

(Formerly Princeton Senior Resource Center)



HEALTH FAIR:
TACKLE YOUR HEALTH
(IN-PERSON AT SPB LOCATION)
THURSDAY, SEPTEMBER 26, 1:00-4:00 P.M.

SEE PAGE 4 FOR DETAILS.

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 18 FOR SPONSORSHIP DETAILS



EVERGREEN FORUM:

Find your next lifelong learning opportunity with Evergreen Forum!

See **pages 12 & 13** for your guide to selecting courses and the fall 2024 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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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
CELEBRATING FIFTY YEARS OF INNOVATION
AND INSPIRATION AT THE CENTER FOR
MODERN AGING PRINCETON**

Dear Friends,

This year marks a momentous milestone for the Center for Modern Aging Princeton as we celebrate our fiftieth anniversary. From our humble beginnings in 1974 as Tenant Services, providing essential programs and services for older adult residents of the affordable housing community at Spruce Circle, through decades of phenomenal growth as the Princeton Senior Resource Center (PSRC), we have continued building on our legacy and further evolved into the dynamic and innovative Center for Modern Aging Princeton (CMAP).

Inspired by the dream of our founder Jocelyn Helm, our journey began with a simple yet profound mission: to enhance the quality of life for older adults in our community. Over the decades, we've expanded our reach and deepened our impact, continually adapting to meet the changing needs of older adults.



Founder Jocelyn Helm (L) and CEO Drew Dyson

Throughout our history, the Center for Modern Aging Princeton has been a beacon of innovation and inspiration. We have pioneered programs that promote lifelong learning, health and wellness, and social engagement. Our classes, workshops, groups, and events are designed to empower older adults, fostering a sense of purpose and community. We've embraced technology to bridge generational gaps and ensure our programs remain accessible and relevant.

We have developed a legacy of support and guidance, with a world-class social service team that supports our community through one-on-one support and case management, affinity and support groups, professional resource referral, and so much more. We have developed incredible supportive service programs like the Home Friends friendly visitor program, exceptional intergenerational programs like GrandPals, and so much more.

One of our proudest achievements is our response to the COVID-19 pandemic. When social distancing threatened to isolate the older adults in our community, we quickly pivoted to offer virtual programs, keeping our participants connected and engaged. When most senior centers simply closed their doors, we found a way to open our doors even wider. Then, through our nationally recognized Vaccine Navigator program, we jumped in to assist older adults with vaccine scheduling and delivery. This adaptability is a testament to our dedication to serving older adults with creativity and compassion.

As we celebrate this golden anniversary, we reflect on the countless lives touched and transformed by our services. We are inspired by the stories of our community members, like Jacqueline, who found a new passion for painting through our art classes, or Evelyn, who credits our fitness programs with helping her stay active and healthy well into her eighties.

Looking ahead, we remain committed to core values such as innovation, inclusivity, and inspiration. We will continue to explore new ways to support older adults, ensuring they have the resources and opportunities to thrive in an ever-changing world.

I am grateful for each and every one of you who participate in our programs, groups, and services, for our outstanding volunteers, dedicated staff, and generous supporters for being part of our remarkable journey. Here's to the next fifty years of enriching lives and building a stronger, more vibrant community for all.

Happy Golden Anniversary, CMAP!

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

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

Bryn Mawr Trust, Homewatch CareGivers, Innovative Physical Therapy,
Penn Medicine Princeton Health

CMAP STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

Fran Angelone
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*Program Associate: Suzanne Patterson
Building*

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

Z Zinsitz
*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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

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

SPOTLIGHT SEPTEMBER 2024

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

SPECIAL FOR SEPTEMBER!

HEALTH FAIR: TACKLE YOUR HEALTH

(In-Person at SPB Location)

Thursday, September 26, 1:00-4:00 p.m.

Join us as we tackle our health and wellness goals together. This event promises to be an enriching experience, featuring a variety of health screenings, expert consultations, and interactive activities designed to promote a healthier lifestyle. Don't miss out on this opportunity to connect, learn, and take proactive steps towards better health. Registration required, no fee.

SAVE THE DATE: AN AFTERNOON

AT THE THEATRE: "GENE & GILDA"

(In-Person at the George Street Playhouse)

Thursday, December 19, noon-5:00 p.m.

Fee: \$125

Save the date for an afternoon at the George Street Playhouse this December. Tickets will include round trip transportation to the theatre, entrance to the show: "Gene & Gilda," and a fantastic talk back with the actors!

Registration will open mid-September.



ARTS & CULTURE

AROUND THE WORLD TRADE CENTER: ARTIST SHOWCASE

(In-person at NSK Location)

Thursday, September 19, 3:00-4:30 p.m.

