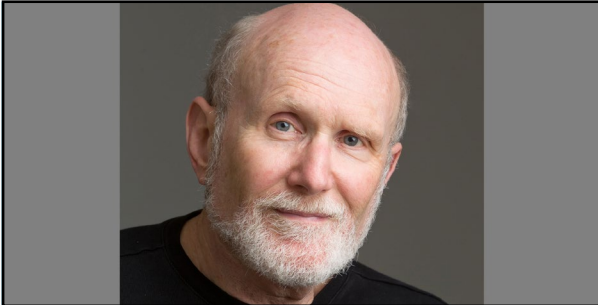


*(Formerly Princeton Senior Resource Center)*



**FULL CIRCLE PLAY READING:**  
"MESSAGES" BY PLAYWRIGHT FRED DENNEHY  
(IN-PERSON AT NSK LOCATION)  
**SATURDAY, JANUARY 25 FROM 2:00 P.M.**  
**SUGGESTED DONATION: \$15**  
**SEE PAGES 4-5 FOR DETAILS.**



### EVERGREEN FORUM SPRING 2025 OPEN HOUSE EVENT

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

**THURSDAY, JANUARY 16 FROM 12:30-4:00 P.M.**

**SEE PAGE 4 FOR DETAILS**

**CHECK OUT OUR SPRING 2025 COURSE INFORMATION ON PAGES 14-17.**

**CELEBRATE CMAP'S FIFTIETH  
ANNIVERSARY WITH A 50/50  
TICKETS GO ON SALE TUESDAY, JANUARY 14  
DRAWING ON THURSDAY, MARCH 13**

**SEE PAGE 23 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](mailto:info@cmaprinceton.org)

[cmaprinceton.org](http://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

### WELCOMING 2025: TOGETHER, NO ONE WALKS ALONE

Dear Friends,

Growing up in the small Jersey shore town of Ocean Grove, I yearned for the day when I was old enough to be trusted to walk to school by myself. Walking alone was a sign of maturity – and a milestone that so many of us looked forward to! As I got older, however, the allure of walking alone quickly lost its mystique – and soon, my solo walks turned into group adventures through the rough-and-tumble streets of Ocean Grove with my friends.

As the calendar turns to 2025, we are reminded of the strength and beauty that comes from walking through life together. At the Center for Modern Aging Princeton (CMAP), our mission is rooted in connection, compassion, and community. **In the journey of aging, no one should walk alone**, and this year, we invite you to explore the many ways CMAP can bring people together to share stories, experiences, and laughter.

#### Find Connection Through Conversation

Our support and conversation groups offer welcoming spaces to connect with others who share similar experiences. Whether you want to open your heart, expand your horizons, meet new friends, or simply chat, we have a group for you! Just a few examples are:

- **"Let's Talk"**: A space to discuss anything on your mind in a warm, supportive environment.
- **"Global Conversations"**: Dive into global topics and cultures, sharing perspectives with people from diverse backgrounds.
- **Caregivers Support Group**: A place for caregivers to connect and share their experiences.
- **"Forget-Me-Not" Dementia Caregivers Group**: Support for those caring for loved ones with dementia.





## Share Your Interests in Affinity Groups

Are you passionate about exploring your interests with like-minded individuals? Our affinity groups offer unique opportunities to connect over shared interests and experiences. A few examples are:

- **"Aging Gaily"**: A group celebrating the LGBTQ+ aging journey, fostering joy and connection.
- **"Café Français"**: Practice your French and discuss culture with fellow Francophiles.
- **"Russian Tea"**: A chance to enjoy the flavors and traditions of Russian culture.

## Build Community Through Peer Support

CMAP's **Community Without Walls** offers peer-to-peer membership groups designed to foster connections and support aging-in-place. Whether you're looking for friendship, shared experiences, or mutual aid, these groups help ensure that no one faces life's challenges alone. Fill out the interest form located here <https://engage.cmaprinceton.org/cwwinterest> and we will connect you with CWW leaders who will help you discover your place in one of our CWW houses!

## Engage in Lifelong Learning

Regular and new programs at CMAP provide enriching ways to engage your mind and meet others:

- **Weekly "TED Talks" Discussion Group**: View and discuss inspiring TED Talks with fellow lifelong learners.
- **Tuesday "Games Day" or "Texas Hold 'em" Open Play**: Join with others to play common games like Scrabble, Mah Jongg, Poker, or Bridge.
- **CMAP Cosmology Group**: Explore the mysteries of the universe, from stardust to black holes, in engaging discussions that blend science, philosophy, and wonder.
- **Evergreen Forum Open House**: Come for the day and explore all that the Evergreen Forum has to offer. Learn about upcoming courses, hear from some of our spring instructors, and connect with others eager to expand their horizons through lifelong learning.

These are just a few of the many ways to connect, learn, and grow at CMAP. Explore this month's newsletter to find something that peaks your interest – and take the leap to sign up and join something new!

## A Year of Togetherness

Truth be told – my "solo" walks to school lasted for three days. I learned early on that the best journeys are shared journeys. This year, let's walk together through the journey of aging, building a community where every individual feels seen, heard, and valued. Whether you're joining a group for the first time or returning to a favorite activity, CMAP is here to provide connection and support. Here's to 2025 – a year of walking together!

For more information on any of our programs or groups, visit our website or call our office. We can't wait to walk with you through 2025!

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

## CMAP STAFF

**Drew A. Dyson, PhD**  
*Chief Executive Officer*

**Donna Cosgrove**  
*Chief Operating Officer*

**Lisa Adler**  
*Chief Development Officer*

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**Fran Angelone**  
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*Community Outreach Coordinator*

**Nick Macy**  
*Program Associate: Technology*

**Johanna Peters**  
*Director of Social Services*

**Audra Sbarra, LCSW, MSW, MScI**  
*Social Worker*

**Andrea Schwarz**  
*Program Associate: Suzanne Patterson Building*

**Beth Weiskopf**  
*Program Administrator*

**Kathleen Whalen**  
*Director of Communications*

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

## GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building  
at 45 Stockton Street

---

H - Hybrid Group/Program

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

# SPOTLIGHT JANUARY 2025

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

## SPECIAL THIS MONTH

### EVERGREEN FORUM SPRING 2025 OPEN HOUSE

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

**Thursday, January 16 from 12:30-4:00 p.m.**

Join us for our first Open House this January.

Discover a vibrant community of learners and explore a diverse range of engaging courses. Meet Spring 2025 Course Leaders, attend insightful sample lectures, and enjoy light refreshments while mingling with fellow participants. Plus, you could win a free Evergreen Forum class!

Whether you're a longtime participant or new to Evergreen Forum, this is the perfect

opportunity to connect with fellow lifelong learners and learn all about this impactful program.



