

(Formerly Princeton Senior Resource Center)

HEALTH FAIR:
LIVING WELL, AGING WELL
(IN-PERSON AT SPB LOCATION)
THURSDAY, SEPTEMBER 25, 1:00-4:00 P.M.

SEE PAGE 9 FOR DETAILS.



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 4 & 5** 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

CELEBRATING LEADERSHIP, COMMUNITY,
AND IMPACT: JOIN US FOR OUR FALL GALA!

Dear Friends,

**"True leaders understand that leadership is not about them
but about those they serve."**

— Sheri L. Dew

At the Center for Modern Aging Princeton, we hold this truth at the heart of our mission. Leadership is most powerful when rooted in service; when it lifts others, builds community, and creates meaningful, lasting impact. As we look ahead to our **Fall 2025 Gala on Thursday, September 11**, we are proud to celebrate three outstanding honorees who embody this spirit of selfless leadership. Their work, whether in advocacy, healthcare, or lifelong learning, has shaped the lives of countless older adults in our community. This special evening will honor their contributions while reaffirming our shared commitment to building a more compassionate, connected, and age-friendly future.

Honoring Excellence in Service and Vision

Each year, our gala brings together community members, partners, and supporters to celebrate the values that guide our mission: dignity, inclusion, compassion, and innovation. We are thrilled to recognize three extraordinary honorees whose contributions have shaped the well-being of older adults in profound and lasting ways.



Albert Stark – Individual Leadership Award

A visionary attorney, advocate, and philanthropist, **Albert M. Stark** has demonstrated an unwavering commitment to justice and equity throughout his distinguished career. A founding partner of Stark & Stark, Albert built his legal career on the foundation of client advocacy, ethical leadership, and social responsibility. Beyond the courtroom, he has long been a force for good in the greater Princeton community; generously supporting initiatives that promote education, health, and aging with dignity. His support of CMAP over the years through his generous commitment of time, talent, and treasure exemplifies his deep care for older adults and their right to flourish at every stage of life. We are honored to present him with this year's Individual Leadership Award.

Penn Medicine Princeton Health – Corporate Leadership Award

Few institutions have had a more significant impact on the lives of older adults in our region than **Penn Medicine Princeton Health**. A steadfast and compassionate healthcare partner, they have been instrumental in advancing medical care, wellness education, and health equity across generations. Their leadership during the COVID-19 pandemic, continued investment in geriatric care, and ongoing partnership with CMAP have helped ensure that older adults have access to the highest quality of care and support. We proudly recognize them with our Corporate Leadership Award.

Evergreen Forum – Community Impact Award

This year marks the **twenty-fifth anniversary of the Evergreen Forum**, one of CMAP's most treasured programs. What began as a modest offering of five peer-led discussion courses has grown into a vibrant hub of lifelong learning and community engagement. Evergreen Forum empowers older adults to explore fields as diverse as literature, science, history, philosophy, the arts, and more in a setting that fosters curiosity, friendship, and intellectual growth. Thousands of participants over the years have found purpose and connection through this dynamic forum, and in honoring it, we celebrate the very best of aging in community.

A Night to Remember

The 2025 Fall Gala will be a joyful gathering filled with music, stories, laughter, and heartfelt appreciation. This event is more than a fundraiser – it is a testament to the power of collective action and the belief that every stage of life deserves to be lived with purpose and dignity. Whether you have been a longtime supporter or are new to our mission, we invite you to join us in celebration and solidarity.

Registration and Sponsorship information can be found here: <https://cmaprinceton.org/fall-fundraiser/>.

I hope you will join us for this outstanding evening of celebration!

With gratitude,
Drew A. Dyson, PhD
Chief Executive Officer

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

Akin Care Senior Services, Artis Senior Living, Berkshire Hathaway-Fox & Roach Reality, Justin Tree Service & Lawn Care, Lawrence Campus-Rehab & Assisted Living, Penn Medicine Princeton Health

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*Executive Assistant to the CEO &
Coordinator of Strategic Projects*



EVERGREEN FORUM:

Fall 2025 Course List
Classes begin in September and October 2025.
cmaprinceton.org/evergreen-forum/

**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 (Virtual)
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?

Evergreen Forum corporate sponsors for fall 2025: **Bryn Mawr Trust, Home Instead, Homewatch CareGivers, McCaffrey's, Peapack Private, Penn Medicine Princeton Health, Princeton Theological Seminary, and Stark & Stark Attorneys at Law**

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)

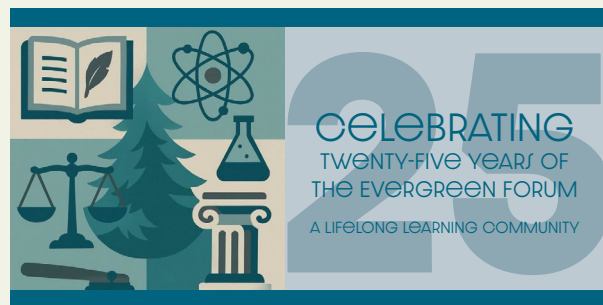
Harold Heft and Panelists
Feed your curiosity. Explore the latest scientific breakthroughs and their real-world implications with our expert panel.
Fridays from 10:00 a.m.–noon for eight weeks beginning October 3 through November 21.

