SCOSA

Stockton Center on Successful Aging

Stockton.edu/scosa

SUMMER - AUTUMN 2016

Older Adult Education Programs

2016 SCOSA Older Adult Program Catalogue

June 15, 2016

Greetings,

Summer is approaching... To celebrate summer and to look forward to autumn, SCOSA is pleased to present a variety of programs in Atlantic and Ocean County for the second half of 2016. As you review our extensive program guide, we hope you'll consider joining us for as many events as your schedule and interests allow. We'd be grateful if you'd share this with other interested friends and family.

The schedule on the pages at the end of this booklet gives you a quick look at the offerings. Program descriptions and registration details are listed throughout the booklet.

Many of our scheduled programs include a meal or refreshments compliments of the site or facility hosting the event. Those events will be marked with a sliced apple icon indicating refreshments, snacks/meal or a teapot icon indicating beverages only so you can identify them quickly and easily. These events have been developed to give you an opportunity to meet with like-minded individuals, sharing your concerns, and gaining insight and answers to your questions. Share a meal... share a thought. It also gives you a better opportunity to interact with the presenter. This season our special thanks go out to Stockton Kramer Hall, Manahawkin Instructional Site, Stockton Carnegie Center, Woodview Estates, Brandywine Senior Living, Spring Village, Village Grande, Otto Bruyns Public Library, Hammonton Canoe Club Senior Center, and Swan Bay Folk Art Center for hosting these events.

Please be sure to mark your calendar for Wednesday, August 17th – when SCOSA presents a quartet of Programs with Spirit featuring Sharing Across Generations, Let Your Imagination Soar, Guided Autobiography and Origami. Older adults and professionals are invited to attend this day long event at Stockton Kramer Hall which includes a complimentary luncheon. Regularly check the SCOSA website for details, updates.

SCOSA's programming is made possible through our many volunteer presenters, collaboration with other organizations, and generous financial support from our sponsors and individual donors.

Financial supporters include: Stockton's Division of Academic Affairs, the U.S. Administration on Aging through Older Americans Act funds provided by the Atlantic County Division of Intergenerational Services, the Wallerstein Foundation for Geriatric Life Enhancement, WeWorkforHealthNJ, and the many sponsors, exhibitors and advertisers at our annual festivals.

This calendar represents only a portion of SCOSA's efforts to "nurture body, mind, and spirit through research, education, and service". Refer to our website regularly for news of other events, updates and event cancellation procedures. Please join our e-mail distribution list to receive monthly announcements of SCOSA events and news briefs.

Sincerely,

The SCOSA Leadership Team

Stockton Center on Successful Aging
Stockton University
101 Vera King Farris Drive, Galloway, NJ 08205-9441
Director - David Burdick 609.652.4311
David.Burdick@stockton.edu

stockton.edu/scosa

Staying Healthy & Happy As You Age

Date: Saturday, 7/9/16
Time: 10:30 am - 11:30 am
Location: Spring Village at Galloway
46 West Jimmie Leeds Road, Galloway
Requirements: *Register online* or call 609-626-3591.

Flyer

Date: Wednesday, 12/7/16
Time: 1:00 pm - 3:00 pm
Location: Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing
Requirements: Call 609-625-4878 or email *residentservices@woodviewestates.com* to register. Free luncheon by Woodview Estates.

Flyer

Presenter: Maryann Prudhomme, RN

Join Maryann, a RN with over 30 years of management and clinical experience in health care and nursing, to learn to help yourself stay healthy and happy by using the things that you love: food, sleep, and active fun. Bring your family and friends and have fun learning to be healthy and happy.

Older Adults & Stroke Disorders

Date: Monday, 7/18/16
Time: 10:30 am - 11:30 am
Location: Brigantine Senior Center, Brigantine Beach Community Center, 265 42nd St South, Brigantine
Requirements: No registration necessary.

Flyer

Date: Thursday, 12/1/16
Time: 9:30 am - 10:30 am
Location: Galloway Senior Center
621 West White Horse Pike, Galloway
Requirements: No registration necessary.

Flyer

Presenter: Leslie Baruffi, MBS, MBA

Learn about Aphasia - one of the possible side effects of stroke. Explore what its, why it happens, and how we can relate to individuals who have Aphasia.

Laughter is the Best Medicine

Date: Wednesday, 8/3/16
Time: 1:00 pm - 3:00 pm
Location: Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing
Requirements: Call 609-625-4878 or email *residentservices@woodviewestates.com* to register. Free luncheon by Woodview Estates.

Flyer

Date: Thursday, 8/4/16
Time: 10:30 am - 11:30 am
Location: Hammonton Senior Center
310 Bellevue Avenue, Hammonton
Requirements: No registration necessary.

Flyer

Date: Saturday, 9/10/16
Time: 10:30 am - 11:30 am
Location: Spring Village at Galloway
46 West Jimmie Leeds Road, Galloway
Requirements: *Register online* or call 609-626-3591. Refreshments compliments of Spring Village.

Flyer

Date: Thursday, 10/13/16
Time: 11:00 am - 12:00 pm
Location: Hammonton Canoe Club Senior Center
100 Sports Drive, Hammonton
Requirements: *Register online* or call 609-626-3591.