To see the full schedule of our open house, check out our webpage, hyperlinked in the title. Registration required, no fee.



## ARTS & CULTURE

### BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

**Tuesday, January 7 through February 25, 2:00-4:00 p.m.**

**Fee: \$90 resident/\$100 nonresident**

This 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

### CREATING ART FROM FOUND OBJECTS

(In-Person at SPB Location)

**Thursdays, January 23 to February 13, 1:30-3:00 p.m.**

**Fee: \$40 resident/\$50 nonresident**

Expand and explore your creative thinking through the creation of collages and assemblages that look to redefine how we see the world of found objects. This four-week class will be a combination of workshops and hands-on assignments focused on learning about and creating art from found objects. No prior art experience is needed and even encouraged to enjoy this class.

Please note all starting materials will be included in the cost of this class though additional materials may want to be purchased to continue the work outside of class.

Instructor: Jeffrey Keyton is the former award-winning SVP Head of Design for MTV.

### FIRST FRIDAY FILM - "PAST LIVES"

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

**Friday, January 3, 1:00 p.m.**

Nora and Hae Sung, two deeply connected childhood friends, are wrested apart after Nora's family emigrates from South Korea. Twenty years later, they are reunited for one fateful week as they confront notions of love and destiny. Written and directed by Celine Song, making her feature directorial debut. The plot is semi-autobiographical and inspired by real events from Song's life.

Genre: Drama, Romance, Rated: PG-13,

Running Time: 1 hour, 45 minutes.

### FULL CIRCLE PLAY READING

One voice leads to another. That's the idea behind a new playreading series focusing on issues relevant to modern aging: from generational storytelling and downsizing to caregiving and unpredictable high school reunions. Each event will feature a thirty-minute playreading, followed by conversations in various informal formats designed to invite the audience to share their own stories. If you enjoy watching plays and engaging in lively, imaginative post-play conversations, we invite you to join us.

### "MESSAGES" BY PLAYWRIGHT FRED DENNEHY

(In-Person at NSK Location)

**Saturday, January 25, 2:00 p.m.**

**Suggested Donation: \$15**

"Messages", a one-act play by New Jersey playwright Fred Dennehy, offers a heartfelt and humorous exploration of a longstanding marriage challenged by early-stage dementia of one of the partners. This acclaimed work delves into the delicate balance of love, struggle, and mutual caregiving, showcasing how

# ALL PROGRAMS JANUARY 2025

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the bonds of a shared life can both divide and unite.

A finalist in the 2020 Strawberry Festival in New York City, "Messages" has also captivated audiences at festivals across New Jersey. Don't miss this moving and thought-provoking production!

Fred Dennehy is a playwright whose works have been performed Off-Broadway, Off-Off-Broadway, and in numerous festivals across New York and New Jersey. His 2018 play "Homecoming" was featured at the Lucille Lortel Theatre and later published by Steele Spring Stage Rights. In 2019, his play "A Visit in the Afternoon" premiered at the Riant Strawberry Festival and was showcased at Symphony Space's Best of the Strawberry Festival in 2020.

Ed Faver (Director) has been active as an actor and director in the NJ/NY area for more than thirty years. He has frequently collaborated with playwright Fred Dennehy in recent years. In spring 2025, Ed will direct Margaret Edson's "Wit" at Playhouse 22 in East Brunswick.

## **THE GOLDEN AGE OF RADIO** (Zoom)

*Tuesdays and Thursdays in January, 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, January 6, 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, January 10 through February 28, 2:00-4:00 p.m.*

Fee: \$90 resident/\$100 nonresident

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

Instructor: Christina Rang

## **THE WONDERS OF WORDPLAY – WINTER QUARTER** (Zoom)

*Mondays, January 6 through March 31, 2:00 p.m.*

*Fee: \$10*

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

## **USING YOUR WITS MEMORY WORKSHOP**

(In-Person at NSK Location)

*Wednesdays, January 8 through February 19, 10:00 a.m.*

*(no class 1/22); Fee: \$15*

A six-part interactive series promoting brain health and dementia prevention. Each one-hour session offers practical insights and fun cognitive fitness exercises, covering topics like cognitive skills, brain anatomy, memory techniques, nutrition, sleep's impact on brain health, and Alzheimer's/dementia facts and warning signs. Sessions can be attended independently and include activities such as optical illusions, memory games, brain-friendly food sampling, and tips for improving mental agility, making it a comprehensive and engaging program for maintaining cognitive vitality as we age.

Facilitator: Lisa Bayer



## DISCOVERY HUB

Welcome to the Discovery Hub! Your go-to-destination for aging well and life planning. Here you will find seminars, hands-on workshops, consultations, informative screenings, and interactive Lunch & Learn sessions covering a wide range of topics.

## **EXPLORING THE CONNECTION BETWEEN COGNITION AND HEARING LOSS**

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

*Wednesday, January 15, 1:00 p.m.*

Hearing loss can affect more than just your ears. It may also impact your cognitive health. Join Jane Brady from Horizon Audiology to learn about the surprising

# ALL PROGRAMS JANUARY 2025

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link between hearing and cognition along with the tools, technology, and science developed to improve hearing and cognition as we age.

Presenter: Jane Brady, Horizon Audiology

Registration required, no fee.

## **AARP FREE TAX ASSISTANCE - COMING IN FEBRUARY**

AARP sponsors free tax assistance for seniors and low and moderate-income individuals through the AARP Tax-Aide program. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

Stay-tuned for more information about registration and appointment times.



## GAMES & RECREATION

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

*Tuesdays in January, 1:00-4:00 p.m.*

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

Registration required due to limited space.

### **POKER: TEXAS HOLD 'EM OPEN PLAY**

(In-Person at SPB Location)

*Thursday, January 2 and January 16, 2:00-3:30 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

### **AGELESS GRACE** (In-Person at NSK Location)

*Friday, January 10 and January 24, 10:30-11:30 a.m.*

*Fee: \$5 per 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!

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

*Tuesdays, January 7 through January 28, 1:00 p.m.*

*Monthly Fee: \$30 resident/\$35 nonresident*

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)

*Tuesdays, January 14 through February 4, 10:00 a.m.*

*\*Please note new day of week from previous sessions.*

*Fee: \$30 resident/\$35 nonresident*

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)

*Monday, January 6 through January 27, 11:00 a.m.*

*(no class 1/20)*

*Fee: \$30 resident/\$35 nonresident*

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 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

# ALL PROGRAMS JANUARY 2025

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## 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.

#### 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: \$60 resident/\$65 nonresident**

- Wednesdays, January 8 through January 29 (no class 1/22), 10:00-11:00 a.m.

