

(Formerly Princeton Senior Resource Center)

THANKSGIVING COOKING EXPERIENCE

(IN-PERSON AT SPB LOCATION)

FRIDAY, NOVEMBER 21, 2:00-4:00 P.M.

SEE PAGE 12 FOR DETAILS.



STORIES THAT ILLUMINATE:
HONORING NATIVE LEGACIES TODAY
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
THURSDAY, NOVEMBER 13, 4:00-5:00 P.M.

SEE PAGE 10 FOR DETAILS.



I'M STILL HERE:
AGING THROUGH THE LENS OF MUSICAL THEATER
(HYBRID - IN-PERSON AT NSK LOCATION AND ON ZOOM)
WEDNESDAY, NOVEMBER 12, 6:00-8:00 P.M.

SEE PAGE 4 FOR DETAILS.



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

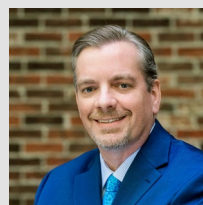
SUZANNE PATTERSON BUILDING
 45 Stockton Street
 Princeton, NJ 08540
 (behind Monument Hall)
 Phone: 609.751.9699
 Call CMAP for hours

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

A nonprofit organization serving our community

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FROM THE CEO, DREW DYSON

INTRODUCING OUR NEW CHIEF DEVELOPMENT OFFICER: WENDELL COLLINS

Dear Friends,

I am thrilled to introduce Wendell Collins as the newest member of our leadership team at the Center for Modern Aging Princeton. Wendell brings tremendous experience, insight, and heart to her role as chief development officer, and I could not be more excited to welcome her to the CMAP community. Her passion for philanthropy, her talent for building meaningful connections, and her deep commitment to our mission will help us continue to grow and thrive in the years ahead.

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



Welcome CMAP's New Chief Development Officer: Wendell Collins

The Center for Modern Aging Princeton is delighted to welcome Wendell Collins as our new chief development officer. With more than thirty years of leadership experience at the intersection of business development, fundraising, education, financial services, technology, marketing, media, and diversity, equity, and inclusion (DEI), Wendell brings a wealth of knowledge, creativity, and heart to CMAP's development and community engagement efforts.

Wendell most recently served as a major gift officer at the College of New Jersey, where she helped strengthen philanthropic partnerships and expand institutional support. Her previous roles include director of university relations and DEI at a hedge fund and the first director of development for the University of Virginia (UVA) School of Data Science, where she built foundational advancement strategies for the newly established school.

Before her time at UVA, Wendell spent fourteen years at Princeton University as the director of corporate relations for the Bendheim Center for Finance, overseeing the Corporate Affiliates Program, career and leadership development initiatives, and alumni engagement and admissions outreach. Earlier in her career, she held senior communications and marketing roles at several prestigious organizations: director of corporate communications for the Associated Press (New York City), marketing communications manager at Dow Jones, and director of public relations, marketing, and training at Merrill Lynch.

A graduate of the University of North Carolina at Chapel Hill, Wendell holds a bachelor's degree in journalism and political science.

Throughout her career, Wendell has been guided by a deep passion for connection and philanthropy, believing that strong relationships and shared purpose are at the heart of every thriving community. She is especially inspired by CMAP's mission to help older adults engage, thrive, and find belonging. Wendell looks forward to working with donors, partners, and the wider Princeton community to strengthen CMAP's foundation for long-term sustainability and success.

Outside of work, she enjoys spending time with her three daughters – two in Brooklyn and one in Lawrenceville – and can often be found walking her dog, Leo, in Mercer Meadows.

Please join us in giving a warm welcome to Wendell as she brings her energy, empathy, and expertise to the Center for Modern Aging Princeton!

THE ROCKETTES AT RADIO CITY MUSIC HALL DAY TRIP

Thursday, December 4, 9:00 a.m.-6:00 p.m.

Fee: \$200

Kick off the holiday season with a dazzling day trip to the Big Apple! Join us for an unforgettable experience seeing the world-famous Radio City Rockettes in the spectacular Christmas Spectacular. Before the curtain rises, we'll fuel up with a fun and delicious lunch at Bubba Gump Shrimp Co. in Times Square! Your ticket will include orchestra level seats for the show, lunch in the city, round trip transportation, and all tips and fees. Registration closes on November 4 and space is limited so get your tickets now!



