Upcoming Professional Education Programs

Aging Sensitivity Training
Friday, September 12, 2014   1:00pm - 3:00pm
Gina Maguire, MSW, LSW, Presneter
Manahawkin Instructional Site (MIS) 712 East Bay Avenue
Manahawkin, NJ 08050
Registration is required. To register:
email Gina.Maguire@stockton.edu or call 609-626-5590.
Aging sensitivity training is a compilation of individual activities
designed to engage the participant in the process of growing older,
by experiencing some of the pathologies typically described by
many older adults. This training should be experienced by
everyone, especially those who have taken on the important task
of working with aging adults. Join other participants in feeling
older for the event. You will never view older adults the same way
again.

Working with LGBT Older Adults for Professionals
Wednesday, October 1, 2014   11:00am - 1:00pm
Presented by the LGBT Older Adult Project
Manahawkin Instructional Site (MIS) 712 East Bay Avenue
Manahawkin, NJ 08050
Registration is required. To register:
email Gina.Maguire@stockton.edu or call 609-626-5590.
Is aging the same for everyone? Should we treat all older adults
exactly alike? This workshop introduces participants to issues of
aging that are specific to older adults within the LGBT community.
Attendance at this workshop will provide participants with
information which will help the client feel more comfortable and
trusting of the provider and increase the provider's awareness of
needs specific to this population.
Who should attend this training? Anyone working with the older
adult population! Attendance, training and materials are free,
courtesy of Monmouth University's LGBT Older Adult Project.
Time: Approx 2 hours depending on group size and level of
participation.

Upcoming Older Adult Education Programs

Learn & Practice Techniques for Health & Well-Being...
Have Fun While Relaxing Your Body & Mind
Thursdays, September 4, 11, 18, 25, 2014   9:00am - 10:00am
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.
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.

**Let’s Draw & Paint - Learn to Draw**

Wednesdays, September 10, 17, 24 and October 1, 8, 15, 22, 29, 2014 10:00am - 12:00pm
Atlantic County Library System, Egg Harbor Township Branch 1 Swift Drive, Egg Harbor Twp., NJ 08234 (609-927-8664)
Register Online or Call 609.626.3591.
Tom Sandor, Instructor
Learn to draw what you "see", at your own pace, developing powers of observation and defining individual style. With emphasis on self-discovery and skill development, the class will focus on building and refining basic skills, exploring a broad range of drawing materials and sharing ideas and techniques. You must purchase and bring your own materials (see flyer for list). No experience necessary, however, those with a sample of previous work are encouraged to bring it to the class. A fee of $5.00 per person per session will be charged and collected by the instructor.

**Get Connected Technology Seminar**

Wednesday, September 10, 2014 1:00pm - 2:00pm
Mark Pezzotta, MIS Technical Assistant, Instructor
Manahawkin Instructional Site (MIS) 712 East Bay Avenue Manahawkin, NJ 08050
Registration is required. To register:
email Gina.Maguire@stockton.edu or call 609-626-5590.
Have you ever had difficulty using technology to communicate with family and friends? Join our Technical Assistant Mark for a FREE seminar on how useful technology has become in communicating with others. This workshop will introduce viewers to some of the numerous communication programs and applications available.

**A Tour of Poetry for Seniors**

Saturday, September 13, 2014 11:00am - 1:00pm
The Otto Bruyns Public Library of Northfield
241 W. Mill Road (between Shore & New Road) 609- 646-4476.
Register Online or Call 609.626.3591.
Guest poet Diane Lockward will lead a creative writing group titled "Workshop: Exploiting a Fruit" at the Otto Bruyns Public Library of Northfield. Participants will be engaged in an activity which focuses on memory, descriptive details, and metaphors and similes. Lockward will share some of her own poetry, including "Blueberry," and participants will discuss the work, noting the details and the figurative language. Participants also will note where the poem turns and moves into memory. After this close reading and discussion, Lockward will lead participants through a step-by-step writing activity and offer take-home revision suggestions. Participants will share a light luncheon, compliments of Ventura's Offshore Cafe and the library.

**Food For Thought: Health Care and Your Retirement**

Tuesday, September 16, 2014 5:30pm - 7:00pm
Brandywine Senior Living at Brandall Estates 432 Central Avenue, Linwood, NJ 08221.
If we do not hear from you with your contact permission we will remove you from our mailing list.

**Noteworthy**

**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](http://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](https://www.facebook.com/artsandhumanitiesstockton)
- [Performing Arts Center](http://performingartscenter.stockton.edu)
- [Holocaust Resource Center](http://stockton.edu/hrc)
- [Art Gallery](http://artgallery.stockton.edu)
- [Veteran Affairs](http://stockton.edu/veteranaffairs)
- [Hughes Center](http://hughescenter.stockton.edu)
- [BayAtlanticSymphony.org](http://bayatlanticsymphony.org)

**Register Online** or Call 609.626.3591.

Jason Kiefer, Instructor  — [Flyer](http://www.flyer.bayatlanticsymphony.org)

A 45 minute educational program that addresses what steps you should take to prepare for health care costs to help ensure your retirement savings stay healthy. Covers the cost of health care during retirement, preparing for long-term care expenses, using insurance to address long-term care costs, building a healthy retirement portfolio and pre-medicare checklist. Registration and dinner begins at 5:30 pm. Lecture begins at 6:00 pm. Dinner compliments of Brandywine Senior Living at Brandall Estates.

**Beginner's Card Making Class**
Friday, September 19, 2014  12:00pm - 2:00pm
Ann Blazovic & Gina Maguire, Presenters
Manahawkin Instructional Site (MIS) 712 East Bay Avenue
Manahawkin, NJ 08050
To register: email Gina.Maguire@stockton.edu or call 609-626-5590.

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. Registration required, maximum of 16 in the class.

**Time to Create Art - Farmer’s Market Basket**
Saturday, September 20, 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](http://www.flyer.bayatlanticsymphony.org)

Materials Fee $40.00 (Collected by Noyes Museum). 10"x10"x14" rectangular basket with oak grip handle which is very useful for gardening or carrying home your produce from market.

**Let's Draw & Paint - Learn to Paint With Watercolors**
Tuesdays, September 23, 30 and October 7, 14, 2014 10:00am - 12:30pm
Stockton at Kramer Hall, 30 Front Street, Hammonton, NJ 08037 (609-626-3840).  — [Register Online](http://www.flyer.bayatlanticsymphony.org) or Call 609.626.3591.

Note: There is a waiting list for this class.

Alice White-Marks, Instructor  — [Flyer](http://www.flyer.bayatlanticsymphony.org)

Learn the fundamentals of painting with watercolors in this course. You must purchase and bring your own materials.

**Time to Tell - Creative Writing Workshop: Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom**
Saturday, September 27, 2014 10:30am - 12:30pm
Cynthia Inman Graham, Instructor  — [Flyer](http://www.flyer.bayatlanticsymphony.org)

The Noyes Museum of Art of Stockton College
Lily Lake Road, Oceanville (Galloway), 08231.
Class currently full - waiting List only - call 609.652.8848 to register.

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. Resources will be presented to help answer the question - "I've written it. Now, what..."
do I do with it?" Writers will be encouraged to submit their work to journals, blogs, or local publications.

**SCOSA Event Cancellation Procedure**

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