

(Formerly Princeton Senior Resource Center)

FITNESS DISCOVERY DAY
(HYBRID IN-PERSON AT SPB LOCATION
AND VIRTUALLY ON ZOOM)
THURSDAY, DECEMBER 18, 10:00 A.M.-3:00 P.M.

SEE PAGE 12 FOR DETAILS.



WINTER WONDERLAND BASH
(IN-PERSON AT SPB LOCATION)
WEDNESDAY, DECEMBER 10, 1:00-3:30 P.M.
REGISTRATION OPENS: NOVEMBER 24; FEE: \$5

SEE PAGE 13 FOR DETAILS.



PEOPLE & PEACE TALK SHOW:
CONRAD STRAUCH WITH PATRICK RYAN
(IN-PERSON AT NSK LOCATION)
WEDNESDAY, DECEMBER 17, 5:00-6:00 P.M.

SEE PAGE 6 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

THE TRANSFORMATIVE POWER OF LIFELONG LEARNING

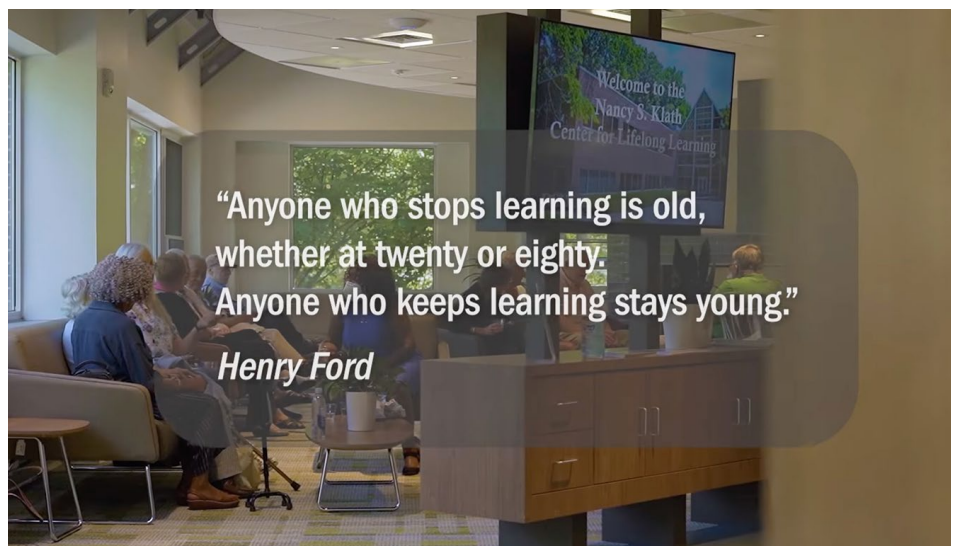
Dear Friends,

I vividly remember my graduate school advisor standing on top of a desk in front of the class and saying: "In two minutes I am going to fall backwards off of this desk and you are going to catch me. Whatever you do, don't let me fall." To our amazement, she fell backwards in exactly two minutes. To her amazement, we caught her.

"Teaching for transformation," she continued, "involves vulnerability and trust on behalf of both students and teachers. Let's talk about that..."

An incredibly rich and robust conversation about the importance of excellence in the classroom fill the next three hours – something that required us to actively participate in our education. It demanded a commitment to the process of learning and to the community of learners gathered together. It was one of those remarkable moments when teaching became an act of mutual discovery. That day has stayed with me for decades, a reminder that real education – education that changes us – always begins with trust, curiosity, and shared humanity.

What are your most vivid classroom memories? Which lecture radically shaped your worldview? Which instructor is indelibly etched in your memory for the way they opened your eyes, your heart, or your mind? What "disorienting dilemma," as transformative learning theorist Jack Mezirow called it, once challenged you to see the world in a new way? Most of us, given time to reflect, can recall at least one of those moments when learning was not just about gaining knowledge, but about gaining *insight* – about ourselves, others, and the world we share.



At the Center for Modern Aging Princeton (CMAP), we believe learning is for everyone, no matter their age; it's a lifelong gift and a fundamental part of being human. Lifelong learning keeps us curious, connected, and courageous. It stretches the mind, nourishes the spirit, and strengthens the social bonds that sustain healthy aging. Whether through the study of literature, history, science, religion, or the arts, each new topic opens a door to discovery; and in walking through that door, we find renewed purpose and joy.

That's why CMAP is committed to offering dynamic lifelong learning opportunities in a variety of formats, guided by an exceptional team of instructors, and embraced by a vibrant community of learners. A hallmark of this commitment is the Evergreen Forum, which this year celebrates its *twenty-fifth anniversary*. Since its founding, Evergreen has exemplified what adult education can be at its best: intellectually stimulating, socially engaging, and personally transformative. Our participants often tell us that Evergreen classes have rekindled a love of learning, expanded their worldview, and, most importantly, deepened their sense of belonging. Enclosed in this newsletter is the list of our upcoming spring courses – an inspiring collection of opportunities to learn, connect, and grow together.

