

Celebrate With Us

PSRC proudly presents our
2022 Fall Benefit

Cocktails – Dinner – Entertainment

Thursday, September 15, 6:00 p.m.
101 Poor Farm Road, Princeton

2022 Leadership Awards:

Individual Honoree, Norman Klath

Corporate Honoree, Stark & Stark Attorneys at Law

For ticket and event sponsorship information,
visit princeton senior.org/2022fallbenefit.



BACH AND THE SOLO CELLO

(HYBRID – IN-PERSON AT PFR LOCATION AND
ON ZOOM)

***Mondays, beginning August 1 through August
15, 2:00–3:00 p.m.***

Fee: \$30.00 resident / \$35.00 nonresident

— Turn to page 6 for details. Register at
princeton senior.link/BachSoloCello



DOWN THE SHORE: VACATIONS IN VICTORIAN ERA CAPE MAY

(HYBRID – IN-PERSON AT PFR LOCATION AND
ON ZOOM)

Wednesday, August 17 at 2:00 p.m.

Fee: \$5.00

— Turn to page 5 for details. Register at
princeton senior.link/VictorianCapeMay

Pickleball is coming to PSRC in August!
Stay tuned for details.

**THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B
Princeton, NJ 08540
(between Bunn Dr. and Mt. Lucas Rd.)
Phone: 609.751.9699
Monday–Friday
9:00 a.m. to 5:00 p.m.

SUZANNE PATTERSON BUILDING

45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call PSRC for hours

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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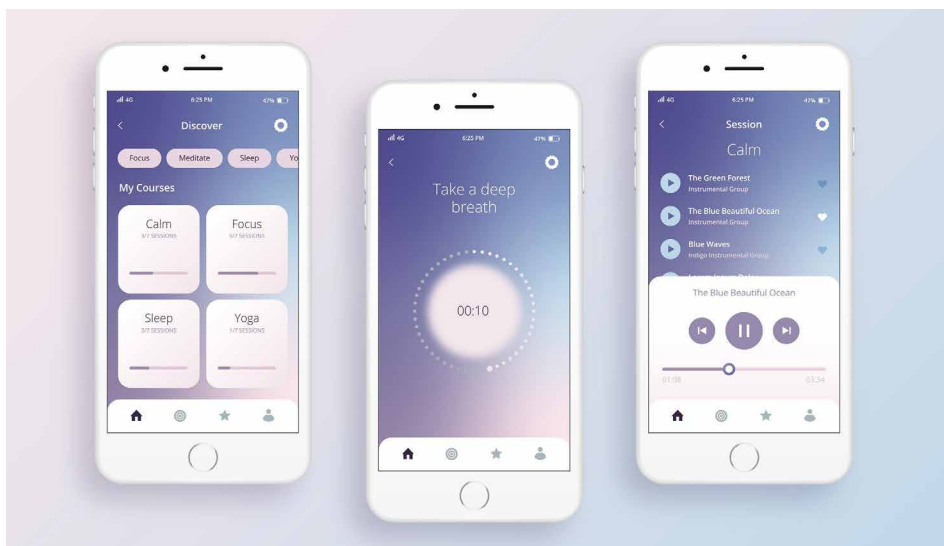
FROM THE CEO, DREW DYSON
Measuring Your Mindfulness

Dear Friends,

My mind was racing with thoughts of what I needed to accomplish next. The demands on my time seemed to increase daily and my opportunities to “slow down,” as several colleagues encouraged, seemed to be few and far between. Between teaching, dissertation writing, committee assignments, research, family demands, caring for an aging parent, and more, I simply felt like I couldn’t stop. Thankfully, a good friend took time to intervene, warning me if I didn’t begin to make changes than I would be forced to stop and the consequences would be far more severe. “You don’t need a vacation,” she offered, “you need to embrace mindfulness and cultivate a different way of engaging with the world.”

Despite my skepticism, my friend began to introduce me to various practices of mindfulness. She contended at the time that these practices that promote a “mindful state” have the long-term impact of promoting “trait mindfulness.” A recent study out of the University of Maine seems to support my friend’s contention, with a specific focus on the benefit of trait mindfulness in older adults. Specifically, the Maine study found significant correlation between high levels of trait mindfulness and overall well-being and mental health in adults between the ages of fifty-five and eighty-seven.

Trait mindfulness, according to the National Institute of Health, is an individual’s innate ability to pay attention to the present moment without judgment in relation to cognition, emotion, and sensation.



The measure used in the Maine study is the scientifically validated *Mindful Attention Awareness Scale* that tracks one's level of executive functioning, or "the set of mental skills that allow individuals to plan, track and achieve their goals, including working memory, the ability to switch back and forth between tasks, and the ability to filter out irrelevant information."

Ultimately, the study concluded that higher levels of trait mindfulness correlated with higher executive functioning, brain health including memory, and overall health and well-being. Further, the study found, increasing trait mindfulness may be a significant "interventionary target" to promote better brain health and overall well-being. So, how does one increase one's level of trait mindfulness? According to Laura G. Kiken and her team of researchers from The University of North Carolina at Chapel Hill, it is the consistent practice of meditation, understood as "state mindfulness," over time. "As individuals engender deeper states of mindfulness during meditation," they found, "they develop a greater tendency to exhibit mindful attitudes and behaviors outside of meditation, in the context of everyday life."

There are many ways to begin an intentional practice of mindfulness. For some, mindful meditation practices are most helpful. There are several well-known and helpful apps out there that can help you focus on mindful meditation for even five minutes per day. The app I use is called "Mindfulness" and is available for iOS and Android. Other highly recommended apps include "Insight Timer," "Smiling Mind," or "MyLife Meditation." All are free and easily available on your smartphone or tablet devices. Others find writing or journaling, with intention towards mindfulness, to be the practice that cultivates their attentiveness. Still others, the movement of mindful yoga or exercise draws them into a state of mindfulness. Those interested can check out PSRC's "Mindful Chair Yoga & Meditation" offered on Thursdays throughout the summer. In the end, it is important for each person to discover the mindfulness practice that is most meaningful to them and to practice mindfulness with intention.

