8:00 a.m. Table Tennis Monday, Wednesday, Friday 12:30 to 4:30 p.m.	Locations: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle	SC - Spruce Circle SPB - Suzanne Patterson Building Various — Call Progression PT for locations: 609-454-3536

AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird Aerobics Monday through Friday 8:00 a.m. Table Tennis Monday, Wednesday, Friday 12:30 to 4:30 p.m.	Locations: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building Various — Call Progression PT for locations: 609-454-3536	1 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:00 Classic Film Fest - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	2 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB	3 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 10:00 Bridge Lessons - SPB 1:00 Summer Cinema - SPB 2:00 Men in Retirement - MH Main
6 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB	7 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	8 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:00 Classic Film Fest - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	9 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 4:30 Children of Aging Parents - SPB	10 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 10:00 Bridge Lessons - SPB 12:00 Chair Exercise - SC 1:00 Summer Cinema - SPB
13 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 11:00 Film "Coming of Age in Aging America" - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers - New time & location - MH - E Conf	14 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	15 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:00 Classic Film Fest - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	16 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB	17 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 10:00 Bridge Lessons - SPB 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 1:00 Summer Cinema - SPB
20 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 1:00 Bereavement - CH-19 2:00 Word Play - SPB	21 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC	22 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:00 Classic Film Fest - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	23 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB	24 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 1:00 Summer Cinema - SPB
27 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 10:30 Drawing with Alex - SPB 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB	28 9:30 Chair Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB 10:30 Next Chapter Widow/ers - SPB 12:00 Scrabble - SPB 1:00 Bridge/Mah Jongg - SPB 1:00 Technology Lab - SPB 1:00 Knit Wits - SC	29 9:15 Aerobics - SPB 10:00 Nutrition Program - SPB 11:00 Classic Film Fest - SPB 1:30 Painting with Christina - SPB 1:30 Technology Lab - SPB 2:45 Let's Talk - SC	30 9:45 Cosmology - SPB 10:00 Yoga - SPB 10:00 Every Body Walk! - Various 10:00 Nutrition Program - SPB	31 9:15 Aerobics - SPB 9:30 Global Conversations - RC 10:00 Technology Lab - SPB 10:00 Crafty People - EC 10:00 Nutrition Program - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 1:00 Summer Cinema - SPB



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