

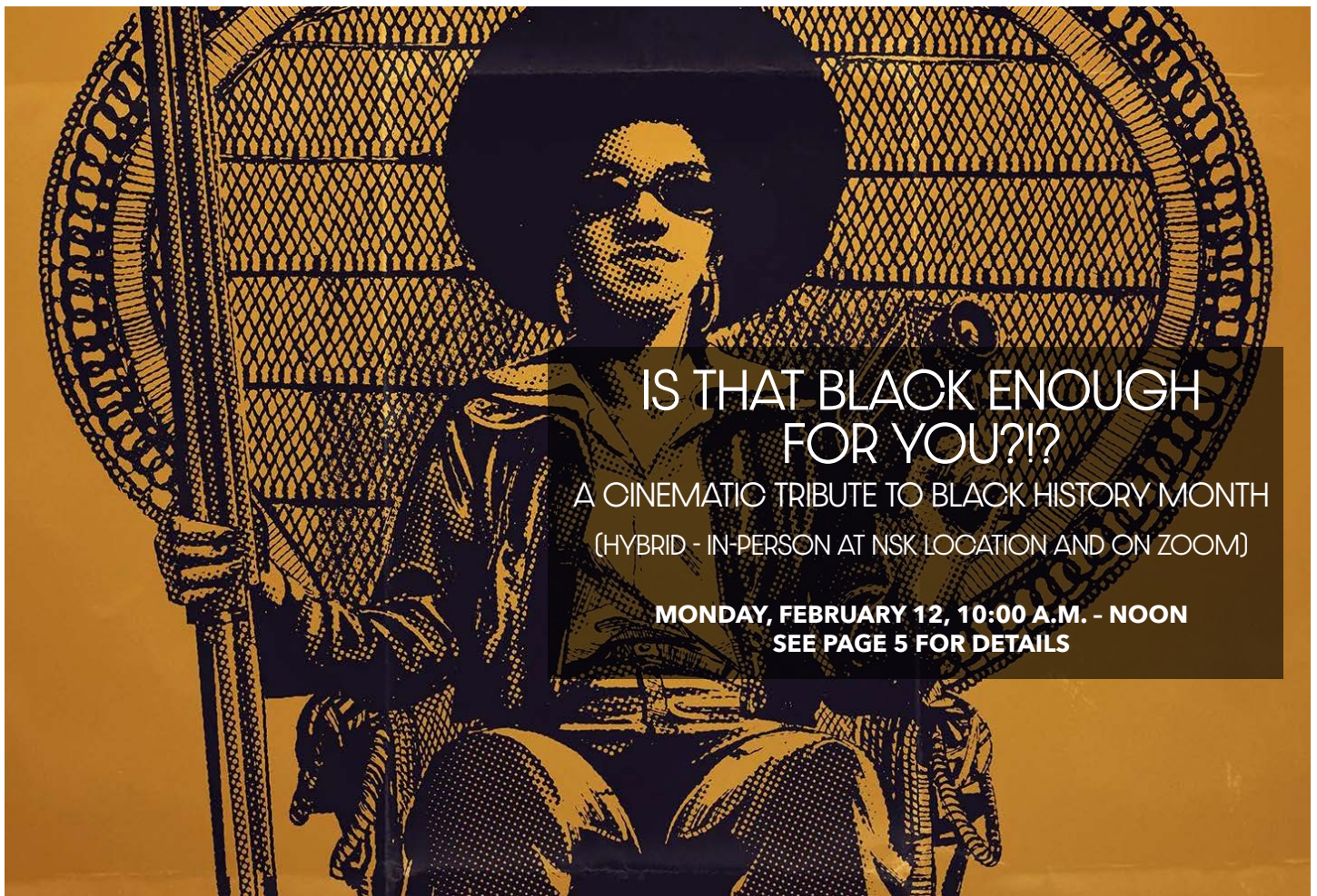
*(Formerly Princeton Senior Resource Center)*

### WINTER RAFFLE 2024

## ARE YOU FEELING LUCKY?

Help CMAP reach our annual fundraising goals for 2023-24 by entering for a chance to WIN

Go to **page 12** for more information



## IS THAT BLACK ENOUGH FOR YOU?!?

A CINEMATIC TRIBUTE TO BLACK HISTORY MONTH  
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

**MONDAY, FEBRUARY 12, 10:00 A.M. - NOON**  
**SEE PAGE 5 FOR DETAILS**

## SOUNDNJOY CONCERT

(IN-PERSON AT SPB LOCATION)

**THURSDAY, FEBRUARY 22, 2:00 - 3:00 P.M.**

**FEE: \$5 - SEE PAGE 5 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.

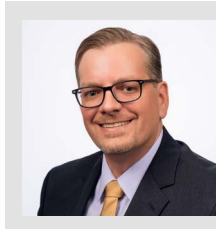
SUZANNE PATTERSON BUILDING  
45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.751.9699  
Call CMAP for hours

info@cmaprinceton.org  
cmaprinceton.org  
CMAP's refund policy may be found  
on the website under the "Who We Are/  
General Information" tab.

*A nonprofit organization  
serving our community*

**BOARD OF TRUSTEES**

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- Jane Silverman



FROM THE CEO, DREW DYSON

BUILDING AN INCLUSIVE COMMUNITY:  
LESSONS FROM BAYARD RUSTIN'S LEGACY

Dear Friends,

Bayard Rustin, a visionary civil rights activist and a central figure in the film "Rustin," is a beacon of inspiration for building inclusive communities. His life's work, characterized by unwavering commitment to justice and equality, serves as a powerful guidepost for our efforts at the Center for Modern Aging Princeton.

**Embracing Diversity with Courage**

Bayard Rustin's journey, marked by challenges and triumphs, teaches us the importance of embracing diversity courageously. Rustin, an openly gay black man in a time of rampant discrimination, never wavered in his conviction. His story reminds us that inclusivity means not only accepting but celebrating our differences – be it race, age, gender, sexuality, or background.

**The Power of Nonviolent Protest**

Rustin was a firm believer in the power of nonviolent protest, a principle he stood by even in the face of adversity. This approach to activism underlines the importance of dialogue, understanding, and empathy in building a community. It encourages us to engage with each other respectfully and constructively, fostering an environment where every voice is heard and valued.

**Organizing and Mobilizing for Change**

As a master strategist, Rustin played a key role in organizing the 1963 March on Washington, demonstrating the impact of mobilizing communities for a common cause. His legacy teaches us the value of coming together to advocate for positive change within our community, whether it's through volunteer initiatives, community discussions, or support groups.

**Advocating for Equal Rights and Opportunities**

Rustin spent his life advocating for equal rights, a mission that continues to be deeply relevant. Our commitment at the Center for Modern Aging Princeton





to ensure equal access to resources, opportunities, and respectful treatment for all our members echoes Rustin’s lifelong fight for equity and justice.

Bayard Rustin’s life, as portrayed in “Rustin,” is a testament to the strength of character and the impact one individual can have in forging an inclusive, equitable society. His principles and actions provide us with a framework for building a community that not only respects but celebrates diversity in all its forms. Let us honor his legacy by continuing to work towards a society where every individual, regardless of their background, has the opportunity to live with dignity and respect.

We invite you to join with us on Friday, February 2 at 1:00 p.m. for a screening of the newly released film “Rustin” that poignantly portrays the story of Rustin’s life and legacy. You can join us online or in person for this powerful film. I hope to see you here!

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

## CMAP STAFF

**Drew A. Dyson, PhD**  
Chief Executive Officer

**Donna Cosgrove**  
Chief Operating Officer

**Lisa Adler**  
Chief Development Officer

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**Fran Angelone**  
Crosstown Coordinator

**Billi Charron, MSW**  
Social Worker

**Cathy Gara**  
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Program Associate: Technology

**Johanna Peters**  
Director of Social Services

**Barbara Prince**  
Development Coordinator

**Andrea Schwarz**  
Program Associate: Suzanne Patterson  
Building

**Beth Weiskopf**  
Program Administrator

**Kathleen Whalen**  
Director of Communications

**Z Zinsitz**  
Administrative Assistant to the CEO



### SPECIAL NOTICE:

Time to renew your \$15 annual subscription to the CMAP print newsletter delivered to your home mailbox.

