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Stockton.edu/scosa



Programs for Older Adults



2019 SCOSA Older Adult Program Catalogue

January 2019

Happy New Year!

As we make our new year's resolutions, choose to be more involved in the SCOSA community! This year, we have several new changes for which to be thankful! Stockton approved SCOSA's staffing reorganization, and promoted Gina Maguire to a Professional Services Specialist, 60% position. Trish Collins is dedicating 25% of her time as Community Engagement Liasion. We are pleased to introduce Anne Crozier, BSW, CSW, CECC as a new member of SCOSA's Team. As a TES (Temporary Employment Specialist) Anne's primary role will be to assist with the online Certificate in Elder Care Coordination that SCOSA has offered since 2012 to over 119 professionals from 27 U.S. states in collaboration with the Life Care Planning Law Firms Association (LCPLFA). We also welcome Denise Tarakjian as SCOSA's Spring Semester Intern. Denise is a senior Criminal Justice major with a concentration in Homeland Security and a Gerontology Minor. She hopes to find a career that will support and protect older adults from abuse, neglect, and exploitation.

Stockton University recently endorsed the Ten Principles of Age-Friendly Universities (AFU) and has joined the growing worldwide network of universities committed the ideals of the AFU Global Network. In an application letter dated November 16, 2018, Stockton President Harvey Kesselman noted that "our analysis of the ten AFU principles indicates their substantial alignment with Stockton's mission, vision, and values to serve diverse students and adults of all ages in our role as a major change-agent and anchor institution in our region." We are in the process of forming a Stockton Age Friendly University task force, and we welcome members of the community to volunteer. For more on the AFU Global Network and the Ten Principles please visit our web-site.

In addition to our robust Older Adult Education programming, we are adding Intergenerational Socialization and Recreation programming to our calendar, in both Atlantic and Ocean County for the first half of 2019.

As you review our extensive program guide, we hope you'll consider joining us for as many events as your schedule and interests allow. We'd be grateful if you'd share this with other interested friends and family.

The schedule on the pages at the end of this booklet gives a quick look at the offerings. Program descriptions and registration details are listed throughout the booklet.

Some of our scheduled programs include a meal or refreshments compliments of the event's host site. Those events are marked with a sliced apple icon indicating refreshments, snacks/meal or a teapot icon indicating beverages only so you can identify them guickly and easily.

Special thanks go out to Stockton Kramer Hall, Stockton at Manahawkin, Woodview Estates, Brandywine Senior Living, Spring Village, Egg Harbor Township Library, Stafford Recreation Centers, Otto Bruyns Public Library, Atlantic County Senior Nutrition Sites, and Swan Bay Folk Art Center for hosting these events.

Mark your calendar for Thursday, May 16th – when SCOSA presents our Annual Successful Aging Festival. This year's theme is Connect, Create, Contribute.

SCOSA's programming is made possible through our many 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 Division of Intergenerational Services, 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 website regularly for news of other events, updates and event cancellation procedures. Please join our e-mail distribution list to receive monthly announcements of SCOSA events and news briefs.

Sincerely,

The SCOSA Leadership Team Stockton Center on Successful Aging Stockton University 101 Vera King Farris Drive, Galloway, NJ 08205-9441 Director - David Burdick 609.652.4311

David.Burdick@stockton.edu stockton.edu/scosa

Tour of Poetry

Dates: 2/9, 3/9, 4/13, & 5/11/19

Time: 11:00am - 1:00pm

Location: Otto Bryuns Public Library of

Northfield, 241 West Mill Road,

Northfield *Requirements:* Register online

or call 609-626-5590

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.

In 2018. Emari DiGiorgio and nineteen Tour of Poetry participants worked together and published an anthology *Tour of Poetry: Fifth Anniversary Edition*



Last year, Lisa Cox, SCOSA research chair, fellow, and scholar, and professor of Social Work (editor), in collaboration with Dave Burdick and SCOSA PSS Gina Maguire (chapter authors), has produced a new book titled "Narratives on Positive Aging: Recipes for Success" available from Cognella Academic Publishers.

Using stories and reflections written by SCOSA's first Time to Tell cohort, the new book highlights their thoughts organized into eleven chapters.

Positive aging provides a theme across chapters. Each chapter includes an introduction to the chapter's main topics, placing the stories in a broader theoretical or scholarly context. A variety of questions, suggested further readings, and resources makes the book a useful primary or ancillary text for secondary and post-secondary courses on human development and aging. The story-telling narratives also make the book of interest to lay readers, and community groups or retreat settings.

