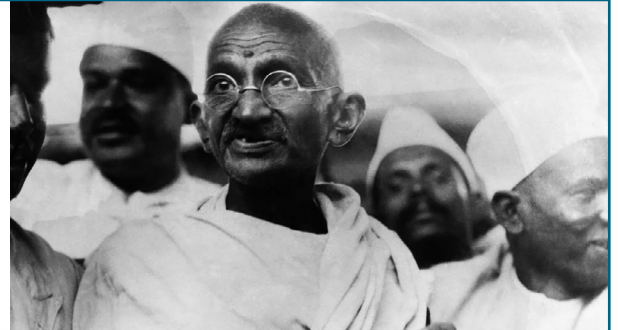


*(Formerly Princeton Senior Resource Center)*

**FROM HOPE TO ACTION:  
BECOMING THE CHANGE YOU WISH TO SEE**  
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)  
**TUESDAY, APRIL 8, 4:00-5:30 P.M.**

**SEE PAGE 8 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 19 FOR DETAILS**



**APRIL IS VOLUNTEER  
APPRECIATION MONTH:**  
CELEBRATING THE HEART OF CMAP -  
OUR AMAZING VOLUNTEERS!



**SEE MESSAGES OF GRATITUDE ON PAGES 2, 3, 4, 11, AND 15**



**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**

**SHINING A LIGHT ON THE TRANSFORMATIVE POWER  
OF VOLUNTEERISM IN LATER LIFE**

**GLOBAL VOLUNTEER APPRECIATION MONTH – APRIL 2025**

Dear Friends,

It was a volunteer tutor in Neptune Middle School, Mr. Woodley, who turned a mediocre student with limited motivation into a young scholar who began to believe in himself and develop a love for lifelong learning. It was a retired volunteer and vocational mentor, Will Koepke, who invested time in a young professional and taught him important lessons about family, balance, service, humility, and sacrifice that shaped his professional identity. And it was a retired career coach and HR professional, Judy O. whose wisdom, insight, and encouragement gave him the courage to choose a new path and shift directions mid-career. Volunteers quite literally changed my life. And I'm sure,



if you took a moment to reflect, you would recollect volunteers who similarly impacted yours.

At the Center for Modern Aging Princeton, we are proud to celebrate the incredible impact of volunteerism on the health and well-being of older adults. Research shows that the benefits of volunteering extend far beyond community service. A team of scholars led by Dawn C. Carr, in their research highlighted in their article "Productivity & Engagement in an Aging America: The Role of Volunteerism," found that "older adult volunteers reported experiencing higher levels of social integration and sense of generative achievement (than their non-volunteering peers)." Moreover, the study found that "Volunteering in later life is associated with health benefits such as reduced risk of hypertension, improved self-related mental health and well-being, delayed physical disability, enhanced cognition, and lower mortality. These positive impacts correlate to increases in physical activity, cognitive engagement, and social interactions through their volunteer opportunities." This research underscores that volunteering is a vital pathway to achieving a healthier, more engaged, and fulfilling life.

Volunteerism does more than bolster individual health—it lights up our entire community. When you engage in volunteer work, at CMAP or with countless nonprofit and community organizations in the region, you not only improve your own well-being through increased physical activity and cognitive engagement, but you also strengthen the social fabric of our society. Your contributions foster greater social integration and a renewed sense of purpose, creating ripple effects that benefit everyone around you. When you "shine a Light" through your volunteerism, each act illuminates the path toward a more vibrant and connected community.

A heartfelt thank you goes out to all those who volunteer through CMAP. Their dedication and generosity are the lifeblood of our community. Whether they are organizing events and supporting programs, mentoring young people through GrandPals or Seniors-for-Seniors, providing a generous welcome at our front desk, offering their expertise in the technology lab, sharing their wisdom teaching or lecturing in Evergreen Forum, providing insight and guidance facilitating one of our support groups, providing leadership through our board or advisory council, or any of myriad volunteer opportunities in our community, their gift of time and talent is invaluable in supporting our mission to help older adults thrive. We deeply appreciate our volunteers and their commitment to making our community a brighter, healthier place for everyone.

Together, let us continue to celebrate and embrace the power of volunteerism. I encourage you to take time to look for a volunteer opportunity that will utilize your skills, passion, and experience in service to our community. Whether at CMAP or with one of our community partners, your volunteerism is a powerful force that brings lasting health benefits to our lives and light to our communities.

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

## THANK YOU TO OUR FRONT DESK VOLUNTEERS

We are so grateful to our front desk volunteers for their kindness, dedication, and warmth in welcoming everyone who calls or walks through the doors of CMAP. These volunteers are often the first friendly face and voice people encounter, and they make all of us – staff and participants – feel valued and supported. CMAP would not be the same without you!



