

*(Formerly Princeton Senior Resource Center)*

### HAPPINESS+:

HAPPINESS, EMOTIONAL RESILIENCE, AND HOPE  
(IN-PERSON AT NSK LOCATION)

**EVERY OTHER WEDNESDAY FROM OCTOBER 8 THROUGH  
DECEMBER 17, 1:00-3:00 P.M.**

**SEE PAGE 13 FOR DETAILS.**



### FULL CIRCLE PLAYREADING:

"CODE RED" WITH EMILY MANN  
(IN-PERSON AT NSK LOCATION)

**WEDNESDAY, OCTOBER 8, 5:00-6:30 P.M.**

**SEE PAGE 6 FOR DETAILS.**



### INTERNATIONAL MUSIC FESTIVAL

(IN-PERSON AT SPB LOCATION)

**SATURDAY, OCTOBER 18, 2:00-5:00 P.M.**

**SEE PAGE 8 FOR DETAILS.**



## THE NANCY S. KLATH CENTER FOR LIFELONG LEARNING

101 Poor Farm Road, Building B  
Princeton, NJ 08540

(between Bunn Dr. and  
Mt. Lucas Rd.)

Phone: 609.751.9699

Monday-Friday

9:00 a.m. to 5:00 p.m.

## SUZANNE PATTERSON BUILDING

45 Stockton Street

Princeton, NJ 08540

(behind Monument Hall)

Phone: 609.751.9699

Call CMAP for hours

[info@cmaprinceton.org](mailto:info@cmaprinceton.org)

[cmaprinceton.org](http://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*

## BOARD OF TRUSTEES

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## FROM THE CEO, DREW DYSON

**CMAP LAUNCHES A NEW INITIATIVE WITH  
AMERICORPS – INTRODUCING THIRD ACT: A  
PURPOSEFUL RETIREMENT**

Dear Friends,

I am thrilled to share exciting news: the Center for Modern Aging Princeton (CMAP) is officially launching a new partnership with AmeriCorps through a groundbreaking new initiative, *Third Act: A Purposeful Retirement*.

For more than fifty years, AmeriCorps has connected individuals with service opportunities that strengthen communities and change lives. Here at CMAP, we know the incredible value of purposeful engagement, both for older adults who want to continue making an impact and for the communities that benefit from their wisdom, talent, and time. With *Third Act*, we are building a new model for modern retirement – one rooted in service, intergenerational connection, and lifelong learning.

This new program supports the expansion of critical services and programs for older adults across the greater Princeton region, with four primary areas of focus:

### Expanding Digital Literacy & Technology Education

At the heart of *Third Act* is our commitment to closing the digital divide. With the generous support of Parker Health Group, Inc., whose grant funding is fueling this expansion, CMAP will fully staff the Donald & Nancy Light Technology Literacy Lab at the Klath Center, offering drop-in tech support, expanded courses, one-on-one coaching, and specialized workshops. In addition, AmeriCorps members will staff five satellite technology labs in affordable housing communities and other





community centers, ensuring that older adults throughout our region have access to the training and tools they need to thrive in today's digital world.

### **Strengthening GrandPals & Intergenerational Programs**

CMAP's beloved GrandPals program will grow through new partnerships with schools including Princeton Nursery School and Princeton Charter School. AmeriCorps members will help recruit, train, and support older adult volunteers who bring their stories, wisdom, and mentorship to children in our community. Alongside GrandPals, *Third Act* will support new intergenerational initiatives that connect youth and older adults in meaningful, creative, and purposeful ways.

### **Launching an Older Adult Volunteer Corps**

Many older adults want to give back but don't know where to begin. *Third Act* will create a volunteer corps designed specifically for retirees, connecting them with service opportunities at CMAP and with nonprofit and community partners across the region. This initiative will harness the passion and expertise of older adults, giving them purposeful outlets to serve while strengthening the fabric of our community.

### **Combating Social Isolation Through Expanded Programs**

Finally, *Third Act* will expand CMAP's programs and social services to help combat social isolation, one of the most significant challenges facing older adults today. With the support of our AmeriCorps team, we will offer new opportunities for connection, wellness, and engagement, ensuring that no older adult feels left out or left behind.

Together, these four initiatives form the foundation of *Third Act: A Purposeful Retirement*. To bring them to life, CMAP is recruiting an intergenerational team of AmeriCorps members, including young adults launching their careers, adults reentering the workforce, and retirees seeking meaningful ways to give back to the community. We hope this team will embody the very essence of national community service: people of all ages and backgrounds joining together to strengthen communities, build connections across generations, and transform lives through service.

This is a momentous step for CMAP, for Princeton, and for the entire region. By joining the AmeriCorps family, we are affirming the value of national service and the importance of purposeful retirement. *Third Act: A Purposeful Retirement* will not only transform lives here in Princeton – it has the potential to serve as a model for communities across the country.

I cannot wait to see the difference we will make, together.

*With gratitude and excitement,*

*Drew A. Dyson, PhD*

*Chief Executive Officer*

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

Artis Senior Living, Bryn Mawr Trust, Princeton Theological Seminary,  
Silver Century Foundation, Springpoint At Home, Walsh Senior Solutions

## **CMAP STAFF**

**Drew A. Dyson, PhD**

*Chief Executive Officer*

**Donna Cosgrove**

*Chief Operating Officer  
& Director of Social Services*

**Leticia Almeida, MSW, LCSW**

*Social Worker: Education Coordinator*

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*Crosstown Coordinator*

**Erin Burke**

*Communications Assistant*

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*Bookkeeper & HR Coordinator*

**Cheryl Gomes**

*Development Associate*

**Ana Carolina González-Peña**

*Coordinator of Culture  
& Community Connections*

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*Director of AmeriCorps  
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**Nick Macy**

*Coordinator of Technology  
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**Julianna Mann, MSW, LSW**

*Social Worker*

**Analee Olsson**

*Development Associate: Donor  
& Community Relations*

**Naomi Rosenblum, MPA**

*Director of Advocacy & Age-Friendly  
Princeton*

**Andrea Schwarz**

*Program Associate: Suzanne Patterson  
Building*

**Ruthann T aylor**

*Social Worker: Resource & Referral*

**Beth Weiskopf**

*Administrator for Community Wellness  
& Program Initiatives*

**Kathleen Whalen**

*Director of Communications*

**Z Zinsitz**

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

## WELCOME OUR NEW TEAM MEMBERS!

We are excited to introduce the newest members of the CMAP team! Each brings unique experiences, talents, and perspectives that will enrich our community and strengthen the work we do together. From providing compassionate support and resources to leading engaging programs, our staff play a vital role in helping older adults thrive at every stage of life.