Time to Tell: Tapping the Source Memoir Writing

Date: Saturdays, 2/16, 3/16, 4/20, 5/18, & 6/15/19

Time: 10:30am-12:30pm

Location: Stockton University Campus

Center Meeting Room 1

101 Vera King Farris Dr., Galloway **Presenter:** Cynthia Inman Graham **Requirements:** Register online or call

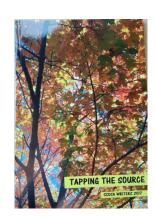
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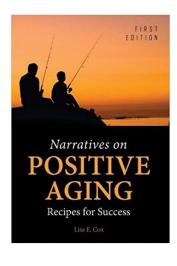
Poetry and Memoir (Creative Non-Fiction) will be the tools we use to shape the thoughts and experiences which have inspired our writing.

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 com-munication with our readers, whether they be grandchildren, friends, or a future publisher.

In 2017, Cynthia Graham and eleven Time to Tell: Tapping the Source participants worked together and published an anthology Tapping the Source: Exploring Our Wounds, Trusting Our Wisdom.







Salsa Dancing

Dates: Fridays, 2/22 and 4/12/19

Time: 2:00 pm - 3:00 pm

Location: Stockton at Hammonton

Kramer Hall, 30 Front Street, Hammonton *Requirements*: To Register or Call 609-626-3837

Presenter: Kim Allen of La Palma Dance

Salsa is a Latin dance that is popular throughout the world. It's upbeat, syncopated brass and percussion rhythms are a part of its attraction and esteem. The 8 count basic step, with a pause on the 4 and the 8, makes it a bit more challenging than other Latin dances, but worth the extra 'brain' challenge for the gentle cardio and muscle-movement benefits. There are some 'slower' salsas which will be utilized for beginner instruction.

An added bonus: Most Salsa moves are transferable to Cha-Cha.





Bachata Dancing

Dates: Fridays, 2/22 and 4/12/19

Time: 3:00 pm - 4:00 pm

Location: Stockton at Hammonton Kramer Hall, 30 Front Street, Hammonton

Requirements: Register online or Call 609-626-3837

Presenter: Kim Allen of La Palma Dance

Bachata is a social partner dance that originated in the Dominican Republic, but is very popular throughout the world.

The basic step is fairly simple: 3 side steps and a tap on the 4th beat. (If you can count to 4 you can dance Bachata). Bachata music is often identified by the romantic strains of multiple guitars.

Leaders 'invite' their followers to move through interesting patterns while keeping a tender, attentive connection.

Pickleball

Dates: 1/30, 2/4, 2/6, 2/11, 2/13, 2/20, 3/4, 3/20, 3/27, 4/8, 4/10, 4/15, 4/17, 4/24, 4/29,

& 5/1/19

Time: 8:00 am - 10:00 am

Location: Stockton University Sports Center

101 Vera King Farris Drive, Galloway

Requirements: Register online

Players must register in advance. Registrants will receive an email confirmation with play dates. Play may begin on the first play date of each month following registration. Players must sign-in upon arrival at the registration desk before being allowed to play and may be required to show identification.

Traditionally, pickleball is played on a badminton-sized court with special Pickleball paddles. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities. Unlike the power of the serve and higher net in tennis, players must bounce the ball once on each side before volleys are allowed. This opens the game to more players and extends play for more fun.

SCOSA Highlights: \$"#) Ž\$"#*

SCOSA/Stockton received the
Top Collegiate Team Award from
the Alzheimer's Association,
Delaware Valley Chapter at
their Awards Luncheon.





February 20-21, 2018: Stockton Foundation First Annual Osprey Give Program – SCOSA and GERO competed with Child Studies and CWEI in one of the School of Social & Behavioral Sciences (SOBL) three challenges.

SCOSA/GERO won the challenge, thanks to donations from our supporters!



April 7, 2018: The School of Health Sciences
Second Annual Inter-professional
Competencies in Aging Conference

The event drew nearly 140 undergrad and graduate students and 30 older adults. SCOSA assisted in planning, funding, and involving older adults.



April 20, 2018: **Annual Psi Chi Undergraduate PSYC Conference** - PSYC major, GERO minor Madison Chant earned Program Distinction (one of only three in AY) for SCOSA-funded study; SCOSA arranged & funded keynote - Graying Green: Climate Change for an Aging World by two national experts.

SCOSA received SUST funding & cosponsorship; and supported recognition ceremony and reception for Academic Year 2017/18 GERO Graduates.





May 17, 2018: SCOSA Annual Successful Aging Festival and 1st SCOSA Faculty Institute on Aging Research.

