

*(Formerly Princeton Senior Resource Center)*

FULL CIRCLE PLAY READING:  
"SENIOR SOLUTIONS"  
(IN-PERSON AT NSK LOCATION)  
**WEDNESDAY, JANUARY 21, 3:30 P.M.**

**SEE PAGE 5 FOR DETAILS.**



**RAFFLE**

**RAFFLE**

2026 WINTER RAFFLE

TICKETS GO ON SALE TUESDAY, JANUARY 20

**SEE PAGE 19 FOR DETAILS.**



EVERGREEN FORUM  
**SPRING 2026 OPEN HOUSE**  
(HYBRID - IN-PERSON AT SPB LOCATION AND ON ZOOM)  
**THURSDAY, JANUARY 15, NOON-4:00 P.M.**

**SEE PAGE 9 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

### GRANDPALS: WHERE CONNECTION BECOMES MAGIC

Dear Friends,

Every month, I'm reminded that the Center for Modern Aging Princeton (CMAP) is home to some of the most extraordinary volunteers anywhere. But nothing captures the heart of our mission quite like our GrandPals – the remarkable older adults who step into classrooms each week to share stories, kindness, and connection with Princeton's youngest learners.

This program, now in its twenty-seventh year and thriving in every kindergarten classroom in *Princeton Public Schools*, is a shining example of what happens when generations meet with curiosity and warmth. GrandPals don't just read books. They build relationships. They nurture confidence. They make children feel seen. And sometimes, the impact reaches farther than any of us could ever imagine.

Let me share a story relayed to me by CMAP staff member Ella Leving.

Recently, during a visit to *Princeton Nursery School*, one of our *newest* partner schools, something beautiful happened. A few of our GrandPals were chatting about books in a cozy classroom when a young woman walked by, paused, and turned to longtime GrandPal Jan Johnson.

With a soft, curious smile she asked, "Have you ever worked at Littlebrook School?"

Jan replied, "No, but I was a GrandPal there many years ago."

The young woman's face lit up like someone had switched on a light inside her. "You were *my* GrandPal!"

In that moment, the room itself seemed to change shape. Past and present collided in the most extraordinary way. A former Littlebrook kindergartener – now a young adult working at Princeton Nursery School – had walked right back into the arms of her GrandPal.



"Briana?" Jan asked.

"Yes!" she said. "I work here now."

Jan smiled. "And I'm still a GrandPal."

They hugged – one of those hugs made of shared stories, quiet moments, and all the tiny threads GrandPals weave week after week. It was pure, heart-stretching magic.

And it reminded all of us:

**This is why GrandPals exists.**

**This is why our volunteers matter so deeply.**

This year, that magic is growing.

In addition to our long-standing partnership with *Princeton Public Schools*, GrandPals has expanded into *Princeton Charter School* and *Princeton Nursery School*, bringing connection, warmth, and intergenerational friendship to even more students.

And we're not stopping there.

As interest grows across our community, CMAP is preparing to expand GrandPals into *even more* school partnerships in the coming years. The need is real—and the opportunity is beautiful.

## Join the GrandPals Magic

If you've ever wondered what it feels like to change a child's world with the turn of a page, now is the perfect time to get involved. Whether you love reading, love children, or simply love building community, GrandPals has a place for you.

If you're interested in becoming a GrandPal:

Fill out our interest form (link coming from Ella)

or

Email Ella Leving, director of AmeriCorps and volunteer engagement at [eleaving@cmaprinceton.org](mailto:eleaving@cmaprinceton.org)

Come be part of the magic – because the story of GrandPals is still being written, and we would love for you to be in the next chapter!

*All the Best,*

*Drew A. Dyson, PhD*

*Chief Executive Officer*

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

Artis Senior Living, First Light Home Care, Homewatch CareGivers, Innovative Physical Therapy and Fitness Center, Peapack Private Bank & Trust, Princeton Federal Credit Union, Springpoint At Home, Stark & Stark Attorneys at Law

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

# ALL PROGRAMS JANUARY 2026

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

## SERIES SPOTLIGHT

### THE MLK SERIES: CIVIL RIGHTS AND THE CALL FOR COURAGE

(In-Person at NSK Location)

Thursday, January 29, 5:00-7:00 p.m.

Fee: \$10

We're excited to introduce The MLK Series, a new annual tradition at CMAP honoring the life and legacy of Dr. Martin Luther King Jr. This year's theme, "Civil Rights and the Call for Courage," invites all of us to reflect on the bravery – past and present – that

continues to shape the fight for equality. Over a shared dinner, a short film, and a guided community conversation, we'll explore how moral courage can help light a path forward in our own lives and neighborhoods.

This intergenerational evening creates space for learning, connection, and meaningful dialogue. Join us as we launch a new CMAP tradition inspired by Dr. King's enduring call to courage and justice.

The Late Shift is still open Wednesday evenings from 5:00-8:00 p.m. with lots of programming (and tech help) available throughout the month of January and beyond. For more information, scan through our newsletter or check out our website using the filter: "Late Shift."

There will be no Late Shift on 1/7 due to CMAP closure.



## ARTS & CULTURE

### BEGINNERS ART WORKSHOP - WINTER QUARTER

(In-Person at SPB Location)

Tuesdays, January 13 through March 31, 2:00-4:00 p.m.

Fee: \$135 resident/\$150 nonresident

This twelve-week 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

### EXPERIENCE CHINA: THE GREAT WALL AND FORBIDDEN CITY

(Zoom)

Wednesdays starting January 21 through January 28, 8:00 p.m.

