

BLOSSOM & BLING:
A CHERRY-LICIOUS PAINT NIGHT
(IN-PERSON AT MH LOCATION)
THURSDAY, APRIL 30, 6:00-8:00 P.M.

SEE PAGE 5 FOR DETAILS.



PLEASE JOIN US FOR THE 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>



**ALTERNATIVES TO
MICROSOFT OFFICE**
(ZOOM)

FRIDAY, APRIL 24, 2:00-4:00 P.M.

SEE PAGE 14 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

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON

VOLUNTEER APPRECIATION MONTH: HOPE IN ACTION

Dear Friends,

Some of my earliest memories of my mother, Mollie, are shaped by service. As a single working mother with four boys, she found time twice a month on Saturday mornings to volunteer at a community soup kitchen. Later, as a geriatric social worker, after full days caring for older adults, she volunteered as a music instructor for children with special needs. And in retirement, she visited homebound neighbors alongside her congregation's community nurse, offering companionship and care.

My mother taught me something simple and powerful: no matter what season of life you are in, there is always a way to share hope by serving others.

April is Volunteer Appreciation Month, and at CMAP, we celebrate the many people who live out that lesson every day.

The Power of Volunteering for Healthy Aging

Research continues to affirm what so many of our volunteers already know from experience. Older adults who volunteer consistently report:

- Higher levels of life satisfaction
- Greater sense of purpose
- Lower rates of loneliness and depression
- Improved cognitive engagement
- Stronger self-perceived physical and mental health

Longitudinal studies have even linked sustained volunteer engagement with reduced mortality risk. Purpose and connection are not luxuries. They are protective factors for healthy aging. Volunteering builds structure and meaning into our days. It strengthens relationships. It reinforces identity. It reminds us that our experience matters and our communities are stronger because we show up. At CMAP, we see this truth every day.

Thank You for Making the Magic Happen

CMAP simply would not be CMAP without our volunteers.

During Volunteer Appreciation Month, we want to extend our deepest gratitude to the extraordinary individuals who give their time, talent, and heart to this community:

- **CMAP board members**, whose governance and vision help guide our mission and ensure our sustainability for generations to come.
- **Evergreen Forum instructors and steering committee members**, who bring intellectual vitality, curiosity, and leadership to our lifelong learning programs.
- **Front desk volunteers**, who create the warm first impression that defines CMAP's welcoming spirit.
- **GrandPals**, who read with kindergarten and pre-K students, building literacy, confidence, and intergenerational bonds that shape young lives.
- **Home Friends volunteers**, who visit homebound older adults, combating isolation and bringing companionship and dignity into people's homes.

- **Program instructors and presenters**, who share their expertise and passions to educate, inspire, and enrich the lives of older adults through engaging classes and programs.
- **Social Services and social groups volunteers**, who foster connection, provide compassionate support, and create welcoming spaces where older adults can build community and feel a sense of belonging.
- **Tech Lab volunteers**, who offer technical expertise in-person or virtually and support older adults with technology tools to overcome the digital divide.
- And the many others who serve on committees, support events, assist with outreach, lend technical expertise, and step in whenever there is a need.

You are not simply filling roles. You are building community. You are fostering belonging. You are strengthening lives. As our Director of AmeriCorps and Volunteer Engagement, Ella Leving, would say: "You make the magic happen!"

A Collective Impact

When you volunteer at CMAP, you are part of something larger than a single program or event. You are part of a collective of older adults and community members who believe that service strengthens both the giver and the receiver.

Together, our volunteers create ripples of impact across Princeton and beyond. You teach. You mentor. You welcome. You listen. You lead. You advocate. You show up. And in doing so, you embody what modern aging looks like in action.

Continuing the Legacy: The Third Act Volunteer Corps

In February, we introduced the Third Act Volunteer Corps, a new initiative designed to connect older adults with meaningful volunteer opportunities both within CMAP and across our broader nonprofit community.

Volunteer Appreciation Month is the perfect time to reflect on why this initiative matters.

The Third Act Volunteer Corps builds on the extraordinary foundation already created by CMAP volunteers. It expands opportunities for service, strengthens partnerships with local nonprofits, and invites more older adults to discover the health, connection, and purpose that come from giving back.

Whether you are already volunteering with CMAP or exploring ways to get involved with us or with one of our nonprofit partners, the Third Act Volunteer Corps offers pathways to serve, connect, and belong as part of a vibrant community of changemakers.

