



Stockton Center on Successful Aging News & Upcoming Events

[SCOSA Website](#)

Join Our List

[Join Our Mailing List](#)

Share the News

Scroll to the bottom of this page for a link to forward this issue to your friends & colleagues or go to the [SCOSA website](#) and copy the page address into your email message if you want to forward to a list.

SCOSA Summer-Autumn 2014 Older Adult Education Brochure

[Open Online](#)

[Download PDF](#)

News Briefs

Noteworthy

Atlantic City Rescue Mission Needs Volunteers

The Bruised Reed Farm, located in Goshen in Cape May County needs volunteers Tuesdays-Fridays 9:00 a.m. to 1:00 pm, weather permitting, and the Cologne Farm, located in Atlantic County, needs volunteers Tuesdays and by appointment. Farm products are used by ACRM to feed hungry and homeless men, women and children. Kitchen help is needed preparing food in Atlantic City daily. Contact Chelle Ebert, Volunteer Coordinator at 609-345-5517 for details.

Free CE Program at The Terraces at Seacrest Village Medicaid: Eligibility &

Volume 3, Issue 7

July, 2014

Upcoming Older Adult Education Programs

Paper Crafting: 2 Pocket Folder Scrapbook

Monday, July 1, 2014 1:00pm - 4:00pm

Ann Blazovic, Instructor

Stockton's Manahawkin Instructional Site

712 East Bay Ave, Manahawkin 08050.

To register email Gina.Maquire@yahoo.com or call 609-626-5590.

Learn to take an ordinary pocket folder and turn it into a beautiful, custom scrapbook. It can be made for any occasion, and as a gift for any age. All supplies are included in the class fee. Choose the theme when you register: Baby, Dog, Cat, Male, Female, Birthday, Beach or Travel. \$20 payable to instructor, at start of class.

Time to Create Art - Salt of the Earth Creative Writing & Sensory Craft

Bring a story to share with the class that you have written about your "Salt of the Earth" figure and how they helped you become the person you are today. Discover what "scents" spark memories of your "salt" and create a salt and herbal mix to use at home, rounding out your sensory experience. Level: Beginner. Diamond Frandsen, Instructor. Offered at three locations.

Thursday, July 10, 2014 10:30am - 12:30pm

Stockton's Manahawkin Instructional Site

712 East Bay Ave, Manahawkin 08050.

Email GinaMaquire@stockton.edu or Call 609.626.5590.

Materials Fee: \$12.00

Thursday, July 17, 2014 10:30am - 12:30pm [Flyer](#)

The Noyes Museum of Art of Stockton College, Lily Lake Road, Oceanville (Galloway), 08231. Call 609.652.8848 to register. Materials Fee \$17.00 (Collected by Noyes Museum).

Thursday, July 24, 2014 10:30am - 12:30pm [Flyer](#)

Stockton Kramer Hall, 30 Front St, Hammonton, 08037.

[Register Online](#) or Call 609.626.3591. Materials Fee: \$12.00 (Collected by instructor).

Learn to Draw - Drawing Fundamentals

Wednesday, July 9, 2014 1:30pm - 3:30pm

David Rhodes, Presenter [Flyer](#)

The Noyes Museum of Art of Stockton College, Lily Lake

Road, Oceanville (Galloway), 08231.

Call 609.652.8848 to register.

Materials Fee: \$10.00 (Collected by Noyes Museum)

Learn the basic skills and techniques of drawing by focusing on observational rendering, use of line, shading, mark making, elements of composition, and creativity. Draw from a variety of subjects, build technical skills, and develop personal expression.

Compliance on Wednesday, July 16th. Two CEU Credits for Social Workers, RNs, LNHA & CALA and dinner. Call 609-857-4141 to register.

Purple Heart Recipients Sought for National Database

The Veterans History Program, which is sponsored by the Library of Congress, is asking for those who earned a Purple Heart, in any war, to register through www.thepurpleheart.com, so they may be recognized. The Purple Heart Wall of Honor is located on the Hudson River, in new Windsor, New York. There is no charge to become a part of the Wall of Honor, applicants are asked to submit the DD-214 or other discharge forms listing awards, medical forms or a photograph of the back of the medal bearing the recipient's name. Help honor those who served and were injured by spreading the word.

