



Don't forget - now's the time to tell us how you want to receive our monthly newsletter—electronically or in print—this is the last paper newsletter you will receive unless you subscribe! An annual subscription is \$10.
See page 3 for subscription information.

*SPRUCE CIRCLE will be
CLOSED Monday, July 3.
Both PSRC offices will be closed
TUESDAY, JULY 4th
Happy Independence Day!*



**EVERGREEN FORUM
FALL 2017**

Please see pages 10-11 for the course list
and registration details.

On view this summer at PSRC
PAINTINGS
by Rita Styne Strow



*July 11 through August
Opening reception for the artist
Tuesday, July 11, 4:30—6:00 p.m.*

*Save the Date
for our Fall Benefit
featuring*

**The
Second
City®**

**Sunday, September 24
4:00 p.m.**

at the Princeton HS
Performing Arts Center
*Tickets will go on sale
later this summer...*

Go out on the town!

PSRC is offering two fabulous Raffles!
(in conjunction with our Second City Fall Benefit)



A Wine & Dine Medley with two drawings

Each package includes:

\$1,000 in dining cards from the best local restaurants
along with a lovely selection of fine wines to enjoy at your leisure!

\$100 per ticket / 125 tickets to be sold for each drawing

PLUS:



Two weeks in Rincon, Puerto Rico

A lovely 2-bedroom apartment on the (Caribbean) west coast.
Amenities include close proximity to beaches—including a snorkeling
beach—town center, cafes, restaurants and horseback riding.

\$75 per ticket / 75 tickets to be sold

*Raffle tickets will be available in August...watch for details
at PSRC, in the Second City invitation, and on our website!*



Suzanne Patterson Building

45 Stockton Street

Princeton, NJ 08540

(behind Monument Hall)

Phone: 609.924.7108

Monday - Friday

9:00 a.m. to 5:00 p.m.



Spruce Circle Office

179 Spruce Circle

(off N. Harrison St.)

Princeton, NJ 08540

Phone: 609.252.2362

Monday - Friday

10:00 a.m. to 4:30 p.m.

info@princetonsenior.org

princetonsenior.org

*A non-profit organization
serving our community*

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From the Executive Director

Preferred Home Care: Daughters

As a caregiving daughter, I read with interest the May 11 and June 15 New York Times articles about daughters as caregivers. The Center for Retirement Research found that 1 in 5 adults is caring for an aging parent. Even in 2017, two-thirds of family caregivers are women, often working full time and also raising children. They provide an average of 77 hours of care a month, forfeit \$522 billion in wages, (more than twice the cost of formal care), and spend 35% of their own funds on parent care. Many of these women are caring for spouses, parents, in-laws, other family members, or a

More people than ever are living longer than ever

combination of these. In my experience with caregivers, men also provide care, but women tend to be more experienced at the multi-tasking required, and historically they assume primary care responsibilities. Women are more likely than men to retire early or reduce work hours in order to provide care.

We know that the population of aging adults is growing dramatically. By 2030, one in five Americans will be 65+. It's currently estimated that 40-50% of those

over age 85 have some evidence of dementia, and that 15-20% of those over age 65 evidence mild cognitive impairment. As medicine advances, people are living years longer with chronic conditions, and they will need care.

Current proposed cuts to Medicaid - often the last resort for those who have spent all of their funds - will put an even greater burden on families. It's no surprise that the impact of these cuts will be felt most strongly by lower income families who are already financially stressed. NJ Medicaid currently supports both residential and home-based care, which would be unsustainable without Federal government financial support.

Adults providing care to parents are also unlikely to be saving for their own future needs, either through employer-sponsored retirement plans or their own savings. The crisis identified now will only be com-

The demands of caregiving can be far-reaching

pounded for the next generation, which is both smaller in numbers and struggling to pay off college debt before being able to consider investing for their futures in homes, retirement savings, etc.

What can we do to address this challenge?

♦ **Support family caregivers**

Every caregiver needs a team of support: family, friends, medical and social services, faith community, neighbors. If each one were to undertake a few small things- grocery shopping, taking Mom for a drive so you have a couple hours off, treating you to a movie or dinner - it could help with the emotional and physical demands of caregiving.

