

EVERGREEN FORUM — CELEBRATING TWENTY YEARS



REGISTRATION FOR FALL COURSES IS NOW OPEN.

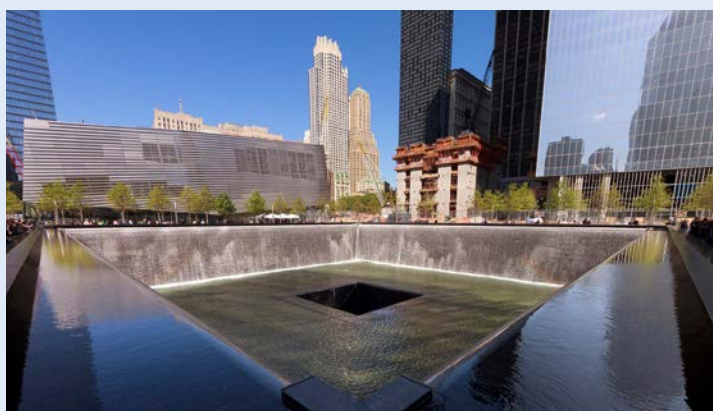
This September, PSRC celebrates twenty years of the Evergreen Forum, Evergreen Forum volunteers, instructors, and steering committee members. Please turn to [page 15](#) to read about the Volunteer Appreciation Award in their honor.

A Brief History of the Evergreen Forum can be found on [page 10](#).

9/11 MEMORIAL AND TRIBUTE
Thursday, September 9, 11:00 a.m.

TOUR OF FLIGHT 93 NATIONAL MEMORIAL,
SHANKSVILLE PENNSYLVANIA
Tuesday, September 21, noon

*Descriptions on [page 5](#).
Registration required, no fee*



PSRC FALL FUNDRAISER

PURCHASE TICKETS NOW

A transformative evening with
DR. BERNICE A. KING
CEO OF THE KING CENTER

SATURDAY, OCTOBER 16 AT 7:30 P.M.

VIP Event at 6:30 p.m.
THIS IS A VIRTUAL EVENT
on the Zoom conferencing platform

For ticket and event sponsorship information:
<https://princetonsenior.link/Bernice-A-King>

Questions?
Contact Lisa Adler at ladler@princetonsenior.org or call 609.751.9699, ext. 103.

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
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: 609.751.9699
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 nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

Living a Legacy

Dear Friends,

I believe that each of us carries the important task of living a legacy. For some of us, that task may be carrying forward the legacy left for us by our parents — or other beloved family or friends — who are no longer with us. For others, that may be the task of creating a new legacy for future generations that inspire creativity, integrity, compassion, or generosity. I know that, as I approach the 1st and 3rd anniversaries of my parents' deaths this fall, I am conscious of the gifts I have received from each of them (and aware of the complexities), and I am committed to living into their legacy of compassion and generosity. What is the legacy that you are living?

Rev. Dr. Bernice A. King carries an extraordinary legacy. As the youngest daughter of Martin Luther King Jr. and Coretta Scott King, and now CEO of the King Center in Atlanta, she proudly carries the mantle of her mother and father's work for justice and equality in the United States and around the world. On October 16, we invite you to join us for a transformational evening with Dr. King as she reflects on this legacy and shares her hopes for our nation.

Many people have asked Dr. King to unpack her father's legacy in light of our contemporary societal milieu. How would your father respond, she is asked, if he were alive today? In an article in *The Atlantic* last January, she wrote: "Now more than ever, I believe that my father would encourage humanity to join together in love, commit to assisting people around the globe, and travel the path of nonviolence toward the 'beloved community' — a society, as he envisioned it, of justice and equal opportunity."

Dr. King is also quick to share about her mother Coretta's legacy. In many ways, she argues, Coretta was the true "architect" of the King legacy. She notes in her article, "A Woman Purposed to be a King, that before she was a King," her mother was a civil rights activist, member of the NAACP and the Race Relations and Civil Liberties committees at Antioch College, a gifted vocalist and musician at the prestigious New England Conservatory for Music in Boston, a peace advocate and delegate at numerous international peace conferences, and an accomplished artist.

Dr. King believes that her mother's tireless work and advocacy was as instrumental in changing the face of the country, albeit more behind the scenes, than her father. Coretta founded The King Center for Nonviolent Social Change in 1968, the same year as MLK's assassination. Bernice writes of her mother, "Consider that at the



time of my father's death, a poll found him to be 'the most hated man in America.' My mother's efforts as the Architect of the King Legacy changed the way that, not only America, but the entire world views my father."

What an extraordinary legacy she carries! And what a fantastic opportunity we have to hear her reflections on that legacy. I truly hope you will join us on October 16 for our annual fall fundraiser – and a transformational evening with this powerful leader — as we reflect together on how we can all live into her parent's legacy of justice and equality for all. I also hope you will take time to reflect on your own legacy that you are living and the hopes and dreams you are passing on to future generations.

