

(Formerly Princeton Senior Resource Center)



DAY TRIP: THE PHILADELPHIA FLOWER SHOW

MONDAY, MARCH 4, 9:00 A.M.-5:30 P.M.

FEE: \$160 – SEE PAGE 5 FOR DETAILS.

A hand holding a fan of playing cards next to a large, decorative structure made of playing cards. The structure is a large, multi-dimensional arrangement of playing cards, with various suits and numbers visible. The background is a soft, light pink color.

**BRIDGE MASTERY: THE ULTIMATE
PLAYBOOK FOR BEGINNERS
(IN-PERSON AT NSK LOCATION)**

**MONDAY, JANUARY 8 THROUGH FEBRUARY 26 (NO CLASS
1/15 AND 2/19), 10:00 A.M.-NOON
FEE: \$120 – SEE PAGE 7 FOR DETAILS.**



EVERGREEN FORUM:

Spring 2024 Course List

Most classes begin the week of March 4, 2024

See page 13 for spring course list.



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

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FROM THE CEO, DREW DYSON

THE BEST IS YET TO COME

Dear Friends,

Over the last few months, I have shared several ideas that have emerged from the National Council on Aging's report entitled The State of Today's Senior Centers: Successes, Challenges, and Opportunities as well as the Center for Disease Control's preferred language bulletin. These highlights included the following:

- Generational differences among older adults continue to expand. There are now four distinct generational cohorts of older adults we serve.
- Language matters. Most older adults do not consider themselves "seniors" until their late seventies or early eighties nor do they envision themselves participating in a "senior center." For an organization that serves older adults aged fifty-five and above, this language no longer works.
- Technology is key – AND – access is limited. We must continue to offer innovative virtual and hybrid programs while also attending to some individuals' lack of access to technology.

You have also received a few emails from me sharing our organizational growth over the last several years and the process we've been undergoing to reposition and rebrand ourselves to address these new realities, while also maintaining our commitment to carrying forward a legacy built over the past fifty years. Now, I am excited to write this first feature article for – and introduce you to – **The Center for Modern Aging Princeton** (formerly PSRC).



On January 2, 2024, Princeton Senior Resource Center officially begins "doing business as" (DBA) the Center for Modern Aging Princeton. Operating under a DBA means that our corporate identity as Princeton Senior Resource Center remains intact, building on our strong legacy, while we operate publicly under our new name and branding that reflects our evolution as an organization. With this change, we are embracing who we have always been: a bold and innovative community center for older adults that exists to help older adults thrive.



Because of you, we know that modern aging does not reflect societal expectations. We know that older adults are looking for more than just crafts, crossword puzzles, and rocking chairs. We know that you want to make new memories and have new experiences, not just relive old ones. We know that your health and physical activity is important to you. We know you aren't afraid to step beyond your comfort zone...or explore new cultures and ideas...or embrace technology.

We've been proudly serving the older adult community throughout the region for five decades. As their needs have evolved, our organization has as well. From our inception as "Tenant Services" at Spruce Circle in 1974 to the Princeton Senior Resource Center in 1978 to PSRC in 2016 and now, to the Center for Modern Aging Princeton, we have focused on providing dynamic lifelong learning, compassionate social services, professional resource referral, meaningful volunteer opportunities, and much more. Our new name, facility, and vision reflect the way we see the older adults we serve and, more importantly, the way they see themselves: Energized. Bold. Modern.

Welcome to a new generation of aging.

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

CMAP STAFF

Drew A. Dyson, PhD
Chief Executive Officer

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Kathleen Whalen
Director of Communications

Z Zinsitz
Administrative Assistant to the CEO

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 JANUARY 2024

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

NEW NAME, NEW WEBSITE! (COMING SOON)



THE CENTER FOR MODERN AGING PRINCETON WILL SOON BE INTRODUCING OUR BRAND NEW WEBSITE AT WWW.CMAPRINCETON.ORG

The new site will launch in January – and will not only include a fresh new design, but will also include a participant portal that will simplify our registration process and give logged-in users the ability to update their contact information, view their course registrations, and much more!

The website will also feature a robust, filterable calendar of activities, the ability to make and manage your donations, and all our renowned community resources. You will also be able to directly share feedback or ideas with our staff, connect with our social services team, and so much more. We are excited to welcome you to our new virtual home!

Be on the lookout in early January for an announcement that our new site is live!

AARP FREE TAX ASSISTANCE – COMING IN FEBRUARY

FRIDAYS, BEGINNING FEBRUARY 9 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.

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

Bryn Mawr Trust, Capital Health, Hamilton Jewelers, Novi Wealth Partners, Silver Century Foundation, SpringPoint Choice, Walsh Senior Solutions

NOTICE:

Monday, January 1 – CMAP is closed for the New Year's Day holiday
Monday, January 15 – CMAP is closed for the Martin Luther King Jr. Day holiday

ALL PROGRAMS JANUARY 2024

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



ADVENTURES

DAY TRIP: THE PHILADELPHIA FLOWER SHOW

Monday, March 4, 9:00 a.m.- 5:30 p.m.

