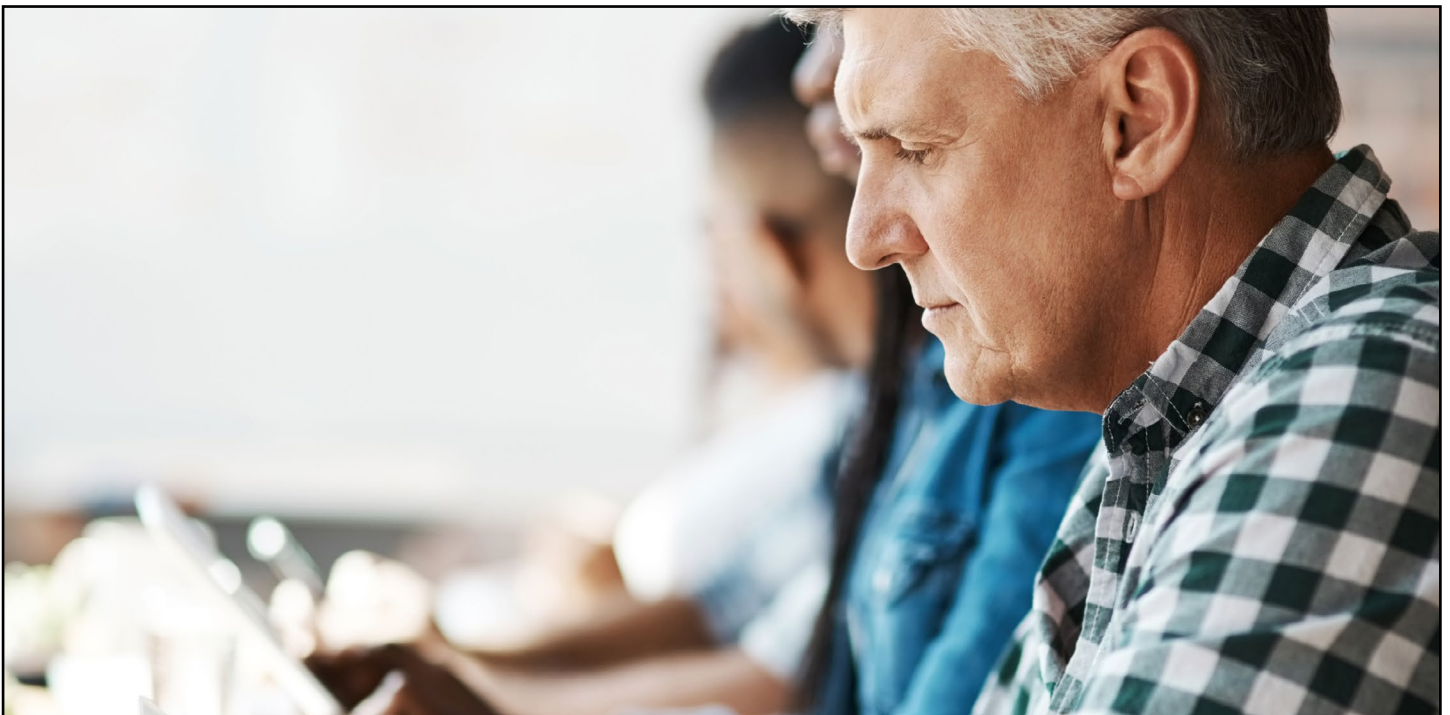


(Formerly Princeton Senior Resource Center)

PICKLEBALL MANIA
(IN-PERSON AT SPB LOCATION)
**EXPLORE THE DIVERSE SCHEDULE OF
OUR MONTHLY PICKLEBALL ACTIVITIES**

SEE PAGE 10 FOR DETAILS.



iPAD FOR BEGINNERS: TAP, SWIPE, AND LEARN
(IN-PERSON AT SPB LOCATION)
MONDAYS STARTING FEBRUARY 23 THROUGH APRIL 6, 1:30-3:00 P.M.

SEE PAGE 13 FOR DETAILS.



**AARP FREE TAX
ASSISTANCE 2026**
(IN-PERSON AT SPB LOCATION)
FRIDAYS STARTING FEBRUARY 6 THROUGH APRIL 10

SEE PAGE 5 FOR DETAILS.



**THE NANCY S. KLATH CENTER
FOR LIFELONG LEARNING**

101 Poor Farm Road, Building B
Princeton, NJ 08540

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

Phone: 609.751.9699

Monday-Friday

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

SUZANNE PATTERSON BUILDING

45 Stockton Street

Princeton, NJ 08540

(behind Monument Hall)

Phone: 609.751.9699

Call CMAP for hours

info@cmaprinceton.org

cmaprinceton.org

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

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

INTRODUCING THE THIRD ACT VOLUNTEER CORPS

TURNING EXPERIENCE INTO IMPACT. PURPOSE INTO COMMUNITY.

Dear Friends,

When I was in ninth grade, I was paired with a volunteer mentor named Frances Covert. Frances was a retired nurse and college professor who volunteered through an intergenerational mentoring program. At the time, I didn't fully appreciate how rare and generous her gift was: her time, her intellect, and her belief in the power of learning.

