

July & August 2016

**THE SUZANNE PATTERSON BUILDING WILL BE CLOSED
THURSDAY, JUNE 30 THROUGH MONDAY, JULY 4**



AGE-FRIENDLY PRINCETON

You may recall that two years ago PSRC facilitated Princeton's being designated by the World Health Organization and AARP as an "age-friendly community." We are proud to be the first in New Jersey, and to join 92 other communities across the U.S. as well as hundreds worldwide that are making a commitment to ensuring that our communities are great places to live throughout the lifespan.

We've just achieved the second milestone in this process, compiling a report on the findings from focus groups and a plan for making improvements. The task group identified three priority areas: housing, transportation, and communications.

Many people are concerned that they can't afford to live in Princeton, and that there isn't sufficient affordable housing convenient to town amenities. They are also concerned about how to navigate around town when they can no longer drive. All discussions revealed that many residents are not familiar with existing resources or where to find them, and that there are currently many formats for communicating information but no clear single path.

The final goal identified is to support being a multi-generational community by strengthening neighborhood groups. Many of the strategies connect with projects already underway in Princeton.

The report is being presented to Princeton Council at the end of June and then sent to AARP and the WHO. It will be posted on the PSRC, Princetonnj.gov, AARP and WHO websites. We'll keep YOU posted!

ANNOUNCING THE NEW PSRC LAWRENCEVILLE CAMPUS

A key part of PSRC's strategic planning this year (see page 2) has been devoted to physical space issues. It is clear to everyone that PSRC outgrew the Suzanne Patterson Building some time ago.

PSRC programs, especially The Evergreen Forum, are very successful and growing. Current budget and space constraints don't allow us to add new activities without making adjustments.

The Municipality has placed new limits on our use of Monument Hall and the Suzanne Patterson Building, related to parking availability. As a result, we've been exploring alternatives, including renting additional space.

We're very excited to have entered into an agreement with the Lawrenceville Presbyterian Church, right on Route 206 by the Lawrenceville School campus, to host several Fall 2016 Evergreen Forum classes. This will relieve pressure on our usual rooms and parking, as well as enable people to have time to socialize before and after class.

The church is on the NJ Transit 606 bus route, and there are lovely shops across the street for coffee and lunch. For some of you, it will be even more convenient!

It's our vision that this expansion will help us plan and prepare for future growth.



Save the Date for the



PSRC Benefit

Friday, September 30, 2016

Tickets go on sale September 1.

Details in the September PSRC Newsletter!

PLUS



As part of the fun, THREE FABULOUS RAFFLE PACKAGES

will go on sale at the end of July—
watch for details at PSRC, in the Capitol Steps Benefit invitation,
and on our website!

- ➡ Golf Extravaganza (one round at each of 4 different courses)
- ➡ \$1200 in gift certificates at more than a dozen area restaurants
- ➡ 2 weeks at a beautiful Fort Myers, Florida condo (sleeps 6)

Winner need not be present to claim prize...
\$100 per ticket, per raffle package; only 100 tickets sold for each!

DIRECTOR'S MESSAGE ~ STRATEGIC PLANNING



It may appear that things ease up at PSRC during the summer, but we are busy behind the scenes getting ready for the future. Our Strategic Plan has been updated and we have lots of exciting ideas to work on. This plan identifies five strategic objectives plus goals and tasks that support those objectives:

- 1. To keep our programs and services relevant to the needs of a diverse population;**
- 2. To strengthen PSRC's funding and expense strategies to ensure our financial stability;**
- 3. To improve our facilities;**
- 4. To develop a communications and marketing strategy; and**
- 5. To improve the effectiveness of our staff and board.**

Some of the projects underway include:

- ◆ Renovation of the restrooms at the Suzanne Patterson Building. The semi-annual floor refinishing is also being done June 30 - July 4. We are shopping for new furniture and considering other improvements.
- ◆ Review of programs and fees; we want to ensure that we're offering programs and services that appeal to a diverse audience.
- ◆ Working with a marketing consultant on a marketing plan and "identity style guide" to determine "How do we best tell the PSRC story?" We will then design new promotional materials and a new website. (We hope you've noticed the changes we've made this year to the Newsletter and e-News. You now receive the e-news every week with a summary of the scheduled events.)
- ◆ Planning for the Capitol Steps event in September and the Fall Conference on family caregiving in November.
- ◆ Exploring new strategies for fund-raising.
- ◆ Professional and specific skill training for staff, and the board will hold a retreat in the fall.
- ◆ Reviewing and recording work processes and cross-training.
- ◆ Creating and implementing an equipment replacement plan.
- ◆ Investigating the implementation of a document-storing and -sharing technology.