### 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 nonresident**

- Thursday, January 9, 11:00 a.m.-1:00 p.m.
- Thursday, January 16, 11:00 a.m.-1:00 p.m.
- Thursday, January 23, 11:00 a.m.-1:00 p.m.
- Thursday, January 30, 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 nonresident**

- Wednesday, January 8, 11:00 a.m.-1:00 p.m.
- Wednesday, January 15, 11:00 a.m.-1:00 p.m.
- Wednesday, January 29, 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 nonresident**

- Thursday, January 9, 10:00 a.m.-11:00 a.m.
- Thursday, January 16, 10:00 a.m.-11:00 a.m.
- Thursday, January 23, 10:00 a.m.-11:00 a.m.
- Thursday, January 30, 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



# ALL PROGRAMS JANUARY 2025

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

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

*Wednesdays, January 8 through January 29,*

*3:00-4:30 p.m. (no session 1/22)*

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.

## **SOLVENTS & GLUE** (In-Person at SPB Location)

*Tuesdays, January 14 through February 4, 11:00 a.m.*

*\*Please note new day of week from previous sessions.*

*Fee: \$30 resident/\$35 nonresident*

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

Instructor: Jackie Boone

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

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

*(no session 1/20)*

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

Registration required, no fee.

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

*Tuesday, January 7 through January 28, 11:00 a.m.*

*Fee: \$20 resident/\$25 nonresident*

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

## **THERAPEUTIC CHAIR YOGA & MEDITATION - WINTER QUARTER** (Zoom)

*January 9 through March 27, 10:00 a.m.*

*Fee: \$100 resident/\$110 nonresident*

Therapeutic Chair Yoga and Meditation is a gentle, accessible form of Hatha yoga practiced seated or standing, rather than on a mat. It's adaptable for all skill levels, including those with balance issues or injuries. Participants will enjoy nourishing postures

(asanas), breathwork (pranayama), and meditation in a thoughtfully balanced sequence. This practice helps improve flexibility, strength, balance, and energy, while increasing range of motion. Enjoy the serenity of a relaxing class that moves at a mindfully slow pace.

Instructor: Lyn Sirota

## **ZEN MAT YOGA: FIND YOUR CENTER - WINTER QUARTER** (Zoom)

*Monday, January 6 through March 31, 10:00 a.m.*

*(no class 1/20, 2/17)*

*Fee: \$80 resident/\$90 nonresident*

Discover the transformative power of yoga in this comprehensive workshop. Explore strength-building postures, breathwork, soothing sounds, and meditation for profound relaxation. Perfect for beginners and experienced yogis alike. Bring your yoga mat, yoga strap, blocks/bolsters, water bottle, and wear comfy clothes. Join us and rejuvenate your body and mind!

Instructor: Joy Cline-Okoye



## LIFELONG LEARNING

### **92ND STREET Y LIVE PRESENTS**

(In-Person at NSK Location)

The 92nd Street Y in New York City and CMAP are partnering to bring world-class talks, performances, concerts, and more to CMAP via live stream. After each event, stay for thirty minutes of engaging conversation and meaningful connections. Topics span a wide range of interests, including entertainment, health, science, music, and the arts. Join a vibrant community where adults connect and share through the power of conversation!

Note: Some events may be pre-recorded due to scheduling.

### **NEIL DEGRASSE TYSON IN CONVERSATION WITH FAREED ZAKARIA: "MERLIN'S TOUR OF THE UNIVERSE"** (In-Person at NSK Location)

*Wednesday, January 8, 1:30-2:30 p.m.; Fee: \$5*

Neil deGrasse Tyson, renowned American astrophysicist, bestselling author, and science icon, serves as the Frederick P. Rose Director of the Hayden Planetarium at the Rose Center for Earth and Space and is a research associate in the Department of Astrophysics at the American Museum of Natural History. He revisits his very first book with a newly updated and revised edition of "Merlin's Tour of the Universe". In this edition, Tyson takes readers on an entertaining and edifying tour of the universe, guided by Merlin, a timeless visitor from Planet Omniscia in the Andromeda Galaxy. Along the way, Merlin – with help of notable friends like da Vinci,



# ALL PROGRAMS JANUARY 2025

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

Magellan, Newton, Einstein, and Hubble – answers questions big and small about the universe, all grounded in authentic science.

Format: Recorded Live Stream

## **FRANCIS S. COLLINS AND DR. SELWYN VICKERS IN CONVERSATION: "THE ROAD TO WISDOM"**

(In-Person at NSK Location)

**Thursday, January 23, 10:00–11:00 a.m.; Fee: \$5**

Join physician, former NIH director, and *New York Times* bestselling author Francis S. Collins ("The Language of God") in conversation with Dr. Selwyn Vickers, President of Memorial Sloan Kettering Cancer Center, as they discuss the divisions tearing society apart and Collins' new book, "The Road to Wisdom".

The COVID-19 pandemic exposed deep societal fractures, including partisanship and distrust of public health. Yet Collins, a thoughtful observer and advocate for rational thought and everyday grace, believes it doesn't have to be this way. Drawing on his groundbreaking work leading the Human Genome Project, as well as insights from ethics, philosophy, and Christian theology, he offers a path forward. Accessible and profound, "The Road to Wisdom" provides the moral, philosophical, and scientific tools needed to heal our societal rifts. Don't miss this compelling discussion on the wisdom and effort required to overcome our divisions.

Format: Recorded

**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.

## **SPANGLISH FOR BEGINNERS**

(In-Person at NSK Location)

**Thursday, January 16 through March 6, 10:30 a.m.–noon  
Fee: \$45**

Embark on an exciting eight-week introduction to Spanish, designed for those with little to no prior experience. Discover how practical vocabulary, everyday expressions, and basic grammar come together to help you confidently navigate real-life conversations. By the end of the course, you'll introduce yourself, ask and answer questions, and share personal details with ease. Through games, dialogues, short stories, and skits, you'll build skills in a welcoming and dynamic environment that makes learning Spanish both enjoyable and meaningful. Instructor: Karen Voorhes

## **WOMEN IN RETIREMENT SPECIAL PRESENTATION: THE AFRICAN AMERICAN COMMUNITY**

**IN PRINCETON** (Hybrid – In-Person at NSK Location and on Zoom)

**Friday, January 17, 10:00 a.m.**

Join Shirley Satterfield for an enlightening presentation on the history of Princeton's African American community. Discover the rich stories and contributions that have shaped our shared history.

Shirley Satterfield is a fourth-generation member of Princeton's VanZandt Moore May family. A Princeton High School alumna, she earned a degree in Elementary Education from Bennett College for Women and a Master's in Guidance and Personnel Services from Trenton State College (now The College of New Jersey). Returning to Princeton in 1981, Shirley worked as a teacher and guidance counselor in local schools. Passionate about preserving the history of Princeton's African American community, she founded the Witherspoon-Jackson Historical and Cultural Society.