♦ **Help find creative solutions to common caregiving problems.** There are many entrepreneurs inventing products that increase safety and convenience for aging adults. Think about the innovations in smart phones

for communicating, locating, reminding, etc!

♦ **Support public benefit**

programs that support aging adults, including Social Security, Medicare and Medicaid.

♦ **Educate younger adults** about the critical need to save for their own futures, and for families to make plans that include several generations in a changing world.

The prospect of caring for aging adults can be daunting, but there are things we can do now to have a lasting impact on the care that we provide and receive in the coming years.

Susan W. Hoskins, LCSW

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Susan W. Hoskins, LCSW

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If you want to receive the PSRC newsletter electronically, please let us know by going to our website: princetonsenior.org, and click on **“Join Our Mailing List”**.

YES! I want to continue to receive a hard copy of the PSRC monthly newsletter!

Sign me up for an \$10 annual subscription (beginning September 2017):

Name _____

Address _____

Telephone _____ Email _____

____ Check enclosed Credit Card ☐ VISA ☐ MasterCard ☐ Cash

Credit Card # _____ Exp ____/____ CVV _____

Signature _____

Drop off or mail to PSRC 45 Stockton Street, Princeton, New Jersey 08540

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

All programs and events are held at the Suzanne Patterson Building unless otherwise indicated.

TED Talks

TED TALKS

Every Tuesday at 10:30 a.m.

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome.

This month's topics: *(no meeting July 4)*

July 11: SERENA WILLIAMS AND GAYLE KING: *On Tennis, Love, and Motherhood*

July 18: HIS HOLINESS POPE FRANCIS: *Why the only future worth building includes everyone*

July 25: LAUREN ZALAZNICK: *The conscience of television*

For more information visit TED.com.

NOTE: TED Talks will be on vacation for the month of August. See you September 5th!



TECHNOLOGY CLASSES

ANDROID SERIES—CLASS 1

Monday, July 10, 1:00- 2:00 p.m.

Instructor: NB Sreenivasan

Not all technology is Apple!

Our computer volunteers are offering a session on how to operate your Android stress-free. This is the first in a series of classes. You will learn about Android, the types of Android devices available in the market, and how to purchase an Android device and get started with it. If you have an Android device, please bring it to class. Limit 8 attendees. No fee.



ANDROID SERIES—CLASS 2

Monday, August 14, 1:00 - 2:00 p.m.

Instructor: Don Gould.

Does your Smart phone make you feel dumb? Join us and learn how to use your Android Smart phone (not your iPhone. You will learn how to set-up and personalize your Android phone, send and receive your e-mail, send text messages, download Apps and use the camera function. Bring your Android smartphone, whatever brand you have, and your questions to class. Limit 8 attendees. No fee.

Registration is mandatory to ensure a space in Android classes

COMPUTER LAB ASSISTANCE

Tuesdays, 1:00 - 4:00 p.m.

Fridays, 10:00 a.m. - 12 noon

Come to PSRC's computer lab for assistance with any of your technology questions or problems. Our proficient and compassionate volunteers are happy to help. Use our desktops or bring your own device.

SUMMER TECH LAB

Wednesdays, 1:30 - 4:00 p.m. through August.

Student volunteers will help you deal with any and all tech device issues, including how to use them! Just drop in.

OPERA FILM FESTIVAL

All operas begin at 12:30 p.m.

Giuseppe Verdi: MACBETH (Italian)

Tuesday, July 11

Leo Nucci, Samuel Ramey, Shirley Verrett, Veriano Luchetti, Antonio Barasorda, 1987. Orchestra and Chorus Teatro Comunale di Bologna. Conductor: Riccardi Chailly *132 minutes*

Alexander Borodin: PRINCE IGOR (Russian)

Tuesday, July 18

Nikolai Putilin, Galina Gorchikova, Yevgeny Akimov, Olga Borodina, 1998. Marinsky Theater, Kirov Orchestra, Chorus and Ballet. Conductor: Valery Gergiev *194 minutes*

Riccardo Zandonai: FRANCESCA DA RIMINI (Italian)