There are several other things under development that you'll hear about in coming months. And there are opportunities for volunteers to help with many of these initiatives. Please let us know if you have a particular expertise to share or an interest in helping us achieve our vision.

We think a healthy organization constantly engages in self-review and introduces new ideas. Your feedback is essential to our knowing what is working and what needs adjusting. We hope the changes we're making improve your experience of PSRC.

We're also trying to fit in some vacation time this summer for rest and restoration. Please be patient with us as we cope with construction and train new staff.

Thank you!

Susan W. Hoskins, LCSW
Executive Director

FUN TIMES AT SPRUCE CIRCLE



The pop-up clothing sale at Spruce Circle was a great success—lots of people got great finds at great prices!



Area high school seniors and everyone else had a great time playing games and eating treats at the ice cream social!



*Thanks so much to Princeton University
for the gift of marigolds to
Spruce Circle residents!*



JULY/AUGUST PROGRAM HIGHLIGHTS

OPERA FILM FEST

Co-sponsored by Princeton Friends of Opera

Four Mondays beginning July 11; films will start at 12:30 p.m. except on August 1, as noted*

July 11: Giuseppe Verdi: Don Carlo (Ital.)

Luciano Pavarotti, Samuel Ramey, Daniella Dessi, Alexander Anisimov. 1992; Orchestra and Chorus La Scala, Milan - Riccardo Muti (conductor). (182 minutes)

July 18: Francesco Cilea: Adriana Lecouvreur (Fr.)

Angela Gheorghiu, Jonas Kaufmann, Olga Borodina. 2010, Orchestra and Chorus Royal Opera House, Covent Garden - Mark Elder (conductor). (150 minutes)

July 25: Richard Strauss: Der Rosenkavalier (Ger.)

Anna Tomowa-Sintow, Agnes Baltsa, Kurt Moll, Janet Perry. 1984, Vienna Philharmonic, Herbert Von Karajan (conductor). (199 minutes)

August 1* Gioacchino Rossini: Guglielmo Tell (Ital.)

Giorgio Zancanaro, Chris Merritt, Cheryl Studer, Giorgio Surjan. 1988, Orchestra and Chorus La Scala, Milan, Riccardo Muti (conductor). (4 hours) *Begins at 12:00 noon

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. No fee. Discussions are facilitated by Helen Burton. For more background, visit www.TED.com. This month's topics:

July 5 ~ Kathryn Schulz: *On being wrong*

July 12 ~ Adam Driver: *Why I bring theater to the military*

July 19 ~ Rufus Griscom & Alisa Volkman: *Let's talk parenting taboos*

July 26 ~ Ken Jennings: *Watson, Jeopardy and me, the obsolete know-it-all* **NO TED TALKS IN AUGUST.**



MOUNTAIN LAKES - PSRC HIKE

Tuesday, July 12, Tuesday, August 9

at 9:30 a.m. (it's cooler earlier in the morning)

Bring a brown bag lunch; meet at the parking lot on Mountain Avenue, go for a short, easy hike, then have lunch at the Mountain Lakes House. Those who wish may take a longer hike after lunch. Wear comfortable appropriate shoes and sun-shielding clothing. No fee.

Call to register: 609.924.7108.

Rain date: Tuesday, July 19.

MORE TRAVEL CONVERSATION!

Wednesday, July 13 at 10:30 a.m. in

Did you miss the Travel Training in June, or do you want to learn more about getting around by public transportation in the area? Please join us for (a free) informal, information sharing and gathering session, at the Suzanne Patterson Building. Please call to let us know you'll attend: 609.924.7108.

BEGINNER LEVEL BRIDGE LESSONS

Fridays July 15 through August 26 at 10:00 a.m.

INTERMEDIATE BRIDGE will resume on July 15 at 2:00 p.m. If you want to join (or continue) one of these groups, call Bill Miller at 908.872.7927 or email billsbridge@gmail.com.

LUNCH AND LEARN

Friday, July 15 at 12 noon

VARICOSE VEINS: NOW YOU SEE THEM NOW YOU DON'T

You may be at higher risk for other circulatory problems if you have varicose veins. Elliot Sambol, MD, FACS, Board certified in both general surgery and vascular surgery and a member of the Medical Staff of Princeton HealthCare System, will discuss the latest minimally invasive and noninvasive treatment options and provide an overview of the Center for Surgical Care University Medical Center at Princeton.

