

PATHWAYS

TO LEARNING AT MEDFORD LEAS

SPRING 2020 PROGRAM GUIDE



**ALL PROGRAMS
OPEN TO
THE PUBLIC**

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EXPLORE, DISCOVER, GROW

Medford Leas, an accredited Continuing Care Retirement Community, is pleased to present its *Spring 2020 Pathways to Learning Program Guide*.

As you explore this Guide, we hope that you will be inspired to expand upon your knowledge and perhaps explore something completely new to you. Indulge your creative side, tackle a new subject, or enhance your current skills.....the opportunities to learn and engage are endless.

Since the inception of Medford Leas in 1971, lifelong learning and community engagement have been integral components of the culture of Medford Leas. We welcome members of the local community to participate in any or all of these programs.

The role of residents is especially prominent this season as we feature the *Great Decisions* resident led programs. In addition, we appreciate the many residents involved with the delivery of programs, including volunteer greeters, ushers, and audio-visual technicians.

Medford Leas is fortunate to have the public spaces and grounds to open up for the benefit of the local community. You are invited to review this Guide, and register soon, as some programs have limited enrollment.

Medford Leas looks forward to welcoming you.

You are encouraged to broaden your world through

Pathways to Learning at Medford Leas.

www.medfordleas.org

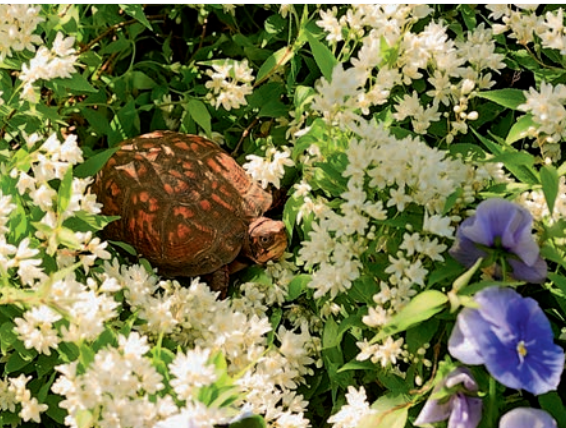


MEDFORD LEAS

Community — Medford Leas is an accredited Continuing Care Retirement Community providing a uniquely fulfilling living experience for adults age 55 and older. We are sponsored by The Estaugh, a not-for-profit corporation founded in 1914 by the Religious Society of Friends (Quakers). We are guided by Quaker principles and are a leader in quality living. Living an active life at Medford Leas is further enriched by our commitment to Quaker principles, which are focused on nurturing the physical, emotional, intellectual, social, and spiritual well-being of each resident.

Leadership — Our membership in professional organizations, such as LeadingAge and Friends Services Alliance, is testimony to our commitment to supporting residents living an engaged and fulfilling life. In addition, Medford Leas is a CARF-CCAC accredited community (Commission on Accreditation of Rehabilitation Facilities—Continuing Care Accreditation Committee).

Outreach — Medford Leas embraces an active role in the community. High standards are maintained as an employer, local business, and neighbor. We play an active role by providing educational programming open to the public and offering use of our numerous meeting spaces to eligible not-for-profit groups at no charge. The *Pathways to Learning* programs demonstrate a commitment to our service to the local community.



THE BARTON ARBORETUM & NATURE PRESERVE

The more than 250 acres of the Medford and Lumberton campuses are officially designated as The Barton Arboretum and Nature Preserve of Medford Leas. The Arboretum represents a unique blend of accessible public gardens, collections, and preserved natural areas, set amidst private residential space, and features one of the most extensive plant collections—including natives—in all of Southern New Jersey. Through its programming for the public, the Arboretum promotes horticultural knowledge and emphasizes the importance of integrating nature into people's living, working, and recreational environments. Further, it models good land stewardship and ecological responsibility through its biodiverse and sustainable practices.

The Arboretum is designed for year round interest, and open to the public seven days per week, at no fee, from dawn to dusk. When visiting, please sign in at the Community Building on the Medford Campus, where maps are available.