### PLEASE TAKE A MOMENT TO LEARN ABOUT OUR SPONSORS – THEIR SUPPORT HELPS FUND OUR PROGRAMS

The Bank Of Princeton; Brandywine Living: Princeton, Pennington, & Serenade at Princeton; Home Instead Senior Care; Homewatch CareGivers; Innovative Physical Therapy; Peapack Private Wealth Management; RothKoff Law; Stark & Stark Attorneys at Law

### GROUP/PROGRAM LOCATION KEY:

NSK - Nancy S. Klath Center for Lifelong Learning  
at 101 Poor Farm Road

SC - Spruce Circle at 179 Spruce Circle

SPB - Suzanne Patterson Building  
at 45 Stockton Street

---

H - Hybrid Group/Program

---

#### NOTE:

Click on program/group titles to be directed to the registration form

# SPOTLIGHT FEBRUARY 2024

Visit <https://www.cmaprinceton.org>

## AARP FREE TAX ASSISTANCE – COMING IN FEBRUARY



### FRIDAYS, BEGINNING FEBRUARY 2 THROUGH APRIL 12

*In-Person at SPB Location*

AARP sponsors free tax assistance for low and moderate-income people through the AARP Tax-Aide program. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

Stay-tuned for more information about registration and appointment times.



### 2024 HEALTH FAIR

Join us at the Health Fair hosted by CMAP on February 27. Take advantage of the dental van services available. To secure your spot for dental care, please register by February 18. Don't miss this opportunity for accessible and convenient dental services on the go! Turn to **page 6** for more information.

### NOTICE:

Monday, February 19 – CMAP is closed for the Presidents' Day holiday



## ARTS & CULTURE

### ART OF CHOCOLATE (In-Person at NSK Location)

*Wednesday, February 7, 3:30 p.m.*

*Fee: \$10 resident/\$15 non-resident*

Indulge your senses in the sweet symphony of our "Art of Chocolate" special program! Dive into a delectable journey with chocolate tasting, explore the fascinating history of this divine treat, and unleash your creativity with a hands-on DIY chocolate bark session. Join us for a scrumptious and artful adventure that promises to be a treat for both your taste buds and artistic spirit!

### BACH: THE MASTER (Zoom)

*Thursdays, January 18 through February 29, (no class on 2/8), 11:00 a.m.-noon*

### COMPOSER OF THE MONTH: Felix Mendelssohn

(Zoom)

*Tuesday, February 20, noon-1:00 p.m.*

*Fee: \$10 resident/\$15 non-resident*

Together we'll listen to his octet, written at just sixteen years old, the iconic "Wedding March," and part his oratorio "Elijah," one of his last works. We'll also consider all he accomplished in his short life, including establishing the Leipzig Conservatory and bringing J.S. Bach's works back into the public eye.

Instructor: Dr. Brenda Leonard

### FIRST FRIDAY FILM – RUSTIN (Hybrid - In-Person at NSK Location and on Zoom)

*Friday, February 2, 1:00 p.m.*

Bayard Rustin, advisor to Martin Luther King Jr., dedicates his life to the quest for racial equality, human rights, and worldwide democracy. However, as an openly gay Black man, he is all but erased from the civil rights movement he helped build. Starring: Colman Domingo  
Runtime: 1 hour and 46 minutes; Genre: Biography, Drama, History; Rated: PG-13  
Registration required, no fee.

# ALL PROGRAMS FEBRUARY 2024

Visit <https://www.cmaprinceton.org>

## **THE GOLDEN AGE OF RADIO** (Zoom)

*Tuesdays and Thursdays in February, 4:00-5:00 p.m.*

Step into the Golden Age of Radio on Zoom! Join us every Tuesday and Thursday for a nostalgic journey into the past, featuring iconic shows like "Gangbusters" on Tuesdays and "The Shadow" on Thursdays. Experience the enchantment of this era as we bring the magic of sound and imagination to life. Don't miss out on the opportunity to be entertained and amazed! Registration required, no fee.

## **"IS THAT BLACK ENOUGH FOR YOU?!?" A CINEMATIC TRIBUTE TO BLACK HISTORY MONTH** (Hybrid -

In-Person at NSK Location and on Zoom)

*Monday, February 12, 10:00 a.m.-noon*

"Is That Black Enough For You?!?" is not just a documentary; it's an inspiring celebration of Black artistic brilliance. Dive into a world of original characters, depth, and charisma, as we explore the impactful contributions of African American artists during the '70s. Get ready to be informed, entertained, and uplifted!

Runtime: 2 hours 15 minutes; Genre: Documentary, History; Rated: R

Registration required, no fee.

## **LET'S LEARN AND CREATE ART! - ALMA THOMAS**

(In-Person at SPB Location)

*Wednesday, February 7, 10:30 a.m.-noon*

*Fee: \$10 resident/\$15 non-resident*

We will learn about the extraordinary life of Alma Thomas, trailblazing African-American abstract artist who was the first fine arts graduate of Howard University and the first Black woman to have a show at the Whitney Museum of Art in 1972 when she was eighty-one years old. Using acrylic paint and canvas we will make our own abstract painting emulating Alma's style.

Instructor: Lisa Bayer

## **LIBRARY READS** (Zoom)

*Monday, February 5, 1:00 p.m.*

Presented by Princeton Public Librarians, staff will showcase some great recent and notable book titles to add to your to-be-read list.

Registration required, no fee.

## **MASTERING THE ART OF PAINTING** (In-Person at SPB Location)

*Fridays, January 12 through March 1, 2:00-4:00 p.m.*

## **PALETTE PLAY: OIL & ACRYLIC FUNDAMENTALS**

(In-Person at SPB Location)

*Wednesdays, January 10 through February 28, 2:00-4:00 p.m.*

## **SOUNDNJOY CONCERT** (In-Person at SPB Location)

*Thursday, February 22, 2:00-3:00 p.m.*

*Fee: \$5*

Immerse yourself in an afternoon of musical enchantment with the violin and cello duo of SoundNJoy. From classical elegance to global influences and contemporary fusion, this live concert promises emotive melodies and virtuosic performances. Join us for an unforgettable afternoon of enchantment.

## **TASTE AROUND THE WORLD: CHINESE DUMPLING-MAKING** (In-Person at SPB Location)

*Monday, February 26, 11:00 a.m.*

*Fee: \$5 resident/\$10 non-resident*

Embark on a hands-on culinary adventure with our "Taste Around the World: Chinese Dumpling-Making" program. Join us for an immersive experience that will take you deep into the heart of Chinese culinary traditions, allowing you to savor the art of dumpling-making. No need to book a flight—simply join us for an unforgettable evening of cultural discovery and hands-on culinary exploration. Unleash your inner dumpling master, create delicious memories let's celebrate the Chinese New Year of the dragon together with the authentic taste of China!

Presenter: Danni Zhao – from her childhood in China to her travels around the world – London, Paris, Boston, NYC, and now Princeton – making dumplings with family remains her most cherished tradition. She delights in spreading the joy and magic of this ritual every Spring Festival.

## **TIME TO TELL YOUR STORY: MEMOIR WRITING WORKSHOP** (Zoom)

*Thursdays, January 18 through March 7 (no class on 2/22), 11:00 a.m.-12:30 p.m.*

## **UNLOCKING THE ART OF ELEMENTAL DRAWING**

(In-Person at SPB Location)

*Tuesdays, January 9 through March 5, 2:00-3:30 p.m.*

## **THE WONDERS OF WORDPLAY - WINTER QUARTER**

*Mondays, January 8 through March 25, 2:00 p.m.*

# ALL PROGRAMS FEBRUARY 2024

Visit <https://www.cmaprinceton.org>

## BILINGUAL

### **BILINGUAL BINGO** (In-Person at SPB Location)

*Saturday, February 24, 4:00-5:30 p.m.*

Registration required, no fee.

Join us for a lively afternoon with the classic, BINGO. Come laugh and win various prizes. In this bilingual event, we chat and call out numbers in both English and Spanish, celebrating diversity. We guarantee you a fun and joy-filled experience! Don't miss out!

*24 de febrero, 16:00 horas-5:30 pm.*

Registro requerido, sin costo.

Únete a nosotros para una tarde animada con el clásico BINGO. Ven a a reírte y a ganar premios. En este evento bilingüe conversamos y llamamos los números tanto en inglés como en español, celebrando así la diversidad. ¡Te garantizamos una experiencia divertida y llena de alegría! ¡No te lo pierdas!

### **SPANISH BOOK CLUB** (In-Person at SPB Location)

Miércoles del 7 al 28 de febrero, 3:30-4:30 pm.

*Tarifa: \$20 para residentes/\$25 para no residentes*

Únete a nuestro club de lectura en español de febrero con el libro "El peligro de estar cuerda" de Rosa Montero. Ensayo y ficción se dan la mano en esta exploración sobre los vínculos entre la creatividad y la locura.

