

CELEBRATE PRIDE MONTH
AT CMAP

SEE PAGE 4 FOR DETAILS.



YOU ARE INVITED

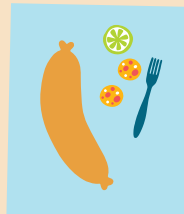
C M A P B L O C K P A R T Y

WEDNESDAY

JUNE 3 1-3:30 PM

JOIN US AT OUR
SPB LOCATION

FEE: \$5



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(IN-PERSON AT SPB LOCATION)
WEDNESDAY, JUNE 3, 1:00-3:30 P.M.

Thank you to our sponsors Artis Senior Living and Princeton Federal Credit Union

 **ARTIS**
SENIOR LIVING
Princeton Junction



SEE PAGE 10 FOR DETAILS.



SAVE THE DATE
CMAP FALL GALA
(IN-PERSON AT NSK LOCATION)
THURSDAY, SEPTEMBER 10



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

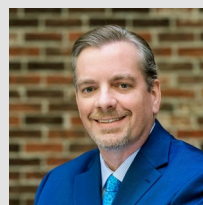
45 Stockton Street
Princeton, NJ 08540
(behind Monument Hall)
Phone: 609.751.9699
Call CMAP for hours

info@cmaprinceton.org
cmaprinceton.org

*A nonprofit organization
serving our community*

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FROM THE CEO, DREW DYSON COMING HOME: CMAP RETURNS TO THE NANCY S. KLATH CENTER FOR LIFELONG LEARNING

Dear Friends,

Growing up, my family spent summers at a cabin in the Catskills. It was an abandoned summer camp, lovingly called "Peek-a-Moose," that my parents and their closest friends spent years renovating into something warm and wonderful. A few years ago, I had the chance to return for a reunion. The moment I walked through the front door, I was overcome with emotion, wrapped instantly in fond memories and the feeling of being exactly where I belonged.

There is something quietly profound about walking through a familiar door after a long absence. The smell of the place. The light through the windows. The way the space seems to exhale when it recognizes you. For the CMAP community, that moment has finally arrived, and it has been worth every difficult day of waiting.

We are home.

When the Pipes Burst

On the snowy morning of January 26, a burst fire suppression pipe sent water cascading through the Klath Center for Lifelong Learning, forcing an immediate and heartbreaking closure of our beloved home base. In a matter of hours, the spaces where our participants had gathered to learn, connect, and thrive were rendered unusable. What followed were months of restoration, relocation, and resilience.

The disruption was significant. Programming had to be reimaged and relocated. Our team worked tirelessly behind the scenes coordinating repairs, communicating with contractors, finding and preparing temporary space, and, most importantly, ensuring that our participants never felt abandoned or left behind. The building was damaged, but the community? That remained completely intact.

Through it all, one thing became abundantly clear: CMAP is not a building. It is the people inside it, the connections formed within it, and the commitment to lifelong learning that animates everything we do. The flood tested us, and this community passed with flying colors.

You Showed Up, Every Single Day

If the months of dislocation revealed anything, it was the extraordinary depth of this community's generosity and grace.

- To *our participants*: you adapted without complaint. You drove farther, navigated unfamiliar spaces, and showed up anyway, because you understood that what we share together is bigger than any single location. Your patience, your flexibility, and your good humor through the months of displacement reminded us daily of why this work matters so deeply.
- To *our donors*: when we shared the news of the flood and the financial strain of emergency restoration, you responded with immediacy and generosity that moved our entire staff. Your support ensured that programming continued uninterrupted, that no one was turned away,

and that the Klath Center could be restored to the vibrant, welcoming space it has always been. Our Spring 2026 Annual Fund appeal is currently underway, and if you have not yet had a chance to give, we warmly invite you to make a gift today. Every contribution makes a difference.

<https://engage.cmaprinceton.org/donate-now>

- To our *community partners*: the organizations and institutions who opened their doors to us during our displacement gave us more than meeting rooms and parking lots. They gave us dignity and continuity. We are especially grateful to Educational Testing Services (ETS) and the Municipality of Princeton for their gracious hospitality and steadfast support. We will not forget your kindness.

The restored Klath Center is better than ever. The repairs have given us an opportunity to refresh and improve the spaces that serve our participants every day. We return not simply to where we were, but to something renewed – a building that has been lovingly cared for, and a community that has grown stronger through adversity.

We are so pleased to welcome you home with a wonderful lineup of programs this month. Here are just a few highlights:

- **CMAP Block Party & BBQ**, Wednesday, June 3, 1:00-3:30 p.m.
- **CELEBRATE PRIDE AT CMAP –**
People & Peace Talk Show: Conrad Strauch in Conversation with Frank Mahood and Chet Kabara, Wednesday, June 17, 5:00-6:00 p.m.
Pride & Brunch, Saturday, June 6, 10:00-11:30 a.m.
Pride on the Plaza, Friday, June 5, 6:30-9:00 p.m.
Reel Talk: “A Secret Love,” Wednesday, June 3, 6:00-8:00 p.m.
Wednesday Night Watch Party: “Portrait of a Lady on Fire,” Wednesday, June 24, 6:00-8:00 p.m.
- **Patriotic Brass with the NJ Symphony Chamber Players**, Wednesday, June 10, 7:00-8:00 p.m.
- **SAVE THE DATE – CMAP Fall Gala**, Thursday, September 10

Whether you are a longtime CMAP participant or someone who has been curious about joining us, now is a wonderful time to walk through our doors. We would love to see you.

