



WINTER & SPRING 2012

NURTURING BODY, MIND, & SPIRIT THROUGH RESEARCH, EDUCATION, & SERVICE

THE STOCKTON CENTER ON SUCCESSFUL AGING

PRESENTS

OLDER ADULT EDUCATION PROGRAMS

☛ All older adults invited to participate ☛

STOCKTON

THE RICHARD STOCKTON COLLEGE OF NEW JERSEY

January, 2012

We are pleased to present the 2012 Calendar of Events for our Older Adult Education Program. We hope you will consult our web-site and join our e-mail distribution list. We will print and mail two schedules in 2012 (Winter/Spring & Summer/Fall). There's "something for everyone" and we hope that you'll consider joining us for one or more events. You can call us at 609.626.3591 or you can register online at www.stockton.edu/scosa. You will be contacted with details and registration confirmation.

Thanks to the support from multiple sponsors we are able to bring this programming to you again this year. Our sponsors include the Stockton Division of Academic Affairs, Atlantic County Department of Human Services, (Division of Intergenerational Services & Division of Public Health), the Wallerstein Foundation for Geriatric Life Enhancement and other community partners. SCOSA's Older Adult Education Program is partially funded under the Older Americans Act of 1965, as amended. To ensure continuation of services, federal law mandates that we afford you the opportunity to donate for services provided. Any donation received will be used for future services. Please remember this is only a request for a donation. It is not a charge or fee. Make your checks payable to The Stockton Center on Successful Aging.

This calendar represents only a small portion of SCOSA's efforts. Please refer to our website regularly for news of other events.

Sincerely,

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Time To Tell Autobiographical Writing Project

Personalized online instruction to help you chronicle the stories of your life. Work toward a finished publication at your own pace. [Register online](#) or contact SCOSA at 609.626.3591.

Maintaining a Healthy Mind

☛ January 24, 10:30 am - Hammonton Senior Center, 310 Bellevue Ave.

☛ January 31, 10:30 am - Ventnor Senior Center, 6500 Atlantic Ave.

Free information on memory with confidential memory screening by Dr. Christine Gayda, a NJ licensed psychologist and neuropsychologist.

Efficiently Independent – Save Energy, Save Money

☛ January 25, 10:30 am - Hammonton Senior Center, 310 Bellevue Ave.

Free information session presented by NJPIRG's Energy Service Corps at Stockton. Learn how to reduce your energy use and save money on utilities while learning about programs available to you to help you remain independent through rebates and services to help pay bills. NJPIRG's Energy Service Corps can also provide free individual winterization services to homeowners.



Maintaining a Healthy Mind

☛ February 7, 10:30 am - Egg Harbor City Senior Center, 341 Cincinnati Ave.

☛ February 21, 2012 10:30 am - Dr. Leinweber Center, 235 Dolphin Ave., Northfield

☛ February 28, 10:00 am - Egg Harbor Township Community Center, 5045 English Creek Ave.

Free information on memory with confidential memory screening by Dr. Christine Gayda, a NJ licensed psychologist and neuropsychologist.

Efficiently Independent – Save Energy, Save Money

☛ February 8, 10:30 am - Stockton Campus Center, Room 5

☛ February 22, 10:30 am - Buena Senior Center, 600 Central Ave.

Free information session presented by NJPIRG's Energy Service Corps at Stockton. Learn how to reduce your energy use and save money on utilities while learning about programs available to you to help you remain independent through rebates and services to help pay bills. NJPIRG's Energy Service Corps can also provide free individual winterization services to homeowners.

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Save the Date

May, 2012 Date & Time to be announced - SCOSA Spring Festival in the new Campus Center at Stockton College
A full day of activities including presentations, demonstrations, lectures, exhibitors and entertainment. Free admission.



Senior Home Safety and Fall Prevention - Make Your Home "Aging Ready"

☛ February 8, 10:30 am - Margate Community Pavilion, 101 S. Huntington Ave.

☛ February 14, 10:30 am - Hammonton Senior Center, 310 Bellevue Ave.

Doug Schindler, MS, CAPS, a Certified Aging-In-Place Specialist (CAPS), will provide information on how you can safely stay in your home as you age. He will discuss common accidents in the home and their financial costs while focusing on low cost or no cost solutions to help keep you safe and accident free, especially in the area of fall prevention.