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.

"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.

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.

SPOTLIGHT SEPTEMBER 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.

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, September 3, 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

AGEISM IN POPULAR CULTURE

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

Wednesday, September 17, 6:00–7:00 p.m.

Fee: \$10

Ageism may be the only acceptable "ism" in a world overrun with patterns of discrimination and bias. Why is it acceptable? There are many theories about this, one of the most ominous is that older folks just don't really matter in the future of our society. There are few places where ageism is more insidious and overlooked than in popular culture – which I broadly define as film, television, social media, advertising and music. We will show examples – both on screen and in boardrooms and classrooms – of ageism, talk about why it is so prevalent, and discuss what people of all ages (not just older folks) are doing, and can do, to reduce the frequency and impact of ageism in popular culture.

Instructor: Joe Seldner

PRINCETON UNVEILED: LANDSCAPES IN TEXTURE & COLOR BY ELLEN VEDEN

(In-Person at NSK Location)

Wednesday, September 24, 5:00–7:00 p.m.

Ellen Veden's mixed media landscapes bring Princeton's scenery to life with a vibrant yet soothing energy. With a background in costume design for international television, Ellen is a master of visual storytelling. Her landscapes capture both movement and stillness – yet meditative, familiar yet fresh. Through her use of color and form, she invites viewers to pause, reflect, and step into a Princeton that feels both timeless and new. Step into her world, pause, reflect, and see Princeton not just as a place, but as an experience. Don't miss the chance to meet the artist, ask questions, and uncover the inspiration behind her captivating work.

Registration required, no fee.

WEDNESDAY NIGHT WATCH PARTY

"GET LOW" (In-Person at NSK Location)

Wednesday, September 3, 6:00–7:45 p.m.

When a reclusive hermit decides to throw his own funeral – while he's still alive – he stirs up long-buried secrets and unexpected connections. "Get Low" is a soulful, gently humorous meditation on guilt, redemption, and the courage it takes to face the past starring Robert Duvall, Bill Murray, and Sissy Spacek. Genre: Drama, Mystery; Runtime: 1 hr, 45 minutes; Rated: PG-13

Registration required, no fee.

ALL PROGRAMS SEPTEMBER 2025

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



ARTS & CULTURE

FIRST FRIDAY FILM: "SEPTEMBER 5"

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

Friday, September 5, 1:00 p.m.

"September 5" is a gripping historical drama that follows the ABC Sports crew during the 1972 Munich Olympics as they are unexpectedly thrust into covering the tragic hostage crisis involving Israeli athletes. The film captures their emotional journey from sports reporting to frontline journalism, highlighting the intensity of live broadcasting during a global tragedy.

Genre: Drama, History, Thriller; Rated: R for language

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

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

(no stream 9/11)

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.

LAYERED EXPLORATIONS: COLLAGE & MIXED MEDIA ART CLASS (In-Person at SPB Location)

Mondays, September 8 through October 27, 1:30-3:30 p.m.

Fee: \$90 resident/\$100 non-resident

Join us for this eight-session art series. Create vibrant collage papers, experiment with grids & composition, and build a beautiful canvas piece. We'll also make playful zines & accordion booklets, mixing images, collage papers, words, and dynamic marks. Great for beginners or experienced artists—come explore, layer, and have fun with mixed media!

Instructor: After a career in education, Debbie Gibbs now shares her passion for art and teaching through community-based workshops. A mixed media artist, she creates abstract paintings, mosaics, and collages that often explore themes of equity and justice. Her work includes 2D and 3D pieces made with acrylic, paper, wood, clay, and fabric. Debbie's art has been exhibited in Washington, DC, Colorado, Texas, and New Jersey. View her work at debbiegibbs.net

LIBRARY READS (Zoom)

Monday, September 8, 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. (not meeting on 9/11)

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!

ONSTAGE SENIORS: OPEN AUDITION

(In-Person at NSK Location)

Thursday, September 18, 2:00-4:00 p.m.

The OnStage ensemble is currently looking for new members – and all are welcome!

Come meet the ensemble and Director David Lee White and discover what OnStage is all about. This community-based acting group collaborates with individuals to gather real stories, transform them into scripts, rehearse, and perform at venues throughout the area.

If you're curious or feel like exploring your inner performer, we invite you to join this warm and creative experience.

Registration required, no fee for the audition process.