Please visit our website in the days ahead for updates and announcements about the Third Act Volunteer Corps.

This April, we celebrate you. We honor your service. And we recommit ourselves to the belief that hope grows when we share it.

Because purpose does not retire.

And our community thrives because of you.

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
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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
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Nick Macy
*Coordinator of Technology
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Krista McGoldrick
Director of Programs

Analee Olsson
*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 APRIL 2026

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

FEATURED SPOTLIGHT

THE LATE SHIFT WILL TAKE PLACE AT MONUMENT HALL FOR APRIL

The Late Shift will re-open Wednesday evenings for individual programs in April, which will take place virtually on Zoom or in person at Monument Hall, located at 1 Monument Drive (across the courtyard from the Suzanne Patterson Building).



– SPRING FUNDRAISER –

WE MAY BE RIGHT

Nationally-Touring Billy Joel Cover Band

Sunday, April 19, 7:00 p.m.

*(doors open at 6:30 p.m., dessert reception 8:30 p.m.)
at Stone Hill Church, 1025 Bunn Dr., Princeton, NJ*

Billy Joel tribute band We May Be Right, led by pianist and vocalist Karl Dietel, delivers an electrifying performance that re-creates the music of one of rock and roll's greatest keyboard players – Billy Joel. With an uncanny resemblance and remarkable precision on piano and vocals, Dietel and We May Be Right capture the iconic Long Island sound.

Featuring outstanding wit and enthusiasm, this dynamic five-member ensemble brings audiences all the beloved Piano Man hits—anthems, ballads, and deep tracks – with the same passion, stage presence, high energy, and fan engagement of a genuine Billy Joel concert.

Don't miss the chance to experience the magic of Billy Joel's impressive music and inspiring songwriting – a night filled with energy, nostalgia, and irresistible grooves. Stay for a sweet treat at the dessert reception.



Tickets:

<https://engage.cmaprinceton.org/2026-spring-fundraiser>

Sponsorships and Ads:

<https://engage.cmaprinceton.org/2026-spring-fundraiser-sponsorship>

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

ALL PROGRAMS APRIL 2026

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



ARTS & CULTURE

BEGINNERS ART WORKSHOP - SPRING QUARTER

(In-Person at SPB Location)

Tuesdays, April 7 through June 30, 2:00-4:00 p.m.

Fee: \$135 resident/\$150 nonresident

This class will guide you in the art of watercolor painting and help you appreciate the beauty in the world around you. Whether working on a still life, landscape, or portrait, you will learn to convey each scene through light, texture, and color.

Instructor: Christina Rang

BLOSSOM & BLING: A CHERRY-LICIOUS PAINT NIGHT

(In-Person at MH Location)

Thursday, April 30, 6:00-8:00 p.m.

Fee: \$25 resident/\$30 nonresident

Spring is calling... and she's wearing pink. Join us for an evening of petals, paint, and pure cherry joy as we celebrate the most magical season of the year. It's time to bling your cherry self and welcome the breath of blossoms into your life! Whether you're a seasoned painter or you haven't picked up a brush since grade school, this night is about color, creativity, and that sweet satisfaction of making something beautiful with your own hands. Come for the painting. Stay for laughter. Leave glowing – canvas in hand and blossom energy in your heart.

This is your invitation to step into spring, breathe in the beauty, and create something that feels like sunshine after winter.

FIRST FRIDAY FILM: "A REAL PAIN"

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

Friday, April 3, 1:00 p.m.

"A Real Pain" explores family, trauma, and self-discovery through the strained relationship of two cousins. Kieran Culkin delivers a widely praised, emotionally raw performance as Benji, while Jesse Eisenberg is recognized for authentic writing and direction. The film's

reflections on the Holocaust and its use of Chopin's music enrich the atmosphere, making it a poignant and thoughtful experience.

Genre: Drama/Adventure; Rated: R; Run

Time: 1 hour, 30 minutes

Rated R for language throughout and some drug use.

Registration required, no fee.

FULL CIRCLE PLAY READING PRESENTS:

DAVID LEE WHITE'S "PANTHER HOLLOW"

(In-Person at MH Location)

Wednesday, April 15, 4:00-6:00 p.m.

Fee: \$10

Full Circle Play Reading invites you to a special performance of "Panther Hollow." A play about freaking out and holding on.

Fresh from Off-Broadway's United Solo Festival, storyteller and monologist David Lee White will pull you "into a slice of his life so seductively that you feel each agonizing moment, laughing all the way"

– David Brown, "Princeton Packet."