All the Best,
Drew A. Dyson, PhD
Chief Executive Officer

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

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Chief Development Officer

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Lifelong Learning Coordinator

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

Kathleen Whalen
Director of Communications

THANK YOU FOR YOUR CAR DONATION

All of us at PSRC want to thank Lorraine Silver for her thoughtful and generous donation. Donate your car or boat — Call 855.500.7433 or 855.500.RIDE or visit: careasy.org/nonprofit/Princeton-Senior-Resource-Center.



SEPTEMBER PROGRAMS

Visit <https://www.princetonior.org/coming-soon/>

LIBRARY READS — MONDAY, SEPTEMBER 13
Note different date this month (usually meets on the first Monday of the month)
1:00 p.m. via Zoom

Calling all readers — Princeton Public Library staff will showcase some great recent and notable book titles to add to your to-be-read list. You can also ask for personalized book recommendations.

Presented by Princeton Public Librarians



FIRST FRIDAY FILM — “QUEEN BEES”
Friday, September 3 at 1:00 p.m.

While her house undergoes repairs, fiercely independent senior Helen temporarily moves into a nearby retirement community, where she encounters lusty widows, cutthroat bridge tournaments, and a hotbed of bullying “mean girls.” Starring: Ellen Burstyn, Ann-Margaret, Loretta Devine, Jane Curtin, James Caan
Running time: 1 hour, 40 minutes;
Genre: Comedy; Rated: PG-13
Registration required, no fee.



FYI SEMINAR — “AUTO INSURANCE: WHAT YOU NEED TO KNOW BEFORE YOU BUY”
Friday, September 10 at 11:45 a.m.

Automobile insurance is more complicated than one would think. Full coverage does not always mean adequate coverage. Learn the essentials to best protect yourself and your family members. Robert Bratman is a trial attorney at Stark and Stark, where he practices exclusively personal injury law for the past thirty-four years and is an expert in auto insurance law.
Registration required, no fee.

SPECIAL NOTICE

PSRC is closed on Monday, September 6
for the Labor Day holiday

PSRC is closed on Thursday, September 16
in observance of the Yom Kippur holiday



FYI SEMINAR — “WHAT IS THE STATE OF YOUR AFFAIRS?”

Friday, September 17 at 11:45 a.m.

We will talk about what paperwork to keep and for how long, what never needs to be kept, and ways to organize what you do keep. Presenter: Linda Richter of Personal Paperwork Solutions
Registration required, no fee.



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:

September 7 — No Ted Talk

September 14 — Tommy Caldwell: What are you up against (YouTube)

(Recommended by Helen Burton's grandson Dillon)

September 21 — Bernie Dunlap: The life-long learner

September 28 — Yaniv Erlich: How we're building the world's largest family tree
Registration required, no fee.

This month's FYI sponsors are [Novi Wealth Partners](#) and [Silver Century Foundation](#). TED Talk sponsors are [Bryn Mawr Trust](#), [Capital Health](#), and [Stark & Stark Attorneys at Law](#).

To request a program scholarship, please fill out this confidential form.
<https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

9/11 TWENTIETH ANNIVERSARY COMMEMORATION



9/11 MEMORIAL AND TRIBUTE

Thursday, September 9, 11:00 a.m.

On Thursday, September 9, 2021, we will be commemorating the twentieth anniversary of the 9/11 attacks with a virtual tour of the 9/11 Memorial & Museum in New York City. Following the tour, we will hold a community discussion about 9/11 hosted by Donald Benjamin, PSRC board member. Participants will have the opportunity to share their memories, thoughts, and feelings about the attacks and their aftermath. We hope that you will join us to honor and remember.

Registration required, no fee

Register at <https://princetonsenior.link/go9>

TOUR OF FLIGHT 93 NATIONAL MEMORIAL, SHANKSVILLE PENNSYLVANIA

Tuesday, September 21, noon

Join us we learn about and remember the story of Flight 93 on September 11, 2001. Together with the National Parks Service, we will pay tribute to the fallen heroes as we hear their stories and honor their memories.

Registration required, no fee

Register at <https://princetonsenior.link/go9>

SEPTEMBER PROGRAMS

Visit <https://www.princeton senior.org/coming-soon/>

RETIREMENT PROGRAMS

MEN IN RETIREMENT — “PRINCETON: THEN AND NOW”

Friday, September 10 at 10:00 a.m.

The town of Princeton was settled more than 300 years ago. What has changed over the years, and what has stayed the same? Using images from the Historical Society’s vast photo archive, tour the town from the comfort of your seat and compare images of transportation, shopping, education, and historic sites, past and present. Presented by Eve Mandel of the Historical Society of Princeton. All are welcome. Registration required, no fee.

WOMEN IN RETIREMENT — “WOMEN IN RETIREMENT SIXTH ANNIVERSARY CELEBRATION” (NOW ON ZOOM)

Friday, September 17 at 10:00 a.m.

Please join old and new friends as we celebrate our sixth WIR anniversary!

