



2025 CMAP FALL BENEFIT

# SEASONS OF INNOVATION

**Thursday, September 11, 5:30 p.m.**

**101 Poor Farm Road, Princeton**

CONNECTION, PURPOSE, AND LIFELONG LEARNING

*2025 Leadership Awards:*

- *Individual Honoree: Albert Stark*
- *Corporate Honoree: Penn Medicine Princeton Health*
- *Community Impact Honoree: CMAP Evergreen Forum*



Center for Modern Aging Princeton | 609.751.9699  
(Formerly Princeton Senior Resource Center)





# **PENN MEDICINE PRINCETON HEALTH**

**IS PROUD TO BE RECOGNIZED AS A**

## **CORPORATE HONOREE**

**BY**

## **THE CENTER FOR MODERN AGING PRINCETON**

We value our long-standing partnership  
with CMAP and our shared commitment to  
promoting happy, healthy, and engaged aging  
for older adults and their families.



**Penn Medicine**

# CONTENTS

Welcome from the Chief Executive Officer .....	page 3
Thank You to Our Sponsors .....	page 6-7
Thank You to Our Annual Sponsors .....	page 8-9
Board Members and Advisory Council .....	page 11
Leadership Honorees .....	page 13-17
What We Do .....	page 20-21
Mission, Vision, & Support .....	page 26
Gifts from Your Will or Trust .....	page 27
CMAF Programs and Activities 2025 .....	page 30-32
Do You Know About the Evergreen Forum? .....	page 36
CMAF Staff .....	page 38

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Join online at **[cmaprinceton.org](http://cmaprinceton.org)**, where you can decide to receive our monthly newsletter electronically for free, or subscribe to the printed edition for an annual \$15 fee.

101 Poor Farm Road • Building B  
Princeton, NJ 08540  
609.751.9699

Be sure to follow us on Facebook so you don't miss a thing!  
**[facebook.com/cmaprinceton.org/](https://facebook.com/cmaprinceton.org/)**



**Proud Sponsors of the  
Center for Modern Aging  
Princeton**

*Congratulations to the  
2025 Leadership Awards Honorees:*

**Penn Medicine Princeton Health  
Corporate Honoree**

**CMAP Evergreen Forum  
Community Impact Honoree**

**A special congratulations to  
Albert M. Stark, Esq.  
Individual Honoree**

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# SEASONS OF INNOVATION:

## CONNECTION, PURPOSE, AND LIFELONG LEARNING

Tonight, we gather to celebrate the Center for Modern Aging Princeton's enduring spirit of innovation shaped by every season of our shared journey. Just as the seasons remind us of change, growth, and renewal, our work together reflects an evolving commitment to connection, purpose, and lifelong learning.

This evening we honor leaders and partners whose vision and dedication embody the very heart of our mission.



**Albert Stark**, our Individual Leadership Honoree, has been a foundational voice in shaping CMAP's story. What began as a search for resources when he and his wife moved to Princeton grew into decades of passionate service. From helping to fund neighborhood celebrations in the Witherspoon-Jackson community to building the fundraising foundation that allowed CMAP to grow into a nationally respected leader, Albert's contributions have been both visionary and personal. His leadership reminds us that one person's vision and generosity can ripple outward to strengthen an entire community.

**Penn Medicine Princeton Health**, our Corporate Leadership Honoree, has been a steadfast partner in promoting health, wellness, and dignity for older adults. Their leadership reflects what it means for institutions to anchor their work in compassion and purpose, transforming not only individual lives but also the broader community they serve. Through a long-standing partnership with CMAP, they have helped us expand access to vital health programs, educational workshops, and supportive services – ensuring that older adults in our region can thrive in both body and spirit.

Finally, we celebrate the **Evergreen Forum**, our Community Impact Honoree, as it marks its twenty-fifth anniversary. For a quarter century, the Forum has embodied the spirit of lifelong learning, offering engaging, thought-provoking classes that bring people together across generations and backgrounds. With volunteer instructors and experts leading courses in literature, music, history, and more, Evergreen Forum has become a national model, proof that curiosity and discovery can flourish at every stage of life.

As we honor these leaders and innovators, we also look ahead with gratitude and resolve. Together, we will continue to imagine, innovate, and inspire – ensuring that every season of life is enriched with meaning, connection, and opportunity.