Tuesday, July 25

Renata Scotto, Cornell MacNeil, Placido Domingo, Richard Fredericks, Nicole Lorange, 1984. Metropolitan Opera Orchestra, Chorus and Ballet. Conductor: James Levine *150 minutes*

Wolfgang A. Mozart: THE MAGIC FLUTE (German)

Tuesday, August 2

Diana Damrau, Simon Keenlyside, Dorothea Roschmann, Will Hartmann, Franz-Josef Selig, 2003. Royal Opera House at Covent Garden. Conductor: Sir Colin Davis *182 minutes*
Co-sponsored by Princeton Friends of Opera

SUMMER PROGRAMS ~ *continued*

SUMMER FILM FESTIVAL

Every Friday all summer at 1:00 p.m.



“LA LA LAND” ~ Friday, July 7

A romantic musical film about a musician and an aspiring actress who meet and fall in love in Los Angeles. Starring Ryan Gosling and Emma Stone.

2 hours 8 minutes

“FLORENCE FOSTER JENKINS” ~ Friday, July 14

Florence Foster Jenkins was an American socialite and amateur soprano who was known and mocked for her flamboyant performance costumes and notably poor singing ability. “The world’s worst opera singer.” Starring Meryl Streep and Hugh Grant.

1 hour 51 minutes

“JACKIE” ~ Friday, July 21

Following the assassination of President John F. Kennedy, First Lady Jacqueline Kennedy fights through grief and trauma to regain her faith, console her children and define her husband’s historic legacy. Starring Natalie Portman.

“LIVE BY NIGHT” ~ Friday, July 28

A group of Boston-bred gangsters sets up shop in balmy Florida during the Prohibition era, facing off against the competition and the Ku Klux Klan. Starring Ben Affleck and Elle Fanning.

“DEEPWATER HORIZON” ~ Friday, August 4

A dramatization of the April 2010 disaster in the Gulf of Mexico when the BP offshore drilling oil rig exploded, creating the worst oil spill in U.S. history. Starring Mark Wahlberg and Kurt Russell.

1 hour 47 minutes

“SING” ~ Friday, August 11

In a city of humanoid animals, a hustling theater impresario’s attempt to save his theater with a singing competition becomes grander than he anticipates. Animated. Voiced by Matthew McConaughey, Reese Witherspoon and Seth McFarlane.

“SNOWDEN” ~ Friday, August 18

The NSA’s illegal surveillance techniques are leaked to the public by Edward Snowden, one of the agency’s employees, in the form of thousands of classified documents distributed to the press. Directed by Oliver Stone; starring Joseph Gordon Leavitt.

“HIDDEN FIGURES” ~ Friday, August 25

Based on the true story of brilliant African-American women at NASA—Katherine Johnson, Dorothy Vaughn and Mary Jackson—who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit.

2 hours 7 minutes

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Friday, July 7 at 2:00 p.m.

WHAT SHIP MODELS HAVE REVEALED ABOUT MARITIME HISTORY
by Charlie Cozewith.

Man’s venturing out into rivers, seas, and oceans has played an essential role in the rise of civilizations around the world.

Friday, August 4 at 2:00 p.m.

CURRENT EVENTS DISCUSSION
led by Lloyd Fredericks and Dan Weissman. All are welcome.
Location: Monument Hall Main

WOMEN IN RETIREMENT

Friday, July 21 at 10:30 a.m.

SUSTAINABLE PRINCETON

Learn how to protect human health and our environment - in your own home! We’ll learn many things individuals can do to conserve and preserve.

Friday, August 18 at 10:30 a.m.

OPEN DISCUSSION

Bring your ideas for speakers, programs or outside activities to share with others in the group. All are welcome.

TRANSITION TO RETIREMENT

*This group is on hiatus
in July and August
See you in September!*

*See page 7 for the upcoming
“Your Engaged Retirement”
lecture series, also beginning in
September, and co-sponsored by
the Princeton Public Library.*





Computer Guru: Malware and other Maladies

by Don Benjamin

Ransomware is malware that encrypts your computer files to prevent you from accessing your data until you pay a ransom for the decryption code. In May 2017, a global cyberattack spread ransomware called “*Wannacry*” to countless computers in over 150 countries, shutting down Britain’s National Health Service, FedEx, and Spain’s telecommunications systems.



