

(Formerly Princeton Senior Resource Center)

CMAP SUMMER BLOCK PARTY BBQ

(IN-PERSON AT SPB LOCATION)
WEDNESDAY, JUNE 4, 1:00-3:00 P.M.

SEE PAGE 9 FOR DETAILS.



PAULA SPAN
"The New Old Age" columnist
for "The New York Times"

DR. TRACEY GENDRON
Author of "Ageism Unmasked:
Exploring Age Bias and How
to End it"

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.



CELEBRATE PRIDE AT CMAP

FIRST FRIDAY FILM - "WILL & HARPER"
FRIDAY, JUNE 6, 1:00 P.M.

LGBTQ+ ADVOCACY & LEGISLATION: WHAT'S AHEAD IN 2025
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
WEDNESDAY, JUNE 11, 4:00-5:30 P.M.

SEE PAGE 5 FOR DETAILS.



THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING
101 Poor Farm Road, Building B
Princeton, NJ 08540
(between Bunn Dr. and
Mt. Lucas Rd.)
Phone: 609.751.9699
Monday-Friday
9:00 a.m. to 5:00 p.m.

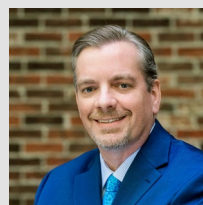
SUZANNE PATTERSON BUILDING
45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call CMAP for hours

info@cmaprinceton.org
cmaprinceton.org
CMAP's refund policy may be found
on the website under the "Who We Are/
General Information" tab.

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

**UNMASKING AGEISM: AN INVITATION
TO REIMAGINE AGING TOGETHER**

Join CMAP's Inaugural Symposium on Ageism - June 12, 2025

Dear Friends,

What comes to mind when you think about growing older?

Too often, our society answers this question with a mix of fear, pity, and limitation. Ageism – the stereotypes, prejudice, and discrimination directed at people based on their age – seeps into our language, our healthcare, our workplaces, and even our self-perception. And while aging is something every single one of us will experience, ageism isolates us, divides generations, and undermines the dignity and potential of growing older.

At the Center for Modern Aging Princeton (CMAP), we believe it's time to change that.

That's why we are proud to host our **Inaugural Symposium on Ageism** on **Thursday, June 12, 2025** – a full-day event designed to confront ageism head-on and inspire a cultural shift in how we view and experience aging. The theme, "Living Longer Lives: Overcoming Our Fears of Growing Old," invites each of us to reexamine the narratives we carry about aging and reclaim the truth: that longer lives can be lives of purpose, connection, wisdom, resilience, and joy. To learn more and register, visit: <https://cmaprinceton.org/symposium-on-ageism/>



We are honored to welcome two national thought leaders as our keynote speakers:

- **Paula Span**, award-winning journalist and columnist for "The New York Times" column "The New Old Age," who brings a compassionate and deeply informed perspective on aging in America.
- **Dr. Tracey Gendron**, professor and chair of the Department of Gerontology at Virginia Commonwealth University, and author of "Ageism Unmasked: Exploring Age Bias and How to End It," a groundbreaking book that challenges the ageist assumptions embedded in our culture – and in ourselves.

COST SHOULD NEVER BE A BARRIER TO LEARNING!

Senior Scholarships are available for all our programs.
To request a scholarship, go [HERE](#).



The day will also include interactive workshops designed to spark conversation and inspire action:

- *Age-Inclusivity Matters: Practical Tips for Professionals Engaging with Older Adults*
- *Resilient Aging in the LGBTQ+ Community: Maintaining Voice and Autonomy*
- *Oh, at Your Age—'Get Over It, Honey!': Ageism and Its Impact on Healthcare and Healthcare Delivery*

Whether you are an older adult, a caregiver, a health professional, a student, or someone interested in building a more inclusive future for people of all ages – this symposium is for you. Ageism affects all of us, whether we realize it or not. And the work of unmasking it begins in community – when we listen, learn, and choose to see aging as a gift, not a burden.

At CMAP, our mission is to help older adults thrive – and that means creating a world where older adults are respected, valued, and empowered. This symposium is one more step in that journey.

We invite you to join us on June 12. Let's reimagine aging – together.

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

CMAP STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer

Lisa Adler
Chief Development Officer

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Social Worker & Care Coordinator

Andrea Schwarz
Program Associate: Suzanne Patterson Building

Beth Weiskopf
Program Administrator

Kathleen Whalen
Director of Communications

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

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

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

THE LATE SHIFT – WEDNESDAY NIGHTS AT CMAP

CMAP is now open from 9:00 a.m.–8:00 p.m. every Wednesday starting in June. Check out the schedule and details below for more information.