Flyer

Presenter: Maryann Prudhomme, RN

Laughter - A Prescription for Living Better
Join Maryann, a RN with over 30 years of management and clinical experience in health care and nursing, to learn how you can use humor and laughter to feel better and age well. Take home laughter guides to share with your family and friends.

Events scheduled at more than one location offer you a choice of where you would like to attend.

LIVE Independently, Vibrantly & Educated

Flyer

Date: Wednesday, 9/7/16
Time: 1:00 pm - 3:00 pm
Location: Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing
Requirements: Call 609-625-4878 or email *residentservices@woodviewestates.com* to register. Free luncheon by Woodview Estates.

Flyer

Date: Tuesday, 11/15/16
Time: 9:30 am - 10:30 am
Location: Galloway Senior Center
621 W. White Horse Pike, Galloway
Requirements: No registration necessary.

Presenter: Cape Atlantic Coalition for Health

Show off your skills playing LIVE Bingo.
Discover your options & set your objectives; prepare - don't wait for a crisis; know where to find information & resources and where to go for help; practice preventative care; keep a personal record; take charge of your life by eating better, moving more, improving safety in your home, and properly managing your medications; and how to make your wishes known.

Older Adults & Heart Disease

Flyer

Date: Wednesday, 9/14/16
Time: 10:30 am - 11:30 am
Location: Brigantine Senior Center
Brigantine Beach Community Center, 265 42nd Street South, Brigantine
Presenter: Leslie Baruffi, MBS, MBA
Requirements: No registration necessary.

Join us to discover the warning signs of heart disease, symptoms to watch for and identify, and learn about and discuss the effects of heart disease on you and your family.

Come and Dance

Flyer

Date: Friday, 10/14
Time: 1:00 pm - 2:00 pm
Location: Stockton Dance Studio - H-Wing Room 104
101 Vera King Farris Drive, Galloway
Presenter: Lehrer Dance Company
Requirements: *Register online* or call 609-626-3591.

Join us to watch, learn and practice basic dance movement. "LehrerDance is on the cusp of jazz/modern fusion." *Dance Magazine*

Continue to Live Independently

Flyer

Date: Tuesday, 10/4/16
Time: 9:30 am - 10:30 am
Location: Galloway Senior Center
621 West White Horse Pike, Galloway
Requirements: No registration necessary.

Flyer

Date: Thursday, 12/8/16
Time: 11:00 am - 12:00 pm
Location: Hammonton Canoe Club Senior Center, 100 Sports Drive, Hammonton
Requirements: *Register online* or call 609-626-3591.

Join us to learn how you can plan to "age in place". Aging in Place means you continue to live in the home of your choice safely and independently as you get older. What impact will it have on you and members of your family? What services are needed and available to help you live at home? Bring your family members and all your questions.

Pickleball

Dates: Mondays & Wednesdays
(Check the *SCOSA website* for the summer schedule).
Time: 8:00 am - 10:00 am
Location: Stockton University Sports Center
101 Vera King Farris Drive, Galloway
Requirements: *Register online* or call 609-626-3591. Players must register in advance. Registrants will receive an email confirmation with play dates. Play will begin on the first play date of each month following registration. Players must sign-in upon arrival at the registration desk before being allowed to play and may be required to show identification.

Traditionally, pickleball is played on a badminton-sized court with special Pickleball paddles. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities. Unlike the power of the serve and higher net in tennis, players must bounce the ball once on each side before volleys are allowed. This opens the game to more players and extends play for more fun.

Let Your Imagination Soar Start Telling Stories

Flyer

Date: Wednesday, 7/6/16
Time: 1:00 pm - 3:00 pm
Location: Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing
Presenter: Christine Ferri, PhD
Requirements: Call 609-625-4878 or email *residentservices@woodviewestates.com* to register. Complimentary luncheon by Woodview Estates.

TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. TimeSlips is an innovative storytelling intervention used by families and health care professionals, providing everyone with an opportunity to engage in storytelling in a joyful and fun way.

Avoiding Scams and Identity Theft

Flyer

Date: Thursday, 7/7/16
Time: 11:00 am - 12:00 pm
Location: Hammonton Canoe Club Senior Center
100 Sports Drive, Hammonton
Requirements: *Register online* or call 609-626-3591.

Date: Tuesday, 9/13/16
Time: 2:00 pm - 3:00 pm
Location: Village Grande at Little Mill
1 Milroy Road, Egg Harbor Township
Requirements: *Register online* or call 609-626-3591.
Refreshments compliments of Village Grande.

Flyer

Date: Wednesday, 9/21/16
Time: 10:30 am - 11:30 am
Location: Galloway Senior Center
621 West White Horse Pike, Galloway
Requirements: No registration necessary.

Presenter: Money Management International

Identify theft can happen to anyone and damage it causes can take years to undo. Learn the most common scams and how to protect identity, money, and credit history. Learn to identify common scams, safeguard personal information, monitor credit reports for identity theft and take action.

A Wing and a Prayer: A Film Screening

Beverage Only

Dates: Tuesday, 7/12/16
Time: 11:00 am - 12:30 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Requirements: Registration required. Register by email: *Gina.Maguire@stockton.edu* or call 609-626-3883.