I am incredibly grateful for my friend's willingness to confront my freneticism with an invitation to incorporate mindful practice into my life. Rather than give me one more thing "to do," it gave me a new way "to be" in the world.

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

PSRC STAFF

Drew A. Dyson, PhD
Chief Executive Officer

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PSRC'S SAFETY PROTOCOLS FOR IN-PERSON PROGRAMS

Safety measures for all staff, volunteers, and participants:

- Proof of vaccination
- PSRC covid waiver
- Mask wearing optional for vaccinated staff & participants

AUGUST PROGRAMS

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



FIRST FRIDAY FILM — *THE STATION AGENT*
(HYBRID — IN-PERSON AT PFR LOCATION
AND ON ZOOM)

Friday, August 5 at 1:00 p.m. (replay from April)

The life of train aficionado Finbar McBride takes an unexpected turn when his boss dies and wills him a railroad depot in New Jersey. He relocates to the small town, where he befriends talkative food vendor Joe Oramas and local resident Olivia Harris. As the trio's interactions deepen, quirky conversations and outcomes ensue. Starring: Peter Dinklage, Patricia Clarkson, Bobby Cannavale, Michelle Williams. **Running time: 1 hour, 59 minutes; Genre: Comedy, Drama; Rated: R** Registration required, no fee.



FYI SEMINAR — “GET ALL THE BENEFITS
YOU MIGHT BE MISSING OUT ON” (IN-
PERSON AT PFR LOCATION)

Tuesday, August 16 at 3:00 p.m.

The Mercer County Benefits Enrollment Center and SHIP are here to help. Learn more about what benefits you may qualify for in New Jersey, what assistance is offered when applying for these benefits, and how to navigate beneficiaries through enrollment or issues with Medicare. A SHIP counselor will be on hand to answer questions.

Presenter Dolores Bryant has more than twenty years of experience working with children and families and has worked at Children's Home Society of New Jersey for almost fifteen years. She is a Licensed Clinical Social Worker and holds a Master of Social Work degree from Rutgers University. Registration required, no fee.



FYI SEMINAR — “LET'S LEARN AND CREATE
— GUSTAV KLIMT” (IN-PERSON AT PFR
LOCATION)

Tuesday, August 23 at 3:00 p.m.

We will learn about Austrian artist, Gustav Klimt, one of the founders of the Vienna Succession movement, whose unique style incorporated symbolism and reverence for the female form. His painting, *Portrait of Adele Bloch Bauer II*, was the subject of the movie, *Woman in Gold*. We will paint our own *Tree of Life* using acrylic paint on canvas

with added embellishments. Space is limited to 20.

“Let's Learn and Create” has been developed by Lisa Bayer, CDP, director of marketing & education from Always Best Care Senior Services, a home health company based in Princeton Junction. “LL&C” is an informative, fun, and therapeutic series that combines an art history lesson on a specific artist followed by a project based on that artist. Registration required, no fee.



FYI SEMINAR — “NAVIGATING DISCHARGE
DECISIONS & HOME CARE” (HYBRID — IN-
PERSON AT PFR LOCATION AND ON ZOOM)

Tuesday, August 30 at 3:00 p.m.

What help will you need when you leave the hospital? Can you go home? Do you need help at home? Is in-patient rehab recommended? Who are the best providers for your specific needs? Will insurance cover your care? Making decisions in stressful situations is scary. Learn about the many options for support, the best questions to ask, and why not all providers are the same.

Kelly McNamara, RN, co-founder of NightingaleNJ Eldercare Navigators, has been working with seniors for more than thirty-five years and has extensive experience in the hospital, home care, sub-acute, and long-term care settings as a nurse and nursing home administrator. Registration required, no fee.

This month's FYI sponsors are [Homewatch CareGivers](#), [NightingaleNJ Eldercare](#), and [Penn Medicine Princeton Health](#).



TED TALKS

Ted Talks are on hiatus in August

LIBRARY READS — MONDAY, AUGUST 1

(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

Registration required, no fee.

LIMITED SERIES PROGRAMS

DOWN THE SHORE: VACATIONS IN VICTORIAN ERA
CAPE MAY (HYBRID – IN-PERSON AT PFR LOCATION
AND ON ZOOM)

Wednesday, August 17 at 2:00 p.m.

Fee: \$5.00

Have you ever wondered what it would be like to take a summer vacation at the shore in the late nineteenth century? Learn about retreats at America's oldest seaside resort and their similarities to today.

Presenter Ben Ridings is the curator at Cape May MAC (Museums + Arts + Culture), a nonprofit organization that runs three historic sites.

PSRC's Down the Shore Program is sponsored by [The Bank of Princeton](#) and [Progression PT](#).

SUMMER AT THE OPERA (HYBRID – IN-PERSON
AT PFR LOCATION AND ON ZOOM)

**Thursdays, beginning August 4 through August 25
at 10:00 a.m.**

Join us for the magic of the Metropolitan Opera from the comfort of home or at our PFR location. Throughout the month of August, we will be showing four original Metropolitan Opera stage productions. Due to the length of the operas, each showing will have a ten-minute intermission. Registration required, no fee.

PSRC's Summer at the Opera Series is sponsored by [The Bank of Princeton](#).

August 4: *L'Elisir d'Amore* (2021)

L'Elisir d'Amore is Donizetti's bubbly romantic comedy about a spunky landowner, a hapless peasant, and the dubious love potion that may or may not bring them together.

Sung in Italian, English subtitles.

August 11: *Fire Shut Up in My Bones* (2021)

Fire Shut Up in My Bones is an adaptation of Charles M. Blow's harrowing memoir of the same name. The story follows a young Charles as he navigates adolescence and struggles to overcome a life of trauma. Composed by Terence Blanchard, this was

the first opera by a black composer performed at the Metropolitan Opera since its founding in 1883. Content Advisory: addresses adult themes and contains adult language. Sung in English.

