

(Formerly Princeton Senior Resource Center)

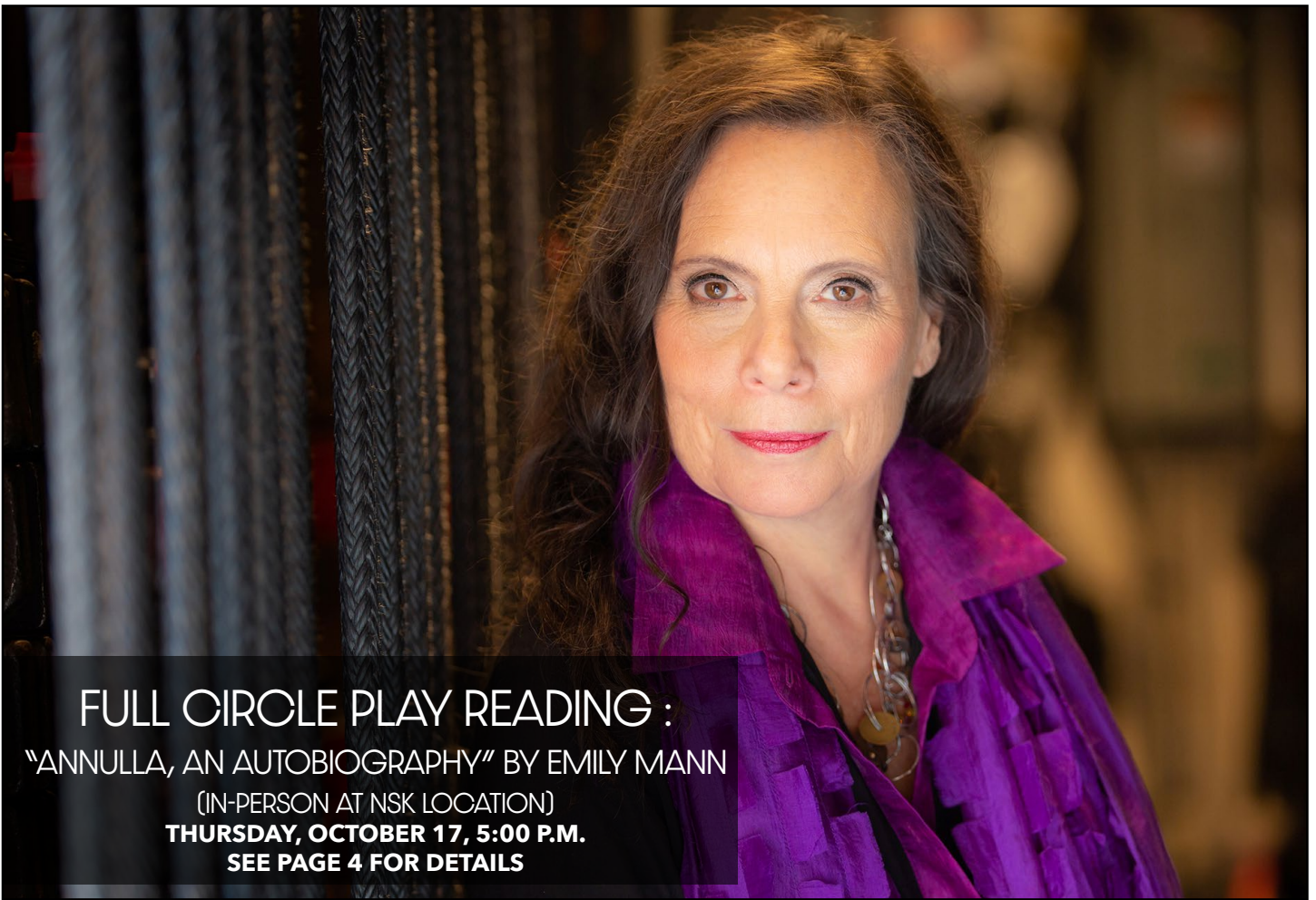


HAUNTED NEW JERSEY AND THE ORIGIN OF HALLOWEEN

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

WEDNESDAY, OCTOBER 30, 4:00 P.M., FEE: \$5

SEE PAGE 7 FOR DETAILS.



FULL CIRCLE PLAY READING :

"ANNULLA, AN AUTOBIOGRAPHY" BY EMILY MANN

(IN-PERSON AT NSK LOCATION)

THURSDAY, OCTOBER 17, 5:00 P.M.

SEE PAGE 4 FOR DETAILS

Image credit: Tpmiller120

LGBTQ+ HISTORY MONTH CELEBRATIONS

A GRAND LOVE (ZOOM)

THURSDAY, OCTOBER 24, 3:00 P.M.

CONTRIBUTIONS IN MEDICINE (ZOOM)

TUESDAY, OCTOBER 1, 11:00 A.M.

SEE PAGE 8 FOR DETAILS.





**THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING**
101 Poor Farm Road, Building B
Princeton, NJ 08540
(between Bunn Dr. and
Mt. Lucas Rd.)
Phone: 609.751.9699
Monday-Friday
9:00 a.m. to 5:00 p.m.