Fee: \$160

Join us for a day trip to the incredible Philadelphia Flower Show with a delightful lunch at a local Philly restaurant! The PHS Philadelphia Flower Show is the nation's largest and longest-running horticultural event and fundraiser featuring stunning displays by the world's premier floral, garden, and landscape designers. This year's theme, "United by Flowers," celebrates the unique and colorful community born out of our shared love and appreciation of gardening and the connections and impact they create on our everyday lives.

Round trip transportation, access to the flower show, and lunch is included in your ticket.

Accessibility: Please be aware that participating in this day trip requires navigating steep bus stairs and considerable walking within the convention hall.

For more information, visit cmaprinceton.org. Registration closes on January 26. Refunds are not available for this day trip.



ARTS & CULTURE

BACH: THE MASTER (Zoom)

Thursdays, January 18 through February 29, (no class on 2/8/23), 11:00 a.m.-noon

Fee: \$60 resident/\$75 non-resident

Johann Sebastian Bach's name tops nearly every "greatest composers" list. He created music in nearly every genre of the Baroque Era. Selecting the most important of his pieces is a subjective task, as his output is vast. In this six-week course, Dr. Brenda Leonard takes us chronologically through Bach's career. We will look at the greatest pieces written during each of his places of employment, explore Bach's motivation in writing them, and consider what makes them masterpieces of such enduring appeal.

Instructor: Dr. Brenda Leonard

COMPOSER OF THE MONTH: GEORGE GERSHWIN

(Zoom)

Tuesday, January 16, noon-1:00 p.m.

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

You've likely heard George Gershwin's *Rhapsody in Blue*. But did you know there's a *Rhapsody No. 2*? Gershwin also wrote musicals, composed an opera, created music for Hollywood film scores, and regularly

played tennis with Arnold Schoenberg! What makes his music so groundbreaking in the classical realm? Dr. Brenda Leonard explores one of America's best-known composers as our January Composer of the Month. Expect to hear some favorites and discover some new treasures.

Instructor: Dr. Brenda Leonard

DOCUMENTARY SERIES: THIS IS A ROBBERY - THE WORLD'S BIGGEST ART HEIST (Hybrid - In-Person at NSK Location and on Zoom)

Wednesdays, January 10 through January 31, 2:00-3:00 p.m.

March 18, 1990: A museum guard at the Isabella Stewart Gardner Museum buzzes in two men dressed as cops, who vanish eighty-one minutes later with a priceless Rembrandt and a dozen other works of art. But who were the thieves? Why did they do it? And the most important question of them all – where is the art now?

Genre: Crime, History; Rated: TV-MA

Registration required, no fee.

FIRST FRIDAY FILM – 23 WALKS (Hybrid - In-Person at NSK Location and on Zoom)

Friday, January 5, 1:00 p.m.

Embark on a heartwarming journey with Dave and Fern in "23 Walks," a delightful tale of love found in later life. Over twenty-three dog walks, their story unfolds with gentle humor, sweet moments, challenges, and a reminder that love knows no age. Get ready for a charming film that celebrates the enduring magic of companionship.

Run Time: 1 hour, 42 minutes. Genre: Comedy, Drama, Romance Rated: Not Rated.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in January, 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.

LET'S LEARN AND CREATE ART! - JOHANNES VERMEER (In-Person at SPB Location)

Wednesday, January 10, 10:30 a.m.-noon

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

Learn about the majestic life and work of Johannes Vermeer with Lisa Bayer from Always Best Care. Using watercolors, we will draw and paint our own version of his most famous painting, *The Girl with a Pearl Earring*.

ALL PROGRAMS JANUARY 2024

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

LIBRARY READS (Zoom)

Monday, January 8, 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.

LITERARY CAFÉ (In-Person at NSK Location)

Monday, January 22, 6:00-7:00 p.m.

Fee: \$5

Join us for an enchanting evening with Alex Randall, a former radio host, as he shares heartwarming readings of beloved short stories. Accompanied by the talented saxophonist Steve Hiltner, the night promises to be a magical blend of storytelling and soulful music—a truly extraordinary experience!

THE LIVE POETS SOCIETY: AN INTRODUCTION TO READING & WRITING POETRY (Zoom)

Tuesdays, January 23 through February 27, 2:00-3:30 p.m.

Fee: \$70 resident/\$80 non-resident

Explore the diverse realms of contemporary poetry in this class, delving into its capacity to encapsulate image, music, mystery, and a spectrum of emotions. Analyze works by living poets like Brown, Dobyns, Doty, and others to craft your poetry toolbox, with writing prompts fostering personal expression and discussion.

Leader: Cecille Marcato

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

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

Fee: \$85 resident/\$95 for non-resident

For intermediate painters, this eight-session class emphasizes the components of the creative painting process.

Instructor: Christina Rang

PALETTE PLAY: OIL & ACRYLIC FUNDAMENTALS

(In-Person at SPB Location)

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

Fee: \$85 resident/\$95 for non-resident

Designed for beginners and intermediate painters, this eight-session series is the moment you have been waiting for to begin or renew your passion for painting. In this fun workshop, artists will learn basic strategies to advance their craft. Students provide their own materials. Taught by award-winning artist Denise McDaniel.