This year we will forgo our traditional potluck brunch in favor of fun virtual games and good conversation. All are welcome. Registration required, no fee.

TRANSITION TO RETIREMENT

Friday, September 24 (meeting on 9/24 instead of 9/17 this month) 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 Dave Roussell, MEd, MSW, LSW, PSRC care coordinator, and HomeFriends coordinator. Registration required, no fee.

LIMITED SERIES PROGRAMS

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE

Eight Sessions on Wednesdays, beginning September 1 through October 20 at 9:30 a.m.; Fee: \$80

Is drawing a talent or a skill? Both. We all have the ability to learn and enjoy the practice of drawing!

This course introduces students to a variety of easy to learn drawing techniques and encourages students to develop their own style. Each interactive session includes a specified lesson plan, with practice and drills, time to share, and personalized critiques designed to unblock the artist in you, tap into your imagination, unleash your creativity, and exercise your memory, analytical, and small motor skills. Experienced artists will grow in agility and gain proficiency. Fun weekly challenges!

Materials: good erasable paper (a sketchbook will work nicely), a variety of graphite pencils (preferably soft wood-less, 4–8B pencils), a sharpener, a plastic white eraser, and a kneaded eraser will come in handy. Maximum: 15 students

Instructor: Denise McDaniel “My greatest joy is to stand before a blank canvas. So many possibilities! There is always something new to paint.” Denise is an oil painter best known for her plein air and landscape paintings. Her art reflects a lifetime of study and practice that began with a love of children’s book illustrations and is informed by academic training and museum scholarship. She has a BFA from Moore College of Art, has worked professionally as a technical illustrator and graphic designer, is a member of the Willingboro Art Alliance, and is a docent at the Princeton University Art Museum.

FRENCH RENDEZ-VOUS

Wednesdays, beginning September 1 through September 29 at 10:00 a.m.

Fee: \$60

This series will challenge students to develop vocabulary in areas including contemporary francophone authors, art, and destinations of interest in a friendly, supportive environment. No homework! For advanced students. Maximum participants: 12

Instructor: Brigitte Aflalo-Calderon

To request a program scholarship, please fill out this confidential form.
<https://princetonsenior.wufoo.com/forms/senior-scholarship-request-form/>

SPECIAL SCREENING: HARRY & SNOWMAN

Wednesday, September 22 at 1:00 p.m.

With the recent passing of Dutch immigrant Harry deLeyer, we are featuring *Harry & Snowman*. This film tells the real-life story of Harry's friendship with Snowman, an Amish plow horse that he rescues off a truck bound for the glue factory. Within two years they would win the Triple Crown of show jumping, and become an international sensation.

Starring: Harry DeLeyer, Harriet DeLeyer

Running time: 1 hour, 22 minutes; Genre: Documentary;

Rated: Not Rated

Registration required, no fee

STAY-WELL CHAIR EXERCISE

Tuesdays, beginning September 7 through September 28 at 1:00 p.m.

Fee: \$30

Join us on Zoom for a month-long aerobics workshop that will help build endurance and strengthen your body, mind, and soul. This chair aerobics class is designed for those seeking a gentle yet lively form of exercise. Instructor Laraine Alison offers a fun, music filled class that will help you to forget you are even exercising. You will need hand weights (or use water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

NEW! CELEBRATE LIFE

Fridays, beginning September 3 through October 1 at 3:00 p.m.

Fee: \$35 for the five-session series

Let's come together on Zoom to share an interesting moment from your life. We will get to know each other and celebrate who we are. What seems mundane to you will be fascinating to others. No pressure, just having fun and sharing life. COME JOIN THE FUN with Life Coach Helen Burton.

CHESS + WORKSHOP

Tuesdays, beginning September 7 to October 5 at 11:00 a.m.

Fee: \$35 for five session series

Learn to play the most popular game ever, a game

of strategy and problem solving that keeps your mind sharp while fostering social engagement. This workshop will use "Chess x Positive Psychology," a novel learning model that combines the disciplines of chess and the principles of positive psychology. Not only will you learn a new skill, you'll be on the road to improved well-being. For beginner to intermediate skill levels.

Maximum participants: 12

Instructor: Larry Li

MORNING TECH SERIES: USING GENEALOGY DATABASES

Wednesday, September 1 at 10:00 a.m.

This class offers new users an opportunity to dive into the past and discover threads of their family history using the library's genealogy databases. Users will explore these databases and learn how to conduct and save their research. Access to these databases through the library requires a Princeton Public Library card. This program will be hosted via Zoom. A link will be sent to registrants the day before the program.

Morning Tech Series is presented in partnership with the Princeton Public Library and PSRC.

MORNING TECH SERIES: ONLINE GAMES AND PUZZLES

Wednesday, September 15 at 10:00 a.m.

Online games and puzzles have been shown to improve cognitive skills like memory and concentration, while improving dexterity and familiarity with computer components such as the mouse. In this session, attendees will learn how easy it is to access free, online games and puzzles.

Morning Tech Series is presented in partnership with the Princeton Public Library and PSRC.