LUNCH AND LEARN

Friday, July 22 at 12 noon

DISTRACTED DRIVER PREVENTION

WITH NANCY DISTEL-CAMP, RPN, INJURY PREVENTION COORDINATOR, CAPITAL HEALTH

Driving responsibly requires full attention. In a split second, someone or something can enter your driving path. It only takes a moment of distraction to result in tragedy. Learn ways to be a safer, more alert driver.

LUNCH AND LEARN

Friday, August 19 at 12 noon

ENERGY MEDICINE WITH ALLA ROSINA OF VITAL ROOTS

ENERGY HEALING In this seminar you'll learn a set of simple yet powerful techniques presented as a 5-minute Daily Energy Routine, which can improve health and develop resistance to illness and stress.

GROUP DRUMMING IS BACK!

Three Tuesday sessions: July 26, August 2, August 9; from 10:30 - 11:30 a.m. Come to any or all sessions.

No experience required. Group will be led by Mauri Tyler, HealthRhythms Facilitator. Scientific research has shown that group drumming can lower stress and build up immune response—good fun *and* good for you! Drums provided or BYO. \$5/session.

INTERNATIONAL FILM FESTIVAL

Wednesday afternoons at 1:00 p.m. No fee.

Please register if you plan to attend: 609-924-7108.

We always show the subtitles, even for English-speaking films.

JULY 6: A ROYAL NIGHT OUT • British

On V.E. Day in 1945, as peace dawns in Europe, Princesses Elizabeth and Margaret are allowed out to join the celebrations. (97 minutes)

JULY 13: WINTER SLEEP • Turkish

Aydin writes a column for the local newspaper, and is toying with the idea of producing a book on Turkish theater. (196 minutes)

JULY 20: THE INTOUCHABLES • French

An uplifting comedy about friendship, trust, and human possibility. Based on a true story. (113 minutes)

JULY 27: EAST SIDE SUSHI • American

Juana is a working-class single mother striving to become a sushi chef. (106 minutes)

AUGUST 3: BROOKLYN • Irish American

An Irish immigrant lands in 1950s Brooklyn, and quickly falls into a romance with a local. (111 minutes)

AUGUST 10: POETRY • Korean

Mija moves gracefully through life, contemplating a trivial daily routine that is ill-suited to her. (139 minutes)

AUGUST 17: LEVIATHAN • Russian

In a Russian coastal town, Kolya is forced to fight the corrupt mayor when he learns his house will be demolished. (140 minutes)

AUGUST 24: LABYRINTH OF LIES • German

A conspiracy of prominent German institutions and government branches covers up the crimes of Nazis during World War II. (124 minutes)

AUGUST 31: THE LIVES OF OTHERS • German

In 1984 East Berlin, an agent of the secret police, conducts surveillance on a writer and his lover. (138 minutes)



BLOOD PRESSURE SCREENINGS

Monday, July 11 at 11:00 a.m.
at Redding Circle

Monday, July 11 at 12:30 noon
at Spruce Circle

Thursday, July 14 at 4:30 p.m.
MANAGING YOUR DIABETES

Thursday, July 14 at 5:00 p.m.
at Elm Court

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, July 8, August 5 at 2:00 p.m.

JULY SPEAKER: "ADVENTURES IN FICTION WRITING"

Robert Hebditch will share his experiences in fiction writing in retirement and will read one (or two if requested) of his stories, then offer a writing exercise/challenge.

AUGUST SPEAKER: Sam Russell:

"THE EARLY DAYS OF THE SPACE PROGRAM."

Monument Hall Main (former courtroom)

WOMEN IN RETIREMENT

Friday, July 15, August 19 at 10:30 a.m.

July: "DOWNSIZING" A TALK BY LINDA MADANI.

Are you ready to downsize? Is your home too big to maintain? Do you want more free time to travel and visit with family and friends? Interior designer Linda Madani will offer options for staying in your own home or making plans to move. 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 each month. All women are welcome.

AUGUST SPEAKER TBD.

TRANSITION TO RETIREMENT

Friday, July 15, August 19 at 3:00 p.m.

This monthly group deals with issues related to making the transition to retirement. All are welcome. The group is facilitated by John George, PhD, Licensed Psychologist.

VIVA TANGO! at PSRC

Tango dancers bring the main PSRC floor to life every Thursday evening. Michael Nadtochi and Eleonora Kalganova will return from their European Tour on July 7. US Tango Champion Cyrena Drusine and partner will be here July 21. On both evenings there will be a performance, workshop and dancing.

On July 28, The Los Chantas Tango Duo (piano & bandoneon) will provide an evening of music for dancing. Tango is a great dance for seniors and every Thursday offers the opportunity to learn, watch dancers and socialize around the food and beverage table.