Join us for the opening reception of "Around WTC," a World Trade Center art exhibit by photographer Samuel Vovsi. In 2007, Vovsi began working in Jersey City, steps from the Hudson waterfront, with a direct view of the World Trade Center site. Witnessing the void left in the Manhattan skyline, he felt a profound sense of loss. Over the years, as he moved to an office in Lower Manhattan near the emerging Freedom Tower, he captured the rebirth of the WTC. This exhibit showcases a selection of his powerful images, documenting the dramatic story of the new World Trade Center rising from the ashes of the old. Meet the artist and experience his journey through his lens.

Registration required, no fee.

FIRST FRIDAY FILM: THELMA

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

Friday, September 6, 1:00 p.m.

Thelma Post is a ninety-three-year-old grandmother who loses \$10,000 to a con artist on the phone. With help from a friend and his motorized scooter, she soon embarks on a treacherous journey across Los Angeles to reclaim what was taken from her.

Runtime: 1 hour 38 minutes; Genre: Action/Comedy;

Rated: PG-13.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in September 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 Dimension X on Tuesdays and Gunsmoke 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, September 9, 1:00 p.m.

*Note different date this month due to Labor Day holiday.

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.

LIVE FROM...VIRTUAL WALKING TOURS

(In-Person at NSK Location)

Fee: \$5 per session

Join us for virtual travel through new and exciting Live From walking tours of various countries from around the globe. Hear from live, local tour guides as they walk you through city streets discussing history, culture, architecture, and so much more.

Please note: Live From dates and times vary by month, so please keep an eye on our weekly Compass blast for upcoming virtual trips.

ALL PROGRAMS SEPTEMBER 2024

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

MASTERING THE ART OF PAINTING

(In-Person at SPB Location)

*Fridays, September 13 through November 1,
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 THE TWENTIETH CENTURY

(Zoom)

*Thursdays, August 22 through September 12,
noon–1:00 p.m.*

VENETIAN CHRONICLES: A VIRTUAL EXPLORATION

(Zoom)

*Mondays September 9 and September 16,
11:00 a.m.–noon*

Fee: \$15 resident/\$20 non-resident

Join us for an enchanting journey with Robert Morgan, a celebrated American painter who has captured the essence of Venice through his stunning artworks, and Ewa Górniak Morgan, author of the heartfelt book “Venice My Love.” Robert, originally from Princeton, will share his experiences as an artist in Venice, offering insights into how the city’s unique atmosphere has influenced his paintings. We’ll explore his picturesque studio, providing a glimpse into the creative space where his masterpieces come to life. Ewa will delve into her personal love affair with Venice, sharing captivating excerpts from her book and personal anecdotes, hosted in the charming La Toletta bookshop. Join us for this unique virtual exploration of Venice through art and literature.

THE WONDERS OF WORDPLAY – SUMMER QUARTER

(Zoom)

*Mondays July 1 through September 30, 2:00 p.m.
(no meeting 9/2)*



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in September, 1:00–4:00 p.m.

Join us for an afternoon of game playing at CMAP! Whether you come with a partner or a few friends, you’re invited to enjoy a variety of games including Canasta, Mah Jongg (BYO set), Scrabble, and Social Bridge. Don’t miss out on the fun!

Registration required due to limited space.

POKER: TEXAS HOLD ‘EM OPEN PLAY

(In-Person at SPB Location)

*Thursdays in September, 3:00–4:30 p.m.
(no session 9/12 or 9/26)*

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.

POKER: TEXAS HOLD ‘EM LESSONS

(In-Person at SPB Location)

*Tuesday September 17 and September 24,
10:30 a.m.–12:30 p.m.*

Fee: \$5 resident/\$10 non-resident

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

Instructor: Michael Schwarz, II

ALL PROGRAMS SEPTEMBER 2024

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



HEALTH & WELLNESS

BOLLYWOOD DANCE EXERCISE CLASS

(In-person at SPB Location)

*Fridays, September 6 through September 27,
10:00-11:00 a.m.*

Monthly Fee: \$30 resident/\$35 non-resident

Step into the vibrant world of Bollywood with our exhilarating dance exercise class! Perfect for beginners, our class offers a welcoming environment where you can move to popular Bollywood tunes while getting a full-body workout. Led by an experienced instructor, you'll learn iconic dance steps that blend traditional Indian dance with modern flair, enhancing your coordination and flexibility. Join us for a fun-filled hour of dance, fitness, and cultural exploration that will leave you feeling energized and inspired!

Instructor: Aditi Jaisia

CHAIR MOVES & GROOVES (Zoom)

Tuesdays, September 3 through September 24, 1:00 p.m.

Monthly Fee: \$30 resident/\$35 non-resident

Come and join our month-long chair aerobics workshop on Zoom, packed with music and energy! This program aims to enhance your endurance and fortify your body, mind, and spirit. All you need are hand weights (or substitutes like water bottles or cans), therapy bands, and comfy attire. Let's exercise together and feel the difference!

