

SUMMER STAYCATION SERIES

THIS AUGUST,
CMAP IS CELEBRATING YOU!

SEE PAGES 4 & 5 FOR DETAILS.



SAVE THE DATE – CMAP FALL GALA

Thursday, September 10, 5:30 p.m.
101 Poor Farm Road, Princeton

ROOTED

RESILIENT AND RISING TOGETHER

THURSDAY, SEPTEMBER 10, 5:30 P.M.
(IN-PERSON AT 101 POOR FARM ROAD, PRINCETON)

TICKETS: <https://engage.cmapprinceton.org/2026-cmap-gala-registration>

SPONSORSHIPS: <https://engage.cmapprinceton.org/2026-cmap-gala-sponsorships>

PROGRAM ADVERTISING/TRIBUTES: <https://engage.cmapprinceton.org/2026-cmap-gala-ads>



EVERGREEN FORUM:

Fall 2026 Course List
Classes run September through
December 2026.

See **pages 18 & 19** for fall course list.



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 SUMMER RESET: WHAT THE OXFORD LONGEVITY PROJECT TEACHES US ABOUT AGING WELL

Dear Friends,

Growing up at the Jersey Shore, summer was always my favorite season. School let out, the days grew longer, and life seemed to slow down. My friends and I spent our days in the surf, sun, and sand – swimming in the ocean, walking the boardwalk, and building memories. Looking back, what I remember most isn't simply all of the fun that we had. It was the feeling of renewal. Summers in Ocean Grove offered us a chance to reset, refresh, and reconnect.

As adults, and especially as we grow older, we may not spend every summer day at the beach, but that desire for renewal remains. Summer still offers an invitation to step outside our routines, invest in our well-being, and focus on the relationships and activities that bring us joy. Interestingly, a recently released report from the **Oxford Longevity Project** suggests that this instinct may be more important than we realize.

The Oxford Longevity Project, a collaboration of physicians, scientists, and longevity researchers, examines what helps people not only live longer but live better. Their central finding is both encouraging and empowering: while genetics matter, many of the factors that determine how we age are within our control. The goal is not simply a longer lifespan, but a longer *healthspan*, ensuring that we remain active, engaged, independent, and fulfilled in our later years.

The report highlights several key pillars of healthy aging: movement and exercise, quality sleep, nutritious food, stress management, social connection, and a sense of purpose. None of these findings are particularly surprising on their own. What is remarkable, however, is the growing body of evidence showing how profoundly these everyday habits shape our physical, cognitive, and emotional well-being over time.

One of the strongest themes in the report is the importance of social connection. Meaningful relationships and community engagement are consistently linked to better health outcomes, lower rates of depression, stronger cognitive functioning, and even increased longevity. In contrast,



social isolation can have consequences comparable to some of the most significant health risk factors. Simply put, we are designed to live in community.

The researchers also emphasize the importance of purpose. People who continue learning, volunteering, mentoring, creating, or contributing to causes larger than themselves tend to experience greater well-being and resilience. Aging is not a process of withdrawal from life; it is an opportunity to remain engaged in new and meaningful ways.

As I read the report, I was struck by how many of its recommendations resemble those carefree summers at the shore. We were physically active without calling it exercise. We spent hours outdoors. We built friendships. We shared meals. We laughed. We slept well after long days in the sun. We experienced many of the very things that modern longevity research now identifies as essential ingredients for healthy aging.

At CMAP, we see these principles come to life every day. Whether participating in a fitness class, attending a lecture, joining a support group, volunteering, exploring a new hobby, or simply sharing a conversation over a great cup of coffee, we are building the habits and relationships that contribute to longer, healthier, and more meaningful lives.

This summer, consider creating your own longevity-inspired reset:

- Take a daily walk and spend time outdoors (Join the revitalized CMAP Walking Club or take a Tai Chi class).
- Reconnect with an old friend or make a new one.
- Challenge your mind by learning something new (Join our class on Robotics & Healthy Aging).
- Prioritize healthy sleep and nourishing meals.
- Find opportunities to give back or share your talents (Sign up for Third Act Volunteer Corps).
- Make space for relaxation, gratitude, and joy.

The Oxford Longevity Project reminds us that healthy aging is not built through dramatic changes or expensive interventions. Rather, it is cultivated through small, consistent choices that strengthen our bodies, minds, and relationships over time.

As the summer season unfolds, perhaps we can borrow a lesson from those long days of surf, sun, and sand. A meaningful life is often found not in doing more, but in reconnecting with the people, practices, and purposes that help us flourish. This summer, give yourself permission to reset, refresh, and reconnect. Your future self may thank you for it!

All the Best,
Drew

Click [HERE](#) to read the full report of the Oxford Longevity Project entitled "Living Longer, Better"

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



TO READ
REPORT

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 Relations & 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
Director of Advocacy
& Age-Friendly Princeton

Andrea Schwarz
Program Associate:
Suzanne Patterson Building

Ruthann Traylor
Social Worker: Resource & Referral

Olga Valencia, MSW
Community Social Worker

Beth Weiskopf
Administrator for Community
Wellness & Program Initiatives

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

ALL PROGRAMS JULY-AUGUST 2026

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

FEATURED SPOTLIGHT

CELEBRATE NATIONAL SENIOR CITIZENS DAY AT CMAP WITH OUR SUMMER STAYCATION SERIES!

This August, CMAP is celebrating YOU! In honor of National Senior Citizen Day on August 21, our Summer Staycation Series is bringing all the fun of a vacation – right here at CMAP. From creative activities to games, great company, and good vibes, this summer is all about celebrating the amazing people you are. No passport required!

AGING OUT LOUD: A CELEBRATION ACROSS GENERATIONS AT CMAP (In-Person at NSK Location)

Thursday, August 20, 3:00-4:00 p.m.; Fee: \$5

Music, storytelling, laughter, and unexpected conversation come together for an afternoon designed to celebrate the experiences, memories, humor, and connections that shape us throughout life. Through guided table talks, reflection prompts, shared stories, and moments of joy, participants will have the opportunity to connect across ages and life experiences in meaningful and surprising ways.

The afternoon will include:

- "What I Wish I Knew..." conversation tables
- Music & dancing through the decades
- Letters to your younger or future self
- Snacks, stories, and community

Come ready to meet someone new, laugh a little, dance a little, and celebrate life out loud.

BINGO: WIN LIKE NEVER B4!

(In-Person at NSK Location)

Tuesday, August 18, 11:00 a.m.-noon

BINGO, bad jokes, and prizes oh my! Join us for a lively afternoon of BINGO where there is no charge and every game ends with a winner! Come for camaraderie and the chance to win CMAP Bucks to trade in for cool prizes. Game play begins at 11:00 a.m.

Host: Nick Macy

Registration required, no fee.

CMAP'S SUMMER SWING DANCE

(In-Person at SPB Location)

Sunday, August 23, 5:30-7:30 p.m.; Fee: \$5

CMAP is thrilled to welcome back The Straight Ahead Big Band for a night of live swing music! Their powerful brass section and classic repertoire are guaranteed to transport you straight to the heart of the Swing Era. Whether you're ready to hit the dance floor or simply want to sit back and soak in the music, this is an evening of great sound and good company. Refreshments will be available, so come for the rhythm and stay for the memories.

CRAFTED WITH CHARM: BRACELET MAKING WORKSHOP (In-Person at SPB Location)

Monday, August 17, 2:00-3:00 p.m.

Fee: \$20 resident/\$25 nonresident

Unleash your inner jeweler and create something truly your own. Design a beautiful silver chain bracelet adorned with beads and hand-picked charms inspired by the best of summer – think sunshine, sea breezes, and poolside afternoons. Every piece is as unique as the person wearing it. All materials included and no experience necessary.