## **SOCIAL CONNECTIONS**

### Programs

**BINGO** (In-Person at NSK Location)

**Friday, January 17, 2:00 p.m.**

BINGO, bad jokes, and prizes oh my! Join us for a lively afternoon of BINGO where there is no charge, and every game ends with a winner! Come for camaraderie and cool prizes. Game play begins at 2:00 p.m. Bingo Caller and Bad Dad Joke Maker: Nick Macy. Registration required, no fee.

**CHALLAH BAKING EVENT** (In-Person at NSK Location)

**Wednesday, January 29, 2:00–4:30 p.m.**

**Fee: \$10 resident/\$15 nonresident**

Whether you're a seasoned baker or a complete newbie, this is your chance to experience the art of challah-making – watch a demonstration, learn braiding techniques, and, of course, taste it! We'll mix tradition with a sprinkle of fun as we share tips, stories, and lots of laughter. Come for the challah demonstration, stay for the community, and leave with a beautifully braided loaf that you crafted yourself and can bake at home. Plus, enjoy a bonus sourdough demonstration to spark your inner baker. Bring your friends, your appetite, and your enthusiasm – let's braid some challah magic together! Instructor: Ella Leving

# ALL PROGRAMS JANUARY 2025

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

## Groups

### AGING GAILY (LGBTQ+)

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

**Monday, January 27 at 3:00 p.m.**

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

Registration required, no fee.

### CRAFTER'S CORNER

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

**Thursday, January 9 at 10:00 a.m. \*Note new location.**

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: WINTER QUARTER** (In-Person at NSK Location)

**Mondays, January 13 through March 31, 3:00 p.m.**

*(no session 1/20, 2/17)*

**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 NSK Location)

**Tuesday, January 28, 5:00-6:00 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, January 14 and 28, 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 January, 3:00 p.m.**

*(no meeting 1/1 and 1/22)*

General conversation group.

Registration required, no fee.

### ¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

**Thursday, January 30, 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.

### TED TALKS

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

**Tuesdays in January, 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:**

**January 7 – Leopoldo Lopez:** How to defend democracy – and fight autocracy

**January 14 – Neal Bakshi:** Your suitcase can cure an epidemic

**January 21 – Brian S. Lowery:** How to live a meaningful life

**January 28 – Patrick Awuah:** How to educate leaders? Liberal arts

Registration required, no fee.

# ALL PROGRAMS JANUARY 2025

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



## TRANSITION TO RETIREMENT

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

*Friday, January 17, 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, January 27 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, January 7 at 3:00 p.m.*

(Usually the first Tuesday of each month)

– Monthly meetings to share challenges and experiences.

### CLEARING SPACES (Zoom)

*Mondays in January, 3:00 p.m. (not meeting 1/20)*

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, January 16 at 3:00 p.m.*

(Usually third Thursday of each month)

– For those with early-stage memory loss.

## MEMORY CAFÉ: A MONTHLY GATHERING FOR CONNECTION AND ENGAGEMENT

The Memory Café meets monthly on the second Saturday of each month from 10:00 a.m. to noon, at the same time as the Forget-Me-Not group. While caregivers have the option to participate in Forget-Me-Not during the first hour, attending Forget-Me-Not is not required to be a part of the Memory Café. During the first hour of the Memory Café, participants enjoy introductions and snacks, followed by a variety of activities designed to stimulate memory, creativity, and social interaction. In the second hour, caregivers join their loved ones in the Memory Café, where they can engage in activities together, creating meaningful connections and shared experiences. This session offers a welcoming space for both individuals living with memory loss and their caregivers to connect and enjoy each other's company.

## FORGET-ME-NOT DEMENTIA CAREGIVERS

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

*Saturday, January 11 at 10:00 a.m.*

(Usually second Saturday of each month)

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

## MEMORY CAFÉ (In-Person at NSK Location)

*Saturday, January 11, 10:00 a.m.-noon*

(Usually second Saturday of each month)

– Caregivers may join in the second hour after Forget-Me-Not, or attend Memory Café as a stand-alone.

## NEXT CHAPTER WIDOWS AND WIDOWERS

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

*Wednesday, January 8 at 11:00 a.m.*

(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, January 3 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



# ALL PROGRAMS JANUARY 2025

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



## 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 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.

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

*Monday, January 13, 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.

- **January 13 – iPhone & iOS 18:** What's New and How to Use.

Registration required, no fee.



### TECH WORKSHOP SERIES: UNDERSTANDING EMAIL

Participants are welcome to register for one or both email workshops offered this January.

### EMAIL ESSENTIALS: BEST PRACTICE AND SMART CHOICES (Hybrid – In-Person at NSK Location and on Zoom)

*Thursday, January 23, 1:30–3:00 p.m.*

Email can be very confusing – so many providers, so many apps, so many unwanted emails swamping your inbox, while the emails you want are hard to find. In this class, we'll cover best practices and email safety, the basic functions of email (reading, composing, replying, organizing, deleting, searching, etc.), choosing the provider and app that's best for you, and managing your email account, among other topics. In fact, most email providers and apps provide the same services and functions, and we'll use examples from various apps and cover areas that are important regardless of the email service that you use.

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

Instructors: Evelyn Sasmor, Don Benjamin

Registration required, no fee.

### APPLE MAIL: EMAIL FOR APPLE DEVICES

(In-Person at NSK Location)

*Thursday, January 30, 1:30–3:00 p.m.*

This ninety-minute class delves into the features of Apple Mail, the email application bundled with every Mac computer, iPad, and iPhone. Regardless of the email service you use – Gmail, iCloud Mail, Verizon Mail, and so on – Apple Mail simplifies email reading and composing. We'll cover how to format new emails, manage your inbox, save important emails, automatically categorize emails, and integrate events from emails into your Apple Calendar. We'll also explore ways to manage your Apple Contacts and create groups.

Finally, we'll review the new Apple Intelligence features that can summarize emails.

Instructors: Evelyn Sasmor, Don Benjamin

Registration required, no fee.