Join us for an evening of theatre, followed by a talkback with the director and actor, David Lee White.

David Lee White is a performer and playwright. For fourteen years, he was the associate artistic director of Passage Theatre, and for the past three years, he has been the artistic director of OnStage. Selected works include "Ways to Be Happy," "Slippery as Sin," "Fixed," and "Blood," a comedy recently adapted into a feature film. His musical, "The Angry Grammarian," produced in Philadelphia (2025), was featured in "The New Yorker."

THE GOLDEN AGE OF RADIO (Zoom)

Thursdays in April, 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.

Registration required, no fee.

LIBRARY READS (Zoom)

Monday, April 6, 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.

GROUP/PROGRAM LOCATION KEY:

MH - Monument Hall Building

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 APRIL 2026

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

LIVE FROM THE PARIS OPERA HOUSE:

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

Friday, April 24, 1:30-5:00 p.m.; Fee: \$5

What happens when you trade a traditional biopic for a hypnotic, time-bending musical experience? You get Philip Glass's "Satyagraha" – a transformative opera that doesn't just retell history; it vibrates with it.

"Satyagraha" – Sanskrit for "truth force" – explores the roots of Gandhi's philosophy through a breathtaking fusion of sound and staging. Across three acts, the music connects the past to the future, drawing lines between Gandhi and three figures who share his ideological DNA. Leo Tolstoy: The philosopher whose correspondence shaped Gandhi's early thought. Rabindranath Tagore: The poet who championed his global vision. Martin Luther King Jr.: The civil rights leader who weaponized non-violence to change the world.

Now entering the Paris Opera repertoire, this production by Bobbi Jene Smith and Or Schraiber reimagines the work not as a museum piece, but as a visceral call to action. For them, it's a "forceful lesson that rings ever more true today" – reminding us that the quest for justice is never a static event, but a living, breathing rhythm.

This performance will stream live from the Paris Opera House and include English subtitles and two intermissions.

A MUSICAL AVIARY (Zoom)

Thursday, April 9, 12:00 p.m.

Fee: \$10 resident/\$15 nonresident

Just in time for spring, this class celebrates the long tradition of birdsong in classical music. We'll listen to works ranging from early vocal imitations to programmatic Baroque pieces, from Romantic nature portraits to modern compositions that incorporate actual field recordings. Along the way, you'll meet some of music history's most famous avian guests – cuckoos, nightingales, larks, cranes, goldfinches, and more – and discover how their songs helped shape the sound of classical music.

Instructor: Brenda Leonard has taught classical music related classes and courses at the Center for Modern Aging for many years, works at the Cape May Museum of Fine Arts & Popular Culture, and is a classically trained cellist.

THE PAINTER'S STUDIO - SPRING QUARTER

(In-Person at SPB Location)

Wednesdays, April 1 through June 24, 2:00-4:00 p.m.

Fee: \$135 resident/\$150 nonresident

Step into The Painter's Studio, a dynamic and inspiring class designed for painters ready to take their skills to the next level. This intermediate-level course is your

opportunity to refine techniques, experiment with new styles, and develop your unique artistic voice. Students to provide their own supplies. List available upon request. Instructor: Christina Rang

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

Wednesday, April 8, 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.

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

Every other Thursday, April 16 through June 25, 10:00-11:30 a.m.

Fee: \$60 resident/\$70 nonresident

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

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

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

WEDNESDAY NIGHT WATCH PARTY: "MAN ON THE RUN" (Hybrid - In-Person at MH Location and on Zoom)

Wednesday, April 8, 6:00-8:00 p.m.

Directed by Morgan Neville, this documentary chronicles Paul's life immediately after The Beatles' 1970 breakup. Using rare archival footage and never-before-seen home movies, it documents his retreat to rural Scotland and his creative rebirth with Wings. Centered on his partnership with Linda McCartney, it offers an intimate look at how he navigated intense public scrutiny to define his legacy as a solo artist. Genre: Musical Documentary; Rated: R; Run Time: 1 hour, 55 minutes
Rated R for language.
Registration required, no fee.

ALL PROGRAMS APRIL 2026

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THE WONDERS OF WORDPLAY – SPRING QUARTER

(Zoom)

Mondays, April 6 through June 29, 2:00 p.m.