Instructor: Ro Robertson (they/them) is a Lumberton, New Jersey-based ceramic and multidisciplinary artist using materials like wire, fiber, and glass to advocate for social change – with twenty-four exhibitions across ten states since graduating Alfred University in 2023.

READING WITH RED (OR WHITE...?): WINE AND BOOK PAIRING (Zoom)

Wednesday, August 19, 6:00-7:00 p.m.

Wondering what to sip with Danielle Steel or decant with Dickens? Join us for an irreverent, entertaining, and delightfully cozy evening where books meet wine - all from the comfort of home. Because honestly, what could be better than sipping wine, talking literature, and not worrying about driving afterward?

Canadian Nova Scotian CAPS Certified Sommelier Shelly Joyce will guide us through refreshing summer wines paired with different genres, moods, and favorite reads - from beach books and mysteries to timeless classics. And yes, you'll even have a chance

GROUP/PROGRAM LOCATION KEY:

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

SPB - Suzanne Patterson Building at 45 Stockton Street

H - Hybrid Group/Program

NOTE:

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

ALL PROGRAMS JULY-AUGUST 2026

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

to challenge Shelly to pair wine with one of your own favorite books!

Expect summer vibes, laughter, interesting wine tips, spirited conversation, and the comforting realization that many of us have judged a book by its cover at least once.

A wine list will be provided ahead of time, so you can taste along from your couch, patio, or favorite reading chair -or simply join us with tea and take notes like the responsible adults we occasionally try to be.

No wine or literary expertise required - just curiosity, a sense of humor, and maybe a snack nearby.

Registration required, no fee.

STRESS-LESS DAY (In-Person at NSK Location)

Friday, August 21, 1:00-4:00 p.m.

Join the Social Service Team for a joyful, relaxing, and fun-filled day dedicated to celebrating and honoring our amazing older adults! Unwind, connect with others, laugh, create, and enjoy a day focused on wellness, creativity, and community.

Enjoy interactive workshops and activities:

- Therapeutic Aromatherapy Experience
- Mindfulness Chair Yoga
- Community Therapeutic Art Projects
- Ice Cream Social Station
- Learn More About Community Support Services

Come celebrate, relax, socialize, and enjoy a day created especially for YOU!

Because you deserve a day to stress less, smile more, and be celebrated!

Registration required, \$5 suggested donation



ARTS & CULTURE

BEGINNERS ART WORKSHOP - SUMMER QUARTER

(In-Person at SPB Location)

Tuesdays, July 14 through September 29, 2:00-4:00 p.m.

Fee: \$135 resident/\$150 nonresident

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

Instructor: Christina Rang

"BRAIDING SWEETGRASS": A CONVERSATION

ON NATURE AND RECIPROCITY (Zoom)

Wednesday, August 19, 3:00-4:00 p.m.

One of the most beloved and talked-about books of recent years, "Braiding Sweetgrass" by bestselling Indigenous author and scientist Robin Wall Kimmerer has inspired readers around the world with its moving reflections on nature, gratitude, reciprocity, and the wisdom found in everyday relationships with the Earth. Join facilitator Angie Garvey from Magnolia Foundation for a thoughtful and welcoming community conversation exploring some of the book's most meaningful lessons and why they continue to resonate so deeply today. Whether you've read the book cover to cover or are simply curious about the conversation surrounding it, all are welcome for this special gathering held in recognition of International Day of the World's Indigenous People.

Registration required, no fee.

LET'S LEARN AND CREATE ART SERIES

(In-Person at NSK Location)

Thursdays, July 9 through August 20, 2:00-3:30 p.m.

(no session 8/13)

Fee: \$5 per session, \$25 for the series

Let's Learn and Create is a fun, informative, and therapeutic series combining an art history lesson with a hands-on project inspired by that artist. Each session explores a different master – from painting dreamy watercolor scenes like Marc Chagall and vibrant landscapes in the style of Claude Monet, to crafting paper collages à la Henri Matisse or building kinetic sculptures inspired by Alexander Calder – making art history engaging and accessible for all. Register for the full series or sign up for individual sessions!

Instructor: Lisa Bayer

LIBRARY READS (Zoom)

July Session: Monday, July 6, 1:00-2:00 p.m.

August Session: Monday, August 3, 1:00-2:00 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.

MUSIC ON THE PATIO: FEATURING BOB

MECKLENBURGER (In-Person at NSK Location)

Wednesday, July 29, 6:00-7:00 p.m.; Fee: \$5

Good music. Cool breeze. Great company. Music on the Patio brings you a laid-back evening of live folk acoustics courtesy of Bob Mecklenburger – sip on some light refreshments, soak in the atmosphere, and let the music do the rest.

ALL PROGRAMS JULY-AUGUST 2026

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

FIRST FRIDAY FILM

"REMARKABLY BRIGHT CREATURES"

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

Friday, July 10, 1:00-3:00 p.m.

After her son's mysterious disappearance, Tova Sullivan (Sally Field) finds solace in her night-shift job cleaning the Sowell Bay Aquarium – and in an unlikely friendship with Marcellus, a giant Pacific octopus with a sharp mind and a fondness for escaping his tank. When Marcellus decides to help Tova uncover the truth, two outsiders must navigate grief, connection, and the surprising ways that lost things find their way home.

Genre: Drama; Rated: PG-13;

Run Time: 1 hour, 51 minutes

Registration required, no fee.

"BETWEEN THE TEMPLES"

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

Friday, August 7, 1:00-3:00 p.m.

Ben Gottlieb is a cantor in a small New York town, still adrift after the death of his wife and struggling to find his voice – literally and spiritually. When Carla, his warm and witty childhood music teacher, walks back into his life with an unusual request – she wants to finally have her bat mitzvah at age seventy – the two form an unlikely bond that challenges them both. By turns funny and bittersweet, the film is a quietly moving story about grief, second chances, and the unexpected connections that pull us back to life.

Genre: Comedy/Drama; Rated: R;

Run Time: 1 hour, 51 minutes

This film is rated R for language and some sexual references.

Registration required, no fee.

REEL TALK: DOCUMENTARY SCREENING AND DISCUSSION

"MR. NOBODY AGAINST PUTIN" (Zoom)

Tuesday, July 21, 1:00-3:00 p.m.

Join Reel Talk for a viewing of – and follow-up discussion on – the 2026 Oscar winner "No Body Against Putin."

A Russian teacher secretly documents his school becoming a war recruitment center during the war in Ukraine, revealing the ethical dilemmas educators face with propaganda and militarization.

Rated: Not Rated; Genre: Documentary;

Run Time: 1 hour 30 minutes with discussion to follow.

Registration required, no fee.

"KING OF THEM ALL: THE STORY OF KING RECORDS"

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

Tuesday, August 25, 1:00-3:00 p.m.

Before rock and roll had a name, a small record label in Cincinnati was quietly changing everything. Join us for a screening of "King of Them All," a documentary that travels back to 1950s Cincinnati where country met R&B, barriers fell, and the sound of modern music was born. After the film, we'll dig into a discussion about music, the era, and the legacy that still echoes today.

Rated: TV-14; Genre: Documentary/History;

Run Time: 1 hour 15 minutes

Registration required, no fee.

WEDNESDAY NIGHT WATCH PARTY

"THE FAREWELL"

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

Wednesday, July 1, 6:00-7:40 p.m.

"The Farewell" is a comedy-drama about a Chinese-American woman named Billi who returns to China when her beloved grandmother ("Nai Nai") is diagnosed with terminal cancer. To protect the grandmother from the emotional weight of her illness, the family stages an impromptu wedding as an excuse to gather and say their goodbyes.

Rated: PG; Genre: Comedy/Drama;

Run Time: 1 hour, 40 minutes

Registration required, no fee.

"PROJECT HAIL MARY"

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

Wednesday, August 12, 5:30-8:00 p.m.