*Wednesdays starting February 7 through February 28, 3:30-4:30 p.m.*

*Fee: \$20 resident/\$25 non-resident*

Join our Spanish book club in February with "El peligro de estar cuerda" by Rosa Montero. This blend of essay and fiction explores the links between creativity and madness. Meetings are in Spanish.

### **ESL CLASS: ENGLISH LANGUAGE ENRICHMENT**

(In-Person at SPB Location)

*Thursdays through March 28*

*Jueves, desde el 18 de enero hasta el 28 de marzo*

## GAMES & RECREATION

### **BINGO: WIN LIKE NEVER B4!** (In-Person at NSK Location)

*Tuesday, February 13, 1:30 p.m.*

Join us for a lively afternoon of bingo fun where there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Gameplay begins at 1:30 p.m.

Registration required, no fee.

### **GAMES DAY** (In-Person at SPB Location)

*Tuesdays in February, 1:00 to 4:00 p.m.*

Come with a partner or a few friends to enjoy game playing at CMAP. Canasta, Mah Jongg (bring your own set), Scrabble, and Social Bridge.

Registration required due to limited space.

## HEALTH & WELLNESS

### **CPR CLASS** (In-Person at NSK Location)

*Friday, February 9, 2:00-3:00 p.m.*

The Family & Friends CPR program teaches how to perform CPR on adults and children and how to help an adult or child who is choking. This course is designed for family members, friends, and members of the general community who want to learn CPR but do not need a course completion card.

Registration required, no fee.

### **THE FELDENKRAIS METHOD** (In-Person at NSK Location)

*Wednesdays starting February 7 through February 28, 10:00 a.m.*

*Fee: \$30 resident/\$35 non-resident*

Discover the power of the Feldenkrais Method! Enhance movement, flexibility, and coordination through gentle actions and focused mind-body connections. Experience increased ease, range of motion, and graceful movement. Remember to bring your exercise mat, or one will be provided.

Instructor: Jaclyn (Jackie) Boone

### **GENTLE MAT YOGA + NIDRA - WINTER QUARTER**

(Zoom)

*Mondays through March 25 (no class 2/19), 10:00 a.m.*

### **HEALTH FAIR** (Hybrid - In-Person at NSK Location and on Zoom)

*Tuesday, February 27, 9:00 a.m.-noon (Zoom),*

*1:00-4:00 p.m. (In-Person)*

Join us for our annual Health Fair! Immerse yourself in a world of health, smiles, and community connection as we bring together enriching experiences. Explore the latest in dental care with Zufall Dental Van, indulge in a vibrant marketplace featuring diverse wellness vendors, and kickstart your day with informative sessions covering various health topics virtually online. From complimentary dental check-ups to free giveaways and engaging info sessions, this event is designed to inspire and equip you on your journey to a healthier, happier lifestyle. Bring the whole family and be a part of this

# ALL PROGRAMS FEBRUARY 2024

Visit <https://www.cmaprinceton.org>



## PICKLEBALL MANIA

Explore the diverse schedule of our monthly pickleball activities at: <https://cmaprinceton.org/health-wellness/>

### FOR BEGINNERS:

Players should be brand new to the sport or looking to refresh their skills.

### A TASTE OF PICKLEBALL

Experience a dynamic two-hour beginner's workshop, combining skill instruction with active gameplay for an exciting introduction to the sport.

Fee: \$35 resident/\$40 non-resident

### GET INTO THE GAME!

Now that you know the basics from A Taste of Pickleball, join your instructor for two hours of gameplay designed to improve skill and get a feel for real gameplay.

Fee: \$35 resident/\$40 non-resident

celebration of well-being!

Registration required, no fee.

Please watch for our February eblasts on Wednesdays and Saturdays when we will share additional details about the event! For questions, please contact Johanna Peters, director of social services, or Sharon Hurley, Vaccine Navigator coordinator at 609.751.9699.

### LONG COVID (Zoom)

*Wednesday, February 7, 3:30-4:30 p.m.*

Some people who have been infected with the virus that caused COVID-19 can experience long-term effects from their infection, known as Long COVID or Post-COVID Conditions. Long COVID is broadly defined as signs, symptoms, and conditions that continue or develop after acute COVID-19 infection.

Presenter: JoAnn Hill, BSN, RN, was born and raised in Princeton. She has worked in the field of infectious diseases since 1998. Joann is currently an infectious disease nurse preventionist in a South Jersey hospital. She has been a member of the Princeton Board of Health for the past fourteen years.

Registration required, No fee

### FOR ADVANCED-BEGINNERS TO LOWER INTERMEDIATE

Players should have knowledge of the game and be able to keep score, dink, serve, and have taken an intro to pickleball course. Please, no beginners in Prep & Play or 3 & Me. If you're new to the sport, check out Get in the Game!

### PREP & PLAY

Learn new techniques on the court with expert instruction and enjoy open gameplay with guided support to enhance your game.

Fee: \$35 resident/\$40 non-resident

### 3 & ME

This exciting small-group pickleball experience allows players to engage in energetic gameplay while refining skills under the guidance of our expert instructor.

Fee: \$20 resident/\$25 non-resident

### GROUP COURT RENTALS

Reserve our pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form. Fee: \$35

### MINDFUL CHAIR YOGA & MEDITATION - WINTER QUARTER (Zoom)

*Thursdays through March 28, 10:00 a.m.*

### STAY-WELL CHAIR EXERCISE (Zoom)

*Tuesday, February 6 through February 27, 1:00 p.m.*

**Fee: \$30 resident/\$35 non-resident**

Participate in a month-long lively and enjoyable aerobics workshop on Zoom, tailored to enhance endurance and strengthen your body, mind, and soul. Grab your hand weights (or alternatives like water bottles or cans), therapy bands, and comfortable attire, and let's get moving!

Instructor: Laraine Alison



**TABLE TENNIS** (In-Person at SPB Location)

*Mondays and Fridays in February (no session on 2/19), 1:00-4:45 p.m.*

Come for camaraderie, exercise, and fun! All skill levels are invited to take part in this energetic sport. Registration required, no fee.

**TAI CHI** (In-Person at SPB Location)

*Tuesday, February 6 through February 27, 11:00 a.m.*

*Fee: \$20 resident/\$25 non-resident*

This gentle form of exercise helps to maintain strength, flexibility, and balance and could be the perfect activity for the rest of your life. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Instructor: Sisco Kinjo

**COSMOLOGY** (Hybrid - In-Person at NSK Location and on Zoom)

*Every Thursday, 10:00 a.m.*

*Fee: \$40 for year*

Peer-led discussion about the nature of the universe based on physics and metaphysics.

Instructor: Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more information.

**ESTATE PLANNING** (Hybrid - In-Person at NSK Location and on Zoom)

*Thursday, February 22, 10:00 a.m.-noon*

United Way will discuss need-to-know questions to ask when estate planning.

Registration required, no fee.

**EVERGREEN FORUM WINTER SAMPLER**

*Fee: \$10 per session*

Join us for a sample into the world of Evergreen Forum with the following courses:

**January 29 – American Opera with Harold Kuskin** (NSK-H), 1:30-3:30 p.m.

In this class we will discuss what makes an opera “American” and explore two classics of the genre – the emotionally powerful *Susannah* by Carlisle Floyd and the delightful *Candide* by Leonard Bernstein who conducts and narrates his tuneful and uplifting work.

**February 5 – An Introduction to Mindful Meditation with Ruth Goldston** (NSK), 10:00 a.m.-noon

In this class, you will learn what mindfulness is, and what it isn't, and experiment with several practices to give you a sense of what it's all about.

**February 12 – Love and Ishiguro with Lois Harrod**

(NSK), 1:30-3:30 p.m.

Let's dive into the world of short stories with Ishiguro's *Nocturnes*.

**FYI SEMINAR: STRESSED BY THE THOUGHTS OF DECLUTTERING, DOWNSIZING, OR MOVING?** (Hybrid

- In-Person at NSK Location and on Zoom)

*Monday, February 5, 2:00-3:00 p.m.*

Overwhelmed by the thought of downsizing and moving? Feel paralyzed in your home with excess possessions? The presentation provides resources, tips, tricks and proven sequences and game plans that have helped families overcome this transition in their lives.

Presenter: John Walsh

Registration required, no fee.

**FYI SEMINAR: WHAT IS THE SANDWICH GENERATION?** (Hybrid - In-Person at NSK Location

and on Zoom)

*Monday, February 12, 2:00-3:00 p.m.*

Are you caring for aging loved ones while still supporting your own children? If so, welcome to the Sandwich Generation. For many, this challenging time may cause stress, depression, illness, and financial burden. NightingaleNJ is dedicated to easing caregivers through this transition. Join us for an informative workshop designed to help you gracefully navigate these years of abundant family needs.