Come Home

As we settle back in this month, we invite you to come experience the Klath Center for yourself. Come for a class. Come for a conversation. Come simply to sit in our lounge and let the familiar rhythm of this place wash over you.

The doors are open. And just like that reunion at Peek-a-Moose, we have a feeling that walking through them will feel like you are exactly where you belong.

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

Naomi Rosenblum, MPA
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 & Age-Friendly Princeton

Andrea Schwarz
 Program Associate:
 Suzanne Patterson Building

Ruthann Traylor
 Social Worker: Resource & Referral

Olga Valencia, MSW
 Community Social Worker

Beth Weiskopf
 Administrator for Community
 Wellness & Program Initiatives

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

ALL PROGRAMS JUNE 2026

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

FEATURED SPOTLIGHT

THE LATE SHIFT RETURNS TO THE NANCY S. KLATCH CENTER

The Late Shift returns to the Nancy S. Klatch Center at 101 Poor Farm Road, Princeton, New Jersey starting this June!



CELEBRATE PRIDE AT CMAP

PEOPLE & PEACE TALK SHOW: CONRAD STRAUCH IN CONVERSATION WITH FRANK MAHOOD AND CHET KABARA

(In-Person at NSK Location)
Wednesday, June 17, 5:00-6:00 p.m.

In Pride Month, Frank Mahood and Chet Kabara share a life shaped by love, family, and a deep commitment to community. Frank was an early voice in Princeton's LGBTQ history, helping create spaces of connection and belonging when such spaces were rare. As a founding member of what became Gay People Princeton, he helped build a movement rooted in dialogue and care.

Together, their story reflects profound change – from years without recognition to marriage equality – offering a deeply human perspective on identity, partnership, and the evolving meaning of belonging, and reminding us of the quiet courage it takes to live, love, and remain open across changing times.

Registration required, no fee.

PRIDE & BRUNCH

(In-Person at SPB Location)
Saturday, June 6, 10:00-11:30 a.m.

Fee: \$15

Join us for a warm and joyful Pride Brunch, a space to gather, connect, and celebrate together. Pride Month, observed each June, honors the legacy of the 1969 Stonewall Uprising and the generations who have shaped LGBTQ+ life, culture, and community. It's a time to reflect, celebrate, and come together in ways that feel meaningful and real.

This is an intimate and welcoming gathering, open to all – whether you identify as LGBTQ+ or simply wish to share in a space of connection, curiosity, and joy.

Expect good conversation, light bites, and a moment to honor the stories and experiences that continue to shape our lives. Come as you are. Bring a friend. Stay for the conversation.

Registration is required

PRIDE ON THE PLAZA

(In-Person at Hinds Plaza)

Friday, June 5, 6:30-9:00 p.m.

Join us at Hinds Plaza for a joyful, all-ages dance party that brings the Princeton community together in celebration.

Created in collaboration with local partners, this evening invites people of all backgrounds and generations to gather, connect, and share the moment, through music, movement, and community spirit.

An open invitation to come together and celebrate, side by side.

Open to the public.

REEL TALK: "A SECRET LOVE"

(In-Person at NSK Location)

Wednesday, June 3, 6:00-8:00 p.m.

Some love stories take a lifetime to tell. Join us for a screening of "A Secret Love," the remarkable documentary that follows Terry Donahue and Pat Henschel – two women who kept their relationship hidden for nearly sixty-five years – as they face the joys and challenges of their later years together. After the film, we'll come together for a guided discussion about love, identity, courage, and what it means to finally live openly as yourself.

Rated: TV-MA; Genre: Documentary; Run Time: 1 hour, 21 minutes with discussion to follow.

WEDNESDAY NIGHT WATCH PARTY:

"PORTRAIT OF A LADY ON FIRE"

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

Wednesday, June 24, 6:00-8:00 p.m.

On a remote island off the coast of eighteenth century France, a painter is commissioned to complete a wedding portrait of a young woman who refuses to be seen. What begins as an act of quiet observation becomes something neither woman can look away from – a love story told in stolen glances, crashing

ALL PROGRAMS JUNE 2026

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waves, and the aching beauty of a moment that cannot last.

Céline Sciamma's masterpiece is a film about desire, memory, and what it means to truly look at another person. Visually stunning and emotionally devastating, it has earned its place among the great romantic films of our time.

Rated: R; Genre: Historical Romance/Drama;

Run Time: 2 hours, 2 minutes

Please note this film is in French with English subtitles and rated R for some nudity and sexuality.

Registration required, no fee.



ARTS & CULTURE

A WORLD FROM ONE WINDOW: A THEATER OF WINGS - BARBARA LAWRENCE PHOTOGRAPHY EXHIBITION & OPENING RECEPTION

(In-Person at NSK Location)

Wednesday, June 10, 3:30-4:30 p.m.

From a single vantage point, Barbara Lawrence captures an entire universe of color, motion, and presence.

This series reminds us that the extraordinary often lives just outside our window, waiting to be noticed.

About the artist: Barbara Lawrence is a strategic planner, consultant, and researcher whose lifelong curiosity and passion for discovery extend beyond her professional work and into her photography. With a bachelor's in chemistry from the University of Vermont and a Ph.D. in chemistry from Yale University, she is also the co-author of the third edition of The Nonprofit Policy Sampler. A devoted birdwatcher, Lawrence brings the same sharp eye and patient observation she applied in her career to the feathered visitors of her own backyard.

