

Stockton Center On Successful Aging

STOCKTON UNIVERSITY 



# Older Adult Education, Recreation, and Socialization Programs

January—June 2020



# Save the Date

## Thursday, May 21, 2020



**Please join us  
at the beautiful  
Atlantic City Campus for  
SCOSA's annual  
Successful Aging Festival!**

### *Special Thanks*

SCOSA would like to extend our sincere gratitude to all of our volunteer presenters. Over the years we have been fortunate to be able to offer most of our programs free of charge to older adults and that is due to their generosity and willingness to share their expertise with our older adult community. *Our planners and presenters have noted that they have no conflict of interest or commercial interest to disclose and that there is neither commercial support nor sponsorship for their presentations.*

Some of the older adult programs offered by SCOSA are partially funded under Title III of the Older Americans Act of 1965, as amended, through a grant by the Division of Intergenerational Services, Atlantic County, New Jersey. You may make voluntary donations to SCOSA. Such donations are not a fee and are not required. Any donations received will be used to develop and operate future programs. If you wish to donate directly to SCOSA please make your checks payable to SCOSA and send them to: SCOSA/SOBL, Stockton University, 101 Vera King Farris Drive, Galloway, NJ 08205-9441.



# SCOSA WELCOME

Winter 2020

As we say goodbye to 2019, we welcome 2020; a year to keep active in the SCOSA community!

In 2020, in addition to our robust Older Adult Education programming, and our Intergenerational Socialization and Recreation programming, we have added a monthly lecture series to both the Hammonton and Manahawkin locations. We are pleased to announce our new Stockton Institute for Lifelong Learning (SILL), spearheaded by SCOSA Fellow Christine Ferri, Ph.D., associate professor of psychology. SILL's initial offerings are highlighted on page 14. Space is limited, tuition is reasonable, and we hope early successes will lead to expanded programming that will allow you to learn from and interact with a growing number of Stockton's accomplished faculty. Friday afternoon meetings in the Arts and Sciences Building ensure ample nearby parking in Lot 0, since most classes end by 2:00pm on Fridays.

The schedule at the end of this booklet gives an "At a Glance" look. Program descriptions and registration details are listed throughout the booklet. Please take note of each event's location, prior to registering.

Special thanks to Stockton at Hammonton, Stockton at Manahawkin, Woodview Estates, Egg Harbor Township Library, Stafford Recreation Centers, Otto Bruyns Public Library, The Noyes Museum of Art, and Swan Bay Folk Art Center for hosting these events!



Please watch carefully our monthly E-Newsletter, as we share stories related to aging, and beyond, each month. Our annual Successful Aging Festival is in the planning stages, this year's theme is "Make Your Mark." We will update you in the monthly E-Newsletter about Festival details which will be held at the Atlantic City Campus on May 21, 2020, so please mark your calendar.

SCOSA's programming is made possible through our volunteer presenters, collaboration with other organizations, and generous financial support from our sponsors and individual donors. Financial supporters include: Stockton's Division of Academic Affairs, the U.S. Administration on Aging through Older Americans Act funds provided by the Atlantic County Area Agency on Aging, Frances Leonilda Acerra Christopher Memorial Fund, Southern New Jersey Council on Issues of Aging Endowment Fund, and sponsors, exhibitors, and advertisers at our annual festivals.

This calendar represents only a portion of SCOSA's efforts to "nurture body, mind, and spirit through research, education, and service." Refer to our web-site regularly for news of other events, updates and event cancellation procedures. And, please join our e-mail distribution list to receive monthly announcements of SCOSA events and news briefs.

Sincerely,

*The SCOSA Management Team*



Dave Burdick  
Director



Gina Maguire  
Professional Services  
Specialist



Trish Collins  
Community Liaison



Anne Markel-Crozier  
Temporary Employment  
Specialist

## SCOSA Second Wednesdays at Hammonton

Stockton at Hammonton, 30 Front Street, Hammonton

To Register, Click [HERE](#) or Call 609-626-3837

### Winter Blues

Date & Time: 2/12/2020

1:00pm–2:00pm

Presenter: Pat Laychock of Visiting Angels

The winter months bring more than cold temperatures; they often usher in a wave of the winter blues. Many seniors experience varying degrees of depression due to lack of sunshine and limited activities throughout the winter season. Seniors are at a higher risk for depression due to a combination of factors, which include lack of mobility and minimal contact with other people. Fortunately, our team of caregivers at Visiting Angels have some tips to help prevent the winter blues.