UNLOCKING THE ART OF ELEMENTAL DRAWING

(In-Person at SPB Location)

Tuesdays, January 9 through February 27, 2:00-3:30 p.m.

Fee: \$85 resident/\$95 non-resident

Embark on an eight-week artistic journey with easy-to-learn drawing techniques that will ignite your creativity. Each interactive session is a dynamic adventure, guiding you through a specified lesson plan, practices and drills, and personalized critiques, with time to share your creations. Whether you're a budding artist or a seasoned pro, you'll sharpen your skills, stimulate your imagination, and nurture your artistic soul. Limited to 10 students with a minimum of 8. Join us and let your creativity soar to new heights!

Instructor: Denise McDaniel

THE WONDERS OF WORDPLAY - WINTER QUARTER

Mondays, January 8 through March 25

A weekly cooperative style poetry workshop.

Call for availability.



BILINGUAL BINGO (In-Person at SPB Location)

Saturday, January 27, 4:00 p.m.

Registration required, no fee.

Join us for a lively afternoon with the classic BINGO. Come to 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!

Sábado 27 de enero, 4:00 p.m.

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!

ESL CLASS: ENGLISH LANGUAGE ENRICHMENT

(In-Person at SPB Location)

Thursdays starting January 18 through March 28, 2:00-3:00 p.m.; Fee: \$10 resident/\$15 non-resident

Join us for an enriching ESL journey. Discover the joy of language learning in a friendly environment. Every session is designed to boost your communication skills and create lasting connections.

Jueves, desde el 18 de enero hasta el 28 de marzo, 2:00-3:00 p.m.; Costo: \$10 residentes/\$15 no residentes

Únete a nosotros en un enriquecedor viaje de Inglés como Segunda Lengua (ESL). Descubre el placer de aprender idiomas en un entorno amigable.

Cada sesión está diseñada para impulsar tus habilidades de comunicación y crear conexiones duraderas.

ALL PROGRAMS JANUARY 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 IN TO THE GAME!

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

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

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 game play 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: \$30 resident/35 non-resident



GAMES & RECREATION

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

Thursday, January 18, 1:30 p.m.

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

Registration required, no fee.

BRIDGE MASTERY: THE ULTIMATE PLAYBOOK FOR BEGINNERS (In-Person at NSK Location)

Monday, January 8 through February 26 (no class 1/15 and 2/19), 10:00 a.m.-noon

Fee: \$120

Unlock the secrets of bridge in this modern and dynamic learning experience! Dive into the world of bidding, playing, and defending bridge hands using cutting-edge, hands-on techniques. Whether you're a bridge novice or making a triumphant return to the game, this course is tailored just for you.

Please note: There is a \$20 additional fee, payable

to the instructor for Audrey Grant's *Bridge Basics 1* book provided in the first class.

Instructor: Bill Miller

GAMES DAY (In-Person at SPB Location)

Tuesdays in January, 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

THE FELDENKRAIS METHOD (In-Person at NSK Location)

Wednesday, January 10 through January 31, 10:00 a.m.
Fee: \$30 resident/\$35 non-resident

Discover the power of 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)

Monday, January 8 through March 25 (no class 1/15 and 2/19), 10:00 a.m.

Fee: \$80 resident/\$90 non-resident

This expansive workshop encompasses yoga postures, yogic breathing, yoga sounds which create 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 - WINTER QUARTER (Zoom)

Thursday, January 11 through March 28, 10:00 a.m.

Fee: \$80 resident/\$90 non-resident

Experience the soothing practice of chair yoga – a versatile form of yoga suitable for all skill levels, including those with limited mobility or injuries. Enjoy a therapeutic and restorative session that enhances flexibility, strength, balance, and energy. Join us for a relaxing class that moves at a mindful, serene pace.

Instructor: Lyn Sirota

STAY-WELL CHAIR EXERCISE (Zoom)

Tuesday, January 9 through January 30, 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 January (no sessions on 1/1 and 1/15), 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, January 9 through January 30, 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



INTERGENERATIONAL

MAD FOR ART: PAINT NIGHT (In-Person at NSK Location)

Tuesday, January 30, 4:00-6:00 p.m.

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

This is a multi-lingual program with instructions provided in English, Russian, and Spanish languages. Embrace the winter wonder and join us for a Polar Bear Paint Night extravaganza for the start of our intergenerational art series! Grab your brushes and warm up your imagination to bring a cuddly Polar Bear to life on canvas. And here's a little extra cheer to chase away the chill—we'll be serving some non-alcoholic bubbly to help you relax and make you feel better about your results! So, let creativity flow and bubbles glow, in this magical night of Polar Bear paint and snow.



S'MORES & STORIES: A WINTER GATHERING

(In-Person at Herrontown Woods)

Sunday, January 21, 1:00-2:30 p.m.

Fee: \$10 per resident family/\$15 non-resident family

This is a multi-lingual program with instructions provided in English, Russian, and Spanish languages.