GAMES DAY AT PSRC (IN-PERSON)

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

Come with a partner or a few friends to enjoy game playing at PSRC. Mahjongg (bring your own set), Scrabble, and Social Bridge. Preregistration and covid waiver are required, no fee.

SEPTEMBER PROGRAMS

Visit <https://www.princeton senior.org/coming-soon/>



EXERCISE & FITNESS

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 10:00 a.m.

This free walking program offers excellent options for safe walking in and around the beautiful trails of Princeton. Walking sticks and canes are welcome. CDC guidelines will be followed. This program is offered in partnership with Progression Physical Therapy. For more information, including walking locations by date, go to progressionpt.com or call Progression Physical Therapy at 609.454.3536.

Leader: Carol Keyes

Registration through PSRC, no fee.

GENTLE YOGA + NIDRA — Summer Quarter

Mondays through September 27 (No class September 6), 10:00 a.m.

Fee: \$75 per quarter

This expansive workshop encompasses yoga postures, yogic breathing, an explanation of the science of yoga sound which creates profound deep relaxation, and some meditation. It is suitable for new students and seasoned practitioners. Participants will need a yoga mat and/or clear floor space, water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye

MINDFUL CHAIR YOGA & MEDITATION — Summer Quarter

Thursdays through September 30 (no class September 16), 10:00 a.m.

Fee: \$75 per quarter

Chair yoga is a gentle, versatile form of yoga utilizing a chair that is adaptable for all skill levels and abilities and for those with balance issues and injuries.

This includes participants who spend their time commuting, sitting at a desk, or suffer with limited mobility or chronic conditions. It is therapeutic in nature and welcoming to all populations. Participants will enjoy a restorative experience that is breath, body, and spiritually focused. Students will learn techniques to gain flexibility, strength, balance, and energy while increasing range of motion and delving into the serenity of a relaxing class that moves at a mindfully slow pace. **Important note: please do not use a rolling chair or a chair with arm rests.**

Instructor: Lyn Lilavati Sirota

TABLE TENNIS (IN-PERSON)

Mondays and Fridays in September beginning Friday, September 3 through September 27

1:00 p.m. to 4:00 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. For the month of September, we will be open for three time slots: 1:00 to 2:00 p.m., 2:00 to 3:00 p.m., and 3:00 to 4:00 p.m. 12 players per time slot, please make sure to register in advance. At this time, we are not accepting walk-ins.

Preregistration and covid waiver are required, no fee



ENRICHMENT

PAINTING CLASSES ARE ON HIATUS UNTIL THE FALL

COSMOLOGY

Peer-led science discussion. Contact brucewallman@gmail.com for more information.



TECHNOLOGY ASSISTANCE

TECHNOLOGY LAB

While the PSRC building remains closed, the Technology Lab continues to serve clients remotely. Our dedicated volunteers are available and responding to requests. Once you submit a request, one of our volunteers will contact you, normally within one business day, to set up an appointment to help you.

To learn more about PSRC's technical assistance, go to our website at princeton senior.org/psrc-tech-resources/ or to fill out a request form go to <https://princeton senior.org/wufoo.com/forms/technology-assistance-request/>.

Most programs and groups meet virtually on Zoom (unless indicated otherwise)

SEPTEMBER 2021

Monday

Tuesday

Wednesday

Thursday

Friday

1

9:30 Basic Drawing: Beginners to Advanced
10:00 French Rendez-vous
10:00 Princeton Public Library's Morning Tech Series
3:00 Let's Talk

2

9:45 Cosmology
10:00 Every Body Walk!
10:00 Mindful Chair Yoga
1:00 Memoir Writing

3

10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film - "Queen Bees"
1:00 Table Tennis (In-person)
3:00 Celebrate Life

6

PSRC IS CLOSED
IN OBSERVANCE
OF LABOR DAY

7

10:00 Every Body Walk!
10:00 GrandPals Gabfest
11:00 Chess + Workshop
11:00 Grandparenting
1:00 Games Day (In-person)
1:00 Stay-Well Chair Exercise

8

9:30 Basic Drawing: Beginners to Advanced
10:00 French Rendez-vous
3:00 Let's Talk

9

9:45 Cosmology
10:00 Every Body Walk!
10:00 Mindful Chair Yoga
11:00 9/11 Memorial and Tribute
1:00 Memoir Writing
4:00 Children of Aging Parents

10

10:00 Men in Retirement Monthly Meeting
11:45 FYI Seminar - "Auto Insurance: What You Need to Know before You Buy"
1:00 Table Tennis (In-person)
3:00 Celebrate Life

13

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (In-person)
2:00 Word Play
3:00 Caregivers Group

14

10:00 Every Body Walk!
10:00 GrandPals Gabfest
10:30 TED Talks
11:00 Chess + Workshop
11:00 Next Chapter: Widows and Widowers
1:00 Games Day (In-person)
1:00 Stay-Well Chair Exercise

