

*(Formerly Princeton Senior Resource Center)*

EVERGREEN FORUM  
FALL 2025 OPEN HOUSE  
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)  
**THURSDAY, JULY 31, NOON-4:00 P.M.**

**SEE PAGE 12 FOR DETAILS.**



SAVE THE DATE  
2025 CMAP FALL BENEFIT

**SEASONS OF INNOVATION**  
CONNECTION, PURPOSE, AND LIFELONG LEARNING

THURSDAY, SEPTEMBER 11, 5:30 P.M.  
(IN-PERSON AT 101 POOR FARM ROAD, PRINCETON)

**2025 LEADERSHIP AWARDS:**

- **INDIVIDUAL HONOREE: ALBERT STARK**
- **CORPORATE HONOREE: PENN MEDICINE PRINCETON HEALTH**
- **COMMUNITY IMPACT HONOREE: CMAP EVERGREEN FORUM**



EVERGREEN FORUM:

**Fall 2025 Course List**

Classes begin in September  
and October 2025.

See **pages 18 & 19** for fall course list.



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.

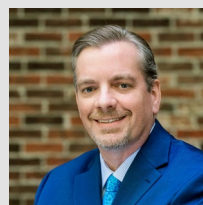
SUZANNE PATTERSON BUILDING  
45 Stockton Street  
Princeton, NJ 08540  
(behind Monument Hall)  
Phone: 609.751.9699  
Call CMAP for hours

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

REIMAGINING AN AGE-FRIENDLY PRINCETON:  
BUILDING ON A LEGACY, SHAPING THE FUTURE

Dear Friends,

In 2014, Princeton achieved a remarkable milestone: it became the first municipality in New Jersey, and one of the very first in the United States, to be designated an Age-Friendly Community by the World Health Organization (WHO). This distinction recognized Princeton's commitment to creating a community where people of all ages can thrive, especially older adults. It was a bold and visionary step, led by Susan Hoskins and a coalition of community partners who understood that aging is not a problem to be solved, but an opportunity to be embraced.

That initial recognition launched a decade of innovation, collaboration, and investment in programs and policies that support older residents, from improvements in walkability and transportation, to expanded access to services and social participation. Today, thanks to that legacy, Princeton is once again poised to lead.

With support from the New Jersey Division of Human Services and in close collaboration with the Municipality of Princeton, the Center for Modern Aging Princeton (CMAP) is launching **Age-Friendly Princeton 2.0** – a revitalized and forward-looking initiative to strengthen Princeton's age-friendly ecosystem. The first major step in this work will be a comprehensive community needs assessment focused on older adults and the livability of Princeton. This assessment will listen closely to the voices of residents and explore how well the community is meeting the needs of its aging population across key domains: housing, transportation, outdoor spaces, health services, social inclusion, civic engagement, and access to information.

**A National Movement, A Local Commitment**

The Age-Friendly movement that Princeton helped pioneer has grown into a global initiative and a national imperative. What began as a pilot program of the WHO in 2006 is now a robust and expansive network of more than



1,400 communities in fifty-one countries. In the United States, the effort is championed by AARP, which has helped more than 730 cities and counties join the Age-Friendly Network, touching the lives of over ninety-five million Americans.

At the heart of this movement is the recognition that communities must adapt to a rapidly aging population. By 2034, adults aged sixty-five and older will outnumber children under eighteen in the U.S. for the first time in history. This demographic shift calls for a new way of thinking about public space, service delivery, social cohesion, and intergenerational connection. As *Generations Journal* highlights in its article, "The History and Imperative of an Age-Friendly Ecosystem," the movement is about more than checklists and policies, it is about transforming the systems that shape how we live, age, and belong.

Research consistently affirms the value of age-friendly communities. Older adults in these communities report higher levels of well-being, reduced loneliness, greater physical and mental health, and more opportunities to stay engaged. And these benefits ripple outward, contributing to more resilient, inclusive, and economically vibrant communities for everyone.

### **Age-Friendly Princeton 2.0: A Vision for the Future**

As CMAP and other community partners in Princeton prepare to embark on Age-Friendly Princeton 2.0, the work is grounded in two clear convictions. First, aging is a lifelong process, and building a community that supports older adults also benefits caregivers, families, children, and future generations. Second, the most powerful solutions come from listening to the people most impacted. That's why the needs assessment will be rooted in community voices, with special attention to those often left out of public planning, including low-income seniors, racial and ethnic minorities, LGBTQ+ elders, and those living with disability or chronic illness.

Over the next year, CMAP will convene older residents, municipal leaders, nonprofit partners, and community members to ask: How can we make Princeton not just a place where people grow older, but a place where people grow older well? What barriers still exist? What new opportunities can we create?

Age-Friendly Princeton 2.0 is not just a planning process, it's an invitation. An invitation to dream together, to challenge ageist assumptions, and to ensure that Princeton remains a community where aging is celebrated as a time of purpose, growth, and connection.

### **Continuing the Legacy**

The work of building an age-friendly community is never finished. It is an ongoing act of imagination, investment, and care. Susan Hoskins and her collaborators laid the groundwork more than a decade ago, setting Princeton on a path that other communities would follow. Today, we honor that legacy by deepening the work, expanding the circle, and shaping a community that welcomes us all. To learn more or to get involved in Age-Friendly Princeton 2.0, visit [www.cmaprinceton.org](http://www.cmaprinceton.org) or contact CMAP directly. The future of Princeton is age-friendly – and it starts now.

*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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*Crosstown Coordinator*

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**Analee Olsson**  
*Development Associate*

**Audra Sbarra, LCSW, MSW, MSci**  
*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

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H - Hybrid Group/Program

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

# SPOTLIGHT JULY-AUGUST 2025

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

## THE LATE SHIFT – WEDNESDAY NIGHTS AT CMAP

CMAP is now open from 9:00 a.m.–8:00 p.m. every Wednesday. Everything!

### What's Available?

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.



### **AGELESS GRACE** (In-Person at NSK Location)

*Wednesday Evenings, July 9 and August 6, 6:00–7:00 p.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. Each exercise targets key brain functions like memory, sensory perception, motor skills, and thought processing.

Instructor: Allyson Toth

### **BEGIN AGAIN: NAVIGATING CHANGE AND TRANSITION** (In-Person at NSK Location)

*Wednesday, July 9 and July 16, 6:00–7:30 p.m.*

*Fee: \$20 resident, \$30 nonresident*

Whether because we change or life changes, we sometimes find ourselves having to begin again. This can happen if we move, lose a partner, our children leave home, we age out of work or pastimes, our preferences change – or we want something different out of our lives. In this two-session class, we'll review and put into practice strategies for starting over.

Instructor: Lynn Aylward

### **BRUSHSTROKES OF JOY: A CMAP SUMMER ART SHOWCASE** (In-Person at NSK Location)

*Wednesday, July 16, 6:00–7:00 p.m.*

Join us for a special summer evening filled with color, creativity, and heart. Our talented CMAP art students, guided by instructor Christina Rang, will present a joyful and eclectic collection of works – each piece a reflection of their unique voice and artistic journey. From bold brushstrokes to delicate lines, discover a variety of styles and techniques infused with passion, imagination, and a touch of art magic. Hear the artists speak about what inspires them and celebrate their

accomplishments together with us.

Let's gather, admire, and connect – because art, after all, is one of the most beautiful ways to share what truly matters.

Registration required, no fee.

## DOCUMENTARY SCREENING CLUB

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

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.

### **"WALTZ WITH BASHIR"** (In-Person at NSK Location)

*Wednesday, July 16, 5:30–8:00 p.m.*

*Fee: \$10*

Join us this month for the documentary: "Waltz with Bashir": An animated documentary where a filmmaker tries to uncover his repressed memories of the 1982 Lebanon War, specifically the Sabra and Shatila massacre.