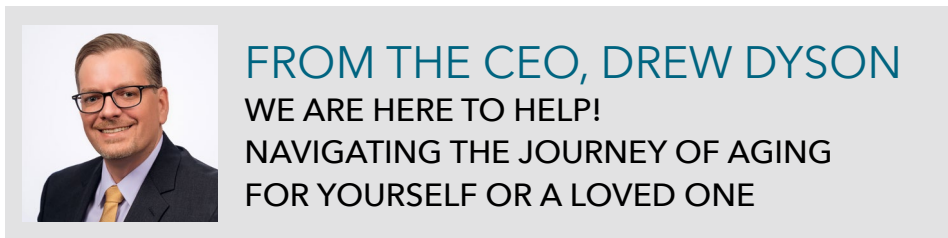
SUZANNE PATTERSON BUILDING
45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call CMAP for hours

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

*A nonprofit organization
serving our community*

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Dear Friends,

Driving back and forth to western Pennsylvania to support my mother as she navigated cancer treatments and other health concerns, I often wondered where I might turn for help. As a caregiver from afar, I wished for a resource to connect me (and her) with her local resources to help her traverse a difficult path. A little over two years later, I discovered CMAP (then PSRC) and was drawn to my current position within an organization that provided the services that I needed.

At the Center for Modern Aging Princeton, we are dedicated to supporting the well-being and quality of life of older adults in our region. One of the key services we offer is our professional resource referral program, backed by the dedicated efforts of our social services team. This month, I want to shine a spotlight on these invaluable resources and the people who make them possible.

Professional Resource Referral: Connecting You to the Right Help

Navigating the myriad of services available to older adults can be overwhelming. From healthcare providers to legal assistance, and from financial planning to home care services, understanding which options are best suited to individual needs requires time, knowledge, and experience. This is where our professional resource referral program comes in.

Our program is designed to connect you with trusted professionals who specialize in areas relevant to aging. Whether you are seeking a geriatric care manager, a physical therapist, or an elder law attorney, our team can guide you to reputable experts who have been vetted for their experience and commitment to quality care.



By leveraging our extensive network, we ensure that you or your loved ones receive the personalized support needed to maintain independence, dignity, and a high quality of life. We are here to listen, understand your unique situation, and provide referrals that align with your specific goals and preferences. You can also access our resource list by visiting our website here: <https://cmaprinceton.org/resources/>

Meet Our Social Services Team: The Heart of Our Center

Behind every successful referral is our dedicated social services team. These professionals are not only knowledgeable about the resources available in the community but are also deeply passionate about serving older adults and their families. Johanna Peters, Billi Charron, and Ana Gonzalez-Pena, along with a team of social work interns Chris Stanley, Emily Bell, and Sarah Christensen, provide excellent support and help connecting you with the resources you need.

This outstanding team brings a wealth of experience in gerontology, social work, social services, and advocacy. They are skilled at assessing needs, offering compassionate guidance, and providing practical solutions to complex problems. Their goal is to empower older adults to make informed decisions and access the services they need with ease and confidence.

The social services team also plays a crucial role in crisis intervention and ongoing support. Whether it's assisting with the transition to assisted living, navigating Medicare and Medicaid, or providing emotional support during difficult times, our team is here for you every step of the way.

How to Access Our Services

If you or a loved one are in need of professional referrals or social services support, we encourage you to reach out. Our team is available to provide consultations over the phone, via email, or in person at our Princeton offices. Simply contact us to schedule an appointment, and we will work with you to identify the resources that best meet your needs.

A Community of Support

At the Center for Modern Aging Princeton, we believe in a holistic approach to aging that emphasizes the importance of community, connection, and care. Our professional resource referral program and social services team are just two of the many ways we strive to enhance the lives of older adults in our area.

We are proud to be a trusted partner in your aging journey and look forward to continuing to serve you with dedication and compassion. Thank you for being a part of the Center for Modern Aging Princeton community. Together, we can make a difference in the lives of our loved ones.

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

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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 OCTOBER 2024

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

SPECIAL THIS MONTH

EXPERIENCE FULL CIRCLE PLAYREADINGS

One voice leads to another. Join us for a new playreading series that focuses on modern aging topics like storytelling, downsizing, caregiving, and unexpected high school reunions. Each event features a thirty-minute playreading followed by engaging conversations where you can share your own stories. If you love plays and lively discussions, come be a part of the experience!

ANNULA, AN AUTOBIOGRAPHY BY EMILY MANN

(In-Person at NSK Location)

Thursday, October 17, 5:00 p.m.

Optional Suggested Donation: \$15

Excerpts from *Annula, an Autobiography*, written and read by Emily Mann, acclaimed Broadway theater director and playwright and McCarter Theatre Artistic Director and Resident Playwright Emerita. In the

play, a young woman goes to Eastern Europe to find her roots and uncovers the true story of a Jewish woman who passed as a non-Jew in Nazi Germany. Registration required, no fee.

AN AFTERNOON AT THE THEATRE: GENE & GILDA

(In-Person at the George Street Playhouse)

Thursday, December 19, noon-5:00 p.m.; Fee: \$125

We're off to New Brunswick to see *Gene & Gilda* at the George Street Playhouse. This charming and funny play explores the iconic love story between Gene Wilder and Gilda Radner, highlighting their romance, triumphs, and lasting bond.