CMAP STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
*Chief Operating Officer
& Director of Social Services*

Wendell Collins
Chief Development Officer

Leticia Almeida, MSW, LCSW
Social Worker: Education Coordinator

Fran Angelone
Crosstown Coordinator

Erin Burke
Communications Assistant

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

Ana Carolina González-Peña
*Coordinator of Culture
& Community Connections*

Krista Hendrickson
Director of Programs

Ella Leving
*Director of AmeriCorps
& Volunteer Engagement*

Nick Macy
*Coordinator of Technology
& Digital Literacy*

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*

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

Home Instead; Peapack Private Bank & Trust; Stark & Stark Attorneys at Law

SPOTLIGHT NOVEMBER 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 for the Thanksgiving Holiday, there will be no Late Shift on November 26 and CMAP will close at 5:00 p.m.



AGELESS GRACE (In-Person at NSK Location)
Wednesday Evening, November 5, 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



I'M STILL HERE: AGING THROUGH THE LENS OF MUSICAL THEATER (Hybrid - In-Person at NSK Location and on Zoom)

Wednesday, November 12, 6:00–8:00 p.m.

Fee: \$10 resident, \$15 nonresident

Broadway doesn't just sparkle with youth – it gives unforgettable voice to life's later chapters. With video clips, stories, and plenty of music, this program explores how selected musicals from "Fiddler on the Roof" to "Suffs" reflect the joys, challenges, and cultural shifts around aging. Fun, thoughtful, and full of song, this is a chance to laugh, reflect, and join in the conversation.

Instructor: Amy Eisenberg, doctor of medical humanities, has spent many years as a theatrical producer, director, and performer prepared her to integrate the essential performance elements of physician/patient interaction into her pedagogy.

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

GET TO KNOW iOS 26 TAHOE

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

Wednesday, November 12, 5:00–7:00 p.m.

Unveiling iOS 26! Join our one-hour class to master your updated iPhone. We'll simplify the new "Liquid Glass" design and cover many of the new features unique to iOS 26! The session concludes with a full hour of one-on-one help with our team to address your personal questions.

**This class requires your phone to have iOS 26.0 or later prior to coming to class. If you need assistance updating your iPhone's OS, stop by our Tech Lab prior to the day of class for help.*

Instructor: Nick Macy

Registration required, no fee.

ALL PROGRAMS NOVEMBER 2025

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

"PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH WITH DANUTA BUZDYGAN"

(In-Person at NSK Location)

Wednesday, November 19, 5:00-6:00 p.m.

Fee: \$5

Some stories stay with you, and this is one of them. In this moving session of "People and Peace," local writer and memoirist Danuta Buzdygan invites us into her powerful life story: from WWII Poland and the German invasion of 1939 to the Warsaw Uprising, forced deportation, and eventually building a life in the U.S. Danuta brings not only the depth of lived history, but also wisdom, resilience, and insight into what it means to survive and to heal. Her voice is urgent, relevant, and full of heart. This is a conversation you won't want to miss, and one you'll carry with you long after it ends.

PLANNING FOR RETIREMENT: DESIGNING A MEANINGFUL RETIREMENT

(In-Person at NSK Location)

Wednesday, November 19, 6:00-7:00 p.m.

Retirement is more than a financial equation; it's the start of a new chapter of life. This interactive lecture and discussion program moves beyond traditional retirement planning to explore critical questions about purpose, identity, social connection, and legacy. Learn practical strategies for redefining your daily life, discovering new passions, and finding the meaning that makes retirement truly rich. Prepare to shift your focus from simply retiring from work to "re-wiring" or retiring to a life well-lived.

Presenter: Paul Knight

Registration required, no fee.



WEDNESDAY NIGHT WATCH PARTY "MEKKO"

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

Wednesday, November 5, 6:00-7:30 p.m.

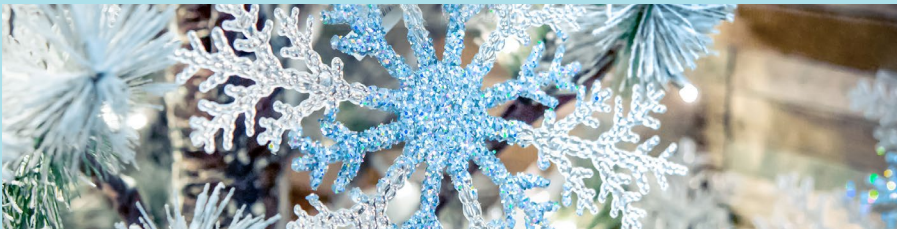
Join us for a screening of the powerful 2015 drama, "Mekko". The film follows a Muscogee man who is released from prison after nineteen years and finds himself homeless on the streets of Tulsa, Oklahoma. As he seeks redemption and struggles to rebuild his life, he is taken in by a community of Native American street dwellers. This inspiring yet raw story beautifully blends gritty realism with indigenous folklore to tell a quiet tale of hope, belonging, and the search for forgiveness. It's an authentic look at contemporary Native American life.

Runtime: 1 hour and 27 minutes; Genre: Drama/Thriller; Rated: TV-MA

This film is rated TV-MA and deals with mature subjects including homelessness, addiction, and violence.

