

(Formerly Princeton Senior Resource Center)



CMAP STAYCATION

(VARIOUS LOCATIONS)

MONDAY, AUGUST 5-FRIDAY, AUGUST 9
A WEEK OF SUMMER FUN AT CMAP

SEE [PAGE 4](#) FOR DETAILS.

SAVE THE DATE
2024 CMAP FALL BENEFIT

GOLDEN JUBILEE

Thursday, September 12, 6:00 p.m.

101 Poor Farm Road, Princeton

Celebrating fifty years of
INSPIRATION & INNOVATION

2024 Leadership Awards:

- Individual Honoree: Past Board Chairs, represented by Joan Girgus and past Executive Directors, Jocelyn Helm, Jan Marmor, and Susan Hoskins
- Corporate Honoree: Bloomberg Philanthropies
- Community Impact Honoree: Princeton Area Community Foundation

CMAP GOLDEN JUBILEE

(IN-PERSON AT NSK LOCATION)

THURSDAY, SEPTEMBER 12, 6:00 P.M.

SEE PAGE 23 FOR SPONSORSHIP DETAILS



EVERGREEN FORUM:

Fall 2024 Course List

Classes begin in September
and October 2024.

See [page 14](#) for fall course list.



**THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B
Princeton, NJ 08540
(between Bunn Dr. and
Mt. Lucas Rd.)
Phone: 609.751.9699
Monday-Friday
9:00 a.m. to 5:00 p.m.

SUZANNE PATTERSON BUILDING

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

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

*A nonprofit organization
serving our community*

BOARD OF TRUSTEES

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**BUILDING BONDS AND BRIDGING
CULTURES: STORIES OF ESL**

*by Ella Leving, Coordinator of Community
Outreach*

Dear Friends,

In the spring of 2022, CMAP adopted an ambitious strategic plan, identifying several new and expanding horizons for our organization. One of our strategic priorities is expanding our commitment to diversity, equity, inclusion, and belonging (DEIB). Over the past few years, we have expanded our staff to include a DEIB coordinator and community outreach coordinator, developed bi-lingual programming as well as programming in languages other than English, and strengthened our relationships with our community. One of the highlights of this work has been our first ESL class. Below you will read a wonderful, heartwarming recap of year one of our ESL program. We are excited about our progress – and committed to continuing this important work.



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

In January 2024, the Center for Modern Aging Princeton embarked on an exciting journey, offering English as a Second Language (ESL) classes (free of charge). Back in October 2023, Joan Kuskin, our faithful CMAP patron and longtime volunteer, approached me and offered to pilot an ESL class if I would take the lead in organizing and advertise everything. "I have a lot to give, please use me!" she smiled, and her eyes sparkled. There was no need to ask me twice. My team loved the idea, and I was on it.

Three months later, Joan taught her first class of Russian speakers. I helped her the best I could – many of our participants barely spoke any English, and at times I had to translate. A month into the program, Joan extended a warm invitation to Irina, a long-time Princeton resident fluent in both English and Russian who was excited to be able to volunteer in our class. Shortly after, Grace, a dedicated CMAP volunteer and former teacher, joined the team. Together, they've turned our class into a lively community of learners, each adding their own splash of culture and support.

Joan, with her petite frame, kind heart, and radiant smile, is the embodiment of warmth and encouragement in our ESL class. The students absolutely adore her, and it's no wonder – her teaching style is a wonderful combination



of softness and sweetness, yet firm and to the point. Every student in our class brings their own unique story, and it's not always a happy one. But with Joan's guidance and support, we've created a safe space where everyone feels heard and valued. She turns even the most challenging lessons into a breeze, and her patience knows no bounds.

Thanks to Joan's dedication and passion for teaching, our ESL class at the Center for Modern Aging Princeton has become more than just a language course – it's a family. Irina, our translator and Joan's invaluable assistant brings charm to every session with her elegant style and infectious smile. Grace, our treasured teaching assistant, with her perfect handwriting, handles the writing board with finesse and keeps communication flowing smoothly.

With twelve eager students in the mix, the classroom feels like a family reunion. Students are always on time, perhaps a leftover habit from the old Soviet days, but mostly because they genuinely enjoy each other's company.

A few days ago, Joan began class saying, "Today we will talk about feelings." "How do you feel?" she asked, turning to Irina, our newest student. Irina shyly replied, "I feel happy. I saw a beautiful cherry blossom on my way to work. Awww... I'm happy that I'm here, I'm finally meeting new friends." Natalia, another participant, smiled and said, "The spring is finally here! I love the sunshine! I'm happy I get to have my own plans now! Not my grandson's plans."

Now it's Yuri's turn. He is sitting next to his beautiful wife Olena. The couple, originally from Odessa, Ukraine, came to visit their daughter at the beginning of February 2022 and had return tickets for March 5. They never went back. "I'm feeling very good. I'm in love!" Yuri declares as he hugs his wife in a tender embrace. Their story, like many others here, speaks volumes about the unexpected turns life can take. What began as a short visit to their daughter, turned into a new chapter in their lives. It is one filled with sadness with the loss of their homeland, but also with love and fresh beginnings.

Despite life's twists and turns, CMAP students are turning those lemons into some mighty fine lemonade. Together, they're not just learning a new language; they're crafting friendships, sharing stories, and embracing the immigrant journey with open hearts. To this end, our ESL class is more than just a language program. It's a testament to the power of community, resilience, and the human spirit.

And at the core of it all is our dear Joan. She may be petite, but her heart and smile are as big as they come. Joan came to me one fall day, offering her help with a simple "use me," and since then, she's become the heartbeat of our little ESL family. With her by our side, every lesson feels like a breeze, and every challenge feels conquerable.

Cheers to Joan, our teacher, Irina, and Grace – they are the brightest blossoms in CMAP's garden.

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, Icon Riverwalk

CMAP STAFF

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Kathleen Whalen
Director of Communications

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*Executive Assistant to the CEO &
Coordinator of Strategic Projects*

GROUP/PROGRAM LOCATION KEY:

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

SC - Spruce Circle at 179 Spruce Circle

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

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

STAYCATION AT CMAP

It's August, the A/C is on, and the heat outside is unbearable. Looking for a way to stay entertained and cool? Join us for a staycation in the first week of August! Enjoy arts, music, food, and new friends. Check out the itinerary below.

Monday, August 5 – Meet Your Match for Staycation Week

HOW TO DATE & MAKE FRIENDS ONLINE

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

Monday, August 5 from 11:00 a.m.-noon

Fee: \$5

Let's get together and learn about popular websites for meeting romantic partners. We will review setting up a profile, showcase multiple sites, and answer questions about private messaging, dating etiquette, etc. What a great way to kick off staycation week!

SPEED FRIENDING (In-Person at NSK Location)

Monday, August 5 from 1:00-2:30 p.m.

This is the perfect opportunity to meet a new friend to enjoy Staycation with. Come join us for an exciting afternoon of Speed Friend-ing! Whether you're new in town or just looking to make new friends, this event is perfect for you. You will have three to five minutes of one-on-one with several other participants. Conversation starters will be provided by the event host.

