

(Formerly Princeton Senior Resource Center)

CELEBRATE HOLI AT CMAP
(IN-PERSON AT SPB LOCATION)
WEDNESDAY, MARCH 11, 4:00-6:30 P.M.

SEE PAGE 4 FOR DETAILS.



SAVE THE DATE | CMAP SPRING FUNDRAISER

WE MAY BE RIGHT – BILLY JOEL TRIBUTE BAND

(IN-PERSON AT STONE HILL CHURCH, PRINCETON, NJ)

SUNDAY, APRIL 19 AT 7:00 P.M. (DOORS OPEN AT 6:30 P.M.)

Buy Tickets/Sponsorships at: <https://engage.cmaprinceton.org/2026-spring-fundraiser>



PEOPLE & PEACE TALK SHOW:
CONRAD STRAUCH IN CONVERSATION
WITH MAYOR MARK FRÉDA

(HYBRID: IN-PERSON AT SPB LOCATION AND ON ZOOM)

WEDNESDAY, MARCH 25, 5:00-6:30 P.M.

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

**A MOMENT OF CHALLENGE AND A POWERFUL
REMINDER OF WHO WE ARE**

Dear Friends,

In late January, CMAP experienced an unexpected and significant challenge. Flooding at the Nancy S. Klath Center at 101 Poor Farm Road, caused by a frozen and burst fire suppression pipe, resulted in substantial damage to the building. While this news was difficult, we are grateful that no one was injured. We anticipate being out of the building for a few months as we complete thorough water remediation and necessary construction to ensure the space is safe and fully restored.

Moments like this test an organization. They also reveal its heart.

I am deeply proud of the resilience of CMAP and the skill, professionalism, and adaptability of our staff. From the first hours after the flooding, our team responded with calm, clarity, and creativity, ensuring that programs, services, and communication continued with care and intention. We are also profoundly thankful for the support of the CMAP board and volunteers, the broader nonprofit community, and many of you who reached out offering your support. The generosity, flexibility, and encouragement from our community have reminded us just how strong our collective network truly is.



We extend special thanks to the Municipality of Princeton for their extraordinary partnership during this time. Because of their support, CMAP staff and programs are housed temporarily at the Suzanne Patterson Building and Monument Hall. This collaboration allows us to continue serving our community with minimal interruption and is a powerful example of what is possible when a municipality and nonprofit work hand in hand.

Even amid this temporary displacement, CMAP is thriving. This spring's Evergreen Forum has already reached the highest number of registrations in its history, a milestone that speaks to the enduring hunger for learning, connection, and meaningful engagement. All Evergreen Forum classes will be held at the Suzanne Patterson Building, Monument Hall, or on the Educational Testing Services (ETS) campus in Lawrence Township, ensuring continuity and accessibility for participants.

March is also filled with vibrant programs that reflect CMAP's commitment to dialogue, celebration, and community connection. On March 11, CMAP will celebrate Holi with a joyful and meaningful gathering. The event will begin with a special *EmpowerHer* conversation featuring Anuja Gupta, followed by a Celebration of Love and Color. This program brings together reflection, cultural learning, and shared joy, and it beautifully embodies CMAP's values of inclusion, curiosity, and connection across difference.

On March 25, we are excited to host the *People & Peace Talk Show*, featuring special guest Mayor Mark Freda. This conversation will explore civic leadership, community well-being, and the importance of dialogue in fostering peace and understanding.

A number of you have asked how you can help CMAP as we navigate these difficult waters. I want to share just a few ways you can support us and be part of this moment of resilience:

- Continue participating in and enjoying the programs, classes, and groups that our team works so hard to host. Your presence and engagement are vital. We look forward to seeing you!
- Support CMAP through your generous donations, which help sustain our mission during this unexpected transition.
- Consider purchasing a raffle ticket as a fun and impactful way to give. <https://engage.cmaprinceton.org/2026-winter-affle>
- Join us for an evening of music and celebration by purchasing tickets, or considering sponsorship, for our spring concert on April 19 featuring *We May Be Right*, a nationally touring Billy Joel cover band. <https://engage.cmaprinceton.org/2026-spring-fundraiser>

While the Klath Center undergoes restoration, CMAP's spirit remains strong. Our programs continue, our staff remains deeply committed, and our community continues to show up with generosity and care. Thank you for standing with CMAP during this moment and being part of the resilience that defines who we are.

