

(Formerly Princeton Senior Resource Center)



FLAMENCO FUSION:
A TRIBUTE TO WOMEN'S HISTORY
(IN-PERSON AT SPB LOCATION)
WEDNESDAY, MARCH 6, 3:00 - 5:00 P.M.
FEE: \$10 RESIDENT/\$15 NON-RESIDENT
SEE PAGE 6 FOR DETAILS.



SPRING CONCERT 2024
THE AMAZIN GRACE & GLB

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

THURSDAY, APRIL 18, 7:00 P.M. (DOORS OPEN AT 6:30 P.M.)
SEE PAGE 12 FOR DETAILS

MEN & WOMEN IN RETIREMENT
SPECIAL PRESENTATION:
**WHAT DOES IT TAKE
TO BE DIGITALLY LITERATE?**

(HYBRID - IN-PERSON AT SPB LOCATION AND ON ZOOM)
FRIDAY, MARCH 15, 10:00 A.M.
SEE PAGE 8 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*

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FROM THE CEO, DREW DYSON

A HOLISTIC FRAMEWORK FOR AGING WELL

Dear Friends,

"Why in the world would you choose a term like 'aging' for your new name? Aging represents frailty, deterioration, or worse." While the response to our new name *Center for Modern Aging Princeton* has been overwhelmingly positive, we certainly have fielded a fair amount of feedback from different perspectives. My mom used to say, "Every bit of 'constructive' feedback is an opportunity for growth and conversation!" We at CMAP are grateful for the conversations – and we value each and every person who has shared their thoughts.

From our perspective, the board and staff of CMAP, aging is a term that captures the process, the journey of getting older, that all of us are traversing. It was the most comprehensive term that captured all of our participants, from the youngest (55) to the oldest (103). And, we realize that aging has been framed in our culture often with a negative connotation just as named above. From our view, however, we want to "reimagine aging" and recover a holistic view of aging that reflects the joys and possibilities that come later in life.

In 2023, the McKinsey Health Institute (MHI) released a comprehensive study on healthy aging after surveying over 21,000 adults aged fifty-five and above across twenty-one countries. Like CMAP, the McKinsey Health Institute emphasized the importance of a holistic approach to healthy aging that includes physical, mental, social, and spiritual health. Here is a brief snapshot of the research and the intersection with the work of the Center for Modern Aging Princeton:

- 1) **Promoting Purpose and Engagement:** CMAP understands that having a purpose is vital for seniors. Through various programs like volunteer opportunities, educational classes, and community engagement events, CMAP provides avenues for older adults to find and pursue their passions, aligning with MHI's findings on the importance of purposeful living.
- 2) **Stress Management Programs:** Recognizing the significance of stress management in aging, CMAP offers meditation, yoga, and wellness workshops. These programs are designed to equip older adults with



the tools to manage stress effectively, resonating with MHI's emphasis on stress management for healthy aging.

- 3) **Encouraging Physical Activity:** Consistent with MHI's findings on the importance of physical activity, CMAP provides a range of fitness programs tailored to senior capabilities. From gentle exercise classes to guided walks, pickleball to ping pong, these activities help maintain physical health and enhance functional capacity.



- 4) **Fostering Social Connections:** CMAP prioritizes social interaction, a key aspect highlighted in the MHI study. Through social events like the Literary Cafe, support groups like Aging Gaily and Forever Young, or peer-to-peer networks like Community Without Walls, CMAP fosters a vibrant social life, crucial for mental and emotional well-being.

- 5) **Holistic Approach to Health:** In line with MHI's holistic approach, CMAP addresses not just physical health but also mental, spiritual, and social aspects. This is evident in our diverse range of programs and services designed to cater to the comprehensive needs of older adults. Health fairs, vaccine education, mental health workshops, meditation classes, and more offer myriad ways to stay engaged – and healthy!

"Aging" should not be something we fear – or that society connotes negatively. Rather, it is one aspect of our lives that we all hold in common – and one, in our view, that should be embraced and celebrated. Even for those who may not love the term, will you join us in our mission to "reimagine aging" and unleash the power, promise, and possibility that aging offers each of us – and that we offer the world? And, if you'd like to continue the conversation, I invite you to come join me for a cup of coffee.

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

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

Akin Care, Berkshire Hathaway-Fox & Roach Realty, Justin Tree & Lawn Service,
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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 MARCH 2024

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

AARP FREE TAX ASSISTANCE



FRIDAYS 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. A pre-appointment packet may be picked up in advance at one of the CMAP locations or filled out at the time of your appointment. Appointment required, no fee.



ASK US ABOUT OUR COFFEE CLUB

For ten dollars you can join the CMAP coffee club at the Nancy S. Klath Center for Lifelong Learning and get ten cups of coffee with the eleventh free! Getting your caffeine fix has never been easier with the CMAP Coffee Club!



ARTS & CULTURE

COMPOSER OF THE MONTH: CLAUDE DEBUSSY

(Zoom)

Tuesday, March 19, noon-1:00 p.m.