# JANUARY 2025

## MONDAY

### KEY:

NSK - Nancy S. Klath Center  
PB - Pickleball  
PPL - Princeton Public Library  
PSL - Princeton Senior Living  
SPB - Suzanne Patterson Building

H - Hybrid Group/Program

## TUESDAY

### PRINCETON CAFÉ FOR OLDER ADULTS

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

## WEDNESDAY

1  
—————  
**CMAP CLOSED FOR THE  
NEW YEAR'S DAY HOLIDAY**  
—————

## THURSDAY

2  
10:00 Cosmology (NSK-H)  
2:00 Poker Texas Hold 'em (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 The Golden Age of Radio

## FRIDAY

3  
10:00 Women in Retirement  
Coffee Klatch  
1:00 First Friday Film - "Past  
Lives" (NSK-H)  
1:00 Special Connections:  
Parents of Adults with Unique  
Needs (NSK-H)  
1:00 Table Tennis (SPB)  
2:00 Tech Lab Assistance (NSK)

6  
10:00 Zen Mat Yoga: Find Your  
Center  
11:00 Fusion Yoga (SPB)  
11:00 Tech Lab Assistance (NSK)  
1:00 Library Reads  
1:00 Table Tennis (SPB)  
2:00 The Wonders of Word Play  
3:00 Clearing Spaces  
3:30 Tech Lab Assistance (NSK)

7  
10:30 TED Talks (NSK-H)  
11:00 Tai Chi (SPB)  
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

8  
10:00 Introduction to Pickleball  
(SPB)  
10:00 Using Your Wits Memory  
Workshop (NSK)  
11:00 Next Chapter Widows and  
Widowers (NSK-H)  
11:00 Pickleball Prep & Play  
(SPB)  
1:30 92nd Street Y Live:  
"Merlin's Tour of the Universe"  
(NSK)  
3:00 Let's Talk (NSK-H)  
3:00 PingPongParkinson (SPB)  
3:30 Tech Lab Assistance (NSK)

9  
10:00 Cosmology (NSK-H)  
10:00 Crafter's Corner (SPB)  
10:00 Pickleball Play with the Pro  
(SPB)  
10:00 Therapeutic Chair Yoga  
11:00 Pickleball Get Into the  
Game! (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 The Golden Age of Radio

10  
10:00 Women in Retirement  
Coffee Klatch  
10:30 Ageless Grace (NSK)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)  
2:00 Tech Lab Assistance (NSK)

**SATURDAY, JANUARY 11**  
10:00 Forget-Me-Not: Dementia  
Caregivers (NSK-H)  
  
10:00 Memory Café (NSK)

13  
10:00 Zen Mat Yoga: Find Your  
Center  
11:00 Fusion Yoga (SPB)  
11:00 Tech Lab Assistance (NSK)  
1:00 Table Tennis (SPB)  
2:00 The Tech Hour (NSK-H)  
2:00 The Wonders of Word Play  
3:00 Café Français (NSK)  
3:00 Clearing Spaces  
3:30 Tech Lab Assistance (NSK)

14  
10:00 The Feldenkrais Method  
(SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
11:00 Tai Chi (SPB)  
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

15  
10:00 Introduction to Pickleball  
(SPB)  
10:00 Using Your Wits Memory  
Workshop (NSK)  
11:00 Pickleball Prep & Play  
(SPB)  
1:00 Exploring the Connection  
Between Cognition and  
Hearing Loss (NSK-H)  
3:00 Let's Talk (NSK-H)  
3:00 PingPongParkinson (SPB)  
3:30 Tech Lab Assistance (NSK)

16  
10:00 Cosmology (NSK-H)  
10:00 Pickleball Play with the  
Pro (SPB)  
10:00 Therapeutic Chair Yoga  
10:30 Spanglish (NSK)  
11:00 Pickleball Get Into the  
Game! (SPB)  
12:30 Evergreen Forum Open  
House (NSK-H)  
2:00 Poker Texas Hold 'em (SPB)  
3:00 Early-Stage Memory Loss  
Support (NSK-H)  
3:30 Tech Lab Assistance (NSK)  
4:00 The Golden Age of Radio

17  
10:00 Women in Retirement: The  
African American Community  
in Princeton (NSK-H)  
1:00 Table Tennis (SPB)  
2:00 Bingo: Win Like Never B-4  
(NSK)  
2:00 Mastering the Art of  
Painting (SPB)  
2:00 Tech Lab Assistance - In-  
Person (NSK)  
2:30 Transition to Retirement  
(NSK-H)

20  
—————  
**CMAP CLOSED FOR  
MARTIN LUTHER KING JR  
DAY HOLIDAY**  
—————

21  
10:00 The Feldenkrais Method  
(SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
11:00 Tai Chi (SPB)  
1:00 Chair Moves & Grooves  
1:00 Games Day (SPB)  
2:00 Beginners Art Workshop  
(SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 The Golden Age of Radio

22  
—————  
**CMAP CLOSED FOR  
STAFF IN-SERVICE**  
—————

23  
10:00 92nd Street Y Live: "The  
Road to Wisdom" (NSK)  
10:00 Cosmology (NSK-H)  
10:00 Pickleball Play with the  
Pro (SPB)  
10:00 Therapeutic Chair Yoga  
10:30 Spanglish (NSK)  
11:00 Pickleball Get Into the  
Game! (SPB)  
1:30 Email Essentials (NSK-H)  
1:30 Creating Art with Found  
Objects (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 The Golden Age of Radio

24  
10:00 Women in Retirement  
Coffee Klatch  
10:30 Ageless Grace (NSK)  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)  
2:00 Tech Lab Assistance (NSK)

**SATURDAY, JANUARY 25**  
2:00 Full Circle Playreading:  
"Messages" by Playwright  
Fred Dennehy (NSK)

27  
10:00 Zen Mat Yoga: Find Your  
Center  
11:00 Bereavement  
11:00 Fusion Yoga (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)

28  
10:00 The Feldenkrais Method  
(SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
11:00 Tai Chi (SPB)  
1:00 Chair Moves & Grooves  
1:00 Games Day (SPB)  
1:00 Global Conversation  
2:00 Beginners Art Workshop  
(SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 The Golden Age of Radio  
5:00 Chai Tea Talks (NSK)

29  
10:00 Introduction to Pickleball  
(SPB)  
10:00 Using Your Wits Memory  
Workshop (NSK)  
11:00 Pickleball Prep & Play  
(SPB)  
2:00 Challah Baking Event (NSK)  
3:00 Let's Talk (NSK-H)  
3:00 PingPongParkinson (SPB)  
3:30 Tech Lab Assistance (NSK)

30  
10:00 Cosmology (NSK-H)  
10:00 Pickleball Play with the  
Pro (SPB)  
10:00 Therapeutic Chair Yoga  
10:30 Spanglish (NSK)  
11:00 Pickleball Get Into the  
Game! (SPB)  
1:30 Creating Art with Found  
Objects (SPB)  
1:30 Apple Mail (NSK)  
2:00 OnStage Seniors (NSK)  
3:30 Tech Lab Assistance (NSK)  
4:00 ¡Se Habla Español! Charlas  
Del Corazón  
4:00 The Golden Age of Radio

31  
1:00 Table Tennis (SPB)  
2:00 Mastering the Art of  
Painting (SPB)  
2:00 Tech Lab Assistance (NSK)

**EVERGREEN FORUM**  
For the Evergreen Forum  
course schedule, please  
see our website at  
[cmaprinceton.org/evergreen](http://cmaprinceton.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 14-17 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.

#### HISTORY

Learn about significant people, 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.

#### SOCIAL SCIENCES

Examine human behavior and social dynamics within society.