## CMAP STAFF

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

**Donna Cosgrove**  
*Chief Operating Officer*

**Lisa Adler**  
*Chief Development Officer*

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**Fran Angelone**  
*Crosstown Coordinator*

**Cathy Gara**  
*Bookkeeper & HR Coordinator*

**Brandon Garris**  
*Communications & Programs Assistant*

**Cheryl Gomes**  
*Development Associate*

**Ana Carolina González-Peña**  
*Coordinator of Culture & Community Connections*

**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

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H - Hybrid Group/Program

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

# THANK YOU TO ALL OUR CMAP VOLUNTEERS



## EVERGREEN FORUM

Our heartfelt gratitude goes out to the incredible volunteers who make the Evergreen Forum program a resounding success! We deeply appreciate our dedicated course leaders, whose passion and expertise bring engaging and enriching classes to life. Thank you to our steering committee members for their thoughtful guidance and meticulous work in crafting each stimulating semester. And a special thank you to our invaluable tech assistants and course managers, whose behind-the-scenes support ensures smooth and seamless virtual learning experiences. Your collective dedication and commitment are the heart of the Evergreen Forum, and we are truly grateful.



## TECH LAB

A huge thank you to the exceptional volunteers of our Tech Lab! Whether in person or virtually via Zoom, your patience and expertise are invaluable to CMAP. From troubleshooting complex issues to demystifying everyday tech, you empower our seniors with the confidence to navigate the digital world. We're incredibly grateful for the diverse talents of our volunteers, including dedicated high school students, working professionals, and retired experts, all united by a shared commitment to service. Your contributions make a real difference, and we appreciate your dedication to bridging the digital divide.



## A SINCERE THANK YOU TO OUR SOCIAL SERVICES VOLUNTEERS

We want to express our deepest gratitude to the incredible volunteers who support our Memory Café, Transition to Retirement, Bereavement programs, Home Friends, and Special Connections Group. Your dedication and kindness make a lasting impact on those we serve.

Your work is seen not only in the programs you support but in the connections you build and the comfort you bring daily. Whether providing a listening ear, offering guidance, or simply being there, your efforts create a stronger, more compassionate community.

A special thank you to Lisa Bayer, Eileen Doremus, John George, Sherri Goldstein, Paul Knight, Roderick Spann, Allyson Toth, and countless other volunteers – too many to name but whose impact runs deep. We see you, appreciate you, and thank you!

*The CMAP Social Services Team*



## THE MAGIC OF GRANDPALS: A HEARTFELT THANK YOU

Spring symbolizes renewal, growth, and connection – values GrandPals bring to life each time they step into a classroom. Their warmth, kindness, and shared stories create lasting bonds with young readers. More than just reading, the program fosters friendship, trust, and joy. As one GrandPal shared, “We start as strangers, then we grow into friendship.”

The impact of GrandPals is seen in:

- A child’s face lighting up at their arrival.
- Books sparking conversations about life and dreams.
- Small but meaningful gestures – handshakes and high-fives.

One GrandPal reflected, “My little boy gives me the biggest smile when I arrive. It warms my heart.” Another recalled, “My kindergartener showing me she could snap her fingers made my day.”

GrandPals are the heart of this initiative, ensuring children feel seen, heard, and valued. Their commitment brings joy that lasts well beyond storytime.

*With gratitude and admiration,  
Ella & The CMAP Team*



## CELEBRATE EARTH MONTH AT CMAP

### **SEEDS OF THE WILD: PROPAGATING NATIVE PLANTS** (In-Person at SPB Location)

*Thursday, April 24, 1:30-3:00 p.m.*

Join us in celebrating the beauty and importance of native plants with our Seeds of the Wild program! This program focuses on propagating native species to restore local ecosystems and promote sustainable gardening practices. Whether you're a seasoned gardener or a beginner, you'll learn essential techniques for growing plants that thrive in your area. We will also take a short walk over to Monument Park to visit the revitalized native plant garden beds. Registration required, no fee.  
Leader: Sustainable Princeton



### **MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION: CLIMATOLOGY**

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

*Friday, April 4, 10:30 a.m.*

New Jersey's middle-latitude position leaves the state

exposed to most every weather and climate variable imaginable. This presentation by David Robinson, the State Climatologist, will explore the physical dimensions of New Jersey's changing climate, from short- and long-term perspectives. Registration required, no fee.



## ARTS & CULTURE

### **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*

### **CREATING ART FROM FOUND OBJECTS** (In-Person at SPB Location)

*Thursdays, April 3 to May 8, 1:30-3:00 p.m.*

*Fee: \$40 resident/\$50 non-resident*

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

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

Instructor: Jeffrey Keyton – former award-winning senior vice president head of design for MTV.

### **FIRST FRIDAY FILM - "THE TEACHER'S LOUNGE"**

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

*Friday, April 4, 1:00 p.m.*

Carla Nowak, a new teacher in a German school, seems to have arrived in her sixth grade classroom armed with theories and techniques for gaining the trust and respect of her students. But she's about to discover, as many a teacher has before, that managing a classroom is not as easy as they make it seem on TV. Genre: Drama; Rated: PG-13; Running Time: 1 hour, 38 minutes

Please note this film will be in German, Turkish, Polish, English with English subtitles.