### The Origins of St Patrick's Day

Date & Time: 3/11/2020

1:00pm–2:00pm

Presenter: Leslie Baruffi of Griswold Home Care

Origins of St Patrick's Day is simply that, it is the history of St. Patrick, how he got to Ireland, was able to convert an entire nation, his accomplishments, how he was celebrated in the past, and how the day is celebrated world wide.

### Death We Hardly Knew Ye:

Date & Time: 4/8/2020

1:00pm–2:00pm

### Let's Learn to Talk About It

Presenter: Ann Jungels, MSW, LSW

A lively adaptation of The Conversation Project.org, created by renowned journalist Ellen Goodman who waited too long to ask her mother about her End-of-Life wishes. Learn about the tools for talking about this difficult subject plus the value of talking about it. Throw in some cultural perspectives and a four-step guide for holding “the talk”.

### The Art of Growing Younger

Date & Time: 05/13/2020

1:00pm–2:00pm

Presenter: Debra Canale, PhD Nu, MSN, RN, APN-FNP, CSN-NJ

Ms. Congeniality and Ms. NJ Senior America

This presentation will explain how you can downsize smoothly and efficiently by breaking the process into manageable pieces. The tips Jared will share are compiled from 19 years of helping seniors downsize and nearly 2000 moves. Have fun learning from Jared while playing a moving game. Take home valuable information that you can use now, save for a future move, or share with family and friends.

### Memoir Creation: A Snapshot of the Soul

Date & Time: 6/10/2020

1:00pm–2:00pm

Presenter: Ann Jungels, MSW, LSW

Storytelling has a rich history. Learn how to add your voice - or the voice of another - to the never ending saga of humankind. Everyone has a story! Learn about memoir forms, the five steps used to create memoirs, and how to get the conversation going. Crafting a memoir has many valuable benefits.

## SCOSA & STOCKTON AT HAMMONTON

We are pleased to announce the continuation of our blossoming collaboration with Stockton at Hammonton. Please check this program for some additional programs in Hammonton !

## SCOSA Second Wednesdays at Noyes Museum

Stockton at Hammonton, 30 Front Street, Hammonton

To Register, Click [HERE](#)

### Paint-a-Pot

Date & Time: 3/11/2020 2:00pm-3:00pm

Facilitator: Noyes Museum Staff

The Noyes Museum of Art is hosting a "Paint-a-Pot" activity in honor of St. Patrick's Day. Paint a flower pot and choose between planting the seeds of lucky shamrocks or spring flowers!



### Create a Keepsake Box

Date & Time: 4/8/2020 2:00pm-3:00pm

Facilitator: Noyes Museum Staff

Join us as Noyes Museum staff teaches you how to create a Keepsake Box in honor of your passed loved one. You will get a small wooden box to decorate inside and out. The box can hold pictures, mementos, handwritten stories or anecdotes of favorite memories, poems, and quotes of their love one. Write down their favorite foods, vacations, events, teams, or favorite holidays so those living will treasure their memory forever. Please bring a small photo of your loved one to glue inside the box!



### "Honu" Block Printing

Date & Time: 05/13/2020 2:00pm-3:00pm

Facilitator: Noyes Museum Staff

In this workshop, Noyes Museum staff will teach you how to make prints using printing techniques and imagery inspired by the Hawaiian "honu," meaning sea turtle.



### Introduction to SoulCollage®

Date & Time: 6/10/2020 2:00pm-3:00pm

Facilitator: Gina Maguire, MSW, LSW

A Mindfulness based, creative way to learn more about yourself, while nurturing your personal, professional, and intuitive growth! A SoulCollage® Workshop is an opportunity to take some time to learn more about yourself through a creative, personalized collaging process.

**FREE Noyes Museum Tours 2/12, 3/11, 4/8, 5/13, & 6/10/2020 12:30pm-1:00pm**

Watch the SCOSA website for these art projects offered again by the Noyes Museum Staff at Stockton University's main campus this spring!