Fee: \$10

Step into the heart of Chinese history and culture with an exclusive virtual tour of two of the world's most significant monuments: the majestic Great Wall of China and the awe-inspiring Forbidden City. Led by an expert local guide, this presentation utilizes stunning, HD panoramic photos and interactive modeling to bring the experience to life. You'll explore the incredible stories, intricate architecture, and profound cultural significance that surround these iconic landmarks. Learn how emperors lived, how massive walls were built, and why these monuments remain central to China's identity today.

Tour Company: Hosted by The China Guide, this tour company is a Beijing-based travel agency that customizes educational tours with more than fifteen years of experience.

### 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 JANUARY 2026

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

**FRIDAY FILM: "THE ROSES"** (Hybrid - In-Person at NSK Location and on Zoom)

*Friday, January 9, 1:00 p.m.*

In this remake of the dark comedy "The War of the Roses," Benedict Cumberbatch and Olivia Colman navigate what appears to be a perfect marriage. However, a tinderbox of competition and resentment beneath the façade of this picture-perfect couple is ignited when the husband's professional dreams come crashing down, causing their lives to devolve into a chaotic balance of love and hate.

Runtime: 1 hour and 45 minutes; Genre: Dark Comedy;

Rated: R

*Rated R for language throughout, sexual content, and drug content.*

Registration required, no fee.

**FULL CIRCLE PLAY READING: "SENIOR SOLUTIONS"**

(In-Person at NSK Location)

*Wednesday, January 21, 3:30 p.m.*

*Fee: \$10*

Join us for "Senior Solutions," the second play in the 2025-2026 Full Circle Play Reading Series. This one-act comedy with a bite, written by Mimi Schwartz, explores a question many seniors face: What next? To stay put in the familiar or move into new adventures while you still can? See how one long-married couple, with a mix of humor and conniving, deal with the downsizing of memories and dreams. Directed by New Jersey's acclaimed Ed Faver, the play will be read by Fred Dennehy, Elaine Netis, Jill Hackett, and Ed Faver. A talkback with the playwright, director, and actors will take place after the reading.

**THE GOLDEN AGE OF RADIO** (Zoom)

*Tuesdays and Thursdays in January, 4:00-5:00 p.m. (no stream 1/1)*

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, January 12, 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.

**NYC: THEN - RON SCHOTLAND PHOTOGRAPHY EXHIBIT** (In-Person at NSK Location)

*Thursday, January 22, 3:30-5:00 p.m.*

Born in New York City in 1932 and raised in its metropolitan area, Ronald S. Schotland was captivated by the city's evolving landscape, its architecture, street life, and quiet poetry of postwar New York. His black-and-white photographs taken during 1947-1964 while in high school and later as a college undergraduate and graduate student working towards a PhD in Chemistry preserve a time of transition – moments of grace and grit that shaped the city's enduring character. In succeeding years his interest in photography continued as an avocation.

Join us for this opening reception and artist discussion as Ron Schotland reflects on his process, the stories behind his images, and the enduring spirit of Old New York.

Registration required, no fee.

**THE PAINTER'S STUDIO - WINTER QUARTER**

(In-Person at SPB Location)

*Wednesdays, January 14 through March 25, 2:00-4:00 p.m.*

*Fee: \$135 resident/\$150 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

**REEL TALK: "THOUGHTS AND PRAYERS"**

(In-Person at SPB Location)

*Friday, January 23, 2:00-4:00 p.m.*

*Fee: \$5*

Join us for the launch of Reel Talk, our new monthly series dedicated to sparking meaningful discussion through powerful films and documentaries.

Our first film, HBO's documentary "Thoughts and Prayers," pulls back the curtain on the \$3 billion dollar industry that now surrounds active shooter preparedness in America's schools and communities. From bulletproof backpacks to intensive training drills, the film reveals a nation rehearsing for disaster rather than preventing it. Following the screening, we will open the floor for a thoughtful discussion guided by a facilitator. Share your perspectives, examine the film's complex issues, and explore the path forward on a topic that affects us all.

# ALL PROGRAMS JANUARY 2026

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

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

Thursdays, January 15, 29; February 12, 19; March 12, 26, 10:00–11:30 a.m.

Fee: \$60 resident/\$70 nonresident

It's time to tell your story. In this Memoir Writing Workshop, you will join with fellow storytellers to write about your life, your relationships, your opinions, your advice, the lessons you have learned and more.

The instructor will provide writing prompts, or you can write about whatever is on your mind. During each class, participants will share their pieces and get feedback from an encouraging group of fellow writers. The instructor will provide editorial support as requested and work with each participant according to their goals. We will also review writing tips and techniques.

All levels of writing ability are encouraged. Classes are recorded for later viewing.

## WEDNESDAY NIGHT WATCH PARTY: "PARADISE AND THE PERI" (Hybrid - In-Person at NSK Location and on Zoom)

Wednesday, January 14, 6:00 p.m.

The Hamburg State Opera presents Robert Schumann's stunning and rarely performed oratorio, "Paradise and the Peri." The story centers on the banished Peri, a mythical spirit, and her desperate quest for redemption. Brilliantly portrayed by Vera-Lotte Boecker, the Peri must find the gift most pleasing to Heaven – an act of self-sacrifice and profound love – to regain her lost paradise. The production transforms this nineteenth-century work into a timely parable about empathy and hope in a world grappling with crises.

Runtime: 1 hour and 38 minutes

Registration required, no fee.