Presenter: Chris Kellog

Registration required, no fee.

**FYI SEMINAR: LOVE YOUR LIBRARY** (In-Person at NSK Location)

*Monday, February 26, 2:00-3:00 p.m.*

February is Library Lover's Month! Adult Services Librarians from Princeton Public Library will share services, events, and resources available to those who utilize the library.

Presenter: PPL Adult Services Librarians

Registration required, no fee.

**PARLONS FRANÇAIS, S'IL VOUS PLAÎT: CONVERSATIONAL FRENCH** (Zoom)

*Fridays through February 16, 11:00 a.m.-12:15 p.m.*

**THE TECH HOUR: EXPANDING HORIZONS** (Hybrid - In-Person at NSK Location and on Zoom)

*Wednesdays February 14 and February 28, 11:00 a.m.-noon*

Join us weekly for a tech-focused lecture or informational video, followed by a lively conversation led by Nick Macy. Dive into fresh knowledge & stay sharp in our dynamic tech-driven sphere. This month's topics:

**February 14 – How to use Google, Reddit, & Youtube like a Pro**

**February 28 – Furthering the discussion: AI**

Registration required, no fee.



**THE IPAD FUNDAMENTALS** (In-Person at NSK Location)  
*Tuesdays through February 27, 10:30 a.m.-noon*

**WORKSHOP: NAVIGATING YOUR TRANSPORTATION OPTIONS, PART 2** (In-Person at NSK Location)  
*Thursday, February 8, 1:00 p.m.*

Learn hands-on tech skills with Greater Mercer Transportation Management Association (GMTMA). Carol Chamberlain is a travel trainer who guides bus/train tracking, Uber/Lyft use, and GPS navigation. Participants must have attended Part 1 in January. Registration required, no fee.



## Programs

**TALK & TEA** (In-Person at NSK Location)  
*Thursday, February 29, 1:00 p.m.*

Open discussion of Princeton's Witherspoon Jackson community. How has the community changed? What are some landmark events that have occurred in the community?  
Registration required, no fee.

**WOMEN IN RETIREMENT MONTHLY PRESENTATION: HISTORY OF U.S. VOTING RIGHTS** (Hybrid - In-Person at NSK Location and on Zoom)  
*Friday, February 16, 10:00 a.m.*

Join Sandy Smith for a quick overview of U.S. voting rights, women's suffrage, current trends in women's voting, and modern voting issues. Sandy, a Lawrenceville resident, retired from Bristol-Myers Squibb's medical research and volunteers with Literacy New Jersey. All welcome, registration required, no fee.

## Groups

**AGING GAILY** (Hybrid - In-Person at NSK Location and on Zoom)  
*Monday, February 26, 3:00 p.m.*

Engage in social activities, build friendships, and offer support.  
Registration required, no fee.

**CRAFTER'S CORNER** (Hybrid - In-Person at NSK Location and on Zoom)  
*Thursday, February 8, 11:00 a.m.*

Fun space for craft hobbies.  
Registration required, no fee.

**FOREVER YOUNG (55-65)** (Hybrid - In-Person at NSK Location and on Zoom)  
*Thursday, February 1, 3:00 p.m.*

For young older adults who may still be working or in early retirement.  
Registration required, no fee.

**LET'S TALK** (Hybrid - In-Person Only at NSK Location and on Zoom)

*Wednesdays in February, 3:00 p.m.*  
General conversation group.  
Registration required, no fee.

**MEN IN RETIREMENT** (In-Person at SPB Location)  
*Friday, February 16, 10:00 a.m.*

Join us for a discussion of timely topics. Everyone will have an opportunity to speak on the topics and express their opinion. This is a chance for you to be heard in an informal and supportive environment.  
Registration required, no fee.

**SENIOR CITIZEN CLUB** (In-Person at NSK Location)  
*Friday, February 23, 11:00 a.m.*

Join us for a social hour of friendship.  
Registration required, no fee.

**TED TALKS** (Hybrid - In-Person at NSK Location and on Zoom)  
*Tuesdays in February, 10:30 a.m.*

Together we'll watch a TED Talk then participate in an awesome discussion led by Helen Burton. Everyone's invited! This month's buzzworthy topics:

**February 6 – Norman Lear:** An entertainment icon on living a life of meaning.

**February 13– Jessica Apotheker:** What will happen to marketing in the age of AI.

**February 20 – Asha Curran, CEO:** Why helping people makes you happy.

**February 27 – Carmen Agra Deedy:** Once upon a time, my mother.

Registration required, no fee.

**TRANSITION TO RETIREMENT** (Hybrid - In-Person at NSK Location and on Zoom)  
*Friday, February 16, 2:30 p.m.*

This group addresses many kinds of issues that can arise during the transition to retirement. Registration required.  
Instructor: Paul Knight  
Registration required, no fee.

**WOMEN IN RETIREMENT COFFEE KLATCH**

Contact WIR for the location of the meeting.  
All are welcome.

For more information go to <http://wired.wordpress.com/>.

## The Global Conversation Community

Join our Global Conversation groups and immerse yourself in language and culture! Whether a native speaker or language learner, our inclusive spaces welcome everyone for rich exchanges and connections.

**CAFÉ FRANÇAIS - WINTER QUARTER** (In-Person at NSK Location)

*Mondays through March 25 (no session 2/19)*

*Fee: \$15*

Join us for casual French language conversation, focusing on pronunciation, vocabulary, and grammar enrichment.

**GLOBAL CONVERSATIONS** (Zoom)

*Mondays in February (no meeting 2/19), 1:00 p.m.*

For individuals open to worldly conversations from diverse communities, cultures, and backgrounds.

All are welcome!

Registration required, no fee.

**¡SE HABLA ESPAÑOL! CHARLAS DE CORAZÓN** (Zoom)

*Thursday, February 22, 4:00-5:00 p.m.*

Participa en charlas inspiradoras y actividades culturales, perfectas para hablantes nativos o quienes buscan perfeccionar su español. Con dinámicas y presentaciones al estilo TED. Registro necesario, sin costo.

Participate in inspiring talks and cultural activities, perfect for native speakers or those looking to improve their Spanish, with dynamics and presentations in the style of TED. Registration required, no fee.

**TEA SOCIAL FOR RUSSIAN-SPEAKING COMMUNITY**

(In-Person at NSK Location)

*Monday, February 5, 3:30-4:30 p.m.*

Join our tea social for vibrant Russian-speaking individuals aged fifty-five and above. Enjoy aromatic teas, stories, and connections in a welcoming atmosphere.

Whether meeting new friends or reconnecting, our gatherings offer a delightful escape for meaningful conversations. Embrace cultural richness and the soothing pleasures of tea among peers. Registration required, no fee.



## SUPPORT GROUPS

### **BEREAVEMENT**

*Monday, February 26 at 11:00 a.m.*

*(Usually third Monday of each month)*

Call Sherri Goldstein 609.819.1226 to attend.

– coping with grief and loss

### **CAREGIVERS**

*Monday, February 5 at 3:00 p.m.*

*(Usually first Monday of each month)*

– share challenges and experiences

### **NEW GROUP! CLEARING SPACES** (Zoom)

*Mondays, STARTS February 12, 3:00 p.m.*

Whether you aim to downsize, organize, or reclaim your closet floor, we invite you to our weekly Zoom meeting. It's an inspirational and non-judgmental space where we share tips, challenges, and triumphs in decluttering journeys. Plus, we dedicate part of the hour to accomplishing a small task, ensuring you leave each meeting more organized than when you arrived!

Registration required, no fee.

### **EARLY-STAGE MEMORY LOSS SUPPORT** (Hybrid -

In-Person at NSK Location and on Zoom)

*Thursday, February 15 at 3:00 p.m.*

– for those with early-stage memory loss.

### **FORGET-ME-NOT: DEMENTIA CAREGIVERS** (Hybrid -

In-Person at NSK Location and on Zoom)

*Saturday, February 10 at 10:00 a.m.*

– Anyone affected by a loved one's memory loss.

## TECHNOLOGY

### **THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB**

*Monday through Friday, 9:30 a.m.-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 three ways: in-person on Thursdays and Fridays, from 2:00 to 4:00 p.m. at our NSK location, in-person on Fridays, from 1:00 to 4:00 at our SPB location, and virtually, Monday through Friday.