August 18: *Der Fliegende Hollander* (2019)

Celebrated conductor Valery Gergiev is on the podium for Wagner's breakout operative masterpiece, *Der Fliegende Hollander*, an eerie ghost story about the otherworldly Flying Dutchman.

Sung in German, English subtitles.

August 25: *Eurydice* (2021)

Eurydice is an inventive new take on the classic myth of Orpheus from American composer Matthew Aucoin, who worked with playwright Sarah Ruhl to reimagine the story from the heroine's point of view.

Sung in English.

INTRODUCTION TO MAH JONGG WITH NEILIA
(IN-PERSON AT PFR LOCATION)

**Thursdays, August 4 through August 25,
1:00–3:30 p.m.**

Fee: \$60 resident / \$70 nonresident for the four-session series

Originating in China, Mah Jongg is an exciting game using tiles to form hands, much like rummy. You will learn to play the American version using the National Mah Jongg League rules and card. Neilia Makadok, an experienced educator, will explain the basics in simple terms and guide you as you play. Enrollment is limited to ensure a successful learning experience. The instructor will provide the use of her Mah Jongg sets during the class but you are welcome to bring your own. **NOTE:** There is a materials fee of \$11 payable to the instructor at the first class. Maximum is 10 students. 8 students needed for course viability.

Neilia Makadok is a trained educator and management consultant who has developed simplified methods to teach Mah Jongg and has taught Mah Jongg and Canasta for more than twenty years.

AUGUST PROGRAMS

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

LIVE FROM EGYPT: SAILING THE RIVER NILE (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

Tuesday, August 16, 10:00–11:00 a.m.

Fee: \$5.00

Join a live, professional tour guide as we travel by motorboat along the famous river Nile. Learn more about the culture, history, and wildlife that resides along the banks of the longest river in the world.

PSRC's Live from Egypt Program is sponsored by [The Bank of Princeton](#) and [Progression PT](#).

BACH AND THE SOLO CELLO (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

Mondays, beginning August 1 through August 15, 2:00–3:00 p.m.

\$30.00 resident / \$35.00 nonresident

It's been said that the cello is the instrument most like the human voice. Perhaps that's why it's many people's favorite instrument. This series of lecture-recitals will explore the voice of the cello alone, focusing on Johann Sebastian Bach's *Six Suites for the Solo Cello* and their influence on composers since their composition.

Dr. Brenda Leonard holds degrees in music history and cello performance from Northern Illinois University and the University of South Carolina. She teaches cello online, plays for the Bay Atlantic Symphony, and works for Cape May MAC (Museums+Arts+Culture).

PUPS & CUPS (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Thursday, August 25 (Usually the fourth Thursday of every month), 3:00–4:00 p.m.

No fee, hot drinks for \$1.00

Join us for an hour of socializing and pet therapy at our 101 Poor Farm location! A certified therapy dog will be available to provide comfort, cuteness, and relaxation, along with the opportunity to socialize and enjoy some hot beverages. You can learn more about pet therapy, pet a good dog, or join us for some casual conversations during this hour. No matter what, Pups and Cups will be a relaxing afternoon of fun.

PSRC's Pups & Cups Program is sponsored by [Angelon Mobility](#) and [Oasis Senior Advisors](#).

MUSIC ON THE PATIO (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Thursday, August 18, 2:00–3:30 p.m.

Fee: \$5.00

Join us for a relaxing afternoon of live music on our patio along with some light refreshments. In case of rain, the event will be moved inside.

Musical Guest: Bob Mehlman is a classically trained clarinetist who has played in both a variety of bands and the Augusta Symphony orchestra. Bob and friends will play a wide variety of music ranging from Balkan and Greek to songs from the twentieth century and showtunes.

Registration required.

PSRC's Music on the Patio Program is sponsored by [Artis Senior Living](#).

RETIREMENT PROGRAMS

MEN IN RETIREMENT — NOT MEETING IN AUGUST

WOMEN IN RETIREMENT — “HIKING & RAFTING IN GRAND CANYON WHITEWATER” (VIRTUAL)

Friday, August 19 at 10:00 a.m.

Please join us when WIR members Dina Kravets and Karen Coates will share their off-the-grid hiking and rafting adventure with Grand Canyon Whitewater. All are welcome. Registration required, no fee.

For more information about the Women in Retirement and Coffee Klatches, go to <http://wired.wordpress.com/>

TRANSITION TO RETIREMENT (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

Friday, August 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 Paul Knight. Registration required, no fee.

TRIBUTE TO LEE HARROD BY ELAINE JACOBY

Lee was my colleague, both at Evergreen Forum (EF) and on the board of PRSC. But most important, he was my friend. The memories of him that I will treasure demonstrate what a good and great person he was.

Lee was vice chair of EF during the three years I served as EF chair; more important, he was my principal advisor and counselor, always available to me by telephone or personal meeting. We ran into more than a few problems as we tried to build the organization into a lasting, open, and diverse lifelong learning center for seniors in the Princeton area. Lee was always an enthusiastic, committed, and willing colleague, missing meetings only, as I recall, to travel on vacation or to Maine with his beloved wife, Lois, to visit their grandchildren. One recurring memory: at Christmastime, Lee would appear at a steering committee (SC) meeting, his face glowing, as he delivered to each of the members a special Christmas card containing one or more of Lois's recent poems.

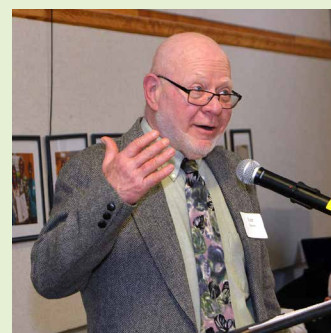
Lee's love of his wife and family was open and clearly central to his being. But he was also kind and caring to everyone I saw him come into contact with. I honestly do not recall his ever talking down to someone else or treating anyone with disrespect.