## THE WONDERS OF WORDPLAY – WINTER QUARTER (Zoom)

Mondays, January 5 through March 30, 2:00 p.m.

(not meeting 1/19 or 2/16)

Fee: \$10

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



## DISCOVERY HUB

Welcome to the Discovery Hub! Your go-to destination for engaging seminars, hands-on workshops, informative screenings, and interactive Lunch & Learn sessions covering a wide range of topics.

### MEDICARE APPOINTMENTS

(In-Person at NSK Location)

**Second and Fourth Monday of Each Month**

Our Medicare expert, Roderick Spann from Senior Advisors, will be on-site every second and fourth Monday to assist with Medicare-related questions, enrollment, and guidance. Stop by for personalized support and expert advice!

### UNITED WAY (In-Person at NSK Location)

Get Personalized Support for NJ Save, Get Covered NJ, and SNAP!

**Appointments vary by month, so please check our website for more details.**

Our United Way Resource Specialist will be available each month to provide assistance with NJ Save, Get Covered NJ, and SNAP applications. Whether you have questions or need guidance, we're here to help. Book your appointment today to secure your spot for a one-on-one session with an expert who can guide you through the process.

### AGING EYES: WHAT YOU NEED TO KNOW ABOUT CATARACTS, GLAUCOMA, AND MACULAR DEGENERATION (Hybrid - In-Person at NSK Location and on Zoom)

Thursday, January 29, 1:00–2:00 p.m.

As we age, our eyes become more susceptible to conditions like cataracts, glaucoma, and age-related macular degeneration (AMD). Cataracts cause the eye's lens to cloud, leading to blurred or dim vision but are highly treatable with surgery. Glaucoma damages the optic nerve—often without early symptoms—and can cause permanent vision loss if not detected through regular eye exams. AMD affects central vision, making detailed tasks difficult and progressing in either a slow "dry" form or a more severe "wet" form. Understanding these conditions and getting routine eye exams are key to protecting long-term vision. Please join Rahul Tonk, MD, MBA, Cornea, Cataract, and Refractive Surgeon, Princeton Eye Group for this informative session. Facilitator: Dr. Rahul Tonk. Registration required, no fee.

# ALL PROGRAMS JANUARY 2026

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

## CONVERSATIONS OF OUR LIVES

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

**Tuesday, January 13, 1:00-2:00 p.m.**

Many of us are well informed about why we need an Advanced Directive for Health Care and a POLST (Physicians orders for life sustaining treatment). However, have you given deeper consideration as to who you need to discuss your wishes and reasons for them? Are the people appointed in your documents aware of how you really feel, think, and believe about your care? It is a powerful gift to really get to know your own self and discuss it with the person you will leave to make the decisions. Come do some fun exercises and exploration of how to make sure your documents are "living" documents that are not just tucked away.

Join Annette Murphy, LSW, C-ASWCM, Fellow of the Leadership Academy of the Aging Life Care Association™, and executive director at Springpoint at Home, as she explores this vital topic. Registration required, no fee.

## PLANNING FOR RETIREMENT: VISUALIZING YOUR NEXT CHAPTER

(In-Person at NSK Location)

**Wednesdays, January 14 and January 28, 5:30-7:00 p.m.**

**Fee: \$10**

Retirement is more than the end of a career – it's the start of a new chapter filled with possibility and the chance to shape life around what matters most. Whether retirement is near or still a few years away, this welcoming two-part session offers space to reflect, imagine, and creatively plan for a future that feels meaningful and fulfilling. Participants will explore what brings joy, purpose, and connection, and envision their ideal daily life – from hobbies and travel to relationships and personal goals. In this workshop you will be creating a vision board, a simple visual tool that helps bring your hopes into focus while setting goals to turn your vision into reality. All materials are provided, and no artistic experience is needed.

Facilitator: Marjorie Smith



## GAMES & RECREATION

### GAMES DAY

(In-Person at SPB Location)

**Tuesdays in January, 1:00-4:00 p.m.**

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

Registration required due to limited space. No fee.



## HEALTH & WELLNESS

### AGELESS GRACE

(In-Person at Various Locations)

**Friday, January 16, 9:30-10:30 a.m. at SPB Location**

**Wednesday, January 21, 6:00-7:00 p.m. at NSK Location**

**Fee: \$10 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, January 6 through February 24, 1:00 p.m.**

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

Come and join our two month-long chair aerobics class 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: Laraine Alison

### THE FELDENKRAIS METHOD - WINTER QUARTER

(In-Person at SPB Location)

**Tuesdays, January 6 through March 24, 10:00 a.m.**

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

Discover the power of the Feldenkrais Method! Move better, feel better, think better! Discover how gentle, guided movement can unlock your body's natural ability to relieve pain, improve flexibility, and boost your mental agility. Learn to retrain your brain and body for lasting comfort and flexibility. Remember to bring your exercise mat, or one will be provided.

Instructor: Jackie Boone

# ALL PROGRAMS JANUARY 2026

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

## **FITNESS FOR EVERYDAY LIVING**

(In-Person at SPB Location)

*Mondays, January 12 through March 2, 9:30 a.m.*

*(no class on 1/19 and 2/16)*

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

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

Instructor: Rich Lund

## **MEDITATION FOR MIND-BODY BALANCE** (Zoom)

*Mondays, January 12 through March 2, 10:00 a.m.*

*(no class on 1/19 and 2/16)*

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

Experience a modern approach to deep rest and mindfulness designed to restore balance and vitality. This guided meditation practice combines breath awareness, gentle body scanning, and evidence-based relaxation techniques to quiet the mind and calm the nervous system. Each 60-minute session offers a supportive environment where participants may recline or sit comfortably while cultivating ease, focus, and clarity. Discover how intentional stillness supports mental sharpness, sleep quality, and overall well-being at every stage of life. Gain skills around managing anxiety, promoting relaxation, improving focus, and fostering a positive state of mind.

