

(Formerly Princeton Senior Resource Center)



TASTE AROUND THE WORLD:

FESTIVE APPETIZERS

(IN-PERSON AT SPB LOCATION)

WEDNESDAY, DECEMBER 18, 2:30-4:30 P.M.

FEE: \$15 RESIDENT/\$18 NON-RESIDENT

SEE PAGE 5 FOR DETAILS.



WINTER WONDERLAND BASH

(IN-PERSON AT SPB LOCATION)

WEDNESDAY, DECEMBER 11, 1:00 P.M.; FEE: \$5

SEE PAGE 4 FOR DETAILS

EXERCISE CLASSES:
GET INTO A NEW FITNESS ROUTINE
BY JOINING ONE OF OUR
INTRO CLASSES THIS DECEMBER

SEE PAGE 7 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

TITLE

Dear Friends,

One of the highlights of my childhood holiday memories was the arrival of the Sears "Wish Book" catalog the week before Thanksgiving. My brothers and I would flip through the toy section, dog-eared the pages to which we wanted to draw Santa's attention. One year in particular, I was determined to highlight – through any means necessary – the electric football set featuring the Philadelphia Eagles (America's team). In those days, the art of subtlety was discarded for the hinting – turned asking – turned pleading – of my "desperate" eight-year-old self.

Needless to say, my mom came through, as she always did. As a single mother raising four boys with little assistance, she sacrificed greatly throughout the year to make the holidays a time of joy. And boy, did I love that electric football set! While the toys were often gently used, or the clothes not always the highest fashion, my mom taught me that the art of gift-giving is truly discovered in the heart behind the gift. I've tried to live that legacy as a parent – and as a "gift-giver."

Over the last several years, my extended family has taken on two gift-giving traditions. First, my brothers and I work with social service agencies in our communities (alternating between our different homes) to support a single-parent family during the holidays, anonymously providing financial support



to the mother or father so that they can provide their families with their own special memories.

Second, rather than exchange gifts with the other adults in the family, we give a gift in their honor to a charitable cause that is meaningful to them. I find this to be way more fun than wandering the crowded mall to find a gift to give to someone who doesn't "need" anything. It takes time to pay attention, research potential causes, and surprise them on the holiday with a gift made in their honor. It has been our goal each holiday season for the last several years to match our holiday spending on gift-giving with charitable donations to nonprofit organizations.

As you consider your gift giving this holiday season, I'd like to invite you to consider a special gift to the Center for Modern Aging Princeton. Perhaps you would like to give an extra gift in someone's honor or memory that will empower our mission to help older adults thrive. As you will read, we are in the midst of our annual fundraising appeal, and a gift to CMAP goes a long way to support older adults in our community. While many senior centers are municipal entities, CMAP is a community nonprofit that relies on the generosity of individuals, businesses, and community partners for nearly 85% of our budget. Your gift truly does make a difference.

This year, I have had a blast shopping for my own young adult children, my nieces and nephews and their children, and most especially my beautiful five-year-old granddaughter Namine (shown pictured last Christmas). There may even be an electric football set under our tree this year! At the same time, there will be great joy in our family sharing our charitable gifts - including one to CMAP - as we remember my mom and honor her gift-giving legacy. I hope you can find the same joy - and I'd love for CMAP to be a part of that for you and your family. May your holiday season be filled with love and light.

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

CMAP STAFF

Drew A. Dyson, PhD
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Coordinator of Strategic Projects*

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

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

THANK YOU TO OUR WINTER WONDERLAND BASH SPONSORS



We are truly grateful to all our
sponsors for making CMAP's
Winter Wonderland Bash
a success!

Lead Sponsor

Brandywine Living at Princeton, Serenade, and Brandywine Living
at Pennington, for providing the delicious holiday meal
and

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SPOTLIGHT DECEMBER 2024

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

SPECIAL THIS MONTH

WINTER WONDERLAND BASH

(In-Person at SPB Location)

Wednesday, December 11, 1:00 p.m.

Fee: \$5

Come celebrate the season at the CMAP's Suzanne Patterson Building! Join us for an afternoon of holiday cheer with Dave Saltzman at the piano, leading singalongs of your favorite festive tunes joined by the jolly Ho Ho Ho's. Enjoy a delicious buffet filled with holiday magic, seasonal treats, and fun door prizes. Embrace the spirit, exchange goodwill, make new friends, and celebrate together in style—don't miss this festive gathering!

Transportation is available to and from the Suzanne Patterson Building by the Muni Bus, Crosstown,



or by carpool, all of which we encourage! The festivities begin at 1:00 p.m. Because we cannot accommodate early arrivers, our doors will open at 12:45 p.m. Register at [cmaprinceton.org](https://www.cmaprinceton.org) or by calling 609.751.9699.

Thank you to our sponsors for their generous support. See page 3 for the list.

Registration required due to limited seating.



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.

