

SAVE THE DATE

PSRC FALL BENEFIT
CAPITOL STEPS

PREPARE TO LAUGH
FRIDAY, OCTOBER 25, 7:30 P.M.

Over thirty years ago, the Capitol Steps began as a group of Senate staffers who set out to satirize the very people and places that employed them. Together the performers have worked in a total of eighteen congressional offices and represent sixty-two years of collective House and Senate staff experience.



Upcoming PSRC Closures:

IN OBSERVANCE OF INDEPENDENCE DAY,
PSRC WILL BE **CLOSED ON THURSDAY, JULY 4**
AND FRIDAY, JULY 5.



PSRC NEWSLETTER:

It's time to sign-up for the PSRC paper newsletter. Enjoy the convenience of having it delivered to your home mailbox. Our annual subscription rate is \$10 for September 2019 through August 2020. Don't miss out on all that's happening at PSRC!

THE EVERGREEN FORUM

Registration Changes Coming This Fall!

**Registration is now first come,
first served (no lottery)**

June 18: Course descriptions available on website

July 23: Online registration opens at 10:00 a.m.
— we will no longer accept paper registrations
(in-person help available at SPB Tech Lab from
10:00 a.m. to noon July 23, 24, 25, and 26)

August 6: Registration open for second
(or more) courses

September 23: Classes begin

See page 8 for the course list
and registration details.

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 Street)
Princeton, NJ 08540
Phone: 609.252.2362
Monday–Friday
10:00 a.m. to 4:30 p.m.

info@princetonsenior.org
princetonsenior.org

*PSRC's refund policy may be found
on the website under the "Who We Are/
General Information" tab.*

*A non-profit organization
serving our community*

BOARD OF TRUSTEES

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FROM THE EXECUTIVE DIRECTOR

Evergreen—Stretch Your Wings

"We met new friends and traveling companions through the Evergreen Forum. In addition to great classes, Evergreen has become an important part of our social life in our retirement."

"Sorry it's over! And I very much appreciate the opportunity to keep my brain in gear."

"As I grow older, the Evergreen Forum courses mean more to my everyday life—expanding insights, sending my thinking in new directions."

As we prepare to launch registrations for the Fall 2019 semester of Evergreen Forum, these comments from past Evergreen Forum participants help to highlight the value of our Evergreen program—as well as other aspects of the Princeton Senior Resource Center's lifelong learning initiatives. There is little doubt, a comprehensive lifelong learning program is one of the critical pieces in helping us carry out our mission to help older adults thrive!

Lifelong learning, notably the importance of continuing learning for adults in their post-retirement lives, has entered the national conversation on holistic well-being for older adults. Marquette University professor Lenore Weinstein's article, "Lifelong Learning Benefits for Older Adults," discusses the significant contributions of adult learning towards health and vitality.

Most notably, Professor Weinstein points to the positive contribution of continuing one's education on mental well-being. She argues that lifelong learning programs "will stimulate the brain.... And so, to improve one's mental functioning and mental health, one needs to get out of one's rut and change one's routine, try new things and experience the unfamiliar."

PSRC's lifelong learning offerings provide just that—an opportunity to stretch one's horizons, to learn new things, to discover the "inner artist" that has been waiting to emerge. One of the most exciting aspects of the Evergreen Forum is that the course offerings cover a broad range of subjects and are not limited to topics on aging. In Evergreen Forum you can encounter Shakespeare, discover opera, dive into political discourse, and so much more. Through our other enrichment programs, you can pick up a paint brush for the first

time since you were a child, or learn to draw using a variety of new techniques. The point is to take a chance—stretch your wings—step out and try something new!

Professor Weinstein also notes other benefits of lifelong learning for older adults. She highlights the positive effects continuing education has on overall quality of life, memory and recall, and overcoming depression/loneliness. The socialization benefits alone, she argues, contribute to thriving and vitality. The most engaged retirement is one where people take risks, get involved, and discover new possibilities through lifelong learning.

Additionally, she points out that older adults who participate in lifelong learning programs and engage in classes that stretch their wings report an overwhelming sense of joy and contentment. One of the Evergreen participants put it this way, “Thank you so much for Evergreen! Stimulating, enlightening, and a lot of fun.”