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



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## ***Proud supporter of the Center for Modern Aging Princeton***

### ***We're with you.***

Princeton Global is on a mission to make investment management and wealth planning an interesting and engaging experience. We use our knowledge and perspective to enable individuals and multi-generational families to define and achieve their goals.

### ***Congratulations to the 2025 Leadership Honorees!***

**Albert Stark  
Penn Medicine Princeton Health  
CMAP Evergreen Forum**

**Congratulations to the  
Center for Modern Aging  
Princeton on another  
remarkable season of  
innovation.**

**Thank you, CMAP, for  
inspiring us all!**

– KATHY ALES & RICHARD LEVINE

## GRATEFUL FOR THE SUPPORT OF OUR EVENT SPONSORS\*:

### IN THE SPOTLIGHT LEVEL SPONSORS – \$15,000

Penn Medicine Princeton Health  
Ellen and Albert Stark  
Stark & Stark Attorneys at Law

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Kathy Ales and Richard Levine  
Norman Klath

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## THANK YOU

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Dave Saltzman and Heidi Joseph

Karen and Ronald Schotland

Mimi Schwartz

Jane Silverman

Dr. Michael Wong – Princeton Eye Group

*\*as of September 5, 2025*

THANK YOU

CMAP IS GRATEFUL FOR OUR



FOR THEIR GENEROUS SUPPORT OF OUR MISSION

THANK YOU

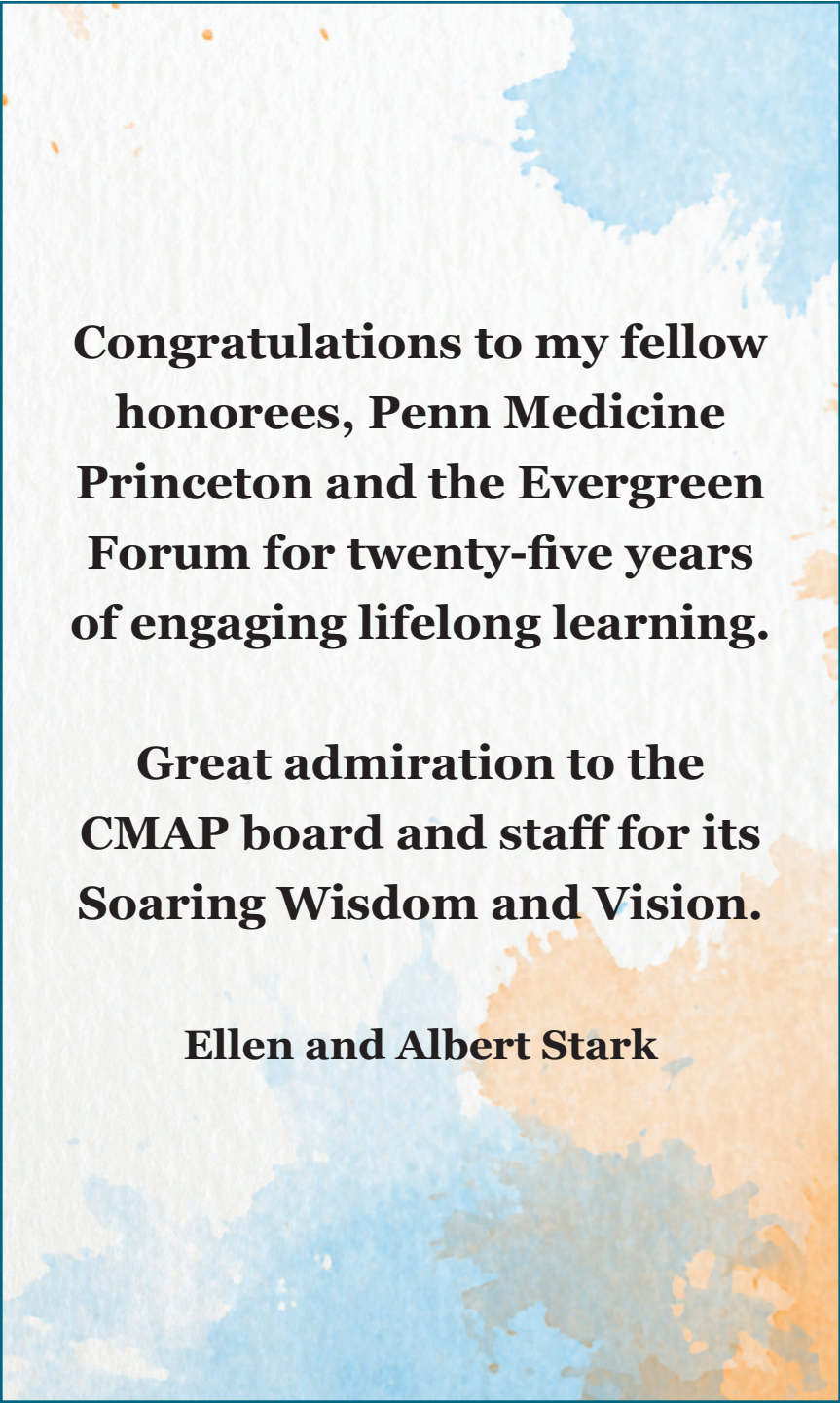
## ANNUAL SPONSORS:



AND THE VALUABLE SERVICE THEY PROVIDE TO OLDER  
ADULTS IN THE COMMUNITY.

# THANK YOU





**Congratulations to my fellow  
honorees, Penn Medicine  
Princeton and the Evergreen  
Forum for twenty-five years  
of engaging lifelong learning.**

**Great admiration to the  
CMAP board and staff for its  
Soaring Wisdom and Vision.**

**Ellen and Albert Stark**

## BOARD MEMBERS 2025–2026

Lance Liverman  
*Chair*

J. Robert Bratman  
*Secretary*

Brad Bartolino  
*Treasurer*

Sandy Kurinsky  
*Vice-Chair*

Josh Lichtblau  
*Vice-Chair*

Kathy Ales

Kathy Flicker

David Loevner

Nancy H. Becker

Ruth Goldston

Sonali Pathirana

Donald Benjamin

Iona Harding

Rhona Porter

Rev. Deborah K.  
Blanks

Michael Kenny

Jane Silverman

Philip Carchman

Harold Kuskin

Michele Tuck-  
Ponder

Suresh Chugh

Barbara Lawrence

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## ADVISORY COUNCIL

David Atkin  
Billie Emmerich  
Paul Gerard

Norman Klath  
Barbara Purnell  
Nancy Robins

Dave Saltzman  
Albert Stark  
Hazel Stix

Drew A. Dyson, PhD  
*Chief Executive Officer*

**Congratulations Evergreen  
Forum for presenting  
stimulating courses for  
twenty-five years. Thanks to  
our founders, to the steering  
committees that preceded us,  
and to CMAP for supporting  
us in so many ways.**

*Evergreen Forum Steering Committee*



## **HEALTH FAIR AND FLU SHOT CLINIC**

**Living Well, Aging Well**

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

**at the Suzanne Patterson Building**

## **FLU SHOT CLINIC**

**Living Well, Aging Well**

**Friday, October 3 – 10:30 a.m.-1:30 p.m.**

**at the NSK Building**

Congratulations to the 2025  
Leadership Honorees

**Albert Stark**

A long-time advocate, adviser,  
and supporter of CMAP.

**Penn Medicine Princeton Health**

CEO James Demetriades, physicians,  
and staff play a key role  
in the health and wellness of our  
community, and  
are regular supporters of CMAP  
and its mission.

**CMAP Evergreen Forum**

For twenty-five years its wonderful  
volunteers have offered  
our community excellent lifelong  
learning opportunities.  
A crucial part of CMAP's mission.

With Appreciation,

*Norman Klath*



# HONORING ALBERT STARK: A FOUNDATIONAL VOICE IN MODERN AGING

When Albert Stark and his wife moved to Princeton years ago, they were already looking ahead – thinking not just about where they lived, but how they wanted to live as they aged. Their search led them to the Princeton Senior Resource Center, now known as the Center for Modern Aging Princeton (CMAP), and what began as a practical inquiry soon became a passionate commitment.

"We were younger then," Albert reflects, "but we wanted to remain in our home as we aged. We found out about services like Community Without Walls, and from there, we got involved with the Center."

That involvement quickly deepened. A pivotal moment came during a meeting with then-Executive Director Susan Hoskins. Albert, along with community leaders Jack Tomlinson and another colleague, was asked to help fund a neighborhood celebration in the Witherspoon-Jackson area. "We reached into our pockets and handed Susan a check," he remembers with a smile. "That was the beginning of a long, thriving relationship."