THE WONDERS OF WORDPLAY – SUMMER QUARTER

(Zoom)

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

(no meeting 9/1)

Fee: \$10

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

ALL PROGRAMS SEPTEMBER 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 each month 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.

FALLS PREVENTION

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

Wednesday, September 17, 1:00 p.m.

Join Princeton Fire and Rescue Squad for a presentation on how to prevent falls and steps you can take to make your home safer. PFARS educator Ari Meisel will discuss their emergency response teams' experience with calls related to falls and patients who need lift-assists. Falls are preventable if you know what risks to look out for.

Registration required, no fee.

FROM CARE TO ACTION: A HOLISTIC PATIENT ADVOCACY SEMINAR (In-Person at NSK Location)

Tuesday, September 9, 10:00 a.m.-2:00 p.m.

Fee: \$20 resident/\$25 non-resident

This seminar invites you to explore the skills and mindset of a Holistic Health Advocate – someone who helps individuals and families navigate complex medical decisions with clarity, care, and confidence. You'll learn how to create space for meaningful conversations, support others in understanding their choices, and promote self-care and communication

before a crisis hits. Drawing from both Eastern and Western traditions, we'll explore experiential and contemplative techniques to deepen listening, reduce fear, and foster more compassionate outcomes. Discover what advocacy is – and isn't – and how you can be a powerful presence at the table for yourself and/or loved ones when it matters most.

Lunch will be provided along with light refreshments throughout this seminar.

Facilitator: Dr. Robin Shapiro, holistic physician, healthcare advocate, Qigong Master Teacher, cognitive behavioral facilitator, author and founder of Master Class Academy, offers this workshop to bring awareness of the underutilization of advocacy in the healthcare space. Robin has been practicing and teaching for forty years – as a healthcare advocate, Robin brings her medical background, as well as her training in Eastern Medicine to every circumstance where advocacy may bring about honoring of values and creating strong connections.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in September 1:00-4:00 p.m.

Join us for an afternoon of game playing at CMAP! Whether you come with a partner or a few friends, you're invited to enjoy a variety of games including Canasta, Mah Jongg (BYO set), Scrabble, and Social Bridge. Don't miss out on the fun!

Registration required due to limited space.

POKER: TEXAS HOLD 'EM OPEN PLAY

(In-Person at SPB Location)

Thursday, September 4 and September 18, 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.

ALL PROGRAMS SEPTEMBER 2025

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



HEALTH & WELLNESS

AGELESS GRACE (In-Person at NSK Location)

Wednesday, September 3, 6:00–7:00 p.m.

Friday, September 19, 9:30–10:30 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, September 9 through September 30, 1:00 p.m.

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: Alida Dial

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, September 9 through October 28, 10:00 a.m.

Fee: \$60 resident/\$70 nonresident

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

HEALTH FAIR: LIVING WELL, AGING WELL

(In-Person at SPB Location)

Thursday, September 25, 1:00–4:00 p.m.

Join us as we take steps toward better health – together! This informative event features free health screenings, flu shots, expert consultations, and fun, interactive activities to support your wellness goals as well as informative presentations. Connect with your community, gain valuable insights, and leave empowered to live your healthiest life.

In partnership with the Princeton Health Department and Wegmans Pharmacy.

Registration Required, no fee.

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in September, 3:00–4:30 p.m.

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.

SOLVENTS & GLUE (In-Person at SPB Location)

Tuesdays, September 9 through October 28, 11:00 a.m.

Fee: \$60 resident/\$70 nonresident

This 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 meeting 9/1)

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.

ALL PROGRAMS SEPTEMBER 2025

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

TAI CHI AND QIGONG - LEVEL 1 BEGINNER

(In-Person at SPB Location)

Tuesdays, September 9 through October 14, 10:00 a.m.

Fee: \$30 resident/\$35 nonresident

Start your journey to improved well-being with our six-week introductory class to Tai Chi and Qigong. These ancient Chinese practices combine slow, deliberate movements and controlled breathing to enhance physical and mental health. Tai Chi is a system of gentle, flowing movements that can improve balance, flexibility, and muscle strength. Qigong focuses on breath control and a series of repetitive exercises to enhance energy flow (Qi) throughout the body and promote vitality. Join today and start your path to a healthier and more balanced you!

Instructor: Rich Lund

TAI CHI AND QIGONG - LEVEL 2

(In-Person at SPB Location)

Tuesdays, September 9 through November 25, 11:00 a.m.

Fee: \$90 resident/\$100 nonresident

Continue your journey with our twelve-week Tai Chi and Qigong class to help maintain strength, flexibility, and balance. Our ongoing classes provide an opportunity to build on your foundation and explore more advanced techniques in a supportive and welcoming environment. Please note: Participants should have experience with Tai Chi or have taken a Tai Chi class at CMAP previously to partake in this class. If you are looking to give Tai Chi a try, please check out our beginner class listed above.