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
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Cathy Gara
Bookkeeper & HR Coordinator

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Development Associate

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

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*Coordinator of Technology
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Director of Programs

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Naomi Rosenblum, MPA
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& 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 MARCH 2026

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

FEATURED SPOTLIGHT

THE LATE SHIFT IS BACK AT SUZANNE PATTERSON FOR MARCH

The Late Shift will re-open Wednesday evenings from 5:00-8:00 p.m. at the Suzanne Patterson with programming and tech help!



AGELESS GRACE (In-Person at SPB Location)
Wednesday, March 4 and March 18, 6:00-7:00 p.m.
Fee: \$5

This unique group physical 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.

CELEBRATE HOLI AT CMAP

(In-Person at SPB Location)
Wednesday, March 11, 4:00-6:30 p.m.

EMPOWERHER: A CONVERSATION WITH ANUJA GUPTA (Hybrid: In-Person at SPB Location and on Zoom)
Wednesday, March 11, 4:00-4:45 p.m.
Fee: \$5

What can we learn from listening to one another across cultures, generations, and life experiences? EmpowerHer is a conversation series that creates space for reflection, connection, and shared learning.

For our March session, we are joined by Dr. Anuja Gupta, an educator, leadership coach, and facilitator whose work focuses on leadership, change, and entrepreneurship. Drawing from her professional experience supporting individuals through moments of transition, as well as her lived experience navigating multiple cultures, Anuja offers thoughtful insights into self-discovery, authenticity, and belonging. Her work is grounded in practice and service, including mentoring entrepreneurs, supporting women returning to the workforce, and engaging in initiatives focused on girls’ education.

Following the conversation, those who wish are invited to stay and gently celebrate Holi, the festival

of colors and renewal, a moment to gather, connect, and welcome spring with openness and joy.

HOLI: LOVE AND COLOR (In-Person at SPB Location)
Wednesday, March 11, 5:00-6:30 p.m.
Fee: \$10

Celebrate Holi, the festival of colors, renewal, and connection. Holi marks the arrival of spring and invites us to pause, gather, and celebrate together. Join us for a warm and welcoming afternoon with music, shared moments, and gentle splashes of color as we honor this beautiful tradition.

This celebration is about coming together – across cultures and generations – to build community, embrace joy, and welcome the season with intention. Whether you are familiar with Holi or experiencing it for the first time, you are invited to be part of a space filled with color, presence, and connection. Let’s create meaningful, colorful memories and honor the spirit of togetherness that Holi represents.

ALL PROGRAMS MARCH 2026

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

PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH IN CONVERSATION WITH MAYOR MARK FREDA

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

Wednesday, March 25, 5:00-6:30 p.m.

Fee: \$5

How do you lead a town like Princeton – diverse, dynamic, and carrying the weight of a changing nation – with empathy and joy?

In this heartfelt episode of People & Peace, host Conrad Strauch welcomes Mayor Mark Freda for an honest, warm, and wide-ranging conversation about civic leadership in complex times. Together, they explore what it means to truly show up for a community – amidst national division, local needs, and personal responsibility.

From immigration and inclusion to everyday public service, Mayor Freda shares how he protects and uplifts the people of Princeton, and how he finds peace in the process. He is a consistent presence at nearly every local event, and a quiet and powerful symbol of connection and care. In this episode, we glimpse how, and why, he does it.

Join us for a conversation full of heart, humor, and real talk about leadership, belonging, and building unity in a divided world.

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

Wednesday, March 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.

WEDNESDAY NIGHT WATCH PARTY: "WICKED LITTLE LETTERS" (Hybrid: In-Person at SPB Location and on Zoom)

Wednesday, March 4, 6:00-8:00 p.m.

