

(Formerly Princeton Senior Resource Center)

SPEED-FRIENDING
(IN-PERSON AT NSK LOCATION)
MONDAY, MARCH 24, 11:00 A.M.-NOON

SEE PAGE 6 FOR DETAILS.



**CMAP SPRING FUNDRAISER
STRAIGHT AHEAD BIG BAND**

(IN-PERSON AT STONE HILL CHURCH)
SUNDAY, APRIL 27 AT 7:00 P.M.

SEE PAGES 18-19 FOR DETAILS

SEEING CLOSELY:

A PHOTOGRAPHY EXHIBIT BY ALAN CHIMACOFF

(IN-PERSON AT NSK LOCATION)

TUESDAY, MARCH 25, 3:30-4:30 P.M.

SEE PAGES 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*

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FROM THE CEO, DREW DYSON

BUILDING BRIDGES, TOGETHER

Dear Friends,

Growing up, my mother had a simple but powerful piece of advice: *Get to know people*. She didn't just mean a passing hello – she meant truly understanding them. Their cultures, their stories, their practices. *Be curious*, she would say. It's a lesson that has shaped the way I move through the world, and it's the spirit behind an Evergreen Forum course that I am teaching this spring *Building Bridges: Interfaith Awareness and Religious Literacy*. In a highly pluralistic world, and one in need of empathy and kindness, I believe strongly in the importance of building connections across difference.

In today's diverse and interconnected world, religious literacy is more important than ever. By exploring the teachings, sacred texts, symbols, and traditions of these faiths, this course fosters deeper intercultural awareness and competency. More than just a history or theology lesson, *Building Bridges* is about understanding the people behind these traditions—their values, their rituals, and the ways they find meaning in life. Whether you are a member of a particular faith tradition – or someone who does not claim an explicitly religious identity – learning the stories and meaning that others hold closely is one small step towards building a world that is kind, compassionate, and life-giving for all people.



The Evergreen Forum has long been a place where curiosity leads to connection, where learning never stops, and where people from all walks of life come together to explore new ideas. Whether through history, literature, science, or culture, our courses are designed to challenge perspectives, deepen understanding, and expand horizons.

This spring, in addition to Building Bridges: Interfaith Awareness and Religious Literacy, the Evergreen Forum will feature an exciting lineup of courses that reflect this spirit of lifelong learning. **What is Time?** invites participants to explore the science, history, and meaning of keeping time. **The Science of Happiness** examines the latest discoveries in psychology and neuroscience to uncover practical strategies for leading a more fulfilling life. And for those with a passion for literature, courses like **James, Gilead, and Frankenstein: Three Journeys** or **Exploring Feminist Writers** takes a deep dive into stories that have shaped or can reshape our thinking and understanding of the world.

These courses – and so many others – offer not just knowledge, but an opportunity to engage in thought-provoking discussions, build community, and keep curiosity alive. The Evergreen Forum embodies the Center for Modern Aging Princeton's commitment to lifelong learning, ensuring that education remains a vibrant and enriching part of life at any stage.

We invite you to join us this spring. Whether you're eager to explore new ideas, meet like-minded peers, or challenge yourself with something unfamiliar, the **Evergreen Forum** has something for you. Visit our website or stop by the Center to learn more and register for a course. Let's continue learning, growing, and – most importantly – building bridges together.

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



EVERGREEN FORUM:

Check out the full Evergreen Forum brochure
and discover your next course online at:
cmaprinceton.org/evergreen-forum/

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GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

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

SPOTLIGHT MARCH 2025

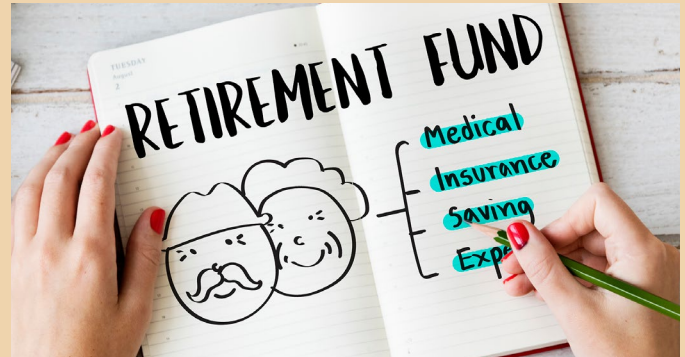
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SPECIAL THIS MONTH

NAVIGATING FINANCIAL COSTS OF GROWING OLDER AND PLANNING FOR UNIQUE FAMILY NEEDS (Hybrid - In-Person at NSK Location and on Zoom)

Wednesday, March 26, 11:30 a.m.-12:30 p.m.