What's Available?

Everything! We're fully open. Enjoy a coffee in the lounge, spend some time on the patio, get tech help, or join us for one of our many great programs.



Programs

DOCUMENTARY SCREENING CLUB: "I AM NOT YOUR NEGRO" (In-Person at NSK Location)

Wednesday, June 18, 5:30 p.m.-8:00 p.m.

Fee: \$10

Expand your understanding of the world through film. The Documentary Screening Club, hosted by Judith Zinis, offers monthly opportunities to watch thought-provoking documentaries and engage in stimulating conversations with other curious minds.

This Month's Documentary: "I Am Not Your Negro" A. O. Scott of "The New York Times" described Raoul Peck's portrait of James Baldwin as a "life altering documentary." The film examines Baldwin's experience of racism and according to Baldwin, the mythology of white innocence.

Facilitator: Judith Zinis has taught film studies at Ocean County College and as a Fulbright Scholar at the National and Kapodistrian University of Athens in Greece. She has also taught Documentary Films with Evergreen Forum.

MUSIC ON THE PATIO: FEATURING BOB MECKLENBURGER (In-Person at NSK Location)

Wednesday, June 25, 6:00-7:00 p.m.

Fee: \$10

Join us for an evening of live music on our patio featuring Bob Mecklenburger who has been singing his folk music and performing with his acoustic 6- and 12-string guitars for more than fifty-five years! Accomplished at both flatpicking and finger-picking guitar styles, he uses his strong baritone voice to sing his own compositions and those of numerous folk singers and singer-songwriters mostly of the '60s, '70s and '80s.

Light refreshments will be served!

Performance will move indoors in case of bad weather.



SPEED-FRIENDING (In-Person at NSK Location)

Wednesday, June 4, 6:00-7:30 p.m.

This is the perfect opportunity to meet a new friend and make some new connections. Come join us for an exciting evening of speed-friending! Whether you're new in town or just looking to make new friends, this event is perfect for you. You will have eight minutes of one-on-one with several other participants. Conversation starters will be provided by the event host.

Registration required, no fee.



ALL PROGRAMS JUNE 2025

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

CELEBRATE PRIDE AT CMAP

FIRST FRIDAY FILM - "WILL & HARPER"

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

Friday, June 6, 1:00 p.m.

When Will Ferrell's good friend Harper Steele comes out as a trans woman, they take a road trip to bond and reintroduce Harper to the country as her true self. Refreshments will be served.

Genre: Documentary; Rated: R;

Runtime: 1 hour, 54 minutes

Registration required, no fee.

LGBTQ+ ADVOCACY & LEGISLATION: WHAT'S AHEAD IN 2025

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

Wednesday, June 11, 4:00-5:30 p.m.

Fee: \$5

As our social and political landscape shifts, it's vital to stay informed. This workshop will explore global and national policies impacting LGBTQ+ individuals, with a focus on New Jersey. We'll cover ongoing advocacy efforts, strategies for involvement, and self-care practices. Walk away with valuable resources and insights into supporting yourself and others in the LGBTQ+ community. Open to all who want to stay informed and engaged!

Facilitator: HiTop



ARTS & CULTURE

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

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

THE GOLDEN AGE OF RADIO

(Zoom)

Tuesdays and Thursdays in June, 4:00-5:00 p.m.

(no stream on 6/12 or 6/19)

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 "X Minus One" on Tuesdays and "Gunsmoke" on Thursdays. Experience the enchantment of this era as we bring the magic of sound and imagination to life. Don't miss out on the opportunity to be entertained and amazed! Registration required, no fee.

LIBRARY READS

(Zoom)

Monday, June 2, 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)

Every Thursday at 11:00 a.m.

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 tours are live and can be weather and guide dependent. Locations will be posted ahead of each trip but may change at the last moment. Payment accepted at the door!

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

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

THE WONDERS OF WORDPLAY – SPRING QUARTER

(Zoom)

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

ALL PROGRAMS JUNE 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.

ARTHRITIS MANAGEMENT

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

Tuesday, June 17, 3:00-4:00 p.m.