Based on a surreal true scandal from the 1920s, this film follows two neighbors (Olivia Colman and Jessie Buckley) in a seaside town who become embroiled in a police investigation when the townspeople start receiving anonymous letters filled with hilariously foul-mouthed insults.

Genre: Mystery/Dark Comedy; Rated: R (for relentless, creative profanity); Run Time: 1 hour, 40 minutes
Registration required, no fee.



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

FIRST FRIDAY FILM: "THE UNLIKELY PILGRIMAGE OF HAROLD FRY" (Hybrid - In-Person at SPB Location and on Zoom)

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

Based on the beloved novel, this beautifully shot, meditative film stars Jim Broadbent as Harold, a man in his sixties who learns that a former colleague is in hospice. He decides to walk 450 miles across England to deliver a letter in person, believing that as long

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

as he keeps walking, she will keep living. It's a story about purpose, legacy, and the kindness of strangers.

Genre: Drama/Adventure; Rated: PG-13;

Run Time: 1 hour, 48 minutes

Registration required, no fee.

ALL PROGRAMS MARCH 2026

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

THE GOLDEN AGE OF RADIO (Zoom)

Thursdays in March, 4:00-5:00 p.m.

Step into the Golden Age of Radio on Zoom! Join us every Thursday for a nostalgic journey into the past, featuring the iconic show "Gunsmoke." 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, March 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

REEL TALK: "AGING IN AMERICA: SURVIVE OR THRIVE" (Zoom)

Friday, March 27, 2:00 p.m.

Join Reel Talk for a viewing and follow up discussion on the 2025 PBS documentary: "Aging in America: Survive or Thrive." Narrated by Martin Sheen, this one-hour documentary celebrates the promise of increased longevity while addressing crucial and unprecedented public policy challenges. Using Dr. Robert Butler's Pulitzer Prize winning book, "Why Survive?" as a guide, the film explores critical topics such as ageism, healthcare, economic insecurity, and Alzheimer's disease.

Registration required, no fee.

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

*Thursdays, February 12, 19; March 12, 26,
10:00-11:30 a.m.*

Fee: \$60 resident/\$70 nonresident

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!

ASK AN EXPERT: SLEEP THERAPIST (Zoom)

Monday, March 23, 11:00 a.m.-noon

As March is National Sleep Awareness Month, CMAP is pleased to host Dr. Amoha Bajaj-Mahajan, PhD, a clinical and health psychologist at Princeton Psychotherapy Center. She will answer questions from CMAP community participants about how aging affects sleep health and how these challenges can be addressed.

National Sleep Awareness Month highlights the crucial link between sleep, health, and overall well-being. It encourages improved sleep hygiene, increased awareness of the risks of chronic sleep deprivation – such as heart disease, diabetes, and depression – and attention to sleep disorders such as sleep apnea. Participants will receive an email inviting them to submit their top question in advance. Registration required; no fee.

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

CHEFS FOR SENIORS - NUTRITION PROGRAM

(In-Person at SPB)

Monday, March 2, 11:00 a.m.-noon

In celebration of National Nutrition Month, the Center for Modern Aging Princeton will host Chefs for Seniors: Nutrition for Healthy Aging, an engaging program designed to help older adults build healthier eating habits that support longevity and independence. Good nutrition is essential for maintaining energy, managing chronic conditions, and promoting brain and heart health, yet many older adults face barriers such as limited budgets, changing appetites, or uncertainty about what to eat.

Led by a professional chef experienced in senior nutrition, this program will combine live cooking demonstrations with practical education. Participants will learn how to prepare simple, flavorful, and affordable meals while understanding portion sizes and key nutrients needed for healthy aging. The session will also address common dietary needs such as low-sodium, heart-healthy, and diabetic-friendly eating, helping attendees adapt meals to their personal health goals.

By the end of the program, participants will leave with easy recipes, grocery tips, and the confidence to make healthier choices at home. Through this initiative, CMAP continues its commitment to supporting older adults' physical well-being, independence, and overall quality of life through accessible, meaningful education. Registration required, no fee.

ESTATE PLANNING IN THE SECOND HALF OF LIFE

(Zoom)

Wednesday, March 18, 2:00-3:00 p.m.