The majority of the victims were using Windows 7 and had neglected to keep their operating system up to date. Microsoft updated Windows 7 (as well as Vista and 8) in March to fix the vulnerability, but many users ignored the update. Others were using Windows XP, a 16-year-old operating system that Microsoft stopped supporting some time ago. Apparently, the malware didn’t infect Windows 10 or Apple’s MacOS.

Unlike hacking, when someone “breaks in” to a computer, malware is often installed unwittingly by the user who downloads the software in an E-mail attachment of uncertain origin. Last year, I wrote two Newsletter articles on computer security: “Phishing” in January, and “Hacking” in October.¹ “Phishing” lures you into respond-

ing to what appears to be a legitimate request for your user name and password from your Gmail account or Medicare. The E-mail might explain, for example, that you need to verify your account information. Most of the recent hacking events in the news started as phishing expeditions that snagged unwary users into giving up their usernames and passwords.

However, the requestor isn’t Gmail or your Medicare, but a clever phisher who will then use your credentials to log into (hack) your on-line accounts and steal information. Unless you look at the actual E-mail address, which could be something like reply_to@zidmaderdegsh.com, you’d never know it wasn’t legitimate.



Wannacry spread through corporate computer networks, and didn’t affect many private (home) users. However, the *Wannacry* episode should be a reminder to keep your computer safe. Here’s how:

1. Make sure your version of Windows and MacOS is always up to date (for Windows 10, go to Settings → Update and Security; for earlier versions, go to Control Panel → Windows

Update)

2. Do the same for your virus protection system, such as Windows defender, Avast, Norton, etc.
3. Install Malwarebytes anti-malware software. The manual version (you have to initiate the scans) is free. For \$40/year, it will run automatically.
4. If you’re still using Windows XP, consider moving to Windows 10 (about \$100).
5. Never provide your username or password in response to an unsolicited E-mail request (or over the phone). Legitimate companies don’t ask you for this information out of the blue.
6. Don’t open E-mail attachments from people you don’t know or if the E-mail looks suspicious. (e.g. Beware of an E-mail that reads, “I thought you’d like to see this.”)

If you have any doubts about your computer security, visit the PSRC Computer Lab on Tuesdays from 1:00 until 4:00 p.m., and Fridays from 10 a.m. until 12 noon. And this summer, also on Wednesdays from 1:30 to 4:00 p.m., through August.

¹ Both are available from the PSRC website in the Newsletter Section.

*There’s an additional **Summer Tech Lab** every Wednesday from 1:30 to 4:00 p.m. through August. Feel free to bring your devices and your issues to our compassionate and knowledgeable volunteers for help!*

LUNCH AND LEARN: CONCIERGE MEDICINE

with Physicians from Princeton Lifestyle Medicine
Friday, July 14 at 1:00 p.m.

In the current insurance-driven healthcare model in the United States, primary care physicians are being forced to see 25-30 patients a day to make ends meet. Office visits are rushed, there is no time to get to the root cause of reversible chronic disease and handing out medication is the only treatment offered. Concierge medicine allows physicians to spend time with their patients and work together as partners in their care, preventing and reversing many chronic diseases such as high blood pressure, high cholesterol, diabetes, heart attacks, strokes, dementia and many cancers.

Sponsored by Merwick Care and Rehabilitation Center

COMMUNITY PICNIC ~ FREE! **at Redding Circle**

Tuesday, July 18, 5:00 - 7:30 p.m.

Join your neighbors for a picnic with grilled hamburgers, hot dogs 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 and Send Hunger Packing Princeton.

LUNCH AND LEARN: JOINT THERAPY/ REPLACEMENT

with Dr. Stephen Kayiaros from University Orthopaedic Associates and Practitioners from Ivy Rehab

Friday, July 21 at 1:00 p.m.

A discussion of knee and hip pain, and options for treatment ranging from physical therapy through joint replacement.

Sponsored by Homewatch CareGivers

BEGINNING BRIDGE LESSONS

Friday mornings at 10:30 a.m. for 6 weeks beginning July 21.