Based on Andy Weir's beloved bestseller, "Project Hail Mary" follows Ryland Grace – a lone astronaut who wakes up millions of miles from Earth with no memory of how he got there but may be humanity's last hope. What unfolds is a thrilling, emotionally rich story of survival, scientific ingenuity, and one of the most unlikely and unforgettable friendships in science fiction.

Rated: PG-13; Genre: Sci-Fi Epic;

Run Time: 2 hours, 36 minutes

Registration required, no fee.

ALL PROGRAMS JULY-AUGUST 2026

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

THE PAINTER'S STUDIO - SUMMER QUARTER 2026

(In-Person at SPB Location)

*Wednesdays, July 15 through September 30,
2:00-4:00 p.m.*

Fee: \$135 resident/\$150 nonresident

Step into The Painter's Studio, a dynamic and inspiring class designed for painters ready to take their skills to the next level. This intermediate-level course is your opportunity to refine techniques, experiment with new styles, and develop your unique artistic voice. Students to provide their own supplies. List available upon request. Instructor: Christina Rang

POETRY ON THE PATIO: OPEN MIC NIGHT

(In-Person at NSK Location)

Wednesday, August 26, 6:00-7:00 p.m.; Fee: \$5

Poetry on the Patio is an open mic night celebrating the written word in all its forms. Whether you've been polishing a poem for months or scribbled something on a napkin this morning, this is your stage. Read your own work aloud, bring a friend to give your words a voice, or simply settle in and let the words of others wash over you. From love poems to limericks, personal essays to prose poems, all styles (short form) and skill levels are welcome here. No judges, no pressure – just an open mic, good company, light refreshments, and the simple pleasure of language shared under the open sky.

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

July Session: Wednesday, July 8, 5:30-7:30 p.m.

August Session: Wednesday, August 12, 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 and judgment-free environment. Each session includes a fun, minimally guided project, along with music, light snacks, and open creative time.

No experience needed, bring yourself and a willingness to create.

Instructor: Ruthann Traylor

THE WONDERS OF WORDPLAY – SUMMER QUARTER

(Zoom)

Mondays, July 6 through September 28,

2:00 p.m. (no session 9/7, 9/21); 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 are welcome at NSK and SPB locations.

TECHNOLOGY AND DIGITAL LITERACY COACHING SESSIONS (In-Person at NSK and 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 or by stopping in at our NSK Location. Coaching sessions can take place in person or virtually on Zoom.

Registration required, no fee.

Programs

ONLINE PAYMENTS AND HOW TO BE SAFE USING THEM (Hybrid: In-Person at NSK Location or on Zoom)

Tuesday, August 11, 2:00-3:00 p.m.

Sending money online should never feel like a gamble. From paying friends to shopping online, mobile payment apps offer incredible convenience – if you know how to use them securely. Join our team to learn how these services work, how to set up vital security settings, and how to spot common payment scams. Gain the confidence to manage your digital wallet with total peace of mind!

Registration Required, no fee.

PRINT, SCAN, COPY: HOW TO CHOOSE YOUR NEW PRINTER (Hybrid: In-Person at SPB Location or on Zoom)

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

Finding a reliable printer shouldn't be a frustrating puzzle. Between inkjet, laser, wireless setups, and expensive ink cartridges, it is hard to know what you actually need. Join our team for a straightforward guide to choosing

ALL PROGRAMS JULY-AUGUST 2026

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

DAY TRIP TO ATLANTIC CITY

Thursday, August 13, 8:30 a.m.-6:00 p.m.

Fee: \$115

Feeling lucky? Join us for an exciting getaway to Atlantic City packed with fun, entertainment, and seaside views. Spend the day exploring lively casinos, strolling along the iconic boardwalk, enjoying delicious food, and soaking in the energy of the shore. Guests will also enjoy a scenic cruise experience, offering beautiful waterfront views and a chance to “Sea” Atlantic City from a whole new perspective. Whether you’re looking to relax, try your luck, or enjoy a memorable day with friends, this trip promises the perfect seaside escape.



Your ticket includes: Round trip transportation, \$15 food credit, \$20 slot play, one hour cruise, and all tips and taxes.

the right printer for your home. We will break down the true costs and features so you can shop with complete confidence. Come get the facts before you buy!

Registration Required, no fee.

THE MINT MOVEMENT: YOUR HANDS-ON LINUX GUIDE

(In-Person at NSK Location)

Fridays, July 31 through August 28, 2:00-3:30 p.m.

Fee: \$20

Ready for complete digital independence? Join our small group, five-week immersion class to master Linux Mint. Each week breaks the operating system down into manageable, bite-sized topics with regular reviews to guarantee you retain what you learn. Bring your own PC or test-drive a donor machine! Enjoy highly focused, individual assistance designed to build long-term confidence.

THE RIGHT FIT: CHOOSING A NEW COMPUTER

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

Thursday, July 16, 11:00 a.m.-noon

Shopping for a new computer can be overwhelming with so many brands, sizes, and technical terms. Join our Digital Literacy team for a straightforward guide to finding the right device for your needs and budget. We will break down the differences between desktops, laptops, and tablets, and explain what features actually matter. Come get the facts before you buy!

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.

FINDING PURPOSE IN RETIREMENT

(In-Person at NSK Location)

Thursday, July 9, 11:00 a.m.

Retirement is no longer simply about slowing down – it is an opportunity to rediscover meaning, identity, and purpose. This interactive workshop invites anyone asking “What’s next for me?” to explore what truly matters beyond career and obligation, reflecting on the shift from “resume” values to “epithet” values.

Participants leave with greater clarity, practical tools for personal fulfillment, and a renewed sense of direction, contribution, and possibility. Retirement is not the end of the story—it is an invitation to step closer to who you are becoming.

Instructor: Rich Hendrickson

Registration required, no fee.

HOT TOPICS IN AGING

(In-Person at NSK Location)

July Session: Thursday, July 30, 11:00 a.m.-noon

August Session: Thursday, August 27, 11:00 a.m.-noon

Hot Topics in Aging is a monthly gathering where real conversations happen. Each session is led by one of our social workers and kicks off with a short presentation on a timely topic related to health, wellness, finances, relationships, or everyday life as we age – followed by open discussion. Come ready to listen, share, and connect. Specific topics to be announced at the start of each month in the e-blast.

Instructor: CMAP Social Workers

Registration required, no fee.

ALL PROGRAMS JULY-AUGUST 2026

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

INSIDE NEW JERSEY AUTO INSURANCE

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

Tuesday, August 4, 2:00-3:00 p.m.

Learn what the insurance companies hope you never find out – from coverage traps and misleading policy options to the critical protections every driver needs. If you live, drive, or advise clients in New Jersey, this is must-know information.

Instructor: Robert Bratman is an attorney from Stark & Stark.

Registration required, no fee.

MAKING CENTS OF CAREGIVING WITH AARP (Zoom)

Monday, July 13, 11:00 a.m.

Join AARP in a special presentation designed to introduce caregivers to essential information and resources needed to more easily manage some of the financial complexities of caregiving.

Registration required, no fee.

MEDICARE APPOINTMENTS

(In-Person at NSK Location)

Varying Fridays of Each 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! Check the registration form for upcoming appointments

Registration required, no fee.



GAMES DAY (In-Person at SPB Location)

Tuesdays in July and August, 1:00-4:00 p.m.

(no meeting 7/7)

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

AMERICAN RED CROSS BLOOD DRIVE

(In-Person at SPB Location)

Thursday, August 13, 11:00 a.m.-4:00 p.m.

Organized through the American Red Cross and sponsored by the Princeton Health Department, consider giving the gift of life – sign up to donate blood. Registration is through the American Red Cross:

<https://www.redcrossblood.org/give.html/donation-time?zipSponsor=08540&driveType=all>

CHAIR MOVES & GROOVES (Zoom)

July Session: Tuesdays, July 7 through July 28,

1:00-2:00 p.m.