TRUMAN CAPOTE: A CENTENARY CELEBRATION

(In-Person at NSK Location)

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

Fee: \$5

Join us for a special event honoring the literary genius of Truman Capote. Acclaimed actors Molly Ringwald and Griffin Dunne will read from his iconic works, including "Other Voices," "Other Rooms," "Breakfast at Tiffany's," and "In Cold Blood." Following the readings, a distinguished panel of writers, including Jay McInerney, John Burnham Schwartz, and Sloane Crosley, will discuss Capote's enduring legacy and his impact on American literature. Don't miss this unique opportunity to delve into the world of one of America's most celebrated authors. Format: Recorded Live Stream

NUT/CRACKED (In-Person at NSK Location)

Friday, December 20, 12:00 p.m.

Nut/Cracked – The Bang Group's beloved, witty response to "The Nutcracker" – has enthralled audiences for more than two decades. Nut/Cracked takes its inspiration from all corners of the dance canon, from tap riffs to en pointe ballet, by way of bubble wrap, disco and take-out noodles. In Nut/Cracked, choreographer David Parker finds beauty in the ridiculous waltzing us through many incarnations of Tchaikovsky's score including versions by Duke Ellington and Glenn Miller as well as the familiar orchestral suite. You'll never watch "The Nutcracker" in quite the same way again! Registration required, no fee. Format: Live Stream

BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

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

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

CAROLS: NEW AND OLD (Zoom)

Thursday, December 12, 1:30-3:30 p.m.

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

Did you know carols weren't originally for Christmas? And the version you know of your favorite carol probably isn't the "right" one...because no such a thing exists! Christmas Carols are a tradition, but new ones are

ALL PROGRAMS DECEMBER 2024

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

being written all the time. In this two-hour presentation, Dr. Brenda Leonard takes a look at the somewhat convoluted history of carols and explores both familiar ones and new classics.

SECOND FRIDAY FILM - "LOVE ACTUALLY"

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

Friday, December 13, 1:00 p.m.

"Love Actually" follows the lives of eight very different couples in dealing with their love lives in various loosely interrelated tales all set during a frantic month before Christmas in London, England.

Rated: R, Run time: 2 hours and 15 minutes, Genre:

Romantic Comedy

Disclaimer: This film is rated R and includes some scenes of nudity, language, and sexuality.

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in December, 4:00-5:00 p.m.

(Not streaming on 12/24, 12/26, 12/31)

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.

HOLIDAY DECOR TIPS WITH HOMESTEAD

PRINCETON (In-Person at NSK Location)

Tuesday, December 3, 11:30 a.m.-12:30 p.m.

Fee: \$5

Want to turn your home into a holiday wonderland that spreads joy and cheer? Join interior designer Kristin Menapace and the Homestead Princeton team for a festive workshop filled with inspiration! Discover practical tips and delightful ideas to create a cozy, enchanting atmosphere inside and out. Plus, learn how to wrap gifts like a pro – add a personal, polished touch to every holiday present. Let's make this season truly magical together!

LIBRARY READS (Zoom)

Monday, December 2, 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 Currents email blast for upcoming virtual trips.

MASTERING THE ART OF PAINTING

(In-Person at SPB Location)

Fridays, November 8 through December 20,

2:00-4:00 p.m.

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

TASTE AROUND THE WORLD: FESTIVE APPETIZERS

(In-Person at SPB Location)

Wednesday, December 18, 2:30-4:30 p.m.

Fee: \$15 resident/\$18 non-resident

Get ready to bring holiday flavors from around the globe to your table! Join us for a festive cooking experience where we'll prepare easy-to-make appetizers inspired by Russia, Israel, Colombia, Hungary, Chile, and more. Together, we'll craft small dishes that are big on flavor – perfect for sharing with friends and family without the fuss of hard-to-find ingredients. Come for the cooking, stay for the shared stories and a multicultural feast that's sure to make this season memorable.

THE WONDERS OF WORDPLAY – FALL QUARTER

(Zoom)

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

Fee: \$15



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in December, 1:00-4:00 p.m. (Not meeting 12/24, 12/31)

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)

Thursday, December 19, 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.

ALL PROGRAMS DECEMBER 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/>

LEVEL 1 - BEGINNER PICKLEBALL

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

LEVEL 2 - ADVANCED BEGINNER PICKLEBALL

Players should know the basics of the sport and have taken an introductory to pickleball course either through CMAP or somewhere else.

GET INTO THE GAME!

After learning the basics of Pickleball, join your instructor for two hours of gameplay designed to improve skill and get a feel for real gameplay.

Fee: \$35 resident/\$40 non-resident

- Thursday, December 5, 11:00 a.m.-1:00 p.m.
- Thursday, December 12, 11:00 a.m.-1:00 p.m.
- Thursday, December 19 11:00 a.m.-1:00 p.m.

LEVEL 3 - INTERMEDIATE PICKLEBALL

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 future classes for Introduction to 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, December 4, 11:00 a.m.-1:00 p.m.
- Wednesday, December 18, 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

- Wednesday, December 4, 10:00 a.m.-11:00 a.m.
- Thursday, December 5, 10:00 a.m.-11:00 a.m.
- Thursday, December 12, 10:00 a.m.-11:00 a.m.
- Wednesday, December 18, 10:00 a.m.-11:00 a.m.
- Thursday, December 19, 10:00 a.m.-11:00 a.m.