Discover how recent advances in physical therapy are opening new doors for managing arthritis and promoting cartilage regeneration. While not all patients benefit from conventional treatments, emerging techniques such as EPAT therapy, dry needling, and MLS laser therapy – combined with progressive weight-bearing exercises – can help slow cartilage degeneration and potentially reduce the need for surgical intervention.

Our expert, Dr. Suresh Babu, PT, DPT, MS, Cert. GT, Cert. DN, will present effective, research-based strategies to prevent the progression of arthritis and improve daily function. Don't miss this opportunity to gain valuable insights and take meaningful steps toward better joint health and quality of life..

Presenter: Suresh Babu

Registration required, no fee.

LIVE WELL TODAY WITH PARKINSON'S: DAVID PHINNEY PARKINSON'S FOUNDATION PRESENTATION

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

Friday, June 27, noon-1:00 p.m.

While finding a cure for Parkinson's disease is essential, the Davis Phinney Foundation focuses on helping people live well with Parkinson's today. Through innovative programs, tools, and resources, the Foundation empowers individuals and fosters healthy communities. Join Sarah Berkman, vice president of marketing and development, to explore the foundation's offerings – including educational events, community programs, Pedaling for Parkinson's, ambassador-led initiatives, and more. Registration required, no fee.

WORLD ELDER ABUSE DAY

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

Thursday, June 5, 2:00-3:00 p.m.

Join us for a vital presentation in recognition of this National Day of Awareness, focused on educating and empowering older adults. We'll explore the signs of elder abuse, offer practical prevention strategies, and highlight local resources available to support both seniors and their caregivers. Designed to be informative, engaging, and sensitive to the unique needs of older adults, this session provides valuable tools to help protect and uplift our aging community. Presenter: Jamie Urban
Registration required, no fee.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in June, 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.

INTRODUCTION TO BRIDGE (In-Person at NSK Location)

Wednesdays, May 28 through July 2, 10:00 a.m.-noon

Fee: \$110

This series is designed for those who are new to the game or returning from a hiatus. During this six-week course, we will review modern basic bidding, as well as playing and defense techniques. Using a hands-on approach, participants will be encouraged to play and defend hands. The course is based on Audrey Grant's

ALL PROGRAMS JUNE 2025

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

“Bridge Basics” series. “Bridge Basics 1: An Introduction” will be available for purchase from the instructor for \$20. Instructor: Bill Miller

LEARN TO PLAY CLASSIC CANASTA WITH NEILIA

(In-Person at NSK Location)

Tuesday, June 3, 1:00–4:00 p.m.

Fee: \$25 resident, \$30 non-resident

Socialize and have fun while you play this easy card game. With instruction, you can learn to play quickly, even if you have never played cards before! Played with two to four players, in partnerships or individually, Canasta is one of the most widely played card games in the U.S. Enrollment is limited to eight students to ensure a successful learning experience with a minimum of six. Note: There is a materials fee of \$4 payable to the instructor in class.

Instructor: Neilia Makadok is a professional educator and management consultant who has taught Canasta and Mah Jongg for more than twenty years.

POKER: TEXAS HOLD 'EM OPEN PLAY

(In-Person at SPB Location)

Thursday, June 5 and June 26, 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, June 6 and June 20, 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, June 3 through June 24, 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

FUSION YOGA (In-Person at SPB Location)

Monday, June 2 through June 23, 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 using props like chairs, blocks, walls, and the floor, we’ll ensure every posture is meaningful and the asana awesome! Anticipate thirty minutes of gentle flowing sequences, making poses accessible to all levels, followed by fifteen minutes of stretching and reflective practice.

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in June, 3:00–4:30 p.m.

(no meeting 6/4 and 6/18)

We’re on a mission to promote healthy aging for Parkinson’s patients by building a supportive community. Ping pong offers physical exercise—one of the most effective ways to improve symptoms. Sessions begin with conversation, followed by warm-ups, skill drills, gameplay, and end with coordination exercises, song, and laughter. Registration required; no fee.

ALL PROGRAMS JUNE 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 2 - ADVANCED BEGINNER PICKLEBALL

Players should know the basics of the sport and have taken an introductory to pickleball course either through CMAP or somewhere else.

GET IN TO THE GAME: ADVANCED BEGINNERS

Build on Introduction to Pickleball basics in a two-hour gameplay session with your instructor. Improve skills and experience the real game play feel. Participants should wear comfortable/athletic clothes, sneakers, and bring water, though water is available on location if needed.

Fee: \$35 resident/\$40 nonresident

- Thursday, June 5, 11:00 a.m.-1:00 p.m.
- Thursday, June 26, 11:00 a.m.-1:00 p.m.