Registration required, no fee.

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

*Tuesdays and Thursdays in April, 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.

# ALL PROGRAMS APRIL 2025

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

## **LIBRARY READS** (Zoom)

*Monday, April 7, 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.

## **LITERARY CAFE: POETRY MONTH SPECIAL**

(In-Person at NSK Location)

*Wednesday, April 30, 6:00 p.m.*

*Fee: \$5*

Join us for a magical evening of poetry, music, and delightful tea flavors at our Literary Café Poetry Month Special! Get ready for an inspiring lineup of poetry readings with Alex Randall, accompanied by live musical intermissions from a talented high school musician. And of course, no Literary Café is complete without a cozy tea party – think aromatic blends, sweet treats, and warm conversations. Let's celebrate the beauty of words, the power of storytelling, and the joy of community. We can't wait to see you there!

## **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.*

## **MUSICAL HEIRS TO A GENIUS: THE SONS OF BACH**

(Zoom)

*Monday, April 14, noon-1:00 p.m.*

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

Johann Sebastian Bach's legacy lived on through his four composer sons, who carried his influence into the future, shaping the transition from the Baroque to the Classical Era. Dr. Brenda Leonard explores the lives and music of Wilhelm Friedemann Bach, Carl Philipp Emanuel Bach, Johann Christoph Friedrich Bach, and Johann Christian Bach. Each developed a distinct style, leaving a lasting impact on the musical world and inspiring composers like Mozart and Beethoven. Instructor: Brenda Leonard

## **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 – SPRING QUARTER**

(Zoom)

*Mondays, April 7 through June 30, 2:00 p.m.*

*(no meeting 5/26)*

*Fee: \$10*

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



## 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.

## **MEDICARE APPOINTMENTS**

(In-Person at NSK Location)

*Second and fourth Mondays of each month.*

Our Medicare expert, Roderick Spann from Senior Advisors, will be on-site every second and fourth Monday to assist with Medicare-related questions, enrollment, and guidance. Stop by for personalized support and expert advice!

## **UNITED WAY** (In-Person at NSK Location)

*First and third Thursday of every month.*

Get Personalized Support for NJ Save, Get Covered NJ, and SNAP!

Our United Way Resource Specialist will be available every first and third Thursday to provide assistance with NJ Save, Get Covered NJ, and SNAP applications. Whether you have questions or need guidance, we're here to help. Book your appointment today to secure your spot for a one-on-one session with an expert who

# ALL PROGRAMS APRIL 2025

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

can guide you through the process.  
Registration required, no fee.

## **A CONVERSATION THAT MAKES A DIFFERENCE: FIVE WISHES FOR ADVANCE CARE PLANNING**

(Hybrid - In-Person at NSK Location and on Zoom)  
*Monday, April 28, 2:00-3:00 p.m.*

Did you know seventy percent of Americans can't make their own end-of-life care decisions? Take control of your future! In this engaging one-hour session, Paul Knight will reveal how advance care planning empowers you to discuss and document your healthcare wishes before it's too late. Plus, all attendees receive a free copy of "Five Wishes" – your essential guide to making these choices with confidence.

Registration required, no fee.

Presenter: Paul Knight

## **WHAT IS HOSPICE?** (Hybrid - In-Person at NSK Location and on Zoom)

*Tuesday, April 1, 4:00-5:00 p.m.*

It's never too early to learn about care services available so join us for a presentation on hospice care! We'll discuss what hospice care is, why it is important to start planning, the difference between other care services, and engage in a conversation about questions and concerns you may have to hopefully ease your mind about decisions for the future.

Registration required, no fee.



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

*Tuesdays in April, 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, April 3 and April 17, 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

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

*Tuesdays, April 1 through April 29, 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

## **EMPOWER YOUR JOURNEY - RESOURCES FOR THE PARKINSON & MOVEMENT DISORDER COMMUNITY**

(In-person at SPB Location)

*Thursday, April 10, 9:00 a.m.-1:00 p.m.*

Save the date for this FREE engaging and interactive in-person workshop that offers a safe and empowering space to learn, share insights, connect with peers, and expand your movement disorders network. Get your most pressing questions answered by experts while building meaningful relationships.

More information on registration will be available through our Compass eblast and website.

## **THE FELDENKRAIS METHOD**

(In-Person at SPB Location)

*Tuesdays, February 25 through April 29 10:00 a.m.*

*Fee: \$60 resident/\$70 non-resident*

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

*Wednesdays in April, 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, February 25 through April 29 11:00 a.m.*

*Fee: \$60 resident/\$70 non-resident*

# ALL PROGRAMS APRIL 2025

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



## LIFELONG LEARNING

### **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, April 1 through April 22, 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 - SPRING QUARTER** (Zoom)

*Thursdays, April 3 through June 26, 10:00 a.m.*

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

Therapeutic chair yoga and meditation is a gentle, accessible form of Hatha yoga practiced seated or standing, rather than on a mat. It's adaptable for all skill levels, including those with balance issues or injuries. Participants will enjoy nourishing postures (asanas), breathwork (pranayama), and meditation in a thoughtfully balanced sequence. This practice helps improve flexibility, strength, balance, and energy, while increasing range of motion. Enjoy the serenity of a relaxing class that moves at a mindfully slow pace.