Frances reignited in me a passion for reading, curiosity, and academic rigor that had been mostly dormant. She challenged me to think more deeply, read more widely, and take my own intellectual potential seriously. Looking back, after graduate school, a career spent in service to others, and a lifetime shaped by learning, I can say without hesitation that Frances' influence ranks among the most important in my academic and professional journey.

That is the quiet, profound power of older adult volunteerism. One person, showing up with intention, can change the trajectory of another life. At the Center for Modern Aging Princeton (CMAP), we believe stories like this should not be the exception, they should be the norm. That belief is at the heart of our newest initiative: the Third Act Volunteer Corps.

What Is the Third Act Volunteer Corps?

The AmeriCorps-sponsored CMAP Third Act Volunteer Corps connects older adults with meaningful volunteer opportunities that strengthen our community while fostering purpose, connection, and belonging. Participants contribute their skills, experience, and compassion by serving within CMAP programs and alongside local nonprofits, schools, and civic organizations throughout the Greater Princeton region.

This initiative recognizes that volunteering is not just about filling a need, it is about engagement, relationship-building, and shared humanity. The Third Act Volunteer Corps builds a vibrant network of older adults making tangible, positive impact in areas such as food insecurity, digital literacy, animal welfare, social services, intergenerational mentorship, health and wellness, and community outreach.

By bringing people and purpose together, Third Act celebrates the vitality and wisdom of older adults while helping build a stronger, more inclusive community for all.

Why Volunteer in Your Third Act?

Research consistently shows that volunteering in later life is associated with better physical health, improved mental well-being, lower rates of depression and isolation, and greater overall life satisfaction. But beyond these measurable benefits lies something just as important: a sense of meaning and purpose.

Psychologists and gerontologists describe a deep human drive called generativity, the desire to nurture, guide, and contribute to future generations. For many people, retirement opens space to reflect on values, legacy, and purpose. Volunteering offers a powerful way to translate a lifetime of experience into service that matters.

Whether mentoring a young person, welcoming someone at the CMAP front desk, bundling diapers for young mothers, delivering fresh food to older adults or families in need, or sharing technical or professional skills, older

adult volunteers bring something irreplaceable: perspective shaped by lived experience. As Frances showed me years ago, the impact of that perspective can last a lifetime.

What Kinds of Opportunities Are Available?

The Third Act Volunteer Corps pairs volunteers with roles that align with their interests, strengths, and availability. Opportunities include service within CMAP such as CMAP Ambassadors, front desk volunteers, GrandPals (older adults reading to Pre-K and K students), and HomeFriends (a friendly visitor program for isolated or home-based seniors). Additionally, there are several volunteer opportunities at partner organizations across the greater Princeton region. Some roles are highly relational, others more behind-the-scenes. All are meaningful.

A Program Built on Purpose and Partnership

The Third Act Volunteer Corps is guided by four core goals:

- Foster purpose and belonging by supporting older adults in finding meaningful ways to contribute their time and talents
- Strengthen local nonprofits and community organizations by bridging experienced volunteers with real community needs
- Promote intergenerational connection by creating opportunities for older and younger generations to collaborate
- Advance CMAP's age-friendly mission by positioning older adults as active participants and leaders in building age-friendly communities

The program is sponsored through CMAP's AmeriCorps partnership and is co-led by two AmeriCorps members, Zeke Diwan and Pamela Singer. Pam and Zeke work closely with CMAP's Director of AmeriCorps & Volunteer Engagement, Ella Leving, along with volunteers and community partners to ensure experiences are thoughtful, supported, and impactful.

Who Should Join?

The Third Act Volunteer Corps is for older adults who want to stay engaged, give back, build relationships, and make a difference. You don't need prior volunteer experience to join the collective. You just need curiosity, commitment, and a desire to contribute. If you've ever wondered how your skills, values, or life experience might serve something larger than yourself, this may be your moment.

If you are interested in becoming a volunteer, or know someone who might be, or if you represent a community organization seeking dedicated older adult volunteers, we welcome your partnership.

Contact the Third Act Volunteer Corps Co-Leads Pamela Singer

AmeriCorps Member & Co-Lead
psinger@cmaprinceton.org | 609.751.9699 ext. 131

Zeke Diwan

AmeriCorps Member & Co-Lead
zdiwan@cmaprinceton.org | 609.751.9699 ext. 132

**Your third act can be one of purpose, connection, and impact.
Somewhere out there may be a young person or a neighbor
or a community waiting for a Frances.**

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

CMAP STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
Chief Operating Officer
& Director of Social Services

Wendell Collins
Chief Development Officer

Kathleen Whalen
Chief Communications Officer

Leticia Almeida, MSW, LCSW
Social Worker: Education Coordinator

Fran Angelone
Crosstown Coordinator

Lisa Bayer
Community Social Worker
& Dementia Specialist

Erin Burke
Communications Assistant

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

Ana Carolina González-Peña
Coordinator of Culture
& Community Connections

Ella Leving
Director of AmeriCorps
& Volunteer Engagement

Nick Macy
Coordinator of Technology
& Digital Literacy

Krista McGoldrick
Director of Programs

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Development Associate:
Donor & Community Relations

Naomi Rosenblum, MPA
Director of Advocacy
& Age-Friendly Princeton

Andrea Schwarz
Program Associate:
Suzanne Patterson Building

Ruthann Traylor
Social Worker: Resource & Referral

Olga Valencia, MSW
Community Social Worker

Beth Weiskopf
Administrator for Community
Wellness & Program Initiatives

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

ALL PROGRAMS FEBRUARY 2026

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

SERIES SPOTLIGHT

A WORLD FROM ONE WINDOW: A THEATER OF WINGS - PHOTOGRAPHY EXHIBITION & OPENING RECEPTION (In-Person at TBD Location)

Wednesday, February 25, 3:30 p.m.