PSRC seniors are always welcome to come any Thursday but are invited to come July 7th at the special price of just \$5 to see what happens on Thursday nights.

For more details, please visit: www.VivaTango.org.

EXERCISE AND FITNESS

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 Alex: Mondays** at 10:30 a.m. \$72 residents, \$96/non-residents per quarter.
- ♦ **Memoir Writing II Mondays** at 10:30 a.m. \$5/quarter
- ♦ **Word Play (poetry group): Mondays** at 2:00 p.m. \$5/quarter for copying costs.
- ♦ **Memoir Writing: Wednesdays** at 3:30 p.m. \$5/quarter **NO MEETINGS IN AUGUST**
- ♦ **Painting with Christina: Wednesdays** at 1:30 p.m. Painting with watercolor and acrylics. \$72/residents, \$96/non-residents per quarter.
- ♦ **Cosmology: Thursdays** at 9:45 a.m. \$5/quarter. Peer-led science discussion group. Email Bruce Wallman for info: Brucewallman@gmail.com.

Quarterly sessions begin on January 1, April 1, **July 1** and October 1.

Mid-session registration is welcome in most classes (unless full, in which case you may be waitlisted.)

Financial assistance is available; please contact Susan Hoskins at 609.924.7108.

GAMES

SUZANNE PATTERSON BUILDING

- ♦ **Social Bridge: Tuesdays** 1:00 - 4:00 p.m. Free.
- ♦ **Mah Jongg: Tuesdays**, 1:00 - 4:00 p.m. Free. BYO set.
- ♦ **Scrabble: Tuesdays** at 12:00 noon. Free.

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

- ♦ **Duplicate Bridge Thursdays** at 12:30 p.m.
- ♦ **Bridge Lessons Beginner Bridge on Fridays** at 10:00 a.m. **starting July 15.** Intermediate level lessons will continue beginning July 15 at 2:00 p.m. Please call or email Bill if you're interested.

COMMUNITY PARTNERSHIPS

PSRC/MCCARTER THEATRE DRIVEN TO EXCELLENCE PRESENTATION Thursday, July 21 at 11:00 a.m.



Artistic Engagement Manager, Paula Alekson, MFA, PhD, will screen Artistic Director Emily Mann's 2016-2017 Theatre Series season Preview video announcement, then provide additional behind-

the-scenes information on the plays, artistic teams and production details. Director of Group Services, Megan Johnston, will highlight McCarter's barrier-free access features and transportation services. All are welcome.

Suzanne Patterson Building

BANK OF AMERICA MERRILL LYNCH

hosted a Yarn Donation Drive for Global Community Day that really took off



EVERGREEN FORUM FALL 2016 COURSE LIST

ADVANCES IN MEDICINE FOR OLDER ADULTS

David Atkin/ Debbie Millar
Monday 9:30 to 11:30 a.m.
8 weeks beginning September 26