Donna Butts, executive director of Generations United, was Festival keynoter & Institute panelist. Nine full-time and adjunct faculty members participated in the Faculty Institute, planned and chaired by SCOSA Fellow Lisa Cox.

SCOSA Highlights: 2017-2018 continued

Professional and Community Commemoration The Longest Day

On Thursday, June 21st from 9am-11am, Dementia in Older Adults and Creating Effective Communication Skills, a lecture with 2 FREE CEs for Social Workers, Case Managers, CALAs, and Licensed Nursing Home Administrators was presented by Anne Markel-Crozier, of Bratton Elder Care Attorneys. It was followed by a 12:00 noon Mini Alzheimer's Walk: A One Mile Walk Around Lake Fred with SCOSA Service Chair Dr. Christine Gayda-Chelder.





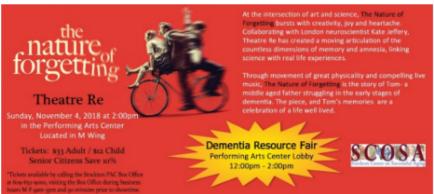


SCOSA Exhibits at the JCC's Senior Expo

On Thursday, September 27th, SCOSA was represented at the Senior Expo by Trish Collins, Gina Maguire, and SCOSA intern Nicole DiCubellis. The event drew several hundred older adults, each seeking information about local services.









Learn Basketry, Experience Local History & Culinary Delights

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

Register online at *HandsOnHistory.com* or call Niki at 609-652-0366 to register and for photos of finished baskets, more information and directions. All materials provided and fees collected by Niki.

Heart with Handle Basket

\$27

Saturday, February 2, 2019 10am-12pm

Just in time to celebrate Valentine's Day, this 10" heart shaped basket with twisted handle is perfect filled with sweet treats or just hung on a wall for decoration. The best chocolate cake will be served and the recipe will be available

Irish Soda Bread Basket

\$25

Saturday, March 9, 2019 10am-12pm

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

Cupcake Basket

\$40

Saturday, April 13, 2019 10am-12pm

This is the ultimate cupcake serving basket. It fits 24 cupcakes and has a decorative wrapped center handle and measures 8"x 20"x 4" high. Carrot cupcakes will be served along with the recipe.

Cookie Basket

\$30

Saturday, May 11, 2019 10am -12pm

A wooden slotted base makes this 8" round, leathered handled basket a great cookie serving basket. Soul Cookies will be sampled (this cookie has everything from potato chips, chocolate, pretzels and more). It makes your soul feel good. Recipe will be included.

Tote with Wooden Handle

\$40

Saturday, June 8, 2019

10am-12pm

A perfect basket for magazines, file folders, or books. It is 8"x15"x15". Strawberry Shortcake will be enjoyed along with the recipe.

About Swan Bay Folk Art Center

We want to inspire others to create pieces of their own history by making high quality traditional crafts. We teach others the art and skills of doll making, basketry, needle felting, quilting, weaving, spinning, and more!

SoulCollage Workshops

\$15

Date: Thursday, 2/7/19 **Time:** 11:30 am - 2:30 pm

Dates: Fridays, 3/8, 4/12, 5/10, & 6/14/19 **Time:** 10:30

am-1:30 pm

Location: Stockton University, Campus Center

Meeting Room 1

101 Vera King Farris Drive, Galloway

Requirements: Register online or call 609-626-5590

Presenter: Gina Maguire

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. *No art experience is necessary.*

In the workshops, we will work together to 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 in touch with your innermost thoughts. "Each card created is a chapter of yourself!" At the

initial Workshop, each participant will be supplied with all of the materials to design and make 3 cards with protective sleeves will be offered.



Thanks to Atlantic County Older Americans Act funding, SCOSA is able to offer not only Older Adult Education programming, but also Socialization/Recreation offerings in 2019!

\$30

Dates: Mondays, 2/4, 2/11, 2/25, 3/4, 3/11, & 3/18/19

Time: 12:30 pm - 2:00 pm

Location: Stockton at Manahawkin, 712 East Bay Avenue, Manahawkin

Presenter: Lois Allen

Requirements: Participants limited to 15. \$30 fee payable to instructor at first session includes instruction only

for 6 weekly lessons. Bring your own materials. Register online or call 609-626-5590.

This is a six week class for beginners who wish to learn how to read a pattern and correct mistakes, or more advanced crocheters who would like some guidance. By the end of the session, students should be able to make something for themselves or a gift for someone special.

