

January 2016

**Happy
New Year!**



CHINESE NEW YEAR

TUESDAY, JANUARY 26

AT 10:30 A.M.

Help us welcome the
Year of the Red Fire Monkey!

Please join us for a celebration
featuring a performance by the
from Ying Hua School, music
and traditional snacks.

Admission is free,
but reservations are appreciated.

Please call (609) 924-7108

Suzanne Patterson Building

PSRC
will be
CLOSED

on
MONDAY, JANUARY 18
for
Martin Luther King, Jr.
Day

JOIN US FOR
A SPECIAL PROGRAM

STRATEGIES FOR YOUR FINANCIAL FUTURE

A PANEL DISCUSSION LED BY

JANE GORE, MBA, INSIGHT FINANCIAL SERVICES
Tuesday, January 12, 2016 at 6:00 p.m.

If you are feeling overwhelmed by all the options
available to you for putting your finances in order for
your future, come hear the panel of experts discuss
various aspects you should be thinking about as you
go through your planning process.

Jane Gore has been in the financial services industry
for 25 years. She has focused her career on providing
solutions to all aspects of her clients' financial lives
including asset allocation, retirement planning,
and college planning.

TOPICS AND PANELISTS:

BANKING: LUCIA STEGARU, PNC Bank

PLANNING: ELEANORE "ELLY" SZYMANSKI, CFP

ANNUITIES: JAY LA MALFA, Insight Financial

TRUSTS: FIONA VAN DYCK, Van Dyck Law

INSURANCE: DAVE SALTZMAN, Dave Saltzman Insurance

Please call to reserve a space 609.924.7108

*This program is co-sponsored by the
Princeton Public Library.*

*Light refreshments will be provided courtesy of
Brookdale Senior Living.*

***Please check our website for programming
updates in the event of inclement weather.
princeton senior.org***

EVERGREEN FORUM DATES

January 5 - Registration begins

February 1 - Lottery for over-subscribed courses

February 29 - Classes begin

See page 10 for course list



DIRECTOR'S MESSAGE ~ HOPE



January is the start of a new year, but is also the darkest time of year.

How do you cope with January blues? It is easy to feel down, lonely, or isolated at this time of year. Days are short and weather often keeps us from doing things we enjoy.

I find myself already feeling deep despair as I write in early December. The Paris attacks are fresh in our minds, the Climate Summit predicts dramatic global environmental changes, refugees desperately seek better lives free from war, and more innocent people are shot in the streets and social service agencies. Every news hour seems to bring more horror. How can we tolerate a mass shooting every day of the year? What are we doing?

And then the lyric "it takes hope in a hopeless world" starts running through my head and I have to ask "where do we find hope?" Most of us have felt the darkness at some time in our lives, whether because the days are short or we have experienced a difficult time. What has helped you find hope in those times? Probably each of us has a different answer. Maybe you find it in the eyes of your grandchildren. Maybe you volunteer at a soup kitchen or homeless shelter. Read with a child. Call or write a friend or your congress person. Go to a climate change or gun control rally. Maybe you're a daily call

volunteer from your home. One answer for me lies in the consultations I do with families and individuals here, when I know I have helped someone find the answer to a question or figure out the next step on their journey.

I think our deepest despair comes when we believe there is nothing we can do to make a difference. Finding hope requires fighting individual despair and joining with others who have hope. Sometimes what you do alone will have no apparent effect. Sometimes it only affects one person (such as the student who applies for college because you helped her believe she could be first in the family to attend.)

I believe in the butterfly effect: one small, individual act gains momentum, draws others in, and grows into something that changes the world as we know it. There are many examples of people whose lives have been changed just by taking a first step - one small action. So, as we enter the dark days of January and begin a new year, what will you do to find hope? There are many opportunities for each of us to make a difference.

Another part of the new year is new beginnings. Please help us welcome new staff members, introduced later in this and upcoming newsletters

Happy New Year!

Susan W. Hoskins, LCSW
Executive Director

HOLIDAY 2015

PSRC walls were adorned with a display of beautifully made collage pictures of winter scenes made by Riverside School Kindergarteners to honor their GrandPals



The Princeton Boy Choir gave a fabulous performance at our holiday party

JANUARY PROGRAMS

TED TALKS

Tuesdays, 10:30 - 11:45 a.m.

Drop in for a lively discussion!

For the first 15 minutes we watch a TED Talk, then we discuss it.

Discussions are facilitated by

Helen Burton. No fee. This month's topics:

January 5 ~ Daniel Levitin: *How to stay calm when you know you'll be stressed*

January 12 ~ Bryan Stevenson *We need to talk about an injustice*

January 19 ~ Brian Greene: *Making sense of string theory* (Recommended by Nayan Trivedi and Ron Miller)

January 26 ~ Melissa Fleming: *A boat carrying 500 refugees sank at sea. The story of two survivors.*

For more background, visit www.TED.com.