(no meeting 5/25); Fee: \$10

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



DISCOVERY HUB

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

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. AARP volunteers who are certified by the IRS will be available to prepare and electronically file individual Federal and New Jersey State returns. These volunteer preparers are particularly familiar with tax regulations and rebate programs that affect seniors.

MEDICARE APPOINTMENTS

(In-Person at SPB Location)

Second and Fourth Friday of Each Month

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

INTRODUCTION TO USING YOUR WITS (Zoom)

Tuesday, April 28, 2:00-3:00 p.m.

Using Your Wits is a fun, interactive series on brain health and the lifestyle choices we need to adopt to optimize our cognition, now and in the future. In this introductory session, we will explore and define our cognitive skills, delve into the McCance Brain Care Score, and will finish with challenging and enjoyable cognitive fitness exercises, designed to stretch your thinking and boost mental agility.

Instructor: Lisa Bayer

Registration required; no fee.

DECLUTTER & DOWNSIZE WITH WALSH SENIOR SOLUTIONS

(Hybrid - In-Person at SPB Location

and on Zoom)

Monday, April 20, 11:00 a.m.-noon

Designed to support older adults in simplifying their homes and transitioning to a smaller, more comfortable living space, this program offers practical decluttering strategies paired with compassionate, step-by-step guidance. In addition to downsizing tips, John Walsh will share helpful insights on preparing your home for real estate photography and staging, helping you present your space in its best light if selling is part of your plan.

Whether you're preparing for a move or simply hoping to create a more organized and manageable home, you'll learn how to sort belongings thoughtfully, preserve what matters most, and confidently let go of the rest.

Start your next chapter with clarity, confidence, and a fresh, clutter-free – and well-presented – space. Instructor: John Walsh

Registration required, no fee.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in April, 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.



ALL PROGRAMS APRIL 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, April 1, 10:00–11:00 a.m.
- Wednesday, April 15, 10:00–11:00 a.m.
- Wednesday, April 29, 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, April 8, 10:00–11:00 a.m.
- Wednesday, April 22, 10:00–11:00 a.m.

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 Learn to Play Pickleball!

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, April 1, 11:00 a.m.–1:00 p.m.
- Wednesday, April 8, 11:00 a.m.–1:00 p.m.
- Wednesday, April 15, 11:00 a.m.–1:00 p.m.
- Wednesday, April 22, 11:00 a.m.–1:00 p.m.
- Wednesday, April 29, 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



HEALTH & WELLNESS

AGELESS GRACE (In-Person at MH Location)

Wednesday, April 15 and April 29, 6:00–7:00 p.m.

Friday, April 10 and April 24, 10:00–11:00 a.m.

Fee: \$5 per session

Grab a seat and keep your brain young and your body moving! This revolutionary group exercise program is 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, effective movements ("tools") while seated.
Instructor: Allyson Toth

CHAIR MOVES & GROOVES (Zoom)

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

Fee: \$60 resident/\$70 nonresident

THE FELDENKRAIS METHOD - SPRING QUARTER

(In-Person at SPB Location)

Tuesdays, April 7 through June 23, 10:00 a.m.

Fee: \$90 resident/\$100 nonresident

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

ALL PROGRAMS APRIL 2026

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

MEDITATION FOR MIND-BODY BALANCE - SPRING QUARTER (Zoom)

Mondays, April 6 through June 29, 10:00 a.m.
(no meeting 5/25)

Fee: \$90 resident/\$100 nonresident

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

Instructor: Joy Cline-Okoye

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in April, 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 - SPRING QUARTER

(In-Person at SPB Location)

Tuesdays, April 7 through June 23, 11:00 a.m.

Fee: \$90 resident/\$100 nonresident

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

Instructor: Jaclyn Boone

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, April 7 through May 12 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 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 SPRING QUARTER

(In-Person at SPB Location)

Tuesdays, April 7 through June 23, 11:00 a.m.

Fee: \$90 resident/\$100 nonresident

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

Instructor: Rich Lund

YOGA FOR PAIN MANAGEMENT - SPRING QUARTER

(Zoom)

Thursday, April 9 through June 25, 10:00 a.m.

Fee: \$90 resident/\$100 nonresident

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

Instructor: Danalee Gascon

ALL PROGRAMS APRIL 2026

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



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.

Leader: Contact brucewallman@gmail.com for more information.

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

Mondays, April 6 through June 1, 2:00-3:00 p.m.