PLAY WITH THE PRO: ADVANCED BEGINNERS

After learning the basics of Pickleball, join your instructor for two hours of gameplay designed to improve skill and get a feel for real gameplay.

Fee: \$20 resident/\$25 nonresident

- Wednesday, June 11, 10:00-11:00 a.m.
- Wednesday, June 25, 10:00-11:00 a.m.

OTHER WAYS TO PLAY

GROUP COURT RENTALS

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

Reduced Rate: \$20 per hour

SOLVENTS & GLUE (In-Person at SPB Location)

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

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

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.

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, June 5, 10:00-11:00 a.m.
- Thursday, June 26, 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, June 11, 11:00 a.m.-1:00 p.m.
- Wednesday, June 25, 11:00 a.m.-1:00 p.m.

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.

Fee: \$80 resident/\$90 nonresident

ALL PROGRAMS JUNE 2025

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



LIFELONG LEARNING

92ND STREET Y LIVE PRESENTS

(In-Person at NSK Location)

The 92nd Street Y in New York City and CMAP are partnering to bring world-class talks, performances, concerts, and more to CMAP via live stream. 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 June 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

POWER UP: THE TRUTH ABOUT SOLAR PANELS & AVOIDING SCAMS

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

Tuesday, June 10, 2:00-3:00 p.m.

Thinking about going solar? Unlock the potential of clean energy and learn how to navigate the world of solar panels with confidence. Our latest guide, "Power Up: The Truth About Solar Panels & Avoiding Scams," equips you with the knowledge to make smart choices and steer clear of costly pitfalls.

Presenter: Sustainable Princeton

SPANGLISH FOR BEGINNERS

(In-Person at NSK Location)

Thursday, May 8 through Wednesday, June 11, 10:30 a.m.-noon; Fee: \$45

WHY DO WE BELIEVE THE BIG BANG THEORY?

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

Monday, June 9, 1:00-3:00 p.m.

Scientists use the word "theory" in a very different way than the general public. In this talk aimed at nonscientists, Tony discusses the main pillars of the Big Bang theory, including the expansion of the universe, element formation, the cosmic background radiation,

the beginning of galaxy formation, as well as questions left unanswered by our current theory. He also attempts to answer as many questions from the audience as time and stamina allow.

Instructor: Tony Rothman received a BA from Swarthmore College and a Phd from the Center for Relativity at UT Austin. After holding postdoctoral fellowships at Oxford, Moscow State University, and the University of Cape Town, he went on to teach at Harvard, Princeton, and NYU. Now retired, he continues to do research in cosmology and has authored fifteen books for the general public, including "A Little Book about the Bang" (Harvard University Press, 2022). He also sings.

WOMEN IN RETIREMENT SPECIAL PRESENTATION: DISCOVERING FELDENKRAIS AND SOLVENTS & GLUE: AN INFORMATIONAL SESSION WITH JACLYN BOONE

(Hybrid In-Person at NSK Location and on Zoom)
Friday, June 20, 10:00 a.m.

Join certified Feldenkrais instructor Jaclyn Boone for an engaging and interactive presentation on Solvents and Glue and the Feldenkrais Method. This innovative series of movement lessons offers a uniquely effective approach to strengthening, stabilizing, and toning the body. Through a carefully coordinated sequence of precise movements, participants will explore how to bring greater structural clarity to the body's major joints. The Feldenkrais Method is a powerful system of somatic education – an experiential process that uses gentle movement and heightened body awareness to support self-improvement, functional ease, and well-being.

Presenter: Jackie Boone



SOCIAL CONNECTIONS

Programs

CMAP SUMMER BLOCK PARTY BBQ

(In-Person at SPB Location)

Wednesday, June 4, 1:00-3:00 p.m.

Fee: \$5

Get ready for a sizzling good time at our Summer Block Party BBQ! We're serving up a mouthwatering spread – hotdogs, burgers (including veggie!), country-fried and grilled chicken, corn on the cob, fresh salads, cool drinks, and sweet desserts.

Come hungry, bring your friends, and don't miss out on the fun! Tickets are going fast – grab yours today and join the summer celebration!

ALL PROGRAMS JUNE 2025

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

Groups

AGING GAILY (LGBTQ+)

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

Monday, June 16 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 June, 3:00 p.m.

(no meeting on 6/4 and 6/18)

General conversation group.

Registration required, no fee.

