



FELS is a non-profit organization whose mission focuses on education

FELS SUMMER 2020 **MINI-PROGRAM BROCHURE**

FELS, in conjunction with the Margate City Library,
offers a unique selection of entertaining,
interactive and educational programs for South Jersey residents.

Summer 2020 brings unique issues to our community.
FELS will not offer face-to-face classes this summer.
However, we are offering an interesting selection of virtual classes.
Courses meet once each month on Zoom in June, July, and August.

CONTACT INFORMATION:

Co-Presidents:

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***Brochures and registration form
available on our website:***

www.felstockton.com

Facebook:

FELS Friends of Encore
Learning of Stockton

REGISTRATION DEADLINE MAY 29, 2020

Complete the attached registration form
and mail with payment, check payable to FELS:

**FELS
PO BOX 3380
MARGATE NJ 08402**

*Program fees and special events raise funds for
Stockton University Foundation scholarships.*

**PLEASE NOTE:
DUE TO THE EXTRAORDINARY
CIRCUMSTANCES WE CURRENTLY EXPERIENCE,
CHANGES MAY HAVE TO BE MADE
TO THE PROGRAM SCHEDULE.**

**WE WILL KEEP OUR FELS
COMMUNITY INFORMED.
PLEASE DO NOT HESITATE
TO CONTACT A FELS BOARD MEMBER
WITH YOUR QUESTIONS,
CONCERNS AND COMMENTS.**

TUESDAY CLASSES

GREAT BEACH READS IF YOU DON'T GO TO THE BEACH

Tuesday mornings 10:00-11:30 AM

June 9, July 14, August 11

Join **Elaine Geller's** discussion group that examines intriguing, sometimes humorous, sometimes dark, always provocative prose. Read the following book for the June 9th class, a 20th century historical crime fiction novel, and be ready for enjoyable and stimulating conversation:

The Good Liar by Nicholas Searle

SOCIAL MEDIA

Tuesday afternoons 1:00-2:30 PM

June 16, July 21, August 18

Digital and social media changed the way information was covered and dispersed. Social media -- Facebook, twitter, Snapchat, Instagram, e-magazines, mass media -- pervades our society today. Each Social Media session includes the latest events in the world of media news, a look at journalistic issues, a current events quiz (totally voluntary!), and a focus on a prominent journalist. Instructor **Dick Sheeran** is a 40+ year veteran of Philadelphia's news media.

FALL PREVENTION STRATEGIES

Tuesday afternoons 1:30-3:30 PM

June 9, July 14, August 11

According to the U.S. Centers for Disease Control and Prevention: One in four Americans aged 65+ falls each year.

- Every 11 seconds, an older adult is treated in the emergency room for a fall; every 19 minutes, an older adult die from a fall.
- A hospital admission now has enormous risks with COVID 19.
- Falls are the leading cause of fatal injury and the most common cause of nonfatal trauma-related hospital admissions among older adults.
- Falls result in more than 2.8 million injuries treated in emergency departments annually, including over 800,000 hospitalizations and more than 27,000 deaths.
- Approximately 75% of falls happen in the home.

As we learn to cope with the new reality brought on by COVID 19, it is more imperative than ever to adopt fall prevention/ safety behaviors. Abbie Katz is a retired, certified New Jersey, Matter of Balance (MOB) fall prevention teacher and, is passionate about helping senior citizens. The MOB evidenced based program developed by Stanford University is designed as a comprehensive fall prevention program for seniors. Elements from this program will be taught in three, on-line classes for you to learn:

- Easy to use interventions to counteract balance changes as the body ages
- Identify solutions to remediate existing fall risks in and outside the home
- Follow easy chair exercises to maintain physical strength
- Think of walkers and canes as exercise equipment to facilitate movement
- This class is meant to have fun with lively discussions

Instructor and Margate resident **Abbie Katz** is a recognized expert on senior wellness, the aging process and extending support, education and advocacy to issues important to South Jersey residents. She is excited to share strategies to develop and strengthen skills for a satisfying life.