APPLE TECHNOLOGY CLASSES

INTRO TO IPAD

Thursday, January 7, 10:00 a.m. to 12 noon

Bring your iPad and learn how to use it! Make

sure you **know your Apple ID and password**

Handouts will be provided for you to take with you. Instructor: Barbara Essig. No fee.

IPHONE CLASS

NEW!

TUESDAY, JANUARY 12, 1:00 TO 3:00 P.M.

Come learn all about your (new?) iPhone—how to add and access contacts; how to take and store photos; and learn which apps are right for you. No fee.

MORE ABOUT IPAD

Thursday, January 28, 10:00 a.m. to 12 noon

Get really comfortable with your iPad! Make sure you **know your Apple ID and password.**

Handouts will be provided for you to take with you. Instructor: Barbara Essig. No fee.

Please call to register: 609.924.7108.

Please call to register/ reserve a space for any class, program and/or event offered at PSRC: 609.924.7108. We ask for pre-registration so we can plan room set-ups and/ or contact you in the event a program is cancelled.

LUNCH AND LEARN

Friday, January 15 at 12 noon

"HAPPILY AT HOME: WHAT DOES AGING IN PLACE LOOK LIKE?" WITH ANN KING-MUSZA

Did you know that 90% of people 65 and over say they would like to continue to live in their home? This talk covers some of the issues one needs to consider when planning to age in place. After being the primary caregiver for her parents for 17 years, Ann and her husband opened Akin Care Senior Services to provide support and in-home senior care for elders, their adult children and caregivers.

LUNCH AND LEARN

FRIDAY, JANUARY 22 AT 12 NOON

Total Eye Care with Dr. Harmon Stein of Total Eye Care and Laser Treatment Center Learn how to care for our eyes, and the various problems we may encounter as we age, including floaters, cataracts, and macular degeneration. The program will also include a free glaucoma screening. Please call to reserve a space 609.924.7108.

Our Lunch and Learn programs are always free. Bring a brown bag lunch; dessert and beverages will be provided.

RETIREMENT PROGRAMS

MEN IN RETIREMENT

No regular meeting in January. Breakfast meetings continue. *See p. 7 for more information.*

WOMEN IN RETIREMENT

FRIDAY, JANUARY 15 AT 10:30 A.M.

Meet interesting people, make new friendships, enjoy conversation, share experiences and join in engaging activities that stimulate personal growth. Group meets on the third Friday of month. No fee.

TRANSITION TO RETIREMENT

FRIDAY, JANUARY 15 AT 3:00 P.M.

This monthly group deals with issues related to making the adjustment to retirement. All are welcome. The group is facilitated by Dr. John George, Licensed Psychologist. No fee.

JANUARY PROGRAM HIGHLIGHTS

JANUARY OPERA FESTIVAL

EVERY WEDNESDAY THIS MONTH AT 12:30 P.M.

JANUARY 6 ~ MASSENET: WERTHER (FRENCH)

Jonas Kaufmann, Sophie Koch, Ludovic Tezier;
2010 National Opera of Paris - Michel Plasson.

2 hours, 52 minutes

JANUARY 13 ~ GIORDANO: ANDREA CHENIER (ITALIAN)

Jose Carreras, Eva Marton, Piero Capucillo.
2010 La Scala, Milan - Riccardo Chailly.

2 hours, 17 minutes

JANUARY 20 ~ GOUNOD: ROMEO ET JULIETTE (FRENCH) Roberto Alagna, Leontina Vaduva.

Royal Opera House Covent Garden - Charles Mackerras. *2 hours 51 minutes.*

JANUARY 27 ~ BELLINI: I PURITANI (ITALIAN)

Juan Diego Florez, Nino Machaidze, Ildebrando D'Arcangelo, Gabrielle Viviani. Teatro Comunale di Bologna - Michele Mariotti.

2 hours 54 minutes.

Co-sponsored by Princeton Friends of Opera

Suzanne Patterson Building

NEW DISCUSSION GROUP

WEDNESDAYS AT 10:30 A.M. BEGINNING JANUARY 6.

TAMING YOUR GREMLIN – A GUIDE TO ENJOYING YOURSELF BY RICHARD D. CARSON, PUBLISHED IN 1983. There is a gremlin within you. He is the narrator in your head:

He tells you who you are, and he defines and interprets your every experience.

He wants you to feel bad, and he pursues this loathsome task by means of sophisticated maneuvers; just when you feel you've out-argued or overcome him, he changes his disguise and his strategy. He's the sticky sort – grapple with him and you become more enmeshed; and what he hates is simply being noticed. That is the first step to taming him.