Instructor: Lyn Sirota

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

*Monday, April 7 through June 30, 10:00 a.m.*

*(no class 5/26)*

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

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

Instructor: Joy Cline-Okoye

### **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 April 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*

Dive into the mysteries of the universe with our dynamic Cosmology group. Join us for engaging, peer-led discussions that explore the wonders of physics and metaphysics. Come expand your mind and unravel the secrets of the cosmos.

Instructor: Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com)

**ESL CLASS** (In-Person at SPB Location)

*Monday, April 7 through June 2, 2:00-3:00 p.m. (no class 5/26)*

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

Join us for an enriching 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. Course Leader: Joan Kuskin

**FROM HOPE TO ACTION: BECOMING THE CHANGE WE WISH TO SEE** (Hybrid - In-person at NSK Location and on Zoom)

*Tuesday, April 8, 4:00-5:30 p.m.*

In a world filled with challenges – personal, societal, and global – how do we move from hope to action? How do we turn uncertainty into purpose and cultivate a future rooted in compassion, resilience, and meaningful change?



# ALL PROGRAMS APRIL 2025

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

This thought-provoking panel brings together a diverse group of religious and spiritual leaders to explore the ways in which faith, wisdom, and shared values can guide us in shaping a better world. Through open dialogue and reflection, we will examine what it means to be fully present in our communities, to lead with empathy, and to contribute in ways that create lasting impact.

Join us for an evening of connection, insight, and inspiration, as we discuss how each of us can embody the change we wish to see.

Registration required, no fee.



## Groups

### AGING GAILY (LGBTQ+)

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

*Monday, April 21 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/>.

### LET'S TALK

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

*Wednesdays in April, 3:00 p.m.*

General conversation group.

Registration required, no fee.

### TED TALKS

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

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

Together we'll watch a TED Talk then participate in an awesome discussion led by Helen Burton. Everyone's invited! This month's buzzworthy topics:

**April 1 – Victor Riparbelli:** Will AI make us the last generation to read and write?

**April 8 – David Suh:** How to pose for a photo with confidence

**April 15 – Scott Galloway:** How the U.S. is destroying young people's future (Bill)

**April 22 – Mike Robbins:** The power of appreciation

**April 29 – Alison Gopnik:** What do Babies think?  
Registration required, no fee.

### TRANSITION TO RETIREMENT

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

*Friday, April 18, 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/>.

## 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: SPRING QUARTER

(In-Person at NSK Location)

*Mondays, April 7 through June 30, 3:00 p.m.*

*(no class 5/26)*

**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, April 15, 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

### 你好! (Nǐ Hǎo!) CHINESE CONVERSATION &

**FRIENDSHIP GROUP (In-person at NSK Location)**

*Friday, April 11 and April 25, 11:00 a.m.-noon*

Join our new Chinese Conversation & Friendship Group, a welcoming space to practice Mandarin, engage in meaningful conversations, and build connections. Whether you're a native speaker or learning the language, this group offers a relaxed environment

# ALL PROGRAMS APRIL 2025

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

to share stories, exchange ideas, and celebrate Chinese culture. Meetings will be informal and guided by participants' interests.  
Registration required, no fee.

## ¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

*Thursday, April 3, 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.



## SUPPORT GROUPS

### BEREAVEMENT (Zoom)

*Monday, April 21 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, April 1 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 April, 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

## 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.

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, April 17, 3:00 p.m.*

(Usually third Thursday of each month)

– For those with early-stage memory loss.

Facilitator - Eileen Doremus

Registration required, no fee.

## FORGET-ME-NOT DEMENTIA CAREGIVERS

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

*Saturday, April 12 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, April 12 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, April 9 and April 23 at 11:00 a.m.*

(Usually second and fourth Wednesday of each month)

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

# ALL PROGRAMS APRIL 2025

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

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

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

*Friday, April 4 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

## **SPECIAL CONNECTIONS EVENT: PAINT AND PLANT**

(In-Person at NSK Location)

*Friday, April 11 from 2:00-3:30 p.m.*

If you're a parent of an adult child with unique needs, you and your child should join us for our Paint and Plant event! Together we'll celebrate our growth as a group with flowerpot painting, seeds and soil prep, and delicious snacks. This will be a fun way to show off your creativity while meeting others you may relate to in a welcoming and understanding space!

Registration Required, no fee.



## **THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB**

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

Our well-appointed and roomy Tech Lab welcomes you with PC's and MAC computers. Stop by to check your email, get some work done, connect with friends and family or surf the web.

Tech assistance is available two ways: In-Person Monday 11:00 a.m.-1:00 p.m., Monday through Thursday, 3:30-5:00 p.m., and Fridays, from 2:00-5:00 p.m. at our NSK location; and virtually, Monday through Friday. Appointments recommended.