CHARLES DICKENS: NOVELS AND FILMS

Dianne Sadoff
Monday 12:00 to 2:00 p.m..
8 weeks beginning October 10

CONTEMPORARY BUSINESS AND ECONOMIC ISSUES

Milton Grannatt
Monday 1:30 to 3:30 p.m.
8 weeks beginning September 26

LESSER KNOWN ITALIAN OPERAS

Irwin Rosenblum
Tuesday 10:00 a.m. to 12:15 p.m.
8 weeks beginning September 27

SHAKESPEAREAN ROMANCE

Lawrence Danson
Tuesday 10:00 a.m. to 12 noon
8 weeks beginning September 27

WITTY & IMAGINATIVE 20th CENTURY ENGLISH NOVELS

Judith Wooldridge
Tuesday 10:00 a.m. to 12 noon
7 weeks beginning September 27

UNDERTANDING ISLAM: ESSENCE AND PRACTICE

M. Ali Chaudry
Tuesday 1:00 to 3:00 p.m.
8 weeks beginning September 27

CANDLE OR MIRROR: THE FICTION OF EDITH WHARTON ##

Lynne Cullinane
Tuesday 1:00 to 3:00 p.m.
8 weeks beginning September 27

FROM REAL LIFE TO STAGE LIFE : DIALECTS AND ACTING

Gordon Jacoby
Tuesday 1:00 to 3:00 p.m.
8 weeks beginning September 27

IDENTITY POLITICS AND THE 2016 PRESIDENTIAL ELECTION

Elaine Jacoby
Tuesday 1:00 to 3:00 p.m.
8 weeks beginning September 27

WHAT IS TIME? AN OVERVIEW##

Stuart Kurtz
Tuesday 1:00 to 3:00 p.m.
8 weeks beginning September 27

RELIGION COPES WITH DISASTER: THE CASE OF JUDAISM

Bob Goldenberg
Wednesday 10:00 a.m. to 12 noon
8 weeks beginning September 28

QUIRKY SHORTS: CONTEMPORARY AMERICAN SHORT STORIES

Lois Harrod
Wednesday 10:30 a.m. to 12:30 p.m.
8 weeks beginning September 28

SWANN'S WAY: BEGINNING THE SEARCH FOR LOST TIME

Lee Harrod
Wednesday 10:30 a.m. to 12:30 p.m.
8 weeks beginning September 28

ISSUES FOR THE MODERN JUDICIARY

Philip Carchman
Wednesday 10:30 a.m. to 12:30 p.m.
8 weeks beginning September 28

TOPICS IN BIOETHICS

Katherine Taylor
Wednesday 1:00 to 3:00 p.m.
6 weeks beginning September 28

GEOGRAPHICAL LINKS: THE GEOGRAPHY OF TOURISM

Helen Goddard
Wednesday 1:30 to 3:30 p.m.
7 weeks beginning 9/28

GREEK PLAYS OFF THE STAGE: THE ORESTEIA

Barbara Herzberg
Thursday 10:00 a.m. to 12 noon
8 - 10 weeks beginning October 6

OUTSIDER ART *##

Wendy Worth
Thursday 10:00 a.m. to 12 noon
5 weeks beginning September 29

CUBA IN REVOLUTION ##

Fran Bradley
Thursday 10:00 a.m. to 12 noon
6 weeks beginning September 29

(continued on next page)

EVERGREEN FORUM cont.

THE QUIET AMERICANS: THE CIA IN FACT AND FICTION, FROM 1947—1966

Lloyd Gardner

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

8 weeks beginning September 29

SCIENCE IN THE NEWS

Bob Robinson

Friday 9:45 to 11:45 a.m.

8 weeks beginning September 30

THE DEATH OF IMPRESSIONISM*

Helen Schwartz

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

4 weeks beginning November 4

LATIN AMERICAN SHORT STORIES

Cecilia Rosenblum

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

6 weeks beginning September 30

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Course fee: \$75 for 6 - 8 week classes;

\*\$50 for 4 - 5 week classes

##Location: Presbyterian Church of Lawrenceville.

The Evergreen Forum brochures will be mailed around

July 11, 2016. Registration begins Tuesday, July 26.

Lottery will be held Monday, August 29. Due to the popularity of the Evergreen Forum and our commitment to small, discussion-based classes, we use a lottery system to ensure that everyone has an equal opportunity to take a class. All registrations received before the lottery are considered equally. For full details and registration forms: [theevergreenforum.org](http://theevergreenforum.org).

Sponsored by the Princeton Senior Resource Center:

609.924.7108; [princetonsenior.org](http://princetonsenior.org).

## 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 UMCPP (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>.

## LOOKING AHEAD

### COMPUTER SUPERLAB

Tuesday, September 6, 1:00 - 4:00 p.m.

Once again, Princeton University students will provide free, one-to-one assistance with computers, laptops, smartphones and other gadgets.

### BOOK DISCUSSION GROUP

#### RETIREMENT TRANSITION

This discussion group will be an 8 session, chapter by chapter exploration of the book *Transitions: Making Sense of Life's Changes* by William Bridges (\$15 in paperback.) In this inspiring and highly readable book, Bridges presents his unique concept of transition and how it applies to the transition into retirement. This group will meet monthly beginning September 12 for 8 months, and is open to anyone whose life is being touched by retirement. Limit 12 participants; no drop-ins. \$40 fee for series. Facilitated by John George, PhD, Licensed Psychologist.

### BOOK DISCUSSION GROUP

#### PERSONAL GROWTH

This discussion group will meet on Wednesdays at 10:00 a.m. for 6 weeks beginning September 7. Helen Burton will facilitate a group centering on the book *Prime Time : Love, Health, Sex, Fitness, Friendship, Spirit; Making the Most of All of Your Life* by Jane Fonda. An A-to-Z guide to living and aging well by the #1 bestselling author, actress, and workout pioneer. The book is available online at Amazon.com or at your local bookstore.

### THE CAPITOL STEPS!

September 30 at 7:30 p.m. at Richardson Auditorium at Alexander Hall on the Princeton University campus. Political satire at its best—*five weeks before election day!*—to benefit PSRC. VIP champagne reception to follow with cast members, Three very diverse and fabulous raffle packages will also be offered! For details, ticket availability and sponsorships, please visit our website: [princetonsenior.org](http://princetonsenior.org).