Links to Stockton/et al. Events

[Arts & Humanities on Facebook](#)
[Performing Arts Center](#)
[Holocaust Resource Center](#)
[Art Gallery](#)
[Veteran Affairs](#)
[Hughes Center](#)
[BayAtlanticSymphony.org](#)

This class is geared toward mature adults, but all adults are welcome. Basic supplies provided for use of students. If there is an interest, classes will be continued through the fall.

STEPPIN' OUT: TALES FROM THE TRAIL

Wednesday, July 9th 2:00pm-3:00pm
Stockton's Manahawkin Instructional Site
712 East Bay Ave, Manahawkin 08050.

Presenter: Dr. Richard O'Meara

Join Dr. O'Meara on his journey through a soldier's life through poetry and stories.

Dr. Richard M. O'Meara is a retired soldier and attorney who teaches holocaust and genocide studies at Stockton College. Through the years he has experienced war and peace in multiple locations including Vietnam, Panama and Iraq, raised a family and travelled the world. His book of poetry, *Steppin' Out*, chronicles much of his journey and often resonates with his audiences, young and old.

Learn & Practice Techniques for Health & Well-Being... Have Fun While Relaxing Your Body & Mind

Thursdays, July 10, 17, 24, 31, 2014 10:30am - 11:30am
Galloway Community Services Senior Center
621 W. White Horse Pike, Egg Harbor, NJ 08215 609-568-5073
[Register Online](#) or Call 609.626.3591.

Linda Schwartz, Certified Yoga and Meditation Instructor [Flyer](#)
Fee: \$5.00 per session, collected by presenter. No mats needed. Wear comfortable clothing. We must have a minimum of 10 participants to continue the program so plan to join us, bring your friends and register now.

The practices you learn in the classes consist of experiential exercises and gentle movements including breathing exercises, mindfulness, stress reduction, gentle movement, chair yoga, visualizations, meditation, and relaxation. Through the practices you develop a greater sense of self awareness, hone the attention of your mind, learn new movement skills and tools for better self-observation and monitoring your well-being. These practices open you to experiencing life directly and being at peace.

A Tour of Poetry for Seniors

Saturday, July 12, 2014 11:00am - 1:00pm
The Otto Bruyns Public Library of Northfield [Flyer](#)
241 W. Mill Road (between Shore & New Road) 609- 646-4476.
[Register Online](#) or Call 609.626.3591.

Intergenerational Poetry Celebration. Participants will share a light luncheon, compliments of [Ventura's Offshore Cafe](#) and the library.

Food For Thought: Defining Your Legacy - An Estate Considerations Workshop

Tuesday, July 15, 2014 5:30pm - 7:00pm
Brandywine Senior Living at Brandall Estates
432 Central Avenue, Linwood, NJ 08221.
[Register Online](#) or Call 609.626.3591.

Jason Kiefer, Instructor [Flyer](#)

Defining your Legacy is a 35 minute seminar that explores the meaning of legacy and why it's important to think about what you want to pass on to future generations - your values as well as your valuables. Discussion includes wills, estate planning, health care directives, trusts and communicating your wishes. Dinner

compliments of Brandywine Senior Living at Brandall Estates.

Food For Thought: Social Security - What You Need To Know

Wednesday, July 16, 2014 12:00pm - 2:00pm
Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing, NJ 08330 (609-625-4878)
Charles C. Weeks, Jr., JD, CFP®, Instructor [Flyer](#)
[Register Online](#) or Call 609.626.3591.

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. Lunch compliments of Woodview Estates Assisted Living.

"Shoeless Joe in the Field of Dreams"

Monday, July 16, 2014 1:00 pm - 4:00 pm
Stockton's Manahawkin Instructional Site
712 East Bay Ave, Manahawkin 08050.
Deb Dagavarian, PhD, Instructor.