Instructor: Joy Cline-Okoye

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

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

*(no meeting on 1/7)*

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 - WINTER QUARTER**

(In-Person at SPB Location)

*Tuesdays, January 6 through March 24, 11:00 a.m.*

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

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

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

*(no session on 1/19)*

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, January 6 through February 10, 10:00 a.m.*

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

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

Instructor: Rich Lund

## **TAI CHI AND QIGONG - LEVEL 2 WINTER QUARTER**

(In-Person at SPB Location)

*Tuesdays, January 6 through March 24, 11:00 a.m.*

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

Continue your journey with our twelve-week Tai Chi and Qigong class to help maintain strength, flexibility, and balance. Our ongoing classes provide an opportunity to build on your foundation and explore more advanced techniques in a supportive and welcoming environment.

Instructor: Rich Lund



# ALL PROGRAMS JANUARY 2026

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

## YOGA FOR PAIN MANAGEMENT - WINTER QUARTER

(Zoom)

*Thursday, January 8 through March 26, 10:00 a.m.*

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

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

Instructor: Danalee Gascon



## EVERGREEN FORUM SPRING 2026 OPEN HOUSE

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

*Thursday, January 15, noon-4:00 p.m.*

Evergreen Forum's Spring 2026 Open House is coming this January! Join us to celebrate and meet the spring semester course leaders while learning about their course material before registration. Then sit in on special one-hour lectures to get an in-person or virtual feel for what Evergreen Forum courses are like. Light refreshments will be served, and all those who attend will be entered to win a free Evergreen Forum class during the Spring 2026 semester.

Registration required, no fee.

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

*Mondays, January 12 through March 16, 2:00 p.m.*

*(not meeting 1/19 and 2/16)*

*Fee: \$45*

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

## SPANGLISH FOR RETURNING LEARNERS

(In-Person at NSK Location)

*Thursday, January 8 through February 26,  
10:30 a.m.-noon*

*Fee: \$45*

This eight-week class is perfect for learners who have some prior experience with Spanish, especially those who have previously taken classes with Karen or want to continue building on what they know. You'll review and expand your foundational vocabulary, grammar, and conversation skills through stories, games, and lighthearted practice. It's not an advanced class, but a friendly space to refresh your Spanish, gain confidence, and keep learning in a fun and relaxed setting.

Instructor: Karen Voorhees



## LIFELONG LEARNING

## COLD WAR ANXIETIES IN SHIRLEY JACKSON'S SHORT FICTION (Zoom)

*Wednesdays, January 14 through January 28, 1:00 p.m.*

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

Explore the chilling tension of post-WWII America through the masterful short stories of Shirley Jackson (1916-1965). This class examines how Jackson's fiction – from her infamous tale "The Lottery" to her lesser-known domestic horrors – served as a potent cultural barometer for the Cold War era. We will analyze how themes of conformity, paranoia, repressed violence, gender anxiety, and suburban dread reflect the unique pressures of McCarthyism, the nuclear threat, and the rise of the homogenous American community. Discover how Jackson expertly used the gothic and the everyday to expose the terrifying costs of social and political conformity.

Instructor: Dr. Dara Downey

## COSMOLOGY

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

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

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

# ALL PROGRAMS JANUARY 2026

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.

#### LEARN TO PLAY PICKLEBALL!

Learn the basics of how to play pickleball with this one-hour crash course designed to introduce you to this incredible sport. Build the foundations of your skills and dive headfirst into your newest obsession: Pickleball!

Fee: \$20 resident/\$25 nonresident

- Wednesday, January 14, 10:00-11:00 a.m.
- Wednesday, January 28, 10:00-11:00 a.m.

### 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.

#### GET INTO THE GAME: ADVANCED BEGINNERS

Build on Learn to Play Pickleball 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, January 21, 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**

#### GUIDED OPEN PLAY

Come play pickleball on an open court with our instructor, Carolyn, offering advice to improve your

### 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, January 22, 11:00 a.m.-noon
- Thursday, January 29, 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, January 22, 10:00-11:00 a.m.
- Thursday, January 29, 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, January 14, 11:00 a.m.-1:00 p.m.
- Wednesday, January 28, 11:00 a.m.-1:00 p.m.

game. This is a great way of getting in your game time while improving your skills.

Fee: \$20 resident/\$25 nonresident

- Wednesday, January 21, 10:00-11:00 a.m.

### 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, January 22, noon-1:00 p.m.
- Thursday, January 29, noon-1:00 p.m.

