

*(Formerly Princeton Senior Resource Center)*



### GUITAR GROOVE 101

(IN-PERSON AT NSK LOCATION)  
**MONDAY, MAY 13, 1:00-2:00 P.M.**

**SEE PAGE 5 FOR DETAILS.**



**EMPOWERHER SPEAKER SERIES:**  
NURTURING RESILIENCE AND GRATITUDE  
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

**MONDAY, MAY 13, 11:00 A.M.-1:00 P.M.**

**SEE PAGE 4 FOR DETAILS**

**THROUGH THE LENS**  
WITH PHOTOGRAPHER SAMUEL VOVSI  
(IN-PERSON AT NSK LOCATION)  
**TUESDAY, MAY 7, 4:00-6:00 P.M.**  
**FEE: \$5**

**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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**The vision of the Center for Modern Aging Princeton (CMAP) is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. We envision a world where older adults embrace aging and are valued for their wisdom, experience, and talent.**



**FROM THE CEO, DREW DYSON**

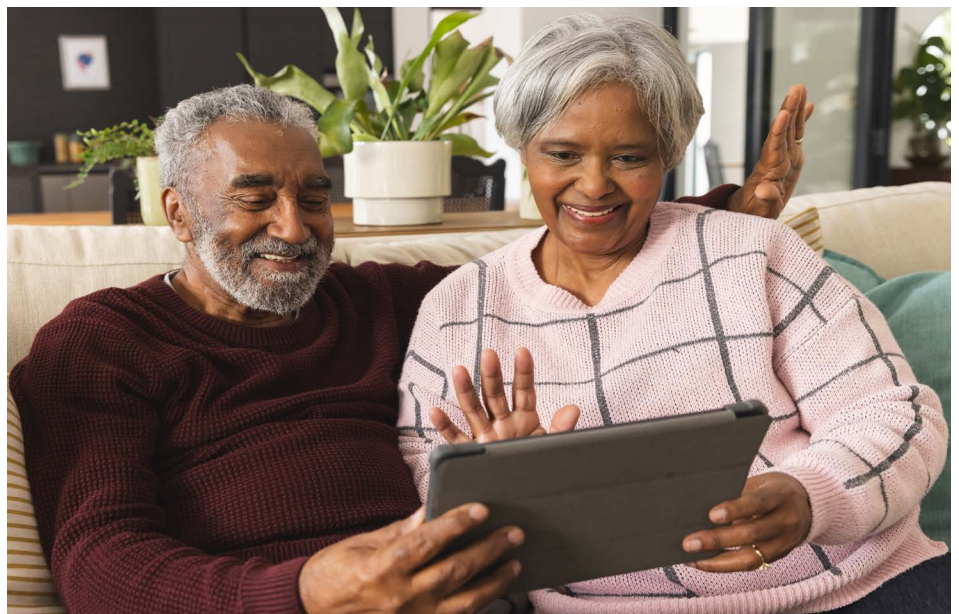
**NAVIGATING THE GOLDEN HORIZON:  
CMAP'S VISION FOR A HOPEFUL FUTURE**

Dear Friends,

One of my mentors once told me, "Drew, your mission statement should drive everything you are doing organizationally, but your vision for the future is the compelling narrative that will guide your success." Our ambition at the Center for Modern Aging Princeton (CMAP) extends beyond simply providing programs and services; we aspire to cultivate a community, and a world, where aging is synonymous with growth, wisdom, and opportunity. We dream of a world where older adults are empowered to embrace their stage of life, contributing their invaluable experience, wisdom, and talents in meaningful ways.

**A vision of Empowerment and Respect**

At the heart of our philosophy is a profound respect for the journey of aging. We believe in a society where older adults are not just respected but are seen as integral to the fabric of our community, bringing a diverse range of skills, insights, and perspectives that enrich all our lives. By fostering an environment of support and understanding, we aim to ensure that the process of aging is one of empowerment, where older adults feel valued and engaged at every stage.



## Cultivating Wisdom and Experience

Wisdom and experience are among the most significant gifts that come with age. These are not merely the accumulation of years but the embodiment of lives lived, challenges overcome, and joys celebrated. At CMAP, we are dedicated to creating platforms, such as the Evergreen Forum, where this wisdom can be shared and celebrated, where the stories of our constituents serve as guidance and inspiration for generations to come.

## Valuing Talent and Encouragement

Our community's talent pool is immensely enriched by the contributions of our older adults. CMAP is committed to unlocking this potential, offering opportunities for older adults to mentor, volunteer, and engage in activities (such as GrandPals or Seniors-for-Seniors) that not only bring joy to their lives but also make a tangible difference in the community. From the arts to education, from leadership to service, we champion the involvement of older adults in a broad spectrum of roles that reflect their passions and expertise.

## A Partnership for the Future

Achieving our vision for a world where older adults are embraced and valued is a collective endeavor. It calls for the engagement of families, businesses, educational entities, and the wider community in a shared commitment to reshape how we view and experience aging. CMAP invites all of our stakeholders and friends to come together in this mission, forging partnerships that enhance the well-being of the older members of our community and, by extension, our community as a whole.