Time to Create Art: One-Stroke Painting

\$30

Dates: Mondays, 2/4, 2/11, 2/25, 3/4, 3/11, &

3/18/19

Time: 10:00 am - 12:00 pm

Location: Stockton at Manahawkin 712 East Bay Avenue, Manahawkin

Presenter: Lois Allen

Requirements: Participants limited to 15, Register online or call 609-626-5590.

Includes instruction and paints for 6 weekly lessons. Brush kits can be purchased from instructor for \$10 (12 brushes).

Skill Level: Beginner.

One Stroke 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 and used on metal, plaster, glass, wood, fabric and ceramic surfaces. You will be excited too, when you find out for yourself how easy One-Stroke is. Imagine, blending, shading, and highlighting all in One Stroke! Classes teach you to freehand various strokes and to build your own unique pattern.

We are pleased to announce the continuation of our partnership with Stafford Recreation's Community Centers. Please check our website for some additional programs to be added to our Manahawkin Older Adult Education offerings.

Greeting Card Making Workshop

Dates: Fridays, 1/25, 2/22, 3/22, 4/26/19

Time: 12:00pm- 2:00pm

Location: Stockton at Manahawkin 712 East Bay Avenue, Manahawkin **Presenter:** Gina Maguire & Ann Blazovic Requirements: Participants limited to 10, Register online or call 609-626-5590.

Join us for greeting card classes. We will make two creative greeting cards, suitable to send to your friends or family.

Bring a gluestick, scissors, and colored pencils or markers to each session.



Dates: Wednesdays, 2/20, 3/20, & 4/17

Time: 12:00 pm - 1:30 pm

Location: Stockton at Manahawkin 712 East Bay Avenue, Manahawkin

Presenter: Gina Maguire

Requirements: Register online or call 609-626-5590. Participants limited to 15.

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.





\$3



Learn to Draw

Dates: Wednesdays, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, & 5/29/19

Time: 10:00 am - 12:00 pm

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

Presenter: Tom Sandor, Local Artist

Requirements: \$5.00 fee collected by instructor. *Register online* or call 609-626-5590.

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.

No experience necessary, however those with a sample of previous work, are encouraged to bring it to the class. Material List: a)1 General's Essential Tools Drawing Kit will get you started. Instructor will advise if something additional is needed.b)2 drawing pads – one 11 x 14" white paper (not newsprint), 1 smaller, up to

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He Named Me Malala: Film & Discussion

Date: Wednesday, 2/13/19 *Time:* 1:00 pm-3:00 pm

Location: Stockton at Hammonton, Kramer Hall, 30 Front Street, Hammonton

Requirements: To register, call 609-626-3837

After the Taliban tries to kill her for speaking out on behalf of girls' education, Pakistani teenager Malala Yousafzai emerges as a leading advocate for children's rights and the youngest-ever Nobel

Peace Prize Laureate.

Gender Revolution: Film & Discussion

Date: Wednesday, 3/13/19 **Time:** 3:00 pm- 5:00 pm

Location: Stockton at Hammonton,

Kramer Hall, 30 Front Street, Hammonton

Requirements: To register, call 609-626-3837

Gender Revolution: A Journey with Katie Couric is a 2017 documentary film about gender identity, produced by Katie Couric, National Geographic, and World of Wonder.

Save the Date for SCOSA's Annual **Successful Aging Festival: Thursday, May 16, 2019**



Please check the **SCOSA Website** often, as we will be adding additional programs regularly.



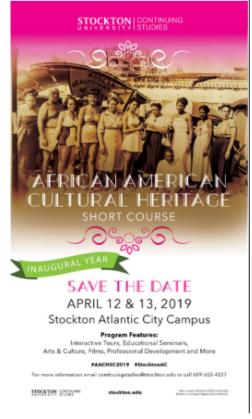
\$5

Other Stockton University Events of Interest



For the latest information, send an email to: info@njpines.state.nj.us asking to be included on the Pinelands Short Course Email alert.

For more information or to have a brochure mailed to you, please call us at 609-652-4227 or email continuingstudies@stockton.edu.



JANUARY 14 - MARCH 27 [closed 1/21 & 3/9-17]

Stockton Art Gallery

Mariana Smith Liminal Spaces

Artist Talk Jan 30 @2:30

Lower Gallery



Acts of Looking

photography by

Joseph Podlesnik

Meet the artist reception Feb 12 @4-6 Upper Gallery Contact Information: (609)-652-4214, Email: Denise.Mcgarvey@stockton.edu

April 7 - 26 [closed April 19-21]



Studies in the Arts: BFA Senior Exhibition

Sunday, 7, 1-3pm Meet the Artists Reception

STOCKTON UNIVERSITY PAC PERFORMING ARTS CENTER

Come with us on a wild journey through The Human Body. Discover how nutrients in the food we eat convert into the energy that keeps us on the move. We will learn how our muscles work, and what our blood actually accomplishes as it flows through our veins and arteries. Plus, there will be a special tribute to that duo that protects us from illnesses: skin and mucous!