Registration required, no fee.

Tuesday, August 6 – Let's Get Creative!

CANVAS PAINTING (In-Person at NSK Location)

Fee: \$5

Tuesday, August 6 from 11:00 a.m.-1:00 p.m.

What better way to enjoy your staycation than dipping your brush into paint and creating something beautiful? Participants will paint a birdhouse on canvas. The instructor will provide stems that will stick out of the canvas, and we will secure artificial birds to the stems for a 3D effect.

Event sponsored by: Town Square Adult Day Enrichment Center

Wednesday, August 7 – A Cool Treat on a Hot Day **DIY SMOOTHIES AND FROZEN YOGURTS**

(In-Person at NSK Location)

Wednesday, August 7 from 2:00-3:00 p.m.

Fee: \$5

Beat the summer heat with our DIY Smoothies and Frozen Yogurts program! Dive into a world of refreshing flavors and cool treats as we guide you through delicious recipes designed to tantalize your taste buds and keep you refreshed all summer long. From tropical fruit blends to creamy yogurt delights, our program is perfect for the summer months. Join us as we blend, swirl, and sip our way to summer bliss!

Thursday, August 8 – An Afternoon with the New Jersey Symphony Chamber Players **ALL AROUND THE WORLD: SUMMER VIBES**

(In-Person at SPB Location)

Thursday, August 8 from 2:00-3:00 p.m.

Submerge into summer vibes with the New Jersey Symphony Chamber Players showcasing classical tunes and mesmerizing melodies in this special concert sponsored by Bloomberg Philanthropies. Registration required, no fee.

Friday, August 9 – An Introduction (or Re-Introduction) to Princeton Services

INTRO TO PRINCETON (In-Person at SPB Location)

Friday, August 9 from 10:00 a.m.-noon

End your week connecting with friends while discovering local organizations and the valuable services they offer. Listen to brief info presentations and take advantage of the opportunity to meet one-on-one with various agencies and organizations providing social, educational, and community services. Registration required, no fee.

SPOTLIGHT JULY-AUGUST 2024

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



ARTS & CULTURE

THE GOLDEN AGE OF RADIO (Zoom)

*Tuesdays and Thursdays in July & August, 4:00-5:00 p.m.
(not meeting on 8/1)*

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 Dimension X 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, July 1, 1:00 p.m.

Monday, August 5, 1:00 p.m.

The Princeton Public Librarians will present a showcase of recent and notable book titles, offering recommendations to enrich your to-be-read list.

Registration required, no fee.

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

Fridays, July 12 through August 30, 2:00-4:00 p.m.

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

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

NEVERTHELESS, THEY PERSISTED: WOMEN COMPOSERS PRIOR TO THE TWENTIETH CENTURY

(Zoom)

Thursdays, August 22 through September 12

Noon-1:00 p.m.

Fee: \$40 resident/\$50 non-resident

Classical composition has long been dominated by men. Only a few works by female composers have made it into the classical mainstream over the years: those of Clara Schumann and Fanny Mendelssohn, for example. But Oxford Music Online lists nearly 200 women composers before 1900, dating as far back as the eighth century! In this four-week course, Dr. Brenda Leonard explores some of the women who defied expectations and wrote music anyway – music that is still played today.

Instructor: Brenda Leonard

THE WONDERS OF WORDPLAY – SUMMER QUARTER

(Zoom)

Mondays July 1 through September 30, 2:00 p.m.

(no meeting 9/2)

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!



GAMES & RECREATION

BILINGUAL BINGO (In-Person at SPB Location)

Saturday, July 20, 11:00 a.m.-12:30 p.m.

Join 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.

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.

GAMES DAY (In-Person at SPB Location)

Tuesdays in July & August, 1:00-4:00 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 OPEN PLAY

(In-Person at SPB Location)

Thursdays in July & August, 3:00-4:30 p.m. (not meeting 7/4 and 8/1)

Ready to test your poker face? Join our Texas Hold 'em group for exciting, strategy-filled games! This is perfect for those who already have a basic understanding of the game. Enjoy the thrill of poker in a friendly, no-money environment. Sharpen your skills, meet new friends, and have a great time – no stakes, just fun!

Registration required, no fee.

SPOTLIGHT JULY-AUGUST 2024

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



HEALTH & WELLNESS

EVERY BODY WALK! (In-Person at Various Locations)

Wednesdays, May 8 through October 30, 8:50 a.m.

Discover the perfect blend of scenic exploration and expert guidance with our complimentary walking program on the beautiful trails of Princeton. Led by a seasoned doctor of physical therapy, it's not just a walk – it's a chance to ask questions and learn about walking safety while surrounded by nature's beauty. Walking sticks and canes are welcome, although participants must keep up with the group's pace to attend the program.

Embrace the rhythm of the trails and let the journey unfold! This program is offered in partnership with Innovative Physical Therapy in Princeton.

Leader: Dr. Laura Wong Koenig

Registration required, no fee.

THE FELDENKRAIS METHOD

(In-person at NSK Location)

Wednesday, July 10 through July 31, 10:00 a.m.

On hiatus in August.

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: Jackie Boone

FUSION YOGA (In-person at NSK Location)

July Session: Monday, July 8 through July 29, 11:00 a.m. (no class 7/22)

August Session: Monday, August 5 through August 26, 11:00 a.m. (no class 8/19)

Monthly Fee: \$25 resident/\$30 non-resident

This in-person bespoke yoga class is designed to invigorate the body, clear the mind, and uplift the spirit. Through a blend of movement, stretching, breath work, 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 whose expertise lies in making yoga accessible to everybody.

SEATED SERENITY: CHAIR YOGA FOR WELLNESS - SUMMER QUARTER (Zoom)

Thursday July 11 through September 26, 10:00 a.m.

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

This class offers a compassionate approach to move with more ease and comfort. Build strength and self-assurance in your physical abilities as you practice gentle movement while expanding your comfortable range of motion. Find relief, resilience, and a general sense of well-being as you learn ways to reduce tension using breath regulation, visualization, and/or mindfulness techniques.

Instructor: Danalee Gascon

SOLVENTS & GLUE (In-person at NSK Location)

Wednesdays, July 10 through August 21, 11:00 a.m.

Fee: \$50 resident/\$60 non-resident

This seven-session exercise class is a groundbreaking movement system designed to strengthen and stabilize major joints in your body. Led by certified teacher Jackie Boone, these innovative lessons will invigorate your musculoskeletal system and complement various physical exercise and wellness practices. Sign up for a journey of self-discovery and empowerment through mindful movement.

Instructor: Jackie Boone

TABLE TENNIS (In-Person at SPB Location)

Every Monday and Friday, 1:00-4:30 p.m.

Join us for camaraderie, exercise, and fun! Whether you're a beginner or an expert, all skill levels are welcome to participate in this energetic and exciting sport. Come and enjoy the game with us!

Registration required, no fee.

