

*(Formerly Princeton Senior Resource Center)*



### SECOND FRIDAY SHORT FILM FEST

(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)  
**FRIDAY, NOVEMBER 8, 1:00 P.M.**

**SEE PAGE 5 FOR DETAILS.**



### BEYOND THE HEADLINE

WITH POLITICAL COLUMNIST CHARLES STILE  
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)  
**FRIDAY, NOVEMBER 1, 3:30 P.M.; FEE: \$5**  
**SEE PAGE 8 FOR DETAILS**

### 92ND STREET Y LIVE PRESENTS

(IN-PERSON AT NSK LOCATION)  
DR. DONALD JOHANSON WITH CARL ZIMMER  
**THURSDAY, NOVEMBER 14, 7:00-8:30 P.M.; FEE: \$5**

DR. THEODORE SCHWARTZ WITH DR. SANJAY GUPTA  
**FRIDAY, NOVEMBER 22, 1:30-3:00 P.M.; FEE: \$5**  
**SEE PAGE 4 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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**FROM THE CEO, DREW DYSON**  
**NATIONAL FAMILY CAREGIVERS MONTH**

Dear Friends,

As a middle school student filled with boundless energy and a little bit of mischief, I wasn't much for sitting still. One of my best memories, however, features afternoon tea with my mother and my Aunt Eula. During the last years of my Aunt Eula's life, my mother was her primary caregiver and gave witness through her love and care to the important and special nature of family caregiving.

This November, we take time to acknowledge National Family Caregivers Month, a moment to honor the millions of individuals who selflessly provide care for their loved ones. It's a time to reflect on the strength and resilience that family caregivers show every day, often without asking for anything in return. For me, this month is especially meaningful because it reminds me of the deep love and dedication that my mother showed as she cared for my Aunt Eula. Despite the physical and emotional toll, my mother remained unwavering, ensuring that Aunt Eula had comfort, dignity, and, most importantly, love.

Caregiving, though deeply fulfilling, can be exhausting. It requires patience, emotional fortitude, and, sometimes, more time than we feel we have. But caregivers are not alone, and as a community, we can offer them the support they need to continue this important work without feeling overwhelmed or isolated.



## Ways to Support Family Caregivers

- 1. Learn their stories.** Family caregivers each have a unique story and deep meaning behind their commitment to care for their loved ones. Here is a short, poignant video that highlights family caregivers in a powerful way: <https://www.youtube.com/watch?v=PGvTolwnoys>
- 2. Give them a break** - Offering to take over for a few hours or arranging for respite care can give caregivers some much-needed time to rest or take care of themselves.
- 3. Listen without judgment** - Sometimes, caregivers just need to vent. Listening with empathy, without offering solutions or judgment, can provide emotional relief.
- 4. Help with small tasks** - Running errands, cooking a meal, or even just sending a thoughtful note can lighten their load and show that they are appreciated.
- 5. Encourage them to seek support** - Remind caregivers that it's okay to ask for help and that there are resources available to them. Here at the Center for Modern Aging Princeton, we offer various caregiver support groups designed to help caregivers connect, share experiences, and find support.

## Caregiver Support Groups at CMAP

We understand how important it is for caregivers to find community, and we are here to help. We offer the following support groups for those filling the role of caregiver:

- **Caregivers Support Group** - Meets on the first Tuesday of every month at 3:00 p.m. This group is open to all caregivers, offering a space to share challenges, successes, and advice in a supportive environment.
- **Forget-Me-Not: Dementia Caregivers** - Meets on the second Saturday of every month at 10:00 a.m. This group provides targeted support for those caring for loved ones with dementia, addressing the unique challenges they face.
- **Special Connections: Parents of Adult Children with Unique Needs** - Meets on the first Friday of every month at 1:00 p.m. This group supports parents who continue to care for their adult children with unique needs, fostering a sense of community and shared understanding.

Caregivers are the backbone of our families, and during National Family Caregivers Month, we want to ensure they know they are appreciated. If you're a caregiver or know someone who is, we encourage you to take advantage of these resources. Remember, it's not just about caring for others – it's about caring for yourself too.

Happy National Family Caregivers Month! Let's support and celebrate the caregivers in our lives.

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

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

The Bank of Princeton, Chefs for Seniors, Home Instead,  
Peapack Private Wealth Management, and Stark and Stark Attorneys at Law

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*Executive Assistant to the CEO &  
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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

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H - Hybrid Group/Program

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

# SPOTLIGHT NOVEMBER 2024

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

## SPECIAL THIS MONTH

### **AN AFTERNOON AT THE THEATRE: *GENE & GILDA***

(In-Person at the George Street Playhouse)

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

**Registration closes on November 14**

Join us for a delightful escape to the theater! We're heading to New Brunswick to see *Gene & Gilda* at the George Street Playhouse. This heartwarming and hilarious exploration of the iconic love story between Gene Wilder and Gilda Radner will captivate you on a journey through their whirlwind romance, shared triumphs, and enduring bond.

Best of all, your ticket includes round-trip transportation, the show, and a talkback with the actors. In addition, an optional boxed lunch will be available for purchase.

Get ready for a day filled with laughter, tears, and unforgettable memories!



## ARTS & CULTURE

### **92ND STREET Y LIVE PRESENTS** (In-Person at NSK Location)

CMAP is thrilled to announce an exciting new partnership with the 92nd Street Y in New York City! We'll be live streaming world-class talks, performances, concerts, and much more right here at CMAP. After each event, stay for thirty minutes of engaging conversation and meaningful connections. Note: Some events may be pre-recorded due to scheduling.