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.

FALLS PREVENTION DAY (Zoom)

Tuesday, September 24, 11:00 a.m.-noon

This year will be the seventeenth year the National Council on Aging has observed Falls Prevention Awareness Week. The 2024 theme is *From Awareness to Action*. Join Princeton First Aid Rescue Squad for a presentation on how to prevent falls and steps you can take to make your home safer. PFARS educator Ari Meisel will discuss their emergency response teams' experience with calls related to falls and patients who need lift-assists. Falls are preventable if you know what risks to look out for.

Leader: Ari Meisel

Registration required, no fee.

FUSION YOGA (In-person at SPB Location) – **Note location change**

*Mondays, September 9 through September 30,
11:00 a.m.*

Monthly Fee: \$30 resident/\$35 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 everyone.

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

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

TABLE TENNIS (In-Person at SPB Location)

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

(no session 9/2)

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.

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

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

(no class 9/2)

ALL PROGRAMS SEPTEMBER 2024

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



PICKLEBALL MANIA

Explore the diverse schedule of our monthly pickleball activities taking place in-person at the Suzanne Patterson Building located at 45 Stockton Street in Princeton, New Jersey at: <https://cmaprinceton.org/health-wellness/>

FOR BEGINNERS

Players should be brand new to the sport or looking to refresh their skills.

GET INTO PICKLEBALL: THREE-WEEK WORKSHOP

Get into the game of pickleball with this three-week workshop designed to introduce you to this incredible sport! Build the foundations of your skills and dive headfirst into your newest obsession: Pickleball!

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

- Wednesdays, September 11 through September 25, 10:00-11:00 a.m.

GET INTO THE GAME!

Now that you know the basics from Get Into 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

- Thursday, September 5, 11:00 a.m.-1:00 p.m.
- Thursday, September 19, 11:00 a.m.-1:00 p.m.

FOR ADVANCED-BEGINNERS TO 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 into 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

- Wednesday, September 4, 11:00 a.m.-1:00 p.m.
- Wednesday, September 11, 11:00 a.m.-1:00 p.m.
- Wednesday, September 18, 11:00 a.m.-1:00 p.m.
- Wednesday, September 25, 11:00 a.m.-1:00 p.m.

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

- Thursday, September 5, 10:00 a.m.-11:00 a.m.
- Thursday, September 19, 10:00 a.m.-11:00 a.m.

OTHER WAYS TO PLAY

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.

Reduced Rate: \$20 per hour

PRIVATE LESSONS WITH THE PRO

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

Fee \$65 resident/\$75 non-resident

- Wednesday, September 4, 10:00-11:00 a.m.



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!

ALL PROGRAMS SEPTEMBER 2024

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



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.

EMPOWERHER SPEAKER SERIES: COUNCILWOMAN LETICIA FRAGA

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

Monday, September 23, 11:00 a.m.-noon

Fee: \$5

Join us for an enlightening talk with Councilwoman Leticia Fraga, a trailblazer and the first Latinx elected to Princeton Municipal Government. Her journey is a testament to resilience, gratitude, and the rich diversity that shapes our community. As Princeton's Police Commissioner and a key figure in numerous civic committees, she will share her experiences and achievements, emphasizing the essential role that immigrants play in our society. Learn about the significant contributions of diverse voices in leadership and how these voices enrich Princeton and the broader U.S. community. Don't miss this inspiring and empowering event!



SOCIAL CONNECTIONS

Programs

MEN IN RETIREMENT – GROUP DISCUSSION

(In-person at SPB Location)

Friday, September 20, 10:00 a.m.

Join MIR for a group discussion. In the past, they have covered interesting topics and had very lively conversations. Everyone will have the opportunity to speak on the subject matter and express their opinions. This is a chance for you to be heard in an informal and supportive environment. We look forward to you sharing your thoughts and opinions on the issues raised during the discussion. All are welcome.

Registration required, no fee.

WOMEN IN RETIREMENT – ANNIVERSARY POTLUCK BRUNCH

Friday, September 20, 10:00 a.m.

Get ready to reconnect with familiar faces and meet new friends to celebrate the spectacular ninth anniversary of Women in Retirement! It will be a day of joy, memories, and excitement. Don't miss out!

In place of a meeting, WIR will be having a potluck brunch. Please see WIR's website for further information and to RSVP at www.wiret.wordpress.com. All are welcome!

Registration required, no fee.

Groups

AGING GAILY

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

Monday, September 16, 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)

Not meeting in September.

Fun space for craft hobbies.

Registration required, no fee.

ALL PROGRAMS SEPTEMBER 2024

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

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/>.