## Forward Together

Our vision at CMAP is bold, but it is within reach. Through collaboration, innovation, and a shared commitment to valuing the contributions of older adults, we can create a future where aging is not only embraced but celebrated as a phase of life rich with opportunities for growth, contribution, and fulfillment.

We extend an open invitation to you – whether you are navigating the journey of aging yourself, supporting a loved one, or you simply share our vision for a more inclusive society – to join us in this endeavor. Together, we can build a community that not only supports its older members but thrives because of them!

Your journey. Our journey. Together.

*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

The Bank Of Princeton, Brandywine Living: Princeton, Pennington, & Serenade at Princeton, Chefs For Seniors, Home Instead Senior Care, Peapack Private Wealth Management, Stark & Stark Attorneys at Law

## CMAP STAFF

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

**Donna Cosgrove**  
*Chief Operating Officer*

**Lisa Adler**  
*Chief Development Officer*

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*Bookkeeper & HR Coordinator*

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*Program Associate: Technology*

**Johanna Peters**  
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*Development Coordinator*

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*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

## GET MOVING WITH SPRINGTIME ACTIVITIES!



**EVERYBODY WALK!** (In-Person at various locations)  
*EveryBody Walk!* will return this spring! Stay tuned for details.



### ONSTAGE SENIORS OPENING PERFORMANCE

(NSK Location)

*Wednesday, May 15, 2:00-4:30 p.m.*

**Fee: \$5**

OnStage, now in its sixteenth year, opens the 2024 season with "The Best of OnStage." The twenty-one members of the OnStage Ensemble, all over fifty-five years of age, present original monologues and scenes drawn from interviews with area residents. Directed by David Lee White, these scenes and

vignettes, some funny, others poignant, tell the stories of life's triumphs and challenges, setbacks, and successes as seen by the fifty-five-plus world. After the performance, there will be a lively post-show discussion with the audience, followed by a cocktail reception. Learn more about the program here:

**<https://cmaprinceton.org/arts-culture/>**



### JOIN OUR ONLINE PORTAL!

Simplify the registration process by joining our portal! No more typing in your info over and over or forgetting what you've registered for – just log in, and it's all there. Join now for easy event sign-ups at CMAP!



## ARTS & CULTURE

### COMPOSER OF THE MONTH: JOHANN STRAUSS, JR.

(Zoom)

*Tuesday, May 21, noon-1:00 p.m.*

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

Our Composer of the Month class for May delves into the musical world of Johann Strauss, Jr., the nineteenth century Viennese master affectionately known as "The Waltz King." We'll explore his career in the waltz, polka, and operetta genres, listening to timeless classics such as "The Blue Danube" and "Die Fledermaus," alongside delightful surprises you may not have heard before. Dust off your dancing shoes and get ready to tap your toes to the irresistible rhythms of Strauss Jr.'s enchanting melodies!

Instructor: Brenda Leonard

### EMPOWERHER SPEAKER SERIES: NURTURING RESILIENCE AND GRATITUDE

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

*Monday, May 13, 11:00 a.m.-1:00 p.m.*

This lecture series begins with Dr. Emelia Timpo,

drawing from her seventeen-year career in United Nations leadership and academia. She will spotlight the transformative power of perseverance and resilience, emphasizing the significance of reflection, courage, and determination in pursuing dreams and breaking free from societal norms. Her presentation aims to inspire hope and empowerment, underscoring that true freedom originates from within.

### FILM SCREENING: INCEPTION

(In-Person at NSK Location)

*Friday, May 17, 1:00 p.m.*

A thief who steals corporate secrets through the use of dream-sharing technology is given the inverse task of planting an idea into the mind of a CEO, but his tragic past may doom the project and his team to disaster. Stay after the film for an in-depth analysis and discussion of the film and its director, Christopher Nolan.

Runtime: 2 hours, 28 minutes; Genre: Sci-Fi Thriller; Rated: PG-13. Starring: Leonardo DiCaprio, Ken Watanabe, Elliot Page, Joseph Gordon-Levitt, Cillian Murphy.

Registration required, no fee.

# ALL PROGRAMS MAY 2024

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

## FIRST FRIDAY FILM – AMERICAN FICTION

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

*Friday, May 3, 1:00 p.m.*

Oscar-nominated film *American Fiction* hilariously confronts our culture's obsession with reducing people to outrageous stereotypes. Jeffrey Wright stars as Monk, a frustrated novelist who's fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes. To prove his point, Monk uses a pen name to write his own outlandish "Black" book – that propels him into the heart of hypocrisy and the madness he claims to disdain.

Runtime: 1 hour, 57 minutes; Genre: Comedy and Drama; Rated: R. Featuring Jeffrey Wright.

Registration required, no fee.

## THE GOLDEN AGE OF RADIO (Zoom)

*Tuesdays and Thursdays in May, 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.