### **"WEINER"** (In-Person at NSK Location)

*Wednesday, August 20, 5:30–8:00 p.m.*

*Fee: \$10*

Join us this month for the documentary "Weiner": A behind-the-scenes look at Anthony Weiner's scandalous 2013 New York City mayoral campaign, as new sexting allegations emerge and derail his attempted comeback.

# SPOTLIGHT JULY-AUGUST 2025

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

## **THE LAW OF THE LAND: THE SUPREME COURT YEAR IN REVIEW** (In-Person at NSK Location)

*Wednesday, July 9, 7:00-8:00 p.m.*

*Fee: \$5*

92nd Street Y is back with a Live Stream of their annual review of the Supreme Court's latest Term with a host of great panelists. This blockbuster year included emergency challenges to many of President Trump's Executive Orders, testing presidential authority in immigration, deportation, and budget cuts. Key cases addressed voting and transgender rights, ghost guns, parental rights in education, online age verification, flavored e-cigarettes, antitrust actions, Mexico's gun lawsuit, nuclear waste storage, and employment discrimination. Panelists: Tiffany Graham, constitutional law scholar and professor; William Treanor, Georgetown Law Dean; Neal Katyal, Supreme Court advocate and former Deputy Solicitor General; and Jeffrey Rosen, President/CEO of the National Constitution Center. Moderated by law professor and legal analyst Thane Rosenbaum

## MUSIC ON THE PATIO

Join us for live music and refreshments on our patio on the fourth Wednesday evening of every month this summer.

## **A CELTIC SERENADE WITH THERESA MORROW & KEN MALBERG** (In-Person at NSK Location)

*Wednesday, July 23, 6:00-7:00 p.m.*

*Fee: \$10*

Picture this: A warm summer evening, a soft breeze carrying the sound of soulful Celtic melodies through the air, and you—sipping a milkshake, swaying to the rhythm, feeling like you've just stepped into the easiest, dreamiest resort vibe. Theresa Morrow & Ken Malberg will whisk you away with their enchanting tunes, filling the night with music that soothes the soul and lifts the spirit. Whether you're here to unwind, catch up with friends, or simply soak in the magic, this evening promises to be light, lovely, and full of connection.

Light refreshments will be served!

Performance will move indoors in case of bad weather.

## **A SUMMER EVENING OF CHINESE MUSIC**

(In-Person at NSK Location)

*Wednesday, August 27, 6:00-7:00 p.m.*

*Fee: \$10*

Join us for a magical evening under the summer sky as we welcome young, talented musicians sharing the beauty of traditional Chinese music. Let the gentle sounds of the bamboo flute and other beloved instruments guide you on a cultural journey that celebrates connection, heritage, and harmony. Come, listen, linger—and experience what togetherness truly feels like.

Light refreshments will be served!

Performance will move indoors in case of bad weather.

## WEDNESDAY NIGHT WATCH PARTY

### **"THE BALLAD OF WALLIS ISLAND"**

(In-Person at NSK Location)

*Wednesday, July 30, 6:00-8:00 p.m.*

Eccentric lottery winner Charles (Tim Key) lives on a remote island and has one singular dream: to reunite his favorite indie folk band, McGwyer Mortimer. He invites former bandmates and ex-lovers Herb (Tom Basden) and Nell (Carey Mulligan) for a private concert. But as old tensions resurface amidst the island's isolation, Charles's dream gig becomes a poignant and often hilarious exploration of nostalgia, letting go of the past, and the enduring power of music.

Genre: Comedy, Drama, Music; Rating: PG-13;

Running Time: 1 hour, 39 minutes

Registration required, no fee.

### **"THE PIANO LESSON"** (In-Person at NSK Location)

*Wednesday, August 13, 6:00-8:00 p.m.*

Step into the powerful world of August Wilson's Pulitzer Prize-winning "The Piano Lesson". Set in 1930s Pittsburgh, this gripping drama centers on the Charles family and their deeply carved, generations-old piano. When brother Boy Willie aims to sell the heirloom to buy land, his sister Berniece fiercely opposes him, seeing the piano as a sacred vessel of their ancestors' history. Their clash ignites a haunting confrontation about identity, inheritance, and the struggle to honor the past while forging a future.

Genre: Drama, Music; Rating: PG-13;

Running Time: 2 hours, 7 minutes

Registration required, no fee.

# ALL PROGRAMS JULY-AUGUST 2025

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



## ARTS & CULTURE

### THE ART OF THE NOCTURNE: MUSIC OF THE NIGHT

(Zoom)

Thursday, August 14, 12:00 p.m.

Fee: \$10 resident/\$15 nonresident

Mysterious, lyrical, and evocative of twilight moods, the nocturne has captured listeners' imaginations for generations. While Frederic Chopin made the genre famous, he was not its inventor. In this class, we'll trace the nocturne's evolution from its early 19th-century roots through its transformations in the hands of later composers. Along the way, we'll explore how this

intimate musical form has expressed the many shades of night across time and style.

Instructor: Brenda Leonard

### BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

Tuesdays, July 15 through August 26, 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

## NOW SCREENING

### FRIDAY FILMS

#### "NONNAS"

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

Friday, July 11, 1:00 p.m.

After the loss of his mother, a man risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs.

Genre: Comedy; Rated: PG ; Runtime: 1 hour, 54 minutes

Registration required, no fee.

#### "THE PHOENICIAN SCHEME"

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

Friday, August 1, 1:00 p.m.

Wes Anderson returns with a star-studded cast for "The Phoenician Scheme". A globe-trotting espionage caper unfolds as a ruthless tycoon reconnects with his estranged nun daughter, thrusting them into a whimsical world of scheming rivals and unexpected alliances.

Genre: Comedy/Action/Crime; Rated: PG-13;

Runtime: 1 hour, 45 minutes

Registration required, no fee.

### THE SILVER SCREEN

Join us for streaming of popular television series.

Due to the length of each episode, each session will stream 2-3 episodes of the show.

#### "GRACE AND FRANKIE"

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

Mondays, July 7 through July 28, 2:00-3:00 p.m.

Starring Jane Fonda and Lily Tomlin, Grace and Frankie have been rivals for as long as they can remember. Their one-upmanship comes crashing to a halt, however, when they learn that their husbands have fallen in love with each other and want to get married. As everything around the ladies is coming apart, the only thing they can really rely on is each other.

Each week three episodes of season one will stream, with the final week streaming four.

Registration required, no fee.

#### "THE PITT"

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

Thursdays and Fridays, August 7 through August 29, 1:00-3:00 p.m.

Get ready for an intense and unflinching look at the daily realities of frontline healthcare! Join us for a screening of The Pitt, the gripping new medical drama starring Noah Wyle, offering a raw and realistic portrayal of a bustling Pittsburgh emergency room over an in-time fifteen-hour shift. If you miss an episode, we'll provide updates to get you up-to-speed.

Each session, two episodes will be streamed.

Registration required, no fee.

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# ALL PROGRAMS JULY-AUGUST 2025

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

## CREATING ART FROM FOUND OBJECTS

(In-Person at SPB Location)

*Thursdays, July 10 to August 14, 2:00-3:30 p.m.*

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

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

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

Instructor: Jeffrey Keyton - Jeffrey Keyton is the former award-winning SVP Head of Design for MTV.

## THE GOLDEN AGE OF RADIO (Zoom)

*Tuesdays and Thursdays in July & August, 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 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.