Embark on a whimsical journey through the enchanting Herrontown woods this January, where generations unite in a magical intergenerational program! Join the spirited duo of Steve Hiltner, the forest keeper, and Ella Leving, the storyteller, as they lead you on an adventure beneath the open sky. Gather around the crackling fire, toasting marshmallows and immersing yourself in the warmth of shared stories. Indulge in the joy of crafting snowmen and snow women and come, be a part of this vibrant afternoon, filled with winter magic, laughter, roasted marshmallows, and the timeless beauty of the winter woods.



FYI SEMINAR: LOW BACK PAIN (Hybrid - In-Person at NSK Location and on Zoom)

Tuesday, January 9, 3:00-4:00 p.m.

This presentation will discuss the common dysfunctions causing acute and chronic low-back pain for those with active and sedentary occupations or lifestyles. We will also cover techniques for prevention and those required for managing and reducing low-back pain.

Presenter: Francesco Totino holds a Doctorate degree in Physical Therapy and works for Jag-One Physical Therapy in downtown Princeton

Registration required, no fee.

FYI SEMINAR: VACCINATION EDUCATION (Hybrid - In-Person at NSK Location and on Zoom)

Tuesday, January 16, 3:00-4:00 p.m.

This presentation will review common vaccines older adults should receive including their purpose, who should get them, and potential side effects. Emphasis will be made on the pneumococcal, shingles, and new RSV vaccines.

Presenter: Melissa Poulsen is a pharmacy resident at Penn Medicine Princeton Medical Center.

Registration required, no fee.

FYI SEMINAR: REDUCING YOUR RISK FOR CANCER WITH NUTRITION (Zoom)

Tuesday, January 23, 3:00-4:00 p.m.

This presentation will Describe the connection between lifestyle, nutrition, and cancer risk.

- Review ten evidence-based recommendations for cancer prevention.
- Self-reflection - what behaviors will you continue, adopt, and/or change to lower your personal cancer risk?

Presenter: Melissa Phelps is a registered dietician and

certified specialist in oncology nutrition at Capital Health. Registration required, no fee.

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

Fridays, January 19 through February 16, 11:00 a.m.-12:15 p.m.

Fee: \$60 resident/\$65 non-resident

Do you need to refresh or polish your French-speaking skills in a zoom-friendly environment where you will have fun interacting with your peers? This series of classes may well be what you are looking to jump-restart your conversational ability. Participants will play word games, create mini plays, pretend to be reporters, detectives, artists or others. This class is intended for students with a sound knowledge of the French language and basic grammar. No homework.

Instructor: Brigitte Aflalo-Calderon

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 for more information.

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

Wednesday January 10 and January 24, 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:

January 10 - Avoiding and Identifying Tech Scams

January 24 - Mac OS 101

Registration required, no fee.

THE IPAD FUNDAMENTALS (In-Person at NSK Location)

Tuesdays beginning January 9 through February 20, 10:30 a.m.-noon

Fee: \$40 resident/\$45 non-resident

Call for availability.

WORKSHOP: NAVIGATING YOUR TRANSPORTATION OPTIONS, PART 1 (In-Person at NSK Location)

Thursday, January 25, 1:00 p.m.

GMTMA's Navigating Your Transportation Options: Apps, Maps and You will instruct participants on using technology to get around how and when you want. Find and catch the right bus or train anytime and make services like Uber and Lyft work for you. Still driving? We've got you covered too, with maps and GPS. Part 2 will be Thursday, February 8 and include hands-on practice of what is learned in this session.

Presenter: Carol Chamberlain is a travel trainer for Greater Mercer Transportation Management Association. Registration required, no fee.



SOCIAL CONNECTIONS

Programs

MEN AND WOMEN IN RETIREMENT MONTHLY PRESENTATION: RELIGIOUS FREEDOM AND CHRISTIAN NATIONALISM

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

Friday, January 19, 10:00 a.m.-noon

Elaine Jacoby, a retired lawyer and instructor in the Evergreen Forum, will discuss recent Supreme Court cases on religious issues, emphasizing the Court's shift towards favoring religion over other rights such as women's reproductive freedom, same-sex marriage, and separation of church and state. All are welcome to attend, but registration is required with no fee.

TALK & TEA

(In-Person at NSK Location)

Thursday, January 11, 1:00 p.m.
A comprehensive guide to assisted living including the criteria to apply and finding the best place based on your individual needs.

Presenter: Jill Cirigliano
Registration required, no fee.

Groups

AGING GAILY

(Hybrid - In-Person at NSK Location and on Zoom)
Monday, January 22, 3:00 p.m.
Engage in social activities, build friendships and offer support.
Registration required, no fee.

CAFÉ FRANÇAIS - WINTER QUARTER

(In-Person at NSK Location)
Mondays, January 8 through March 25 (no sessions 1/1, 1/15, 2/19), 3:00 p.m.
Fee: \$15

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

CRAFTER'S CORNER

(Hybrid - In-Person at NSK Location and on Zoom)
Thursday, January 11, 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, January 4, 3:00 p.m.
For young older adults who may still be working or in early retirement.
Registration required, no fee.