15

9:30 Basic Drawing: Beginners to Advanced
10:00 French Rendez-vous
10:00 Princeton Public Library's Morning Tech Series
1:00 Knit Wits (In-Person)
3:00 Let's Talk

16

PSRC IS CLOSED
IN OBSERVANCE
OF YOM KIPPUR

17

10:00 Women in Retirement Monthly Meeting
11:45 FYI Seminar - "What is the State of Your Affairs?"
1:00 Table Tennis (In-person)
3:00 Celebrate Life

20

10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (In-person)
2:00 Word Play
3:00 Bereavement Group

21

10:00 Every Body Walk!
10:00 GrandPals Gabfest
10:30 TED Talks
11:00 Chess + Workshop
11:00 Grandparenting Group
1:00 Games Day (In-person)
1:00 Stay-Well Chair Exercise

22

9:30 Basic Drawing: Beginners to Advanced
10:00 French Rendez-vous
1:00 Special Screening - "Harry & Snowman"
3:00 Let's Talk

23

9:45 Cosmology
10:00 Every Body Walk!
10:00 Mindful Chair Yoga
1:00 Memoir Writing

24

1:00 Table Tennis (In-person)
3:00 Celebrate Life
3:00 Transition to Retirement

27

10:00 Gentle Mat Yoga + Nidra
10:00 Irish Folk Music (EF)
10:00 People & Stories (EF)
10:00 Russian Literature (EF)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Islam & Democracy (EF)
1:00 Table Tennis (In-person)
2:00 Word Play
3:00 Caregivers

28

10:00 Back to the Future (In-person)
10:00 Every Body Walk!
10:00 GrandPals Gabfest
10:30 TED Talks
11:00 Chess + Workshop
11:00 Next Chapter: Widows and Widowers
1:00 David Copperfield (EF)
1:00 Games Day (In-person)
1:00 Great Art (EF)
1:00 Socialism (EF)
1:00 Stay-Well Chair Exercise

29

9:30 Basic Drawing: Beginners to Advanced
10:00 Early Joyce (EF)
10:00 French Rendez-vous
1:00 Art from All Angles (EF)
1:00 Elizabeth Strout (EF)
1:00 For the People (EF)
3:00 Let's Talk

30

9:45 Cosmology
10:00 Every Body Walk!
10:00 Explorations (EF)
10:00 Jane Gardam Sampler (EF)
10:00 Mindful Chair Yoga
10:00 Out of Vietnam (EF)
10:30 Don Quixote (EF)
1:00 History & Culture of Scotland (EF)
1:00 Memoir Writing
1:00 More Plays off the Page (EF)

Virtual programs are added daily.

Visit <https://www.princetonsenior.org/coming-soon/> often to see what's new!

EVERGREEN FORUM — CELEBRATING TWENTY YEARS



REGISTRATION FOR FALL COURSES IS NOW OPEN

A BRIEF HISTORY OF THE EVERGREEN FORUM

The Beginnings

In the fall of 2000, four retired Princetonians (Judith and Harry Pinch, Carolyn Wilson, and David Southgate) met to discuss a learning opportunity for older residents of the larger Princeton area. They hoped to start a program that differed from the available possibilities. It would encourage discussion and participation, unlike the Princeton University auditing program. It would meet in the daytime, unlike the Princeton Adult School. Unlike both of those programs, it would depend entirely on volunteer teachers.

They had no place, no money, no staff. No name.

The Name

There is not much clarity about the origins of the name. “I was actually not in the room when the name was picked,” said Judith Pinch. “Evergreen” was picked, she says, for its suggestion of continuing youthfulness, “Forum” for its suggestion of collaborative learning and discussion.

PSRC Home

Serendipity. A friend of Carolyn’s introduced the founders to Jan Marmor, then executive director of the Princeton Senior Resource Center, who offered to find space for the new classes. Volunteers would do most of the work.

The first four courses were offered in spring, 2001. Two of those courses are still running regularly: “Plays off the Page,” led by Barbara Hertzberg and “Science in the News” (at first “Science Tuesday on Friday”) then led by Henry Pinch and David Southgate.

By fall 2001 there were six courses. By fall 2005 there were fourteen courses offered, already straining the classroom and parking space at the Suzanne Patterson Building. Executive Director, Susan Hoskins, sought available space in other venues. So the Evergreen Forum had a promising beginning.

Growing Pains

Growth came attended by problems. As more instructors needed audiovisual aids, the PSRC staff was called on to provide additional services, including equipment and technological assistance. It was becoming more difficult to find space for all the classes,

so there was an improvisational quality about some of the “classrooms.” While most of the classes still met in the Suzanne Patterson Building and Monument Hall, it was necessary to rent space in such diverse places as the Princeton Public Library, the D & R Greenway building, and local churches. A few classes even met in instructors’ homes. By 2012, EF was offering fifteen courses every term.

