

**ONSTAGE SENIORS
OPENING PERFORMANCE**
(IN-PERSON AT MH LOCATION)
THURSDAY, MAY 7, 3:00-4:30 P.M.

SEE PAGE 5 FOR DETAILS.



SPRINGFEST AT CMAP

**20
26.**

- COMMUNITY
- MUSIC
- ART
- PROGRAMS

SPRINGFEST AT CMAP
(IN-PERSON AT SPB LOCATION)

WEDNESDAY, MAY 6, 3:00-5:00 P.M.
SEE PAGE 4 FOR DETAILS.



**DANCE OF SPRING:
CELEBRATING ASIAN HERITAGE**
(IN-PERSON AT MH LOCATION)

WEDNESDAY, MAY 13, 6:00-7:00 P.M.

SEE PAGE 4 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

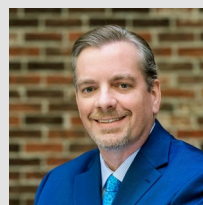
45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call CMAP for hours

info@cmaprinceton.org
cmaprinceton.org

*A nonprofit organization
serving our community*

BOARD OF TRUSTEES

- Kathy Ales
- Brad Bartolino
- Nancy H. Becker
- Donald Benjamin
- J. Robert Bratman
- Philip Carchman
- Suresh Chugh
- Kathy Flicker
- Ruth Goldston
- Iona Harding
- Michael Kenny
- Sandy Kurinsky
- Harold Kuskin
- Barbara Lawrence
- Josh Lichtblau
- Lance Liverman
- David Loevner
- Sonali Pathirana
- Rhona Porter
- Jane Silverman
- Michele Tuck-Ponder



FROM THE CEO, DREW DYSON

A LEGACY RENEWED: INTRODUCING SILVER CENTURY INSIGHTS

Dear Friends,

Some ideas are so important, so necessary, that they deserve to live on and grow. Today, we are proud to share one such idea with you.

This month, CMAP launches Silver Century Insights, a new section of our website that builds on the remarkable legacy of the Silver Century Foundation’s publication and carries this portion of its vital mission forward. It is a resource for anyone who believes growing older is not something to be feared or denied, but embraced, celebrated, and planned for with intention and optimism.

Honoring a Visionary Legacy

The Silver Century Foundation was founded in 2002 by Kay Klotzburger, a visionary leader who understood something that much of society was not yet ready to hear: ageism is one of the most pervasive and damaging forms of bias in our culture, and confronting it honestly could help all of us live longer, healthier, and more fulfilled lives.

For more than two decades, the Foundation shone a bright light on entrenched societal ageism. It challenged stereotypes, encouraged dialogue between generations, and advocated for thoughtful planning for the second half of life. Through its web publication, readers could access a rich trove of resources spanning health and wealth, living arrangements, end-of-life planning, and the arts, all grounded in the conviction that growing older is not an inevitable decline but the fulfillment of a whole life.

Kay’s work was pioneering. Her belief that we could, and should, dare to celebrate all aspects of growing older was both countercultural and deeply humane. It is a belief that CMAP shares wholeheartedly, and it is the foundation upon which Silver Century Insights is built.

We at CMAP are excited to remain partners with the Silver Century Foundation as it continues its other important work through grant-making and other critical projects.



Introducing Silver Century Insights

Silver Century Insights hopes to carry forward the resourcing portion of the Silver Century Foundation's meaningful work and bring it into a new chapter.

Building on Kay's legacy, Silver Century Insights promotes a positive view of aging by challenging entrenched stereotypes, sparking intergenerational dialogue, and empowering people to embrace the second half of life. Its mission is to educate and inspire everyone, of every age, to live long, healthy, and empowered lives.

The new website offers thoughtfully curated content across a range of issues that matter deeply to older adults and those who love them. It amplifies the voices of scholars, activists, and advocates. It highlights books, films, and arts that offer affirming, age-positive perspectives. And it provides a platform for the kind of honest, curious, and courageous conversation about aging that Kay Klotzburger has spent decades championing.

Why This Matters Now

We are living longer than any generation before us. That is, by any measure, a remarkable achievement. And yet our culture has been slow to catch up. Ageism remains stubbornly present in our workplaces, our media, and even in the way we talk to and about older adults. Too many people arrive at the second half of life without the tools, the perspective, or the community they need to thrive.

At CMAP, we believe that changing this requires more than good intentions. It requires sustained effort, honest dialogue, and a genuine commitment to seeing older adults as they are: experienced, capable, curious, and full of possibility.

Silver Century Insights is one expression of that commitment. It is a place where people of all ages can come to learn, to be challenged, and to be inspired. Where intergenerational connections are not just encouraged but celebrated. Where the question is never "how do we slow down aging?" but rather "how do we live as well as possible, for as long as possible?"

An Invitation

We invite you to visit Silver Century Insights at <https://cmaprinceton.org/silver-century-insights> and to share it widely with friends, family members, and colleagues of all ages. This resource is for everyone, because aging is something we are all doing, every single day.

As we launch this new chapter, we carry Kay Klotzburger's vision with gratitude for everything she built and excitement for all that is still to come.