### **DR. DONALD JOHANSON WITH CARL ZIMMER:**

**"DISCOVERING LUCY"** (In-Person at NSK Location)

*Thursday, November 14, 7:00-8:30 p.m.*

*Fee: \$5*

Join renowned paleoanthropologist Dr. Donald Johanson and *New York Times* science journalist Carl Zimmer on the fiftieth anniversary of a major milestone in paleoanthropology – Johanson's discovery of "Lucy," one of the oldest known skeletons of an early human ancestor.

Discovered in Ethiopia's Afar region in 1974, Lucy is about 3.2 million years old. Though similar in size to a chimpanzee, her bone structure showed she walked upright – a key development in human evolution. Lucy's discovery by Dr. Johanson attracted worldwide attention. Join Johanson and Carl Zimmer as they discuss why her discovery remains significant for understanding human evolution, what Lucy has revealed about our origins, the circumstances surrounding her unearthing, and why she continues to captivate us. Format: Live Stream

### **DR. THEODORE SCHWARTZ WITH DR. SANJAY**

**GUPTA: GRAY MATTERS** (In-Person at NSK Location)

*Friday, November 22, 1:30-3:00 p.m.*

*Fee: \$5*

Join Dr. Theodore Schwartz, professor at Weill Cornell Medical School and one of America's preeminent neurosurgeons, in conversation with Dr. Sanjay Gupta on the complexity and wonder of the human brain – and his new book, *Gray Matters*.

What is it like to hold a scalpel over a human brain, where every second counts? In his accessible account of neurosurgery, Dr. Schwartz shares how surgeons make life-or-death decisions for patients who entrust them with their lives and identities. Warm and insightful, it's an unparalleled look at his practice and the remarkable advances in neurosurgery over the past century. Hear him and Dr. Gupta discuss Dr. Schwartz's unique perspective on the brain, real patient stories, the future of neurosurgery, and more.

Format: Recorded Live Stream

# ALL PROGRAMS NOVEMBER 2024

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

## NEW! BEGINNERS ART WORKSHOP

(In-person at SPB Location)

*Tuesday, November 5 through December 10, 2:00-4:00 p.m.*

**Fee: \$75 resident/\$80 non-resident**

This six-session class will guide you in the art of painting and help you appreciate the beauty in the world around you. Whether working on a still life, landscape, or portrait, you will learn to convey each scene through light, texture, and color. You'll begin with choosing a medium – pencil, watercolor, acrylic, or any other you're drawn to or eager to explore.

Instructor: Christina Rang

## LITERARY CAFÉ (In-person at NSK Location)

*Saturday, November 23, 6:00-7:00 p.m.; Fee: \$5*

Stories take time, but short stories are different. They can take us around the universe or break our hearts with only a few thousand words. Join Dr. Alexander Randall, a former radio host, for an enchanting evening accompanied by the captivating melodies of a special musical guest. Let's come together to celebrate gratitude, the art of storytelling, and the harmony of music, all within the welcoming embrace of our café.

## SECOND FRIDAY SHORT FILM FEST

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

*Friday, November 8, 1:00 p.m.*

Experience the power of storytelling in miniature form with our first short film fest celebrating the art of concise filmmaking, featuring a curated collection of films from five to thirty minutes that pack a punch with their unique narratives and artistic vision crossing a variety of genres. Registration required, no fee.

- **The Phone Call**  
21 Minutes, Rated TV-14, Thriller/Drama
- **Trip to the Moon**  
14 minutes, Rated: NR, Sci-Fi/Fantasy
- **I'm Here**  
35 minutes, Rated PG-13, Romance/Sci-Fi
- **Geri's Game**  
5 minutes, Rated G, Animated/Comedy
- **Whiplash**  
18 minutes, Rated: R, Drama
- **Un Chien Andalou**  
16 minutes, Rated: NR, Horror/Fantasy

## THE GOLDEN AGE OF RADIO (Zoom)

*Tuesdays and Thursdays in November, 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, November 4, 1:00 p.m.*

The Princeton Public Library team will be showcasing some of the latest and most notable book titles, offering recommendations to help you expand your reading 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 Currents email blast for upcoming virtual trips.**

## THE LIFE AND WORK OF JOHN PHILIP SOUSA (Zoom)

*Thursday, November 7, Noon to 1:00 p.m.*

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

Football season is here and there is no greater time to honor one of the greatest composers of marches, John Philip Sousa. The "March King" may have been born of the Romantic Era, but his music has transcended the boundaries and woven its way into the fabric of 21st c. culture. Join Dr. Brenda Leonard as she dives into the life and art of one of the most influential composers in the history of the United States.

## MASTERING THE ART OF PAINTING

(In-Person at SPB Location)

*Fridays, November 8-December 20 (no class 11/29)*

**Fee: \$75 resident/\$80 non-resident**

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

## THE WONDERS OF WORDPLAY – FALL QUARTER

(Zoom)

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

**Fee: \$15**

# ALL PROGRAMS NOVEMBER 2024

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

## **A PUBLISHING JOURNEY WITH WINNIE HUGHES**

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

*Tuesday, November 19, 4:00 p.m.; Fee: \$5*

Join us for a fun and inspiring event as we celebrate the unique role of Passager Books, a publisher dedicated to showcasing the work of older writers. Our distinguished guest, Winnie Hughes Spar, a talented writer and poet, will share her own publishing journey with Passager and read from her forthcoming collection, *The Village of New Ghosts*. Don't miss this exciting opportunity to be inspired and celebrate the creativity of seasoned writers!