#### 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
<b>Anna Karenina</b> – Nancy Kanach and Victor Ripp	Literature	L&D	In-Person	8 Weeks
<b>Building Bridges: Interfaith Awareness and Religious Literacy</b> – Drew Dyson	Philosophy	L&D	Hybrid	6 Weeks
<b>Darwin's On the Origin of Species</b> – George Levine	Literature	L&D	Virtual	8 Weeks
<b>The Dark Ages to Enlightenment: 1000 Years of Great Art</b> – Wendy Worth	The Arts	L	Virtual	8 Weeks
<b>Eat the Book</b> – Lois Harrod	Literature	D	In-Person	8 Weeks
<b>Exploring Feminist Writers</b> – Carol Friend	Literature	D	In-Person	5 Weeks
<b>Harlem Renaissance: All That Jazz</b> – Wendy Worth	The Arts	L	Virtual	4 Weeks
<b>Herman Melville's "Moby-Dick"</b> – John Kucich	Literature	D	In-Person	8 Weeks
<b>Highlights in the History of Philosophy: Spotlight on Women Philosophers</b> – David Brahinsky	Philosophy	L&D	Hybrid	6 Weeks
<b>A History of Money</b> – Bernard Abramson	History	L	In-Person	5 Weeks
<b>History of the Middle East</b> – Robert Nolan	History	L	Hybrid	8 Weeks
<b>James, Gilead, and Frankenstein: Three Journeys</b> – Chris Reed	Literature	D	In-Person	6 Weeks
<b>Mindfulness-Based Cognitive Behavioral Therapy</b> – Naomi Browar	Social Science	L&D	In-Person	3 Weeks
<b>New Paradigm of Psychoactive Substance Abuse</b> – Robert Youdin	Social Science	L	In-Person	3 Weeks
<b>Perspectives on Opera</b> – Harold Kuskin	The Arts	L	Hybrid	7 Weeks
<b>Reading Buildings : A Primer</b> – Alan Chimacoff	STEM	L	Virtual	8 Weeks
<b>Science in the News</b> – Harold Heft and Panelists	STEM	L&D	Hybrid	8 Weeks
<b>The Science of Happiness</b> – Bruce Maloof	Social Science	L&D	In-Person	5 Weeks
<b>Technology, Society, and You</b> – Dina Kravetz	STEM	L&D	Hybrid	6 Weeks
<b>Understanding Emotions</b> – Ruth Goldston	Social Science	L&D	In-Person	6 Weeks
<b>What Is Time?</b> – Stuart Kurtz	STEM	L&D	In-Person	8 Weeks
<b>Winslow Homer: Art and Biography</b> – 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/](http://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.



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.

## COURSE LIST

### **ANNA KARENINA** (In-Person)

*Nancy Kanach & Victor Ripp*

Experience Tolstoy's timeless tale of love, family, and the meaning of existence through the close reading of text and study of film adaptations. *Thursdays from 10:00 a.m.-noon for eight weeks beginning March 6 through April 24.*

### **BUILDING BRIDGES: INTERFAITH AWARENESS AND RELIGIOUS LITERACY** (Hybrid)

*Drew Dyson*

Discover the beauty of religious diversity. This course delves into the core teachings, symbols, and history of various faiths, fostering empathy and connection. *Tuesdays from 1:30-3:30 p.m. for six weeks beginning March 18 through April 22.*

### **THE DARK AGES TO ENLIGHTENMENT: 1000 YEARS OF GREAT ART** (Virtual)

*Wendy Worth*

Uncover a millennium of artistic innovation from the Gothic cathedrals of Europe to the Renaissance masterpieces of Italy. *Tuesdays from 10:00 a.m.-noon for eight weeks beginning March 4 through April 10.*

### **DARWIN'S ON THE ORIGIN OF SPECIES** (Virtual)

*George Levine*

Delve into the revolutionary world of Darwin. Explore the literary and scientific significance of *On the Origin of Species* and its enduring impact on culture and society. *Mondays from 1:30-3:30 p.m. for eight weeks beginning March 3 through April 21.*

### **EAT THE BOOK** (In-Person)

*Lois Harrod*

Devour fiction that uses food to convey plot, symbol, character, and/or theme and uncovering the hidden meanings behind every bite. *Wednesdays from 1:30-3:30 p.m. for eight weeks beginning March 5 through April 23.*

### **EXPLORING FEMINIST WRITERS**

(In-Person)

*Carol Friend*

Study how literature can shape gender identity and how women writers have worked to (re)shape those identities through literature of their own. *Tuesdays from 10:00 a.m.-noon for five weeks beginning April 1 through April 29.*

### **HARLEM RENAISSANCE:**

**ALL THAT JAZZ** (Virtual)

*Wendy Worth*

Explore the vibrant culture and artistic explosion of the Harlem Renaissance, highlighting the brilliance of African American art. *Thursdays from 1:30-3:30 p.m. for four weeks beginning May 1 through May 22.*

### **HERMAN MELVILLE'S MOBY-DICK**

(In-Person)

*John Kucich*

Delve into the depths of *Moby-Dick* as the Great American Novel, an epic that both celebrates and critiques American culture. *Tuesdays from 1:30-3:30 p.m. for eight weeks beginning March 4 through April 22.*

### **HIGHLIGHTS IN THE HISTORY OF PHILOSOPHY: SPOTLIGHT ON WOMEN PHILOSOPHERS** (Hybrid)

*David Brahinsky*

Explore the rich history of philosophy, with a special spotlight on women philosophers spanning from ancient to contemporary times. *Wednesdays from 1:30-3:30 p.m. for six weeks beginning March 5 through April 16. No class on March 19.*

### **A HISTORY OF MONEY** (In-Person)

*Bernard Abramson*

Trace the evolution of money. From ancient coins to digital currency, explore the fascinating history of how we've valued and exchanged wealth. *Mondays from 10:00 a.m.-noon for five weeks beginning March 3 through March 31.*

### **HISTORY OF THE MIDDLE EAST**

(Hybrid)

*Robert Nolan*

Unravel the complexities of the Middle East. Explore the rich history, diverse cultures, and enduring conflicts that have shaped the region. *Thursdays from 1:30-3:30 p.m. for eight weeks beginning March 6 through April 24.*

### **JAMES, GILEAD, AND FRANKENSTEIN: THREE JOURNEYS** (In-Person)

*Chris Reed*

Three worlds, one humanity. Compare and contrast unique journeys about personal introspection and increased understanding of the protagonists' worlds. *Tuesdays from 10:00 a.m.-noon for six weeks beginning March 4 through April 8.*

**MINDFULNESS BASED COGNITIVE BEHAVIORAL THERAPY** (In-Person)

*Naomi Browar*

Embody mindfulness. Explore practical strategies for managing negative thinking patterns and reducing stress.