OTHER WAYS TO PLAY

GROUP COURT RENTALS

Reserve our pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form.

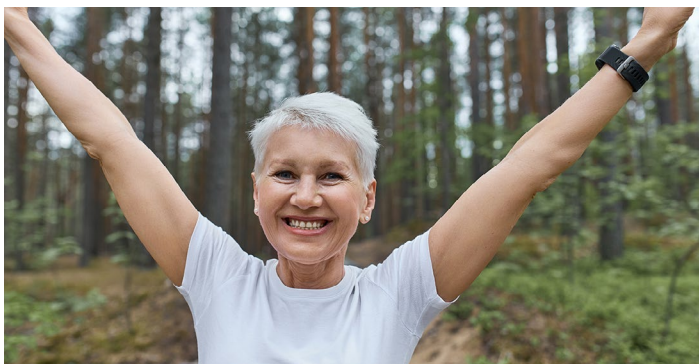
Reduced Rate: \$20 per hour

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

Berkshire Hathaway-Fox & Roach Reality, Justin Tree & Lawn Service

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



HEALTH & WELLNESS

INTRODUCTION TO YOUR NEW FAVORITE EXERCISE ADDICTION

Are you curious about our stellar exercise classes? This December is your chance to give them a try.

AGELESS GRACE (In-Person at NSK Location)

Wednesday, December 4, 10:30–11:30 a.m.

Fee: \$5

Join us for an energizing, introductory Ageless Grace session! This unique group exercise program is specially designed to boost cognitive skills and enhance physical function through body-brain exercises. Ageless Grace is backed by research in neuroplasticity – the brain's remarkable ability to reshape and adapt through new experiences. In this session, you'll engage in twenty-one fun and effective movements (known as "tools") performed while comfortably seated. Each exercise targets key brain functions like memory, sensory perception, motor skills, and thought processing. Plus, having fun is a must! Don't miss this chance to refresh your mind and body. Instructor: Allyson Toth – With nearly forty years in fitness, Allyson Toth champions the power of movement at any age. As a Certified Ageless Grace Instructor and Project Healthy Bones Leader, she believes: the more you move, the better you feel!

THE FELDENKRAIS METHOD (In-Person at SPB Location)

Wednesday, December 18, 10:00 a.m.

Fee: \$5

Join us for a fantastic introductory Feldenkrais class with master instructor Jackie Boone! Through gentle movements and focused attention, you'll explore how to reconnect your brain and body with the Feldenkrais Method. This class will help you increase your range of motion, improve flexibility and coordination, and rediscover the joy of graceful movement. Please bring

your own exercise mat, but if you don't have one, we'll provide it.

Instructor: Jackie Boone

Registration required, no fee.

FUSION YOGA (In-Person at SPB Location)

Monday, December 16, 11:00 a.m.

Fee: \$5

This restorative class is a bespoke yoga class 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

SOLVENTS & GLUE (In-Person at SPB Location)

Wednesday, December 18, 11:00 a.m.

Fee: \$5

Join us for a great introductory class in Solvents & Glue, a groundbreaking movement system designed to strengthen and stabilize your major joints. Led by certified teacher Jackie Boone, these innovative lessons will energize your musculoskeletal system and enhance your physical exercise and wellness practices. Sign up today and start your journey of self-discovery!

Instructor: Jackie Boone

Registration required, no fee.

ALL PROGRAMS DECEMBER 2024

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

CHAIR MOVES & GROOVES (Zoom)

Tuesdays, December 3 through December 17,

1:00 p.m. (No class 12/24 and 12/31)

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

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays, December 4 and December 18,

3:00-4:30 p.m. (No session 12/11 and 12/25)

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.

Registration required, no fee.

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

TABLE TENNIS (In-Person at SPB Location)

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

(No session 12/23 and 12/27)

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

Registration required, no fee.

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

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

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



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



SOCIAL CONNECTIONS

Programs

BOUQUET OF MEMORIES: CRAFTING A LEGACY

(In-Person at NSK Location)

Thursday, December 19, 1:00-3:00 p.m.

Join us for a unique and meaningful event where we will explore and celebrate the qualities that define our lives. Together, we will reflect on the values and memories that have shaped us, writing down these cherished moments on pieces of origami paper. Each paper will be folded into a delicate rose, symbolizing the beauty and depth of our personal legacies. By the end, we will create a vibrant bouquet—a reflection of who we are and what we hold most dear in life. This bouquet becomes a lasting testament to the legacy we wish to leave behind, offering profound insight into our values and experiences.

Presenter: Elena Musella

Registration required, no fee.

MEN AND WOMEN IN RETIREMENT SPECIAL PRESENTATION: "TEN CRUCIAL DAYS"

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

Friday, December 6, 10:00 a.m.

Beginning with the Continental Army's difficult retreat across New Jersey, discover the extraordinary events of the "Ten Crucial Days," starting with Washington's Crossing of the Delaware on Christmas 1776. This was followed by the two Battles of Trenton and concluded

ALL PROGRAMS DECEMBER 2024

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with the Battle of Princeton on January 3, 1777. The bravery, sacrifice, and perseverance of the Continental Army through unimaginable hardships resulted in three remarkable victories in just ten days, changing the course of history and paving the way for the birth of our free nation. Presented by Barry Singer. All are welcome. Registration required, no fee.