Over the years, many garden clubs and civic groups have visited the Arboretum. For more information, or to arrange a dedicated tour or program for your group, please contact Jane Weston, Director of Community Relations, at 609-654-3007, or JaneWeston@medfordleas.net.

Visit our Arboretum website: www.bartonarboretum.org

The Barton Arboretum and Nature Preserve of Medford Leas
is a proud member of the following organizations:

American Public Gardens Association—www.publicgardens.org
Greater Philadelphia Gardens—www.americasgardencapital.org
Garden State Gardens—www.gardenstategardens.org

Medford Campus Art Gallery

Open daily 9:00 am–8:00 pm | No fee

JOY CARTER

March/April

The work of Joy Carter will be presented during the months of March and April. Joy describes herself as an experimenter of all things art. She works with pastels as well as mixed media. Her framed fabric art will be sure to please gallery visitors.

Leas Forum—March

Medford Campus Theater | No fee | No registration

ALICE PAUL: NOT OURSELVES, BUT THE CAUSE: THE FIGHT FOR WOMAN SUFFRAGE

Saturday, March 14, 2020 11:00 am – 12:00 noon

Blunt-speaking, no-nonsense Alice Paul was born into a Quaker family in Mount Laurel, New Jersey. Her many areas of studies and earned degrees included a B.A. in Biology from Swarthmore College, social work at the New York School of Philanthropy (now the Columbia University Graduate School of Social Work) and the University of Birmingham. She learned economics and political science at the London School of Economics, and received an M.A. in Sociology and a Ph.D. in economics, both from the University of Pennsylvania; all while working for suffrage. Paul later went to law school at American University. Paul joined the fight for suffrage in Great Britain, returned home to work with the National American Woman Suffrage Association, founded the National Woman's Party, campaigned against President Wilson's refusal to support women's suffrage, went on hunger strikes, and was jailed in order to secure the 19th Amendment. When that passed, in 1920, Alice Paul wrote and worked for the Equal Rights Amendment, introducing the bill in 1923.

Ideally cast as the educated, beautiful Welsh-American legal scholar and activist, Taylor Williams, of the American Historical Theatre, takes up the standard of Alice Paul. Ms. Williams presents Alice Paul as a woman with tunnel vision, eschewing heated rooms because they would tempt her to read a novel. Crediting Ms. Paul as a supreme strategist who revitalized the suffrage movement, Ms. Williams brings to life the all-too-human woman willing to be classified a political prisoner and endure force feedings in order to elicit the public outrage that would eventually convince a nation that women deserve the vote.

ARBORETUM PROGRAM

Native Plant Society of New Jersey Annual Meeting

Saturday, March 7, 2020

8:30 am–4:00 pm

Medford Campus Theater

Register online at: npsnj.org.



PROGRAM

The Native Plant Society of New Jersey is a statewide non-profit organization dedicated to the appreciation, protection, and study of the native flora of New Jersey. Founded in 1985, there are hundreds of members across the state—organized into county and regional chapters. Members include gardeners, horticulturalists, naturalists, landscape designers, students, and native plant enthusiasts from all walks of life.

SPEAKERS

Enjoy a wide variety of speakers, who are dedicated native plant enthusiasts, and learn about current activities for the Native Plant Society of New Jersey.

Lunch is included in the registration fee. Native plants will be on sale at the end of the day.

All are welcome to register and join in this Annual Meeting to learn more about the importance and impact of native plants.

DISCUSSION SERIES

Great Decisions: Foreign Policy Challenges

Thursdays, March, and April 2020

10:30 am–12:00 noon

Medford Campus Theater

No fee. No registration required.



PROGRAM

Great Decisions is America's largest discussion program on world affairs. The name is shared by a national civic-education program, administered and produced by the Foreign Policy Association. This spring, based upon popular demand, the Medford Leas Residents Association invites you to join in the Great Decisions series, which highlights thought-provoking foreign policy challenges facing Americans today.

SPEAKERS

A Medford Leas resident will act as moderator and present information related to the scheduled topic before showing a recently produced DVD of experts being interviewed on the topic. The session will conclude with a discussion.

You are welcome to attend any or all of the programs.