Registration required, no fee.

SAVE THE DATE!



WINTER WONDERLAND BASH (In-Person at SPB Location)

Wednesday, December 10, 1:00 p.m.; Fee: \$5

Registration opens on November 24.

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

NOTE:

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

ALL PROGRAMS NOVEMBER 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.*

BEING THERE: A PHOTOGRAPHIC JOURNEY

BY ART FIRESTONE (In-Person at NSK Location)

Wednesday, November 19, 3:30-4:30 p.m.

Arthur Firestone, a former public-school principal in Princeton and Montgomery, has spent more than sixty years behind the lens, capturing the beauty and soul of the world around him.

In Being There, the artist invites us to travel with him to some of his favorite places—New Orleans, France, Greece, Italy, and Tanzania. Each photograph reflects not just a destination, but a feeling: of connection, wonder, joy, and appreciation.

These are places that stirred something in the artist's heart – and through his lens, he brings us along to feel it too. Whether it's the texture of an old wall, the curve of a quiet street, or a gaze caught in passing, Being There is a celebration of presence, place, and the quiet magic of truly seeing.

Registration required, no fee.

CURTIS NEW MUSIC ENSEMBLE: WE THE ARTISTS

(In-Person at NSK Location)

Monday, November 24, 11:00 a.m.

Fee: \$5

The renowned Curtis New Music Ensemble makes its 92NY debut with "We the Artists," a program celebrating America at 250 through its diverse musical tapestry. Featuring twentieth and twenty-first century repertoire, the concert includes Clarice Assad's rhythmically charged "Canções da America," Carlos Simon's tribute to five iconic Black Americans, "Giants," Valerie Coleman's exploration of Black Indigenous heritage, "Freedmen of the Five Civilized Tribes," and selections from Joan Tower's powerful "Fanfare for the Uncommon Woman." It's a powerful program highlighting the creativity, resilience, and voices shaping America's ever-evolving sound.

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

FIRST FRIDAY FILM: "THURSDAY MURDER CLUB"

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

Friday, November 7, 1:00 p.m.

In the tranquil setting of a British retirement village, four friends known as "The Thursday Murder Club" meet weekly to discuss cold cases. But when a real-life murder happens right on their doorstep, the group dives headfirst into their first live investigation. Starring an all-star cast including Helen Mirren, Pierce Brosnan, and David Tennent.

Runtime: 1 hour and 58 minutes; Genre: Mystery, Comedy; Rated: PG-13

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

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

(no stream 11/27)

Step into the Golden Age of Radio on Zoom! Join us every Tuesday and Thursday for a nostalgic journey into the past, featuring iconic shows such as "X Minus One" on Tuesdays and "Gunsmoke" on Thursdays. Experience the enchantment of this era as we bring the magic of sound and imagination to life. Don't miss out on the opportunity to be entertained and amazed!

Registration required, no fee.

LIBRARY READS (Zoom)

Monday, November 3, 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 11/27)

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!

ALL PROGRAMS NOVEMBER 2025

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

MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION: CLIMBING MT. EVEREST AND EL CAPITAN

(Hybrid - In-person at SPB location and on Zoom)

Friday, November 7, 10:00 a.m.-noon

What challenges did Edmund Hillary and Tenzing Norgay face in climbing Mt. Everest? Who was the first woman to reach the summit? Who was the oldest person to do so? Could a blind person climb the mountain?

El Capitan is a 3,000-foot-high sheer rock face in Yosemite National Park. Only one person has dared to attempt to climb it without ropes. How did he do it?

Harold Kuskin, a retired lawyer and judge, will provide answers to these questions using extensive videos. Harold has been an instructor for Evergreen Forum for nine years.

Registration required, no fee.

THE PAINTER'S STUDIO

(In-Person at SPB Location)

Fridays, October 3 through November 21, 2:00-4:00 p.m.

TIME TO TELL YOUR STORY: MEMOIR WRITING WORKSHOP

(Zoom)

Second and Fourth Thursdays from October 9 through

December 18, 10:00-11:30 a.m.

THE WONDERS OF WORDPLAY – FALL QUARTER

(Zoom)

Mondays, October 6 through December 29, 2:00 p.m.



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.

IN-HOME CAREGIVING FOR VETERANS

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

Monday, November 17, 1:00-2:00 p.m.

Many veterans may qualify for professional in-home caregiving services through their VA health benefits, but navigating the options can be confusing. This informative program will provide a clear overview of the types of caregiving support available and how to access them.

Participants will learn about covered services – including meal preparation, medication reminders, hygiene and bathing assistance, and mobility support – and gain insight into how these benefits can enhance independence and quality of life at home. The session will also explain how to qualify for two key programs: Home Health Aide & Respite Care and the Aid & Attendance Pension.