As medical costs continue to rise and lifespans lengthen, planning has never been more important – especially when caring for adult children with special needs or mental health challenges. Join our dynamic panel of experts, including Brian Taylor and Maria Quinn of Bryn Mawr Trust, Chris Kellogg of NightingaleNJ, and Robert Morris of Stark & Stark Attorneys at Law, for an engaging and empowering discussion. Discover innovative strategies to protect your assets, manage rising expenses, and ensure that you and your loved ones are supported. Walk



away with actionable insights to create a future that balances compassion, care, and financial security. Don't miss this essential conversation! Registration required, no fee.



ARTS & CULTURE

A TASTE AND TOUR OF IRELAND

(In-Person at SPB Location)

Thursday, March 13 at 11:00 a.m.

Fee: \$10

Join our live local tour guide as they explore the vibrant streets of Dublin, Ireland, during the Saint Patrick's Day celebration! Immerse yourself in the city's rich history, stunning architecture, and festive energy as you experience the charm of Ireland like never before. Along the way, savor the flavors of authentic Irish cuisine, indulging in signature dishes that will tantalize your taste buds and transport you straight to the heart of Dublin's culinary scene. With the lively atmosphere of a dinner theater and the magic of this iconic holiday, this tour promises an unforgettable sensory journey. Don't miss it!

CELEBRATE HOLI: LOVE AND COLOR

(In-Person at NSK Location)

Tuesday, March 18, 4:00-5:30 p.m.

Fee: \$5

Celebrate Holi, the festival of colors, love, and renewal! This vibrant tradition is a time to welcome spring, share joy, and connect with one another. Join us for lively music, dancing, exciting contests with prizes, and delicious snacks and drinks. Add a splash of color to your day in a fun and mindful way as we honor the beauty of this cherished celebration. Let's come

together to create colorful memories, embrace unity, and enjoy the festive spirit of Holi!

Facilitator: Anuja Gupta

BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

Tuesday, March 4 through April 22, 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

FIRST FRIDAY FILM - "THE ROOM NEXT DOOR"

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

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

"The Room Next Door" is a film by Pedro Almodóvar that tells the story of two old friends, Ingrid (Julianne Moore), a successful novelist, and Martha (Tilda Swinton), a former war correspondent, who reconnect when Martha receives a terminal diagnosis, leading to a deeply personal conversation about life, death, and the choices one makes at the end of life, as Martha seeks assistance to die on her own terms, forcing Ingrid to confront her own fears about mortality.

Genre: Drama; Rated: PG-13; Running Time: 1 hour, 47 minutes.

ALL PROGRAMS MARCH 2025

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

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in March, 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, March 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.

MASTERING THE ART OF PAINTING

(In-Person at SPB Location)

Fridays, March 7 through April 25, 2:00-4:00 p.m.

Fee: \$90 resident/\$100 nonresident

Intermediate painters, join this eight-session class focusing on the components of the creative painting process.

Instructor: Christina Rang

MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION: "THE LIFE AND PAINTINGS OF LEONARDO DA VINCI" (Hybrid - In-Person at NSK Location and on Zoom)

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

"Leonardo da Vinci - 'A man who awoke in the darkness, while everyone else was still asleep.'"

- Sigmund Freud

Bart D'Andrea, a former graphic designer and adjunct instructor, will explore the life of Leonardo da Vinci and delve into two of his most iconic works: "The Mona Lisa" and "The Last Supper." A member of MIR, Bart has delivered numerous engaging lectures on art and renowned artists.

Registration required, no fee.

SEEING CLOSELY: A PHOTOGRAPHY EXHIBIT

BY ALAN CHIMACOFF (In-Person at NSK Location)

Tuesday, March 25, 3:30-4:30 p.m.

Embark on a journey of discovery through Alan Chimacoff's lens, where the unnoticed becomes extraordinary. From the weathered texture of an eroded wooden board to the mysterious beauty of the unknown, his work unveils the hidden stories in our surroundings.