Students of baseball history know of Shoeless Joe Jackson as an illiterate country bumpkin who happened to be one of the greatest hitters of all time. But he was banned from Major League Baseball by then Commissioner Kenesaw Mountain Landis for his role in throwing the 1919 World Series. Field of Dreams resurrects Joe Jackson through the mind of Ray Kinsella, the protagonist of the film. Ray hears a voice intone, "If you build it, he will come . . .", the "he" referring both to Shoeless Joe and, ultimately, Ray's long-deceased father. Join us to watch Field of Dreams, arguably the best baseball fantasy ever made. In addition to seeing this beautiful film, we will hear from Dr. Deb Dagavarian, Assistant Provost at Stockton, who has published two books and several articles on baseball, and teaches a course on baseball each semester. Field of Dreams, 1989 (1:47)

Beginner Card Making Class

Thursday, July 17, 2014 12:00 pm - 2:00 pm
Stockton's Manahawkin Instructional Site
712 East Bay Ave, Manahawkin 08050.
To register Email GinaMaguire@yahoo.com or Call 609.626.5590.
Ann Blazovic & Gina Maguire, Instructors. Join us for this free beginner's card making class. You will make greeting cards suitable for sending to your friends and family. This is planned to be a series of classes, so come and enjoy the art of paper crafting.

Time to Create Art - Split Woven Stool

Saturday, July 19, 2014 10:30am - 12:30pm The Noyes Museum of Art of Stockton College Lily Lake Road, Oceanville (Galloway), 08231. Call 609.652.8848 to register. Niki Giberson, Instructor. [Flyer](#) Materials Fee \$45.00 (Collected by Noyes Museum). Each student will receive an oak stool frame 11" x 11" x 13" and will be taught to do a twill weave pattern. Once mastered, this method can be used on any chair or stool.

Time to Tell Autobiographical Writing Session

Thursday, July 24, 2014 12:30pm

Stockton's Manahawkin Instructional Site, 712 East Bay Avenue
Manahawkin 08050. [Email](#) or call 609.626.5590 to register.
Gina Maguire, Instructor.

Join us for personalized instruction with monthly meetings to help
you chronicle the stories of your life. Creative writing styles,
including poetry and photographs, can also be used to tell your
story. No need to worry about being behind, you can begin this
program at any point!

***Food For Thought: Retirement Planning
Plan Now Or Else***

Wednesday, July 30, 2014 12:00pm - 2:00pm
Woodview Estates Assisted Living
5030 Unami Blvd., Mays Landing, NJ 08330 (609-625-4878)
Charles C. Weeks, Jr., JD, CFP®, Instructor [Flyer](#)
[Register Online](#) or Call 609.626.3591.

This presentation will discuss the various factors in retirement
planning including portfolio withdrawal rates, investment returns,
portfolio construction and inflation to name a few. We will also
discuss how modeling your retirement plan around average
returns can be dangerous and strategies you can implement to
increase the likelihood of not outliving your money. Lunch
compliments of Woodview Estates Assisted Living.

Laughter is the Best Medicine

Thursday, July 31, 2014 10:00am - 11:00am
Hammonton Canoe Club Senior Center
100 Sports Drive, Hammonton, NJ 08337 (856-322-7082)
Maryann Prudhomme, RN, Instructor
Humor & Laughter - a prescription for living better.
Join Maryann Prudhomme, a Registered Nurse with over 30 years
of management and clinical experience in health care and nursing
in both acute care and home care settings, 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.

SCOSA Event Cancellation Procedure

Check the [Stockton Homepage](#) for campus wide closures. Check the
[SCOSA website](#) for SCOSA off-campus event cancellations &
rescheduling.

Stockton Center on Successful Aging

Richard Stockton College of New Jersey
101 Vera King Farris Drive, Galloway, NJ 08205 609.626.3591 Fax: 609.626.3620

[David C. Burdick](#), Director 609.652.4311

Programming: [Anita Beckwith](#) 609.626.3591 / [Gina Maguire](#) 609.626.5590



STOCKTON
NEW JERSEY'S
DISTINCTIVE
Public College

[Forward this email](#)