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

Claude Debussy's influence on music was profound, marked by his pioneering Impressionist compositions that defied tonal conventions and prioritized tonal colors and texture. His engagement with Symbolist poetry and the visual arts fostered a cross-pollination of artistic ideas. Debussy's impact extended beyond classical music, shaping film scores, and influencing jazz. Dr. Brenda Leonard helps us understand the non-traditional harmonies involved in Debussy's music as she talks about both his famous works and ones you've perhaps not yet discovered.

Instructor: Dr. Brenda Leonard

"FEMINISTS - WHAT WERE THEY THINKING?" A CINEMATIC TRIBUTE FOR WOMEN'S HISTORY MONTH (Hybrid - In-Person at NSK Location and on Zoom)

Thursday, March 28, 11:00 a.m.-1:00 p.m.

Embark on an insightful journey through time with the movie "Feminists – What Were They Thinking?" Explore the powerful transformation of women embracing their full humanity in 1977, commemorating Women's History Month. Don't miss this thought-provoking documentary! Registration required, no fee.

FIRST FRIDAY FILM – *THE INTERN* (Hybrid - In-Person at NSK Location and on Zoom)

Friday, March 1, 1:00 p.m.

Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by the driven and workaholic Jules Ostin. Runtime: 2 hours; Genre: Comedy; Rated: PG-13. Featuring Robert De Niro and Anne Hathaway. Registration required, no fee.

THE PHILADELPHIA FLOWER SHOW & LUNCH - TICKETS AVAILABLE!

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

Fee: \$160

For more information, visit [cmaprinceton.org](https://www.cmaprinceton.org)

ALL PROGRAMS MARCH 2024

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

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in March, 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. 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.

LIBRARY READS (Zoom)

Monday, March 4, 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)

Sunday, March 17, 6:00-7:00 p.m.

Fee \$5

Join us for the St. Patrick's Special Edition of our Literary Café. Stories take time, but short stories are different. They can take us around the universe or break our hearts with only a few thousand words. Join Dr. Alexander Randall, a former radio host and esteemed professor of communication, for an enchanting evening accompanied by the captivating folk and Celtic melodies of the talented duo, Ken Mayberg and Terri Morrow. Let's come together to celebrate gratitude, the art of storytelling, and the harmony of music, all within the welcoming embrace of our café.

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

Fridays, March 22 through May 10, 2:00-4:00 p.m.

Fee: \$85 resident/\$95 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, March 13 through May 1, 2:00-4:00 p.m.

Fee: \$85 resident/\$95 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.

Instructor: Denise McDaniel

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

Thursdays, January 18 through March 14, 11:00 a.m.-12:30 p.m.

UNLOCKING THE ART OF ELEMENTAL DRAWING

(In-Person at SPB Location)

Tuesdays, March 19 through May 7, 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 through March 25, 2:00 p.m.



BILINGUAL

BILINGUAL BINGO (In-Person at SPB Location)

Saturday, March 23, 4:00-5:30 p.m.

Join us for a lively afternoon with 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!

Registration required, no fee.

Sábado 23 de marzo, 16:00 horas.-5:30 pm.

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!

Registro requerido, sin costo.

ESL CLASS: ENGLISH LANGUAGE ENRICHMENT

(In-Person at SPB Location)

Thursdays starting January 18 through March 28, 2:00-3:00 p.m.;

Jueves, desde el 18 de enero hasta el 28 de marzo, 2:00-3:00 p.m.

ALL PROGRAMS MARCH 2024

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

FLAMENCO FUSION: A TRIBUTE TO WOMEN'S HISTORY

(In-person at SPB Location)

Wednesday, March 6, 3:00 - 5:00 p.m.

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

Experience an hour of flamenco class to delve into its rich music, learn fundamental steps, and honor the ongoing fight for women's achievements. Conclude the day with delectable tapas and wine, creating a vibrant celebration of diversity and a toast to the strength that defines us.

Instructor: Lisa Bottalico



GAMES & RECREATION

GAMES DAY

(In-Person at SPB Location)

Tuesdays in March, 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

COGNITIVE PICNIC

(In-person at NSK Location)

Tuesday, March 19, 3:00-4:30 p.m.

Fee: \$5

Embark on a journey to boost your cognitive vitality and join us for two afternoons of pure brain bliss. Take a leisurely stroll through nature, indulge in exotic culinary delights, and engage in playful games designed to keep your mind sharp. Our picnics aren't just about good food and fresh air – they're a holistic celebration of cognitive well-being. Come for the joy, stay for the camaraderie, and leave with a mind that's refreshed and revitalized. It's time to treat your brain to the ultimate picnic experience!

Facilitator: Kellan Peck

THE FELDENKRAIS METHOD

(In-Person at NSK Location)

Wednesdays starting March 13 through March 27,

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, 10:00 a.m.