SCHEDULE

- | | |
|----------|---|
| March 5 | Climate Change and the Global Order |
| March 12 | India and Pakistan |
| March 19 | Red Sea Security |
| March 26 | Modern Slavery & Human Trafficking |
| April 2 | U.S. Relations with the Northern Triangle |
| April 9 | China's Road into Latin America |
| April 16 | The Philippines and the U.S. |
| April 23 | Artificial Intelligence and Data |

DOCUMENTARY FILM

Elder Voices—Stories for These Times

Wednesday, March 11, 2020

10:00 am–11:30 am

Medford Campus Theater

No fee. Registration deadline: March 6.



FILM

This documentary, shot and produced by Academy Award Winner David Goodman, confronts the hate and bigotry gathering momentum worldwide that uncomfortably reminds us of harrowing tragedies of the past—the Nazi Holocaust, internment of Japanese-Americans, and animosity to war objectors. At the core of this film are the personal accounts of nine older adults who happen to now live, or have lived at Medford Leas. They survived the perilous times of World War II in Europe and America. We honor all who lived during this tumultuous time period. The personal stories and contemporary activism provide an inspirational rallying cry to come together to secure a just and peaceful future for all.

At the conclusion of the film, you will hear remarks from our residents who were involved with this project and engage in conversation with them.

WELLNESS PROGRAM

Mankind's Cradle: Fitness Lessons from Our Ancestors

Friday, March 20, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: March 13.

**PROGRAM**

Fitness may be a contemporary buzzword, but principles pertaining to physical exercise and appropriate nutrition can be traced back millions of years when humanity was in its infancy.

The speaker recently traveled to East Africa. In this program he will share a photographic description of the African safari experience by way of building the premise that there are health-related lessons to be gleaned from such exploration. East Africa is where our ancestors originally evolved, so Dr. Ahsan's presentation will retrace the footsteps of the earliest hominids there to try and understand what the human organism is actually designed for, especially with regard to diet and exercise.

SPEAKER:

An ex-athlete, Dr. Nadeem Ahsan is an interventional pain physician with expertise in advanced modalities for treating spine-related disorders. Dr. Ahsan joined Reconstructive Orthopedics three years ago after a 13-year stint as director of an interventional pain practice in Philadelphia. He has also served as clinical faculty at Jefferson University Hospital. Recognized several times by *Philadelphia* magazine and *South Jersey* magazine as a Top Doctor, Dr. Ahsan also has been recognized as one of the nation's top spine interventionists by *U.S. News & World Report*.

In his other life Dr. Ahsan is an accomplished Medford-based photographer. His images have been featured in many publications and have won him accolades at various art exhibitions. Dr. Ahsan's pursuit of new experiences pushes him to continually evolve his photographic technique, while simultaneously reminding him of the importance of carrying his camera with humor, compassion, and curiosity.

MUSICAL PERFORMANCE

Sunday Afternoon Concert The Music of Frank Sinatra

Sunday, March 22, 2020

2:30 pm–3:30 pm

Medford Campus Theater

No fee. Registration deadline: March 20.

**PROGRAM**

Francis Albert Sinatra has been heralded as one of the most popular and influential musical artists of the 20th century. Undoubtedly, he is one of the best-selling music artists of all times, having sold more than 150 million records worldwide.

American music critics have called Sinatra “the greatest singer of the 20th century” and he continues to be seen as an iconic figure.

Attend this special Sunday afternoon concert to enjoy an upbeat musical performance to enjoy the music of this American legend and celebrate the best of Old Blue Eyes.

PERFORMER

Steve Maglio is so reminiscent of Frank Sinatra in voice and style, that audience members over the years have noted him to be a premier Frank Sinatra tributeer. Maglio has performed at venues including The Sands and Hilton Hotels in Atlantic City and Caesar’s Palace in Las Vegas. He is a proud member of The Society of Singers, The Manhattan Association of Cabarets and Clubs, and the Screen Actors Guild.

PLANNING WORKSHOP

Making Your Legal Wishes Known

Wednesday, March 25, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: March 20.

**PROGRAM**

Making your wishes known is an important topic for individuals of all ages. These wishes are often deeply personal and based upon your values and beliefs. Join in this session to gain valuable insight from a professional who will address this topic.