From a single vantage point, Barbara Lawrence captures an entire universe of color, motion, and presence. This series reminds us that the extraordinary often lives just outside our window, waiting to be noticed.

About an artist: Barbara Lawrence is a strategic planner, consultant, and researcher whose lifelong curiosity and passion for discovery extend beyond

her professional work and into her photography. With a bachelor's in chemistry from the University of Vermont and a PhD in chemistry from Yale University, she is also the co-author of the third edition of "The Nonprofit Policy Sampler." A devoted birdwatcher, Lawrence brings the same sharp eye and patient observation she applied in her career to the feathered visitors of her own backyard. From one window, she has created a collection that transforms fleeting encounters with birds into lasting portraits of beauty, grace, and quiet wonder. Registration required, no fee.

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 February and beyond. For more information, scan through our newsletter or check out our website using the filter: "Late Shift."



ARTS & CULTURE

88 KEYS: THE EVOLUTION OF A MUSICAL ICON

(Zoom)

Thursdays starting February 5 through February 26, noon-1:00 p.m.

Fee: \$40 resident/\$50 nonresident

One of the most familiar instruments in Western music, the piano has undergone remarkable changes over the past three centuries. In this four-session course, Dr. Brenda Leonard will explore how the piano evolved from its early keyboard ancestors into a centerpiece of home life, a powerful concert instrument, and eventually

a source of bold new sounds in the twentieth century. Through music by composers ranging from Mozart to Chopin to John Cage, we'll consider how evolving technology shaped the piano's sound, its repertoire, and its cultural meaning.

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

FIRST FRIDAY FILM: "SPRINGSTEEN: DELIVER ME FROM NOWHERE" (Zoom)

Friday, February 6, 1:00 p.m.

In this intimate and reflective music biopic, Bruce Springsteen's early years come into focus as he searches for identity, purpose, and his signature sound. "Springsteen: Deliver Me From Nowhere" explores the doubts, emotional struggles, and creative drive that shaped his songwriting long before fame arrived. Honest, haunting, and deeply human, the film offers a powerful look at the making of an artist—and the moments that defined his path.

Genre: Biopic, Music drama; Rated: PG-13;

Run Time: 2 hours

Registration required, no fee.

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building
at 45 Stockton Street

H - Hybrid Group/Program

NOTE:

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

ALL PROGRAMS FEBRUARY 2026

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

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

Wednesday, February 11, 5:30-7:30 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 the community. Every second Wednesday evening of the month, from 5:30-7:30 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.

THE GOLDEN AGE OF RADIO (Zoom)

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

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, February 2, 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.

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

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

WEDNESDAY NIGHT WATCH PARTY: "PRISCILLA" (Zoom)

Wednesday, February 25, 6:00 p.m.

In this intimate and captivating biopic, Priscilla Presley's early life and whirlwind romance with Elvis come into focus. "Priscilla" (2023) explores her struggles with identity, love, and independence amid the glare of fame, revealing the personal costs and quiet strength behind her iconic image. Honest, tender, and deeply human, the film offers a nuanced look at a young woman finding herself while navigating one of the most legendary relationships in music history.

Genre: Biopic, Drama; Rated: R; Run Time: 1 hour, 53 minutes

Registration required, no fee.

THE WONDERS OF WORDPLAY – WINTER QUARTER

(Zoom)

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

(not meeting 2/16)

Fee: \$10



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.

AARP FREE TAX ASSISTANCE 2026

(In-Person at SPB Location)

Fridays starting February 6 through April 10, 9:30 a.m.-2:00 p.m.

AARP sponsors free tax assistance for seniors and low- and moderate-income individuals through the AARP Tax-Aide program. IRS-certified AARP volunteers will prepare and electronically file individual federal and New Jersey state returns. These volunteer preparers are familiar with tax regulations and rebate programs affecting seniors. Visit <https://sites.google.com/view/merceraarptaxforms/home> for required documents and tax forms. Intake and Quality Review sheets are available at both locations. Registration is Now Open.

MEDICARE APPOINTMENTS

(In-Person at SPB Location)

First and Third Friday of Each Month

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

ALL PROGRAMS FEBRUARY 2026

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

UNITED WAY (In-Person at SPB 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.

DON'T LEAVE A MESS BEHIND (Zoom)

Wednesday, February 4, 6:00-7:30 p.m.

We cannot predict when our time will come, and while the emotional weight of death or disability of the person who handled family finances is difficult enough, the administrative "mess" can be truly paralyzing for grieving families. This session provides a practical roadmap for the logistics people often overlook, from securing digital access to passwords and social media to ensuring financial continuity for bills and accounts and what to do with your "stuff." We will demystify the essential paperwork required for advance directives and estate planning, ultimately helping you build a clear "Where is it?" guide for your most important documents. Designed for all ages, this session empowers you to start these vital conversations now, ensuring your loved ones have a guide to follow rather than a mystery to solve.

Facilitator: Susan Hoskins

Registration required, no fee.