Your ticket covers round-trip transportation, the show, and a post-performance chat with the actors. An optional boxed lunch is available for purchase. Get ready for a day filled with laughter, tears, and unforgettable memories!



ARTS & CULTURE

DIWALI CELEBRATION: A FESTIVAL OF LIFE AND CULTURE

(In-person at NSK Location)

Tuesday, October 29 at 6:30 p.m.

Fee: \$10

Enjoy lively music, delicious cuisine, and the rich traditions that make Diwali special. It's a time to connect with our diverse community and celebrate the triumph of light, knowledge, and unity. Everyone is welcome!

FIRST FRIDAY FILM: HUNDREDS OF BEAVERS

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

Friday, October 4, 1:00 p.m.

A drunken applejack salesman must go from zero to hero and become North America's greatest fur trapper by defeating hundreds of beavers in this homage to classic slapstick comedy of the 1920s and 1930s. Runtime 1 Hour 48 minutes; Genre: Comedy. Registration required, no fee.

THE GOLDEN AGE OF RADIO

(Zoom)

Tuesdays and Thursdays in October, 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. Registration required, no fee.

LIBRARY READS

(Zoom)

Monday, October 7, 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.

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.

THE WONDERS OF WORDPLAY – FALL QUARTER

(Zoom)

Mondays, October 7 through December 30, 2:00 p.m.

Fee: \$10

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

ALL PROGRAMS OCTOBER 2024

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



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in October, 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)

Every Thursday, 3:00-4:30 p.m.

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.



HEALTH & WELLNESS

CHAIR MOVES & GROOVES (Zoom)

Tuesdays, October 1 through October 29, 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! Instructors: Laraine Alison, Danalee Gascon

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. 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 SPB Location)

Wednesday, October 2 through October 30, 10:00 a.m.

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

Discover the power of the Feldenkrais Method! Enhance movement, flexibility, and coordination through gentle actions and focused mind-body connections. Experience increased ease, range of motion, and graceful movement. Remember to bring your exercise mat, or one will be provided.

Instructor: Jackie Boone

FUSION YOGA (In-person at SPB Location)

Mondays, October 7 through October 28, 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 – FALL QUARTER (Zoom)

Thursday October 3 through December 26, 10:00 a.m.

(no class 11/28)

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: Lyn Sirota

SOLVENTS & GLUE (In-person at SPB Location)

Wednesday, October 2 through October 30, 11:00 a.m.

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

This five-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

ALL PROGRAMS OCTOBER 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, October 9 through October 23, 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, October 10, 11:00 a.m.-1:00 p.m.
- Thursday, October 17, 11:00 a.m.- 1:00 p.m.
- Thursday, October 24, 11:00 a.m.- 1:00 p.m.
- Thursday, October 31, 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, October 9, 11:00 a.m.-1:00 p.m.
- Wednesday, October 16, 11:00 a.m.-1:00 p.m.
- Wednesday, October 23, 11:00 a.m.-1:00 p.m.
- Wednesday, October 30, 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, October 10, 10:00-11:00 a.m.
- Thursday, October 17, 10:00-11:00 a.m.
- Thursday, October 24, 10:00-11:00 a.m.
- Thursday, October 31, 10:00-11:00 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, October 30, 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 OCTOBER 2024

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

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)

Tuesday, October 1 through October 29, 11:00 a.m. (no class 10/22)

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 – FALL QUARTER (Zoom)

Monday, October 7 through December 30, 10:00 a.m.

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

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



INTERGENERATIONAL

INTERGENERATIONAL SPEED STORY TELLING

(In-person at Monument Hall)

Tuesday, October 29, 7:00-8:00 p.m.

Join us for an evening of magic and memories! We are thrilled to introduce our new Intergenerational Speed Storytelling program, bringing together youth from Corner House and seniors from CMAP for an unforgettable night of sharing stories and creating connections.

Set up like a cozy speed-dating café, each table will host a senior and a youth, sparking conversations with prompts like "What's your earliest memory?" or "Tell me your favorite holiday story." With a timer guiding the rounds, participants will rotate tables, sharing and listening to new stories every 5-10 minutes.

This event is a unique opportunity for seniors to impart their wisdom and for youth to share their vibrant perspectives, fostering mutual respect

and understanding across generations.

Registration Required, no fee.

Facilitators: Ella Leving and Riva Levy



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.

ESL CLASS (In-Person at SPB Location)

Monday, October 14 through December 2, 2:00-3:00 p.m.

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

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

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

Instructor: Joan Kuskin

HAUNTED NEW JERSEY AND THE ORIGIN OF HALLOWEEN

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

Wednesday, October 30, 4:00 p.m.

Fee: \$5

Join us for a fun filled time as we explore the origins of Halloween and discover the real haunted places in New Jersey. Did Jenny really jump off the mountain called Jenny Jump? We'll discover how to make our own ghosts and share our own stories of mysterious myths and realities of All Hallows Eve. You are encouraged to come in costume if you dare and be prepared for the unexpected.