From one window, she has created a collection that transforms fleeting encounters with birds into lasting portraits of beauty, grace, and quiet wonder.

Registration required, no fee.

BEGINNERS ART WORKSHOP - SPRING QUARTER

(In-Person at SPB Location)

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

(no meeting 6/2)

Fee: \$135 resident/\$150 nonresident

EXPLORING INSTRUMENTS BEYOND THE CONCERT HALL (Zoom)

Thursdays, June 4 through June 25, noon-1:00 p.m.

Fee: \$40 resident/\$50 nonresident

In this four-part series, Dr. Brenda Leonard explores musical instruments that fall outside the standard concert hall, from early and experimental designs to instruments from global traditions. The course examines how

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building at 45 Stockton Street

H - Hybrid Group/Program

NOTE:

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

different cultures and historical periods approached sound, tuning, and ensemble, and why some instruments became central while others remained less familiar. Drawing on examples from medieval and Baroque curiosities to electronic and non-Western instruments, this series invites you to discover sounds and instruments you may not have encountered before.

FIRST FRIDAY FILM: "WICKED" MOVIE DOUBLE FEATURE (Hybrid - In-Person at NSK Location and on Zoom)

Friday, June 5, 10:00 a.m.-3:30 p.m.

"Wicked" starts at 10:00 a.m., "Wicked for Good" starts at 1:15 p.m.

Following the unlikely friendship between two young women at Shiz University, their lives take dramatically different paths in the magical land of Oz. Misunderstood yet gifted, Elphaba forms an unexpected bond with the popular and ambitious Glinda. As their relationship is tested by power, identity, and the pressures of a changing world, each must choose who she will become – ultimately shaping the fate of Oz and its people. In this special double-feature presentation, audiences will experience both the beginning of their story and its powerful continuation, "Wicked: For Good." There will be an intermission between films, with light snacks and refreshments available. Participants are encouraged to bring a full lunch.

Genre: Musical, Fantasy, Drama, Rated: PG

Running Time: "Wicked," 2 hours 40 minutes, Lunch

Intermission, 35 minutes, "Wicked For Good,"

2 hours 18 minutes

Registration required, no fee.

LIBRARY READS (Zoom)

Monday, June 1, 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.

ALL PROGRAMS JUNE 2026

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

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

Thursdays, May 21 through June 25, 10:00 a.m.-noon
Fee: \$125

Outsider Art originated as the art of the insane and the self-taught. It existed outside the realm of art history. The term was introduced in 1972, although visionary art has always existed. It is not a movement like Cubism, it is a primal expression of the need to create art. The self-taught artist is responding to the bidding of an inner necessity to create. How does it differ from Folk Art and Aboriginal Art? Why has it surged into the mainstream of the art world? Can the spontaneous creations of the mentally ill be considered art? Is their art the purest definition of art? Do we have to redefine art? Can Fine Art come from untrained individuals who could be considered "natural geniuses"? Come explore this unusual world of unique art.

Instructor: Wendy Worth

THE PAINTER'S STUDIO - SPRING QUARTER 2026

(In-Person at SPB Location)

Wednesdays, April 1 through June 24, 2:00-4:00 p.m.
(no meeting 6/3)

Fee: \$135 resident/\$150 nonresident

PATRIOTIC BRASS WITH THE NJ SYMPHONY

CHAMBER PLAYERS (In-Person at Stone Hill Church)

Wednesday, June 10, 7:00-8:00 p.m. - FREE!

Join us for a spirited musical journey as we honor America's 250th anniversary through a program rich in heritage and heart. From the jubilant brass of a John Philip Sousa march to the soulful, sweeping melodies of Dvořák's "American" Quartet, this performance captures the essence of the nation's history. Performed by a brilliant brass quintet, the repertoire spans classical, folk, and jazz-influenced masterworks by icons like Gershwin, Price, and Copland. This concert explores how music has shaped our national identity across different eras, offering a warm and festive tribute to the American spirit.
Registration required, no fee.

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

Wednesday, June 10, 5:30-7:30 p.m.

Fee: \$10

An Evening Pop-Up Art Studio: Create, Connect, & Unwind, a welcoming drop-in pop-up art studio where creativity meets 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 needed, bring yourself and a willingness to create.

Instructor: Ruthann Traylor

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

THE WONDERS OF WORDPLAY - SPRING QUARTER (Zoom)

Mondays, April 6 through June 29, 2:00 p.m.
(no meeting 5/25); Fee: \$10



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 NSK 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 JUNE 2026

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



Programs

HEALTH IN TECHNOLOGY: APPLE WATCH

(In-Person at NSK Location)

Wednesday, June 17, 11:00 a.m.- noon

Is your watch working for your health? Discover how an Apple Watch can be a vital wellness tool. We'll explore how to track daily activity, monitor heart health, and utilize life-saving features like fall detection. Whether you're looking to stay active or want peace of mind, join us to learn how to make this technology work for your well-being. No tech expertise required – just your curiosity!

Registration Required, no fee.

INTRODUCTION TO LINUX MINT (LEVEL 0)

(In-Person at NSK Location)

Monday, June 22, 2:00-3:30 p.m.