By the end of the program, veterans and their families will be better equipped to understand their benefits and take the next steps toward securing compassionate, professional care.

Presenter: Omar Rifi of First Light Home Care Services
Registration required, no fee.

ALL PROGRAMS NOVEMBER 2025

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



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

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

(no meeting on 11/4)

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 OPEN PLAY

(In-Person at SPB Location)

Thursdays, November 13 and 20, 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 Various Locations)

Wednesday, November 5, 6:00-7:00 p.m. at NSK Location

Friday, November 14, 9:30-10:30 a.m. at SPB Location

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, November 4 through November 25, 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

THE FELDENKRAIS METHOD

(In-Person at SPB Location)

Tuesdays, November 18 - December 16, 10:00 a.m.

Fee: \$40 resident/\$45 nonresident

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

Instructor: Jackie Boone

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.

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in November, 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, November 18 through December 16, 11:00 a.m.

Fee: \$40 resident/\$45 nonresident

This exercise class is a groundbreaking movement system designed to strengthen and stabilize major joints in your body. Led by certified teacher Jackie Boone, these innovative lessons will invigorate your musculoskeletal system and complement various physical exercise and wellness practices. Sign up for a journey of self-discovery and empowerment through mindful movement.

Instructor: Jackie Boone

ALL PROGRAMS NOVEMBER 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, November 5 through November 19, 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 INTO 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, November 12, 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, November 6, 11:00 a.m.-noon
- Thursday, November 20, 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, November 6, 10:00-11:00 a.m.
- Thursday, November 20, 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, November 5, 11:00 a.m.-1:00 p.m.
- Wednesday, November 19, 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, November 6, noon-1:00 p.m.
- Thursday, November 20, noon-1:00 p.m.

ALL PROGRAMS NOVEMBER 2025

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

TABLE TENNIS (In-Person at SPB Location)

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

(no session on 11/28)

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

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

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



COSMOLOGY

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

Every Thursday, 10:00 a.m.; Annual Fee: \$40

(no meeting on 11/27)

Dive into the mysteries of the universe with our dynamic Cosmology group. Join us for engaging, peer-led discussions that explore the wonders of physics. Come expand your mind and unravel the secrets of the cosmos. Leader: Contact brucewallman@gmail.com for more information.

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

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

Fee: \$45

PRINCETON: HISTORICAL WALKING TOUR

(In-Person at University Main Gate)

Monday, November 10 from 2:00-3:00 p.m.

Fee: \$15

Join Fern Spruill, a local community leader, for a walking tour of the Princeton community that focuses on the history of the African American experience. During this tour, you will visit the Witherspoon-Jackson Neighborhood while meeting and hearing the stories

of a variety of community members and leaders whose families have lived in Princeton for generations. The tour will be at a leisurely pace, with moments for rest and conversation throughout.

SPANISH: A CLASS FOR TRUE BEGINNERS

(In-Person at SPB Location)

Thursday, November 6 through December 4,

10:00-11:30 a.m. (no class on 11/27)

Fee: \$30

Never taken Spanish before? This gentle, friendly course is the perfect first step. You'll learn basic greetings, introductions, numbers, and simple conversations. Everything you need to feel ready and confident for Spanglish for Beginners. No experience required! Instructor: Miriam Ríos Lebron

STORIES THAT ILLUMINATE: HONORING NATIVE LEGACIES TODAY (Hybrid - In-Person at NSK Location and on Zoom)

Thursday, November 13, 4:00-5:00 p.m.

Fee: \$5

The voices of Native communities carry lessons about resilience, identity, and the fight to be seen and heard. These stories are not only about survival but about shaping the future we all share.

This November, during National Native American Heritage Month, Lewis Frago from the NJ Commission on American Indian Affairs will explore what it means to be Native today: the hard-won achievements, the barriers that remain, and the ways our communities – especially across generations – can connect and grow stronger together.

Come ready to expand your perspective and leave with insights that matter for how we live, act, and build community now.

"UNPLUGGED": JON STEWART IN CONVERSATION WITH TOM FRESTON (In-Person at NSK Location)

Monday, November 17, 10:00 a.m.

Fee: \$5

Join MTV Co-founder and Viacom CEO Tom Freston as he sits down with Jon Stewart for a hilarious and candid conversation about his high-flying new memoir, "Unplugged: Adventures from MTV to Timbuktu." Hear the true story of Freston's rule-defying, non-traditional path: from hitchhiking across the globe and running a clothing company in Afghanistan to launching MTV, overseeing Comedy Central (and meeting a young Jon Stewart!), and becoming a major cultural influence. Hosted by 92nd Street Y Live, this event is re-streamed from the live evening broadcast.

NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>1:00 Library Reads 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</p>	<p>4</p> <p>10:30 TED Talks (NSK-H) 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</p>	<p>5</p> <p>10:00 Intro. to Pickleball (SPB) 11:00 PB Prep & Play (SPB) 1:00 Happiness+: Happiness, Emotional Resilience, and Hope (NSK) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK) 6:00 Ageless Grace (NSK) 6:00 Decoding AI: A Comprehensive Guide (NSK-H) 6:00 Wednesday Night Watch Party: "Mekko" (NSK-H)</p>	<p>6</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro (SPB) 10:00 Spanish: A Class for True Beginners (SPB) 10:00 Time to Tell Your Story: Memoir Writing Workshop 10:00 Yoga for Pain Management 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 PB Play with the Pro (SPB) 12:00 PB Priv. w/ Pro (SPB) 2:00 OnStage Seniors (NSK) 4:00 Golden Age of Radio</p>	<p>7</p> <p>10:00 Artful Connections (NSK) 10:00 Men & Women in Retirement Special Presentation (SPB-H) 1:00 First Friday Film - "Thursday Murder Club" (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB)</p>

SATURDAY, NOVEMBER 8
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

<p>10</p> <p>10:00 Memory Café (NSK) 1:00 Health As We Age Series (SPB-H) 1:00 Table Tennis (SPB) 2:00 Let's Talk English - ESL (SPB) 2:00 Princeton: Historical Walking Tour (University Main Gate) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>11</p> <p>10:00 Tai Chi and Qigong - Level 1 Beginner (SPB) 10:00 "Unplugged": John Stewart with Tom Freston (NSK) 10:30 TED Talks (NSK-H) 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</p>	<p>12</p> <p>10:00 Intro. to Pickleball (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 Pickleball Get into the Game (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK) 5:00 Get to Know iOS 26 Tahoe (NSK-H) 6:00 I'm Still Here: Aging Through The Lens Of Musical Theater (NSK-H)</p>	<p>13</p> <p>10:00 Cosmology (NSK-H) 10:00 Spanish: A Class for True Beginners (SPB) 10:00 Yoga for Pain Management 11:00 Live from...Global Virtual Walking Tours (NSK) 2:00 OnStage Seniors (NSK) 2:00 Poker: Texas Hold 'em Open Play (SPB) 4:00 Golden Age of Radio 4:00 Stories That Illuminate: Honoring Native Legacies Today (NSK-H)</p>	<p>14</p> <p>9:30 Ageless Grace (SPB) 10:00 Artful Connections (NSK) 10:00 Women in Retirement Coffee Klatch 11:30 (Ni Hao!) Chinese Conversation & Friendship (SPB) 1:00 Special Connections (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB)</p>
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<p>17</p> <p>10:00 "Unplugged": Jon Stewart in Conversation with Tom Freston (NSK) 11:00 Bereavement 1:00 Table Tennis (SPB) 1:00 In-Home Caregiving for Veterans (NSK-H) 2:00 Let's Talk English - ESL (SPB) 2:00 The Wonders of Word Play 2:30 Aging Gaily (NSK-H) 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:00 Get to Know macOS 26 Tahoe (NSK)</p>	<p>18</p> <p>10:00 The 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</p>	<p>19</p> <p>10:00 Intro. to Pickleball (SPB) 11:00 PB Prep & Play (SPB) 1:00 Happiness+: Happiness, Emotional Resilience, and Hope (NSK) 3:00 PingPongParkinson (SPB) 3:30 A Photographic Journey by Art Firestone (NSK) 3:30 Let's Talk (NSK) 4:00 Sewing Stories: Craft, Calm, and Connection (NSK) 5:00 "People & Peace - Talk Show" (NSK) 6:00 Planning for Retirement: Designing a Meaningful Retirement (NSK)</p>	<p>20</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro (SPB) 10:00 Spanish: A Class for True Beginners (SPB) 10:00 Time to Tell Your Story: Memoir Writing Workshop 10:00 Yoga for Pain Management 11:00 Live from...Global Virtual Walking Tours (NSK) 11:00 PB Play with the Pro (SPB) 12:00 PB Priv. w/ Pro (SPB) 2:00 OnStage Seniors (NSK) 2:00 Poker: Texas Hold 'em Open Play (SPB) 3:00 Early-Stage Memory Loss Support (SPB-H) 4:00 Golden Age of Radio 4:00 ¡Se Habla Español!</p>	<p>21</p> <p>10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB) 2:00 Thanksgiving Cooking Experience (SPB) 2:30 Transition to Retirement (NSK-H)</p>
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<p>24</p> <p>11:00 Curtis New Music Ensemble: "We the Artists" (NSK) 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</p>	<p>25</p> <p>10:00 The 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</p>	<p>26</p> <p>11:00 Next Chapter: Widows and Widowers (NSK-H) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK)</p>	<p>27</p> <p>CMAP CLOSED FOR THANKSGIVING DAY HOLIDAY</p>	<p>28</p> <p>CMAP CLOSED FOR THANKSGIVING DAY HOLIDAY</p>
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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

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.