When my term was up, Lee became chair of EF, leading it as new members joined the SC the number of courses grew, and the number of participants grew even more. But Lee also remained the ultimate teacher – committed, enthusiastic, and knowledgeable. Lee had joined the faculty of Evergreen Forum (EF) and its SC in approximately 2009, having recently retired as a professor of English literature at The College of New Jersey. He obviously loved teaching too much to give it up.

When Lee finished his term as chair of EF, he was asked to join the PSRC board, where I was already a member. I was delighted not only to have another champion of EF on the board but also to have his ideas for advocacy and diversity contribute to the board's work, especially as we confronted the pandemic.

Of course, Lee never stopped teaching EF courses himself. He loved teaching Marcel Proust and James Joyce, especially *Ulysses*. While I was never able to take one of his courses, I know very well from numerous participants how highly regarded he was. In the photo of him with an EF class, we can see in his face the fulfillment that teaching brought him. That's the Lee I will remember best.

Elaine Jacoby, PSRC board member



AUGUST EXERCISE & FITNESS PROGRAMS

AEROBICS (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Mondays, Wednesdays, and Fridays, in August, 8:30–9:30 a.m.

Fee: \$60 resident / \$70 nonresident

Join us in person for a fun aerobic workout designed to get the body moving through a variety of exercises set to great music. This course is welcoming and inclusive to all fitness levels. Space is limited to 25 with a minimum of 9. Registration required, no walk-ins.

Instructor: Jen DeMarco is a NASM Certified Personal Trainer, AFAA Group Fitness Instructor, AFPA Mat Pilates Instructor, and Certified Barre Movement Teacher.

EVERY BODY WALK! (IN-PERSON)

Tuesdays and Thursdays, 9:00 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. Registration through PSRC. Call for availability.

Leader: Carol Keyes

Registration through PSRC, no fee.

GENTLE YOGA + NIDRA — Summer Quarter (ZOOM)

Mondays through September 26, no class on September 5, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident 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 — Eight Week Summer Session (ZOOM)

Thursdays through August 25, 10:00 a.m.

Fee: \$53 resident/\$60 nonresident

Chair yoga is a gentle, versatile form of yoga utilizing a chair. It is adaptable for all skill levels and abilities and therapeutic in nature. Students will learn techniques to gain flexibility, strength, and balance while increasing range of motion in a relaxing class that moves at a mindfully slow pace.

Instructor: Adnan Shamsi

STAY-WELL CHAIR EXERCISE (ZOOM)

Tuesdays, beginning August 2 through August 30, 1:00 p.m.

Fee: \$30 resident/\$35 nonresident

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 water bottles or cans), therapy bands, comfortable clothing, water, and a smile.

Instructor: Laraine Alison

TABLE TENNIS (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Mondays and Fridays, 1:00–4:00 p.m.

Come for camaraderie, exercise, and fun! All skill levels are invited to participate in this energetic sport. *Registration required (no walk-ins), no fee.*



TECHNOLOGY ASSISTANCE

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB (IN-PERSON AT PFR LOCATION)

Monday through Friday, 9:30 a.m. to 4:30 p.m.

Our well-appointed and roomy Tech Lab welcomes you with brand new PC's and Mac computers. Stop by to check your email, get some work done, connect with friends and family, or surf the web.

Tech assistance is available two ways: in-person on Wednesdays and Thursdays (masks required), from 2:00 to 4:00 p.m., and virtually, Monday through Friday. All tech help is by appointment only. Please follow PSRC's safety protocols for in-person programs. To learn more about PSRC's technical assistance, go to our website at princetonior.org/technology-lab/ or to fill out a request form go to princetonior.org/link/tech-assist.

AUGUST 2022

Monday

Tuesday

Wednesday

Thursday

Friday

1

8:30 Aerobics (SPB)
10:00 Gentle Mat Yoga + Nidra
10:00 Intro to Spanish (PFR)
12:00 Gabfest
1:00 Global Conversations
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 Bach and the Solo Cello (PFR-H)
2:00 Word Play

2

9:00 *Every Body Walk!*
9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
1:00 Games Day (PFR)
1:00 Grandparenting Group
1:00 Stay-Well Chair Exercise

3

8:30 Aerobics (SPB)
10:00 Intro to Spanish (PFR)
3:00 Let's Talk (PFR-H)

4

9:00 *Every Body Walk!*
10:00 Cosmology (PFR-H)
10:00 Mindful Chair Yoga
10:00 Summer at the Opera (PFR-H)
1:00 Intro to Mah Jongg (PFR)

5

8:30 Aerobics (SPB)
10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film - *The Station Agent* (PFR-H)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

8

8:30 Aerobics (SPB)
10:00 Gentle Mat Yoga + Nidra
10:00 Intro to Spanish (PFR)
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Bach and the Solo Cello (PFR-H)
2:00 Word Play
3:00 Caregivers

9

9:00 *Every Body Walk!*
9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
11:00 Next Chapter: Widows and Widowers (PFR-H)
1:00 Games Day (PFR)
1:00 Knit Wits (SC-H)
1:00 Stay-Well Chair Exercise

10

8:30 Aerobics (SPB)
10:00 Intro to Spanish (PFR)
3:00 Let's Talk (PFR-H)

11

9:00 *Every Body Walk!*
10:00 Cosmology (PFR-H)
10:00 Mindful Chair Yoga
10:00 Summer at the Opera (PFR-H)
1:00 Intro to Mah Jongg (PFR)
4:00 Children of Aging Parents (PFR-H)

12

8:30 Aerobics (SPB)
10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

15

8:30 Aerobics (SPB)
10:00 Gentle Mat Yoga + Nidra
10:00 Intro to Spanish (PFR)
11:00 Bereavement Group
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Bach and the Solo Cello (PFR-H)
2:00 Word Play

16

9:00 *Every Body Walk!*
9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
10:00 Live from Egypt: Sailing the River Nile (PFR-H)
1:00 Games Day (PFR)
1:00 Stay-Well Chair Exercise
3:00 FYI Seminar - "Get All the Benefits You Might Be Missing Out On" (PFR)