Perpetuating Itself

Realizing that some more formal organization was needed if EF were to continue, the Steering Committee set out to develop a plan. At the Annual Meeting in 2013, Elaine Jacoby and her committee presented a completed “Rules of Governance”—a new organizational structure—providing for an elected Steering Committee and officers, as well as committees to oversee curriculum, evaluation of courses, and recruitment of volunteers. The Evergreen Forum was becoming an institution.

Still Growing

By 2016, PSRC had designated a staff coordinator to help run The Evergreen Forum. EF had to rent classroom space from the Presbyterian Church of Lawrenceville to accommodate twenty-five or more classes each term.

Looking Forward

To continue to provide classes during the 2020–2021 pandemic, PSRC’s technology staff and volunteers stepped up to facilitate classes conducted online. Executive Director, Drew Dyson, announced (January 2021) that PSRC has purchased a building at 101 Poor Farm Road, which will be remodeled to include four dedicated, fully equipped classrooms for the use of Evergreen classes. There is lots of parking space.

In its first twenty years, EF has offered courses in science, literature, history, art, law, politics, philosophy, music, and popular culture. So the Evergreen Forum, which began in a small meeting in a Princeton living room, is taking its place as an important part of the fabric of the larger Princeton community. We look forward to the next twenty years.

COMPUTER GURU

by Don Benjamin

Technology Lab Programs sponsored by: Capital Health

Windows 11 and Mac OS Monterey

Microsoft and Apple will update their operating systems this fall. Windows 11 has a spiffy new interface; Mac OS Monterey looks like Big Sur, but adds several nifty features. Both updates will be free.

Windows 11

Microsoft will release Windows 11 this fall—the first significant update to its operating system since Windows 10 hit the streets in 2015.

I've been playing with a beta version of Windows 11 and think it looks pretty slick.

The basic Windows operations aren't changing, so you should be comfortable with the update. However, the look and feel are decidedly different. For example, application windows have rounded corners, and menu icons are clearer. It looks like Microsoft lifted some style cues from Mac OS.

New features include 1. “Widgets” you can add to your home screen to show things like the weather, stocks, and so on, 2. Better window arrangement controls, and 3. An integrated chat feature.

Microsoft will continue to support Windows 10 through October 2025, so you don't have to upgrade for a while.

Mac OS 12, “Monterey”

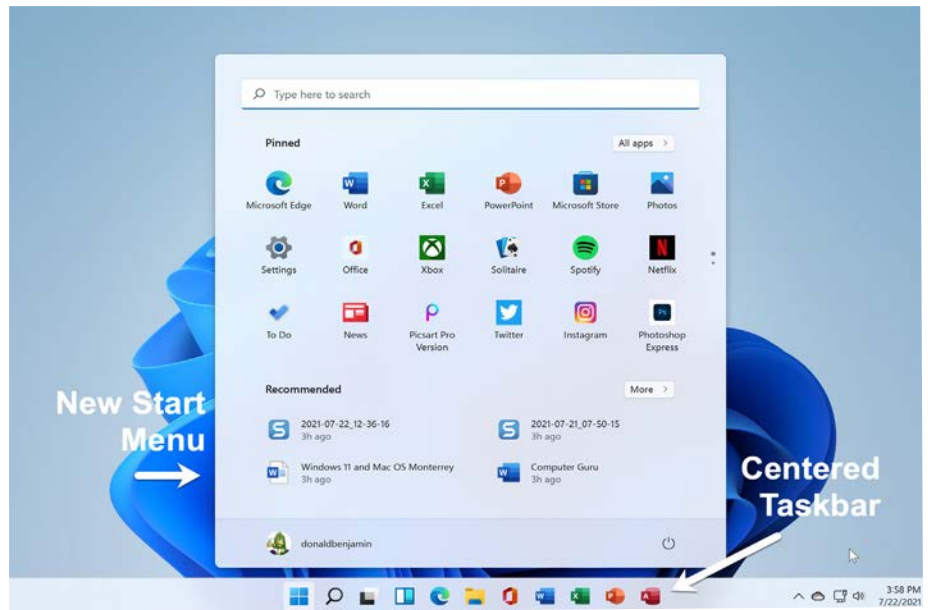
Apple's new OS looks the same but adds several dandy features, such as 1. The ability to use your Mac keyboard on your iPad, 2. “Tiled” multi-participant FaceTime calls (à la Zoom), 3. New “shortcuts” that work like macros to make repetitive tasks easier, 4. Improved Safari tabs, and 5. “Spatial” audio that enhances voices on Facetime and music playback.

Should You Upgrade?

We always recommend keeping your operating system (and applications) up to date. Not only do these new operating systems offer better cybersecurity, their new features should make using your computer easier.

Thousands of “beta” testers (I'm one) are using Windows 11 and Mac OS Monterey, so when it's time to upgrade, these operating systems should work reliably.

If you have questions about Windows or Mac OS, just mosey on over to the PSRC website, click the Tech Request button, and we'll be in touch. (Tech Request Form: princetonsenior.org/psrc-tech-resources/.)



Windows 11 has a spiffy new look.



Clyde really likes Windows 11, but I think he's getting a bit carried away.