## GAMES & RECREATION

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

*Tuesdays in November, 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, no fee.

### **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

### **BOLLYWOOD DANCE EXERCISE CLASS**

(In-person at SPB Location)

*Fridays, November 1 through November 22, 10:00 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 Singh

### **CHAIR MOVES & GROOVES** (Zoom)

*Tuesdays, November 5 through November 26, 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! Instructor: Laraine Alison

### **THE FELDENKRAIS METHOD**

(In-person at SPB Location)

*Wednesday, November 6 through November 27, 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, November 4 through November 25, 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

### **PINGPONGPARKINSON** (In-person at SPB Location)

*Wednesdays, November 6 through November 20, 4:00-5:30 p.m.*

We're on a mission to promote healthy aging for Parkinson's patients by creating a supportive and engaging community. Ping pong provides physical exercise, one of the most effective ways to improve Parkinson's symptoms. Our sessions begin with engaging conversation, followed by body warm-up, skill-building drills, gameplay, and end with coordination exercises, song, and laughter. To learn more, see page 12. Registration required, no fee.

# ALL PROGRAMS NOVEMBER 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.

### INTRODUCTION TO PICKLEBALL: A LEARN TO PLAY 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, November 6 through November 20, 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, November 7, 11:00 a.m. - 1:00 p.m.
- Thursday, November 14, 11:00 a.m. - 1:00 p.m.
- Thursday, November 21, 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, November 6, 11:00 a.m.-1:00 p.m.
- Wednesday, November 13, 11:00 a.m.-1:00 p.m.
- Wednesday, November 20, 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, November 7, 10:00 a.m.-11:00 a.m.
- Thursday, November 14, 10:00 a.m.-11:00 a.m.
- Thursday, November 21, 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**

### 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**

### SOLVENTS & GLUE (In-person at SPB Location)

**Wednesday, November 6 through November 27, 11:00 a.m.**

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

This exercise class is a groundbreaking movement system designed to strengthen and stabilize major joints in your body. Led by certified teacher Jackie Boone, these innovative lessons will invigorate your musculoskeletal

system and complement various physical exercise and wellness practices. Sign up for a journey of self-discovery and empowerment through mindful movement.

Instructor: Jackie Boone

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

**Every Monday and Friday, 1:00-4:30 p.m. (No session 11/15, and 11/29)**

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.

# ALL PROGRAMS NOVEMBER 2024

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

## **TAI CHI** (In-person at SPB Location)

*Tuesday, November 5 through November 26, 11:00 a.m.*

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

This gentle form of exercise helps to maintain strength, flexibility, and balance and could be the perfect activity for the rest of your life. Tai Chi involves a series of movements performed in a slow, focused manner accompanied by deep breathing.

Instructor: Sisco Kinjo

## **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*



## LIFELONG LEARNING

## **BEYOND THE HEADLINE WITH POLITICAL**

**COLUMNIST CHARLES STILE** (Hybrid - In-Person at NSK Location and on Zoom)

*Friday, November 1, 3:30 p.m.*

*Fee: \$5*

Join retired judge Philip Carchman as he hosts a compelling discussion with Charles Stile, a seasoned political columnist from *The Bergen Record/USA TodayNetwork*. During the hour, we will delve into the crucial role of journalists in covering political races and the ethical challenges they face. Hear Stile's insights on his decades of experience covering local and state politics. From fake news and bias to privacy concerns and responsible reporting, we'll explore the complexities of ensuring accurate and trustworthy journalism. Don't miss this thought-provoking conversation about the state of political reporting today.

Charles Stile is a veteran political *columnist* for *The Bergen Record/USA TodayNetwork*, covering New Jersey politics for over three decades. He has been recognized with numerous awards for his insightful analysis and reporting.

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

## **EMPOWERHER SPEAKER SERIES: ADVOCATING FOR WOMEN'S HEALTH AND EQUALITY IN VULNERABLE COMMUNITIES** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, November 18, 11:00 a.m.-noon*

Join us for an insightful conversation with Suzanne Ngo-Mandong, a leader in international development with more than forty years of experience. Her work has transformed lives across Africa, focusing on sexual and reproductive health. Suzanne will share her journey advocating for women's health, gender equality, and empowering vulnerable communities. With her extensive background in diplomacy and leadership, she offers a unique perspective on how global partnerships drive progress in some of the world's most challenging regions. This event promises to inspire and empower those passionate about social change and women's rights. Don't miss out on this remarkable opportunity! Registration required, no fee.

## **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*

## **TOP 5 MISTAKES PEOPLE MAKE ON MEDICARE**

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

*Wednesday, November 13, 10:00 a.m.*

This presentation simplifies Medicare by offering accurate, up-to-date information on all aspects of the program, including upcoming changes in the years ahead!

Also included is information covering the differences between Medicare Advantage and Medicare Supplements, and why understanding them is so important!

Presenter: Roderick Spann





# ALL PROGRAMS NOVEMBER 2024

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



## SOCIAL CONNECTIONS

### Programs

#### CMAP'S FREE FLEA MARKET EXCHANGE

(In-person at SPB Location)

*Friday, November 15, 1:00-3:00 p.m.*

Join us for a Free Flea Market Exchange, where everything is 100% free! Discover gently used clothing, household items, books, and more—all available to the community at no cost. You can reserve a table to share your own items or just come as a participant and pick up something new to you. It's a perfect opportunity to declutter, share, find a holiday gift or two, and connect with others. Don't miss out—spread the word! Registration required, no fee.