Instructor: Jamie Romeo

ALL PROGRAMS OCTOBER 2024

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

LGBTQ+ HISTORY MONTH CELEBRATIONS

A GRAND LOVE (Zoom)

Thursday, October 24, 3:00 p.m.

Grandparents who become aware that their grandchild's gender identity doesn't match the sex assigned to them at birth can feel confused and alone. While the field of knowledge in this area is growing at a very fast pace, many therapists, counsellors, teachers, and school administrators remain unskilled and uninformed when it comes to working with transgender or gender diverse children and their parents, grandparents, and other family members.

Part educational, part storytelling, and chock-full of inspiration, "A Grand Love: Stories for Grandparents of Transgender Grandchildren" will inform and uplift anyone who reads it.

At this gathering, Janna Barkin will read a few excerpts from her book "A Grand Love," and there will be time for Q. and A.

Registration required, no fee.

Presenter: Janna Barkin

CONTRIBUTIONS IN MEDICINE (Zoom)

Tuesday, October 1, 11:00 a.m.

The theme of LGBT History Month 2024 is "medicine" to recognize the work and lives of historical LGBTQ+ people who worked in medicine, including healthcare. Dr. Christopher Awwad and Finn Schubert of Bergen New Bridge Medical Center will talk about health issues that are important to the LGBTQ+ aging population and acknowledge the contributions this community has had on medical advancements and treatment.

Registration required, no fee.

Presenter: Dr. Christopher Awwad



MEMORY LOSS: SUPPORTING INDEPENDENCE

(Zoom)

Monday, October 28, 1:00 p.m.

Supporting Independence focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. Registration required, no fee.

Presenter: Alzheimer's Association

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

Every other Thursday starting October 10 through December 19, 10:00 - 11:30 a.m.

Fee: \$60 resident/\$70 nonresident

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

Instructor: Wendy Humphrey



SOCIAL CONNECTIONS

Programs

CAT'S AMAZING! (In-person at NSK Location)

Friday, October 25, 3:30 p.m.

Do you dream of having a furry friend to curl up with? A sweet companion to share joy, purrs, and comfort? Then this program is for you! Join us as Lori Grossi from the nonprofit Cats Amazing! introduces their foster-based rescue organization. Their mission is to find a loving home for every cat, especially senior cats who are searching for a warm lap to cuddle on. You'll learn about this compassionate organization, their adoption and fostering programs, and much more. Don't miss the opportunity to make a difference in a cat's life—and your own!

Registration required, no fee.

INTERNATIONAL MUSIC FESTIVAL

(In-Person at SPB Location)

Saturday, October 19 at 2:00 p.m.

Fee: \$10

Join us this October for the second edition of the International Music Festival! Enjoy a day of dance,

ALL PROGRAMS OCTOBER 2024

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

food, and music, where everyone can feel at home. This festival is a joyful space to come together, celebrate our rich cultural tapestry, and create lasting memories as a community. Don't miss out on this unique and uplifting event!

LOTERÍA (In-person at SPB Location)

Saturday, October 5, 2:00 p.m.

Enjoy an evening of vibrant games and community camaraderie at Loteria (Mexican Bingo)! In collaboration with Princeton Human Services, this event celebrates diversity and community spirit. Whether you're a seasoned player or new to Loteria, come and experience the joy of colorful games, win fabulous prizes, and connect with neighbors. We can't wait to see you there! Registration required, no fee.

MEN AND WOMEN IN RETIREMENT SPECIAL PRESENTATION: ADVANCED CARE PLANNING

(In-person at the SPB Location)

Friday, October 18, 10:00 a.m.

Did you know that seventy percent of Americans nearing the end of their lives are unable to make decisions about their own healthcare? In this one-hour presentation, Paul Knight will guide you through the benefits of Advance Care Planning. This process involves discussing and documenting your end-of-life healthcare preferences in advance, ensuring that your wishes are known and respected when it matters most.

Registration required, no fee.

Groups

AGING GAILY (LGBTQ+)

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

Monday, October 21, 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, October 10, 10:00 a.m.

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/>.

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, October 7 through December 30, 3:00 p.m.

Fee: \$15

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

GLOBAL CONVERSATIONS (Zoom)

Tuesday, October 8 and October 22, 1:00 p.m.

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 October, 3:00 p.m.

General conversation group.

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, October 3 and October 31, 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. Estos encuentros no son 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. 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 October, 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:

October 1 – Jay Bailey: How entrepreneurs can unlock their full potential

October 8 – Lera Boroditsky: How language shapes the way we think

October 15 – Ayelet Fishbach: How to set the right goals and stay motivated

October 22 – Cai Guo Qiang: A firework ladder to the sky – and the magic of explosive art

October 29 – Michael Green: How we can make the world a better place by 2030

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, October 18, 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/>.



BEREAVEMENT (Zoom)

Monday, October 21 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, October 1 at 3:00 p.m.

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

– Monthly meetings to share challenges and experiences.

CLEARING SPACES (Zoom)

Mondays in October, 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, October 17 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, October 12 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, October 9 and October 23 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, October 4 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 two ways: beginning October 1, in-person Monday through Thursday, 3:30-5:00 p.m. and Fridays, from 2:00-4:00 p.m. at our NSK location; and virtually, Monday through Friday.