Drew A. Dyson, PhD
Executive Director



PSRC STAFF

Drew A. Dyson, PhD
Executive Director

Donna Cosgrove
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& Director of Programs*

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& Crosstown Coordinator*

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Cheryl Gomes
Development Associate

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*Director of Social Services
& Volunteer Coordinator*

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GrandPals Coordinator

Abigail Meletti
Evergreen Forum Coordinator

Breana Newton
*Program Associate &
Rental Coordinator*

Barbara Prince
Director of Development

Dave Roussell, MSW
*Care Coordinator
& HomeFriends Coordinator*

Carla Servin
Assistant GrandPals Coordinator

Beth Weiskopf
*Program Associate, Receptionist,
& Administrative Assistant to the
Executive Management Team*

Kathleen Whalen
Director of Communications



GROUPS

BEREAVEMENT

Mon., July 15 & Aug. 19 at 1:00 p.m.
(Usually third Monday of each month)
*Call Sherri Goldstein 609.819.1226
to attend. Corner House 19*

CAREGIVERS

Mon., July 8 & Aug. 12 at 2:15 p.m.
(Usually second Monday of each month)
*Location: Monument Hall
East Conference Room*

CHILDREN OF AGING PARENTS

Thur., July 11 & Aug. 8 at 4:30 p.m.
(Usually second Thursday of each month)
Suzanne Patterson Building

CRAFTY PEOPLE

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

GRANDPARENTING

Tue., July 16 & Aug. 20 at 1:00 p.m.
(Third Tuesday of each month)
Suzanne Patterson Building

KNIT WITS

*Tue., July 16 & 30, Aug. 6 & 20
at 1:00 p.m.*
Drop in for knitting and conversation.
Spruce Circle

LET'S TALK

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

GLOBAL CONVERSATIONS

Mondays at Spruce Circle at 1:00 p.m.
No meeting July 1.

MEN IN RETIREMENT

Not meeting in July
Fri., Aug. 2 at 2:00 p.m.
(Usually first Friday of each month)
Location: Monument Hall Main

NEXT CHAPTER: WIDOW/-ERS

*Tue., July 9 & 23, Aug. 13 & 27
at 10:45 a.m.*
(Usually second and fourth Tuesdays
of each month)
Suzanne Patterson Building

TRANSITION TO RETIREMENT

Not meeting in August
Fri., July 19 at 3:00 p.m.
(Usually third Friday of each month)
Suzanne Patterson Building

WOMEN IN RETIREMENT

Fri., July 19 & Aug. 16 at 10:30 a.m.
(Usually third Friday of each month)
Location: Monument Hall Main

THERE ARE NO FEES FOR THESE GROUPS.

JULY & AUGUST PROGRAMS

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



FYI SEMINAR — “SENIOR LIVING HOUSING OPTIONS”

Monday, July 8 at 1:00 p.m.

This seminar will cover various senior living options and will provide a financial overview of costs associated with them. Included in the discussion are continuing care retirement communities, life care, independent living/active adult, assisted living, memory care residences, and long term care. You'll also learn how to finance these options, including long term care insurance, private pay, Medicaid, and Medicare.

Hilary Murray, MS, CALA, has over 20 years of experience in the senior living industry, working in home care, medical adult day programs and senior housing.

Registration required, no fee.

Sponsor: Princeton Orthopaedic



FYI SEMINAR — “NJ COMPASSIONATE USE MEDICAL MARIJUANA ACT”

Monday, July 15 at 1:00 p.m.

The fastest-growing population of marijuana users in America is the elderly. Marijuana helps with some of the typical problems of aging like no other drug, and it does so safely and with fewer unwanted side effects than most pharmaceutical drugs on the market today. Learn more about senior citizens and marijuana.

Ken Wolski, RN, MPA, has been a registered nurse (RN) since 1976 and is currently licensed to practice in New Jersey and Pennsylvania. He is the executive director and co-founder of the “Coalition for Medical Marijuana-New Jersey, Inc.,” a 501(c)(3) public charity, since 2003.

www.cmmnj.org

Registration required, no fee.



FYI SEMINAR — “NUTRITIONAL ISSUES RELATED TO DEMENTIA”

Monday, July 22 at 1:00 p.m.

Often maintaining a healthy well-balanced diet on a daily basis is difficult and even more challenging for those who suffer from dementia. Learn tips and tricks on how to encourage healthy eating with kindness and compassion.

Judy Brennan, RN, is a clinical leader with Bayada Home Health Care and specializes in caring for seniors with kindness.

Registration required, no fee.



TED TALKS

Every Tuesday at 10:30 a.m.

(Not meeting in August)

First we watch a TED Talk, then we discuss it. Discussions are facilitated by Helen Burton. All are welcome. This month's topics:

July 2—**Tiffany Watt Smith:** The history of human emotions

July 9—**Frans Lanting:** The story of life in photographs

July 16—**Alex Hannold:** How I climbed a 3,000-foot vertical cliff—without ropes

July 23—**Carole Cadwalladr:** Facebook's role in Brexit—and the threat to democracy

July 30—**David Hooker:** The importance of visual literacy

RETIREMENT PROGRAMS

MEN IN RETIREMENT

Not meeting in July

MEN IN RETIREMENT — “CURRENT EVENTS DISCUSSION”

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

Lloyd Fredricks and Dan Weissman will lead us in a round table (chair) discussion of current events. There have been great topics in the past with very lively discussions. Everyone will have an opportunity to speak on the topic and express their opinion. This is a chance for you to be heard in an informal and supportive environment. Lloyd and Dan always pick interesting subjects! All are welcome.