TAI CHI (In-Person at SPB Location)

July Session: Tuesday, July 9 through July 30,

11:00 a.m.-noon

August Session: Tuesday, August 6 through August 27, 11:00 a.m.-noon

Monthly 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

ZEN MAT YOGA: FIND YOUR CENTER - SUMMER QUARTER (Zoom)

Monday, July 1 through September 30, 10:00 a.m.

(no class 9/2)

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

Discover the transformative power of yoga in this comprehensive workshop. Explore strength-building

SPOTLIGHT JULY-AUGUST 2024

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



PICKLEBALL MANIA

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

New! PRIVATE LESSONS WITH THE PRO

Book personalized one-on-one or small group lessons with our instructor, Carolyn. Focus on specific skills, drills, and more to get into top pickleball shape! Available for any level of play.

Please note: Registration for August pickleball sessions will be available mid-July.

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 A Taste of Pickleball and Get into 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.

New Summer Rate: \$20 per hour

postures, breathwork, soothing sounds, and meditation for profound relaxation. Perfect for beginners and experienced yogis alike. Bring your yoga mat, yoga strap, blocks/bolsters, water bottle, and wear comfy clothes.

Join us and rejuvenate your body and mind!

Instructor: Joy Cline-Okoye



LIFELONG LEARNING

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

Every Thursday, 10:00 a.m.; Annual Fee: \$40

Dive into the mysteries of the universe with our dynamic Cosmology group. Join us for engaging, peer-led discussions that explore the wonders of physics and metaphysics. Come expand your mind and unravel the secrets of the cosmos.

Instructor: Contact brucewallman@gmail.com for more information.

ESTATE PLANNING (In-Person at NSK Location)

Thursday, August 8 from 10:00 a.m.-noon

United Way of Greater Mercer County in partnership with Chase Bank will discuss estate planning. Having a plan in place will best serve your family as it will guide them on your wishes during the transfer of estate. We want to help you be informed about what will happen to your resources, as well as need-to-know questions to ask when estate planning to maximize what is left for your family.

Registration required, no fee.

FORGOTTEN LEADERS: EXPLORING THE LEGACIES OF LESSER-KNOWN PRESIDENTS

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

Tuesdays, August 13 through August 27 from 1:00-2:00 p.m.

Fee: \$30 resident/\$40 non-resident

Explore the intriguing lives and legacies of lesser-known Presidents in this engaging three-week course. Delve into the enigmatic persona of Franklin Pierce, navigating through his tumultuous presidency and personal struggles. Uncover the unexpected narratives behind Chester Arthur and his transformative impact on American politics before concluding with the stoic leadership of Calvin Coolidge, shedding light on his quiet yet influential tenure in the White House.

Presenter: Ben Ridings is a curator at Cape May MAC (Museums + Arts + Culture) a nonprofit historical organization in Cape May, New Jersey.

LIVING WITH ALZHEIMER'S FOR CAREGIVERS: UNDERSTANDING EARLY-STAGE

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

Tuesdays, July 9 through July 23, 1:00-2:00 p.m.

In this three-part series, attendees will learn the symptoms of early-stage Alzheimer's disease, resource planning for early-stage, the components of a care team, and how to successfully work with each during the disease's early stages.

Registration required, no fee.

PURPOSE REIMAGINED: A WORKSHOP

(In-Person at NSK Location)

Thursday, July 18 from 2:00-4:00 p.m.

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

Uncover the reasons behind our daily actions and craft personal purpose statements through this engaging workshop focused on exploring the moments, people, and places that have shaped our lives. Let's uncover the why behind what we do and put our newfound clarity into action. Rediscover your purpose and navigate post-retirement with intention. Light refreshments will be provided.

Facilitator: Krista Hendrickson has an extensive background in higher education, aiding people through times of transition through engaging classes and workshops.



SOCIAL CONNECTIONS

Programs

WOMEN IN RETIREMENT MONTHLY PRESENTATION - TRAVELS IN CANYONLANDS (Hybrid - In-Person at NSK

Location and on Zoom)

Friday, July 19, 10:00 a.m.

Please note: No monthly presentation in August.

Join Dina Kravets and Karen Coates as they present their recent Road Scholar trip, "On the Road: Absolute Southwest – A Canyonlands Adventure." They will share pictures and stories from their visits to Sedona, Montezuma's Castle, Monument Valley, and the quartet of canyons: Antelope, Zion, Bryce, and Grand. If you enjoyed their 2022 Colorado River rafting presentation, you will love the Canyonlands trip. We hope you can join us!

Registration required, no fee.

Groups

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

Monday, July 15, 3:00 p.m.

Monday, August 19, 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, July 11, 10:00 a.m.-noon

Thursday, August 8, 10:00 a.m.-noon

Fun space for craft hobbies.

Registration required, no fee.

COMMUNITY WITHOUT WALLS

Community Without Walls is a membership organization of individuals dedicated to pursuing mutually supportive activities to enhance members' ability to grow older in their own homes and communities, for as long as possible, successfully and with dignity.

For more information, head to our website <https://cmaprinceton.org/community-without-walls/>.

FOREVER YOUNG

Currently on hiatus.

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

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 - SUMMER QUARTER

(In-Person at NSK Location)

On hiatus for July and August.

GLOBAL CONVERSATIONS

Currently on hiatus.

For individuals open to worldly conversations from diverse communities, cultures, and backgrounds. All are welcome!

¡SE HABLA ESPAÑOL! CHARLAS DE CORAZÓN (Zoom)

July Meetings: Thursday, July 11 and July 25, 4:00-5:00 p.m.

August Meeting: Thursday, August 29, 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.

PICNIC FOR RUSSIAN-SPEAKING COMMUNITY

(In-Person at Marquand Park)

Wednesday, July 24, 3:00-4:00 p.m.

Join us for a delightful picnic in the park for the Russian-speaking community! It's a wonderful opportunity to connect with friends and family while celebrating our shared culture and heritage. Bring your favorite dish to share and enjoy the summer sunshine together!

Registration required, no fee.

LET'S TALK (In-Person at NSK Location)

Wednesdays in July & August, 3:00 p.m.

General conversation group.

Registration required, no fee.

SENIOR CITIZEN CLUB

Currently on hiatus.

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

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

Tuesdays in July, 10:30 a.m.

On hiatus for August.

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:

July 9 – Aziz Abu Sarah and Maoz Inon:

A Palestinian and an Israeli, face to face

July 16 – Chris Bliss: Comedy is translation

July 23 – Jason Rugolo: Welcome to the world of audio computers

July 30 – Shawn Achor: The happy secret to better work

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, July 19, 2:30 p.m.

Friday, August 16, 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 (Zoom)

Monday, July 15 at 11:00 a.m.

Monday, August 19 at 11:00 a.m.

(Usually third Monday of each month)

Call Sherri Goldstein 609.819.1226 to attend.

– Monthly gatherings to cope with grief and loss.

CAREGIVERS (Zoom)

Monday, July 1 at 3:00 p.m.

Monday, August 5 at 3:00 p.m.

(Usually first Monday of each month)

– Monthly meetings to share challenges and experiences.

CLEARING SPACES (Zoom)

Mondays in July & August, 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, July 18 at 3:00 p.m.

