

*(Formerly Princeton Senior Resource Center)*



### POKER: TEXAS HOLD'EM

(IN-PERSON AT SPB LOCATION)

**THURSDAYS, APRIL 11 THROUGH APRIL 25, 3:00 TO 4:30 P.M.**

**FEE: \$5**

**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**

**DECODING AUTISM:**  
UNDERSTANDING IT ACROSS ALL AGES  
(IN-PERSON AT NSK LOCATION)

**WEDNESDAY, APRIL 17, 4:00-5:00 P.M.**

**FEE: \$5**

**SEE PAGE 6 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.

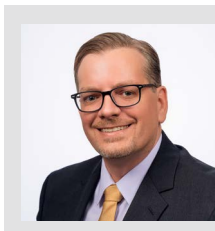
*A nonprofit organization serving our community*

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**The Center for Modern Aging Princeton (CMAP) is a community nonprofit organization that exists to help older adults thrive.**

*We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.*



**FROM THE CEO, DREW DYSON**

**KEEPING THE MAIN THING THE MAIN THING**

Dear Friends,

Early in my career, one of my mentors reminded me of the importance of "keeping the main thing the main thing." More recently, Simon Sinek in his influential book *Start with Why*, reinforced his teaching by encouraging organizational leaders to continually reinforce for themselves, their staff, and their constituents the driving force behind their organization's existence. "All organizations start with WHY," Sinek writes, "but only the great ones keep their WHY clear year after year." In a three-part series over the next few months, I want to share (the mission, vision, and values of the Center for Modern Aging Princeton as a way to reinforce our commitments and move forward together into our exciting next chapter.

For CMAP, as our mission statement emphasizes, our "why" is a commitment to empowering older adults fifty-five and above to thrive, not just survive, through a journey of active, healthy, and engaged living. We are dedicated to transforming the narrative of aging, a narrative that all too often has focused negatively on one's decline in later life. We push back on this conventional view of aging as a period of decline to recognize later life as a chapter rich with potential growth, contribution, and fulfillment. This perspective shift is crucial for older adults navigating the complexities of modern aging, as it focuses on opportunities that this life stage offers for continued development, connection, and purpose.

**A Community Anchored in Purpose**

CMAP's mission serves as a beacon, not only for our organization but also for individuals seeking to rediscover or define their "why" in their retirement years. We strive to provide a supportive and vibrant community where older adults are encouraged to explore and engage in activities that align with their personal values and passions. By doing so, CMAP ensures that aging becomes not simply a matter of decline, of adding years to our lives, but more importantly, adding life to our years!

*Vital Human Connections.* At the core of finding one's "why" is the human need for connection. CMAP fosters an environment where older adults can forge meaningful relationships, combatting the isolation that so often accompanies growing older. These human connections are vital, offering opportunities to share stories, learn from each other, and build a supportive network that values each individual's unique journey.

*Compassionate Social Services.* Understanding and addressing the challenges we encounter in our later years requires compassion and guidance. Our social services, from our inception in 1974, are designed to support older adults and their families as they navigate these challenges, providing the resources and assistance needed to make informed decisions about health, living arrangements, caregiving, and so much more. This supportive approach enables older adults to focus on their “why,” knowing that their practical concerns are being managed with care and expertise.

*Dynamic Lifelong Learning.* Lifelong learning is a key component to living one’s “why.” CMAP offers a diverse array of programs that cater to one’s intellectual, creative, and personal growth. From our renowned Evergreen Forum to technology workshops, from art classes to health seminars, and so much more, we seek to encourage older adults to continue exploring their interests, acquiring new skills, and engaging with the world in meaningful ways.

*Meaningful Volunteer Opportunities.* Volunteering is also a powerful avenue for expressing one’s “why.” Through our volunteer opportunities, which will be expanding in the near future, we seek to provide a platform for older adults to give back, leveraging their wealth of knowledge, experience, and talents. Whether it’s mentoring the younger generation through GrandPals or Seniors-for-Seniors, leading community projects, or participating in civic engagement, we seek to harness the collective power of older adults in our community and enable them to “give back” in ways that resonate with their values and passions.

### **A Call to Action: Discover Your “WHY” with CMAP**

The Center for Modern Aging Princeton invites all adults aged fifty-five and above to join our innovative and welcoming community that champions the pursuit of purpose during the later years, redefining aging in a powerful way. We seek to empower individuals to lead lives marked by engagement, fulfillment, and impact. As we collectively navigate the adventures of later life, CMAP stands as a testament to the belief that aging is an opportunity to live our most meaningful lives.

In essence, we aren’t just about offering programs and services to older adults; we are about creating a space where older adults can continue to explore and live out their “why,” and thrive. Join us in this journey, and let’s redefine the landscape of aging together, proving that the later years can be a time of vibrant growth, profound purpose, and boundless opportunity!