When you join this community of lifelong learners, you will be challenged, enlightened, and inspired – not just by what you learn, but by *who* you learn with. After all, lifelong learning is not just about accumulating knowledge; it is about cultivating wisdom, empathy, and connection. It invites us to see life as an ongoing journey of growth and meaning.

As we close out another remarkable year at CMAP, we celebrate every story, every shared insight, and every spark of discovery that happens in our classrooms. Here's to the next twenty-five years of learning together – trusting one another, taking risks, catching one another when we fall, and continuing to be transformed by the joy of learning.

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

To see our latest video release highlighting *Lifelong Learning at CMAP*, visit our CMAP YouTube channel here: https://youtu.be/v4loa2F7uQ4?si=_UoobFkGSAdU5p2d.

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

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Z Zinsitz
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& *Coordinator of Strategic Projects*



BRONTE & GASKELL: TWO VICTORIAN WOMEN WRITERS
(Virtual)

George Levine

Discover how two contrasting Victorian masterworks – Emily Bronte’s “Wuthering Heights” and Elizabeth Gaskell’s “North and South” – redefine the roles of women and class in nineteenth-century England.

Mondays from 1:30-3:30 p.m. for eight weeks beginning March 2 through April 20.

BUDDHA MIND: HOLISTIC CONCEPTS FOR WELL-BEING
(In-Person)

Robin Shapiro

How learning and applying Buddhist concepts for well-being remind us of our basic goodness in difficult times.

Tuesdays from 1:30-3:30 p.m. for six weeks beginning March 3 through April 7.

BUILDING BRIDGES: RELIGIOUS LITERACY FOR COCKTAIL PARTIES
(Hybrid)

Drew Dyson

Gain an introduction to the world’s major religions – an exploration designed to deepen understanding, spark curiosity, and foster meaningful conversation across cultures.

Wednesdays from 10:00 a.m.-noon for six weeks beginning March 4 through April 8.

CHILDREN IN TRANSIT (In-Person)

Lois Harrod

Featuring four novels and varied poems about childhood experiences. This lively discussion course considers works by immigrant writers from Africa and Asia.

Wednesdays from 1:30-3:30 p.m. for eight weeks beginning March 4 through April 22.

DECODING AI (Hybrid)

Mike Canasta

Demystify artificial intelligence by exploring core algorithms, learning how models make decisions, and gaining the essential literacy needed to navigate our AI-driven world.

Fridays from 1:30-3:30 p.m. for five weeks beginning March 6 through April 3.

DEMOCRACY & RULE OF LAW: FROM NIXON TO TRUMP (HYBRID)

Stan Katz

How challenges to democracy and the rule of law have manifested themselves from 1968 to the present.

Mondays from 10:00 a.m.-noon for six weeks beginning March 2 through April 6.

EDUCATION IN AMERICA: CHALLENGES AHEAD (In-Person)

Ida Lawrence, Gary Sykes, and Panelists

Join a panel of experts to learn about crucial issues facing American education.

Tuesdays from 1:30-3:00 p.m. for six weeks beginning March 3 through April 7.

EXPLORING FEMINIST WRITERS
(In-Person)

Carol Friend

Explore transformational narratives including Chimamanda Ngozi Adichie’s “We Should All Be Feminists” and Rebecca Solnit’s “Men Explain Things to Me.”

Fridays from 1:30-3:30 p.m. for six weeks beginning April 10 through May 15.

THE EVOLUTION OF WESTERN ART, 1915-2015 (Hybrid)

Wendy Worth

Explore the changes in Western art over the past one hundred years, focusing on Surrealism, Abstract Expressionism, Pop Art, Conceptual Art, Land Art, and AI art.

Thursdays from 10:00 a.m.-noon for eight weeks beginning March 5 through April 23.

EXPLAINING THE COVID VACCINE TO DARWIN (In-Person)

Bernard Abramson

Vaccines usually take at least four years from discovery to release. The Covid-19 vaccine was produced in thirteen months – this course explains how the miracle was achieved.

Thursdays from 10:00 a.m.-noon for seven weeks beginning March 5 through April 16.

MEDICINE: THE HISTORY AND THE MYSTERY (In-Person)

Roy Carman & Seth Malin

A medical odyssey from 400 BCE to the present through the lens of history and literature.

Tuesdays from 10:00 a.m.-noon for eight weeks beginning March 3 through April 21.

MEMORY (In-Person)

Bruce Maloof

How we remember and why we forget – the science of memory and memory loss.

Thursdays from 1:30-3:30 p.m. for four weeks beginning April 9 through April 30.

MINDFULNESS-BASED COGNITIVE BEHAVIORAL THERAPY (In-Person)

Naomi Browar

Explore mindfulness-based strategies for managing negative thinking patterns and reducing stress.

Mondays from 1:30-3:00 p.m. for three weeks beginning March 2 through March 16.

OVERCOMING ANXIETY (In-Person)

Robert Youdin

Discover a new paradigm of neuroscience-informed psychological methods for understanding and eliminating anxiety.

Wednesdays from 1:30-3:30 p.m. for three weeks beginning March 4 through March 18.