With a keen eye for composition and form, Alan transforms the ordinary into moments of visual poetry. Don't miss the opportunity to meet the artist, ask questions, and explore the inspiration behind his compelling images.

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

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 engaging seminars, hands-on workshops, 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.

ALL PROGRAMS MARCH 2025

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



HEALTH & WELLNESS

SKINCARE 101 (In-Person at NSK Location)

Wednesday, March 19, 10:30 a.m.-noon

Fee: \$5

Discover how to care for your skin with tips on cleansers, exfoliants, hyperpigmentation, large pores, and must-have products like serums, masks, and creams. Learn the top ten skin-friendly foods and get spa-ready with expert advice. Plus, enter our raffle for a chance to win a skincare basket. Bring your questions and let's get glowing!

Presenter: Shannon Warn

WHAT TO KNOW ABOUT MEDICARE CHANGES IN 2025 (Hybrid - In-Person at NSK Location and on Zoom)

Monday, March 10, 10:00 a.m.-noon

2025 is the year that people using Medicare to pay for prescription drugs will see big changes, thanks to the Inflation Reduction Act. Come along on this fun and interactive workshop hosted by our own Medicare advisor Roderick Spann and joined by our very own CMAP social worker to get answers to your questions. Some of the topics that will be discussed are limits to the amount of out-of-pocket caps for prescription drugs, changes to vaccine copays, Extra Help and much more.

Registration required, no fee.

Presenter: Roderick Spann and Audra Sbarra



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in March, 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, March 6 and March 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.

AGELESS GRACE (In-Person at NSK Location)

Friday, March 14 and March 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.

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, March 4 through March 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

FUSION YOGA (In-Person at SPB Location)

Monday, March 3 through March 24, 11:00 a.m.

(no class 3/17)

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

ALL PROGRAMS MARCH 2025

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

PINGPONGPARKINSON (In-Person at SPB Location) *Wednesdays in March, 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.

TABLE TENNIS (In-Person at SPB Location) *Every Monday and Friday, 1:00-4:30 p.m.*

Join us for camaraderie, exercise, and fun! Whether you're a beginner or an expert, all skill levels are welcome to participate in this energetic and exciting sport. Come and enjoy the game with us! Registration required, no fee.

TAI CHI (In-Person at SPB Location) *Tuesday, March 4 through March 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*



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!

For March events, please keep an eye out on our weekly "Compass" eblast for days/times/and topic.
Note: Some events may be pre-recorded due to scheduling.

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

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*

FRENCH CONVERSATION CLASS (Zoom) *Monday, March 3 through March 31, 10:00-11:15 a.m.* *Fee: \$50 resident/\$60 nonresident* Join us for this engaging five-session series, specially designed for intermediate to advanced French speakers with a solid grasp of grammar and vocabulary. Together, we'll sharpen our French skills as we delve into works by emerging French-language authors, discover Paris' hidden museums, and explore the fascinating history of Savon de Marseille. Get ready to expand your vocabulary with new words, expressions, and even some slang – all in a supportive and fun environment! Instructor: Brigitte Aflalo-Calderon is a native French speaker and has been teaching at CMAP for four years. When she's not teaching, she channels her creativity into making stunning collages.

SPANGLISH FOR BEGINNERS (In-Person at NSK Location) *Thursday, January 23 through March 13, 10:30 a.m.-noon* *Fee: \$45*

EMPOWERHER SPECIAL EDITION: INSPIRING CHANGE (Hybrid - In-person at NSK Location and on Zoom) *Wednesday, March 19, 3:30-5:00 p.m.* Join us for a special EmpowerHer edition in honor of Women's History Month. Our panel of inspiring community leaders will share stories of resilience, leadership, and transformation. Discover how women, through their unique perspectives, inspire change, build communities, and shape social progress. Let's celebrate the power of women to illuminate lives, transform families, and create a better world – a world rooted in hope, the celebration of the feminine, and the strength to nurture communities through arts, humanities, and a shared vision for a brighter future. Registration required, no fee.