*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**

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

## CMAP STAFF

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

**Donna Cosgrove**  
*Chief Operating Officer*

**Lisa Adler**  
*Chief Development Officer*

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**Fran Angelone**  
*Crosstown Coordinator*

**Billi Charron, MSW**  
*Social Worker*

**Cathy Gara**  
*Bookkeeper & HR Coordinator*

**Cheryl Gomes**  
*Development Associate*

**Ana Carolina González-Peña**  
*Coordinator of Diversity, Equity, Inclusion,  
and Belonging*

**Krista Hendrickson**  
*Director of Lifelong Learning*

**Sharon Hurley, CVA**  
*Volunteer & Vaccine Navigator Coordinator*

**Ella Leving**  
*Community Outreach Coordinator*

**Nick Macy**  
*Program Associate: Technology*

**Johanna Peters**  
*Director of Social Services*

**Barbara Prince**  
*Development Coordinator*

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

**Beth Weiskopf**  
*Program Administrator*

**Kathleen Whalen**  
*Director of Communications*

**Z Zinsitz**  
*Administrative Assistant to the CEO*

## 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

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H - Hybrid Group/Program

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

## NATIONAL HEALTHCARE DECISIONS DAY EVENTS



### **COCO** (In-Person at NSK Location)

*Friday, April 12, 3:30-5:30 p.m.*

Experience the heartwarming tale of "Coco!" Designed for intergenerational fun where all ages are welcome. Don't miss this family-friendly event celebrating love, life, culture, and music! Popcorn included.

Registration Required, no fee.



### **EMPOWERING CHOICES: NAVIGATING MAiD**

(In-Person at NSK Location)

*Tuesday, April 16, 3:30 p.m.*

New Jersey passed the Medical Aid in Dying (MAiD) law in 2019, making New Jersey the eleventh state where medically assisted dying is legal. However, even five years after the law passed, many people (and even health professionals) are surprised to know that MAiD is legal in New Jersey. We will explain what the requirements are to qualify for MAiD, discuss in detail the steps one must take to access MAiD, and further discuss why patients with terminal illnesses might choose MAiD as an option. We also explore how MAiD practitioners work with hospice, how MAiD varies from standard hospice care, how to find a participating doctor, and explain that there are varying practice models for MAiD.

Presenter: Dr. Robin Plumer, president of Compassionate Endings NJ, LLC  
Registration required, no fee.

### **EMPOWERING CHOICES: EXPLAINING YOUR FIVE WISHES** (Hybrid - In-person at NSK Location and on Zoom)

*Monday, April 22, 1:00-2:00 p.m.*

Billi Charron, MSW, CDP, will discuss how to navigate the Five Wishes document to identify end-of-life choices. Registration Required, no fee.

### **FYI SEMINAR: DNR & DNI, OH MY!** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, April 22, 2:00-3:00 p.m.*

In this presentation, Dr. Rao will review the basics of advanced care planning for older adults along with some important information regarding cardiopulmonary resuscitation – the procedure, its risks and benefits, and outcomes.

Registration required, no fee.

*We thank New Jersey Health Care Quality Institute and Conversations on Your Life for partnering with us to host these events.*



### 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

### **DOCUMENTARY: AMERICAN RAMADAN** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, April 15, noon-1:00 p.m.*

Explore the American Ramadan experience through the documentary "American Ramadan." Discover stories and traditions that unveil cultural and religious diversity in this captivating cinematic journey. Witness everyday struggles, fears, hopes, and challenges shared by all, regardless of faith. Join us for an enlightening view of this sacred month.

Registration required, no fee.

### **THE CROWN: SEASON 5** (Zoom)

*Monday and Wednesdays, April 1 through May 1, 4:00-5:00 p.m.*

You won't want to miss the royal intrigue in season five of "The Crown"! Set during the 1990s, the focus shifts to the tumultuous events within the British royal family, including the collapse of Princess Diana and Prince Charles' marriage. As Queen Elizabeth II navigates through personal and political challenges, including the fallout from her children's divorces, her relationship with Prime Minister John Major becomes strained amidst political turmoil. The season delves into themes of family dynamics, duty, and the evolving role of the monarchy in a changing world.

Registration required, no fee.

# ALL PROGRAMS APRIL 2024

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

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

*Friday, April 5, 1:00 p.m.*

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

Runtime: 2 hours 13 minutes; Genre: Dramey; Rated: R. Featuring Paul Giamatti and Da'Vine Joy Randolph.

Registration required, no fee.

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

*Tuesdays and Thursdays in April, 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 such as Fibber McGee & Molly on Tuesdays and The Whistler 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.

**LIBRARY READS** (Zoom)

*Monday, April 1, 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: POETRY MONTH SPECIAL** (In-Person at SPB Location)

*Thursday, April 25, 6:00-7:00 p.m.*

*Fee: \$5*

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 our special musical guest. Let's come together to celebrate gratitude, the art of storytelling, and the harmony of music, all within the welcoming embrace of our cafe.