PERSPECTIVES ON OPERA (Hybrid)

Harold Kuskin

Discover passion, drama, and artistry through musical storytelling as we explore how opera moves both heart and mind – from Verdi to Wagner and beyond.

Wednesdays from 1:30-3:30 p.m. for seven weeks beginning March 4 through April 15.

PSYCHOLOGY OF SLEEP AND DREAMING (In-Person)

Alex Randall

You will spend twenty-two years of your life asleep and eight years dreaming...and so far no one has taught you anything about this huge part of your life. Now's your chance to learn about your mind at sleep.

Fridays from 10:00 a.m.-noon for eight weeks beginning March 6 through May 1. (no class 4/3)

READING BUILDINGS: A PRIMER (Zoom)

Alan Chimacoff

An introduction to the logic of architectural form and space—the principles, characteristics, geometries, and themes underlying the design of architecture.

Fridays from 1:30-3:30 p.m. for eight weeks beginning March 6 through May 1. (no class 4/3)

RUSSIAN MODERNISM 1900-1930 (In-Person)

Victor Ripp

Explore the explosion of the arts – painting, film, theater, prose, et al. – against the backdrop of political and social upheaval.

Wednesdays from 10:00 a.m.-noon for eight weeks beginning March 4 through April 22.

SCIENCE FICTION SHORT STORIES: THE SCIENCE

Stuart Kurtz

Explore the evolution of science fiction through the works of writers like H. G. Wells, Ray Bradbury, and Ursula K. Le Guin as we examine how the genre probes the boundaries of mind, society, time, and technology.

Tuesdays from 10:00 a.m.-noon for eight weeks beginning March 3 through April 21.

SCIENCE IN THE NEWS (Hybrid)

Harold Heft & Panelists

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

Fridays from 10:00 a.m.-noon for eight weeks beginning March 6 through May 1. (no class 4/3)

STORIES TO ILLUMINATE AMERICA'S CREATION (Hybrid)

Robert Nolan

For the 250th anniversary of America's independence, examine fascinating portrayals of lesser-known women and men whose actions exemplify or reflect the key events and ideals that define our nation.

Thursdays from 1:30-3:30 p.m. for eight weeks beginning March 6 through April 23.

TOUR THE NEW PRINCETON UNIVERSITY ART MUSEUM (In-Person)

Judy Langille & PUAM Docents

Join docent-led tours and talks of the fascinating variety of art objects found in the recently rebuilt and newly opened museum.

Tuesdays from 1:30-3:30 p.m. for four weeks beginning March 3 through March 24.

Tuesdays from 1:30-3:30 p.m. for four weeks beginning April 7 through April 28.

UNDERSTANDING EMOTIONS (In-Person)

Ruth Goldston

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

Tuesdays from 10:00 a.m.-noon for six weeks beginning March 3 through April 7.

WILLIAM FAULKNER (In-Person)

John Kucich

Discuss William Faulkner's two greatest masterpieces, "The Sound and the Fury" and "Absalom, Absalom!"

Tuesdays from 1:30-3:30 p.m. for eight weeks beginning March 3 through April 21.

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

Tuesday, January 27 at 9:30 a.m. Course format is subject to change.

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

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

ALL PROGRAMS DECEMBER 2025

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

THE LATE SHIFT – WEDNESDAY NIGHTS AT CMAP

CMAP is now fully open from 9:00 a.m.–8:00 p.m. every Wednesday. Enjoy a coffee in the lounge, get tech help, or join us for one of our many great programs.

Please note that for the Holiday, there will be no Late Shift on December 24 and 31 and CMAP will close at 5:00 p.m.



AGELESS GRACE (In-Person at NSK Location)
Wednesday Evening, December 3, 6:00–7:00 p.m.
Fee: \$5 per session

This unique group exercise program is specially designed to boost cognitive skills and enhance physical function through body-brain exercises. Ageless Grace is backed by research in neuroplasticity – the brain’s remarkable ability to reshape and adapt through new experiences. Each exercise targets key brain functions like memory, sensory perception, motor skills, and thought processing.
Instructor: Allyson Toth

CUTTING THE CABLE CORD
(Hybrid - In-Person at NSK Location and on Zoom)
Wednesday, December 3, 5:30–6:30 p.m.

Curious about how streaming services like Netflix, Hulu, and Disney+ work? Join us for “Cutting the Cable Cord,” an objective program dedicated to exploring the modern alternatives to traditional cable television. We’ll clearly explain the technology, costs, and options involved in switching, or “cutting the cable cord.” Learn how to access content, compare different services, and understand what’s needed for setup. This is your chance to demystify streaming and gather the facts to decide if it’s right for you.
Instructor: Conor McCornack
Registration required, no fee.

FROM PETALS TO PINE: HOLIDAY ARRANGEMENT WORKSHOP (In-Person at NSK Location)
Wednesday, December 17, 6:30–8:00 p.m.
Fee: \$30

Step into the season with joy and creativity! Join us for a festive bouquet-making workshop where fragrant evergreens, vibrant holiday blooms, and cheerful accents come together in your very own one-of-a-kind arrangement. Whether you’re crafting a centerpiece

to brighten your holiday table or creating a heartfelt gift to share, this hands-on program will fill you with holiday spirit. No experience needed – just bring your festive energy, and we’ll provide the flowers, the sparkle, and plenty of cheer!

“PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH WITH PATRICK RYAN”

(In-Person at NSK Location)
Wednesday, December 17, 5:00–6:00 p.m.
Fee: \$5

Patrick Ryan is a longtime Princeton resident, former Ivy League president, art gallery director, and now a daily peace advocate on Nassau Street. With a life deeply rooted in civic engagement and cultural leadership, Patrick brings decades of insight into how communities change – and how individuals can lead with quiet conviction.

This conversation will explore Princeton’s hidden histories, the power of personal protest, and what it means to keep showing up for justice across generations.

A thoughtful and inspiring session you won’t want to miss.

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 DECEMBER 2025

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

POP-UP ART STUDIO (In-Person at NSK Location)

Wednesday, December 10, 6:00–7:30 p.m.

Fee: \$10

An Evening Pop-Up Art Studio: Create, Connect, and Unwind, a welcoming drop-in pop-up art studio where creativity meets community. Every second Wednesday evening of the month, from 6:00-7:30 p.m., adults are welcome to relax, recharge, and express themselves through art in a supportive judgement-free environment. Each session includes a fun, minimally guided project, along with music, light snacks, and open creative time. This monthly gathering is designed to alleviate stress and provide a space to connect with others, rediscover joy, and nurture emotional well-being through the simple act of creating art.

No experience is needed, bring yourself and a willingness to create.

WEDNESDAY NIGHT WATCH PARTY "JUROR #2"

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

Wednesday, December 10, 6:00–8:00 p.m.

From legendary director Clint Eastwood comes "Juror #2," a suspenseful courtroom drama starring Nicholas Hoult and Toni Collette. The tension begins when Juror #2, Justin Kemp, discovers a shocking personal link to the murder he's meant to judge. As the jury deliberates, the fight for justice becomes a desperate struggle for self-preservation, proving that sometimes, the truth is the most dangerous evidence of all.

Runtime: 1 hour and 54 minutes; Genre: Crime Thriller/Mystery; Rated: PG-13

Rated PG-13 for some violent images and strong language.

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.**



ALL PROGRAMS DECEMBER 2025

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



ARTS & CULTURE

A CLASSICAL CHRISTMAS: INSTRUMENTAL MUSIC FOR THE SEASON (Zoom)

Thursday, December 18, noon-1:00 p.m.

Fee: \$10 resident/\$15 nonresident

Explore music that has captured the spirit of Christmas, bringing to life the sights, sounds, and emotions of the season. We'll enjoy a range of lesser-known instrumental works that showcase the beauty and festive energy of winter, from reflective pieces to celebratory tunes. Spanning several centuries, these works highlight the diversity and richness of classical music in evoking the joy of the holiday season.

Instructor: Brenda Leonard

BEGINNERS ART WORKSHOP

(In-Person at SPB Location)

Tuesdays, December 2 through December 30, 2:00-4:00 p.m. (no class 12/23)

Fee: \$45 resident/\$50 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

CREATING ART FROM FOUND OBJECTS WORKSHOP

(In-Person at SPB Location)

Thursday, December 11, 1:00-3:00 p.m.

Fee: \$10

Ready to see the world differently? Join our hands-on workshop and explore the captivating world of found object art. You will learn how to select, arrange, and combine forgotten treasures to build unique 3D compositions that tell a story. You'll use recycled materials, natural objects, and discarded items to create beautiful, one-of-a-kind artwork. It's a fun and inspiring way to create art while being mindful of the environment. We'll provide a variety of materials, but you can bring your own special objects to make your piece truly personal. All skill levels are welcome.

Instructor: Jeffrey Keyton – former award-winning senior vice president head of design for MTV

FIRST FRIDAY FILM: "THE HOLIDAY"

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

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

In this charming romantic comedy, two women from opposite sides of the world swap homes to escape heartbreak – only to find unexpected love. Starring Cameron Diaz, Kate Winslet, Jude Law, and Jack Black, "The Holiday" is a feel-good story about second chances, self-discovery, and the magic of new beginnings. Cozy, heartwarming, and full of festive cheer, it's the perfect escape for any season.

Runtime: 2 hours and 16 minutes; Genre: Comedy, Romance; Rated: PG-13

Rated PG-13 for sexual content and some strong language.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

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

(no stream 12/25)

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, December 1, 1:00 p.m.

The Princeton Public Library team will showcase 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)

Thursday, December 4 at 11:00 a.m.

Fee: \$5 per session

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

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

ALL PROGRAMS DECEMBER 2025

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

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

*Fridays, December 5 through December 19,
2:00-4:00 p.m.*

Fee: \$45 resident/\$50 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

SERIES SPOTLIGHT: "A MAN ON THE INSIDE"

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

*Tuesday, December 2 through December 23,
1:00-2:00 p.m.*

A retired professor with a knack for snooping gets a new lease on life when a private investigator recruits him to go undercover and crack a case...in a San Francisco retirement home. Two episodes will be shown each week along with recaps if you miss a day.