At CMAP, we believe in the power of relationships and the importance of lifelong learning. Our new colleagues embody these values and bring fresh energy to our mission. We are confident that their skills and enthusiasm will help us continue to build an inclusive and vibrant environment for all.

Please join us in giving a warm welcome to our new staff. We look forward to the many ways they will contribute to CMAP and to the relationships they will build with each of you in the months ahead.

### ERIN BURKE

Communications Assistant (they/them)  
eburke@cmaprinceton.org  
609.751.9699, ext. 126

Erin earned a BA in journalism and media studies from Rutgers University-New Brunswick and has held internships with *TAPinto Raritan Bay* and *The Newest Olympian* podcast. They also pursue personal documentary and writing projects. At CMAP, Erin supports communications initiatives that amplify stories and resources reflecting the organization's mission to create meaningful opportunities for older adults. Outside of work, Erin enjoys reading, cooking, traveling with friends, and attending concerts, a passion they have tracked since age nine. With a love of plants, animals, and community, Erin hopes to continue learning and embracing new challenges throughout life.



Photo: Erin Burke

JULIANNA MANN, MSW, LCW  
Social Worker (she/her/hers)  
jmann@cmaprinceton.org  
609.751.9699, ext. 115

Julianna holds a Master of Social Work from Rutgers University. She has interned in clinical and nonprofit settings, providing counseling and case management services for diverse populations, including homeless youth. At CMAP, she supports older adults by connecting them with resources, helping with benefits like SNAP and Medicare, and leading support groups such as Next Chapter. Julianna values CMAP's mission of compassion, connection, and honoring the importance of every life stage. She enjoys painting, yoga, and hiking, and is currently learning Spanish. Julianna hopes to approach retirement with curiosity, meaningful relationships, and opportunities for continued growth.



Photo: Julianna Mann, MSW, LCW

## WELCOME OUR NEW TEAM MEMBERS!

LETICIA C. ALMEIDA, MSW, LCSW  
Social Worker & Education Coordinator (she/her/hers)  
lalmeida@cmaprinceton.org  
609.751.9699, ext. 123

Originally from Rio de Janeiro, Brazil, Leticia holds degrees in psychology and clinical psychology from PUC-Rio and master's degrees in education and social work from Rutgers. She is a psychotherapist, clinical supervisor, and has worked as a mental health clinician for multiple programs funded by the Department of Children and Families. At CMAP she supervises our social work interns. Leticia has worked with immigrant and disability services organizations and offers therapy and supervision in private practice. Fluent in English, Spanish, and Portuguese, she values lifelong learning, intergenerational wisdom, and community connection. Outside of work, Leticia enjoys walking, Pilates, sewing, reading, and travel—and embraces challenges that foster growth and discovery.



*Photo: Leticia C. Almeida, MSW, LCSW*

NAOMI ROSENBLUM, MPA  
Director of Advocacy & Age-Friendly Princeton (she/her)  
nrosenblum@cmaprinceton.org  
609.751.9699, ext. 104

Born in Israel and raised in San Francisco, Naomi holds a BA in sociology and an MPA from the University of San Francisco. She has worked in policy and advocacy with Kaiser Permanente and NJ's Medicaid Health Policy office. At CMAP, Naomi leads the Age-Friendly Princeton 2.0 initiative and anti-ageism efforts, collaborating with community and government partners to promote inclusive aging policies. With early roots in her family's flower shop, Naomi brings a lifelong appreciation for shared responsibility and care. Avid about travel, nature, and community life, she seeks beauty, connection, and purpose at every stage of the journey.



*Photo: Naomi Rosenblum, MPA*

RUTHANN TRAYLOR  
Social Worker: Resource & Referral (she/her/hers)  
rtraylor@cmaprinceton.org  
609.751.9699, ext. 111

Ruthann, originally from Ann Arbor, Michigan, holds a BA in arts and is pursuing her MSW at Rutgers. She brings extensive experience in art-based healing through roles at Sloan Kettering, Catholic Charities, and HomeFront's ArtSpace/SewingSpace. At CMAP, Ruthann connects older adults to vital resources and leads creative groups that promote healing and joy. She is passionate about building community through creativity and personal connection. A fan of Motown and proud to have danced with Chubby Checker, she enjoys swimming, making art, and nature. Her motto, "Make every day count," reflects her commitment to living with purpose and presence.



*Photo: Ruthann Traylor*

# SPOTLIGHT OCTOBER 2025

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

## THE LATE SHIFT – WEDNESDAY NIGHTS AT CMAP

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

Please note that due to Yom Kippur, there will be no Late Shift on October 1 and CMAP will close at 5:00 p.m.



**AGELESS GRACE** (In-Person at NSK Location)  
*Wednesday Evening, October 15, 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

**DECODING AI: A COMPREHENSIVE GUIDE** (Hybrid - In-Person at NSK Location and on Zoom)  
*Wednesdays starting October 8 through November 5, 6:00–7:30 p.m.*

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

Curious about AI but not sure where to start? This hands-on, five-week course is designed for older adults. Each week, we'll cover:

- What AI is: What it can and can't do, explained in plain English.
- Staying safe: How scammers use AI and simple steps to protect yourself.
- Practical uses: From organizing photos and recipes to travel planning and creative hobbies.
- Guided practice: We'll try popular AI tools together with clear, step-by-step examples.

No prior experience is needed. Bring a smartphone, tablet, or laptop if you have one.

Instructor: Mike Castenada

**COURTYARD CAFÉ** (In-Person at NSK Location)  
*Wednesday Evenings in October, 5:30–7:30 p.m.*

(no session on 10/1) Registration required, no fee. Step into the welcoming atmosphere of our Courtyard Café – a relaxed space to gather, connect, and enjoy the moment. Join us every Wednesday evening for good company, light refreshments, and the simple pleasure of being together. Whether it's music, games, trivia, or just friendly conversation, there's always something to enjoy at the Courtyard Café.