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

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

**PALETTE PLAY: OIL & ACRYLIC FUNDAMENTALS**

(In-Person at SPB Location)

*Wednesdays, March 13 through May 1, 2:00-4:00 p.m.*

**SPRING INTO ART: PAINT & LEARN WITH CAPITAL HEALTH** (In-Person at NSK Location)

*Monday, April 8, 11:00 a.m.-1:00 p.m.*

*Fee: \$5*

As the flowers bloom and the sun showers its warmth, join us for a Paint and Learn to celebrate the arrival of spring! With a canvas in one hand and a delightful beverage in the other, we'll welcome spring with a burst of color, laughter, and perhaps a sprinkle of flower petals. Toast to the equinox with us at our Paint and Learn event! Let creativity bloom as expert instructors guide you to create a masterpiece that captures the vibrant spirit of the season. Join us for a morning of painting, learning, and celebrating the magic of spring!

Instructor: Barbara Wesner from Capital Health LIFE

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

*Every other Thursday, April 18 to June 27,*

*11:00 a.m.-12:30 p.m.*

*Fee: \$60 resident/\$70 non-resident*

It's time to tell your story. In this Memoir Writing Workshop, you will join with fellow storytellers to write about your life, your relationships, your opinions, your advice, the lessons you have learned, and more. The instructor will provide weekly writing prompts, or you can write about whatever is on your mind. During each class, participants will share their pieces and get feedback from an encouraging group of fellow storytellers. The instructor will provide editorial support as requested. We will also review writing tips and techniques. All levels of writing ability are encouraged.

Instructor: Wendy Humphrey

**UNLOCKING THE ART OF ELEMENTAL DRAWING**

(In-Person at SPB Location)

*Tuesdays, March 19 through May 7, 2:00-3:30 p.m.*

**THE WONDERS OF WORDPLAY – SPRING QUARTER**

(Zoom)

*Mondays April 1 through June 24 (no class 5/27),*

*2:00 p.m.*

*Fee: \$10*

Join our cooperative-style poetry workshop where participants share their own poems, receive constructive feedback, and are given a weekly prompt for inspiration. All poets, whether novices or seasoned pros, are welcome!

# ALL PROGRAMS APRIL 2024

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



## GAMES & RECREATION

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

*Tuesday, April 30, 1:30 to 3:00 p.m.*

Join us for a lively afternoon of bingo fun where there's no charge and every game ends with a winner! Come for camaraderie and cool prizes. Registration is required due to limited space.

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

*Tuesdays in April, 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.

### **POKER: TEXAS HOLD'EM** (In-Person at SPB Location)

*Thursdays, April 11 through April 25, 3:00 to 4:30 p.m.*

*Fee: \$5*

Are you ready to ante up and master the thrilling game of Texas Hold'em? Join us for an exciting new class designed specifically for beginners! Whether you're brand new to the world of poker or looking to sharpen your skills, our expert instructor will guide you through the fundamentals of Texas Hold'em in a fun and supportive environment. Please note that this class will not include betting with real money but will use chips, ensuring a risk-free yet immersive learning experience. Instructor: Michael Schwarz II



## HEALTH & WELLNESS

### **DECODING AUTISM: UNDERSTANDING IT ACROSS ALL AGES** (In-Person at NSK Location)

*Wednesday, April 17, 4:00-5:00 p.m.*

*Fee: \$5*

Autism, or Autism Spectrum Disorder, encompasses complex neurodevelopmental disorders that impact behavior, communication, and social interaction. With diversity in types and symptoms, this spectrum affects individuals of all ages, identities, and economic backgrounds. While it may persist throughout life, specialized treatments offer significant improvements. Join us in honoring World Autism Awareness Day! Presenter: Dr. Jaime Lara

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

*Wednesdays starting April 3 through April 24, 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

### **FUSION YOGA** (In-Person at NSK Location)

*Monday, April 29, 11:00 a.m.*

*Fee: \$5*

Join us for a special in-person, bespoke yoga class designed to invigorate the body, clear the mind, and uplift the spirit. Through a blend of movement, stretching, breathwork, and balance exercises utilizing props like chairs, blocks, walls, and the floor, we'll ensure that every posture is both meaningful and the asana awesome! Anticipate thirty minutes of gentle flowing sequences, making poses accessible to all levels, followed by fifteen minutes of stretching and reflective practice.

Instructor: Debbi Gitterman is an experienced yoga instructor and certified yoga therapist (RYT-550 with Yoga Alliance) who began her journey on the mat twenty-plus years ago. Her expertise lies in making yoga accessible to everybody.

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

(Zoom)

*Monday, April 1 through June 24, 10:00 a.m.*

*(no class 5/27)*

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

This expansive workshop encompasses yoga postures, yogic breathing, yoga sounds that 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, a water bottle, and comfortable clothes.

Instructor: Joy Cline-Okoye

### **GROWING WELLNESS: A HYDROPONICS WORKSHOP**

(In-Person at NSK Location)

*Monday, April 22, 11:00 a.m.-1:00 p.m.*

*Fee: \$18 resident/\$23 non-resident*

Begin your green journey of "Plant & Grow" with Desmond Hayes from GeoGreens. Learn to grow your own microgreens in this hands-on hydroponics workshop. Discover sustainability and nutrition as we celebrate Earth Day. Let's sow together! The workshop includes a take-home plant kit.