Runtime: 30 minutes per episode; Genre: Comedy, Crime; Rated: TV-14

Rated TV-14 for instances of substance use, suggestive dialogue, and mature themes related to aging and loss. Registration required, no fee.

TIME TO TELL YOUR STORY: MEMOIR WRITING WORKSHOP (Zoom)

*Every other Thursday 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 until December 15

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.

BEATING THE HOLIDAY BLUES

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

Wednesday, December 17, 2:00-3:00 p.m.

Holidays can be times of joy and excitement, but for some they may be painful triggers due to loss and isolation. Join NightingaleNJ to discuss how the loss of family, friends and function impacts the elderly and can lead to the holiday blues. Learn proven tools and techniques to help you and your loved ones navigate this season.

Facilitator: Chris Kellog

Registration required, no fee.

PUBLIC TRANSPORTATION TRAINING

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

Monday, December 1, 3:00-4:00 p.m.

Navigating public transportation can feel overwhelming – but it doesn't have to be. Join us at the Center for Modern Aging Princeton for a lively and informative session with Greater Mercer TMA, your local experts on public transportation. Discover easy, affordable ways to stay connected to your community through buses, trains, shuttles, and senior-friendly transportation services. Whether you're running errands, visiting friends, or heading to appointments, you'll learn how to travel safely and confidently. This presentation will also cover helpful tools like trip-planning apps, rider assistance programs, and special services for older adults. Don't miss this opportunity to take control of your travels and explore the freedom of public transit!

Facilitator: Carol Chamberlain

Registration required, no fee.

ALL PROGRAMS DECEMBER 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.

LEVEL 2 - ADVANCED BEGINNER PICKLEBALL

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

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, December 4, 11:00 a.m.–noon
- Thursday, December 11, 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, December 4, 10:00–11:00 a.m.
- Thursday, December 11, 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, December 3, 11:00 a.m.–1:00 p.m.
- Wednesday, December 17, 11:00 a.m.–1:00 p.m.

OTHER WAYS TO PLAY

GROUP COURT RENTALS

Reserve our pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form.

Reduced Rate: \$20 per hour

PRIVATE LESSONS WITH THE PRO

Book personalized one-on-one or small group lessons from our instructor, Carolyn. Focus on specific skills, drills, and more to get into top pickleball shape! Available for any level of play.

Fee \$65 resident/\$75 nonresident

- Wednesday, December 3, 10:00–11:00 a.m.
- Thursday, December 4, noon–1:00 p.m.
- Thursday, December 11, noon–1:00 p.m.
- Wednesday, December 17, 10:00–11:00 a.m.

DECEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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<p>1</p> <p>1:00 Library Reads 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 3:00 Public Transportation Training (NSK-H)</p>	<p>2</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) 1:00 "A Man on the Inside" - Season 1, Episodes 1 & 2 (NSK-H) 1:00 Games Day (SPB) 2:00 Beg. Art Workshop (SPB) 3:00 Caregivers 4:00 Golden Age of Radio</p>	<p>3</p> <p>10:00 PB Private Lesson with the Pro (SPB) 11:00 PB Prep & Play (SPB) 11:00 Speed Friending (NSK) 1:00 Happiness+: Happiness, Emotional Resilience, and Hope (NSK) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK) 3:30 Let's Talk Virtually 5:30 Cutting the Cable Cord (NSK-H) 6:00 Ageless Grace (NSK)</p>	<p>4</p> <p>9:00 The Rockettes at Radio City Music Hall Day Trip (Leaves from NSK) 10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro - Int (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 - AB (SPB) 12:00 PB Private Lesson with the Pro (SPB) 2:00 OnStage Seniors (NSK) 4:00 Golden Age of Radio</p>	<p>5</p> <p>10:00 Women in Retirement Coffee Klatch 11:30 (Ni Hao!) Chinese Conversation & Friendship - Holiday Potluck (SPB) 1:00 First Friday Film - "The Holiday" (NSK-H) 1:00 Special Connections: Parents of Adults with Unique Needs (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB)</p>
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<p>8</p> <p>10:00 Memory Café (NSK) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces 3:00 Map-tastic Navigation with Google Maps (NSK-H)</p>	<p>9</p> <p>10:00 The Feldenkrais Method (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 1:00 "A Man on the Inside" - Season 1, Episodes 3 & 4 (NSK-H) 1:00 Games Day (SPB) 2:00 Beginner's Art Workshop (SPB) 4:00 Golden Age of Radio 7:00 Intergenerational Speed-Storytelling (SPB)</p>	<p>10</p> <p>11:00 Next Chapter: Widows and Widowers (NSK-H) 1:00 Winter Wonderland Bash (SPB) 6:00 Pop-Up Art Studio (NSK) 6:00 Wednesday Night Watch Party: "Juror #2" (NSK-H)</p>	<p>11</p> <p>10:00 Cosmology (NSK-H) 10:00 PB Play with the Pro - Int (SPB) 10:00 Yoga for Pain Management 11:00 PB Play with the Pro - AB (SPB) 12:00 PB Private Lesson with the Pro (SPB) 1:00 Creating Art from Found Objects (SPB) 2:00 OnStage Seniors (NSK) 4:00 Golden Age of Radio</p>	<p>12</p> <p>9:30 Ageless Grace (SPB) 10:00 Women in Retirement Coffee Klatch 1:00 Table Tennis (SPB) 2:00 The Painter's Studio (SPB) 3:30 Ask Me Anything: The iPhone (NSK)</p>
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SATURDAY, DECEMBER 13
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