SCOSA & NOYES MUSEUM

We are pleased to announce the continuation of our creative collaboration with the Noyes Museum. Please check this program for some additional programs in Hammonton !

# SCOSA Fourth Fridays at Manahawkin

Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin  
To Register, Call 609-626-6060



## Defying Gravity and Aging

Date & Time: 1/24/2020 11:00am–12:00pm

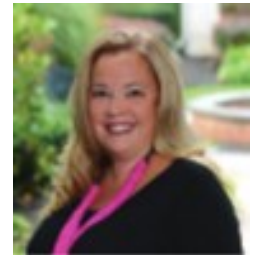
Presenter: Debra Canale, PhD Nu, MSN, RN, APN-FNP, CSN-NJ  
Ms. Congeniality and Ms. NJ Senior America

My goal is to create an interactive experience and to inspire the audience that it is possible to defy gravity and the aging process through a positive attitude and healthy lifestyle...not to mention, shaking things up in life!

## Use of Medical Marijuana Among Older Adults

Date & Time: 2/28/2020  
11:00am–12:00pm

Presenter: Anne Markel-Crozier, CSW



The use of medical marijuana among older adults is on the rise. This course will provide an overview of the numerous health benefits of medical marijuana in older adults and the legal and ethical issues associated with the use. • Describe the medical benefits of marijuana and its adverse effects on seniors • Compare the risks and benefits associated with medical marijuana among older adults • Examine ethical dilemmas stemming from the use of medical marijuana and mechanisms for managing such dilemmas • Describe the legal status of marijuana in federal and state legislation

## Disabilities in Older Adults and its Effects

Date & Time: 3/27/2020  
11:00am–12:00pm

Presenter: Sreelekha Prakash, MD  
Assistant Professor of Health Services



With age, disease and disability tends to increase. We will observe stroke and other disabilities affecting the older adults and its impact on the physical, cognitive, social and sensory functions.

Date & Times: 4/24/2020

## Your Five Most Important Documents: Law & Confidentiality 11:00am–12:00pm

Presenters: Attorney Chris Bratton & Anne Markel-Crozier, CSW

Join estate planning and elder law attorney Charles “Chris” Bratton to gain an understanding of the general rules of estate planning and the importance of having estate planning documents in place.



## Death Café

12:30pm-2:30pm

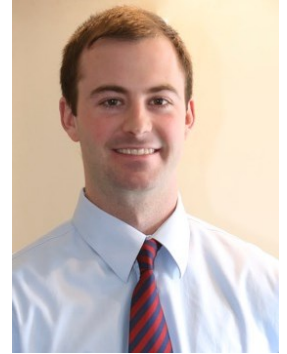
Facilitator: Ann Jungels, MSW, LSW

At a Death Café people gather to eat cake, drink tea, and discuss the taboo topic of death. The objective is to “increase awareness of death with a view to helping people make the most of their (finite) lives.” It is a group directed discussion of death with no agenda, objectives or themes. There is no intention of leading people to any conclusion, product or course of action. It is a discussion group rather than a grief support or counseling session.

**SCOSA Fourth Fridays at Manahawkin**  
**Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin**  
**To Register, Call 609- 626-6060**

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**The Upside of Downsizing**  
Presenter: Jared Willmann

Date & Time: 5/22/2020  
11:00am-12:00pm



This presentation will explain how you can downsize smoothly and efficiently by breaking the process into manageable pieces. The tips Jared will share are compiled from 19 years of helping seniors downsize and nearly 2000 moves.

Have fun learning from Jared while playing a moving game. Take home valuable information that you can use now, save for a future move, or share with family and friends.

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**Memoir Creation: A Snapshot of the Soul**

Date & Time: 6/26/2020 11:00am-12:00pm  
Presenter: Ann Jungels, MSW, LSW



Storytelling has a rich history. Learn how to add your voice - or the voice of another - to the never ending saga of humankind. Everyone has a story! Learn about memoir forms, the five steps used to create memoirs and how to get the conversation going. Crafting a memoir has many valuable benefits.