Fiona Van Dyck, Esquire will guide participants through the essential legal documents and smart financial strategies that help you plan with confidence for retirement and beyond. Learn what to put in place before a crisis occurs to better protect yourself, your family, and your finances – so you can move through the second half of life feeling informed, prepared, and empowered. Registration required, no fee.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in March, 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 Monument Hall Location)

Fridays, March 13 and 27, 10:00-11:00 a.m.

Fee: \$5 per session

This unique group exercise program is specially designed to boost cognitive skills and enhance physical function through body-brain exercises. Ageless Grace is backed by research in neuroplasticity – the brain's remarkable ability to reshape and adapt through new experiences. In this session, you'll engage in twenty-one fun and effective movements (known as "tools") performed while comfortably seated. Each exercise targets key brain functions like memory, sensory perception, motor skills, and thought processing. Plus, having fun is a must! Don't miss this chance to refresh your mind and body.

Instructor: Allyson Toth

CHAIR MOVES & GROOVES (Zoom)

Tuesdays, March 3 through April 21, 1:00 p.m.

Fee: \$60 resident/\$70 nonresident

Join our eight-week chair aerobics 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

MEDITATION FOR MIND-BODY BALANCE (Zoom)

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

Fee: \$60 resident/\$70 nonresident

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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, March 4, 10:00-11:00 a.m.
- Wednesday, March 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.

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

- Wednesday, March 11, 10:00-11:00 a.m.
- Wednesday, March 25, 10:00-11:00 a.m.

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in March, 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

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!

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, March 4, 11:00 a.m.-1:00 p.m.
- Wednesday, March 11, 11:00 a.m.-1:00 p.m.
- Wednesday, March 18, 11:00 a.m.-1:00 p.m.
- Wednesday, March 25, 11:00 a.m.-1:00 p.m.



TABLE TENNIS (In-Person at SPB Location)

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

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

Registration required, no fee.

TAI CHI AND QIGONG - LEVEL 1 BEGINNER

(In-Person at SPB Location)

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

Fee: \$40 resident/\$45 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

ALL PROGRAMS MARCH 2026

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

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

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 SPB 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.

AGING IN PLACE: THE EXPERIENCES OF OLDER PEOPLE IN PRISON

(Hybrid: In-Person at SPB location

and on Zoom)

Wednesday, March 18, 4:00-6:00 p.m.

Fee: \$10

There are more older people incarcerated in United States prisons than ever before. In this program, we will consider the causes and consequences of the increase of older people in prison, the challenges they experience in the environment, and reforms to treat system-involved older people with dignity and justice.

Instructor: Maggie Leigey, professor of criminology at The College of New Jersey, will share insights from her ongoing longitudinal research project on aging and incarceration. Since 2006, and every five years thereafter, she has conducted in-depth interviews with a group of older people to better understand and document their experiences and to share them with broader audiences.



SOCIAL CONNECTIONS

Programs

MEMORY CAFÉ (In-Person at SPB Location)

Thursday, March 12 at 10:00 a.m.

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

Please note: This program typically reoccurs on the second Thursday of each month.

Registration Required, no fee.

WOMEN IN RETIREMENT SPECIAL PRESENTATION - "THE USA CELEBRATES 250 YEARS"

(Hybrid - In-Person

at Monument Hall and on Zoom)

Friday, March 20, 10:00 a.m.-noon

Join Women in Retirement for an overview of key events leading up to the Declaration of Independence. The presentation will focus on New Jersey and the War for Independence and highlight local historic sites and events planned for the 2026 celebration. The presenter, Sandy Smith, is a member of Women in Retirement and the League of Women Voters-Lawrence Township. She retired from a career in medical research at Bristol-Myers Squibb and is a volunteer with Literacy NJ, teaching classes for immigrants who are interested in becoming U.S. citizens. All are welcome.

Registration required, no fee.



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

Groups

AGING GAILY (LGBTQ+) (Hybrid - In-Person at Monument Hall and on Zoom)

Monday, March 16 at 2:30 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.

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 Monument Hall)

Wednesdays in March, 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.