Albert went on to become a foundational board member, helping to transform what was once a small community center into a nationally respected leader in aging services. Alongside Susan Hoskins and the visionary Sharon Naeole, he helped shape CMAP's fundraising efforts—starting with a major public event featuring the Capitol Steps at Princeton High School, which sold out and paved the way for future growth.

"Sharon was the general," Albert says humbly. "I was one of her soldiers, along with Dave Saltzman and many others. She was the spark plug—the one who made fundraising success possible."



Albert's dedication to CMAP evolved into a broader passion for intergenerational learning and support. Today, he continues his service through National Junior Tennis and Learning of Trenton, an organization lifting up under-resourced youth. But his heart remains deeply connected to CMAP and its mission, especially its role in lifelong learning.

"I see Evergreen Forum as a national model," he shares, envisioning its expansion to senior centers across the country and even around the world. "It's a high-quality program with volunteer professors and experts in their fields. My own family has participated in music, art, and literature classes. It's a Princeton education for older adults."

Looking ahead, Albert hopes the CMAP community will continue to invest in the staff and structure needed to grow these offerings. "As younger people age into the center, we need to open our hearts and our pockets so that CMAP can continue offering transformative programs. It truly is becoming a Center for Modern Aging."

As we celebrate CMAP's impact and honor those who have helped shape its journey, Albert Stark's voice reminds us of the power of vision, generosity, and leadership rooted in community. "I'm humbled to be recognized," he says. "But truly, this is a tribute to all those who built this with me."

And to those gathered at the Gala, Albert offers a simple wish: "Have a great time tonight. This is a wonderful organization that values its staff and volunteers. It's an example of excellence – and a beacon for what aging can look like when we build it together."



# PENN MEDICINE PRINCETON HEALTH

Penn Medicine Princeton Health is one of the most comprehensive healthcare systems in New Jersey. Since joining the University of Pennsylvania Health System (UPHS) in 2018, the organization has strengthened its reputation for clinical excellence and for community-based health and wellness initiatives. As part of UPHS—the world’s leading academic medical center – Princeton Health patients benefit from easier access to advanced care for complex conditions, the latest medical breakthroughs, clinical trials, cutting-edge technologies, and specialized expertise.

The long-standing partnership between Princeton Health and the Center for Modern Aging reflects a shared commitment to meeting the evolving needs of older adults with dignity, innovation, and compassion. By combining strengths and resources, both organizations are better equipped to design and deliver programs that support healthy aging, reduce social isolation, and expand access to essential services. This partnership promotes a holistic and proactive approach to elder care—within and beyond clinical settings – that incorporates the voices and lived experiences of older adults in the community.

Several members of the Center for Modern Aging’s board of trustees also serve on the Princeton Health Community Advisory Board. The advisory board plays a key role in reviewing the results of the local Community Needs Assessment survey, ensuring that both Princeton Health and the Center for Modern Aging develop programs that respond to the priorities of older adults – including the desire to age in place, remain active, and access services that simplify care delivery.

Together, Princeton Health and the Center for Modern Aging embrace the privilege and responsibility of ensuring that every individual has the opportunity to age with purpose, connection, and quality of life.



# CELEBRATING TWENTY-FIVE YEARS OF THE EVERGREEN FORUM

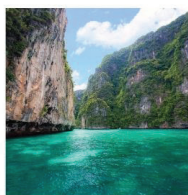
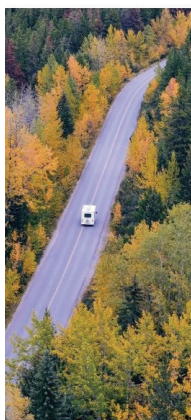
Twenty-five years ago, a group of Princeton-area residents founded the Evergreen Forum, a lifelong learning community. Their goal was to offer intellectually stimulating classes led by volunteer peers, with an emphasis on active participation. The first term, in 2000, featured five classes. The program flourished in the years that followed because it was both a good idea and thoughtfully organized. This fall, twenty-six courses are scheduled, covering a wide range of subjects, including art, law, history, science, travel, and literature.