THE TECH HOUR

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

Wednesday, October 2 and October 16, 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.

- **October 2 – Youtube 101**

- **October 16 – What Happened to the Internet: An Ethical Discussion**

Registration required, no fee.

OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>KEY: NSK - Nancy S. Klath Center PB - Pickleball PPL - Princeton Public Library RC - Redding Circle SC - Spruce Circle SPB - Suzanne Patterson Building</p> <hr/> <p>H - Hybrid Group/Program</p>	<p>1</p> <p>10:30 TED Talks (NSK-H) 11:00 LGBTQ+ History Month: Contributions in Medicine 11:00 Tai Chi (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 3:00 Caregivers 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>2</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 The Feldenkrais Method (SPB) 11:00 Solvents & Glue (SPB) 11:00 The Tech Hour (NSK-H) 3:00 Let's Talk (NSK-H) 3:30 Tech Lab Assistance (NSK)</p>	<p>3</p> <p>10:00 Chair Yoga for Wellness 10:00 Cosmology (NSK-H) 3:00 Poker Texas Hold 'em Open Play (SPB) 3:30 Tech Lab Assistance (NSK) 4:00 ¡Se Habla Español! 4:00 The Golden Age of Radio</p>	<p>4</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - <i>Hundreds of Beavers</i> (NSK-H) 1:00 Special Connections: Parents of Adults with Unique Needs (NSK-H) 1:00 Table Tennis (SPB) 1:00 Tech Lab Assistance (SPB) 2:00 Mastering the Art of Painting (SPB) 2:00 Tech Lab Assistance (NSK)</p>
	<p>SATURDAY, OCTOBER 5 2:00 Lotería (SPB)</p>			
<p>7</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Library Reads 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:30 Tech Lab Assistance (NSK)</p>	<p>8</p> <p>10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 1:00 Global Conversations 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>9</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Get into Pickleball: Three-Week Workshop (SPB) 10:00 The Feldenkrais Method 11:00 Next Chapter Widows and Widowers (NSK-H) 11:00 Pickleball: Prep & Play (SPB) 11:00 Solvents & Glue (SPB) 3:00 Let's Talk (NSK-H) 3:30 Tech Lab Assistance (NSK)</p>	<p>10</p> <p>10:00 Chair Yoga for Wellness 10:00 Cosmology (NSK-H) 10:00 Crafter's Corner (NSK-H) 10:00 PB: Play with the Pro (SPB) 10:00 Time to Tell Your Story 11:00 Pickleball: Get into the Game! (SPB) 2:00 OnStage Seniors (NSK) 3:00 Poker Texas Hold 'em Open Play (SPB) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>11</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 1:00 Tech Lab Assistance (SPB) 2:00 Mastering the Art of Painting (SPB) 2:00 Tech Lab Assistance (NSK)</p>
<p>SATURDAY, OCTOBER 12 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)</p>				
<p>14</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 ESL Class (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:30 Tech Lab Assistance (NSK)</p>	<p>15</p> <p>10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>16</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Get into Pickleball: Three-Week Workshop (SPB) 10:00 The Feldenkrais Method (SPB) 11:00 Pickleball: Prep & Play (SPB) 11:00 Solvents & Glue (SPB) 11:00 The Tech Hour (NSK-H) 3:00 Let's Talk (NSK-H) 3:30 Tech Lab Assistance (NSK)</p>	<p>17</p> <p>10:00 Chair Yoga for Wellness 10:00 Cosmology (NSK-H) 10:00 PB: Play with the Pro (SPB) 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) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio 5:00 Full Circle Play Reading (NSK)</p>	<p>18</p> <p>10:00 MIR & WIR Monthly Presentation: Advanced Care Planning (SPB) 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>SATURDAY, OCTOBER 19 2:00 International Music Festival (SPB)</p>				
<p>21</p> <p>9:00 Flu Shot Clinic (NSK) 10:00 Zen Mat Yoga: Find Your Center 11:00 Bereavement 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 ESL Class (SPB) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:30 Tech Lab Assistance (NSK)</p>	<p>22</p> <p>10:30 TED Talks (NSK-H) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 1:00 Global Conversations 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>23</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Get into Pickleball: Three-Week Workshop (SPB) 10:00 The Feldenkrais Method (SPB) 11:00 Next Chapter: Widow & Widowers (NSK-H) 11:00 Pickleball: Prep & Play (SPB) 11:00 Solvents & Glue (SPB) 3:00 Let's Talk (NSK-H) 3:30 Tech Lab Assistance (NSK)</p>	<p>24</p> <p>10:00 Chair Yoga for Wellness 10:00 Cosmology (NSK-H) 10:00 PB: Play with the Pro (SPB) 10:00 Time to Tell Your Story 11:00 Pickleball: Get into the Game! (SPB) 2:00 OnStage Seniors (NSK) 3:00 LGBTQ+ History Month: A Grand Love 3:00 Poker Texas Hold 'em Open Play (SPB) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p>	<p>25</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 1:00 Tech Lab Assistance (SPB) 2:00 Mastering the Art of Painting (SPB) 2:00 Tech Lab Assistance (NSK) 3:30 Cats Amazing! (NSK)</p>
<p>PRINCETON CAFÉ FOR OLDER ADULTS</p> <p>Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p>				
<p>28</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Memory Loss: Supporting Independence 1:00 Table Tennis (SPB) 2:00 ESL Class (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:30 Tech Lab Assistance (NSK)</p>	<p>29</p> <p>10:30 TED Talks (NSK-H) 11:00 Tai Chi (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio 6:30 Diwali Celebration (NSK) 7:00 Intergenerational Speed Storytelling (Monument Hall)</p>	<p>30</p> <p>8:50 <i>Every Body Walk!</i> (Various Sites) 10:00 Pickleball: Private Lessons with the Pro (SPB) 10:00 The Feldenkrais Method (SPB) 11:00 Pickleball: Prep & Play (SPB) 11:00 Solvents & Glue (SPB) 3:00 Let's Talk (NSK-H) 3:30 Tech Lab Assistance (NSK) 4:00 Haunted NJ and the History of Halloween (NSK-H)</p>	<p>31</p> <p>10:00 Chair Yoga for Wellness 10:00 Cosmology (NSK-H) 10:00 PB: Play with the Pro (SPB) 11:00 Pickleball: Get into the Game! (SPB) 2:00 OnStage Seniors (NSK) 3:00 Poker Texas Hold 'em Open Play (SPB) 3:30 Tech Lab Assistance (NSK) 4:00 ¡Se Habla Español! 4:00 The Golden Age of Radio</p>	<p>EVERGREEN FORUM</p> <p>For the Evergreen Forum course schedule, please see our website at cmprinceton.org/evergreen.</p>

