

(Formerly Princeton Senior Resource Center)

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

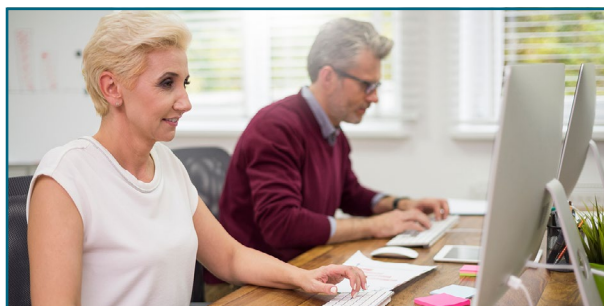
(IN-PERSON AT MCCC CONFERENCE CENTER,
PRINCETON JUNCTION, NJ)

THURSDAY, JUNE 12, 8:30 A.M.-4:00 P.M.

SEE [PAGE 19](#) FOR DETAILS.

A large group of seniors are posing for a photo in a room. They are arranged in two rows, with some standing and some sitting. They are all smiling and looking at the camera. The room has a window with blinds in the background.

**ONSTAGE SENIORS
OPENING PERFORMANCE**
(IN-PERSON AT NSK LOCATION)
THURSDAY, MAY 8, 2:00-4:30 P.M.; FEE: \$5
SEE [PAGE 4](#) FOR DETAILS



**MAC-TASTIC TIPS & TRICKS:
LEVEL UP YOUR MAC SKILLS**
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
MONDAY, MAY 5 AND MAY 12, 2:00 P.M.

SEE [PAGE 11](#) 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

FLIPPING THE SCRIPT: REWRITING THE STORY OF AGING AT CMAP

Dear Friends,

Each May, Older Americans Month offers a chance to honor, uplift, and celebrate older adults across the country. This year's theme – **"Flip the Script"** – challenges us to transform how we perceive, talk about, and approach aging. It's a call to dismantle outdated stereotypes and celebrate aging as a dynamic, evolving, and powerful chapter of life. At the Center for Modern Aging Princeton (CMAP), that's exactly what we strive to do every day.



Photo: OnStage Senior member, Leonie Infantry. Photo by Pam Machold

WELCOME WEDNESDAYS

(In-Person at NSK Location)

Wednesday, May 21, 10:00-11:30 a.m.

Join us for Welcome Wednesdays at CMAP, where you'll explore everything we have to offer! Your visit will begin with a guided tour of our facilities, giving you a firsthand look at the resources and spaces available to you. After the tour, enjoy informative, hands-on sessions with our social services team, programs department, and tech experts. This is a great opportunity to learn about the wide range of activities, services, and technology we offer to enrich your life. We look forward to welcoming you and helping you discover the exciting opportunities that await!

Registration required, no fee.

From pioneering wellness programs and cutting-edge digital literacy initiatives to vibrant intergenerational partnerships, CMAP is redefining what it means to age well in Princeton and beyond. Our community knows that older adulthood isn't a period of decline – it's a time of creativity, contribution, and connection.

One of the most powerful ways we "flip the script" is through storytelling – and there's no better example than our beloved *OnStage Seniors* program. This unique documentary theater ensemble, made up entirely of older adults, transforms real-life stories into live performances that move, surprise, and inspire audiences of all ages. The actors not only challenge conventional ideas about aging – they embody the vibrancy, wisdom, and emotional range of later life with depth and grace.

This May, *OnStage Seniors* opens its 2025 season with a brand-new production that reflects the very heart of this year's theme. Blending personal narratives with humor, poignancy, and truth, the performance lifts up voices that often go unheard and reveals the richness of experience that older adults bring to our community. Whether it's tales of love and reinvention, caregiving and resilience, or simply embracing new beginnings, every story is a testament to the power of perspective.

As a community, we invite you to join us this Older Americans Month – to not only watch the story unfold on stage, but to become part of a growing movement that honors aging as a gift, not a burden. Together, let's flip the script and celebrate the people, programs, and passions that make growing older something to look forward to.

Catch the Season Opener!

OnStage Seniors will debut its 2025 season "How Did I Get Here?" on Thursday, May 8 at 2:00 p.m. at The Klath Center. Admission is \$5 to reserve your seat. The performance will be followed by a post-show discussion and cocktail party. All are welcome – come witness older adults taking the spotlight and changing the narrative.

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

May 2025

cmapprinceton.org

CMAP STAFF

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

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

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

SPOTLIGHT MAY 2025

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

CELEBRATE THE PERFORMING ARTS IN MAY

LIVE FROM THE PARIS NATIONAL OPERA:

"THE TRITTICO" (In-Person at NSK Location)

Friday, May 16, 1:00-4:40 p.m.

Fee: \$10

Join CMAP for a special presentation of "The Trittico" streaming live from the famous Paris National Opera.