## LET'S LEARN & CREATE! ART SERIES WITH LISA BAYER (In-Person at NSK Location)

*Wednesday, July 16 through August 20, 1:30-3:30 p.m.*

*Fee: \$10 per session or \$50 for series*

This informative, fun, and therapeutic series combines lectures in art history on varying artists like Georgia O'Keeffe, Vincent Van Gough, and Antoni Gaudi with your very own art project based on their work. Join us for one or as many sessions as you would like throughout this incredible series and experience the history of art through hands-on learning.

Instructor: Lisa Bayer

## LIBRARY READS (Zoom)

*Monday, July 7, 1:00 p.m.*

*Monday, August 4, 1:00 p.m.*

The Princeton Public Library team will be showcasing some of the latest and most notable book titles, offering recommendations to help you expand your reading list.

Registration required, no fee.

## LIVE FROM...GLOBAL 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 promoted and emailed to those who register to receive notifications ahead of each trip but may change at the last moment.

Payment is accepted at the door!

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

*Fridays, July 11 through August 29, 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 – SUMMER QUARTER (Zoom)

*Mondays, July 7 through September 29, 2:00 p.m.*

*(no meeting 9/1)*

*Fee: \$10*

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



# ALL PROGRAMS JULY-AUGUST 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)

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

*Appointments vary by month, so please check our website for more details.*

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

### **INNOVATIONS IN HEARING HEALTH**

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

*Wednesday, July 23, 2:00-3:00 p.m.*

Dive into the latest breakthroughs in technology, treatment, and personalized care that are revolutionizing how we understand and improve hearing with Hearing Audiology.

Registration required, no fee.

### **INSIDE NJ AUTO INSURANCE: WHAT THEY DON'T WANT YOU TO KNOW**

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

*Thursday, August 21, 11:00 a.m.-noon*

Learn what the insurance companies hope you never find out—from coverage traps and misleading policy options to the critical protections every driver needs. If you live, drive, or advise clients in New Jersey, this is must-know information.

Presenter: Robert Bratman

Registration required, no fee.

### **IS IT AN EMERGENCY?**

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

*Monday, August 11, 1:00-2:00 p.m.*

Whether it's an accidental injury or sudden chest pains, knowing when to call 911 is essential. Join Barbara Vanning, MHA, EMT, EMT Training Center Coordinator with Penn Medicine Princeton Health, for this interactive, educational lecture designed to teach you when to call for help. Topics include: what constitutes an emergency; what you need to tell the emergency dispatcher when you call; what to do if you cannot talk; and what you can do while waiting for help to arrive.

Presenter: Barbara Vanning

Registration required, no fee.

### **TENDING TO YOUR MENTAL HEALTH**

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

*Tuesday, August 5, 10:00-11:00 a.m.*

If you're interested in learning more about caring for your mental health and emotional wellbeing, this presentation will cover strategies to help effectively navigate your experience, seek support as needed, and build your own practices that can increase your emotional wellbeing.

Presenter: Kate Hall, LCSW. Kate has more than fifteen years of experience working with older adults and providing counseling to adults of all ages.

Registration required, no fee.

### **WOMENS HEART HEALTH**

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

*Wednesday, July 16, 12:00-1:00 p.m.*

In this session, we will focus on the specific risks women face concerning heart disease. We'll explore why women are at a greater risk, recognize the common symptoms—many of which can differ from those in men—and emphasize the importance of regular health screenings. The session will also cover key risk factors, effective prevention strategies, and practical steps to improve heart health. Our goal is to empower everyone with the knowledge and tools needed to take proactive steps in managing their heart health and reducing their risk.

Presenter: Maya Cardenas

Registration required, no fee.

**BECOME A GRANDPAL -  
BECAUSE EVERY CHILD DESERVES A CHAMPION.**

Contact Ella Leving at [eleaving@cmaprinceton.org](mailto:eleaving@cmaprinceton.org)  
to learn more.

# ALL PROGRAMS JULY-AUGUST 2025

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



## GAMES & RECREATION

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

*Tuesdays in July & August, 1:00–4:00 p.m. (no meeting 7/1 and 7/8)*

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.

### **LEARN TO PLAY HAND & FOOT CANASTA**

**WITH NEILIA** (In-Person at NSK Location)

*Tuesday, July 15, 1:00–4:00 p.m.*

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

A fun and easy card game in the Canasta family of games. Hand & Foot has become very popular and can be played with 2–4 players, in partnerships or individually. Enrollment is limited to 8 students to ensure a successful learning experience with a minimum of 6. 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, August 7 and August 21, 2:00–3:30 p.m. (no meeting in July)*

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)

*Fridays, July 25 and August 22, 9:30–10:30 a.m.*

*Wednesday Evenings, July 9 and August 6, 6:00–7:00 p.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

### **BLOOD DRIVE** (In-Person at SPB Location)

*Thursday, August 7, 11:00 a.m.–4:00 p.m.*

Your single blood donation has the power to save up to three lives. Join us in making a profound difference in our community. It's a simple act of kindness that has an immeasurable impact. Hosted by the American Red Cross and the Princeton Health Department. Appointments required: Register for an appointment here.

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

*Tuesdays, July 8 through July 29, 1:00 p.m.*

*Tuesdays, August 5 through August 26, 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)

*Tuesdays, May 6 through October 28, 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, July 15 through August 26, 10:00 a.m.*

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

Discover the power of the Feldenkrais Method in this seven-session class! Enhance movement, flexibility, and coordination through gentle actions and focused mind-

# ALL PROGRAMS JULY-AUGUST 2025

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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, July 14 through July 28, 11:00 a.m.*  
*No sessions in August*

*Monthly 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 July & August, 3:00-4:30 p.m.*  
*(no meeting 7/2)*

Ping pong is a global sports movement which offers physical exercise as an effective way to improve Parkinson's symptoms. Join us in a supportive and engaging environment beginning with some fun body warm-up exercises, ping-pong technical demonstrations/lessons, gameplay, song and laughter. Registration required, no fee.  
Registration required, no fee.

**SOLVENTS & GLUE** (In-Person at SPB Location)  
*Tuesdays, July 15 through August 26, 11:00 a.m.*  
*Fee: \$60 resident/\$70 non-resident*

This seven-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

**TABLE TENNIS** (In-Person at SPB Location)  
*Every Monday and Friday, 1:00-4:30 p.m.*  
*(no sessions on 7/4 or 7/7)*

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 - SUMMER QUARTER** (Zoom)

*Thursdays, July 10 through September 25, 10:00 a.m.*  
*Fee: \$100 resident/\$110 nonresident*

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

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

*Monday, July 7 through September 29, 10:00 a.m.*  
*(no class 9/1)*

*Fee: \$80 resident/\$90 nonresident*  
Discover the transformative power of yoga in this comprehensive workshop. Explore strength-building postures, breathwork, soothing sounds, and meditation for profound relaxation. Perfect for beginners and experienced yogis alike. Bring your yoga mat, yoga strap, blocks/bolsters, water bottle, and wear comfy clothes. Join us and rejuvenate your body and mind!  
Instructor: Joy Cline-Okoye

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## 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, July 9 through July 23, 10:00-11:00 a.m.

### LEVEL 2 - ADVANCED BEGINNER PICKLEBALL

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

#### GET 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**

- Wednesday, July 16, 11:00 a.m.-1:00 p.m.
- Wednesday, July 30, 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**

- Thursday, July 10, 11:00 a.m.-noon
- Thursday, July 17, 11:00 a.m.-noon
- Thursday, July 24, 11:00 a.m.-noon
- Thursday, July 31, 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, July 10, 10:00-11:00 a.m.
- Thursday, July 17, 10:00-11:00 a.m.
- Thursday, July 24, 10:00-11:00 a.m.
- Thursday, July 31, 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, July 9, 11:00 a.m.-1:00 p.m.
- Wednesday, July 23, 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, July 10, noon-1:00 p.m.
- Thursday, July 17, noon-1:00 p.m.
- Thursday, July 24, noon-1:00 p.m.
- Thursday, July 31, noon-1:00 p.m.