Is your computer feeling slow, or are you tired of forced Windows updates? Come explore a faster, free, and more private alternative! Join our Digital Literacy team for a friendly introductory tour of Linux Mint – an operating system that looks and feels remarkably like the Windows you already know. No technical skills required; just come see if this “minty fresh” change is right for you!

Registration Required, no fee.

PHOTOS AND YOUR PHONE!

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

Friday, June 12, 11:00 a.m.-12:30 p.m.

Capture every memory with confidence! Join our Digital Literacy team to master your phone's camera for both stunning stills and high-quality videos. We'll also show you how to organize, edit, and find your favorite shots within your phone's Photos app. Whether you're a beginner or just looking for tips, come learn how to turn your device into a powerful photography tool!

Registration required, no fee.



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.

“IS IT AN EMERGENCY?”

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

Monday, June 8, 11:00 a.m.-noon

Whether it's an accidental injury or sudden chest pains, knowing when to call 911 is essential. Join Barbara Vaning, MHA, EMT, EMT Training Center coordinator with Penn Medicine Princeton Health, for this interactive, educational lecture designed to teach you when to call for help. Topics include what constitutes an emergency; what you need to tell the emergency dispatcher when you call; what to do if you cannot talk; and what you can do while waiting for help to arrive.

Instructor: Barbara Vaning

Registration required, no fee.

MEDICARE APPOINTMENTS

(In-Person at NSK Location)

Usually two Fridays a month

Our Medicare expert, Roderick Spann from Senior Advisors, will be on-site usually two Fridays a month to assist with Medicare-related questions, enrollment, and guidance. Stop by for personalized support and expert advice!

Registration required, no fee.

PAIN MANAGEMENT TOOLS

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

Wednesday, June 17, 10:00-11:30 a.m.

Learn about red light therapy and kinesiology tape. Both are effective, noninvasive recovery tools. Red light therapy uses 630-700 nm wavelengths to boost ATP production for faster tissue repair. Kinesiology tape offers mechanical support while enhancing local blood flow. Both methods reduce inflammation and accelerate healing.

Instructor: Jackie Boone

Registration is required, no fee.

ALL PROGRAMS JUNE 2026

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

THE ART OF THE SIDE HUSTLE - AN INTRODUCTION TO EARNING EXTRA INCOME

(Hybrid - In-Person at NSK Location and on Zoom)
Thursday, June 25, 3:00-4:00 p.m.

Whether you're retired, semi-retired, or just ready for something new – The Art of the Side Hustle covers practical, low-effort ways to turn your skills, hobbies, or down time into cash, what taxes to expect, and how to protect yourself from "too good to be true" schemes. Come ask questions, share ideas, and discover what goes into starting your very own side hustle.

Instructor: Krista McGoldrick

Registration required, no fee.



GAMES & RECREATION

GAMES DAY (In-Person at SPB Location)

Tuesdays in June, 1:00-4:00 p.m. (no meeting 6/2)

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.



HEALTH & WELLNESS

CHAIR MOVES & GROOVES MAY/JUNE 2026 (Zoom)

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

(no meeting 6/2)

Fee: \$60 resident/\$70 nonresident

CMAP WALKING CLUB (In-Person at Varying Locations)

*Wednesdays, June 3 through October 28,
9:00-10:00 a.m.*

The CMAP Walking Club is your invitation to get moving, explore Princeton's beautiful trails, and connect with a community of walkers just like you. Led by an experienced group fitness leader with a background in walking and running programs, each outing is a chance to hit the trails, pick up tips on walking technique and safety, and enjoy the outdoors with great company. Walking sticks and canes are welcome – participants should be able to keep up with the group's pace.

Lace up and let's go!

Instructor: Bob Perkins

Registration required, no fee.

CORNHOLE MEET UP (In-Person at SPB Location)

*Fridays, June 5 through June 26, 11:00 a.m.-noon
(no class 6/19)*

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.

Registration required, no fee.

THE FELDENKRAIS METHOD - SPRING QUARTER

(In-Person at SPB Location)

Tuesdays, April 7 through June 30, 10:00 a.m.

(no class 6/2)

Fee: \$90 resident/\$100 nonresident

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in June, 3:00-4:30 p.m. (no meeting 6/3)

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 30, 11:00 a.m.

(no class 6/2)

Fee: \$60 resident/\$70 nonresident

TABLE TENNIS (In-Person at SPB Location)

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

(not meeting 6/19)

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

Registration required, no fee.

TAI CHI AND QIGONG - LEVEL 1 BEGINNER

(In-Person at SPB Location)

Tuesdays, May 19 through June 30, 10:00 a.m.

(no class 6/2)

Fee: \$40 resident/\$45 nonresident

TAI CHI AND QIGONG - LEVEL 2 SPRING QUARTER

(In-Person at SPB Location)

Tuesdays, April 7 through June 30, 11:00 a.m.

(no class 6/2)

Fee: \$90 resident/\$100 nonresident

ALL PROGRAMS JUNE 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, June 10, 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, June 17, 11:00 a.m.-1:00 p.m.