"The Trittico" – a collection of three one-act operas, *Il tabarro*, *Suor Angelica*, and *Gianni Schicchi*, by Giacomo Puccini where three colors, three moods, and three registers intertwine against the backdrop of the banks of the Seine at the beginning of the twentieth century.

ONSTAGE SENIORS OPENING PERFORMANCE

(In-Person at NSK Location)

Thursday, May 8, 2:00-4:30 p.m.

Fee: \$5

OnStage Seniors, now in its seventeenth year, kicks off the 2025 season with "How Did I Get Here?" The seventeen-member OnStage Ensemble, all aged



fifty-five and older, presents original monologues and scenes inspired by interviews with local residents. Directed by David Lee White, these heartfelt and humorous vignettes explore life's triumphs, challenges, setbacks, and successes through the lens of the 55+ experience. A lively post-show discussion with the audience will follow the performance, concluding with a reception.



ARTS & CULTURE

A TASTE AND TOUR OF MEXICO

(In-Person at NSK Location)

Thursday, May 1, 11:00 a.m.-noon

Fee: \$10

Spice up your Cinco de Mayo celebration with delicious tacos, refreshing aguas frescas, and join us for an exhilarating live virtual walking tour of Mexico City with a local expert guide. Immerse yourself in the sights, sounds, and rich culture of this dynamic city as you explore its stunning architecture and hidden gems.

BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

Tuesdays, May 6 through June 24, 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

BEYOND THE BASICS: A DEEPER DIVE INTO CLASSICAL MUSIC (Zoom)

Tuesdays, May 20 through June 24, 12:00 p.m.

Fee: \$60 resident/\$70 nonresident

Music appreciation classes focus on the biggest names of each era – but there's so much more to explore. From courtly dances to operetta, bold innovators to overlooked gems, Dr. Brenda Leonard uncovers the rich variety of music that shaped each period. Join us for a journey beyond the usual playlist and discover a fuller spectrum of classical music's history.

Instructor: Brenda Leonard

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

FIRST FRIDAY FILM - "ANORA"

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

Friday, May 2, 1:00 p.m.

Oscar winner for Best Picture, join us for a screening of "Anora," a young sex worker from Brooklyn who meets and impulsively marries the son of an oligarch. Once the news reaches Russia, her fairytale is threatened as the parents set out for New York to get the marriage annulled. Genre: Comedy/Drama; Rated: R; Running Time: 2 hour, 19 minutes
Registration required, no fee.

ALL PROGRAMS MAY 2025

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

FLOWERS RECONSIDERED:

A PHOTOGRAPHY EXHIBIT BY HAROLD KUSKIN

(In-Person at NSK Location)

Tuesday, May 13, 3:30 p.m.

This exhibition captures the fleeting yet timeless beauty of spring-summer flowers, as seen through the lens of Harold Kuskín. A man of many talents, Harold is not only a gifted photographer but also a distinguished judge, a master craftsman of the harpsichord and muselar – a Flemish virginal – with his instruments residing at Juilliard, and a beloved Evergreen Forum instructor. His keen eye for detail and deep appreciation for form and texture bring an extraordinary warmth to his work, making this collection a true celebration of nature's renewal and enduring charm. Don't miss the opportunity to meet the artist, ask questions, and explore the inspiration behind his compelling images.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

Tuesdays and Thursdays in May, 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.

GOLDEN TOUCH: A MOTHER'S DAY DECOUPAGE WORKSHOP (In-Person at NSK Location)

Wednesday, May 7, 2:00–3:00 p.m.

Fee: \$10

Join us for a joyful and creative Mother's Day decoupage workshop where we'll craft elegant jewelry plates – perfect for holding your favorite trinkets and treasures. With beautiful designs, a touch of gold, and a whole lot of heart, this hands-on experience will be filled with laughter, creativity, and a little bit of magic! Whether you're making a keepsake for yourself or a special gift for a loved one, you'll leave with something beautiful and meaningful. No prior experience needed – just bring your love and imagination, and we'll provide the rest!

LIBRARY READS (Zoom)

Monday, May 5, 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.

THE PAINTER'S STUDIO (In-Person at SPB Location)

Fridays, May 9 through June 27, 2:00–4:00 p.m.

Fee: \$90 resident/\$100 nonresident

Step into The Painter's Studio, a dynamic and inspiring class designed for painters ready to take their skills to the next level. This intermediate-level course is your opportunity to refine techniques, experiment with new styles, and develop your unique artistic voice. Students to provide their own supplies. List available upon request.

Instructor: Christina Rang

THE WONDERS OF WORDPLAY – SPRING QUARTER

(Zoom)

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

(no meeting 5/26)

Fee: \$10

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

Thursdays starting May 15 through June 26, 10:00–11:30 a.m.

Fee: \$60 residents/\$70 nonresident

It's time to tell your story. In this Memoir Writing Workshop, you will join with fellow storytellers to write about your life, your relationships, your opinions, your advice, the lessons you have learned and more.