TED TALKS

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

Tuesdays in June, 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:

June 3 – TED Explores: Food for the Future

June 10 – Shahrn Izadi: The next computer?
Your glasses

June 17 – Charles Duhigg: The science behind
dramatically better conversation (YouTube)

June 24 – Andrew: Tarvin: The Skill of Humor
(YouTube)

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, June 20, 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.

Fee: \$15

Join us for casual French language conversation, focusing on pronunciation, vocabulary, and grammar enrichment. All levels welcome.

你好! (Nǐ Hǎo!) CHINESE CONVERSATION & FRIENDSHIP GROUP

(In-Person at NSK Location)

Wednesday, June 11, 6:00-7:00 p.m.

Friday, June 27, 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 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, June 5, 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, June 16 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.

ALL PROGRAMS JUNE 2025

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



CAREGIVERS (Zoom)

Tuesday, June 3 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 June, 3:00 p.m.

Whether you aim to downsize, organize, or reclaim your closet floor, we invite you to our weekly Zoom meeting. It's an inspirational and nonjudgmental space where we share tips, challenges, and triumphs in decluttering journeys. Plus, we dedicate part of the hour to accomplishing a small task, ensuring you leave each meeting more organized than when you arrived! Registration required, no fee.

EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, June 26, 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, June 14 at 10:00 a.m.-noon

(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)

Monday, June 9 at 10:00 a.m.

(Usually second Monday of each month)

- Memory Café meets monthly on the second Monday 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, June 11 and June 25 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, June 6 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 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.

INTERNET SECURITY FOR SENIORS (Zoom)

Wednesday, June 4, 4:00-5:00 p.m.

Gain confidence navigating the digital world with Bloomberg's Internet Security Basics workshop. Learn essential skills in password management, online safety, social media security, scam identification, and bank account protection.

MAP-TASTIC NAVIGATION: YOUR GUIDE TO MAP APP SUCCESS (Hybrid - In-Person at NSK Location and on Zoom)

and on Zoom)

Monday, June 2 and June 9, 2:00 p.m.

Get going with map apps! Learn Google, Apple, Waze & Bing for easy directions & finding anything. Navigate your next adventure or daily errand with confidence!

- **June 2 - Class.**
- **June 9 - Follow up** one on one appointments will be available for those who want help using any of the map applications after attending the presentation on June 2.

*It is recommended to bring your laptop, tablet, or smart phone

Registration required, no fee.

Google’s Uncluttered “Web” Search Option

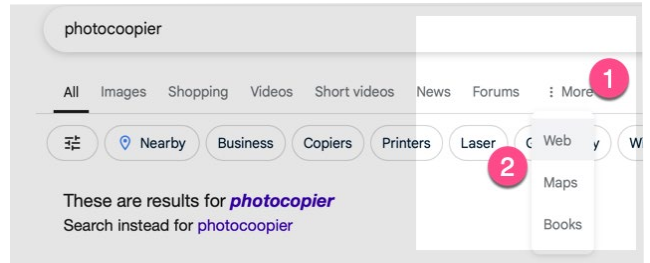
Are you tired of Google’s ads and other flotsam and jetsam clogging up your search results? Read on.

A long time ago, in a galaxy far, far away, Google’s search results comprised a simple list of websites you could select from to find what you were looking for. It was uncanny how Google seemed to know what you had in mind.

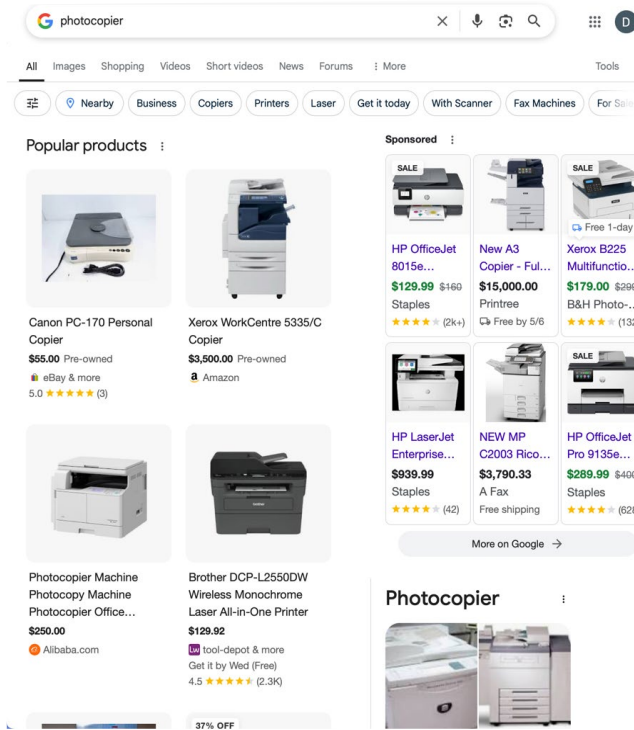
But, alas, that didn’t last. Today, Google coughs up sponsored sales items, videos, maybe a TikTok or two, lists entitled “People Also Ask” and “Things to Know,” and, finally, after lots of scrolling, the websites you wanted in the first place.