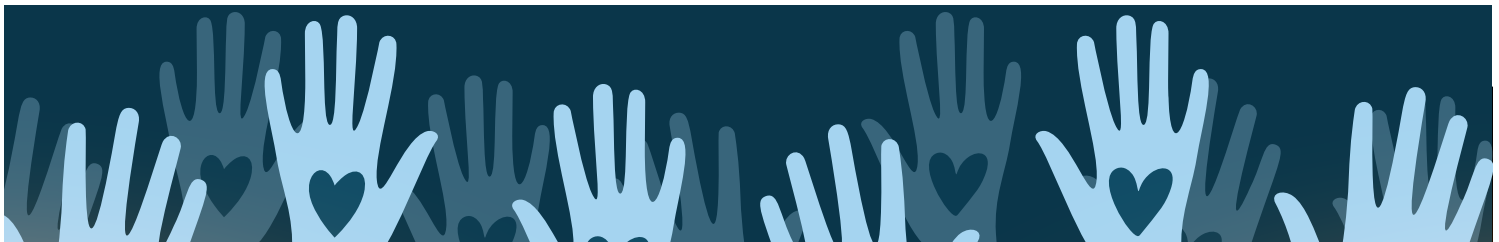
## **THE TECH HOUR** (Hybrid - In-Person at NSK Location and on Zoom)

*Monday, April 7 and April 14, 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.

- **April 7 – YouTube 101**
- **April 14 – Follow-up** one-on-one appointments are available for those who wish to receive additional support after attending YouTube 101.

Registration required, no fee.



## **A HEARTFELT THANK YOU TO OUR VOLUNTEERS – YOU MAKE IT ALL POSSIBLE!**

From the vast wonders of outer space, explored by the Cosmology Group and Bruce Wallman, to the engaging discussions and thought-provoking presentations of the Men and Women in Retirement Groups with Barry Chalofsky, Joan Fredericks, Dina Kravets, and Cheri Chalofsky, and the mindful movements of Tai Chi with Sisco Kinjo – our community thrives because of the incredible passion and expertise of our volunteers. And these are just a few of the many dedicated individuals who make a difference.

Whether they are leading ongoing programs or offering a special one-time presentation, their contributions enrich CMAP's mission and bring inspiration to all who participate. We are deeply grateful for the time, knowledge, and enthusiasm they share.



# ALL PROGRAMS APRIL 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, April 16 through April 30, 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, April 3, 11:00 a.m.-noon
- Thursday, April 17, 11:00 a.m.-noon
- Thursday, April 24, 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, April 3, 10:00 a.m.-11:00 a.m.
- Thursday, April 17, 10:00 a.m.-11:00 a.m.
- Thursday, April 24, 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, April 2, 11:00 a.m.-1:00 p.m.
- Wednesday, April 16, 11:00 a.m.-1:00 p.m.
- Wednesday, April 23, 11:00 a.m.-1:00 p.m.
- Wednesday, April 30, 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, April 3, noon-1:00 p.m.
- Thursday, April 17, noon-1:00 p.m.
- Thursday, April 24, noon-1:00 p.m.

# APRIL 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

1  
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 Golden Age of Radio  
4:00 What is Hospice? (NSK-H)

2  
11:00 PB Prep & Play (SPB)  
3:00 Let's Talk (NSK-H)  
3:00 PingPongParkinson (SPB)  
3:30 Tech Lab Assistance (NSK)

3  
10:00 Cosmology (NSK-H)  
10:00 PB Play with the Pro - Intermediate (SPB)  
10:00 Therapeutic Chair Yoga  
10:30 Beginners Art Workshop (SPB)  
11:00 PB Play with the Pro - Advanced Beginner (SPB)  
12:00 PB Private Lesson (SPB)  
1:30 Creating Art from Found Objects (SPB)  
2:00 OnStage Seniors (NSK)  
2:00 Poker Texas Hold 'em (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio  
4:00 ¡Se Habla Español! Charlas del Corazón

4  
10:30 Men & Women in Retirement Special Presentation (NSK-H)  
1:00 First Friday Film - "The Teachers' Lounge" (NSK-H)  
1:00 Special Connections: Parents of Adults with Unique Needs (NSK-H)  
1:00 Table Tennis (SPB)  
2:00 Tech Lab Assistance (NSK)

7  
10:00 Zen Mat Yoga  
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)

8  
10:00 The Feldenkrais Method (SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
11:00 Tai Chi (SPB)  
1:00 Chair Moves & Grooves  
1:00 Games Day (SPB)  
2:00 Beginners Art Workshop (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 From Hope to Action Panel (NSK-H)  
4:00 Golden Age of Radio

9  
10:30 92nd St Y: Tom Hanks & E.A. Hanks (NSK)  
11:00 Next Chapter: Widows and Widowers (NSK-H)  
3:00 Let's Talk (NSK-H)  
3:00 PingPongParkinson (SPB)  
3:30 Tech Lab Assistance (NSK)