## GUITAR GROOVE 101 (In-Person at NSK Location)

*Monday, May 13, 1:00–2:00 p.m.*

Discover the magic of music in our introductory information session for guitar enthusiasts or for those who are just curious about the instrument! Join us for a dynamic exploration of what our potential new beginners course has to offer with master instructor, Jane Batt. She will discuss how the class will be organized, play some tunes, and will ask you what you hope to explore in a beginners guitar class.

Registration required, no fee

Instructor: Jane Batt

## INTRODUCTION TO BEAD WEAVING (In-Person at NSK Location)

*Thursday, May 23, 1:30–4:00 p.m.*

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

Embark on a journey of creativity and craftsmanship with our immersive introduction to bead weaving class! Join us for a captivating session filled with insightful demonstrations and hands-on practice in various bead weaving techniques. Each stitch we teach is like unlocking a new word in your beading vocabulary, empowering you to express your unique style with every bead. Plus, every participant will receive a bead weaving kit to continue their creative exploration at home.

Instructor: Jeri Schatz

## LIBRARY READS (Zoom)

*Monday, May 6, 1:00 p.m.*

Presented by Princeton Public Librarians, staff will showcase some great recent and notable book titles to add to your to-be-read list. Registration required, no fee.

## MASTERING THE ART OF PAINTING

(In-Person at SPB Location)

*Fridays, May 17 through June 28, 2:00–4:00 p.m.*

*Fee: \$75 resident, \$85 non-resident*

For intermediate painters, this seven-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.*

## TASTE AROUND THE WORLD (In-Person at SPB Location)

*Wednesday, May 22, 3:00–5:00 p.m.*

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

Embark on a culinary adventure with Ana and Ella as they blend the vibrant flavors of the Mediterranean and Latin cuisines in our "Taste Around the World" series. Discover new dishes, master the art of making authentic hummus, and indulge in mouthwatering tacos. Join us for an afternoon filled with laughter, friendship, and delicious delights. Come together around the table for an unforgettable experience of food, fun, and fantastic conversation with your hosts!

## 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.*

## 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.*

Call for availability.

# ALL PROGRAMS MAY 2024

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



## BILINGUAL

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

*Saturday, May 18, 11:00 a.m.-12:30 p.m.*

Join us for an afternoon of bilingual bingo, where fun and socializing blend in two languages. It's free, everyone's a winner, and you can win incredible prizes! Registration is required.

*Sábado 18 de mayo, 11:00 a.m.-12:30 p.m.*

Únete a una tarde de bingo bilingüe, donde la diversión y la socialización se mezclan en dos idiomas. ¡No tiene costo, todos son ganadores y podrás llevarte premios increíbles! La inscripción es necesaria.



## HEALTH & WELLNESS

### **THE FELDENKRAIS METHOD**

(In-Person at NSK Location)

*Wednesdays starting May 1 through May 29, 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 - SPRING QUARTER**

(Zoom)

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

*(no class 5/27)*

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

*Thursday April 4 through June 25, 10:00 a.m.*

### **STAY-WELL CHAIR EXERCISE** (Zoom)

*Tuesday, May 7 through May 28, 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 May, 1:00-4:30 p.m.*

*(no class 5/27)*

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, May 7 through May 28, 11:00 a.m.-noon*

*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



## GAMES & RECREATION

### **BINGO: WIN LIKE NEVER B4**

(In-Person at NSK Location)

*Tuesday, May 28, 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 required due to limited space.

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

*Tuesdays in May, 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.

# ALL PROGRAMS MAY 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 Play with the Pro. 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*



## INTERGENERATIONAL

### WINGS OF LOVE: A MOTHER'S DAY BIRDWATCHING ADVENTURE (In-person at Rogers Refuge)

*Sunday, May 12, 8:00 a.m.*

Calling all families! Start your Mother's Day celebration on a delightful note with our special intergenerational birdwatching program! Join us for a memorable morning with the expert birder, Winnie Spar, as we listen to the beautiful melodies of our feathered friends. Bring your kids and grandkids along and immerse yourselves in the wonders of nature together! Perfect for kids of all ages, this charming event promises to be a heartwarming experience that will make everyone chirp with joy. Don't miss out on this enchanting opportunity to celebrate Mother's Day surrounded by the beauty of nature and the love of family.



## LIFELONG LEARNING

### ESL CLASS: ENGLISH LANGUAGE ENRICHMENT

(In-Person at SPB Location)

*Thursdays starting May 2 through June 27, 2:00-3:00 p.m.*

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

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

Únase a nosotros para un enriquecedor viaje de ESL diseñado para personas mayores. Descubra el placer de aprender idiomas en un entorno amigable y solidario. Cada sesión está diseñada para impulsar las habilidades de comunicación y crear conexiones duraderas.

**EVERGREEN FORUM MASTER CLASS: OPERA FROM EXTRAORDINARY CIRCUMSTANCES**

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

*Tuesday, May 21, 1:30-3:30 p.m.*

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

Experience an emotionally powerful and ultimately inspiring session with instructor Harold Kuskin as he reveals the poignant tale of resilience and creativity amidst unimaginable adversity in Theresienstadt, a Nazi ghetto and concentration camp. Through compelling videos and images, participants will delve into the only opera composed within the camp, alongside stirring performances of the sole children's opera staged there. *Note: A few brief images that some may find troublesome are included in some of the videos.*

Instructor: Harold Kuskin

**FYI SEMINAR: HEARING LOSS & HEARING AIDS**

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

*Monday, May 6, 2:00-3:00 p.m.*

May is Better Hearing & Speech Month. Capital Health audiologist Susan Dondes will help raise awareness by discussing hearing loss symptoms, causes, and treatment of hearing loss and tinnitus. She will also discuss different types of hearing aids.