WOMEN IN RETIREMENT — “MINDFULNESS MADE SIMPLE!”

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

By now, many people have become aware of the superpower of mindfulness. Exactly what

MORE PROGRAMS

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

is it? How do I get started? What can it do for me? This presentation will answer all those questions and more! Our speaker will be Carol Rickard, LCSW, who has spent over 25 years in the behavioral health field as a social worker, trainer, and facilitator in hospital-based settings. All are welcome.

WOMEN IN RETIREMENT — “THIS CHAIR ROCKS” *Friday, August 16 at 10:30 a.m.*

Ashton Applewhite, author of “This Chair Rocks,” describes Ageism as “stereotyping and discrimination on the basis of a person’s age. Susan Hoskins, former director of PSRC, to moderate discussion. All are welcome.

TRANSITION TO RETIREMENT *Friday, July 19 at 3:00 p.m.*

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

ONE-OFFS/LIMITED SERIES PROGRAMS

SUMMER TECH WORKSHOP SERIES

10:00 a.m.–noon

Join the high school students from Education for Success assisted by PSRC’s Tech Lab Volunteers for the following technology workshops:

Navigating Gmail on Friday, July 12

You will learn the anatomy of your email platform (appearances, features, etc.), how to compose and send an email, and how to organize your emails.

Using Uber and Lyft Services on Friday, July 26

This workshop will show you how to create and set up an account, how to order a ride to your location, and discuss issues of safety.

Using NJ Transit and Bus Services in Princeton on Tuesday, August 6

Learn how to navigate the NJ Transit app and find train times, how to use the app to track the Princeton FreeB Bus, and where to find the Tiger Transit Shuttle schedule.

Google Chrome Web Browser Functions on Tuesday, August 20

This workshop will cover how to manage Chrome settings, Chrome extensions and apps, and how to navigate tabs and browser history.

Instructors: Education for Success and PSRC’s Tech Lab Volunteers

Education for Success is a nonprofit volunteer organization founded in 2017 by high school students in the Princeton area. They conduct tutoring sessions, workshops, and presentations to teach important life and academic skills to demographics that may not have access to education tools.

Please register (required) for each workshop separately, no fee.



SUMMER CINEMA SERIES

Fridays in July and August, beginning July 12 at 1:00 p.m. Registration required, no fee

JULY 12: THE WIFE

The story of a couple’s youthful passion and ambition interwoven with a portrait of a marriage, thirty-plus years later, a lifetime’s shared compromises, secrets, betrayals, and mutual love. Starring: Glenn Close, Jonathan Pryce

Running time: 1 hour, 39 minutes

JULY 19: GREEN BOOK

When a bouncer from an Italian American neighborhood in the Bronx is hired to chauffeur a world-class black pianist on a concert tour from Manhattan to the Deep South, they must rely on a book to guide them to the few establishments that were then safe for African-Americans. Academy Award for Best Picture

Starring: Viggo Mortensen, Mahershala Ali

Running time: 2 hours, 10 minutes

MORE PROGRAMS

JULY 26: *TEA WITH THE DAMES* (DOCUMENTARY)

Celebrated actresses and longtime friends Maggie Smith, Judy Dench, Eileen Atkins, and Joan Plowright with scores of iconic performances, decades of wisdom, and innumerable awards join for a weekend in the country as they catch up with one another, reminisce, and share their candid, delightfully irreverent thoughts on everything from art to aging to love to a life lived in the spotlight.

Running time: 1 hour, 24 minutes

AUGUST 2: *ROMA*

A year in the life of a middle-class family's housekeeper in Mexico City in the early 1970s. "Alfonso Cuarón's masterpiece *Roma*, an autobiographical movie set in Mexico City in the 1970s, uses both intimacy and monumentality to express the depths of ordinary life." — Manohla Dargis, *NY Times*

Academy Award for Best Foreign Language Film
Starring: Yalitza Aparicio, Marina de Tavira

Running time: 2 hours, 15 minutes

AUGUST 9: *BOHEMIAN RHAPSODY*

This film follows history's most beloved entertainers, Freddie Mercury and Queen's meteoric rise, their revolutionary sound, Freddie's solo career, and one of the greatest performances in rock history.