Carson blends his laid-back style, Taoist wisdom, the Zen Theory of Change, and sound psychology in an easy-to-understand, unique, and practical system for banishing the nemesis within. Facilitated by Helen Burton, the class will run for 6 weeks. Fee: \$36/residents; \$48 non-residents. Please call to sign up: 609.924.7108.

STRATEGIES FOR YOUR FINANCIAL FUTURE

A PANEL DISCUSSION LED BY JANE GORE, MBA, INSIGHT FINANCIAL SERVICES

TUESDAY, JANUARY 12, 2016 AT 6:00 P.M.

Be prepared to ask questions of the panel so you are ready to deal with your level of risk tolerance, knowing what your timeline needs to be, and choosing the options that fit your needs. Please call 609.924.7108 to reserve a space. No fee.

Suzanne Patterson Building

CHINESE NEW YEAR

TUESDAY, JANUARY 26

AT 10:30 A.M.

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Suzanne Patterson Building



TRANSPORTATION

CROSSTOWN

Door-to-door car service within Princeton for people over 65 who don't drive. Call 609.252.2362 to sign up for the first time and 609.452.5144 to schedule a ride. \$3 each way; free to UMCP (the hospital). Call as early as possible to reserve your ride.

DAYTIME FREE- B BUS

The Free-B bus runs a daytime 70-minute loop around town, 9:30 a.m. - 4:30 p.m., Monday through Saturday.

For a map of Princeton public transit lines, go to:

<http://www.princetonnj.gov/public-transportation.html>

EXERCISE AND FITNESS

CLASSES

NEW (FIRST QUARTER) CLASS SESSIONS BEGIN JANUARY 1, 2016

SUZANNE PATTERSON BUILDING

- ♦ **Early Bird Aerobics** - Every weekday morning at 8:00 a.m. 40 minutes of cardio & toning. \$55/month, or \$5 daily drop-in rate.
- ♦ **Aerobics: Monday, Wednesday, Friday** at 9:15 a.m. \$47/session/residents; \$93/non-residents. Register through Princeton Recreation Department: 609.921.9480.
- ♦ **Yoga: Thursdays** at 10:00 a.m. \$72/residents, \$96/non-residents per quarter.
- ♦ **Table Tennis: Monday, Wednesday, Friday** at 10:30 a.m. Drop-in; no charge.

SPRUCE CIRCLE

- ♦ **Chair Exercise: Mondays** at 11:30 a.m., **Fridays** at 12:00 noon. \$48 per quarter.

SUZANNE PATTERSON BUILDING

- ♦ **Drawing with Pencil: Mondays** at 10:30 a.m. \$72 residents, \$96/non-residents per quarter.
- ♦ **Word Play (poetry group): Mondays** at 1:30 p.m. \$5/quarter for copying costs.
- ♦ **Memoir Writing II: Mondays** at 10:30 a.m. \$5/per quarter for copying costs.
- ♦ **Memoir Writing: Wednesdays** at 3:30 p.m. \$5/quarter for copying costs.
- ♦ **Painting with Christina: Wednesdays** at 1:30 p.m. Painting with watercolor and acrylics. \$72/residents, \$96/non-residents per quarter.
- ♦ **Art with Hannah: Thursdays** at 1:00 p.m. \$72/residents, \$96/non-residents per quarter.
- ♦ **Cosmology: Thursdays** at 9:45 a.m. \$5/quarter. Peer-led science discussion group. Contact Bruce Wallman for info: Brucewallman@gmail.com.

GAMES

SUZANNE PATTERSON BUILDING

- ♦ **Social Bridge: Tuesdays,** 1:00 - 4:00 p.m. Free.
- ♦ **Mah Jongg: Tuesdays,** 1:00 - 4:00 p.m. Drop-in. Free. BYO cards & set.
- ♦ **Scrabble: Tuesdays** at 1:00 p.m. Free.



For the following bridge events please register with Bill Miller 908.872.7927 or billsbridge@gmail.com

- ♦ **Duplicate Bridge** Thursdays at 12:30 p.m.
- ♦ **Bridge Lessons** Intermediate Bridge Lessons Wednesdays at 5:30 p.m. Please contact Bill to sign up.



PSRC STAFF

Susan W. Hoskins, LCSW
Executive Director

Fran Angelone
Office Manager, Spruce Circle
Olivian Boon
GrandPals & Evergreen Forum Coordinator

Donna Cosgrove
Development Assistant
Kimberley Cotner
Bookkeeper

Jeanette Hooban
Program Assistant
Volunteer Coordinator
Sharon Hurley, CVA
Director Support & Guidance
Emily Logue
Communications and Marketing Coordinator
Sallie Meade
GrandPals Coordinator
Breana Newton
Program Assistant,
Rental Coordinator

Ken Peabody
Data Coordinator
Barbara Prince
Development Director
David Roussell, MEd, MSW, LSW
HomeFriends & Care Coordinator
Mauri Tyler, TRS
Program Director

DID YOU KNOW...