Presenter: Susan Dondes

Registration required, no fee.

**FYI SEMINAR: CARING FOR TOMORROW**

**- LONG-TERM CARE STRATEGIES**

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

*Monday, May 13, 2:00-3:00 p.m.*

At the end of the seminar participants will be able to: become familiar with long-term care issues that arise in a family, how partners can advocate for themselves and their loved ones during decision-making meetings, conclude how to best advocate for your/loved one's care taking into account societal biases, socio-economic backgrounds, and cultural identities.

Presenter: Carrie Sattergood, Esq.

Registration required, no fee.

**FYI SEMINAR: PARENTS OF ADULT CHILDREN WITH SPECIAL NEEDS**

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

*Monday, May 20, 2:00-3:00 p.m.*

This FYI session will be the get-to-know-you and info stage for a monthly support group for parents of children with special needs. This group will give aging parents an opportunity to gain practical information and to discuss their unique set of thoughts and feelings regarding their children's ongoing care once they are no longer able to do so.

Presenter: Dr. John George

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.

**THROUGH THE LENS WITH PHOTOGRAPHER**

**SAMUEL VOVSI** (In-Person at NSK Location)

*Tuesday, May 7, 4:00-6:00 p.m.*

*Fee: \$5*

A vibrant program designed exclusively for the fifty-five and above community, where photography enthusiasts come together to share their passion and creativity. Through engaging meetups, participants have the opportunity to showcase their photography, receive friendly feedback for improvement, and exchange insights on favorite shooting locations and genres. In a supportive and welcoming atmosphere, members discuss various photography-related topics, from equipment and techniques to photo editing software and beyond. "Through the Lens" isn't just about capturing images; it's about fostering connections, sparking inspiration, and celebrating the joy of photography among like-minded individuals. Join us and embark on a journey of artistic exploration and camaraderie!

Facilitator: Samuel Vovsi

**WORKSHOP: TAKE TWO OF NAVIGATING YOUR TRANSPORTATION OPTIONS**

(In-person at NSK Location)

*Thursday, May 9 at 1:00 p.m. and May 23 at 11:00 a.m.*

This workshop will review the basics to using public transportation for older adults in the Princeton area. You will learn the tools to get you connected to rides. Must attend this session to take part in the Muni bus field trip on May 23.

Registration required, no fee.

Instructor: Carol Chamberlain





## SOCIAL CONNECTIONS

### Programs

#### **MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION – HANDCRAFTED HISTORY**

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

*Friday, May 17, 10:00 a.m.*

Please join us for a presentation by Keith Doney exploring the artistry and techniques behind federal period furniture-making, which lasted from approximately 1780 to 1820. Keith lives in Lawrenceville, New Jersey and is a member of the Society of American Period Furniture Makers. He retired from a technology career in the pharmaceutical industry and enjoys building furniture in his home workshop. All are welcome. Registration required, no fee.

### Groups

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

*Monday, May 20, 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, May 9, 10:00 a.m.-noon*

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

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

*Thursday, May 2, 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 25 (no class 5/27), 3:00 p.m.*

All levels welcome.

#### **GLOBAL CONVERSATIONS** (Zoom)

*Mondays, May 6 through May 20, 1:00 p.m.*

*(no meeting 5/27)*

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, May 9 and May 23, 4:00-5:00 p.m.*

Disfruta de intercambios culturales, juegos de palabras y narraciones para construir conexiones. Celebraremos la diversidad de voces. Es necesario registrarse, sin costo.

Enjoy cultural exchanges, word games, and storytelling to build connections. Let's celebrate the diversity of voices.

Registration required, no fee.

#### **TEA SOCIAL FOR RUSSIAN SPEAKING COMMUNITY**

(In-Person at NSK Location)

*Monday, May 13, 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 May, 3:00 p.m.*

General conversation group.  
Registration required, no fee.

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

*Friday, May 31, 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 May, 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:

**May 7 – Angelique Kidjo and Femi Oke:** Why joy is a state of mind.

**May 14 – Frans De Waal:** Moral behavior in animals.

**May 21 – Reed J. Williams and Lindsay Morris:** How a sanctuary for self-expression can change lives.

**May 28 – Hilde Stenuit:** How new drugs could come from space.

Registration required, no fee.

### **TRANSITION TO RETIREMENT**

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

*Friday, May 17, 2:30 p.m.*

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

Facilitator: Paul Knight

### **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, May 20 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, May 6 at 3:00 p.m.*

(Usually first Monday of each month)

– share challenges and experiences

### **CLEARING SPACES** (Zoom)

*Mondays in May, 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, May 16 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, May 11 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, May 8 and May 22 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 PCs 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 4:00 at our SPB location, and virtually, Monday through Friday.

