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.Maguire@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 "scent" sparks 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.

**Learn to Draw - Drawing Fundamentals**

Wednesday, July 9, 2014 1:30pm - 3:30pm  
David Rhodes, Presenter  
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
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
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
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](#)

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 80337 (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.

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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