Instructor: Desmond Hayes

# ALL PROGRAMS APRIL 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

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

*Thursday, April 4 through June 27, 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, April 2 through April 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

### 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

### PLAY WITH THE PRO

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

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

*Mondays and Fridays in April, 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, April 2 through April 30 (no class 4/9 and 4/16), 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

**COCO** (In-person at NSK Location)

*Friday, April 12, 3:30-5:30 p.m.*

Experience the heartwarming tale of "Coco!" Intergenerational fun, all ages welcome. Don't miss this family-friendly event celebrating love, life, culture, and music! Popcorn included. Registration Required, no fee.

**NATURE WALK** (In-Person at Ridgeview Woods)

*Sunday, April 14, 11:00 a.m.-noon (Rain date: Sunday, April 21)*

*Fee: \$5*

Step into the wonder of nature at the dawn of spring with Ridgeview Conservancy's Intergenerational Nature Walk Series! Led by spirited Princeton High School Forest Stewardship Leaders, the Ridgeview Turtles, these walks promise an exhilarating adventure that awakens all your senses, offering a one-of-a-kind opportunity to commune with the great outdoors. Witness the transformation of the forest as spring sets its course. Discover secrets wildflowers hide behind their petals, the geology that allows for their abundance, and the beauty within the change of seasons.



## LIFELONG LEARNING

**FYI SEMINAR: PREPARING YOUR HOME FOR THE SPRING MARKET** (In-Person at NSK Location)

*Monday, April 8, 2:00-3:00 p.m.*

Whether you are down-sizing, up-sizing, or right-sizing, there are home improvements that will maximize your return on investment. The presenter will provide suggestions for improvements which will increase your profits. These improvements will make your home more attractive to buyers and less problematic during home inspections.

Presenters: Anne Nosnitsky

Registration required, no fee.

**FYI SEMINAR: DNR & DNI, OH MY!** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, April 22, 2:00-3:00 p.m.*

In this presentation, Dr. Rao will review the basics of advance care planning for older adults along with some important information regarding cardiopulmonary resuscitation – the procedure, its risks and benefits, and outcomes.

Presenter: Dr. Arun Rao

Registration required, no fee.

**FYI SEMINAR: HOW SOCIAL ISOLATION CAN LEAD TO SCAMS** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, April 29, 2:00-3:00 p.m.*

Senior isolation is an epidemic. Having more friends can keep your brain healthy. When one is vulnerable and alone, they may become more susceptible to senior scams. Let's discuss what some of these may be and signs that things are not what they seem.

Presenters: Barbara Forshner and Scott Bloom, Esq.

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

**PAPER PALOOZA: SIMPLIFYING PAPER MANAGEMENT** (In-Person at NSK Location)

*Monday, April 15, 11:00 a.m.*

*Fee: \$5*

Join us for a dynamic workshop tailored for the fifty-five and above community. Bid farewell to paper chaos and welcome streamlined simplicity as we navigate practical strategies for effective document management. Explore the benefits of efficient organization, reclaiming control over your paperwork for a stress-free and clutter-free environment in the long run.

Instructor: Ana Catarrivas

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

*Biweekly in April, 11:00 a.m.-noon*

Join us 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:

**April 10 – iPhone and iOS Intermediate Tips.**

**April 24 – Apps, Extensions, and Smart Tech,**

**Oh My!**

Registration required, no fee.



## SOCIAL CONNECTIONS

### Programs

**TALK & TEA: PRESCRIPTION MANAGEMENT** (In-Person at NSK Location)

*Thursday, April 25, 1:00 p.m.*

Learn why checking your prescriptions matters for safer, more effective medication use. From understanding dosages to avoiding interactions, empower yourself with essential tips for staying healthy. Stay informed and take



charge of your health today!  
Registration required, no fee.

### **WOMEN IN RETIREMENT SPECIAL PRESENTATION**

**- MADAGASCAR: AN EXPERIENCE WITH  
ENDANGERED LEMURS** (Hybrid - In-Person  
at SPB Location and on Zoom)

*Friday, April 19, 10:00 a.m. – CANCELLED*

Join WIR member Sue Parisi who will present her thrilling wildlife adventure in Madagascar! Sue and her husband have traveled to numerous countries on wildlife expeditions. During their trip to Madagascar, they seized the opportunity to delve into the complex reasons behind the endangerment of lemurs and discover the efforts being made worldwide to aid these creatures.

All are welcome to join in on the excitement!

Registration required, no fee.

## Groups

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

*Monday, April 15, 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, April 11, 10:00 a.m.*

Fun space for craft hobbies.

Registration required, no fee.

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

*Thursday, April 4, 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 - SPRING QUARTER** (In-Person at NSK Location)

*Mondays April 8 through June 24 (no class 5/27),  
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 at 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, April 4 and April 18, 4:00-5:00 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, April 15, 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 at 3:00 p.m.*

General conversation group.

Registration required, no fee.

**SENIOR CITIZEN CLUB** (In-Person at NSK Location)

*Friday, April 26, 11:00 a.m.*

Join us for a social hour of chatting and sharing with refreshments. Led by Rosetta Bruce.