MINDFUL CHAIR YOGA & MEDITATION - WINTER QUARTER

(Zoom)

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

STAY-WELL CHAIR EXERCISE

(Zoom)

Tuesday, March 5 through March 26, 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 March, 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, March 5 through March 26, 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



LIFELONG LEARNING

DISCOVERING THE BENEFITS OF FENG SHUI FOR HARMONIOUS LIVING

(In-person at NSK Location)

Wednesday, March 20, 1:00 p.m.; Fee: \$5

Unlock the secrets of Feng Shui and transform your home into a soothing and harmonious sanctuary. Delve into the Chinese art of arranging furniture and creating harmonious surroundings to balance the energies of yin and yang. As your living space significantly influences your life, discover practical tips from Homestead's experts, Kristin and Istvan, to enhance your environment. Join us for an enlightening session and embark on a journey to cultivate positive energy in your home. Experience the transformative power of Feng Shui for a more tranquil and balanced living space.

Instructor: Kristin Menapace

ALL PROGRAMS MARCH 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

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

FYI SEMINAR: MASTERING HOME TRENDS (Hybrid - In-Person at NSK Location and on Zoom)

Monday, March 11, 2:00-3:00 p.m.

Mastering Home Trends with Callaway Henderson, PNC Bank, and ESTIR, Inc. This presentation will discuss how home maintenance impacts your property value, insurance, and financing.

Presenters: Janet Stefandl, Esther Tanez, Sarah Lutz

Registration required, no fee.

FYI SEMINAR: LONG TERM CARE INSURANCE 101

(In-Person at NSK Location)

Monday, March 25, 2:00-3:00 p.m.

This presentation is designed to educate families on the 101's of a long-term care insurance policy, its benefits, and empower them to convey essential information.

Presenter: Wayne Morgan

Registration required, no fee.

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)

Biweekly in March, 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:

March 13 – Mac OS: A Deeper Dive.

March 27 – Roundtable Tech Q&A

Registration required, no fee.

WORKSHOP: PEDESTRIAN SAFETY (In-Person at NSK Location)

Thursday, March 28, 1:00 p.m.

Pedestrian Safety and Fall Prevention Program by The Brain Injury Alliance of New Jersey, discussing safety tips for independence.

Presenter: Debbie Aidelman

Pedestrian Safety and Fall Prevention Program by The Brain Injury Alliance of New Jersey, discussing safety tips for independence.

Registration required, no fee.

SOCIAL CONNECTIONS

Programs

MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION: WHAT DOES IT TAKE TO BE DIGITALLY LITERATE?

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

Friday, March 22, 10:00 a.m.

Even before the term "Fake News" was coined around the 2016 election, we have been challenged by social media, spam emails and texts, and the internet in general. We ask: what is real? Whom can I trust? Should I exclude contentious relatives from Thanksgiving? Join MIR member Irvin Katz, PhD, former senior director at Educational Testing Service, as he presents the complex terrain of digital literacy, unpacking how we can discern truth in an era of information overload.

Registration is required with no fee.

TALK & TEA (In-Person at NSK Location)

Thursday, March 14, 1:00 p.m.

Celebrate women's empowerment through inspiring conversations. Empower change and equality together!

Registration required, no fee.

Groups

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

Monday, March 18, 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, March 14, 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, March 7, 3:00 p.m.

For young older adults who may still be working or in early retirement.

Registration required, no fee.

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, 3:00 p.m.

Fee: \$15

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

All levels welcome.

GLOBAL CONVERSATIONS (Zoom)

Mondays in March, 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, March 14 and March 28, 4:00 p.m. - 5:00 p.m.

Ya seas hablante nativo de español o estés buscando perfeccionar tus conocimientos, te invitamos a participar en charlas inspiradoras y actividades que te sumergen en diversas culturas. Con dinámicas de improvisación, juegos de palabras y narraciones, estos encuentros están diseñados para construir conexiones auténticas.

¡Prepárate también para presentaciones simuladas al estilo TED, donde tus ideas pueden brillar! Estos encuentros no son simplemente lecciones; son travesías compartidas donde celebramos la diversidad de voces. Es necesario registrarse, sin costo.

Whether Spanish is your native language or you're looking to polish your skills, we invite you to join inspiring conversations and activities that immerse you in diverse cultures. Through cultural exchanges, improvisation dynamics, word games, and storytelling, these sessions are designed to build authentic connections. Plus, get ready for simulated TED-style presentations, where your ideas can shine! These gatherings are not only lessons; they are shared journeys where we celebrate the diversity of voices.

Registration required, no fee.

TEA SOCIAL FOR RUSSIAN SPEAKING COMMUNITY

(In-Person at NSK Location)

Monday, March 11, 3:30-4:30 p.m.

Join us for a new initiative – Tea Social for the vibrant Russian-speaking fifty-five and above community. Step into a welcoming atmosphere, where you can enjoy aromatic teas, exchange stories, and build connections with like-minded individuals. Whether you're looking to meet new friends or reconnect with old ones, our gatherings promise a delightful and relaxing escape, providing a space where cherished memories and meaningful conversations flourish. Embrace the cultural richness and the soothing pleasures of tea in the company of your peers.

Registration required, no fee.

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

Wednesdays in March, 3:00 p.m.

General conversation group.

Registration required, no fee.

SENIOR CITIZEN CLUB (In-Person at NSK Location)

Friday, March 22, 11:00 a.m.

Join us for a social hour of chatting, sharing, and refreshments led by Rosetta Bruce.

Registration required, no fee.