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

CMAP STAFF

Drew A. Dyson, PhD
Chief Executive Officer

Donna Cosgrove
*Chief Operating Officer
& Director of Social Services*

Wendell Collins
Chief Development Officer

Kathleen Whalen
Chief Communications Officer

Leticia Almeida, MSW, LCSW
Social Worker: Education Coordinator

Fran Angelone
Crosstown Coordinator

Lisa Bayer
*Community Social Worker
& Dementia Specialist*

Erin Burke
Communications Assistant

Cathy Gara
Bookkeeper & HR Coordinator

Cheryl Gomes
Development Associate

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

Ella Leving
*Director of AmeriCorps
& Volunteer Engagement*

Nick Macy
*Coordinator of Technology
& Digital Literacy*

Krista McGoldrick
Director of Programs

Analee Olsson
*Development Associate:
Donor & Community Relations*

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

Andrea Schwarz
*Program Associate:
Suzanne Patterson Building*

Joe J. Szalecki
Programs Assistant

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 MAY 2026

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

FEATURED SPOTLIGHT

THE LATE SHIFT WILL TAKE PLACE AT MONUMENT HALL FOR MAY

The Late Shift will take place Wednesday evenings throughout May, with individual programs held either virtually on Zoom or in-person at Monument Hall.



SPRINGFEST AT CMAP (In-Person at SPB Location)

Wednesday, May 6, 3:00-5:00 p.m.

CMAP SpringFest is a celebration of art, music, good food, and the community that makes it all possible. Walk through Artists Lane and experience a curated collection of original mixed-medium works from artists who are part of the CMAP family. Listen to live music, enjoy artistically inspired refreshments, and connect with working artists as they bring new creations to life. Contribute to our Community Art Project and discover how CMAP is woven into the fabric of our community – then learn how you can weave yourself in too. Talk to us about programs, volunteering, and ways to get involved. We'd love to have you.

Registration required, no fee.

DANCE OF SPRING: CELEBRATING ASIAN HERITAGE

(In-Person at MH Location)

Wednesday, May 13, 6:00-7:00 p.m.

Fee: \$10

Come celebrate Asian Heritage Month with a beautiful evening of traditional Chinese dance! Experience the colors of spring, graceful movement, and the spirit, beauty, and passion of a rich cultural tradition. The Singyee Dance Group will share inspiring performances that bring the elegance of Chinese dance to life while celebrating connection, culture, and community. Join us for an uplifting hour filled with artistry, joy, and a glimpse into the beauty of Chinese culture. We can't wait to celebrate together!

EXPLORE THE GUGGENHEIM: LIVE VIRTUAL ARCHITECTURE TOUR (Zoom)

Wednesday, May 6, 6:00-7:00 p.m.

Fee: \$10

Step inside a masterpiece of modern architecture in this immersive virtual tour of the Solomon R. Guggenheim Museum where we invite you to navigate Frank Lloyd Wright's iconic spiral gallery, offering a front-row seat to one of the world's most celebrated art collections.



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

CINCO DE MAYO, FOR REAL (In-Person at MH Location)

Tuesday, May 12, 4:00-5:30 p.m.

Fee: \$8

This Cinco de Mayo, we're keeping the fun – but also going a little deeper.

Beyond the music and color, this day traces back to an unexpected victory in Puebla, when a small Mexican army overcame the odds. It's a story of strength, courage, and what's possible when people come together in the face of adversity – a spirit that still lives on today.

So yes... expect good vibes, color, and a joyful atmosphere – but also a chance to connect, share stories, and see this celebration in a new light.

Come for the celebration – stay for the conversation.

ALL PROGRAMS MAY 2026

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

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

From the soaring heights of the sun-drenched oculus to the intimate alcoves housing works by masters like Kandinsky and Picasso, you'll experience the "temple of spirit" in breathtaking high-definition. Whether you're looking to study the building's unique geometry or simply find a moment of creative zen, this digital journey provides an intimate, crowd-free perspective on art and design that transcends the physical walls of Manhattan.

FRIDAY FILM: OSCAR WINNER "ONE BATTLE AFTER ANOTHER" (Hybrid - In-Person at SPB Location and on Zoom)

Friday, May 1, 1:00 p.m.

Some stories don't just move you – they change the way you see the world. "One Battle After Another," this year's Academy Award winner for Best Picture, is exactly that kind of film. Bold, unrelenting, and deeply human, it follows one man's journey through the landscapes of war, memory, and resilience – a story about what we carry with us, and what we refuse to put down.

Directed with stunning precision and anchored by a career-defining performance, this is the film that captivated audiences and critics alike, earning its place among the most celebrated films of our time.

Rated: R; Genre: Drama/Action Thriller;

Run Time: 2 hours, 41 minutes

Rated R for language throughout and some drug use.

Registration required, no fee.

THE GOLDEN AGE OF RADIO (Zoom)

Thursdays in May, 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, May 4, 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.

LIVE FROM WIENER STAATSOPER: "EUGEN ONEGIN"

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

Thursday, May 28, 1:00–4:05 p.m.

Fee: \$5

Experience the raw emotion of Tchaikovsky's "Eugene Onegin," broadcast LIVE from the legendary Wiener Staatsoper. From the innocent yearning of Tatyana's letter to the cold crack of a dueling pistol, witness a story where passion and pride collide on the world's most prestigious stage.