(Usually third Thursday of each month)

– For those with early-stage memory loss.

FORGET-ME-NOT DEMENTIA CAREGIVERS

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

Saturday, July 13 at 10:00 a.m.

Saturday, August 10 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)

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

*August Meetings: Wednesday, August 14 and August 28
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 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 4:00 at our SPB location, and virtually, Monday through Friday.

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

*Every other Wednesday in July & August
11:00 a.m.-noon*

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

July 10 – iPhone Class (rescheduled from June)

July 17 – USB: History & Mystery

July 24 – How To Reddit & Youtube Like a Boss

August 14 – MacOS: A Deep Dive Part 1

August 28 – MacOS: A Deep Dive Part 2

No fee, registration required.

PLEASE NOTE:

**SPB will be closed for floor refinishing
Friday, June 28 through Friday, July 5**

**CMAP offices will be closing at 1:30 p.m.
on Thursday, August 1**



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!

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 or apply at <https://engage.cmaprinceton.org/grandpals-interest>.

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:00 Zen Mat Yoga: Find Your Center 1:00 Library Reads 2:00 The Wonders of Word Play 3:00 Caregivers 3:00 Clearing Spaces	2 4:00 The Golden Age of Radio	3 8:50 <i>Every Body Walk!</i> (Various) 3:00 Let's Talk (NSK)	4 CMAP CLOSED FOR THE JULY FOURTH HOLIDAY	5 10:00 Women in Retirement Coffee Klatch 2:00 Tech Lab Assistance (NSK)
8 10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (NSK) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces	9 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Living with Alzheimer's for Caregivers: Understanding Early Stage (NSK-H) 4:00 The Golden Age of Radio	10 8:50 <i>Every Body Walk!</i> (Various) 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) 11:00 Solvents & Glue (NSK) 11:00 The Tech Hour (NSK-H) 3:00 Let's Talk (NSK)	11 10:00 Cosmology (NSK-H) 10:00 Crafter's Corner (NSK-H) 10:00 Pickleball Private Lesson with the Pro (SPB) 10:00 Seated Serenity: Chair Yoga for Wellness 11:00 Pickleball Prep & Play (SPB) 3:00 Poker Texas Hold 'em Open Play (SPB) 4:00 ¡Se Habla Español! Charlas De Corazón 4:00 The Golden Age of Radio	12 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, JULY 13 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)
15 10:00 Zen Mat Yoga: Find Your Center 11:00 Bereavement 11:00 Fusion Yoga (NSK) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) (NSK-H) 3:00 Clearing Spaces	16 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Living with Alzheimer's for Caregivers: Understanding Early Stage (NSK-H) 4:00 The Golden Age of Radio	17 8:50 <i>Every Body Walk!</i> (Various) 10:00 Pickleball Play with the Pro (SPB) 10:00 The Feldenkrais Method (NSK) 11:00 Pickleball Get into the Game! (SPB) 11:00 Solvents & Glue (NSK) 11:00 The Tech Hour (NSK-H) 3:00 Let's Talk (NSK)	18 10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro (SPB) 10:00 Seated Serenity: Chair Yoga for Wellness 11:00 Pickleball Prep & Play (SPB) 2:00 Purpose Reimagined: A Workshop (NSK) 3:00 Early-Stage Memory Loss Support (NSK-H) 3:00 Poker Texas Hold 'em Open Play (SPB) 4:00 The Golden Age of Radio	19 10:00 Women in Retirement Monthly Presentation (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) 2:30 Transition to Retirement (NSK-H)
				SATURDAY, JULY 20 11:00 Bilingual Bingo (SPB)
22 10:00 Zen Mat Yoga: Find Your Center 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces	23 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 1:00 Living with Alzheimer's for Caregivers: Understanding Early Stage (NSK-H) 4:00 The Golden Age of Radio	24 8:50 <i>Every Body Walk!</i> (Various) 10:00 Pickleball Private Lesson with the Pro (SPB) 10:00 The Feldenkrais Method (NSK) 11:00 Next Chapter Widows and Widowers 11:00 Pickleball Get into the Game! (SPB) 11:00 Solvents & Glue (NSK) 11:00 The Tech Hour (NSK-H) 3:00 Let's Talk (NSK) 3:00 Picnic for Russian Speaking Community (Marquand Park)	25 10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro (SPB) 10:00 Seated Serenity: Chair Yoga for Wellness 11:00 Pickleball Prep & Play (SPB) 3:00 Poker Texas Hold 'em Open Play (SPB) 4:00 ¡Se Habla Español! Charlas De Corazón 4:00 The Golden Age of Radio	26 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)
29 10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (NSK) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces	30 10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Games Day (SPB) 4:00 The Golden Age of Radio	31 8:50 <i>Every Body Walk!</i> (Various) 10:00 Pickleball Play with the Pro (SPB) 10:00 The Feldenkrais Method (NSK) 11:00 Pickleball Get into the Game! (SPB) 11:00 Solvents & Glue (NSK) 3:00 Let's Talk (NSK)	Key: NSK - Nancy S. Klath Center PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building H - Hybrid Group/Program	

AUGUST 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

PRINCETON CAFÉ FOR OLDER ADULTS

Mercer County Nutrition Program (SPB)
Monday through Friday
10:00 a.m. to 1:00 p.m.

1

10:00 Cosmology (NSK-H)
10:00 Pickleball Private Lesson
with the Pro (SPB)
10:00 Seated Serenity: Chair
Yoga for Wellness
11:00 Pickleball Prep & Play
(SPB)

2

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)

STAYCATION WEEK AT CMAP!

5

10:00 Zen Mat Yoga: Find Your
Center
11:00 Fusion Yoga (NSK)
11:00 Staycation: How to Date &
Make Friends Online (NSK-H)
1:00 Library Reads
1:00 Staycation: Speed Friending
(NSK)
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Caregivers
3:00 Clearing Spaces

6

11:00 Staycation: Canvas
Painting (NSK)
11:00 Tai Chi (SPB)
1:00 Games Day (SPB)
4:00 The Golden Age of Radio

7

8:50 *Every Body Walk!* (Various)
11:00 Solvents & Glue (NSK)
2:00 Staycation: DIY Smoothies
and Frozen Yogurts (NSK)
3:00 Let's Talk (NSK)

8

10:00 Cosmology (NSK-H)
10:00 Crafter's Corner (NSK-H)
10:00 Estate Planning (NSK)
10:00 Seated Serenity: Chair
Yoga for Wellness
2:00 Staycation: All Around the
World - Summer Vibes (SPB)
3:00 Poker Texas Hold 'em Open
Play (SPB)
4:00 The Golden Age of Radio

9

10:00 Staycation: Introduction to
Princeton (SPB)
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, AUGUST 10
10:00 Forget-Me-Not: Dementia
Caregivers (NSK-H)

12

10:00 Zen Mat Yoga: Find Your
Center
11:00 Fusion Yoga (NSK)
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Clearing Spaces

13

11:00 Tai Chi (SPB)
1:00 Exploring the Legacies
of Lesser-Known Presidents
(NSK-H)
1:00 Games Day (SPB)
4:00 The Golden Age of Radio