Registration required, no fee.

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

*Tuesdays at 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:

**April 2 – Jessica Apotheker:** What will happen to marketing in the age of AI. (Originally scheduled for February 13)

**April 9 – Paige Alexander:** When you inform women, you transform lives.

**April 16 – Maryam Banikarim:** Life's an obstacle course – here's how to navigate it.

**April 23 – Yara Shahidi:** Let curiosity lead.

**April 30 – Chris Anderson:** It's time for infectious generosity. Here's how. Chris Anderson became the curator of the TED conference in 2002 and has developed it as a platform for identifying and disseminating ideas worth spreading.

Registration required, no fee.

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

*Friday, April 19, 2:30 p.m.*

This group addresses many kinds of issues that can arise during the transition to retirement. Registration required.

Facilitator: 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** (Zoom)

*Monday, April 15 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** (Zoom)

*Monday, April 1 at 3:00 p.m.*

(Usually first Monday of each month)

– share challenges and experiences

**CLEARING SPACES** (Zoom)

*Mondays in April, 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, April 18 at 3:00 p.m.*

(Usually third Thursday of each month)

– individuals experiencing early-stage memory loss

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

*Saturday, April 13 at 10:00 a.m.*

(Usually second Saturday of each month)

– anyone affected by a loved one's memory loss

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

*Wednesday, April 10 and April 24 at 11:00 a.m.*

(Usually second and fourth Wednesday of each month)

– safe space for grieving and connection after losing a partner



## 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 Fridays, from 2:00 to 4:00 p.m. at our NSK location, in-person on Fridays, from 1:00 to 3:00 at our SPB location, and virtually, Monday through Friday.

**TECH WORKSHOP: INFORMATION SECURITY CLASS**

(Zoom)

*Wednesday, April 17, 10:30 a.m.-noon*

*Fee: \$5*

This ninety-minute class explains how to keep your personal information safe from data hackers, scam artists, and malware. We'll discuss email "phishing" and "spoofing" that could trick you into providing your passwords, bogus virus warnings encouraging you to call a fake "help desk," and phone calls from the IRS demanding payment using gift cards. You'll learn best practices for creating effective passwords, using two-factor authentication, and managing credit card information when shopping online.