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

Tuesdays in March, 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:

March 5 – Juliana Hauser: Agency: the noun, verb, concept and skill

March 12 – Benjamin Zander: Life lessons from Beethoven Symphony No.9

March 19 – Julian Treasure: How to speak so that people want to listen?

March 26 – Sir Ken Robinson: Do schools kill creativity?

Registration required, no fee.

TRANSITION TO RETIREMENT (Hybrid – In-Person at NSK Location and on Zoom)

Friday, March 15, 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/>.



SUPPORT GROUPS

BEREAVEMENT

Monday, March 18 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, March 4 at 3:00 p.m.

(Usually first Monday of each month)

– share challenges and experiences

CLEARING SPACES (Zoom)

Mondays in March, 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 nonjudgmental 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, March 21 at 3:00 p.m.

(Usually third Thursday of each month)

– individuals experiencing early-stage

FORGET-ME-NOT DEMENTIA CAREGIVERS (Hybrid – In-Person at NSK Location and on Zoom)

Saturday, March 9 at 10:00 a.m.

(Usually second Saturday of each month)

NEXT CHAPTER WIDOWS AND WIDOWERS (Hybrid – In-Person at NSK Location and on Zoom)

Wednesday, March 13 and March 27 at 11:00 a.m.

(Usually second and fourth Wednesday of each month)



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.

WHAT IS GRANDPALS?

GrandPals is a CMAP program in which older adults (forty-seven to ninety-three!) go to several Princeton elementary schools to read to children. The program's goals are to foster a lifelong love of reading and learning in our young children and to build a good relationship between the generations. Sharing your interests and your time will be beneficial to others and rewarding to you. As one GrandPal said, "This is the highlight of my week!"



HOW DOES THE PROGRAM WORK?

Volunteers are interviewed for their interests and background. They are then matched with one or two children. Youngsters and volunteers spend thirty minutes together once a week reading and sharing stories in regularly scheduled sessions during the school day. Orientation is provided through CMAP and the Princeton Public Schools.

The GrandPal coordinator provides ongoing communication, support, and problem-solving, and are on-site during sessions. GrandPals can also share experiences and techniques with other GrandPals working in the same session.

WHO VOLUNTEERS?

GrandPal volunteers come with varied skills and from many walks of life. What they have in common is enthusiasm for being with young people and a willingness to build a relationship over the school year. No special training or previous experience is necessary.

WHAT CAN I EXPECT?

- The joy of sharing stories with a child just discovering the world of learning
- The pleasure of building a meaningful relationship with a child who may not have grandparents nearby
- A lively, warm environment where teachers and children value your contribution
- Working with other volunteers toward a common goal

For more information about becoming a GrandPals volunteer, please email Ella Leving, GrandPals coordinator at eleaving@cmaprinceton.org or apply at <https://engage.cmaprinceton.org/grandpals-interest>.

VOLUNTEER COMPANION PROGRAM

**Do you need additional assistance in your home or know someone that needs help?
Are you looking to offer your skills and time as a companion to a local older adult?
Look no further!**

Home Friends is a companion visitor program for home-based seniors in the greater Princeton area. This program is offered free of charge. CMAP staff match interested volunteers with older adults in Mercer County and surrounding areas.

Volunteers can do a variety of things during weekly home visits such as: accompany seniors on walks, read and sort mail, pick up preordered groceries, pursue mutually shared interests, and have friendly conversation. Some volunteers bring library books, watch movies, or weed the garden together. Volunteers complement and support – rather than replace – the role of family and paid caregivers.

Home Friends volunteers are interviewed, trained, background checked, and then matched for such things as background, common interests, and geographical location. Volunteers visit for a minimum of one hour each week.

If interested in receiving Home Friends services for yourself or a loved one, you can complete the online interest form here: <https://engage.cmaprinceton.org/home-friends>.



MARCH 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 Women in Retirement
 Coffee Klatch
 1:00 First Friday Film - *The Intern*
 (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)

4

9:00 Philadelphia Flower Show
 Day Trip
 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
 3:00 Clearing Spaces

5

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)
 4:00 The Golden Age of Radio

6

10:00 A Taste of Pickleball (SPB)
 12:00 Pickleball 3 & Me (SPB)
 2:00 OnStage Seniors (NSK)
 2:00 Palette Play: Oil & Acrylic
 Fundamentals (SPB)
 3:00 Flamenco Fusion: A Tribute
 to Women's History (SPB)
 3:00 Let's Talk (NSK-H)

7

10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball Prep & Play
 (SPB)
 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

8

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)

SATURDAY, MARCH 9
 10:00 Forget-Me-Not: Dementia
 Caregivers (NSK-H)

11

10:00 Gentle Yoga + Nidra
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 FYI Seminar - Mastering
 Home Trends (NSK-H)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)
 3:00 Clearing Spaces
 3:30 Tea Social for Russian
 Speaking Community (NSK)

12

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)
 4:00 The Golden Age of Radio

13

10:00 Pickleball Get into the
 Game! (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)