14

8:50 *Every Body Walk!* (Various)
11:00 Next Chapter: Widows &
Widowers (NSK-H)
11:00 Solvents & Glue (NSK)
11:00 The Tech Hour (NSK-H)
3:00 Let's Talk (NSK)

15

10:00 Cosmology (NSK-H)
10:00 Seated Serenity: Chair
Yoga for Wellness
3:00 Poker Texas Hold 'em Open
Play (SPB)
4:00 The Golden Age of Radio

16

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)
2:30 Transition to Retirement
(NSK-H)

19

10:00 Zen Mat Yoga: Find Your
Center
11:00 Bereavement
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Aging Gaily (LGBTQ+)
(NSK-H)
3:00 Clearing Spaces

20

11:00 Tai Chi (SPB)
1:00 Exploring the Legacies
of Lesser-Known Presidents
(NSK-H)
1:00 Games Day (SPB)
4:00 The Golden Age of Radio

21

8:50 *Every Body Walk!* (Various)
11:00 Solvents & Glue (NSK)
3:00 Let's Talk (NSK)

22

10:00 Cosmology (NSK-H)
10:00 Seated Serenity: Chair
Yoga for Wellness
12:00 Women Composers Prior
to the Twentieth Century
3:00 Poker Texas Hold 'em Open
Play (SPB)
4:00 The Golden Age of Radio

23

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)

26

10:00 Zen Mat Yoga: Find Your
Center
11:00 Fusion Yoga (NSK)
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Clearing Spaces

27

11:00 Tai Chi (SPB)
1:00 Exploring the Legacies
of Lesser-Known Presidents
(NSK-H)
1:00 Games Day (SPB)
4:00 The Golden Age of Radio

28

8:50 *Every Body Walk!* (Various)
11:00 Next Chapter Widows and
Widowers
11:00 The Tech Hour (NSK-H)
3:00 Let's Talk (NSK)

29

10:00 Cosmology (NSK-H)
10:00 Seated Serenity: Chair
Yoga for Wellness
12:00 Women Composers Prior
to the Twentieth Century
3:00 Poker Texas Hold 'em Open
Play (SPB)
4:00 The Golden Age of Radio
4:00 ¡Se Habla Español! Charlas
De Corazón

30

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)



EVERGREEN FORUM:

Fall 2024 Course List
Classes begin in September and October 2024.
cmaprinceton.org/evergreen-forum/

2024 ELECTIONS: DEMOCRACY AT STAKE? (Hybrid)

Elaine Jacoby

Dive into the tumultuous 2024 elections, dissecting democracy's fate through Congressional races and ideological lenses.

Wednesdays from 1:30-3:30 p.m. for eight weeks beginning October 2 through November 20.

ALL THE FUN MATH YOUR JUNIOR-HIGH TEACHERS LEFT OUT (In-Person)

Mark Schlawin

Embark on a math odyssey exploring probability, logic, and game theory with creativity and collaboration – no prerequisites, just curiosity and humor!

Wednesdays from 10:00 a.m.-noon for six weeks beginning October 9 through November 13.

AMERICA DURING THE OBAMA YEARS (Hybrid)

Stan Katz

Delve into the transformative Obama era and post-2008 decade, exploring key events from elections to policy shifts through engaging video analysis and interactive discussions.

Fridays from 10:00 a.m.-noon for six weeks beginning October 11 through November 15.

AMERICAN IMPRESSIONISM: BUCKS COUNTY PAINTERS (Hybrid)

Christina Kales

Journey through nineteenth century American Impressionism, focusing on Bucks County School painters reshaping French influence with a distinct American touch.

Fridays from 1:30-3:30 p.m. for four weeks beginning October 11 through November 1.

AMERICAN SHORT FICTION MASTERPIECES (In-Person)

Susan Matson

Fall in love with modern American short stories delving into diverse voices and themes with engaging discussions and readings.

Fridays from 1:30-3:30 p.m. for six weeks beginning October 11 through November 15.

ANTEBELLUM AMERICA: IT STILL MATTERS (Hybrid)

Walter Frank

Uncover the complexities of 1789-1861 Antebellum America, focusing on slavery, constitutional debates, wars, social movements, and technological shifts with a focus on pivotal presidential elections.

Thursdays from 10:00 a.m.-noon for six weeks beginning October 24 through December 5 (no class 11/29).

DEMYSTIFYING NEW JERSEY: GEOGRAPHY, DEMOGRAPHICS, AND HERITAGE (Hybrid)

Dave Saltzman

Discover the formation of New Jersey from its colonial roots through exploring the history of geography, labor, canals, railroads, and so much more.

Thursdays from 10:00 a.m.-noon for four weeks beginning October 10 through October 31.

DOCUMENTARY FILMS: TRUE OR FALSE? (In-Person)

Judy Zinis

Dive into thought-provoking documentaries to uncover truths in a world of misinformation. Explore films like *Harvest of Shame*, *The Thin Blue Line*.

Tuesdays from 10:00 a.m.-12:30 p.m. for eight weeks beginning October 1 through November 19.

THE EVOLUTION OF WESTERN ART (Virtual)

Wendy Worth

Explore the roots of Western art from prehistoric cave paintings to classical Greece in this fascinating course.

Tuesdays from 1:30-3:30 p.m. for eight weeks beginning October 1 through November 19.

EXPLORE, ENGAGE, AND EMPOWER (Hybrid)

Princeton University Art Museum Docents

Discover "What was it like to be..." a conceptual artist, an Outsider artist, a Renaissance artist, a Woman artist, an Indigenous artist...all in this engaging art course.

Wednesdays from 1:30-3:00 p.m. for six weeks beginning October 16 through November 20.

GEOLOGY OF THE BC COAST MOUNTAINS (In-Person)

Lincoln Hollister

Explore the geology of the British Columbia Coast Mountains in the 1960s, highlighting remarkable adventures from more than fifty years of study in this remote region.

Thursdays from 1:30-3:30 p.m. for four weeks beginning October 10 through October 31.

HISTORIES OF INDIGENOUS PEOPLES IN AMERICA (Hybrid)

Robert Nolan

Invigorate one's knowledge of America by engaging with key dimensions of the histories and cultures of Indigenous Peoples.

Thursdays from 1:30-3:30 p.m. for eight weeks beginning October 3 through November 21.

Evergreen Forum corporate sponsors for fall 2024: **Bryn Mawr Trust, Capital Health, Home Instead, Homewatch CareGivers, McCaffrey's, Penn Medicine Princeton Health, Peapack Private, and Stark & Stark Attorneys at Law**

INTRODUCTION TO MINDFULNESS PRACTICES (In-Person)

Ruth Goldston

Cultivate mindfulness for better health, stress management, and improved relationships through the study of techniques dating back 2,500 years.

Wednesdays from 10:00 a.m.-noon for six weeks beginning October 2 through November 6.