Instructors: CMAP tech volunteers Don Benjamin and Evelyn Sasmor

# APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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 Caregivers 3:00 Clearing Spaces 4:00 <i>The Crown</i> - Season 5 (ep 1)</p>	<p>2</p> <p>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</p>	<p>3</p> <p>10:00 Pickleball Get into the Game! 10:00 The Feldenkrais Method (NSK) 12:00 Pickleball Play with the Pro (SPB) 2:00 OnStage Seniors (NSK) 2:00 Palette Play: Oil &amp; Acrylic Fundamentals (SPB) 3:00 Let's Talk (NSK-H) 4:00 <i>The Crown</i> - Season 5 (ep 2)</p>	<p>4</p> <p>10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 10:00 Pickleball Prep &amp; Play (SPB) 12:00 Pickleball Play with the Pro (SPB) 3:00 Forever Young (NSK-H) 3:30 Community Without Walls Open House (NSK) 4:00 ¡Se Habla Español: Charlas del Corazón 4:00 The Golden Age of Radio</p>	<p>5</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - <i>The Holdovers</i> (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)</p>
<p>8</p> <p>10:00 Gentle Yoga + Nidra 11:00 Spring into Art: Paint &amp; Learn with Capital Health (NSK) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 FYI Seminar - Preparing Your Home for the Spring Market (NSK) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 4:00 <i>The Crown</i> - Season 5 (ep 3)</p>	<p>9</p> <p>10:30 TED Talks (NSK-H) 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</p>	<p>10</p> <p>10:00 A Taste of Pickleball (SPB) 10:00 The Feldenkrais Method (NSK) 11:00 Next Chapter: Widows &amp; Widowers (NSK-H) 11:00 The Tech Hour (NSK-H) 12:00 Pickleball Play with the Pro (SPB) 2:00 OnStage Seniors (NSK) 2:00 Palette Play: Oil &amp; Acrylic (SPB) 3:00 Let's Talk (NSK-H) 4:00 <i>The Crown</i> - Season 5 (ep 4)</p>	<p>11</p> <p>10:00 Cosmology (NSK-H) 10:00 Crafter's Corner (NSK-H) 10:00 Mindful Chair Yoga 10:00 Pickleball Prep &amp; Play (SPB) 12:00 Pickleball Play with the Pro (SPB) 3:00 Poker - Texas Hold'em (SPB) 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) 3:30 Intergenerational Movie Screening: <i>Coco</i> (NSK)</p>
				<p><b>SATURDAY, APRIL 13</b> 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)</p> <p><b>SUNDAY, APRIL 14</b> 11:00 Intergenerational Nature Walk (Ridgeview Woods)</p>
<p>15</p> <p>10:00 Gentle Yoga + Nidra 11:00 Bereavement 11:00 Paper Palooza: Simplifying Paper Management (NSK) 12:00 <i>American Ramadan</i> (NSK-H) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:30 Tea Social for Russian Speaking Community (NSK) 4:00 <i>The Crown</i> - Season 5 (ep 5)</p>	<p>16</p> <p>10:30 TED Talks (NSK-H) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 2:00 Unlocking the Art of Elemental Drawing (SPB) 3:30 Empowering Choices: Navigating MAiD (NSK) 4:00 The Golden Age of Radio</p>	<p>17</p> <p>10:00 Pickleball Play with the Pro (SPB) 10:00 The Feldenkrais Method (NSK) 10:30 Tech Workshop 11:00 Pickleball Get into the Game! 2:00 OnStage Seniors (NSK) 2:00 Palette Play: Oil &amp; Acrylic (SPB) 3:00 Let's Talk (NSK-H) 4:00 Decoding Autism (NSK) 4:00 <i>The Crown</i> - Season 5 (ep 6)</p>	<p>18</p> <p>10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 10:00 Pickleball Play with the Pro (SPB) 11:00 Pickleball Prep &amp; Play (SPB) 11:00 Time to Tell Your Story 3:00 Early-Stage Memory Loss Support (NSK-H) 3:00 Poker - Texas Hold'em (SPB) 4:00 ¡Se Habla Español: Charlas del Corazón 4:00 The Golden Age of Radio</p>	<p>19</p> <p>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>7:00 Spring Concert (Stone Hill Church)</p>	
<p>22</p> <p>10:00 Gentle Yoga + Nidra 11:00 Growing Wellness: A Hydroponics Workshop (NSK) 1:00 Empowering Choices: Explaining Your Five Wishes (NSK-H) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 FYI Seminar - DNR &amp; DNI, Oh My! (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 4:00 <i>The Crown</i> - Season 5 (ep 7)</p>	<p>23</p> <p>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</p>	<p>24</p> <p>10:00 Pickleball Play with the Pro (SPB) 10:00 The Feldenkrais Method (NSK) 11:00 A Taste of Pickleball (SPB) 11:00 Next Chapter: Widows &amp; Widowers (NSK-H) 11:00 The Tech Hour (NSK-H) 2:00 OnStage Seniors (NSK) 2:00 Palette Play: Oil &amp; Acrylic (SPB) 3:00 Let's Talk (NSK-H) 4:00 <i>The Crown</i> - Season 5 (ep 8)</p>	<p>25</p> <p>10:00 Cosmology (NSK-H) 10:00 Mindful Chair Yoga 10:00 Pickleball Play with the Pro (SPB) 11:00 Pickleball Prep &amp; Play (SPB) 1:00 Talk &amp; Tea (NSK) 3:00 Poker - Texas Hold'em (SPB) 4:00 The Golden Age of Radio 6:00 Literary Café (SPB)</p>	<p>26</p> <p>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)</p>
<p>29</p> <p>10:00 Gentle Yoga + Nidra 11:00 Fusion Yoga (NSK) 1:00 Global Conversations 1:00 Table Tennis (SPB) 2:00 FYI Seminar - How Social Isolation Can Lead to Scams (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 4:00 <i>The Crown</i> - Season 5 (ep 9)</p>	<p>30</p> <p>10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Stay-Well Chair Exercise 1:30 Bingo: Win Like Never B-4 (NSK) 2:00 Unlocking the Art of Elemental Drawing (SPB) 4:00 The Golden Age of Radio</p>	<p><b>Key:</b> NSK - Nancy S. Klath Center PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building H - Hybrid Group/Program</p>		<p><b>PRINCETON CAFÉ FOR OLDER ADULTS</b> Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p>

### 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 is 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](mailto:eleaving@cmaprinceton.org) or apply at <https://engage.cmaprinceton.org/grandpals-interest>.

## COMMUNITY WITHOUT WALLS OPEN HOUSE

**COMMUNITY WITHOUT WALLS OPEN HOUSE** (In-Person at NSK Location)  
*Thursday, April 4, 3:30-4:30 p.m.*

Do you want to continue to live a meaningful life in the home and community you love? Are you looking to make new friends, form new connections, and join a community of mutual support? Do you live in the greater Princeton region (within twenty-five miles of Princeton)? If you answered yes to these questions, Community Without Walls (CWW) may be right for you! CWW is a membership organization of individuals dedicated to pursuing mutually supportive activities and forming lasting friendships. If you are interested – or intrigued – we invite you to join us for an Open House & Afternoon Tea to learn more about CWW, hear current members share their stories of connection, and discover what each CWW "House" offers.

Registration required, no fee.



## NATIONAL VOLUNTEER WEEK APRIL 21-27, 2024

At CMAP, volunteers are essential to everything we do every day. National Volunteer Week, April 21-27, 2024, is a time to celebrate the impact of volunteer service on our communities.



### CMAP VOLUNTEERS:

- Front Desk Associates • Book Discussion Facilitators
- Technology Lab Assistants • Evergreen Forum Instructors
- GrandPals • Event Production Assistants
- Home Friends • Crafter's Corner • Retirement Group Leaders
- Social & Support Group Facilitators • Vaccine Navigators
- Board and Advisory Volunteers • Seniors for Seniors
- and so much more!