In this session Jamie Morgan will share information so that you can make your wishes known using legal documents and instruments. The program will focus on the importance of having an updated will in place to deal with your possessions, real estate, and financial matters, as well as the importance of powers of attorney, and health care directives.

The goal of this session is to encourage participants to engage in discussions with their loved ones, family members, and legal professionals so that your wishes will be known. Attendees will also be encouraged to put the appropriate legal documents in place to ensure your final wishes are carried out.

SPEAKER

Jamie Shuster Morgan, Esquire, is the Past President and Board Member of The Estate and Financial Planning Council (EFPC) of Southern Jersey (2012-2018). EFPC is a professional association dedicated to providing a better understanding and awareness of estate and financial needs to the general public. Jamie is a partner with the law firm Fendrick & Morgan, LLC, and practices exclusively in the areas of estate planning, estate administration, and elder law.



THE ANNUAL LEWIS W. BARTON ARBORETUM LECTURE

Building Pollinator Populations at Home

Saturday, March 28, 2020, 11:00 am–12:00 noon: Lecture

12:00 noon–1:30 pm: Light lunch, Arboretum tours, and Al Fresco Shop

Medford Campus Theater. No fee. Registration deadline: March 20, 2020.

*The lecture and luncheon are gifts from
the Barton Arboretum and Nature Preserve in honor of Lewis W. Barton.*

Because our yards and gardens are essential parts of the ecosystems that sustain humans and the life around us, we must keep them in working order. An essential component of productive ecosystems is a diverse and abundant community of pollinators.

Much has been written about honey bees but we have ignored the thousands of species of moth and butterfly pollinators in our landscapes as well as our native bee species. Tallamy will discuss the important ecological roles of these species, and discuss the plants required to support their populations in our landscapes.

Doug Tallamy is a professor in the Department of Entomology and Wildlife Ecology at the University of Delaware. Chief among his research goals is to better understand the many ways insects interact with plants. His book *Bringing Nature Home: How Native Plants Sustain Wildlife in Our Gardens* was awarded the 2008 Silver Medal by the Garden Writers' Association. He is also the co-author with Rick Darke of *The Living Landscape*, and his new book, *Nature's Best Hope*, was published in February.

Take advantage of the opportunity to do some spring shopping in our Al Fresco Shop. You will find spring plants, garden accessories, and small gifts to enjoy this season.

Sponsored by the Medford Leas Gift Shop in support of the Arboretum Fund.

SPIRITUAL WORKSHOP

Forgiveness as a Spiritual Practice

Monday, March 30, 2020

10:00 am–12:00 noon, Program

12:00 noon–1:00 pm, Lunch

1:00–3:00 pm, Program

Medford Campus Holly Room

Fee: \$45 per person, includes light vegetarian lunch.

Registration deadline: March 27.

Based by Popular Demand—a return visit for a longer workshop.

PROGRAM

Life brings to each of us experiences of anger, fear, hurt, and pain. What we do with these experiences is up to each individual. Choosing to practice forgiveness can bring healing and move us closer to inner peace, as well as renewing our relationship with self and others. Forgiveness work helps us reconnect with ourselves and others in more loving ways. Research shows that forgiveness can be affirming for our physical health as well.

Come, join with others who are willing to take steps along this spiritual path. The focus will be on an introduction of forgiveness and all that can come from this practice, as well as breakout group exercises to explore this topic further.



WORKSHOP LEADER

Sue Regen, a member of Rochester Friends Meeting (Quaker), has been working in the area of forgiveness since 2002. It is part of her personal journey and something she is passionate about. Sue has led forgiveness workshops at Attica Prison, Friends Conference on Religion and Psychology, Friends General Conference Gatherings, and at retreat centers in Pennsylvania, California, Massachusetts, and New York.