UNDERSTANDING FACIAL AGING (Zoom)

Wednesday, February 11, 6:00-7:00 p.m.

With the rapid growth of the aesthetic industry, navigating the many options for facial rejuvenation can feel overwhelming. Join Dr. Clara Lee, facial plastic surgeon at The Glasgold Group in Princeton, for an educational presentation designed to demystify today's facial rejuvenation treatments. Dr. Lee will explain how the face naturally changes with age, including skin laxity, volume loss, and structural changes, and how these contribute to concerns such as wrinkles, jowls, and hollowing. She will review the differences between common non-surgical treatments like Botox, dermal fillers, and laser resurfacing, including what they address, how long results last, and what recovery looks like. Dr. Lee will also discuss modern facelift and neck lift techniques and address common misconceptions.

Instructor: Dr. Clara Lee

Registration required, no fee.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in February, 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

CHAIR MOVES & GROOVES (Zoom)

Tuesdays, January 6 through February 24, 1:00 p.m.

Fee: \$60 resident/\$70 nonresident

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

MEDITATION FOR MIND-BODY BALANCE (Zoom)

Mondays, January 12 through March 16, 10:00 a.m.

(no class on 2/16)

Fee: \$60 resident/\$70 nonresident

PINGPONGPARKINSON (In-Person at SPB Location)

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

Ping pong is a global sports movement which offers physical exercise as an effective way to improve Parkinson's symptoms. Join us in a supportive and engaging environment beginning with some fun body warm-up exercises, ping-pong technical demonstrations/lessons, gameplay, song and laughter. Registration required, no fee.

SOLVENTS & GLUE - WINTER QUARTER

(In-Person at SPB Location)

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

Fee: \$90 resident/\$100 nonresident

ALL PROGRAMS FEBRUARY 2026

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

TABLE TENNIS (In-Person at SPB Location)

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

(no session on 2/16)

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

TAI CHI AND QIGONG - LEVEL 1 BEGINNER -

FEBRUARY/MARCH (In-Person at SPB Location)

Tuesdays, February 17 through March 24, 10:00 a.m.

Fee: \$35 resident/\$40 nonresident

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

YOGA FOR PAIN MANAGEMENT - WINTER QUARTER

(Zoom)

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

Fee: \$90 resident/\$100 nonresident



LIFELONG LEARNING

COSMOLOGY

(Hybrid - In-Person at TBD 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 for more information.

SPANGLISH FOR RETURNING LEARNERS

(In-Person at SPB Location)

Thursday, January 8 through February 26,

10:30 a.m.–noon

Fee: \$45

WORMHOLES, WARP DRIVES, UFOS, AND CONGRESS

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

Tuesday, February 24, 2:00–4:00 p.m.

Fee: \$10

In the past few years, Congress has held several hearings on Unidentified Anomalous Phenomena, formerly known as UFOs. Although many pilots have witnessed phenomena they can't explain, the question remains: What have they seen? House Subcommittee members seem convinced that the Pentagon is conspiring to withhold evidence of extraterrestrial spacecraft, even bodies, from Congress. Although in the hearings our Representatives deposed fighter pilots, intelligence officers and one or two questionable choices, no scientists were invited to the table. This talk is a response to the extraordinary claims by a physicist who specializes in general relativity and has written science fiction. There will be a few clips from the hearings, interspersed with instructors comments, and time for discussion.

Instructor: Tony Rothman



SOCIAL CONNECTIONS

Programs

THE ART OF CHOCOLATE (In-Person at SPB Location)

Thursday, February 12, 2:00–3:00 p.m.

Fee: \$10

Indulge your senses in the sweet symphony of our "Art of Chocolate" special program! Dive into a delectable journey with chocolate tasting, explore the fascinating history of this divine treat, and unleash your creativity with a hands-on DIY chocolate bark session. Join us for a scrumptious and artful adventure that promises to be a treat for both your taste buds and artistic spirit! Facilitator: Jasenia Casiano

ALL PROGRAMS FEBRUARY 2026

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



THE CONNECTION PROJECT

(In-Person at TBD Location)

Various times throughout February

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.

HOW TO DATE AND MAKE FRIENDS ONLINE

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

Tuesday, February 3, 2:00–3:30 p.m.

Looking to expand your social circle or find a romantic connection? Join us for an informative session designed to take the guesswork out of meeting people online. We will explore a variety of popular platforms for both dating and friendship, providing a step-by-step look at how to build an authentic profile that stands out. Beyond the basics, we'll dive into the "unwritten rules" of digital etiquette, tips for safe private messaging, and how to transition from an online chat to a real-life meeting. Whether you're a tech novice or just looking to refresh your strategy, bring your questions and get ready to connect with confidence!

Instructor: Krista McGoldrick

Registration required, no fee.

MEN IN RETIREMENT GROUP DISCUSSION

(In-Person at SPB Location)

Friday, February 6, 10:00 a.m.–noon

Join us for an engaging discussion on a special topic! This is a unique opportunity to share your thoughts, hear diverse perspectives, and be part of a meaningful conversation in a relaxed and supportive setting. Space is limited to 25 participants, so reserve your spot today. Registration required, no fee.

PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH WITH STEPHEN J. KIM

(In-Person at TBD Location)

Wednesday, February 18, 5:00–6:00 p.m.