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## LIFELONG LEARNING

### **AMERICAN ANTI-HEROINES: THE EVOLUTION OF LITERARY FEMALE VILLAINS** (Zoom)

*Tuesdays, July 8 through July 29, 1:00-2:00 p.m.*

*Fee: \$40 resident, \$50 nonresident*

This short course explores the evolving depiction of female villains in fiction by American women writers from a period running roughly from the American Civil War to World War 2. Ranging across realist and more supernatural stories and novellas, we will be encountering issues and cultural phenomena such as gender roles, the marriage problem, class distinctions, ethnic and religious differences, and conflicts around housework, but also the afterlife, superstition, and debates about what it means to be human.

The course focuses in particular on lesser-known authors and texts, in order to widen understandings of the kinds of topics and issues covered by female writers at the time, and to move past assumptions about the outputs of “nice lady writers” in an era when first-wave feminism was building momentum on both sides of the Atlantic.

Leader: Dr. Dara Downey is a Teaching Fellow in American Literature in Trinity College Dublin, where she also teaches English on the Trinity Access Program. She is the author of *American Women’s Ghost Stories in the Gilded Age* (2014) and editor of *The Irish Journal of Gothic and Horror Studies*

### **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.

Leader: Contact [brucewallman@gmail.com](mailto:brucewallman@gmail.com) for more information.

### **THE DEADLY SINS OF SOCIAL MEDIA AND HOW IT’S CHANGING SOCIETY**

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

*Thursdays, July 10 through July 24, 11:00 a.m.-12:30 p.m.*

*Fee: \$30 resident, \$40 nonresident*

In a world increasingly shaped by algorithms and instant gratification, social media has become an undeniable force. This three-week course delves into the “deadly sins” of the digital age, exploring how platforms designed for connection can foster feelings from envy to pride and sloth to greed. We will critically examine

the profound societal impacts of these digital vices, from their influence on mental health and political discourse to their erosion of privacy and the rise of misinformation. Through engaging discussions and real-world case studies, participants will gain a deeper understanding of social media’s complex landscape and develop strategies for navigating it more consciously and ethically. Leader: Krista Hendrickson

### **DIGGING FOR TRUTH: THE BIBLE, ARCHAEOLOGY, AND THE BATTLE OVER HISTORY**

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

*Monday, August 11, 11:00 a.m.-noon*

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

Explore the ongoing debate between biblical minimalists – who view the Bible as largely late literary construction with limited historical value – and maximalists, who see it as reliable source rooted in historical events. We’ll examine the implications of this debate for understanding the Bible’s origins and the history of ancient Israel.

Leader: Rabbi Ben Adler

### **EMPOWERHER: LEADING WITH PURPOSE**

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

*Wednesday, August 13, 3:30-4:30 p.m.*

*Fee: \$5*

How does a woman weave leadership, care, and resilience into lasting community impact? Maureen Gerald brings more than twenty-five years of experience as a counselor, coach, and community leader, grounded in compassion and conviction. In this session, she’ll share her personal journey and how life, challenges, and purpose have shaped her voice as a changemaker in Princeton and beyond. Join us to be inspired by a voice that leads with intention and discover how one woman’s story can spark your own path forward.

### **EVERGREEN FORUM FALL 2025 OPEN HOUSE**

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

*Thursday, July 31, noon-4:00 p.m.*

Evergreen Forum’s Fall 2025 Open House comes this July! Join us to celebrate and meet the Fall semester Course Leaders while learning about their course material before registration. Then, sit in on special one-hour lectures to get an in-person or virtual feel for what Evergreen Forum courses are like. Light refreshments will be served and all those who attend will be entered in to win a free Evergreen Forum class this Fall 2025 semester.

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## WORDS THAT SHAPED A NATION: FOUR PRESIDENTIAL SPEECHES THAT MADE HISTORY

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

*Tuesdays, August 5 through August 26, 1:00-2:00p.m.*

This four-week course explores the enduring impact of four iconic American presidential speeches. Each week, we will closely examine the text, historical context, immediate public response, and lasting legacy of a pivotal address: George Washington's Farewell Address, Abraham Lincoln's Gettysburg Address, Franklin D. Roosevelt's First Inaugural Address, and John F. Kennedy's Inaugural Address. From calls for unity and resilience to redefinitions of national purpose and global responsibility, these speeches reveal how powerful rhetoric can help shape the course of a nation. Leader: Ben Ridings, curator at the Physick Estate with Cape May MAC (Museum+Arts+Culture)



## SOCIAL CONNECTIONS

### Programs

#### BINGO: WIN LIKE NEVER B4

(In-Person at NSK Location)

*Friday, July 25, 2:00-3:00 p.m.*

BINGO, bad jokes, and prizes oh my! Join us for a lively afternoon of BINGO where there is no charge and every game ends with a winner! Come for camaraderie and cool prizes. Game play begins at 2:00 p.m. Registration required, no fee.

#### SEWING STORIES: CRAFT, CALM & CONNECTION

(In-Person at NSK Location)

*Wednesday, August 6, 4:00-5:00 p.m.*

*Fee: \$10*

Reconnect with your creativity in this welcoming, one-session summer workshop designed for adults of all levels. Guided by Dr. Ronah Harris -Emmy Award-winning artist and educator- you'll explore sewing not just as a craft, but as a meditative and expressive practice. Together, we'll reflect on how creativity helps us find calm, tell stories, and build community. You'll leave with something made by hand, and a renewed sense of connection. No experience or materials are needed. Facilitator: Ronah Harris

### SUMMER FOOD SERIES

#### EDIBLE ELEGANCE: BOUQUET YOU CAN EAT!

(In-Person at NSK Location)

*Friday, August 22, 2:00-3:00 p.m.*

*Fee: \$20 resident, \$25 nonresident*

Create, Craft, and (Yes!) Eat Your Floral Masterpiece! Get ready to mix a little art with a lot of yum! In this hands-on workshop, we'll show you how to turn fresh fruits, veggies, and herbs into stunning, garden-inspired edible bouquets.

No floristry or kitchen experience needed – just a love for beauty, fun, and flavor. You'll leave with your own delicious bouquet and all the know-how to make more at home. Perfect as a gift... or a treat for yourself! Let's turn the table into a garden – and snack on it, too!

#### FRUITOPIA: A TASTE OF THE TROPICS

(In-Person at NSK Location)

*Friday, July 18, 1:30-3:00 p.m.*

*Fee: \$10 resident, 15 nonresident*

No passport? No problem! Skip the long flights and let your taste buds take the trip. At Fruitopia, we're bringing the tropics to you – one juicy bite at a time.

Join us for a deliciously relaxing afternoon as we sample a vibrant variety of exotic fruits—some you may have never even heard of! From spiky, slippery, sweet, or sour, every piece comes with a fun fact and a little story. Not only will you taste your way across continents, but you'll also discover where these wild wonders grow and how they're enjoyed around the world.

It's like a world tour... in fruit form!

Save time, money, and jet lag—and come hungry for adventure.

We can't wait to see you there!

### Groups

#### AGING GAILY (LGBTQ+)

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

*Tuesday, July 21 at 3:00 p.m.*

*Tuesday, August 18 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/>.

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## LET'S TALK

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

*Wednesdays in July & August, 3:00 p.m.*

General conversation group.

Registration required, no fee.