Groups

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

Monday, December 16, 3:00 p.m.

Engage in social activities, build friendships, and offer support.

Registration required, no fee.

CRAFTER'S CORNER

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

Not meeting in December.

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: FALL QUARTER (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, December 5, 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, December 10, 1:00 p.m. (No meeting 12/24)

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 December, 3:00 p.m. (No meeting 12/25)

General conversation group.

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN (Zoom)

Thursday, December 5, 4:00-5:00 p.m.

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

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

ALL PROGRAMS DECEMBER 2024

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

TED TALKS

(Hybrid - In-Person at NSK Location and on Zoom)
Tuesdays in December, 10:30 a.m. (No meeting 12/24 and 12/31)

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:

December 3 – Georgia Lupi: What long COVID taught me about life (and data)

December 10 – Tom Graham: The incredible creativity of deepfakes - and the worrying future of AI

December 17 – Felipe Sanchez: A sonic journey through the universe

Registration required, no fee.

TRANSITION TO RETIREMENT

(Hybrid - In-Person at NSK Location and on Zoom)
Friday, December 20, 2:30 p.m.

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

Facilitator: Paul Knight

WOMEN IN RETIREMENT COFFEE KLATCH

Contact WIR for the location of the meeting.

All are welcome.

For more information go to <http://wiret.wordpress.com/>.



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, December 16 at 11:00 a.m.

(Usually third Monday of each month)

Call Sherri Goldstein 609.819.1226 to attend.

– Monthly gatherings to cope with grief and loss.

CAREGIVERS (Zoom)

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

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

– Monthly meetings to share challenges and experiences.

CLEARING SPACES (Zoom)

Mondays in December, 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, December 19 at 3:00 p.m.

(Usually third Thursday of each month)

– For those with early-stage memory loss.

FORGET-ME-NOT DEMENTIA CAREGIVERS

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

Saturday, December 14 at 10:00 a.m.

(Usually second Saturday of each month)

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

NEXT CHAPTER WIDOWS AND WIDOWERS

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

Wednesday, December 11 at 11:00 a.m. (No session 12/25)

(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, December 6 from 1:00-2:15 p.m.

(Usually first Friday of each month)

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

Facilitator: Dr. John George



TECHNOLOGY

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

Monday through Friday, 9:30 a.m.-4:30 p.m.

(Lab is not open on 12/24, 12/25, 12/31)

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 11:00 a.m. – 1:00 p.m., Monday through Thursday, 3:30-5:00 p.m., and Fridays, from 2:00-5:00 p.m. at our NSK location; and virtually, Monday through Friday.

Appointments recommended.

DECEMBER 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

10:00 Zen Mat Yoga: Find Your Center
11:00 Tech Lab Assistance (NSK)
1:00 Library Reads
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)

3

10:30 TED Talks (NSK-H)
11:30 Holiday Decor Tips with Homestead Princeton (NSK)
1:00 Chair Moves & 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

4

10:00 Pickleball Play with the Pro (SPB)
10:30 Ageless Grace - An Introduction (NSK)
11:00 Pickleball Prep & Play (SPB)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

5

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 Chai Tea Talks (SPB)
2:00 OnStage Seniors (NSK)
3:30 Tech Lab Assistance (NSK)
4:00 ¡Se Habla Español!
4:00 The Golden Age of Radio

6

10:00 Men & Women in Retirement: "10 Crucial Days" (NSK-H)
1:00 92nd Street Y Live: Truman Capote (NSK)
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)

9

10:00 Zen Mat Yoga: Find Your Center
11:00 Tech Lab Assistance (NSK)
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)

10

10:30 TED Talks (NSK-H)
1:00 Chair Moves & 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

11

11:00 Next Chapter Widows and Widowers (NSK-H)
1:00 Winter Wonderland Bash (SPB)
3:00 Let's Talk (NSK-H)
3:30 Tech Lab Assistance (NSK)

12

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)
1:30 Carols, New and Old
2:00 OnStage Seniors (NSK)
3:30 Tech Lab Assistance (NSK)
4:00 The Golden Age of Radio

13

10:00 Women in Retirement Coffee Klatch
1:00 Second Friday Film - "Love Actually"
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
2:00 Tech Lab Assistance (NSK)

SATURDAY, DECEMBER 14
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

16

10:00 Zen Mat Yoga: Find Your Center
11:00 Bereavement
11:00 Fusion Yoga - Introductory Class (SPB)
11:00 Tech Lab Assistance (NSK)
1:00 Table Tennis (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)

17

10:30 TED Talks (NSK-H)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
3:30 Tech Lab Assistance (NSK)
4:00 The Golden Age of Radio

18

10:00 Pickleball Play with the Pro (SPB)
10:00 The Feldenkrais Method - Introductory Class (SPB)
11:00 Pickleball Prep & Play (SPB)
11:00 Solvents & Glue - Introductory Class (SPB)
2:30 Taste Around The World: Festive Appetizers (SPB)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

19

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)
1:00 Bouquet of Memories: Crafting a Legacy (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