TED TALKS

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

Tuesdays, in March, 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:

March 3 – Khaya Dlanga: What gets lost when we treat conversations like transactions

March 10 – Ocean Robbins: Eating Your Way to Happiness (YouTube) Recommended by Bill Moran

March 17 – Peter Molyneux: Meet Milo, the virtual boy

March 24 – Allyson Felix: An Olympic champion's mindset for overcoming fear

March 31 – Manoush Zomorodi: Sitting all day is killing you – here's what to do about it

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, March 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.

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.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, March 12, 4:00-5:00 p.m.

Únete a conversaciones dinámicas y actividades que te sumergen en diversas culturas. Con juegos, narraciones y dinámicas interactivas, estos encuentros crean conexiones auténticas. Registro requerido, sin costo.

Join engaging conversations and activities that immerse you in diverse cultures. Through games, storytelling, and interactive dynamics, these sessions foster authentic connections.

Registration required, no fee.

MARCH 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

10:00 Meditation for Mind-Body Balance
11:00 Chefs for Seniors - Nutrition Program (SPB)
1:00 Library Reads
1:00 Table Tennis (SPB)
1:30 iPad for Beginners (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 (SPB)
10:30 TED Talks (SPB-H)
11:00 Solvents & Glue (SPB)
11:00 Tai Chi & Qigong - Level 2 (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)
3:00 Caregivers

4

10:00 Learn to Play Pickleball (SPB)
11:00 Pickleball Prep & Play (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH-19)
6:00 Ageless Grace (SPB)
6:00 Wednesday Night Watch Party: "Wicked Little Letters" (SPB-H)

5

10:00 Cosmology (SPB-H)
10:00 Yoga for Pain Mgmt
2:00 OnStage Seniors (MH-Main)
4:00 Golden Age of Radio

6

10:00 Women in Retirement Coffee Klatch
1:00 First Friday Film: "The Unlikely Pilgrimage of Harold Fry" (SPB-H)
1:00 Special Connections: Parents of Adults with Unique Needs (MH19-H)
1:00 Table Tennis (SPB)

9

10:00 Meditation for Mind-Body Balance
1:00 Table Tennis (SPB)
1:30 iPad for Beginners (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 (SPB)
10:30 TED Talks (SPB-H)
11:00 Solvents & Glue (SPB)
11:00 Tai Chi & Qigong - Level 2 (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)

11

10:00 Pickleball Play with the Pro - AB (SPB)
11:00 Beyond the Password: A 2FA Deep Dive
11:00 Next Chapter: Widows and Widowers (MH19-H)
11:00 Pickleball Prep & Play (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH-19)
4:00 EmpowerHer Speaker Series (SPB-H)
5:00 Holi: Love and Color (SPB)
5:30 Pop-up Art Studio (SPB)

12

10:00 Cosmology (SPB-H)
10:00 Memory Café (SPB)
10:00 Time to Tell Your Story: Memoir Writing Workshop
10:00 Yoga for Pain Mgmt
2:00 OnStage Seniors (MH-Main)
4:00 Golden Age of Radio
4:00 ¡Se Habla Español! Charlas Del Corazón

13

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

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

16

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 (MH19-H)
3:00 Café Français (SPB)
3:00 Clearing Spaces

17

10:00 The Feldenkrais Method (SPB)
10:00 Tai Chi & Qigong - Level 1 (SPB)
10:30 TED Talks (SPB-H)
11:00 Solvents & Glue (SPB)
11:00 Tai Chi & Qigong - Level 2 (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)

18

10:00 Learn to Play Pickleball (SPB)
11:00 Pickleball Prep & Play (SPB)
2:00 Estate Planning in the Second Half of Life
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH-19)
4:00 Aging in Place: The Experience of Older People in Prison (SPB-H)
6:00 Ageless Grace (SPB)
6:00 Special Connections Gathering (SPB)

19

10:00 Cosmology (SPB-H)
10:00 Yoga for Pain Mgmt
2:00 OnStage Seniors (MH-Main)
3:00 Early-Stage Memory Loss Support (SPB-H)
4:00 Golden Age of Radio