### PSRC FLU SHOT CLINIC AND HEALTH FAIR

Tuesday, October 18, beginning at 1:00 p.m.

### PSRC FALL CONFERENCE: FAMILY CAREGIVERS

Saturday, November 12, 8:00 a.m. to 1:00 p.m.

Keynote Speaker: Ted Taylor, Hospice Chaplain, Robert Wood Johnson University Hospital

"Caregivers: Fostering Compassion for Self and for Others." Four workshop topics in two morning sessions at the Suzanne Patterson Building. Look for more information in upcoming PSRC Newsletters.

## GROUPS

### BEREAVEMENT

Monday, July 18, August 15 at 1:00 p.m.  
(Usually third Monday of each month.)  
Call Sherri Goldstein 609.497.4900 to attend.  
*Corner House 19*

### CAREGIVERS

Monday, July 11, August 8 at 1:30 p.m.  
(Usually the second Monday of each month.)  
*Corner House 19*

### CHILDREN OF AGING PARENTS

Wednesday, July 13, August 10 at 4:30 p.m.  
(Second Wednesday of the month.)  
*Suzanne Patterson Building*

### GRANDPARENTING

Tuesday, July 19, August 16 at 1:00 p.m.  
(Third Tuesday of each 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.  
*Spruce Circle*

### LET'S TALK IN 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

Friday, July 8, August 5 at 2:00 p.m.  
(First Friday of each month.)  
*Suzanne Patterson Building*

### TRANSITION TO RETIREMENT

Friday, July 15, August 19 at 3:00 p.m.  
(Third Friday of each month.)  
*Suzanne Patterson Building*

### WOMEN IN RETIREMENT

Friday, July 15, August 19 at 10:30 a.m.  
(Third Friday of each month.)  
*Suzanne Patterson Building*

### S.H.I.P.\* COUNSELING / MEDICARE BENEFITS

Thursdays at Spruce Circle with Joyce Usiskin,  
a retired attorney-at-law who has been counselling  
Medicare clients in the SHIP program for the past 3  
years. Bring any and all healthcare benefits ques-  
tions! *By Appointment only.* Please call  
609.393.1626 to schedule. *Not limited to State  
employees.* \* State Health Insurance Program

## 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 on-going 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
- ◆ Help with Care Planning
- ◆ Individual and Family Consultations
- ◆ Benefit Application Assistance
- ◆ Caregiver Resources and Support
- ◆ Support & Wellness Groups
- ◆ Transition Support and Coordination with other Care Providers
- ◆ 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  
Central Jersey Legal Services: 609.695.6249  
Community Without Walls: 609.921.2050  
Cornerstone Community Kitchen: 609.924.2613  
Crisis Ministry: 609.921.2135  
Funeral Consumers Alliance: 609.924.3320  
Meals on Wheels: 609.695.3483  
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 Division of Aging Services: 800.792.8820 ext.352  
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  
Greater Mercer Ride Provide: 609.452.5140  
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  
Sustainable Princeton: 609.454.4757

NEW!



## SPECIAL EVENTS

### SUSTAINING GIFTS

Want to really show your appreciation for all that PSRC offers you and our community throughout the year?

You can spread out your gift dollars over the course of year by making a monthly commitment of whatever amount you choose. For example, your \$10 monthly pledge will grow to \$120, and all you have to do is call us once to set it up.

Any amount will be greatly appreciated! Please call Barbara Prince at 609.924.7108 for details or more information.

### MANY THANKS TO ALL THE SPONSORS OF OUR BBQ AND LINE DANCE PARTY!

Your support helped make it a made it possible—and we couldn't have done it without you:

Bloomberg employees joining us again with a great team of volunteers...and thanks also to:

Acorn Glen \* Akin Care

Atrium Health & Senior Living

Bear Creek Assisted Living \* Buckingham Place  
Dr. Teena Cahill, PsyD \* Homewatch CareGivers

LIFE St. Francis

Mason Griffin & Pierson, Counsellors at Law \*

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Secure at Home \* Specialized Physical Therapy

## COMPUTER GURU

### THE INTERNET: WHAT'S OUT THERE

This is the first in a series of articles about the Internet. I don't know how many articles just yet, so there's no point in asking. I'm explaining these concepts so you'll know what's going on when you send an E-mail or look up something on Google, and understand some of the jargon. You need to understand these parts and pieces to make sense of things like E-mail, search engines, and Web pages.

#### PARTS AND PIECES

**Customer.** That's you. A person (in most cases.)

**Client.** Your computer or mobile device, like a tablet computer or smart phone.

**Content Provider.** A company that provides you with information (data), sometimes free, sometimes not.

Examples of content providers are Netflix and YouTube (videos), Google, (E-mail and searching services), and the Wall Street Journal (news).