Fee: \$5

What if technology, storytelling, and culture could come together to build more connected and compassionate communities? Join us for a powerful evening with Stephen J. Kim, senior associate director of communications and information at the Princeton University Art Museum, as he reflects on the human side of innovation, the evolving role of museums, and what it means to lead with empathy in a digital age. With warmth, insight, and clarity, Stephen brings a fresh and necessary voice to the conversation on peace, creativity, and civic life. This is a People & Peace you won't want to miss!

TRIVIA FEST

(In-Person at SPB Location)

Wednesday, February 18, 6:30–8:00 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.

WOMEN IN RETIREMENT SPECIAL PRESENTATION

- **"IS IMPRESSIONISM THE MOST IMPORTANT MOVEMENT IN ART HISTORY?"** (Zoom)

Friday, February 20, 10:00 a.m.–noon

Join Women in Retirement for Wendy Worth's presentation, "Is Impressionism the Most Important Movement in Art History?" Wendy has taught art history classes for the Evergreen Forum for many years. All are welcome.

Registration required, no fee.

Groups

AGING GAILY (LGBTQ+)

(In-Person at MH Cornerhouse Room Location)

Monday, February 23 at 2:30–3:30 p.m.

(Usually third Monday of each month)

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.

ALL PROGRAMS FEBRUARY 2026

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

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 MH Cornerhouse Room Location) *Wednesdays in February, 3:30 p.m.*

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 February, 3:30 p.m.

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 SPB Location and on Zoom)

Tuesdays, in February, 10:30 a.m.

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:

February 3 – Matt Meyer and J. Kevin Stitt:

Two U.S. governors – a Democrat and a Republican – on why there's hope for democracy

February 10 – Paul Rulkens: Why the majority is always wrong (YouTube) – Recommendation by Bill Moran

February 17 – Advait Sarkar: How to stop AI from killing your critical thinking

February 24 – Oz Pearlman: The art of reading minds

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, February 20, 2:30 p.m.

(Usually third Friday of each month)

This group offers a supportive space to talk about the many changes and challenges that can arise during the transition to retirement. From shifting routines

and identity to exploring new purpose and priorities, join fellow older adults for open conversation, shared experiences, and mutual support.

Facilitator: Paul Knight

Registration required, no fee.

WOMEN IN RETIREMENT COFFEE KLATCH

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

Contact WIR for the location of the meeting.

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

The Global Conversation Community

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

CAFÉ FRANÇAIS: WINTER QUARTER

(In-Person at SPB Location)

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

(not meeting on 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 – CHINESE NEW YEAR CELEBRATION (In-Person at SPB Location)

Friday, February 20, 11:00 a.m.–noon

Join our Chinese Conversation & Friendship Group, a welcoming space to practice Mandarin, engage in meaningful conversations, and build connections. We're especially excited to kick things off with the joyful spirit of the Lunar New Year – a time of renewal, good fortune, and new beginnings. Together, we'll welcome the New Year with conversation, laughter, and shared traditions, setting the tone for a year of learning and friendship.

Meetings will be informal and shaped by participants' interests, making space for language, culture, and connection to grow naturally.

Registration required, no fee.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN (Zoom)

On hiatus in February.

ALL PROGRAMS FEBRUARY 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, February 4, 10:00-11:00 a.m.
- Wednesday, February 18, 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, February 11, 11:00 a.m.-1:00 p.m.
- Wednesday, February 25, 11:00 a.m.-1:00 p.m.

PLAY WITH THE PRO: ADVANCED BEGINNERS

After learning the basics of Pickleball, join your instructor for two hours of gameplay designed to improve skill and get a feel for real gameplay.

Fee: \$20 resident/\$25 nonresident

- Thursday, February 5, 11:00 a.m.-noon
- Thursday, February 12, 11:00 a.m.-noon
- Thursday, February 19, 11:00 a.m.-noon
- Thursday, February 26, 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, February 5, 10:00-11:00 a.m.
- Thursday, February 12, 10:00-11:00 a.m.
- Thursday, February 19, 10:00-11:00 a.m.
- Thursday, February 26, 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, February 4, 11:00 a.m.-1:00 p.m.
- Wednesday, February 18 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 game. This is a great way of getting in your game time while improving your skills.

Fee: \$20 resident/\$25 nonresident

- Wednesday, February 11, 10:00-11:00 a.m.
- Wednesday, February 25, 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, February 5, noon-1:00 p.m.
- Thursday, February 12, noon-1:00 p.m.
- Thursday, February 19, noon-1:00 p.m.
- Thursday, February 26, noon-1:00 p.m.

FEBRUARY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

10:00 The Connection Project (SPB)
10:00 Meditation for Mind-Body Balance
1:00 Library Reads
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (SPB)
3:00 Clearing Spaces

3

10:00 The Feldenkrais Method (SPB)
10:00 Tai Chi & Qigong - Level 1
10:30 TED Talks (SPB-H)
11:00 Solvents & Glue (SPB)
11:00 Tai Chi & Qigong - Level 2
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)
2:00 How to Date and Make Friends Online (SPB-H)
3:00 Caregivers
3:00 The Connection Proj (TBD)
4:00 Golden Age of Radio

4

10:00 The Connection Project (TBD)
10:00 Learn to Play PB (SPB)
11:00 PB Prep & Play (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk (MH)
3:30 Let's Talk Virtually
6:00 Don't Leave a Mess Behind

