

(Formerly Princeton Senior Resource Center)

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

SEE PAGE 12 FOR DETAILS.

A photograph of four musicians performing in a room with large windows overlooking a city. From left to right: a woman playing the violin, a woman playing the violin, a woman playing the cello, and a man playing the violin. They are all dressed in dark clothing. The room has a wooden floor and a patterned rug.

**NEW JERSEY SYMPHONY CHAMBER
PLAYERS PERFORMANCE**
(IN-PERSON AT STONE HILL CHURCH)
WEDNESDAY, FEBRUARY 12 FROM 1:00-2:00 P.M.
SEE PAGE 5 FOR DETAILS

The logo for the New Jersey Symphony, featuring the text 'NEW JERSEY SYMPHONY' in blue and 'XIAN ZHANG MUSIC DIRECTOR' in smaller text below it.

FULL CIRCLE PLAY READING:
"BACKFIRE" BY PLAYWRIGHT DAVID LEE WHITE
(IN-PERSON AT NSK LOCATION)
FRIDAY, FEBRUARY 21 FROM 2:00-4:00 P.M.
SUGGESTED DONATION: \$15
SEE PAGES 4-5 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*

BOARD OF TRUSTEES

- Kathy Ales
- Brad Bartolino
- Nancy H. Becker
- Donald Benjamin
- Rev. Deborah K. Blanks
- J. Robert Bratman
- Philip Carchman
- Liz Charbonneau
- Suresh Chugh
- Joan Girgus
- Iona Harding
- Elaine Jacoby
- David Loevner
- Michael Kenny
- Norman Klath
- Sandy Kurinsky
- Harold Kuskin
- Barbara Lawrence
- Robert Levitt
- Josh Lichtblau
- Lance Liverman
- Joseph C. Maida
- Sonali Pathirana
- Rhona Porter
- Jane Silverman
- Michele Tuck-Ponder



FROM THE CEO, DREW DYSON

HONORING OUR BLACK LEADERS

Dear Friends,

February is Black History Month in the United States, and an opportunity for us to celebrate the significant achievements and monumental impact of black leaders in U.S. history. Upon his official designation of February as Black History Month in 1976, President Gerald Ford challenged the nation to "seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history."

In our classrooms and congregations, council meetings and legislative chambers, we celebrate the contributions of black leaders in history like Martin Luther King Jr., Rosa Parks, Shirley Chisolm, and Kamala Harris. This month, I'd like to celebrate some of the perhaps lesser-known black leaders, figures whose contributions well past the age of fifty-five inspired, uplifted, and served others. These transformational leaders include:

- **Anna Julia Cooper** (1858-1964) was a lifelong educator and activist who earned her PhD at the age of sixty-five, becoming one of the first African American women to do so. Cooper continued writing and speaking on race and gender equity into her seventies and eighties.
- **Ann Atwater** (1935-2016) was known for her work in racial reconciliation, gaining prominence in her sixties for her efforts to mediate tensions between black and white communities in Durham, North Carolina featured in the film "The Best of Enemies" (2019).



- **Carrie Meek** (1926–2021), born and raised in the segregated south in Tallahassee, Florida, Meek was elected to the U.S. House of Representatives in 1992 at the age of sixty-six. In congress, Meek was a tireless advocate for affordable housing, healthcare reform, immigrant rights, and disaster relief and recovery efforts across the country.
- **Benjamin O. Davis Sr.** (1877–1970) became the first African American general in the U.S. army in 1937 at the age of sixty. Davis spent his military career advocating for desegregation in the U.S. military and served as a symbol of perseverance and progress for African Americans in the armed forces.

In our local community, I am grateful for significant black leaders whose contributions to the Center for Modern Aging Princeton and the greater Princeton area have inspired and uplifted our community for years. This includes local leaders like:

- **Shirley Satterfeld** is an educator, historian, and founder of Princeton’s Witherspoon-Jackson Historical and Cultural Society who has been a sought after instructor in CMAP’s Evergreen Forum.
- **Rosetta Bruce**, leader and hostess of CMAP’s Senior Citizens Club and a welcoming presence volunteering at the front desk of the Nancy S. Klath Center, prides herself on “creating social connections that support the mental and emotional well-being” of CMAP participants.
- **Lance Liverman, Michele Tuck-Ponder**, and **the Reverend Dr. Deborah Blanks** are all members of CMAP’s board of trustees. Both Liverman and Tuck-Ponder have given tireless public service to Princeton – whether on the town council, school board, affordable housing commission, or many other community entities. The Reverend Dr. Blanks served as the associate dean of religious life at Princeton University and as lead pastor of Mt. Pisgah AME church in Princeton before becoming the first female pastor of the historic St. James AME church in Atlantic City.
- **Suzanne Ngo-Mandong** who recently told her powerful story as part of CMAP’s EmpowerHer series, was born in Cameroon and served as a diplomat, advocate, and humanitarian whose contributions throughout her career at the United Nations Population Fund (UNFPA) transformed the lived realities of women and children around the world through her work on sexual and reproductive rights, population and development, and gender.