A Wing and a Prayer tells the virtually unknown story of the Al Schwimmer-led secret, illegal operation to give the newborn Jewish state a chance to survive. This documentary features firsthand accounts of daring escapes and heart-pounding action. Schwimmer and his men helped reshape history, yet history books have ignored them. A Wing and a Prayer fills in that missing chapter.

Time to Tell
Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom

Flyer

Dates: Saturdays, 7/16, 8/20, 9/24, 10/15, 11/19, & 12/17/16
Time: 10:30 am - 12:30 pm
Location: Stockton University Campus Center
Room 1, 101 Vera King Farris Drive, Galloway
Presenter: Cynthia Inman Graham
Requirements: *Register online* or call 609-626-3591.

Poetry and Memoir (Creative Non-Fiction) will be the tools we use to shape the thoughts and experiences which have inspired our writing. Prompts and activities will allow our stories to surface, then critiquing by group members and revision will "fine tune" our work in this non-threatening community of fellow writers, both amateur and experienced. Our goal will not only be self-expression, but communication with our readers, whether they be grandchildren, friends, or a future publisher.

Technology Workshops

Location: Stockton Carnegie Center, 35 South Dr. MLK, Jr. Blvd., Atlantic City (free parking)
Presenter: Richard Jeffries
Requirements: *Register online* or call 609-626-3591

Flyer

Learn Microsoft Applications

Time: 11:00 am - 12:00 pm
An introduction to some of the most popular Microsoft applications such as Word, Excel, and Powerpoint. This introduction will prepare you for future Individual Microsoft classes.

Friday, 7/8/16

Introduction to Microsoft Word

Time: 12:30 pm - 1:30 pm
Word is the most common computer application used to write reports, letters, and journals. Join us for an introduction to how Word works followed by a practice session using Microsoft Word.

Introduction to the Internet

Time: 11:00 am - 12:00 pm
Join us for a discussion of the most popular internet search engines followed by hands on training in safe surfing.

Friday, 7/22/16

YouTube.com

Time: 12:30 pm - 1:30 pm
YouTube.com is a website which allows individuals to post and share video clips. Explore its uses from posting family celebrations to finding out how to change your car oil.

Friday, 8/5/16

Introduction to Personal Computers for Beginners

Time: 11:00 am - 1:00 pm
This class is for new computer users and will discuss the parts of the computer and how using a personal computer can improve the quality of your life.

Thumb Drives

Time: 11:00 am - 12:00 pm
An introduction on the importance of regularly backing up your computer files followed by hands on experience using thumb drives. Thumb drives will be provided to all attendees.

Friday, 8/12/16

Internet Banking

Time: 12:30 pm - 1:30 pm
A safe, secure way to pay your bills and view credit cards statements. Learn the pros and cons of internet banking followed by hands on training setting up or viewing your accounts.

A Tour of Poetry for Seniors

Flyer

Dates: Saturdays, 7/16/16, 8/13/16, 9/10/16, 10/8/16, 11/12/16 & 12/10/16
Time: 11:00 am - 1:00 pm
Location: The Otto Bruyns Public Library of Northfield
241 West Mill Road, Northfield
Requirements: No registration necessary. Light refreshments will be served.

This monthly poetry workshop invites participants to seek words for thoughts; to find a type of fulfillment with poetry. During each session an established guest poet will read original work, present an engaging lecture, and encourage participants to write and share something of their own.

When Income Decreases, But the Bills Don't

Date: Tuesday, 7/19/16
Time: 9:30 am - 10:30 am

Flyer

Location: Galloway Senior Center
641 West White Horse Pike, Galloway
Requirements: No registration necessary.

Date: Tuesday, 8/16/16
Time: 2:00 pm - 3:00 pm
Location: Village Grande at Little Mill
1 Milroy Road, Egg Harbor Township

Flyer

Requirements: *Register online* or call 609-626-3591.
Refreshments compliments of Village Grande.

Presenter: Money Management International

Learn strategies that may help you "stay afloat" in the face of a sudden decrease in income resulting from issues such as job loss, divorce, injury, or illness. Learn to assess financial situations, analyze available resources and set financial priorities, create a plan to handle financial shortfall, contact creditors and discuss potential hardship programs.

Social Security: What You Need to Know

Flyer

Date: Tuesday, 8/9/16
Time: 9:30 am - 10:30 am
Location: Galloway Senior Center
621 West White Horse Pike, Galloway
Presenter: Charles C. Weeks, Jr., JD, CFP®
Requirements: No registration necessary.

Social Security can be very confusing.

- At what age should I collect?
- Are my benefits taxed?
- What happens if I work and collect my benefits?

This presentation will discuss the ins and outs of social security including the various benefits that are available, reductions in your benefits due to working and how your benefits may be taxable. We will also discuss various strategies for optimizing your benefits.

Medical Care in Retirement: Take Care of Yourself So Others Won't Have To

Flyer

Date: Thursday, 8/11/16
Time: 11:00 am - 12:00 noon
Location: Hammonton Canoe Club Senior Center
100 Sports Drive, Hammonton
Presenter: Charles C. Weeks, Jr., JD, CFP®
Requirements: *Register online* or call 609-626-3591.

This presentation will discuss Medicare, Medicaid, MediGap and Long Term Care Insurance. Many people wrongly assume that at age 65 they must no longer worry about medical expenses. Explore what is and is not covered, how to accurately project likely medical costs, and what options are available to insure against medical catastrophes.