ALL PROGRAMS MARCH 2025

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



SOCIAL CONNECTIONS

Programs

SPEED-FRIENDING (In-Person at NSK Location)

Monday, March 24, 11:00 a.m.–noon

This is the perfect opportunity to meet a new friend and make some new connections. Come join us for an exciting afternoon of speed-friending! Whether you're new in town or just looking to make new friends, this event is perfect for you. You will have three to five minutes of one-on-one with several other participants. Conversation starters will be provided by the event host. Registration required, no fee.

Groups

AGING GAILY (LGBTQ+)

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

Monday, March 17 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.

LET'S TALK

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

Wednesdays in March, 3:00 p.m.

General conversation group.

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, March 6 and March 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.

TED TALKS

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

Tuesdays in March, 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!

March 4 – Rahul Mehrotra: The architectural wonder of impermanent cities

March 11 – George T. Whitesides: The growing megafire crisis

March 18 – Nadine Burke Harris: How childhood trauma affects health across a lifetime

March 25 – Eugenia Kuyda: Can AI companies help heal loneliness?

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, March 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.

ALL PROGRAMS MARCH 2025

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

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, March 17 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, March 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 March, 3:00 p.m.

Whether you aim to downsize, organize, or reclaim your closet floor, we invite you to our weekly Zoom meeting.

It's an inspirational and nonjudgmental space where we share tips, challenges, and triumphs in decluttering journeys.

Plus, we dedicate part of the hour to accomplishing a small task, ensuring you leave each meeting more organized than when you arrived!

Registration required, no fee.

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.

EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, March 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, March 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, March 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.

NEXT CHAPTER WIDOWS AND WIDOWERS

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

Wednesday, March 12 and March 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, March 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



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.

ALL PROGRAMS MARCH 2025

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

at our NSK location; and virtually, Monday through Friday. Appointments recommended.

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

Mondays, March 3 and March 10, 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.

- **March 3 – iPhone:** Useful Tips and Tricks.
- **March 10 – Follow-up** one-on-one appointments will be available for sign up for those who want help using their iPhone after attending the presentation on March 3.

Registration required, no fee.



WELCOMING OUR NEW STAFF MEMBERS!

ANALEE

Analee Olsson, a native of New Brunswick, New Jersey, holds both a bachelor's and a master's degree in social work from Rutgers University. With experience across various New Jersey nonprofits, including roles at the YMCA, a family success center, and an affordable housing center for survivors of domestic violence, Analee has developed a deep passion for helping others and giving back. As a CMAP development associate, she fosters relationships with donors and engages the community to amplify the organization's mission. In her free time, Analee enjoys crafting, exploring nature, and watching new movies. A former cheerleader, she's proud of her baton-twirling skills. Inspired by CMAP's commitment to helping older adults thrive, Analee envisions a retirement near the beach, savoring time with loved ones. Her advice to her future self: "Be present and cherish life's little moments."



Photo: Analee Olsson, development associate

AUDRA

Audra Sbarra, holds a master of social work degree (MSW) from New York University. With extensive experience in nonprofit and mental health work, she served at the National Multiple Sclerosis Society, Memorial Sloan Kettering Cancer Society, Penn Medicine/Princeton Health and other local social service agencies. In her role as a social worker, Audra focuses on listening, assisting, and adapting to the needs of the community, while balancing her love for multitasking with a thoughtful approach to her work. Outside of work, Audra enjoys environmental justice and disabilities advocacy, practicing yoga, baking, and cooking. She has a passion for golden retrievers and local politics. Inspired by CMAP's mission to help others thrive, Audra is dedicated to fostering meaningful connections in the community to make sure no one feels left out, locked out, or isolated. Looking toward retirement, she dreams of living in Vermont, growing her own food, baking bread, and finding a way to enjoy the snow without having to shovel. Her advice to her retired self: "You tried the best you could 98% of the time, and that's all you can do. Judge less, and let go when possible."



Photo: Audra Sbarra, LCSW, MSW, MSci, social worker

SAVE THE DATE
THURSDAY, JUNE 12

CMAP INAUGURAL SYMPOSIUM ON AGEISM LIVING LONGER LIVES: OVERCOMING OUR FEARS OF GROWING OLD

(IN-PERSON AT MERCER COUNTY COMMUNITY COLLEGE CONFERENCE CENTER
1200 OLD TRENTON ROAD, WEST WINDSOR, NJ)

For more information, please contact Lisa Adler, chief development officer,
at ladler@cmaprinceton.org or 609.751.9699, ext. 103.