**SCOSA has two monthly  
memoir writing workshops**

**Tapping the Source**  
at the Galloway Campus (see page 11)

**Time To Tell Memoir Writing**  
at Stockton at Manahawkin (see page 11)

**SCOSA & STOCKTON AT MANAHAWKIN**

**We are pleased to announce the continuation of our successful collaboration with Stockton at Manahawkin by adding the SCOSA Fourth Friday at Manahawkin lecture series.**

## SCOSA Time to Create : Basketry

Atlantic County

### Learn Basketry, Experience Local History & Culinary Delights

Niki Giberson, Swan Bay Folk Art Center, 300 Sooys Landing Road, Port Republic

To Register, Email [nikig3@gmail.com](mailto:nikig3@gmail.com) or Call 609 652-0366

[www.HandsonHistory.com](http://www.HandsonHistory.com)

All materials provided and all fees collected by Niki Giberson

#### **Nesting Heart Baskets**    Date & Time: 2/1/2020 10am-12pm    **\$27**

Two baskets will be completed in this class that are heart shaped. The larger one is about 8" across and the smaller one is about 5" across. The featured recipe will be Valentine Truffles.



#### **Irish Soda Bread Basket**    Date & Time: 3/7/2020 10am-12pm    **\$25**

This twined bottom 8" round basket is a great way to serve Irish Soda Bread. Sample Irish Soda Bread along with the recipe.



#### **Oval Footed Basket**    Date & Time: 4/4/2020 10am-12pm    **\$30**

This basket is 10"x 8" oval, sits on 4 feet, has a swing handle and would make a great small project basket. The best chocolate cake ever will be served along with the recipe.



#### **S'More Basket**    Date & Time: 5/9/2020 10am-12pm    **\$35**

This 12 " round divided tote basket can carry all the fixings for s'mores, or can keep many nick-nick-snacks organized. Tea squares will be shared which are made out of the same ingredients as s'mores.



#### **Square Gift Baskets**    Date & Time: 6/06/2020 10am-12pm    **\$25**

Create two of these practical baskets in one class. These 6" square baskets have colored reed woven through them with a reed bow. This is a great basket to fill with your favorite candy or cookies. Keep one and give one as a gift. To celebrate Strawberry season we will be sampling strawberry shortcake along with the recipe.



*Hands on History*  
Inspiring creativity through historic crafts



# The Tenth Annual PAUL LYONS MEMORIAL LECTURE

## Professor Rosemarie Garland-Thomson

Rosemarie Garland-Thomson is a professor of English and bioethics at Emory University. Her work in critical disability studies and health humanities brings disability culture, ethics, and justice to a broad range of institutions and communities. She is co-editor of *About Us: Essays from the Disability Series of The New York Times* and the author of *Staring: How We Look* and several other books.

**Wednesday, April 1**

3:35 p.m. • Campus Center Theatre

### "Building a World that Includes Disability"

What would a world be like if it fully welcomed and included people with disabilities? How could we build that world to share and live in together? Why would that be a better world for all of us? This presentation shows how the new field of disability studies addresses these questions by bringing forward the history, culture, politics, aesthetics, and ethics of disability and people living with disabilities.

This lecture is jointly sponsored by the Master of Arts in American Studies Program, Paul Lyons Memorial Foundation, School of Arts and Humanities, Stockton Center on Successful Aging, Disability Studies Program, Historical Studies Program, Master of Arts in Holocaust and Genocide Studies Program, Literature Program, Sociology/Anthropology Program, and Women's Gender and Sexuality Studies Program.




[stockton.edu/arhu](http://stockton.edu/arhu)

**STOCKTON** | SCHOOL OF  
UNIVERSITY | ARTS & HUMANITIES

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 For questions about accessibility or to request an accommodation, please contact the Office of Event Services and Campus Center Operations at 609.652.4878 or event.services@stockton.edu at least 5 business days in advance of your participation or visit.

## SCOSA Time to Create

Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin

### One Stroke Painting: Winter Sessions

Dates & Times: 1/13–2/24/2020 10:00am–12:00pm

\$30

### One Stroke Painting: Spring Sessions

Dates and Times: 3/2-4/6/2020 10:00am-12:00pm

Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin

Facilitator: Lois Allen

To Register, [Click Here](#)

One Stroke Painting is sweeping the decorative painting world. It's fun! It's easy! It's quick! One Stroke is a multi-loading style of acrylic decorative painting that is very friendly to novice painters. It is equally usable on metal, plaster, glass, wood, fabric and ceramic surfaces. Imagine, blending, shading, and highlighting all in One Stroke! Classes teach you to freehand various strokes and to build your own unique pattern.