PLAY WITH THE PRO: ADVANCED BEGINNERS

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

Fee: \$20 resident/\$25 nonresident

- Wednesday, June 24, 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, June 17, 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, June 10, 11:00 a.m.-1:00 p.m.
- Wednesday, June 24, 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

YOGA FOR PAIN MANAGEMENT - SPRING QUARTER 2026 (Zoom)

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

Fee: \$90 resident/\$100 nonresident



ALL PROGRAMS JUNE 2026

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



LIFELONG LEARNING

COSMOLOGY 2025-2026

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

Every Thursday through June 25, 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 and metaphysics. Come expand your mind and unravel the secrets of the cosmos.

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.

Fee: \$15

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



SOCIAL CONNECTIONS

Programs



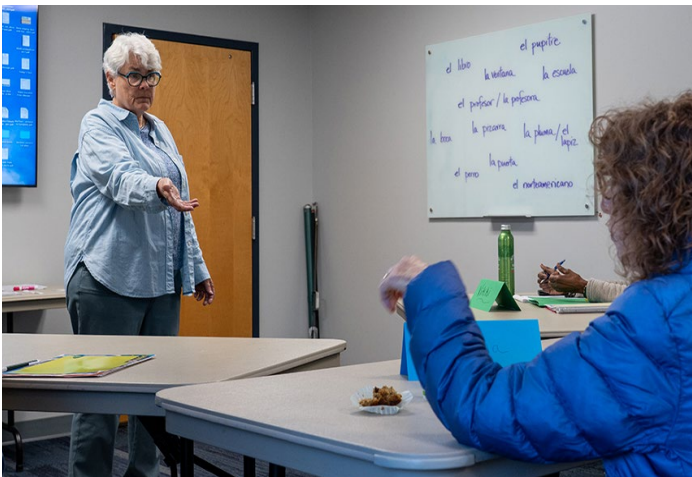
CMAP BLOCK PARTY & BBQ (In-Person at SPB location)

Wednesday, June 3, 1:00-3:30 p.m.

Fee: \$5

Get ready for a sizzling good time at our Summer Block Party BBQ! We're serving up a mouthwatering spread – hotdogs, burgers (including veggie!), country-fried and grilled chicken, corn on the cob, fresh salads, cool drinks, and sweet desserts. Come hungry, bring your friends, and don't miss out on the fun! Tickets are going fast – grab yours today and join the summer celebration!

Thank you to our sponsors Artis Senior Living and Princeton Federal Credit Union.



COURTYARD CAFÉ (In Person at NSK location)

Wednesdays in June, 5:00-7:00 p.m.

Step into the welcoming atmosphere of our Courtyard Café – a relaxed space to gather, connect, and enjoy the moment. Join us on Wednesday evenings for good company, light refreshments, and the simple pleasure of being together. Whether it's games, poetry, trivia, or just friendly conversation, there's always something to casually enjoy at the Courtyard Café.

- **June 3:** Brain Teasers and Puzzles
- **June 10:** Not Meeting due to Concert
- **June 17:** Favorite book or poem share
- **June 24:** Game/Puzzle Night

JUNE 2026

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1</p> <p>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</p>	<p>2</p> <p>—————</p> <p>CMAP CLOSED FOR STAFF IN-SERVICE</p> <p>—————</p>	<p>3</p> <p>9:00 CMAP Walking Club (Varies) 1:00 CMAP Block Party & BBQ (SPB) 5:00 Courtyard Café (NSK) 6:00 Reel Talk: "A Secret Love" (NSK)</p>	<p>4</p> <p>10:00 Cosmology (NSK-H) 10:00 Outsider Art (NSK-H) 10:00 Yoga for Pain Mgmt 12:00 Exploring Instruments Beyond the Concert Hall 2:00 Using Your Wits Series (SPB)</p>	<p>5</p> <p>10:00 "Wicked" (NSK-H) 10:00 Women in Retirement Coffee Klatch 11:00 Cornhole Meet Up (SPB) 1:15 "Wicked for Good" (NSK-H) 1:00 Table Tennis (SPB) 6:30 Pride on the Plaza (Hinds Plaza)</p>
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6 SATURDAY, JUNE 6
10:00 Pride & Brunch (SPB)

<p>8</p> <p>11:00 "Is it an Emergency?" (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (SPB) 3:00 Clearing Spaces</p>	<p>9</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Lev 1 (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi & Qigong - Lev 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Beg Art Workshop (SPB) 3:00 Caregivers</p>	<p>10</p> <p>9:00 CMAP Walking Club (Varies) 10:00 Learn to Play PB (SPB) 11:00 Next Chapter (NSK-H) 11:00 PB Prep & Play (SPB) 2:00 The Painter's Studio (SPB) 3:00 PingPongParkinson (SPB) 3:30 Barbara Lawrence Photography Exhibition (NSK) 3:30 Let's Talk: In-Person (NSK) 5:30 Pop-up Art Studio (NSK) 7:00 Patriotic Brass with the NJ Chamber Players (Stone Hill Church)</p>	<p>11</p> <p>10:00 Cosmology (NSK-H) 10:00 Memory Café (SPB) 10:00 Outsider Art (NSK-H) 10:00 Time to Tell Your Story: Memoir Writing Workshop 10:00 Yoga for Pain Mgmt 12:00 Exploring Instruments Beyond the Concert Hall 2:00 Using Your Wits Series (SPB) 4:00 ¡Se Habla Español! Charlas del Corazón</p>	<p>12</p> <p>10:00 Women in Retirement Coffee Klatch 11:00 Cornhole Meet Up (SPB) 11:00 Photos and Your Phone! (NSK-H) 1:00 Spec Connections (NSK-H) 1:00 Table Tennis (SPB) 2:30 Transition to Retirement (NSK-H)</p>
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13 SATURDAY, JUNE 13
10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)