About a year ago, without much fanfare, Google added a “Web” search option that removes the chaff and returns us to yesteryear with a simple list of sites.

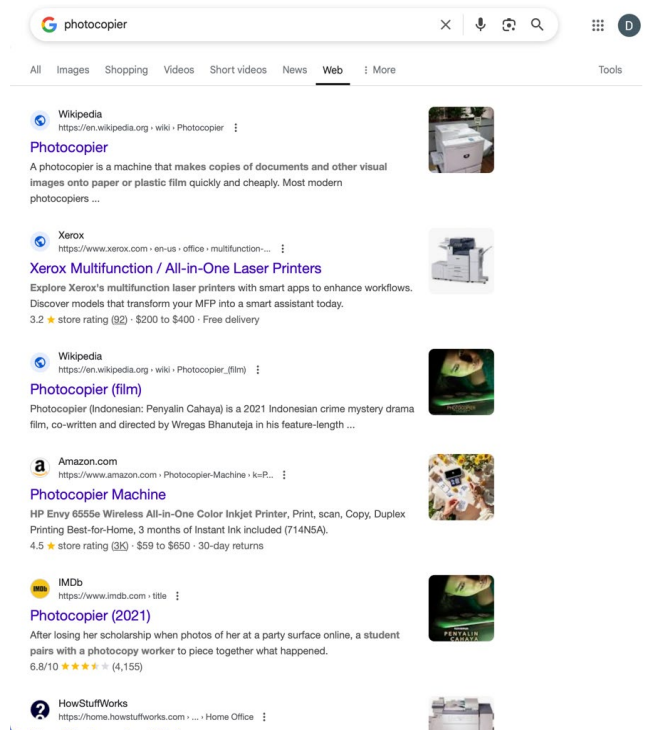
For example: You want information about “photocopiers.” Google returns with a plethora of sponsored ads for photocopiers that you need to scroll through, as shown in the screenshot on the left below. But if you click “More” and then “Web” from among the options under the search bar, the ads go away, and you’re left with links to websites about photocopiers, as shown on the right, a lot like the old days.



Select “More” and then “Web” to remove non-website entries.



Original search results with ads, etc..



Search results after selecting the “Web” option.

For help with Google or other tech “issues,” go to our website, <https://cmaprinceton.org>, and scroll to the bottom, where you’ll find the link to Tech Help.

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>2</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Library Reads 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 2:00 Map-Tastic Navigation (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>3</p> <p>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) 1:00 Learn to Play Classic Canasta (NSK) 2:00 Beg Art Workshop (SPB) 3:00 Caregivers 4:00 Golden Age of Radio</p>	<p>4</p> <p>8:50 <i>Every Body Walk!</i> (VL) 10:00 Intro to Bridge (NSK) 1:00 CMAP Summer Block Party BBQ (SPB) 4:00 Internet Security for Seniors 6:00 Speed Friending (NSK)</p>	<p>5</p> <p>10:00 Chair Yoga & Meditation 10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro - Intermediate (SPB) 10:00 Time to Tell Your Story: Memoir Writing Workshop 10:30 Spanglish for Beg (NSK) 11:00 PB Get into the Game (SPB) 2:00 Poker Texas Hold 'em Open Play (SPB) 2:00 World Elder Abuse Awareness Day (NSK-H) 4:00 Golden Age of Radio 4:00 ¡Se Habla Español! Charlas del Corazón</p>	<p>6</p> <p>10:00 Women in Retirement Coffee Klatch 10:30 Ageless Grace (NSK) 1:00 First Friday Film: "Will & Harper" (NSK-H) 1:00 Special Connections (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB) 2:00 Tech Lab Assistance (NSK)</p>
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<p>9</p> <p>10:00 Memory Café (NSK) 10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 1:00 Why Do We Believe the Big Bang Theory? (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>10</p> <p>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) 2:00 The Truth About Solar Panels (SPB-H) 4:00 Golden Age of Radio</p>	<p>11</p> <p>8:50 <i>Every Body Walk!</i> (VL) 10:00 Intro to Bridge (NSK) 10:00 PB Play with the Pro - Advanced Beginner (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) 4:00 LGBTQ+ Advocacy & Legislation (NSK-H) 6:00 Chinese Conversation and Friendship Group (NSK)</p>	<p>12</p> <p style="text-align: center;">CMAP CLOSED FOR IN-PERSON PROGRAMS FOR SYMPOSIUM ON AGEISM</p> <p>8:30 Symposium on Ageism (MCCC Conference Center) 10:00 Chair Yoga & Meditation 10:00 Time to Tell Your Story: Memoir Writing Workshop</p>	<p>13</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB) 2:00 Tech Lab Assistance (NSK)</p>
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SATURDAY, JUNE 14
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

