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.
“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
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
Please register for all programs, classes, and events at princetonsenior.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, MSEd, 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, Judi 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.*

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; Wurtemburg State Opera; Dennis Russell Davies (conductor)

*Running time: 2 hours, 39 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, 26 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

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

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

SOCIAL 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
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.

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.

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.

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1 If you use an image from the Web, make sure you cite the source.
## JULY 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<td>1</td>
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<tr>
<td>9:15 Aerobics - SPB</td>
<td>9:30 Mindful Chair Yoga &amp; Meditation - MH Multi</td>
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<td>10:00 Films of the 70s - SPB</td>
<td>10:00 Technology Lab - SPB</td>
<td>10:00 Crafty People - EC</td>
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<td>10:30 TED Talk - SPB</td>
<td>1:00 Technology Lab - SPB</td>
<td>2:45 Let’s Talk - SC</td>
<td>10:00 Summer Tech Series - SPB</td>
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<td>2:45 Let’s Talk - SC</td>
<td>12:00 Chair Exercise - SC</td>
<td>1:00 Summer Cinema Series - SPB</td>
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<td>2:00 Word Play - SPB</td>
<td>12:30 Opera Film Festival - MH Main</td>
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<td>12:00 Games Day - SPB</td>
<td>10:00 Gentle Mat Yoga - SPB</td>
<td>1:00 Summer Cinema Series - SPB</td>
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<td>1:00 Knit Wits - SC</td>
<td>1:00 Technology Lab - SPB</td>
<td>12:00 Games Day - SPB</td>
<td>3:00 Transition to Retirement - SPB</td>
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<td>10:00 Crafty People - EC</td>
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<td>12:00 Chair Exercise - SC</td>
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### 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 - Cormier 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
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<td>Monday through Friday</td>
<td>CH - Corner House</td>
<td>Various — Call Progression PT for locations: 609.454.3536</td>
<td>9:00 Mindful Chair Yoga &amp; Meditation - SPB</td>
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<td>10:00 a.m. to 1:00 p.m.</td>
<td>EC - Elm Court</td>
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<td>RC - Redding Circle</td>
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**Miscellaneous Activities:**
- Table Tennis: Mon., Wed., Fri. 12:30–4:30 p.m.
- Mercer County Nutrition Program: Monday through Friday 10:00 a.m. to 1:00 p.m.
- Men in Retirement: MH Main
- Women in Retirement: MH Main
- Bereavement: CH-19
- Grandparents Group: SPB
- Knit Wits: SC
- Tech Series: SPB
- Next Chapter Widow/ers: SPB
- Children of Aging Parents: SPB
- Summer Tech Series: SPB
- Summer Cinema Series: SPB

**Contact Information:**
- Table Tennis: Various — Call Progression PT for locations: 609.454.3536
- Locations: Call Progression PT for locations: 609.454.3536

**Additional Activities:**
- Table Tennis: Mon., Wed., Fri. 12:30–4:30 p.m.
- 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.
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acornglen.com

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At Homewatch CareGivers®, we believe that good care should not interfere with your quality of life, so we do everything we can to keep you or your loved one comfortable.

homewatchcaregivers.com

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