Instructor: Rich Lund

THERAPEUTIC CHAIR YOGA & MEDITATION - SUMMER QUARTER (Zoom)

Thursdays, July 10 through September 25, 10:00 a.m.

Fee: \$100 resident/\$110 nonresident

YOGA FOR EVERY BODY: UNWIND AND RECHARGE

(Zoom)

Monday, September 8 through November 24, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

Discover the power of yoga through a combination of seated, standing, and floor-based postures. This twelve-week class offers a healthy challenge to build strength and flexibility, leaving you feeling more grounded and connected to your body's natural vitality. Perfect for beginners and all levels of experience. All you need is a yoga mat, two blocks/bolsters, a yoga strap, water bottle, and comfy clothes. Join us and rejuvenate your body and mind!

Instructor: Joy Cline-Okoye



LIFELONG LEARNING

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. Come expand your mind and unravel the secrets of the cosmos. Leader: Contact brucewallman@gmail.com for more information.

DOUBLE TAX: ANNA GIFTY OPOKU-AGYEMAN IN CONVERSATION WITH CHelsea CLINTON

(In-Person at NSK Location)

Thursday, September 18, 1:30 p.m.

Fee: \$5

Economist Anna Gifty Opoku-Agyeman joins Chelsea Clinton to explore the real cost of being a woman in America—and how race deepens the burden. Based on Opoku-Agyeman's new book *Double Tax*, this eye-opening conversation offers bold insights and practical steps to create a fairer, more equitable future. Please note this special presentation is a recorded reshewing of the evening live stream from 9/17.

MALCOLM GLADWELL IN CONVERSATION WITH ANGUS FLETCHER: PRIMAL INTELLIGENCE

(In-Person at NSK Location)

Tuesday, September 9, 2:00 p.m.

Fee: \$5

Join Malcolm Gladwell and Angus Fletcher for a visionary conversation about *Primal Intelligence*, Fletcher's groundbreaking book on the hidden roots of human genius. Discover how intuition, imagination, and emotion shape intelligence – and how this new approach is helping people thrive in an AI-driven world. Presented by 92nd Street Live.

Please note this special presentation is a recorded reshewing of the evening live stream from 9/8.

SEPTEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CMAP CLOSED FOR LABOR DAY HOLIDAY</p>	<p>2</p> <p>1:00 Games Day (SPB) 3:00 Caregivers 4:00 Golden Age of Radio</p>	<p>3</p> <p>8:50 <i>Every Body Walk!</i> (VL) 11:00 PB Prep & Play (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK-H) 6:00 Ageless Grace (NSK) 6:00 Wednesday Night Watch Party: "Get Low" (NSK)</p>	<p>4</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play w/ Pro - Int. (SPB) 10:00 Therapeutic Chair Yoga 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 PB Play w/ Pro - Adv. Beg. (SPB) 12:00 Private Lesson w/Pro (SPB) 2:00 Poker Texas Hold'em Open Play (SPB) 4:00 Golden Age of Radio</p>	<p>5</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 First Friday Film - "September 5" (NSK-H) 1:00 Special Connections (NSK-H) 1:00 Table Tennis (SPB)</p>
<p>8</p> <p>10:00 Memory Café (NSK) 10:00 Yoga for Every Body: Unwind & Recharge 1:00 Library Reads 1:00 Table Tennis (SPB) 1:30 Layered Explorations: Collage & Mixed Media (SPB) 2:00 Mac-tastic Tips & Tricks: Level Up Your Mac Skills (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>9</p> <p>10:00 Feldenkrais Method (SPB) 10:00 From Care to Action: A Holistic Patient Advocacy Seminar (NSK) 10:00 Tai Chi and Qigong - Level 1 Beginner (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi and Qigong - Level 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Malcolm Gladwell with Angus Fletcher: Primal Intelligence (NSK) 4:00 Golden Age of Radio</p>	<p>10</p> <p>8:50 <i>Every Body Walk!</i> (VL) 10:00 Introduction to PB (SPB) 10:30 Spanglish for Returning Learners (NSK) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 PB Get Into the Game (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK-H)</p>	<p>11</p> <p>10:00 Cosmology (Zoom only) 10:00 Therapeutic Chair Yoga 2:00 OnStage Seniors (Offsite)</p>	<p>12</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB)</p>
<p>SATURDAY, SEPTEMBER 13 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)</p>				
<p>15</p> <p>10:00 Yoga for Every Body: Unwind & Recharge 11:00 Bereavement 1:00 Table Tennis (SPB) 1:30 Layered Explorations: Collage & Mixed Media (SPB) 2:00 Mac-tastic Tips & Tricks: Level Up Your Mac Skills (NSK-H) 2:00 The Wonders of Word Play 3:00 Aging Gaily (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>16</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi and Qigong - Level 1 Beginner (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi and Qigong - Level 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 4:00 Golden Age of Radio</p>	<p>17</p> <p>8:50 <i>Every Body Walk!</i> (VL) 10:00 Introduction to PB (SPB) 10:30 Spanglish for Returning Learners (NSK) 11:00 PB Prep & Play (SPB) 1:00 Falls Prevention (NSK-H) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK-H) 6:00 Ageism in Popular Culture (NSK-H)</p>	<p>18</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play w/ Pro - Int. (SPB) 10:00 Therapeutic Chair Yoga 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 PB Play w/ Pro - Adv. Beg. (SPB) 12:00 PB Priv Less w/ Pro (SPB) 1:30 The Double Tax: Anna Gifty Opoku-Agyeman with Chelsea Clinton (NSK) 2:00 OnStage Seniors: Open Audition (NSK) 2:00 Poker Texas Hold'em Open Play (SPB) 3:00 Early-Stage Memory Loss Support (NSK-H) 4:00 Golden Age of Radio 4:00 ¡Se Habla Español!</p>	<p>19</p> <p>9:30 Ageless Grace (NSK) 10:00 Women in Retirement Tenth Anniversary Potluck (Offsite) 1:00 Table Tennis (SPB) 2:30 Transition to Retirement (NSK-H)</p>
<p>22</p> <p>10:00 Yoga for Every Body: Unwind & Recharge 1:00 Table Tennis (SPB) 1:30 Layered Explorations: Collage & Mixed Media (SPB) 2:00 Mac-tastic Tips & Tricks: Level Up Your Mac Skills (NSK-H) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>23</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi and Qigong - Level 1 Beginner (SPB) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi and Qigong - Level 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Speed Friending (NSK) 4:00 Golden Age of Radio</p>	<p>24</p> <p>8:50 <i>Every Body Walk!</i> (VL) 10:00 Introduction to PB (SPB) 10:30 Spanglish for Returning Learners (NSK) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 PB Get Into the Game (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK-H) 3:30 Open Hearts, Open Spaces: Creating a Culture of Welcome (NSK-H) 5:00 Princeton Unveiled: Landscapes in Texture & Color by Ellen Veden (NSK)</p>	<p>25</p> <p>10:00 Cosmology (NSK-H) 10:00 Therapeutic Chair Yoga 11:00 Live from...Global Virtual Walking Tours (NSK) 1:00 Health Fair: Living Well, Aging Well (SPB) 2:00 OnStage Seniors (NSK) 4:00 Golden Age of Radio</p>	<p>26</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB)</p>
<p>29</p> <p>10:00 Yoga for Every Body: Unwind & Recharge 1:00 Table Tennis (SPB) 1:30 Layered Explorations: Collage & Mixed Media (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>30</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi and Qigong Level 1 Beginner (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi and Qigong - Level 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 4:00 Golden Age of Radio</p>	<p>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</p>	<p>PRINCETON CAFÉ FOR OLDER ADULTS Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p>	<p>EVERGREEN FORUM For the Evergreen Forum course schedule, please see our website at cmaprinceton.org/evergreen.</p>

ALL PROGRAMS SEPTEMBER 2025

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



PICKLEBALL MANIA

Explore the diverse schedule of our monthly pickleball activities taking place in-person at the Suzanne Patterson Building located at 45 Stockton Street in Princeton, New Jersey at: <https://cmaprinceton.org/health-wellness/>

LEVEL 1 - BEGINNER PICKLEBALL

Players should be brand new to the sport or looking to refresh their skills.

INTRODUCTION TO PICKLEBALL: A LEARN TO PLAY THREE-WEEK WORKSHOP

Get into the game of pickleball with this three-week workshop designed to introduce you to this incredible sport! Build the foundations of your skills and dive headfirst into your newest obsession: Pickleball!

Fee: \$60 resident/\$65 nonresident

- Wednesdays, September 10 through September 24, 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, September 10, 11:00 a.m.-1:00 p.m.
- Wednesday, September 24, 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, September 4, 11:00 a.m.-noon
- Thursday, September 18, 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, September 4, 10:00-11:00 a.m.
- Thursday, September 18, 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, September 3, 11:00 a.m.-1:00 p.m.
- Wednesday, September 17, 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, September 4, noon-1:00 p.m.
- Thursday, September 18, noon-1:00 p.m.

ALL PROGRAMS SEPTEMBER 2025

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

SPANGLISH FOR RETURNING LEARNERS

(In-Person at NSK Location)

Wednesdays, September 10 through October 29, 10:30 a.m.-12:00 p.m.

Fee: \$45

This eight-week class is perfect for those who have some prior experience with Spanish, especially returning students from Karen's beginner course. You'll review and build on basic vocabulary, grammar, and conversation skills through stories, games, and lighthearted practice. It's not an advanced class, but a chance to refresh what you know, gain confidence, and keep learning in a fun and relaxed setting.