<p>16</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Bereavement 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Aging Gaily (LGBTQ+) (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>17</p> <p>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) 3:00 Arthritis Management (NSK-H) 4:00 Golden Age of Radio</p>	<p>18</p> <p style="text-align: center;">CMAP CLOSED FOR STAFF IN-SERVICE (9:00 a.m.-5:00 p.m.)</p> <p>8:50 <i>Every Body Walk!</i> (VL) 5:00 CMAP OPENS 5:30 Documentary Screening Club (NSK)</p>	<p>19</p> <p style="text-align: center;">CMAP CLOSED FOR JUNETEENTH HOLIDAY</p>	<p>20</p> <p>10:00 Women in Retirement Special Presentation (NSK-H) 10:30 Ageless Grace (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)</p>
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<p>23</p> <p>10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>24</p> <p>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) 4:00 Golden Age of Radio</p>	<p>25</p> <p>8:50 <i>Every Body Walk!</i> (VL) 10:00 Intro to Bridge (NSK) 10:00 PB Play with the Pro - Advanced Beginners (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) 6:00 Music on the Patio: Featuring Bob Mecklenburger (NSK)</p>	<p>26</p> <p>10:00 Chair Yoga & Meditation 10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro - Intermediate (SPB) 10:00 Time to Tell Your Story: Memoir Writing Workshop 11:00 PB Get into the Game! (SPB) 2:00 Poker Texas Hold 'em Open Play (SPB) 3:00 Early-Stage Memory Loss Support (NSK-H) 4:00 Golden Age of Radio</p>	<p>27</p> <p>10:00 Women in Retirement Coffee Klatch 11:00 Chinese Conversation Group (NSK) 12:00 Live Well Today with Parkinson's (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB) 2:00 Tech Lab Assistance (NSK)</p>
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30

10:00 Zen Mat Yoga: Find Your Center
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (NSK)
3:00 Clearing Spaces

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

THE LATE SHIFT – WEDNESDAY NIGHTS AT CMAP

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.

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



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!

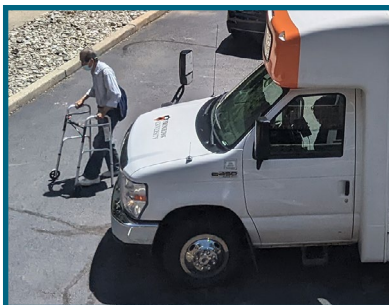
PLEASE TAKE A MOMENT TO LEARN ABOUT OUR SPONSORS – THEIR SUPPORT HELPS FUND OUR PROGRAMS

Akin Care Senior Services; Berkshire Hathaway - Fox & Roach Realty; Justin Tree Service; Lawrence Campus-Rehab & Assisted Living; McCaffrey's Food Markets; Oasis Senior Advisors; Penn Medicine Princeton Hospital; Roundview Capital



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 both of our buildings**

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

GROUPS

AGING GAILY (LGBTQ+)

(IN-PERSON AT NSK - HYBRID)

Monday, June 16 at 3:00 p.m.

Monthly social activities, friendship building, and support.

BEREAVEMENT

Monday, June 16 at 11:00 a.m.

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

CAREGIVERS

Tuesday, June 3 at 3:00 p.m.

Monthly meetings to share challenges and experiences.

CLEARING SPACES

Mondays in June at 3:00 p.m.

Weekly decluttering sessions with useful tips and tricks.

EARLY-STAGE MEMORY LOSS SUPPORT

(IN-PERSON AT NSK - HYBRID)

Thursday, June 26 at 3:00 p.m.