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)
609.273.0588

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

SOCIAL SERVICES

by Sharon Hurley, CVA

Are You Checking In With Friends, Family, and Neighbors?

Being isolated during the Covid-19 pandemic created anxiety and increased depression symptoms for many seniors. Early research about the number of incidences of suicide, in the United States, had predicted that the numbers would increase. Interestingly this did not happen in the United States. It seems that as a nation when there is a national crisis, we tend to rally together in support of each other. Many people regularly checked in with others, and this was one of the biggest factors in suicide prevention.

No one wants to think about the topic of suicide, but it touches so many of us. PSRC takes deliberate measures to provide programs and support groups to keep people engaged and connected to the resources needed for optimal health. If you know a senior that isn't involved with PSRC, invite them to join you in attending something, whether in person or virtually. Tell them about our Welcome Wednesdays: <https://www.princetonsenior.org/welcome/>

Connection with others matter. You never really know what that invitation may do to help a senior through a difficult time. The PSRC Social Services team can provide referrals to counselors, hotlines, and even assist in matching a volunteer with a senior for consistent phone calls to check in.

Resources:

The Friendship Line (1.800.971.0016) is the nation's only 24-hour toll-free hotline specifically for older and disabled adults. Trained staff and volunteers make and receive calls to and from individuals who are either in crisis or just in need of a friend. Visit <http://www.ioaging.org/services-for-elders-and-caregivers/friendship-line>.

PSRC HomeFriends program: <https://www.princetonsenior.org/volunteer/homefriends/>

National Suicide Prevention Hotline at 1.800.273.8255. Find more help at www.nami.org/Find-Support

NAMI in Mercer County: 609.799.8994 <https://namimercer.org/>
PSRC Community Resources website page: <https://www.princetonsenior.org/community-resources/>

PSRC Social and Support Groups: <https://www.princetonsenior.org/social-and-support-groups/>

Information from the [National Alliance On Mental Illness \(NAMI\) website](https://www.nami.org/) states: SEPTEMBER IS NATIONAL SUICIDE AWARENESS MONTH. The month brings awareness to a topic not often talked about. Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-



thirds of the people who commit suicide suffer from depression.

One way to help prevent suicide is to increase access to treatment for depression. However, identifying depression can be difficult. Not all people who suffer from depression show signs. The first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is. Talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action. Suggesting a counselor or treatment for depression might also help. Often, people who are depressed need a caring friend. A common fallacy is that people who talk about suicide never act on it. If a friend or loved one is talking about suicide, it's time to get help for that person.

The mental health of yourself or a loved one can never be taken too seriously. Whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a professional to lighten the burden by finding support. There is no shame in seeking help.

TRANSPORTATION

CROSTOWN

The Crosstown Transportation program is currently following these safety protocols:

- Cleaning and disinfecting procedures in vehicles before, between rides, and at shift end.
- Installation of sneeze guards in cars.
- All drivers must wear masks.
- All riders must wear a mask (unless medically unable). We will provide a mask if the rider doesn't have one.
- Riders must sit in the back seat.
- No rideshares, except with family or an aide.
- Daily driver health screening check list.
- Health screening questions for rider with the ride confirmation call prior to the trip.

Door-to-door car service within Princeton for people over age sixty-five. Call 609.751.9699 to **register for the program and purchase \$3 vouchers**. Then call Ride Provide at 609.452.5144 to schedule a ride. Free to Penn Medicine Princeton Health (hospital) and medically prescribed rehabilitation at Princeton Fitness and Wellness Center.



GROUPS

BACK TO THE FUTURE (IN-PERSON)
Tuesday, September 28 at 10:00 a.m.
at Suzanne Patterson Building

BEREAVEMENT
Monday, September 20 at 3:00 p.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS
Monday, September 13 & 27 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS
Thursday, September 9 at 4:00 p.m.
(Usually second Thursday of each month)

GLOBAL CONVERSATIONS
Mondays at 1:00 p.m.

GRANDPARENTING
Tuesday, September 7 & 21 at 11:00 a.m.
(First & third Tuesday of each month)

KNIT WITS (IN-PERSON)
Wednesday, September 15 at 1:00 p.m.
at Spruce Circle
(Usually third Wednesday of each month)

LET'S TALK
Wednesdays at 3:00 p.m.

**MEN IN RETIREMENT
MONTHLY MEETING**
Friday, September 10 at 10:00 a.m.
(Usually first Friday of each month)

NEXT CHAPTER: WIDOW/-ERS
Tuesday, September 14 & 28 at 11:00 a.m.
(Usually second and fourth Tuesday of each month)

TED Talks
(Usually Tuesdays at 10:30 a.m.)

TRANSITION TO RETIREMENT
Friday, September 24 at 3:00 p.m.
(Usually third Friday of each month)

**WOMEN IN RETIREMENT
MONTHLY MEETING (NOW ON ZOOM)**
Friday, September 17 at 10:00 a.m.
(Usually third Friday of each month)

THERE ARE NO FEES FOR THESE GROUPS.