**Server.** The content provider's computer(s) that hold the information they're providing you. Content providers own thousands of servers housed in huge buildings called server "farms."

**The Internet.** The combination of wires, cables, fiber optics, satellites, routers and so on that connect all the **clients** (your computer) and **servers** (the content providers' computers).

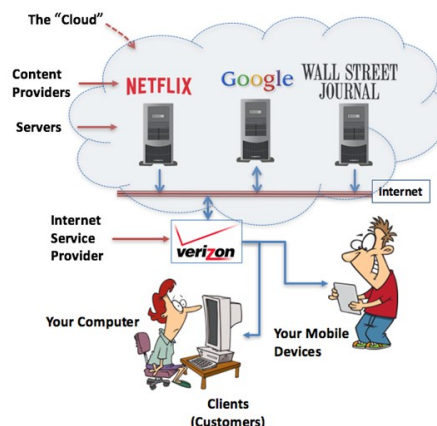
**The Cloud.** A metaphor for all the servers connected to **the Internet** and the Internet itself. (This will become clearer when we explain how information gets from a server to a client—from the content provider to you—in a future article.)

**Internet Service Provider (ISP).** The company that connects the **clients** in your house to **the cloud**.

The ISP usually provides a router, too. (More about that in another article).

#### THIS PICTURE TELLS THE STORY

Mavis and Ted (**customers**) pay Verizon, their **Internet service provider**, to connect their computer and iPad (**clients**) to **the Internet**. Mavis is watching a video from Netflix (**content provider**) on her computer. The video is stored on Netflix's **servers in the cloud** that are connected to the **Internet**. Meanwhile, Ted is reading an op-ed piece from the Wall Street Journal (**content provider**) on his iPad (**client**). The text and pictures are stored on the Journal's **servers in the cloud** connected to the **Internet**. To give you a better idea of the scope of what's going on, consider that thousands of people are watching any one of thousands of videos from Netflix, all "on demand." Thousands of people are also reading the Wall Street Journal. And they're clicking on links to read different articles, watch embedded videos, and even visiting different content providers' Web pages that are "linked" within the Journal's articles. And it all happens in a fraction of a second.



**JULY 2016**

| Monday                                                                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                     | Wednesday                                                                                                                                                                                                                      | Thursday                                                                                                                                           | Friday                                                                                                                                                                                                                                                                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EARLY BIRD AEROBICS</b><br>8:00 a.m. Monday through Friday<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>SHIP/Medicare Assistance Every Thursday at Spruce Circle by appointment (see p. 6)</b>                                                          | <b>CLOSED</b>                                                                                                                                                                                                                                                                                |
| <b>CLOSED</b>                                                                                                                                                                                                                                                                                    | 4 10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC                            | 5 10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC                                                                                               | 6 9:15 Aerobics - SPB<br>1:00 Int'l Film Festival - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC<br>3:30 Memoir Writing - SPB | 7 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB<br>8:00 Viva Tango - SPB                                                                                                                                                                                          |
| 11 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:00 BP Screening - RC<br>11:30 Chair Exercise - SC<br>12:30 BP Screening - SC<br>12:30 Opera Film Festival - SPB<br>1:00 Let's Talk in English - SC<br>1:30 Word Play - SPB<br>1:30 Caregivers Group - CH 19 | 12 9:30 Mt. Lakes Hike<br>10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Wits - SC    | 13 9:15 Aerobics - SPB<br>10:30 Travel Conversation - SPB<br>1:00 Int'l 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 | 14 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB<br>4:30 BP Screening - EC<br>5:00 Manage Diabetes - EC                 | 15 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<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>2:00 Intermediate Bridge - SPB<br>3:00 Transition to Retirement - SPB |
| 18 10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>12:30 Opera Film Festival - SPB<br>1:00 Let's Talk in English - SC                                                                                                                                       | 19 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<br>1:00 Knit Wits - SC | 20 9:15 Aerobics<br>10:30 Taming Your Gremelin - SPB<br>1:00 Int'l Film Festival - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC<br>3:30 Memoir Writing - SPB                                              | 21 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>11:00 McCarter 2016-17 - SPB<br>12:30 Duplicate Bridge - SPB                                        | 22 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise - SC<br>12:00 Lunch & Learn - SPB<br>2:00 Intermediate Bridge - SPB                                                                             |
| 25 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>12:30 Opera Film Festival - SPB<br>1:00 Let's Talk in English - SC<br>1:30 Wordplay - SPB                                                                                         | 26 10:30 TED Talk - SPB<br>12:00 Scrabble - SPB<br>1:00 Computer Lab - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Knit Wits - SC                           | 27 9:15 Aerobics - SPB<br>10:30 Taming Your Gremelin - SPB<br>1:00 Int'l Film Festival - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC<br>3:30 Memoir Writing - SPB                                        | 28 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                                                                        | 29 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<br>10:00 Computer Lab - SPB<br>12:00 Senior Citizens Club - SPB<br>12:00 Chair Exercise - SC<br>2:00 Intermediate Bridge - SPB                                                                      |