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 (In-Person at NSK Location)

Mondays, September 9 through September 30, 3:00 p.m.
Fee: \$5

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

GLOBAL CONVERSATIONS

Currently on hiatus.

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

LET'S TALK

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

Wednesdays in September, 3:00 p.m.

General conversation group.
Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, September 5 and September 26, 4:00-5:00 p.m.

Ya seas hablante nativo de español o estés buscando perfeccionar tus conocimientos, te invitamos a participar en charlas inspiradoras y actividades que te sumergen en diversas culturas. Con dinámicas de improvisación, juegos de palabras y narraciones, estos Encuentros están diseñados para construir conexiones auténticas. ¡Prepárate también para presentaciones simuladas al estilo TED, donde tus ideas pueden brillar! Estos encuentros no son simplemente lecciones; son travesías compartidas donde celebramos la diversidad de voces. Es necesario registrarse, sin costo.

Whether Spanish is your native language or you're looking to polish your skills, we invite you to join inspiring conversations and activities that immerse you in diverse cultures. Through cultural exchanges, improvisation dynamics, word games, and storytelling, these sessions are designed to build authentic connections. Plus, get ready for simulated TED-style presentations, where your ideas can shine! These gatherings are not only lessons; they are shared journeys where we celebrate the diversity of voices. Registration required, no fee.

SENIOR CITIZEN CLUB

On hiatus.

TED TALKS

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

Tuesdays in September, 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:

September 3 – Not Meeting

September 10 – Ruha Benjamin: Is technology our savior – or our slayer

September 17– Karleen Savage: A hostage negotiator on how to resolve conflict

September 24 – Matt Killingsworth: Want to be happier? Stay in the moment

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, September 20, 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, September 16 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)

Tuesday, September 3 at 3:00 p.m.

(**Now** the first Tuesday of each month)

– Monthly meetings to share challenges and experiences.

CLEARING SPACES (Zoom)

Mondays in September, 3:00 p.m. (no meeting 9/2)

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, September 19 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, September 14 at 10:00 a.m.

(Usually second Saturday of each month)

– Anyone affected by a loved one's memory loss.

NEXT CHAPTER WIDOWS AND WIDOWERS

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

Wednesday, September 11 and September 25 at 11:00 a.m.

(Usually second and fourth Wednesday of each month)

– Safe space for grieving and connection after losing a partner.

NEW! SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS

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

Friday, September 6 from 1:00-2:15 p.m.

(Usually first Friday of each month)

This group is for parents who are caring for and/or planning for their adult children with unique physical, emotional, or developmental needs.

Facilitators: Billi Charron & Dr. John George



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)

Wednesday, September 25, 11:00 a.m.-noon

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

- **This month's topic: The A-Z of Mobile & Desktop Maps and Navigation.**

Registration required, no fee.

TECH WORKSHOP: TAMING THE VIRTUAL CHAOS – THE ART OF FILE MANAGEMENT

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

Wednesday, September 18, 10:30 a.m.-noon

Fee: \$5

You can never find the file you need. You've just lost several important files. Your computer is mysteriously hiding or losing your documents. Your device has stopped working, and you can no longer get to any of your files. In this workshop, we'll talk about why these things seem to be happening to you, how to manage and organize your files so that this does not happen, and the importance of backing up your files. Hints: You are in control. Your computer does not do things on its own. When you lose a file, it doesn't mean you've been hacked.

The workshop will be interactive and include a question-and-answer session. Come prepared with your questions about the topic – or just come and learn about other people's questions.

Instructors: Evelyn Sasmor, Don Benjamin

Registration required, no fee.



SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CMAP CLOSED FOR LABOR DAY HOLIDAY</p>	<p>3</p> <p>1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 3:00 Caregivers 4:00 The Golden Age of Radio</p>	<p>4</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Pickleball Private Lesson with the Pro (SPB) 11:00 Pickleball Prep & Play (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>5</p> <p>10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro (SPB) 10:00 Seated Serenity: Chair Yoga for Wellness 11:00 Pickleball Get into the Game! (SPB) 12:00 Women Composers Prior to the Twentieth Century 2:00 OnStage Seniors (NSK) 3:00 Poker Texas Hold 'em Open Play (SPB) 4:00 ¡Se Habla Español! Charlas del Corazón 4:00 The Golden Age of Radio</p>	<p>6</p> <p>10:00 Bollywood Dance Exercise Class (SPB) 10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - <i>Thelma</i> (NSK-H) 1:00 Special Connections: Parents of Adult Children with Unique Needs (NSK-H) 1:00 Table Tennis (SPB) 1:00 Tech Lab Assistance (SPB) 2:00 Tech Lab Assistance (NSK)</p>
<p>9</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 11:00 Venetian Chronicles: A Virtual Exploration 1:00 Library Reads 1:00 Table Tennis (SPB) 2:00 The Wonders of Wordplay 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>10</p> <p>10:30 TED Talks (NSK-H) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 4:00 The Golden Age of Radio</p>	<p>11</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Get Into Pickleball: 3 Week Workshop (SPB) 11:00 Next Chapter Widows and Widowers (NSK-H) 11:00 Pickleball Prep & Play (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>12</p> <p>10:00 Cosmology (NSK-H) 10:00 Seated Serenity: Chair Yoga for Wellness 12:00 Women Composers Prior to the Twentieth Century</p>	<p>13</p> <p>10:00 Bollywood Dance Exercise Class (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)</p>
<p>September 12, 6:00 p.m. CMAP FALL BENEFIT</p>				<p>SATURDAY, SEPTEMBER 14 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)</p>
<p>16</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Bereavement 11:00 Fusion Yoga (SPB) 11:00 Venetian Chronicles: A Virtual Exploration 1:00 Table Tennis (SPB) 2:00 The Wonders of Wordplay 3:00 Aging Gaily (LGBTQ+) (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>17</p> <p>10:30 TED Talks (NSK-H) 10:30 Texas Hold 'em Lessons (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 4:00 The Golden Age of Radio</p>	<p>18</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Get Into Pickleball: 3 Week Workshop (SPB) 10:30 Tech Workshop: File Management (NSK-H) 11:00 Pickleball Prep & Play (SPB) 3:00 Let's Talk (NSK-H)</p>	<p>19</p> <p>10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro (SPB) 10:00 Seated Serenity: Chair Yoga for Wellness 11:00 Pickleball Get into the Game! (SPB) 2:00 OnStage Seniors (NSK) 3:00 Early-Stage Memory Loss Support (NSK-H) 3:00 Poker Texas Hold 'em Open Play (SPB) 3:00 Around the WTC: Artist Showcase (NSK) 4:00 The Golden Age of Radio</p>	<p>20</p> <p>10:00 Bollywood Dance Exercise Class (SPB) 10:00 Men in Retirement - Group Discussion (SPB) 10:00 Women in Retirement - Anniversary Potluck Brunch 1:00 Table Tennis (SPB) 1:00 Tech Lab Assistance (SPB) 2:00 Mastering the Art of Painting (SPB) 2:00 Tech Lab Assistance (NSK) 2:30 Transition to Retirement (NSK-H)</p>
<p>23</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 EmpowerHer Series (NSK-H) 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 The Wonders of Wordplay 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>24</p> <p>10:30 TED Talks (NSK-H) 10:30 Texas Hold 'em Lessons (SPB) 11:00 Falls Prevention Day 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 4:00 The Golden Age of Radio</p>	<p>25</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Get Into Pickleball: 3 Week Workshop (SPB) 11:00 Next Chapter: Widow & Widowers (NSK-H) 11:00 Pickleball Prep & Play (SPB) 11:00 The Tech Hour (NSK-H) 3:00 Let's Talk (NSK-H)</p>	<p>26</p> <p>10:00 Cosmology (NSK-H) 10:00 Seated Serenity: Chair Yoga for Wellness 1:00 Health Fair: Tackle Your Health (SPB) 4:00 ¡Se Habla Español! Charlas del Corazón 4:00 The Golden Age of Radio</p>	<p>27</p> <p>10:00 Bollywood Dance Exercise Class (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)</p>
<p>30</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (NSK) 1:00 Table Tennis (SPB) 2:00 The Wonders of Wordplay 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>PRINCETON CAFÉ FOR OLDER ADULTS Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p>	<p>KEY: NSK - Nancy S. Klath Center PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building H - Hybrid Group/Program</p>	<p>EVERGREEN FORUM For the Evergreen Forum course schedule, please see our website at cmaprinceton.org/evergreen.</p>	



FIND YOUR NEXT LIFELONG LEARNING OPPORTUNITY

Discover the course(s) that best fit your interests and needs. From subject to format, we've got fantastic options. Use the guide on pages 12 and 13 to explore your choices and find the perfect match.

I AM INTERESTED IN TAKING A CLASS IN (SUBJECT):

THE ARTS

Explore the beauty of human expression through art and documentary films.

GOVERNMENT

Understand the power of government and politics and its impact on our world.

HISTORY

Learn about significant people, places, and periods in history.

LITERATURE

Uncover hidden depths in either classic or contemporary literature.

STEM

Join a world of discovery through courses in science, technology, engineering, and math.

I ENJOY LEARNING THROUGH (TYPE):

ACTIVE DISCUSSION (D)

Engage in lively discussions with fellow participants. Look for courses labeled "discussion" for this interactive learning experience.

ACTIVE LISTENING (L)

Absorb expert knowledge through informative presentations. Look for courses labeled "lecture" for focused learning experiences with some opportunities to ask questions.