**ALL GROUPS MEET VIRTUALLY USING ZOOM
UNLESS INDICATED OTHERWISE.**

Sign up for virtual groups on our [website](#)
or call 609.751.9699 for assistance.

FROM THE DEVELOPMENT OFFICE

PSRC's FALL FUNDRAISER PROUDLY PRESENTS

A transformative evening with

DR. BERNICE A. KING
CEO OF THE KING CENTER



This Fall, PSRC is hosting Dr. Bernice A. King, for our virtual annual fundraising event. Proceeds from this event fund PSRC's essential social services,

providing support and extensive educational and social programming for the most vulnerable in our community. PSRC has set a goal to raise \$75,000. Help us achieve this goal and become an event sponsor.

An event sponsorship offers unique advertising benefits. We are a perfect fit for the company looking to build brand awareness, share their communal responsibility, and increase visibility among 3,500 plus patrons of the greater Princeton area.

SATURDAY, OCTOBER 16, 2021

Virtual Program Time:
7:30 p.m. to 8:30 p.m.

Virtual VIP meet and greet via Zoom
6:30–7:15 p.m.

TICKETS
<https://princetonsenior.link/Bernice-A-King>

EVENT SPONSORSHIP OPPORTUNITIES

☐ Freedom Circle — \$10,000

- 10 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation with active hyperlink; recognition in digital program (full page ad, first page — first come, first served basis); company name on PSRC website with active hyperlink; and name listing in eblasts

☐ Justice Circle — \$5,000

- 6 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation with active hyperlink; recognition in digital program (half page ad; company name on PSRC website with active hyperlink; and name listing in eblasts

☐ Leadership Circle — \$2,500

- 4 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation; recognition in digital program (half page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

☐ Impact Circle — \$1,500

- 4 Complimentary or Pay It Forward tickets
- VIP virtual reception with Dr. Bernice A. King 6:30–7:15 p.m.
- Recognition on digital invitation; recognition in digital program (quarter page ad); company name on PSRC website with active hyperlink; and name listing in eblasts

Dr. Bernice A. King on behalf of First Kingdom Management, Inc.

SEPTEMBER FEATURED SPONSORS



Our personalized services are available seven days a week and can range from a few hours to around the clock care.

akincare.com



NightingaleNJ is dedicated to assisting older adults navigate the healthcare system and maintain control of their lives throughout the aging process.

nightingalenj.com

FROM THE DEVELOPMENT OFFICE

VOLUNTEER APPRECIATION AWARD

to be presented at the PSRC Fall Fundraiser

In honor of Evergreen Forum's twentieth anniversary, we honor twenty years of

***Evergreen Forum Volunteers, Instructors,
and Steering Committee Members***



The annual volunteer appreciation award, given by the PSRC board and staff, recognizes the extraordinary service and dedication of an individual or group committed to the mission of PSRC.

Generous with their time and talents, this year we honor twenty years of Evergreen Forum Volunteers, Instructors, and Steering Committee Members

PSRC will have a special tribute to our Evergreen Forum volunteers at the fall fundraiser on October 16 at 7:30 p.m.

We invite you to join with us in recognizing the extraordinary service of our Evergreen Forum volunteers by taking an ad in the digital program or making a generous donation in their honor.

Donations can be made at princeton senior.org or by calling 609.751.9699.

Ad and sponsorship information can found at princeton senior.org/fall-fundraiser-event.



45 Stockton Street • Princeton • New Jersey



EVERGREEN FORUM — CELEBRATING TWENTY YEARS



“I have been part of the Evergreen Forum since 2006, as both course leader and course taker, and I have loved it all—especially the people I have met, many of whom are now friends. As a student I most frequently attended the Friday morning science sessions, first under David Southgate and now under Bob Robinson—and what I learned about gut microbiomes and the physics of bouncing balls has frequently leaked into the poems I write. The classes I have taught range from Nabokov’s unreliable narrator to Elizabeth Strout’s irascible Olive Kittredge. During our second class on Alice Munro, the Canadian novelist and short story writer, she received the Nobel Prize in Literature, and we celebrated with a party. Class member and founder of the Evergreen Forum Judith Pinch sat in as Munro—regal as the writer in her white hair, our Alice. Evergreen is our school—our courses, our learning, our friends, our joy.”

— Lois Marie Harrod



Did you know you can support PSRC by giving us your McCaffrey’s receipts?
PSRC receives a percentage of the total receipts. They can be **up to three months old**.
Mail to: PSRC, 45 Stockton St., Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health

Homewatch CareGivers
McCaffrey’s Food Markets
NightingaleNJ Eldercare Navigators
Novi Wealth Partners
Penn Medicine Princeton Health
& Home Health

Princeton Portfolio Strategies Group, LLC
Rothman Orthopaedic Institute
Silver Century Foundation
Stark & Stark Attorneys at Law

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don’t miss a beat! facebook.com/princetonsenior.org/