10  
9:00 Parkinson & Movement Disorder Community Resource Event (SPB)  
10:00 Cosmology (NSK-H)  
10:00 Therapeutic Chair Yoga  
10:00 Time to Tell Your Story  
1:30 Creating Art from Found Objects (SPB)  
2:00 OnStage Seniors (NSK)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio

11  
10:00 Women in Retirement Coffee Klatch  
11:00 Chinese Conversation & Friendship Group (NSK)  
1:00 Table Tennis (SPB)  
2:00 Special Connections Event: Paint and Plant (NSK)  
2:00 Tech Lab Assistance (NSK)

**SATURDAY, APRIL 12**  
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)  
  
10:00 Memory Café (NSK)

14  
10:00 Zen Mat Yoga  
11:00 Tech Lab Assistance (NSK)  
12:00 Musical Heirs to a Genius: The Sons of Bach  
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)

15  
10:00 The Feldenkrais Method (SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
11:00 Tai Chi (SPB)  
1:00 Chair Moves & Grooves  
1:00 Games Day (SPB)  
2:00 Beginners Art Workshop (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio  
5:00 Chai Tea Talks (NSK)

16  
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)

17  
10:00 Cosmology (NSK-H)  
10:00 PB Play with the Pro - Intermediate (SPB)  
10:00 Therapeutic Chair Yoga  
11:00 PB Play with the Pro - Advanced Beginner (SPB)  
12:00 PB Private Lesson (SPB)  
1:30 Creating Art from Found Objects (SPB)  
2:00 Poker Texas Hold 'em (SPB)  
3:00 Early-Stage Memory Loss Support (NSK-H)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio

18  
10:00 Women in Retirement Coffee Klatch  
1:00 Table Tennis (SPB)  
2:00 Tech Lab Assistance (NSK)  
2:30 Transition to Retirement (NSK-H)

21  
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 Café Français (NSK)  
3:00 Clearing Spaces  
3:00 Aging Gaily (LGBTQ+) (NSK-H)  
3:30 Tech Lab Assistance (NSK)

22  
10:00 The Feldenkrais Method (SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
11:00 Tai Chi (SPB)  
1:00 Chair Moves & Grooves  
1:00 Games Day (SPB)  
2:00 Beginners Art Workshop (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio

23  
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)

24  
10:00 Cosmology (NSK-H)  
10:00 PB Play with the Pro - Intermediate (SPB)  
10:00 Therapeutic Chair Yoga  
11:00 PB Play with the Pro - Advanced Beginner (SPB)  
12:00 PB Private Lesson (SPB)  
1:30 Creating Art from Found Objects (SPB)  
1:30 Seeds of the Wild: Propagating Native Plants (SPB)  
2:00 OnStage Seniors (NSK)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio

25  
10:00 Women in Retirement Coffee Klatch  
11:00 Chinese Conversation & Friendship Group (NSK)  
1:00 Table Tennis (SPB)  
2:00 92nd St Y: Julian Borger & Rabbi David Ingber  
2:00 Tech Lab Assistance (NSK)

**SUNDAY, APRIL 27**  
7:00 Spring Concert (Stonehill Church)

28  
10:00 Zen Mat Yoga  
11:00 Tech Lab Assistance (NSK)  
1:00 Table Tennis (SPB)  
2:00 ESL Class (SPB)  
2:00 Five Wishes for Advanced Care Planning (NSK-H)  
2:00 The Wonders of Word Play  
3:00 Café Français (NSK)  
3:00 Clearing Spaces  
3:30 Tech Lab Assistance (NSK)

29  
10:00 The Feldenkrais Method (SPB)  
10:30 TED Talks (NSK-H)  
11:00 Solvents & Glue (SPB)  
1:00 Chair Moves & Grooves  
1:00 Games Day (SPB)  
3:30 Tech Lab Assistance (NSK)  
4:00 Golden Age of Radio

30  
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)  
6:00 Literary Café Poetry Month Special (NSK)

**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](http://cmaprinceton.org/evergreen).

# BEING PROACTIVE ABOUT CANCER PREVENTION AND DETECTION

by Johanna Peters, Director of Social Services

This April, we celebrate National Cancer Prevention and Early Detection Month, a critical reminder of the importance of proactive health screenings. Cancer remains a leading cause of illness among adults, but with preventive care and early detection, the risks can be significantly reduced. According to the American Cancer Society (2023), aging increases the risk of cancer, with an increase in cases diagnosed in individuals aged sixty-five and older. The most common cancers diagnosed in older adults include colorectal cancer, prostate cancer, breast cancer, lung cancer, and skin cancer. While genetics plays a vital role in cancer development, lifestyle choices, and regular screenings can significantly influence outcomes.