Instructor: Karen Voorhees

WOMEN IN RETIREMENT: TENTH ANNIVERSARY POTLUCK

(In-Person at Offsite Location)

Friday, September 19, 10:00 a.m.-noon

Celebrate Ten Years of WIR!

Join us as we mark a decade of connection, community, and shared experiences. Instead of our usual meeting, we'll gather for a festive potluck brunch – a time to reconnect with familiar faces and welcome new ones.

For details and to RSVP, please visit the WIR website. Everyone is welcome – we'd love to celebrate with you!

<https://wired.wordpress.com>

Registration required, no fee.

Groups



SOCIAL CONNECTIONS

Programs

OPEN HEARTS, OPEN SPACES: CREATING A CULTURE OF WELCOME

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

Wednesday, September 24, 3:30-5:00 p.m.

Fee: \$5

Every day, people from all walks of life are finding new ways to connect, listen, and care for one another. When we lead with empathy and curiosity, we can create spaces where everyone feels seen and valued.

In a time of growing division, this interfaith panel invites us to reflect on how we build a more inclusive world, starting in our own communities.

Open to all who believe in belonging, connection, and making space for others.

SPEED-FRIENDING

(In-Person at NSK Location)

Tuesday, September 23, 2:00-3:00 p.m.

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

AGING GAILY (LGBTQ+)

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

Monday, September 15 at 3:00 p.m.

A welcoming community where LGBTQ+ older adults come together to engage in lively social activities, build meaningful friendships, and support one another in a safe, affirming space. Whether you're looking for connection, conversation, or just a good laugh, you'll find camaraderie and care with others who share your journey.

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 September, 3:30 p.m.

Please note the new start time!

Join us for relaxed and friendly conversation with fellow older adults. This welcoming group offers a chance to share stories, exchange ideas, and enjoy thoughtful discussion on a variety of topics. It's a great way to connect, stay engaged, and build community. Registration required, no fee.

ALL PROGRAMS SEPTEMBER 2025

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

TED TALKS

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

Tuesdays in September, 10:30 a.m. (no meeting on 9/2 or 9/23)

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:

September 2 – Not meeting

September 9 – Philippe Villeneuve: The inside story of Notre-Dame's incredible reconstruction

September 16 – Corridor Crew: Can We Teach our Moms to Spot AI Videos (*You Tube*)

September 23 – Not meeting

September 30 – Harvey Mason Jr.: A survival guide for musicians in the age of AI

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, September 19, 2:30 p.m.

This group offers a supportive space to talk about the many changes and challenges that can arise during the transition to retirement. From shifting routines and identity to exploring new purpose and priorities, join fellow older adults for open conversation, shared experiences, and mutual support.

Facilitator: Paul Knight

Registration required, no fee.

WOMEN IN RETIREMENT COFFEE KLATCH

A warm and inclusive space for those navigating retirement. Share stories, explore new interests, and connect over coffee as we discuss the joys and challenges of this next chapter. Whether you're newly retired or years in, join us for thoughtful conversation and community. All are welcome.

Contact WIR for the location of the meeting.

For more information go to <http://wiret.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: \$10

Bon jour! Join us for relaxed French language conversation focused on pronunciation, vocabulary

building, and grammar enrichment. All levels are welcome – come practice and grow your skills in a friendly, supportive setting.

你好! (Nǐ Hǎo!) CHINESE CONVERSATION & FRIENDSHIP GROUP (In-Person at NSK Location)
On hiatus through September.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN (Zoom)

Thursday, September 18, 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, September 15 at 11:00 a.m.

(Usually third Monday of each month)

Monthly gatherings offering a compassionate space to navigate grief and loss. Share experiences, find support, and begin to heal with others who understand. Call Sherri Goldstein 609.819.1226 to attend.

Registration required, no fee.

CAREGIVERS (Zoom)

Tuesday, September 2 at 3:00 p.m.

(Usually the first Tuesday of each month)

Monthly meetings offering support, shared experiences, and practical strategies for those caring for a loved one. A space to connect, reflect, and recharge.

Registration required, no fee.

CLEARING SPACES (Zoom)

Mondays in September, 3:00 p.m. (no meeting 9/1)

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.

ALL PROGRAMS SEPTEMBER 2025

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

EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, September 18, 3:00 p.m.

(Usually third Thursday of each month)

A welcoming group for individuals living with early-stage memory loss. Learn, connect with others, share experiences, and engage in meaningful conversation and activities.

Facilitator – Eileen Doremus

Registration required, no fee.

FORGET-ME-NOT DEMENTIA CAREGIVERS

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

Saturday, September 13 at 10:00 a.m.