GLOBAL CONVERSATIONS

(Hybrid - In-Person at NSK Location and on Zoom)
Mondays in January (no meeting 1/1 and 1/15), 1:00 p.m.

For individuals open to wordly conversations.
Registration required, no fee.

LET'S TALK

(Hybrid - In-Person at NSK Location and on Zoom)
Wednesdays in January, 3:00 p.m.
General conversation group.
Registration required, no fee.

SENIOR CITIZEN CLUB

(In-Person at NSK Location)
Friday, January 26, 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 January, 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:

- January 2 – No meeting scheduled**
- January 9– Irina Karamanos Adrian:** It's time to rethink the role of First Lady
- January 16 – Julia Espinosa:** The secret life of dogs
- January 23 – David Brooks:** The lies our culture tells us about what matters – and a better way to live
- January 30 – Eric Liu:** There's no such thing as not voting

Registration required, no fee.

TRANSITION TO RETIREMENT

(Hybrid - In-Person at NSK Location and on Zoom)
Friday, January 19, 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.



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.

JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>_____</p> <p>CMAP IS CLOSED FOR NEW YEAR'S DAY HOLIDAY</p> <p>_____</p>	<p>2</p> <p>1:00 Games Day (SPB) 4:00 The Golden Age of Radio</p>	<p>3</p> <p>Let's Talk (NSK-H)</p>	<p>4</p> <p>10:00 Cosmology (NSK-H) 2:00 Tech Lab Assistance (NSK) 3:00 Forever Young (55-65) Group (NSK-H) 4:00 The Golden Age of Radio</p>	<p>5</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - 23 Walks (NSK-H) 1:00 Table Tennis (SPB) 1:00 Tech Lab Assistance (SPB) 2:00 Tech Lab Assistance (NSK)</p>
<p>8</p> <p>10:00 Bridge Mastery: The Ultimate Playbook for Beginners (NSK) 10:00 Gentle Yoga + Nidra 1:00 Global Conversations 1:00 Library Reads 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Caregivers Group</p>	<p>9</p> <p>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 Unlocking the Art of Elemental Drawing (SPB) 3:00 FYI Seminar - Low Back Pain (NSK-H) 4:00 The Golden Age of Radio</p>	<p>10</p> <p>10:00 A Taste of Pickleball (SPB) 10:00 The Feldenkrais Method (SPB) 10:30 Let's Learn and Create Art! (SPB) 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 Palette Play: Oil & Acrylic Fundamentals (SPB) 2:00 <i>This is a Robbery</i> (NSK-H) 3:00 Let's Talk (NSK-H)</p>	<p>11</p> <p>10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 10:00 Pickleball Prep & Play (SPB) 11:00 Crafter's Corner (NSK-H) 12:00 Pickleball 3 & Me (SPB) 1:00 Talk & Tea (NSK) 2:00 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>12</p> <p>10:00 Women in Retirement Coffee Klatch 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)</p>
<p>SATURDAY, JANUARY 13 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)</p>				
<p>15</p> <p>_____</p> <p>CMAP IS CLOSED FOR MARTIN LUTHER KING JR DAY HOLIDAY</p> <p>_____</p>	<p>16</p> <p>10:30 iPad Fundamentals (NSK) 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 12:00 Composer of the Month: George Gershwin 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 2:00 Unlocking the Art of Elemental Drawing (SPB) 3:00 FYI Seminar - Vaccination Education (NSK-H) 4:00 The Golden Age of Radio</p>	<p>17</p> <p>10:00 The Feldenkrais Method (SPB) 10:00 Pickleball Get Into the Game! (SPB) 12:00 Pickleball 3 & Me (SPB) 2:00 Palette Play: Oil & Acrylic Fundamentals (SPB) 2:00 <i>This is a Robbery</i> (NSK-H) 3:00 Let's Talk (NSK-H)</p>	<p>18</p> <p>10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 10:00 Pickleball Prep & Play (SPB) 11:00 Bach: The Master 12:00 Pickleball 3 & Me (SPB) 1:30 Bingo: Win Like Never B-4 (NSK) 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</p>	<p>19</p> <p>10:00 Men & Women in Retirement Monthly Presentation (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)</p>
<p>SUNDAY, JANUARY 21 1:00 S'mores & Stories: A Winter Gathering (Herrontown Woods)</p>				
<p>22</p> <p>10:00 Bridge Mastery: The Ultimate Playbook for Beginners (NSK) 10:00 Gentle Yoga + Nidra 1:00 Bereavement Group 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) Group (NSK-H) 3:00 Café Français (NSK) 6:00 Literary Cafe (NSK)</p>	<p>23</p> <p>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) 3:00 FYI Seminar - Reducing Your Risk for Cancer with Nutrition 4:00 The Golden Age of Radio</p>	<p>24</p> <p>10:00 The Feldenkrais Method (SPB) 10:00 Pickleball 3 & Me (SPB) 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 Palette Play: Oil & Acrylic Fundamentals (SPB) 2:00 <i>This is a Robbery</i> (NSK-H) 3:00 Let's Talk (NSK-H)</p>	<p>25</p> <p>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) 1:00 Workshop (NSK) 2:00 ESL Class (SPB) 2:00 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>26</p> <p>10:00 Women in Retirement Coffee Klatch 11:00 Parlons Français, S'il Vous Plaît: Conversational French 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)</p>
<p>SATURDAY, JANUARY 27 4:00 Bingo Bilingüe/Bilingual Bingo (SPB)</p>				
<p>29</p> <p>10:00 Bridge Mastery: The Ultimate Playbook for Beginners (NSK) 10:00 Gentle Yoga + Nidra 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK)</p>	<p>30</p> <p>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 4:00 Mad for Art: Paint Night (NSK)</p>	<p>31</p> <p>10:00 The Feldenkrais Method (SPB) 10:00 Pickleball 3 & Me (SPB) 11:00 A Taste of Pickleball (SPB) 2:00 Palette Play: Oil & Acrylic Fundamentals (SPB) 2:00 <i>This is a Robbery</i> (NSK-H) 3:00 Let's Talk (NSK-H)</p>	<p>Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p>	
<p>Key: NSK - Nancy S. Klath Center PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building H - Hybrid Group/Program</p>				