### **TECHNOLOGY WORKSHOP: STREAMING SERVICES - VIDEO, MUSIC, AND PODCASTS** (Zoom)

*Tuesday, May 14 from 1:30-3:00 p.m.*

**Fee: \$5**

Streaming video services, music services, and podcasts provide an amazing array of content. Are you interested in particular genres, like comedy, videos, and music in other languages, classic TV shows, newscasts, jazz, and classical music? Do you want to learn new skills? Whatever your interest, there is probably a service for you – from classic movies to the latest foreign language TV shows and the latest music releases, it's all available. Join this class to learn more about the available services, how to find the content you want, how to get the content you want, the devices these services work on, and more. Instructors: Evelyn Sasmor and Don Benjamin

# MAY 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 A Taste of Pickleball (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 12:00 Pickleball Play with the Pro (SPB)  
 2:00 OnStage Seniors (NSK)  
 2:00 Palette Play: Oil & Acrylic Fundamentals (SPB)  
 3:00 Let's Talk (NSK-H)  
 4:00 *The Crown* - Season 5 (ep 10)

**2**  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball Prep & Play (SPB)  
 11:00 Time to Tell Your Story  
 12:00 Pickleball Play with the Pro (SPB)  
 2:00 ESL Class (SPB)  
 3:00 Forever Young (NSK-H)  
 4:00 The Golden Age of Radio

**3**  
 10:00 Women in Retirement Coffee Klatch  
 1:00 First Friday Film - *American Fiction* (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)

**6**  
 10:00 Gentle Yoga + Nidra  
 1:00 Global Conversations  
 1:00 Library Reads  
 1:00 Table Tennis (SPB)  
 2:00 FYI Seminar - Hearing Loss & Hearing Aids (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Caregivers  
 3:00 Clearing Spaces

**7**  
 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  
 4:00 Through the Lens with Photographer Samuel Vovsi (NSK)

**8**  
 10:00 Pickleball Get into the Game! (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 11:00 Next Chapter: Widows & Widowers (NSK-H)  
 12:00 Pickleball Play with the Pro (SPB)  
 2:00 OnStage Seniors (NSK)  
 3:00 Let's Talk (NSK-H)

**9**  
 10:00 Cosmology (NSK-H)  
 10:00 Crafter's Corner (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball Prep & Play (SPB)  
 12:00 Pickleball Play with the Pro (SPB)  
 1:00 Workshop (NSK)  
 2:00 ESL Class (SPB)  
 4:00 ¡Se Habla Español! Charlas De Corazón  
 4:00 The Golden Age of Radio

**10**  
 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, MAY 11**  
 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

**SUNDAY, MAY 12**  
 8:00 Wings of Love: A Mother's Day Birdwatching Adventure (Rogers Refuge)

**13**  
 10:00 Gentle Yoga + Nidra  
 11:00 EmpowerHer Speaker Series (NSK-H)  
 1:00 Global Conversations  
 1:00 Guitar Groove 101 (NSK)  
 1:00 Table Tennis (SPB)  
 2:00 FYI Seminar - Caring for Tomorrow (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)

**14**  
 10:00 RSV & COVID Clinic (NSK)  
 10:30 TED Talks (NSK-H)  
 11:00 Tai Chi (SPB)  
 1:00 Games Day (SPB)  
 1:00 Stay-Well Chair Exercise  
 1:30 Tech Workshop: Streaming Services  
 4:00 The Golden Age of Radio

**15**  
 10:00 Pickleball Get into the Game! (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 12:00 Pickleball Play with the Pro (SPB)  
 2:00 OnStage Seniors Opening Performance (NSK)  
 3:00 Let's Talk (NSK-H)

**16**  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball Play with the Pro (SPB)  
 11:00 Pickleball Prep & Play (SPB)  
 11:00 Time to Tell Your Story  
 2:00 ESL Class (SPB)  
 3:00 Early-Stage Memory Loss Support (NSK-H)  
 4:00 The Golden Age of Radio

**17**  
 10:00 Men & Women in Retirement (NSK-H)  
 1:00 *Inception* (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)  
 2:30 Transition to Retirement (NSK-H)

**SATURDAY, MAY 18**  
 11:00 Bingo Bilingüe/Bilingual Bingo (SPB)

**20**  
 10:00 Gentle Yoga + Nidra  
 11:00 Bereavement  
 1:00 Global Conversations  
 1:00 Table Tennis (SPB)  
 2:00 FYI Seminar - Parents of Adult Children with Special Needs (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Aging Gaily (LGBTQ+)  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

**21**  
 10:30 TED Talks (NSK-H)  
 11:00 Tai Chi (SPB)  
 12:00 Composer of the Month: Johann Strauss, Jr.  
 1:00 Games Day (SPB)  
 1:00 Stay-Well Chair Exercise  
 1:30 Opera in Extraordinary Circumstances (NSK-H)  
 4:00 The Golden Age of Radio