August Session: Tuesdays, August 4 through August 25,

1:00-2:00 p.m.

Fee: \$30 resident/\$35 nonresident

Join 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.

Instructor: Laraine Alison

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, 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 in July and August, 11:00 a.m.-noon

(no session 7/3)

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.

ALL PROGRAMS JULY-AUGUST 2026

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

THE FELDENKRAIS METHOD

(In-Person at SPB Location)

Tuesdays, August 4 through August 25, 10:00 a.m.

Fee: \$30 resident/\$35 nonresident

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

Instructor: Jackie Boone

PAIN MANAGEMENT WORKSHOP

(In-Person at SPB Location)

Wednesday, July 22, 9:30 a.m.-12:30 p.m.

Fee: \$20 resident/\$25 nonresident

Join our upcoming workshop and transform your approach to persistent pain and discomfort. Retrain your nervous system with mindful, gentle movement sequences designed to unlearn habitual tension and improve overall mobility. Master strategic KT tape applications to naturally alleviate joint and muscle pain. Harness the healing energy of photobiomodulation with red light therapy to soothe nerves and reduce inflammation. If you can improve your movement, you can improve the quality of your life! Register now and find lasting relief.

Instructor: Jackie Boone

PINGPONGPARKINSON (In-Person at SPB Location)

Wednesdays in July and August, 3:00-4:30 p.m.

(not meeting 7/1, 7/8, 8/5)

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.

STRENGTH, STABILITY, & STAMINA

(In-Person at SPB Location)

Thursday, August 6 through August 20, 10:00 a.m.

Fee: \$25 resident/\$30 nonresident

This innovative approach aims to improve how you sit, stand, walk, and move, no matter your age or ability. Gentle, precise movements help change old, rigid habits and release tension in stiff joints. Learn structural exercises that rebuild and glue the body together, creating improved stability and strength in major joints. Sign up for a journey of self-discovery and empowerment through mindful movement.

Instructor: Jackie Boone

TABLE TENNIS (In-Person at SPB Location)

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

(not meeting 7/3, 7/6)

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, July 14 through August 18, 10:00 a.m.

Fee: \$40 resident/\$45 nonresident

Start or continue your journey to improve 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 INTERMEDIATE

(In-Person at SPB Location)

Tuesdays, July 14 through August 18, 11:00 a.m.

Fee: \$40 resident/\$45 nonresident

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

Instructor: Rich Lund

YOGA FOR PAIN MANAGEMENT (Zoom)

July Session: Thursday, July 9 through July 30, 10:00 a.m.

August Session: Thursday, August 6 through August 27, 10:00 a.m.

Fee: \$30 resident/\$35 nonresident

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

Instructor: Danalee Gascon

ALL PROGRAMS JULY-AUGUST 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, July 15, 10:00-11:00 a.m.
- Wednesday, August 12, 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, July 22, 11:00 a.m.-1:00 p.m.
- Wednesday, August 5, 11:00 a.m.-1:00 p.m.
- Wednesday, August 19, 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, July 29, 10:00-11:00 a.m.
- Wednesday, August 26, 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, July 22, 10:00-11:00 a.m.
- Wednesday, August 5, 10:00-11:00 a.m.
- Wednesday, August 19, 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, July 15, 11:00 a.m.-1:00 p.m.
- Wednesday, July 29, 11:00 a.m.-1:00 p.m.
- Wednesday, August 12, 11:00 a.m.-1:00 p.m.
- Wednesday, August 26, 11:00 a.m.-1:00 p.m.

OTHER WAYS TO PLAY

GROUP COURT RENTALS

Reserve our pickleball court at 45 Stockton Street in the Suzanne Patterson Building! Bookings are first-come, first-served, and non-refundable. Available dates and times are listed in the Pickleball Group Court Rental form.

Reduced Rate: \$20 per hour

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

Akin Care Senior Services, Always Best Care Senior Services, Assisted Living Locators, FirstBank Charitable Foundation, Home Instead, McCaffrey's Food Markets, NightingaleNJ Eldercare Navigators, Oasis Senior Advisors, Penn Medicine Princeton Health, Princeton Federal Credit Union, Princeton Theological Seminary, Roundview Capital, Senior Advisors, Springpoint at Home, Stark & Stark Attorneys at Law

ALL PROGRAMS JULY-AUGUST 2026

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



LIFELONG LEARNING

COSMOLOGY 2026-2027

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

Every Thursday starting July 2, 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 astrophysics. Come expand your mind and unravel the secrets of the cosmos.

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

EVERGREEN FORUM FALL 2026 OPEN HOUSE

(In-Person at SPB Location)

Thursday, July 30, noon-2:30 p.m.

Evergreen Forum's Fall 2026 Open House comes this July 30! Join us to celebrate and meet the fall semester course leaders while learning about their course material before registration. Then, sit in on special one-hour lectures to get an in-person or virtual feel for what Evergreen Forum courses are like. Light refreshments will be served.

- Noon-1:00 p.m. | Tabling Event with Course Leaders
- 1:15-2:30 p.m. | Sample Lectures

Registration required, no fee.

OLD BARRACKS MUSEUM GUEST LECTURE

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

COMING THIS JULY

Fee: \$10 resident/\$15 nonresident

Step back in time with a speaker from the Old Barracks Museum in Trenton, bringing the stories and history of one of New Jersey's most iconic Revolutionary War sites to life.

ROBOTS THAT ADAPT TO YOU

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

Tuesday, August 11, 11:00 a.m.-noon

Fee: \$10 resident/\$15 nonresident

Imagine a robot that helps you prepare meals, tidy up, or get ready in the morning – and learns to do things your way. As we live longer, robots may help many of us stay independent at home. But to be truly helpful, a robot must adapt to each person's needs and preferences. Join Professor Tom Silver as he shares how his lab at Princeton is teaching robots to personalize the help they provide over time while keeping safety first.

Instructor: Tom Silver is an assistant professor of electrical and computer engineering at Princeton University.

THE SOUND OF BAKER STREET: SHERLOCK HOLMES IN MUSIC (Zoom)

Thursday, August 27, noon-1:00 p.m.

Fee: \$10 resident/\$15 nonresident

Sherlock Holmes is famously a violinist – but in Arthur Conan Doyle's stories, his instrument is a tool for thought as much as expression. Dr. Brenda Leonard explores Holmes's musical world; from the repertoire he might have played in Victorian London to the ways composers—from Miklós Rózsa to Hans Zimmer – have shaped his character in film and television. Along the way, we'll hear how music helps define the sound – and the psychology – of Baker Street.

Instructor: Brenda Leonard

TONI MORRISON'S GOTHIC FICTION (Zoom)

Wednesday, July 15, 2:00-3:00 p.m.

Fee: \$10 resident/\$15 nonresident

Toni Morrison's "Love" (2003) and "A Mercy" (2008) rework Gothic images of villainy, imprisonment, and haunting as vehicles for exploring the dark history of American race relations. "Love" examines the collateral damage of economic boom-and-bust cycles in the early twentieth-century American South, while "A Mercy" is set in seventeenth-century Virginia, on a farm run by a Dutch colonist who believes he can own enslaved people without fully participating in the system's abuses. Using both novels, we will study how vulnerable female characters must navigate worlds controlled by wealthy and powerful men – a dynamic central to the Gothic since the late eighteenth century – raising the question of how far survival is possible within such systems. No prior reading required to enjoy this lecture.

Instructor: Dr. Dara Downey



ALL PROGRAMS JULY-AUGUST 2026

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



SOCIAL CONNECTIONS

Programs

THE CMAP MATCH GAME (In-Person at NSK location)

Wednesday, July 15, 6:00-7:00 p.m.; Fee: \$5

We're bringing the excitement of the classic Match Game to life at CMAP, and you won't want to miss it! Never seen the show? Contestants are given a fill-in-the-blank phrase and have to guess how six panelists completed it – the more matches, the better! It's equal parts hilarious and unpredictable, and no two rounds are ever the same.