The instructor will provide writing prompts, or you can write about whatever is on your mind. During each class, participants will share their pieces and get feedback from an encouraging group of fellow writers. The instructor will provide editorial support as requested and work with each participant according to their goals. We will also review writing tips and techniques.

All levels of writing ability are encouraged. Classes are recorded for later viewing.

Instructor: Wendy Humphrey

ALL PROGRAMS MAY 2025

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



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.

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)

Call for dates.

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

Our United Way Resource Specialist will be available 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 can guide you through the process.

Registration required, no fee.

DECLUTTER & DOWNSIZE

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

Wednesday, May 14, 2:00-3:30 p.m.

Join us for this informative Declutter & Downsize program, hosted by John Walsh from Walsh Senior Solutions. Designed to help seniors simplify their homes and transition to a smaller, more comfortable living space, this program offers practical decluttering strategies and compassionate support to make the process easier and less overwhelming. Whether you're preparing for a move or simply looking to create a more organized home, we'll guide you through sorting your belongings, preserving what matters most, and confidently letting go of the rest. Start your next chapter with a fresh, clutter-free space!

Presenter: John Walsh

Registration required, no fee.

UNDERSTANDING LEWY BODY DEMENTIA

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

Monday, May 19, 11:00 a.m.-noon

Lewy Body Dementia is the second most common type of dementia after Alzheimer's disease. (Mayo Clinic) Join us to learn about this type of dementia, its symptoms, care strategies, and support resources.

Presenter: Dr. Arun Rao

Registration required, no fee.

MAXIMIZING HOME CARE

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

Tuesday, May 6, 1:00-2:30 p.m.

In this program, we are going to peel away some of the layers of home care services to uncover the best ways to have a successful relationship with your aide.

Let's take a deeper look into the pros and cons of having an aide in your home. In this program you will feel more at ease when the time comes to hiring help or if you already have help.

Knowing what to expect, rather than going in blindly, is half the battle. We hope you can join us for this informative session!

Presenter: Kelly Aylward

Registration required, no fee.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in May, 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 101 (In-Person at SPB Location)

Thursdays, May 1 and May 8, 10:30 a.m.-12:30 p.m.

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

Are you ready to ante up and master the thrilling game of Texas Hold 'em? Join us for an exciting class designed specifically for beginners! Whether you're brand new to the world of poker or looking to sharpen your skills, our expert instructor will guide you through the fundamentals of Texas Hold 'em in a fun and supportive environment. Please note that this class will not include betting with real money but will use chips, ensuring a risk-free yet immersive learning experience.

Instructor: Michael Schwartz II

ALL PROGRAMS MAY 2025

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

POKER: TEXAS HOLD 'EM OPEN PLAY

(In-Person at SPB Location)

Thursday, May 1 and May 15, 2:00–3:30 p.m.

Ready to test your poker face? Join our Texas Hold 'em group for exciting, strategy-filled games! This is perfect for those who already have a basic understanding of the game. Enjoy the thrill of poker in a friendly, no-money environment. Sharpen your skills, meet new friends, and have a great time – no stakes, just fun! Registration required, no fee.



HEALTH & WELLNESS

AGELESS GRACE (In-Person at NSK Location)

Friday, May 9 and May 23, 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

CHAIR MOVES & GROOVES (Zoom)

Tuesdays, May 6 through May 27, 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

EVERY BODY WALK! (Various Locations)

Wednesdays, May 7 through October 29, 8:50–10:00 a.m.

Discover the perfect blend of scenic exploration and expert guidance with our complimentary walking program on the beautiful trails of Princeton. Led by a seasoned physical therapist, it's not just a walk – it's a chance to ask questions and learn about walking safety while surrounded by nature's beauty. Walking sticks and canes are welcome, although participants must be able to keep pace with the group. Embrace the rhythm of the trails and let the journey unfold!

This program is offered in partnership with Innovative Physical Therapy in Princeton. Registration Required, no fee.

THE FELDENKRAIS METHOD

(In-Person at SPB Location)

Tuesdays, May 6 through June 24, 10:00 a.m.

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

Discover the power of the Feldenkrais Method in this eight-session class! Enhance movement, flexibility, and coordination through gentle actions and focused mind-body connections. Experience increased ease, range of motion, and graceful movement. Remember to bring your exercise mat, or one will be provided. Instructor: Jackie Boone

FUSION YOGA (In-Person at SPB Location)

Monday, May 5 through May 19, 11:00 a.m.

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 both meaningful and the asana awesome! Anticipate thirty minutes of gentle flowing sequences, making poses accessible to all levels, followed by fifteen minutes of stretching and reflective practice. Instructor: Debbi Gitterman

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in May, 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, May 6 through June 24, 11:00 a.m.

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

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

ALL PROGRAMS MAY 2025

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

TABLE TENNIS (In-Person at SPB Location)

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

(no session 5/26)

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.