FIVE THINGS A DOCTOR SHOULD CHECK AFTER A FALL.

Falls are the leading cause of fatal and non-fatal injuries for older adults. One third of Americans age 65+ fall each year. You should take measures to prevent falls, such as removing tripping hazards, working on strength and balance, avoiding icy walkways and monitoring medications that contribute to falls.

If you do fall, you should be checked by a doctor for:

1. Factors that contributed to the fall: such as dehydration, fatigue, medication, medical conditions.
2. Blood pressure and pulse (sitting, standing and resting). Make sure that changing elevation doesn't cause dizziness or lightheadedness.
3. Complete Blood Cell Count: could detect an infection, sodium and vitamin levels which could indicate contributing factors.
4. Vision and foot health
5. Heart and neurological conditions contributing to or resulting from a fall, especially if you black out or hit your head.

Don't take unnecessary risks in icy weather conditions.

COMPUTER GURU ~ Don Benjamin

PHISHING EXPEDITIONS

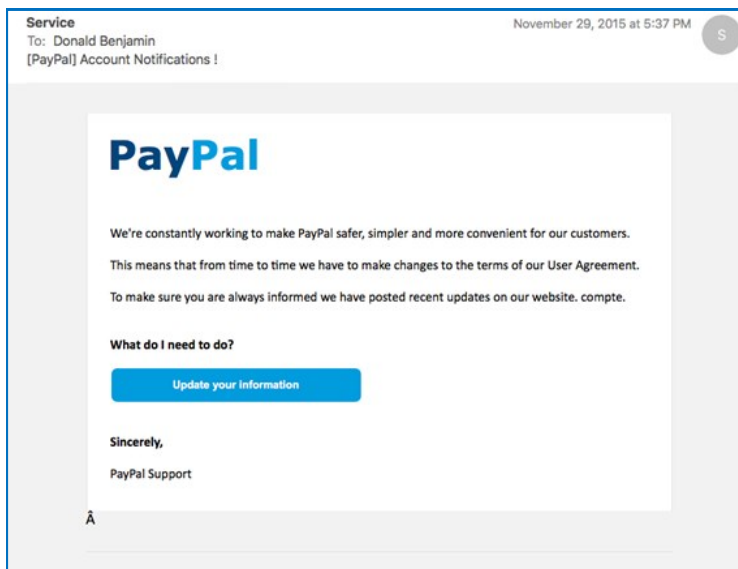
WARNING: Be wary of E-mails that ask you to confirm your account information.

Here's a notice I received from PayPal asking me to update my account. When I clicked on the "Update your Information" link conveniently provided in the E-mail, it then asked me to enter my ID and Password in an official-looking PayPal form. The problem was that the E-mail wasn't from PayPal at all, and the link opened a fake PayPal Web page. If I had entered my ID and Password, I would have given someone access to my PayPal account.

This is called "phishing," but the phisherman is collecting ID's and Passwords instead of fish. There were three clues to this scam. First, the sender's E-mail name was "Service" and address

"reply_to@zidmaderdegsh.com" instead of "PayPal.com." Second, the message contained typos and punctuation errors. But most important, it asked me to click on the link provided in the E-mail, which is a no-no.

If you receive an unsolicited E-mail with a link directing you to log in to your on-line account, be very careful, or don't click it at all. If you need to view your account information, start your browser and enter the company's official address (URL) yourself, or use a bookmark you know is legitimate. If you have any questions about unsolicited E-mails, please bring them to the PSRC computer lab on Tuesday from 1 to 4 p.m. or Friday from 10 to noon, and we'll help you figure out if they're for real. Otherwise, you could be on the "hook."



GROUPS

BEREAVEMENT

Monday, January 25 at 1:00 p.m.
(Third Monday of each month.) Call Sherri Goldstein 609.497.4900 to attend. *Corner House 19*

CAREGIVERS

Monday, January 11 at 1:30 p.m.
(Usually second Monday of each month.)
Corner House 19

CHILDREN OF AGING PARENTS

Wednesday, January 13 at 4:30 (Second
Wednesday of the month)
Suzanne Patterson Building

GRANDPARENTING

Tuesday, January 19 at 1:00 p.m. (Third Tuesday
of each month.) *Suzanne Patterson Building*

KNIT WITS

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

LET'S TALK

Wednesdays at 2:45 p.m.
Spruce Circle

LET'S TALK ENGLISH

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

MEN IN RETIREMENT

No regular meeting in January; breakfasts con-
tinue. (First Friday of each month at 2:00 p.m.)
Monument Hall

TRANSITION TO RETIREMENT

Friday, January 15 at 3:00 p.m. (Third Friday
of each month.) *Suzanne Patterson Building*

WOMEN IN RETIREMENT

Friday, January 15 at 10:30 a.m. (Third Friday
of each month)
Suzanne Patterson Building

There are no fees for any of these groups.