(no meeting 5/25); Fee: \$15

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

Instructor: Joan Kuskin

SPANGLISH FOR RETURNING LEARNERS

(In-Person at SPB Location)

Thursdays, April 9 through May 28, 10:30 a.m.-noon

Fee: \$45

This eight-week class is perfect for learners who have some prior experience with Spanish, especially those who have previously taken classes with Karen or want to continue building on what they know. You'll review and expand your foundational vocabulary, grammar, and conversation skills through stories, games, and lighthearted practice. It is a friendly space to refresh your Spanish, gain confidence, and keep learning in a fun and relaxed setting.

Instructor: Karen Voorhees



SOCIAL CONNECTIONS

Programs

MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION - "OPPENHEIMER AND PRINCETON"

(Hybrid - In-Person MH Location and on Zoom)

Friday, April 17, 10:00 a.m.-noon

Would you like to learn more about Princeton's role

in J. Robert Oppenheimer's life and the development of the atomic bomb? Inspired by Christopher Nolan's award-winning film, Eve Mandel of the Historical Society of Princeton will showcase the places where Oppenheimer lived and worked in Princeton (some seen in the film), share stories about the local academics recruited to work on the Manhattan Project, and provide additional context not explored in the movie.

All are welcome.

Registration required, no fee.

PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH IN CONVERSATION WITH MARILYN ARONBERG LAVIN

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

Wednesday, April 22, 5:00-6:30 p.m.

Fee: \$5

What does a lifetime of looking closely at art teach us about peace?

In this special edition of People & Peace, we welcome Marilyn Aronberg Lavin – distinguished art historian, former professor at Princeton and Yale, and award-winning scholar of Italian Renaissance art.

Drawing from her memoir "One Life for Two" and her decades of groundbreaking work – including her celebrated studies on Piero della Francesca and the nationally recognized Morey Award – Marilyn reflects on intellectual independence, creative partnership, and the quiet resilience required to build a meaningful life in the arts.

Join us for an intimate and intergenerational conversation on legacy, curiosity, and the subtle ways art teaches us to live with depth, clarity, and peace.

TRIVIA FEST (In-Person MH Location)

Wednesday, April 8, 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.

Groups

AGING GAILY (LGBTQ+)

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

Monday, April 20 at 2:30 p.m.

(Usually third Monday of each month)

A welcoming community where LGBTQ+ older adults gather weekly for social activities, friendship, and support in a safe, affirming space. Looking for connection or conversation? You'll find camaraderie with others who share your journey. Registration required, no fee.

APRIL 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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.

1
 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 (MH)

2
 10:00 Cosmology (SPB-H)
 4:00 Golden Age of Radio

3
 10:00 Women in Retirement Coffee Klatch
 1:00 First Friday Film: "A Real Pain" (SPB-H)
 1:00 Special Connections: Parents of Adults with Unique Needs (MH-H)
 1:00 Table Tennis (SPB)

6
 10:00 Meditation for Mind-Body Balance
 1:00 Library Reads
 1:00 Table Tennis (SPB)
 1:30 iPad for Beginners (SPB)
 2:00 Let's Talk English - ESL (SPB)
 2:00 The Wonders of Word Play
 3:00 Clearing Spaces

7
 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

8
 10:00 Pickleball Play with the Pro - AB (SPB)
 11:00 Next Chapter: Widows and Widowers (MH-H)
 11:00 Pickleball Prep & Play (SPB)
 2:00 The Painter's Studio (SPB)
 3:00 PingPongParkinson (SPB)
 3:30 Let's Talk (MH)
 5:30 Pop-up Art Studio (SPB)
 6:00 Wednesday Night Watch Party: "Man on the Run" (MH-H)
 6:30 Trivia Fest (MH)

9
 10:00 Cosmology (SPB-H)
 10:00 Memory Café (MH)
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning Learners (SPB)
 12:00 A Musical Aviary
 2:00 OnStage Seniors (MH)
 4:00 Golden Age of Radio
 4:00 ¡Se Habla Español! Charlas Del Corazón

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

11 SATURDAY, APRIL 11
 10:00 Forget-Me-Not: Dementia Caregivers (SPB-H)

13
 10:00 Meditation for Mind-Body Balance
 11:00 Pelvic Health and Stability (SPB-H)
 1:00 Table Tennis (SPB)
 2:00 Let's Talk English - ESL (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (SPB)
 3:00 Clearing Spaces

14
 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)

15
 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 (MH)
 4:00 Full Circle Play Reading: "Panther Hollow" (MH)
 6:00 Ageless Grace (MH)
 6:00 Special Connections Gathering (MH)