**DIWALI: AN EVENING OF MUSIC AND LIGHTS**  
*Wednesday, October 15 at 5:30 p.m.*

Diwali, the Festival of Lights, celebrates the triumph of light over darkness and the joy of community. Experience the beauty of dance, music, colorful rangoli, and delicious traditional foods in a gathering that welcomes all cultures to share in friendship, hope, and celebration. Registration required, no fee.

**THE FULL CIRCLE PLAY READING SERIES RETURNS!**  
**"CODE RED" WITH EMILY MANN** (In-Person at NSK Location)

*Wednesday, October 8, 5:00–6:30 p.m.*  
**Suggested Donation: \$15**

Season Two brings four thought-provoking events in 2025–26, each exploring themes of modern aging – from navigating a changing world to downsizing to intergenerational communication. After each staged reading, join the playwright, director, and actors for a lively conversation about both the art of playwrighting and the issues raised in the play.

The season opens with acclaimed Broadway director, playwright, and McCarter Theatre Artistic Director Emerita Emily Mann, returning to Full Circle with a reading from her play "Code Red." In it, four teachers – bound by decency, empathy,



# ALL PROGRAMS OCTOBER 2025

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

## WELCOME WEDNESDAYS

(In-Person at NSK Location)

**Wednesday, October 22, 4:00-5:00 p.m.**

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

Registration required, no fee.

## 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

and friendship – confront the fear and reality of school violence in our times. A talk-back and light refreshments will follow.

Registration required. Suggested Donation \$15.

### "PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH WITH PHILIP CARCHMAN"

(In-Person at NSK Location)

**Wednesday, October 15, 5:00-6:00 p.m.**

**Fee: \$5**

Behind every peaceful moment is a powerful story. "People & Peace" is a new monthly talk show from the Center for Modern Aging Princeton, featuring intimate conversations with community members who've lived, led, and created with purpose. From judges and artists to activists and survivors, each guest offers a unique lens on what it means to build peace in a complex world. Hosted by the thoughtful Rev. Conrad Strauch, this series invites you to join a live audience, engage in meaningful dialogue, and leave inspired. Come listen, connect, and experience something truly special.

We're kicking off our first "People & Peace Talk Show" with Judge Philip Carchman, a beloved and respected voice in New Jersey's legal community, as he shares personal reflections on fairness, justice, and how integrity can shape lives.

### PLANNING FOR RETIREMENT WITH AARP (Hybrid - In-Person at NSK Location and on Zoom)

**Wednesday, October 22, 6:00-7:00 p.m.**

Retirement planning doesn't have to be daunting. Learn tips for determining if you are on track and learn practical strategies to help you achieve retirement peace of mind. It's never too late to take charge of your financial future.

Registration required, no fee.

### WEDNESDAY NIGHT WATCH PARTY

**"MATERIALISTS"** (In-Person at NSK Location)

**Wednesday, October 22, 6:00-8:00 p.m.**

"Materialists" is a witty and stylish new romantic comedy from Celine Song ("Past Lives"), starring Dakota Johnson, Chris Evans, and Pedro Pascal. Set in New York's elite matchmaking scene, it explores whether true love can survive in a world where everything—even romance—comes with a price tag. Genre: Romance/Comedy/Drama; Runtime: 1 hour, 57 minutes; Rated: R

Registration required, no fee.

### YOUR GUIDE TO HOME CARE: WHAT YOU NEED TO KNOW (Hybrid - In-Person at NSK Location and on Zoom)

**Wednesday, October 29, 6:00-7:00 p.m.**

Navigating home care can feel overwhelming, especially when trying to determine the right type of support for yourself or a loved one. Join Liz Charbonneau, former owner of Homewatch CareGivers, for an informative presentation that will provide a clear overview of home care services and what to consider when choosing the best fit. Participants will learn the difference between home healthcare and home care, the various types of services available, and how to evaluate providers.

The program will also cover important topics such as costs and payment options, including private pay, long-term care insurance, veterans' benefits, Medicaid, and disability resources. Additional discussion will include how to develop a care plan, and the pros and cons of hiring a caregiver through an agency versus privately.

Registration required, no fee.

# ALL PROGRAMS OCTOBER 2025

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



## ARTS & CULTURE

### BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

*Tuesdays, October 7 through November 25,  
2:00–4:00 p.m.*

Fee: \$90 resident/\$100 nonresident

This class will guide you in the art of watercolor painting and help you appreciate the beauty in the world around you. Whether working on a still life, landscape, or portrait, you will learn to convey each scene through light, texture, and color.

Instructor: Christina Rang

### FIRST FRIDAY FILM: "THE FATHER"

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

*Friday, October 3, 1:00 p.m.*

Experience what the film critics are calling a "masterpiece." Featuring an unforgettable, Oscar-winning performance by Anthony Hopkins, "The Father" offers a groundbreaking look at dementia from the inside out. Through a brilliant, immersive narrative, the film challenges you to piece together a reality that is constantly changing. A deeply emotional and profound work of cinema that will stay with you long after the credits roll.

Genre: Psychological Drama; Runtime: 1 hour, 37 minutes, Rated: PG-13

Registration required, no fee.

### THE GOLDEN AGE OF RADIO (Zoom)

*Tuesdays and Thursdays in October, 4:00–5:00 p.m.  
(no stream 10/2)*

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.

### INTERNATIONAL MUSIC FESTIVAL

(In-Person at SPB Location)

*Saturday, October 18, 2:00–5:00 p.m.; Fee: \$10*

The International Music Festival 2025 returns for its third year! Don't miss this multicultural and intergenerational celebration, bringing together seniors, families, and neighbors for live performances that showcase diversity, unity, and the healing power of music.

### LIBRARY READS (Zoom)

*Monday, October 6, 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 10/2,  
10/23)*

Fee: \$5 per session

Join us for virtual travel through new and exciting "Live From" walking tours of various countries from around the globe. Hear from live, local tour guides as they walk you through city streets discussing history, culture, architecture, and so much more.

Please note: Live From tours are live and can be weather and guide dependent. Locations will be promoted and emailed to those who register to receive notifications ahead of each trip but may change at the last moment. Payment is accepted at the door!