Runtime: 3 hours and 5 minutes with one thirty-minute intermission, English subtitles available.

ONSTAGE SENIORS OPENING PERFORMANCE – "LESSONS LEARNED AND UNLEARNED"

(In-Person at MH Location)

Thursday, May 7, 3:00–4:30 p.m.; Fee: \$5

OnStage Seniors, now in its nineteenth year, kicks off its 2026 season with "Lessons Learned and Unlearned." The eighteen-member OnStage Ensemble, all aged fifty-five and older, presents original monologues and scenes inspired by interviews with local residents. Directed by David Lee White, these heartfelt and humorous vignettes explore life's triumphs, challenges, setbacks, and successes through the lens of the 55+

SAVE THE DATE CMAP SUMMER BLOCK PARTY BBQ (IN-PERSON AT SPB LOCATION) WEDNESDAY, JUNE 3, 1:00–3:00 P.M.

Kick off summer with CMAP at our Block Party & BBQ! Join us on Wednesday, June 3, from 1:00–3:30 p.m. for an afternoon of great food, music, and easygoing fun with friends old and new. For just \$5, enjoy classic BBQ favorites, lively conversation, and a festive community vibe – you won't want to miss it!



ALL PROGRAMS MAY 2026

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

experience. A lively post-show discussion with the audience will follow the performance, concluding with a reception.

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

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

Wednesday, May 13, 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.

REEL TALK: "BIRDERS" (In-Person at SPB Location)

Wednesday, May 13, 1:00-2:15 p.m.

What happens when a passion for birds transcends one of the most contested borders in the world? Join us for a screening of the documentary "Birders," which follows birdwatchers on both sides of the U.S.-Mexico border who share a love of nature that knows no boundaries. After the film, we'll gather for a guided discussion exploring the intersection of wildlife, culture, and communities that cross borders.

Rated: Not Rated; Genre: Documentary/Short;

Run Time: 37 minutes

Registration required, no fee.

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

WEDNESDAY NIGHT WATCH PARTY: "HAMNET"

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

Wednesday, May 20, 6:00-8:00 p.m.

From director Chloé Zhao comes a breathtaking portrait of grief, love, and the stories we tell to survive it. Set in Elizabethan England, "Hamnet" follows Agnes – the fiercely independent wife of a young William Shakespeare – as she grapples with unimaginable loss after the death of her son. A deeply human story about the enduring power of a mother's love and the way sorrow can be transformed into art.

Rated: PG-13; Genre: Historical Drama;

Runtime: 1 hour and 58 minutes

Registration required, no fee.

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.



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.

ALL PROGRAMS MAY 2026

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

Programs

iLEARN THE iPHONE (In-Person at MH Location)

Thursday, May 28, 11:00 a.m.-12:30 p.m.

Join us for a 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 instructors will stay for additional time for some comprehensive Q&A 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.

iPHONE ACCESSIBILITY (Zoom)

Friday, May 15, 11:00 a.m.-noon.

Did you know your iPhone has built-in features to make it easier to see, hear, and use? Join our Digital Literacy team for a deep dive into iPhone Accessibility. We'll show you how to customize text size, use Magnifier, enable VoiceOver, and set up shortcuts that work for you. Whether you want to reduce eye strain or simplify navigation, come discover how to make your iPhone fit your unique needs!

Registration Required, no fee.

STAY CONNECTED: MASTERING WHATSAPP & SIGNAL (In-Person at SPB Location)

Friday, May 8, 11:00 a.m.-noon.

Want a safer, easier way to message and video call your loved ones? Join our digital literacy team to learn the ins and outs of popular communication apps like WhatsApp and Signal. We'll show you how to send messages, share photos, and make secure calls with ease. Bring your device and your questions – staying in touch with family and friends has never been simpler!

Registration Required, no fee.



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

MEDICARE APPOINTMENTS

(In-Person at 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!

AGING WITH DIGNITY: FIVE WISHES FOR ADVANCE CARE PLANNING (Hybrid – In-Person at SPB Location and on Zoom)

Thursday, May 14, 1:00-2:00 p.m.

Seventy percent of Americans nearing the end of their lives are unable to make decisions about their own healthcare. In this one-hour presentation, Paul Knight will discuss the benefits of Advance Care Planning, which involves discussing and documenting end-of-life healthcare preferences ahead of time. Everyone who attends will receive a complimentary copy of "Five Wishes," a valuable tool for facilitating this process.

About "Five Wishes": "Five Wishes" is a widely respected document template created by the nonprofit organization Aging with Dignity. It guides individuals in documenting their preferences for end-of-life care. Once completed, it is a legal advance directive, and also addresses comfort care, personal relationships, and messages to loved ones. Its comprehensive and compassionate approach has led some to call it "the advance directive with a heart and soul."

Facilitator: Paul Knight has many years of experience leading seminars and workshops on various topics and is certified by the non-profit organization Aging with Dignity to give talks on advance care planning and "Five Wishes." He is also the facilitator of the Transition to Retirement group at CMAP. Registration is required, no fee.

WALKING FOR HEALTH (In-Person at SPB Location)

Wednesday, May 6, 11:00 a.m.-noon.