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 <https://cmaprinceton.org/volunteer/>. 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 for more information.



HOME VISITORS NEEDED

Are you an older adult who likes to socialize and spend time with other older adults? Do you enjoy art, books, birdwatching, or have a favorite TV show? If so, you are the right person to be a Home Friend.

Our Home Friends program partners Princeton area volunteers with older adults who can benefit from socialization. Each volunteer meets with the same person every week. The commitment of a Home Friend is a minimum of one hour, to be scheduled at the convenience of both participants. Time spent with your Home Friend can include conversation, going for a walk, meeting up for coffee or a book reading, or other activities you agree upon. This program has been very successful in creating forever friendships and we invite you to join the team!



I am looking for volunteers who are flexible to visit their home friend between 11:00 a.m. and 4:00 p.m. on weekdays. There are waiting recipients who need volunteers who speak Tagalog and Spanish. Please complete a volunteer application if interested in this opportunity.

Use this link to sign up: <https://engage.cmaprinceton.org/home-friends>



EVERGREEN FORUM:

Spring 2024 Course List
 Most classes begin the week of March 4, 2024.
<https://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, \$110 for six- to eight-week courses, and \$140 for nine- to twelve-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

Shingles - What Is It?

The Mayo Clinic¹ defines Shingles as a viral infection that causes a painful rash. Shingles can occur anywhere on your body. It typically looks like a single stripe of blisters that wraps around the left side or the right side of your torso. Sometimes the shingles rash occurs around one eye or on one side of the neck or face.

Shingles is caused by the varicella-zoster virus – the same virus that causes chickenpox. After you've had chickenpox, the virus stays in your body for the rest of your life. Years later, the virus may reactivate as shingles.

Shingles isn't life-threatening. But it can be very painful. Vaccines can help lower the risk of shingles. Early treatment may shorten a shingles infection and lessen the chance of complications. The most common complication is postherpetic neuralgia. This is a painful condition that causes shingles pain for a long time after your blisters have cleared. Studies suggest protection against shingles with Shingrix may extend beyond five years.



Symptoms

Shingles symptoms usually affect only a small section on one side of your body. These symptoms may include:

- Pain, burning or tingling
- Sensitivity to touch
- A red rash that begins a few days after the pain
- Fluid-filled blisters that break open and crust over
- Itching

Pain is usually the first symptom of shingles. For some people, the pain can be intense. Depending on the location of the pain, it can sometimes be mistaken for problems with the heart, lungs or kidneys. Some people experience shingles pain without ever developing the rash.

Who should get the Shingles Vaccine?

People who are eligible to get it should get the Shingrix vaccine in the U.S.

Shingrix is recommended by the Centers for Disease Control and Prevention (CDC) for adults age fifty and older for the prevention of shingles and related complications, whether they've already had shingles or not. You may get the Shingrix vaccine even if you've already had shingles. Also, consider getting the Shingrix vaccine if you've had the Zostavax vaccine in the past, or if you don't know whether you've had chickenpox.

Shingrix is a nonliving vaccine made of a virus component. It's given in two doses, with two-to-six months between doses. The most common side effects of a shingles vaccine are redness, pain, tenderness, swelling, and itching at the injection site, and headaches.

Medicare and the Shingles Vaccine

Neither Medicare Part A (Hospital Insurance) nor Medicare Part B (Medical Insurance) cover the shingles shot.

Medicare prescription drug plans (Part D) usually cover all commercially available vaccines needed to prevent illness, like the shingles shot. You can now get more vaccines under Part D at no cost to you. **Contact your Medicare drug plan** for more details

cmaprinceton.org

¹ Cynthia Weiss, "Mayo Clinic Q and A: Shingles – not just a band of blisters," Mayo Clinic News Network, <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-q-and-a-shingles-not-just-a-band-of-blisters/>

MacOS Sonoma

This is the first of two articles on the latest MacOS and Windows 11 updates.

