



Stockton Center on Successful Aging News & Upcoming Events

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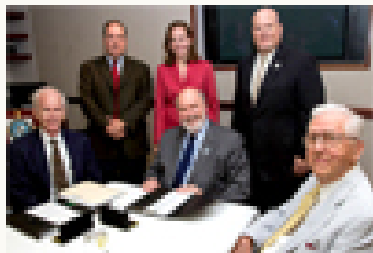
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SCOSA Summer-Autumn 2014 Older Adult Education Brochure

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News Briefs



Southern NJ Council on Issues of Aging Establishes Fund to Support SCOSA

The Southern New Jersey Council on Issues of Aging (SNJCIA) signed a gift agreement during a luncheon on July 2nd to transfer its assets of approximately \$18,000 to the Stockton College Foundation with the establishment of the Southern New Jersey Council on Issues of Aging Endowment Fund.

"This endowment will assist the Stockton Center on Successful Aging (SCOSA) in fulfilling our mission to nurture body, mind, and spirit of New Jersey's older adult community through research, education and service," said SCOSA Director Dr. David Burdick, who noted

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Upcoming Older Adult Education Programs

Last Chance to Register - 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](#)
[Register Online](#) or Call 609.626.3591.

This presentation will discuss the various factors in retirement planning including portfolio withdrawal rates, investment returns, portfolio construction and inflation to name a few. Lunch compliments of Woodview Estates Assisted Living.

Learn & Practice Techniques for Health & Well-Being... Have Fun While Relaxing Your Body & Mind

Thursdays, August 7, 14, 21, 28, 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 [Flyer](#)
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.

Time to Create Art - Watercolor Woven Brooch

Session 1: Explore your personality by painting an abstract watercolor on paper while learning color blending & mixing techniques. All tools & materials supplied by instructor. Session 2: Return with your watercolor, cut and weave it into a paper brooch, add fix weaving palette onto fabric backing and add a touch of whimsy to complete the brooch. All tools & materials supplied by instructor. Must attend both sessions.

Wednesday, August 13 & September 17, 2014 10:30am - 12:30pm [Flyer](#)

The Noyes Museum of Art of Stockton College, Lily Lake Road, Oceanville (Galloway), 08231. Call 609.652.8848 to register. Materials Fee \$40.00 (Parts 1 & 2 - Collected by Noyes Museum).

that his work with and admiration for the council goes back nearly 30 years.

The luncheon also honored two recent generous donors to SCOSA: Dr. Jo Frances Stow, retired professor of Health Sciences and Emerita Foundation board member, and Richard Gastowich. Signing [Photos](#) [Stockton Times Story](#)

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, 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.

Great Books Discussion

Tuesday, August 26, 2014
-7:15pm to 9:15pm
Stockton College's Faculty Lounge (Room F-228, Main Campus in Galloway Twp)
Join a small group of local residents who enjoy sitting around a table every two weeks to discuss works of literature. The reading for Aug 26 will be Julian Barnes' "The Sense of an Ending," 2011, 163pp. (There are four copies in the Atlantic County Libraries.) We prepare by inventing some good questions to share with other members of the group. More information from emeritus Stockton Prof. Dick Colby (Dick.Colby@Stockton.edu).

Wednesday, August 20 & September 24, 2014 10:30am - 12:30pm [Flyer](#)
Stockton Kramer Hall, 30 Front St, Hammonton, 08037.
[Register Online](#) or Call 609.626.3591. Materials Fee: \$30.00
(Parts 1 & 2 - Collected by instructor).

A Tour of Poetry for Seniors

Saturday, August 9, 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. Guest poet Bob Evans and Memory in Creative Writing. Participants will explore the uses of memory in this engaging creative writing workshop. We'll start by looking at epigrammatic quotations on the subject of the day, write briefly about one or more of these quotations, and discuss those that interest us most. We'll also read a selection of contemporary poems that employ memory as a subject matter and discuss how we might use memory--or the loss of memory--as a springboard into our own work. Participants will respond to writing exercises from Steve Kowit's In the Palm of the Hand: A Poet's Personal Workshop, writing pieces inspired by snapshot memories of their past. We'll conclude with an informal reading/workshop of the work created during the session.

Time to Tell - Creative Writing Workshop: Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom

Saturday, August 9, 2014 10:30am - 12:30pm
Cynthia Inman Graham, Instructor [Flyer](#)
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.

Food For Thought: Five Money Questions for Women

Tuesday, August 12, 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](#) A 45 minute educational program that shares perspective on a process women can use to identify goals and set a strategy. Answers the questions: Where am I today? Where would I like to be? Can I get there? How do I get there? How can I stay on track? Registration and dinner begins at 5:30 pm. Lecture begins at 6:00 pm. Dinner compliments of Brandywine Senior Living at Brandall Estates.

**Links to Stockton/et al.
Events**

[Arts & Humanities on Facebook](#)
[Performing Arts Center](#)
[Holocaust Resource Center](#)
[Art Gallery](#)
[Veteran Affairs](#)
[Hughes Center](#)
[BayAtlanticSymphony.org](#)

Learn to Draw - Drawing Fundamentals

Wednesday, August 13, 2014 1:30pm - 3:30pm

David Rhodes, Presenter [Flyer](#)

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. 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.

Time to Create Art - Small Hearth Basket

Saturday, August 23, 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 \$35.00 (Collected by Noyes Museum). This sloping side basket, (8" x 16") is great for flower arrangements or vegetable gathering.

Food For Thought: Medical Care in Retirement: Take care of yourself so others won't have to

Wednesday, August 27, 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.

This presentation will discuss Medicare, Medicaid, MediGap and Long Term Care Insurance. Many people wrongly assume at age 65 they no longer have to worry about medical expenses, this couldn't be further from the truth. We will explore what is covered and what is not covered, how to accurately project likely medical costs and what options are available to insure against medical catastrophes. Lunch compliments of Woodview Estates Assisted Living.

Visit the [Manahawkin Instructional Site](#) for a complete listing of older adult education programs in Ocean County.

SCOSA Event Cancellation Procedure

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

Stockton Center on Successful Aging

Richard Stockton College of New Jersey

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[David C. Burdick](#), Director 609.652.4311

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