## TED TALKS

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

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

*Not meeting in August.*

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:

**July 1 – Frederik Imbo:** How Not to take things personally? (YouTube)

**July 8 – No TED Talk scheduled**

**July 15 – Bernt Bornich:** Meet NEO, your robot butler in training.

**July 22 – Carole Cadwalladr:** This is what a digital coup looks like

**July 29 – Lawrence Bernstein:** The trick to powerful public speaking

Registration required, no fee.

## TRANSITION TO RETIREMENT

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

*Friday, July 18, 2:30 p.m.*

*Friday, August 15, 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: SUMMER QUARTER

(In-Person at NSK Location)

*Mondays, July 7 through September 29, 3:00 p.m.*

*(no meeting 9/1)*

*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)  
*On hiatus for the summer.*

**¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN** (Zoom)

*Not meeting in July*

*Thursday, August 7, 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, July 21 at 11:00 a.m.*

*Monday, August 18 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, July 1 at 3:00 p.m.*

*Tuesday, August 5 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 July & August, 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

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

*Thursday, August 21, 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, July 12 at 10:00 a.m.*

*Saturday, August 9 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)

*Monday, July 14 at 10:00 a.m.*

*Monday, August 11 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. This session offers a welcoming space for both individuals living with memory loss and their caregivers to connect and enjoy each other's company. Registration required, no fee.

## NEXT CHAPTER WIDOWS AND WIDOWERS

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

*Wednesday, July 9 and July 23 at 11:00 a.m.*

*Wednesday, August 13 and August 27 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, July 11 from 1:00-2:15 p.m.*

*Friday, August 1 from 1:00-2:15 p.m.*

(Usually first Friday of each month)

This group is for parents who are caring for and/or planning for their adult children with unique physical, emotional, or developmental needs.

Facilitator: Dr. John George

## SPECIAL CONNECTIONS SOCIAL GATHERING POTLUCK (In-Person at NSK Location)

*Friday, July 18 at 11:00 a.m.*

If you're a parent of an adult with unique needs,



please join us with your adult child for a social gathering full of fun, laughter, music, and refreshments! It will be a great way to casually meet others and form relationships. If you are able to please bring a dish that you would like to share with others!

Facilitators: 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., Wednesday nights and Fridays, from 2:00-5:00 p.m. at our NSK location; and virtually, Monday through Friday.

Appointments recommended.

### iLEARN THE IPHONE

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

*Monday, August 4 and August 11, 2:00-4:00 p.m.*

Join us for a two-week crash course on learning the ins and outs of your iPhone. Split across two sessions, August 4 and August 11, learn useful functions and tips and tricks to level up your iPhone usage. After each hour-long class, Nick will stay for an additional hour for help and one-on-one assistance for in person class attendees.

*\*Please plan to bring your iPhone. This class is ONLY for the iPhone and will NOT cover other phones like Samsung, Google, Motorola, etc.*

Registration required, no fee.

# JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:30 TED Talks (NSK-H) 3:00 Caregivers 4:00 Golden Age of Radio	2 8:50 <i>Every Body Walk!</i> (VL) 3:00 Let's Talk (NSK-H)	3 10:00 Cosmology (NSK-H) 11:00 Live from...Global Virtual Walking Tours (NSK) 4:00 Golden Age of Radio	4 <b>CMAP CLOSED FOR THE JULY FOURTH HOLIDAY</b>
7 10:00 Zen Mat Yoga: Find Your Center 1:00 Library Reads 2:00 "Grace and Frankie" - Episodes 1, 2 & 3 (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces	8 1:00 American Anti-Heroines: The Evolution of Literary Female Villains 1:00 Chair Moves & Grooves 4:00 Goldaen Age of Radio	9 8:50 <i>Every Body Walk!</i> (VL) 10:00 Introduction to Pickleball (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 Pickleball Prep & Play (SPB) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 6:00 Ageless Grace (NSK) 6:00 Begin Again: Navigating Change and Transition (NSK) 7:00 The Law of the Land: The Supreme Court Year in Review (NSK)	10 10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro - Int. (SPB) 10:00 Therapeutic Chair Yoga & Meditation 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 The Deadly Sins of Social Media (NSK-H) 11:00 Pickleball Play with the Pro - Adv. Beg. (SPB) 12:00 Pickleball Private Lesson with the Pro (SPB) 2:00 Creating Art with Found Objects (SPB) 4:00 Golden Age of Radio	11 10:00 Women in Retirement Coffee Klatch 1:00 Second Friday Film: "Nonnas" (NSK-H) 1:00 Special Connections (NSK) 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB)
				SATURDAY, JULY 12 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)
14 10:00 Memory Café (NSK) 10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 "Grace & Frankie" - Episodes 4, 5 & 6 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces	15 10:00 The Feldenkrais Method (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 1:00 American Anti-Heroines: The Evolution of Literary Female Villains 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 1:00 Learn to Play Hand & Foot Canasta with Neilia (NSK) 2:00 Beginners Art Workshop (SPB) 4:00 Golden Age of Radio	16 8:50 <i>Every Body Walk!</i> (VL) 10:00 Introduction to Pickleball (SPB) 11:00 Pickleball Get into the Game! (SPB) 12:00 Women's Heart Health (NSK-H) 1:30 Let's Learn and Create! Art Series (NSK) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 5:30 Documentary Screening Club - "Waltz with Bashir" (NSK) 6:00 Begin Again: Navigating Change and Transition (NSK) 6:00 Brushstrokes of Joy: A CMAP Summer Art Showcase (NSK)	17 10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro - Int. (SPB) 10:00 Therapeutic Chair Yoga & Meditation 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 The Deadly Sins of Social Media (NSK-H) 11:00 Pickleball Play with the Pro - Adv. Beg. (SPB) 12:00 Pickleball Private Lesson with the Pro (SPB) 2:00 Creating Art with Found Objects (SPB) 3:00 Early-Stage Memory Loss Support (NSK-H) 4:00 Golden Age of Radio	18 10:00 Women in Retirement Coffee Klatch 11:00 Special Connections Social Gathering Potluck (NSK) 1:00 Table Tennis (SPB) 1:30 Fruitopia: A Taste of the Tropics (NSK) 2:00 The Painter's Studio (SPB) 2:30 Transition to Retirement (NSK-H)
21 10:00 Zen Mat Yoga: Find Your Center 11:00 Bereavement 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 "Grace and Frankie" - Episodes 7, 8 & 9 (NSK-H) 2:00 The Wonders of Word Play 3:00 Aging Gaily (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces	22 10:00 The Feldenkrais Method (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 1:00 American Anti-Heroines: The Evolution of Literary Female Villains 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Beginners Art Workshop (SPB) 4:00 Golden Age of Radio	23 8:50 <i>Every Body Walk!</i> (VL) 10:00 Introduction to Pickleball (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 Pickleball Prep & Play (SPB) 1:30 Let's Learn and Create! Art Series (NSK) 2:00 Innovations in Hearing Health (NSK-H) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 6:00 Music on the Patio: A Celtic Serenade with Theresa Morrow & Ken Malberg (NSK)	24 10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro - Int. (SPB) 10:00 Therapeutic Chair Yoga & Meditation 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 The Deadly Sins of Social Media (NSK-H) 11:00 Pickleball Play with the Pro - Adv. Beg. (SPB) 12:00 Pickleball Private Lesson with the Pro (SPB) 2:00 Creating Art with Found Objects (SPB) 4:00 Golden Age of Radio	25 9:30 Ageless Grace (NSK) 10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 2:00 Bingo: Win Like Never B-4 (NSK) 2:00 The Painter's Studio (SPB)
28 10:00 Zen Mat Yoga: Find Your Center 11:00 Fusion Yoga (SPB) 1:00 Table Tennis (SPB) 2:00 "Grace and Frankie" - Episodes 10, 11, 12 & 13 (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces	29 10:00 The Feldenkrais Method (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 1:00 American Anti-Heroines: The Evolution of Literary Female Villains 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Beginners Art Workshop (SPB) 4:00 Golden Age of Radio	30 8:50 <i>Every Body Walk!</i> (VL) 11:00 Pickleball Get into the Game! (SPB) 1:30 Let's Learn and Create! Art Series (NSK) 3:00 Let's Talk (NSK-H) 3:00 PingPongParkinson (SPB) 6:00 Wednesday Night Watch Party: "The Ballad of Wallis Island" (NSK)	31 10:00 Cosmology (NSK-H) 10:00 Pickleball Play with the Pro - Int. (SPB) 10:00 Therapeutic Chair Yoga & Meditation 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 Pickleball Play with the Pro - Adv. Beg. (SPB) 12:00 Evergreen Forum Fall 2025 Open House (NSK-H) 12:00 Pickleball Private Lesson with the Pro (SPB) 2:00 Creating Art with Found Objects (SPB) 4:00 Golden Age of Radio	