Keeping your computer's operating system up to date is important because Apple and Microsoft add new capabilities and improved security features. Last fall, Apple released MacOS 14, which it dubbed "Sonoma" as an homage to the company's California roots. Sonoma didn't change the look and feel of our Macbooks and iMacs, but it did add several helpful features. We'll cover one of the new Safari features in this article.

Safari is the best browser for Apple users because it's fast and does an excellent job of blocking third-party tracking¹. Safari can also "autofill" two-factor authentication codes from iMessage and one-time verification codes in Apple Mail², making it easy to log in without leaving the browser.

Web "Apps"

Safari can now save your favorite websites to the Dock, so they work like an app.

For example, if you're an avid YouTube user, open Safari and go to www.youtube.com. Then go to the Safari menu and select **File > Add to Dock...**

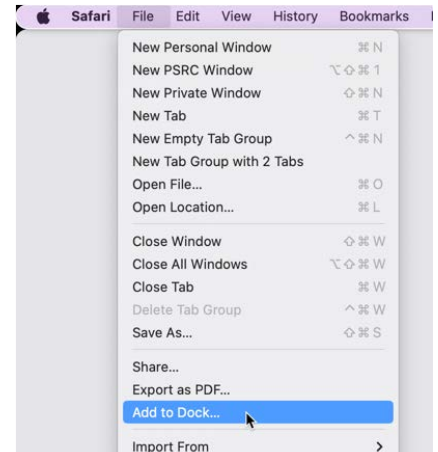
That will open another dialog that lets you change the name of the "app" to whatever you like.

Then select **Add**, and the new YouTube icon will appear in your Dock. Now, you won't have to start Safari and then navigate to YouTube – it's already in your Dock with your other apps.

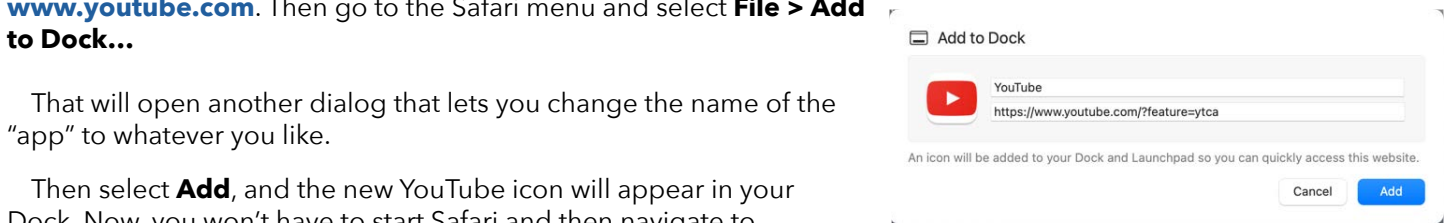
You can add whatever websites you'd like to your Dock. I'd suggest www.cmaprinceton.org.

If you need help with MacOS

The CMAP volunteer tech team can help you with MacOS. Just go to the CMAP website at [cmaprinceton.org](https://www.cmaprinceton.org) > **Resources** > **Tech Lab**. We offer in-person help from our offices and virtual help from the comfort of your home (mine, too).



It's easy to add a Website to your Dock. Once you've navigated to the website, select File from the Safari menu...



...then click the Add button.

¹ Third party tracking is evident when you search for, say, underwear on Google and you start seeing underwear ads in your Gmail.

² I'm referring to the Apple Mail app in your Dock.

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.

A SNAPSHOT OF GRANDPALS MAGIC

by Ella Leving, Community Outreach Coordinator

Amidst the sunlit corridors of Littlebrook School, a heartwarming tale unfolded on a cheerful Thursday morning, marking the inception of GrandPals, an enchanting intergenerational educational odyssey. Designed to weave bonds between Princeton Public School children and their older adult companions, GrandPals embarked on a mission to foster not just literacy but love, understanding, and joy.

GrandPals is an intergenerational educational program connecting Princeton Public School children with older adults. The program's goals are to foster positive relationships between children and older adults and to create a life-long love of reading and learning in young students. Many children do not have grandparents nearby and GrandPals is a wonderful opportunity for several generations to meet and get to know one another: the GrandPals, the teachers, and the children.

In my newfound role at CMAP, still fresh from the summer's warmth, I found myself immersed in the magical world of GrandPals. Eager faces of GrandPals, brimming with anticipation, mirrored the excitement of the little ones they were about to meet. As pairs were being formed, a tiny note next to a name caught my eye: "Albert – Only speaks Russian." Inspired by the prospect of connecting in his native tongue, I offered my assistance to make Albert feel more at ease.

In a matter of moments, I found myself sitting beside a sunny little soul, his initial wariness transforming into pure delight. With each word read, his eyes sparkled, his curiosity piqued. His soft voice, as he politely interrupted with thoughtful additions, painted a picture of eagerness to learn. Together, we ventured into stories, his attention unwavering, our session whisking by in a blink.