20

10:00 Women in Retirement Coffee Klatch
12:00 92nd Street Y Live: Nut/Cracked (NSK)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
2:00 Tech Lab Assistance (NSK)
2:30 Transition to Retirement (NSK-H)

23

10:00 Zen Mat Yoga: Find Your Center
11:00 Tech Lab Assistance (NSK)
2:00 The Wonders of Word Play
3:00 Café Français (NSK)
3:00 Clearing Spaces
3:30 Tech Lab Assistance (NSK)

24

CMAP CLOSED FOR CHRISTMAS HOLIDAY

25

CMAP CLOSED FOR CHRISTMAS HOLIDAY

26

10:00 Cosmology (NSK-H)
10:00 Seated Serenity: Chair Yoga for Wellness
3:30 Tech Lab Assistance (NSK)

27

10:00 Women in Retirement Coffee Klatch
2:00 Tech Lab Assistance (NSK)

PLEASE NOTE:

SPB will be closed for floor refinishing December 23 through December 27

30

10:00 Zen Mat Yoga: Find Your Center
11:00 Tech Lab Assistance (NSK)
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)

31

CMAP CLOSED FOR NEW YEAR'S DAY HOLIDAY

KEY:
NSK - Nancy S. Klath Center
PB - Pickleball
PPL - Princeton Public Library
RC - Redding Circle
SC - Spruce Circle
SPB - Suzanne Patterson Building

H - Hybrid Group/Program

PRINCETON CAFÉ FOR OLDER ADULTS

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

EVERGREEN FORUM

For the Evergreen Forum course schedule, please see our website at cmapprinceton.org/evergreen.



FIND YOUR NEXT LIFELONG LEARNING OPPORTUNITY

Find your next lifelong learning opportunity with the Evergreen Forum! The Evergreen Forum offers diverse, peer-led classes on a variety of subjects. Our knowledgeable course leaders provide engaging, daytime learning experiences tailored to your interests. Explore our course guide on pages 12 and 13 to find your perfect match!

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

THE ARTS

Explore the beauty of human expression through a variety of forms like art and opera.

GOVERNMENT

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

HISTORY

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

LITERATURE

Uncover hidden depths in either classic or contemporary literature.

PHILOSOPHY

Study the fundamental questions about existence, reason, and knowledge.

STEM

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

I ENJOY LEARNING THROUGH (TYPE):

ACTIVE DISCUSSION (D)

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

ACTIVE LISTENING (L)

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

A COMBINATION OF DISCUSSION AND LISTENING (L&D)

Enjoy a mix of presentation and discussion. Look for courses labeled "Lecture & Discussion (L&D)" for a learning experience that has the best of both worlds.

I WOULD LIKE TO ATTEND MY COURSE (FORMAT):

IN-PERSON

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

VIRTUALLY ON ZOOM

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

WHAT IS HYBRID?

These courses are taught in-person but can be attended in-person or virtually. Switching from in-person to/from virtual is not permitted due to limited seating. All hybrid classes are recorded.

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

SHORTER COURSE

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

LONGER COURSE

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

Evergreen Forum corporate sponsors for spring 2025: **Bryn Mawr Trust, Capital Health, Home Instead, Homewatch CareGivers, McCaffrey's, Peapack Private, Penn Medicine Princeton Health, Princeton Theological Seminary, and Stark & Stark Attorneys at Law**

FIND YOUR PERFECT EVERGREEN FORUM COURSE

COURSE TITLE	SUBJECT	TYPE	FORMAT	LENGTH
Building Bridges: Interfaith Awareness and Religious Literacy – Drew Dyson	Philosophy	L&D	Hybrid	6 Weeks
The Changing Paradigm of Psychoactive Substance Abuse – Robert Youdin	STEM	L	In-Person	3 Weeks
Eat the Book – Lois Harrod	Literature	D	In-Person	8 Weeks
Exploring Feminist Writers – Carol Friend	Literature	D	In-Person	5 Weeks
From the Dark Ages to Enlightenment: 1000 Years of Art – Wendy Worth	The Arts	L	Virtual	8 Weeks
From Head to Screen – Joe Seldner	The Arts	L&D	In-Person	5 Weeks
Herman Melville's "Moby-Dick" – John Kucich	Literature	D	In-Person	8 Weeks
Highlights in the History of Philosophy: Women Philosophers – David Brahinsky	Philosophy	L&D	Hybrid	6 Weeks
History of the Middle East – Robert Nolan	History	L	Hybrid	8 Weeks
A History of Money – Bernard Abramson	History	L	In-Person	5 Weeks
James, Gilead, and Frankenstein: Three Journeys – Chris Read	Literature	D	In-person	6 Weeks
Perspectives on Opera – Harold Kuskin	The Arts	L	Hybrid	7 Weeks
The Principles of Cognitive Behavioral Therapy – Naomi Browar	STEM	L&D	In-Person	3 Weeks
Reading Buildings – Alan Chimacoff	STEM	L	Virtual	8 Weeks
Science in the News – Harold Heft and Panelists	STEM	L&D	Hybrid	8 Weeks
The Science of Happiness – Bruce Maloof	STEM	L&D	In-Person	5 Weeks
Technology, Society, and You – Dina Kravetz	STEM	L&D	Hybrid	6 Weeks
Tolstoy's "Anna Karenina" – Nancy Kanach and Victor Ripp	Literature	L&D	In-Person	8 Weeks
Understanding Anger and Shame – Ruth Goldston	STEM	L&D	In-Person	6 Weeks
What Is Time? – Stuart Kurtz	STEM	L&D	In-Person	8 Weeks
Winslow Homer: Art and Biography – Christina Kales	The Arts	L&D	In-Person	4 Weeks