#### MEN AND WOMEN IN RETIREMENT SPECIAL PRESENTATION: THE MUSIC OF BOB MECKLENBURGER

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

*Friday, November 15, 1:30-2:30 p.m.*

Bob Mecklenburger, a member of Men in Retirement, has been sharing his passion for music for more than fifty years, performing a mix of his own songs and classics from other folk artists. Playing both 6- and 12-string acoustic guitars, Bob has graced the stages of house concerts and coffeehouses across New Jersey and Pennsylvania. Join us for a special performance! Registration required, no fee.

### Groups

#### AGING GAILY (LGBTQ+)

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

*Monday, November 18, 3:00 p.m.*

Connect, socialize, and support one another while building lasting friendships. Registration required, no fee.

#### CRAFTER'S CORNER

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

*Thursday, November 7, 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.

#### CHAI TEA TALKS (In-person at SPB Location)

*Thursday, November 7, 2:00 p.m.*

Step into a warm and welcoming space where conversations flow in Hindi, deepening connections and building community. From cultural reflections on life in India to discussions on local issues, this is a place where voices are heard, and stories are shared. Whether you're a native Hindi speaker or simply interested in India's rich cultural heritage, you'll find a supportive and diverse community that makes you feel right at home. Facilitator: Anuja Gupta

#### GLOBAL CONVERSATIONS (Zoom)

*Tuesday, November 12 and November 26, 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 November, 3:00 p.m. (no meeting 11/27)*

A vibrant group for engaging conversations and sharing ideas.

Registration required, no fee.

#### ¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

*Thursday, November 7 and November 21, 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.

### TED TALKS

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

*Tuesdays in November, 10:30 a.m.*

Together we watch a TED Talk followed by an engaging, thought-provoking discussion led by Helen Burton. Come join the conversation! This month's buzzworthy topics:

**November 5 – Gabrielle Rifkind:** How to prevent or stop a war

**November 12 – Zeynep Ton:** The case for good jobs and why they're good for business too

**November 19 – Gloria Chan Packer:** Work is not your family

**November 26 – Not meeting**

Registration required, no fee.

### TRANSITION TO RETIREMENT

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

*Friday, November 15, 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, November 18 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, November 5 at 3:00 p.m.*

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

– Monthly meetings to share challenges and experiences.

### CLEARING SPACES (Zoom)

*Mondays in November, 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, November 21 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, November 9 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, November 13 at 11:00 a.m.*

(no session 11/27)

(Usually second and fourth Wednesday of each month)

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

### SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS

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

*Friday, November 1 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.

Facilitator: 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: 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, November 4 and November 18, 2:00 p.m.*

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.

- **November 4 – What's the Tech Hype Cycle**
- **November 18-- Identifying and Avoiding Scams Online**

Registration required, no fee.

# NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>KEY:</b>  <b>NSK</b> - Nancy S. Klath Center  <b>PB</b> - Pickleball  <b>PPL</b> - Princeton Public Library  <b>RC</b> - Redding Circle  <b>SC</b> - Spruce Circle  <b>SPB</b> - Suzanne Patterson Building</p> <hr/> <p><b>H</b> - Hybrid Group/Program</p>	<p><b>PRINCETON CAFÉ FOR OLDER ADULTS</b></p> <p>Mercer County Nutrition Program (SPB)                      Monday through Friday                      10:00 a.m. to 1:00 p.m.</p>	<p><b>EVERGREEN FORUM</b></p> <p>For the Evergreen Forum course schedule, please see our website at <a href="http://cmaprinceton.org/evergreen">cmaprinceton.org/evergreen</a>.</p>	<p>1</p> <p>10:00 Bollywood Dance Exercise Class (SPB)                      10:00 Women in Retirement Coffee Klatch                      1:00 Special Connections: Parents of Adults with Unique Needs (NSK-H)                      1:00 Table Tennis (SPB)                      2:00 Mastering the Art of Painting (SPB)                      2:00 Tech Lab Assistance (NSK)                      3:30 Beyond the Headline with Political Columnist Charles Stile (NSK-H)</p>	
<p>4</p> <p>10:00 Zen Mat Yoga: Find Your Center                      11:00 Fusion Yoga (SPB)                      1:00 Library Reads                      1:00 Memory Loss: Exploring Care and Support Services                      1:00 Table Tennis (SPB)                      2:00 ESL Class (SPB)                      2:00 The Tech Hour (NSK-H)                      2:00 The Wonders of Wordplay                      3:00 Café Français (NSK)                      3:00 Clearing Spaces                      3:30 Tech Lab Assistance (NSK)</p>	<p>5</p> <p>10:30 TED Talks (NSK-H)                      11:00 Tai Chi (SPB)                      1:00 Chair Moves &amp; Grooves                      1:00 Games Day (SPB)                      2:00 Beginners Art Workshop (SPB)                      3:00 Caregivers                      3:30 Tech Lab Assistance (NSK)                      4:00 The Golden Age of Radio</p>	<p>6</p> <p>10:00 Intro to Pickleball: A Learn to Play Three-Week Workshop (SPB)                      10:00 The Feldenkrais Method (SPB)                      11:00 Pickleball Prep &amp; Play (SPB)                      11:00 Solvents &amp; Glue (SPB)                      3:00 Let's Talk (NSK-H)                      3:30 Tech Lab Assistance (NSK)                      4:00 PingPongParkinson (SPB)</p>	<p>7</p> <p>10:00 Cosmology (NSK-H)                      10:00 Crafter's Corner (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 The Life and Work of John Philip Sousa                      2:00 Chai Tea Talks (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                      4:00 ¡Se Habla Español!</p>	<p>8</p> <p>10:00 Bollywood Dance Exercise Class (SPB)                      10:00 Women in Retirement Coffee Klatch                      1:00 Second Friday Short Film Fest (NSK-H)                      1:00 Table Tennis (SPB)                      2:00 Mastering the Art of Painting (SPB)                      2:00 Tech Lab Assistance (NSK)</p> <p><b>SATURDAY, NOVEMBER 9</b>                      10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)</p>
<p>11</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 Wordplay                      3:00 Café Français (NSK)                      3:00 Clearing Spaces                      3:30 Tech Lab Assistance (NSK)</p>	<p>12</p> <p>10:30 TED Talks (NSK-H)                      11:00 Tai Chi (SPB)                      1:00 Chair Moves &amp; Grooves                      1:00 Games Day (SPB)                      1:00 Global Conversations                      2:00 Beginners Art Workshop (SPB)                      3:30 Tech Lab Assistance (NSK)                      4:00 The Golden Age of Radio</p>	<p>13</p> <p>10:00 Intro to Pickleball: A Learn to Play Three-Week Workshop (SPB)                      10:00 The Feldenkrais Method (SPB)                      10:00 Top 5 Mistakes People Make on Medicare (NSK-H)                      11:00 Next Chapter Widows and Widowers (NSK-H)                      11:00 Pickleball Prep &amp; Play (SPB)                      11:00 Solvents &amp; Glue (SPB)                      3:00 Let's Talk (NSK-H)                      3:30 Tech Lab Assistance (NSK)                      4:00 PingPongParkinson (SPB)</p>	<p>14</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 Poker Texas Hold 'em Open Play (SPB)                      3:30 Tech Lab Assistance (NSK)                      4:00 The Golden Age of Radio                      7:00 - 92nd Street Y Live (NSK)</p>	<p>15</p> <p>10:00 Bollywood Dance Exercise Class (SPB)                      1:00 CMAP Free Flea Market Exchange (SPB)                      1:00 Table Tennis (SPB)                      1:30 Men &amp; Women in Retirement: The Music of Bob Mecklenburger (NSK-H)                      2:00 Mastering the Art of Painting (SPB)                      2:00 Tech Lab Assistance (NSK)                      2:30 Transition to Retirement (NSK-H)</p>
<p>18</p> <p>10:00 Zen Mat Yoga: Find Your Center                      11:00 Bereavement                      11:00 EmpowerHer Speaker Series (NSK-H)                      11:00 Fusion Yoga (SPB)                      1:00 Table Tennis (SPB)                      2:00 ESL Class (SPB)                      2:00 The Tech Hour (NSK-H)                      2:00 The Wonders of Wordplay                      3:00 Aging Gaily (LGBTQ+) (NSK-H)                      3:00 Café Français (NSK)                      3:00 Clearing Spaces                      3:30 Tech Lab Assistance (NSK)</p>	<p>19</p> <p>10:30 TED Talks (NSK-H)                      11:00 Tai Chi (SPB)                      1:00 Chair Moves &amp; Grooves                      1:00 Games Day (SPB)                      2:00 Beginners Art Workshop (SPB)                      3:30 Tech Lab Assistance (NSK)                      4:00 A Publishing Journey with Winnie Hughes Spar (NSK-H)                      4:00 The Golden Age of Radio</p>	<p>20</p> <p>10:00 Intro to Pickleball: A Learn to Play Three-Week Workshop (SPB)                      10:00 The Feldenkrais Method (SPB)                      11:00 Pickleball Prep &amp; Play (SPB)                      11:00 Solvents &amp; Glue (SPB)                      3:00 Let's Talk (NSK-H)                      3:30 Tech Lab Assistance (NSK)                      4:00 PingPongParkinson (SPB)</p>	<p>21</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)                      3:30 Tech Lab Assistance (NSK)                      4:00 The Golden Age of Radio                      4:00 ¡Se Habla Español!</p>	<p>22</p> <p>10:00 Bollywood Dance Exercise Class (SPB)                      10:00 Women in Retirement Coffee Klatch                      1:00 Table Tennis (SPB)                      1:30 92nd Street Y Live (NSK)                      2:00 Mastering the Art of Painting (SPB)                      2:00 Tech Lab Assistance (NSK)</p> <p><b>SATURDAY, NOVEMBER 23</b>                      6:00 Literary Café (NSK)</p>
<p>25</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 Wordplay                      3:00 Café Français (NSK)                      3:00 Clearing Spaces                      3:30 Tech Lab Assistance (NSK)</p>	<p>26</p> <p>11:00 Tai Chi (SPB)                      1:00 Chair Moves &amp; Grooves                      1:00 Games Day (SPB)                      1:00 Global Conversations                      2:00 Beginners Art Workshop (SPB)                      3:30 Tech Lab Assistance (NSK)                      4:00 The Golden Age of Radio</p>	<p>27</p> <p>10:00 The Feldenkrais Method (SPB)                      11:00 Solvents &amp; Glue (SPB)                      3:00 Let's Talk (NSK-H)                      3:30 Tech Lab Assistance (NSK)</p>	<p>28</p> <p><b>CMAP CLOSED FOR THANKSGIVING HOLIDAY</b></p>	<p>29</p> <p><b>CMAP CLOSED FOR THANKSGIVING HOLIDAY</b></p>

# WE'RE BRINGING PINGPONGPARKINSON TO PRINCETON!

by Andrea Schwarz, Programs Assistant

The mission of PingPongParkinson (PPP) is to support anyone with Parkinson's through ping pong and, most importantly, to have fun while doing it! CMAP has partnered with PPP which is a nonprofit organization and global sports movement that is inclusive and supportive of people with a Parkinson's diagnosis.