### THE MASTERS OF BOHEMIAN MUSIC (Zoom)

*Thursday, October 16, noon–1:00 p.m.*

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

We journey to the heart of Central Europe to explore the rich and often overlooked legacy of Czech classical music. The region once known as Bohemia, part of the modern Czech Republic, has long been home to a vibrant musical tradition. While Antonín Dvořák is a familiar name, many other Czech composers helped shape the musical traditions of their time and created works deeply loved in their homeland and beyond. In this class, Dr. Brenda Leonard introduces seven remarkable composers whose voices deserve far more recognition.

### MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION: THE SISTINE CHAPEL AND THE LAST JUDGEMENT (Hybrid - In-person at SPB location and on Zoom)

*Friday, October 3, 10:00 a.m.–noon*

Bart D'Andrea, a former graphic designer and adjunct instructor, will share the story of how Michelangelo was forced to paint the ceiling of the Sistine Chapel, and how he returned twenty-five years later to paint "The Last Judgement" in the chapel. The Chapel is one of the most magnificent works of art ever created. Bart will discuss Michelangelo's methods, style and the grueling task he accomplished.

Registration required, no fee.



# ALL PROGRAMS OCTOBER 2025

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

**THE PAINTER'S STUDIO** (In-Person at SPB Location)  
*Fridays, October 3 through November 21, 2:00-4:00 p.m.*  
*Fee: \$90 resident/\$100 nonresident*

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

**TEATRO DE LA MAESTRANZA PRESENTS: "ORIGIN. THE SEED OF TIME"** (Hybrid In-Person at NSK Location and on Zoom)

*Friday, October 31, 2:00-3:30 p.m.*  
*Fee: \$5*

Join us for a special screening of "Origen. La semilla de los tiempos" featuring the famous Accademia del Piacere (music ensemble), the Ballet Flamenco de Andalucía (dance company), and the Teatro de la Maestranza (opera house). Enjoy the musical dance journey somewhere between tradition and the avant-garde. Where Baroque music enters into dialogue with flamenco, traveling through the history of Andalusia in a story that gives pride of place to emotion, memory, and scenic beauty in this memorable performance.

**THE WONDERS OF WORDPLAY – FALL QUARTER**  
(Zoom)

*Mondays, October 6 through December 29, 2:00 p.m.*  
*Fee: \$10*

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



## 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)

**Now Every Monday**

Our Medicare expert, Roderick Spann from Senior Advisors, will be on-site every 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.

### HEALTH AS WE AGE - FIVE-WEEK SERIES

(Hybrid - In-Person at SPB Location and on Zoom)  
***Mondays, October 13 through November 10, 1:00-2:00 p.m.***

Join Penn Medicine for this in-depth health class designed to dive into the various elements of health as we age from topics in personal health management, digital health tools (including patient portals), navigating medical bills, and planning for your future.

Please note: While this class is designed for participants to attend the full five-week course, we will also allow people to register for individual sessions. Registration required, no fee.

### NUTRITION TIPS FOR AGING WELL

(Hybrid - In-Person at NSK Location and on Zoom)  
***Thursday, October 23, 11:00 a.m.-noon***

Join Mindy Komosinsky, registered dietitian/nutritionist and certified diabetes care and education specialist, to learn ways to build solid nutrition habits that can pave the way for a healthier brain and body as you age. Topics include nutrition for maintaining cognitive health, promoting strong bones, preserving muscle mass, and preventing or managing some chronic conditions.

Registration required, no fee.

### THINKING THROUGH MEDICARE WITH SHIP

(Hybrid - In-Person at NSK Location and on Zoom)  
***Friday, October 10, 12:30-1:30 p.m.***

Metta Cahill, a volunteer Medicare counselor with NJ's State Health Insurance Program, will offer unbiased information on a wide range of topics important to Medicare beneficiaries – Medicare, Medicaid, Medigap and Medicare Advantage options, Part D prescription plans, long-term care, as well as information on NJ's public benefit programs for those with limited income and assets.

There will also be a sign-up sheet to schedule one-to-one private sessions with Metta on another day, either via Zoom or in-person at CMAP. Registration required, no fee.

# ALL PROGRAMS OCTOBER 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, October 8 through October 22, 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, October 8, 11:00 a.m.-1:00 p.m.
- Wednesday, October 22, 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, October 9, 11:00 a.m.-noon
- Thursday, October 16, 11:00 a.m.-noon
- Thursday, October 23, 11:00 a.m.-noon
- Thursday, October 30, 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, October 9, 10:00-11:00 a.m.
- Thursday, October 16, 10:00-11:00 a.m.
- Thursday, October 23, 10:00-11:00 a.m.
- Thursday, October 30, 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, October 1, 11:00 a.m.-1:00 p.m.
- Wednesday, October 15, 11:00 a.m.-1:00 p.m.
- Wednesday, October 29, 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, October 9, noon-1:00 p.m.
- Thursday, October 16, noon-1:00 p.m.
- Thursday, October 23, noon-1:00 p.m.
- Thursday, October 30, noon-1:00 p.m.

# OCTOBER 2025

## MONDAY

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

## TUESDAY

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

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

## WEDNESDAY

**1**  
 8:50 *Every Body Walk!* (VL)  
 10:30 Spanglish (NSK)  
 11:00 PB Prep & Play (SPB)  
 1:00 A Conversation w/ Kate  
 McKinnon (NSK)  
 1:30 Let's Learn and Create! Art  
 Series - Georges Seurat (NSK)  
 3:00 PingPongParkinson (SPB)  
 3:30 Let's Talk (NSK)

– NO LATE SHIFT TONIGHT –

## THURSDAY

**2**  
**NO CMAP PROGRAMS  
 TODAY - YOM KIPPUR  
 HOLIDAY**

## FRIDAY

**3**  
 10:00 Artful Connections (NSK)  
 10:00 Flu Shot Clinic (NSK)  
 10:00 Men & Women in  
 Retirement Special  
 Presentation: Michelangelo  
 (SPB-H)  
 1:00 First Friday Film - "The  
 Father" (NSK-H)  
 1:00 Special Connections  
 (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)

**6**

9:30 Fitness for Everyday (SPB)  
 10:00 Meditation for Modern Life  
 1:00 Library Reads  
 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

**7**

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)  
 2:00 Beg. Art Workshop (SPB)  
 3:00 Caregivers  
 4:00 Golden Age of Radio

**8**

8:50 *Every Body Walk!* (VL)  
 10:00 Introduction to PB (SPB)  
 10:30 Spanglish (NSK)  
 11:00 Next Chapter: Widows  
 and Widowers (NSK-H)  
 11:00 PB Get Into the Game (SPB)  
 1:00 Happiness+ (NSK)  
 3:00 PingPongParkinson (SPB)  
 3:30 Let's Talk (NSK)  
 5:00 Full Circle Play Reading:  
 "Code Red" w/ E. Mann (NSK)  
 5:30 Courtyard Café (NSK)  
 6:00 Decoding AI (NSK-H)

**9**

10:00 Cosmology (NSK-H)  
 10:00 PB Play w/ the Pro (SPB)  
 10:00 Yoga for Pain Management  
 10:30 Texas Hold 'em 101 (SPB)  
 11:00 Live from...Global Virtual  
 Walking Tours (NSK)  
 11:00 PB Play w/ the Pro (SPB)  
 12:00 PB Private Lesson (SPB)  
 2:00 OnStage Seniors (NSK)  
 4:00 Golden Age of Radio  
 4:00 ¡Se Habla Español!