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

cmaprinceton.org/evergreen-forum/

The Evergreen Forum uses a first-come, first-served registration system which opens online on **Tuesday, January 28 at 9:30 a.m.**

Course format is subject to change.

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

Cost should never be a barrier to learning!

Senior Scholarships are available.

FEELING SAD THIS SEASON

by Johanna Peters, Director of Social Services

As we immerse ourselves in the holiday season, it's essential to recognize the impact of Seasonal Affective Disorder (SAD), which affects approximately ten million people in the U.S. each year. SAD is a type of depression triggered by the shift to colder months and fewer daylight hours. It can lead to persistent low mood, fatigue, and reduced interest in activities, creating feelings of isolation amidst the holiday cheer. Recognizing these symptoms in yourself or others is an essential first step toward finding support.

Signs and Symptoms of SAD

Do you need help getting into the holiday spirit? Here are some signs and symptoms of SAD to watch for:

- Persistent low mood or sadness
- Fatigue and decreased energy
- Changes in sleep patterns, such as oversleeping or insomnia
- Increased appetite or cravings, particularly for carbohydrates
- Difficulty concentrating or making decisions
- Loss of interest in previously enjoyed activities
- Social withdrawal or feelings of isolation

Recognizing these symptoms can be the first step toward finding comfort and connection. We're here to provide the support you need to stay engaged and uplifted all season.

Support at CMAP

At CMAP, we offer a range of options to support your mental and physical wellness this winter. Our calendar is filled with activities designed to keep you engaged. Our weekly groups, Let's Talk and TED Talk, foster connection and inspire conversation. These sessions allow participants to share stories, exchange ideas, and overcome feelings of isolation in a supportive community setting.

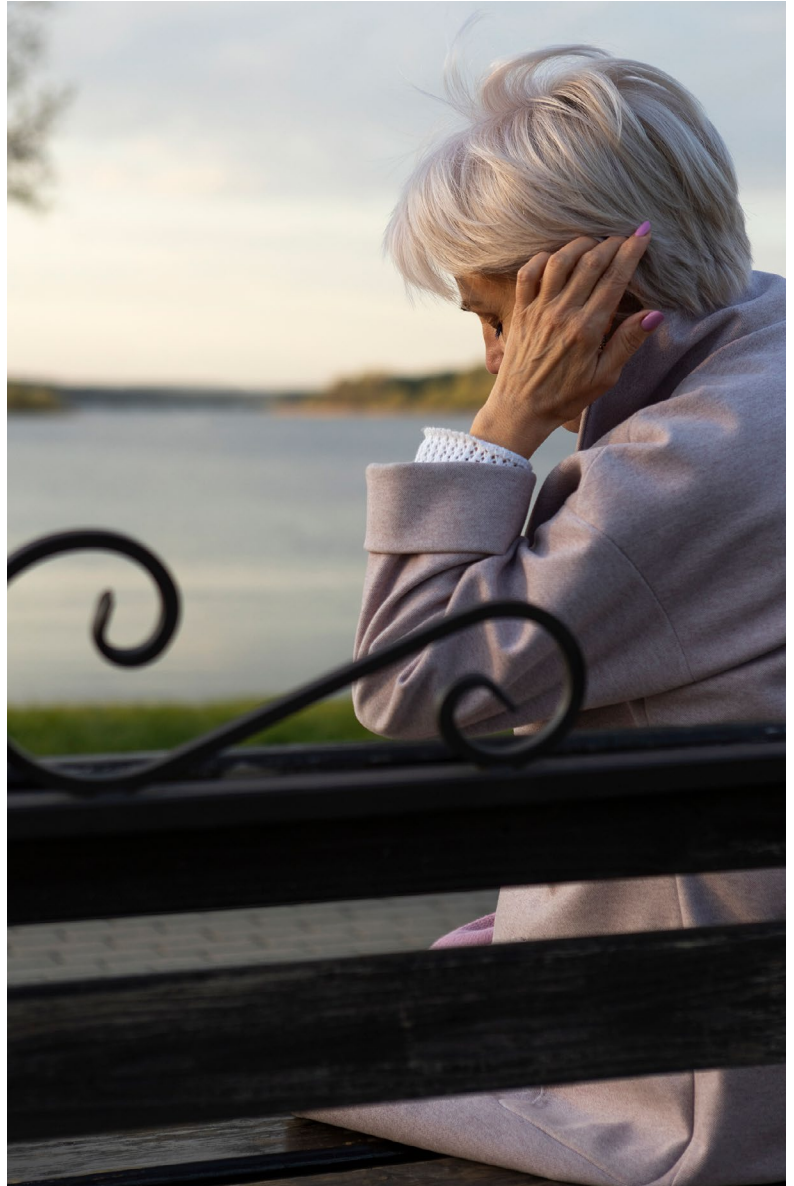
Tips for Managing SAD Symptoms

Physical activity is one of the most effective ways to boost mood and energy. Studies show that regular exercise can help alleviate symptoms of depression and anxiety associated with SAD. Whether you choose slow and gentle movement exercises or more energetic workouts, staying active can significantly improve your mood and energy levels.