# AUGUST 2025

## MONDAY

**KEY:**  
 NSK - Nancy S. Klath Center  
 PPL - Princeton Public Library  
 PSL - Princeton Senior Living  
 SPB - Suzanne Patterson Building  
 VL - Various Locations  
 H - Hybrid Group/Program

## TUESDAY

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

## WEDNESDAY

**EVERGREEN FORUM**  
 For the Evergreen Forum course schedule, please see our website at [cmaprinceton.org/evergreen](http://cmaprinceton.org/evergreen).

## THURSDAY

## FRIDAY

1  
 10:00 Women in Retirement Coffee Klatch  
 1:00 First Friday Film: "The Phoenician Scheme"(NSK-H)  
 1:00 Special Connections (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)

4

10:00 Zen Mat Yoga: Find Your Center  
 1:00 Is It An Emergency? (NSK-H)  
 1:00 Library Reads  
 1:00 Table Tennis (SPB)  
 2:00 iLearn the iPhone (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

5

10:00 The Feldenkrais Method (SPB)  
 10:00 Tending to Your Mental Health (NSK-H)  
 11:00 Solvents & Glue (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Words That Shaped a Nation (NSK-H)  
 1:00 Games Day (SPB)  
 2:00 Beginners Art Workshop (SPB)  
 3:00 Caregivers  
 4:00 Golden Age of Radio

6

8:50 *Every Body Walk!* (VL)  
 1:30 Let's Learn and Create! Art Series (NSK)  
 3:00 Let's Talk (NSK-H)  
 3:00 PingPongParkinson (SPB)  
 4:00 Sewing Stories: Craft, Calm & Connection (NSK)  
 6:00 Ageless Grace (NSK)

7

10:00 Cosmology (NSK-H)  
 10:00 Therapeutic Chair Yoga & Meditation  
 11:00 Blood Drive (SPB)  
 11:00 Live from...Global Virtual Walking Tours (NSK)  
 1:00 "The Pitt" - Episodes 1 & 2 (NSK-H)  
 2:00 Creating Art with Found Objects (SPB)  
 2:00 Poker Texas Hold 'em Open Play (SPB)  
 4:00 Golden Age of Radio  
 4:00 ¡Se Habla Español: Charlas del Corazón

8

10:00 Women in Retirement Coffee Klatch  
 1:00 Is It An Emergency? (PSL)  
 1:00 "The Pitt" - Episodes 3 & 4 (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)

**SATURDAY, AUGUST 9**  
 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

11

10:00 Memory Café (NSK)  
 10:00 Zen Mat Yoga: Find Your Center  
 11:00 The Bible, Archaeology, and the Battle Over History (NSK-H)  
 1:00 Is It An Emergency? (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 iLearn the iPhone (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

12

10:00 The Feldenkrais Method (SPB)  
 11:00 Solvents & Glue (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Words That Shaped a Nation (NSK-H)  
 1:00 Games Day (SPB)  
 2:00 Beginners Art Workshop (SPB)  
 4:00 Golden Age of Radio

13

8:50 *Every Body Walk!* (VL)  
 11:00 Next Chapter: Widows and Widowers (NSK-H)  
 1:30 Let's Learn and Create! Art Series (NSK)  
 3:00 Let's Talk (NSK-H)  
 3:00 PingPongParkinson (SPB)  
 3:30 EmpowerHer: Leading with Purpose (NSK-H)  
 6:00 Wednesday Night Watch Party: "The Piano Lesson" (NSK)

14

10:00 Cosmology (NSK-H)  
 10:00 Therapeutic Chair Yoga & Meditation  
 11:00 Live from...Global Virtual Walking Tours (NSK)  
 12:00 The Art of the Nocturne: Music of the Night  
 1:00 "The Pitt" - Episodes 5 & 6 (NSK-H)  
 2:00 Creating Art with Found Objects (SPB)  
 4:00 Golden Age of Radio

15

10:00 Women in Retirement Coffee Klatch  
 1:00 "The Pitt" - Episodes 7 & 8 (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)  
 2:30 Transition to Retirement (NSK-H)

18

10:00 Zen Mat Yoga: Find Your Center  
 11:00 Bereavement  
 1:00 Table Tennis (SPB)  
 2:00 The Wonders of Word Play  
 3:00 Aging Gaily (NSK-H)  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

19

10:00 The Feldenkrais Method (SPB)  
 11:00 Solvents & Glue (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Words That Shaped a Nation (NSK-H)  
 1:00 Games Day (SPB)  
 2:00 Beginners Art Workshop (SPB)  
 4:00 Golden Age of Radio

20

8:50 *Every Body Walk!* (VL)  
 1:30 Let's Learn and Create! Art Series (NSK)  
 3:00 Let's Talk (NSK-H)  
 3:00 PingPongParkinson (SPB)  
 5:30 Documentary Screening Club - "Weiner" (NSK)

21

10:00 Cosmology (NSK-H)  
 10:00 Therapeutic Chair Yoga & Meditation  
 11:00 Inside NJ Auto Insurance: What They Don't Want You to Know (NSK-H)  
 11:00 Live from...Global Virtual Walking Tours (NSK)  
 1:00 "The Pitt" - Episodes 9 & 10 (NSK-H)  
 2:00 Poker Texas Hold 'em Open Play (SPB)  
 3:00 Early-Stage Memory Loss Support (NSK-H)  
 4:00 Golden Age of Radio

22

9:30 Ageless Grace (NSK)  
 10:00 Women in Retirement Coffee Klatch  
 1:00 "The Pitt" - Episodes 11 & 12 (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 Edible Elegance: Bouquet You Can Eat! (NSK)  
 2:00 The Painter's Studio (SPB)

25

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

26

10:00 The Feldenkrais Method (SPB)  
 11:00 Solvents & Glue (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Words That Shaped a Nation (NSK-H)  
 1:00 Games Day (SPB)  
 2:00 Beginners Art Workshop (SPB)  
 4:00 Golden Age of Radio

27

8:50 *Every Body Walk!* (VL)  
 11:00 Next Chapter: Widows and Widowers (NSK-H)  
 3:00 Let's Talk (NSK-H)  
 3:00 PingPongParkinson (SPB)  
 6:00 Music on the Patio: A Summer Evening of Chinese Traditions & Togetherness (NSK)