# JANUARY 2026

## MONDAY

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

H - Hybrid Group/Program

## TUESDAY

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

## WEDNESDAY

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

## THURSDAY

1  
 CMAP CLOSED FOR THE  
 NEW YEAR'S DAY HOLIDAY

## FRIDAY

2  
 10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Special Connections:  
 Parents of Adults with Unique  
 Needs (NSK-H)  
 1:00 Table Tennis (SPB)

5

10:00 The Connection Proj (SPB)  
 1:00 Table Tennis (SPB)  
 2:00 The Wonders of Word Play  
 3:00 Café Français (NSK)  
 3:00 Clearing Spaces

6

10:00 Feldenkrais Method (SPB)  
 10:00 Tai Chi & Qigong 1 (SPB)  
 11:00 Solvents & Glue (SPB)  
 11:00 Tai Chi & Qigong 2 (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Games Day (SPB)  
 3:00 Caregivers  
 3:00 The Connection Proj (NSK)  
 4:00 Golden Age of Radio

7

CMAP CLOSED FOR STAFF  
 IN-SERVICE/NO LATE SHIFT

8

10:00 Cosmology (NSK-H)  
 10:00 Yoga for Pain Management  
 10:30 Spanglish for Returning  
 Learners (NSK)  
 11:00 The Connection Proj (NSK)  
 1:00 Jigsaw Puzzle Competition  
 (SPB)  
 4:00 Golden Age of Radio

9

10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Friday Film: "The Roses"  
 (NSK-H)  
 1:00 Table Tennis (SPB)

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

12

9:30 Fitness Everyday Liv (SPB)  
 10:00 The Connection Proj (SPB)  
 10:00 Meditation for Mind-Body  
 Balance  
 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

13

10:00 Feldenkrais Method (SPB)  
 10:00 Tai Chi & Qigong 1 (SPB)  
 10:30 TED Talks (NSK-H)  
 11:00 Solvents & Glue (SPB)  
 11:00 Tai Chi & Qigong 2 (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Conversations of Our Lives  
 (NSK-H)  
 1:00 Games Day (SPB)  
 2:00 Beginner's Art Wrkshp (SPB)  
 3:00 The Connection Proj (NSK)  
 4:00 Golden Age of Radio

14

10:00 The Connection Proj (NSK)  
 10:00 Learn to Play PB (SPB)  
 11:00 Next Chapter (NSK-H)  
 11:00 PB Prep & Play (SPB)  
 1:00 Cold War Anxieties in  
 Shirley Jackson's Short Fiction  
 2:00 The Painter's Studio (SPB)  
 3:00 PingPongParkinson (SPB)  
 3:00 Unwrap Your Tech: Post-  
 Holiday Learning Lab (NSK)  
 3:30 Let's Talk (NSK)  
 3:30 Let's Talk Virtually  
 5:30 Plan for Retirement (NSK)  
 6:00 Wed Night Watch Party:  
 "Paradise and the Peri" (NSK)

15

10:00 Cosmology (NSK-H)  
 10:00 Time to Tell Your Story:  
 Memoir Writing Workshop  
 10:00 Yoga for Pain Management  
 10:30 Spanglish for Returning  
 Learners (NSK)  
 11:00 The Connection Proj (NSK)  
 12:00 Evergreen Forum Open  
 House (SPB-H)  
 3:00 Early-Stage Memory Loss  
 Support (SPB-H)  
 4:00 Golden Age of Radio  
 4:00 ¡Se Habla Español! Charlas  
 del Corazón

16

9:30 Ageless Grace (SPB)  
 10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Table Tennis (SPB)  
 2:30 Transition to Retirement  
 (NSK-H)

19

CMAP CLOSED FOR  
 MARTIN LUTHER KING JR  
 DAY HOLIDAY

20

10:00 Feldenkrais Method (SPB)  
 10:00 Tai Chi & Qigong 1 (SPB)  
 10:30 TED Talks (NSK-H)  
 11:00 Solvents & Glue (SPB)  
 11:00 Tai Chi & Qigong 2 (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Games Day (SPB)  
 2:00 Beginner's Art Wrkshp (SPB)  
 2:00 Ask Us Anything: Windows  
 11 (NSK)  
 3:00 The Connection Proj (NSK)  
 4:00 Golden Age of Radio

21

10:00 The Connection Proj (NSK)  
 10:00 PB Guided Open Play (SPB)  
 11:00 PB Get into Game (SPB)  
 1:00 Cold War Anxieties in  
 Shirley Jackson's Short Fiction  
 2:00 The Painter's Studio (SPB)  
 3:00 PingPongParkinson (SPB)  
 3:30 Full Circle Play Reading:  
 "Senior Solutions" (NSK)  
 3:30 Let's Talk (NSK)  
 3:30 Let's Talk Virtually  
 6:00 Ageless Grace (NSK)  
 6:00 Special Connections:  
 Gathering (NSK)  
 8:00 Experience China: The  
 Great Wall & Forbidden City

22

10:00 Cosmology (NSK-H)  
 10:00 PB Play w/ the Pro - Int  
 (SPB)  
 10:00 Yoga for Pain Management  
 10:30 Spanglish for Returning  
 Learners (NSK)  
 11:00 The Connection Proj (NSK)  
 11:00 PB Play w/ the Pro - AB  
 (SPB)  
 12:00 PB Private Lesson w/ the  
 Pro (SPB)  
 4:00 Golden Age of Radio  
 3:30 NYC: Then - Ron Schotland  
 Photography Exhibit (NSK)

23

10:00 Women in Retirement  
 Coffee Klatch  
 11:30 (Nĩ Hão!) Chinese  
 Conversation & Friendship  
 (SPB)  
 1:00 Table Tennis (SPB)  
 2:00 Reel Talk: "Thoughts  
 and Prayers" (SPB)

26

9:30 Fitness Everyday Liv (SPB)  
 10:00 The Connection Proj (SPB)  
 10:00 Meditation for Mind-Body  
 Balance  
 11:00 Bereavement  
 1:00 Table Tennis (SPB)  
 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