ALL PROGRAMS NOVEMBER 2025

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



SOCIAL CONNECTIONS

Programs

MEMORY CAFÉ (In-Person at NSK Location)

Monday, November 10 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 reoccurs on the second Monday of each month.

Registration Required, no fee.

SEWING STORIES: CRAFT, CALM, AND CONNECTION

(In-Person at NSK Location)

Wednesday, November 19, 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.

THANKSGIVING COOKING EXPERIENCE

(In-Person at SPB Location)

Friday, November 21, 2:00-4:00 p.m.

Fee: \$20 resident, \$25 nonresident

Join us for a delightful afternoon of flavors! Discover exciting twists on classic Thanksgiving dishes and add some fresh recipes to your culinary repertoire. Not only will you learn how to create these festive delights, but you'll also get to savor and enjoy the delicious dishes you prepare. It's a wonderful way to celebrate the season together!



Groups

AGING GAILY (LGBTQ+)

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

Monday, November 17 at 2:30 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.

ARTFUL CONNECTIONS (In-Person at NSK Location)

Fridays, October 3 through November 14, 10:00-11:30 a.m.

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 November, 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.

ALL PROGRAMS NOVEMBER 2025

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

TED TALKS

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

Tuesdays in November, 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:

November 4 - Greg Lukianoff: Let's get real about free speech

November 11 - Adam Kucharski: Why does uncertainty bother us so much?

November 18 - Andrew Youn: Three Reasons why we can win the fight against poverty

November 25 - Orit Tykocinski: The counterintuitive psychology of insurance

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, November 21, 2:30 p.m.

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

Facilitator: Paul Knight

Registration required, no fee.

WOMEN IN RETIREMENT COFFEE KLATCH

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

Contact WIR for the location of the meeting.

For more information go to <http://wired.wordpress.com/>.

The Global Conversation Community

Join our Global Conversation groups and immerse yourself in language and culture! Whether a native speaker or language learner, our inclusive spaces welcome everyone for rich exchanges and connections.

CAFÉ FRANÇAIS: 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 SPB Location)
Friday, November 14, 11:30 a.m.-12:30 p.m.

Join our Chinese Conversation & Friendship Group, a welcoming space to practice Mandarin, engage in meaningful conversations, and build connections. Whether you're a native speaker or learning the language, this group offers a relaxed environment to share stories, exchange ideas, and celebrate Chinese culture. Meetings will be informal and guided by participants' interests.

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)
Thursday, November 20, 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, November 17 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, November 4 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.

ALL PROGRAMS NOVEMBER 2025

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



CLEARING SPACES (Zoom)

Mondays in November, 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 SPB Location and on Zoom)

Thursday, November 20, 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, November 8 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.

NEXT CHAPTER WIDOWS AND WIDOWERS

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

Wednesday, November 12 and November 26 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, November 14 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.

Facilitators: Dr. John George and Julianna Mann

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 and Virtually on Zoom Monday-Friday 9:30 a.m.-4:30 p.m. with Wednesdays being open until 7:30 p.m. Appointments recommended, walk-ins welcome at NSK location.

GET TO KNOW macOS 26 TAHOE

(In-Person at NSK Location)

Monday, November 17, 3:00-5:00 p.m.

Mastering macOS 26 Tahoe is easy! Join our one-hour class to navigate the new features, from the refreshed look to the customizable Control Center. We'll also share generalized Mac tips and tricks to boost your daily use. Stay after the class for dedicated one-on-one help from our support team to get your personal questions answered and ensure a smooth transition to Tahoe!

Instructor: Nick Macy

Registration required, no fee.



SPONSOR-A-SENIOR: HOLIDAY COAT DRIVE

**Registration to donate will end Friday, November 21
Donations must be brought into NSK by Tuesday, December 9**

This holiday season, we at the Center for Modern Aging invite our community to join us in bringing warmth, comfort, and cheer to local seniors. Many older adults struggle to afford winter essentials, and with your help, we can make sure they stay cozy and celebrated during the holidays.

Sponsor-A-Senior's Coat:

Community members can sponsor a senior by purchasing a new winter coat. Each older adult who signs up will share their preferred size, color, and coat length. Donors will be paired with seniors to make the gift personal and meaningful. Donors will receive an email with info about what kind of coat to get by Tuesday November 25

Hat, Scarf, and Gloves Sets or Winter Socks:

For those who wish to give a smaller but equally thoughtful gift, we will also be collecting warm winter accessory sets and winter socks for our seniors. Registration is not required to donate these items.