"How to Remember? The Holocaust in a Righteous Country.": A Lecture

Dates: Tuesday, 8/9/16
Time: 2:00 pm - 3:00 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Requirements: Registration required. Register by email: *Gina.Maguire@stockton.edu* or call 609-626-3883.

Denmark is an example of a country that resisted and rescued their Jews during WWII. The presenters will share their photographs taken on a recent trip to Denmark and they will highlight a village where Jews left by small fishing boats to Sweden. The courage of the Danish citizens will be discussed and lessons for today will be highlighted.

SCOSA Older Adult Participant Pool - A Resource for Faculty Researchers.

A common barrier to investigating issues relevant to aging is gaining access to a group of participants. The process of recruiting participants can be expensive and time consuming. SCOSA has begun to build a database of older adults (65 and older) willing to participate in scholarly research.

Interested faculty researchers should contact *John.Bulevich@stockton.edu* for more information about the process of requesting older adult participants.

Older adults wishing to be considered as research participants can also contact John Bulevich by calling 609-652-3821 or using the above email address. For more information visit *www.stockton.edu/SCOSA/recruit.pdf.*

Long Term Care - Common Medicaid Mistakes and How to Avoid Them

Flyer

Date: Wednesday, 10/5/16
Time: 1:00 pm - 3:00 pm

Location: Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing
Presenter: Grayson H. Heberley, III, Esq., CELA
Requirements: Call 609-625-4878 or email *residentservices@woodviewestates.com* to register. Complimentary luncheon by Woodview.

Common myths regarding Medicaid and how to avoid mistakes when planning to apply.

Long Term Care: Veteran's Benefits Are You Eligible?

Flyer

Date: Wednesday, 11/2/16
Time: 1:00 pm - 3:00 pm

Location: Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing
Presenter: Grayson H. Heberley, III, Esq., CELA
Requirements: Call 609-625-4878 or email *residentservices@woodviewestates.com* to register. Complimentary luncheon by Woodview.

A step by step strategy to identify eligibility and benefits for veterans and their spouses. You served your country honorably - whether or not you were in combat and/or injured in the line of duty - you may be entitled to Long Term Care benefits.

SCOSA encourages fragrance-free environments in all of our programming.

Chemical fragrances in many personal care, household and institutional cleaning products can cause severe reactions for some individuals and can be harmful to everyone in less apparent ways. SCOSA encourages participants in our programs to minimize their use of products containing chemical fragrances.

Let Your Imagination Soar - Start Telling Stories

Date: Wednesday, 11/9/16
Time: 10:30 am - 11:30 am
Location: Galloway Senior Center
621 West White Horse Pike, Galloway
Requirements: No registration necessary.

Flyer

Date: Tuesday, 11/15/16
Time: 11:00 am - 12:00 pm
Location: Hammonton Canoe Club Senior Center, 100 Sports Drive, Hammonton
Requirements: *Register online* or call 609-626-3591.

Flyer

Presenter: Megan K. Foti, DOT, MS, OTR
Assistant Professor of Occupational Therapy

TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. Discover the science and practical impact of this powerful tool that uses visual cues to tell stories. TimeSlips is an innovative storytelling intervention used by families and health care professionals, providing everyone with an opportunity to engage in storytelling in a joyful and fun way.

Social Security – What You Need to Know to Maximize Your Retirement Income

Flyer

Date: Tuesday, 12/6/16
Time: 12:00 pm - 1:30 pm
Location: Brandywine Senior Living at Brandall Estates, 432 Central Ave, Linwood
Presenter: Christopher J. Carrozza, CPA, ChFC, CASL
Requirements: *Register online* or call 609-626-3591. Free luncheon by Brandywine.

Learn when to begin your Social Security benefits to maximize your lifetime retirement income.

- Capitalize on benefits for which you may be entitled. Should you take only your benefits, spousal benefits, or a combination of the two?
- Understand the potential impact continuing to work has on your ability to collect benefits.

Other topics include benefits for divorced spouses, enhancing survivor income, planning for tax consequences, the benefits of filing and suspending benefits and building an income bridge to enable you to delay receipt of benefits.

SCOSA Extends a Special Invitation to Community Older Adults & Professionals

Flyer

Quartet of Programs With Spirit - Wednesday, 8/17/16

at Stockton Kramer Hall, 30 Front Street, Hammonton

Sharing Across Generations SCOSA's Intergenerational Service Project

Time: 10:00 am - 11:00 am
Presenter: Christine Ferri, PhD

Join Christine as she describes SCOSA's Intergenerational Service Project at Stockton University. She will be pairing older adults in the community with students to work together on service projects throughout the school year, creating lasting connections that make a positive impact on community organizations and agencies in need.

Dr. Ferri is the SCOSA Education Chair, Coordinator of Gerontological Studies, and Associate Professor of Psychology. She joined the Stockton faculty in 2005 after earning a B.A. in Psychology from Rutgers, a Ph.D. in Clinical Psychology from Duke University and completing a Post-Doctoral Fellowship in Geropsychology at the UMDNJ School of Osteopathic Medicine.