Whether you're new to walking, a "veteran" daily walker, or somewhere in between, this presentation will provide you with help and insight into walking as a simple and inexpensive way to increase your physical activity level and improve your overall health. Topics covered include the health benefits of walking, suggestions on how to

ALL PROGRAMS MAY 2026

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

begin a walking program, and recommendations to help you find the right walking shoe that best fits your unique needs. We'll be sure to save time at the end for any questions you may have. We look forward to seeing you there.

Instructor: Bob Perkins

Registration required, no fee.

WOMEN, MEMORY, AND CAREGIVING: UNDERSTANDING DEMENTIA'S IMPACT

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

Wednesday, May 20, 11:00 a.m.-noon

Join Jenna Noecker from Alzheimer's New Jersey, hosted by Artis Senior Living, for an informative program exploring the unique connection between women's health and memory care. Women are disproportionately affected by dementia – not only as those more likely to be diagnosed, but also as primary caregivers for loved ones living with cognitive decline.

This session will cover early warning signs of dementia, environmental risk factors, and the emotional and physical impact of caregiving. Participants will also learn practical mindfulness and wellness strategies to support caregivers and promote overall well-being.

Registration required, no fee.



GAMES DAY (In-Person at SPB Location)

Tuesdays in May, 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.



CHAIR MOVES & GROOVES (Zoom)

Tuesdays, May 5 through June 23, 1:00-2:00 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

CORNHOLE MEET UP (In-Person at SPB Location)

Fridays, May 1 through May 29, 11:00 a.m.-noon

Cornhole is a social, low-impact version of horseshoes where anyone can play and everyone has a blast.

This sport is easy on the joints, great for hand-eye coordination, and even better for conversation.

Join us for weekly meetups for all skill levels! We'll hang out, go over the basics for first-timers, and keep the boards rotating so everyone gets a turn. Come for the game, stay for the community, the tunes, and fun.

Instructor: Jasenia Casiano

Registration is required. Admission is free.

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

MORNING MEDITATION (Zoom)

Mondays, May 4 through June 29, 10:00-11:00 a.m.

(no meeting 5/25)

Fee: \$60 resident/\$70 nonresident

Experience a modern approach to deep rest and mindfulness designed to restore balance and vitality.

This guided meditation practice combines breath awareness, gentle body scanning, and evidence-based relaxation techniques to quiet the mind and calm the nervous system. Each 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 May, 3:00-4:30 p.m. (no meeting 5/6)

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 - MAY/JUNE 2026

(In-Person at SPB Location)

Tuesdays, May 5 through June 23, 11:00 a.m.-noon

Fee: \$60 resident/\$70 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

ALL PROGRAMS MAY 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, May 13, 10:00-11:00 a.m.

LEVEL 2 - ADVANCED BEGINNER PICKLEBALL

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

GET INTO THE GAME: ADVANCED BEGINNERS

Build on Learn to Play Pickleball in a two-hour gameplay session with your instructor. Improve skills and experience the real game play feel. Participants should wear comfortable/athletic clothes, sneakers, and bring water, though water is available on location if needed.

Fee: \$35 resident/\$40 nonresident

- Wednesday, May 20, 11:00 a.m.-1:00 p.m.

PLAY WITH THE PRO: ADVANCED BEGINNERS

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

Fee: \$20 resident/\$25 nonresident

- Wednesday, May 6, 11:00 a.m.-noon
- Wednesday, May 27, 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!

PLAY WITH THE PRO: INTERMEDIATE

This exciting small group pickleball experience allows players to engage in energetic gameplay while refining skills under the guidance of our expert instructor.

Fee: \$20 resident/\$25 nonresident

- Wednesday, May 6, 10:00-11:00 a.m.
- Wednesday, May 20, 10:00-11:00 a.m.

PREP & PLAY

Learn new techniques on the court with expert instruction and enjoy open game play with guided support to enhance your game.

Fee: \$35 resident/\$40 nonresident

- Wednesday, May 13, 11:00 a.m.-1:00 p.m.
- Wednesday, May 27, 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.

Fee: \$20 per hour

system and complement various physical exercise and wellness practices. Sign up for a journey of self-discovery and empowerment through mindful movement.

SOMATIC YOGA (Zoom)

Tuesdays, May 6 through June 24, 7:00-8:00 p.m.

Fee: \$60 resident/\$70 nonresident

Feeling disconnected from your body or carrying tension you can't seem to shake? Join me for a new, gentle Somatic Yoga class. Unlike traditional yoga, this practice focuses on slow, mindful movements that speak directly to the nervous system, allowing you to

"feel to heal." Release chronic tightness, reduce stress, and learn how to move with ease, not force.

Instructor: Danalee Gascon

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.

ALL PROGRAMS MAY 2026

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

TAI CHI AND QIGONG - LEVEL 1 BEGINNER

(In-Person at SPB Location)

Tuesdays, May 19 through June 23, 10:00-11:00 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.-noon

Fee: \$90 resident/\$100 nonresident

YOGA FOR PAIN MANAGEMENT - SPRING QUARTER

(Zoom)

Thursday, April 9 through June 25, 10:00-11:00 a.m.

Fee: \$90 resident/\$100 nonresident



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



SPANGLISH FOR RETURNING LEARNERS

(In-Person at SPB Location)

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

SPANISH: A CLASS FOR TRUE BEGINNERS - MAY

(In-Person at MH Location)

Tuesdays, May 5 through May 26, 10:00-11:30 a.m.