As we reflect on Black History Month and the remarkable contributions of black leaders, both celebrated and lesser-known, nationally known or locally impactful, let us be inspired by their resilience, wisdom, and dedication to creating a more just and inclusive society. Their stories, and those of many others I didn’t have space to name above, remind us that it’s never too late to make a difference, and that every stage of life holds the potential for impactful contributions.

At CMAP, we are proud to celebrate these transformational figures while striving to foster a community where their legacies of equity, empowerment, and excellence continue to thrive. Together, we honor their achievements by uplifting one another and building a brighter future for all generations.

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

Fran Angelone
Crosstown Coordinator

Cathy Gara
Bookkeeper & HR Coordinator

Brandon Garris
Communications & Programs Assistant

Cheryl Gomes
Development Associate

Ana Carolina González-Peña
Coordinator of Diversity, Equity, Inclusion, and Belonging

Krista Hendrickson
Director of Lifelong Learning

Ella Leving
Community Outreach Coordinator

Nick Macy
Program Associate: Technology

Analee Olsson
Development Associate

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

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

SPOTLIGHT FEBRUARY 2025

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

SPECIAL THIS MONTH

CELEBRATE THE SEASON OF LOVE WITH A VIRTUAL TRIP TO PARIS AND SWEET TREATS!

LIVE FROM PARIS: AMOUR IN THE AIR

(In-Person at NSK Location)

Thursday, February 13, 11:00 a.m.-noon

Fee: \$5

Join us for a live walking tour with an expert local guide of Paris, France. The city of love is so much more than its beauty and iconic landmarks. Join us for a special Valentine's Day stroll through the city known for its art, fashion, gastronomy, and culture and fall in love with Paris.



SWEET BONDS: DESSERT AND TOGETHERNESS VALENTINE'S DAY SPECIAL

(In-Person at NSK Location)

Thursday, February 13, 12:00-1:30 p.m.

Fee: \$10 resident

Join us for a delightful Valentine's Day celebration designed just for you! Indulge in a fun-filled afternoon of easy and irresistible dessert recipes that will add sparkle (and a touch of chocolate!) to your day. From delectable bites to heartwarming stories, this event is all about bringing together love, laughter, and a dash of culinary magic. Whether you have a cherished family recipe to share, a favorite Valentine's memory, or simply a sweet tooth ready for action, you'll find delicious conversation and wonderful company waiting for you. Come for the desserts, stay for the spark, and leave with your heart (and plate) full! Because nothing says love like a sprinkle of fun, a dollop of joy, and a heaping spoonful of togetherness. Facilitated by: Ella Leving and Ana González-Peña



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

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

DOCUMENTARY SCREENING: "13TH"

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

Friday, February 14, 1:00 p.m.

Directed by Ava DuVernay, this thought-provoking documentary explores the history of racial inequality in the United States following the Emancipation Proclamation and how the nation's prison system is disproportionately filled with African Americans. It is titled after the Thirteenth Amendment to the United States Constitution, adopted in 1865. The film was nominated for the Academy Award for Best Documentary Feature.

Genre: Crime/History; Rated: NR; Running Time: 1 hour, 40 minutes. Registration required, no fee.

FIRST FRIDAY FILM - "AGE OF ADALINE"

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

Friday, February 7, 1:00 p.m.

Adaline Bowman has miraculously remained a youthful twenty-nine years of age for nearly eight decades, never allowing herself to get close to anyone lest they discover her secret. However, a chance encounter with a charismatic philanthropist named Ellis Jones reawakens Adaline's long-suppressed passion for life and romance. When a weekend with Ellis' parents threatens to expose the truth, Adaline makes a decision that changes her life forever.

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

Running Time: 1 hour, 45 minutes.

Registration required, no fee.

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.

ALL PROGRAMS FEBRUARY 2025

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

"BACKFIRE" BY PLAYWRIGHT DAVID LEE WHITE

(In-Person at NSK Location)

Friday, February 21 from 2:00-4:00 p.m.

Suggested Donation: \$15

Don't miss the playreading of "BACKFIRE," a sharp and hilarious comedy by David Lee White. When Jimmy and Amy reconnect after their thirty-year high school reunion, sparks fly as they reminisce about their past feelings. But what starts as a romantic reunion takes an unexpected turn, revealing a slight misunderstanding with big consequences.