THERAPEUTIC CHAIR YOGA & MEDITATION - SPRING QUARTER (Zoom)

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

Fee: \$100 resident/\$110 nonresident

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



LIFELONG LEARNING

92ND STREET Y LIVE PRESENTS

(In-Person at NSK Location)

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

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

92ND ST Y: BARRY DILLER IN CONVERSATION WITH ANDERSON COOPER: "WHO KNEW"

(In-Person at NSK Location)

Friday, May 23, 10:00-11:00 a.m.

Fee: \$5

In "Who Knew," Barry Diller shares his remarkable journey through six decades of shaping media, from launching ABC's Movie of the Week to building Fox TV and pioneering online businesses like Expedia. In conversation with Anderson Cooper, he offers candid reflections on both his professional triumphs and personal struggles in a deeply honest and insightful memoir. Join us for an unforgettable evening as Diller discusses his legacy, lessons, and love.

92ND ST Y: BOB COSTAS: A CAREER CONVERSATION WITH HOWARD BRYANT (In-Person at NSK Location)

Monday, May 12, 1:30-2:30 p.m.

Fee: \$5

Bob Costas has shaped how we experience baseball for more than four decades with his storytelling, sharp observations, and cultural insight. In conversation with ESPN's Howard Bryant, he will reflect on his remarkable career, the state of sports today, and where baseball and sports media are headed next. Expect behind-the-scenes stories, thoughtful commentary, and the signature style that has made Costas one of the most trusted voices in American media.

THE ART AND SCIENCE OF VIRTUAL TRAVEL (Zoom)

Wednesday, May 21, 3:00-4:00 p.m.

Fee: \$5 resident/\$10 non-resident

Tapestry unlocks the power of 3D technology to bring the world's cultural heritage to life from the comfort of home. CyArk is a nonprofit dedicated to making travel accessible to all through the use of 3D recording technologies focused on the preservation and celebration of cultural heritage. Join Kacey Hadick, the director of programs and development at CyArk as she guides us through the complex process of digital documentation where art and science collide to create incredible immersive experiences.

Presenter: Kacey Hadick has a background in archaeology and international relations and has spent the past decade working with communities worldwide on cultural heritage preservation, digital documentation, and storytelling initiatives.

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

MEN IN RETIREMENT GROUP DISCUSSION

(In-person at SPB location)

Friday, May 16, 10:00 a.m.

Join us for an engaging discussion on a special topic! This is a unique opportunity to share your thoughts, hear diverse perspectives, and be part of a meaningful conversation in a relaxed and supportive setting. Space is limited to 25 participants, so reserve your spot today!

ALL PROGRAMS MAY 2025

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

SPANGLISH FOR BEGINNERS

(In-Person at NSK Location)

Thursday, May 8 through June 12, 10:30 a.m.-noon

Fee: \$45

Embark on an exciting six-week journey into Spanish! Whether you're just starting out or looking to reinforce the basics, this course is designed for learners with little to no prior experience, as well as those who want to build confidence in real-life conversations. You'll expand your practical vocabulary, everyday expressions, and foundational grammar in a way that feels natural and engaging.

By the end of the course, you'll introduce yourself, ask and answer questions, and share personal details with ease. Through interactive games, dialogues, short stories, and skits, you'll strengthen your skills in a welcoming and dynamic environment—making learning Spanish both enjoyable and meaningful.

Instructor: Karen Voorhees

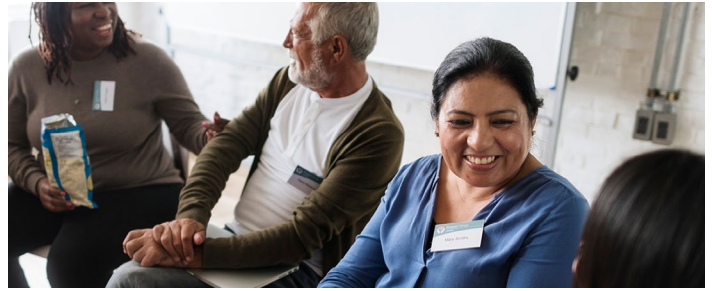
WOMEN IN RETIREMENT SPECIAL PRESENTATION: THE AFRICAN AMERICAN COMMUNITY IN PRINCETON

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

Friday, May 16, 10:00 a.m.

Join Shirley Satterfield for an engaging and insightful presentation on the rich history and lasting contributions of Princeton's African American community. Discover powerful stories that have shaped the town's past and continue to influence its present.

A fourth-generation member of Princeton's VanZandt Moore May family, Shirley Satterfield is a proud Princeton High School alumna. She holds a degree in elementary education from Bennett College for Women and a master's in guidance and personnel services from Trenton State College (now The College of New Jersey). Returning to Princeton in 1981, Shirley dedicated her career to education as a teacher and guidance counselor. Driven by her passion for preserving local history, she founded the Witherspoon-Jackson Historical and Cultural Society to honor and share the legacy of Princeton's African American community.