(Usually second Saturday of each month)

A compassionate space for anyone affected by a loved one's memory loss. Share experiences, find support, and connect with others navigating similar challenges. Registration required, no fee.

MEMORY CAFÉ (In-Person at NSK Location)

Monday, September 8 at 10:00 a.m.

(Usually second Monday of each month)

Memory Cafés are open social gatherings with activities, refreshments, and conversations focused on people living with changes in their memory or thinking, and the people who care about them. A café is a place to have fun together, talk with others who understand what you're going through, and try something new!

Please note: This program typically reoccurs on the first Monday of each month.

Registration Required, no fee.

NEXT CHAPTER WIDOWS AND WIDOWERS

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

Wednesday, September 10 and September 24 at 11:00 a.m.

(Usually second and fourth Wednesday of each month)

A compassionate support group providing a safe, nurturing space for those who have navigated the profound journey of grief and feel ready to take the next step. Here, members find understanding, connection, and hope through shared experiences, heartfelt conversations, and gentle guidance – helping each other to heal, rediscover joy, and embrace the possibilities of their next chapter.

Registration required, no fee.

SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS

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

Friday, September 5 from 1:00–2:15 p.m.

(Usually first Friday of each month)

This supportive group welcomes both parents and their adult children with unique physical, emotional, or developmental challenges. It offers a compassionate community where members can share experiences, exchange practical advice, and find encouragement as they navigate the complex journey of caregiving, independence, and future planning. Together, we create a space of understanding, strength, and hope for the entire family.

Facilitator: Dr. John George

Registration required, no fee.



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.

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

Monday, September 8 through September 22, 2:00–4:00 p.m.

Unlock your Mac's potential! This fun, friendly class will span three weeks and will reveal cool tips & tricks to make your Mac easier and more enjoyable to use. Go beyond the basics and discover all the possibilities you can do with your Mac!

Each class will feature one hour of lesson time, followed by one hour of focused help and Q&A. It is required to bring your Mac to the class.

Instructor: Nick Macy

Microsoft Copilot+ PC: A New Era for Windows PCs

Now, you have two flavors of Windows PCs to consider.

Last month's Guru article explored the forty-seven-year history of the microprocessor—the central processing unit that runs the applications on your computer.

Until recently, Intel's Core i3, i5, etc., and AMD's Ryzen microprocessors were the mainstay of personal computers. But that's changing – and Apple started it.

In 2020, Apple abandoned Intel and introduced a new series of Mac computers that used Apple's new "bespoke" M-series microprocessor. The M-1 microprocessor was faster and ran cooler than the earlier Intel versions. It also included parts designed for AI applications, such as Apple Intelligence. (Which I used to edit this article.)

Microsoft responded by developing a new hardware standard called "Copilot+ PC" to compete with the Mac M-series computers and handle the AI tasks that Microsoft was building into its Copilot¹ application.

At the same time, Qualcomm, which makes CPUs for Android mobile devices, developed its own ARM-based microprocessor, called the Snapdragon Elite X, to compete with Apple's M-series chips and meet Microsoft's Copilot+ PC specifications.

Microsoft then wrote a new version of Windows to run on the Snapdragon ARM chip.

The result is a new breed of laptops called "Copilot+ PC." Most use the Snapdragon Elite X microprocessor, while others use an advanced Intel CPU developed that competes with the Snapdragon.

Should You Buy a Copilot+ PC or an Intel Core or AMD Ryzen Laptop?

An excellent question! I recently purchased an HP Omnibook Copilot+ PC with the Snapdragon Elite X microprocessor to replace an aging Dell laptop.

Pros: It's fast, cool (no fan noise), and runs all day on one battery charge. Microsoft software, such as Microsoft Office, Edge, and OneNote, runs smoothly. Most third-party productivity, creative, browsing, and media apps also run well.

Cons: It wouldn't run the interface for my older ScanSnap high-speed scanner, and getting it to recognize my Canon network printer required manual intervention. I suspect (hope) that either Microsoft or the peripheral vendors will fix these issues.

Conclusion: Copilot+ PCs are a promising option for Windows PCs, and most common applications work without a hitch. However, if you use specialized software, you should verify its compatibility with ARM microprocessors.

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



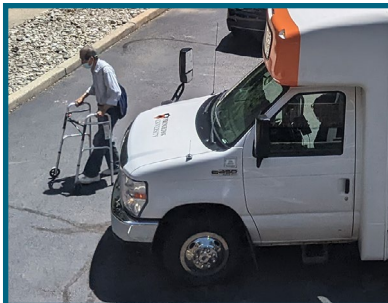
The day before I bought my new Copilot+ PC laptop. NOTE: This is an actor.

¹ Microsoft Copilot is an AI application, similar to ChatGPT. Why Microsoft uses the same "Copilot" moniker for its Copilot+ PC spec is anyone's guess.



JOIN OUR ONLINE PORTAL!