Academy Award for Best Actor

Starring: Rami Malek, Lucy Boynton, Ben Hardy

Running time: 2 hours, 14 minutes

AUGUST 16: *APOLLO 11* (DOCUMENTARY)

From the moment man set foot on the moon, the world has been a different place. This exceptional chronicle of Apollo 11 features new digital transfers of film and television coverage unmatched by any other. In fact, several unscheduled transmissions have never been broadcast.

Starring: Neil Armstrong, Buzz Aldrin, Michael Collins

Running time: 1 hour, 33 minutes

AUGUST 23: *THE FAVOURITE*

A new servant arrives and charms the Queen of England. Their growing friendship gives the servant a chance to fulfill her ruthless ambitions.

Academy Award for Best Actress

Starring: Olivia Colman, Emma Stone, Rachel Weisz

Running time: 1 hour, 59 minutes

AUGUST 30: *CALL ME BY YOUR NAME*

In 1980s Italy, a romance blossoms between a precocious seventeen-year-old student and the older man hired as his father's research assistant.

Academy Award for Best Adapted Screenplay

Starring: Armie Hammer, Timothée Chalamet

Running time: 2 hours, 12 minutes



OPERA FILM FESTIVAL

***Tuesdays in July beginning July 2
at 12:30 p.m.***

CO-SPONSORED BY THE PRINCETON FRIENDS OF OPERA

JULY 2: FRANCESCO CILEA'S *ADRIANNA*

LEVOUVREUR (2004, IN ITALIAN)

With Freni, Cossotto, Vinco, Dvorsky; Teatro Alla Scala, Gianandrea Gavazzeni (conductor)

Running time: 2 hours, 39 minutes

JULY 9: CARL MARIA VON WEBER'S *DER FREISCHUTZ* (1981, IN GERMAN)

With Ligendza, Kramer, Raub; Wurtemberg State Opera; Dennis Russell Davies (conductor)

Running time: 2 hours, 26 minutes

JULY 16: UMBERTO GIORDANO'S *ANDREA CHENIER* (1962, IN ITALIAN)

With Del Monaco, Tebaldi, Protti; NHK Symphony Orchestra, Franco Cspuana (conductor)

Running time: 2 hours, 11 minutes

JULY 23: FRANZ LEHAR'S *THE MERRY WIDOW* (2005, IN GERMAN)

With Sarafin, De Arallano, Hausmann, Starzinga; Morbisch Festival Orchestra, Rudolf Bibl (conductor)

Running time: 2 hours, 30 minutes

MORE PROGRAMS

JULY 30: SPECIAL EVENT: *THE OPERA GALA: LIVE FROM BADEN-BADEN* (GERMANY, 2007)

With Netrebko, Garanca, Vargas, Tezier; Sinfonie Orchestra Baden-Baden and Freiburg, Marco Armiliato (conductor)

Running time: 2 hours, 18 minutes



SIZZLING HOT FILMS OF THE 70S
Wednesdays in July and August,
beginning July 3 at 10:30 a.m.

JULY 3: *KRAMER VS KRAMER*

When his wife walks out, Ted Kramer and his six-year-old son have a chance to bond and learn about each other. When Ted's wife returns asking for her son, a painful custody battle ensues. Winner of five Academy Awards

Starring: Meryl Streep, Dustin Hoffman

Running time: 1 hour, 45 minutes

JULY 10: *ONE FLEW OVER THE CUCKOO'S NEST*

This is the story of a free-spirited mental ward inmate whose rebelliousness pits him against the repressive head nurse, whose charm wins him the loyalty of his fellow inmates.

Winner of five Academy Awards

Starring: Jack Nicholson, Louise Fletcher

Running time: 2 hours, 13 minutes

JULY 17: *SHAMPOO*

George is one of L.A.'s most desirable men, a Beverly Hills hairdresser who makes all his female clients look and feel better than ever. Lee Grant won the Academy Award for Best Actress in a Supporting Role.

Starring: Warren Beatty, Julie Christie, Goldie Hawn, Lee Grant

Running time: 1 hour, 49 minutes

JULY 24: *ALL THE PRESIDENT'S MEN*

True story of the Watergate break-in that led to the political scandal of the decade.

Winner of four Academy Awards

Starring: Dustin Hoffman, Robert Redford

Running time: 2 hours, 18 minutes

JULY 31: *NETWORK*

A satirical look at the politics and power struggles of television executives as a network news anchorman turns the tables on the "ratings."

Winner of two Academy Awards

Starring: Faye Dunaway, William Holden, Peter Finch

Running time: 2 hours, 1 minute

AUGUST 7: *YOUNG FRANKENSTEIN*

A finely tuned parody of the old Frankenstein movies by Mel Brooks, in which Gene Wilder returns to the old country to clear his family name.