# FEBRUARY 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**Key:**  
 NSK - Nancy S. Klath Center  
 PPL - Princeton Public Library  
 RC - Redding Circle  
 SC - Spruce Circle  
 SPB - Suzanne Patterson Building  
 H - Hybrid Group/Program

**PRINCETON CAFÉ FOR OLDER ADULTS**  
 Mercer County Nutrition Program (SPB)  
 Monday through Friday  
 10:00 a.m. to 1:00 p.m.

1  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball Prep & Play (SPB)  
 11:00 Bach: The Master  
 11:00 Time to Tell Your Story: Memoir Writing  
 12:00 Pickleball 3 & Me (SPB)  
 2:00 ESL Class (SPB)  
 2:00 Tech Lab Assistance (NSK)  
 3:00 Forever Young (55-65) Group (NSK-H)  
 4:00 The Golden Age of Radio

2  
 10:00 Women in Retirement Coffee Klatch  
 11:00 Parlons Français, S'il Vous Plaît: Conversational French  
 1:00 First Friday Film - Rustin (NSK-H)  
 1:00 Table Tennis (SPB)  
 1:00 Tech Lab Assistance (SPB)  
 2:00 Mastering the Art of Painting (SPB)  
 2:00 Tech Lab Assistance (NSK)

5  
 10:00 Evergreen Forum Winter Sampler (NSK)  
 10:00 Gentle Yoga + Nidra  
 1:00 Global Conversations  
 1:00 Library Reads  
 1:00 Table Tennis (SPB)  
 2:00 FYI Seminar - Stressed by Decluttering? (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Caregivers Group  
 3:30 Tea Social for Russian-Speaking Community (NSK)

6  
 10:30 iPad Fundamentals (NSK)  
 10:30 TED Talks (NSK-H)  
 11:00 Tai Chi (SPB)  
 1:00 Games Day (SPB)  
 1:00 Stay-Well Chair Exercise  
 2:00 The Live Poets Society  
 2:00 Unlocking the Art of Elemental Drawing (SPB)  
 4:00 The Golden Age of Radio

7  
 10:00 Pickleball: Get into the Game! (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 10:30 Let's Learn and Create Art! Alma Thomas (SPB)  
 12:00 Pickleball 3 & Me (SPB)  
 2:00 Palette Play: Oil & Acrylic Fundamentals (SPB)  
 3:00 Let's Talk (NSK-H)  
 3:30 Art of Chocolate (NSK)  
 3:30 Long COVID  
 3:30 Spanish Book Club (SPB)

8  
 10:00 A Taste of Pickleball (SPB)  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 11:00 Time to Tell Your Story: Memoir Writing  
 12:00 Pickleball 3 & Me (SPB)  
 1:00 Crafter's Corner (NSK-H)  
 1:00 Workshop (NSK)  
 2:00 ESL Class (SPB)  
 2:00 Tech Lab Assistance (NSK)  
 4:00 The Golden Age of Radio

9  
 10:00 Women in Retirement Coffee Klatch  
 11:00 Parlons Français, S'il Vous Plaît: Conversational French  
 1:00 Table Tennis (SPB)  
 1:00 Tech Lab Assistance (SPB)  
 2:00 CPR Class (NSK)  
 2:00 Mastering the Art of Painting (SPB)  
 2:00 Tech Lab Assistance (NSK)

**SATURDAY, FEBRUARY 10**  
 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

12  
 10:00 Is That Black Enough for You?!? (NSK-H)  
 10:00 Gentle Yoga + Nidra  
 1:00 Global Conversations  
 1:00 Table Tennis (SPB)  
 1:30 Evergreen Forum Winter Sampler (NSK)  
 2:00 FYI Seminar - What is the Sandwich Generation? (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

13  
 10:30 iPad Fundamentals (NSK)  
 10:30 TED Talks (NSK-H)  
 11:00 Tai Chi (SPB)  
 1:00 Games Day (SPB)  
 1:00 Stay-Well Chair Exercise  
 1:30 Bingo: Win Like Never B-4 (NSK)  
 2:00 The Live Poets Society  
 2:00 Unlocking the Art of Elemental Drawing (SPB)  
 4:00 The Golden Age of Radio

14  
 10:00 Pickleball Prep & Play (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 11:00 Next Chapter: Widows & Widowers (NSK-H)  
 11:00 The Tech Hour: Expanding Horizons (NSK-H)  
 12:00 Pickleball 3 & Me (SPB)  
 2:00 OnStage Seniors (NSK)  
 2:00 Palette Play: Oil & Acrylic (SPB)  
 3:00 Let's Talk (NSK-H)  
 3:30 Spanish Book Club (SPB)

15  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball: Get into the Game! (SPB)  
 11:00 Bach: The Master  
 11:00 Time to Tell Your Story: Memoir Writing  
 12:00 Pickleball 3 & Me (SPB)  
 2:00 ESL Class (SPB)  
 2:00 Tech Lab Assistance (NSK)  
 3:00 Early-Stage Memory Loss Support Group (NSK-H)  
 4:00 The Golden Age of Radio

16  
 10:00 Men in Retirement (SPB)  
 10:00 Women in Retirement (NSK-H)  
 11:00 Parlons Français, S'il Vous Plaît: Conversational French  
 1:00 Table Tennis (SPB)  
 1:00 Tech Lab Assistance (SPB)  
 2:00 Mastering the Art of Painting (SPB)  
 2:00 Tech Lab Assistance (NSK)  
 2:30 Transition to Retirement (NSK-H)

19  
 \_\_\_\_\_  
**CMAP IS CLOSED FOR THE PRESIDENTS' DAY HOLIDAY**  
 \_\_\_\_\_

20  
 10:30 iPad Fundamentals (NSK)  
 10:30 TED Talks (NSK-H)  
 11:00 Tai Chi (SPB)  
 12:00 Composer of the Month: Felix Mendelssohn  
 1:00 Games Day (SPB)  
 1:00 Stay-Well Chair Exercise  
 2:00 The Live Poets Society  
 2:00 Unlocking the Art of Elemental Drawing (SPB)  
 4:00 The Golden Age of Radio

21  
 10:00 Pickleball 3 & Me (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 11:00 Pickleball Prep & Play (SPB)  
 2:00 OnStage Seniors (NSK)  
 2:00 Palette Play: Oil & Acrylic (SPB)  
 3:00 Let's Talk (NSK-H)  
 3:30 Spanish Book Club (SPB)

22  
 10:00 Cosmology (NSK-H)  
 10:00 Estate Planning (NSK-H)  
 10:00 Mindful Chair Yoga  
 11:00 Bach: The Master  
 2:00 ESL Class (SPB)  
 2:00 SoundNJoy Concert (SPB)  
 2:00 Tech Lab Assistance (NSK)  
 4:00 ¡Se Habla Español! Charlas de Corazón  
 4:00 The Golden Age of Radio

23  
 10:00 Women in Retirement Coffee Klatch  
 11:00 Senior Citizen Club (NSK)  
 1:00 Table Tennis (SPB)  
 1:00 Tech Lab Assistance (SPB)  
 2:00 Mastering the Art of Painting (SPB)  
 2:00 Tech Lab Assistance (NSK)

**SATURDAY, FEBRUARY 24**  
 4:00 Bingo Bilingüe/Bilingual Bingo (SPB)

26  
 10:00 Gentle Yoga + Nidra  
 11:00 Bereavement Group  
 11:00 Taste Around the World: Chinese Dumpling-Making (SPB)  
 1:00 Global Conversations  
 1:00 Table Tennis (SPB)  
 2:00 FYI Seminar - Love Your Library (NSK)  
 2:00 The Wonders of Word Play  
 3:00 Aging Gaily (LGBTQ+) Group (NSK-H)  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

27  
 9:00 Health Fair (Morning on Zoom)  
 10:30 iPad Fundamentals (NSK)  
 10:30 TED Talks (NSK-H)  
 11:00 Tai Chi (SPB)  
 1:00 Games Day (SPB)  
 1:00 Health Fair (Afternoon in NSK)  
 1:00 Stay-Well Chair Exercise  
 2:00 The Live Poets Society  
 2:00 Unlocking the Art of Elemental Drawing (SPB)  
 4:00 The Golden Age of Radio

28  
 10:00 Pickleball 3 & Me (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 11:00 Next Chapter: Widows & Widowers (NSK-H)  
 11:00 Pickleball: Get into the Game! (SPB)  
 11:00 The Tech Hour: Expanding Horizons (NSK-H)  
 2:00 OnStage Seniors (NSK)  
 2:00 Palette Play: Oil & Acrylic (SPB)  
 3:00 Let's Talk (NSK-H)  
 3:30 Spanish Book Club (SPB)

29  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball 3 & Me (SPB)  
 11:00 Bach: The Master  
 11:00 Pickleball Prep & Play (SPB)  
 11:00 Time to Tell Your Story: Memoir Writing  
 1:00 Talk & Tea (NSK)  
 2:00 ESL Class (SPB)  
 2:00 Tech Lab Assistance (NSK)  
 4:00 The Golden Age of Radio

# WINTER RAFFLE 2024 ARE YOU FEELING LUCKY?

Help support CMAP by entering for a chance to WIN!