14

10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball Prep & Play
 (SPB)
 11:00 Crafter's Corner (NSK-H)
 11:00 Time to Tell Your Story:
 Memoir Writing
 12:00 Pickleball 3 & Me (SPB)
 1:00 Talk & Tea (NSK)
 2:00 ESL Class (SPB)
 2:00 Tech Lab Assistance (NSK)
 4:00 ¡Se Habla Español! Charlas
 De Corazón
 4:00 The Golden Age of Radio

15

1:00 Table Tennis (SPB)
 1:00 Tech Lab Assistance (SPB)
 2:00 Tech Lab Assistance (NSK)
 2:30 Transition to Retirement
 (NSK-H)

SATURDAY, MARCH 16
 3:00 Loteria (Princeton
 University Art Museum -
 Hullfish)

SUNDAY, MARCH 17
 6:00 Literary Café (NSK)

18

10:00 Gentle Yoga + Nidra
 11:00 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)
 3:00 Clearing Spaces

19

10:30 TED Talks (NSK-H)
 11:00 Tai Chi (SPB)
 12:00 Composer of the Month:
 Claude Debussy
 1:00 Games Day (SPB)
 1:00 Stay-Well Chair Exercise
 2:00 Unlocking the Art of
 Elemental Drawing (SPB)
 3:00 Cognitive Picnic (NSK)
 4:00 The Golden Age of Radio

20

10:00 Pickleball 3 & Me (SPB)
 10:00 The Feldenkrais Method
 (NSK)
 11:00 A Taste of Pickleball (SPB)
 1:00 Discovering the Benefits of
 Feng Shui (NSK)
 2:00 OnStage Seniors (NSK)
 2:00 Palette Play: Oil & Acrylic
 (SPB)
 3:00 Let's Talk (NSK-H)

21

10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball 3 & Me (SPB)
 11:00 Pickleball Prep & Play
 (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

22

10:00 Men & Women in
 Retirement (SPB-H)
 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, MARCH 23
 4:00 Bingo Bilingüe/Bilingual
 Bingo (SPB)

25

10:00 Gentle Yoga + Nidra
 1:00 Global Conversations
 1:00 Table Tennis (SPB)
 2:00 FYI Seminar - Long Term
 Care Insurance 101 (NSK)
 2:00 The Wonders of Word Play
 3:00 Café Français (NSK)
 3:00 Clearing Spaces

26

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)
 4:00 The Golden Age of Radio

27

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)

28

10:00 Cosmology (NSK-H)
 10:00 Mindful Chair Yoga
 10:00 Pickleball 3 & Me (SPB)
 11:00 Feminists - What Were
 They Thinking? (NSK-H)
 11:00 Pickleball Prep & Play
 (SPB)
 1:00 Workshop: Pedestrian
 Safety (NSK)
 2:00 ESL Class (SPB)
 2:00 Tech Lab Assistance (NSK)
 4:00 ¡Se Habla Español! Charlas
 De Corazón
 4:00 The Golden Age of Radio

29

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)

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!

Ticket(s) \$40 each
Patron Level \$100 each (includes a \$60 donation & complimentary Grace Little CD)

Event Sponsorship Information on **page 19**.

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



Thee Amazin Grace Little

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 or 609.751.9699, ext. 103**

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





EVERGREEN FORUM:

Registration is still available for our Spring
2024 Evergreen Forum.
Most classes begin the week of March 4, 2024.

For detailed descriptions of our courses, please
check out our website at

cmaprinceton.org/evergreen-forum/

Spring 2024 Course List

AMERICA IN THE 2000s: BUSH '43 AND ALL THAT (NSK-H)

Stan Katz

Wednesdays, 10:00 a.m.-noon

Dive into the first decade of the
21st century, exploring political
landscapes, historic elections, and
transformative events.

THE AMERICAN FAMILY AND THE LAW - CANCELLED

AMERICAN IMPRESSIONISM: BUCKS COUNTY PAINTERS – CANCELLED

THE ART OF THE SONNET (NSK-H)

Peter Smith

Mondays, 10:00 a.m.-noon

Can you unravel Shakespeare's
passion and navigate the poetic
labyrinth from Donne to Yeats?

BROTHERS KARAMAZOV: TEXT AND CONTEXT - COURSE FULL

CHARLES DICKENS'S BLEAK HOUSE - COURSE FULL

GREAT DECISIONS 2024 (NSK-H)

Karen Coates & David Redman

Tuesdays, 1:30-3:30 p.m.

Join the discourse on world affairs,
navigating complexities from
Mideast Realignment to Pandemic
Preparedness.

HISTORIC FOUNDATION OF EAST ASIAN CULTURES (NSK-H)

Robert Nolan

Thursdays, 1:30-3:30 p.m.

Embark on an odyssey through the
intricate cultural tapestries of East
Asian cultures from family rites to
societal imperatives.

HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY: WEST AND EAST PART II (NSK-H)

David Brahinsky

Wednesdays, 1:30-3:30 p.m.

Trace wisdom from Pythagoras to
Confucius, bridging East and West
and join the quest for intellectual
enlightenment.

MORE HANDS-ON MATHEMATICAL PLAY! (SPB)

Mark Schlawin

Wednesdays, 10:00 a.m.-noon

Ready to unravel puzzles on
gerrymandering, fractals, and
Logicians versus Pirates? Join in on
these democratic math debates!