FREE HEALTH SCREENINGS

Tuesday, January 12 at 11:00 a.m.
Blood Pressure *Spruce Circle*
Wednesday, January 27 at 1:00 p.m.
Blood Pressure Screening *Elm Court*

PARTNERS IN CARING

PSRC is your go-to place to find resources for all kinds of information. If you need help finding a service, reviewing options, or making a plan, our care coordinators can help you. Whether it's a single question we can answer in a phone call, or ongoing support, we will partner with you and your family to help you find what you need to meet the goals you set.

- ◆ Information and Referrals
- ◆ Counseling and Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support & Wellness Groups
- ◆ Transitions – support with the inevitable transitions throughout the life span
- ◆ Volunteer Visitors

Please feel free to call for more information:
609.924.7108 or 609.252.2362.

QUICK REFERENCE GUIDE TO AREA RESOURCES

Access Princeton: 609.924.4141
Arts Council of Princeton: 609.924.8777
Community Without Walls: 609.921.2050
Cornerstone Community Kitchen: 609.924.2613
Crisis Ministry: 609.921.2135
Funeral Consumers Alliance: 609.924.3320
Mercer County Legal Services: 609.695.6249
Mercer County Nutrition Program: 609.921.1104
Mercer County Office on Aging: 609.989.6661
or 877.222.3737
NJ Consumer Affairs: 973.504.6200
NJ Health & Senior Services: 800.792.8820
One Table Café: 609.924.2277
PAAD: 800.792.9745
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
State Health Insurance Program: 609.924.2098
Sustainable Princeton: 609.454.4757

DEVELOPMENT

FINANCIAL MATTERS – THANK YOU!

As annual appeal time rolls around we are so grateful to all of you who have taken the time and care to include PSRC in your charitable giving for the year. As a nonprofit organization, approximately 14% of our budget comes from these annual appeal gifts. In 2016 we're hoping that amount will grow to 16 percent. While we rely greatly on individual donations, it is often possible for an individual to double or even sometimes triple the value of his or her gift by applying for a corporate match, whether from a current or former employer. Many companies participate in this type of exponential philanthropy because everybody wins!

There are many other ways to include PSRC in your annual giving plan, whether making a gift of stock, or as a sustaining supporter giving smaller amounts on a monthly basis, or as part of a minimum required IRA distribution. If you attended our recent Fall Conference in October, perhaps you attended the workshop on Estate Planning, when Fiona Van Dyck, the workshop leader, so aptly put it, "Only you can make those (estate) decisions and leave a legacy that you want and deserve." Please know that no amount is too small, and we appreciate that every gift is from the heart!

All of us at PSRC work hard to provide you with the best possible programs, guidance, and services, and hope you find us to be a warm and welcoming part of your community. We thank you so much for your financial support, and wish you a wonderful new year full of many kindnesses and good fortune!



A SPECIAL OPPORTUNITY! A GUIDED TOUR OF THE PRINCETON CHAPEL

with Dr. Karlfried Froehlich
of the Princeton Theological Seminary
Saturday, January 23 at 2:00 p.m.

Join Dr. Karlfried Froehlich as he walks you through one of the most important examples of authentic Gothic architecture on this side of the Atlantic. Built in the late 1920's by Ralph Adams Cram, one of the leading Gothicists of that time, and planned with the help of the medieval art historians of the university, the chapel embodies all the important features of medieval architecture and decoration. The tour will focus on the meaning of the exterior sculpture at the three portals and the picture cycles of the windows. The ticket price is \$25 per person - all proceeds to benefit PSRC. Please call 609.924.7108 to purchase ticket(s).

COMMUNITY ARTS PARTNERSHIPS

PSRC has community partnerships with the following organizations, which often will give a discount if you mention PSRC when ordering tickets:

McCarter Theatre: 609.258.2787

Princeton Symphony Orchestra: 609.497.0020

Princeton Garden Theatre: 269.279.1999

LOOKING AHEAD

HEALTHCARE DECISIONS DAY

WEDNESDAY, FEBRUARY 3, 10:15 TO 11:45 A.M.

Susan Hoskins, LCSW, and Dave Roussell, LSW will present information on healthcare decision-making (advance directives, Living Will, POLST) and having “the conversation” so your family, friends and healthcare providers understand your wishes.

LEWIS LIBRARY TOUR

SATURDAY, FEBRUARY 6, 2016 AT 2:00 P.M.