**22**  
 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 & Widowers (NSK-H)  
 2:00 OnStage Seniors (NSK)  
 3:00 Let's Talk (NSK-H)  
 3:00 Taste Around the World Series (SPB)

**23**  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball Play with the Pro (SPB)  
 11:00 Pickleball Prep & Play (SPB)  
 11:00 Workshop (NSK)  
 1:30 Bead Weaving (NSK)  
 2:00 ESL Class (SPB)  
 4:00 ¡Se Habla Español! Charlas De Corazón  
 4:00 The Golden Age of Radio

**24**  
 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)

**27**  
 CMAP CLOSED FOR THE MEMORIAL DAY HOLIDAY

**28**  
 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)  
 4:00 The Golden Age of Radio

**29**  
 10:00 Pickleball Play with the Pro (SPB)  
 10:00 The Feldenkrais Method (NSK)  
 11:00 Pickleball Get into the Game! (SPB)  
 2:00 OnStage Seniors (NSK)  
 3:00 Let's Talk (NSK-H)

**30**  
 10:00 Cosmology (NSK-H)  
 10:00 Mindful Chair Yoga  
 10:00 Pickleball Play with the Pro (SPB)  
 11:00 Pickleball Prep & Play (SPB)  
 11:00 Time to Tell Your Story  
 2:00 ESL Class (SPB)  
 4:00 The Golden Age of Radio

**31**  
 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 (SPB)

### 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>.

## JUNE IS LGBTQ+ PRIDE MONTH

### SAVE THESE DATES

- **CMAP PRIDE DAY – Friday, June 7**  
at our NSK Location  
Presentations, movie, snacks, and friendship!
- The fourth annual **Princeton Pride Parade**  
is on **Saturday, June 22**, starting  
at the Bayard Rustin Center for Social Justice,  
12 Stockton St., Princeton.
- **Princeton Community Pride Picnic**  
on **Saturday, May 31, 4:30 p.m.** at Hinds Plaza, 65 Witherspoon Street, Princeton.



CMAP table at 2023 picnic (photo by Rylan Lott LLC)

## INTERN SPOTLIGHT

by Billi Charron, MSW, Social Worker

CMAP would like to thank our two Rutgers MSW field practicum students for their time and dedication to the work we do.

Michelle Ribsam joined us in January of 2023 for an eighteen-month advanced year internship. She is a wife, a dog mom, and a full-time employee of the Mercer County Board of Social Services. Michelle has a special interest in memory loss and socialization and spent countless hours home visiting as a Home Friend, as well as facilitating our Forget-me-Not: Dementia Caregiver support group. She led the weekly Let's Talk conversation group and was an on-site social worker at Princeton Housing Authority and Princeton Senior Living. Michelle graduates with her MSW in late April and will continue to become a Licensed Social Worker.

Kellan Peck joined CMAP in September of 2023 as a generalist intern. Going to graduate school for social work is a second career for Kellan after years in publishing and she has jumped in with both feet. She is a Princeton resident, married, and has two young adult children. Kellan was drawn to support our Next Chapter and Global Conversations groups and started a group of her own, Clearing Spaces. Weekly she leads conversations and fifteen-minute activities to help participants declutter their home. Kellan will continue on to complete the final year of her Master of Social Work degree and hopes to work in counseling.

We will miss the joy and experience that Kellan and Michelle brought to CMAP and look forward to working with them as social workers in the future. We are grateful for our partnership with Rutgers University School of Social Work for the opportunity to help educate students and learn from them as well.



*CMAP interns Michelle Ribsam (L) and Kellan Peck (R)*

### **Are you the parent or grandparent of an adult who has special needs?**

This Older Americans Month we want to support you and those you are caring for and worried about. On May 20 we are having an FYI discussion session for parents and those caring for adult children and adult grandchildren with special needs. One of the concerns we often hear about is "what will happen to my child when I can't help them anymore." Sometimes we hear this from someone worried about an adult with developmental or physical disabilities and other times it is an adult with mental health concerns. Many older adults are emotionally and financially responsible for their adult children who need guidance and support. This discussion group is for you! We are hoping to gauge interest in this topic and grow this into a monthly group of parents and grandparents who are planning for "what's next" with their adult child/grandchild once they can no longer assist with basic needs and care. The initial discussion will be led by Dr. John George, clinical psychologist, and experienced group facilitator.



# 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

## RSV Vaccination Clinic & COVID-19 Vaccination Clinic

**Tuesday, May 14**

**10:00 a.m.-noon at NSK Location**

**<https://engage.cmaprinceton.org/component/events/event/399>**

Respiratory syncytial (sin-SISH-uhl) virus, or RSV, is a common respiratory virus that usually causes mild, cold-like symptoms. Most people recover in a week or two, but RSV can be serious. Older adults are more likely to develop severe RSV and need hospitalization. Vaccines are available to protect older adults from severe RSV. The CDC recommends adults aged sixty and above receive the RSV vaccine, after consultation with their healthcare provider.

Last month, the CDC also approved, and recommended, a second dose of the 2023 COVID-19 vaccination for older adults and immunocompromised adults who received their last dose more than four months ago. Now is the time to boost your immunity before the anticipated summer surge.