WELCOMING OUR NEW STAFF AND INTERNS

BRANDON

We are thrilled to welcome Brandon to the CMAP team! With a unique blend of technological expertise and creative marketing skills, Brandon is a true asset. He's not just a talented team player, but also an excellent communicator and innovative thinker. Brandon will be contributing to both our programs team and communications department, where his keen attention to detail and commitment to accuracy will be invaluable.

Currently, Brandon is pursuing his bachelor's degree in business from Rutgers University. If you see him around, be sure to give him a warm CMAP welcome!



Photo: Brandon Garris, communications & programs assistant

SARAH

We are excited to introduce Sarah Christensen, a social work major at Rutgers University, graduating in May 2025. She has experience as a practicum student at CareOne in East Brunswick and working as an insurance coordinator, where she verified insurance benefits.

Sarah's volunteer work includes working on DEI initiatives, such as participating in international service trips. She's skilled in communication, Microsoft Suite, and conversational Spanish. Sarah's academic achievements and practical experience make her a solid addition to the team.



Photo: Sarah Christensen, social service intern

EMILY

We are pleased to introduce Emily Bell, a social work major at Rutgers University. She is set to graduate in May 2025, with experience from her last practicum at NAMI Mercer, where she created a toolkit for siblings of those with mental health challenges. She also has experience working at a senior living facility, where she has taken the lead on various tasks.

Emily has volunteered with an Adaptive Riding Program and is strongly committed to community service. Her diverse work experience, communication, and problem-solving skills make her a valuable asset to the team.



Photo: Emily Bell, social service intern



CENTER FOR MODERN AGING PRINCETON BY THE NUMBERS



What We Do

The Center for Modern Aging Princeton (CMAP) is a community nonprofit organization that exists to help older adults thrive. We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.

Our vision is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. CMAP envisions a world where older adults embrace aging and are valued for their wisdom, experience, and talent.

6,412 Constituents Served by CMAP

1,268 Participants in Social & Support Groups

693 Seniors in Sports & Exercise Programs

991 Hours of Case management & Counselling

2,982 Students in Lifelong Learning Programs

2,228 Participants in Enrichment & Social Programs

793 Technology Lab Appointments & Tech Workshop Participants

9,630+ Volunteer Hours Contributed to CMAP

18 Employees **348** Volunteers

Manage the operations of our facilities, programs, and events throughout the year

MENTAL HEALTH AND ITS IMPACT AS WE AGE

by Johanna Peters, Director of Social Services

As October shines a spotlight on mental health awareness, it is essential to understand how mental health evolves and impacts us as we age. This month offers a timely opportunity to explore individuals' unique challenges as we age. Mental health remains a crucial aspect of overall well-being throughout life, but its significance becomes more pronounced in later years. Aging often brings a range of challenges, including retirement, the loss of loved ones, chronic health conditions, and social isolation, all of which can significantly affect mental health. These factors may lead to issues such as depression, anxiety, and cognitive decline.



Depression affects us differently as we age and can manifest differently than in younger populations, with symptoms such as changes in sleep patterns, fatigue, or a loss of interest in activities. Often, depression in older adults is underdiagnosed and undertreated, impacting quality of life. Anxiety disorders can also become more pronounced with age, particularly in response to health concerns or significant life changes. Chronic worry, panic attacks, and generalized anxiety are common and can be managed effectively with appropriate support. Additionally, conditions such as dementia and Alzheimer's disease present significant mental health concerns as we get older, affecting memory, cognitive functions, and emotional well-being.