In the midst of the tales, he would interrupt me with polite phrases, his eyes lighting up as he said, "May I please say something? I would like to add... Oh, and by the way, do you know, I have a little sister? Her name is Sonia; she is three years old. May I please say something else? I only speak Russian...". His words came with a sweet, shy smile, and the cuteness overload was simply irresistible.

As the final page turned, Albert's smile was a testament to the magic we had experienced. A sense of fulfillment washed over me, a realization dawning that happiness is often found in the simplest of moments. A shared smile, a newfound connection, and the knowledge that this magical encounter would repeat itself next week – these were the treasures of GrandPals.

In a moment of spontaneity, I suggested a selfie, an idea that intrigued Albert. "What's a selfie?" he asked, his innocence echoing the unexplored wonders ahead. With a smile, I replied: "Oh, little buddy, we have so many more exciting things to discover together. Let a selfie be just one of our first adventures" and snapped our very first selfie, capturing his adorable smile and sparkling eyes, a precious snapshot of the joy we discovered in our shared journey.

And so, in the embrace of tales and unspoken language of smiles, GrandPals continued its journey, proving that in the simplicity of shared moments, generations blend, leaving behind only the warmth of connection and the promise of countless delightful discoveries ahead.





**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, January 22 at 3:00 p.m.
(Usually third Monday of each month)
– social activities, build friendships, and offer support

BEREAVEMENT

Monday, January 22 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, January 8 at 3:00 p.m.
(Usually first Monday of each month)

– share challenges and experiences

CRAFTER'S CORNER

(IN-PERSON AT NSK - HYBRID)

Thursday, January 11 at 11:00 a.m.
(Usually second Thursday of each month)
– fun space for craft hobbies

EARLY-STAGE MEMORY

LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, January 18 at 3:00 p.m.
(Usually third Thursday of each month)
– individuals experiencing early-stage memory loss

FOREVER YOUNG (55-65)

(IN-PERSON AT NSK - HYBRID)

Thursday, January 4 at 3:00 p.m.
(Usually first Thursday of each month)
– young older adults who may still be working or in early retirement

FORGET-ME-NOT:

DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)

Saturday, January 13 at 10:00 a.m.
(Usually second Saturday of each month)
– 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, January 10 and 24
at 11:00 a.m.
(Usually second and fourth Wednesday of each month)

– safe space for anyone who has lost a partner to reminisce, laugh, and support

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. 17

FROM THE DEVELOPMENT OFFICE



Spotlight on Home Instead

At Home Instead, we know that choosing the right care for your loved ones can be tough. We're here to help, offering affordable in-home care around the clock, every day of the year. Our care experts will guide you through the process, making sure your loved one gets the care they need.

Figuring out insurance can be confusing, but we've got your back. We'll assist you in working with insurance companies to get financial help for certain home care services, so you don't have to worry about the costs.

Our services cover a wide range of tasks while providing personal and companionship care which helps alleviate seniors from feeling lonely. We also can help with cooking and cleaning, as well as running errands.

Home Instead serves Princeton, and all surrounding towns of Mercer and Middlesex counties, providing reliable, kind-hearted care for seniors. Under the leadership of Kunwar Singh, our well-trained caregivers will create a personalized care plan that's just right for you or your family member, ensuring the best care possible. Kunwar is a local Princeton resident and serving the community is very close to his heart. He has been a multi-year supporter of CMAP. His daughter went to Littlebrook School and son goes to Johnson Park School. His mother volunteers at the Princeton Public Library.

With Home Instead, you can be confident that your loved ones will get the care they need. We're dedicated to making their lives better and giving you peace of mind.

homeinstead.com

609.853.0469 • 344 Nassau St., Princeton • 1 Rossmoor Dr., Monroe Twp. • 3635 Quakerbridge Rd., Hamilton

JANUARY FEATURED SPONSORS



Personalized services available seven days a week
akincare.com



Highest quality care services provided to each and every resident, patient, and family
oasisenioradvisors.com/central-jersey



Pride in being good neighbors and supporting the local communities where we live and work
mccaffreys.com



Your Family Office
roundviewcapital.com



WINTER RAFFLE 2024 ARE YOU FEELING LUCKY?

Help Support CMAP by entering a chance to WIN!



1st Prize – \$5,000 AMEX gift card

2nd Prize – \$2,500 AMEX gift card

3rd Prize – Aventon Soltera.2 E-Bike (\$1000 value)

4th Prize – iPad (\$300 value)



**Tickets go on sale Tuesday, January 16
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 or 609.751.9699, ext. 103.**

We are grateful to the following corporate and foundation partners for their invaluable support during the 2023 calendar year. As a nonprofit organization CMAP relies of the generosity of our funding partners; their generosity enables us to help older adults thrive.

Bloomberg Philanthropies

Bristol-Myers Squibb Foundation

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The Fred C. Rummel Foundation

The Scholler Foundation

Wallerstein Foundation for Geriatric Life Improvement

WSFS CARES Foundation



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



Light up your January with our Intergenerational programs:
Mad for Art and S'mores & Stories. See pages 8 and 9 for details.

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