5

10:00 Cosmology (TBD-H)
10:00 PB Play w/Pro - Int (SPB)
10:00 Span for Beginners (SPB)
10:00 Yoga for Pain Mgmt
10:30 Spanglish (SPB)
11:00 The Connection Proj (TBD)
11:00 PB Play w/Pro - AB (SPB)
12:00 88 Keys: The Evolution of A Musical Icon
12:00 PB Priv Lesson w/Pro (SPB)
2:00 OnStage Seniors (TBD)
4:00 Golden Age of Radio

6

10:00 Men in Retirement Group Discussion (SPB)
10:00 Women in Retirement Coffee Klatch
1:00 Friday Film - "Springsteen: Deliver Me From Nowhere"
1:00 Special Connections: Parents of Adults with Unique Needs (MH)
1:00 Table Tennis (SPB)

9

10:00 The Connection Project (SPB)
10:00 Meditation for Mind-Body Balance
10:00 Memory Café (SPB)
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (SPB)
3:00 Clearing Spaces

10

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

11

10:00 The Connection Project (TBD)
10:00 PB Guided Open Play (SPB)
11:00 Next Chapter: Widows and Widowers (SPB-H)
11:00 PB Get into the Game (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk (MH)
3:30 Let's Talk Virtually
5:30 Pop-up Art Studio (SPB)
6:00 Understanding Facial Aging

12

10:00 Cosmology (TBD-H)
10:00 PB Play w/Pro - Int (SPB)
10:00 Span for Beginners (SPB)
10:00 Time to Tell Your Story: Memoir Writing Workshop
10:00 Yoga for Pain Mgmt
10:30 Spanglish (SPB)
11:00 The Connection Proj (TBD)
11:00 PB Play w/Pro - AB (SPB)
12:00 88 Keys: The Evolution of A Musical Icon
12:00 PB Priv Lesson w/Pro (SPB)
2:00 The Art of Chocolate (SPB)
2:00 OnStage Seniors (TBD)
4:00 Golden Age of Radio

13

10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)
1:30 Windows 11: Basics & Beyond (SPB)

SATURDAY, FEBRUARY 14
10:00 Forget-Me-Not: Dementia Caregivers (SPB-H)

16

CMAP IS CLOSED FOR THE PRESIDENTS' DAY HOLIDAY

17

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

18

10:00 The Connection Project (TBD)
10:00 Learn to Play PB (SPB)
11:00 PB Prep & Play (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk (MH)
3:30 Let's Talk Virtually
5:00 People & Peace Talk Show (TBD)
6:00 Special Connections Gathering (TBD)
6:30 Trivia Fest (SPB)

19

10:00 Cosmology (TBD-H)
10:00 PB Play w/Pro - Int (SPB)
10:00 Span for Beginners (SPB)
10:00 Time to Tell Your Story: Memoir Writing Workshop
10:00 Yoga for Pain Mgmt
10:30 Spanglish (SPB)
11:00 The Connection Proj (TBD)
11:00 PB Play w/Pro - AB (SPB)
12:00 88 Keys: The Evolution of A Musical Icon
12:00 PB Priv Lesson w/Pro (SPB)
2:00 OnStage Seniors (TBD)
3:00 Early-Stage Memory Loss Support (SPB-H)
4:00 Golden Age of Radio

20

10:00 Women in Retirement Special Presentation
11:00 (Nǐ Hǎo!) Chinese Conversation & Friendship Group: Chinese New Year Celebration (SPB)
1:00 Table Tennis (SPB)
1:30 Windows 11: Basics & Beyond (SPB)
2:30 Transition to Retirement (SPB-H)

23

10:00 The Connection Project (SPB)
10:00 Meditation for Mind-Body Balance
11:00 Bereavement
1:00 Table Tennis (SPB)
1:30 iPad for Beginners (SPB)
2:00 The Wonders of Word Play
2:30 Aging Gaily (MH)
3:00 Café Français (SPB)
3:00 Clearing Spaces

24

10:00 The Feldenkrais Method (SPB)
10:00 Tai Chi & Qigong - Level 1
10:30 TED Talks (SPB-H)
11:00 Solvents & Glue (SPB)
11:00 Tai Chi & Qigong - Level 2
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)
2:00 Wormholes, Warp Drives, UFOs, and Congress (SPB-H)
3:00 The Connection Proj (TBD)
4:00 Golden Age of Radio

25

10:00 The Connection Project (TBD)
10:00 PB Guided Open Play (SPB)
11:00 Next Chapter: Widows and Widowers (MH)
11:00 PB Get into the Game (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk (MH)
3:30 Let's Talk Virtually
6:00 Wednesday Night Watch Party: "Priscilla"

26

10:00 Cosmology (TBD-H)
10:00 PB Play w/Pro - Int (SPB)
10:00 Span for Beginners (SPB)
10:00 Yoga for Pain Mgmt
10:30 Spanglish (SPB)
11:00 The Connection Proj (TBD)
11:00 PB Play w/Pro - AB (SPB)
12:00 88 Keys: The Evolution of A Musical Icon
12:00 PB Priv Lesson w/Pro (SPB)
2:00 OnStage Seniors (TBD)
4:00 Golden Age of Radio

27

10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)
1:30 Windows 11: Basics & Beyond (SPB)

KEY:

MH - Monument Hall Cornerhouse Room
NSK - Nancy S. Klath Center
PPL - Princeton Public Library
PSL - Princeton Senior Living
SPB - Suzanne Patterson Building

TBD - To Be Determined
VL - Various Locations

H - Hybrid Group/Program

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

EVERGREEN FORUM

For the Evergreen Forum course schedule, please see our website at cmaprinceton.org/evergreen.