Starring Christopher Coucill as Jimmy and June Ballinger as Amy, "BACKFIRE" is directed by Maureen Heffernan. Join us for an afternoon of wit, charm, and surprises!

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in February, 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, February 3, 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.

LOST AND FOUND: NEW DISCOVERIES IN CLASSICAL MUSIC (Zoom)

Thursdays, February 6 through February 27, noon-1:00 p.m.

Fee: \$40 residents/\$50 nonresident

Exciting discoveries in classical music have emerged in recent months, including previously unknown works by Chopin and Mozart. Join Dr. Brenda Leonard as she

dives into the fascinating stories of how these pieces were lost, rediscovered, and why their recovery matters today. Explore the newest finds alongside other remarkable works unearthed in the past half-century, and discuss how addressing issues like racism, sexism, and the growing emphasis on historical context have propelled these revelations.

Instructor: Brenda Leonard

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

NEW JERSEY SYMPHONY CHAMBER PLAYERS PERFORMANCE: FEATURING THE GREAT WORKS OF FEMALE COMPOSERS

(In-Person at Stone Hill Church)

Wednesday, February 12, 1:00 - 2:00 p.m.

Ladies First features women composers spanning all the way from the 1500's to today. The string quartet shares background about each piece in the program, as well as providing musical history and insight into women's roles in the music business. Some of the pieces are very accessible, while other compositions in the program feature advanced harmonic and rhythmic combinations, encouraging the listeners to expand their ideas about music. This event is sponsored by Bloomberg Philanthropies.

Registration Required; no fee

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

Second and Fourth Thursday of each month from January 23 through April 10 at 10:00 a.m.

Fee: \$60 residents/\$70 nonresident

USING YOUR WITS MEMORY WORKSHOP

(In-Person at NSK Location)

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

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

ALL PROGRAMS FEBRUARY 2025

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

BONUS SESSION: USING YOUR WITS:

MUSIC ON THE BRAIN (In-Person at NSK Location)

Wednesday, February 26, 10:00-11:00 a.m.

Learn how music can help prevent cognitive decline with Lisa Bayer, dementia specialist from Always Best Care. Enjoy fun, interactive musical activities while discovering the powerful connection between music and brain health.

Facilitator: Lisa Bayer

THE WONDERS OF WORDPLAY – WINTER

QUARTER (Zoom)

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

Fee: \$10



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.

AARP FREE TAX ASSISTANCE

(In-Person at SPB Location)

Fridays, February 7 through April 11

Appointments available at 9:30 a.m., 11:00 a.m., and 12:30 p.m.

AARP sponsors free tax assistance for older adults 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 older adults.

Registration required, no fee.

NATIONAL CAREGIVERS' DAY LUNCH & LEARN: LONG-DISTANCE CAREGIVERS

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

Friday, February 21, noon-1:00 p.m.

Caring for aging loved ones from afar can be overwhelming, with worries about their well-being and feelings of guilt. You're not alone. Join our workshop to explore local resources, tools, and strategies to support your loved ones' dignity and independence while giving you peace of mind.

Participants are encouraged to bring their own lunch.

Presenter: Chris Kellogg, NightengaleNJ

Registration required, no fee.

WHAT'S NEW IN HEARING TECHNOLOGY

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

Wednesday, February 12, 11:00 a.m.

Horizon Audiology is back to give a presentation on the latest and greatest hearing technology available to improve overall hearing.

Registration required, no fee.

Presenter: Jane Brady, Horizon Audiology



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in February, 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, February 6 and February 20, 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, February 7 and February 28, 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.

ALL PROGRAMS FEBRUARY 2025

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

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, February 4 through February 25, 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.

Fee: \$30 resident/\$35 nonresident

FUSION YOGA (In-Person at SPB Location)

*Monday, February 3 through February 24, 11:00 a.m.
(no class 2/17)*

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

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in February, 3:00-4:30 p.m.

We're on a mission to promote healthy aging for Parkinson's patients by creating a supportive and engaging community. Ping pong provides physical exercise, one of the most effective ways to improve Parkinson's symptoms. Our sessions begin with engaging conversation, followed by body warm-up, skill-building drills, gameplay, and end with coordination exercises, song, and laughter.

Registration required, no fee.

SOLVENTS & GLUE (In-Person at SPB Location)

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

Fee: \$30 resident/\$35 nonresident

TABLE TENNIS (In-Person at SPB Location)

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

(no session 2/17)

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, February 4 through February 25, 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)

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

Fee: \$100 resident/\$110 nonresident

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

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

(no class 2/17)

Fee: \$80 resident/\$90 nonresident



ALL PROGRAMS FEBRUARY 2025

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.