PPP began as the dream of Nenad Bach, an international singer and peace activist, who faced the challenge of Parkinson's disease. Though he needed to stop singing and playing guitar, he was determined to fight the disease. He took up ping pong and soon noticed significant physical and mental improvements. Today, while not exactly as before, Nenad can play guitar and has returned to singing and performing live – an incredible achievement.

One of our longtime participants, James Lee, approached us about bringing PPP to Princeton. Since we already offer table tennis, we thought it would be a great fit for our participants. After meeting with Nenad Bach to learn more, we felt certain that PPP would offer significant benefits to the Parkinson's community. We signed on with enthusiasm and optimism.

Our pilot program kicked off in September with six participants and several volunteers. Some participants never played ping pong before, while others hadn't touched a paddle since their youth. We started with exercises, skill-building drills, and gameplay, and ended with laughter, jokes, singing, comradery, and lots of smiles. Everyone had a unique story and different abilities, but they all shared one goal: to improve their daily lives with Parkinson's. Everyone had a unique story and different abilities, but they all shared one goal: to improve their daily lives with Parkinson's, and they found a welcoming, enjoyable place to do just that.

PPP is offered every Wednesday afternoon at 4:00 p.m. and we welcome Parkinson's participants to join us. Registration required, no fee.



## 2024 SPONSOR-A-SENIOR PROGRAM

CMAP Social Services



Our social services team is excited to announce an opportunity to brighten the winter holidays for older adults in the municipality of Princeton. We are registering low-income residents for our annual Sponsor-a-Senior program. The older adults will sign up to participate in a "white elephant" game and winter apparel give-away. We are asking our wider community to make donations of men's and women's gloves, hats, and scarves. Sponsors will purchase a gift card not to exceed \$50. There will be a collection basket at the Suzanne Patterson Building for quick drop-off for donations. Anyone can donate, you do not have to be a sponsor to donate a winter apparel item.

This holiday drive is in coordination with the Department of Human Services and Corner House which are hosting drives for families and youth.

### Deadlines

Sponsor sign-up: November 20

Gifts to CMAP by December 4

Items will be distributed to participants December 18

# GRANDPALS – WELCOME BACK!

*by Ella Leving, Coordinator of Community Outreach*

News from Intergenerational Land! As we welcome the crisp air and vibrant colors of fall, I'm beyond excited to share some heartwarming news. Our beloved GrandPals program, a shining example of the power of intergenerational connections, is growing again! After two years of limited participation in just two schools post-Covid, we are finally returning to all four Princeton elementary schools this year. Intergenerational programming like GrandPals enriches lives by fostering meaningful bonds between older adults and children, bridging the gap between generations, and creating lasting impacts on both sides.

What began in 1997 at Littlebrook School as a small reading initiative has blossomed into a beloved tradition that now includes Riverside, Community Park, and Johnson Park schools. And this year, we will be reading to every single kindergartener across all four schools.

During spring and summer months, I had the pleasure of meeting many new GrandPals volunteers. Every single person I spoke with was truly special – kind, interesting, and filled with life experiences and a passion for reading and connecting with children. This year, we have a team of ninety permanent GrandPals and twenty-four wonderful substitutes. I'm thrilled to also welcome Alicia Cassio and Maureen Quap, our two new site leaders, whose dedication and enthusiasm will help us grow even more.

With four schools, eleven kindergarten classes, and a strong, devoted team, I can't wait to see the friendships and connections that will be made. I look forward to the sweet embraces, the smiles, and the joy that radiates from the faces of our young readers and their GrandPals. It is all made possible by each of you, and I feel deeply privileged to be part of this journey.

Here's to another beautiful year of sharing stories, fostering a love of reading, and building meaningful bonds across generations. My heartfelt gratitude to all of you for your commitment and love. Let's make this year unforgettable!



# ALZHEIMER'S AWARENESS MONTH: ADVANCING OUR UNDERSTANDING

by Johanna Peters, Director of Social Services

November is not just another month on the calendar; it's Alzheimer's Awareness Month, a time to shine a light on a disease that affects millions and to celebrate the strides we're making in understanding it! As we dive into the complexities of Alzheimer's, it's also an opportunity for community connection and education, especially with the fantastic initiatives at CMAP.

Alzheimer's disease, that pesky neurodegenerative condition, can turn the most straightforward tasks into complex puzzles for those affected. Recent research has opened our eyes to the biological mechanisms behind it, revealing the roles of amyloid



plaques and tau tangles as they wreak havoc in the brain<sup>1</sup>. But it's not all doom and gloom! We now know that lifestyle choices—like staying active, eating well, and engaging socially – can help tip the scales in our favor regarding reducing risk. Knowledge is power, and it's crucial for early detection and intervention!

At CMAP, we empower our community with the right tools and information. Our commitment to supporting those impacted by Alzheimer's shines through our vibrant programs. The Forget-Me-Not Dementia Caregiver program offers invaluable resources to caregivers navigating the emotional rollercoaster of this journey. We also provide a friendly space for those experiencing Early-Stage Memory Loss to connect and learn while our Caregiver Support Groups foster camaraderie and shared experiences. Plus, we're dedicated to ensuring everyone has access to the latest information, making it easier for families to navigate the complexities of Alzheimer's care.