Contact Bill Miller if you're interested:
billsbridge@gmail.com or call 908.872.7927.

SLINGSHOT

Wednesday, August 2

Noted Segway inventor Dean Kamen and his work to solve the world's water crisis. An eccentric genius with a provocative world view, Kamen is an inspiration for future scientists. His inventions help people in need and ease suffering. SlingShot is about an indomitable man who just might have enough passion and innovative thinking to create a solution for a crisis affecting billions. *1 hour 28 minutes*

HONOR FLIGHT

Wednesday, August 9

This film chronicles a community coming together to honor World War II veterans. The film follows a team of Midwest volunteers as they race against the clock to send every local WWII veteran to see the memorials built in their honor. *1 hour 22 minutes*

THE WRECKING CREW

Wednesday, August 16

A celebration of the musical work of a group of session musicians known as "The Wrecking Crew," a band that provided back-up instrumentals to such legendary recording artists as Frank Sinatra, The Beach Boys and Bing Crosby. *1 hour 41 minutes*

MOVIES OF COLOR: BLACK

SOUTHERN CINEMA

Wednesday, August 23

Film scholars discuss movies made by and for Blacks in the segregated America of the first half of the 20th century. *55 minutes*

Gore Vidal:

THE UNITED STATES OF AMNESIA

Wednesday, August 30

This is an unashamedly opinionated film. In Gore Vidal's America, the political coup has already happened. The right has triumphed and the human values of the liberals have been consigned to history. But how did this happen and who organized it? In this film Gore Vidal's acerbic, opinionated and informed approach rips away at the facade of the new America. *1 hour 23 minutes*

SUMMER CLASSES

Please register for all classes at princetonsenior.org.

JULY 1 IS THE START OF A NEW QUARTER FOR PSRC CLASSES!

Details about classes and groups can be found on our website.

Financial assistance is available to those for whom the fee is a hardship; please ask at the front desk.



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

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

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

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

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

Register through Princeton Recreation Department: 609.921.9480.

CHAIR YOGA: *Tuesdays, 9:30 –10:30 a.m. beginning July 18 for 8 weeks.* \$48/residents; \$64 non-residents

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

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

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

SPRUCE CIRCLE

CHAIR EXERCISE: *Mondays, 11:30 a.m.*

Fridays, 12:00 noon \$48 per quarter



GAMES

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

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

BYO cards & set.

SCRABBLE: *Tuesdays, 12:00 noon.* Free.

For the following bridge events and associated fees, please contact Bill Miller 908.872.7927 or email him at billsbridge@gmail.com

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

BEGINNER BRIDGE LESSONS will begin on

Friday, July 21 at 10:30 a.m. for six weeks (through August 25.) Please call or email Bill if you plan to take the class.



PSRC CLASSES

SUZANNE PATTERSON BUILDING

DRAWING WITH ALEX: *Mini-session~5 Mondays in July 10:30 a.m.* \$30/residents, \$40/non-residents.

WORD PLAY (poetry group): *Mondays, 2:00 p.m.* \$5/quarter for copying costs.

WRITING YOUR LIFE: *On hiatus for the summer.*

MEMOIR WRITING GROUP: *Wednesdays, 2:30 p.m.* \$5/ quarter (class is currently full.)

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

ART WITH HANNAH: *On hiatus through August.*

COSMOLOGY: *Thursdays, 9:45 a.m.*

\$5/quarter. Peer-led science discussion. For more information, contact brucewallman@gmail.com.

LOOKING AHEAD

“YOUR ENGAGED RETIREMENT” A LECTURE SERIES

Co-sponsored by PSRC and the Princeton Public Library.

A series of informational lectures on a wide array of retirement issues. All lectures will be held at the Library in the Newsroom, and will begin at 7:00 p.m. Free.

Monday, September 25: NEW TO MEDICARE?

Monday, October 23: TRANSITION TO RETIREMENT

Monday, November 17: DOWNSIZING AND ORGANIZING

Monday, January 22, 2018: LEGAL /ESTATE PLANNING

Monday, February 26: FAMILY CAREGIVING

Monday, March 26: HEALTHCARE DECISIONS

Monday, April 23: VOLUNTEERING

Details to follow in upcoming newsletters.