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, February 5 through February 19, 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, February 13, 11:00 a.m.-1:00 p.m.
- Thursday, February 27, 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, February 5, 11:00 a.m.-1:00 p.m.
- Wednesday, February 12, 11:00 a.m.-1:00 p.m.
- Wednesday, February 19, 11:00 a.m.-1:00 p.m.
- Wednesday, February 26, 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, February 6, 10:00 a.m.-11:00 a.m.
- Thursday, February 13, 10:00 a.m.-11:00 a.m.
- Thursday, February 20, 10:00 a.m.-11:00 a.m.
- Thursday, February 27, 10:00 a.m.-11:00 a.m.

OTHER WAYS TO PLAY

GROUP COURT RENTALS

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

Reduced Rate: \$20 per hour

PRIVATE LESSONS WITH THE PRO

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

Fee \$65 resident/\$75 nonresident

- Thursday, February 6, 11:00 a.m.
- Thursday, February 20, 11:00 a.m.
- Wednesday, February 26, 10:00 a.m.

ALL PROGRAMS FEBRUARY 2025

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



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.

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

ALLISON MILLER: RIVERS IN OUR VEINS WITH SPECIAL GUEST MICHELLE DORRANCE

(In-Person at NSK Location)

Wednesday, February 5, 2:00-3:00 p.m.

Fee: \$5

Don't miss an electrifying afternoon with acclaimed drummer and composer Allison Miller and award-winning tap dancer Michelle Dorrance. Together, they present "Rivers in Our Veins," an immersive multimedia experience inspired by the cultural diversity and flow of America's waterways. This vibrant work blends original jazz, percussive tap, and stunning video projections, creating a one-of-a-kind celebration of rhythm, renewal, and Americana. Featuring Miller's dynamic jazz ensemble Boom Tic Boom and Dorrance's imaginative choreography, this is a performance that redefines the arts.

Format: Recorded Live Stream

JEFFREY TOOBIN IN CONVERSATION WITH CNN'S JOHN BERMAN - "THE PARDON: NIXON, FORD, AND THE POLITICS OF PRESIDENTIAL MERCY"

(In-Person at NSK Location)

Tuesday, February 25, 2:00-3:00 p.m.

Fee: \$5

Join CNN legal analyst and bestselling author Jeffrey Toobin for a compelling discussion on his new book, "The Pardon: Nixon, Ford, and the Politics of Presidential Mercy." Explore the impact of President Ford's controversial pardon of Nixon, its influence on American politics, and its lessons for today's fraught political climate. Toobin delves into the drama behind Nixon's resignation, the boundaries between justice and mercy, and how presidential pardons have shaped history. Don't miss this insightful conversation with one of today's leading political and legal commentators!

Format: Recorded Live Stream

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

Every Thursday, 10:00 a.m.; Annual Fee: \$40

Join us for engaging, peer-led discussions that explore

the wonders of physics and metaphysics.

Instructor: Contact brucewallman@gmail.com

for more information.

ESL CLASS (In-Person at SPB Location)

*Monday, February 3 through March 31, 2:00-3:00 p.m.
(no class on 2/17)*

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

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

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

Instructor: Joan Kuskin

BEYOND WORDS: THE SCIENCE AND PSYCHOLOGY OF NONVERBAL COMMUNICATION

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

Tuesday, February 11, 11:00 a.m.

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

You speak volumes without ever saying a word. Nonverbal communication is 90% of how we communicate with others but what does that even mean? How does it impact our daily lives without us even knowing? Join this one-hour dive into the fascinating world of nonverbal communication from body language and facial expressions to the impact of the halo effect, the role of mimicry, and more.

Instructor: Krista Hendrickson

FUR AND FURY: WAR DOGS IN THE FIGHT FOR FREEDOM

(Hybrid - In-Person at NSK Location

and on Zoom)

Tuesday, February 25, 10:00 a.m.

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

During World War II, approximately 20,000 dogs served in the U.S. Marine Corps, Army, and Coast Guard as part of the Dogs for Defense program. This presentation explores the program's origins, the rigorous training these heroic canines underwent, and their remarkable contributions both on the home front and in the European and Pacific Theaters.

Instructor: Ben Ridings, curator for the Physick Estate with Cape May Museum, Arts, and Culture.

SPANGLISH FOR BEGINNERS

(In-Person at NSK Location)

Thursday, January 16 through March 6, 10:30 a.m.-noon

Fee: \$45

ALL PROGRAMS FEBRUARY 2025

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



SOCIAL CONNECTIONS

Programs

WOMEN IN RETIREMENT SPECIAL PRESENTATION: OUR FAVORITE BOOKS, MOVIES, AND TV SHOWS

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

Friday, February 21, 10:00 a.m.

Join a friendly and engaging small-group discussion to share and discover favorite books, movies, and TV shows. Participants are encouraged to share their favorites and leave with fresh ideas for future reading and viewing enjoyment. Discussions are open to everyone and can be joined virtually or in-person. All are welcome! Registration required, no fee.