**Donations need to be dropped off at NSK
by Tuesday, December 9.**



Windows 10 End of Life

Microsoft's support for Windows 10 ended on October 14. We need to talk.

Microsoft introduced Windows 10 in 2015, and the vibe back then was that this would be the final version of Windows. Microsoft would continue to update Windows 10 *forever*. It would just be “Windows.” There would be no Windows 11, 12, or...

Forever ended in 2021 when Microsoft unveiled Windows 11 with a new look and enhanced security features. Some of those security features require the PC to have a “Trusted Platform Module 2.0.”

The Trusted Platform Module (TPM) is a security chip designed to verify that your computer is running an authentic, untampered version of Windows. In addition to this integrity check, it supports encryption features that help protect sensitive data. Most PCs manufactured after 2015 include a TPM by default; however, you cannot add one to an older machine.

Windows 11 is reliable, has a beautiful look and feel (both of which are admittedly subjective), and includes new security features in addition to those provided by the TPM chip. It works like Windows 10, but with a revamped Start menu, color-coded folders, and the addition of Co-Pilot, Microsoft’s artificial intelligence model (similar to ChatGPT). If you know how to find your documents, start your applications, and manage your desktop, then Windows 11 will feel like an old friend. (Or maybe an old friend after a facelift, some bling, and a new wardrobe from J.Crew.)

On the other hand (the other shoe has dropped), Windows 11 may not run some old(er) software that worked on previous versions of Windows. You can blame that on the software vendor who decided not to update their application for Windows 11, but that won’t help.

Microsoft no longer provides security patches or feature upgrades to Windows 10. You can continue to use Windows 10, but your PC may become more vulnerable to malware over time. And, as with any unsupported operating systems, some programs may eventually stop working.

If you’re using Windows 10, you have a few options:

- 1. Upgrade to Windows 11.** Most PC’s manufactured after 2015 include the necessary TPM 2.0 chip. If yours falls into that category, then you should consider upgrading to Windows 11.¹
- 2. Continue to use Windows 10.** Microsoft offers a one-year Extended Security Update service for \$30, but I have no experience in pursuing that option.
- 3. Purchase a new PC.**

You can always contact our CMAP Tech Help at: <https://engage.cmaprinceton.org/tech-help> to discuss these options.



Sharon is simply overjoyed with her recent Windows 11 upgrade. Here she is in her new turtleneck sweater from J.Crew. I think it’s looks great.

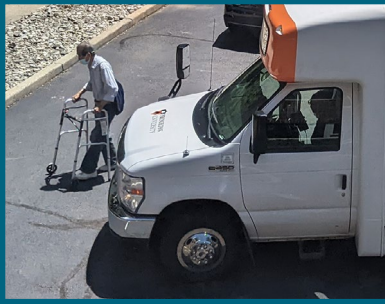
¹ Right-Click the START (Windows) Icon > Settings > Windows Update



JOIN OUR ONLINE PORTAL!

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

A QUICK GUIDE TO AREA RESOURCES



**Princeton Muni Service stops
at our building**

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

CMAP Lending Locker

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

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

CMAP has incontinence supplies – contact us for information



TRANSPORTATION

CROSSTOWN

Crosstown is a door-to-door transportation service for those who are age sixty-five and up, and people with disabilities who live in the municipality of Princeton. The service is provided by a partnership between the Center for Modern Aging Princeton (CMAP) and RideProvide, a program of the Greater Mercer Transportation Management Authority.

To be a Crosstown rider you must be:

- A Princeton municipal resident
- Age sixty-five and up, OR have a physical disability
- Able to get yourself to the car and in/out of the car without assistance
- Registered with the Crosstown program through CMAP at 609.751.9699

Rides between the hours of 8:00 a.m. and 5:00 p.m. on weekdays must be reserved no later than noon on the business day before the scheduled ride. Rides can be scheduled for any purpose between any points of origin and destination within the municipality, but medical appointments at Penn Medicine Princeton Health or at the Princeton Fitness and Wellness Centers (in both Princeton and Plainsboro) will receive priority. Rides to Penn Medicine are free for registered riders.

Each one-way ride costs \$3, which is payable by voucher; riders may purchase (with cash, check, or credit card) up to twenty vouchers at a time at the CMAP Office (101 Poor Farm Road), or by calling 609.751.9699 or use this form: <https://engage.cmapprinceton.org/purchasecrosstown>.

Did you know you can support CMAP by giving us your McCaffrey's receipts?