**10**

10:00 Artful Connections (NSK)  
 10:00 Women in Retirement  
 Coffee Klatch  
 12:30 Thinking Through  
 Medicare with SHIP (NSK-H)  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)

**SATURDAY, OCTOBER 11**  
 10:00 Forget-Me-Not:  
 Dementia Caregivers (NSK-H)

**13**

9:30 Fitness for Everyday (SPB)  
 10:00 Memory Café (SPB)  
 10:00 Meditation for Modern Life  
 1:00 Health As We Age Series  
 (SPB-H)  
 1:00 Table Tennis (SPB)  
 2:00 Let's Talk English - ESL (SPB)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

**14**

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)  
 2:00 Beg. Art Workshop (SPB)  
 4:00 Golden Age of Radio

**15**

8:50 *Every Body Walk!* (VL)  
 10:00 Introduction to PB (SPB)  
 10:30 Spanglish (NSK)  
 11:00 PB Prep & Play (SPB)  
 3:00 PingPongParkinson (SPB)  
 3:30 Let's Talk (NSK)  
 5:00 "People & Peace Talk Show"  
 (NSK)  
 5:30 Courtyard Café Diwali  
 Celebration (NSK)  
 6:00 Ageless Grace (NSK)  
 6:00 Decoding AI (NSK-H)

**16**

10:00 Cosmology (NSK-H)  
 10:00 PB Play w/ the Pro (SPB)  
 10:00 Yoga for Pain Management  
 10:30 Texas Hold 'em 101 (SPB)  
 11:00 Live from...Global Virtual  
 Walking Tours (NSK)  
 11:00 PB Play w/ the Pro (SPB)  
 12:00 Bohemian Music  
 12:00 PB Private Lesson (SPB)  
 2:00 OnStage Seniors: Open  
 Audition (NSK)  
 2:00 Texas Hold 'em Open Play  
 (SPB)  
 3:00 ESML Support (NSK-H)  
 4:00 Golden Age of Radio

**17**

10:00 Artful Connections (NSK)  
 10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)  
 2:30 Transition to Retirement  
 (NSK-H)  
 3:00 Albert Einstein Exhibit:  
 Champion of Racial Justice  
 (NSK)

**SATURDAY, OCTOBER 18**  
 2:00 International Music Festival  
 (SPB)

**20**

9:30 Fitness for Everyday (SPB)  
 10:00 Meditation for Modern Life  
 11:00 Bereavement  
 1:00 Health As We Age Series  
 (SPB-H)  
 1:00 Table Tennis (SPB)  
 2:00 Let's Talk English - ESL (SPB)  
 2:00 The Wonders of Word Play  
 3:00 Aging Gaily (NSK-H)  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

**21**

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)  
 2:00 Beg. Art Workshop (SPB)  
 4:00 Golden Age of Radio  
 4:00 Karine Jean-Pierre in  
 Conversation with Roy Wood  
 Jr. (NSK)

**22**

8:50 *Every Body Walk!* (VL)  
 10:00 Introduction to PB (SPB)  
 10:30 Spanglish (NSK)  
 11:00 Next Chapter: Widows  
 and Widowers (NSK-H)  
 11:00 PB Get Into the Game (SPB)  
 1:00 Happiness+ (NSK)  
 3:00 PingPongParkinson (SPB)  
 3:30 Let's Talk (NSK)  
 4:00 Sewing Stories (NSK)  
 4:00 Welcome Wednesdays (NSK)  
 5:30 Courtyard Café (NSK)  
 6:00 Decoding AI (NSK-H)  
 6:00 Plan Ret w/ AARP (NSK-H)  
 6:00 "Materialists" (NSK)

**23**

10:00 Cosmology (NSK-H)  
 10:00 PB Play w/ the Pro (SPB)  
 10:00 Yoga for Pain Management  
 11:00 Nutrition Tips for Aging  
 Well (NSK-H)  
 11:00 PB Play w/ the Pro (SPB)  
 12:00 PB Private Lesson (SPB)  
 2:00 OnStage Seniors (NSK)  
 4:00 Golden Age of Radio

**24**

9:30 Ageless Grace (NSK)  
 10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)

**27**

9:30 Fitness for Everyday (SPB)  
 10:00 Meditation for Modern Life  
 1:00 Health As We Age Series  
 (SPB-H)  
 1:00 Table Tennis (SPB)  
 2:00 Let's Talk English - ESL (SPB)  
 2:00 Scam Prevention (NSK-H)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

**28**

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)  
 2:00 Beg. Art Workshop (SPB)  
 4:00 Golden Age of Radio

**29**

8:50 *Every Body Walk!* (VL)  
 10:30 Spanglish (NSK)  
 11:00 PB Prep & Play (SPB)  
 3:00 PingPongParkinson (SPB)  
 3:30 Let's Talk (NSK)  
 5:30 Courtyard Café (NSK)  
 6:00 Decoding AI (NSK-H)  
 6:00 Your Guide to Home Care:  
 What You Need to Know  
 (NSK-H)

**30**

10:00 Cosmology (NSK-H)  
 10:00 PB Play w/ the Pro (SPB)  
 10:00 Yoga for Pain Management  
 11:00 Live from...Global Virtual  
 Walking Tours (NSK)  
 11:00 PB Play w/ the Pro (SPB)  
 12:00 PB Private Lesson (SPB)  
 2:00 OnStage Seniors (NSK)  
 4:00 Golden Age of Radio

**31**

10:00 Artful Connections (NSK)  
 10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Table Tennis (SPB)  
 2:00 The Painter's Studio (SPB)  
 2:00 Teatro de la Maestranza  
 Presents: "Origin. The Seed  
 of Time" (NSK-H)



# ALL PROGRAMS OCTOBER 2025

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## GAMES & RECREATION

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

*Tuesdays in October 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. No fee.