Let Your Imagination Soar - Start Telling Stories

Time: 11:00 am - 12:00 pm
Presenter: Christine Ferri, PhD

TimeSlips is an innovative storytelling intervention that replaces the pressure to remember with the freedom to imagine. Used by families and health care professionals, TimeSlips provides everyone with an opportunity to engage in storytelling in a joyful and fun way. When memory loss separates us from people we love, the emotional, symbolic language of the imagination can bring us back together.

See presentation described above for Dr. Ferri's biography.

Space is limited, please *register online* (or call 609-626-3591) for these free programs presented by SCOSA and complimentary luncheon provided by Stockton Kramer Hall.

Guided Autobiography (GAB)

Time: 1:00 pm - 2:00 pm
Presenter: Lisa Cox, PhD

Guided Autobiography was designed to assist individuals to recall, organize and share the contents of their life experiences. The Guided Autobiography method was developed more than 30 years ago within the context of university education and has served the entire adult age range. Join Lisa as she describes the Oral History Garment Worker's Project at Kramer Hall and how she has used the GAB method in her classes and in SCOSA programs.

Dr. Cox, SCOSA Research Chair and Associate Professor of Social Work, received her Ph.D. in Social Work and Social Policy and a graduate Certificate in Aging Studies from Virginia Commonwealth University's School of Social Work and School of Allied Health. Her research interests include the intersection of health issues with gerontology, spirituality, and family.

Origami Art Therapy

Time: 2:00 pm - 3:00 pm
Presenter: Norma Boakes, EdD

Origami, the art of paper folding, is not only fun but beneficial to the mind and hands, practitioners say. "Creating art can aid seniors in communicating with caregivers and family, promoting awareness and self-expression, relieving anxiety, and coping with transition, confusion, illness, or discomfort. It can be a fun experience that residents look forward to and take great pride in. Everyone can participate, not just those with prior artistic experience" (American Art Therapy Association).

Norma Boakes is a full time faculty member for the School of Education specializing in math education. She is also the creator and instructor of the popular general studies course on campus called The Art and Math of Origami. Students in this course are taught the art of paper folding while being exposed to history, culture, and math topics. An active researcher on the benefits of Origami, her work has recently brought her overseas to present in Tokyo, Japan and to Maseru, Lesotho to train math teachers on the use of Origami as an instructional tool.

Learn Basketry, Experience Local History & Culinary Delights

Flyer

Niki Giberson, Swan Bay Folk Art Center
300 Sooys Landing Road, Port Republic

Register online at *HandsOnHistory.com* or call Niki at 609-652-0366 to register and for photos of finished baskets, more information and directions. All materials provided and fees collected by Niki.

Blueberry Baskets $30

Saturday, 7/9/16 10:00 am - 12:00 pm

Weave two 6" round baskets with wooden center handles. One can be kept and the other given away. It makes a perfect gift when filled with baked goods, soaps, or candles. Blueberry Buckle will be sampled and you will receive the recipe for this delicious treat.

Zucchini Bread Basket $32

Saturday, 8/6/16 10:00 am - 12:00 pm

Zucchini bread is a perfect way to use this abundant crop from your garden. Create a 6"x12" rectangular basket with handles on either side for easy serving. Share in a sample of this wonderful summertime treat along with gift giving and serving ideas.

Apple Pie Basket $30

Saturday, 9/10/16 10:00 am - 12:00 pm

Perfect for serving your best apple pie. This round basket with red accents will surely please your family. You will receive samples of apple pie along with the recipe.

Apple Cider Doughnut Basket $30

Saturday, 10/22/16 10:00 am - 12:00 pm

This oval basket, with a center wooden handle will carry 12 doughnuts. Homemade apple cider doughnuts will be served along with the recipe.

Wool Felted Silk Scarf $45

Saturday, 11/12/16 10:00 am - 12:00 pm

Learn the art of needle felting wool on a silk scarf to make a designer accessory. Niki will provide dyed wool from her sheep, and other fibers to make each scarf one of a kind. No refreshments.

Wool Needle Felted Angel $28

Saturday, 12/3/16 10:00 am - 12:00 pm

Using wool from Niki's sheep, you will sculpt a 14" Christmas angel for a mantle or tree top. Many different fibers will be incorporated into this beautiful decoration that will be treasured for years to come. No refreshments.

Free Beginner Card Making Class

Dates: Thursdays, 6/30, 7/28 Fridays, 9/2, 10/7, 11/11, 12/2/16

Time: 12:00 pm -1:30 pm & 1:30 pm - 3:00 pm

Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin

Presenters: Ann Blazovic & Gina Maguire

Requirements: Registration for each session required.

Participants limited to 10 per session. Bring scissors, adhesive (glue sticks work), and colored pencils to each class. Register by email: *Gina.Maguire@stockton.edu* or call 609-626-5590.

You will make greeting cards suitable for sending to your friends and family in this series of classes.

Wire and Beading Jewelry with Lois

Dates: Mondays, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15/16

Time: 10:00 am - 12:00 pm

Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin

Presenter: Lois Allen

Requirements: Participants limited to 15.

$40 fee payable to instructor at first session includes instruction for 6 weekly lessons. Required tool kits can be purchased from instructor for $15 (includes: wire, cutters, long & round nose pliers). Skill Level: beginner/intermediate. Register by email: *Gina.Maguire@stockton.edu* or call 609-626-5590.