SOCIAL CONNECTIONS

Groups

AGING GAILY (LGBTQ+)

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

Monday, May 19 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 May, 3:00 p.m.

General conversation group.

Registration required, no fee.

TED TALKS

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

Tuesdays in May, 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:

May 6 – Lana Muzahreh: 3 thoughtful ways to conserve water

May 13 – Dragana Roguija: How artificial light affects our health

May 20 – Yuval Noah Harari: Why humans run the world (YouTube) Recommended by Bill

May 27 – Not meeting

Registration required, no fee.

ALL PROGRAMS MAY 2025

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

TRANSITION TO RETIREMENT

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

Friday, May 16, 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.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, May 8, 4:00-5:00 p.m.

Únete a conversaciones dinámicas y actividades que te sumergen en diversas culturas. Con juegos, narraciones y dinámicas interactivas, estos encuentros crean conexiones auténticas. Registro requerido, sin costo.

Join engaging conversations and activities that immerse you in diverse cultures. Through games, storytelling, and interactive dynamics, these sessions foster authentic connections.

Registration required, no fee.



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, May 19 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, May 6 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 May, 3:00 p.m. (no meeting 5/26)

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

It's an inspirational and nonjudgmental space where we share tips, challenges, and triumphs in decluttering journeys. Plus, we dedicate part of the hour to

accomplishing a small task, ensuring you leave each meeting more organized than when you arrived!

Registration required, no fee.

EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, May 15, 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, May 10 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, May 10 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.

ALL PROGRAMS MAY 2025

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

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.

NEXT CHAPTER WIDOWS AND WIDOWERS

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

Wednesday, May 14 and May 28 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, May 2 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. at our NSK location; and virtually, Monday through Friday. Appointments recommended.

MAC-TASTIC TIPS & TRICKS: LEVEL UP YOUR MAC SKILLS (Hybrid - In-Person at NSK Location and on Zoom)

Monday, May 5 and May 12, 2:00 p.m.

Unlock your Mac's potential! This fun, friendly class for our participants reveals cool tips & tricks to make your Mac easier and more enjoyable to use. Go beyond the basics and discover all the possibilities you can do with your Mac!

- **May 5 – Mac-Tastic Tips & Tricks class**
- **May 12 – Follow-up** one-on-one appointments are available for those who want help using Mac OS after attending the presentation on May 5.

Registration required, no fee.



ALL PROGRAMS MAY 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, May 7 through May 21, 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, May 1, 11:00 a.m.-noon
- Thursday, May 8, 11:00 a.m.-noon
- Thursday, May 22, 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, May 1, 10:00-11:00 a.m.
- Thursday, May 8, 10:00-11:00 a.m.
- Thursday, May 15, 10:00-11:00 a.m.
- Thursday, May 22, 10:00-11:00 a.m.
- Thursday, May 29, 10:00-11:00 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, May 7, 11:00 a.m.-1:00 p.m.
- Wednesday, May 14, 11:00 a.m.-1:00 p.m.
- Wednesday, May 21, 11:00 a.m.-1:00 p.m.
- Wednesday, May 28, 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, May 1, noon-1:00 p.m.
- Thursday, May 8, noon-1:00 p.m.
- Thursday, May 22, noon-1:00 p.m.

MAY 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
VL - Various Locations
H - Hybrid Group/Program

**PRINCETON CAFÉ
FOR OLDER ADULTS**
Mercer County Nutrition
Program (SPB)
Monday through Friday
10:00 a.m. to 1:00 p.m.

EVERGREEN FORUM

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

1

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro -
Intermediate (SPB)
10:00 Chair Yoga & Meditation
10:30 TX Hold 'em 101 (SPB)
11:00 A Tour of Mexico (NSK)
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 TX Hold 'em Open Play (SPB)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

2

10:00 Women in Retirement
Coffee Klatch
1:00 First Friday Film - "Anora"
(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)

5

10:00 Zen Mat Yoga: Find Your
Center
11:00 Fusion Yoga (SPB)
11:00 Tech Lab Assistance (NSK)
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 Mac-tastic Tips & Tricks:
Level Up Your Mac Skills
(NSK-H)
2:00 The Wonders of Wordplay
3:00 Café Français (NSK)
3:00 Clearing Spaces
3:30 Tech Lab Assistance (NSK)

6

10:00 Feldenkrais Method (SPB)
10:30 TED Talks (NSK-H)
11:00 Solvents & Glue (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
1:00 Maximizing Home Care
(NSK-H)
2:00 Beg Art Workshop (SPB)
3:00 Caregivers
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

7

8:50 *Every Body Walk!* (VL)
10:00 Introduction to PB (SPB)
11:00 PB Prep & Play (SPB)
2:00 Golden Touch: A Mother's
Day Decoupage Workshop
(NSK)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

8

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro -
Intermediate (SPB)
10:00 Chair Yoga & Meditation
10:30 TX Hold 'em 101 (SPB)
10:30 Spanglish for Beg (NSK)
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 Opening
Performance (NSK)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio
4:00 ¡Se Habla Español!