<p>15</p> <p>11:00 Bereavement 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 2:30 Aging Gaily (NSK-H) 3:00 Café Français (SPB) 3:00 Clearing Spaces</p>	<p>16</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Lev 1 (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi & Qigong - Lev 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Beg Art Workshop (SPB)</p>	<p>17</p> <p>9:00 CMAP Walking Club (Varies) 10:00 Pain Mgmt Tools (SPB-H) 10:00 PB Play w/ Pro - Int (SPB) 11:00 Health in Technology: Apple Watch (NSK) 11:00 PB Get into Game (SPB) 2:00 The Painter's Studio (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk: In-Person (NSK) 5:00 Courtyard Café (NSK) 5:00 People & Peace (NSK)</p>	<p>18</p> <p>10:00 Cosmology (NSK-H) 10:00 Outsider Art (NSK-H) 10:00 Yoga for Pain Mgmt 12:00 Exploring Instruments Beyond the Concert Hall 2:00 Using Your Wits Series (SPB) 3:00 Early-Stage Memory Loss Support Group (SPB-H)</p>	<p>19</p> <p>—————</p> <p>CMAP CLOSED FOR JUNETEENTH HOLIDAY</p> <p>—————</p>
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<p>22</p> <p>1:00 Table Tennis (SPB) 2:00 Introduction to Linux Mint (NSK) 2:00 The Wonders of Word Play 3:00 Café Français (SPB) 3:00 Clearing Spaces</p>	<p>23</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Lev 1 (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi & Qigong - Lev 2 (SPB) 12:00 Special Connections Potluck Gathering (NSK) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Beg Art Workshop (SPB)</p>	<p>24</p> <p>9:00 CMAP Walking Club (Varies) 10:00 PB Play w/ Pro-AB (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-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 (NSK) 5:00 Courtyard Café (NSK) 6:00 Wednesday Night Watch Party: "Portrait of a Lady on Fire" (NSK-H) 6:00 Say Cheese: A Tasting Experience (NSK)</p>	<p>25</p> <p>10:00 Cosmology (NSK-H) 10:00 Outsider Art (NSK-H) 10:00 Time to Tell Your Story: Memoir Writing Workshop 10:00 Yoga for Pain Mgmt 12:00 Exploring Instruments Beyond the Concert Hall 2:00 Using Your Wits Series (SPB) 3:00 The Art of the Side Hustle (NSK-H)</p>	<p>26</p> <p>10:00 Women in Retirement Special Presentation (NSK-H) 11:00 Cornhole Meet Up (SPB) 1:00 Table Tennis (SPB)</p>
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<p>29</p> <p>1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Café Français (SPB) 3:00 Clearing Spaces</p>	<p>30</p> <p>10:00 Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Lev 1 (SPB) 10:30 TED Talks (NSK-H) 11:00 Solvents & Glue (SPB) 11:00 Tai Chi & Qigong - Lev 2 (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 2:00 Beg Art Workshop (SPB)</p>	<p>KEY: NSK - Nancy S. Klath Center PPL - Princeton Public Library PSL - Princeton Senior Living SPB - Suzanne Patterson Bld VL - Various Locations</p> <p>—————</p> <p>H - Hybrid Group/Program</p>	<p>PRINCETON CAFÉ FOR OLDER ADULTS Mercer County Nutrition Program (SPB) Monday through Friday 10:00 a.m. to 1:00 p.m.</p>	<p>EVERGREEN FORUM For the Evergreen Forum course schedule, please see our website at cmaprinceton.org/evergreen.</p>
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← SPB CLOSED FOR FLOOR REFINISHING JULY 1-9 →

SPRINGFEST AT CMAP 20 26.



ALL PROGRAMS JUNE 2026

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

SAY CHEESE: A TASTING EXPERIENCE

(In-Person at NSK location)

Wednesday, June 24, 6:00-7:00 p.m.

Fee: \$20 resident/\$25 nonresident

Join us for a relaxed and enjoyable cheese tasting featuring a variety of cheeses from different regions. Together, we'll sample, compare flavors, and explore simple pairing ideas and easy recipes you can try at home.

Instructor: Ella Leving

WOMEN IN RETIREMENT SPECIAL PRESENTATION

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

Friday, June 26, 10:00 a.m.-noon.

While New Jersey is the most densely populated state in the nation, did you know there are more than 4,500 miles of public mapped trails throughout the state? Learn about the State Trail System, regional, and local trails in New Jersey. The presentation will include finding trails, trail tips, trail events, and hiking clubs.

Pat Swartz, a member of Women in Retirement, is a retired administrator who worked for the New Jersey Office of Recreation, New Jersey Department of Community Affairs.

All are welcome.

Registration required, no fee.



Groups

AGING GAILY (LGBTQ+) - JUNE 2026

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

Monday, June 15 at 2:30 p.m.

(Usually third Monday of each month)

Connect, socialize, and support one another while building lasting friendships.

Registration required, no fee.

COMMUNITY WITHOUT WALLS

Community Without Walls is a membership organization of individuals dedicated to pursuing mutually supportive activities to enhance members' ability to grow older in their own homes and communities, for as long as possible, successfully, and with dignity.