Learn a unique way to wrap jewels and pendants with wire and learn to crochet a beaded necklace! These charming pieces add a distinct and unique look to your wardrobe.

As our Ocean County programs continue to grow, we are please to announce the addition of Stafford Recreation's Community Centers to our list of host sites. Please check our website later this summer for some additional programs to be added to our Manahawkin Older Adult Education offerings.

Crochet with Lois

Dates: Tuesdays, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16/16 and/or Thursdays, 9/8, 9/15, 9/22, 9/29, 10/ 6, 10/13/16
Time: 10:00 am - 12:00 pm
Location: Manahawkin Instructional Site (MIS), 712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15. $40 fee payable to instructor at first session includes instruction only for 6 weekly lessons. Bring your own materials. Register by email: ***Gina.Maguire@stockton.edu*** or call 609-626-5590.

This is a six week class for beginners who wish to learn how to read a pattern and correct mistakes, or more advanced crocheters who would like some guidance. By the end of the session, students should be able to make something for themselves or a gift for someone special.

Time to Create Art: One-Stroke Painting

Dates: Wednesdays, 7/13, 7/20, 7/27 8/3, 8/10, 8/17/16 and/or
9/7, 9/14, 9/21, 9/28, 10/5, 10/12/16
Time: 11:30 am - 1:30 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15. $40 fee payable to instructor at first session and includes instruction and paints for 6 weekly lessons. Brush kits can be purchased from instructor for $10 (12 brushes). Skill Level: Beginner. Register by email: ***Gina.Maguire@stockton.edu*** or call 609-626-5590.

One-Stroke Painting is sweeping the decorative painting world. It's fun. It's easy. It's quick. One- Stroke is a multi-loading style of acrylic decorative painting that is very friendly to novice painters and used on metal, plaster, glass, wood, fabric and ceramic surfaces. You will be excited too, when you find out for yourself how easy One-Stroke is. Imagine, blending, shading, and highlighting all in One Stroke! Classes teach you to freehand various strokes and to build your own unique pattern.

Knitting with Lois

Dates: Thursdays, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18/16 and/or
Fridays, 9/9, 9/16, 9/23, 9/30, 10/7, 10/14/16
Time: 10:00 am - 12:00 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15. $40 fee payable to instructor at first session includes instruction only for 6 weekly lessons. Bring your own materials. Register by email: ***Gina.Maguire@stockton.edu*** or call 609-626-5590.

This is a six week class for beginners who wish to learn how to read a pattern and correct mistakes, or more advanced knitters who would like some guidance. By the end of the session, students should be able to make something for themselves or a gift for someone special.

One-Stroke Painting August Project: Trifle Bowl

Dates: Wednesdays, 8/24, 8/31/16
Time: 11:30 am - 1:30 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15. $22 fee payable to instructor at first session and includes instruction, supplies and paints for 2 weekly lessons. Brush kits can be purchased from instructor for $10 (12 brushes). Register by email: ***Gina.Maguire@stockton.edu*** or call 609-626-5590.

In this project, Lois will teach you to decoratively paint a floral still life onto a glass trifle bowl.

Learn to Draw

Flyer

Dates: Wednesdays, 9/7, 9/14, 9/21, 9/28, 10/5, 10/12,10/19, 10/26/16
Time: 10:00 am - 12:00 pm
Location: Atlantic County Library, 1 Swift Drive, Egg Harbor Township
Presenter: Tom Sandor, Local Artist
Requirements: $5.00 fee per session charged and collected by instructor. Participants responsible for materials (see flyer for list). *Register online* or call 609-626-3591.
Guided by Tom Sandor's experience and expertise, you will learn to draw what you "see", at your own pace, developing powers of observation and defining individual style.

One-Stroke Painting October Project: Decorative Sunflower Platter

Dates: Wednesdays, 10/19, 10/26/16
Time: 11:30 am - 1:30 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15.
$22 fee payable to instructor at first session and includes instruction, supplies and paints for 2 weekly lessons. Brush kits can be purchased from instructor for $10 (12 brushes). Register by email: *Gina.Maguire@stockton.edu* or call 609-626-5590.

In this project, Lois will teach you to decoratively paint sunflowers on a platter. A striking fall decoration for any home!

Brown Bag Christmas Scrapbook Project

Date: Friday, 10/21/16
Time: 10:00 am - 12:00 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenters: Ann Blazovic
Requirements: Participants limited to 15. $20 fee payable to instructor at session and includes instruction and supplies. Register by email: *Gina.Maguire@stockton.edu* or call 609-626-5590.

Make a scrapbook out of brown lunch bags! Using decorative Christmas paper and embellishments, we will transform lunch bags into a fancy scrapbook to hold your holiday pictures.

One-Stroke Painting November Project: Set of Four Wine Glasses

Dates: Wednesdays, 11/9, 11/16/16
Time: 11:30 am - 1:30 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15.
$22 fee payable to instructor at first session and includes instruction, supplies and paints for 2 weekly lessons. Brush kits can be purchased from instructor for $10 (12 brushes). Register by email: *Gina.Maguire@stockton.edu* or call 609-626-5590.