GROUPS

BEREAVEMENT

Monday, July 17, August 21 at 1:00 p.m.
(Usually third Monday of each month.)
Call Sherri Goldstein 609.819.1226 to attend.
Corner House 19

CAREGIVERS

Monday, July 10, August 14 at 1:30 p.m.
(Usually the second Monday of each month.) *Corner House 19*

CHILDREN OF AGING PARENTS

Wednesday, July 12, August 9 at 4:30 p.m.
(Usually second Wednesday of the month.) *Suzanne Patterson Building*

CRAFTY PEOPLE

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

GRANDPARENTING

Tuesday, July 18, August 15 at 1:00 p.m.
(Third Tuesday of the month.)
Suzanne Patterson Building

KNIT WITS

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

LET'S TALK

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

LET'S TALK IN ENGLISH

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

MEN IN RETIREMENT

Friday, July 7, August 4 at 2:00 p.m.
(Usually first Friday of each month)
Call PSRC or check website for location

NEXT CHAPTER: WIDOWS/-ERS

Tuesday, July 11 & 25, August 8 & 22 at 10:30 a.m. (Second and fourth Tuesdays of the month.) *Spruce Circle*

TRANSITION TO RETIREMENT

On hiatus July and August.

WOMEN IN RETIREMENT

Friday, July 21, August 18 at 10:30 a.m.
(Third Friday of each month.)
Suzanne Patterson Building

There are no fees for any of these groups.

SUPPORT AND GUIDANCE



TRANSPORTATION

CROSSTOWN

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

DAYTIME FREE-B BUS

A 70-minute loop around town, 9:30 a.m. - 4:30 p.m. Monday - Saturday. Schedules and map are available at PSRC, municipal buildings, and on the bus.

GO GO GRANDPARENT

GoGoGrandparent turns on-demand transportation companies like **Uber** and **Lyft** into services that help families take better care of older adults; *available 24/7*. Call 855.464.6872 and wait to hear "thanks for calling GoGoGrandparent" or go to: <https://gogograndparent.com/>



PARTNERS-IN-CARING

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

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

Call us for more information: 609.924.7108 or 609.252.2362.



EVERGREEN FORUM FALL 2017 COURSE LIST

Advances in Medicine for Older Adults

Leaders: Dr. David Atkin and Dr. John Cotton
Monday: 9:30 to 11:30 a.m.; 8 weeks beginning 9/25.
Location: Monument Hall Main

American Musical Theatre, 1900-1943 and Beyond

Leader: Gordon Jacoby
Tuesday: 1:00 to 3:00 p.m.; 8 weeks beginning 9/26.
Location: PSRC

American Political Novels after the 2016 Election

Leader: Lloyd Gardner
Tuesday: 9:30 a.m. to 11:30 noon; 7 weeks beginning 9/28.
Location: Presbyterian Church of Lawrenceville

Art, Anarchy, and the Enigma of Dreams

Leader: Wendy Worth
Tuesday: 2:00 to 4:00 p.m.; 6 weeks beginning 9/26.
Location: Presbyterian Church of Lawrenceville

The Art of the Sonnet

Leader: Peter Smith
Wednesday: 10:00 a.m. to 12 noon; 6 weeks beginning 9/27.
Location: Presbyterian Church of Lawrenceville

Asian Shorts: Contemporary Asian Short Stories

Leader: Lois Harrod
Wednesday: 1:45 to 3:45 p.m.; 8 weeks beginning 9/27.
Location: Presbyterian Church of Lawrenceville

Civil Liberties in the Trump Era

Leader: Elaine Jacoby
Tuesday: 1:30 to 3:30 p.m.; 8 weeks beginning 9/26.
Location: Presbyterian Church of Lawrenceville

Contemporary Business and Economic Issues

Leaders: Milton Grannatt, Kurt Steiner, Bonnie Galloway
Monday: 1:30 to 3:30 p.m.; 8 weeks beginning 9/25
Location: PSRC

D.H. Lawrence and Life's Intensity

Leader: Lee Harrod
Wednesday: 1:45 to 3:45 p.m.; 8 weeks beginning 9/27
Location: Presbyterian Church of Lawrenceville