Groups

AGING GAILY (LGBTQ+)

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

Monday, February 24 at 3:00 p.m.

Engage in social activities, build friendships, and offer support. 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 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, February 25, 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

Registration required, no fee.

GLOBAL CONVERSATIONS (Zoom)

Tuesday, February 11 and February 25, 1:00 p.m.

For individuals open to worldly conversations from diverse communities, cultures, and backgrounds. All are welcome! Registration required, no fee.

LET'S TALK

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

Wednesdays in February, 3:00 p.m.

General conversation group.

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, February 6 and February 27, 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 FEBRUARY 2025

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

TED TALKS

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

Tuesdays in February, 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:

February 4 – Kate Fagan: Why people love watching sports

February 11 – Malcolm Gladwell: The tipping point I got wrong

February 18 – Molly Graham: Forget the corporate ladder – winners take risks

February 25 – Rebecca Onie: What if our health care system kept us healthy?

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, February 21, 2:30 p.m.

This group addresses many kinds of issues that can arise during the transition to retirement.

Facilitator: Paul Knight

Registration required, no fee.

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, February 24 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.

Registration required, no fee.

CAREGIVERS (Zoom)

Tuesday, February 4 at 3:00 p.m.

(Usually the first Tuesday of each month)

– Monthly meetings to share challenges and experiences.

Registration required, no fee.

CLEARING SPACES (Zoom)

Mondays in February, 3:00 p.m. (not meeting 2/17)

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, February 20 at 3:00 p.m.

(Usually third Thursday of each month)

– For those with early-stage memory loss.

Registration required, no fee.

FORGET-ME-NOT DEMENTIA CAREGIVERS

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

Saturday, February 8 at 10:00 a.m.

(Usually second Saturday of each month)

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

Registration required, no fee.

MEMORY CAFÉ (In-Person at NSK Location)

Saturday, February 8 at 10:00 a.m.

(Usually second Saturday of each month)

– Memory Café meets monthly on the second Saturday from 10:00 a.m. to noon. Caregivers may join in the second hour after Forget-Me-Not, or attend Memory Café as a stand-alone.

Registration required, no fee.

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.

ALL PROGRAMS FEBRUARY 2025

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

NEXT CHAPTER WIDOWS AND WIDOWERS

(Hybrid - In-Person at NSK Location and on Zoom)
Wednesday, February 12 and February 26 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, February 7 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

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, February 3, 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.

- **February 3 – Mac OS:** Intermediate Tips and Tricks.
- **February 10 – Follow-up** one-on-one appointments will be available for sign-up for those who want help using Mac OS after attending the presentation on February 3.

Registration required, no fee.



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,



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 or 609.751.9699, ext. 103.

FEBRUARY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

KEY:
NSK - Nancy S. Klath Center
PB - Pickleball

PPL - Princeton Public Library
PSL - Princeton Senior Living

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
cmaprinceton.org/evergreen.

3

10:00 Zen Mat Yoga
11:00 Fusion Yoga (SPB)
11:00 Tech Lab Assistance (NSK)
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 ESL Class (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)

4

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)
3:00 Caregivers
3:30 Tech Lab Assistance (NSK)
4:00 The Golden Age of Radio

5

10:00 Introduction to PB (SPB)
10:00 Using Your Wits Memory Workshop (NSK)
11:00 PB Prep & Play (SPB)
2:00 92nd Street Y Live: Allison Miller: "Rivers in our Veins" (NSK)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

6

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro (SPB)
10:00 Therapeutic Chair Yoga
10:30 Spanglish (NSK)
12:00 Lost and Found: New Discoveries in Classical Music
1:30 Creating Art with Found Objects (SPB)
2:00 OnStage Seniors (NSK)
2:00 Poker Texas Hold'em Open Play (SPB)
3:30 Tech Lab Assistance (NSK)
4:00 ¡Se Habla Español! Charlas del Corazón
4:00 The Golden Age of Radio

7

10:00 Women in Retirement Coffee Klatch
10:30 Ageless Grace (NSK)
1:00 First Friday Film - "Age of Adeline" (NSK-H)
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)

SATURDAY, FEBRUARY 8
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

10:00 Memory Café (NSK)

10

10:00 Zen Mat Yoga
11:00 Fusion Yoga (SPB)
11:00 Tech Lab Assistance (NSK)
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)

11

10:30 TED Talks (NSK-H)
11:00 Science & Psychology Behind Nonverbal Communication (NSK-H)
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