Support from family, friends, and healthcare providers is crucial in managing mental health issues. Building robust support systems helps address feelings of isolation and loneliness, which are major risk factors for mental health problems. Healthcare professionals play a vital role by providing tailored assessments, therapies, and treatments to meet the increased need. Promoting awareness about mental health issues as we age is essential for fostering a supportive environment. This can be achieved through education and training for caregivers, family members, and healthcare providers, encouraging participation in community programs, ensuring accessible mental health resources, and promoting open dialogue to reduce stigma and encourage help-seeking.

As we observe Mental Health Awareness Month this October, focusing on the impact of mental health as we age is crucial. By increasing awareness and providing comprehensive support, we can enhance our quality of life and ensure we receive the care we deserve. Together, we can build a more understanding and supportive environment for all.

SAVE THE DATE

Flu Shot Clinic at NSK Location
Monday, October 21
9:00 a.m.-12:30 p.m.

cmaprinceton.org/vaccine-navigators





VOLUNTEER CORNER

Join the CMAP Tech Lab Volunteers: Opportunities Available!

Are you passionate about technology and eager to make a difference in your community? Or do you know someone who is your “go-to” tech assistant? The Center for Modern Aging Princeton is seeking enthusiastic volunteers to join our Tech Lab team! Our mission is to empower older adults with the skills and confidence to thrive in today’s digital world, and we need your help to make it happen.

As a Tech Lab Volunteer, you’ll have the opportunity to work hands-on with a diverse group of older adults, guiding them through various tech tools and platforms—from smartphones and tablets to social media and online security. Whether you’re troubleshooting a device or teaching a new app, your support will be invaluable in helping our participants stay connected and engaged.

No formal tech background? No problem! We welcome volunteers from all experience levels. What’s important is your willingness to share your knowledge, patience, and a friendly attitude. We offer training and ongoing support to ensure you feel confident in your role.

When/Where Can I Volunteer?

1. In-Person:
 - Starting on October 1, the Donald and Nancy Light Technology Literacy Lab at NSK is open for in-person tech assistance Monday–Thursday from 3:30–5:00 p.m. and Friday from 2:00–4:00 p.m.
 - The Suzanne Patterson Building Tech Lab is open for in-person assistance Fridays from 1:00–4:00 p.m.
2. Virtual:
 - Need to set your own schedule? Virtual support is available by appointment, and can offer night or weekend hours, based on your availability.

Ready to use your tech skills for a great cause? Fill out our interest form now and help us bridge the digital divide at the Center for Modern Aging Princeton. Together, we can create a more connected and informed community. Visit <https://engage.cmaprinceton.org/volunteer> to sign up today!

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

Should You Consider a Mac Computer?

Windows users who own an iPhone or iPad might consider changing to a Mac computer. Read on...

What happens to Windows 10 on October 14, 2025?

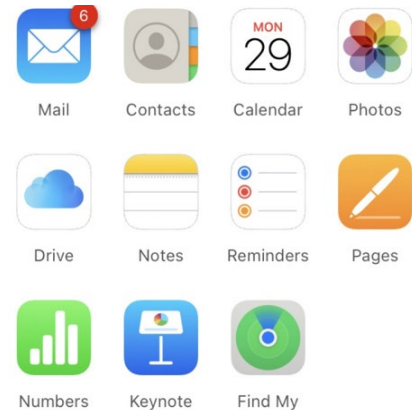
Folks who want to replace their computer often ask me what operating system they should consider: Windows 11 or Mac. I usually suggest they stay with their present operating system unless there's a compelling reason to change.

But I've recently rethought this because a Mac computer may be a better choice if you use an Apple iPhone or iPad (or both) because Apple's iCloud knits these devices together seamlessly. Furthermore, the corresponding iPhone, iPad, and Mac applications – Mail, Calendar, Reminders, and so on – all have the same look and feel.

Your iPhone photos will appear in the corresponding Photos App on the Mac computer. Plan a trip to Aunt Martha's in Bayonne on the Mac, and your iPhone can provide turn-by-turn instructions while driving. Alarms set on the iPhone will "ring" on the Mac and iPad (if you so desire). And if you start an email on the Mac, you can finish it on an iPad or iPhone.

Clipboard contents (the copy-and-paste repository) are instantly available on all devices. So are website passwords, address book entries, and Apple Notes. And, of course, you can access all your documents on the Mac, iPhone, and iPad.

You can even make phone calls on the Mac computer (via your iPhone) and send and receive text messages. And turn an iPad into a second Mac screen. It's all very handy, indeed.



iCloud knits together the information on all your Apple devices.

Yes, a Mac can handle your Windows Documents

You'll be heartened to know that Microsoft and Apple have collaborated on standard applications like Microsoft 365 and OneDrive so that Word documents, Excel spreadsheets, and PowerPoint slides created on a Windows PC will feel right at home on any Apple device. Even the menus are the same.¹

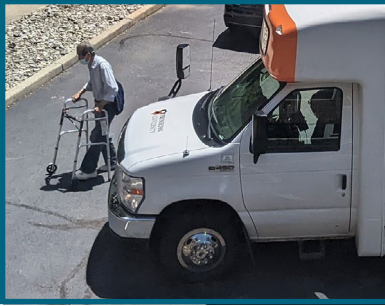
So, what are the downsides to the Mac?