17

8:30 Aerobics (SPB)
2:00 Down the Shore: Vacations in Victorian Era Cape May (PFR-H)
3:00 Let's Talk (PFR-H)

18

9:00 *Every Body Walk!*
10:00 Cosmology (PFR-H)
10:00 Mindful Chair Yoga
10:00 Summer at the Opera (PFR-H)
1:00 Intro to Mah Jongg (PFR)
2:00 Music on the Patio (PFR)
3:00 Early Stage Memory Loss Support Group (PFR-H)

19

8:30 Aerobics (SPB)
10:00 Women in Retirement Monthly Meeting
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
3:00 Transition to Retirement (PFR-H)

22

8:30 Aerobics (SPB)
10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play
3:00 Caregivers

23

9:00 *Every Body Walk!*
9:30 Basic Drawing: Beginners to Advanced
9:30 GrandPals Gabfest
11:00 Next Chapter: Widows and Widowers (PFR-H)
1:00 Games Day (PFR)
1:00 Stay-Well Chair Exercise
3:00 FYI Seminar - "Let's Learn and Create - Gustav Klimt" (PFR)

24

8:30 Aerobics (SPB)
3:00 Let's Talk (Spruce Circle)

25

9:00 *Every Body Walk!*
10:00 Cosmology (PFR-H)
10:00 Mindful Chair Yoga
10:00 Summer at the Opera (PFR-H)
1:00 Intro to Mah Jongg (PFR)
3:00 Pups & Cups (PFR)

26

8:30 Aerobics (SPB)
10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)

29

8:30 Aerobics (SPB)
10:00 Gentle Mat Yoga + Nidra
12:00 GrandPals Gabfest
1:00 Global Conversations
1:00 Table Tennis (SPB)
2:00 Word Play

30

9:00 *Every Body Walk!*
9:30 Basic Drawing for Beginners to Advanced
9:30 GrandPals Gabfest
1:00 Games Day (PFR)
1:00 Stay-Well Chair Exercise
3:00 FYI Seminar - "Navigating Discharge Decisions & Home Care" (PFR-H)

31

8:30 Aerobics (SPB)
3:00 Let's Talk (PFR-H)

Key:

SPB - Suzanne Patterson Building
PFR - Poor Farm Road

H - Hybrid Group/Program



Fall 2022 Course List

Classes begin the week of September 26, 2022

AFRICA

LEADER: Robert Nolan

FORMAT: Hybrid

THURSDAYS 1:00 to 3:00 p.m.

BIRD BEHAVIOR: BIRDS AS ARTISTS

LEADER: Wendy Worth

FORMAT: Virtual

THURSDAYS 1:00 to 3:00 p.m.

CHALLENGES FOR THE FUTURE

LEADER: Peter Smith with assistance from
Dr. Peggy de Wolf

FORMAT: Hybrid

MONDAYS 10:00 a.m. to noon

CONTEMPORARY BUSINESS & ECONOMICAL ISSUES

LEADERS: Milton H. Grannatt and Kurt Steiner

FORMAT: In-person

WEDNESDAYS 1:00 to 3:00 p.m.

COURTSHIP AND THE QUEEN

LEADER: Lynne Cullinane

FORMAT: Virtual

THURSDAYS 10:00 a.m. to noon

CULTURE WARS AND THE 2022 MID-TERM ELECTIONS

LEADER: Elaine Jacoby

FORMAT: Hybrid

TUESDAYS 1:30 to 3:30 p.m.

EXPLAINING THE IPHONE TO ISAAC NEWTON

LEADER: Bernard Abramson

FORMAT: Hybrid

MONDAYS 1:00 to 3:00 p.m.

EXPLORING THE EARLY NEOLITHIC WORLD

LEADER: Kay Widmer

FORMAT: Virtual

TUESDAYS 10:00 a.m. to noon

GO, WENT, GONE: LITERATURE OF IMMIGRATION

LEADER: Lois Marie Harrod

FORMAT: Virtual

WEDNESDAYS 1:00 to 3:00 p.m.

HARD CHOICES IN POLITICAL LIFE

LEADER: Michael Walzer

FORMAT: In-person

TUESDAYS 10:00 a.m. to noon

IMAGINING WOMEN: FILMS OF THE 1940S

LEADER: Judith B. Walzer

FORMAT: In-person

TUESDAYS 1:00 to 3:00 p.m.

THE POWER OF WORDS: PEOPLE & STORIES

LEADER: Ellen Gilbert

FORMAT: Virtual

MONDAYS 10:00 a.m. to noon

THE ROLE OF THE ARTIST

LEADER: Nancee Goldstein

FORMAT: Virtual

WEDNESDAYS 1:00 to 2:30 p.m.

SCIENCE IN THE NEWS

LEADER: Harold Heft

FORMAT: Hybrid

FRIDAYS 10:00 a.m. to noon

A SERIES OF MUSICAL EXPLORATIONS

LEADER: Barbara Kirsh

FORMAT: Hybrid

WEDNESDAYS 1:00 to 3:00 p.m.

THE SOCIOLOGY AND PSYCHOLOGY OF OPPRESSION

LEADER: Martin Oppenheimer

FORMAT: Virtual

WEDNESDAYS 10:00 a.m. to noon

The Evergreen Forum uses a first-come, first-served registration system. **Registration will open on Tuesday, August 23 at 9:30 a.m.** Registration for a second or more courses will open on Tuesday September 6. To register, go to princetonsenior.org. Telephone and mail applications will not be accepted. Course format is subject to change.

Waitlists: If a class is full, registrants are encouraged to put their name on the online waitlist.

New Evergreen Forum Fees: \$110 for a six- to eight-week course, and \$85 for a three- to five-week course.
Cost should never be a barrier to learning! [Senior Scholarships](#) are available to those for whom the fee is a hardship.

THE SUPREME COURT: REDISTRICTING, VOTING RIGHTS, CAMPAIGN FINANCE

LEADER: Philip Carchman

FORMAT: Hybrid

THURSDAYS 10:00 a.m. to noon

VIRGINIA WOOLF: NOVELS AND FILMS

LEADER: Dianne Sadoff

FORMAT: Virtual

TUESDAYS 1:00 to 3:00 p.m.