12

10:00 Introduction to PB (SPB)
10:00 Using Your Wits Memory Workshop (NSK)
11:00 Next Chapter: Widows and Widowers (NSK-H)
11:00 PB Prep & Play (SPB)
11:00 What's New in Hearing Technology (NSK-H)
1:00 NJ Symphony Chamber Players Performance (Stone Hill Church)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

13

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro (SPB)
10:00 Therapeutic Chair Yoga
10:00 Time to Tell Your Story: Memoir Writing
10:30 Spanglish (NSK)
11:00 Live from Paris (NSK)
11:00 PB Get into the Game! (SPB)
12:00 Lost and Found: New Discoveries in Classical Music
12:00 Sweet Bonds: Valentine's Dessert & Togetherness (NSK)
1:30 Creating Art with Found Objects (SPB)
2:00 OnStage Seniors (NSK)
3:30 Tech Lab Assistance (NSK)
4:00 The Golden Age of Radio

14

10:00 Women in Retirement Coffee Klatch
1:00 Documentary Screening: "13" (NSK-H)
1:00 Table Tennis (SPB)
2:00 Mastering the Art of Painting (SPB)
2:00 Tech Lab Assistance (NSK)

17

CMAP IS CLOSED FOR THE PRESIDENTS' DAY HOLIDAY

18

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)
3:30 Tech Lab Assistance (NSK)
4:00 The Golden Age of Radio

19

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

20

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro (SPB)
10:00 Therapeutic Chair Yoga
10:30 Spanglish (NSK)
12:00 Lost and Found: New Discoveries in Classical Music
2:00 OnStage Seniors (NSK)
2:00 Poker Texas Hold'em Open Play (SPB)
3:00 Early-Stage Memory Loss Support (NSK-H)
3:30 Tech Lab Assistance (NSK)
4:00 The Golden Age of Radio

21

10:00 Women in Retirement Special Presentation (SPB-H)
12:00 National Caregivers' Day Lunch & Learn: Long-Distance Caregivers (NSK-H)
1:00 Table Tennis (SPB)
2:00 Full Circle Playreading: "BACKFIRE" by Playwright David Lee White (NSK)
2:00 Mastering the Art of Painting (SPB)
2:00 Tech Lab Assistance (NSK)
2:30 Transition to Retirement (NSK-H)

24

10:00 Zen Mat Yoga
11:00 Bereavement
11:00 Fusion Yoga (SPB)
11:00 Tech Lab Assistance (NSK)
1:00 Table Tennis (SPB)
2:00 ESL Class (SPB)
2:00 The Wonders of Word Play
3:00 Aging Gaily (LGBTQ+) (NSK-H)
3:00 Café Français (NSK)
3:00 Clearing Spaces
3:30 Tech Lab Assistance (NSK)

25

10:00 Fur and Fury: War Dogs in the Fight for Freedom (NSK-H)
10:30 TED Talks (NSK-H)
11:00 Tai Chi (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
1:00 Global Conversations
2:00 92nd Street Y Live: Jeffrey Toobin with CNN's John Berman (NSK)
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)

26

10:00 Using Your Wits - Music on the Brain (NSK)
11:00 Next Chapter: Widows and Widowers (NSK-H)
11:00 PB Prep & Play (SPB)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

27

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro (SPB)
10:00 Therapeutic Chair Yoga
10:00 Time to Tell Your Story: Memoir Writing
10:30 Spanglish (NSK)
11:00 PB Get into the Game! (SPB)
12:00 Lost and Found: New Discoveries in Classical Music
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

28

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)

HONORING BLACK PRINCETON WITH A WALK THROUGH TIME

by Johanna Peters, Director of Social Services

As we reflect on and celebrate, Black History Month is a time to reflect on, celebrate, and honor the contributions of Black Princeton, which has a rich history and ongoing contributions of resilience, resistance, and remarkable achievement.

Princeton's Black history, like many others, is deeply intertwined with the broader American narrative of segregation, slavery, and the fight for civil rights. It, too, bore witness to the painful reality of slavery, with enslaved individuals contributing to its development through forced labor. The legacy of those individuals, whose lives are often relegated to the margins of history, is a testament to the enduring strength of the human spirit.

The Witherspoon-Jackson neighborhood, Princeton's twentieth historic district, embodies Black resilience and community strength. It has also fostered opportunities and belonging, overcoming systemic racism and economic exclusion to create thriving schools, businesses, and churches that served as the community's foundation.

Black Princeton's influence extends beyond local landmarks. It includes contributions to Princeton University and the work of grassroots organizations whose residents have shaped the town's cultural and educational identity. Institutions like the Princeton Nursery School have provided critical support for working-class families, while luminaries such as Paul Robeson have spotlighted Princeton's role in advancing Black excellence.

The Center for Modern Aging Princeton (CMAP) is committed to engaging older adults through events, workshops, and community discussions; CMAP seeks to foster dialogue and understanding, bringing people together to learn, grow, and commit to creating an inclusive future.