A COMBINATION OF DISCUSSION AND LISTENING (L&D)

Enjoy a mix of presentation and discussion. Look for courses labeled "Lecture & Discussion (L&D)" for a well-rounded learning experience.

I WOULD LIKE TO ATTEND MY COURSE (FORMAT):

IN-PERSON

Enjoy the traditional classroom experience with in-person or hybrid courses. Note: In-person only courses are not recorded.

VIRTUALLY ON ZOOM

Learn from the comfort of your home with our virtual or hybrid courses. Plus, enjoy access to recorded sessions.

WHAT IS HYBRID?

These courses are taught in-person and participants select to attend in-person or virtually. Switching from in-person to/from virtual is not permitted due to limited seating. All classes are recorded.

COMMITMENT WISE, I AM LOOKING FOR A (LENGTH):

SHORTER COURSE

Dive into a topic fast! Choose from our three- or four-week courses with various start dates.

LONGER COURSE

Delve deeper into a subject with our six- to eight-week courses with various start dates.

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

FIND YOUR PERFECT EVERGREEN FORUM COURSE

COURSE TITLE	SUBJECT	TYPE	FORMAT	LENGTH
2024 Elections: Democracy at Stake?	Government	L&D	Hybrid	8 Weeks
All the Fun Math Your Teachers Left Out	STEM	L&D	In-Person	6 Weeks
America During the Obama Years	Government	L&D	Hybrid	6 Weeks
American Impressionism: Bucks County Painters	The Arts	L&D	Hybrid	4 Weeks
American Short Fiction Masterpieces	Literature	L&D	In-Person	6 Weeks
Antebellum America: It Still Matters	History	L&D	Hybrid	8 Weeks
Demystifying New Jersey	History	L	Hybrid	4 Weeks
Documentary Films: True or False?	The Arts	L&D	In-Person	8 Weeks
The Evolution of Western Art	The Arts	L&D	Virtual	8 Weeks
Explore, Engage, and Empower.	The Arts	L&D	Hybrid	6 Weeks
Geology of the BC Coast Mountains	STEM	L	In-Person	4 Weeks
Histories of Indigenous Peoples in America	History	L	Hybrid	8 Weeks
Introduction to Mindfulness Practices	STEM	L&D	In-Person	6 Weeks
Jane Austen, Novels and Films	Literature	D	In-Person	8 Weeks
Magic & Witches in Fiction for Grownups	Literature	D	In-Person	6 Weeks
Medicine: The History and the Mystery	STEM	L&D	In-Person	8 Weeks
Reading "Lolita" in 2024	Literature	D	In-Person	8 Weeks
Science in the News	STEM	L&D	Hybrid	8 Weeks
Scientific Genius	STEM	L	In-Person	6 Weeks
Sunken Voyage	History	L&D	In-Person	6 Weeks
The Supreme Court - Greatest Hits of 2024	Government	L	Hybrid	6 Weeks
To Be Continued...Four Contemporary Novels	Literature	L&D	In-Person	8 Weeks
Two Men at Sea	Literature	D	Virtual	8 Weeks
Understanding Cognitive Behavioral Therapy	STEM	L&D	In-Person	3 Weeks
Understanding Human Evolution	STEM	L&D	Hybrid	8 Weeks

Want to learn more about the courses listed above? Check out the full brochure and discover the Evergreen Forum online at:

**[cmaprinceton.org/
evergreen-forum/](https://cmaprinceton.org/evergreen-forum/)**

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

SUICIDE: THE SILENT KILLER AMONG OLDER ADULTS

by Johanna Peters, Director of Social Services

Every day, as we interact with our friends and family members, we notice their smiles and behaviors. Yet, we often fail to recognize the silent cry for help that may be hidden beneath the surface. As we observe National Suicide Prevention Month this September, it's crucial to shine a light on the statistics: adults aged sixty-five and older accounted for 18.2% of all suicides in the United States in 2020 (CDC).

Recognizing the signs of suicidal thoughts is crucial for early intervention. These signs may include social withdrawal, changes in mood expressing hopelessness, worthlessness, or talking frequently about death, sudden decline in physical health or neglecting self-care, loss of interest in hobbies or activities that were once enjoyable and making preparations such as giving away possessions or making a will.

To prevent suicide, a multifaceted approach is necessary. This approach includes increasing awareness about mental health challenges, reducing the stigma associated with seeking help, ensuring access to mental health services such as counseling, support groups, and crisis hotlines tailored to individuals' needs, encouraging community engagement and social connectedness through various programs, incorporating mental health screenings into routine medical check-ups to identify and address early signs of depression or suicidal ideation, and providing resources and support for families and caregivers to recognize warning signs and intervene effectively.