For those with early-stage memory loss.

FORGET-ME-NOT:

DEMENTIA CAREGIVERS

(IN-PERSON AT NSK - HYBRID)

Saturday, June 14 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)

Monday, June 9 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, June 11 and 25 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, June 6, 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, June 20, 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

THANK YOU TO SILVER CENTURY FOUNDATION FOR SUPPORTING OUR INAUGURAL SYMPOSIUM ON AGEISM



Spotlight on Silver Century Foundation

The Silver Century Foundation is a charitable organization to promote a positive view of aging. The foundation is shining a light on entrenched societal ageism. We challenge stereotypes, encourage dialogue between generations, advocate planning for the second half of life and build awareness to educate and inspire everyone to live long, healthy, empowered lives. The Foundation envisions a society where:

- We no longer fear our own aging.
- Viable social and working roles for older adults exist and are valued.
- People are taught how to plan for the middle and later years, not just for the tasks of early adulthood.
- Different generations respect and enjoy each other.
- Growing older is seen not as an inevitable decline but as the fulfillment of a whole life.

Each month the foundation's website publishes book and movie reviews and informative blogs like this excerpt from Judith Graham's article: *Changing the way you think about aging can improve your life.*

"People's beliefs about aging have a profound impact on their health, influencing everything from their memory and sensory perceptions to how well they walk, how fully they recover from disabling illness and how long they live.

"When aging is seen as a negative experience (characterized by terms such as decrepit, incompetent, dependent and senile), individuals tend to experience more stress in later life and engage less often in healthy behaviors such as exercise. When views are positive (signaled by words such as wise, alert, accomplished and creative), people are more likely to be active and resilient and to have a stronger will to live."

silvercentury.org

JUNE FEATURED SPONSORS



We do everything we can to keep you
or your loved one comfortable
homewatchcaregivers.com



Focus on patient education – not only for treatment
but also for prevention
innovativeptnj.com



Princeton Health is one of the most comprehensive
healthcare systems in New Jersey.
princetonhcs.org



Assisting older adults navigate the healthcare system
throughout the aging process
nightingalenj.com

A STEADY LIGHT THROUGH CHANGING TIMES

CELEBRATING FIFTY YEARS OF CONNECTION, CARE, AND COMMUNITY

In a world that seems to shift with every season, some things remain constant. At the Center for Modern Aging Princeton, we've been a steady light in the greater Princeton region for fifty years – helping older adults not only navigate change, but thrive through it.

Thanks to the generosity of people like you, CMAP has stood as a trusted presence offering:

- **Dynamic lifelong learning** that keeps minds sharp and spirits engaged
- **Compassionate social services** that meet people where they are
- **Professional resource referrals** to help during times of transition
- **Meaningful volunteer opportunities** that build purpose and connection

Your generosity would ensure that no one has to age alone – and that the greater Princeton area remains a place where older adults can live with dignity, purpose, and joy. Thank you for believing in community. Thank you for standing with us through all seasons.

Thank you! Again, we invite you to make a **DONATION**.
Your generosity is the fuel that empowers CMAP to change lives.

To make a **DONATION**, visit <https://engage.cmaprinceton.org/donate-now>,
or call 609.751.9699, ext 103.

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 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



THE LATE SHIFT
WEDNESDAY NIGHTS AT CMAP
(IN-PERSON AT NSK LOCATION)
CMAP IS NOW OPEN FROM 9:00 A.M.-8:00 P.M.
EVERY WEDNESDAY STARTING IN JUNE.
SEE PAGE 4 FOR DETAILS.



THE LATE SHIFT
WEDNESDAY NIGHTS AT CMAP

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 us at info@cmaprinceton.org, or call 609.751.9699 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
Brandywine Living: Princeton, Pennington, & Serenade at Princeton
Bryn Mawr Trust
Chefs for Seniors
First Light Home Care
Home Instead
Homewatch CareGivers

Icon Riverwalk
Innovative Physical Therapy and Fitness Center
Justin Tree Service & Lawn Care
Lawrence Campus - Rehab & Assisted Living
McCaffrey's Food Markets
NightingaleNJ Eldercare Navigators
Oasis Senior Advisors

Peapack Private Wealth Management
Penn Medicine Princeton Health
Princeton Theological Seminary
Roundview Capital
Senior Advisors
Silver Century Foundation
Springpoint At Home
Stark & Stark Attorneys at Law
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