The founders included Harry and Judith Pinch, David Southgate, Edie Jeffrey, and Caroline Gordon. Early on, they recognized the need for a permanent home. The Princeton Senior Resource Center provided that home – managing registration, offering classrooms, and arranging additional space in the community when necessary. Today, CMAP serves as Evergreen Forum's home. Participation grew steadily over the years, with a significant increase during the COVID-19 pandemic, when CMAP introduced the technology to support Zoom classes. The demand for online learning helped broaden Evergreen's reach.

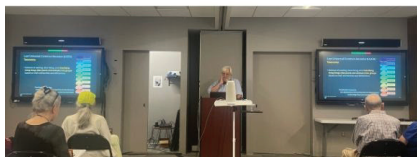
The founders, and later an elected steering committee of Evergreen participants, developed the curriculum, recruited volunteer course leaders, and promoted discussion-based courses. The committee also evaluates participant feedback, explores new ideas, and engages broader audiences.

To mark the Forum's twenty-fifth year, CMAP and the steering committee hosted two open houses where the community could meet course leaders and sample classes. These well-attended events provided opportunities for participants and prospective members to connect with one another, CMAP staff, course leaders, and steering committee members.

# CELEBRATING 25 YEARS



# OF EVERGREEN FORUM



## WHAT WE DO

The Center for Modern Aging Princeton (CMAP) is a community nonprofit organization that exists to help older adults thrive.

We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.

Our vision is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. CMAP envisions a world where older adults embrace aging and are valued for their wisdom, experience, and talent.





## CMAP BY THE NUMBERS 2024-2025

Hours of Case Management, Counseling, &  
Resource Referral by our Social Services Team

1,037

2,745

Students in Lifelong Learning programs including  
CMAP's Evergreen Forum

319

Participants in Newly Expanded Multi-Lingual &  
Cultural Awareness Programs

Older Adults in CMAP Sports &  
Exercise Programs

657

1,560

Members of CMAP Social, Support,  
and Conversation Groups

Seniors in CMAP Performing & Visual Arts  
Programs, Workshops, and Courses

1,228

Client Visits & Workshop Participants in CMAP Digital  
Literacy & Technology Education Programs

601

17,437

Volunteer Hours  
Contributed to CMAP by

366

Volunteers

# CMAP COMPASS NEWSLETTER

SCAN ME



Scan the QR code to read about  
the latest happenings at CMAP!

Congratulations to the Center for Modern  
Aging Princeton on another year of  
innovation & inspiration to so many in our  
community.

Tonight, I am especially proud to honor  
my mentor and dear friend, **Albert Stark**.  
He has guided me as a lawyer and as a  
person, shaping my career and my life.  
I am deeply grateful for his wisdom,  
generosity, and friendship.

*Rob Bratman and Jenn Lyons*



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## OUR WEBSITE



Scan the  
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**CONGRATULATIONS TO  
ALL OF THE HONOREES!**

**~ A SPECIAL THANK  
YOU TO THE EVERGREEN  
FORUM ~**

**TWENTY-FIVE YEARS OF  
CONTINUOUS LEARNING  
IS QUITE A MILESTONE!**

*– Sandy Kurinsky*

**Congratulations  
Evergreen Forum  
for presenting  
stimulating courses for  
twenty-five years. Thanks  
to our Founders, to the  
Steering Committees  
that preceded us, and to  
CMAP for supporting us  
in so many ways.**

**Evergreen Forum  
Steering Committee**

**Congratulations to the 2025  
Leadership Award Honorees**

**You have made a difference  
for many in this community**

*Barbara Lawrence and Allen Laskin*

**Gratitude to all Team CMAP  
and deepest appreciation  
to honoree Albert Stark  
for generous enthusiastic  
leadership throughout our  
community.**

**– Kerry Perretta**

**Congratulations to  
Evergreen Forum for  
providing twenty-five  
years of Learning,  
Insight, and Friendship!**

**Jill Sandel**



Proud partner of the  
**CENTER FOR  
MODERN AGING  
PRINCETON**



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## COMMUNITY WITHOUT WALLS

The mission of Community Without Walls is to enhance the ability of members to age well and make choices that will permit us to "age in place."

CWW is organized into "houses" (chapters), that have up to one hundred members in each, that provide programming, social and affinity groups, and member support.



**Learn more at [cmapprinceton.org/community-without-walls/](http://cmapprinceton.org/community-without-walls/)**

# MISSION, VISION, & SUPPORT

## SUPPORT

CMAP, a community nonprofit, is sustained largely by donor support. Almost half of our total operating budget comes from individual donations in support of services and fees for programs.