WITTY, SUBVERSIVE, MODERN ENGLISH NOVELS

LEADER: Judith Wooldridge

FORMAT: Virtual

TUESDAYS 10:00 a.m. to noon

WOODROW WILSON: HERO OR VILLIAN?

LEADER: Stan Katz

FORMAT: Virtual

FRIDAYS 1:00 to 3:00 p.m.

WORLD CINEMA

LEADER: Judith Zinis

FORMAT: In-person

THURSDAYS 10:00 a.m. to noon

AUGUST ENRICHMENT PROGRAMS

BASIC DRAWING: BEGINNERS TO ADVANCED INTERMEDIATE — SUMMER SESSION 1 (ZOOM)

Tuesdays through August 30, 9:30 to 11:00 a.m.

Fee: \$85 resident/\$95 nonresident

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! Space is limited to 10 students with a minimum of 8. Call for availability.

Instructor: Denise McDaniel

FIGURE DRAWING — SUMMER SESSION 1 (ZOOM)

Wednesdays through August 31, 9:30 to 11:00 a.m.

Fee: \$85 resident/\$95 nonresident

Open to all skill levels, this eight-session class will focus on all aspects of figure drawing, including basic drawing techniques, anatomy for artists, and and portrait drawing. Students will work together online, in sketchbooks with a pencil. Classes include short demonstrations and draw-a-longs, with time for individual feedback. Long poses are assigned each week for additional personal enrichment and critiqued in class the following week. Space is limited to 10 students with a minimum of 8. Call for availability.

Instructor: Denise McDaniel

GAMES DAY AT PSRC (IN-PERSON AT PSRC'S POOR FARM ROAD LOCATION)

Tuesdays, 1:00–4:00 p.m.

Come with a partner or a few friends to enjoy game playing at PSRC. Mah Jongg (bring your own set), Scrabble, and Social Bridge. Registration required due to limited space, no fee.

MASTERING THE ART OF PAINTING — SUMMER SESSION 1 (IN-PERSON AT SUZANNE PATTERSON BUILDING)

Fridays through August 26, 2:00 p.m.

Fee: \$85 resident/\$95 nonresident

For advanced painters, this eight-session class emphasizes the components of the creative painting process. Space limited to 6 students with a minimum of 6. Call for availability.

Instructor: Christina Rang

COSMOLOGY (HYBRID – IN-PERSON AT PFR LOCATION AND ON ZOOM)

Thursdays, 10:00 a.m.

Fee: \$40 resident/\$45 nonresident

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

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



Princeton Muni Service stops at our building

Mercer County 606 Bus stops at Princeton Care Center
 (728 Bunn Drive)
 which is two driveways from our building

TRANSPORTATION

CROSSTOWN

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.

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 or drop off: to: PSRC, 101 Poor Farm Road, Building B (located between Bunn Dr. and Mt. Lucas Rd.), Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.



Internet Tracking

This is the first of three articles about internet tracking. Today, we'll explain how websites track the information you're requesting and how some share that information with other sites. Next month's edition will discuss ways to keep your web activities private. We'll end with an explanation of virtual private network services that make you an anonymous internet user.

If you've ever used Google to search for, say, "socks," you've likely been bombarded with sock ads for days afterward. That's because the Google folks track your searches (yikes!), which enables them to offer up ads for the things you're looking for. Of course, advertisers pay Google for this service, which is how the Google company can afford to redecorate its offices.

On the other hand, tracking lets Google personalize its search results, which should make your searches more productive. It's the price we pay for the "free" internet.

So, how does tracking work, and what are websites tracking?

IP Address Tracking

Internet service providers (Xfinity, Verizon, etc.) assign each customer's router¹ a unique Internet Protocol (IP) address. You can reveal your IP address by searching for "my IP" on Google. It might be something like 173.72.1.238. No one else has that address. (There are no "party lines" on the internet.)

Returning to our search for socks, let's assume Google coughed up several websites that sell socks, including the rather banal *socks.com* that strikes your fancy. When you click the *socks.com* link, your browser sends along your IP address so *socks.com* knows where to send its reply. To be sure, *socks.com* doesn't know anything about you—it simply knows that someone at 173.72.1.238 has requested information about socks.

But Google, as well as your ISP, also knows someone at 173.72.1.238 is looking for socks and uses that information to place ads for socks on other websites you visit. Then, when you read articles on, say, *The New York Times* website, up pop ads for socks of all kinds. (When I visit the NYT website, I get ads for anti-gas tablets because, well, I have other issues.)

Some think these bespoke ads are annoying. They could even be embarrassing if you had

been searching for some personal product that we won't mention here because this is a family-oriented newsletter.

Cookies

In addition to tracking your IP address, *socks.com* might place a bit of information in your browser called a "cookie" containing information about the kind of socks you were looking for. If you added some nice, though banal, argyle socks to your *socks.com* shopping cart, the cookie includes

that information, so when you revisit *socks.com*, you can pick up where you left off.

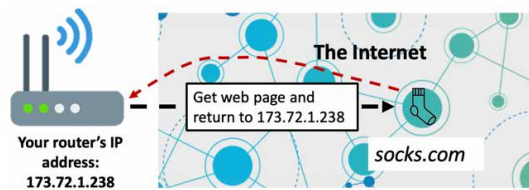
We call these "first-party" cookies because they're placed in your browser by the vendor you're dealing with. First-party cookies make internet searching and shopping easier and are usually harmless. However, not everyone wants these cookies. But read on...

Some websites are sneakier and provide your IP address and search interests to other websites, which, in turn, also place cookies in your browser. These are "third-party" cookies, which can be troublesome because they're more like interlopers. I've read that Amazon and Google are discontinuing third-party cookies, and that's probably a good thing.

Now What?

The next Guru article will explain how to adjust your browser settings to stop websites from tracking you. We'll also look at search engines and web browsers that emphasize privacy.