And speaking of community, our CMAP Health Fair in September was a blast! Attendees had the unique opportunity to experience the Penn Medicine Dementia Virtual Tour. This immersive experience was a game-changer, offering powerful insights into the everyday challenges faced by individuals with Alzheimer's. It was eye-opening and heartwarming, reminding us of the importance of compassion and understanding.

So, as we embrace Alzheimer's Awareness Month, let's rally together to advance our understanding and support for those affected. With CMAP's dynamic initiatives, a commitment to education, and a community that cares, we can significantly impact the lives of individuals and families touched by this condition. Together, we can turn awareness into action and make a real difference in the fight against Alzheimer's disease!

*Reference: Hardy, J., & Selkoe, D. J. (2002). The Amyloid Hypothesis of Alzheimer's Disease: Progress and Problems on the Road to Therapeutics. Science, 297(5580), 353-356.*

<sup>1</sup> Amyloid plaques, composed of beta-amyloid protein and tau tangles, abnormal accumulations of tau protein disrupt communication between brain cells and lead to neurodegeneration, key pathological features of Alzheimer's disease



## 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!



## 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:
  - 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

# Do You Need to Pay for Antivirus Software?

*Third-party antivirus software may not be worth it.*

“Back in the day,” software viruses, “worms,” and “Trojans” frequently infected computers, wiping hard drives or otherwise rendering PCs useless. Malware would unleash its payload from infected thumb drives, email attachments, or malicious files downloaded from the internet. To combat these cyber intrusions, we paid for antivirus software from Norton or McAfee or Webroot.

However, over the last several years, Microsoft and Apple have incorporated more sophisticated cybersecurity in their Windows and Mac operating systems. Windows 10 and 11 include *Windows Defender Antivirus* plus other security protection that intervenes if you’re about to run malicious software, and Microsoft updates *Defender* as it finds new malware on the internet. Windows 11, in particular, incorporates additional security by requiring the computer include a “Trusted Platform Module,” which adds hardware-based encryption, among other features.

Apple’s MacOS includes built-in antivirus technology called XProtect, which automatically detects and blocks known malware and warns you when you install third-party software that Apple hasn’t vetted. Apple regularly updates MacOS with the latest security updates, and Safari, Apple’s web browser, warns you when you visit unsecured websites.

Bottom line: Third-party antivirus software may no longer be worthwhile, considering the robust protection built into the latest versions of Windows and MacOS.

On the other hand, if you’re more comfortable subscribing to a third-party antivirus application, I suggest Malwarebytes. It’s unobtrusive and won’t bug you to upgrade. A free version is available that you can manually run if you suspect a malware problem.



*Larry quickly regretted calling the “free” computer help number.*

### Best Practices to Avoid Malware

Here are some do’s and don’ts to help keep your computer malware-free:

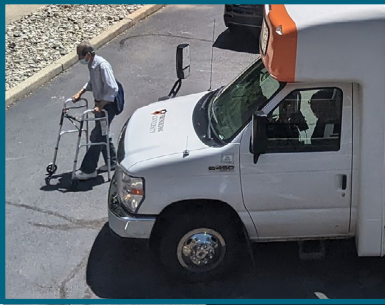
1. Keep your operating system up to date.
2. Back up your documents to a “cloud” service such as OneDrive or iCloud, or an external drive. (I do both.)
3. Don’t download software from the web unless you’re absolutely sure the website is legitimate.
4. Don’t navigate to websites from links in your email. Instead, fire up your browser and go to the website directly.
5. Don’t open email attachments from unknown senders.
6. Don’t allow outside “helpers” to control your computer unless you really know who they are.
7. Ask us for help if you suspect your computer has been compromised.

If you need computer help just fill out the form at [Tech Lab – Center for Modern Aging Princeton](https://www.techlab.princeton.edu) ([cmaprinceton.org](https://www.cmaprinceton.org)) to set up an appointment.





## GROUPS



**Princeton Muni Service stops  
at our building**

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

### CMAP Lending Locker

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

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

**CMAP has incontinence supplies – contact us for information**



## TRANSPORTATION

### CROSSTOWN

Crosstown is a door-to-door transportation service for those who are age sixty-five and up, and people with disabilities who live in the municipality of Princeton. The service is provided by a partnership between the Center for Modern Aging Princeton (CMAP) and RideProvide, a program of the Greater Mercer Transportation Management Authority.

To be a Crosstown rider you must be:

- A Princeton municipal resident
- Age sixty-five and up, OR have a physical disability
- Able to get yourself to the car and in/out of the car without assistance
- Registered with the Crosstown program through CMAP at 609.751.9699

Rides between the hours of 8:00 a.m. and 5:00 p.m. on weekdays must be reserved no later than noon on the business day before the scheduled ride. Rides can be scheduled for any purpose between any points of origin and destination within the municipality, but medical appointments at Penn Medicine Princeton Health or at the Princeton Fitness and Wellness Centers (in both Princeton and Plainsboro) will receive priority. Rides to Penn Medicine are free for registered riders.

Each one-way ride costs \$3, which is payable by voucher; riders may purchase (with cash, check, or credit card) up to twenty vouchers at a time at the CMAP Office (101 Poor Farm Road), or by calling 609.751.9699 or use this form: <https://engage.cmapprinceton.org/purchasecrosstown>.

### Did you know you can support CMAP by giving us your McCaffrey's receipts?

CMAP receives a percentage of the total receipts. They can be **up to three months old**. Mail or drop off to: CMAP, 101 Poor Farm Road, Building B (located between Bunn Dr. and Mt. Lucas Rd.), Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.