CMAP will host this RSV & COVID-19 vaccination clinic in partnership with Wegmans and the Princeton Health Department. Registration/scheduling link and insurance information for the upcoming clinic may be found above.

The RSV vaccine is covered by insurance for those individuals with Medicare Part D. If you are not covered, the cost of the vaccine is \$341.99 to be paid to Wegmans at the time the shot is administered. If you do not have insurance, and would still like to get the RSV vaccine, we will help cover all or part of your costs. Simply go online using the link below to schedule the vaccine and call CMAP or send an email to [info@cmaprinceton.org](mailto:info@cmaprinceton.org) requesting assistance with the cost.



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

## CMAP CELEBRATES SHARON HURLEY

On March 27, the Center for Modern Aging Princeton bid a fond farewell to Sharon Hurley, our longtime director of social services and, for the past fifteen months, our Vaccine Navigator & volunteer coordinator, who “re-retired.” Sharon joined our team in the fall of 2015 and has had a profound impact on the lives of participants, staff, volunteers, and community leaders. After retiring in 2023, Sharon agreed to stay on our staff part-time to expand our Vaccine Navigator program and focus on our volunteer recruitment and engagement. We are incredibly grateful for all of Sharon’s contributions and send her off with our love, appreciation, and good wishes as she enters this new phase of her journey.



*Sharon Hurley*

## Apple's iWork Apps

*This month, we review Apple's free office applications: Pages, Numbers, and Keynote.*

Microsoft Word is my go-to application when I need to write stuff, but Apple's iWork suite of Pages, Numbers, and Keynote are all capable office applications included on iPhones, iPads, and Mac computers. (As in free. No cost. Bupkis.)

iWork applications will open Word, Excel, and PowerPoint files created by their Microsoft counterparts and can save them in those formats. Of course, you can also create a PDF version of any iWorks document, which is a universal format that virtually anyone can open on virtually any device.<sup>1</sup>



*Steve is writing his memoirs using Pages. (Steve is a dog.)*

### Pages

Apple's Pages word processor uses the same paragraph styles concept as Microsoft Word, which makes formatting a document simple. You can set font type and size for body text, subheadings, headers and footers, captions, etc., and changing a style carries through your entire document.

iWork menus don't use the "ribbon" icon layout that you see across the top of the Microsoft Office apps, and if you're a seasoned Word user, Pages can seem awkward at first. But iWork menus are context-sensitive, which means they automatically adjust to the part of the document you're working on.

As a testament to my claims, I'm using Pages for this edition of "Guru." No muss. No fuss. (And there's no aftertaste.)

### Numbers

Numbers is Apple's spreadsheet application. It works like Excel but uses the same context menu format as Pages (and Keynote). Defining cell formats is more flexible in Numbers, and charts and graphs are a snap.

On the other hand, Numbers isn't as sophisticated as Excel, which Microsoft festoons<sup>2</sup> with new functions every week. If you're preparing corporate asset evaluations or performing "what-if" analyses for an IPO, you should probably use Excel. If these tasks are not on your to-do list, Numbers will do nicely.

### Keynote

I started using Keynote for some of our Evergreen Forum classes last year, and I'd argue it's better than PowerPoint. Keynote lets you define multiple text box styles, a feature that PowerPoint lacks. You can attach titles and captions to graphics, instantly reformat slides using templates, and use Keynote's top-notch slideshow manager to present your slideshow.

PowerPoint handles some animation and slide transitions better than Keynote, but Keynote excels at keeping slides consistent and removing backgrounds from graphics. All in all, I find Keynote easier, faster, and doesn't upset your stomach like aspirin. (Oops. I may have strayed from the topic.)

If you need assistance, visit the [Tech Lab – Center for Modern Aging Princeton \(cmaprinceton.org\)](https://cmaprinceton.org). We'll be glad to help you out.

<sup>1</sup> I find that "virtually" is overused. I mean, like, virtually everyone uses it.

<sup>2</sup> I used "festoon" in a recent Guru article and received excellent reviews, so I thought I'd use it again.

# THE VITAL IMPORTANCE OF MENTAL HEALTH AWARENESS AS WE AGE

*by Johanna Peters, Director of Social Services*



As we age, our understanding of mental health evolves alongside societal changes, emphasizing the importance of addressing unique challenges faced during this phase of life. No longer confined to the shadows of stigma, mental health awareness emerges as a vital aspect of overall well-being, particularly as we navigate the complexities of aging.

With advancing age often comes a myriad of life changes that can strain mental health. From the loss of loved ones and retirement to declining physical health and increased social isolation, these challenges can be daunting. Additionally, age-related cognitive decline and illnesses such as dementia can further exacerbate these issues, underscoring the critical need for proactive mental health management.