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



**Princeton Muni Service stops
at our building**

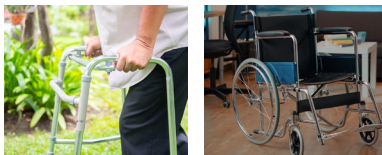
**Mercer County 606 Bus stops
at our neighbor's located at
728 Bunn Drive
which is two driveways from our building**

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.



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**

FROM THE DEVELOPMENT OFFICE



PEAPACK PRIVATE

Spotlight on Peapack Private Bank & Trust

Peapack Private Bank & Trust has served as a cornerstone of the community since its founding in 1921. Originally established as Peapack-Gladstone National Bank, the institution has evolved into a high-performing, growth-oriented boutique private bank. Today, Peapack Private is recognized as a market leader in the metropolitan New York region, offering a range of value-added banking services, including innovative wealth, commercial, personal, and investment banking solutions.

The bank remains deeply committed to building strong relationships and delivering client-centric services. With an approach that balances personalized interactions with self-service technology, Peapack Private consistently prioritizes what is best for its clients. In particular, the bank is dedicated to addressing the unique financial needs of older adults and values the comprehensive services provided by the Center for Modern Aging.

Peapack Private offers specialized services such as retirement planning, estate management, and trust services, all designed to help senior clients achieve financial security and peace of mind. Its experienced advisors work closely with older adults to develop personalized financial strategies aligned with individual goals and needs.

Guided by the core principles of Clients First, Professionalism, Invested in Our Communities, Teamwork, and Competing to Win, Peapack Private continues to fulfill the mission established by its founders: to provide value-added banking services rooted in integrity and trust. This enduring focus on people and community has made a meaningful impact, enhancing the quality of life across the areas the bank serves.

Visit www.peapackprivate.com for more information.

SEPTEMBER FEATURED SPONSORS



Pride in being good neighbors and supporting the local communities where we live and work

mccaffreys.com



Highest quality care services provided to each and every resident, patient, and family

oasisseNIOradvisors.com

ROUNDVIEW CAPITAL

Your Family Office

roundviewcapital.com



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

CMAP'S FALL BENEFIT SPONSORSHIP OPPORTUNITIES – THURSDAY, SEPTEMBER 11, 2025

Company Name _____ Address _____
Contact Name _____ Signature _____
Tel _____ Fax _____ Email _____
Admin Contact _____ Tel _____ Email _____

☐ Spotlight– \$15,000 (Reserved for special recognition of our honorees)

- Complimentary table, which includes ten reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full-page full color ad or personal acknowledgment in printed benefit journal
- Podium remarks by sponsor's designee
- Hyperlink of company on CMAP website and digital marketing materials
- Featured event signage

☐ Sustainer – \$10,000

- Complimentary table, which includes ten reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full-page full color ad or personal acknowledgment in printed benefit journal
- Recognition in the CMAP leadership podium remarks
- Hyperlink of company on CMAP website and digital marketing materials

☐ Partner – \$5,000

- Premium seating package, which includes six reserved VIP tickets
- Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition at the cocktail reception and dessert table
- Half-page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on CMAP website and digital marketing materials

☐ Friend – \$2,500

- Four VIP tickets
- Quarter-page full color ad or personal acknowledgments in printed benefit journal
- Printed recognition at the cocktail reception and dessert table
- Recognition in printed and digital materials related to the event
- Hyperlink of company on CMAP website and digital marketing materials

☐ Benefit Patron – \$1,250

- Includes two tickets, an additional \$700 donation, and recognition in printed benefit journal

☐ Benefit Guest – \$275 per person

- 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.

PAYMENT INFORMATION (Check or Credit Card) Check Number _____ Check Amount _____

Card Number _____ Exp ____/____ CVV _____

Cardholder Name _____

Signature _____ Date _____

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.





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



**OPEN HEARTS, OPEN SPACES:
CREATING A CULTURE OF WELCOME**
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
WEDNESDAY, SEPTEMBER 24, 3:30-5:00 P.M.; FEE: \$5

SEE PAGE 13 FOR DETAILS.



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

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

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Always Best Care Senior Services
Artis Senior Living
Assisted Living Locators
Brandywine Living: Princeton,
Pennington, & Serenade at Princeton
Bryn Mawr Trust
First Light Home Care
Home Instead

Homewatch CareGivers
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 Bank & Trust

Penn Medicine Princeton Health
Princeton Federal Credit Union
Princeton Theological Seminary
Roundview Capital
Senior Advisors
Silver Century Foundation
Springpoint At Home
Stark & Stark Attorneys at Law
Van Dyck Law Group
Walsh Senior Solutions

And to our individual donors who along with our sponsors make our programs & services possible.

Be sure to follow us on Facebook so you don't miss a beat! <https://www.facebook.com/cmaprinceton.org>