Winner of two Academy Awards

Starring: Gene Wilder, Peter Boyle, Marty Feldman, Teri Garr

Running time: 1 hour, 46 minutes

AUGUST 14: *BRIAN'S SONG*

Based on the real-life relationship between teammates Brian Piccolo and Gale Sayers who played for the mid-1960s Chicago Bears and the bond established when Piccolo discovers that he is dying.

Starring: James Caan, Billy Dee Williams

Running time: 1 hour, 13 minutes

AUGUST 21: *MASH*

The personnel of a Mobile Army Surgical Hospital in Korea develop a lunatic lifestyle to cope with the military bureaucracy and the horrors of war.

Winner of an Academy Award

Starring: Faye Donald Sutherland, Elliot Gould, Sally Kellerman

Running time: 1 hour, 56 minutes

AUGUST 28: *THE STING*

Set in 1930's Chicago, this story deals with two con men who seek revenge on a big-time gangster who was responsible for the murder of their friend.

Winner of seven Academy Awards

Starring: Paul Newman, Robert Redford, Robert Shaw

Running time: 2 hours, 9 minutes

A QUICK GUIDE TO AREA RESOURCES

Access Princeton
609.924.4141

Affordable Housing
609.688.2053

Arm-in-Arm
609.921.2135

Central Jersey Legal Services
609.695.6249

Community Without Walls
609.921.2050

Cornerstone Community Kitchen
609.924.2613

Funeral Consumers Alliance
609.924.3320

Meals on Wheels
609.695.3483

Mercer County Nutrition Program
609.989.6650

Mercer County Office on Aging
609.989.6661 or 877.222.3737

NJ Consumer Affairs
973.504.6200

NJ Division of Aging Services
800.792.8820, ext. 352

One Table Café
609.924.2277

PAAD (Pharmaceutical Aid)
800.792.9745

Princeton Community Housing
609.924.3822

Princeton Housing Authority
609.924.3448

Princeton Human Services
609.688.2055

Princeton Police (non-emergency)
609.921.2100

Princeton Public Library
609.924.9529

Reassurance Contact
609.883.2880

Ride Provide
609.452.5144

Senior Care Services of NJ
609.921.8888

Senior Citizen Club
609.921.0973

Social Security
800.772.1213

SHIP (Medicare)
609.695.6274, ext. 215

T.R.A.D.E. (Transportation)
609.530.1971

THE EVERGREEN FORUM

ADVANCES IN MEDICINE FOR OLDER ADULTS

Leaders: Dr. David Atkin and
Dr. John Cotton

ALL ABOUT CLAUDE MONET AND VINCENT VAN GOGH

Leader: Richard Swain

THE BRITISH ESPIONAGE NOVEL AND THE CAMBRIDGE FIVE

Leader: Lloyd Gardner

CONTEMPORARY ECONOMIC ISSUES

Leaders: Milton Grannatt, Kurt
Steiner, and Amulya Garga

CREATIVE WRITING COURSE: POETRY

Leader: Sam Hamod

DOCUMENTARY FILMS: TRUE OR FALSE?

Leader: Judith Zinis

EXPLORING PRINCETON UNIVERSITY'S ARCHITECTURE

Leaders: Michael Lundy and Jon
Hlafter

FINNEGAN'S WAKE

Leader: Lee Harrod

FREE SPEECH IN A "POST-TRUTH" WORLD

Leader: Elaine Jacoby

A GEOGRAPHICAL PASTICHE

Leader: Helen Goddard

THE HISTORY OF PRINCETON

Leader: Kurt Steiner

JANE AUSTEN: NOVELS AND FILMS

Leader: Dianne Sadoff

JAPANESE ART: LECTURES AND DISCUSSIONS

Leader: Joel S. Greenberg

Fall 2019 Course List

LANDSCAPES IN ART

Leader: Sandy Kurinsky

MIGRATIONS: MORE THAN A BORDER STORY

Leaders: Barbara Kirsh, Peggy de Wolf,
Art Firestone, Elaine Jacoby, Sandy
Kurinsky, and Judy Walzer

MORE PLAYS OFF THE PAGE: GEORGE BERNARD SHAW

Leader: Barbara Herzberg

MORE RECENT FICTION

Leader: Judith Wooldridge

MY BRILLIANT FRIENDS: FERRANTE & STARNONE

Leader: Lois Marie Harrod

PRIVACY, THE SECOND AMENDMENT, AND OTHER RIGHTS

Leader: Phil Carchman

PSALMS: A LEGACY OF BEAUTY AND SPIRITUAL GUIDANCE

Leader: Bob Freedman

SCIENCE IN THE NEWS

Leader: Bob Robinson

SOCIETAL ISSUES IN SOAP OPERAS

Leader: Cecilia Rosenblum

THEMES IN IRISH FOLK MUSIC

Leader: Bill O'Neal

UNDERSTANDING CONTEMPORARY ART FROM THE 60s TO THE

PRESENT

Leader: Wendy Worth

WHAT IS TIME?