ALL PROGRAMS FEBRUARY 2026

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



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, February 23 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, February 3 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 February, 3:00 p.m. (no meeting 2/16)

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, February 19, 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 SPB Location and on Zoom)

Saturday, February 14 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.

MEMORY CAFÉ (In-Person at SPB Location)

Monday, February 9 at 10:00 a.m.

(Usually second Monday of each month)

Memory Cafés are open social gatherings with activities, refreshments, and conversations focused on people living with changes in their memory or thinking, and the people who care for them. A café is a place to have fun together, talk with others who understand what you're going through, and try something new!

Leader: Lisa Bayer

Registration required, no fee.

NEXT CHAPTER: WIDOWS AND WIDOWERS

(In-Person at MH Cornerhouse Room Location)

Wednesday, February 11 and February 25 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

(In-Person at MH Cornerhouse Room Location)

Friday, February 6 from 1:00-2:15 p.m.

(Usually first Friday of each month)

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

Facilitator: Dr. John George

Registration required, no fee.

SPECIAL CONNECTIONS: GATHERING

(In-Person at TBD Location)

Wednesday, February 18 from 6:00-7:30 p.m.

This 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.

ALL PROGRAMS FEBRUARY 2026

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



TECHNOLOGY

THE DONALD AND NANCY LIGHT TECHNOLOGY LITERACY LAB

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

Evening tech help is on hiatus for February

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 SPB location.

TECHNOLOGY AND DIGITAL LITERACY COACHING SESSIONS (In-Person or Virtually on Zoom)

Master your devices or technology related needs at your own pace with our personalized tech coaching sessions, where our fantastic volunteers can provide one-on-one support over multiple sessions to help you tackle your specific digital hurdles and gain confidence in a relaxed, small-group setting.

Coaching appointments are made through the tech lab, which can be requested online here or by stopping in at our SPB Location. Coaching sessions can take place in-person at SPB location or virtually on Zoom. Registration required, no fee.

IPAD FOR BEGINNERS: TAP, SWIPE, AND LEARN

(In-Person at SPB Location)

Mondays starting February 23 through April 6, 1:30-3:00 p.m.

Fee: \$40 resident/\$45 nonresident

In this seven-week workshop, discover the incredible possibilities of the iPad in this introductory course. Whether you're a beginner or looking to enhance your skills, we'll provide guidance on utilizing its versatility and practicality. Learn how to optimize performance, care for your iPad, and master essential tasks like email, calendars, FaceTime, internet browsing, and applications. Please note this course focuses exclusively on the Apple iPad and does not cover other devices.

Requirements:

All participants must bring their own iPad (running iPad OS26) to the classes. One can request the purchase of a new iPad through CMAP.

Through a generous Parker Health grant, individuals interested in taking this course who meet income requirements for affordable housing* may apply for a scholarship that includes a waiver of the course fee and a free iPad upon completion of the course. Note that students will be given an iPad at the beginning of the

course, which will be considered a "loaner" until the student has attended all seven classes and successfully completed the course. To apply, please register for the course and select the option: "I would like to apply for a scholarship in order to have the course fee waived and an iPad provided for me." Once registered, you will be contacted by a member of the CMAP social services team to review and confirm your eligibility.

*Note that you do not need to be a resident of an affordable housing unit to qualify, but simply must meet the income eligibility requirements.

Instructor: Evelyn Sasnor

WINDOWS 11: BASICS AND BEYOND

(In-Person at SPB Location)

Fridays starting February 13 through February 27, 1:30-2:30 p.m.

Want to use your computer without the guesswork? Join AmeriCorps member Yash for a three-session series designed to get you from "lost" to "capable." We won't make you an IT expert, but we will help you master the essentials – navigating the desktop, finding your files, and adjusting settings to work for you. Join us to build your confidence and make Windows 11 feel like a tool rather than a mystery!

It is recommended to bring a laptop that is running Windows 11 to class.

Instructor: Yash Keshavpatnam

Registration Required, no fee.



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

Akin Care Senior Services, Always Best Care Senior Services, Assisted Living Locators, McCaffrey's Food Markets, NightingaleNJ Eldercare Navigators, Oasis Senior Advisors, Penn Medicine Princeton Health, Roundview Capital



THE ARTS AND CRAFTS
MOVEMENT: ETHICS AND
AESTHETICS (Virtual)

Fran Mascia-Lees

Discover how the Arts and Crafts movement transformed design into a moral vision—linking beauty, craftsmanship, and community in the pursuit of a more humane world.

Wednesdays from 10:00 a.m. to noon for four weeks beginning April 8 through April 29.

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 18 through April 22.

CHILDREN IN TRANSIT:
THE IMMIGRANT EXPERIENCE
(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 eight weeks beginning March 3 through April 21.

EXPLORING FEMINIST WRITERS
(In-Person)

Carol Friend

Explore transformational narratives including through 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 10 through April 28.

MEMORY: HOW WE REMEMBER
AND WHY WE FORGET (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 22. (no class 4/1)

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 March 31 through April 21.