Films of the Sixties

Leader: Judith Zinis
Wednesday: 10:30 a.m. to 12:30 p.m.; 6 weeks beginning 9/27.
Location: Suzanne Patterson Building

From the Periphery into the Mainstream: How Women Artists of Color Have Transformed the Art World

Leaders: Judith Brodsky and Ferris Olin
Friday: 10:00 a.m. to 12 noon; 6 weeks beginning 9/29.
Location: Presbyterian Church of Lawrenceville

Genetics: Understanding DNA and How It Works

Leader: Kurt Steiner
Thursday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/28.
Location: Presbyterian Church of Lawrenceville

Geographical Links: A Geographer and Some Ambling Footsteps

Leader: Helen Goddard
Wednesday: 1:30 to 3:30 p.m.; 7 weeks beginning 9/27.
Location: PSRC

Gritty 20th Century English Fiction

Leader: Judith Wooldridge
Thursday: 10:30 a.m. to 12:30 p.m.; 5 weeks beginning 10/5.
Location: Princeton Public Library

The History and Mystery of Ice Age Art

Leader: Kay Widmer
Tuesday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/26.
Location: Presbyterian Church of Lawrenceville

The Impact of Psychology and Psychiatry Upon the Criminal Justice System

Leader: GH Friedlander
Wednesday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/27.
Location: Presbyterian Church of Lawrenceville

Judicial Decisions You Have Heard About and Some You Have Not!

Leader: Philip Carchman
Tuesday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/26.
Location: Monument Hall Main

Lesser Known French Opera

Leader: Irwin Rosenblum
Tuesday: 10:00 a.m. to 12:15 p.m.; 8 weeks beginning 9/26.
Location: PSRC

Lessons from Science and Technology

Leader: Stuart Kurtz
Friday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/29.
Location: Presbyterian Church of Lawrenceville

continued on next page



More Plays Off the Page: Bertolt Brecht

Leader: Barbara Herzberg

Thursday: 10:30 a.m. to 12:30 p.m.; 8 weeks beginning 10/5.

Location: PSRC

Psychological Assessments of Presidents and Presidential Candidates

Leader: David Brown

Wednesday: 1:00 to 3:00 p.m.; 8 weeks beginning 9/27.

Location: Presbyterian Church of Lawrenceville

Science in the News

Leader: Bob Robinson

Friday: 9:45 to 11:45 a.m.; 8 weeks beginning 9/29.

Location: Monument Hall Main

Shakespeares's Lovers and the Tragedy of Time

Leader: Lawrence Danson

Wednesday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/27.

Location: PSRC

The Short Stories of Gabriel Garcia Marquez

Leader: Cecilia Rosenblum

Friday: 10:00 a.m. to 12 noon; 6 weeks beginning 9/29.

Location: PSRC

Sounds of the 1960s: Popular Music, Culture, and History

Leader: Michael Lundy

Tuesday: 10:00 a.m. to 12 noon; 8 weeks beginning 9/26.

Location: Presbyterian Church of Lawrenceville

Understanding Islam: Essence and Practice

Leader: Muhammed Ali Chaudry

Thursday: 1:00 to 3:00 p.m.; 8 weeks beginning 9/28.

Location: Presbyterian Church of Lawrenceville

Vampires and Mad Scientists: Novels and Fiction

Leader: Dianne Sadoff

Thursday: 1:00 to 3:00 p.m.; 8 weeks beginning 9/28.

Location: Presbyterian Church of Lawrenceville

The Voice of Art: The Image as Propaganda

Leader: Helen Schwartz

Thursday: 9:30 to 11:30 a.m.; 6 weeks beginning 9/28.

Location: Monument Hall Main



For more information and to register, please go to theevergreenforum.org;

FEES: \$85 for 6 - 8 week courses;

**\$60 for short courses. Financial assistance is available
for those who find the fee a hardship.*

Please make a request to PSRC Executive Director, Susan Hoskins.