MULTI-MESSENGER ASTRONOMY (NSK)

Bernard Abramson

Mondays, 10:00 a.m.-noon

It's time to fathom the technological
marvels propelling multi-messenger
astronomy into the fabric of space.

PERSPECTIVES ON OPERA (NSK-H)

Harold Kuskin

Tuesdays, 1:30-3:30 p.m.

Unravel the allure of mad scenes,
dive into verismo passion, and revel
in Mozart's timeless charm.

KAZUO ISHIGURO: FOUR BOOKS (SPB)

Lois Harrod

Wednesdays, 1:30- 3:30 p.m.

Are you ready to dive into Ishiguro's
elegant prose, exploring identity,
cross-cultural dilemmas, and the
fallibility of memory?

PSYCHOLOGY OF SLEEP AND DREAMING (NSK)

Alex Randall

Fridays, 10:00 a.m.-noon

Navigate the enigmatic realm
of sleep, decode the profound
meanings of dreams, and turn
slumber into exciting adventures.

READING BUILDINGS (Zoom)

Alan Chimacoff

Friday, 1:30-3:30 p.m.

Decipher the logic behind form and
space, exploring the soul-stirring
power that defies simple definition.

SCIENCE IN THE NEWS (NSK-H)

Harold Heft

Fridays, 10:00 a.m.-noon

Embark on a journey through
cutting-edge science! Fathom the
latest breakthroughs in climate
change, personalized medicine, and
artificial intelligence.

SEMICENTENNIAL RENDEZVOUS: JAMES A. MICHENER'S CENTENNIAL AT FIFTY (NSK-H)

Paul Soltis

Mondays, 1:30-3:30 p.m.

Rediscover Centennial! Traverse the
epic American tale with Michener,
exploring the problems and
promises of Bicentennial America.

SHAKESPEARE DOUBLED (SPB)

Larry Danson

Tuesdays, 10:00 a.m.-noon

Unravel mirrored plots and twinned
characters from 'The Comedy of
Errors' to 'The Winter's Tale'.

TECHNOLOGY, SOCIETY, AND YOU (NSK-H)

Dina Kravets

Tuesdays, 10:00 a.m.-noon

Grasp the electrifying impact of AI,
blockchain, and big data. Enroll for a
hands-on exploration of innovation!

UNDERSTANDING CONTEMPORARY ART (ZOOM)

Wendy Worth

Thursdays, 1:30-3:30 p.m.

Experience revolutionary shifts from
Abstract-Expressionism to Pop Art,
Minimalism, and beyond.

The Evergreen Forum uses a first-come, first-served registration system. 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

Vaccine Navigator

AM I AT RISK?

Age is the biggest risk factor for severe COVID-19. Individuals ages sixty-five years and older are highly recommended to stay up to date on their COVID-19 vaccines. Learn more about your risk of developing severe COVID-19 and determine if an antiviral treatment may be right for you.

Visit <https://covidvaccineproject.org/treatments/treatments> for more information.



cmaprinceton.org

How do I know the difference between Flu, RSV, and COVID-19?

Flu, RSV, and COVID-19 are all respiratory illnesses that can have varying degrees of severity, ranging from no symptoms to severe illness.

Symptoms such as fever, cough, fatigue, and runny or stuffy nose can be similar across all three viruses. You need specific testing to confirm if you are sick. You can test for COVID-19 and flu yourself, with an at-home rapid antigen test, or through a healthcare visit. RSV tests are only administered during a healthcare visit. Contact your healthcare provider if you have questions about testing and treatment, especially if you or your child are at high risk for complications from flu, RSV, or COVID-19.

PRINCETON CAFÉ FOR OLDER ADULTS

Mercer County Nutrition Program

Every Monday through Friday

9:00 a.m.–1:00 p.m.

Nutritious Food – Fantastic Company

Join with others in our community for a terrific catered meal planned by a nutritionist that includes an appetizer, entrée, vegetables, beverage, and dessert!

The suggested donation is \$1 for the daily meal.

The Café is open for all adults, sixty and above.

Register by calling 609.989.6650.



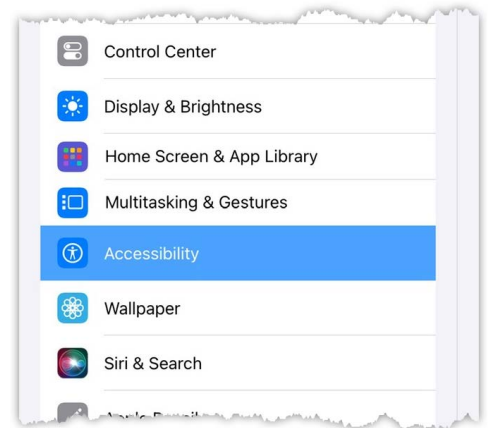
<https://www.mercercounty.org/departments/human-services/aging-disability-resource-connection/office-on-aging/nutrition-program-for-older-adults>

iPad Accessibility Features

The Apple folks have festooned the iPad with myriad settings that make the tablet easier to use for folks with declining eyesight, hearing, or hand coordination.