Tour Princeton University’s Lewis Library, designed by internationally acclaimed architect Frank Gehry. This exciting facility, in Princeton’s ‘science neighborhood’ combines new technologies for teaching, research, and collaboration while housed in a boldly-designed building. Gehry’s designs are inspired by the beauty of lines and curves he sees in everyday life. \$25 per ticket; all proceeds to benefit PSRC. Call for tickets and information: 609.924.7108.

VALENTINE ORIGAMI

MONDAY, FEBRUARY 8, 1:00 TO 3:00 P.M.

WITH LAURA KRUSKAL

Make beautiful valentines for your loved ones using paper-folding techniques. \$5. per person; paper supplied.

GADGET SUPERLAB!

TUESDAY, FEBRUARY 9 1:00 TO 4:00 P.M.

Bring your gadget with you and learn how to use it! A dozen Bloomberg volunteers will be on hand to help with any and all technology gadgets (tablets, smartphones, e-readers, etc.) Details to follow in the February newsletter.

LUNCH AND LEARN

FRIDAY, FEBRUARY 12 AT 12 NOON

“IT’S OK TO DIE” FILM FOLLOWED BY A DISCUSSION.

Dr. Monica Williams-Murphy, an emergency room physician, and her husband Kris Murphy are devoted to transforming the end of life into a time of peace, closure and healing.

ART SHOW TO BENEFIT PSRC

OPENING RECEPTION

FRIDAY, FEBRUARY 19, 4:00 TO 6:00 P.M.

Details to follow in the next PSRC newsletter.

SPECIAL SPEAKER SERIES

WHYY’s DR. DAN GOTTLIEB

TUESDAY, FEBRUARY 23 AT 1:00 P.M.

(Snow Date: Friday, February 26)

“CULTIVATING COMPASSION FOR OUR AGING FAMILY MEMBERS AND OUR AGING SELVES”

Dr. Dan, as he is known to WHYY listeners throughout the region, is the popular and insightful host of “Voices in the Family” airing on Mondays on WHYY FM.

LUNCH AND LEARN

FRIDAY, FEBRUARY 19 AT 12 NOON

“BALANCE AND FALLS” WITH MATT JAMES, PT OF SPECIALIZED PHYSICAL THERAPY OF PRINCETON.

Falling is a primary source of injury and debilitation as we age. Learn how to improve your balance in order to help prevent falls.

Please call 609.924.7108 to register for all programs and classes.

Farewell



Please join us in bidding a fond farewell, with grateful thanks to **Susan Friedman, Director of Support and Guidance**—we wish her all good things and happiness in her next endeavors!

...and welcome

David Roussell, MEd, MSW, LSW, is a Licensed Social Worker. For much of his professional life he has worked with people with disabilities, most recently at Enable Inc. He is very knowledgeable about resources and will be an asset to the Support and Guidance team doing care coordination and managing the HomeFriends program.



EVERGREEN FORUM SPRING 2016

GREAT DECISIONS

Instructor: Richard Kaye

Monday 10:30 a.m. to 12:30 p.m., 8 weeks beginning 2/29

PRESIDENTIAL POWERS IN TIME OF CRISIS

Instructor: Robert Miller

Monday 10:30 a.m. to 12:30 p.m., 8 weeks beginning 3/7

AMERICA IN THE 1980s

Instructor: Stanley Katz

Monday 2:15 to 4:15 p.m., 6 weeks beginning 2/29

TWELFTH NIGHT IN TULIP TIME

Instructor: John Silver

Monday 1:30 to 3:30 p.m., 6 weeks beginning 2/29

THE GOLDEN AGE OF JAPANESE CINEMA

Instructor: Steven Schlosstein

Monday 1:00 to 4:00 p.m., 8 weeks beginning 3/7

MISFITS: HERETICS OR TRENDSETTERS?

Instructor: Henry Bowden

Tuesday 9:45 to 11:45 a.m., 8 weeks beginning 3/1

DANTE ALIGHIERE: *INFERNO*

Instructor: John Fleming

Tuesday 10:00 a.m. to 12 noon, 6 weeks beginning 3/1

BLACK SLAVERY IN THE U.S.: SOUTHERN EXPANSION, NORTHERN RESISTANCE

Instructor: Jeanne Gorrisen

Tuesday 10:00 a.m. to 12 noon, 8 weeks beginning 3/1

SOUNDS OF THE 1950s:

EXPLORING POPULAR MUSIC AND CULTURE

Instructor: Michael Lundy

Tuesday 10:00 a.m. to 12 noon, 8 weeks beginning 3/1

HEMINGWAY AND FITZGERALD

Instructor: Betty Lies

Tuesday 1:30 to 3:30 p.m., 8 weeks beginning 3/1

SCIENTISTS AGAINST TIME:

THE ROLE OF SCIENTISTS IN WW II

Instructor: Harold Feiveson

Tuesday 1:30 to 3:30 p.m., 6 weeks beginning 3/1

YOUNG ADULT NOVELS FOR ADULTS

Instructors: Gerrit and Barbara Bleeker

Tuesday 1:30 to 3:30 p.m., 8 weeks beginning 3/1

TOPICS IN HUMAN EVOLUTION

Instructor: Peggy de Wolf

Tuesday 1:30 to 3:30 p.m., 6 weeks beginning 3/1

CHINESE CULTURE

Instructor: Leonard Chin

Wednesday 10:30 a.m. to 12:30 p.m.

