

Stockton Center on Successful Aging Presents 'Theragami: Origami Therapy' for Older Adults

Free Six-Session Workshop Begins on July 9 at Stockton in Galloway

For Immediate Release

Monday, June 08, 2015

**Contact: Maryjane Briant
News and Media Relations Director
Galloway Township, NJ 08205
Maryjane.Briant@Stockton.edu
(609) 652-4593**

Galloway Township, NJ - The Stockton Center on Successful Aging is sponsoring a free workshop titled, "Theragami: Origami Therapy for Seniors," at the Stockton University Campus Center on the main Galloway campus beginning in July.

The six-session series will take place on Thursdays July 9, July 16, July 23, July 30, Aug. 6 and Aug. 13 from 9:30 a.m. to 11:30 a.m. in Meeting Room 3.

Each session will address a different theme, beginning with an introduction to practical origami and moving to origami animals, unit origami, hats & holidays, action origami (toys & things) and ending with cards & gifts.

Origami, the art of paper folding, is not only fun but beneficial to the mind and hands, practitioners say. Local origamists Dr. Norma Boakes and Barbara Pearl will lead the series designed to teach a group of older adults the visual language and terminology of origami. Within a few sessions, participants will be able to use a book or online instructions to make their own origami figures.

As part of every workshop, participants will create many pleasing and practical origami models which make great gifts or decorations. The craft is beginner-friendly and inexpensive, with only paper needed to get started. The workshops are free and all materials will be provided at the opening session.

The presenters are Dr. Norma Boakes, associate professor of Education and SCOSA Fellow, and Barbara Pearl, M.A., M.S., an adjunct instructor of math at Stockton University.

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Dr. Boakes is a full-time faculty member of the School of Education, specializing in math education. She is also the creator and instructor of the popular General Studies course 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.

She is also an active researcher on the benefits of origami. Her work has recently brought her overseas to present in Japan and Lesotho, training math teachers on the use of origami as an instructional tool.

Pearl holds a Master's degree in Mathematics Education from Widener University. An award-winning educator, she is the graduate faculty recipient of the "Excellence in Academic Achievement and Leadership" from La Salle University where she serves as president for the Philadelphia Area Chapter of Pi Lambda Theta, the international honor society for educators. Featured on national TV for Comcast-on-Demand and in Creative Classroom, Pearl has authored several books including "Math in Motion: Origami in the Classroom" and "Whale of a Tale."

Pearl has traveled extensively presenting origami workshops throughout the country as well as overseas including in Europe and Asia. Her origami exhibits have been on display at The Franklin Institute Science Museum, the Philadelphia International Airport and many public libraries.

Space is limited and advance registration is required for all classes. Participants must commit to attending all sessions in the series. Register online at stockton.edu/scosa or call: 609-626-3591.

Visit the [SCOSA website](http://stockton.edu/scosa) for more information, updates and cancellation procedures.

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