1st Prize – \$5,000 AMEX gift card

2nd Prize – \$2,500 AMEX gift card

3rd Prize – Aventon E-Bike (\$1000 value)

4th Prize – iPad (\$300 value)

**Tickets on sale NOW**

**Drawing on Thursday, March 14**

\$100 each, max 300 tickets sold

Tickets can be bought at the front desk of NSK or SPB

**For more information, please contact Lisa Adler, chief development officer,  
at [ladler@cmaprinceton.org](mailto:ladler@cmaprinceton.org) or 609.751.9699, ext. 103**

OR CLICK HERE TO ENTER: <https://engage.cmaprinceton.org/2024-winter-affle>



## TA Volunteer Job Posting – Spring 2024

Evergreen Forum is a collection of highly sought-after college-level courses taught by retired college and university professors. This program takes place in the Spring of 2024.

The Technical Assistant (TA) volunteer position provides virtual support for our Evergreen Forum instructors. The position requires a level of comfort with Zoom technology, thorough training is provided. Some responsibilities may include:

- Opening the Zoom meeting and starting the meeting
- Managing the wait room/participants/chat during a Zoom meeting
- Sharing presentations/audio for an instructor
- Recording Zoom meetings, enabling transcripts, and running other Zoom management tools

Courses are held once a week, Monday-Friday from 10:00 a.m.-noon or 1:30-3:30 p.m. You would be assigned one class for the whole semester.

The list of all the offerings with details about days and times may be found at [cmaprinceton.org](https://cmaprinceton.org). TAs are able to request to TA certain classes, but we may not be able to guarantee placement due to first come, first served placements.

## In-Person Volunteer Office Support

Are you a social person that likes to help others? Our front desk reception volunteers are the first point-of-contact for our participants and are comfortable with computer technology, greeting people, answering questions about CMAP programs and services, and much more. Volunteer shifts are from 9:00 a.m.-1:00 p.m. and 1:00-5:00 p.m., Monday through Friday.

Please contact Sharon Hurley, volunteer coordinator, at [shurley@cmaprinceton.org](mailto:shurley@cmaprinceton.org) for more information.





## EVERGREEN FORUM:

Spring 2024 Course List  
Most classes begin the week of March 4, 2024.

[cmaprinceton.org/evergreen-forum/](http://cmaprinceton.org/evergreen-forum/)

**AMERICA IN THE 2000s: BUSH '43 AND ALL THAT**

Stan Katz  
Wednesdays, 10:00 a.m.-noon  
Hybrid

**THE AMERICAN FAMILY AND THE LAW**

Lawrence Rosen  
Tuesdays, 10:00 a.m.-noon  
In-Person

**AMERICAN IMPRESSIONISM: BUCKS COUNTY PAINTERS**

Christina Kales  
Mondays, 1:30-3:30 p.m.  
Hybrid

**THE ART OF THE SONNET**

Peter Smith  
Mondays, 10:00 a.m.-noon  
Hybrid

**BROTHERS KARAMAZOV: TEXT AND CONTEXT**

Victor Ripp and Nancy Kanach  
Thursdays, 10:00 a.m.-noon  
In-Person

**CHARLES DICKENS'S *BLEAK HOUSE***

John Kucich  
Tuesdays, 1:30-3:30 p.m.  
Virtual

**GREAT DECISIONS 2024**

Karen Coates & David Redman  
Tuesdays, 1:30-3:30 p.m.  
Hybrid

**HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY: WEST AND EAST PART II**

David Brahinsky  
Wednesdays, 1:30-3:30 p.m.  
Hybrid

**HISTORIC FOUNDATION OF EAST ASIAN CULTURES**

Robert Nolan  
Thursdays, 1:30-3:30 p.m.  
Hybrid

**KAZUO ISHIGURO: FOUR BOOKS**

Lois Harrod  
Wednesdays, 1:30- 3:30 p.m.  
In-Person

**MORE HANDS-ON MATHEMATICAL PLAY!**

Mark Schlawin  
Wednesdays, 10:00 a.m.-noon  
In-Person

**MULTI-MESSENGER ASTRONOMY**

Bernard Abramson  
Mondays, 10:00 a.m.-noon  
In-Person

**PERSPECTIVES ON OPERA**

Harold Kuskin  
Tuesdays, 1:30-3:30 p.m.  
Hybrid

**PSYCHOLOGY OF SLEEP AND DREAMING**

Alex Randall  
Fridays, 10:00 a.m.-noon  
In-Person

**READING BUILDINGS**

Alan Chimacoff  
Friday, 1:30-3:30 p.m.  
Virtual

**SEMICENTENNIAL RENDEZVOUS: JAMES A. MICHENER'S CENTENNIAL AT FIFTY**

Paul Soltis  
Mondays, 1:30-3:30 p.m.  
Hybrid

**SCIENCE IN THE NEWS**

Harold Heft  
Fridays, 10:00 a.m.-noon  
Hybrid

**SHAKESPEARE DOUBLED**

Larry Danson  
Tuesdays, 10:00 a.m.-noon  
In-Person

**TECHNOLOGY, SOCIETY, AND YOU**

Dina Kravets  
Tuesdays, 10:00 a.m.-noon  
Hybrid

**UNDERSTANDING CONTEMPORARY ART**

Wendy Worth  
Thursdays, 1:30-3:30 p.m.  
Virtual

The Evergreen Forum uses a first-come, first-served registration system. Registration will open on **Tuesday, January 30 at 9:30 a.m.** 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.

Evergreen Forum Fees: \$85 for three- to five-week courses and \$110 for six- to eight-week courses.

Cost should never be a barrier to learning! Senior Scholarships are available to those for whom the fee is a hardship.

Evergreen Forum corporate sponsors for spring 2024: **Brandywine Living: Princeton, Pennington, & Serenade at Princeton, Capital Health, Homewatch CareGivers, McCaffrey's, Penn Medicine Princeton Health, and Stark & Stark Attorneys at Law**

# 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

## What Is Long COVID?

Many people recover fully within a few days or weeks of being infected with SARS-CoV-2, the virus that causes COVID-19. But others have symptoms that linger for weeks, months, or even years after their initial diagnosis. Some people seem to recover from COVID-19 but then see their symptoms return, or they develop new symptoms within a few months. Even people who had no symptoms when they were infected can develop symptoms later. Either mild or severe COVID-19 can lead to long-lasting symptoms. Read more here: <https://covid19.nih.gov/covid-19-topics/long-covid>



Join the CMAP Zoom presentation on Wednesday, February 7 at 3:30 p.m. to learn more about Long COVID and to ask questions about prevention and treatment. See page 7 for details.

[cmaprinceton.org](https://cmaprinceton.org)

## Access free COVID-19 and flu at-home tests and telehealth care.

### Need at-home COVID-19/flu tests?

Anyone uninsured or enrolled in Medicaid, Medicare, or VA/IHS healthcare is eligible to receive free at-home COVID/flu tests. If you start to have symptoms, these tests can determine if you have COVID-19 or flu. If positive, you can access free telehealth care and treatment, if eligible.

### Positive for COVID-19 or flu?

Regardless of insurance status, anyone who tests positive for COVID-19 or flu qualifies for free telehealth care. If prescribed, you may be able to access medication at no cost.

To learn more and sign up, visit [www.test2treat.org](https://www.test2treat.org) or call 1.800.682.2829.

## Windows 11 “Snap Layouts”

Windows 11 makes it a “snap” to organize the application windows on your screen.

Microsoft calls its operating system “Windows” because every application you open appears in a separate “window” on your screen.

These application windows often overlap (Figure 1), so if you want to view two applications side-by-side—say, a webpage on the left and a Word document on the right—you have to manually resize and arrange both windows.

Windows 11’s “Snap Layouts” feature makes this much easier. When you hover your cursor over the window icon (Step 1 in Figure 2) in the upper right corner of the top window, you’ll see a small diagram with several window arrangements. To move Word to the right half of the screen, click the right-hand layout option (Step 2 in Figure 2). All other open applications will become thumbnails. Then click the browser thumbnail, and it will automatically expand to fill the left side of the screen (Figure 3).