Sponsored by Silver Century Foundation

Keynote Speakers:

Paula Span, *The New Old Age* columnist for *The New York Times* and
Dr. Tracey Gendron, author of *Ageism Unmasked: Exploring Age Bias and
How to End it*



WINTER RAFFLE 2025 - WILL YOU BE THE BIG WINNER?

Lisa Adler is lacing up her running shoes for a half marathon in Philly to raise funds for CMAP – now it's your turn to join the fun, support Lisa's crazy adventure and the great work of CMAP!

Celebrate CMAP's fiftieth anniversary with a 50/50 Raffle and a shot at a BIG WIN!



HOW IT WORKS:

\$100 per ticket (Min: 100 sold | Max: 400 sold)
Drawing on Thursday, March 13

YOU COULD WIN UP TO \$20,000!!!

GRAB YOUR TICKET TODAY!

Stop by the front desk at our NSK or SPB locations to get yours before it's too late!

For more information, contact Lisa Adler, chief development officer,
at ladler@cmaprinceton.org or 609.751.9699, ext. 103.

ALL PROGRAMS MARCH 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, March 5 through March 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.

PLAY WITH THE PRO: ADVANCED BEGINNERS

Join this exciting small group pickleball experience, suitable for beginner players looking to build on skills learned from an Introduction to Pickleball class.

Fee: \$20 resident/\$25 nonresident

- Thursday, March 6, 11:00 a.m.-noon
- Thursday, March 13, 11:00 a.m.- noon
- Thursday, March 20, 11:00 a.m.- noon
- Thursday, March 27, 11:00 a.m.- noon

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!

PLAY WITH THE PRO: INTERMEDIATE

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, March 6, 10:00 a.m.–11:00 a.m.
- Thursday, March 13, 10:00 a.m.–11:00 a.m.
- Thursday, March 20, 10:00 a.m.–11:00 a.m.
- Thursday, March 27, 10:00 a.m.–11:00 a.m.

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

MARCH 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|---|
| <p>3</p> <p>10:00 French Conv Class 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)</p> | <p>4</p> <p>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</p> | <p>5</p> <p>10:00 Introduction to PB (SPB) 11:00 PB Prep & Play (SPB) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 3:30 Tech Lab Assistance (NSK)</p> | <p>6</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro (SPB) 10:00 Therapeutic Chair Yoga 10:30 Spanglish (NSK) 11:00 PB Play with the Pro (SPB) 12:00 PB Private Lesson with the Pro (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</p> | <p>7</p> <p>10:00 92nd Street Y Live: "Why Nothing Works" 10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - "The Room Next Door" (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)</p> |
| <p>SATURDAY, MARCH 8 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H) 10:00 Memory Café (NSK)</p> | | | | |