<p>15</p> <p>11:00 Bereavement 11:00 Trivia Fest (NSK) 1:00 Table Tennis (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 Map-tastic Navigation with Apple Maps (NSK-H)</p>	<p>16</p> <p>10:00 The Feldenkrais Method (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 1:00 "A Man on the Inside" - Season 1, Episodes 5 & 6 (NSK-H) 1:00 Games Day (SPB) 2:00 Beginner's Art Workshop (SPB) 4:00 Golden Age of Radio</p>	<p>17</p> <p>10:00 PB Private Lesson with the Pro (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 PB Prep & Play (SPB) 1:00 Happiness+: Happiness, Emotional Resilience, and Hope (NSK) 2:00 Beating the Holiday Blues (NSK-H) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk (NSK) 3:30 Let's Talk Virtually 5:00 "People & Peace Talk Show" (NSK) 6:30 From Petals to Pine: Holiday Arrangement Workshop (NSK)</p>	<p>18</p> <p>10:00 Cosmology (NSK-H) 10:00 Fitness Discovery Day (SPB-H) 10:00 Time to Tell Your Story: Memoir Writing Workshop 10:00 Yoga for Pain Management 12:00 A Classical Christmas: Instrumental Music for the Season 3:00 Early-Stage Memory Loss Support (SPB-H) 4:00 Golden Age of Radio</p>	<p>19</p> <p>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)</p>
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<p>22</p> <p>2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>23</p> <p>1:00 "A Man on the Inside" - Season 1, Episodes 7 & 8 (NSK-H) 4:00 Golden Age of Radio</p>	<p>24</p> <p>CMAP CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>25</p> <p>CMAP CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>26</p> <p>10:00 Women in Retirement Coffee Klatch</p>
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<p>29</p> <p>2:00 The Wonders of Word Play 3:00 Café Français (NSK) 3:00 Clearing Spaces</p>	<p>30</p> <p>2:00 Beginner's Art Workshop (SPB) 4:00 Golden Age of Radio</p>	<p>31</p> <p>CMAP CLOSED FOR NEW YEAR'S DAY HOLIDAY</p>	<p>KEY: NSK - Nancy S. Klath Center PPL - Princeton Public Library PSL - Princeton Senior Living SPB - Suzanne Patterson Building VL - Various Locations H - Hybrid Group/Program</p>	<p>PRINCETON CAFÉ FOR OLDER ADULTS Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p> <p>For the Evergreen Forum course schedule, please see our website at cmaprinceton.org/evergreen.</p>
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ALL PROGRAMS DECEMBER 2025

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



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in December, 1:00-4:00 p.m.

(no meeting on 12/23, 12/30)

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)

On Hiatus in December



HEALTH & WELLNESS

AGELESS GRACE (In-Person at Various Locations)

Wednesday, December 3, 6:00-7:00 p.m.

at NSK Location

Friday, December 12, 9:30 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

THE FELDENKRAIS METHOD

(In-Person at SPB Location)

Tuesdays, November 18 through December 16,

10:00 a.m.

Fee: \$40 resident/\$45 nonresident

FITNESS DISCOVERY DAY

(Hybrid In-Person at SPB Location and virtually on Zoom)

Thursday, December 18, 10:00 a.m.-3:00 p.m.

Fee: \$5

Break out of your routine and discover a healthier, happier you! Join us for a fun day to sample our wide

variety of wellness classes. You have two great ways to attend: come in-person at the Suzanne Patterson Building to experience all our classes live (both in-person and virtual) or join virtually from the comfort of your own home for the live stream of our virtual-only classes. We have something for everyone, including gentle movement with Tai Chi/Qigong, movement awareness with Feldenkrais, improved posture with Solvents & Glue, or a brain-body workout with Ageless Grace. You can also try Yoga for Pain Management, Guided Meditation, and Pickleball. Bring a friend, meet our amazing instructors, enjoy some healthy snacks and drinks, and find the perfect class to meet your fitness goals.

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

Every Other Wednesday from October 8 through

December 17, 1:00 p.m.

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in December, 3:00-4:30 p.m.

(no meeting on 12/10, 12/24, 12/31)

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

TABLE TENNIS (In-Person at SPB Location)

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

(no session on 12/22, 12/26, 12/29)

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.

Fee: \$35 resident/\$40 nonresident

YOGA FOR PAIN MANAGEMENT (Zoom)

Thursday, October 9 through December 18, 10:00 a.m.

Fee: \$80 resident/\$90 nonresident

ALL PROGRAMS DECEMBER 2025

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



LIFELONG LEARNING

COSMOLOGY

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

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

(no meeting on 12/25)

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.