## MISSION

### MISSION

The Center for Modern Aging Princeton (CMAP) is a community nonprofit organization that exists to help older adults thrive. We carry out this mission by offering support and guidance to older adults and their families, and by providing vital human connections, compassionate social services, dynamic lifelong learning, and meaningful volunteer opportunities that promote active, healthy, and engaged aging for adults aged fifty-five and above.

### VISION

Our vision is to be an indispensable community asset for older adults and their families as they navigate the journey of aging. CMAP envisions a world where older adults embrace aging and are valued for their wisdom, experience, and talent.

## VISION

## OUR CORE VALUES

### OUR CORE VALUES

COMMUNITY	INCLUSION	STEWARDSHIP	EXCELLENCE
COMPASSION	INNOVATION	PURPOSE	JOY

# GIFTS FROM YOUR WILL OR TRUST



## How It Works

Include a gift to CMAP in your will or trust. (Sample bequest language for your will is available.)

Your bequest will support the overall mission of CMAP.

Indicate that you would like a percentage of the balance remaining in your estate or trust, or indicate a specific amount.

Tell us about your gift so we may celebrate your generosity now.

## Benefits

- ✓ Your assets remain in your control during your lifetime.
- ✓ You can modify your gift to address changing circumstances.
- ✓ You can direct your gift to a particular purpose (be sure to check with us to make sure your gift can be used as intended).
- ✓ Under current tax law, there is no upper limit on the estate tax deduction for your charitable bequests.

## Want to learn more?

Visit us at [cmapprinceton.plannedgiving.org](http://cmapprinceton.plannedgiving.org) or give us a call at 609.751.9699, ext. 101, today and we'll send you some valuable resources that will help you get organized, make your estate plans, and arrange a gift that will help to enable us to continue our support for those in need in our community for generations to come.

Now that's a legacy worth leaving!



**ROAD TO  
SUCCESS**

**CONGRATULATIONS!!**

**CENTER FOR MODERN  
AGING OF PRINCETON**

**KEEP UP THE  
GOOD WORK**

LANCE AND LATONYA  
LIVERMAN

**Thanks to the Evergreen  
Forum (twenty-five  
years!) for enticing  
the finest minds in  
the country, who have  
spent most of their lives  
researching for fun and/  
or profit to come and  
share their wisdom  
with their fan club of  
learners—people like me!**

*Catherine Brown*



**Celebrating  
Evergreen Forum's  
Twenty-Five  
Years of inspiring  
learning and  
community.**

**With admiration.**

**Paul and Mary Gerard**

**PROUD TO  
SUPPORT  
CMAP AND TO  
RECOGNIZE AND  
HONOR CARERS  
EVERYWHERE.**

*– Sonali Pathirana*

**Congratulations to Albert Stark and Penn Medicine for their generous support of CMAP and its mission.**

**Congratulations to Evergreen Forum for enriching so many lives these past twenty-five years. Here's to continued success for many years to come.**

*— Rhona Porter*

**Congratulations to Evergreen Forum on Twenty-Five Years of Outstanding Programs!**

**Iona and Maurice Harding**

**As we celebrate this year's Gala, our hearts are filled with deep appreciation for the incredible people who make the Center for Modern Aging Princeton all that it is. To our dedicated staff, you embody compassion, creativity, and excellence in every program and every connection you make. To our extraordinary board, you provide wisdom, vision, and steady leadership that guide us through every season.**

**We are profoundly grateful to walk alongside you in this work, and we are inspired every day by your commitment to connection, purpose, and lifelong learning.**

*With heartfelt thanks,  
Drew & Diane Dyson*

# CMAP PROGRAMS AND ACTIVITIES 2025

## Bilingual Programs

Bilingual Bingo  
Café Français  
Discover the World of Language: ESL Class  
Spanish Language Instruction  
¡Se Habla Español! Charlas de Corazón  
Tea Social for the Russian-Speaking Community  
World Dance: Bollywood / Salsa