For more information, head to our website <https://cmaprinceton.org/community-without-walls/>.

LET'S TALK - JUNE 2026 (In-Person at NSK Location)

Wednesdays in June, 3:30 p.m. (no meeting 6/3)

A vibrant group for engaging conversations and sharing ideas.

Facilitators: Ruthann Traylor and Olga Valencia

Registration required, no fee.

TED TALKS - JUNE 2026

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

Tuesdays in June, 10:30 a.m. (no meeting 6/2)

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:

June 2 – No meeting, CMAP closed

June 9 – Joy Milne: The Nurse who can smell Parkinson's

June 16 – Malala Yousafzai: What I got wrong about changing the world

June 23 – Stephen Remedios: I let DaddyGPT parent my kids. Here's what I learned

June 30 – Emily Levine: How I made friends with reality

Registration required, no fee.

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

Artis Senior Living, First Light Home Care, Home Instead, Innovative Physical Therapy and Fitness Center, Peapack Private Bank & Trust, Silver Century Foundation, Van Dyck Law Group, Springpoint Choice

ALL PROGRAMS JUNE 2026

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



TRANSITION TO RETIREMENT

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

Friday, June 12, 2:30 p.m. – NOTE different date

(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 2026

(In-Person at SPB Location)

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

Fee: \$15

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

你好! (Nǐ Hǎo!) CHINESE CONVERSATION & FRIENDSHIP GROUP

On hiatus this summer.

¡SE HABLA ESPAÑOL! CHARLAS DEL CORAZÓN

(Zoom)

Thursday, June 11, 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.



SUPPORT GROUPS

BEREAVEMENT (Zoom)

Monday, June 15 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, June 9 at 3:00 p.m. – NOTE different date

(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.

Facilitator: Lisa Bayer

Registration required, no fee.

CLEARING SPACES (Zoom)

Mondays in June, 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.

ALL PROGRAMS JUNE 2026

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

EARLY-STAGE MEMORY LOSS SUPPORT

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

Thursday, June 18, 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 NSK Location and on Zoom)

Saturday, June 13, 10:00-11:00 a.m.

(Usually second Saturday of each month)

A supportive space for those affected by a loved one's memory loss to share experiences, find support, and connect.

Facilitator: Ruthann Traylor

Registration required, no fee.

MEMORY CAFÉ (In-Person at SPB Location)

Thursday, June 11 from 10:00-11:30 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!

Facilitator: Lisa Bayer

Registration Required, no fee.



NEXT CHAPTER: WIDOWS AND WIDOWERS

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

Wednesday, June 10 and June 24 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.

Facilitators: Ruthann Traylor and Olga Valencia

Registration required, no fee.

SPECIAL CONNECTIONS: PARENTS OF ADULTS WITH UNIQUE NEEDS

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

Friday, June 12 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 POTLUCK GATHERING

(In-Person at NSK Location)

Tuesday, June 23 from noon-1:30 p.m.

Join us for a relaxed quarterly potluck where parents and their adult children with unique needs can connect, unwind, and enjoy time together. Expect good food, maybe some music, and plenty of friendly conversation out on the patio!

Facilitator: Dr. John George

Registration required, no fee.

Feel Lighter and Brighter This Spring

Free up your driveway, garage, and headspace.
You'll feel so much lighter once it's finally gone.

DONATE YOUR VEHICLE

Are you car downsizing?

Donating it might be a better option than selling it.
Call 855.500.7433 or 855.500.RIDE or visit:
<https://careasy.org/nonprofit/cmaprinceton>
to get started!

Effective Passwords

This is the first in a three-part series on modern sign-in security. This month: how to create better passwords. Next issue: passkeys. September issue: where to store them.

Creating Your Own Passwords

When I help folks set up a new online account – for example, a furniture store named Lou’sStools.com¹ – their brain sometime freezes as they try to craft a new password.² The conversation might go like this:

“Let’s see... I usually use my dog’s name plus a sprinkle of #’s or &’s and a couple of %’s, and the year we were married.”

The result is **Curly!\$**!1979**. Other than being difficult to remember and type, it also means their golden doodle, Curly, can never change his/her/its name. More importantly, personal details like pet names, birthdays, or anniversaries can be guessed or found online.

Some folks don’t own a password dog and, instead, craft clever passwords. For example, **DewUL0V3Me?** for an online dating service.

I find these kinds of passwords hard to think up. They require finger gymnastics to enter and are prone to mistyping. Is that an uppercase “o” or a zero? Enter it wrong five times and you could be locked out of the website and never get to order your stools – or your date. Pity.

A good password doesn’t have to be complicated – it has to be long, unique, and hard to guess. A simple trick is to combine two unrelated words, separate them with a symbol, and add a number. For example: **Flannel-puck72**. It’s fourteen characters are easy to type but difficult for attackers to guess.

The words “flannel” and “puck” are unlikely word mates. The special character, a hyphen, is on the second row of your keyboard (no need to press SHIFT). Tack on a two-digit number that has no significance. Done.

The combinations are endless, which is why these are secure passwords. **Plaid-piano12**, or **crusty=Harmonica65** (the = sign is next to the hyphen). **Hasty-petunia8**. You get the idea?



Computer-Suggested Passwords

Mac computers and third-party password managers, like 1Password or Google Password Manager, may offer to create a strong password for you. These computer-generated passwords are extremely strong (and long), but because they’re harder to type or remember, they work best when stored in a password manager.