16
 10:00 Cosmology (SPB-H)
 10:00 Time to Tell Your Story: Memoir Writing Workshop
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning Learners (SPB)
 11:00 How to Youtube Like a Pro
 2:00 OnStage Seniors (MH)
 3:00 Early-Stage Memory Loss Support (SPB-H)
 4:00 Golden Age of Radio

17
 10:00 Men & Women in Retirement Special Presentation (MH-H)
 1:00 Table Tennis (SPB)
 2:30 Transition to Retirement (SPB-H)

19 SUNDAY, APRIL 19
 7:00 P.M. CMAP's Spring Fundraiser Concert (Stone Hill Church, 1025 Bunn Dr.)

21
 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)

22
 10:00 Pickleball Play with the Pro - AB (SPB)
 11:00 Next Chapter: Widows and Widowers (MH-H)
 11:00 Pickleball Prep & Play (SPB)
 2:00 The Painter's Studio (SPB)
 3:00 PingPongParkinson (SPB)
 3:30 Let's Talk (MH)
 5:00 People & Peace Talk Show (MH-H)

23
 10:00 Cosmology (SPB-H)
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning Learners (SPB)
 2:00 OnStage Seniors (MH)
 4:00 Golden Age of Radio

24
 10:00 Ageless Grace (MH)
 10:00 Women in Retirement Coffee Klatch
 11:00 (Nǐ Hǎo!) Chinese Conversation & Friendship Group (MH)
 1:00 Table Tennis (SPB)
 1:30 Live from the Paris Opera House: "Satyagraha" (SPB-H)
 2:00 Alternatives to Microsoft Office

20
 10:00 Meditation for Mind-Body Balance
 11:00 Bereavement
 11:00 Declutter and Downsize (SPB-H)
 1:00 Table Tennis (SPB)
 2:00 Let's Talk English - ESL (SPB)
 2:00 The Wonders of Word Play
 2:30 Aging Gaily (MH-H)
 3:00 Café Français (SPB)
 3:00 Clearing Spaces

28
 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 Games Day (SPB)
 2:00 Beginner's Art Workshop (SPB)
 2:00 Introduction to Using Your Wits
 2:00 Keep It Safe: Password Managers

29
 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 (MH)
 6:00 Ageless Grace (MH)

30
 10:00 Cosmology (SPB-H)
 10:00 Time to Tell Your Story: Memoir Writing Workshop
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning Learners (SPB)
 2:00 OnStage Seniors (MH)
 4:00 Golden Age of Radio
 6:00 Blossom & Bling: A Cherry-licious Paint Night (MH)

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

ALL PROGRAMS APRIL 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 Location)

Wednesdays in April, 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 April, 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:

April 7 – Greg Luklanoff: Let's get real about free speech

April 14 – Manoush Zomorodi: Sitting all day is killing you - here's what to do about it

April 21 – Frances Frel: How to build (and rebuild) trust

April 28 – Anshul Tewari: Want to make change? Let young people tell their stories

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, April 17, 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: SPRING QUARTER

(In-Person at SPB Location)

Mondays, April 13 through June 29, 3:00 p.m.

(no meeting on 5/25)

Fee: \$155

Bonjour! Join us for relaxed French language conversation focused on pronunciation, vocabulary building, and grammar enrichment. All levels are welcome – come practice and grow your skills in a friendly, supportive setting.

你好! (Nǐ Hǎo!) CHINESE CONVERSATION & FRIENDSHIP GROUP (In-Person at MH Location)

Friday, April 24, 11:00 a.m.-noon

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

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, April 9, 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.

ALL PROGRAMS APRIL 2026

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



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, April 20 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, April 7 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 April, 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, April 16, 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, April 11 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 MH Location)

Thursday, April 9 at 10:00 a.m.

(Usually the second Thursday 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. This is a place to have fun together, talk with others who understand what you're going through, and an opportunity to try something new! Please note: Usually second Thursday of each month

Registration Required, no fee.

NEXT CHAPTER: WIDOWS AND WIDOWERS

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

Wednesday, April 8 and April 22 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 MH Location and on Zoom)

Friday, April 3 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 MH Location)

Wednesday, April 15 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 APRIL 2026

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



DIGITAL LITERACY

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

ALTERNATIVES TO MICROSOFT OFFICE (Zoom)

Friday, April 24, 2:00-4:00 p.m.