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| <p>10</p> <p>10:00 French Conv Class 10:00 What to Know About Medicare Changes in 2025 (NSK-H) 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 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)</p> | <p>11</p> <p>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</p> | <p>12</p> <p>10:00 Introduction to PB (SPB) 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)</p> | <p>13</p> <p>RAFFLE DRAWING TODAY!</p> <p>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 A Taste and Tour of Ireland (SPB) 11:00 PB Play with the Pro (SPB) 12:00 PB Private Lesson with the Pro (SPB) 2:00 OnStage Seniors (NSK) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p> | <p>14</p> <p>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)</p> |
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| <p>17</p> <p>10:00 French Conv Class 10:00 Zen Mat Yoga 11:00 Bereavement 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)</p> | <p>18</p> <p>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) 4:00 Celebrate Holi: Love and Color (NSK) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p> | <p>19</p> <p>10:00 Introduction to PB (SPB) 10:30 Skincare 101 (NSK) 11:00 PB Prep Play (SPB) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 3:30 EmpowerHer Special Edition - Inspiring Change (NSK-H) 3:30 Tech Lab Assistance (NSK)</p> | <p>20</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro (SPB) 10:00 Therapeutic Chair Yoga 11:00 PB Play with the Pro (SPB) 12:00 PB Private Lesson with the Pro (SPB) 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</p> | <p>21</p> <p>10:00 Men & Women in Retirement Special Presentation (NSK-H) 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB) 2:00 Tech Lab Assistance (NSK) 2:30 Transition to Retirement (NSK-H)</p> |
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| <p>24</p> <p>10:00 French Conv Class 10:00 Zen Mat Yoga 11:00 Fusion Yoga (SPB) 11:00 Speed Friending (NSK) 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)</p> | <p>25</p> <p>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 Seeing Closely: A Photography Exhibit by Alan Chimacoff (NSK) 3:30 Tech Lab Assistance (NSK) 4:00 The Golden Age of Radio</p> | <p>26</p> <p>11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 PB Prep & Play (SPB) 11:30 Navigating Financial Costs of Growing Older & Planning for Unique Family Needs (NSK-H) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 3:30 Tech Lab Assistance (NSK)</p> | <p>27</p> <p>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 11:00 PB Play with the Pro (SPB) 12:00 PB Private Lesson with the Pro (SPB) 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</p> | <p>28</p> <p>10:00 Women in Retirement Coffee Klatch 10:30 Ageless Grace (NSK) 1:30 92nd Street Y Live: "A Celebration of Jane Austen" 1:00 Table Tennis (SPB) 2:00 Mastering the Art of Painting (SPB) 2:00 Tech Lab Assistance (NSK)</p> |
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| <p>31</p> <p>10:00 French Conv Class 10:00 Zen Mat Yoga 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)</p> |
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| KEY: |
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| NSK - Nancy S. Klath Center PB - Pickleball PPL - Princeton Public Library PSL - Princeton Senior Living |
| SPB - Suzanne Patterson Building |
| H - Hybrid Group/Program |

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| <p>PRINCETON CAFÉ FOR OLDER ADULTS Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p> |
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| <p>EVERGREEN FORUM For the Evergreen Forum course schedule, please see our website at maprinceton.org/evergreen.</p> |
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NAVIGATING LIFELONG CARE FOR A FAMILY MEMBER WITH A DEVELOPMENTAL DISABILITY

by Johanna Peters, Director of Social Services

March is Developmental Disabilities Awareness Month, a time to increase understanding of people with developmental disabilities. One often overlooked group is aging caregivers. Those who continue to provide lifelong support to a child or spouse with a developmental disability. For many, caregiving doesn't end when a child reaches adulthood or a partner grows older. Instead, it evolves, presenting new challenges that require adaptability, resilience, and a strong support system.

As caregivers age, concerns about their health, financial stability, and the long-term care of their loved ones become more pressing. Many find themselves juggling their medical needs while ensuring their loved ones receive proper care and resources. The daily caregiving tasks – such as assisting with personal care, managing medical appointments, and encouraging social engagement – become physically demanding. Emotional exhaustion is common, too, as caregivers worry about the future and the eventual transition of care.



Photo: January 2025 Special Connections event

One of the biggest concerns for aging caregivers is what will happen when they can no longer provide care. Planning for guardianship, housing, and long-term care options can be overwhelming, especially when navigating complex disability services and support systems. Caregiving is often a full-time responsibility, leaving little room for socialization or personal interests. Many caregivers feel isolated, especially when their friends and peers aren't facing similar challenges.

At the Center for Modern Aging Princeton (CMAP), we understand the importance of supporting families caring for loved ones with developmental disabilities. Our Special Connections Group provides a space for caregivers to share experiences, access resources, and receive emotional support. This March, we will host a panel titled "Securing the Future: Navigating Rising Medical Costs and Planning for Unique Family Needs." This event will bring together experts to discuss financial planning, healthcare navigation, and long-term care solutions, giving caregivers the knowledge and tools they need to plan for the future with confidence.

Caring for a loved one with a developmental disability is a lifelong journey. If you're a caregiver or know someone who is, take the time this March to reach out, offer support, and spread awareness. Together, we can create a world where caregivers and their loved ones thrive.



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

Apple Pay and Google Pay

This month, we review two secure, easy-to-use in-store and online payment methods.

When I wrote about Apple Pay and Google Pay five years ago, I lamented that U.S. retailers were way behind those in other countries in recognizing these convenient and secure payment options.

Today, both are accepted at many (most?) “bricks-and-mortar” stores and online sellers, and they deserve a revisit.