SPANISH: A CLASS FOR TRUE BEGINNERS

(In-Person at SPB Location)

Thursday, November 6 through December 4,

10:00-11:30 a.m.



SOCIAL CONNECTIONS

Programs

THE CONNECTION PROJECT

(In-Person at NSK Location)

December 1 through December 19, By appointment

The Connection Project pairs older adults with social work interns for a one-on-one, hour-long session focused on companionship, support, and genuine connection. Whether sharing stories, discussing daily life, or simply enjoying good company, participants benefit from emotional support and reduced isolation – while interns gain valuable insight and hands-on experience. Sessions are free, flexible, and centered entirely around you. Registration required, no fee.

MEMORY CAFÉ (In-Person at NSK Location)

Monday, December 8 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! Registration required, no fee.

SPEED-FRIENDING (In-Person at NSK Location)

Wednesday, December 3, 11:00 a.m.-12:30 p.m.

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

TRIVIA FEST (In-Person at NSK Location)

Monday, December 15, 11:00 a.m.-12:30 p.m.

From history and pop culture to science and sports, come on your own or gather your friends and see if you have what it takes to win bragging rights. It's the perfect chance to connect, laugh, and learn in a lively and welcoming environment with CMAP's Trivia Fest! Registration required, no fee.



WINTER WONDERLAND BASH

(In-Person at SPB Location)

Wednesday, December 10, 1:00-3:30 p.m.

Registration Opens: November 24

Fee: \$5

Celebrate the Season at CMAP!

Get ready to jingle and mingle at the Suzanne Patterson Building for a joyful afternoon of holiday cheer! Enjoy festive singalongs with Davie Saltzman, The Jingle Belles, and an surprise entertainment. Oooh! Feast on a holiday buffet, enjoy sweet treats, and scoop up fun door prizes. Come with friends and meet new ones. It's the holiday party to top them all – don't miss the merriment!

Transportation is available to and from the Suzanne Patterson Building by the Muni Bus, Crosstown, or by carpool, all of which we encourage! The festivities begin at 1:00 p.m. Because we cannot accommodate early arrivers, our doors will open at 12:45 p.m. Register at cmaprinceton.org or by calling 609.751.9699. Seating is limited.

Sponsors: Akin Care senior services, Bloomberg Philanthropies, CMAP Board & Volunteers, Princeton Public Works, Dave Saltzman, Stony Brook Garden Club

ALL PROGRAMS DECEMBER 2025

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

Groups

AGING GAILY (LGBTQ+)

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

Monday, December 15 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.

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 December, 3:30 p.m.

(not meeting on 12/10, 12/24, or 12/31)

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.

NEW! LET'S TALK VIRTUALLY (Zoom)

Wednesdays in December, 3:30 p.m.

(not meeting on 12/10, 12/24, or 12/31)

Join us for a relaxed, friendly online conversation with fellow older adults. This virtual gathering is an offshoot of our in-person Let's Talk group and offers a warm, welcoming space to share stories, exchange ideas, and enjoy thoughtful discussions on a variety of topics. It's a wonderful way to connect, stay engaged, and build community—from the comfort of your home.

Registration required, no fee.

TED TALKS

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

Tuesdays, December 2 through 16, 10:30 a.m.

(not meeting on 12/23 or 12/30)

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:

December 2 - Chris Anderson: It's time for infectious generosity. Here's how.

December 9 - Sarah Edmondson: How to spot a cult

December 16 - Emily Balcetis: Why some people find exercise harder than others.

Registration required, no fee.

TRANSITION TO RETIREMENT

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

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

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

Facilitator: Paul Knight

Registration required, no fee.

WOMEN IN RETIREMENT COFFEE KLATCH

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

Contact WIR for the location of the meeting.

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



ALL PROGRAMS DECEMBER 2025

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

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 - HOLIDAY POTLUCK

(In-Person at SPB Location)

Friday, December 5, 11:30 a.m.

Get ready to celebrate the season with warmth, laughter, and good company! Join your friends from the Chinese Conversation Club for a festive holiday potluck filled with delicious food, joyful conversations, and plenty of winter spirit. Bring a dish to share, your holiday cheer, and come gather together as we wrap up the year with laughter, friendship, and a table full of international flavors. Let's make this a celebration to remember!

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

On hiatus in December.



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, December 15, 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, December 2, 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 December, 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, December 18, 3:00 p.m.

(Usually third Thursday of each month)

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

Facilitator - Eileen Doremus

Registration required, no fee.

FORGET-ME-NOT DEMENTIA CAREGIVERS

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

Saturday, December 13, 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, December 10 and December 17

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.

ALL PROGRAMS DECEMBER 2025

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

SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS

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

Friday, December 5 from 1:00-2:15 p.m.

(Usually first Friday of each month)

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

Facilitators: Dr. John George and Julianna Mann

Registration required, no fee.

SPECIAL CONNECTIONS GATHERING

(In-Person at NSK Location)

Wednesday, December 17 from 6:00-7:00 p.m.