27

10:00 Feldenkrais Method (SPB)  
 10:00 Tai Chi & Qigong 1 (SPB)  
 10:30 TED Talks (NSK-H)  
 11:00 Solvents & Glue (SPB)  
 11:00 Tai Chi & Qigong 2 (SPB)  
 1:00 Chair Moves & Grooves  
 1:00 Games Day (SPB)  
 2:00 Beginner's Art Wrkshp (SPB)  
 3:00 The Connection Proj (NSK)  
 4:00 Golden Age of Radio

28

10:00 The Connection Proj (NSK)  
 10:00 Learn to Play PB (SPB)  
 11:00 Next Chapter: Widows  
 and Widowers (NSK-H)  
 11:00 PB Prep & Play (SPB)  
 1:00 Cold War Anxieties in  
 Shirley Jackson's Short Fiction  
 2:00 The Painter's Studio (SPB)  
 3:00 PingPongParkinson (SPB)  
 3:30 Let's Talk (NSK)  
 3:30 Let's Talk Virtually  
 5:00 People & Peace Talk Show  
 (NSK)  
 5:30 Plan for Retirement (NSK)  
 8:00 Experience China: The  
 Great Wall & Forbidden City

29

10:00 Cosmology (NSK-H)  
 10:00 PB Play with the Pro - Int  
 (SPB)  
 10:00 Time to Tell Your Story:  
 Memoir Writing Workshop  
 10:00 Yoga for Pain Management  
 10:30 Spanglish for Returning  
 Learners (NSK)  
 11:00 The Connection Proj (NSK)  
 11:00 PB Play w/ the Pro - AB  
 (SPB)  
 12:00 PB Private Lesson w/ the  
 Pro (SPB)  
 1:00 Aging Eyes (NSK-H)  
 2:00 Keep it Safe: Password  
 Managers (NSK)  
 4:00 Golden Age of Radio  
 5:00 The MLK Series: Civil Rights  
 and the Call for Courage (NSK)

30

10:00 Women in Retirement  
 Coffee Klatch  
 1:00 Table Tennis (SPB)



EVERGREEN FORUM:

Spring 2026 Course List  
Classes begin in March 2026.

[cmaprinceton.org/evergreen-forum/](http://cmaprinceton.org/evergreen-forum/)

## FIND YOUR PERFECT EVERGREEN FORUM COURSE

COURSE TITLE	FORMAT	LENGTH
<b>The Arts and Crafts Movement: Ethics and Aesthetics</b> – Fran Mascia-Lees	Virtual	4 Weeks
<b>Bronte and Gaskell: Two Victorian Women Writers</b> – George Levine	Virtual	8 Weeks
<b>Buddha Mind: Holistic Concepts for Well-Being</b> – Robin Shapiro	In-Person	6 Weeks
<b>Building Bridges: Religious Literacy for Cocktail Parties</b> – Drew A. Dyson	Hybrid	6 Weeks
<b>Children in Transit: The Immigrant Experience</b> – Lois Marie Harrod	In-Person	8 Weeks
<b>Decoding AI</b> – Mike Canasta	Hybrid	5 Weeks
<b>Democracy and Rule of Law: From Nixon to Trump</b> – Stan Katz	Hybrid	6 Weeks
<b>Education in America: Challenges Ahead</b> – Ida Lawrence and Gary Sykes	In-Person	8 Weeks
<b>The Evolution of Western Art, 1915-2015</b> – Wendy Worth	Hybrid	8 Weeks
<b>Explaining the Covid Vaccine to Darwin</b> – Bernard Abramson	In-Person	7 Weeks
<b>Exploring Feminist Writers</b> – Carol Friend	In-Person	6 Weeks
<b>Medicine: The History and the Mystery</b> – Roy Carman	In-Person	8 Weeks
<b>Memory: How We Remember and Why We Forget</b> – Bruce A. Maloof	In-Person	4 Weeks
<b>Mindfulness-Based Cognitive Behavioral Therapy</b> – Naomi Browar	In-Person	3 Weeks
<b>Overcoming Anxiety</b> – Robert Youdin	In-Person	3 Weeks
<b>Perspectives on Opera</b> – Harold Kuskin	Hybrid	7 Weeks
<b>Psychology of Sleep and Dreaming</b> – Alexander Randall V	In-Person	8 Weeks
<b>Reading Buildings: A Primer</b> – Alan Chimacoff	Virtual	8 Weeks
<b>Russian Modernism 1900-1930</b> – Victor Ripp	In-Person	8 Weeks
<b>Science Fiction Short Stories: The Science</b> – Stuart Kurtz	Hybrid	8 Weeks
<b>Science in the News</b> – Harold M. Heft and Panelists	Hybrid	8 Weeks
<b>Stories to Illuminate America's Creation</b> – Robert Nolan	Hybrid	8 Weeks
<b>Tour the New Princeton University Art Museum</b> – Judy Langille	In-Person	4 Weeks
<b>Understanding Emotions</b> – Ruth Goldston	In-Person	6 Weeks
<b>William Faulkner</b> – John Kucich	In-Person	8 Weeks

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.

Evergreen Forum corporate sponsors for spring 2026: **Bryn Mawr Trust, Home Instead, Homewatch CareGivers, McCaffrey's, Peapack Private, Penn Medicine Princeton Health, Princeton Theological Seminary, and Stark & Stark Attorneys at Law**



# ALL PROGRAMS JANUARY 2026

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



## SOCIAL CONNECTIONS

### Programs

#### THE CONNECTION PROJECT

(In-Person at NSK Location)

*Various times throughout January*

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.