At CMAP, we are dedicated to keeping individuals engaged in groups, activities, and programs. We foster creativity and friendship and find new ways to reenergize individuals to enhance who they are and who they are becoming. Our social service team will always lend a listening ear or assist you with a service referral. During National Suicide Prevention Month and beyond, let us prioritize mental well-being. By fostering a supportive environment, raising awareness, and advocating for accessible mental health resources, we can make significant strides in preventing suicide and promoting a fulfilling life for all. If you or someone you know is experiencing thoughts of suicide, please reach out to the National Suicide Prevention Lifeline at 1.800.273.TALK (8255) or Crisis Text Line by texting HOME to 741741.



SAVE THESE DATES

Health Fair/Flu Shot Clinic
Thursday, September 26
1:00-4:00 p.m.

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

cmaprinceton.org/vaccine-navigators





VOLUNTEER CORNER

Live From...Virtual Walking Tour Volunteer Needed

CMAP is looking for an in-person volunteer to sit in on the variety of Live From...Virtual Walking Tours offered each month. The role of this volunteer is to submit any questions asked by the audience, through a messaging app on a laptop provided for you, throughout the Live From event.

Live From...Virtual Walking Tours are provided by a tour company called Wowzitude and take place around the world in various countries with local tour guides. They are live, interactive, and hosted by staff from Wowzitude. CMAP pays a monthly subscription fee to be able to join these tours along with many other people, so these events are not private for CMAP.

In order to ask the guide questions, participants can submit their questions via text or chat box. Since there are many people that attend these sessions in the room, a volunteer is needed to be in the room as well, taking questions as asked by the participants, and typing them into the chat for the guide. All technology and materials will be provided and training with an overview of this process will take place ahead of each Live From session.

While there is no set month to month schedule for Live From due to the nature of the program, the sessions will always take place either on a Tuesday at 2:00 p.m. or a Thursday at 11:00 a.m. All volunteers are required to arrive fifteen minutes early to review the necessary process.

If you are interested, please complete the form below. We'll send out monthly emails to interested volunteers as new tours are scheduled. Interest form: <https://princetonsenior.wufoo.com/forms/z1giv7k70ilygc9/>

A QUICK GUIDE TO AREA RESOURCES

Access Princeton
609.924.4141

Affordable Housing
609.688.2029

Arm-in-Arm
609.396.9355

Central Jersey Legal Services
609.695.6249

Cornerstone Community Kitchen
609.924.2613

Funeral Consumers Alliance
609.924.3320

HomeFront
609.989.9417

**Jewish Family & Children's
Service (JFCS)**
609.987.8100

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

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
609.737.2000

Ride Provide
609.452.5144

**Senior Care Services
of Greater Princeton**
609.921.8888

Social Security
800.772.1213

SHIP (Medicare)
609.273.0588

T.R.A.D.E. (Transportation)
609.530.1971

The Future of Windows 10

When Microsoft rolled out Windows 11 on October 5, 2021, it promised to support Windows 10 through October 14, 2025. So, even though that's more than a year from now, if you're using Windows 10, it may be time to consider your options.

What happens to Windows 10 on October 14, 2025?

Nothing. You can continue using Windows 10. However, after October 14, 2025, Microsoft won't send Windows 10 users security "patches" or bug fixes. Your computer will continue to use its built-in or third-party anti-malware software, like Windows Security, Norton Anti-Virus, or MalwareBytes. However, over time, the risks of using an unsupported operating system increase, and some applications may stop working.

Recommendations

We suggest you upgrade your PC from Windows 10 to 11. It's free. You can check this out by clicking the Windows button > Settings > Windows Update. **If your PC is compatible**, you'll find instructions on how to perform the upgrade. It's (relatively) painless. (More or less).

However, your computer must have a Trusted Platform Module chip¹ to run Windows 11. This chip provides hardware-based, security-related functions that help keep Windows 11 safe. (Most computers manufactured within the last ten years have this chip.) Windows 11 also requires certain minimum central processor and video display capabilities. Windows 10 will tell you if your computer can run Windows 11. If it can't, you'll need to replace it if you want to use this new operating system. (I'll publish Guru articles later this year with suggestions on Windows PCs and Mac computers.)

The Windows 11 Experience

Everything is an "experience" today, and that includes Windows 11. But the Windows 11 experience isn't much different from the Windows 10 experience. Microsoft gussied up the folder icons and revised some context menus (the thingies that pop up when you click the right mouse button.) The overall look and feel includes rounded window corners, nice colors, and a nifty window arrangement option for those who multi-task.

But more importantly, **Windows 11 is more secure than Windows 10**, thanks to the TPM chip and other software improvements.