9

10:00 Women in Retirement
Coffee Klatch
10:30 Ageless Grace (NSK)
1:00 Table Tennis (SPB)
2:00 The Painter's Studio (SPB)
2:00 Tech Lab Assistance (NSK)

SATURDAY, MAY 10

10:00 Forget-Me-Not:
Dementia Caregivers (NSK-H)
10:00 Memory Café (NSK)

12

10:00 Zen Mat Yoga: Find Your
Center
11:00 Fusion Yoga (SPB)
11:00 Tech Lab Assistance (NSK)
1:00 Table Tennis (SPB)
1:30 92nd Street Y: Bob Costas:
A Career Conversation with
Howard Bryant (NSK)
2:00 The Wonders of Wordplay
3:00 Café Français (NSK)
3:00 Clearing Spaces
3:30 Tech Lab Assistance (NSK)

13

10:00 Feldenkrais Method (SPB)
10:30 TED Talks (NSK-H)
11:00 Solvents & Glue (SPB)
1:00 Games Day (SPB)
2:00 Beg Art Workshop (SPB)
3:30 Flowers Reconsidered:
A Photography Exhibit by
Harold Kuskin (NSK)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

14

8:50 *Every Body Walk!* (VL)
10:00 Introduction to PB (SPB)
11:00 Next Chapter: Widows
and Widowers (NSK-H)
11:00 PB Prep & Play (SPB)
2:00 Declutter & Downsize
(NSK-H)
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)
6:00 Chinese Conversation
& Friendship Group (NSK)

15

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro -
Intermediate (SPB)
10:00 Chair Yoga & Meditation
10:00 Time to Tell Your Story
10:30 Spanglish for Beg (NSK)
11:00 PB Get Into the Game
2:00 OnStage Seniors (NSK)
2:00 TX Hold 'em Open Play (SPB)
3:00 Early-Stage Memory Loss
Support (NSK-H)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

16

10:00 Men in Retirement Group
Discussion (SPB)
10:00 Women in Retirement
Special Presentation (NSK-H)
1:00 Live from the Paris National
Opera: *The Trittico* (NSK)
1:00 Table Tennis (SPB)
2:00 The Painter's Studio (SPB)
2:00 Tech Lab Assistance (NSK)
2:30 Transition to Retirement
(NSK-H)

19

10:00 Zen Mat Yoga: Find Your
Center
11:00 Bereavement
11:00 Fusion Yoga (SPB)
11:00 Lewy Body (NSK-H)
11:00 Tech Lab Assistance (NSK)
1:00 Table Tennis (SPB)
2:00 The Wonders of Wordplay
3:00 Aging Gaily (LGBTQ+)
(NSK-H)
3:00 Café Français (NSK)
3:00 Clearing Spaces
3:30 Tech Lab Assistance (NSK)

20

10:00 Feldenkrais Method (SPB)
10:30 TED Talks (NSK-H)
11:00 Solvents & Glue (SPB)
12:00 Beyond the Basics: A
Deeper Dive into Classical
Music
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beg Art Workshop (SPB)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

21

8:50 *Every Body Walk!* (VL)
10:00 Introduction to PB (SPB)
10:00 Welcome Wednesdays
(NSK)
11:00 PB Prep & Play (SPB)
3:00 Art and Science of Virtual
Travel
3:00 Let's Talk (NSK-H)
3:00 PingPongParkinson (SPB)
3:30 Tech Lab Assistance (NSK)

22

10:00 92nd Street Y: Barry Diller
in Conversation with Anderson
Cooper: "Who Knew" (NSK)
10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro -
Intermediate (SPB)
10:00 Chair Yoga & Meditation
10:00 Time to Tell Your Story
10:30 Spanglish for Beg (NSK)
11:00 PB Play with the Pro -
Advanced Beginner (SPB)
12:00 PB Private Lesson (SPB)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

23

10:00 Women in Retirement
Coffee Klatch
10:30 Ageless Grace (NSK)
1:00 Table Tennis (SPB)
2:00 The Painter's Studio (SPB)
2:00 Tech Lab Assistance (NSK)

26

**CMAP CLOSED FOR
MEMORIAL DAY HOLIDAY**

27

10:00 Feldenkrais Method (SPB)
11:00 Solvents & Glue (SPB)
12:00 Beyond the Basics: A
Deeper Dive into Classical
Music
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beg Art Workshop (SPB)
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

28

8:50 *Every Body Walk!* (VL)
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)

29

10:00 Cosmology (NSK-H)
10:00 PB Play with the Pro -
Intermediate (SPB)
10:00 Chair Yoga & Meditation
10:00 Time to Tell Your Story
10:30 Spanglish for Beg (NSK)
11:00 PB Get Into the Game
3:30 Tech Lab Assistance (NSK)
4:00 Golden Age of Radio

30

10:00 Women in Retirement
Coffee Klatch
11:00 Chinese Conversation
& Friendship Group (NSK)
1:00 Table Tennis (SPB)
2:00 The Painter's Studio (SPB)
2:00 Tech Lab Assistance (NSK)

THANK YOU TO OUR 2024-2025 CMAP MSW INTERNS!