28

10:00 Cosmology (NSK-H)  
 10:00 Therapeutic Chair Yoga & Meditation  
 11:00 Live from...Global Virtual Walking Tours (NSK)  
 1:00 "The Pitt" - Episodes 13 & 14 (NSK-H)  
 4:00 Golden Age of Radio

29

10:00 Women in Retirement Coffee Klatch  
 1:00 "The Pitt" - Episode 15 (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)



**AMMONITES AND CLEOPATRA:  
TWO BY PENELOPE LIVELY (Virtual)**  
*Lynne Cullinane*  
Explore a vivid autobiography and a memorable novel by the acclaimed English writer, Penelope Lively.  
**Thursdays from 10:00 a.m.-noon for six weeks beginning October 9 through November 13.**

**AN INQUIRY CONCERNING  
DEMOCRACY IN AMERICA (Hybrid)**  
*Gary Sykes*  
A forward and backwards look at democracy through Alexis de Tocqueville's great classic, "Democracy in America."  
**Fridays from 10:00 a.m.-noon for eight weeks beginning October 3 through November 21.**

**ASTONISHING ADVENTURES  
(Hybrid)**  
*Harold Kuskin*  
Follow adventurers who confronted altitudes, temperatures, and hazards while courting danger and facing death.  
**Mondays from 1:30-3:30 p.m. for seven weeks beginning September 29 through November 10.**

**APPLYING PRECEPTS OF BUDDHIST  
THOUGHT FOR WELL-BEING  
(In-Person)**  
*Robin Shapiro*  
Learn Buddhist precepts that help develop patience, curiosity, generosity, and community.  
**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning September 30 through November 18.**

**DOCUMENTARY FILMS II (In-Person)**  
*Judy Zinis*  
Documentaries that question the truth.  
**Tuesdays from 10:00 a.m.-12:30 p.m. for eight weeks beginning October 14 through December 2.**

**THE EVOLUTION OF WESTERN ART,  
PART 3 (Virtual)**  
*Wendy Worth*  
Explore changes in the history of Western Art from the Enlightenment through World War I, focusing on "isms" including Romanticism and Impressionism.  
**Thursdays from 10:00 a.m.-noon for eight weeks beginning September 25 through November 19, no class 10/2.**

**EXPLORING AUTOCRACIES  
(In-Person)**  
*Martin Oppenheimer*  
Are autocracies, part of human society for millennia, inevitable? How do they arise and how do they fall?  
**Fridays from 2:00-3:30 p.m. for six weeks beginning October 3 through November 7.**

**EXPLORING FEMINIST WRITERS  
(In-Person)**  
*Carol Friend*  
Explore transformational narratives through Chimamanda Ngozi Adichie's *We Should All Be Feminists* and Virginia Woolf's *A Room of One's Own*.  
**Fridays from 1:30-3:30 p.m. for six weeks beginning October 10 through November 14.**

**THE HISTORY AND CULTURE  
OF SCOTLAND (Hybrid)**  
*Peter Smith*  
Discover or revisit Scotland; this course will ensure your appreciation of this small and influential country.  
**Fridays from 1:30-3:30 p.m. for six weeks beginning October 10 through November 14.**

**HISTORY OF THE EUROPEAN  
RENAISSANCE (Hybrid)**  
*Robert Nolan*  
Explore how the Renaissance changed everything.  
**Thursdays from 1:30-3:30 p.m. for eight weeks beginning September 25 through November 20. No class on October 2.**

**IT COULD BE VERSE: LYRICAL  
INTRODUCTIONS TO THE GREAT  
AMERICAN SONGBOOK, I AND II  
(In-Person)**  
*Dave Saltzman*  
Discover the poetic narratives that preface the song refrains we remember.  
**Part 1 Wednesdays from 10:00-11:30 a.m. for four weeks beginning October 10 through October 29.**  
**Part 2 Wednesdays from 10:00-11:30 a.m. for four weeks beginning November 5 through December 3, no class 11/26.**

**JANE AUSTEN, NOVELS AND FILMS  
(In-Person)**  
*Dianne Sadoff*  
We'll ask how Austen's novels critique and revise early anxieties about the entailed paternal estate, the financial precarity of daughters, and the necessity of marriage.  
**Tuesdays from 1:30-3:30 p.m. for eight weeks beginning September 30 through November 18.**

**THE KAREN ANN QUINLAN CASE  
(In-Person)**  
*John Zen Jackson*  
The right to refuse medical treatment even if death would result began with the Karen Ann Quinlan case. Study the lawsuit, ruling, and developments that followed.  
**Thursdays from 1:30-3:30 p.m. for six weeks beginning October 23 through December 4, no class on 11/27.**

**MEDIA ON THE EDGE: JOURNALISM, INFLUENCERS, AND ARTIFICIAL INTELLIGENCE (Hybrid)**

**Elaine Jacoby**

Which news media are trustworthy? What are the responsibilities of online platforms? And what are the broader implications of AI?

**Wednesdays from 1:30–3:30 p.m. for eight weeks beginning October 8 through November 26.**

**MINDFULNESS BASED COGNITIVE BEHAVIORAL THERAPY (In-Person)**

**Naomi Browar**

Learn how Cognitive Behavioral Therapy (CBT) can transform negative thought patterns and overcome anxiety and depression.

**Mondays from 1:30–3:00 p.m. for three weeks beginning September 29 through October 3.**

**MORE FUN MATH YOUR TEACHERS LEFT OUT! (In-Person)**

**Mark Schlawin**

Discover the joy of math by working together on puzzles and conundrums including surprises in probability, logic, and geometry.

**Wednesdays from 10:00 a.m.–noon for six weeks beginning October 15 through November 19.**

**NATURE & YOUR HEALTH (In-Person)**

**Jack Carman**

Prescribed walks? Birds that change one's mood? Restorative gardens at hospitals? Discover the effect of nature on health.

**Wednesdays from 10:00 a.m.–noon for four weeks beginning October 8 through October 29.**

**OCEAN GROVE AND THE HISTORY OF THE HOLINESS MOVEMENT (In-Person)**

**Rich Hendrickson**

Learn how the nineteenth century American Holiness movement blended personal holiness and spiritual renewal with camp meetings.

**Tuesdays from 1:30–3:30 p.m. for six weeks beginning September 30 through November 4.**

**THE RULE OF LAW: HISTORICAL CASE STUDIES (Hybrid)**

**Phil Carchman & Stan Katz**

Study the history of the rule of law in the United States from its English beginnings to the present-day.

**Mondays from 10:00 a.m.–noon for six weeks beginning September 29 through November 10.**

**SCIENCE IN THE NEWS (Hybrid)**

**Harold Heft and Panelists**

Feed your curiosity. Explore the latest scientific breakthroughs and their real-world implications with our expert panel.

**Fridays from 10:00 a.m.–noon for eight weeks beginning October 3 through November 21.**

**"THOUGHT AND CALCULATION":**

**EXAMINING THE THEATRICAL INVENTION OF TOM STOPPARD IN THREE PLAYS (In-Person)**

**T.J. Elliot**

Explore three intricate, engaging, and intellectually vibrant plays by Tom Stoppard, a great living playwright.

**Wednesdays from 1:30–3:30 p.m. for five weeks beginning October 8 through November 5.**

**THREE EARLY BLACK AMERICAN**

**WOMEN IN WORDS: PHILLIS WHEATLEY, ESTHER "HETTY" SAUNDERS & SOJOURNER TRUTH (In-Person)**

**Paul F. Soltis**

Meet three early Black American women whose works explore creativity and citizenship in the early American republic.

**Fridays from 10:00 a.m.–noon for three weeks beginning October 10 through October 24.**

**SOUTHERN WRITERS: NOVELS AND SHORT STORIES (In-Person)**

**Judith Wooldridge**

Read and discuss the willful, sardonic, surprising, and often funny characters with distinctive voices and attitudes in Faulkner, O'Connor, and Gautreaux—three Southern writers.