## Education & Enrichment

92nd Street Y Live Streams  
A Deeper Dive into Classical Music  
A Publishing Journey with Winnie Hughes Spar  
Beginners Art Workshop  
Beyond the Headline  
Cosmology  
Creating Art from Found Objects  
Declutter & Downsize  
EmpowerHer Speaker Series  
Estate Planning  
Full Circle Play Readings  
Forgotten Leaders: Exploring the Legacies of Lesser-Known Presidents  
French Rendez-vous  
From Hope to Action: Becoming the Change We Wish to See  
Haunted History of New Jersey  
LGBTQ+ Advocacy & Legislation: What's Ahead in 2025  
Library Reads  
Live From: Virtual Global Walking Tours  
Lost and Found: New Discoveries in Classical Music  
Mastering the Art of Painting  
Maximizing Home Care  
Memoir Writing: Time to Tell Your Story  
Morning Tech Series with the Princeton Public Library  
OnStage Seniors  
Palette Play: Oil & Acrylic  
Purpose Reimagined: A Workshop  
Scholar Presentations  
Special Speaker Series  
Technology Lab  
Technology Workshops  
The Tech Hour: Expanding Horizons  
TED Talks  
Unlocking the Art of Elemental Drawing  
Venetian Chronicles: A Virtual Exploration  
Why Do We Believe The Big Bang Theory?  
Women Composers Prior to the Twentieth Century  
The Wonders of Word Play (poetry)

## Engaged Retirement

Men in Retirement Breakfast Meetings  
Men and Women in Retirement Monthly Presentations  
Women in Retirement Coffee Klatch  
Transition to Retirement

## Health & Fitness

Ageless Grace  
Alzheimer's Series  
Arthritis Management  
Bird Walk with Winnie Spar  
Bollywood Dance Exercise Class  
Chair Moves & Grooves  
Covid/RSV/Flu Inoculation Clinics  
Covid Vaccination Information  
*Every Body Walk!*  
Falls Prevention Day  
Fusion Yoga  
Healthcare Decisions Workshops  
Health Fair: Tackle Your Health  
Living with Alzheimers for Caregivers  
Long Covid Seminar  
Pickleball Court Rentals  
Pickleball Instruction  
Seated Serenity: Chair Yoga for Wellness  
Solvents & Glue  
Table Tennis  
Tai Chi  
The Feldenkrais Method  
Town Hall Meetings on Public Health Issues  
Vaccine Navigators  
What's New in Hearing Technology  
Zen Mat Yoga: Find Your Center

## Intergenerational Programs

GrandPals  
GrandPals Pen Pals  
Intergenerational Nature Walk  
Mad for Art: Paint Night  
Seniors for Seniors



### **Lifelong Learning – Evergreen Forum Spring 2025 Semester**

A History of Money  
American Short Fiction Masterpieces, Part II  
*Anna Karenina*  
Building Bridges: Interfaith Awareness &  
Religious Literacy  
Darwin's *On the Origin of Species*  
Eat the Book  
Harlem Renaissance: All That Jazz  
Herman Melville's *Moby-Dick*  
Highlights in the History of Women  
Philosophers  
History of the Middle East  
Lyrical Introductions to the Great American  
Song Book  
Mindfulness Based Cognitive Behavioral  
Therapy  
Perspectives on Opera  
Reading Buildings: A Primer  
Science in the News  
Technology, Society, and You  
The Evolution of Western Art, Part 2  
The Science of Happiness  
Understanding Emotions  
What is Time?  
Winslow Homer: Art and Biography

### **Lifelong Learning – Evergreen Forum Fall 2024 Semester:**

2024 Elections: Democracy at Stake?  
All the Fun Your Math Teacher Left Out  
America During the Obama Years  
American Impressionism: Bucks County  
Painters  
American Short Fiction Masterpieces  
Antebellum America: It Still Matters  
Demystifying New Jersey  
Documentary Films  
Explore, Engage, and Empower  
Geology of the BC Coast Mountains  
Histories of Indigenous Peoples in America  
Introduction to Mindfulness Practices  
Jane Austen, Novels and Films  
Magic & Witches in Fiction for Grownups  
Medicine: The History & Mystery  
Reading *Lolita* in 2024  
Science in the News  
Scientific Genius  
Sunken Voyage  
Supreme Court: Greatest Hits of 2024  
The Evolution of Western Art  
To Be Continued...Four Contemporary  
Novels  
Two Men at Sea  
Understanding Cognitive Behavioral  
Therapy  
Understanding Human Evolution