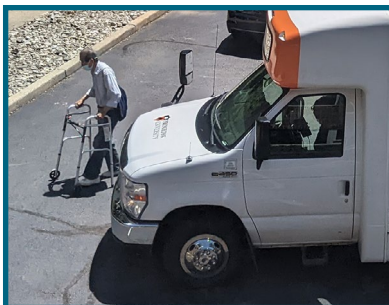
Overall, everything works pretty much the same. You probably won't have a conniption when you update your current computer to Windows 11 or buy a new PC with Windows 11 already installed.

If you need help upgrading to Windows 11, just fill out the tech help form. Go to **Tech Lab – Center for Modern Aging Princeton** (cmaprinceton.org) to set up an appointment.



Dave just installed Windows 11 and is really pleased. Overjoyed, in fact. Maybe Dave is carrying this too far? Not sure. His dog, Steve, is more laid back. But I digress.

¹ A TPM chip prevents malicious software (a.k.a. "malware") from messing with your computer. Windows 11 won't install if your computer doesn't have this chip. Bummer.



**Princeton Muni Service stops
at our building**

**Mercer County 606 Bus stops
at our neighbor's located at
728 Bunn Drive
which is two driveways from our building**

GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)
Monday, September 16 at 3:00 p.m.
Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, September 16 at 11:00 a.m.
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

CAREGIVERS

Tuesday, September 3 at 3:00 p.m.
Monthly meetings to share challenges and experiences.

CLEARING SPACES

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

EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)
Thursday, September 19 at 3:00 p.m.
For those with early-stage memory loss.

FORGET-ME-NOT: DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)
Saturday, September 14 at 10:00 a.m.
Anyone affected by a loved one's memory loss.

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, September 11 & 25 at 11:00 a.m.
Safe space for grieving and connection after losing a partner.

NEW! SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS (IN-PERSON AT NSK - HYBRID)

Friday, September 6, 1:00 p.m.
For parents who are caring for and/or planning for their adult children with unique physical, emotional, or developmental needs.

TRANSITION TO RETIREMENT

(IN-PERSON AT NSK - HYBRID)
Friday, September 20, 2:30 p.m.
Addresses many kinds of issues that can arise during the transition

THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM UNLESS INDICATED OTHERWISE.

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

CMAP Lending Locker

Your go-to resource for wheelchairs, walkers, canes, and more! Call to inquire about inventory or to donate equipment.

<https://cmapprinceton.org/dme-lending-locker/>

CMAP has 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.



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@cmaprinceton.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.



FROM THE DEVELOPMENT OFFICE

GOLDEN JUBILEE

Join us in celebrating fifty years of dedication, service, and community



This year marks a significant milestone in our journey, and we are thrilled to invite you to a series of commemorative events and programs designed to honor our past, celebrate our present, and envision our future starting with our highly anticipated Golden Jubilee Gala. It will be an unforgettable evening filled with elegance, entertainment, and heartfelt reflections on the last five decades.

CMAP Fiftieth Anniversary Events*

- **Golden Jubilee Fall Gala – September 12**
- **Full Circle Play Reading with Emily Mann – October**
- **Nonprofit Leadership Event with Joan Garry – October 22**
- **Artist Showcase – monthly rotation**
- **Performance of “Gene & Gilda” at the George Street Theater – December 19**
- **Spring Concert – April 26**
- **Summer BBQ – May**
- **Symposium on Aging – June**

We are incredibly proud of the impact we’ve made over the past fifty years and look forward to sharing this momentous occasion with you. Stay tuned for more details and additional events as we continue to celebrate our Golden Jubilee year. Thank you for being an integral part of our journey.

Together, we honor the past, celebrate the present, and build a brighter future.

** Dates and programs subject to change.*

SEPTEMBER FEATURED SPONSORS



Personalized services seven days a week ranging from a few hours to around the clock care

akincare.com



The Bank of Princeton®
Bank Wisely.

We share a sincere commitment to the community
thebankofprinceton.com



A Whole New Vision of Care
lawrencerehabhc.com



PRINCETON THEOLOGICAL SEMINARY

Theological Education for Today's World
ptsem.edu



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



VENETIAN CHRONICLES: A VIRTUAL EXPLORATION (ZOOM)

**MONDAYS SEPTEMBER 9 AND SEPTEMBER 16
11:00 A.M.-NOON**

SEE PAGE 5 FOR DETAILS.



Cost should never be a barrier to learning! Scholarships are available to those for whom the fee is a hardship. To make a confidential request, [CLICK HERE](#). For more information, contact Johanna Peters, director of social services, at jpeters@cmaprinceton.org, or 609.751.9699, ext. 111 to apply.

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

Icon Riverwalk
Innovative Physical Therapy
and Fitness Center
Justin Tree Service & Lawn Care
Lawrence Campus - Rehab & Assisted
Living
McCaffrey's Food Markets
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