CMAP has more than 375 volunteers helping us do what we do best—serve aging adults! Whether working at our front desk assisting with phone calls and answering questions, or offering support and advice as a board trustee, you make a difference in our lives.

We honor you and thank you for all that you do!

If you are interested in volunteering, please complete the volunteer interest form on our website or by using this link: <https://engage.cmaprinceton.org/volunteer>.

## WINTER RAFFLE 2024 ARE YOU FEELING LUCKY?

Help support CMAP by entering for a chance to WIN!

First Prize – \$5,000 AMEX gift card

Second Prize – \$2,500 AMEX gift card

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

Fourth Prize – iPad (\$300 value)

**Tickets on sale NOW**

**Drawing on Thursday, March 21**

\$100 each, max 300 tickets sold

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

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

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



# 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

## NCOA Vaccine Uptake Grant Milestones 2023-2024

We are excited to announce that we have met or exceeded all the NCOA grant goals. The grant project period ends on April 30, 2024.

### Measurable Objectives, Activities, and Outputs

As described in the grant agreement, NCOA's overall objectives for the Vaccine Uptake Initiative are:

- 1) To implement a nationwide campaign to ensure older adults and people with disabilities get the latest COVID and flu vaccines.
- 2) Conduct tailored outreach, host vaccine clinics, and offer services many older adults need to get vaccinated, such as transportation and assistance in scheduling appointments.



The Center for Modern Aging supported NCOA's goals on the Vaccine Uptake Initiative, by performing the following list of activities. CMAP exceeded the goals in many of the activities listed:

1. Host four COVID-19 vaccination/booster clinics and two Influenza vaccination clinics, with the goal of seeing 1,000 older adults receive either the COVID-19 primary series or updated booster shots and 1,000 older adults receive the Influenza vaccine.
2. Host four community health town hall meetings to reach 1,000 people.
3. Engage seventy-five community volunteers to assist with outreach, scheduling, transportation, and other needs associated with vaccinations and community health.
4. Directly contact 950 older adults previously assisted through Vaccine Navigators to assist with outreach, scheduling, transportation, etc. to encourage updated vaccinations and boosters.
5. Direct outreach to 300 residents of senior affordable housing communities to encourage and assist with updated vaccinations and boosters.
6. Provide transportation assistance, in-home vaccination, social service support, and other resource or referral needs for any older adults identified through our outreach efforts.
7. Reach a readership of over 20,000 community/county residents with a publicity campaign aimed at encouraging vaccinations.

CMAP will continue to hold vaccine clinics in 2024, town hall presentations, and hold community events, including an annual health fair.

### Older Adults Now Able to Receive Additional Dose of Updated COVID-19 Vaccine

The CDC issued a press release in February 2024, stating that adults ages sixty-five years and older could receive an additional 2023-2024 COVID-19 vaccine dose. The recommendation acknowledges the increased risk of severe disease from COVID-19 in older adults, along with the currently available data on vaccine effectiveness.

Read the full press release here: <https://www.cdc.gov/media/releases/2024/s-0228-covid.html>

[cmapprinceton.org/vaccine-navigators](https://cmapprinceton.org/vaccine-navigators)

# 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. Appointment required, no fee.

## COMPUTER GURU – *by Don Benjamin*

### “My Computer Seems Slow”

*Is your computer losing its moxie? Does it take, like, forever to load web pages? Read on....*

Computers do not get slower as they age or when they have “too many” files.<sup>1</sup> When folks tell us their computers seem slow, it’s usually because 1. They have an older computer with a slow processor and a mechanical (spinning) disk that can’t handle today’s software and data demands, or 2. Their internet connection isn’t up to the task.

#### **Old(er) Equipment and Slow Processors**

Generally, Windows and Mac computers over five or six years old may be candidates for replacement. This is especially true if they have Intel Core i3 or Pentium processors<sup>2</sup>, which aren’t efficient at multi-tasking (e.g., simultaneously printing a picture, opening a document, and updating software in the background—things computers do all the time.) They may work for email but can quickly bog down when showing graphics-laden web pages or retrieving data from your hard drive.

**If you’re in the market for a new Windows computer**, you should opt for one that uses an Intel Core i5 or (AMD Ryzen 5) processor that can ease through concurrent tasks. **All new Mac computers use Apple’s M-series processors**; even Apple’s lowest-tier M1 processor is super-efficient.<sup>3</sup>



*It appears that Steve is ready to replace his computer.*

Most new laptops use “solid-state” main storage drives that are many times faster than spinning disks.

#### **Pokey Internet Connections**

A slow internet connection may be the culprit if you have a fairly new, whiz-bang computer but are plagued with glacially slow websites, jittery Zoom performance, or lagging file downloads. Your internet provider may be delivering sub-par service, or your Wi-Fi network could have “issues.”

Most Xfinity and Verizon service plans provide data at speeds of at least one hundred megabits/second (check your contract). However, the internet speed measured at your computer depends on its distance from the router (which you should not hide in a closet or behind the sofa.) You can test your internet speed at <https://www.speedtest.net>. One hundred MB is good. Ten is too slow.