**Tuesdays from 10:00 a.m.–noon for five weeks beginning October 7 through November 4.**

**TICK-TOCK, WHAT'S THE PLOT?**

**(In-Person)**

**Lois Harrod**

To paraphrase Rat in "THE WIND AND THE WILLOWS," there is nothing like messing about in books. Enjoy Tick-Tock iPLOTS in this exhilarating book discussion on steroids.

**Wednesdays from 1:30–3:30 p.m. for eight weeks beginning September 24 through November 19, no class on 10/1.**

**UNDERSTANDING EMOTIONS**

**(In-Person)**

**Ruth Goldston**

Anger, fear, sadness, joy, shame: We feel them, but do we truly understand them? Discover the tools to explore how we sense and experience emotions.

**Thursdays from 10:00 a.m.–noon for six weeks beginning September 25 through November 6. No class on October 2.**

**VISIONS OF AMERICA (In-Person)**

**Roy Carman & Seth Malin**

A study of five tumultuous periods in America through history and literature.

**Tuesdays from 10:00 a.m.–noon for five weeks beginning September 30 through October 28.**

The Evergreen Forum uses a first-come, first-served registration system which opens on

**Tuesday, August 26 at 9:30 a.m.** Course format is subject to change.

Evergreen Forum Fees: \$95 for three- to four-week courses and \$125 for five- to eight-week courses.

Cost should never be a barrier to learning! Senior Scholarships are available to those for whom the fee is a hardship.

### A Brief History of the Microprocessor

*Here's a one-page history of the microprocessor, which debuted forty-seven years ago, and a new breed of chips that break computer speed and battery life records on Windows and Mac computers.*

The central processing unit (CPU) inside your computer is the engine that runs applications like Word and Mail, responds to commands, saves files, prints documents, renders webpages, and manages files and folders.

Today's CPUs, or "microprocessors," are typically no more than one or two square inches. Intel unveiled its first microprocessor, the 8086, in June 1978. This "computer-on-a-chip" packed 30,000 transistors and associated components on something small enough to make personal computers a reality.

In 1979, Motorola introduced its microprocessor, the 68000, which Apple used in its first Mac computers. The Motorola and Intel CPUs weren't interchangeable; each used its own instruction set. An application designed on an Intel 8086 couldn't run on a Motorola 68000, so the first Mac and Windows computers weren't compatible.

For many years, the Intel 8086 and its early progeny dominated the personal PC market – notably the IBM PC – which is why Microsoft developed Windows to run on the 8086 CPU. Over time, Intel introduced faster x86 CPUs like the 80386, Pentium, and Core series. AMD joined in 1982 with its own x86 CPUs. Today's Windows PCs still use x86-based Intel Core or AMD Ryzen CPUs containing *billions* of transistors that can execute *billions* of steps per second.



*Sharon seems delighted with her new computer. She probably needs glasses.*

In 2006, Apple migrated to Intel x86-based CPUs, allowing Mac and Windows to play together. All seemed well.

But there was Trouble in River City. While Windows and Mac laptops were shrinking into their sleek notebook form, the newer x86 CPUs demanded more power, ran hot, and drained computer batteries after only a few hours.

### A Call to ARMs

To solve this dilemma, Apple designed its very own microprocessors for its MacBook computers based on the CPUs in its fast and battery-friendly iPhones and iPads. These microprocessors use a simpler instruction set licensed from ARM LLC, are highly energy efficient, and include "neural" memory for AI applications. In 2020, Apple introduced its MacBook with this new ARM-based CPU – dubbed the M1 – and abandoned Intel's x86. Apple rewrote its software to work on both M1 and Intel processors, ensuring compatibility with older Mac computers for the time being.

The new M1 MacBooks handily outperformed most Intel-based Windows computers. To respond, Microsoft developed a new version of Windows 11 to run on Qualcomm's ARM-based Snapdragon CPU found in many Android smartphones and tablets. These computers are part of a new collection of Windows-based "Copilot+ PCs" competitively priced with their traditional Intel and AMD brethren. They're fast, run cool, and have long battery life.

Should you buy a Copilot+ PC? We'll explore this new flavor of Windows computers next month.

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



#### JOIN OUR ONLINE PORTAL!

Simplify the registration process by joining our portal! No more typing in your info over and over or forgetting what you've registered for – just log in, and it's all there. Join now for easy event sign-ups at CMAP!

# A QUICK GUIDE TO AREA RESOURCES



**Princeton Muni Service stops  
at our building**

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

## **CMAP Lending Locker**

Your go-to resource for wheelchairs, walkers, canes, and more! Call to inquire about inventory or to donate equipment.

<https://cmapprinceton.org/dme-lending-locker/>

**CMAP has incontinence supplies – contact us for information**



## **TRANSPORTATION**

### **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.



- 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

## FROM THE DEVELOPMENT OFFICE



PRINCETON  
THEOLOGICAL  
SEMINARY

## Spotlight on Princeton Theological Seminary

### Continuing the Journey: Discover Lifelong Learning at Princeton Seminary

Learning doesn't end with a degree. For many, the most meaningful spiritual questions and the most urgent social ones arise after formal education. Princeton Theological Seminary invites lifelong learners, lay leaders, caregivers, and the spiritually curious to keep asking, keep growing, and keep engaging faith in a complex and changing world.

From on-campus and community events to flexible online courses and podcasts, Princeton Theological Seminary makes theological formation accessible and relevant, whether you're exploring new questions in retirement, serving your community through ministry or advocacy, or simply drawn to deeper reflection.

The newly launched *Princeton Seminar Series* is a virtual offering of seminars that explore questions at the intersection of faith, community, and aging. Through four online, synchronous sessions, participants engage leading scholars and practitioners in rich conversations about how to live wisely and faithfully through every season of life.

Upcoming seminars include:

- Thinking Politically with Luther (**September 2025**)
- Theology and Psychological Suffering: Depression, Addiction, and Eating Disorders (**October 2025**)
- Leadership Lessons from the Old Testament (**December 2025**)

Each offering provides practical insight for real-world concerns while grounding participants in the Seminary's tradition of rigorous, theologically grounded exploration.

The Seminary also hosts a rich calendar of lectures, concerts, and gatherings both on campus and at The Farminary, the Seminary's 21-acre regenerative farm, which will celebrate its 10th anniversary from September 24-27. The anniversary event includes time on the farm, time with one another, and time with some of the brightest minds continuing to shape conversations related to ecology and theology, food justice, sabbath, and more, including Willie Jennings, Barbara Brown Taylor, Jeff Chu, Michael Twitty, Tiya Myles, and Heber Brown, among others.

Whether you're a pastor, educator, volunteer, retiree, or seeker, at Princeton Theological Seminary, you'll find offerings that challenge, inspire, and accompany you on your journey. Visit [ptsem.edu](http://ptsem.edu) to learn more.

[ptsem.edu](http://ptsem.edu)

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- Includes cocktail hour, dinner, entertainment

\* Sponsorship must be received by June 15 to be included on the printed invitation

\*\* Reserve your sponsorship or personal acknowledgment by August 28 ensure placement of name/logo in printed benefit journal

☛ For more information about event sponsorships or printed ad journal specifications, contact Analee Olsson at 609.751.9699, ext. 107 or aolsson@cmaprinceton.org.

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**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 PAGES 4 & 5 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 Johanna Peters, director of social services, at [jpeters@cmaprinceton.org](mailto:jpeters@cmaprinceton.org), or 609.751.9699, ext. 111 to apply.

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

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