20

10:00 Women in Retirement Special Presentation (MH-H)
1:00 Table Tennis (SPB)
2:30 Transition to Retirement (SPB-H)

23

11:00 Ask An Expert: Sleep Therapist
1:00 Table Tennis (SPB)
1:30 iPad for Beginners (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (SPB)
3:00 Clearing Spaces

24

10:00 The Feldenkrais Method (SPB)
10:00 Tai Chi & Qigong - Level 1 (SPB)
10:30 TED Talks (SPB-H)
11:00 Solvents & Glue (SPB)
11:00 Tai Chi & Qigong - Level 2 (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)

25

10:00 Pickleball Play with the Pro - AB (SPB)
11:00 Next Chapter: Widows and Widowers (MH19-H)
11:00 Pickleball Prep & Play (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH-19)
5:00 People & Peace Talk Show (SPB-H)

26

10:00 Cosmology (SPB-H)
10:00 Time to Tell Your Story: Memoir Writing Workshop
10:00 Yoga for Pain Mgmt
11:00 iLearn the iPhone
2:00 OnStage Seniors (MH-Main)
4:00 Golden Age of Radio

27

10:00 Ageless Grace (MH)
10:00 Women in Retirement Coffee Klatch
1:00 Table Tennis (SPB)
2:00 Reel Talk: "Aging in America: Survive or Thrive"

30

1:00 Table Tennis (SPB)
1:30 iPad for Beginners (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (SPB)
3:00 Clearing Spaces

31

10:30 TED Talks (SPB-H)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
2:00 Beginner's Art Workshop (SPB)

KEY:

MH - Monument Hall Bld
NSK - Nancy S. Klath Center
PPL - Princeton Public Library
PSL - Princeton Senior Living
SPB - Suzanne Patterson Bld
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 MARCH 2026

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



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, March 16 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, March 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 March, 3:00 p.m.

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

Registration required, no fee.

EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, March 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, March 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.

NEXT CHAPTER: WIDOWS AND WIDOWERS

(Hybrid - In-Person at Monument Hall and on Zoom)

Wednesday, March 11 and March 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

(Hybrid - In-Person at Monument Hall and on Zoom)

Friday, March 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 SPB Location)

Wednesday, March 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 MARCH 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.,
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 SPB location.

TECHNOLOGY AND DIGITAL LITERACY COACHING SESSIONS (In-Person at SPB Location or 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 or virtually on Zoom.

Registration required, no fee.



Programs

BEYOND THE PASSWORD: A 2FA DEEP DIVE (Zoom)

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

Secure your digital life in our Zoom-only workshop on Two-Factor Authentication! We'll explain what 2FA is, why it's vital, and the various styles available today. We've dedicated significant time to a comprehensive Q&A session to ensure all your concerns are addressed. This class is your gateway to our new coaching program, where attendees can schedule focused, one-on-one sessions for hands-on help!

Instructor: Yash Keshavpatnam
Registration Required, no fee.

iLEARN THE IPHONE (Zoom)

Thursday, March 26, 11:00 a.m.-12:30 p.m.

Join us for a Zoom only crash course on learning the ins and outs of your iPhone. Learn useful functions and tips and tricks to level up your iPhone usage. After the class, our instructor will stay for additional time for some comprehensive Q&As with the class. Participants who would like more assistance after class are encouraged to talk to the instructor about scheduling individual one-on-one coaching sessions to further their skills. This class is considered a Level 1 class.

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

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

Artis Senior Living, Home Instead, Innovative Physical Therapy and Fitness Center, Princeton Theological Seminary, Senior Advisors, Silver Century Foundation, Van Dyck Law Group, Walsh Senior Solutions

WELCOME OUR NEW TEAM MEMBERS!

We are pleased to welcome two new professionals to the CMAP team. Lisa Bayer and Olga Vanessa Valencia bring deep expertise in social work, dementia care, and community-based support, along with a shared commitment to helping older adults and their families navigate aging with confidence and dignity.