The saying “prevention is better than cure” holds true when it comes to reducing cancer risk. Prevention is key to reducing cancer risk. The CDC recommends maintaining a healthy diet rich in fruits, vegetables, whole grains, and lean proteins while limiting processed foods and excessive red meat consumption. Regular physical activity, such as walking, swimming, or yoga, can help maintain a healthy weight and reduce inflammation, a known contributor to cancer. The CDC also emphasizes the importance of avoiding tobacco and limiting alcohol consumption, as smoking is the leading cause of preventable cancer, particularly lung cancer. Wearing sunscreen and protective clothing can help prevent skin cancer by protecting the skin from excessive sun exposure. Additionally, staying up to date with vaccinations, such as the HPV vaccine and Hepatitis B vaccine, can lower the risk of cancers caused by infections.

Regular screenings can detect cancer early when treatment is most effective. Women should have mammograms starting at age forty and every two years through age seventy-four. Colonoscopies and other colorectal screenings should be done for those aged over fifty, and prostate-specific antigen (PSA) tests should be done for men aged over fifty. Individuals aged fifty to eighty with a history of smoking should consider low-dose CT scans for lung cancer screening. Regular skin exams by a dermatologist can also help detect early signs of skin cancer.

The Center for Modern Aging (CMA) assists older adults in navigating cancer prevention through educational workshops via the Discovery Hub, free screening resources, and connections to local healthcare providers to ensure access to vital health services. We also offer a variety of programs, including fitness classes, wellness activities, and social engagement opportunities designed to keep you energized, active, and connected.

It's essential to consult your healthcare providers for screenings and assess risk factors for cancer. Many preventive services are covered by Medicare and private insurance, making early detection more accessible. National Cancer Prevention and Early Detection Month allows us to take proactive steps toward a healthier future. Focusing on prevention, making informed lifestyle choices, and staying on top of regular screenings significantly lower cancer risks. Early detection saves lives, and this month serves as a call to action to prioritize your well-being. For more information, follow up with your healthcare professional or visit organizations like the American Cancer Society ([www.cancer.org](http://www.cancer.org)) and the Centers for Disease Control and Prevention ([www.cdc.gov/cancer](http://www.cdc.gov/cancer)).

*Reference: American Cancer Society. (2023). Cancer Facts & Figures.*



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

Bryn Mawr Trust, Novi Wealth Partners, Princeton Theological Seminary, Silver Century Foundation,  
SpringPoint At Home, Walsh Senior Solutions



## THANK YOU TO THE BLOOMBERG VOLUNTEERS

Corporate volunteerism plays a significant role in our work at CMAP. One of our longest-running and most robust corporate partnerships is with the team at Bloomberg and Bloomberg Philanthropies. Affectionately known by CMAP staff and participants as “The Bloombergs,” corporate volunteers serve as technology assistants in lifelong learning courses, event volunteers for our development team, site volunteers for concerts and vaccine clinics, and so much more. The CMAP team offers our most sincere gratitude to Mistilee Pasigos and her colleagues at Bloomberg. We couldn’t do it without you!



### 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

## PayPal

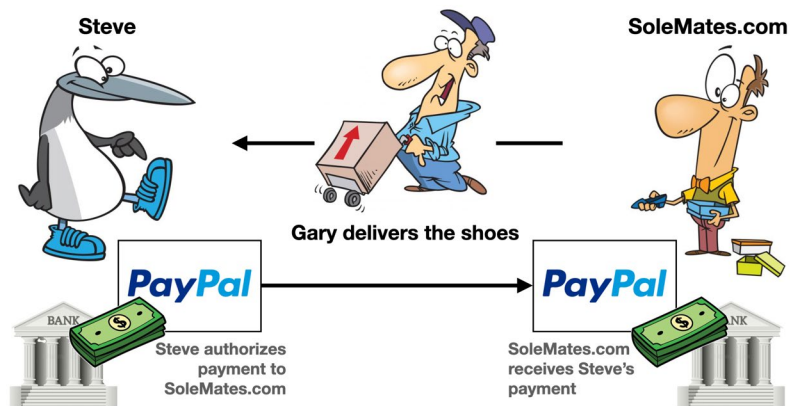
*This is the second of our two-part series about online payments.*

Last month, I explained how Apple Pay and Google Pay allow you to make secure payments without revealing your credit card information. Many local merchants and online retailers accept Apple and Google Pay, and I use it whenever possible.

PayPal is another popular payment method, and though it works differently, it's a secure and efficient way to pay online retailers and private individuals. Some "bricks-and-mortar" stores allow payments via PayPal, though I prefer Apple Pay when I shop in person.

Here's how PayPal works:

Steve wants to buy a pair of shoes from SoleMates.com, an online shoe store that I just invented. (Clever, huh?) You can follow along on the diagram that I painstakingly drew below, which shows the customer, Steve, SoleMates.com, PayPal, and the delivery guy, Gary.