Guided Autobiography (GAB) - Older Adult Volunteers Needed for Intergenerational Guided Autobiography Workshops

Share your essays with Dr. Lisa Cox's Aging & Spirituality classes at Stockton from 6:00 PM to 8:00 PM on February 16 & February 23 in C Wing, Room C-134 on the Stockton campus. Call 609.626.3591 to register or register online at www.stockton.edu/scosa.



Guided Autobiography (GAB) - Older Adult Volunteers Needed for Intergenerational Guided Autobiography Workshops

Share your essays with Dr. Lisa Cox's Aging & Spirituality classes at Stockton from 6:00 PM to 8:00 PM on March 1 & March 8 in C Wing, Room C-134 on the Stockton campus. Call 609.626.3591 to register or register online at www.stockton.edu/scosa.

Efficiently Independent – Save Energy, Save Money

☛ March 7, 10:30 am - Stockton Campus Center, Meeting Room 1

☛ March 21, 10:30 am - Dr. Arthur Leinweber Senior Center, 235 Dolphin Ave., Northfield

Free information session presented by NJPIRG's Energy Service Corps at Stockton. Learn how to reduce your energy use and save money on utilities while learning about programs available to you to help you remain independent through rebates and services to help pay bills. NJPIRG's Energy Service Corps can also provide free individual winterization services to homeowners.

Take Better Pictures Workshop

☛ March 14, 10:00 am - 1:00 pm - Noyes Museum of Art, 733 Lily Lake Road, Oceanville - 609.652.8848 (Call this number to register)

Judith Heyman will show you how to get the best shot by choice, not chance. Compose the photos your family will be proud to hang on the wall. Get that "best portrait" the first time. Bring your cameras to practice as you learn. Bring some of your recent photos to get tips on how to improve your shots.

Senior Home Safety and Fall Prevention - Make Your Home "Aging Ready"

☛ March 7, 10:30 am - Brigantine Senior Center, 31st and Bayshore Drive

☛ March 20, 11:00 am - 1:30 pm - New York Ave School, Parent's Resource Center (2nd floor) 411 North New York Ave., Atlantic City

Doug Schindler, MS, CAPS, a Certified Aging-In-Place Specialist (CAPS), will provide information on how you can safely stay in your home as you age. He will discuss common accidents in the home and their financial costs while focusing on low cost or no cost solutions to help keep you safe and accident free, especially in the area of fall prevention.

Savvy Saving Seniors

☛ March 13, 10:00 am - Dr. Leinweber Senior Center, 235 Dolphin Ave., Northfield

☛ March 27, 10:30 am - Absecon Community Center for Seniors, Great Hall ~ United Methodist Church, 100 Pitney Rd., Absecon

This program will cover basic budgeting techniques and money management tips. It will also talk about how to find and apply for benefits you may not have realized were available.



Savvy Saving Seniors

☛ April 10, 10:00 am - Jeffries Towers, 227 N. Vermont Ave., Atlantic City

☛ April 24, 10:00 am - Egg Harbor Township Community Center, 5045 English Creek Ave.

This program will cover basic budgeting techniques and money management tips. It will also talk about how to find and apply for benefits you may not have realized were available.

Efficiently Independent – Save Energy, Save Money

☛ April 11, 10:30 am - Stockton Campus Center, Meeting Room 5, Galloway

☛ April 25, 10:30 am - Brigantine Senior Center, 31st and Bayshore Drive

Free information session presented by NJPIRG's Energy Service Corps at Stockton. Learn how to reduce your energy use and save money on utilities while learning about programs available to you to help you remain independent through rebates and services to help pay bills. NJPIRG's Energy Service Corps can also provide free individual winterization services to homeowners.

Art in Bloom Flower Arranging Workshop

☛ April 21, 11:00 am - 12:00 pm - Noyes Museum of Art, 733 Lily Lake Road, Oceanville - 609.652.8848 (Call this number to register)

\$10 materials fee: Includes flowers and vase. Floral workshop by Deirdre Gross, a floral designer who has participated in many national flower shows including the Philadelphia Flower Show and a winner of many prizes. Fun and creative hands-on floral design class for older adults.