Discover free alternatives to Microsoft Office! Our AmeriCorps members will guide you through Google Workspace, LibreOffice, and WPS Office, showing you how to create documents, spreadsheets, and presentations without the cost. This workshop provides a broad overview of each tool to help you choose the best fit. Afterward, you can schedule one-on-one



coaching for personalized help to build your skills and confidence!

Instructor: The Digital Literacy AmeriCorps Team
Registration Required, no fee.

KEEP IT SAFE: PASSWORD MANAGERS (Zoom)

Thursday, April 28, 2:00-3:00 p.m.

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

Instructor: Yash Keshavpatnam
Registration Required, no fee.

HOW TO YOUTUBE LIKE A PRO (Zoom)

Thursday, April 16, 11:00 a.m.-12:00 p.m.

Master the world's largest video library! We'll guide you through creating an account, subscribing to channels, and finding helpful content for any hobby. Crucially, we'll also teach you how to identify low-quality videos and avoid frustrating "clickbait." Learn to spot reliable sources and navigate with confidence so you can enjoy the best of YouTube while skipping the noise!

Instructor: Lori Ingwerson
Registration Required, no fee.



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!

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

Akin Care Senior Services, First Light Home Care, Homewatch CareGivers, NightingaleNJ Eldercare Navigators, Peapack Private Bank & Trust, Princeton Federal Credit Union, Springpoint At Home, Stark & Stark Attorneys at Law



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**

Dealing With Spam

It's annoying, intrusive, and unwanted. "Unsubscribing" won't stop it. Here are some tips that will help you deal with spam in your Inbox.

In a famous 1970 sketch from *Monty Python's Flying Circus*, Viking customers in a café discover that every item on the menu contains Spam – Hormel's enigmatic ham+pork+etc. food-like substance introduced in 1937. They began to chant "Spam, spam, spam, spam..." overwhelming all normal conversation.

Early 1990s internet bulletin board users were looking for a word to describe messages that were repetitive, unwanted, and that drowned out real discussion, and – harking back to the *Flying Circus* days– adopted the term "spam" to describe junk email that clogs our Inbox.

When the internet was commercialized in the mid-1990s, spam email quickly became rampant. And it's been rampaging¹ every since.

How Email Systems Detect Spam

You may not believe it, but email providers use spam detectors to filter your incoming email stream. These detectors look for key phrases, such as "Make \$5000/Week in Gefilte Fish Futures" or "Kiss Your Hemorrhoids Goodbye." They also look for strange punctuation, odd font use, and emails originating from known spam sites.



Susan's spam filter is somewhat weak.

Many email providers also learn from you – noting when you mark emails as "spam" or "junk" or deleting unread emails from certain senders. Of course, this isn't perfect. Some legitimate emails get unceremoniously tagged as spam and cast into your "junk" mailbox, and some spam sneaks through.

Spam "Don'ts"

Don't Open the Spam Email. While simply opening an email isn't inherently dangerous, spammers may be able to tell that you're reading their spam. It's best to mark the email as junk and delete it. But if you open it...

Don't unsubscribe. That tells the spam sender that you are reading their emails, and the "Unsubscribe" button may be a link to a nefarious website. You can, of course, unsubscribe from emails associated with an account you set up or software you installed.

Don't Click on Embedded Pictures or Graphics. Spammers can also tell you're reading their emails when you click on embedded pictures or other graphics. Many email programs won't load those graphics for this reason.

Filter Your Email

Some email services and applications (e.g., Apple Mail and Outlook) allow you to filter specific emails into a Junk folder or Trash. I filter mail from "Joke of the Day" and "National Circus" directly to Trash because that's the only way I can deal with them.

Unfortunately, spam is a part of the internet landscape. It's sort of like kudzu. The best we can do is keep it trimmed.

If you need help with your email, just click "Tech Help" at the bottom of our website's home page or request help from our tech team at: <https://engage.cmaprinceton.org/tech-help>.

¹ This isn't a word. It should be.

INTRODUCING CMAP DISCOVERY HUB ONLINE!

Discovery Hub Online

Each month, CMAP sponsors and community partners share valuable advice, practical guidance, and timely information through our Discovery Hub programming, offered in person, hybrid, and virtually.

Whether you are seeking insights on financial planning, insurance, technology, home care, health care, or caregiving best practices, the CMAP Discovery Hub is a trusted, free resource for older adults in the greater Princeton community and beyond.