If you think your computer is slow, mozey over to **Tech Lab – Center for Modern Aging Princeton** ([cmaprinceton.org](http://cmaprinceton.org)). We’ll be glad to check it out.

<sup>1</sup> There are a few exceptions to the “too many files” problem. But most folks have tons of unused disk space.

<sup>2</sup> The processor is the doo-hickey that makes things happen on your computer.

<sup>3</sup> Complex tasks, like video editing, might require faster processors, like Core i7 or i9, or M2 Pro or Max.

# ENSURING YOUR MEDICATION WORKS: WHY GETTING YOUR PRESCRIPTION CHECKED MATTERS

*by Johanna Peters, Director of Social Services*



In healthcare, ensuring your medications are safe and effective is super important. When your doctor gives you a prescription, it's like a roadmap for taking your medicine correctly. But sometimes, mistakes can happen, and that's where getting your prescription checked by your doctor or pharmacist is handy. Let's break it down.

## **Why Getting the Right Dose is Crucial**

Taking the correct dose of your medication is critical to feeling better and staying healthy. Your doctor thinks about many things—like age, weight, and medical history—before giving you a prescription. But mix-ups can still occur, like if there's a misunderstanding or your health changes.

That's where getting your prescription checked helps. Your doctor or pharmacist can review everything to ensure you get the correct dose. They might double-check your medical history or talk with other experts to ensure everything's on track. And remember, it's essential to speak up if you have questions or notice anything strange about your medication.

## **Avoiding Tricky Interactions Between Medicines**

Another biggie is making sure your medications play nicely together. Sometimes, when you take different meds, they can interact in unexpected ways. Which can affect how well they work or even cause side effects.

It's crucial to have your prescription checked to avoid these mix-ups. Your pharmacist is like a superhero in this regard. They can review all your meds, including stuff you buy without a prescription, like vitamins or herbal remedies. If there's a potential problem, they can swoop in and give you advice or work with your doctor to find a safer option.

## **Making Medication Safety a Breeze**

Getting your prescription checked isn't just about fixing mistakes but keeping you safe. Your pharmacist and doctor are on your team, ensuring you get the best care possible.

Here's how you can help:

1. Keep a list of all your medications, including anything you take without a prescription.
2. Share this list with your doctor and pharmacist during visits.
3. Please stick to your doctor's recommended doses and only change things after talking to them first.

**Join Us:** Thursday, April 25 at 1:00 p.m. (In-Person at our NSK location) for our Talk & Tea discussion.

Remember, don't hesitate to contact your healthcare team if you have questions or concerns about your medication. They are there to help you stay on the right track.





**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, April 15 at 3:00 p.m.  
Monthly social activities, friendship building, and support.

**BEREAVEMENT**  
Monday, April 15 at 11:00 a.m.  
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

**CAREGIVERS**  
Monday, April 1 at 3:00 p.m.  
Monthly meetings to share challenges and experiences.

**CLEARING SPACES**  
Mondays in April at 3:00 p.m.  
Weekly decluttering sessions with useful tips and tricks.

**CRAFTER'S CORNER**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, April 11 at 10:00 a.m.  
A fun space for craft hobbies.

**EARLY-STAGE MEMORY LOSS SUPPORT**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, April 18 at 3:00 p.m.  
For those with early-stage memory loss.

**FOREVER YOUNG (55-65)**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, April 4 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, April 13 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, April 10 and 24 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.**

APRIL SHOWERS BRING MAY FLOWERS BUT

VEHICLE  
DONATIONS  
HELP THOSE  
IN NEED!

DONATE TODAY

If the weather outside is frightful, and your car's been less than delightful—don't settle for a trade-in value that's low. Donate it and let it go! The good feelings of giving will last longer than some cash in your pocket.

Call 855.500.RIDE or visit [careasy.org/home](https://careasy.org/home) to find out how to give!

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## SPRING CONCERT FUNDRAISER SPECTACULAR THE AMAZIN GRACE LITTLE & GLB

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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

**Ticket(s) \$40 each**

**Patron Level \$100 each**

(Includes a \$60 donation & complimentary Grace Little CD)

Event Sponsorships and Advertisements Available

From jazz to pop, rock to R&B, funk to reggae,  
and everything in between, The GLB Band does it ALL!

Join us as we groove to the beats of Top 40 hits, swing to classic tunes,  
sway to soulful Latin rhythms, and uplift our spirits with gospel melodies.  
With their dynamic range and unmatched skill, The GLB Band promises  
to keep you on your feet all night long!

Don't miss out on this incredible event! Gather your friends and join us for a night  
of unforgettable music and memories. Get your tickets now and prepare to be  
blown away by The GLB Band featuring the sensational Amazin Grace!



*The Amazin Grace Little*

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

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



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



**FUSION YOGA**  
(IN-PERSON AT NSK LOCATION)  
**MONDAY, APRIL 29, 11:00 A.M.**  
**FEE: \$5**  
**SEE PAGE 6 FOR DETAILS.**



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!

## GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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