Fee includes instruction for 6 weekly lessons.

#### Supplies needed:

Folk Art Acrylic Paints for Multi Surface:

Colors: Thicket, Licorice, Wicker White, Berry Wine, Burnt Sienna, Dioxazine Purple, and School Bus Yellow.

Art Practice pad, roll of waxed paper, paper plates, & paper towels Brush kits can be purchased from instructor for \$16 (12 brushes) Skill Level: Beginner and up

### Knitting and Crocheting: Winter Sessions

Dates and Time: 1/13–2/24/2020 12:30pm - 2:30pm

\$30

### Knitting and Crocheting: Spring Sessions

Dates and Times: 3/2-4/6/2020 12:00pm– 2:00pm

Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin

Facilitator: Lois Allen

To Register, [Click Here](#)

This is a six week class for beginners who wish to learn how to read a pattern and correct mistakes, and for more advanced crocheters or knitters who would like some guidance.

Fee payable to instructor at first session includes instruction for lessons. Bring your own materials.

### Greeting Card Making Workshops

Dates & Time: 2/14, 3/13, 4/10, 5/8, 6/12/20 12:00pm- 2:00pm

\$3

Stockton at Manahawkin 712 East Bay Avenue, Manahawkin

Facilitators: Gina Maguire & Ann Blazovic

To Register, [Click Here](#)

Join us for greeting card classes. We will make two creative greeting cards, suitable to send to your friends or family. Bring a glue stick, scissors, and colored pencils or markers to each session.

## SCOSA Time to Write

From Our Successful Time to Tell Writing Series...

### Time to Tell Memoir Writing

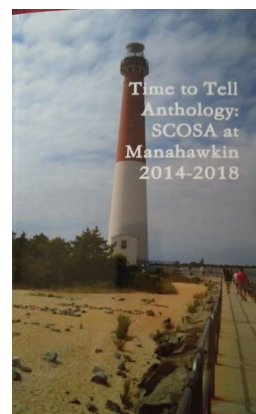
Dates:& Time: 2/7, 3/6, 4/3, 5/1, & 6/5/2020 12:00pm-1:30pm

Stockton at Manahawkin 712 East Bay Avenue, Manahawkin

Facilitator: Gina Maguire

To Register, [Click Here](#)

Personalized instruction with monthly meetings to help you chronicle the stories of your life. Creative writing styles, including poetry and photographs, can also be used to tell your story. Please bring a pen and paper, or a laptop, to each session.



### Time to Tell: Tapping the Source

Dates & Times: 1/18, 4/4, 5/16, & 6/20/2020

10:30am-12:30pm

Stockton University, Campus Center Meeting Room 1

AND

Dates & Times: 2/15 & 3/7/2020

10:30am-12:30pm

Stockton University, F 121

Facilitator: Cynthia Graham

To Register, Click [Here](#)

In this class, Poetry and Memoir (creative non-fiction) will be used to shape the thoughts and experiences which inspire you to write your story. Through various activities and writing prompts, your stories will surface; through the community of this writing group, you can refine and polish your story. Our goal will not only be self expression, but communication with our readers, whether they be grandchildren, friends, or a future publisher. Resources and information will be provided for writers who feel ready to publish their work, whether they wish to submit it to a journal, blog, or have it put in a local publication.

### Tour of Poetry

Dates & Time: 1/11, 2/8, 3/14, 4/11, 5/9, & 6/13/2020

11:00am - 1:00pm

Otto Bryuns Public Library, 241 West Mill Road, Northfield

No Registration Needed

Facilitator: Emari DiGiorgio, professor of Writing & First Year Studies

During each session of this monthly program, an established poet will read original work, present an engaging lecture, and encourage participants to write & share something of their own. Participants will have an opportunity to have their poetry included in the Tour of Poetry Anthology.

**Did you see Memoir Creation: A Snapshot of the Soul  
on pages 4 & 7?  
And You Found Your Ancestors! What Do You Do with Them  
Now? On page 15?**

## SCOSA Time to Create

### Atlantic County

#### Learn to Draw

\$5

Dates & Times: Wednesdays, 4/1-5/27/2020

10:00am - 12:00pm

Egg Harbor Township Atlantic County Library, 1 Swift Drive, Egg Harbor Township

Facilitator: Tom Sandor, Local Artist

To Register, [Click Here](#)

Guided by Tom Sandor's experience and expertise, you will 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. experience necessary, however those with a sample of previous work, are encouraged to bring it to the class.