*Mondays from 1:30–3:30 p.m. for three weeks beginning March 3 through March 17.*

**NEW PARADIGM FOR TREATING PSYCHOACTIVE SUBSTANCE ABUSE** (In-Person)

*Robert Youdin*

Challenge traditional views of addiction and learn about the new paradigm for treatment focused on cognitive change.

*Wednesdays from 1:30–3:30 p.m. for three weeks beginning March 5 through March 19.*

**PERSPECTIVES ON OPERA** (Hybrid)

*Harold Kuskin*

Experience the power of opera. From grand tragedy to comic relief, explore the emotional depth and artistic brilliance of this unique genre.

*Mondays from 1:30–3:30 p.m. for seven weeks beginning March 3 through April 14.*

**READING BUILDINGS: A PRIMER**

(Virtual)

*Alan Chimacoff*

Enjoy the artistry of architecture. Discover the beauty and functionality of great buildings, while learning to see them with a new eye.

*Fridays from 1:30–3:30 p.m. for eight weeks beginning March 7 through May 2. No class on April 25.*

**SCIENCE IN THE NEWS** (Hybrid)

*Harold Heft and Panelists*

Feed your curiosity. Explore the latest scientific breakthroughs and their real-world implications with our expert panelists.

*Fridays from 10:00 a.m.–noon for eight weeks beginning March 7 through May 2. No class on April 25.*

**THE SCIENCE OF HAPPINESS**

(In-Person)

*Bruce Maloof*

Learn about the Copernican revolution in behavioral science, focused on advancing one's well-being.

*Wednesdays from 10:00 a.m.–noon for five weeks beginning March 26 through April 23.*

**TECHNOLOGY, SOCIETY, AND YOU** (Hybrid)

*Dina Kravetz*

Navigate the digital age. Explore the latest tech trends, from AI to blockchain, and understand their impact on your life.

*Thursdays from 10:00 a.m.–noon for six weeks beginning March 6 through April 10.*

**UNDERSTANDING EMOTIONS**

(In-Person)

*Ruth Goldston*

Decode your emotions. Learn to understand and manage your feelings for a more fulfilling life.

*Thursdays from 10:00 a.m.–noon for six weeks beginning March 20 through April 24.*

**WHAT IS TIME?** (In-Person)

*Stuart Kurtz*

Rethink time. Challenge your understanding of time and discover the latest scientific insights.

*Tuesdays from 10:00 a.m.–noon for eight weeks beginning March 4 through April 22.*

**WINSLOW HOMER: ART AND BIOGRAPHY** (In-Person)

*Christina Kales*

Journey through turbulent nineteenth-century America to learn about one of the era's greatest artists, Winslow Homer.

*Fridays from 1:30–3:00 p.m. for four weeks beginning March 7 through March 28.*

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

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

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



# CHALLENGING YOURSELF TO GROW IN THE NEW YEAR THROUGH RENEWAL AND SELF-ACTUALIZATION

*by Johanna Peters, Director of Social Services*

The New Year is the perfect time to reflect on our lives and think about how to challenge ourselves to grow and experience new things. For many of us, the passage of time can sometimes feel like a series of routines and habits, and it's easy to get stuck in a rut. However, as we begin this new year, let's look to change old patterns and embrace becoming the best version of ourselves.

## **Renewal: A Fresh Start**

Renewal is about breathing new life into our routines, goals, and mindsets. This may be the time to start a new hobby, learn a new skill, or change how we approach each day; renewal reminds us that starting fresh is always possible. Our minds and bodies have an incredible ability to adapt, grow, and transform, no matter our age.

This year, consider what renewal looks like for you, whether it is as simple as setting aside time to reflect and clear your mind or as ambitious as enrolling in an Evergreen Forum class that excites you. Remember, it's about reinvigorating your passions and opening up to new possibilities. Don't be afraid to let go of old habits that no longer serve you and make room for experiences that bring you joy.



## **Self-Actualization: Striving for Your Full Potential**

Self-actualization is realizing your fullest potential. We all can become the people we're truly meant to be. This means not settling for "just getting by" but actively seeking ways to continue evolving and growing.

Reaching for self-actualization might involve seeking more profound connections with others through engagement, such as volunteering or joining a social or support group.

Self-actualization isn't just about external accomplishments; it's about fulfilling your internal desires and creating a sense of purpose that brings contentment and peace.

## **Challenge Yourself: Stepping Outside of Your Comfort Zone**

One of the keys to renewal and self-actualization is the willingness to challenge yourself. Staying comfortable in the familiar is easy, but growth doesn't only happen when we step outside our comfort zones. Challenging yourself doesn't have to mean something drastic; it can be small actions that push you in new directions.

## **Breaking the Rut: Finding Joy in the Everyday**

It's natural to fall into patterns, especially as we age, but breaking free from a rut is essential to staying engaged with life. Renewal, self-actualization, and challenges are all interwoven. Life becomes more vibrant and more fulfilling when we feel a sense of purpose and are open to growth.

At CMAP, we strive to grow with you. We support your journey from new and refreshing classes, groups, and programs to ways to help you meet your social and emotional goals. This month, we will start our Memory Café to support our Forget-Me-Not caregivers further, to name a few exciting initiatives we have planned.

So, as we welcome the New Year, consider committing yourself. Choose something to challenge yourself with – big or small – and permit yourself to grow. You deserve it.

Remember, life doesn't have an age limit on renewal or self-discovery. Every day is a new opportunity to start fresh and embrace who you are becoming.



## **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

### **Volunteer as a Room Manager at the Center for Modern Aging Princeton**

The Center for Modern Aging Princeton is seeking dedicated and reliable volunteers to serve as Room Managers—key members of our team who help ensure smooth operations before, during, and after our programs.

As a Room Manager, your responsibilities will include:

- Setting up and breaking down rooms for programs (arranging tables, chairs, and video/audio equipment).
- Opening and starting hybrid programs, ensuring everything is ready for participants.
- Performing light cleaning duties, such as disposing of trash and organizing spaces (e.g., resetting closets).
- Assisting with check-ins at the front desk, ensuring a welcoming environment.
- Calling participants to help with program registrations and reminders for important appointments (e.g., AARP, Medicare).

Volunteers in this role will work in a dynamic environment, supporting a variety of programs while interacting with members of the community. If you're organized, enjoy working behind the scenes, and are eager to contribute to a meaningful cause, this role is for you!

Join our team and help ensure our programs run smoothly while making a positive impact on the lives of older adults in our 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**

# Microsoft Copilot

*Copilot is Microsoft's bespoke Artificial Intelligence "chat" application. It's also a PC spec.*

Microsoft has developed its own Artificial Intelligence system that is offered in two "flavors": The first is a free conversational chat interface, like ChatGPT, that lets you search for specific information, generate text such as emails and summaries, and create images based on your text prompts.