Join us for an unforgettable evening as our hand-picked contestants go head-to-head trying to match answers with six of CMAP's very own special guests. Inspired by the iconic 1970s game show, this is your chance to cheer on your favorites, laugh along with the panel, and enjoy a night of friendly competition like no other.

COURTYARD CAFÉ (In Person at NSK location)

Wednesdays in July & August, 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 a friendly conversation, there's always something to casually enjoy at the Courtyard Café.

- July 1: Brain Teasers and Puzzles
- July 8: Join us for Pub Trivia (separate registration)
- July 15: Games & Puzzles
- July 22: Let's Talk About It: The Impact of Art in Everyday Life
- July 29: Music on the Patio (separate registration)
- August 5: Brain Teasers and Puzzles
- August 12: Let's Talk About It: Books and Stories in the Digital Age
- August 19: Games and Puzzles
- August 26: Poetry on the Patio (separate registration)

PEOPLE & PEACE TALK SHOW

CMAP presents People & Peace, the organization's ongoing talk show exploring how people from different walks of life build meaning, connection, and peace in the world around them.

CONRAD STRAUCH IN CONVERSATION WITH MARILYN ARONBERG LAVIN

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

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

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

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

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

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

Registration required, no fee.

CONRAD STRAUCH IN CONVERSATION WITH GREG VOYNOW

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

Wednesday, August 12, 5:00-6:30 p.m.

This August, we welcome Greg Voynow, a major figure in the world of books, audio, and digital publishing whose leadership roles at Audible, New York Public Radio, and as General Manager of iPublish.com – Time Warner's pioneering e-book division – helped shape the evolution of how stories and ideas are shared in the digital age.

In a moment increasingly defined by distraction and fast content, this conversation will explore the enduring power of reading, listening, and intellectual curiosity, and the ways books, storytelling, and thoughtful dialogue can still help us find depth, clarity, and peace of mind.

Registration required, no fee.

ALL PROGRAMS JULY-AUGUST 2026

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

PUB TRIVIA NIGHT (In-Person at NSK location)

Wednesday, July 8, 6:00-7:30 p.m.

Join us in the courtyard for an evening of Pub Trivia! Test your knowledge across a variety of fun summer themed categories – from movie blockbusters to Fourth of July, the Jersey Shore and more. Whether you're a trivia buff or just along for the fun, there's something for everyone. CMAP Bucks are up for grabs to trade in for prizes along with fun drinks, and good company guaranteed!

Groups

AGING GAILY (LGBTQ+)

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

July: Not meeting

August Meeting: Monday, August 17 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 (In-Person at NSK Location)

Wednesdays in July & August, 3:30 p.m.

A vibrant group for engaging conversations and sharing ideas.

Instructor: Ruthann Traylor

Registration required, no fee.

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

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

August: Not meeting

Together we watch a TED Talk followed by an engaging, thought-provoking discussion led by Helen Burton. Come join the conversation! This month's buzzworthy topics:

July 7 - Margaret Levi: How labor unions shape society

July 14 - Adam Foss: A prosecutor's vision for a better justice system

July 21 - Sasha Luccion: We're doing AI all wrong. Here's how to get it right

July 28 - Jenny Taitz: Stress resets, the ultimate mental health hack

Registration required, no fee.

TRANSITION TO RETIREMENT

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

July Meeting: Friday, July 17, 2:30 p.m.

August Meeting: Friday, August 21, 2:30 p.m.

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 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: SUMMER SESSION

(In-Person at SPB Location)

Mondays in July (no meeting 7/6), on hiatus in August, September 14 and 28, 3:00 p.m.; Fee: \$10

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)

On hiatus this summer.

ALL PROGRAMS JULY-AUGUST 2026

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



SUPPORT GROUPS

BEREAVEMENT (Zoom)

July Meeting: Monday, July 20 at 11:00 a.m.

August Meeting: Monday, August 17 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)

July Meeting: Tuesday, July 7 at 3:00 p.m.

August Meeting: Tuesday, August 4 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 July & August, 3:00 p.m.

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

Registration required, no fee.

EARLY-STAGE MEMORY LOSS SUPPORT

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

July Meeting: Thursday, July 16, 3:00 p.m.

August Meeting: Thursday, August 20, 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.

Instructor: Eileen Doremus

Registration required, no fee.

FORGET-ME-NOT DEMENTIA CAREGIVERS

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

July Meeting: Saturday, July 11, 10:00-11:00 a.m.

August Meeting: Saturday, August 8, 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.

Instructor: Ruthann Traylor

Registration required, no fee.

MEMORY CAFÉ (In-Person at NSK Location)

July Meeting: Thursday, July 9 at 10:00-11:30 a.m.

August Meeting: Thursday, August 13 at 10:00-11:30 a.m.

(Usually 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!

Instructor: Lisa Bayer

Registration Required, no fee.

NEXT CHAPTER WIDOWS AND WIDOWERS

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

July Meetings: Wednesday, July 8

and July 22 at 11:00 a.m.

August Meetings: Wednesday, August 12

and August 26 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 NSK Location and on Zoom)

July Meeting: Friday, July 10 from 1:00-2:15 p.m.

August Meeting: Friday, August 7 from 1:00-2:15 p.m.

(Usually first Friday of each month)

This supportive group for parents who are caring for and/or planning for their adult children with unique physical, emotional, or developmental needs. The group offers a safe, welcoming space to share experiences, express feelings, and access resources that support each family's journey. It also serves as a reminder that no one is alone in navigating these challenges. Special Connections is committed to building a community that fosters understanding, connection, and mutual support among parents.

Registration, no fee.

JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

9:00 CMAP Walking Club (Varies)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (NSK)
5:00 Courtyard Café (NSK)
6:00 Wednesday Night Watch
Party: "The Farewell" (NSK-H)

2

10:00 Cosmology (NSK-H)

3

CMAP CLOSED FOR THE JULY FOURTH HOLIDAY

← SPB CLOSED FOR FLOOR REFINISHING JULY 1-9 →

6

1:00 Library Reads
2:00 The Wonders of Word Play
3:00 Clearing Spaces

7

10:30 TED Talks (NSK-H)
1:00 Chair Moves & Grooves
3:00 Caregivers

8

9:00 CMAP Walking Club (Varies)
11:00 Next Chapter: Widows
and Widowers (NSK-H)
3:30 Let's Talk: In-Person (NSK)
5:30 Pop-up Art Studio (NSK)
6:00 Pub Trivia Night (NSK)

9

10:00 Cosmology (NSK-H)
10:00 Memory Café (NSK)
10:00 Yoga for Pain Management
11:00 Finding Purpose in
Retirement (NSK)
2:00 Let's Learn and Create (NSK)

10

10:00 Women in Retirement
Coffee Klatch
11:00 Cornhole Meet Up (SPB)
1:00 Friday Film: "Remarkably
Bright Creatures" (NSK-H)
1:00 Special Connections
(NSK-H)
1:00 Table Tennis (SPB)

← SPB CLOSED FOR FLOOR REFINISHING JULY 1-9 →

11

SATURDAY, JULY 11
10:00 Forget-Me-Not:
Dementia Caregivers (NSK-H)

13

11:00 Making Cents of
Caregiving with AARP
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (SPB)
3:00 Clearing Spaces

14

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

15

9:00 CMAP Walking Club (Varies)
10:00 Learn to Play Pickleball
(SPB)
11:00 Pickleball Prep & Play
(SPB)
2:00 The Painter's Studio (SPB)
2:00 Toni Morrison's Gothic
Fiction
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH)
5:00 The CMAP Match Game
(NSK)
5:00 Courtyard Café (NSK)

