

Stockton Center on Successful Aging Sets 'Aging Successfully Festival' for Thursday, May 19

For Immediate Release

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

Galloway, N.J. – The Stockton Center on Successful Aging (SCOSA) is holding its annual Aging Successfully Festival from 9 a.m. - 4 p.m. on **Thursday, May 19** in the Campus Center at Stockton University, located on 101 Vera King Farris Drive in Galloway, N.J.

Admission is free and parking is ample, steps away from the building. Stockton is on NJ Transit bus route 508, which runs from Atlantic City to the Hamilton Mall. Festival details are at www.stockton.edu/scosa.

The daylong event celebrates Older Americans Month and its theme of "Blaze a Trail," focusing on how older adults are advocating for themselves, their peers and their communities. This year's festival focuses on the importance of hobbies, creative expression and physical activities as adults move into their later years.

The festival offers visitors a selection of lectures, workshops, and musical treats including the following:

- An exhibit hall with 30 exhibitors opens promptly at 9 a.m. and continues through the festival, with gift drawings throughout the day. Come early to get a sampling of what's there before heading to various sessions, starting at 9:30 a.m. Bring your own lunch or purchase a bag lunch at the festival or purchase at two Campus Center food stations.
- Stockton President Harvey Kesselman will shares highlights of Stockton's past and present, and gives us a glimpse into its future in the Campus Center Theater at 11 a.m.

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- President Kesselman is immediately followed at 11:35 a.m. by a panel, “Weaving the Tapestry of Your Retirement,” featuring a retired FAA engineer discussing his fabric art, a soon-to-retire professor/former provost and middle-aged physician discussing the joys of photography and nature travel.
- Enjoy Chair Yoga by Teddy Piotrowski at 9:30 a.m. and Appreciative Joy Meditation with Pat Donahue at 12:45 p.m.
- Attend “Time to Tell” readings at 9:30 a.m. and 12:45 p.m., followed by a discussion of a new SCOSA-sponsored book on the Hammonton Female Garment Worker project at 2:25 pm.
- Dance the cha cha at 10:20 a.m. or learn about the physical and mental benefits of exercise, Pickelball and the new GetFit Stockton trail.
- A “Yosemite” book signing and presentation by author/professor Kate Ogden is at 10:20 a.m.
- Learn One Stroke Painting at 9:30 a.m. and Fabric Art at 12:45 p.m.
- “Enjoy the Music: Faculty Band Unplugged - A Musical Performance” at noon; Ukulele Lessons at 1:35 pm, followed by a jam session with “Jammonton on Main” - bring your instrument (banjo, guitar, and tambourine) and join the fun.
- Visit the “Technology and Environmental Accommodations: Falls Prevention” displays/discussions led by students in Stockton’s Occupational Therapy master’s program throughout the day.
- Walk around Lake Fred's Interpretive Nature Trail with trail creator Susan Allen at 1 p.m.
- Learn how the Peace Pilgrim blazed a trail for world peace at 2:25 p.m., with Bruce Nichols, Barbara Reynolds and 101-year-old Helene Young, the sister of the late Mildred Lisette Norman, known as the Peace Pilgrim, a spiritual teacher and activist born in Egg Harbor City who walked across the United States at least eight times.

For full details on the festival and more information about SCOSA, check the website:

www.stockton.edu/scosa.

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