This Black History Month, we celebrate the courage and achievements of those who fought for justice and equality, often against great odds. Let us reflect on the enduring legacy of Black Princeton and recommit to advancing their work.

Join CMAP in celebrating a rich community of history, culture, and contributions in Princeton and beyond. Together, we can continue the work for collective inclusion.



Photo: Shirley Satterfield, a Princeton community member and part of the first integrated class at Nassau School, is shown leading a group tour years ago in front of the Witherspoon Street Presbyterian Church. The photo was taken during her tour with the Spring 2017 Evergreen Forum class, Five Centuries from Slavery to the Grave.

The Historical Society of Princeton now offers both in-person and digital tours. You can access a digital version of the Albert E. Hinds Memorial Walking Tour: African American Life in Princeton, developed and narrated by Shirley Satterfield, at princetonhistory.org/tour. This project was supported by a grant from the New Jersey Historical Commission. Learn more about programs at princetonhistory.org/programs-events/adult-programs.

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

The Bank of Princeton; Brandywine Living; Princeton, Pennington, & Serenade at Princeton; Chefs for Seniors; Peapack Private Wealth Management; Home Instead Senior Care; Stark & Stark Attorneys at Law



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

Using the ChatGPT Search Feature

You may find ChatGPT's new search function better than Google.

When Google overtook AltaVista as the web's premiere search site, I was amazed at how it precisely served up the websites that fit my request.

But, alas, that was then. Now, I have to scroll through ads, "sponsored" sites, and scams until I find the site I'm looking. Along the way, I bypass Reddit threads, LinkedIn bios, and Amazon offerings for stuff I don't want. Then I forget what I'm looking for. (Sigh.)

Bing isn't much better.

DuckDuckGo is less messy and more private, but it still offers ads and places to buy things when I want to look up information about something – say, "applesauce."

But now we have an alternative that looks promising: OpanIA's new search feature that's part of ChatGPT 4o.

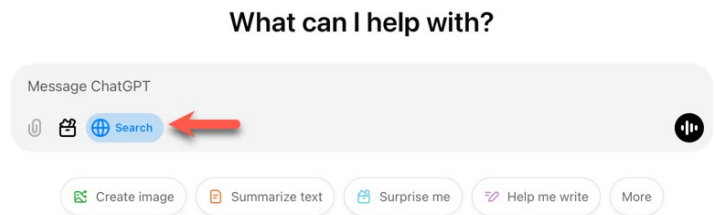
I've increasingly relied on ChatGPT to summarize the world in neat lists and easy-to-read paragraphs. "How does Bitcoin work?" "What's the difference between baking soda and baking powder?" "When will the sun turn into a red giant and destroy the Earth, leaving only a burned-out cinder with a couple of Burma-Shave signs?"

But these are all "prompts – questions that elicit detailed answers. Instead, I want to type a topic, like "applesauce," and get a list of websites about applesauce. ChatGPT's new search function lets me do that.

To enter the Search feature, you click on the globe icon and type your search request. ChatGPT will return an explanation of the topic, a list of recent articles, and Sources icon. Clicking that icon produces a more extensive list of citations.

I still use Google to search for images, and Wikipedia remains a top information source. However, I can see that ChatGPT will continue to play a significant role in my research.

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.



Click the globe icon to enter the Search function.

Recent Articles on Applesauce Recipes and Uses



The results of my ChatGPT search for "applesauce" included a detailed explanation of applesauce, (not shown here because I only get one page in the CMAP Compass–pity) followed by a list of recent applesauce articles. Clicking the Sources icon shows a more extensive list of the citations used in the search results. Cool.



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!



GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)
Monday, February 24 at 3:00 p.m.
Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, February 24 at 11:00 a.m.
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

CAREGIVERS

Tuesday, February 4 at 3:00 p.m.
Monthly meetings to share challenges and experiences.

CLEARING SPACES

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

EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)
Thursday, February 20 at 3:00 p.m.
For those with early-stage memory loss.

FORGET-ME-NOT:

DEMENTIA CAREGIVERS
(IN-PERSON AT NSK - HYBRID)
Saturday, February 8 at 10:00 a.m.
Anyone affected by a loved one's memory loss

GLOBAL CONVERSATIONS

Tuesday, February 11 and 25 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, February 8 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, February 12 and 26 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, February 7, 1:00 p.m.
For parents who are caring for and/or planning for their adult children with unique physical, emotional, or developmental needs.