We’ll discuss password managers in September.

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>.



In a dramatic move, a website reacts after Steve mistypes his password five times.

¹ I don’t think this website exists, but it’s a clever name.

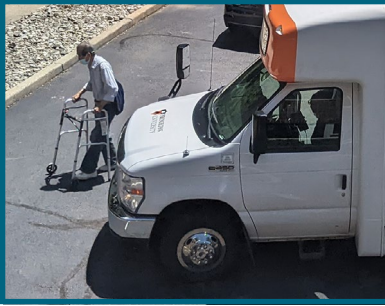
² The most important rule: never use the same password for more than one account.



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!

A QUICK GUIDE TO AREA RESOURCES



**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.



- Access Princeton**
609.924.4141
- Affordable Housing**
609.688.2029
- Arm-in-Arm**
609.396.9355
- Central Jersey Legal Services**
609.695.6249
- Cornerstone Community Kitchen**
609.924.2613
- Funeral Consumers Alliance**
609.924.3320
- HomeFront**
609.989.9417
- Jewish Family & Children's
Service (JFCS)**
609.987.8100
- Meals on Wheels**
609.695.3483
- Mercer County Nutrition Program**
609.989.6650
- Mercer County Office on Aging**
609.989.6661 or 877.222.3737
- NJ Consumer Affairs**
973.504.6200
- NJ Division of Aging Services**
800.792.8820
- PAAD (Pharmaceutical Aid)**
800.792.9745
- Princeton Community Housing**
609.924.3822
- Princeton Housing Authority**
609.924.3448
- Princeton Human Services**
609.688.2055
- Princeton Police (non-emergency)**
609.921.2100
- Princeton Public Library**
609.924.9529
- Reassurance Contact**
609.737.2000
- Ride Provide**
609.452.5144
- Senior Care Services
of Greater Princeton**
609.921.8888
- Social Security**
800.772.1213
- SHIP (Medicare)**
609.273.0588
- T.R.A.D.E. (Transportation)**
609.530.1971

SPONSOR SPOTLIGHT: A Conversation with Penn Medicine Princeton Health CEO James Demetriades

Why is the Center for Modern Aging Princeton such a vital partner for Princeton Health?

We share a commitment to helping older adults thrive by taking an integrated approach to addressing their needs with dignity, innovation, and care. Our partnership enables us to combine strengths and resources, so both of our organizations are better positioned to design and deliver programs that help support healthy aging, reduce social isolation, and promote access to essential services.

How does Princeton Health support community health education through the Center for Modern Aging?

Our Community Wellness & Engagement team partners closely with the Center for Modern Aging to bring meaningful programs to residents across Mercer County and beyond. Throughout the year, our skilled educators and staff are out in the community, leading nearly 2,000 engaging programs that address timely health topics and support more than 48,000 people in the region.

What's on the horizon for Princeton Health?

Caring for older adults with cancer is one of our strengths. Because we serve a proportionately high number of geriatric patients, we created an innovative geriatric oncology program designed specifically to support their unique needs – ensuring every patient receives thoughtful, personalized care.

Now, as construction moves forward on the new 200,000 square foot Penn Medicine Princeton Cancer Center, we're preparing to elevate that work even further. For our older patients, this dedicated space will only strengthen the specialized care and seamless support they count on.

It's an inspiring step toward a future where seniors, and all patients, experience cancer care that's connected, compassionate, and built around their lives.

princetonhcs.org



JUNE FEATURED SPONSORS



Our mission is to honor the dignity and wishes of our clients
nightingalenj.com



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



PEAPACK PRIVATE

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



Innovative legal solutions to meet our clients' needs
stark-stark.com



When a burst pipe flooded the Nancy S. Klath Center on January 26, CMAP faced an immediate test. What happened next revealed something we already suspected: this community is extraordinary.

Programs didn't stop. Participants adapted. Donors stepped up. Community partners opened their doors. And through it all, the connections that make CMAP special never wavered for a single day.

Consider Margaret: Her changing mobility made getting out of the house harder in recent years – but CMAP's virtual programs kept her curious, engaged, and part of something larger than herself.

"This place, with virtual programs like this, means I can still do things, still be a part of a community. And that has been a true blessing for me."

Consider Gerald: After frustrating visits to other tech help desks, he found something different at CMAP's Tech Lab – staff who met him where he was and actually solved his problem. Now he's a regular.

"The tech lab at CMAP is always helpful, always clear, and they talk to me in a way I can understand."

Margaret and Gerald are two of the many people whose lives are shaped by what happens here every day. Their stories are also your story – because your support is what makes it all possible.

As we return home to a restored Klath Center, we are more committed than ever to the mission of lifelong learning, connection, and community. The flood tested us. This community passed with flying colors. And now, with our doors open again, the need and the opportunity are greater than ever.

Thank you! Again, we invite you to make a **DONATION**.
Your generosity is the fuel that empowers CMAP to change lives.

To make a **DONATION**, visit <https://engage.cmaprinceton.org/donate-now>,
or call 609.751.9699, ext 103.



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PATRIOTIC BRASS WITH THE NJ SYMPHONY CHAMBER PLAYERS (IN-PERSON AT STONE HILL CHURCH) WEDNESDAY, JUNE 10, 7:00-8:00 P.M.

SEE PAGE 6 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!

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