You can adjust the size of the screen icons, text, and touch settings or use Siri to instruct the iPad to create a text message, set a reminder, or find Neil Sedaka's bio.

You'll find these features in the Accessibility section of the Settings app. The following table summarizes some of these adjustments. Each of these features includes many sub-features:



The iPad provides a comprehensive set of accessibility adjustments.

Feature	What it Does
Voice Over	Speaks items on the iPad screen.
Speak Selection	
Spoken Content	
Motion	Reduces motion and special effects
Zoom	Magnifies parts of the screen and adjusts text size, button shapes, screen contrast, and color filters
Display and Text Size	
Hover Text	
Touch	Provides various screen touch adjustments
Face ID & Attention	Ensures you are looking at the screen before dimming notifications
Voice Control	Allows you to use your voice to control the iPad
Siri	More comprehensive than Voice Control: Used for Searching, Creating text and email messages, Answers questions
Pointer Control	Makes the iPad cursor easier to see
Hearing Devices	Works with certain hearing aids
Subtitles and Captioning	Adds subtitles to videos

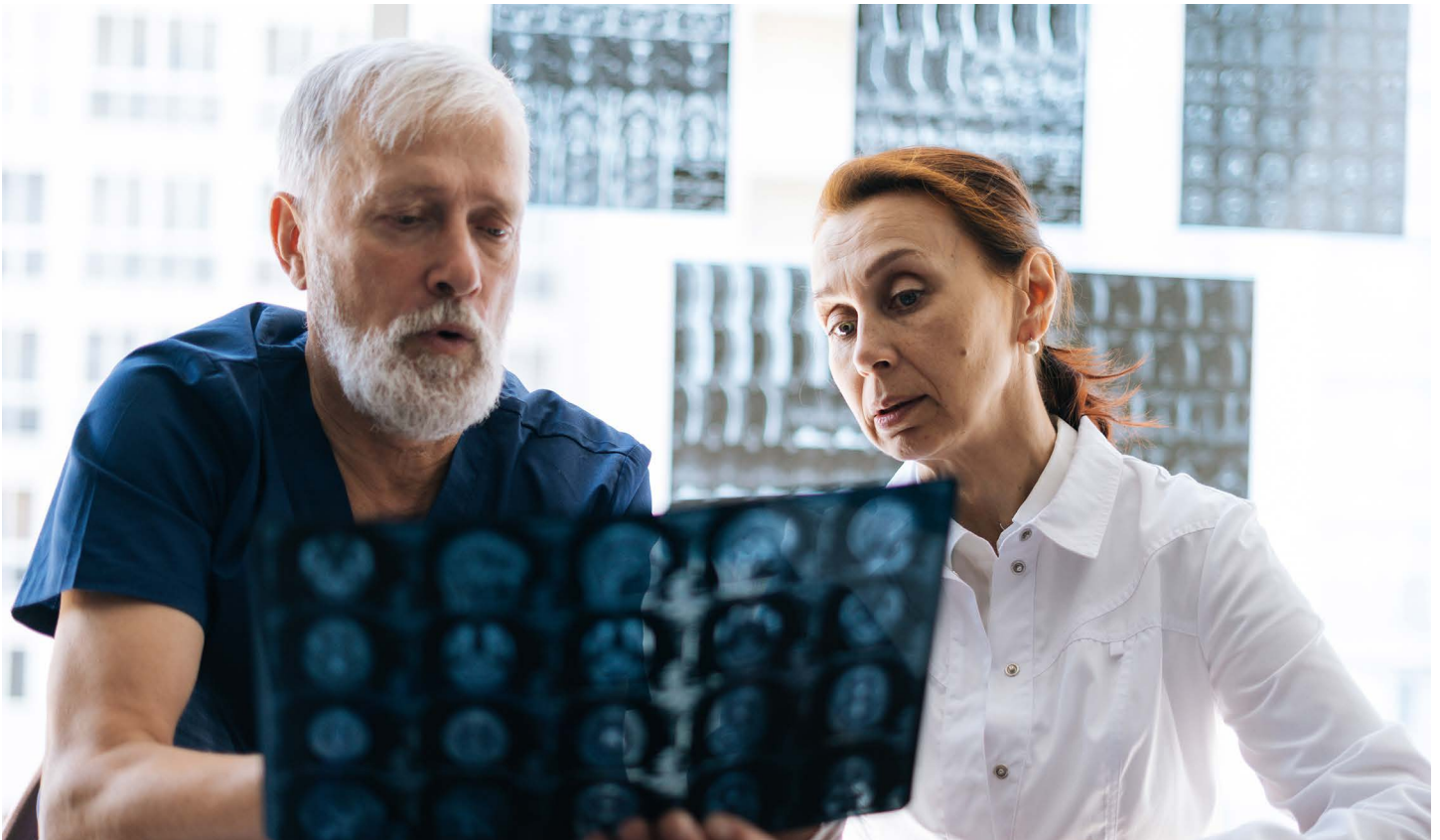
iPad Accessibility Features

In addition to these global settings, apps such as Amazon's Kindle and Apple Books offer text size, brightness, and line spacing options. (There's even a unique font for readers with dyslexia!)