The second is a "pro" version that integrates Copilot with Microsoft Office applications like Word, Excel, and PowerPoint. This version of Copilot incorporates information from the user's files – including those in OneDrive and Sharepoint (a corporate file-sharing application) – to help summarize documents and analyze data. It's \$20/month and is aimed chiefly at corporate users.

To try Copilot, go to [www.copilot.microsoft.com](https://www.copilot.microsoft.com) or click the Copilot icon on your Windows 11 taskbar. If you use the Edge browser, you may see the Copilot icon in the upper right corner. And if you are already viewing a webpage, Copilot will open in a panel on the right.



*Sharon just asked Copilot to list the instructions for making gefilte fish. Look how happy she seems to be!*

### Copilot+PC

Unrelated to Microsoft Copilot that I just discussed, Microsoft recently created a new category of PC hardware, dubbed "Copilot+PC." It's designed for AI tasks such as live translations and graphics automation (for example, turning a photo into what looks like a painted image) and will soon include a "recall" feature that builds a "memory" of your day-to-day tasks for future reference.

In other words, while Copilot is an application akin to ChatGPT, Copilot+PC is a computer specification.

### Nerd Discussion About Copilot+PC

Most major PC manufacturers offer a Copilot+PC version of their laptops, and they're as fast as blazes. Many now use a new central processor chip based on the Advanced RISC Machines (ARM) design to achieve these high processing speeds and long battery life. On the other hand, Microsoft designed Windows to work with chips made by Intel and AMD, and the newer ARM-based version of Windows may not be compatible with some non-Microsoft software.

In other words, if you use Windows for more mundane tasks, like web browsing, email, or preparing documents, you probably don't need a Copilot+PC. You can always ask us.



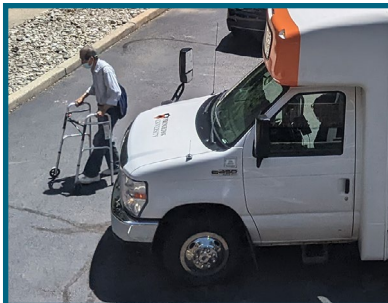
*The Copilot icon is quite colorful, unless you're reading this in black-and-white.*

### Epilogue

ChatGPT and Microsoft Copilot can help satisfy your intellectual curiosity by collecting and summarizing information from myriad web pages and online documents. That doesn't mean they're perfect, and you must review their responses, but these "large language models" offer an excellent starting place to start a new page in your lifelong learning.

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





**Princeton Muni Service stops  
at our building**

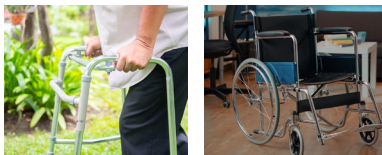
**Mercer County 606 Bus stops  
at our neighbor's located at  
728 Bunn Drive  
which is two driveways from our building**

### 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, January 27 at 3:00 p.m.  
Monthly social activities, friendship building, and support.

### BEREAVEMENT

Monday, January 27 at 11:00 a.m.  
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

### CAREGIVERS

Tuesday, January 7 at 3:00 p.m.  
Monthly meetings to share challenges and experiences.

### CLEARING SPACES

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

### EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)  
Thursday, January 16 at 3:00 p.m.  
For those with early-stage memory loss.

### FORGET-ME-NOT:

#### DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)  
Saturday, January 11 at 10:00 a.m.  
Anyone affected by a loved one's memory loss

### GLOBAL CONVERSATIONS

Tuesday, January 14 and 28 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.

### MEMORY CAFÉ

(IN-PERSON AT NSK)  
Saturday, January 11 at 10:00 a.m.  
A variety of activities designed to stimulate memory, creativity, and social interaction

### NEXT CHAPTER: WIDOW/ERS

(IN-PERSON AT NSK - HYBRID)  
Wednesday, January 8 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, January 3, 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, January 17, 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 Home Instead



Home Instead understands that selecting the right care for loved ones can be challenging. The organization provides affordable, round-the-clock in-home care every day of the year. Their team of care experts assists families throughout the process to ensure that individuals receive the care they need. Recognizing that navigating insurance can be complex, Home Instead offers support in working with insurance companies to secure financial assistance for certain home care services, alleviating cost-related concerns.

The range of services includes personal and companionship care to help combat loneliness among seniors, along with assistance in cooking, cleaning, and running errands. Home Instead serves Princeton and the surrounding towns in Mercer and Middlesex counties, offering reliable and compassionate care for seniors.

Under the leadership of Kunwar Singh, the well-trained caregivers create personalized care plans tailored to meet the specific needs of clients. As a Princeton resident, Singh is deeply committed to the local community. He is a multiyear supporter of CMAP, with close ties to the area—his daughter attended Littlebrook School, his son is enrolled at Johnson Park School, and his mother volunteers at the Princeton Public Library.

With Home Instead, families can rest assured that their loved ones will receive high-quality care. The organization is dedicated to enhancing seniors' lives while providing peace of mind for their families.

**609.853.0469 – [homeinstead.com](http://homeinstead.com)**

**344 Nassau St., Princeton • 1 Rossmoor Dr., Monroe Twp. • 3635 Quakerbridge Rd., Hamilton**

## JANUARY FEATURED SPONSORS



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

**[akincare.com](http://akincare.com)**



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

**[mccaffreys.com](http://mccaffreys.com)**



Highest quality care services provided to each and every resident, patient, and family

**[oasisenioradvisors.com](http://oasisenioradvisors.com)**

**ROUNDVIEW CAPITAL**

Your Family Office

**[roundviewcapital.com](http://roundviewcapital.com)**

## ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2025

We are grateful to the following corporate and foundation partners for their invaluable support during the 2024 calendar year. As a nonprofit organization CMAP relies on the generosity of our funding partners; their generosity enables us to help older adults thrive.

Anonymous  
Bloomberg Philanthropies  
David Mathey Fund of the Princeton Area  
Community Foundation  
Friends Foundation for the Aging  
The MacMillan Family Foundation  
Meta A. and William S. Griffith Foundation  
Curtis W. McGraw Foundation

Henry E. Niles Foundation  
Princeton Area Community Foundation -  
Impact Grant  
PSEG Foundation  
The Astle-Alpaugh Family Foundation  
The Fred C. Rummel Foundation  
WSFS CARES Foundation

## 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 100,  
max sold 400



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

**YOU CAN WIN UP TO \$20,000!!!**

For more information, contact Lisa Adler, chief development officer,  
at [ladler@cmaprinceton.org](mailto:ladler@cmaprinceton.org) or 609.751.9699, ext 103.



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



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  
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  
Springpoint At Home  
Stark & Stark Attorneys at Law  
Walsh Senior Solutions

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

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