We are incredibly grateful for the dedication and compassion Emily Bell, Sarah Christensen, Chris Stanely have brought to the Center for Modern Aging Princeton during their time as MSW interns this academic year. Their kindness, insight, and commitment have made a lasting impact on all of us, providing invaluable support, guidance, and connection. Their work has truly enriched our community, and we know they will continue to make a difference wherever their paths take them.

Thank you for all that Emily, Sarah, and Chris have done—we will miss you and wish you the very best in your future endeavors!

– The CMAP Staff



1. Bingo at PSL: Sarah, Chris, and Emily were welcomed to join in for Bingo at PSL with the residents. They had a great time bonding with new residents and seeing them enthralled in the game.



2. Chris, Sarah, and Emily have an array of pictures from their adventures they have taken together. They have photos of their time together on a pirate ship, in the wild West, the beach, Hogwarts, Disney, and Paris.



3. Chris, Sarah, and Emily joined the CMAP team in participating in a Dementia and Alzheimer's Practitioner Certification led by Lisa Bayer.



4. PSL Community Garden: Emily's program at PSL was bringing to life the community garden for the residents. As a community, they decided on what seeds to start and planted them indoors. The program was full of life and happiness as they worked together. Emily wouldn't have been able to pull it off without the help of Sarah.



5. Diwali: Emily had the absolute privilege to attend and help out at CMAP's Diwali event. It amazed her to see how many people in the community attended and how beautiful and colorful everything was.



6. Friendsgiving at PSL: Sarah and Emily were welcomed to be a part of the residents' first Friendsgiving. They had a great time seeing the community come together as they all shared their favorite dishes with one another.



7. Panel on Healthcare: Emily had the opportunity to work on the panel Navigating Financial Costs of Growing Older with Lisa and learned how much work goes into planning these events.



8. Ping Pong Parkinson's: Sarah and Emily had the privilege to work with Andrea since the first meeting of PingPongParkinson and they have seen how much this group has grown since September. It has been an honor for them to work with the most incredible participants.



9. Special Connections Social Event: Emily had the opportunity to work closely on the Special Connections group and develop their social event. At the event, members had the chance to meet other members' adult children and participate in activities to get to know one another. It was a great time that she was so fortunate to be part of.



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!

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

Brandywine Living: Princeton, Pennington, & Serenade at Princeton;
Chefs for Seniors; HomeInstead Senior Care; Peapack Private Wealth Management;
Stark & Stark Attorneys at Law

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

iPad's Virtual Keyboard

The iPad virtual keyboard has some tricks up its keys.

Hidden Trackpad

You're typing away on your iPad's virtual keyboard and notice you typed "it's" instead of "its" about five lines ago. You could hit the backspace a bajillion times – but that's a waste of perfectly good letters, and you'll probably forget what you just typed.

Or you can tap the screen with your finger, aiming for the errant apostrophe you wish to dispatch.

But that can be hit or miss. You might accidentally select a word, evoking a pop-up menu that offers various options, none of which are even remotely helpful.

Alas, the unneeded apostrophe remains, hanging in mid-air like a comma that's lost its way. Pity.

But there's a terrific way to edit your text using iPad's built-in virtual trackpad.

Just tap and hold the space bar until the keyboard turns gray. (Figure 1) This converts your virtual keyboard into a virtual trackpad. Then, without lifting your finger, slide your finger to position the edit cursor to the right of that pesky apostrophe, tap Delete, and release your finger. Simple. No more apostrophe.

This feature works on all iPads and iPhones.

Floating Keyboard

But wait! There's more! You can also change the iPad keyboard to a miniature, "floating" version, à la iPhone. (Figure 2.) Just tap the keyboard icon and select "Floating,"¹ Now you have a mini-keyboard to position wherever you'd like. It's handy when you need more space on your document.

You can "unpinch" the mini-keyboard to return it to the standard size.

If you need help with your iPad, just ask our tech team at: <https://engage.cmaprinceton.org/tech-help>.

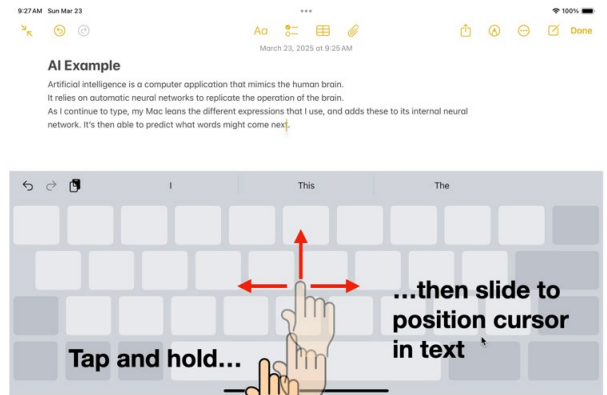


Fig. 1. Tap and hold the space bar to turn on the virtual trackpad.