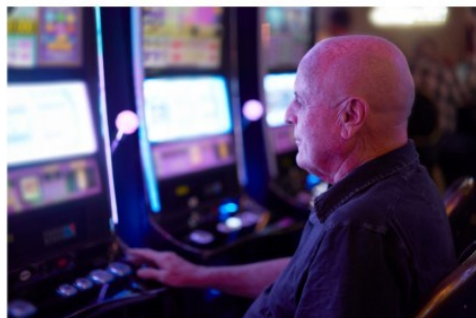
Materials List: a) One General's Essential Tools Drawing Kit will get you started. b) Two drawing pads – one 11 x 14" white paper (not newsprint), one smaller, up to 8.5 x 11"(white drawing paper or something nicer, like Super Deluxe, Stonehenge or Swarthmore).

## SCOSA Cohosts in Manahawkin

LLOYD D. LEVENSON INSTITUTE OF GAMING, HOSPITALITY & TOURISM AT STOCKTON UNIVERSITY

# Responsible Gaming: Older Adults

An overview of problem and disordered gambling among older adults and techniques for gambling responsibly at any age.



**Wednesday, March 18, 2020**

**8:30 AM • BREAKFAST | 9 AM - 11 AM • PROGRAM**

Stockton University at Manahawkin | 712 East Bay Avenue Manahawkin, NJ 08050

**For more information or to register for this free, space limited event please call 609-626-6060**

Program presented by the Council on Compulsive Gambling of New Jersey, Inc. in partnership with The Levenson Institute of Gaming, Hospitality & Tourism at Stockton University School of Business and Stockton Center on Successful Aging



LLOYD D. LEVENSON INSTITUTE  
OF GAMING, HOSPITALITY & TOURISM

**800-GAMBLER**

For questions about accessibility or to request an accommodation, please contact the Office of Event Services and Campus Center Operations at 609.652.4878 or event.Services@stockton.edu at least 5 business days in advance of your participation or visit.

Stockton is an Equal Opportunity institution

STOCKTON UNIVERSITY | MANAHAWKIN

## SCOSA & American Society on Aging

Stockton University's Main Campus

**Brown Bag Lunch & Learns:** Through SCOSA's membership in the American Society on Aging (ASA), we are pleased to continue our presentation of ASA Webinars during upcoming semesters.

To register please click [HERE](#) or go to the SCOSA Website for a link.



### **Bridging the Family Communication Gap 2/19/2020 1pm-2pm Room G 103**

Fewer than half of family caregivers have made plans for the care of their loved ones, and significantly fewer have made these plans for themselves. This session will focus on providing participants with strategies and resources to facilitate productive care conversations between adult children and their aging loved ones. Attendees also will learn tactics to manage family dynamics that may hinder fruitful conversations.

### **Supporting Military Caregivers 3/4/2020 1pm-2pm Campus Center Meeting Room 2**

More than 5.5 million spouses, parents and friends are caring for wounded, ill or injured U.S. service members and veterans at home. Far too often, these caregivers aren't made aware of the support and resources available to them. One important resource is the Military and Veteran Caregiver Experience Map, which charts key moments along the journey and how these moments can affect caregivers' physical, psychological, financial and social well-being.

### **Technology and Caregiving 4/1/2020 1pm-2pm Campus Center Meeting Room 2**

Family caregivers may use technology to simplify caregiving tasks and to solve caregiving challenges, such as medication management or monitoring their loved one. Technology also can be a great tool for the care recipient, such as a remote communication tool like GrandPad, which helps to reduce isolation and loneliness. Whether the caregiver is using the technology or helping their loved ones to use it, there are important issues to consider such as barriers to technology adoption and the importance of safe technology use. Register for this web seminar to learn about technology tools and ways caregivers can use them to enhance their caregiving journey.