WEDNESDAY CLASSES

ART APPRECIATION

Wednesday afternoons 1:00-2:30 PM

June 3, July 1, August 5

Instructor and award-winning artist **Shirley Bilesky** will help you discover the Creative secrets of the great world artists, past and present. Whether you are a long-time art enthusiast or new to the wonders of the art world, this course encourages all participants to “look, listen, and feel” the art.

PSYCHOLOGY OF EVERYDAY RELATIONSHIPS

Wednesday mornings 10:30-12:30 PM

June 10, July 8, August 12

Moderator **Phyliss Merion Shanken** will guide you through interactive experiences. Practice being a helper to others, share and receive support for your challenges, hone listening skills, become more assertive without pushing people away, learn tools to overcome stress and healing behaviors, enhance conversational skills, discuss when to be totally honest or when it's better to tell 'white' lies, and more.

THURSDAY CLASSES

CREATIVE WRITING: IT'S HOW YOU TELL THE STORY

EDITING, CRITIQUING, AND WRITING

Thursday mornings 10:30 AM – 1:00 PM

June 11, July 9, August 13

Instructor **Phyliss Merion Shanken** will help participants go *beyond* submitting work to have others critique it. Participants will work on how to paint a picture with words; write authentic dialogue; condense wordy prose to “tight” descriptions; how to structure your essay or story; decide what to cut and what to include. Develop a respect for grammar, punctuation and word choice, discuss the misuse of pronouns; what it really means to “show-not-tell”; overcome your writer's block; determine when to use literary license. Use exercises to tap into your creativity; how to make use of feedback; enhance respect for your reader; how to love the editorial process as opposed to avoiding it; how to submit your work, and more.

Beginning writers: Please do not feel intimidated. You are most welcome to attend.

THE PERFORMANCE OF COMEDY:

From the Greeks to 21st Century Geeks

Thursday mornings 10:30-12:00 PM

June 18, July 16, August 20

What is funny? As simple as this question is, answers vary. Why is one person considered hysterical to many but boring to a few? Why did cowhands in the 1800's understand Shakespeare's comedies better than the literary professors of the same time period? Why do some people like the Three Stooges, others the Marx Brothers, and some both? Instructor **John Alvarez** will enlighten the class on the history of comedy from early Greek theater to Comedia del' Arte, satires to chamber comedies, vaudeville to stand-up, theater to movies to sitcoms. This class will not only be funny, it will be fun!

FRIDAY

SHORT STORIES

Friday mornings 10:30-12:00 PM

June 5, July 10, August 7

The book **Telling Stories**, edited by Joyce Carol Oates, will be used in this course.
New and used paperbacks available on amazon.com and abebooks.com.

Be prepared to discuss the following stories at the first class on June 5:

A Portrait of a Father, by Jonathan Ames, page 173

Fruit of the Month, by Abby Frucht, page 607

Just Don't Touch Anything, by Russell Banks, page 654

The stories for July 10:

Friends From Philadelphia, by John Updike, page 140

The Balloon, by Donald Barthelme, page 475

Family, by Joyce Carol Oates, page 691

Stories for August 7:

The Sutton Pie Safe, by Pinckney Benedict, page 165

Wunderkind, by Carson McCullers, page 111

Last Promise, by Phyllis Merion Shanken (not in the book, to be emailed to the class)



SUMMER 2020 REGISTRATION FORM

NAME _____

MAILING ADDRESS _____

CITY _____ **STATE** _____ **ZIP CODE** _____

PHONE _____ **EMAIL** _____

CIRCLE THE PROGRAMS YOU ARE REGISTERING FOR
***** YOU ARE ENROLLED IN A CLASS UNLESS CONTACTED BY FELS*****

Art Appreciation	\$25
Creative Writing	\$25
Fall Prevention Strategies	\$25
Great Beach Reads	\$25
Performance of Comedy	\$25
Psychology of Everyday Relationships	\$25
Short Stories	\$25
Social Media	\$25
TOTAL	

TOTAL DUE _____

SEND CHECK PAYABLE TO FELS TO:
FELS
P.O. BOX 3380
MARGATE NJ 08402

An email with a Zoom link will be sent prior to the first class.