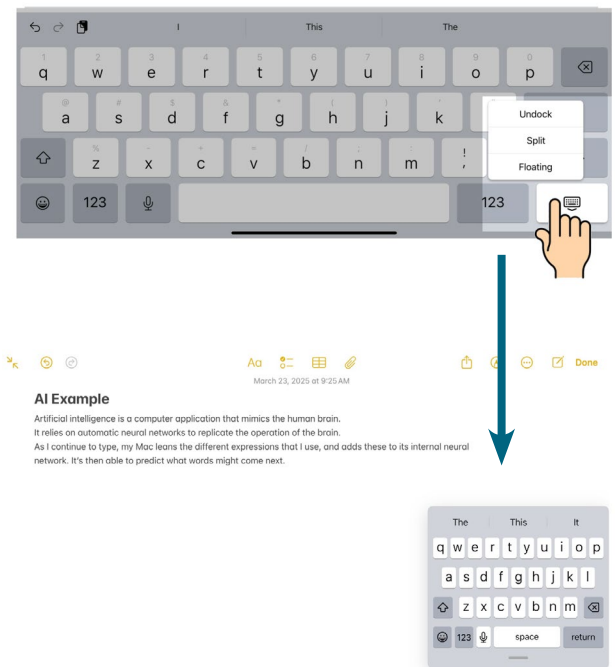


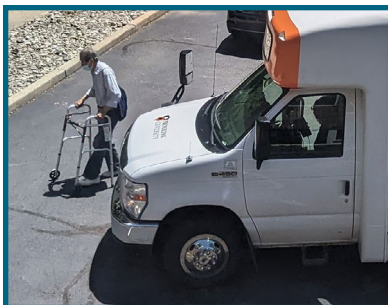
Fig. 2. You can also change to a "floating" mini keyboard.



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!

¹ Smaller iPads may also list "Undock" and "Split" options. "Undock" lets you reposition the full-size keyboard up or down. "Split" divides the keyboard into left- and right-hand sections.



**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, May 19 at 3:00 p.m.

Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, May 19 at 11:00 a.m.

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

CAREGIVERS

Tuesday, May 6 at 3:00 p.m.

Monthly meetings to share challenges and experiences.

CLEARING SPACES

Mondays in May at 3:00 p.m.

Weekly decluttering sessions with useful tips and tricks.

EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, May 15 at 3:00 p.m.

For those with early-stage memory loss.

FORGET-ME-NOT:

DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)

Saturday, May 10 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, May 10 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, May 7 and 21 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, May 2, 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, May 16, 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

CROSSTOWN

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

To be a Crosstown rider you must be:

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

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

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

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

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



FROM THE DEVELOPMENT OFFICE



Spotlight on Stark & Stark Attorneys at Law

Stark & Stark's Trusts & Estates Team is Here to Help

Clients interested in designing and implementing a trust and estate plan to preserve, protect, and transfer assets are most effective when completed before a crisis occurs. The crisis, however, sometimes arrives without warning, demanding immediate responses to complex legal, tax, business, and healthcare decisions. Inadequate preparation for life transitions and delayed response often lead to increased costs and loss of control over important personal and financial choices. **An experienced Stark & Stark New Jersey or Pennsylvania estate lawyer can help you prepare for the unexpected.**

Since each trust and estate is unique, we work closely with our clients to evaluate the various relevant legal, financial, tax, and business issues, and to understand the client's concerns, needs, and expectations. Estate planning clients rely on Stark & Stark to help them make prudent decisions for meeting their legal, financial, and ethical obligations.

Stark & Stark attorneys have extensive asset protection and wealth preservation backgrounds, including hands-on experience in tax law (federal and the states of New Jersey and Pennsylvania), probate law, corporate law, business succession planning, elder law, guardianship law, and conservatorship law.

Stark & Stark clients receive the benefits found in a "boutique" firm that provides only trusts and estates services, along with the combined experience of many business, tax, real estate, family law, and litigation lawyers who bring to the creative problem-solving process an extraordinary depth of experience and level of sophistication.

READ MORE – <https://cmaprinceton.org/2024/05/15/challenges-to-your-last-will-and-testament/>

For more information, please contact Robert Morris at rmorris@stark-stark.com, or call 609.945.7617.

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* As of April 10, 2025

THURSDAY, JUNE 12

CMAP INAUGURAL SYMPOSIUM ON AGEISM

LIVING LONGER LIVES: OVERCOMING OUR FEARS OF GROWING OLD

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

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

REGISTRATION AND SPONSORSHIP:
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



AGING GAILY (LGBTQ+)

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

MONDAY, MAY 19 AT 3:00 P.M.

SEE PAGE 9 FOR DETAILS.



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

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

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