### **POKER: TEXAS HOLD 'EM 101**

(In-Person at SPB Location)

*Thursday, October 9 and October 16,*

*10:30 a.m.-12:30 p.m.*

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

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

### **POKER: TEXAS HOLD 'EM OPEN PLAY**

(In-Person at SPB Location)

*Thursday, October 16, 2:00-3:30 p.m.*

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



## HEALTH & WELLNESS

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

*Wednesday, October 15, 6:00-7:00 p.m.*

*Friday, October 24, 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, October 7 through October 28, 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 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*

### **FLU SHOT CLINIC** (In-Person at NSK Location)

*Friday, October 3, 10:00 a.m. – 1:30 p.m.*

Don't wait! Protect yourself and your community this season by getting your flu shot. It's the best way to prevent the flu and its serious complications. Stop by our flu shot clinic for a quick, easy, and free way to stay healthy this fall.

In collaboration with the Princeton Health Departments and Wegmans Pharmacy.

Appointments through Wegman's portal.

# ALL PROGRAMS OCTOBER 2025

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## **FITNESS FOR EVERYDAY LIVING** (In-Person at SPB Location)

*Mondays, October 6 through November 24, 9:30-10:30 a.m.*

**Fee: \$60 resident/\$70 nonresident**

Discover an eight-week unique wellness program that blends movement, mindfulness, and breath work to support total well-being. This unique program combines stretching and functional strength training, anaerobic exercises for cardiovascular health, breath work, energy practices and a focus on posture. Improve balance, reduce anxiety, and lower the risk of falls and physical injury. Join us in moving toward a healthier, more balanced you – from the inside out.

Instructor: Rich Lund

## **HAPPINESS+: HAPPINESS, EMOTIONAL RESILIENCE, AND HOPE** (In-Person at NSK Location)

*Every Other Wednesday from October 8 through December 17, 1:00-3:00 p.m.*

**Fee: \$80 resident/\$90 nonresident**

Engage in a six-session academic and experiential journey intended to advance greater personal well-being through an in-depth exploration of happiness, emotional resilience, and hope. Three powerful and highly interrelated neuropsychological concepts that influence how adaptively we experience life, react to, and learn from challenges, and envision and prepare for our futures.

Combining lectures, guided discussions, curated video content, and in-home exercises, this program is designed not merely to educate but to inspire practical growth. Rooted in the salient findings from positive psychology, neuroscience, resilience research, and even ancient philosophies, participants will gain an understanding of how happiness is defined and advanced, frameworks and strategies to nurture emotional resilience across the lifespan, and how hope as action functions as both a cognitive framework and a psychological/spiritual resource in times of uncertainty.

Please note: This program is educational and experiential, i.e., it is academic but also includes instructions for the application of what is learned to real life. However, it should NOT be considered a therapy program.

Instructor: Bruce A. Maloof, PhD, did his doctoral work at Brandeis University followed by appointments to Dalhousie University, Boston University, and Harvard Medical School. He was the founder and CEO of Behavioral Solutions, P.C., a group practice in Greater Boston, and was appointed as a state-wide advisor to the Massachusetts Commissioner of Mental Health.

## **MEMORY CAFÉ** (In-Person at SPB Location)

*Monday, October 13 at 10:00 a.m.*

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 occurs on the second Monday of each month.

Registration Required, no fee.

## **PINGPONGPARKINSON** (In-Person at SPB Location)

*Wednesdays in October, 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**

## **TABLE TENNIS** (In-Person at SPB Location)

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

Join us for camaraderie, exercise, and fun! Whether you're a beginner or an expert, all skill levels are welcome to participate in this energetic and exciting sport. Come and enjoy the game with us!

Registration required, no fee.

## **TAI CHI AND QIGONG - LEVEL 1 BEGINNER**

(In-Person at SPB Location)

*Tuesdays, October 21 through December 2, 10:00 a.m. (no class on 11/4)*

**Fee: \$35 resident/\$40 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

# ALL PROGRAMS OCTOBER 2025

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## TAI CHI AND QIGONG - LEVEL 2

(In-Person at SPB Location)

*Tuesdays, September 9 through November 25, 11:00 a.m.  
(no class on 11/4)*

*Fee: \$90 resident/\$100 nonresident*

## NEW! MEDITATION FOR MODERN LIFE (Zoom)

*Mondays, October 6 through October 27,  
10:00-11:00 a.m.*

*Fee: \$30 resident/\$35 nonresident*

Meditation has been practiced for thousands of years across various cultures, providing countless people with inner peace, mental clarity, and emotional well-being. However, in today's fast-paced world, many find it difficult to practice traditional meditation techniques. Enter the world of guided meditations, a modern approach to meditation that combines ancient wisdom with contemporary tools to help people of all backgrounds and experience levels find their way to inner peace. Instructor: Joy Cline-Okoye

## NEW! YOGA FOR PAIN MANAGEMENT (Zoom)

*Thursday, October 9 through December 18,  
10:00 a.m. (no class on 11/27)*

*Fee: \$80 resident/\$90 nonresident*

Designed for all levels, these classes use chairs for support and offer safe and supportive practices to help reduce tension, increase mobility, manage back pain, arthritis, or everyday aches. Using PainCare Aware principles you will learn to listen to your body's signals, never forcing or ignoring pain. Resistance bands are used at times and will help you build strength without overdoing it. We will add simple meditation and breathwork practices to reduce stress and balance the nervous system. Together these simple yet powerful practices help you grow stronger, feel more relaxed, and most of all, comfortable in your body. Instructor: Danalee Gascon



## 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](mailto:brucewallman@gmail.com) for more information.

## ALBERT EINSTEIN EXHIBIT: CHAMPION OF RACIAL JUSTICE (In-Person at NSK Location)

*Friday, October 17, 3:00 p.m.*

Albert Einstein is celebrated worldwide for his groundbreaking scientific discoveries, but fewer people know about his deep commitment to social justice. This special program will feature an exhibit and presentation highlighting Einstein's advocacy for racial equality and his friendships with African Americans in Princeton and beyond.