In this project, Lois will teach you to paint a set of four matching wine glasses, with your choice of theme: winter berries or floral.

One-Stroke Painting December Project: Christmas Ornaments and Cards

Dates: Wednesdays, 12/7, 12/14/16
Time: 11:30 am - 1:30 pm
Location: Manahawkin Instructional Site (MIS)
712 East Bay Avenue, Manahawkin
Presenter: Lois Allen
Requirements: Participants limited to 15.
$22 fee payable to instructor at first session and includes instruction, supplies and paints for 2 weekly lessons. Brush kits can be purchased from instructor for $10 (12 brushes).
Register by email: *Gina.Maguire@stockton.edu* or call 609-626-5590.

In this project, Lois will teach you to paint a set of two Christmas ornaments and two matching cards. This project makes two lovely gifts!

Schedule at a Glance

Beverage Only Provided

Meal or Refreshments Provided

Date & Time	Workshop	Location	Register
7/6/16 10:00-12:00 (*SCOSA website* for summer schedule)	Pickleball	Stockton University Sports Center	*Register online* or call 609-626-3591
6/30, 7/28, 9/2, 10/7, 11/11, 12/2/16 12-1:30 & 1:30-3	Beginner Card Making Class	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
7/6/16 1:00-3:00	Let Your Imagination Soar - Start Telling Stories	Woodview Estates	*resident services@woodviewestates.com* or call 609-625-4878
7/7/16 11:00-12:00	Avoiding Scams & Identity Theft	Hammonton Canoe Club Senior Center	*Register online* or call 609-626-3591
7/8/16 11:00-12:00	Technology Workshop: Learn Microsoft Applications	Stockton Carnegie Center	*Register online* or call 609-626-3591
7/8/16 12:30-1:30	Technology Workshop: Introduction to Microsoft Word	Stockton Carnegie Center	*Register online* or call 609-626-3591
7/9/16 10:30-12:30	Basketry: Blueberry Baskets	Swan Bay Folk Art Center	*Register online* or call 609-652-0366
7/9/16 10:30-11:30	Staying Healthy & Happy as You Age	Spring Village at Galloway	*Register online* or call 609-626-3591
7/11, 7/18, 7/25, 8/1, 8/8, 8/15/16 10:00-12:00	Wire and Beading Jewelry with Lois	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
7/12, 7/19, 7/26, 8/2, 8/9, 8/16/16 10:00-12:00	Crochet with Lois	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
7/12/16 11:00-12:30	A Wing and a Prayer: A Film Screening	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-3883
7/13, 7/20, 7/27, 8/3, 8/10, 8/17/16 11:30-1:30	Time to Create Art: One-Stroke Painting	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
7/14, 7/21, 7/28, 8/4, 8/11, 8/18/16 10:00-12:00	Knitting with Lois	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
7/16, 8/20, 9/24, 10/15, 11/19, 12/17 10:30-12:30	Time to Tell Creative Writing Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom	Stockton University Campus Center Meeting Room 1	*Register online* or call 609-626-3591
7/16, 8/13, 9/10, 10/8, 11/12, 12/10 11:00-1:00	A Tour of Poetry for Seniors	Otto Bruyns Public LIbrary of Northfield	No registration necessary
7/18/16 10:30-11:30	Older Adults & Stroke Disorders	Brigantine Senior Center	No registration necessary
7/19/16 9:30-10:30	When Income Decreases, But the Bills Don't	Galloway Senior Center	No registration necessary
7/22/16 11:00-12:00	Technology Workshop: Introduction to the Internet	Stockton Carnegie Center	*Register online* or call 609-626-3591
7/22/16 12:30-1:30	Technology Workshop: YOUTUBE.com	Stockton Carnegie Center	*Register online* or call 609-626-3591
8/3/16 1:00-3:00	Laughter is the Best Medicine	Woodview Estates	*resident services@woodviewestates.com* or call 609-625-4878
8/4/16 10:30-11:30	Laughter is the Best Medicine	Hammonton Senior Center	No registration necessary
8/5/16 11:00-1:00	Technology Workshop: Introduction to Personal Computers for Beginners	Stockton Carnegie Center	*Register online* or call 609-626-3591
8/6/16 10:00-12:00	Basketry: Zucchini Bread Basket	Swan Bay Folk Art Center	*Register online* or call 609-652-0366
8/9/16 9:30-10:30	Social Security: What You Need to Know	Galloway Senior Center	No registration necessary