8 weeks beginning 3/2

THOSE REMARKABLE OXFORD WOMEN -- AND SOME OXFORD MEN

Instructor: Alice Chandler

Wednesday 10:30 a.m. to 12:30 p.m.

6 weeks beginning 3/2

THE ARTS AND CRAFTS MOVEMENT*

Instructor: Helen Schwartz

Wednesday 10:30 a.m. to 12:30 p.m.

5 weeks beginning 3/23

MIXED MESSAGES: HOLLYWOOD'S *FEMMES FATALES* AND FEMINISM

Instructor: Judy Walzer

Wednesday 12:00 to 2:00 p.m.

8 weeks beginning 3/2

NEW JERSEY POLITICS, PEOPLE, AND POLICY IN 2016

Instructor: Ingrid Reed

Wednesday 1:30 to 3:30 p.m., 6 weeks beginning 3/2

CLASSICAL MASTERS: THE VOCAL MUSIC OF MOZART, HAYDN AND MENDELSSOHN*

Instructor: Ryan Brandau

Wednesday 2:00 to 4:00 p.m., 4 weeks beginning 3/23

LEARNING TO LIKE AND UNDERSTAND CONTEMPORARY ART

Instructor: Wendy Worth

10:00 a.m. to 12 noon, 8 weeks beginning 3/3

FOOD SCIENCE: MORE FUN, LESS FEAR

Instructor: Juanell Boyd

Thursday 10:00 a.m. to 12 noon, 6 weeks beginning 3/3

MORE SHAKESPEARE OFF THE PAGE: RICHARD III

Instructor: Barbara Herzberg

Thursday 10:00 a.m. to 12:00 noon

8 - 10 weeks beginning 3/17

SCIENCE IN THE NEWS

Instructor: Robert Robinson

Friday 9:45 to 11:45 a.m., 8 weeks beginning 3/4

THE CULTURAL ARTS OF FOUR NON-EUROPEAN COUNTRIES

Instructor: Anne Young and Princeton University Art Museum Docents

Friday 10:00 a.m. to 12 noon, 6 weeks beginning 3/4

THE HISTORY OF LIBRARIES

Instructor: Ellen Gilbert

Friday 10:30 a.m. to 12:30 p.m., 8 weeks beginning 3/4

COSMOLOGY*

Instructors: Institute of Advanced Study Faculty

Friday 1:30 to 3:30 p.m., 4 weeks beginning 4/8

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Registration begins January 5;

Course fee: \$75; \* Mini-course fee: \$50.