#### JIGSAW PUZZLE COMPETITION

(In-Person at SPB Location)

*Thursday, January 8, 1:00–3:00 p.m.*

Put your puzzle skills to the test in our Jigsaw Competition! Teams will race against the clock—and each other—to complete the same jigsaw puzzle. Whether you're a seasoned puzzler or simply enjoy putting the pieces together, this friendly competition is a great way to challenge your mind, work as a team, and have some fun. The first team to finish its puzzle will be crowned our Jigsaw Champions! All experience levels are welcome to join the excitement.

Registration required, no fee.

#### PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH WITH LINDA MADANI

(In-Person at NSK Location)

*Wednesday, January 28, 5:00–6:00 p.m.*

**Fee: \$5**

What does it mean to feel at peace in your own home? In this session of People & Peace, interior designer Linda Madani shares how our spaces affect our well-being and how thoughtful design can bring calm, clarity, and joy into daily life. With more than twenty-five years of experience, she offers stories, insights, and simple tips you can use right away to make your home feel more peaceful and supportive – part story, part hands-on wisdom, and wholly centered on the power of home.

### Groups

#### AGING GAILY (LGBTQ+)

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

*Monday, January 26 at 2:30–3:30 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 January, 3:30 p.m. (not meeting on 1/7)*

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 January, 3:30 p.m. (not meeting on 1/7)*

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, in January, 10:30 a.m. (not meeting 1/6)*

Together we'll watch a TED Talk followed by an engaging, thought-provoking discussion led by Helen Burton.

Come join the conversation!

This month's buzzworthy topics:

**January 6 – No meeting**

**January 13 – Claudia Passos Ferreira:** Inside the mind of a newborn baby.



# ALL PROGRAMS JANUARY 2026

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

**January 20 – Music as a Language:** Victor Wooten at TEDx Gabriolaisland

**January 27 – Greg Lukianoff:** Let's get real about free speech

Registration required, no fee.

## TRANSITION TO RETIREMENT

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

**Friday, January 16, 2:30 p.m.**

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

Facilitator: Paul Knight

Registration required, no fee.

## WOMEN IN RETIREMENT COFFEE KLATCH

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

Contact WIR for the location of the meeting.

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

## The Global Conversation Community

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

## CAFÉ FRANÇAIS: WINTER QUARTER

(In-Person at NSK Location)

**Mondays, January 5 through March 30, 3:00 p.m.**

**(no meeting 1/19, 2/16)**

**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, January 23, 11:30 a.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, January 15 from 4:00-5:00 p.m.**



## SUPPORT GROUPS

### BEREAVEMENT (Zoom)

**Monday, January 26 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, January 6 at 3:00 p.m.**

(Usually the first Tuesday of each month)

Monthly meetings offering support, shared experiences, and practical strategies for those caring for a loved one.

A space to connect, reflect, and recharge.

Registration required, no fee.

### CLEARING SPACES (Zoom)

**Mondays in January, 3:00 p.m. (not meeting 1/19)**

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, January 15, 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.

# ALL PROGRAMS JANUARY 2026

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

## **FORGET-ME-NOT DEMENTIA CAREGIVERS**

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

**Saturday, January 10 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, January 14 and January 28 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, January 2 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

Registration required, no fee.

## **SPECIAL CONNECTIONS: GATHERING**

(In-Person at NSK Location)

**Wednesday, January 21 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 US ANYTHING: WINDOWS 11**

(In-Person at NSK Location)

**Tuesday, January 20, 2:00-4:00 p.m.**

Just got a new Windows 11 device or recently made the jump from Windows 10? Join Windows experts Yash and Navya for a live "Ask Me Anything" session! They will answer your questions and provide live demonstrations on a Windows 11 device, helping you navigate the new features and interface. Bring your toughest questions! Registration Required, no fee.

### **KEEP IT SAFE: PASSWORD MANAGERS**

(In-Person at NSK Location)

**Thursday, January 29, 2:00-4:00 p.m.**

Tired of forgetting passwords? Join AmeriCorps member Yash for a class on the essential security tool: Password Managers! Learn what they are and how to use them safely. Yash will cover options like Proton Pass, Bitwarden, 1Password, LastPass, and Apple Password Manager. Stay after the class for focused, one-on-one help from our Digital Literacy Team!

Instructor: Yash Keshavpatnam

Registration Required, no fee.

### **UNWRAP YOUR TECH: POST-HOLIDAY LEARNING LAB**

(In-Person at NSK Location)

**Wednesday, January 14, 3:00-6:00 p.m.**

Did you receive a new gadget over the holidays? Don't let new tech be intimidating! Drop into the CMAP Tech Lab for personalized, one-on-one assistance from our Digital Literacy team. We are here to help you master your new smartwatch, smartphone, streaming device, laptop, or tablet. Get answers to your specific questions and start enjoying your new technology today! Registration Required, no fee.

### Thoughts About AI

*ChatGPT launched in late 2022, and the tech world hasn't been the same since. Nor will it be.*

Whatever you've heard so far about AI's evolution, convolution, or revolution, it will change next week. Or tomorrow. ChatGPT, Google Gemini, and META AI employ Large Language Models (LLMs) that digest the contents of the internet, analyze the relationships between all words and phrases, and create a vast "neural network" that can *predict* each word in their answers.

But these AI models only know what they've been *pretrained* to tell from what's available on the Web. They have little or no awareness of their surroundings, or of you, or of what you know. Without that awareness, they can't test the plausibility of, or learn from, their answers – they can't *reason*.