When Einstein first arrived in Princeton on October 17, 1932, he found safety from Nazi persecution, calling it a "paradise." Yet he was deeply troubled by the segregation he witnessed in his new home and formed meaningful connections with Princeton's Black community, using his influence to support national civil rights leaders.

Join us as we celebrate this historic day with Einstein's favorite dessert – ice cream – and honor him not only as a scientific genius but also as a courageous champion of human rights. Registration Required, no fee.

## A CONVERSATION WITH KATE MCKINNON: THE MILLICENT QUIBB SCHOOL OF ETIQUETTE FOR YOUNG LADIES OF MAD SCIENCE

(In-Person at NSK Location)

*Wednesday, October 1, 1:00 p.m.*

*Fee: \$5*

Join Kate McKinnon – comedian, writer, SNL alum, and "Weird Barbie" – for an evening of comedy, conversation, and a peek into her passion project: the second book in her #1 "New York Times" bestselling Millicent Quibb series. Inspired by her own childhood adventures and love of science, McKinnon shares the quirky tale of three sisters, a mysterious scientist, and why being weird is what makes you wonderful – plus stories from her life and career.

Hosted by 92nd Street Y Live, this event is re-streamed from the live evening broadcast.

## LET'S TALK ENGLISH (ESL) (In-Person at SPB Location)

*Mondays, October 13 through December 1, 2:00 p.m.*

*Fee: \$45*

A light and informal class for older adults who want to become more fluent and comfortable with English conversation. Designed for older adults, this class makes English simple, fun, and useful. Each week we'll focus on conversations for everyday life – from meeting friends to shopping to enjoying hobbies. Together we'll practice useful phrases, share stories, and grow more confident every week. Instructor: Joan Kuskin

## SPANGLISH FOR RETURNING LEARNERS

(In-Person at NSK Location)

*Wednesdays, September 10 through October 29,  
10:30 a.m.-noon; Fee: \$45*



# ALL PROGRAMS OCTOBER 2025

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## SOCIAL CONNECTIONS

### Programs

#### **NEW! SEWING STORIES: CRAFT, CALM, AND CONNECTION** (In-Person at NSK Location)

*Wednesday, October 22, 4:00-5:30 p.m.*

*Fee: \$10*

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

### Groups

#### **AGING GAILY (LGBTQ+)**

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

*Monday, October 20 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.

#### **NEW! ARTFUL CONNECTIONS**

(In-Person at NSK Location)

*Fridays, October 3 through November 14, 10:00-11:30 a.m. (no meeting 10/24)*

Join us for a warm and welcoming workshop that blends creativity, community, and compassion. Together, we'll design handmade cards filled with color, care, and encouragement. These cards will be gifted to older adults, whether to celebrate birthdays, mark special milestones, or bring comfort during times of illness, isolation, or caregiving.

As you create, you'll enjoy the joy of artistic expression, connect with others, and find purpose in brightening someone's day through the simple power of kindness and art. **No skill required! One may sign up for individual or all sessions.**

Facilitator: Ruthann Traylor

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** (In-Person at NSK Location)

*Wednesdays in October, 3:30 p.m.*

*Now in-person only! Keep an eye out for a new virtual-only conversation group coming soon.*

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.

#### **TED TALKS**

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

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

Together we'll watch a TED Talk then participate in an awesome discussion led by Helen Burton. Everyone's invited! This month's buzzworthy topics:

**October 7 – Jenny Du:** The Science of making fruits and veggies last longer

**October 14 – Jennifer Parlamis:** Why venting doesn't help you deal with anger

**October 21 – Scott Loarie:** The surprising power of your nature photos

**October 28 – Joshua Bell:** 300 years of classical music in eighteen minutes

Registration required, no fee.

#### **TRANSITION TO RETIREMENT**

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

*Friday, October 17, 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.

# ALL PROGRAMS OCTOBER 2025

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

## 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: FALL QUARTER

(In-Person at NSK Location)

*Mondays, October 6 through December 29, 3:00 p.m.*

*Fee: \$15*

Bonjour! 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 October.*

## ¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

*Thursday, October 9, 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, October 20 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, October 7 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 October, 3:00 p.m.*

Whether you aim to downsize, organize, or reclaim your closet floor, we invite you to our weekly Zoom meeting. It's an inspirational and nonjudgmental space where we share tips, challenges, and triumphs in decluttering journeys. Plus, we dedicate part of the hour to accomplishing a small task, ensuring you leave each meeting more organized than when you arrived!

Registration required, no fee.

### EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, October 16, 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, October 11 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.

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

## **MEMORY CAFÉ** (In-Person at SPB Location)

**Monday, October 13 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 occurs 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, October 8 and October 22 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, October 3 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.

### **SCAMS PREVENTION**

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

**Monday, October 27, 2:00-3:00 p.m.**

Learn to spot and stop tech scams! This class provides practical skills to identify common ploys like phishing emails, tech support cons, and deceptive pop-ups. Through real-life examples and engaging, educational videos, we'll equip you with the knowledge to protect your personal information and devices from scammers. You'll learn the red flags to look for and what to do if you encounter a scam.

Instructor: Nick Macy

## **SAVE THESE DATES**

### **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**



**VACCINE NAVIGATORS**



## Apple System Updates

*Apple updated its operating systems for all its devices. Here's a summary.*

Every fall, Apple releases updates for its iPhone, iPad, Mac, Apple Watch, and Apple TV operating systems. The fall 2025 updates include a “liquid glass” option that gives menus and apps a glossy, translucent appearance. Additionally, there's a new Phone app for the iPad and Mac that allows users to make and receive iPhone calls and listen to voice messages. Furthermore, the ability to use iPad apps in resizable windows is introduced, similar to a Mac computer.

Here are a few of the notable updates for the iPhone, iPad, and Mac computer:

### iPhone (iOS 26)

- Enhanced communication. Phone and Messages get smarter with Call Screening, Hold Assist, and message filtering (I haven't tried these yet).
- Smarter apps. Apple Music adds lyrics translation and AutoMix DJ features; Maps introduces Visited Places; Wallet supports installment payments and real-time travel updates.