### **Preparing for Loss: Death, Dying, and Grieving 5/6/2020 1pm-2pm Campus Center Meeting Room 4**

Regardless of what people think about death, many individuals don't feel comfortable talking about death, dying and grieving. But end-of-life planning is vital to ensuring the individual's wishes are carried out at the end of his or her life. It is especially important to ensure that proper documentation is in order to ease the burden of decision-making on loved ones. This web seminar will provide information on how to help to prepare older adults and their families for difficult conversations about death, dying and grieving.

### **Home Your Own Way 6/3/2020 1pm-2pm Campus Center Meeting Room 2**

Aging adults can be empowered to decide where to age. There are tools and resources to help older adults and family caregivers start the discussion and begin planning. One resource is the Home Your Own Way public education program, developed by Home Instead, Inc., franchisor of the Home Instead Senior Care network. Register for this web seminar to learn about ways to help aging adults and their families decide where it is best for them to age: in their home or elsewhere.

# STOCKTON UNIVERSITY | INSTITUTE FOR LIFELONG LEARNING

Introducing SCOSA's ...

## Friday Afternoon Short Courses with Stockton Professors

Tuition: \$45 per course, Space is Limited

Registration opens on Wednesday February 12, 2020 at [Stockton.edu/scosa](http://Stockton.edu/scosa)

March 2020

### History of Play in America

Amy Hadley, Ed. D., CCC-SLP  
Associate Professor of Communication Disorders

March 6, March 13, March 20, March 27  
2:30-3:30 PM, Arts & Sciences Building Room 102,  
Galloway campus. *Plentiful parking steps from building.*

Do you remember life before video games? Before personal computers, tablets and smart phones found ways to captivate children's attention, kids were busy finding ways to amuse themselves and perhaps create a little mischief at the same time. Join us for lively discussion about what historian Howard Chudacoff has termed "The Golden Age of Play". Have you ever spun a whirligig, played skully, or flipped a Pog? Share your personal stories and learn about the contributions different groups have made to play in the United States. We will experience some of these play activities first-hand, including interaction with Stockton students. What would you like them to know about The Golden Age of Play?



April 2020

### Reading Poems: Place, Magic, Persona

Nancy Reddy, Ph.D., Assistant Professor of Writing and First-year Studies



April 3, April 10, April 17 and April 24  
2:30-3:30 PM, Arts & Sciences Building Room 102,  
Galloway campus. *Plentiful parking steps from building.*

In this short course, we'll read a wide variety of contemporary poems and talk through strategies for reading and enjoying poetry. The course will examine how poets get their ideas, and we'll consider three approaches: writing about place, writing about magic and transformation, and writing through the perspective of mythological figures or famous people. Whether you already read and love poetry, or if you find poetry intriguing and perhaps a bit intimidating, you'll find new poems to enjoy.

*\* SILL is partially underwritten through the generous support of the Southern New Jersey Council on Issues of Aging Endowment Fund and the Frances Leonilda Acerra Christopher Endowment Fund of the Stockton Foundation.*

## TO REGISTER

Go to [www.Stockton.edu/scosa](http://www.Stockton.edu/scosa)

# SCOSA Nurtures Spirit

## SoulCollage® Workshops: Winter and Spring Workshops

\$15

Dates: Thursday, 2/27/2020 in Townsend Residential Life Center (TRLC)

Dates: Thursdays, 3/19, 4/16, 5/7, & 6/4/2020 in Campus Center Meeting Room 3

Times: 10:30am-1:30pm

Stockton University TRLC, 101 Vera King Farris Drive, Galloway

Facilitator: Gina Maguire

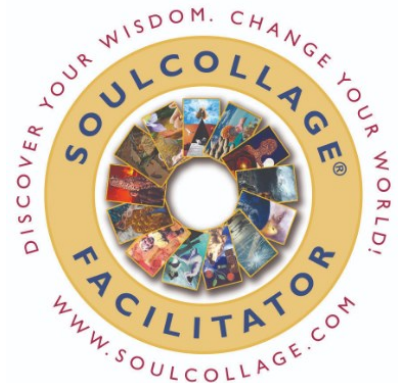
To Register, [Click Here](#)

A Mindfulness based, creative way to learn more about yourself, while nurturing your personal, professional, and intuitive growth! A SoulCollage® Workshop is an opportunity to take some time to learn more about yourself through a creative, personalized collaging process. The work of C.J. Jung, and others, form the psychological and spiritual underpinnings of the process.