You can arrange your application windows in six different pre-set configurations. While small screens, especially laptop screens, may limit the number of applications you can conveniently view side-by-side, if you “multi-task” like I do, with Mail, Calendar, and To-Do list all open at once, you’ll find this new feature a “snap!”

If you need help using this new Windows feature, simply go to the CMAP website at [cmaprinceton.org](http://cmaprinceton.org) > Resources > Tech Lab and fill out the tech help request form.

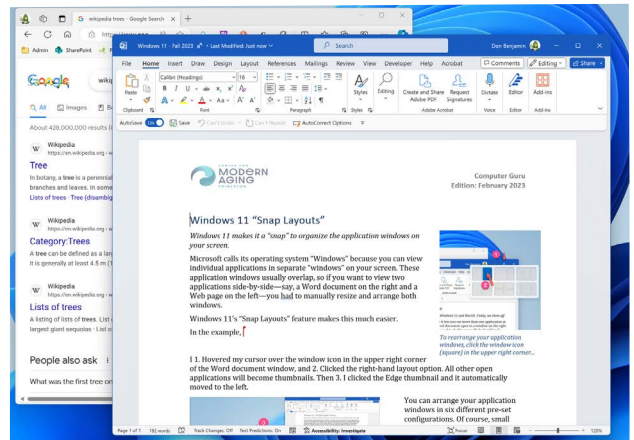


Figure 1. The Word document is in front of the Web page I need to refer to.

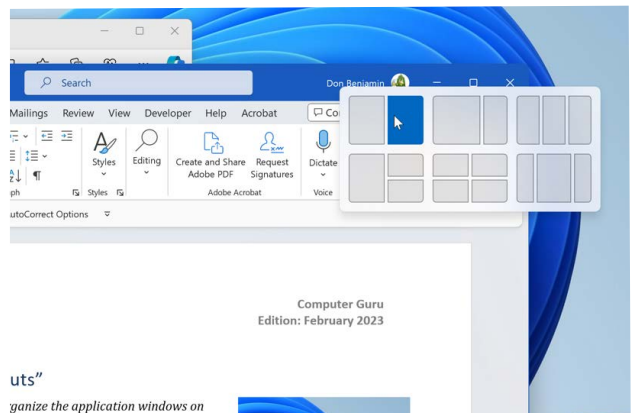


Figure 2. To rearrange your application windows, hover over the window icon (square) in the upper right corner to reveal the options. In this example, I want Word to occupy the right half of my screen.

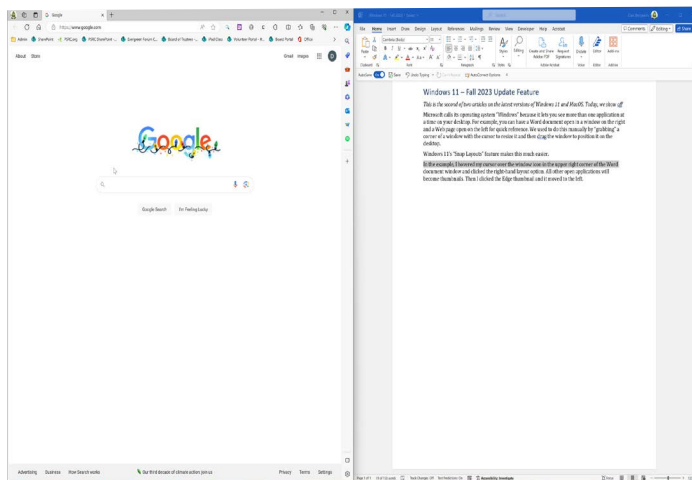


Figure 3. Now the applications are side-by-side.

## WHAT IS THE LENDING LOCKER?

In early 2022, CMAP officially launched the lending locker. This is a program that offers durable medical equipment to community members at no charge. The items are donated by individuals and local businesses who have new or gently used items they no longer need. All items are cleaned by our staff. All items are loaned out in as-is condition, and we cannot guarantee functionality.

Our current inventory includes:

- Multiple brands of hearing aids
- Personal pads, bed pads, and pull ups
- Hygiene wipes
- Walkers – standard and rollator
- Canes – single and four-prong
- Wheelchairs – transport chairs and spinal cord injury specific chair
- Purewick external catheter
- Toilet grab bars/safety rail
- Toilet seat lift

If you are looking to donate, please note that we cannot accept commodes, hospital beds, or other large pieces of medical equipment.

## CELEBRATING HERITAGE:

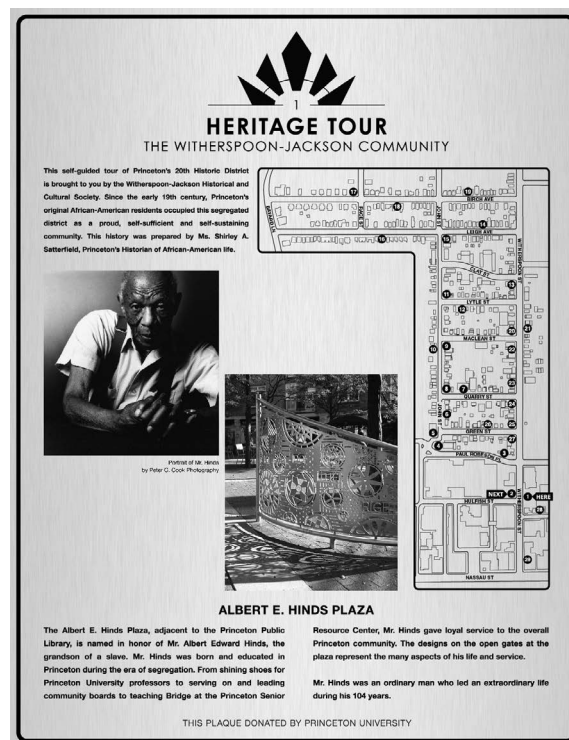
Exploring the Rich History of Princeton's  
Witherspoon-Jackson Neighborhood during Black History Month  
*by Johanna Peters, Director of Social Services*

In the spirit of celebrating Black History Month and emphasizing art and culture within the Princeton community, we focus on the Witherspoon-Jackson neighborhood in Princeton. With roots reaching back to the 1700s, this community achieved the esteemed designation of the twentieth historic district in Princeton in 2016. The Witherspoon-Jackson Cultural and Historical Society was crucial in preserving and promoting the area's rich history.

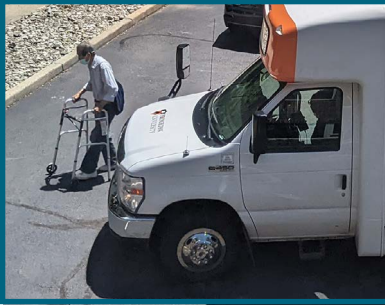
The Heritage plaques, meticulously crafted to commemorate the profound history of the Witherspoon-Jackson neighborhood, serve as enduring markers skillfully identifying historic sites and multicultural stores. These plaques play a vital role in enriching the vibrant narrative of the community. They emphasize the significance of understanding community history, particularly for newcomers, and also ardently advocate for cultivating a loving and caring environment.

Each heritage plaque, adorned with thoughtful details, including maps created by the skilled local architect J. Robert Hillier, offers a comprehensive overview. These maps act as visual guides to the twenty-nine marked locations within Princeton's twentieth historic district. Importantly, these heritage plaques are easily located at specific sites, each corresponding to their unique history. Thus, each plaque becomes a symbol of historical significance, inviting residents and visitors to engage intimately with the captivating past of Princeton's twentieth historic district and fostering a deep connection with the community's diverse heritage.

Join us at CMAP on February 29 as we celebrate Black History and immerse ourselves in the rich heritage of the Witherspoon-Jackson neighborhood, where every heritage plaque tells a story. Every resident becomes a part of the living history.







**Princeton Muni Service stops  
at our building**

**Mercer County 606 Bus stops  
at our neighbor's located at  
728 Bunn Drive  
which is two driveways from our building**

### CMAP Lending Locker

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

<https://cmapprinceton.org/dme-lending-locker/>

**CMAP has FREE single and four-prong canes – contact us for information.**



## TRANSPORTATION

### CROSSTOWN

Crosstown is a door-to-door transportation service for those who are age sixty-five and up, and people with disabilities who live in the municipality of Princeton. The service is provided by a partnership between the Center for Modern Aging Princeton (CMAP) and RideProvide, a program of the Greater Mercer Transportation Management Authority.