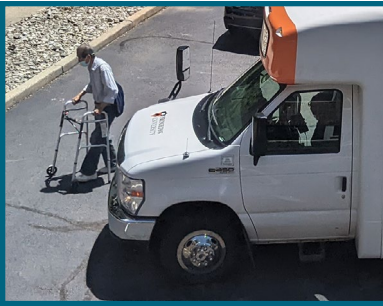
TRANSITION TO RETIREMENT

(IN-PERSON AT NSK - HYBRID)
Friday, February 21, 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. 17



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

CROSTOWN

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.



FROM THE DEVELOPMENT OFFICE



Spotlight on NightingaleNJ Eldercare Navigators

Advocate. Guide. Expert.

NightingaleNJ assists older adults and their loved ones navigate the complex transitions of aging. All eldercare navigators are licensed healthcare professionals who specialize in the field of geriatrics, with an in-depth knowledge of resources in the aging care continuum, housing options, family dynamics and the healthcare system. We keep life simple by guiding you in making proactive purposeful decisions aimed at maintaining your power, control, dignity, and peace of mind.

Your Voice. Heard.

Learning what is important to you means your navigator knows your history, your values, your strengths, and fears. We don't speak for you; we amplify your voice to ensure your values are honored every step of the way.

Through assessment, planning, and monitoring we establish your priorities, create a care strategy, and ensure interventions are working. We act as your liaison by streamlining services, coordinating care, and facilitating communication which saves you time and money.

Most of all, NightingaleNJ Navigators are your trusted partner. We are there for you when others can't be. We hold you up when life is overwhelming, we show up when you need us, we sit with you when you are ill, and we always give you the time you need when you need someone to listen. We hear you with empathy, we advocate with passion, we act with integrity, and strengthen you through community with amazing partners in care like the Center for Modern Aging Princeton.

nightingalenj.com

FEBRUARY FEATURED SPONSORS



Dependable, Compassionate Elderly Care Services
homeinstead.com



Compassionately and thoughtfully direct our clients in making sound financial decisions
noviwealth.com



Promoting a positive view of aging
silvercentury.org



Declutter • Move • Sell • Junk Removal • Donate • Pack/
Unpack • Estate Cleanouts • Organize
walshseniorsolutions.com



SPONSORSHIP OPPORTUNITIES

CMAF SPRING FUNDRAISER

Join Us for an Unforgettable Evening of Timeless Music!
STRAIGHT AHEAD BIG BAND

DESSERT RECEPTION FOLLOWING CONCERT

Ticket(s) \$40 each
Patron Level \$100 each

The Bucks County-based Straight Ahead Big Band is celebrating more than twenty years of electrifying performances and classic hits! This dynamic twenty-two-piece ensemble, accompanied by a talented lineup of vocalists, brings the golden age of swing to life. From the unforgettable melodies of the Great American Songbook to the vibrant rhythms of Latin, jazz, and rock favorites, their performances are a captivating journey through musical history.

Don't miss the chance to experience the magic of live big band music – a night filled with energy, nostalgia, and irresistible grooves!

THIS IS AN IN-PERSON EVENT
at Stone Hill Church,
1025 Bunn Dr, Princeton NJ

Sunday, April 27, 2025
at 7:00 p.m. (doors open at 6:30 p.m.)

REGISTER HERE:

[https://engage.cmaprinceton.org/
2025-spring-fundraiser](https://engage.cmaprinceton.org/2025-spring-fundraiser)



101 Poor Farm Road, Building B
Princeton • NJ • 08540
cmaprinceton.org • 609.751.9699

Company Name _____
Address _____
Contact Name _____
Signature _____
Telephone _____
Email _____
Administrative Contact _____
Telephone _____ Email _____

All That Jazz Level – \$2,500

- 10 complimentary tickets
- Recognition on the digital invitation with active hyperlink; recognition in the printed program (full-page ad, first page: first come, first service basis); company name on CMAP website with active hyperlink; and name listing in eblasts

Luck Be A Lady Level – \$1,500

- 8 complimentary tickets
- Recognition on the digital invitation with active hyperlink; recognition in the printed program (half-page ad); company name on CMAP website with active hyperlink; and name listing in eblasts

That Old Black Magic Level – \$750

- 6 complimentary tickets
- Recognition on the digital invitation with active hyperlink; recognition in the printed program (quarter-page ad); company name on CMAP website with active hyperlink; and name listing in eblasts

For more information about event sponsorships or printed ad journal specifications, contact Lisa Adler at ladler@cmaprinceton.org, or call 609.751.9699, ext. 103.

PAYMENT INFORMATION (Check or Credit Card)

Check Number _____ Check Amount _____

Card Number _____
Exp ____/____ CVV _____

Cardholder Name _____
Signature _____ Date _____

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.



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



DOCUMENTARY SCREENING: "13TH"

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

FRIDAY, FEBRUARY 14, 1:00 P.M.

SEE PAGE 4 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
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>