Fee: \$30 resident/\$35 nonresident

Never taken Spanish before? This gentle, friendly course is the perfect first step. You'll learn basic greetings, introductions, numbers, and simple conversations. Everything you need to feel ready and confident for Spanglish for Beginners. No experience required!

Instructor: Miriam Ríos Lebron

USING YOUR WITS (In-Person at SPB Location)

Thursdays, May 14 through June 25, 2:00-3:00 p.m.

Fee: Per session is \$5 or for series \$30

Did you know that approximately forty-five percent of dementia cases are preventable with lifestyle changes? Using Your Wits includes seven individual sessions on the various components contributing to good brain health and dementia prevention. Key topics include the importance of sleep, nutrition, cognitive fitness, memory, and conclude with a special two-hour session on music and the brain. Each part of UYW is interactive and includes group brain fitness. Participants may enroll in the full series or register for individual sessions. Each session stands on its own while also contributing to the overall program.

Instructor: Lisa Bayer

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

Akin Senior Services, Always Best Care, Artis Senior Living, Assisted Living Locators, FirstBank Charitable Foundation, FirstLight Home Care, Home Instead, Homewatch CareGivers

MAY 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.

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

1
 10:00 Women in Retirement
 Coffee Klatch
 11:00 Cornhole Meet Up (SPB)
 1:00 First Friday Film: Oscar
 Winner "One Battle After
 Another" (SPB-H)
 1:00 Special Connections:
 Parents of Adults with Unique
 Needs (MH-H)
 1:00 Table Tennis (SPB)

4

10:00 Morning Meditation
 1:00 Library Reads
 1:00 Table Tennis (SPB)
 2:00 Let's Talk English - ESL (SPB)
 2:00 The Wonders of Word Play
 3:00 Café Français (SPB)
 3:00 Clearing Spaces

5

10:00 The Feldenkrais Method
 (SPB)
 10:00 Spanish: Beginners (MH)
 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

6

10:00 PB Play w/ Pro - Int (SPB)
 11:00 PB Play w/ Pro - AB (SPB)
 11:00 Walking for Health (SPB)
 2:00 The Painter's Studio (SPB)
 3:00 SpringFest at CMAP (SPB)
 3:30 Let's Talk: In-Person (MH)
 6:00 Explore the Guggenheim:
 Live Virtual Architecture Tour
 7:00 Somatic Yoga

7

10:00 Cosmology (SPB-H)
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning
 Learners (SPB)
 3:00 OnStage Seniors Opening
 Performance (MH)
 4:00 Golden Age of Radio

8

10:00 Women in Retirement
 Coffee Klatch
 11:00 Cornhole Meet Up (SPB)
 11:00 Stay Connected:
 Mastering WhatsApp & Signal
 (SPB)
 1:00 Table Tennis (SPB)

9 **SATURDAY, MAY 9**
 10:00 Forget-Me-Not:
 Dementia Caregivers (SPB-H)

11

10:00 Morning Meditation
 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

12

10:00 The Feldenkrais Method
 (SPB)
 10:00 Spanish: Beginners (MH)
 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)
 4:00 Cinco de Mayo, For Real
 (MH)

13

10:00 Learn to Play PB (SPB)
 11:00 Next Chapter: Widows
 and Widowers (MH-H)
 11:00 PB Prep & Play (SPB)
 1:00 Reel Talk: "Birders" (SPB)
 2:00 The Painter's Studio (SPB)
 3:00 PingPongParkinson (SPB)
 3:30 Let's Talk: In-Person (MH)
 5:30 Pop-up Art Studio (SPB)
 6:00 Dance of Spring: Celebrate
 Asian Heritage (MH)
 7:00 Somatic Yoga

14

10:00 Cosmology (SPB-H)
 10:00 Memory Café (MH)
 10:00 Time to Tell Your Story:
 Memoir Writing Workshop
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning
 Learners (SPB)
 1:00 Aging with Dignity: Five
 Wishes for Advance Care
 Planning (SPB-H)
 2:00 OnStage Seniors (MH)
 2:00 Using Your Wits Series (SPB)
 4:00 Golden Age of Radio
 4:00 ¡Se Habla Español! Charlas
 del Corazón

15

10:00 Men & Women in
 Retirement Special
 Presentation (SPB-H)
 11:00 Cornhole Meet Up (SPB)
 11:00 iPhone Accessibility
 1:00 Table Tennis (SPB)
 2:30 Transition to Retirement
 (SPB-H)

18

10:00 Morning Meditation
 11:00 Bereavement
 1:00 Table Tennis (SPB)
 2:00 Let's Talk English - ESL (SPB)
 2:00 The Wonders of Word Play
 2:30 Aging Gaily (MH-H)
 3:00 Café Français (SPB)
 3:00 Clearing Spaces

19

10:00 The Feldenkrais Method
 (SPB)
 10:00 Spanish: Beginners (MH)
 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)