*Painstakingly drawn diagram. Note: Steve's identity has been disguised.*

1. Steve set up his online PayPal account a while back. He linked it to his bank account with a credit card as an alternate payment source.
2. SoleMates.com has its own PayPal account.
3. Steve found a fabulous pair of shoes on the SoleMates.com site, added them to his shopping cart, and clicked on the PayPal option when he checked out.
4. The SoleMates.com website directed Steve to PayPal.com, where he signed in and approved the purchase. PayPal had already entered the amount and Steve's address so the shoes wouldn't accidentally go to his Aunt Karen in Bayonne.
5. PayPal transferred the funds from Steve's bank via PayPal to SoleMates.com's PayPal account in the wink of an eye (known to be roughly 150 milliseconds for most eyes).
6. SoleMates.com then shipped the shoes to Steve, who was delighted.

Note that Steve never sent his bank or credit card information to SoleMates.com.

You can also use PayPal to transfer funds to your friends or acquaintances. It's convenient, but you must be careful because the transfer is instantaneous, and there are no "backsies."

If you need help with online payment options, just ask our tech team at:

<https://engage.cmaprinceton.org/tech-help>.



### 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, April 21 at 3:00 p.m.  
Monthly social activities, friendship building, and support.

### **BEREAVEMENT**

Monday, April 21 at 11:00 a.m.  
Monthly gatherings to cope with grief and loss. Call Sherri Goldstein at 609.819.1226 to attend.

### **CAREGIVERS**

Tuesday, April 1 at 3:00 p.m.  
Monthly meetings to share challenges and experiences.

### **CLEARING SPACES**

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

### **EARLY-STAGE MEMORY LOSS SUPPORT**

(IN-PERSON AT NSK - HYBRID)  
Thursday, April 17 at 3:00 p.m.  
For those with early-stage memory loss.

### **FORGET-ME-NOT:**

#### **DEMENTIA CAREGIVERS**

(IN-PERSON AT NSK - HYBRID)  
Saturday, April 12 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, April 12 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, April 9 and 23 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, April 4, 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, April 18, 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.



## FROM THE DEVELOPMENT OFFICE

### Spotlight on Artis Senior Living



Artis Senior Living is a leading developer, owner, and operator of assisted living with memory care, offering twenty-five communities across eleven states. Dedicated to caring for individuals with Alzheimer’s disease and other types of dementia, Artis Senior Living provides an intentionally designed environment that promotes both safety and independence. Its adaptive, accessible design, familiar décor, and a twelve-thousand-square-foot secure outdoor space encourage exploration while fostering a sense of comfort.

Artis Senior Living operates with the belief that each resident has a unique story to tell and deserves a safer, more connected, and more celebrated lifestyle. The organization emphasizes that optimal well-being is not only achievable but should be expected and pursued at every stage of life. For individuals facing the challenges of aging and dementia, Artis Senior Living empowers residents to maintain independence through structured routines tailored to their personal histories, interests, and personalities. For residents’ families, the organization serves as a team of highly trained, compassionate caregivers who provide the support and social environment needed to create meaningful moments—fostering confidence, trust, and peace of mind.

Residents at Artis Senior Living receive assistance with medication reminders and activities of daily living, as well as access to enhanced nutrition and exercise programs designed to improve overall well-being. The community offers daily opportunities for social engagement with neighbors, associates, friends, and family. Specialized programs and therapies, including music and art therapy, memory-enhancing exercises and games, reminiscence therapy, and sensory stimulation exercises, are incorporated to support cognitive function and emotional well-being.

At Artis Senior Living, residents are treated like family. The organization is committed to ensuring that residents continue to enjoy fulfilling lives while receiving the care and safety they need.

[artiseniorliving.com/memory-care-princeton-junction](http://artiseniorliving.com/memory-care-princeton-junction)

## APRIL FEATURED SPONSORS



Reliable Senior Care to Support You and Your Loved Ones  
[alwaysbestcare.com](http://alwaysbestcare.com)



**PEAPACK PRIVATE**

Comprehensive financial, tax, fiduciary,  
and investment advice  
[peapackprivate.com](http://peapackprivate.com)



**Silver Century Foundation**  
*Preparing For A Longer Life*

Promoting a positive view of aging  
[silvercentury.org](http://silvercentury.org)

**STARK & STARK**  
ATTORNEYS AT LAW

Since 1933, Stark & Stark has developed innovative legal  
solutions to meet our clients’ needs  
[stark-stark.com](http://stark-stark.com)



# 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.

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

**REGISTER HERE**

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

## SAVE THE DATE – THURSDAY, JUNE 12 CMAP INAUGURAL SYMPOSIUM ON AGEISM LIVING LONGER LIVES: OVERCOMING OUR FEARS OF GROWING OLD

(IN-PERSON AT MCCC CONFERENCE CENTER, PRINCETON JUNCTION, NJ)

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

**REGISTRATION AND SPONSORSHIP:**  
[cmaprinceton.org/symposium-on-ageism](https://cmaprinceton.org/symposium-on-ageism)

*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*





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



## WHAT IS HOSPICE?

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

**TUESDAY, APRIL 1, 4:00-5:00 P.M.**

**SEE PAGE 7 FOR DETAILS.**



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

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

## GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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

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

Oasis Senior Advisors  
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Penn Medicine Princeton Health  
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Roundview Capital  
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Silver Century Foundation  
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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>