16

10:00 Cosmology (NSK-H)
10:00 Yoga for Pain Management
11:00 The Right Fit: Choosing a
New Computer (NSK-H)
2:00 Let's Learn and Create (NSK)
3:00 Early-Stage Memory Loss
Support (SPB-H)

17

10:00 Women in Retirement
Coffee Klatch
11:00 Cornhole Meet Up (SPB)
1:00 Table Tennis (SPB)
2:30 Transition to Retirement
(NSK-H)

20

11:00 Bereavement
11:00 Print, Scan, Copy: How
to Choose Your New Printer
(SPB-H)
1:00 Table Tennis (SPB)
2:00 The Wonders of Word Play
3:00 Café Français (SPB)
3:00 Clearing Spaces

21

10:00 Tai Chi & Qigong - Level
1 (SPB)
10:30 TED Talks (NSK-H)
11:00 Tai Chi & Qigong - Level
2 (SPB)
1:00 Chair Moves & Grooves
1:00 Games Day (SPB)
1:00 Reel Talk: "Mr. Nobody
Against Putin"
2:00 Beginner's Art Workshop
(SPB)

22

9:00 CMAP Walking Club (Varies)
9:30 Pain Management
Workshop (SPB)
10:00 Pickleball Play with the
Pro-Int (SPB)
11:00 Next Chapter: Widows
and Widowers (NSK-H)
11:00 Pickleball Get into the
Game (SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH)
5:00 Courtyard Café (NSK)
5:00 People & Peace Talk Show
(NSK-H)

23

10:00 Cosmology (NSK-H)
10:00 Yoga for Pain Management
2:00 Let's Learn and Create (NSK)

24

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

27

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

28

10:00 Tai Chi & Qigong - Level
1 (SPB)
10:30 TED Talks (NSK-H)
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)

29

9:00 CMAP Walking Club (Varies)
10:00 Pickleball Play with the
Pro-AB (SPB)
11:00 Pickleball Prep & Play
(SPB)
2:00 The Painter's Studio (SPB)
3:00 PingPongParkinson (SPB)
3:30 Let's Talk: In-Person (MH)
6:00 Music on the Patio - Bob
Mecklenburger (NSK)

30

10:00 Cosmology (NSK-H)
10:00 Yoga for Pain Management
11:00 Hot Topics in Aging (NSK)
12:00 Evergreen Forum Fall
2026 Open House (SPB)
2:00 Let's Learn and Create (NSK)

31

10:00 Women in Retirement
Coffee Klatch
11:00 Cornhole Meet Up (SPB)
1:00 Table Tennis (SPB)
2:00 The Mint Movement: Your
Hands-on Linux Guide (NSK)

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 1:00 Library Reads 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces	4 10:00 The Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Level 1 (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) 2:00 Inside NJ Auto Insurance (NSK-H) 3:00 Caregivers	5 9:00 CMAP Walking Club (Varies) 10:00 Pickleball Play with the Pro - Int (SPB) 11:00 Pickleball Get into the Game (SPB) 2:00 The Painter's Studio (SPB) 3:30 Let's Talk: In-Person (NSK) 5:00 Courtyard Café (NSK)	6 10:00 Cosmology (NSK-H) 10:00 Strength, Stability & Stamina (SPB) 10:00 Yoga for Pain Management 2:00 Let's Learn and Create (NSK)	7 10:00 Women in Retirement Coffee Klatch 11:00 Cornhole Meet Up (SPB) 1:00 First Friday Film: "Between the Temples" (NSK-H) 1:00 Special Connections (NSK-H) 1:00 Table Tennis (SPB) 2:00 The Mint Movement: Your Hands-on Linux Guide (NSK)
8 SATURDAY, AUGUST 8 10:00 Forget-Me-Not: Dementia Caregivers (NSK-H)				

10 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces	11 10:00 The Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Level 1 (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) 2:00 Online Payments and How to Be Safe Using Them (NSK-H)	12 9:00 CMAP Walking Club (Varies) 10:00 Learn to Play Pickleball (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 Pickleball Prep & Play (SPB) 2:00 The Painter's Studio (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk: In-Person (NSK) 5:00 Courtyard Café (NSK) 5:00 People & Peace Talk Show (NSK-H) 5:30 Pop-up Art Studio (NSK) 5:30 Wednesday Night Watch Party: "Project Hail Mary" (NSK-H)	13 8:30 Day Trip - Atlantic City (NSK) 10:00 Cosmology (NSK-H) 10:00 Memory Café (NSK) 10:00 Strength, Stability & Stamina (SPB) 10:00 Yoga for Pain Management 11:00 American Red Cross Blood Drive (SPB)	14 10:00 Women in Retirement Coffee Klatch 11:00 Cornhole Meet Up (SPB) 1:00 Table Tennis (SPB) 2:00 The Mint Movement: Your Hands-on Linux Guide (NSK)
--	--	--	--	---

17 11:00 Bereavement 1:00 Table Tennis (SPB) 2:00 Crafted with Charm: Bracelet Making Workshop (SPB) 2:00 The Wonders of Word Play 2:30 Aging Gaily (NSK-H) 3:00 Clearing Spaces	18 10:00 The Feldenkrais Method (SPB) 10:00 Tai Chi & Qigong - Level 1 (SPB) 11:00 Bingo: Win Like Never B4 (NSK) 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)	19 9:00 CMAP Walking Club (Varies) 10:00 Pickleball Play with the Pro-Int (SPB) 11:00 Pickleball Get into the Game (SPB) 2:00 The Painter's Studio (SPB) 3:00 "Braiding Sweetgrass": A Conversation on Nature and Reciprocity 3:00 PingPongParkinson (SPB) 3:30 Let's Talk: In-Person (NSK) 5:00 Courtyard Café (NSK) 6:00 Reading with Red (or White...?): Wine and Book Pairing	20 10:00 Cosmology (NSK-H) 10:00 Strength, Stability & Stamina (SPB) 10:00 Yoga for Pain Management 2:00 Let's Learn and Create (NSK) 3:00 Aging Out Loud: A Celebration Across Generations at CMAP (NSK) 3:00 Early-Stage Memory Loss Support (SPB-H)	21 10:00 Women in Retirement Coffee Klatch 11:00 Cornhole Meet Up (SPB) 1:00 Stress-less Day (NSK) 1:00 Table Tennis (SPB) 2:00 The Mint Movement: Your Hands-on Linux Guide (NSK) 2:30 Transition to Retirement (NSK-H)
--	--	--	--	--

23 SUNDAY, AUGUST 23 5:30 CMAP's Summer Swing Dance (SPB)	25 10:00 The Feldenkrais Method (SPB) 1:00 Chair Moves & Grooves 1:00 Games Day (SPB) 1:00 Reel Talk: "King of Them All: The Story of King Records" (NSK-H) 2:00 Beginner's Art Workshop (SPB)	26 9:00 CMAP Walking Club (Varies) 10:00 Pickleball Play with the Pro-AB (SPB) 11:00 Next Chapter: Widows and Widowers (NSK-H) 11:00 Pickleball Prep & Play (SPB) 2:00 The Painter's Studio (SPB) 3:00 PingPongParkinson (SPB) 3:30 Let's Talk: In-Person (NSK) 6:00 Poetry on the Patio - Open Mic Night (NSK)	27 10:00 Cosmology (NSK-H) 10:00 Yoga for Pain Management 11:00 Hot Topics in Aging (NSK) 12:00 The Sound of Baker Street: Sherlock Holmes in Music	28 10:00 Women in Retirement Coffee Klatch 11:00 Cornhole Meet Up (SPB) 1:00 Table Tennis (SPB) 2:00 The Mint Movement: Your Hands-on Linux Guide (NSK)
24 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces				

31 1:00 Table Tennis (SPB) 2:00 The Wonders of Word Play 3:00 Clearing Spaces	<p>KEY: NSK - Nancy S. Klath Center PPL - Princeton Public Library PSL - Princeton Senior Living SPB - Suzanne Patterson Bld VL - Various Locations</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>
--	---	---	--



AFTERWARDS AFTERWORDS (IP)

Lois Harrod

Words beget words; come ready to discuss four re-wordings – Madeline Miller’s “Circe” (the “Odyssey”), Ocean Vuong’s “Night Sky with Exit Wounds” and additional poems with classical allusions; Margaret Atwood’s “Hag-Seed” (“The Tempest”), and Jeanette Winterson’s “Frankissstein” (“Frankenstein”).