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.

Putting AI to Use

Last month, I discussed a few popular AI offerings – all free. This month's article suggests nifty ways to use ChatGPT.

I use ChatGPT a lot. It's excellent for explaining complex concepts, collecting and condensing information from websites, and suggesting ways to improve my writing. It can create tables and graphs from the websites it visits, decipher technical papers, and compare and contrast theories. It's also replacing Google for many of my searches. I'll explain that later.

Here are three example prompts you might want to try to get the hang of how ChatGPT works¹:

Example: Collecting and Condensing Information

"I'm presenting a lecture on the United Nations and need the following: 1. A one-paragraph summary of the purpose of the U.N., 2. Tables of members of the Security Council and General Assembly, 3. A list of the U.N.'s programs and accomplishments during the last ten years, 4. Pros and Cons of U.N. membership, and 5. A list of the sources you used."

I could spend a couple of hours assembling the information from the U.N. website, but ChatGPT will do it all in a matter of minutes. It will also offer to create a slideshow and Excel spreadsheets from the data. I can spot-check the results using the source list.

Example: Simplifying Concepts

"Explain the differences between "traditional" and mRNA vaccines. Prepare your answer for discussions at the twelfth-grade level."

This prompt also tells ChatGPT the reader's education level. The results will include infographics.

Example: Improving My Writing

"Rewrite the following paragraph I'm sending to our sons and grandsons. Use active voice and make it less formal:

"The potty seat is to be returned to the lowered position once your particular task has been completed. Recent 'splashdowns' have been reported, which cannot be tolerated. Fortunately, it was low tide, and the rescue was simple."

ChatGPT returned with:

When you're done, put the potty seat back down. We've had a few recent splashdowns, and that needs to stop. Luckily, it was low tide, and the rescue was quick."

Final Thoughts

I've found ChatGPT to be quite accurate, and it's becoming my go-to application when I'm doing research – even if just for my own education.

If you want to try it, just go to openai.com, click on ChatGPT, and enter a prompt. You may just find that it's pretty cool.

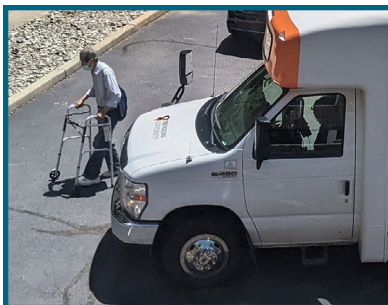
If you need help, just ask our tech team at: <https://engage.cmaprinceton.org/tech-help>.

¹ You can also use CoPilot, which is embedded in Windows 11, or Google's Gemini, or Anthropic's Claude, among many other large language models.



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**

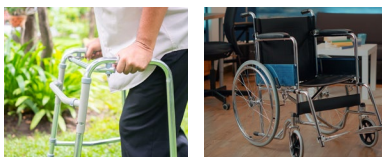
**Mercer County 606 bus stops
at our neighbor's located at
728 Bunn Drive
which is two driveways from our building**

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**

SPONSOR SPOTLIGHT: PRINCETON FEDERAL CREDIT UNION

KEEP YOUR BANK, SAVE WITH PRINCETON FEDERAL CREDIT UNION!

Who We Are

Princeton Federal Credit Union (PFCU) is a nonprofit, member-owned financial institution founded in 1972 by Princeton University faculty and staff. It was created to provide accessible, community-based financial services rooted in trust and shared benefits.



Who does PFCU serve?

Today, PFCU serves more than 8,500 members across New Jersey and Pennsylvania. While the organization has grown in the past fifty years, it remains focused on personalized service and supporting the long-term financial well-being of its members.

How is a credit union different from a bank?

Unlike traditional banks, credit unions are owned by their members and operate as nonprofit organizations. This structure allows resources to be reinvested back into the membership rather than distributed to shareholders. At PFCU, this model supports lending and savings options that help members manage everyday financial needs.

How does this model support the community?

Because earnings are reinvested locally, PFCU is able to maintain competitive loan and savings rates while emphasizing transparency and financial education. Members often use these services for home projects, transportation needs, and managing debt.

Who is eligible for membership?

Membership is open to individuals of all ages who live, work, study, or worship in New Jersey or Pennsylvania. Family members of current members, as well as employees and retirees of affiliated employer groups, are also eligible.

774 Alexander Road • 800.456.5038, Option #4
Insured by NCUA. Equal Housing Lender

princetonfcu.org



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artisseniorliving.com



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



Promoting a positive view of aging
silvercentury.org



Declutter • Move • Sell • Junk Removal • Donate
Pack/Unpack • Estate Cleanouts • Organize
walshseniorsolutions.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 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 SPB location.

**For more information, contact Wendell Collins, chief development officer,
at wcollins@cmaprinceton.org 609.751.9699, ext. 103.**



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



CMAP SOCIAL HOP: SWING INTO SPRING SAVE THE DATE

**JOIN US ON SUNDAY, MARCH 1 FROM 5:00-7:00 P.M.
AS WE SWING INTO SPRING WITH
THE STRAIGHT-AHEAD BIG BAND
FOR GREAT MUSIC, DANCING, AND SOCIALIZING**



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@cmapprinceton.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
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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
NJM Insurance Group
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
SpringPoint Choice
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/cmapprinceton.org>