### Mac Computers (MacOS 26)

- Expanded continuity with iPhone. A new Phone app on Mac brings features like Recents, Voicemail, Call Screening, and Hold Assist (this is really nice).
- Smarter productivity tools. Apple Intelligence can extract action items from notes or emails and auto-organize reminders, helping users stay focused and manage tasks more effectively (I generally like Apple's AI approach, but if you're creeped out, you can turn it off).

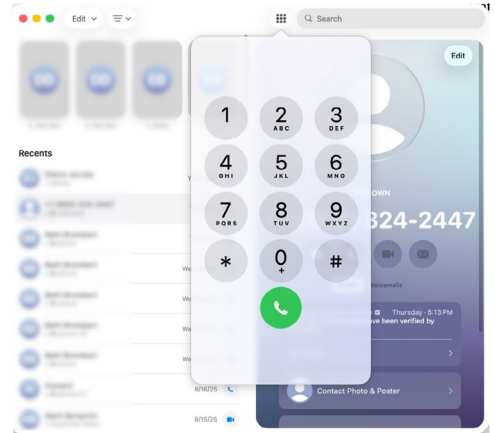
### iPad (iPadOS 26)

- Improved multitasking. A windowing system lets users resize, tile, and manage multiple iPad app windows easily (definitely cool).
- Improved Files and Preview apps. These updates make it easier to view iCloud documents (I really like this feature).

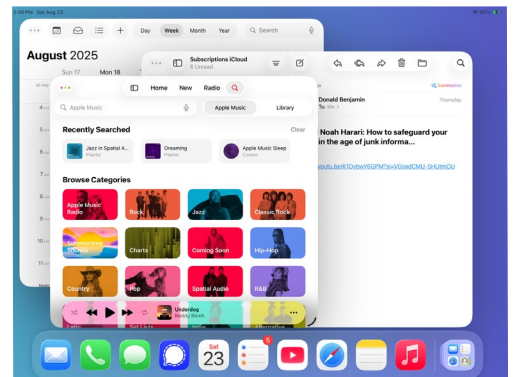
### Should you install these updates?

Yes! In addition to the shiny objects I just listed, Apple adds security features to their operating systems. And, if you don't like the new “liquid glass” look or Apple Intelligence, you can turn these features off.

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



*MacOS 26 lets you answer and make iPhone calls and listen to voice messages from your Mac. The “liquid glass” feature makes the phone pad translucent.*

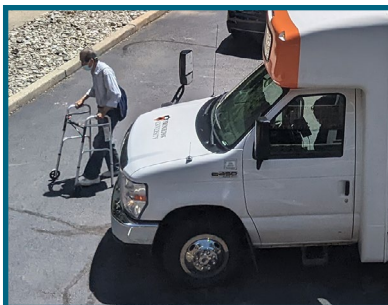


*I've opened the Music, Mail, and Calendar apps in separate windows on my iPad after upgrading to iPadOS 26*



### 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**

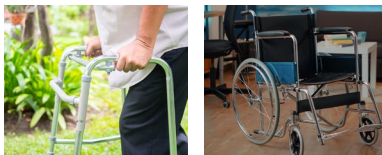
**Mercer County 606 Bus stops  
at our neighbor's located at  
728 Bunn Drive  
which is two driveways from our building**

### **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**



# 2025 CMAP FALL BENEFIT

# SEASONS OF INNOVATION

## CONNECTION, PURPOSE, AND LIFELONG LEARNING

**Grateful thanks for the support of our event sponsors\***

### 2025 EVENT SPONSORS

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Ruth Miller  
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Mimi Schwartz  
Jane Silverman  
Dr. Michael Wong – Princeton Eye  
Group

*\*as of publication date*

### OCTOBER FEATURED SPONSORS



Brandywine Living Offers Active Aging  
Communities, Including Assisted Living  
and Memory Care  
**brandycare.com**



Trusted Caregivers Serving Princeton,  
Kendall Park, Somerset and Piscataway  
**firstlighthomecare.com**



Dependable, Compassionate Elderly  
Care Services  
**homeinstead.com**



# DID YOU KNOW YOU CAN HAVE IT ALL?

## YOU CAN HELP SUSTAIN THE SENIOR COMMUNITY AND MAKE CMAP STRONGER WHILE SAVING ON TAXES!

Use your IRA tax free for your 2025 gift to the Center for Modern Aging Princeton before December 31!

Are you seventy-three? You may make a **required minimum distribution (RMD)** to Center for Modern Aging Princeton directly from your **individual retirement account (IRA)**.

Are you seventy and one-half? You can use all or part of your **qualified charitable distribution (QCD)**, up to \$100,000, to make a charitable gift to CMAP.

The entire amount of your gift passes to CMAP and you pay **no income tax** on the money.



**Now is the time to make plans, if you intend to use your IRA to make a gift to CMAP this year, we encourage you to make plans now.** Please do not wait until the end of the year to arrange for your distribution as IRA administrators may take several weeks to complete the transfer and you want to make sure your gift is received by CMAP no later than December 31, 2025.

## JOCELYN AND CARL HELM LEGACY SOCIETY

### **You Can Also Use Your IRA to Support CMAP in the Future**

You can choose to designate CMAP as a beneficiary of your IRA and your gift will pass tax-free to CMAP after your lifetime.

### **Ways to Make Your IRA Gift to CMAP:**

Your IRA administrator can send a current year check payable to "CMAP" to –  
Center for Modern Aging Princeton 101 Poor Farm Road, Building B, Princeton, NJ 08540

*\*Please note that all donations must be itemized for your 2025 tax returns.*

For more information about the advantages of using your IRA to make a gift to CMAP, or for wire transfer instructions, please contact Drew Dyson, CEO, at [ddyson@cmaprinceton.org](mailto:ddyson@cmaprinceton.org) or 609.751.9699, ext. 101.

## THANK YOU FOR BEING PART OF THE CMAP COMMUNITY

**Your gift – today and in the future – will enable CMAP to help older adults thrive in our community for years to come.**



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



**SAVE THE DATE:**  
**SEE THE ROCKETTES**  
**AT RADIO CITY MUSIC HALL**  
**THURSDAY, DECEMBER 4, 9:00 A.M.-5:00 P.M.**  
**FEE: \$200**

**ORCHESTRA LEVEL TICKETS, ROUND TRIP TRANSPORTATION,  
AND LUNCH AT A NYC RESTAURANT ARE INCLUDED.**



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

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

## 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  
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