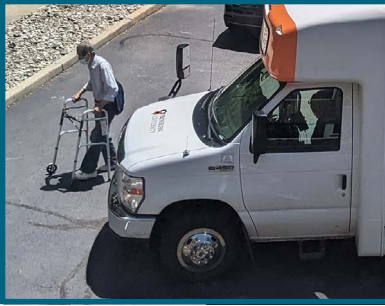
One powerful tool in combating mental health challenges as we age is physical activity. Engaging in regular exercise releases endorphins and neurotransmitters that promote feelings of happiness and reduce stress. Beyond its physical benefits, exercise can improve sleep quality, boost self-esteem, and enhance cognitive function, contributing to better mental health. Activities such as walking, swimming, yoga, or gardening offer accessible ways to incorporate movement into daily life while providing opportunities for social interaction, another essential component of mental well-being.

Socialization is another fundamental aspect of mental health, particularly as individuals age. Unfortunately, many experience social isolation due to the loss of friends and family, physical limitations, or limited opportunities for social interaction. Maintaining an active social life can significantly impact mental health by providing emotional support, reducing loneliness, and fostering a sense of belonging and purpose.

Whether through joining clubs, volunteering, or simply spending time with loved ones, nurturing social connections is vital for overall well-being. Seeking professional help is equally crucial for addressing mental health concerns as we age. Medical and mental health specialists can provide tailored support through therapy, medication, or other interventions. Additionally, practicing mindfulness and relaxation techniques, pursuing lifelong learning and intellectual stimulation, prioritizing self-care, and cultivating gratitude and positive thinking can improve mental health outcomes.

In conclusion, prioritizing mental health becomes increasingly critical as we navigate the complexities of aging. By incorporating strategies such as physical activity, socialization, professional support, and self-care into our daily lives, we can proactively address mental health challenges and cultivate a fulfilling and resilient journey through later life. Let us embrace the evolving understanding of mental well-being and support one another in achieving optimal mental health as we age.





**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, May 20 at 3:00 p.m.  
Monthly social activities, friendship building, and support.

**BEREAVEMENT**  
Monday, May 20 at 11:00 a.m.  
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

**CAREGIVERS**  
Monday, May 6 at 3:00 p.m.  
Monthly meetings to share challenges and experiences.

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

**CRAFTER'S CORNER**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, May 9 at 10:00 a.m.  
A fun space for craft hobbies.

**EARLY-STAGE MEMORY LOSS SUPPORT**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, May 16 at 3:00 p.m.  
For those with early-stage memory loss.

**FOREVER YOUNG**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, May 2 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, May 11 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, May 8 and 22 at 11:00 a.m.  
Safe space for grieving and connection after losing a partner.

**THERE ARE NO FEES FOR THESE GROUPS.**

**ALL GROUPS MEET VIRTUALLY USING ZOOM UNLESS INDICATED OTHERWISE.**

**Sign up for virtual groups on our website or call 609.751.9699 for assistance.**

## FROM THE DEVELOPMENT OFFICE



### Spotlight on Silver Century Foundation

The Silver Century Foundation is a charitable organization to promote a positive view of aging. The foundation is shining a light on entrenched societal ageism. We challenge stereotypes, encourage dialogue between generations, advocate planning for the second half of life and build awareness to educate and inspire everyone to live long, healthy, empowered lives. The Foundation envisions a society where:

- We no longer fear our own aging.
- Viable social and working roles for older adults exist and are valued.
- People are taught how to plan for the middle and later years, not just for the tasks of early adulthood.
- Different generations respect and enjoy each other.
- Growing older is seen not as an inevitable decline but as the fulfillment of a whole life.

Each month the foundation's website publishes, book and movie reviews and informative blogs like this excerpt from Judith Graham's article: *Changing the way you think about aging can improve your life.*

"People's beliefs about aging have a profound impact on their health, influencing everything from their memory and sensory perceptions to how well they walk, how fully they recover from disabling illness and how long they live.

"When aging is seen as a negative experience (characterized by terms such as decrepit, incompetent, dependent and senile), individuals tend to experience more stress in later life and engage less often in healthy behaviors such as exercise. When views are positive (signaled by words such as wise, alert, accomplished and creative), people are more likely to be active and resilient and to have a stronger will to live."

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

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# Spring Fundraiser Event Sponsors\*

Thank you for making the Spring Concert with Grace Little and the GLB a success! Stone Hill Church for hosting the concert, and to our event sponsors and advertisers.

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\* As of April 4, 2024



Thank you to those who entered the 2024 Winter Raffle in support of The Center for Modern Aging Princeton. We sold a total of 204 tickets! Your generosity enables CMAP to help older adults thrive!

## CONGRATULATIONS TO OUR WINNERS!

First Prize Winner – Joshua Kaden - \$5,000 Amex Gift Card  
Second Prize Winner – Tim Duggan - \$2,500 Amex Gift Card  
Third Prize Winner – Tom Onder - Aventon E-Bike  
Fourth Prize Winner – Rhona Porter - iPad



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# EVERGREEN FORUM MASTER CLASS: OPERA FROM EXTRAORDINARY CIRCUMSTANCES

(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)

**TUESDAY, MAY 21, 1:30-3:30 P.M.**

**FEE: \$10 RESIDENT, \$15 NON-RESIDENT**

**SEE PAGE 8 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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