If you have questions for the technology lab, visit the PSRC website at <https://www.princetonior.org/technology-lab/>, fill out a request form, and we'll be in touch.



Your browser attaches your IP address to your request to visit the website.

¹ It's the little black box with a couple of lights that make it look cool.

SOCIAL SERVICES

by Sharon Hurley, CVA

#WorldPhotographyDay

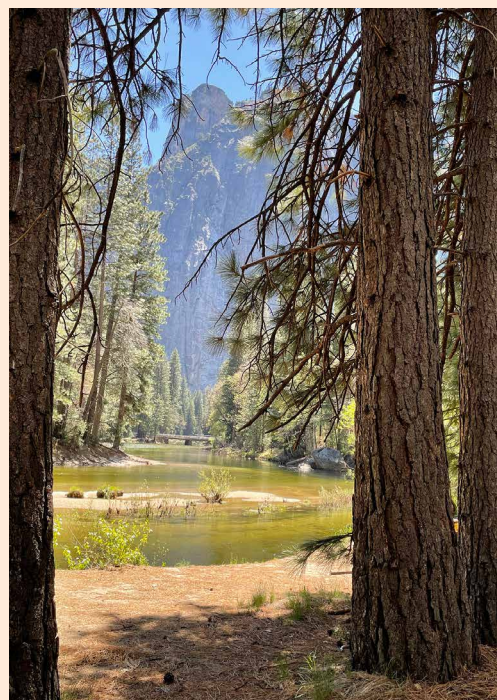
I don't know about you, but I love taking photos with my phone. The camera on a smartphone keeps getting better with every new model. I recently went on vacation to Yosemite, Sequoia National Forest and drove through Big Sur. What incredible scenery! One breathtaking view after another. I came home with too many pictures. Do you remember when we had to use film? We carefully thought about each time we would click the shutter? I plan to select ONE photo from my vacation to post on World Photography Day. Here are some possibilities. Which one do you think I should post?

princetonsenior.link/PhotoVote

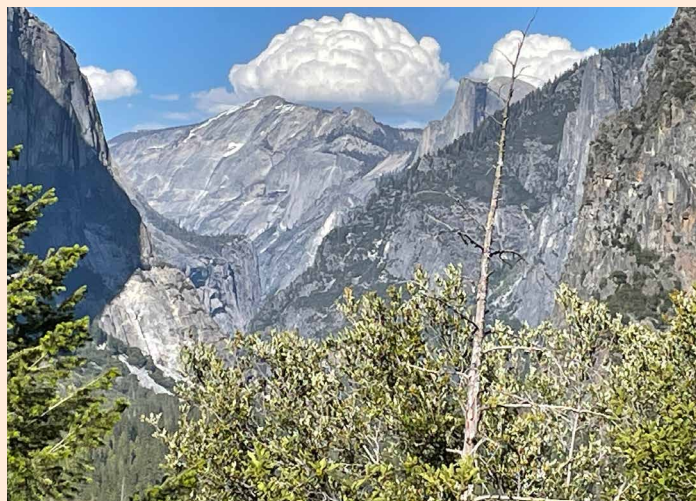
World Photography Day is an annual, worldwide celebration of the art, craft, science, and history of photography. The next **World Photography Day will take place on Friday, August 19, 2022**. Be sure to share your best photos on social media and tag using **#WorldPhotographyDay**.

You can participate in World Photography Day and help support photography everywhere, whether or not you have a photo to share! Search for posts using the tag **#WorldPhotographyDay** on August 19, on the social medium of your choice, and "Like," comment, and share the photos that resonate with you the most. If you discover a photographer whose work you appreciate, be sure to give them a follow on social media, as well!

1.



2.



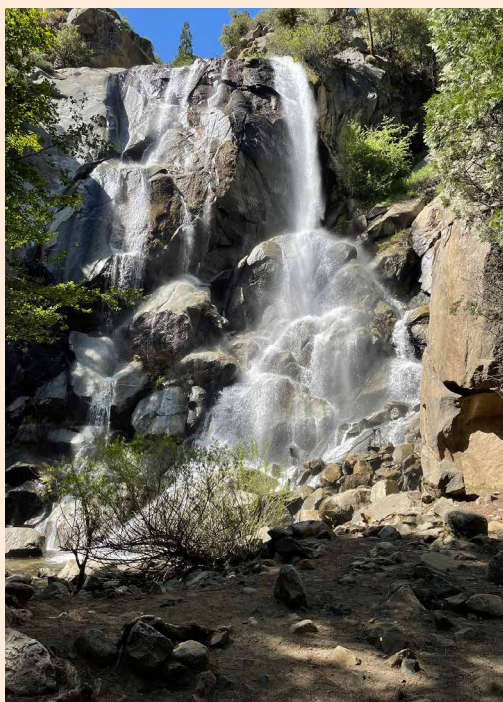
PSRC Lending Locker

Your go-to resource for wheelchairs, walkers, canes and more! Call to inquire about inventory or to donate equipment. princetonsenior.org/lending-locker



WorldPhotographyDay.com is currently accepting submissions (<https://www.worldphotographyday.com/submit.html>) for photos to be featured on World Photography Daily (<https://www.worldphotographydaily.com/>), for the world to appreciate!

3.



4.



Coming in September: Strengthening Community Connections in Falls Prevention!

PSRC will be hosting events to raise awareness and learn about ways to prevent falls. Falling is NOT a normal part of aging.

Presentations to include balance screening, proper medical equipment usage, and a presentation from Princeton First Aid & Rescue Squad (PFARS)

PSRC Social Services Office Hours at PHA Communities

Spruce Circle:

Tuesdays, 12:30–4:30 p.m.; Thursdays, 8:30 a.m.–12:30 p.m.

Redding Circle:

Tuesdays, 9:00–11:00 a.m.; Thursdays, 1:00–3:00 p.m.



GROUPS

BEREAVEMENT

Monday, August 15 at 11:00 a.m.
(Usually third Monday of each month)
Call Sherri Goldstein
609.819.1226 to attend.