Recent and upcoming topics include Pelvic Health, Aging Eyes, Using Your Wits, and Spring Decluttering, as well as important conversations on Veterans Benefits, End-of-Life and Estate Planning, and Ask the Sleep Therapist. Our goal is to provide relevant, expert-led programs that support informed decision-making and enhance quality of life.

Select Discovery Hub programs are now available online, making it even easier to access this valuable content at your convenience. Visit: <https://cmapprinceton.org/discovery-hub-online/> to explore current and archived programs.

CMAP Discovery Hub programming is made possible through the generous support of our Annual Sponsors and Corporate Partners. To learn more about joining this growing community of partners, please contact Wendell Collins at wcollins@cmapprinceton.org.

We look forward to continuing to connect our community with trusted experts – now both in person and online.

APRIL FEATURED SPONSORS



Trusted Caregivers Serving Princeton, Kendall Park,
Somerset and Piscataway
firstlighthomecare.com



Theological Education for Today's World
ptsem.edu



The care you want, in a place that's
comfortable and familiar
springpointathome.org



The Elder Care and Estate Planning help you need
vandyckfirm.com

CMAP WELCOMES NEW ANGEL AND DIAMOND ANNUAL SPONSORS

The Center for Modern Aging Princeton (CMAP) is pleased to welcome several new partners to its Annual Sponsor program. These organizations have joined as Angel and Diamond Sponsors, demonstrating their commitment to supporting older adults and strengthening our community.

CMAP is proud to recognize **NightingaleNJ Eldercare Navigators** as a new **Angel Sponsor (\$10,000+)**. In addition, **FirstBank Charitable Foundation** and **Springpoint Choice** have joined the program as **Diamond Sponsors (\$5,500)**. Their generous support helps make it possible for CMAP to expand programs and services that benefit adults age fifty-five and older throughout the region.

CMAP's Annual Sponsorship program offers organizations an opportunity to enhance brand awareness while demonstrating a meaningful commitment to community well-being. Sponsors gain visibility among active older adults, caregivers, families, and community influencers across Central New Jersey, Bucks County, and surrounding areas.

The underwriting support of these sponsors plays a vital role in sustaining CMAP's mission. Their contributions help provide essential social services, compassionate guidance for families, dynamic lifelong learning opportunities, and meaningful volunteer engagement—ensuring that older adults can remain active, healthy, and connected.

To learn more about CMAP's sponsorship opportunities, please contact Wendell Collins at wcollins@cmaprinceton.org or visit the [CMAP Sponsorships Opportunities webpage](#).



nightingalenj.com



myfirstbank.com



springpointchoice.org

SAVE THESE DATES FOR CMAP ANNUAL EVENTS

Date	Event
Sunday, April 19, 7:00-9:00 p.m.	Spring Fundraiser Concert, Stone Hill Church
Tuesday, June 2	Summer Community BBQ - SPB
Wednesday, June 10	Patriotic Brass Concert - NJ Symphony - free to community
Thursday, September 10	CMAP Fala Fundraising Gala - NSK
Fall TBD	Symposium on Ageism
Wednesday, December 9	Holiday "Winter Wonderland" Bash - SPB

THANK YOU TO OUR CMAP VOLUNTEERS



HUNDREDS OF VOLUNTEERS. ONE SHARED PURPOSE.

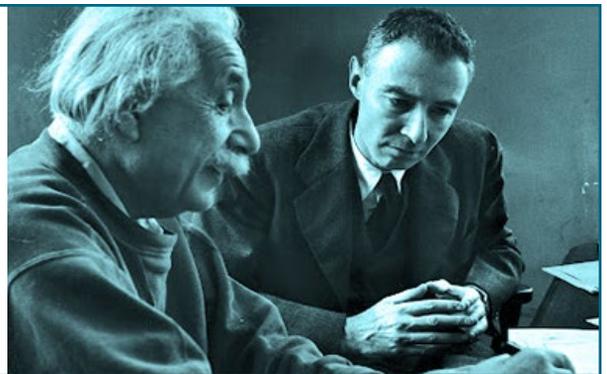


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MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION -
"OPPENHEIMER AND PRINCETON"
(HYBRID - IN-PERSON MH LOCATION AND ON ZOOM)
FRIDAY, APRIL 17, 10:00 A.M.-NOON

SEE PAGE 10 FOR DETAILS.



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

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Always Best Care Senior Services
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And to our individual donors who along with our sponsors make our programs & services possible.

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