TheEvergreenForum.org

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609.924.7108

## JANUARY 2016

| Monday                                                                                                                                                                                                                                   | Tuesday                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                        | Thursday                                                                                                                                    | Friday                                                                                                                                                                                                                                             |
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| <b>EARLY BIRD AEROBICS</b><br>8:00 a.m. Monday through Friday<br><br><b>TABLE TENNIS</b><br>Monday 10:30 a.m. – 3:00 p.m.<br>Wednesday 10:30 a.m. – 3:00 p.m.<br>Friday 10:30 a.m. – 4:00 p.m.                                           | <b>LOCATIONS</b><br>CH - Corner House<br>EC - Elm Court<br>HBH - Harriet Bryan House<br>MH - Monument Hall<br>SPB - Suzanne Patterson Building                                                     | <b>LOCATIONS - cont.</b><br>RC - Redding Circle<br>SC - Spruce Circle                                                                                                                                                                                            |                                                                                                                                             | <b>1</b><br><br>HAPPY NEW YEAR'S DAY<br>(CLOSED FOR THE HOLIDAY)                                                                                                                                                                                   |
| 9:15 Aerobics - SPB<br>10:30 Pencil Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk English - SC<br>1:30 Word Play - SPB                                                                  | 4<br>10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB                                                                                       | 5<br>9:15 Aerobics - SPB<br>10:30 Taming Your Gremilin - SPB<br>12:30 Opera Film Festival - SPB<br>12:45 Let's Talk - SC<br>3:30 Memoir Writing - SPB<br>5:30 Bridge Lessons - SPB                                                                               | 6<br>9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>10:00 Intro to iPad - SPB<br>12:00 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB    | 7<br>9:15 Aerobics - SPB<br>9:30 Let's Talk English - RC<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise - SC<br>12:00 Lunch & Learn - SPB<br>1:00 Knit Wits - SC                                                                              |
| 9:15 Aerobics - SPB<br>10:00 PSRC Focus Group - SPB<br>10:30 Pencil Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk English - SC<br>1:30 Word Play - SPB<br>1:30 Caregivers Group - CH 19 | 11<br>10:30 TED Talk - SPB<br>11:00 BP Screening - SC<br>2:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 iPhone Class - SPB<br>6:00 Financial Seminar - SPB | 12<br>9:15 Aerobics - SPB<br>10:30 Taming Your Gremilin - SPB<br>12:30 Opera Film Festival - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC<br>3:30 Memoir Writing - SPB<br>4:30 Children of Aging Parents - SPB<br>5:30 Bridge Lessons - SPB | 13<br>9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB                                | 14<br>9:15 Aerobics - SPB<br>9:30 Let's Talk English - RC<br>10:00 Computer Lab - SPB<br>10:30 Women in Retirement - SPB<br>12:00 Lunch and Learn - SPB<br>12:00 Chair Exercise - SC<br>1:00 Knit Wits - SC<br>3:00 Transition to Retirement - SPB |
| <b>18</b><br><br><b>CLOSED</b><br><br><b>Martin Luther King Day</b>                                                                                                                                                                      | 19<br>10:30 TED Talk<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Grandparent Group - SPB                                                            | 19<br>9:15 Aerobics<br>10:30 Taming Your Gremilin - SPB<br>12:30 Opera Film Festival - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC<br>3:30 Memoir Writing - SPB<br>5:30 Bridge Lessons - SPB                                               | 20<br>9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:00 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB                                | 21<br>9:15 Aerobics - SPB<br>9:30 Let's Talk English - RC<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise - SC<br>1:00 Knit Wits - SC                                                                                                          |
| 9:15 Aerobics - SPB<br>10:30 Pencil Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk English - SC<br>1:30 Wordplay - SPB                                                                   | 25<br>10:30 TED Talk - SPB<br>10:30 Chinese New Year - SPB<br>12:00 Scrabble - SPB<br>1:00 Computer Lab - SPB<br>1:00 Bridge/ Mah Jongg - SPB                                                      | 26<br>9:15 Aerobics - SPB<br>10:30 Taming Your Gremilin - SPB<br>12:30 Opera Film Festival - SPB<br>1:00 BP Screening - EC<br>1:30 Painting with Christina - SPB<br>3:30 Memoir Writing - SPB<br>5:30 Bridge Lessons - SPB                                       | 27<br>9:45 Cosmology - SPB<br>10:00 More About iPad - SPB<br>10:00 Yoga - SPB<br>12:00 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB | 28<br>9:15 Aerobics - SPB<br>9:30 Let's Talk English - RC<br>10:00 Computer Lab - SPB<br>12:00 Senior Citizens Club - SPB<br>12:00 Chair Exercise - SC<br>1:00 Knit Wits - SC                                                                      |
| 9:15 Aerobics - SPB<br>10:30 Pencil Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk English - SC<br>1:30 Wordplay - SPB                                                                   | 25<br>10:30 TED Talk - SPB<br>10:30 Chinese New Year - SPB<br>12:00 Scrabble - SPB<br>1:00 Computer Lab - SPB<br>1:00 Bridge/ Mah Jongg - SPB                                                      | 26<br>9:15 Aerobics - SPB<br>10:30 Taming Your Gremilin - SPB<br>12:30 Opera Film Festival - SPB<br>1:00 BP Screening - EC<br>1:30 Painting with Christina - SPB<br>3:30 Memoir Writing - SPB<br>5:30 Bridge Lessons - SPB                                       | 27<br>9:45 Cosmology - SPB<br>10:00 More About iPad - SPB<br>10:00 Yoga - SPB<br>12:00 Duplicate Bridge - SPB<br>1:00 Art with Hannah - SPB | 28<br>9:15 Aerobics - SPB<br>9:30 Let's Talk English - RC<br>10:00 Computer Lab - SPB<br>12:00 Senior Citizens Club - SPB<br>12:00 Chair Exercise - SC<br>1:00 Knit Wits - SC                                                                      |
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**BOARD OF TRUSTEES**

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## We need your opinions!

The PSRC Board is reviewing our strategic plan and setting goals for the next five years.

We need your input!

You have two opportunities to participate:

- Respond to the questionnaire when it is sent to you electronically in early January, or request a print copy.
- Attend the focus group discussion on Monday, January 11, 2016 at 10:00 a.m. at the Suzanne Patterson Building.

Please pre-register by calling 609.924.7108 so we know how many to expect.

**In the event of inclement weather, programs may be delayed, postponed or cancelled.**  
**Please make sure to check our website for updates, [www.princetonsenior.org](http://www.princetonsenior.org); or call us at 609.924.7108.**