20

10:00 PB Play w/ Pro - Int (SPB)
 11:00 PB Get into the Game
 (SPB)
 11:00 Women, Memory, and
 Caregiving: Understanding
 Dementia's Impact (SPB-H)
 2:00 The Painter's Studio (SPB)
 3:00 PingPongParkinson (SPB)
 3:30 Let's Talk: In-Person (MH)
 6:00 Wednesday Night Watch
 Party: "Hamnet" (MH-H)
 7:00 Somatic Yoga

21

10:00 Cosmology (SPB-H)
 10:00 Yoga for Pain Management
 10:30 Spanglish for Returning
 Learners (SPB)
 2:00 Using Your Wits Series (SPB)
 3:00 Early-Stage Memory Loss
 Support Group (SPB-H)
 4:00 Golden Age of Radio

22

10:00 Women in Retirement
 Coffee Klatch
 11:00 Cornhole Meet Up (SPB)
 11:00 (Nǐ Hǎo!) Chinese
 Conversation & Friendship
 Group (SPB)
 1:00 Table Tennis (SPB)
 2:00 Objects and Memories:
 A Virtual Scavenger Hunt

25

**CMAP CLOSED FOR
 MEMORIAL DAY HOLIDAY**

26

10:00 The Feldenkrais Method
 (SPB)
 10:00 Spanish: Beginners (MH)
 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)

27

10:00 PB Play w/ Pro - AB (SPB)
 11:00 Next Chapter: Widows
 and Widowers (MH-H)
 11:00 PB Prep & Play (SPB)
 2:00 The Painter's Studio (SPB)
 3:00 PingPongParkinson (SPB)
 3:30 Let's Talk: In-Person (MH)
 5:00 People & Peace Talk Show
 (MH-H)
 6:00 Speed Friending (MH)
 7:00 Somatic Yoga

28

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 iLearn the iPhone (MH)
 1:00 Live from the Wiener
 Staatsoper: "Eugen Onegin"
 (SPB-H)
 2:00 Using Your Wits Series (SPB)
 4:00 Golden Age of Radio

29

10:00 Women in Retirement
 Coffee Klatch
 11:00 Cornhole Meet Up (SPB)
 1:00 Table Tennis (SPB)

ALL PROGRAMS MAY 2026

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



SOCIAL CONNECTIONS

Programs

MEN & WOMEN IN RETIREMENT SPECIAL PRESENTATION - "PRINCETON AND THE AMERICAN REVOLUTION"

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

Friday, May 15, 10:00 a.m.-noon

This presentation explores Princeton's early history, key moments of the American Revolutionary War during the "Ten Crucial Days," culminating in the Battle of Princeton on January 3, 1777, and the war's impact on Princeton. Barry Singer, a member of Men in Retirement and longtime Princeton resident, has worked for the past sixteen years as a volunteer with the Historical Society of Princeton.

Registration required, no fee.

OBJECTS AND MEMORIES: A VIRTUAL SCAVENGER HUNT (Zoom)

Friday, May 22, 2:00-3:00 p.m.

Take on fun scavenger prompts that send you exploring your home! Find an object, bring it back, and share its story with fellow participants online. It's a creative, laughter-filled way to connect, reminisce, and celebrate the little treasures hiding around you!

Instructor: Jasenia Casiano

Registration required, no fee.

PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH IN CONVERSATION WITH ROBIN & JON MCCONAUGHY

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

Wednesday, May 27, 5:00-6:30 p.m.

What if peace begins closer than we think, in the soil beneath our feet, in the food we share, in the way we care for the land and for each other?

In this special People & Peace conversation, Conrad Strauch sits down with Robin and Jon McConaughy, owners and stewards of Double Brook Farm and Brick Farm, to explore how sustainability, farming, and food can become powerful pathways to community, connection, and well-being.

Through their work, Robin and Jon have reimagined what it means to nourish others, not only through what we eat, but through a thoughtful, humane, and deeply intentional relationship with the land. This conversation invites us to reflect on how the choices we make every day, what we grow, what we cook, what we share, can shape a more grounded and connected way of living. Join us for a live, interactive experience in the heart of CMAP! The energy of being part of this conversation in person is unlike any other, the questions, the connection, the collective learning. And if you can't make it, don't worry, we'll share the session on our YouTube channel after. But we promise, being here live is the magic!

Registration required, no fee.

SPEED FRIENDING (In-Person MH Location)

Wednesday, May 27, 6:00-7:30 p.m.

This is the perfect opportunity to meet a new friend and make some new connections. Come join us for an exciting evening of Speed Friend-ing! Whether you're new in town or just looking to make new friends, this event is perfect for you. You will have about five minutes one-on-one time with several other participants. Conversation starters will be provided by the event host.

Instructor: Krista McGoldrick

Registration required, no fee.

Groups

AGING GAILY (LGBTQ+)

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

Monday, May 18 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.

ALL PROGRAMS MAY 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 May, 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 May, 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:

May 5 – Rebecca Kleinberger: Why you don't like the sound of your own voice

May 12 – Ruth Chang: How to make hard choices

May 19 – Mariana Atencio: What makes you special?

May 26 – Wendy Suzuki: The Brain-Changing Benefits of Exercise

Registration required, no fee.

TRANSITION TO RETIREMENT

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

Friday, May 15, 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: \$15

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

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

Friday, May 22, 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, May 14, 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 MAY 2026

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



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, May 18 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, May 5 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.