This new gathering offers parents of adult children with unique needs an opportunity to connect in a relaxed, social setting – together with their children. This group encourages connection, friendship, and mutual support while offering families a welcoming environment to spend meaningful time together.

Registration required, no fee.



TECHNOLOGY

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

Monday through Friday, 9:30 a.m.-4:30 p.m.,

Wednesdays open until 7:30 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. Appointments recommended, walk-ins welcome at NSK location.

ASK ME ANYTHING: THE IPHONE

(In-Person at NSK Location)

Friday, December 12, 3:30-4:30 p.m.

Join our "Ask Me Anything: The iPhone" session, a practical, discussion-based class where you set the agenda for our panel of amazing tech volunteers. Bring your device, your questions, and your challenges – whether it's mastering the camera, organizing your photos, figuring out settings, or troubleshooting an annoying issue.

MAP-TASTIC NAVIGATION WITH GOOGLE AND APPLE MAPS

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

Monday, December 8 and 15, 3:00-5:00 p.m.

Get going with map apps! Learn Google and Apple Maps for easy directions & finding anything. Navigate your next adventure or daily errand with confidence! This class is broken into two sessions based on your device:

- December 8 – Guide to **Google Maps**.
- December 15 – Guide to **Apple Maps**.

Each Session we will focus on one specific map app, both on the phone and computer. Following each session will be one-on-one help with the tech team to get your questions answered!

***Please bring your laptop, phone, and/or tablet device so you can follow along in class.*

COMPUTER GURU – by Don Benjamin

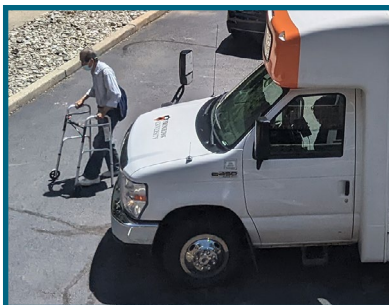
Computer Guru will be back in January

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



JOIN OUR ONLINE PORTAL!

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



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**

ANNUAL SPONSORSHIP OPPORTUNITIES FOR 2026

CMAP's annual sponsorship program is more than good will, it's good business. Do you own or have a relationship with a company that would be interested in a sponsorship to CMAP?

A CMAP sponsorship offers unique advertising benefits, is a perfect fit for the company looking to increase visibility among active consumers and influencers across greater Mercer County, and demonstrates your commitment to providing quality supportive services and programming to help older adults thrive. Sponsorship levels begin at \$2,500.

To learn more or to BECOME AN ANNUAL SPONSOR please contact Analee Olsson, development associate, at aolsson@cmaprinceton.org or 609.751.9699, ext. 107.

STAY TUNED – WINTER RAFFLE 2026 ARE YOU FEELING LUCKY?

Help Support CMAP by entering a chance to WIN!

Something exciting is coming this March! Our 2026 Drawing features a grand prize gift card—details coming soon. Tickets go on sale in January!

Tickets may be purchased at the front desk of our NSK or SPB locations starting in January.

DECEMBER FEATURED SPONSORS



We do everything we can to keep you or your loved one comfortable
homewatchcaregivers.com



Focus on patient education – not only for treatment but also for prevention
innovativeptnj.com



Princeton Health is one of the most comprehensive healthcare systems in New Jersey
princetonhcs.org



Our mission is to honor the dignity and wishes of our clients
nightingalenj.com



THE POWER OF OPEN DOORS

YOUR GIFT KEEPS DOORS OPEN FOR OLDER ADULTS
TO CONNECT, LEARN, AND THRIVE!

DONATE online at <https://engage.cmaprinceton.org/donate-now>

As one who has been engaged in CMAP programming, we invite you to make a year-end donation to help continue our work with older adults across the region. Offering friendship, support, and vitality for the older adults we serve.

Before the end of 2025 – did you know?

- **Are you age seventy-three or older? 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 \$108,000, to make a charitable gift to CMAP.**
- **Note: While we are doing business as the Center for Modern Aging, many financial institutions will have us listed at Princeton Senior Resource Center. Checks can be accepted under either name. Contact wcollins@cmaprinceton.org, or call 609.751.9699, ext. 103, for our tax ID number, if needed.**

To DONATE or learn more about end-of-the-year charitable options, please contact Wendell Collins, chief development officer, at wcollins@cmaprinceton.org or 609.751.9699, ext. 103.



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



**INTERGENERATIONAL
SPEED-STORYTELLING**
(IN-PERSON AT SPB LOCATION)
DECEMBER 9, 7:00-8:00 P.M.

**A CLASSICAL CHRISTMAS:
INSTRUMENTAL MUSIC FOR THE SEASON**
(ZOOM)
THURSDAY, DECEMBER 18, NOON-1:00 P.M.

SEE PAGE 8 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!

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

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

Homewatch CareGivers
Innovative Physical Therapy
and Fitness Center
Justin Tree Service & Lawn Care
Lawrence Campus -
Rehab & Assisted Living
McCaffrey's Food Markets
NightingaleNJ Eldercare Navigators
Oasis Senior Advisors
Peapack Private Bank & Trust

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

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

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