At home, consider these practical ways to manage SAD symptoms:

- Let in as much natural light as possible
- Stay active with regular movement
- Connect regularly with loved ones through phone calls or video chats

Remember, you're not alone. We are here to support you. Reach out anytime to learn more about our programs, groups, supports, and referrals to help you stay connected and well this winter.



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

Apple Intelligence

Apple has incorporated artificial intelligence into its newest operating systems. Here's how it works.

The recently introduced MacOS 15.1 (Sequoia), iPad 18.1, and iOS 18.1 add major AI features called Apple Intelligence. The M-series microprocessor Apple has employed in its Mac computers since 2020 includes a “neural engine,” which supports AI features such as predictive text (anticipating what you will type based on the phrases you use most often) and image recognition in the Photo's app. Now it can do much more.

Apple Intelligence draws on your personal context – how you write, your personal information, and tasks – to help you take action across applications. For instance, Apple Intelligence can summarize your emails and notifications, provide tools that can proofread what you write, and offer suggestions that improve clarity (see example below).

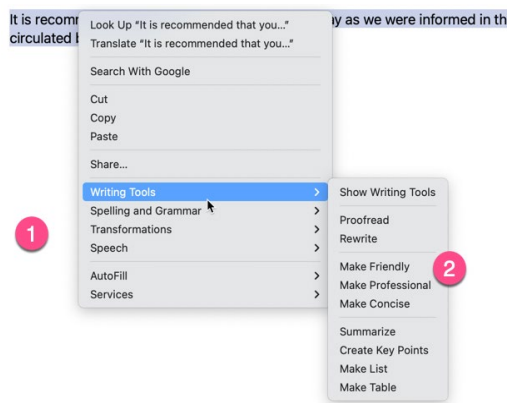
What Apple Intelligence learns is shared among your devices via iCloud, but **none of this information is uploaded to other internet servers, nor is available to Apple**. You can turn most of these features off, but I tend to use them. And they're getting better.

Here's an example of how I used Apple Intelligence to write a memo:

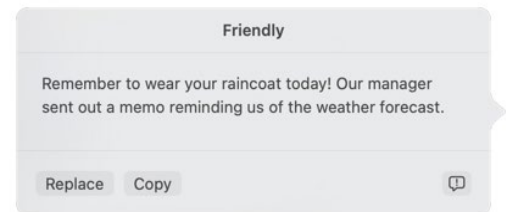
First, I drafted this ponderous memo in MS Word that's festooned with passive voice and general yuckiness.

“It is recommended that you wear your raincoat today as we were informed in the memo that was circulated by our manager.”

Then I highlighted the text, RIGHT CLICKED **Writing Tools**, and selected **Make Friendly**.



Within seconds, Apple Intelligence popped up with a “friendly” version.



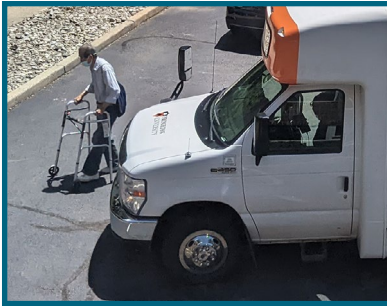
The result of Apple Intelligence recommendation.

These writing tools are available throughout your applications – including Apple Mail, MS Word, PowerPoint, Notes, etc. They're also incorporated into later model iPads and iPhones.

Next month, I'll discuss Microsoft's approach to AI via its Copilot application and Copilot+PC computers.

If you need computer help just fill out the form at **Tech Lab – Center for Modern Aging Princeton** (cmaprinceton.org) to set up an appointment.





**Princeton Muni Service stops
at our building**

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

CMAP Lending Locker

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

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

CMAP has incontinence supplies – contact us for information



TRANSPORTATION

CROSSTOWN

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

To be a Crosstown rider you must be:

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

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

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

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

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



GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)

Monday, December 16 at 3:00 p.m.

Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, December 16 at 11:00 a.m.

Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

CAREGIVERS

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

Monthly meetings to share challenges and experiences.

CLEARING SPACES

Mondays in December at 3:00 p.m.

Weekly decluttering sessions with useful tips and tricks.

EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, December 19 at 3:00 p.m.

For those with early-stage memory loss.

FORGET-ME-NOT: DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)

Saturday, December 14 at 10:00 a.m.

Anyone affected by a loved one's memory loss

GLOBAL CONVERSATIONS

Tuesday, December 10 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, December 11 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, December 6, 1:00 p.m.

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

TRANSITION TO RETIREMENT

(IN-PERSON AT NSK - HYBRID)

Friday, December 20, 2:30 p.m.