Wednesday Afternoons for eight weeks from 9/30 to 11/18.

ART: THE BEGINNING (H)

Wendy Worth

Art is one of the characteristics of our species. But how do we define it and when did it begin? Examine art from 50,000 BC to 500 BC to see if early civilization influenced the art created and if art preceded language.

Thursday Mornings for eight weeks from 10/1 to 11/19.

BENEFICIAL PHOTOBIO-MODULATION AND REDLIGHT (H)

Jaclyn Boone

An exploration of brain/body-centered health benefits for cognitive performance, movement re-education, reduction of neuroinflammation, dermatology, and glaucoma.

Wednesday Evenings six weeks from 9/30 to 11/4.

BLACK HOLES (IP)

Bernard Abramson

Learn the how, what, and where of Black Holes, the most massive and violent objects in the universe.

Tuesday Mornings for four weeks from 9/29 to 10/20.

CHARLES DICKENS’ “DAVID COPPERFIELD” (IP)

Dianne Sadoff

This course covers Charles

Dickens’ “David Copperfield,” his most autobiographical novel, and compares clips from two films.

Tuesday Afternoons for eight weeks from 9/29 to 11/17.

DOCUMENTARY FILMS III (IP)

Judith Zinis

This course examines the art of the documentary as well as its attempts to reveal truths. How can viewers assess the validity of what we are seeing?

Wednesday Mornings for seven weeks from 10/21 to 12/9.

EXPRESSING CULTURE THROUGH ART - PUAM SESSION 1 & 2 (IP)

PUAM Docents

Explore various world cultures through art at the Princeton University Art Museum.

Tuesday Afternoons for four weeks from 9/29 to 10/20.

Tuesday Afternoons for four weeks from 10/27 to 11/17.

FAKE SCIENCE (H)

Peter Smith

The course discusses notable fake science topics (Flat Earth Theory, health fallacies, UFOs, and other inventive notions): what is scientific proof and what is not?

Monday Afternoons for six weeks from 9/28 to 11/2.

FRESH PERSPECTIVES ON AMERICA’S CIVIL WAR (H)

Robert Nolan

This course explores fascinating yet often overlooked aspects of the American Civil War.

Thursday Afternoons for eight weeks from 10/1 to 11/19.

HOW ART IS VALUED (IP)

Christina Kales

In 1971, art historian Linda Nochlin asked why so many women artists have been overlooked. This course

explores her answer and the lives of women artists from the Renaissance through the twentieth century.

Friday Afternoons for five weeks from 10/2 to 11/6.

IMAGINATION UNLOCKED (IP)

Richard Hendrickson

Understanding and applying the mechanisms of creativity in the brain.

Tuesday Mornings for six weeks from 9/29 to 11/3.

IT COULD BE VERSE, PART 1 & 2 (H)

Dave Saltzman

Listening to songs from the Great American Songbook, this course focuses on the often-overlooked introductory verses that the lyricist and composer intended audiences to hear.

Wednesday Mornings for four weeks from 9/30 to 10/21.

Wednesday Mornings for four weeks from 10/28 to 11/18.

LANGUAGE & LAND: EXPLORING FRIEL PLAYS (IP)

T J Elliott

Through five works by acclaimed Irish playwright Brian Friel, explore his intimate and powerful depictions of Irish struggles to define and own language and land.

Wednesday Afternoons for seven weeks from 10/7 to 11/18.

LIVING A GOOD DEATH (IP)

Robin Shapiro

Conversations around death and dying have been taboo in Western culture. Using Eastern philosophy, participants learn to navigate this phase of life with knowledge and grace.

Monday Mornings for six weeks from 9/28 to 11/2.

MEMORY (IP)

Bruce Maloof

How we remember and why we

forget: come explore the science of memory and memory loss.
Monday Afternoons for five weeks from 9/28 to 11/2.

NATURE AND YOUR HEALTH (IP)

Jack Carman

Learn the positive effects of nature on health and well-being.

Tuesday Mornings for four weeks from 10/27 to 11/17.

NEW JERSEY'S ENIGMATIC PATH TO ABOLISHING SLAVERY (H)

John Jackson

Despite New Jersey's important role in the elimination of slavery, it was the last Northern state to pursue abolition. This course explores New Jersey's paradoxical responses to slavery.

Tuesday Afternoons for four weeks from 10/27 to 11/17.

ON THE CAMPAIGN TRAIL (H)

Elaine Jacoby

Be ready to participate in this course focusing on the midterm Congressional elections.

Wednesday Afternoons for eight weeks from 9/30 to 11/18.

OVERCOMING ANXIETY (IP)

Robert Youdin

A course presenting a new, non-disease-oriented neuroscience-informed paradigm for understanding and overcoming anxiety.

Monday Afternoons for three weeks from 11/9 to 11/23.

PAST AND PRESENT SUPREME COURTS (H)

Philip Carchman and Stanley Katz

Learn about U.S. Supreme Court interpretations of the Voting Rights Act, the Congress and President's role in war powers, domestic security, and related contemporary issues.

Monday Mornings for six weeks from 9/28 to 11/2.

PHYSICAL AI'S IMPACT ON YOUR EVERYDAY LIFE (H)

Sabbir Rangwala

How can AI be used to deliver autonomy to moving things that impact everyday life? What is physical AI (e.g. driverless cars) and what are its advantages and challenges?

Friday Afternoons for four weeks from 10/2 to 10/23.

THE POWER OF PLAY (IP)

Lisa Jo Epstein and Janet Gray

Use theater games to transform today's turmoil into serious, powerful play – no experience required!

Thursday Afternoons for three weeks from 10/1 to 10/15.

PUZZLES, PROBABILITIES, AND PARADOXES (IP)

Mark Schlawin

Sharpen one's wits and exercise a sense of humor while participating in Puzzles, Probabilities, and Paradoxes.

Wednesday Mornings for six weeks from 10/21 to 12/2.

"ROBINSON CRUSOE,"

THE TRILOGY (H)

Judith Stuchiner

Most readers' awareness of "Robinson Crusoe" extends only to volume 1. In volumes 2 and 3, Defoe explores his hero's – and society's – transition from the religious to the secular.

Monday Afternoons for six weeks from 9/28 to 11/2.

SCIENCE IN THE NEWS (H)

Harold Heft

Feed one's curiosity. Explore the latest scientific studies and breakthroughs and their real-world implications with an expert panel.

Friday Mornings for eight weeks from 10/2 to 11/20.

THE SCIENCE OF SKIN & HAIR (H)

Miri Seiberg

Explore the structure and function of skin and hair and what happens when things go wrong.

Friday Afternoons for seven weeks from 10/9 to 11/20.

SHORT STORIES THAT DEFINED THE U.S. (IP)

Susan Matson

Celebrate the nation's 250th anniversary through reading and discussing short stories which illustrate our foundational values and the dreams of early immigrants.

Thursday Afternoons for eight weeks from 10/1 to 11/19.

TWO NOVELS BY PENELOPE LIVELY (V)

Lynne Cullinane

Penelope Lively's novels "Ammonites and Leaping Fish" and "Cleopatra's Sister" offer compelling, vivid, and memorable characters, settings, and unfolding events.