JANE AUSTEN, NOVELS AND FILMS (In-Person)

Dianne Sadoff

Study Jane Austin's take on "the disinherited daughter" theme through the reading and film adaptations of *Northanger Abbey*, *Pride and Prejudice*, and *Mansfield Park*.

Tuesdays from 1:30-3:30 p.m. for eight weeks beginning October 15 through December 3.

MAGIC & WITCHES IN FICTION FOR GROWNUPS (In-Person)

Judith Wooldridge

Join a captivating discussion course on novels by Mantel, Carter, Fitzgerald, Bulgakov, and more exploring magic, witches, and demons.

Tuesdays from 10:00 a.m.-noon for six weeks beginning October 1 through November 5.

MEDICINE: THE HISTORY AND THE MYSTERY (In-Person)

Roy Carman & Seth Malin

Experience medicine's complex history through engaging lectures and literary works by Williams, Gawande, Cather, and more.

Tuesdays from 10:00 a.m.-noon for eight weeks beginning October 1 through November 19.

READING *LOLITA* IN 2024

(In-Person)

Victor Ripp

Delve into the complexities of Nabokov's *Lolita*, from controversial reviews to its humorous tone, alongside his personal history reflected in his works.

Wednesdays from 10:00 a.m.-noon for eight weeks beginning October 2 through November 20.

SCIENCE IN THE NEWS (Hybrid)

Harold Heft and Panelists

Join "Science in the News" for weekly insights into the latest research and issues in science and medicine, with engaging lectures and discussions.

Fridays from 10:00 a.m.-noon for eight weeks beginning September 27 through November 22 (no Class 10/4).

SCIENTIFIC GENIUS (In-Person)

Bernard Abramson

Explore the lives and discoveries of seven scientific geniuses across history, focusing on physics, from Ancient Greece to the twentieth century, with no pre-requisites except curiosity.

Mondays from 10:00 a.m.-noon for six weeks beginning September 30 through November 4.

SUNKEN VOYAGE (In-Person)

Rich Hendrickson

Embark on a journey through five real-life maritime disasters spanning history through first-hand accounts, historical records, news coverage, and film.

Mondays from 1:30-3:30 p.m. for six weeks beginning September 30 through November 4.

THE SUPREME COURT - GREATEST HITS OF 2024 (Hybrid)

Phil Carchman

Uncover key Supreme Court decisions from 2023-2024 on pressing issues impacting lives across the U.S. in this lecture course.

Mondays from 10:00 a.m.-noon for five weeks beginning September 30 through October 28.

TO BE CONTINUED...FOUR CONTEMPORARY NOVELS

(In-Person)

Lois Harrod

Join this book club on steroids focused on exploring visibility through the lens of Everett, Ishigura, Patchett, and Strout.

Wednesdays from 1:30-3:30 p.m. for eight weeks beginning October 2 through November 20.

TWO MEN AT SEA (Virtual)

Lynne Cullinane

Follow the story of two real men at sea as they explore solitude, nature, and ancient history in their books set in the Summer Isles and Skellig Michael.

Thursdays from 10:00 a.m.-noon for eight weeks beginning October 3 through November 21.

UNDERSTANDING COGNITIVE BEHAVIORAL THERAPY (In-Person)

Naomi Browar

Deep dive into the effective features of mindfulness-based cognitive behavioral therapy for anxiety and depression.

Mondays from 1:30-3:30 p.m. for three weeks beginning September 30 through October 14.

UNDERSTANDING HUMAN EVOLUTION (Hybrid)

Peter Smith

Explore the branches of the human family tree spanning millions of years to uncover why Earth now hosts over eight billion humans.

Tuesdays from 1:30-3:30 p.m. for eight weeks beginning October 1 through November 19.

The Evergreen Forum uses a first-come, first-served registration system which opens on **Tuesday, August 27 at 9:30 a.m.**

Course format is subject to change.

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

Cost should never be a barrier to learning!

Senior Scholarships are available to those for whom the fee is a hardship.

WELCOMING OUR NEW INTERN: CHRISTOPHER STANLEY

by Johanna Peters, Director of Social Services

We are thrilled to announce that Christopher Stanley has joined our team as the new intern. With a robust education, Christopher brings a wealth of knowledge and skills to our organization.

Christopher is pursuing a master of social work at Rutgers University. He also holds a master of divinity.

Christopher has a rich history of leadership and pastoral roles. As a licensed local pastor, he served at Flemington UMC from July 2021 to November 2023, managing administrative duties, developing worship services, leading ethical and spiritual discussions, and leading small groups.

We are confident that Christopher's diverse background and passion for helping others will significantly benefit our community. Please join us in welcoming Christopher Stanley and supporting him in his new role.



Photo: Chris Stanley, intern

FAREWELL TO SIRAYA SNEED

by Johanna Peters, Director of Social Services

Dear Siraya,

As you embark on the next chapter of your journey, we want to celebrate your incredible achievements and contributions.

While at CMAP, you demonstrated commitment and empathy through your work with our older adults in the nutrition programs. You sat in on various groups, gaining valuable insights and contributing meaningfully. You created and ran the bingo for the health fair, bringing joy and engagement to our community. As a home friend, you provided companionship and support, listening without judgment as our participants shared their stories with you. Your presence and dedication have left a lasting impact on everyone you interact with.

As you move forward, we are confident that your expertise, empathy, and unwavering dedication will continue to impact the lives of many. You have the skills and the heart to bring about meaningful change, and we are incredibly proud of all you have accomplished.

Thank you, Siraya, for your hard work, commitment to excellence, and compassionate spirit. We wish you all the best in your future endeavors and know you will continue shining brightly in social work.



Photo: Siraya Sneed, intern

THE PERKS OF HAVING A HOME FRIEND

by Billi Charron, MSW, Social Worker

I want to tell you about how the CMAP Home Friend program is transforming lives and helping people age in place and avoid social isolation. I have been coordinating this program for two years and it predates me by several decades. I have had the pleasure of meeting volunteers who have been visiting their home friend for more than five years! Honestly, at this point we should consider them friends rather than a Home Friend volunteer and recipient match. You may be or know of someone who could benefit from a home visitor. Continue reading to learn more!

Jody (name changed) is in her nineties and lives alone in Princeton. She is widowed and her children are living states away and internationally. I was able to partner her with a volunteer who was available to socialize with her once a week, on Wednesdays. This relationship became a special bond between the two women. The volunteer helped Jody plan for an international trip to see her great-grandson. She helped her pack, get meds in order, get to the airport, and communicated with her family to let them know she was safely on the way. Jody attends musical events with her volunteer and offers mature advice and guidance and shares her stories with her volunteer. These women are friends, and both have benefitted from what started as a volunteer commitment.

Another Home Friends match is Sasha and Carol (names changed). Carol was looking for someone to walk with her around her neighborhood while they discuss life, art, books, and other similar interests. Sasha, a professional in her 40s, was excited for the opportunity to talk art and be a companion for Carol. They just celebrated one year in the Home Friend program.

If you would like to help as a volunteer or if you would like to be visited by a volunteer, reach out to our social service department.