EVERGREEN SCHEDULE

July 11: Course descriptions on website; brochures mailed

July 25: registration begins

August 29: Lottery for over-subscribed courses

September 25: classes begin

JULY

Monday	Tuesday	Wednesday	Thursday	Friday
9:15 Aerobics - SPB 10:30 Drawing - SPB 2:00 Word Play - SPB SPRUCE CIRCLE OFFICE CLOSED	4 CLOSED for July 4th Holiday	5 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Summer Tech Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	6 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	7 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 Summer Film Festival - SPB 2:00 Men in Retirement - MH Main
10 9:15 Aerobics - SPB 10:30 Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Android Series #1 - SPB 1:30 Caregivers Group - CH-19 2:00 Word Play - SPB	11 10:30 TED Talks - SPB 10:30 Next Chapter Widow/ers - SC 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 4:30 Art Show Reception - SPB	12 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Summer Tech Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC 4:30 Children of Aging Parents - SPB	13 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	14 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 12:00 Chair Exercise - SC 1:00 Lunch & Learn - SPB 1:00 Summer Film Festival - SPB
17 9:15 Aerobics - SPB 10:30 Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 1:00 Bereavement Group - CH-19 2:00 Word Play - SPB	18 9:30 Chair Yoga 10:30 TED Talks - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC 1:00 Grandparents Group - SPB	19 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Summer Tech Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	20 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	21 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Beginner Bridge Lessons 10:30 Women in Retirement - SPB 12:00 Chair Exercise - SC 1:00 Lunch & Learn - SPB 1:00 Summer Film Festival
24 9:15 Aerobics - SPB 10:30 Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	25 9:30 Chair Yoga 10:30 TED Talks - SPB 10:30 Next Chapter Widow/ers - SC 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Wits - SC	26 9:15 Aerobics - SPB 1:30 Painting with Christina - SPB 1:30 Summer Tech Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	27 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	28 9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Beginner Bridge Lessons 12:00 Chair Exercise - SC 12:30 Senior Citizens Club - SPB 1:00 Summer Film Festival - SPB
31 9:15 Aerobics - SPB 10:30 Drawing - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	EARLY BIRD AEROBICS Monday through Friday 8:00 a.m.	TABLE TENNIS Mon., Wed., Fri. 12:30 to 4:30 p.m.	LOCATION KEY CH - Corner House EC - Elm Court MH - Monument Hall	PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building

Monday	Tuesday	Wednesday	Thursday	Friday
TABLE TENNIS Mon, Wed, Fri. 12:30 to 4:40 p.m. EARLYBIRD AEROBICS Monday through Friday 8:00 a.m.	9:30 Chair Yoga - SPB 12:00 Scrabble - SPB 12:30 Opera Film Festival - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Whits - SC	9:15 Aerobics - SPB 1:00 Documentary Film Series - SPB 1:30 Painting with Christina - SPB 1:30 Summer Tech Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	9:15 Aerobics - SPB 9:30 Let's Talk in English - RC 10:00 Computer Lab - SPB 10:00 Crafty People - EC 10:30 Beginner Bridge Lessons - SPB 12:00 Chair Exercise - SC 1:00 Summer Film Festival - SPB 2:00 Men in Retirement - MH Main
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9:15 Aerobics - SPB 11:30 Chair Exercise - SC 1:00 Let's Talk in English - SC 2:00 Word Play - SPB	28 9:30 Chair Yoga - SPB 12:00 Scrabble - SPB 1:00 Bridge/ Mah Jongg - SPB 1:00 Computer Lab - SPB 1:00 Knit Whits - SC	30 9:15 Aerobics - SPB 1:00 Documentary Film Series - SPB 1:30 Painting with Christina - SPB 1:30 Summer Tech Lab - SPB 2:30 Memoir Writing - SPB 2:45 Let's Talk - SC	31 9:45 Cosmology - SPB 10:00 Yoga - SPB 12:30 Duplicate Bridge - SPB	LOCATIONS CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building



Princeton Senior Resource Center

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Oasis Senior Advisors, Progression Physical Therapy of Princeton*

SUNDAY, SEPTEMBER 24, 2017

at 4:00 p.m.

PSRC's FALL BENEFIT

featuring

The Second City

Chicago's legendary sketch and improv comedy theater!

Princeton High School Performing Arts Center

***Tickets will go on sale in early August; look for details
on our website and at PSRC!***