Instructor: Ruthann Traylor

Registration required, no fee.

CLEARING SPACES (Zoom)

Mondays in May, 3:00 p.m. (no meeting on 5/25)

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, May 21, 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, May 9, 10:00-11:00 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, May 14 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, May 13 and May 27 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, May 1 from 1:00-2:15 p.m.

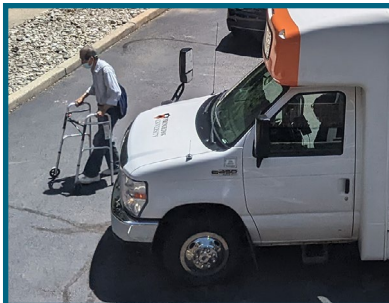
(Usually first Friday of each month)

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.





Princeton Muni Service stops at our building

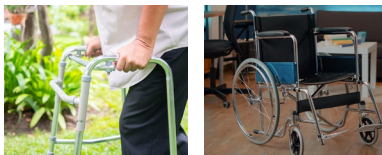
Mercer County 606 bus stops at our neighbor's located at 728 Bunn Drive which is two driveways from our building

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**

Apple's New MacBook Neo

Apple has introduced a new, \$600 laptop called the MacBook Neo that may be worth a look, especially if you are thinking about buying a new computer.

Before going further, I should say that the best computer system – Windows or Mac – is the one you are comfortable using. But if you are planning to buy a new computer, the MacBook Neo is an option you may want to consider. It's a fast, well-designed, sturdy laptop that should provide years of reliable service.

My Experience Switching from Windows to Mac

I switched from Windows to Mac when I retired and began volunteering in CMAP's tech lab. Most folks were bringing MacBooks, and since my Windows laptop was getting a bit long in the tooth, I replaced it with a MacBook, which set me back about \$1300 (yikes).

I quickly found the Mac operating system (MacOS) to be more stable than Windows, easier to use, and well-integrated with my iPhone and iPad. The Windows-to-Mac learning curve was not difficult because both Windows and MacOS use many of the same keyboard shortcuts, folder structures, and mouse (or trackpad) controls. And MacOS updates won't interrupt you while you're working.

Documents created using Windows were compatible with those on a Mac. In fact, this has only improved over time, and today the Mac versions of Microsoft Word, Excel, and PowerPoint are almost indistinguishable from their Windows counterparts.

Built-In Apps and Useful Features

MacOS includes an office suite with the Pages word processor, Numbers spreadsheet, and Keynote slideshow app (which I personally prefer over PowerPoint). The built-in email, calendar, and contacts apps are straightforward and easy to use, and the included PDF app, called "Preview," is excellent.

Apple Photos includes built-in picture editing tools that can remove unwanted objects from photos. The Time Machine software automatically backs up files every hour, and iCloud can synchronize email, calendars, photos, and documents with an iPad and iPhone.

Apple's newer processors are lightning fast, and because Apple designs both the computer and the operating system, everything works together very smoothly. If you also use an iPhone or iPad, you can read and send text messages, make phone calls, and even copy and paste between devices.



Steve just bought a MacBook Neo. He saved up \$600 by foregoing chew-toys during 2025.

Windows Versus Mac

The "Windows versus Mac" debate has been going on for years, with people passionately defending their preferred choice. When asked for advice on computer replacement, I suggest sticking with what works. If Windows suits you, there's little reason to switch. I use it myself for certain programs that aren't available for the Mac.

The MacBook Neo

The new MacBook Neo has been receiving very good reviews. It runs the same MacOS as other Mac computers, has a high-quality display, and at about \$600, it is priced similarly to many Windows laptops.

Folks in our tech lab will be glad to demonstrate MacOS and help you if you make the switch.

If you need help with your computer, 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>.

THE IRA CHARITABLE ROLLOVER PROVISION FOR 2026

Maximize impact, minimize taxes

For 2026, the IRS has increased IRA contribution limits to \$7,500 for those under fifty and \$8,600 for those fifty or older. Additionally, the maximum qualified charitable distribution (QCD) from an IRA has increased to \$111,000 in 2026, allowing individuals aged 70½ or older to transfer funds directly to charity tax-free.

Please consult your financial advisor if you have questions.

Welcome to Third Act Volunteer Corps

The Third Act Volunteer Corps initiative recognizes that volunteering is not just about filling a need; it is about engagement, relationship-building, and shared humanity.

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



Join Third Act

Why Choose Third Act?

Already a Third Act Member?

Contact Information

JOIN THIRD ACT

Interested in Volunteering?

CMAP and Third Act bring people and purpose together, harnessing the vitality of older adults to build a stronger, more inclusive community for everyone.

Your professional skills and experience can strengthen CMAP and local nonprofits. We'll match your interests and availability with meaningful opportunities and provide guidance along the way.

At CMAP, join the GrandPals intergenerational reading program, provide companionship as a Home Friend, fight food insecurity with Share My Meals, lead an Evergreen Forum course, or assist in the Digital Literacy Tech Lab.

Or discover Third Act's partnerships with community organizations to support the environment, cultural arts, historic preservation, animal welfare, food insecurity, housing, children, families, and underserved communities.

START VOLUNTEERING

Need Volunteers?