Recent interviews with the CEO's of the tech giants – in particular, Sam Altman (ChatGPT), Mark Zuckerberg (META AI), and Sundar Pichai (Google Gemini) – reveal a common thread: They foresee AI gaining the ability to *reason*, which is what we call "Artificial General Intelligence" (AGI)

Here is the status of these three LLMs as of November 2025 and where they may be heading:

#### ChatGPT

ChatGPT is in its fifth iteration. I use it almost every day to help me understand complex concepts in the news, to explore some idea or belief that crosses my mind, or provide instructions on how to fix my toaster. It's especially adept at preparing tables of information, comparing concepts, and even engaging in a conversation (chat). Sam Altman's company, OpenAI, continues to make strides and is looking forward to AGI.

#### META AI

META primarily uses AI to support its social media platforms, especially Facebook and Instagram. By "mining" the profiles of its subscribers, META uses AI to tailor advertisements and recommend other "friends" to visit on its platforms. I don't do much on Facebook because I don't care to share my latest recipe for arugula. In fact, I've never had arugula and don't want to face the wrath of belittling comments on Facebook that accuse me of being part of an anti-arugula cult.

#### Gemini

Sundar Pichai simply says that advancements in Gemini AI are moving very fast, and we may see AGI by 2030 – or next week. Reminds me of the song, *Que Sera, Sera*. (Whatever will be, will be.) Oh my.

#### "I'm sorry Dave, I'm afraid I can't do that."

We're not at the cusp of creating a real HAL, the artificial superintelligent computer in "2001: A Space Odyssey" that takes over a spaceship – a concept that exists only in science fiction. So far, I'm not worried that AI will take over the world.

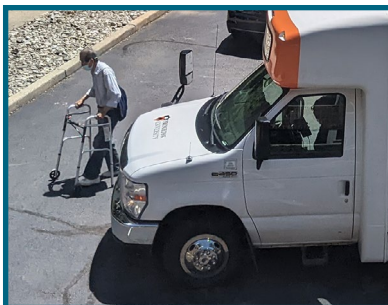
Until it does, I encourage you to try one of the LLMs. They're free, won't cause anything to blow up, and you'll probably be amazed at how fast they can answer your questions.

If you need help, just ask our tech team 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**

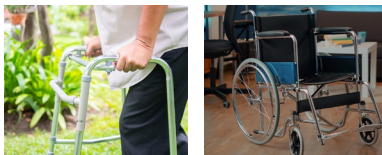
**Mercer County 606 Bus stops  
at our neighbor's located at  
728 Bunn Drive  
which is two driveways from our building**

### 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**

## FROM THE DEVELOPMENT OFFICE



### Spotlight on NightingaleNJ Eldercare Navigators

#### **Advocate. Guide. Expert.**

NightingaleNJ assists older adults and their loved ones navigate the complex transitions of aging. All eldercare navigators are licensed healthcare professionals who specialize in the field of geriatrics, with an in-depth knowledge of resources in the aging care continuum, housing options, family dynamics and the healthcare system. We keep life simple by guiding you in making proactive purposeful decisions aimed at maintaining your power, control, dignity, and peace of mind.

#### **Your Voice. Heard.**

Learning what is important to you means your navigator knows your history, your values, your strengths, and fears. We don't speak for you; we amplify your voice to ensure your values are honored every step of the way.

Through assessment, planning, and monitoring we establish your priorities, create a care strategy, and ensure interventions are working. We act as your liaison by streamlining services, coordinating care, and facilitating communication which saves you time and money.

Most of all, NightingaleNJ Navigators are your trusted partner. We are there for you when others can't be. We hold you up when life is overwhelming, we show up when you need us, we sit with you when you are ill, and we always give you the time you need when you need someone to listen. We hear you with empathy, we advocate with passion, we act with integrity, and strengthen you through community with amazing partners in care like the Center for Modern Aging Princeton.

[nightingalenj.com](http://nightingalenj.com)

## JANUARY FEATURED SPONSORS



Personalized services seven days a week ranging from a few hours to around the clock care

[akincare.com](http://akincare.com)



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

[mccaffreys.com](http://mccaffreys.com)



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

[oasisenioradvisors.com](http://oasisenioradvisors.com)

**ROUNDVIEW CAPITAL**

Your Family Office

[roundviewcapital.com](http://roundviewcapital.com)



## 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](mailto:aolsson@cmaprinceton.org) or 609.751.9699, ext. 107.

## WINTER RAFFLE 2026 – THE YEAR OF THE (WINNING) HORSE

**HELP SUPPORT CMAP BY  
ENTERING  
A CHANCE TO WIN!**



First prize – \$5,000 AMEX gift card  
Second prize – \$2,500 AMEX gift card  
Third prize – E-bike (\$1,000 value)  
Fourth prize – iPad (\$300 value)



**Tickets go on sale Tuesday, January 20  
Drawing on Thursday, March 12**

**\$100 each, max 300 tickets sold**

**Tickets may be purchased at the front desk of our NSK or SPB locations.**

**For more information, contact Wendell Collins, chief development officer,  
at [wcollins@cmaprinceton.org](mailto:wcollins@cmaprinceton.org) 609.751.9699, ext. 103.**



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



## HEALTH AND WELLNESS: RESTARTING YOUR WELLNESS JOURNEY IN THE NEW YEAR (CLASSES ARE AVAILABLE IN-PERSON, VIRTUAL, AND HYBRID)

**SEE PAGES 7-10 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](mailto: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  
Bryn Mawr Trust  
First Light Home Care  
Home Instead  
Homewatch CareGivers

Innovative Physical Therapy  
and Fitness Center  
Justin Tree Services & 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>