CMAP receives a percentage of the total receipts. They can be **up to three months old**. Mail or drop off to: CMAP, 101 Poor Farm Road, Building B (located between Bunn Dr. and Mt. Lucas Rd.), Princeton, NJ 08540 OR drop them in our mailbox on the porch at the Suzanne Patterson Building.



- Access Princeton**
609.924.4141
- Affordable Housing**
609.688.2029
- Arm-in-Arm**
609.396.9355
- Central Jersey Legal Services**
609.695.6249
- Cornerstone Community Kitchen**
609.924.2613
- Funeral Consumers Alliance**
609.924.3320
- HomeFront**
609.989.9417
- Jewish Family & Children's
Service (JFCS)**
609.987.8100
- Meals on Wheels**
609.695.3483
- Mercer County Nutrition Program**
609.989.6650
- Mercer County Office on Aging**
609.989.6661 or 877.222.3737
- NJ Consumer Affairs**
973.504.6200
- NJ Division of Aging Services**
800.792.8820
- PAAD (Pharmaceutical Aid)**
800.792.9745
- Princeton Community Housing**
609.924.3822
- Princeton Housing Authority**
609.924.3448
- Princeton Human Services**
609.688.2055
- Princeton Police (non-emergency)**
609.921.2100
- Princeton Public Library**
609.924.9529
- Reassurance Contact**
609.737.2000
- Ride Provide**
609.452.5144
- Senior Care Services
of Greater Princeton**
609.921.8888
- Social Security**
800.772.1213
- SHIP (Medicare)**
609.273.0588
- T.R.A.D.E. (Transportation)**
609.530.1971

FROM THE DEVELOPMENT OFFICE



Spotlight on McCaffrey's Food Markets

McCaffrey's Food Markets has been a true community partner for nearly forty years, providing the freshest foods and quality catering services to Princeton and the other seven locations in the Central New Jersey-Eastern Pennsylvania area. But what makes them a great community partner goes beyond the food and wide selection of inventory they provide. As a local entity, they give back to the community, not only to PSRC but to several nonprofits through their receipt donation program.

What's more, McCaffrey's is actively doing what they can for the environment through their efforts to reduce their impact. All McCaffrey stores are on energy management systems that dim the lighting depending on how busy they are. It's linked to the lights at each register: the fewer lanes open, the dimmer the lights. 95% of the lighting in all their stores is now LED. The energy system eliminates all non-essential lighting overnight.

All their refrigeration systems were converted (or initially installed) with variable speed motors so they only draw the minimum amount of energy required for current conditions. Several, if not all, of their stores, have heat reclaim that uses excess heat created by the refrigeration equipment to dehumidify the store. Most of their stores have de-stratification fans which keep warm air from being trapped at ceiling height and increase the efficiency of the HVAC systems.

Although this may seem like a strange thing to point out – McCaffrey's feels it's important for customers to know that they go beyond caring about them and the products they provide. They take environmental concerns seriously as well.

mccaffreys.com

NOVEMBER FEATURED SPONSORS



Your local senior living advisor
assistedlivinglocators.com



PEAPACK PRIVATE

Comprehensive financial, tax, fiduciary,
and investment advice
peapackprivate.com



**PRINCETON
THEOLOGICAL
SEMINARY**

Theological Education for Today's World
ptsem.edu

**STARK
& STARK** PC

Since 1933, Stark & Stark has developed innovative
legal solutions to meet our clients' needs
stark-stark.com

JOCELYN AND CARL HELM LEGACY SOCIETY

Your legacy...

The Center for Modern Aging Princeton has been built and strengthened by many generous people. People who want to make a difference in the lives of older adults in our community for generations to come. People like you.

More and more friends of the organization are discovering the benefits of strategic planned gifts that support our pursuit to strengthen our community and return benefits back to the giver. You can increase the impact of your generosity and make a gift that will help enable us to continue our mission for generations to come.

One of the most exciting parts about what we're doing is that everyone can help. Everyone. Large, long-lasting gifts are not just for the ultra wealthy. No matter your income level, social status, or age – you can support our mission in a significant way that will endure far into the future. Planned gifts make it possible.

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 cmaprinceton.plannedgiving.org or give us a call at 609.751.9699, ext. 103, 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!



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



SPONSOR-A-SENIOR HOLIDAY COAT DRIVE

**REGISTRATION TO DONATE A COAT ENDS ON NOVEMBER 21
GIFTS ARE DUE TO THE KLATH CENTER
ON OR BEFORE DECEMBER 9**

SEE PAGE 15 FOR DETAILS.



Cost should never be a barrier to learning! Scholarships are available to those for whom the fee is a hardship. To make a confidential request, [CLICK HERE](#). For more information, contact Ruthann Traylor, social worker: resource & referral, at rtraylor@cmaprinceton.org, or 609.751.9699, ext. 111 to apply.

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

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