No experience is necessary. In the workshops, we will create a personalized deck of collaged cards representing your life, and all of its aspects. The cards can assist you in learning more about yourself, by putting you touch with your innermost thoughts.

*"Each card created is a chapter of yourself!"*

At each Workshop, each participant will be supplied with all of the materials to design and make three cards with protective sleeves.



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## You Found Your Ancestors! What Do You Do with Them Now?

Dates and Time: 3/6 & 3/13, 2020 9:30am-11:30am

Facilitator: Cathy Cowing, professor of History at Ocean County College

Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin

To Register, [Click Here](#)

Your ancestors were so much more than a leaf on a tree. They lived, laughed and loved; they faced challenges and made difficult decisions. By learning about the times and places in which your ancestors lived, you can come to know them in a much deeper way. In this set of workshops, we will use social history, historic timelines and targeted research to bring your ancestor back to life.

Come prepared with one or two selected ancestors to explore. Choose ones whose places of origin and approximate birth dates are known to you.

Two Fridays for two hours each session.



# SCHEDULE AT A GLANCE

Program Details are within Booklet

Date	Time	Program	Location	Registration
1/13-2/24	10am-12pm	One Stroke Painting	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
1/13-2/24	12:30pm-2:30pm	Knitting & Crocheting	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
2/1, 3/7, 4/4, 5/9, & 6/6	10am-12pm	Basketry	Swan Bay Folk Art Center	To Register, Email <a href="mailto:nikig3@gmail.com">nikig3@gmail.com</a>
2/7, 3/6, 4/3, 5/1, & 6/5	12pm-1:30pm	Time to Tell Memoir Writing	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
2/8, 3/14, 4/11, 5/9, & 6/13	11am-1pm	Tour of Poetry	Otto Bruyns Public Library	No Registration Necessary
2/12, 3/11, 4/8, 5/13, & 6/10	12:30-1pm	Noyes Museum Tours	Stockton at Hammonton	To Register, Click <a href="#">Here</a>
2/12, 3/11, 4/8, 5/13, & 6/10	1pm-2pm	SCOSA Second Wednesdays at Hammonton	Stockton at Hammonton	To Register, Click <a href="#">Here</a> Call 609-626-3837
2/12, 3/11, 4/8, 5/13, & 6/10	2pm-3pm	Noyes Museum Art Projects	Stockton at Hammonton	To Register, Click <a href="#">Here</a>
2/14, 3/13, 4/10, 5/8, & 6/12	12pm-1:30pm	Greeting Card Workshops	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
2/15, 3/7, 4/4, 5/16, & 6/20	10:30am-12:30pm	Tapping the Source	Stockton University	To Register, Click <a href="#">Here</a>
2/19, 3/4, 4/1, 5/6, & 6/3	1pm-2pm	ASA Webinars	Stockton University	To Register, Click <a href="#">Here</a>
2/27, 3/19, 4/16, 5/7, & 6/4	10:30am-1:30pm	SoulCollage® Workshop	Stockton University	To Register, Click <a href="#">Here</a>
2/28, 3/27, 4/24, 5/22, & 6/26	11am-12pm	SCOSA Fourth Fridays at Manahawkin	Stockton at Manahawkin	To Register, Call 609-626-6060
3/2-4/6/2020	10am-12pm	One Stroke Painting	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
3/2-4/6/2020	12:30pm-2:30pm	Knitting & Crocheting	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
3/6 & 3/13	9:30am-11:30am	You Found Your Ancestors. What Do You Do With them Now?	Stockton at Manahawkin	To Register, Click <a href="#">Here</a>
3/6, 3/13, 3/20, & 3/27	2:30pm-3:30pm	SILL: History of Play in America	Stockton University	To Register, Click <a href="#">Here</a>
4/1- 5/27	10am - 12pm	Learn to Draw	Egg Harbor Twp. Library	To Register, Click <a href="#">Here</a>
4/1	3:35pm	Building a World That Includes Disability	Stockton University	Check the SCOSA website for Registration info
4/3, 4/10, 4/17, & 4/24	2:30pm-3:30pm	SILL: Reading Poems: Place, Magic, Persona	Stockton University	To Register, Click <a href="#">Here</a>