Their combined experience strengthens CMAP's ability to deliver thoughtful programs, personalized guidance, and meaningful connections for our community. Each brings a distinct perspective and skill set that reflects CMAP's values of compassion, lifelong learning, and inclusion.

We are delighted to have Lisa and Olga join our staff and look forward to the positive impact they will make through their work and relationships across the CMAP community.

LISA BAYER

Community Social Worker & Dementia Specialist (she/her/hers)
lbayer@cmaprinceton.org
609.751.9699, ext. 133

Born in New Brunswick, New Jersey, Lisa holds a BA from Rutgers College and brings extensive professional and personal experience supporting older adults and caregivers. She previously served as director of marketing & education and dementia specialist at Always Best Care of Central NJ and as director of LearningRx, a brain training center. At CMAP, Lisa provides dementia support, delivers educational presentations, and develops practical solutions to meet the needs of aging adults. She enjoys cooking, reading, travel, and building adult LEGO sets, and has practiced aquatic performance training for over ten years. Lisa values CMAP's mission to help people age with dignity, purpose, and healthy brains.



Photo: Lisa Bayer

OLGA VANESSA VALENCIA, MSW
Community Social Worker (she/her/hers)
ovalencia@cmaprinceton.org
609.751.9699, ext. 115

Born in Queens and raised in New Jersey, Olga holds a Master of Social Work from Rutgers University. Her experience includes working as an assisted living activities aide and serving as a social work intern at the Penn Medicine Center for Eating Disorders. At CMAP, Olga facilitates group therapy, provides individual counseling, conducts psychosocial assessments, and develops therapeutic and recreational programs. She enjoys music, concerts, movies, and Pilates, and shares her life with her senior dog, Diego. Proud of her Colombian heritage, Olga views CMAP's mission as redefining aging by highlighting resilience, growth, and connection.



Photo: Olga Vanessa Valencia, MSW



THE ARTS AND CRAFTS
MOVEMENT: ETHICS AND
AESTHETICS (Virtual)
Fran Mascia-Lees
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
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
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
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
Wednesdays from 1:30-3:30 p.m.
for eight weeks beginning March 4
through April 22.

DECODING AI (Hybrid)
Mike Canasta
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
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*
Tuesdays from 1:30-3:00 p.m. for
eight weeks beginning March 3
through April 21.

EXPLORING FEMINIST WRITERS
(In-Person)
Carol Friend
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
Thursdays from 10:00 a.m.-noon
for eight weeks beginning March 5
through April 23.

MEDICINE: THE HISTORY AND
THE MYSTERY (In-Person)
Roy Carman & Seth Malin
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
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
Mondays from 1:30-3:00 p.m. for
three weeks beginning March 2
through March 16.

OVERCOMING ANXIETY (In-Person)
Robert Youdin
Wednesdays from 1:30-3:30 p.m.
for three weeks beginning March 4
through March 18.

PERSPECTIVES ON OPERA (Hybrid)
Harold Kuskin
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
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
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
Wednesdays from 10:00 a.m.-noon
for eight weeks beginning March 4
through April 22.

SCIENCE FICTION SHORT STORIES:
THE SCIENCE (In-Person)
Stuart Kurtz
Tuesdays from 10:00 a.m.-noon
for eight weeks beginning March 3
through April 21.

SCIENCE IN THE NEWS (Hybrid)
Harold Heft & Panelists
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
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
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
Tuesdays from 10:00 a.m.-noon
for six weeks beginning March 3
through April 7.

WILLIAM FAULKNER (In-Person)
John Kucich
Tuesdays from 1:30-3:30 p.m. for
eight weeks beginning March 3
through April 21.

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**

Velvet Sundown and Other Fake Stuff

Here, we discuss fake AI-generated videos cluttering one of my favorite streaming sites.

I use ChatGPT, Google Gemini, and Claude almost every day. You can prompt them for answers, summaries, and musings on just about any topic. AI companies train these large language models¹ on the contents of the internet, and I usually find the results spot-on.