Leader: Stuart Kurtz

Registration is now first come, first served (no lottery)

Fees: \$95/6–8 week courses; \$70/4 week courses

For information and to register, go to PRINCETONSENIOR.ORG

We will no longer accept paper and telephone registrations.

JULY 23: Online registration opens at 10:00 a.m.

JULY & AUGUST PROGRAMS

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



EXERCISE & FITNESS

SUZANNE PATTERSON BUILDING

AEROBICS

Mondays, Wednesdays, Fridays, 9:15–10:15 a.m.
\$64/residents; \$128/non-residents; 13-week session — Register through Princeton Recreation Department: 609.921.9480.

TABLE TENNIS

Mondays, Wednesdays, Fridays, 12:30–4:30 p.m.
Drop-in; no fee.

MINDFUL CHAIR YOGA & MEDITATION

Tuesdays, 9:30 a.m.–10:30 a.m.
\$72/residents; \$96/non-residents; per quarter (MH-Multi)
Thursdays, 9:00 a.m.–10:00 a.m.
\$72/residents; \$96/non-residents; per quarter (SPB)

GENTLE MAT YOGA

Thursdays, 10:00–11:00 a.m.
\$72/residents; \$96/non-residents; per quarter

SPRUCE CIRCLE

CHAIR EXERCISE

Mondays, 11:30 a.m.–12:30 p.m.
Fridays, noon–1:00 p.m.; \$48 per quarter

EVERY BODY WALK!

Tuesdays and Thursdays, 10:00 a.m. FREE
This program is available from March through November and meets in different outdoor locations. Visit www.progressionpt.com or call Progression PT at 609.454.3536. Co-Sponsored by PSRC and Progression Physical Therapy.



ENRICHMENT

DRAWING WITH ALEX KOLTCHEV

Mondays at 10:30 a.m.
\$26/residents; \$35/non-residents; per month

WRITING YOUR LIFE WITH BETTY LIES

Mondays at 10:30 a.m.; \$36/residents; \$48/non-residents; per quarter. *Class is currently full. Call to be added to the waitlist.*

WORD PLAY (POETRY) WITH RICE LYONS

Mondays at 2:00 p.m.; \$5/per quarter. *Class is currently full. Call to be added to the waitlist.*

COSMOLOGY

Thursdays at 9:45 a.m.
\$5/per quarter. Peer-led science discussion. Contact brucewallman@gmail.com for more information.

Programs on Hiatus this Summer:

Off in July:

Men in Retirement

Off in July & August:

Multimedia Art with Hannah
Painting with Christina

Off in August:

FYI Seminars
TED Talks
Transition to Retirement



GAMES DAY

SCRABBLE, CANASTA, SOCIAL BRIDGE, & OTHER GAMES

Tuesdays, noon–4:00 p.m.; no fee.
Let us know if there's a game you'd like to play!

MAHJONGG

Tuesdays, noon–4:00 p.m.; no fee; BYO set.



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB is open for one-on-one assistance with our experienced and patient volunteers; bring your laptop, phone, or tablet, or use our desktops. Drop in, no fee.

- *Tuesdays 1:00–4:00 p.m.*
- *Wednesdays 1:00–4:00 p.m.*
- *Fridays 10:00 a.m.–1:00 p.m.*

ALL CLASSES ARE HELD AT THE SUZANNE PATTERSON BUILDING UNLESS NOTED

COMPUTER GURU

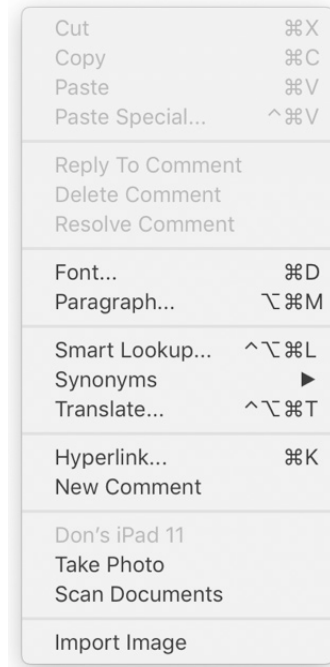
By Don Benjamin

Left-Click/Right-Click

Computer mice (and many trackpads) have two buttons. Everyone knows the left button selects things on the screen, like menu items. But not everyone knows what to do with the right button—yet it’s a **really important button**. That’s because it reveals “context” menus.