CAREGIVERS

Monday, August 8 & 22 at 3:00 p.m.
(Usually second & fourth Monday of each month)

CHILDREN OF AGING PARENTS (IN-PERSON AT PFR - HYBRID)

Thursday, August 11 at 4:00 p.m.
(Usually second Thursday of each month)

EARLY STAGE MEMORY LOSS SUPPORT (IN-PERSON AT PFR - HYBRID)

Thursday, August 18 at 3:00 p.m.
(Usually third Thursday of each month)

GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.

GRANDPARENTING

Tuesday, August 2 at 1:00 p.m.
(Usually first Tuesday of each month)

KNIT WITS (IN-PERSON AT SC - HYBRID)

Tuesday, August 9 at 1:00 p.m.
(Usually second Tuesday of each month)

LET'S TALK (IN-PERSON AT PFR - HYBRID)

Wednesdays at 3:00 p.m. (August 24 meeting at Spruce Circle)

MEN IN RETIREMENT MONTHLY MEETING

Not meeting in August

NEXT CHAPTER: WIDOW/-ERS (IN-PERSON AT PFR - HYBRID)

Tuesdays, August 9 & 23 at 11:00 a.m.
(Usually second and fourth Tuesday of each month)

TED TALKS

(IN-PERSON AT PFR)
Tuesdays at 10:30 a.m.

TRANSITION TO RETIREMENT (IN-PERSON AT PFR - HYBRID)

Friday, August 19 at 3:00 p.m.
(Usually third Friday of each month)

WOMEN IN RETIREMENT MONTHLY MEETING

(IN-PERSON AT PFR - HYBRID)
Friday, August 19 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



Spotlight on Brandywine Serenade at Princeton

Serenade — Brandywine's signature senior living community is now open and residents are moving in. The former Acorn Glen has undergone a total renovation, with all new décor. Brandywine offers studio, one and two bedroom apartments, with kitchenettes, full refrigerators, and a microwave oven, and walk in showers with many safety features throughout.

Monthly service fee includes, breakfast, lunch, & dinner served restaurant style in our elegant dining room, utilities, weekly housecleaning, Wi-Fi & basic cable TV services, personal laundry, a full schedule of activities & programs, and transportation to doctor appointments and shopping.

Serenade offers exceptional customer services through their lifestyle concierge butler who assists residents with anything that makes life easier such as shopping, errands, technology issues — think TV remote, phone, and computers. Residents may bring their own vehicle, and small pets are welcome.

Reflections Memory Care Neighborhood: For residents needing extra social support, cuing, and personal care, Reflections offers a safe & social neighborhood for those with memory loss.

Brandywine's Wellness Center is staffed with care managers who assist residents, and nurses are on site 24/7 and provide medication management. Brandywine has two geriatricians who visit the community, Dr. Dave Barile and Dr. Robert Platzman. Brandywine Serenade also has the Jack's Place Pub for daily cocktail hour and offers art classes, lecture series, weekly musical entertainment, cards, book clubs, and more.

For additional information or to schedule a tour, contact Hillary or Kristina at **609.430.4000**,
775 Mt. Lucas Road, Princeton, NJ 08540

brandycare.com/our-communities/serenade-at-princeton

The community is invited to two Open House Dates at Brandywine Serenade at Princeton:
Friday, August 26, 2:00–5:00 p.m. and Saturday, August 27, from 9:00 a.m.–2:00 p.m.

AUGUST FEATURED SPONSORS



A WSFS COMPANY

You can count on the team at BMT for all your personal banking needs.

bmt.com/wealth



At Capital Health, we cover everything from the routine tests and office visits to the most acute and critical conditions.

capitalhealth.org



The Silver Century Foundation promotes a positive view of aging.

silvercentury.org

**The Board of Trustees and staff are delighted to celebrate our
2022 Leadership Award Honorees**

Norman Klath

Stark & Stark Attorneys at Law

Join PSRC in honoring them with an event sponsorship or congratulatory ad.

For ticket and event sponsorship information, visit princetonsenior.org/2022fallbenefit.

☐ **Sustainer — \$10,000**

- Complimentary table, which includes 10 reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full page full color ad or personal acknowledgment in printed benefit journal
- Recognition in the PSRC leadership podium remarks
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Champion — \$7,500**

- Premium seating package, which includes 8 reserved VIP tickets
- Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Half page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Partner — \$5,000**

- Premium seating package, which includes 6 reserved VIP tickets
- Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition at the cocktail reception and dessert table
- Half page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Friend — \$2,500**

- 4 VIP tickets
- Quarter page full color ad or personal acknowledgments in printed benefit journal
- Printed recognition at the cocktail reception and dessert table
- Recognition in printed and digital materials related to the event
- Hyperlink of company on PSRC website and digital marketing materials

☐ **Benefit Patron — \$1,000**

- Includes 2 tickets, an additional \$500 donation, and recognition in printed benefit journal

☐ **Benefit Guest — \$250 per person**

- Includes cocktail hour, dinner, entertainment

* Sponsorship must be received by July 11 to be included on the printed invitation

** Reserve your sponsorship or personal acknowledgment by August 31 ensure placement of name/logo in printed benefit journal

Contact Barbara Prince for ad journal specifications and/or submissions
at bprince@princetonsenior.org, or call 609.751.9699, ext 107.

Celebrate With Us



101 Poor Farm Rd, Bldg B • Princeton • NJ 08540



Mayors Wellness Campaign
Put your community in motion.



SUMMER AT THE OPERA

(HYBRID – IN-PERSON AT PFR LOCATION AND
ON ZOOM)

*Thursdays, beginning August 4 through
August 25 at 10:00 a.m.*

Registration required, no fee.

— Turn to page 5 for details. Register at
princetonsenior.link/SummerOpera

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
Peapack Private Wealth Management
Penn Medicine Princeton Health

Princeton Care Center
Rothkoff Law Group
Rothman Orthopaedic Institute
Silver Century Foundation
Stark & Stark Attorneys at Law
Walsh Senior Solutions

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/