But AI can also fabricate dialog, images, and videos of things that doesn't exist. AI applications, such as DALL-E, Sora, and Luma, can create art without paint, videos without cameras, or dialogue without microphones (or people). I've never used any of these apps, so please don't ask me how they work.²

Using AI voice creation software, such as ElevenLabs or WellSaid, plus lyrics and music-generating programs like Suno or Beethoven.ai, you can create a song with a simple prompt, like "Write a song about life in the Southwest, sung by a four-member rock band. Create a picture of the band that I can post on YouTube (or Spotify, etc.)."

This is how the fake band, Velvet Sundown, was born. You can hear one of their hits, "Dust on the Wind," on YouTube, Spotify, or Apple Music.



Velvet Sundown. A band that only exists in the world of AI.

Other Fake Stuff

YouTube is one of my favorite sites for news (e.g., PBS NewsHour) and information (e.g., how to repair drywall). But YouTube also recommends videos with exaggerated headlines narrated by an AI-generated voice that sounds human but has little or no "vocal variety," mispronounces words, and droans on, covering things it's already explained. The video may feature "stock" images of random people in meetings, a machine, or an engineer-looking dude using a slide rule with an "ah-ha" expression on his face and a pocket protector. It may include pictures with gibberish and people with six fingers on each of their three hands.

A recent fake lecturer turned up on YouTube that was an AI-generated version of a well-known speaker. After a while, I noticed that her body language was rigid, her steely eyes focused on the camera, and her message seemed a bit "off." She looked convincing – until she didn't. Her three hands were also a clue.

Here are some telltale signs that the video you're watching was AI-generated:

1. Few subscribers to the YouTube channel.
2. Videos that use stock images of random people doing random things.
3. Pirated videos with added speckles to fool YouTube copyright detectors.
4. Videos with "closed captions" that you can't turn off.
5. Videos that constantly show the "Like and Subscribe" cartoon.

There's still lots of fascinating, valuable content on YouTube. Just be wary.

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

¹ See January 2026 Computer Guru article, "Thoughts About AI."

² They use something called a diffusion model. Once I figure out how they work, I'll write a Guru article about them. But don't hold your breath.



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: A Conversation with Artis of Princeton Junction Executive Director David Denenberg

What inspired Artis to support the Center for Modern Aging Princeton as an annual sponsor?

Our support comes down to shared values. The Center for Modern Aging Princeton plays an essential role in supporting older adults and families through education, connection, and community. As we work with families navigating aging and memory loss, the Center is a trusted and natural partner.

Who does Artis serve, and what makes your approach unique?

Artis serves individuals living with Alzheimer's disease and other forms of dementia, along with their families. Our approach is person-centered—we take time to understand each resident's story, preferences, and daily rhythms to foster connection, purpose, and comfort.

How does memory care differ from assisted living?

Memory care is designed specifically for individuals with cognitive impairment. It offers enhanced safety, structured routines, and team members trained in dementia care, with environments built to support changing cognitive needs.

What are some signs it might be time to consider memory care?

Families often notice increased confusion, wandering, safety concerns, or caregiver stress. When these challenges grow, memory care can provide professional support and peace of mind.

How can readers learn more about Artis of Princeton Junction?

Visit artisseniorliving.com or contact Kristina Cigler, director of sales and marketing, at 908.507.1218. We are always happy to answer questions or welcome families for a visit.

Artis Senior Living of Princeton Junction - Memory Care

At Artis, we help people living with dementia experience purpose, belonging, and joy by connecting lifelong identity with daily life.

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Tickets on sale NOW until March 12

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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.**



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HELP NOURISH OUR NEIGHBORS - VOLUNTEERS NEEDED!

CMAPI is excited to announce a new partnership with Share My Meals (SMM) as we launch a pilot program serving older adults in our community who are experiencing food insecurity. SMM rescues freshly prepared meals from corporate cafeterias, schools, and universities and redistributes them to neighbors in need. Ready to make a difference, fill out the interest form to learn more.

[HTTPS://PRINCETONSENIOR.WUFOO.COM/FORMS/VOLUNTEER-INTEREST-FOR-SHARE-MY-MEALS/](https://princeton senior.wufoo.com/forms/volunteer-interest-for-share-my-meals/)



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

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

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