Thursday Mornings for six weeks from 10/1 to 11/5.

WILLIAM JAMES AND THE AMERICAN SOUL (H)

Gary Sykes

Through William James' classic, "The Varieties of Religious Experience," this course explores the work's relevance today and what it reveals about the American experience.

Thursday Mornings for eight weeks from 10/1 to 11/19.

YOUR MIND, YOUR VOTE (IP)

Naomi Browar

With the midterm elections nearing, explore the hidden propaganda and weaponization of information. Use Cognitive Behavioral Therapy to alleviate the anger, confusion, and chaos of misinformation.

Tuesday Afternoons for four weeks from 9/29 to 10/20.

The Evergreen Forum uses a first-come, first-served registration system which opens on

Tuesday, August 26 at 9:30 a.m. Course format is subject to change.

Evergreen Forum Fees: \$95 for three- to four-week courses and \$125 for five- to eight-week courses.

Cost should never be a barrier to learning! Senior Scholarships are available to those for whom the fee is a hardship.

Passkeys

This is the second in a three-part series on modern sign-in security. Last month's issue explained how to create better passwords. September's article will suggest ways to safely store your passwords. Today's topic is "passkeys."

Passkeys are a newer and safer way to sign in to websites and apps. Instead of entering your username and password to authenticate yourself, passkeys use:

- Something unique to you – like your fingerprint or face – that identify you, and
- Something you own – a device such as your phone, tablet, or computer to store your passkeys.

To use a passkey instead of a username and password:

- The website you're logging into must accept passkeys. Google, Microsoft, and Apple iCloud all accept passkeys. Your bank and investment broker may also accept passkeys.
- Your device must require that you authenticate who you are. Facial or fingerprint recognition, called biometric authentication, are convenient and very difficult to fake.¹

Setting up a passkey:

- When you navigate to the website, look for an option to set up a passkey.
- When you select that option, your browser creates two digital keys. One key is public that is sent to website's server on the internet. The other key is private that stays on your device. These two keys work with each other.
- The website also proves to your browser that it's a legitimate site.

How passkeys work:

- When you sign in, the website uses your public key to encrypt a secure, digital challenge that is sent back to your device.
- Your device confirms that it's really you using your fingerprint, face, or PIN.
- Your device then uses your private key to encrypt a secure response that proves your identity.

Passkeys are secure because:

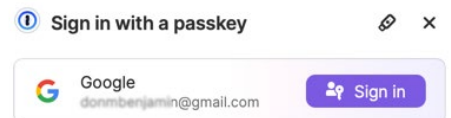
- There are no passwords to steal, and if someone finds your device, they don't know your passcode or PIN, and don't possess your face or fingerprint.
- Your private keys (one for each website) are encrypted and only exist on your device.
- Your public key can only be used by a legitimate website. Even if a hacker acquires your public key, he can't fool your device because he doesn't control the website that's associated with that public key.

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>.

NERD ALERT



NOTE: This is one of the Guru's nerdier articles. You may want your slide rule and pocket protector handy.



I can sign in to Google with a passkey that uses my fingerprint on my MacBook for authentication.

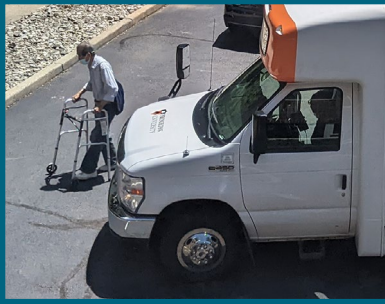
¹ You can also use the device's PIN or password, but I think facial recognition using the device's camera or fingerprint reader are more convenient.



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://cmaprinceton.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.cmaprinceton.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: Springpoint Choice

Stay Home. Stay Independent. Stay in Control.

Who We Are

Springpoint Choice is a Continuing Care at Home (CCAH) membership program that helps adults plan ahead for future long-term care needs while continuing to live in the home they love. For nearly thirty years, we have helped members across New Jersey and Delaware plan with confidence and peace of mind.



What Is Continuing Care at Home?

CCAH is a proactive approach to aging well. Members enjoy predictable costs today for the support they may need tomorrow—including in-home care, ongoing wellness guidance, and priority access to Springpoint's Life Plan Communities.

Who Does Springpoint Choice Serve?

We serve independent adults age fifty-five and over who are healthy and planning thoughtfully for the future. Our members value their independence, want to protect their assets, and appreciate the reassurance that comes from having a trusted plan in place.

How Does the Program Work?

Every member is paired with a dedicated Personal Care Navigator—a trusted point of contact who provides routine check-ins, care coordination, and guidance as needs evolve over time. Members also enjoy access to the amenities and programming at Springpoint's Life Plan Communities, offering opportunities for connection, engagement, and enrichment.

Why Does This Matter?

Continuing Care at Home replaces uncertainty with a clear plan for the future, helping members and their families focus on living well today while feeling prepared for tomorrow.

To learn more about Springpoint Choice, part of Springpoint Senior Living, attend a free information session or call 833.272.5532.

springpointchoice.org

JULY-AUGUST FEATURED SPONSORS



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



We do everything we can to keep you
or your loved one comfortable
homewatchcaregivers.com



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



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

CMAP'S FALL GALA SPONSORSHIP OPPORTUNITIES – THURSDAY, SEPTEMBER 10, 2026

Company Name _____ Address _____
Contact Name _____ Signature _____
Tel _____ Fax _____ Email _____
Admin Contact _____ Tel _____ Email _____

Spotlight– \$15,000 (Reserved for special recognition of our honorees)

- Complimentary table, which includes ten reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full-page full color ad or personal acknowledgment in printed benefit journal
- Podium remarks by sponsor's designee
- Hyperlink of company on CMAP website and digital marketing materials
- Featured event signage

Sustainer – \$10,000

- Complimentary table, which includes ten reserved VIP tickets
- Inclusion of name and/or logo prominently displayed on event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition on each dinner table
- Full-page full color ad or personal acknowledgment in printed benefit journal
- Recognition in the CMAP leadership podium remarks
- Hyperlink of company on CMAP website and digital marketing materials

Partner – \$5,000

- Premium seating package, which includes six reserved VIP tickets
- Inclusion of name and/or logo on all event invitations* and advertisements and recognition in printed and digital event materials
- Printed recognition at the cocktail reception and dessert table
- Half-page full color ad or personal acknowledgment in printed benefit journal
- Hyperlink of company on CMAP website and digital marketing materials

Friend – \$2,500

- Four VIP tickets
- Quarter-page full color ad or personal acknowledgments in printed benefit journal
- Printed recognition at the cocktail reception and dessert table
- Recognition in printed and digital materials related to the event
- Hyperlink of company on CMAP website and digital marketing materials

Benefit Patron – \$1,250

- Includes two tickets, an additional \$700 donation, and recognition in printed benefit journal

Benefit Guest – \$275 per person

- Includes cocktail hour, dinner, entertainment

* Sponsorship must be received by June 15 to be included on the printed invitation

** Reserve your sponsorship or personal acknowledgment by August 26 to ensure placement of name/logo in printed benefit journal

☛ For more information about event sponsorships or printed ad journal specifications, contact Wendell Collins at 609.751.9699, ext. 103 or wcollins@cmaprinceton.org.

PAYMENT INFORMATION (Check or Credit Card) Check Number _____ Check Amount _____

Card Number _____ Exp ____/____ CV# _____

Cardholder Name _____

Signature _____ Date _____

PLEASE KEEP A COPY OF THIS AGREEMENT FOR YOUR RECORDS.





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



JOIN US FOR THE LATE SHIFT AT THE NANCY S. KLATH CENTER

THE LATE SHIFT CONTINUES WITH EVENING PROGRAMS AT THE NANCY S. KLATH CENTER AT 101 POOR FARM ROAD, PRINCETON, NJ.



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>