### **Lifelong Learning – Evergreen Forum Summer Master Class Series 2024:**

America's Revolutionary Tempest  
Opera from Extraordinary Circumstances  
Science in the News  
The Women Impressionists

### **Social & Recreational**

A Mother's Day Decoupage Workshop  
Amazing Cats: Senior Cat Adoptions  
An Afternoon at the Theater: "Gene &  
Gilda"  
Around the World Trade Center:  
Artist Showcase  
Art Shows  
Bingo  
Bilingual Bingo  
Celebrate Holi: Love and Color  
Challah Baking Event  
CMAP Annual Holiday Party  
CMAP Block Party & BBQ  
CMAP Staycation  
Community Without Walls  
Day Trips  
DIY Smoothies & Frozen Yogurts  
Diwali Celebration: A Festival of Light &  
Culture  
Documentaries  
Free Flea Market Exchange  
Games Day at CMAP  
How to Date and Make Friends Online  
Let's Get Creative: Canvas Painting  
Literary Café  
Loteria  
Men & Women in Retirement Monthly  
Presentations  
Music on the Patio  
NJ Symphony Chamber Players  
OnStage Seniors Performances  
Philadelphia Flower Show Day Trip  
Poker: Texas Hold'em  
Popular Films  
Senior Citizen Club  
Sound n Joy (musical concert)  
Speed Friending  
The Golden Age of Radio  
Weekly Get-Togethers

(Continued)

## Social Services – Care Advocacy Assessment

AARP Tax Assistance  
Caregiver Resource & Support  
Crosstown Transportation Services  
Help with Care Planning  
Home Friends Volunteer  
Individual & Family Consultations  
Information & Referrals to Area Resources  
Lending Locker  
Resource Library & Database  
Support & Wellness Groups  
Virtual Visitors  
Wellness Groups

## Support & Social Groups

Aging Gaily  
Bereavement  
Caregivers  
Clearing Spaces  
Crafter's Corner  
Early-Stage Memory Loss Support  
Forever Young (55-65)  
Forget-Me- Not: Dementia Caregivers  
Global Conversations  
Let's Talk  
Next Chapter (Widow/Widower's Support)

Special Connections: Parents of Adults  
with Unique Needs  
Talk and Tea  
Workshops

## Virtual and In-Person Volunteer Opportunities

Community Events  
GrandPals  
Group Facilitation  
Home Friends  
Instructors & Lecturers  
Office Assistance/Reception  
CMAP Development Event Support  
Seniors For Seniors  
Skill-Based Projects  
Special Events  
Technology Aides



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# **Big Congratulations Albie and all the honorees**

**from Bob and Joan Levitt**

**CONGRATULATIONS  
TO CMAP FOR  
ANOTHER YEAR OF  
MAKING OUR LIVES  
FULLER AND MORE  
INTERESTING!**

**– Hazel Stix**

**For all the extraordinary  
years of service to the  
community, thank you  
CMAP!**

**For all your efforts and  
leadership at CMAP,  
thank you Albert Stark!**

*– Dan and Bobette Lister*





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## **CELEBRATING THE CMAP STAFF & VOLUNTEERS**

In every season, your innovation and dedication make CMAP thrive. From reimagining programs to extending care and connection, our staff and volunteers embody the creativity and compassion that transform lives. Together, you bring fresh ideas, build lasting relationships, and ensure that older adults remain engaged, supported, and valued.

With deep appreciation,

**CMAP BOARD OF TRUSTEES  
AND STAFF EXECUTIVE TEAM**

## THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

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.

To learn more about CMAP's technical assistance, go to our website at <https://cmapprinceton.org/tech-lab/> or to fill out a request form go to <https://engage.cmapprinceton.org/tech-help>.

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The Evergreen Forum provides stimulating daytime study and discussion programs for adults. It encourages active participation for those who enjoy learning for its own sake. Our course leaders are drawn from teachers and other professionals devoted to their subject and wishing to share their enthusiasm. Class formats include in-person, hybrid, or virtual, and technology help is available. We welcome you to discover.

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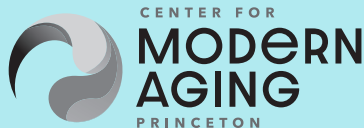
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## CMAP STAFF

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Chief Executive Officer

DONNA COSGROVE  
Chief Operating Officer & Director of Social Services

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