Contact information: Phone: (609) 652-9000; Fax: (609) 626-5523 E-mail: pac@stockton.edu; Website: www.stocktonpac.org

Schedule at a Gla	nce Beverage Only	Provided N	leal or Refreshments Provided
Date & Time	Workshop	Location	Register
1/30, 2/4, 2/6, 2/11, 2/13, 2 3/4, 3/20, 3/27, 4/8, 4/10, 4		Stockton University Sports	Register online or call 609-626-559
	8am-10:30am	Center, Court 2	
1/12, 2/9, 3/9, 4/13, & 5/11/19 11am-1p	A Tour of Poetry for Seniors	Otto Bruyns Public Library of Northfield	Register online or call 609-626-5590
1/16, 2/20, 3/20, & 4/17, 12pm-2p	Time to Tell Memoir Writing	Stockton at Manahawkin	Register online or call 609-626-5590
1/19, 2/16, 3/16, 4/20, 5/ & 6/15/19 10:30am-12:30		Stockton University Campus Center Meeting Room 1	Register online or call 609-626-5590
1/25, 2/22, 3/22, & 4/26/ 12pm-2p	Greeting Card Making Workshops	Stockton at Manahawkin	Register online or call 609-626-559
2/2/19 10am-12p	Basketry: Heart with Handle Basket	Swan Bay Folk Art Center	Email nikig3@gmail.com or call 609 652-0366
2/4, 2/11, 2/25, 3/4, 3/1 3/18/19 10am-12p	250000000	Stockton at Manahawkin	Register online or call 609-626-5590
2/4, 2/11, 2/25, 3/4, 3/1 3/18/19 12:30-2:30	2Severage	Stockton at Manahawkin	Register online or call 609-626-559
2/7/19 11:30am-2:30p	SoulCollage Workshop	Stockton University Campus Center Meeting Room 1	Register online or call 609-626-5590
2/13/19 1pm-3p	He Named Me Malala: Film & Discussion	Stockton at Hammonton, Kramer Hall	To Register, call 609-626-3837
2/22/19 2pm-3p	Salsa Dancing m	Stockton at Hammonton, Kramer Hall	To Register, call 609- 626-3837
2/22/19 3pm-4p	m Bachata Dancing	Stockton at Hammonton, Kramer Hall	To Register, call 609- 626-3837
3/8, 4/12, 5/10, & 6/14/1 10:30am-1:30p	I SoulCollage Workshops	Stockton University Campus Center Meeting Room 1	Register online or call 609-626-5590
3/9/19 10am-12p	Basketry: Irish Soda Bread Basket a	Swan Bay Folk Art Center	Email nikig3@gmail.com or call 609 652-0366
3/13/19 3pm-5p	Gender Revolution: Film & Discussion	Stockton at Hammonton, Kramer Hall	To Register, call 609- 626-3837
4/3, 4/10, 4/17, 4/24, 5/1 5/8, 5/15, 5/22, & 5/29/1 10am-12p	I Ime to Create Art: Learn to Draw	Egg Harbor Twp. Library	Register online or call 609-626-559
4/12/19 2pm-3p	m Salsa Dancing	Stockton at Hammonton, Kramer Hall	To Register, call 609- 626-3837
4/12/19 3pm-4p	m Bachata Dancing	Stockton at Hammonton, Kramer Hall	To Register, call 609- 626-3837
4/13/19 10am-12p	Basketry: Cupcake Basket	Swan Bay Folk Art Center	Email nikig3@gmail.com or call 609 652-0366
5/11/19 10am-12p	m Basketry: Cookie Basket	Swan Bay Folk Art Center	Email nikig3@gmail.com or call 609 652-0366
5/16/19 10am-2p	Successful Aging Festival: Connect, Create, Contribute	Stockton University Campus Center	No registration necessary
6/8/19 10am-12p	Basketry: Tote with Wooden Handle	Swan Bay Folk Art Center	Email nikig3@gmail.com or call 609 652-0366
W	e hope to see you at	a program so	on!

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.



Stockton University 101 Vera King Farris Drive Galloway, NJ 08205-9441

Director - David Burdick 609.652.4311 *David.Burdick@stockton.edu*

FAX: 609.626.3620





stockton.edu/scosa

Various disclaimers and waivers may apply to programs described herein. Please consult SCOSA web-site and presenters for additional details.