To be a Crosstown rider you must be:

- A Princeton municipal resident
- Age sixty-five and up, OR have a physical disability
- Able to get yourself to the car and in/out of the car without assistance
- Registered with the Crosstown program through CMAP at 609.751.9699

Rides between the hours of 8:00 a.m. and 5:00 p.m. on weekdays must be reserved no later than noon on the business day before the scheduled ride. Rides can be scheduled for any purpose between any points of origin and destination within the municipality, but medical appointments at Penn Medicine Princeton Health or at the Princeton Fitness and Wellness Centers (in both Princeton and Plainsboro) will receive priority. Rides to Penn Medicine are free for registered riders.

Each one-way ride costs \$3, which is payable by voucher; riders may purchase (with cash, check, or credit card) up to twenty vouchers at a time at the CMAP Office (101 Poor Farm Road), or by calling 609.751.9699 or use this form: <https://engage.cmapprinceton.org/purchasecrosstown>.

### Did you know you can support CMAP by giving us your McCaffrey's receipts?

CMAP receives a percentage of the total receipts. They can be **up to three months old**. Mail or drop off to: CMAP, 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.



### AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)  
Monday, February 26 at 3:00 p.m.  
Monthly social activities, friendship building, and support.

### BEREAVEMENT

Monday, February 26 at 11:00 a.m.  
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

### CAREGIVERS

Monday, February 5 at 3:00 p.m.  
Monthly meetings to share challenges and experiences.

### CLEARING SPACES

Mondays, Starting February 12 at 3:00 p.m.  
Weekly decluttering sessions with useful tips and tricks.

### CRAFTER'S CORNER

(IN-PERSON AT NSK - HYBRID)  
Thursday, February 8 at 11:00 a.m.  
A fun space for craft hobbies.

### EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)  
Thursday, February 15 at 3:00 p.m.  
For those with early-stage memory loss.

### FOREVER YOUNG (55-65)

(IN-PERSON AT NSK - HYBRID)  
Thursday, February 1 at 3:00 p.m.  
Individuals aged fifty-five and above, working or retired.

### FORGET-ME-NOT:

**DEMENTIA CAREGIVERS**  
(IN-PERSON AT NSK - HYBRID)  
Saturday, February 10 at 10:00 a.m.  
Anyone affected by a loved one's memory loss.

### GLOBAL CONVERSATIONS

Mondays at 1:00 p.m.  
Individuals open to worldly conversations.

### LET'S TALK

(IN-PERSON AT NSK - HYBRID)  
Wednesdays at 3:00 p.m.  
General conversation group.

### NEXT CHAPTER: WIDOW/ERS

(IN-PERSON AT NSK - HYBRID)  
Wednesday, February 14 and 28 at 11:00 a.m.  
Safe space for grieving and connection after losing a partner.

**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 Capital Health

Physicians and staff from Capital Health Heart and Vascular Institute recently performed a minimally invasive leadless pacemaker implant at Capital Health Regional Medical Center that doesn't need cardiac leads to deliver therapy and represents the latest advance in cardiac arrhythmia therapy.

Leadless pacemakers are appropriate for certain patients with significant bradycardia (slow heartbeat) or chronic atrial fibrillation (heart arrhythmia that causes the heart's top chambers to quiver and beat irregularly).

Through a minimally invasive procedure, Dr. Scott Burke, medical director of Cardiac Electrophysiology and a board-certified, fellowship-trained cardiac electrophysiologist at Capital Health Cardiology Specialists, inserts a catheter into a patient's leg to guide the Aveir VR LP leadless pacemaker through a vein and implant it directly into the heart's right ventricle.

Capital Health's electrophysiology team, with experts from Capital Health cardiology specialists, performs procedures like leadless pacemaker implants to manage and treat patients with conditions that involve abnormal electrical behavior of the heart.

To make an appointment at Capital Health Cardiology Specialists, or to find an office near you, visit [capitalhealthcardiology.org](http://capitalhealthcardiology.org).



*Scott Burke, MD, FACC, FHRS*

[capitalhealth.org](http://capitalhealth.org)

## FEBRUARY FEATURED SPONSORS

HAMILTON  
SINCE 1912

Offering clients the finest quality, value, and design for more than one hundred years

[hamiltonjewelers.com](http://hamiltonjewelers.com)



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*Preparing For A Longer Life*

Promotes a positive view of aging

[silvercentury.org](http://silvercentury.org)



Compassionate and thoughtful direction in making sound financial decisions

[noviwealth.com](http://noviwealth.com)



Downsize, Move Forward  
[walshseniorsolutions.com](http://walshseniorsolutions.com)



# SPONSORSHIP OPPORTUNITIES

## CMAP SPRING FUNDRAISER

### Join us for a special event with **THE AMAZIN GRACE & GLB**

DESSERT RECEPTION FOLLOWING CONCERT

Ticket(s) \$40 each      Patron Level \$100 each (includes a \$60 donation)

This dynamic group is composed of nine very talented musicians: one lead vocalist, a full rhythm section, and a sax player. Jazz, pop, rock, R&B, funk, reggae, Top 40, swing, soul, Latin, and gospel – The GLB Band does it all!

Amazin Grace’s story is one of perseverance and determination, a strength that manifest itself through her powerful voice. Grace is a woman who has seen many different facets of the entertainment industry and now shows vocal versatility earned her the moniker “Amazin Grace.” From stage to studio this namesake is given credence repeatedly.

THIS IS AN IN-PERSON EVENT  
at Stone Hill Church,  
1025 Bunn Dr, Princeton NJ

THURSDAY, APRIL 18, 2023  
at 7:00 p.m. (doors open at 6:30 p.m.)

REGISTER HERE:

[https://engage.cmaprinceton.org/  
2024-spring-fundraiser](https://engage.cmaprinceton.org/2024-spring-fundraiser)



101 Poor Farm Road, Building B  
Princeton • NJ • 08540  
[cmaprinceton.org](http://cmaprinceton.org) • 609.751.9699

Company Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Contact Name \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Telephone \_\_\_\_\_  
 Email \_\_\_\_\_  
 Administrative Contact \_\_\_\_\_  
 Telephone \_\_\_\_\_ Email \_\_\_\_\_

**All That Jazz Level – \$2,500**

- 10 complimentary tickets
- Recognition on the digital invitation with active hyperlink; recognition in the printed program (full page ad, first page: first come, first service basis); company name on CMAP website with active hyperlink; and name listing in eblasts

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**Luck Be A Lady Level – \$1,500**

- 8 complimentary tickets
- Recognition on the digital invitation with active hyperlink; recognition in the printed program (half page ad); company name on CMAP website with active hyperlink; and name listing in eblasts

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**That Old Black Magic Level – \$750**

- 6 complimentary tickets
- Recognition on the digital invitation with active hyperlink; recognition in the printed program (quarter page ad); company name on CMAP website with active hyperlink; and name listing in eblasts

For more information about event sponsorships or printed ad journal specifications, contact Lisa Adler at [ladler@cmaprinceton.org](mailto:ladler@cmaprinceton.org), or call 609.751.9699, ext. 103.

#### PAYMENT INFORMATION (Check or Credit Card)

Check Number \_\_\_\_\_ Check Amount \_\_\_\_\_  
 \_\_\_\_\_  
 Card Number \_\_\_\_\_  
 Exp \_\_\_\_/\_\_\_\_ CVV \_\_\_\_  
 Cardholder Name \_\_\_\_\_  
 Signature \_\_\_\_\_ Date \_\_\_\_\_

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.



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



## SPRING CONCERT 2024 THE AMAZIN GRACE & GLB

THURSDAY, APRIL 18, 7:00 P.M. (doors open at 6:30 p.m.)

STONE HILL CHURCH, 1025 BUNN DRIVE, PRINCETON, NJ  
DESSERT RECEPTION FOLLOWING CONCERT

This dynamic group is composed of nine very talented musicians: one lead vocalist, a full rhythm section, and a sax player. Jazz, pop, rock, R&B, funk, reggae, Top 40, swing, soul, Latin, and gospel – The GLB Band does it all!

Amazin Grace’s story is one of perseverance and determination, a strength that manifest itself through her powerful voice. Grace is a woman who has seen many different facets of the entertainment industry and now shows vocal versatility earned her the moniker “Amazin Grace.” From stage to studio this namesake is given credence repeatedly.



*Thee Amazin Grace Little*

Register at <https://engage.cmaprinceton.org/2024-spring-fundraiser>

### GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services  
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Justin Tree Service & Lawn Care  
Lawrence Campus – Rehab &  
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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/cmaprinceton.org/](https://facebook.com/cmaprinceton.org/)