Context menus are lists of actions that are related to the thing on the screen you select. It’s part of Windows and MacOS. For example, if I position the cursor anywhere on this in Microsoft Word article and click the right mouse button, up pops a menu of actions I can take. I can change the font, set the paragraph properties (line spacing, margins for the paragraph, etc.), look up words, insert a link to a web page, add a comment, take a photo of the page, insert a scanned document, or add an image.

If I select a word or phrase, I can cut or copy the word into the clipboard, paste it someplace else, or delete it. Or I can look it up in the dictionary or thesaurus. The list that pops up depends on what I select.



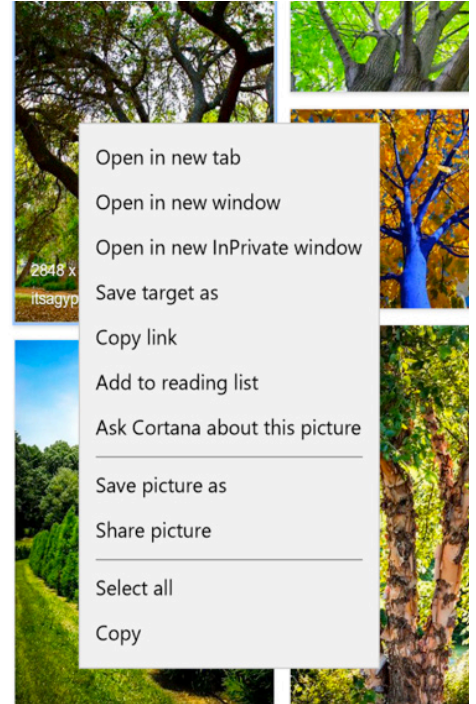
Context menu in Microsoft Word. It pops up when you click the right mouse button. (MacOS)

Web Images

Go to any web page and right-click a picture. Up pops a context menu with a list of the things you can do with that image.¹ If you want to copy the image into a document, select “Copy,” and it goes

into your clipboard. Or you can copy the link to send someone. Or save the image, or save the link to review it later, and so on.

Now you can see why these are called “context” menus—the list of actions depends on what you’re doing at the time.



Right-click on a Web image to list the options. (Windows 10)

Trackpads

Some trackpads also use left and right buttons, but newer Windows laptops (and all MacBooks) use “precision trackpads” that rely on gestures—special finger taps and movements—instead of buttons. For example, to invoke a context menu on a MacBook or newer Windows laptop, you tap with two fingers anywhere on the trackpad. This “two-finger” tap is the same as clicking the right mouse button.

If you need help using your mouse or trackpad, just stop by the Technology Lab on Tuesday or Wednesday from 1:00 to 4:00 p.m., or Friday from 10:00 a.m. to 1:00 p.m. Our volunteers have no fear of mice.

¹ If you use an image from the Web, make sure you cite the source.

JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 2:00 Word Play - SPB	2 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 12:00 Games Day - SPB 12:30 Opera Film Festival - MH Main 1:00 Technology Lab - SPB	3 9:15 Aerobics - SPB 10:30 Films of the 70s - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	4 PSRC IS CLOSED FOR INDEPENDENCE DAY	5 PSRC IS CLOSED FOR INDEPENDENCE DAY
8 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB 2:15 Caregivers - MH East Conf Rm	9 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers - SPB 12:00 Games Day - SPB 12:30 Opera Film Festival - MH Main 1:00 Technology Lab - SPB	10 9:15 Aerobics - SPB 10:30 Films of the 70s - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	11 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Every Body Walk! - Various 10:00 Gentle Mat Yoga - SPB 4:30 Children of Aging Parents - SPB	12 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Summer Tech Series - SPB 10:00 Technology Lab - SPB 12:00 Chair Exercise - SC 1:00 Summer Cinema Series - SPB
15 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 Bereavement - CH-19 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB	16 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 12:00 Games Day - SPB 12:30 Opera Film Festival - MH Main 1:00 Grandparents Group - SPB 1:00 Knit Wits - SC 1:00 Technology Lab - SPB	17 9:15 Aerobics - SPB 10:30 Films of the 70s - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	18 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Every Body Walk! - Various 10:00 Gentle Mat Yoga - SPB	19 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Technology Lab - SPB 10:30 Women in Retirement - MH Main 12:00 Chair Exercise - SC 1:00 Summer Cinema Series - SPB 3:00 Transition to Retirement - SPB
22 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 FYI Seminar - SPB 1:00 Global Conversations - SC 2:00 Word Play - SPB	23 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 10:45 Next Chapter Widow/ers - SPB 12:00 Games Day - SPB 12:30 Opera Film Festival - MH Main 1:00 Technology Lab - SPB	24 9:15 Aerobics - SPB 10:30 Films of the 70s - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	25 9:00 Mindful Chair Yoga & Meditation - SPB 9:45 Cosmology - SPB 10:00 Every Body Walk! - Various 10:00 Gentle Mat Yoga - SPB	26 9:15 Aerobics - SPB 10:00 Crafty People - EC 10:00 Summer Tech Series - SPB 10:00 Technology Lab - SPB 12:00 Chair Exercise - SC 12:30 Senior Citizen Club - SPB 1:00 Summer Cinema Series - SPB
29 9:15 Aerobics - SPB 10:30 Drawing with Alex - SPB 10:30 Writing Your Life - MH - E Conf 11:30 Chair Exercise - SC 1:00 Global Conversations - SC 2:00 Word Play - SPB	30 9:30 Mindful Chair Yoga & Meditation - MH Multi 10:00 Every Body Walk! - Various 10:30 TED Talk - SPB 12:00 Games Day - SPB 12:30 Opera Film Festival - MH Main 1:00 Knit Wits - SC 1:00 Technology Lab - SPB	31 9:15 Aerobics - SPB 10:30 Films of the 70s - SPB 1:00 Technology Lab - SPB 2:45 Let's Talk - SC	Mercer County Nutrition Program Monday through Friday 10:00 a.m. to 1:00 p.m. Table Tennis Mon., Wed., Fri. 12:30-4:30 p.m.	Locations: CH - Corner House EC - Elm Court MH - Monument Hall PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building Various — Call Progression PT for locations: 609.454.3536

AUGUST 2019

Monday

**Mercer County
Nutrition Program**
Monday through Friday
10:00 a.m. to 1:00 p.m.

Table Tennis
Mon., Wed., Frid.
12:30–4:30 p.m.

Tuesday

Locations:
CH - Corner House
EC - Elm Court
MH - Monument Hall
PPL - Princeton Public Library
RC - Redding Circle
SC - Spruce Circle

Wednesday

SPB - Suzanne Patterson
Building
Various — Call Progression PT
for locations: 609.454.3536

Thursday

1
9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB

Friday

2
9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
1:00 Summer Cinema Series
- SPB
2:00 Men in Retirement -
MH Main

5

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB

6

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:00 Summer Tech Series - SPB
12:00 Games Day - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

7

9:15 Aerobics - SPB
10:30 Films of the 70s - SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

8

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB
4:30 Children of Aging Parents
- SPB

9

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
1:00 Summer Cinema Series
- SPB

12

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB
2:15 Caregivers -
MH East Conf Rm

13

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:45 Next Chapter Widow/ers
- SPB
12:00 Games Day - SPB
1:00 Technology Lab - SPB

14

9:15 Aerobics - SPB
10:30 Films of the 70s - SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

15

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB

16

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
10:30 Women in Retirement
- MH Main
12:00 Chair Exercise - SC
1:00 Summer Cinema Series
- SPB

19

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 Bereavement - CH-19
1:00 Global Conversations - SC
2:00 Word Play - SPB

20

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:00 Summer Tech Series - SPB
1:00 Grandparents Group - SPB
1:00 Knit Wits - SC
1:00 Technology Lab - SPB

21

9:15 Aerobics - SPB
10:30 Films of the 70s - SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

22

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB

23

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
1:00 Summer Cinema Series
- SPB

26

9:15 Aerobics - SPB
10:30 Drawing with Alex - SPB
10:30 Writing Your Life -
MH - E Conf
11:30 Chair Exercise - SC
1:00 Global Conversations - SC
2:00 Word Play - SPB

27

9:30 Mindful Chair Yoga &
Meditation - MH Multi
10:00 Every Body Walk! - Various
10:45 Next Chapter Widow/ers
- SPB
12:00 Games Day - SPB
1:00 Technology Lab - SPB

28

9:15 Aerobics - SPB
10:30 Films of the 70s - SPB
1:00 Technology Lab - SPB
2:45 Let's Talk - SC

29

9:00 Mindful Chair Yoga &
Meditation - SPB
9:45 Cosmology - SPB
10:00 Every Body Walk! - Various
10:00 Gentle Mat Yoga - SPB

30

9:15 Aerobics - SPB
10:00 Crafty People - EC
10:00 Technology Lab - SPB
12:00 Chair Exercise - SC
12:30 Senior Citizen Club - SPB
1:00 Summer Cinema Series
- SPB



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