Third Act connects community organizations with skilled, reliable volunteers—many of them retirees—who are eager to put their experience to work.

We partner with you to identify the roles you need filled, recruit and match volunteers, and support placements so your organization can expand capacity, strengthen programs, and better serve the community.

CONNECT WITH VOLUNTEERS

Why Choose Third Act?

Third Act Volunteer Corps offers a new model for modern retirement—one rooted in service, intergenerational connection, and lifelong learning—while strengthening the greater Princeton community. Third Act provides a variety of volunteer opportunities vetted to ensure older adults have a role they will feel valued and fulfilled in.

Research consistently shows that volunteering in later life is associated with better physical health, improved mental well-being, lower rates of depression and isolation, and greater overall life satisfaction. Through these efforts, Third Act upholds the Center for Modern Aging Princeton's mission to help older adults navigate aging and thrive.



Third Act Volunteer Corps

We are thrilled to announce the launch of the Third Act Volunteer Corps – a new CMAP initiative designed to connect older adults with meaningful volunteer opportunities both within CMAP and across our broader nonprofit community. Research consistently shows that older adults who volunteer report higher life satisfaction, a greater sense of purpose, and lower rates of loneliness and depression. Purpose and connection aren't luxuries; they are powerful protectors of healthy aging. The Third Act Volunteer Corps builds on that truth by expanding pathways for older adults to serve, connect, and belong as part of a vibrant community of changemakers. Whether you are a seasoned volunteer or just beginning to explore ways to give back, there is a place for you here.

Visit our new webpage to learn more about how you can get involved!

cmaprinceton.org/third-act-volunteer-corps



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!

SPONSOR SPOTLIGHT: FirstBank Charitable Foundation

What is the mission of the FirstBank Charitable Foundation?

We believe strong communities are built through relationships – between neighbors, organizations, and generations. Our foundation supports nonprofits and community initiatives across New Jersey, Pennsylvania, and Florida that help communities thrive and stay connected.

Why does the Foundation support the Center for Modern Aging Princeton?

CMAPExemplifies what community connection looks like. By bringing people together, sharing vital information, and creating opportunities for older adults to learn, engage, and support one another, CMAPEstrengthens the social fabric of our community – exactly the kind of work we’re proud to champion.

How does the Foundation support older adults beyond grants?

Financial security is an important part of aging well. Through partnerships with First Bank, we provide educational programs focused on protecting against scams and improving financial wellness. We also recognize that many older adults are generous philanthropists who want to make a meaningful difference in their communities.

What is the Better Giving for Greater Impact Summit?

The Summit – taking place Wednesday, May 20 – is an event designed to connect donors with impactful nonprofits and help them learn strategies to maximize their charitable giving. It’s a space for people to explore community needs, discover organizations making a difference, and align their philanthropy with their values.

How can people learn more?

Visit the FirstBank Charitable Foundation’s 2026 Better Giving for Greater Impact Summit page to learn more about the event and opportunities to get involved.

Learn more about the 2026 Summit at: [FirstBank Charitable Foundation · 2026 Better Giving for Greater Impact Summit](#)

myfirstbank.com



MAY FEATURED SPONSORS



Your needs and your goals for a vibrant retirement
springpointchoice.org



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



Mission-driven, full-service financial institution
princetonfcu.org



PRINCETON
THEOLOGICAL
SEMINARY

Theological Education for Today's World
ptsem.edu

Spring Fundraiser Event Sponsors*

Thank you for making the Spring Concert with We May Be Right a success! Stone Hill Church for hosting the concert, and to our event sponsors and advertisers.

SPONSORS

"THE PIANO MAN" – \$2,500
Barbara Lawrence and Allen Laskin

"JUST THE WAY YOU ARE LEVEL" – \$1,500
Kathy Ales and Richard Levine
Louise Conley
Norman Klath
Lance and LaTonya Liverman
Sonali Pathirana and Frank Hoffmann
Rhona Porter
Hazel Stix

"NEW YORK STATE OF MIND" – \$750
Ted and Jane Boyer
JoAnn and Philip Carchman
Robert and Ruth Goldston
Iona and Maurice Harding
Randy Hill
Mercadien Group
Dr. Michael and Lynn Wong



ADVERTISERS

Princeton Federal Credit Union
Healing Hands Private Care

** As of publication date*

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

Congratulations to our Winter Raffle 2026 winners



Evan Lide – \$5,000 AMEX gift card
Phil Carchman – \$2,500 AMEX gift card
Brett Boal – E-bike (\$1,000 value)
Karen Richter – iPad (\$300 value)



**A heartfelt thank-you to every participant who took part in our Winter Raffle 2026.
Your support goes far beyond a ticket – it helps older adults in our community thrive.**



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



CINCO DE MAYO, FOR REAL (IN-PERSON AT MH LOCATION) TUESDAY, MAY 12, 4:00-5:30 P.M.

SEE PAGE 4 FOR DETAILS.



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

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

GRATEFUL THANKS TO ALL OF OUR ANNUAL SPONSORS

Akin Care Senior Services
Always Best Care Senior Services
Artis Senior Living
Assisted Living Locators
Bryn Mawr Trust
FirstBank Charitable Foundation
First Light Home Care
Home Instead
Homewatch CareGivers

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

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

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

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