Date & Time	Workshop	Location	Register
8/9/16 11:00-12:30	"How to Remember? The Holocaust in a Righteous Country.": A Lecture	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-3883
8/11/16 11:00-12:00	Medical Care in Retirement: Take Care of Yourself So Others Won't Have To	Hammonton Canoe Club Senior Center	*Register online* or call 609-626-3591
8/12/16 11:00-12:00	Technology Workshop: Thumb Drives	Stockton Carnegie Center	*Register online* or call 609-626-3591
8/12/16 12:30-1:30	Technology Workshop: Internet Banking	Stockton Carnegie Center	*Register online* or call 609-626-3591
8/16/16 2:00-3:00	When Income Decreases, But the Bills Don't	Village Grande at Little Mill	*Register online* or call 609-626-3591
8/17/16 10:00-3:00	Quartet of Programs With Spirit Sharing Across Generations Let Your Imagination Soar Guided Autobiography Origami	Stockton Kramer Hall	*Register online* or call 609-626-3591
8/24, 8/31/16 11:30-1:30	One-Stroke Painting August Project: Trifle Bowl	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26/16 10:00-12:00	Learn to Draw	Atlantic County Library - Egg Harbor Twp	*Register online* or call 609-626-3591
9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 11:30-1:30	Time to Create Art: One-Stroke Painting	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
9/7/16 1:00-3:00	LIVE Independently, Vibrantly & Educated	Woodview Estates	*resident services@woodviewestates.com* or call 609-625-4878
9/8, 9/15, 9/22, 9/29, 10/6, 10/13/16 10:00-12:00	Crochet with Lois	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
9/9, 9/16, 9/23, 9/30, 10/7, 10/14/16 10:00-12:00	Knitting with Lois	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
9/10/16 10:00-12:00	Basketry: Apple Pie Basket	Swan Bay Folk Art Center	*Register online* or call 609-652-0366
9/10/16 10:30-11:30	Laughter is the Best Medicine	Spring Village at Galloway	*Register online* or call 609-626-3591
9/13/16 2:00-3:00	Avoiding Scams & Identity Theft	Village Grande at Little Mill	*Register online* or call 609-626-3591
9/14/16 10:30-11:30	Older Adults & Heart Disease	Brigantine Senior Center	No registration necessary
9/21/16 10:30-11:30	Avoiding Scams & Identity Theft	Galloway Senior Center	No registration necessary
10/4/16 9:30-10:30	Continue to Live Independently	Galloway Senior Center	No registration necessary
10/5/16 1:00-3:00	Medicaid Planning: Common Mistakes & How to Avoid Them	Woodview Estates	*resident services@woodviewestates.com* or call 609-625-4878
10/13/16 11:00-12:00	Laughter is the Best Medicine	Hammonton Canoe Club Senior Center	*Register online* or call 609-626-3591
10/14/16 1:00-2:00	Come & Dance	Stockton Dance Studio (H104)	*Register online* or call 609-626-3591
10/19, 10/26/16 11:30-1:30	One-Stroke Painting October Project: Decorative Sunflower Platter	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
10/21/16 10:00-12:00	Brown Bag Christmas Scrapbook Project	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590

Date & Time	Workshop	Location	Register
10/22/16 10:00-12:00	Basketry: Apple Cider Doughnut Basket	Swan Bay Folk Art Center	*Register online* or call 609-652-0366
11/2/16 1:00-3:00	Veteran's Benefits - Are You Eligible?	Woodview Estates	*resident services@woodviewestates.com* or call 609-625-4878
11/9/16 10:30-11:30	Let Your Imagination Soar... Start Telling Stories	Galloway Senior Center	No registration necessary
11/9, 11/16/16 11:30-1:30	One-Stroke Painting: November Project: Set of Four Wine Glasses	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
11/12/16 10:00-12:00	Wool Felted Silk Scarf	Swan Bay Folk Art Center	*Register online* or call 609-652-0366
11/15/16 9:30-10:30	LIVE Independently, Vibrantly & Educated	Galloway Senior Center	No registration necessary
11/15/16 11:00-12:00	Let Your Imagination Soar... Start Telling Stories	Hammonton Canoe Club Senior Center	*Register online* or call 609-626-3591
12/1/16 9:30-10:30	Older Adults & Stroke Disorders	Galloway Senior Center	No registration necessary
12/3/16 10:00-12:00	Wool Needle Felted Angel	Swan Bay Folk Art Center	*Register online* or call 609-652-0366
12/7, 12/14/16 11:30-1:30	One-Stroke Painting: December Project: Christmas Ornaments and Cards	Manahawkin Instructional Site (MIS)	*Gina.Maguire@stockton.edu* or call 609-626-5590
12/6/16 12:00-1:30	Social Security – What You Need to Know to Maximize Your Retirement Income	Brandywine Senior Living	*Register online* or call 609-626-3591
12/7/16 1:00-3:00	Staying Healthy & Happy as You Age	Woodview Estates	*resident services@woodviewestates.com* or call 609-625-4878
12/8/16 11:00-12:00	Continue to Live Independently	Hammonton Canoe Club Senior Center	*Register online* or call 609-626-3591

Special Thanks

SCOSA would like to extend our sincere gratitude to all of our volunteer presenters. Over the years we have been fortunate to be able to offer most of our programs free of charge to older adults and that is due to their generosity and willingness to share their expertise with our older adult community. *Our planners and presenters have noted that they have no conflict of interest or commercial interest to disclose and that there is neither commercial support nor sponsorship for their presentations.*

Some of the older adult programs offered by SCOSA are partially funded under Title III of the Older Americans Act of 1965, as amended, through a grant by the Division of Intergenerational Services, Atlantic County, New Jersey. You may make voluntary donations to SCOSA. Such donations are not a fee and are not required. Any donations received will be used to develop and operate future programs. If you wish to donate directly to SCOSA please make your checks payable to SCOSA and send them to: SCOSA/SOBL, Stockton University, 101 Vera King Farris Drive, Galloway, NJ 08205-9441.

Stockton Center on Successful Aging

STOCKTON UNIVERSITY

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