Well, cost for one. A mid-range Windows laptop starts at around \$500, while the least expensive MacBook Air starts at \$1000. But the MacBook is blazingly fast, noiseless (there's no fan), and lightweight, and unless you do lots of photo or video editing, it will serve you well.

The Mac's menus and controls are a bit different, but within a week, you should be fine. (Besides, you can always ask us for help.) And there are dozens of YouTube tutorials on how to move from a PC to a Mac.

If you need help selecting a new computer—either Windows or Mac—just fill out the form at [Tech Lab – Center for Modern Aging Princeton \(cmaprinceton.org\)](https://www.techlabcenter.org) to set up an appointment.

¹ I use both, so I know of what I speak.



**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.



- AGING GAILY (LGBTQ+)**
(IN-PERSON AT NSK - HYBRID)
Monday, October 21 at 3:00 p.m.
Monthly social activities, friendship building, and support.
- BEREAVEMENT**
Monday, October 21 at 11:00 a.m.
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.
- CAREGIVERS**
Tuesday, October 1 at 3:00 p.m.
Monthly meetings to share challenges and experiences.
- CLEARING SPACES**
Mondays in October at 3:00 p.m.
Weekly decluttering sessions with useful tips and tricks.
- CRAFTER'S CORNER**
(IN-PERSON AT NSK - HYBRID)
Thursday, October 10 at 10:00 a.m.
A fun space for craft hobbies.
- EARLY-STAGE MEMORY LOSS SUPPORT**
(IN-PERSON AT NSK - HYBRID)
Thursday, October 17 at 3:00 p.m.
For those with early-stage memory loss.
- FORGET-ME-NOT: DEMENTIA CAREGIVERS**
(IN-PERSON AT NSK - HYBRID)
Saturday, October 12 at 10:00 a.m.
Anyone affected by a loved one's memory loss
- GLOBAL CONVERSATIONS**
Tuesday, October 8 & 22 at 1:00 p.m.
Individuals open to worldly conversations.
- LET'S TALK**
(IN-PERSON AT NSK - HYBRID)
Wednesdays at 3:00 p.m.
General conversation group.
- NEXT CHAPTER: WIDOW/ERS**
(IN-PERSON AT NSK - HYBRID)
Wednesday, October 9 & 23 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, October 4, 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, October 18, 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.

FROM THE DEVELOPMENT OFFICE

GOLDEN JUBILEE

Grateful thanks for the support
of our event sponsors*



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Kay Klotzburger
Harold and Joan Kuskin
Robert and Joan Levitt
Donald and Nancy Light
Maida & Maida Accountants
and Advisors
Mason, Griffin & Pierson, P.C.
Alison and David Politziner
Allen and Rhona Porter
David Saltzman and Heidi Joseph
Ellen and Albert Stark
Sylvia Stengle

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OCTOBER FEATURED SPONSORS



Your own personal chef for the cost of meal delivery.
chefsforseiors.com



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JOCELYN AND CARL HELM LEGACY SOCIETY

Your legacy...

The Center for Modern Aging Princeton has been built and strengthened by many generous people. People who want to make a difference in the lives of older adults in our community for generations to come. People like you.

More and more friends of the organization are discovering the benefits of strategic planned gifts that support our pursuit to strengthen our community and return benefits back to the giver. You can increase the impact of your generosity and make a gift that will help enable us to continue our mission for generations to come.

One of the most exciting parts about what we're doing is that everyone can help. Everyone. Large, long-lasting gifts are not just for the ultra wealthy. No matter your income level, social status, or age – you can support our mission in a significant way that will endure far into the future. Planned gifts make it possible.

Gifts from Your Will or Trust

How It Works

Include a gift to CMAP in your will or trust. (Sample bequest language for your will is available.) Your bequest will support the overall mission of CMAP.

Indicate that you would like a percentage of the balance remaining in your estate or trust, or indicate a specific amount.

Tell us about your gift so we may celebrate your generosity now.

Benefits

- ✓ Your assets remain in your control during your lifetime.
- ✓ You can modify your gift to address changing circumstances.
- ✓ You can direct your gift to a particular purpose (be sure to check with us to make sure your gift can be used as intended).
- ✓ Under current tax law, there is no upper limit on the estate tax deduction for your charitable bequests.



Want to learn more?

Visit us at cmaprinceton.plannedgiving.org or give us a call at 609.751.9699, ext. 103, today and we'll send you some valuable resources that will help you get organized, make your estate plans and arrange a gift that will help to enable us to continue our support for those in need in our community for generations to come.

Now that's a legacy worth leaving!



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



JOIN US IN MAKING A DIFFERENCE!

SCAN ME



SPECIAL SCHOLARSHIP FUND CAMPAIGN

We extend a warm invitation to participate in our 2024 Scholarship Fund Campaign. Your generous contribution will play a crucial role in ensuring that cost is never a barrier to older adults participating in CMAP programs. By supporting this campaign, you are helping to create a community where everyone has access to opportunities for growth, connection, and well-being, regardless of their financial situation. Your involvement will make a meaningful difference in the lives of so many.

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!

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