Apple Pay and Google Pay

While Apple Pay works on Apple devices and Google Pay on Android smartphones, these payment applications are similar enough, so I’ll just refer to Apple Pay and explain how to set it up on your iPhone.

First, you add your credit or debit card(s) to the **Apple Wallet** app by either manually entering the card details or scanning the card using the iPhone’s camera. Apple then verifies the card details with the bank or card issuer, and **authenticates your iPhone¹** before enabling the card for Apple Pay. **The credit card information per se is not stored in your iPhone.**

To pay, you hold your iPhone near the payment terminal and authenticate the transaction using biometric identification (**Face ID or Touch ID**) or the device’s **passcode** to prove you are you. Once authenticated, the payment is completed, and the terminal confirms the transaction.

Your iPhone never provides your credit card information. Instead, it sends a number (called a “token”) that identifies your device (which you authenticated with your biometric or passcode ID) and a one-time security code to the merchant’s payment processor.

From this point, the transaction is handled as though you gave the merchant your credit card: The merchant forwards the transaction request to the card network (Visa, Master Card, AMEX, etc.), which forwards the request to your issuing bank. The bank pays the merchant if your credit account is in good standing.

This transaction happens without anyone seeing your credit card number. And, because Apple Pay transactions require either a biometric or passcode ID, the chance of you becoming a victim of a fraudulent transaction is much lower.

Online Purchases

Many online retailers also accept Apple Pay and Google Pay. Even though you’re not holding your smartphone next to a payment terminal to make the purchase, from Apple Pay’s perspective, it’s the same: You’ll authenticate your purchase with your biometric ID or passcode to prove that you are you, and the transaction is completed.

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.



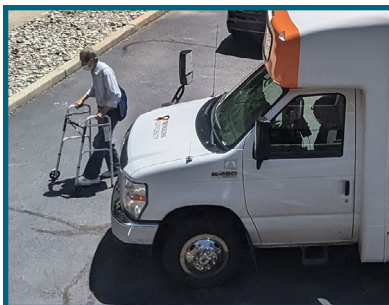
*Many stores accept Apple Pay.
I'm not sure this is one of them.*

¹ You must authenticate every device on which you want to use Apple Pay. This ensures that the device is yours.



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!



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



GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)
Monday, March 17 at 3:00 p.m.
Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, March 17 at 11:00 a.m.
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

CAREGIVERS

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

CLEARING SPACES

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

EARLY-STAGE MEMORY LOSS SUPPORT

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

FORGET-ME-NOT:

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

LET'S TALK

(IN-PERSON AT NSK - HYBRID)
Wednesdays at 3:00 p.m.
General conversation group.

MEMORY CAFÉ

(IN-PERSON AT NSK)
Saturday, March 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, March 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, March 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, March 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.

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.





CMAP SPRING FUNDRAISER STRAIGHT AHEAD BIG BAND

(IN-PERSON AT STONE HILL CHURCH,
1025 BUNN DR, PRINCETON NJ)

SUNDAY, APRIL 27
AT 7:00 P.M.
(DOORS OPEN AT 6:30 P.M.)

JOIN US FOR AN UNFORGETTABLE EVENING OF TIMELESS MUSIC!

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!

Dessert reception following concert
Ticket(s) \$40 each
Patron Level \$100 each

REGISTER HERE

<https://engage.cmaprinceton.org/2025-spring-fundraiser>

MARCH FEATURED SPONSORS

BRYN MAWR TRUST

A WSFS COMPANY

You can count on the team at BMT
for all your personal banking needs
bmt.com



A Whole New Vision of Care
lawrencerehabhc.com



The care you want, in a place that's
comfortable and familiar
springpointathome.org



SPONSORSHIP OPPORTUNITIES

CMAP 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 served 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



EMPOWERHER SPECIAL EDITION: INSPIRING CHANGE

(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
WEDNESDAY, MARCH 19, 3:30-5:00 P.M.

SEE PAGE 7 FOR DETAILS.



WOMEN'S HISTORY MONTH

Cost should never be a barrier to learning! Scholarships are available to those for whom the fee is a hardship. To make a confidential request, [CLICK HERE](#). For more information, contact Johanna Peters, director of social services, at jpeters@cmaprinceton.org, or 609.751.9699, ext. 111 to apply.

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

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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>