Photo: Nancy and Marilyn, Home Friends



Photo: Betty and Michelle, Home Friends

MANAGING MENTAL HEALTH DURING THE SUMMER MONTHS

by Johanna Peters, Director of Social Services

As summer arrives, we look forward to warm weather and outdoor activities. However, this season can also present unique challenges to mental health, such as disruptions in routine and coping with the heat. Maintaining a consistent routine can provide a sense of stability and predictability. Keep regular waking and sleeping times, meal schedules, and daily activities to balance your mind and body. Staying hydrated is crucial; we are more susceptible to dehydration as we age, especially in the summer heat. Make a habit of drinking water throughout the day and incorporate a diet rich in fruits, vegetables, and lean proteins to boost energy and mood. Avoid excessive caffeine and alcohol, as they can contribute to dehydration.



Longer daylight hours and warmer nights can affect sleep patterns, so creating a comfortable sleeping environment is essential. Use fans or air conditioning to keep cool, and consider blackout curtains to block early morning light. Establishing a bedtime routine can signal your body that it's time to wind down. Summer can sometimes bring pressure to participate in numerous activities, but it's essential to set realistic expectations and pace yourself. Enjoying simple, relaxing activities like reading, gardening, or sitting in the shade can be as rewarding as more active pursuits.

Engaging in regular physical activity is essential for maintaining mental health. Choose low-impact exercises that you enjoy, such as walking, swimming, or gentle yoga, and try to exercise during cooler parts of the day to avoid heat-related issues. Here at CMAP, we offer various programs to help you stay active and socially engaged throughout the summer. Too much screen time can increase feelings of anxiety and stress, so designate certain times of the day to unplug from technology. Use this time to connect with nature, engage in hobbies, or spend time with loved ones.

Maintaining social connections is crucial for mental well-being. Participate in community activities, join clubs, or spend time with friends and family. Regular social interactions can provide emotional support and reduce feelings of isolation. At CMAP, we are committed to helping you stay socially engaged through a variety of community events and activities. Incorporating mindfulness and relaxation techniques into your daily routine can help manage stress. Practices such as meditation, deep breathing, and gentle stretching can be particularly beneficial. Consider finding a quiet outdoor spot to enjoy these activities.

Summer events often include opportunities for alcohol consumption, but it's important to drink in moderation. Excessive alcohol can negatively impact both physical and mental health. Choose non-alcoholic beverages and stay hydrated with water. If you find yourself struggling with mental health issues, don't hesitate to seek professional help. Therapists, counselors, and support groups can offer valuable assistance and coping strategies. It's important to address mental health concerns promptly.

Managing mental health during the summer months requires attention to hydration, nutrition, and maintaining a balanced routine. By staying active, fostering social connections, and practicing relaxation techniques, you can enjoy the benefits of summer while safeguarding your mental well-being. Remember, prioritizing self-care and seeking help when needed are key to a healthy, enjoyable summer. Here at CMAP, we are here to support you in staying active and socially engaged throughout the season.



SAVE THESE DATES

Health Fair/Flu Shot Clinic
Thursday, September 26
1:00-5:00 p.m.

Flu Clinic
Monday, October 21
9:30 a.m.-12:30 p.m.

cmaprinceton.org/vaccine-navigators

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

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

Two Outstanding Weather Apps

Here are two boffo weather apps: Apple's "native" Weather App and MyRadar.

Apple Weather App

Apple includes its finely honed Weather App on iPhones, iPads, and Mac computers. It provides every weather detail for every hour of every day for the next ten days. You can view the windspeed and direction, rainfall, humidity, barometric pressure, UV index, and both actual and "feels like" temperature.¹

You can add other cities² and place the Weather "widget" on your home screen.

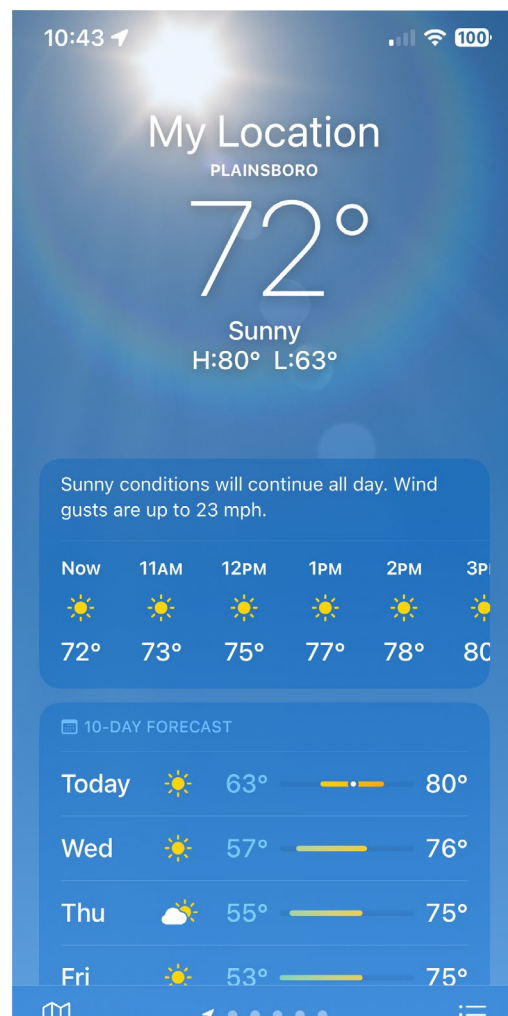
MyRadar

If you like weather maps (and who doesn't?), I suggest MyRadar. The screenshot I added shows today's weather, including fronts, temperatures, wind patterns, and even lightning. You can zoom out to view the entire continent and zoom in to focus on central New Jersey. Or Florida. Or South Africa.

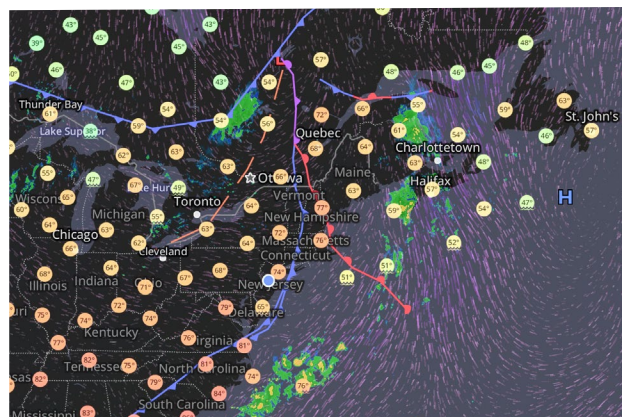
MyRadar is available for iPhone, iPad, Android devices, and Windows computers (but not the Mac).

You can use it for free (with ads, of course) or pay \$30/year for the ad-free "pro" version that adds doodads and hoo-hahs to the display.

If you need help using the Apple Weather app or adding MyRadar to your devices, go to **Tech Lab – Center for Modern Aging Princeton** (cmaprinceton.org) to set up an appointment.



Apple's Weather app on my iPhone.
Looks like a beautiful day here in Plainsboro.