If you need help with your iPad, you can arrange a visit with our volunteer tech team from our website at cmaprinceton.org > [Resources](#) > [Tech Lab](#) and fill out the tech help [request form](#).

NAVIGATING BRAIN INJURIES WITH AWARENESS AND ACTION

by Johanna Peters, Director of Social Services



As we embrace Brain Injury Awareness Month, our attention shifts to the unique challenges of aging. The aging process increases our vulnerability to falls, a leading cause of traumatic brain injuries (TBIs), impacting cognitive function, mobility, and overall quality of life. We often experience longer recovery times with age than our younger counterparts, highlighting the importance of early detection and timely intervention.

The unfortunate realities of underreporting and misdiagnosis of brain injuries in older adults underscore the significance of awareness campaigns. These initiatives empower healthcare professionals, caregivers, and older adults to identify early signs and facilitate prompt treatment. Brain injuries substantially impact the overall well-being of older adults, influencing daily activities and independence. Shedding light on these challenges, we aim to garner understanding and support.

Addressing the specific challenges older adults face, Brain Injury Awareness Month becomes a platform for creating a safer environment. Our collective efforts involve fostering understanding, promoting early detection, and encouraging preventive measures. Increased awareness ensures that older adults receive the care they deserve. Numerous awareness campaigns aim to educate older adults and caregivers on preventative measures, emphasizing the importance of maintaining a safe environment and regular exercise to reduce the risk of falls and brain injuries.

Join Us:

Mark your calendars for Thursday, March 28, from 1:00 to 2:00 p.m. at 101 Poor Farm Road. We invite you to participate in our "Pedestrian Safety and Fall Prevention Program" workshop by The Brain Injury Alliance of New Jersey. This workshop provides practical tips to enhance independence.



**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**



GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)

Monday, March 18 at 3:00 p.m.

Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, March 18 at 11:00 a.m.

Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

CAREGIVERS

Monday, March 4 at 3:00 p.m.

Monthly meetings to share challenges and experiences.

CLEARING SPACES

Mondays, March 4 at 3:00 p.m.

Weekly decluttering sessions with useful tips and tricks.

CRAFTER'S CORNER

(IN-PERSON AT NSK - HYBRID)

Thursday, March 14 at 11:00 a.m.

A fun space for craft hobbies.

EARLY-STAGE MEMORY

LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, March 21 at 3:00 p.m.

For those with early-stage memory loss.

FOREVER YOUNG (55-65)

(IN-PERSON AT NSK - HYBRID)

Thursday, March 7 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, March 9 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, March 13 and 27 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.

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.



FROM THE DEVELOPMENT OFFICE



Spotlight on NightingaleNJ Eldercare Navigators

Advocate. Guide. Expert.

NightingaleNJ assists older adults and their loved ones navigate the complex transitions of aging. All eldercare navigators are licensed healthcare professionals who specialize in the field of geriatrics, with an in-depth knowledge of resources in the aging care continuum, housing options, family dynamics and the healthcare system. We keep life simple by guiding you in making proactive purposeful decisions aimed at maintaining your power, control, dignity, and peace of mind.

Your Voice. Heard.

Learning what is important to you means your navigator knows your history, your values, your strengths, and fears. We don't speak for you; we amplify your voice to ensure your values are honored every step of the way.

Through assessment, planning, and monitoring we establish your priorities, create a care strategy, and ensure interventions are working. We act as your liaison by streamlining services, coordinating care, and facilitating communication which saves you time and money.

Most of all, NightingaleNJ Navigators are your trusted partner. We are there for you when others can't be. We hold you up when life is overwhelming, we show up when you need us, we sit with you when you are ill, and we always give you the time you need when you need someone to listen. We hear you with empathy, we advocate with passion, we act with integrity, and strengthen you through community with amazing partners in care like the Center for Modern Aging Princeton.

nightingalenj.com

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Prince at bprince@cmapprinceton.org or 609.751.9699.



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 manifests itself through her powerful voice. Grace is a woman who has seen many different facets of the entertainment industry and now shows vocal versatility that 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, 2024
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)



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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
and complimentary Grace Little CD)

Company Name _____

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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

☐ *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

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

- 6 complimentary tickets
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For more information about event sponsorships or printed ad journal specifications, contact Lisa Adler at ladler@cmaprinceton.org, or call 609.751.9699, ext. 103.

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LOTERÍA

(IN-PERSON AT THE PRINCETON UNIVERSITY ART MUSEUM
ON HULFISH STREET)

SATURDAY, MARCH 16 AT 3:00 P.M.

Celebrate with us at Lotería (Mexican Bingo) at the Princeton University Art Museum on Hulfish Street. Join us for an afternoon of vibrant games and community camaraderie! This event is in collaboration with Princeton Human Services and hosted by Councilwoman Leticia Farga.

Inquiries – Johanna Peters at jpeters@cmaprinceton.org.



AS WE TRANSITION FROM PSRC TO CMAP, PLEASE BE SURE TO **CHECK YOUR JUNK EMAIL FOLDERS** FOR OUR COMMUNICATIONS. WE DON'T WANT YOU TO MISS OUT ON ANYTHING!

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