# AUGUST 2016

| Monday                                                                                                                                                                                                    | Tuesday                                                                                                                                 | Wednesday                                                                                                                                                | Thursday                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>1:30 Word Play - SPB                                       | 12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Writs - SC                                 | 9:15 Aerobics - SPB<br>1:00 Int'l Film Fest - SPB<br>1:30 Painting with Christina - SPB<br>12:45 Let's Talk - SC                                         | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                                                                                                                                                                     | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise - SC<br>2:00 Intermediate Bridge - SPB<br>2:00 Men in Retirement - MH Main                                                                      |
| 8<br>9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>2:00 Word Play - SPB<br>1:30 Caregivers Group - CH 19 | 9:30 Mtn Lakes Hike<br>12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Writs - SC          | 9:15 Aerobics - SPB<br>12:45 Let's Talk - SC<br>1:00 Int'l Film Fest - SPB<br>1:30 Painting with Christina - SPB<br>4:30 Children of Aging Parents - SPB | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                                                                                                                                                                     | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise - SC<br>2:00 Intermediate Bridge - SPB                                                                                                          |
| 15<br>9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>1:00 Bereavement - CH-19<br>2:00 Word Play - SPB     | 12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Grandparent Group - SPB<br>1:00 Knit Writs - SC | 9:15 Aerobics - SPB<br>1:30 Painting with Christina - SPB<br>1:00 Int'l Film Fest - SPB<br>2:45 Let's Talk - SC                                          | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                                                                                                                                                                     | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<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>2:00 Intermediate Bridge - SPB<br>3:00 Transition to Retirement - SPB |
| 22<br>9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>2:00 Word Play - SPB                                 | 12:00 Scrabble - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Computer Lab - SPB<br>1:00 Knit Writs - SC                                 | 9:15 Aerobics<br>1:00 Int'l Film Fest - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC                                                | 9:45 Cosmology - SPB<br>10:00 Yoga - SPB<br>12:30 Duplicate Bridge - SPB                                                                                                                                                                     | 9:15 Aerobics - SPB<br>9:30 Let's Talk in English - RC<br>10:00 Beginner Bridge - SPB<br>10:00 Computer Lab - SPB<br>12:00 Chair Exercise - SC<br>2:00 Intermediate Bridge - SPB                                                                                                          |
| 29<br>9:15 Aerobics - SPB<br>10:30 Drawing - SPB<br>10:30 Memoir Writing II - SPB<br>11:30 Chair Exercise - SC<br>1:00 Let's Talk in English - SC<br>2:00 Word Play - SPB                                 | 12:00 Scrabble - SPB<br>1:00 Computer Lab - SPB<br>1:00 Bridge/ Mah Jongg - SPB<br>1:00 Knit Writs - SC                                 | 9:15 Aerobics<br>1:00 Int'l Film Fest - SPB<br>1:30 Painting with Christina - SPB<br>2:45 Let's Talk - SC                                                | <b>LOCATIONS</b><br><b>CH</b> - Corner House<br><b>EC</b> - Elm Court<br><b>HBH</b> - Harriet Bryan House<br><b>MH</b> - Monument Hall<br><b>SPB</b> - Suzanne Patterson Building<br><b>RC</b> - Redding Circle<br><b>SC</b> - Spruce Circle | <b>EARLY BIRD AEROBICS</b><br>8:00 a.m. Monday through Friday<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.                                                                                                |





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**HAPPY TRAILS!**

We bid a fond farewell to Jeanette Hooban, our Volunteer Coordinator and Program Assistant. Jeanette has done a stellar job for PSRC and shall be sorely missed, especially at the Front Desk at the Suzanne Patterson Building. We wish her all the best in her new adventures!



**WELCOME ABOARD!**

Nancy Amidon, our new bookkeeper, worked for the Boy Scouts of America as an accounting specialist for 19 years. She also works part time for Block Advisors as a Tax Advisor, and has been the Treasurer for her church for more than 25 years. Nancy's favorite thing to do is spend time with her granddaughter, Pearl, who will turn 4 in September. Welcome Nancy!