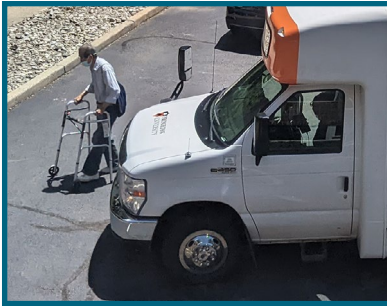


My Radar shows green blobs of rain, accompanied by red bumpy lines and blue spikey lines across the area. Sometimes, you'll see a large H or L, too. Scary!

¹ "Feels like" temperature is a function of the actual temperature plus the relative humidity. For instance, 85°F with 70% humidity "feels like" 93°F. Think Orlando in June. Or July, or August, or September, or...

² I added Fairbanks, Alaska, for no reason other than to appreciate our winter weather. But to be fair, Alaska is beautiful, though it does get a might chilly in January.

GROUPS



**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 incontinence supplies – 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.



GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)
Monday, July 15 & Aug. 19 at 3:00 p.m.
Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, July 15 & Aug. 19 at 11:00 a.m.
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

CAREGIVERS

Monday, July 1 & Aug. 5 at 3:00 p.m.
Monthly meetings to share challenges and experiences.

CLEARING SPACES

Mondays in July & August at 3:00 p.m.
Weekly decluttering sessions with useful tips and tricks.

CRAFTER'S CORNER

(IN-PERSON AT NSK - HYBRID)
Thursday, July 11 & Aug. 8 at 10:00 a.m.
A fun space for craft hobbies.

EARLY-STAGE MEMORY

LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)
Thursday, July 18 at 3:00 p.m.
For those with early-stage memory loss.

FOREVER YOUNG

(IN-PERSON AT NSK - HYBRID)
Currently on hiatus.
Individuals aged fifty-five and above, working or retired.

FORGET-ME-NOT:

DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)
Saturday, July 13 & Aug. 10 at 10:00 a.m.
Anyone affected by a loved one's memory loss.

GLOBAL CONVERSATIONS

Currently on hiatus.
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, July 24 and 10 & Aug. 7 and 21 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 Innovative Physical Therapy and Fitness Center



In New Jersey consumers can access physical therapy directly without a referral from a physician. A recent publication by the Centers for Disease Control (CDC) emphasized the benefits of physical therapy for the treatment of chronic pain instead of opioid medications.

With five Locations – Princeton, Kendall Park, Edison, Old Bridge, and Monroe (coming soon), pain relief is readily available through Innovative Physical Therapy and Fitness Centers (IPT).

At IPT we embrace the term “innovative” through the use of multiple techniques listed below to help you improve your health and recovery process. (links below to learn more about each technique).

- **The AlterG** is an antigravity treadmill device which enables patients recovering from multiple types of orthopedic injury and surgeries such as hip & knee replacements, and lumbar spine surgery.
- **The Robotic Laser Multiwave Locked System (MLS)** Therapy Laser is a device to gain relief from pain, inflammation, and swelling. MLS offers deep tissue penetration, while surpassing traditional laser therapy both in safety and capability.
- **Solo-Step** provides a secure harness system that gives Stoke, Parkinson’s and post operative patients a secure step without risking a fall.
- **Dry needling** uses Filiform needles which are very fine, short, stainless steel needles to help increase range of motion in joints, relax tight muscles, improve blood flow, reduce pain, improve strength, and can also speed up the recovery process from injuries.
- Innovative Physical Therapy and Fitness Centers currently offer the most advanced and innovative internal and external treatment techniques on **pelvic floor health** for all genders. Pelvic floor therapy helps with addressing urinary/bowel dysfunction, female athlete pelvic floor issues, and pelvic organ prolapse.

609.423.2069 – <https://www.innovativeptnj.com/services/>

JULY-AUGUST FEATURED SPONSORS



Trees aren’t just our job – they are important to us,
and we strive to take proper care of them
justintreeservices.com/tree-services



Compassionately and thoughtfully direct our clients
in making sound financial decisions
noviwealth.com



Promoting a positive view of aging
silvercentury.org



Declutter • Move • Sell • Junk Removal • Donate
Pack/Unpack • Estate Cleanouts • Organize
walshseniorsolutions.com

CMAP'S FALL BENEFIT SPONSORSHIP OPPORTUNITIES – THURSDAY, SEPTEMBER 12, 2024

Company Name _____ Address _____
Contact Name _____ Signature _____
Tel _____ Fax _____ Email _____
Admin Contact _____ Tel _____ Email _____

☐ Spotlight– \$15,000 (Reserved for special recognition of our honorees)

- Complimentary table, which includes ten reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full-page full color ad or personal acknowledgment in printed benefit journal
- Podium remarks by sponsor's designee
- Hyperlink of company on CMAP website and digital marketing materials
- Featured event signage

☐ Sustainer – \$10,000

- Complimentary table, which includes ten reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full-page full color ad or personal acknowledgment in printed benefit journal
- Recognition in the CMAP leadership podium remarks
- Hyperlink of company on CMAP website and digital marketing materials

☐ Partner – \$5,000

- Premium seating package, which includes six reserved VIP tickets
- Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition at the cocktail reception and dessert table
- Half-page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on CMAP website and digital marketing materials

☐ Friend – \$2,500

- Four VIP tickets
- Quarter-page full color ad or personal acknowledgments in printed benefit journal
- Printed recognition at the cocktail reception and dessert table
- Recognition in printed and digital materials related to the event
- Hyperlink of company on CMAP website and digital marketing materials

☐ Benefit Patron – \$1,250

- Includes two tickets, an additional \$700 donation, and recognition in printed benefit journal

☐ Benefit Guest – \$275 per person

- Includes cocktail hour, dinner, entertainment

* Sponsorship must be received by July 8 to be included on the printed invitation

** Reserve your sponsorship or personal acknowledgment by August 28 ensure placement of name/logo in printed benefit journal

☛ For more information about event sponsorships or printed ad journal specifications, contact Lisa Adler at ladler@cmapprinceton.org, or call 609.751.9699, ext. 103.

PAYMENT INFORMATION (Check or Credit Card) Check Number _____ Check Amount _____

Card Number _____ Exp ____/____ CVV _____

Cardholder Name _____

Signature _____ Date _____

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.





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



FORGOTTEN LEADERS:
EXPLORING THE LEGACIES
OF LESSER-KNOWN PRESIDENTS
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
TUESDAYS, AUGUST 13 THROUGH AUGUST 27
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

Akin Care Senior Services
Always Best Care Senior Services
The Bank of Princeton
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
Capital Health
Chefs for Seniors
Home Instead

Homewatch CareGivers
Innovative Physical Therapy
and Fitness Center
Justin Tree Service & Lawn Care
Lawrence Campus - Rehab &
Assisted Living
McCaffrey's Food Markets
NightingaleNJ Eldercare Navigators

Novi Wealth Partners
Oasis Senior Advisors
Peapack Private Wealth Management
Penn Medicine Princeton Health
Roundview Capital
Silver Century Foundation
Stark & Stark Attorneys at Law
Walsh Senior Solutions

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don't miss a beat! <https://www.facebook.com/cmaprinceton.org>