**AGING GAILY (LGBTQ+)**  
(IN-PERSON AT NSK - HYBRID)  
Monday, November 18 at 3:00 p.m.  
Monthly social activities, friendship building, and support.

**BEREAVEMENT**  
Monday, November 18 at 11:00 a.m.  
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

**CAREGIVERS**  
Tuesday, November 5 at 3:00 p.m.  
Monthly meetings to share challenges and experiences.

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

**CRAFTER'S CORNER**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, November 7 at 10:00 a.m.  
A fun space for craft hobbies.

**EARLY-STAGE MEMORY LOSS SUPPORT**  
(IN-PERSON AT NSK - HYBRID)  
Thursday, November 21 at 3:00 p.m.  
For those with early-stage memory loss.

**FORGET-ME-NOT: DEMENTIA CAREGIVERS**  
(IN-PERSON AT NSK - HYBRID)  
Saturday, November 9 at 10:00 a.m.  
Anyone affected by a loved one's memory loss

**GLOBAL CONVERSATIONS**  
Tuesday, November 12 & 26 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, November 13 at 11:00 a.m.  
Safe space for grieving and connection after losing a partner.

**SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS**  
(IN-PERSON AT NSK - HYBRID)  
Friday, November 1, 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, November 15, 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

### Spotlight on Brandywine Senior Living



**BRANDYWINE**  
**SENIOR LIVING**  
*Life is Beautiful*

Brandywine Senior Living – Princeton, Pennington and Serenade at Princeton all offer a wonderful blend of Independent Living, Assisted Living, and specialized Inpsiritás – Memory Care services.

- At Princeton you can find the residents engaged in a variety of activities. For pure fun, the residents can be found enjoying the exciting events held in the aptly named “Great Room,” including Curtain Call and their own signature program, The Money Wheel.
- At Pennington the residents love to experience the one-of-a-kind “Taste of Pennington” where local restaurants and New Jersey wineries are invited to show off their favorite dishes paired with fine wines.
- At Serenade at Princeton, they offer a step above in terms of service, amenities, and luxury. The Serenade program is meticulously designed to surpass expectations and was inspired by a lifestyle with an emphasis on luxury, privacy, and service. Some of their amenities include concierge hospitality service, cocktail hour, spacious suites, private dining, and intimate lounges.

The decision to move into a senior living community is a big one and Brandywine’s team is there to help at every step of the way – please reach out if you have any questions or would like more details about the locations in the Princeton area.

**609.430.3400 – <https://www.brandycare.com/>**

## NOVEMBER FEATURED SPONSORS



We do everything we can to keep you or your loved one comfortable  
[homewatchcaregivers.com/princeton](http://homewatchcaregivers.com/princeton)



Focus on patient education – not only for treatment but also for prevention  
[innovativeptnj.com](http://innovativeptnj.com)



Assisting older adults navigate the healthcare system throughout the aging process  
[nightingalenj.com](http://nightingalenj.com)



Princeton Health is one of the most comprehensive healthcare systems in New Jersey  
[princetonhcs.org](http://princetonhcs.org)

# DID YOU KNOW YOU CAN HAVE IT ALL?

## YOU CAN HELP SUSTAIN THE SENIOR COMMUNITY AND MAKE CMAP STRONGER WHILE SAVING ON TAXES!

Use your IRA tax free for your 2024 gift to the Center for Modern Aging Princeton before December 31!

Are you seventy-three? You may make a **required minimum distribution (RMD)** to Center for Modern Aging Princeton directly from your **individual retirement account (IRA)**.

Are you seventy and one-half? You can use all or part of your **qualified charitable distribution (QCD)**, up to \$100,000, to make a charitable gift to CMAP.

The entire amount of your gift passes to CMAP and you pay **no income tax** on the money.



**Now is the time to make plans, if you intend to use your IRA to make a gift to CMAP this year, we encourage you to make plans now.** Please do not wait until the end of the year to arrange for your distribution as IRA administrators may take several weeks to complete the transfer and you want to make sure your gift is received by CMAP no later than December 31, 2024.

## JOCELYN AND CARL HELM LEGACY SOCIETY

### **You Can Also Use Your IRA to Support CMAP in the Future**

You can choose to designate CMAP as a beneficiary of your IRA and your gift will pass tax-free to CMAP after your lifetime.

### **Ways to Make Your IRA Gift to CMAP:**

Your IRA administrator can send a current year check payable to "CMAP" to – Center for Modern Aging Princeton 101 Poor Farm Road, Building B, Princeton, NJ 08540

*\*Please note that all donations must be itemized for your 2024 tax returns.*

For more information about the advantages of using your IRA make a gift to CMAP or for wire transfer instructions, please contact Lisa Adler, chief development officer, at [ladler@cmaprinceton.org](mailto:ladler@cmaprinceton.org) or 609.751.9699, ext. 103.

## THANK YOU FOR BEING PART OF THE CMAP COMMUNITY

**Your gift – today and in the future – will enable CMAP to help older adults thrive in our community for years to come.**



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



## EMPOWERHER SPEAKER SERIES: ADVOCATING FOR WOMEN’S HEALTH AND EQUALITY IN VULNERABLE COMMUNITIES

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

**MONDAY, NOVEMBER 18, 11:00 A.M.-NOON**  
**SEE PAGE 8 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](mailto: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  
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Capital Health  
Chefs for Seniors  
Home Instead  
Homewatch CareGivers

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