Addresses many kinds of issues that can arise during the transition

THERE ARE NO FEES FOR THESE GROUPS.

ALL GROUPS MEET VIRTUALLY USING ZOOM UNLESS INDICATED OTHERWISE.

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

ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2025

CMAP's annual sponsorship program is more than good will, it's good business. Do you own or have a relationship with a company that would be interested in a sponsorship to CMAP?

A CMAP sponsorship offers unique advertising benefits, is a perfect fit for the company looking to increase visibility among active consumers and influencers across greater Mercer County and demonstrates your commitment to providing quality supportive services and programming to help older adults thrive. Sponsorship levels begin at \$2,500.

To learn more or to BECOME AN ANNUAL SPONSOR please contact Lisa Adler, chief development officer, at ladler@cmaprinceton.org or 609.751.9699, ext. 103.

STAY TUNED – WINTER RAFFLE 2025 ARE YOU FEELING LUCKY? Celebrate CMAP's Fiftieth Anniversary with a 50/50

Help Support CMAP by entering a chance to WIN!

Tickets go on sale Tuesday, January 14

Drawing on Thursday, March 13

\$100 each, minimum sold 200,

max sold 400

**Tickets may be purchased at the front desk
of our NSK or SPB locations.**



DECEMBER FEATURED SPONSORS



A Whole New Vision of Care
lawrencerehab.com



Pride in being good neighbors and supporting the local communities where we live and work

mccaffreys.com



AUTO. HOME. RENTERS.

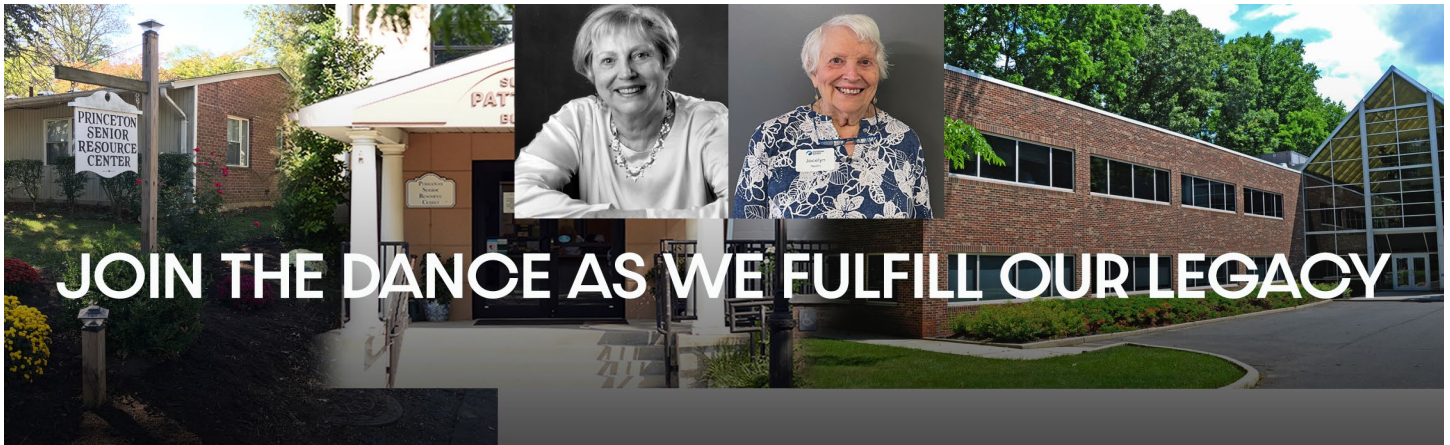
njm.com



PRINCETON
THEOLOGICAL
SEMINARY

Theological Education for Today's World

ptsem.edu



DONATE online at <https://engage.cmaprinceton.org/donate-now>

As one who has been engaged in CMAP programming, we invite you to make a year-end donation to help continue our work with older adults across the region. Offering friendship, support, and vitality for the older adults we serve.

Before the end of 2024, did you know?

- **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.**
- **Note: While we are “Doing Business As” Center for Modern Aging, many financial institutions will have us listed at Princeton Senior Resource Center. Checks can be accepted under either name. Contact ladler@cmaprinceton.org, or call 609.751.9699, ext. 103, for our tax ID number, if needed.**

To DONATE or learn more about end-of-the-year charitable options, please contact Lisa Adler, chief development officer, at ladler@cmaprinceton.org or 609.751.9699, ext. 103.



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



BOUQUET OF MEMORIES: CRAFTING A LEGACY

(IN-PERSON AT NSK LOCATION)
THURSDAY, DECEMBER 19, 1:00-3:00 P.M.
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, or 609.751.9699, ext. 111 to apply.

AS WE TRANSITION FROM PSRC TO CMAP, PLEASE BE SURE TO **CHECK YOUR JUNK EMAIL FOLDERS** FOR OUR COMMUNICATIONS. WE DON'T WANT YOU TO MISS OUT ON ANYTHING!

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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

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

Oasis Senior Advisors
Peapack Private Wealth Management
Penn Medicine Princeton Health
Princeton Theological Seminary
Roundview Capital
Silver Century Foundation
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