Leas Forum—April

Medford Campus Theater | Open to the public | No fee | No registration

THE HIDDEN CHILDREN OF WORLD WAR II – MAUD DAHME

Saturday, April 11, 2020, 11:00 am–12:00 noon

Of the 1,600,000 Jewish children who lived in Europe before World War II, only 100,000 survived the Holocaust. Most were hidden children, shuttered away in attics, cellars, convents, or in villages or farms. Maud Dahme was one of the estimated 3,000 to 8,000 Jewish children in the Netherlands who were hidden and saved from the Nazi death camps by courageous Christians. Dahme, a New Jersey resident and former president of the NJ Board of Education, will share her experiences and discuss her current mission to teach a younger generation about the Holocaust.

SEABROOK FARMS: MAKING LOCAL HISTORY GLOBAL – DR. ANDREW URBAN

Saturday April 25, 2020, 11:00 am–12:00 noon

How did 2,500 Japanese detainees come to work at Seabrook Farms, a frozen foods agribusiness located in South Jersey in the mid-1940s? Dr. Andrew Urban, Associate Professor of American Studies and History at Rutgers University, will explore this topic.

The effects of World War II reached beyond the front lines—local communities were impacted by global events. Seabrook Farms' history, the story of a company that relied on the government and its labor, immigration, and refugee policies to recruit workers, cannot be adequately narrated as local history. In this session, participants will explore how local New Jersey history can be critically connected to larger nations, global events, and issues.

NEW JERSEY
COUNCIL
FOR THE
HUMANITIES

This program has been made possible in part by the National Endowment for the Humanities (NEH) and the New Jersey Council for the Humanities (NJCH). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or NJCH.

ARBORETUM EVENT

Daffodil Daze Walks

Wednesday, April 1 or

Wednesday, April 8, 2020

10:00 am–12:00 noon

Medford Campus

Lois Forrest Nature Center



No fee. Registration deadline: March 27.

Rain or shine!

Back by Popular Demand!

Enjoy the beauty of the spring season and be inspired by the Ilgenfritz Daffodil Collection.

PROGRAM

Medford Leas bountiful collection of daffodils began when one of its earliest residents, Marjorie (Midge) Ilgenfritz, arrived in 1978 with her collection of prized bulbs from her garden in Mamaroneck, New York. Over the years, Midge's bulbs were divided and moved throughout the Medford Campus, and additional daffodils have been added, thanks to her inspiration. During the past four fall seasons, an additional 4,000 daffodil bulbs were planted to enhance the Arboretum.

Learn more about this cherished spring bloom. Enjoy a guided tour of our collections and be inspired to add this wonderful burst of spring color to your garden at home.

GUIDE

Walks will be guided by Debbie Lux, Medford Leas Horticulturalist, along with Medford Leas residents.

HISTORY PROGRAM

Cape May—The Evolution of this Popular Seaside Town

Friday, April 3, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: March 29.

**PROGRAM**

The original residents of Cape May were the Lenni-Lenape Indians, but how did this area transform from the hunting grounds for these Native Americans, to the popular shore town it is today?

Join Jason Love as he traces this town's remarkable history from the Lenni-Lenape Indian population, to Captain Cornelius Mey's first sighting in 1621, to the mid-19th Century when Cape May became a resort town for people looking to escape Philadelphia during the summer, to the Cape May of today—with its renaissance of preservation of historic times. With the expansion of the railroad, surrounding shore towns, including the Wildwoods, Avalon, Stone Harbor, and Ocean City began to expand. Today, the Jersey Shore tourism industry is a huge boost for the New Jersey economy. The swelling of the population of these shore towns occurs naturally during the summer months, but due to increased interest in this historic area, tourism is also increasing during the fall and spring seasons. This lecture will explore the past, present, and future of Cape May.

PRESENTER

Jason Love enjoys history and gives presentations throughout South Jersey. He has a history degree from West Chester University, and just last year presented a popular program on the topic of baseball. Love currently works for Rutgers University–Camden. His family has a home in Wildwood, New Jersey.

CURRENT EVENTS PROGRAM

Electoral College— Everything you Always Wanted to Know

Wednesday, April 22, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: April 17.



PROGRAM

We decide our presidential elections not by popular vote, but by the Electoral College. The Electoral College is a process, not a place.

The Electoral College consists of 538 electors. A majority of 270 electoral votes is required to elect the President. Your state's entitled allotment of electors equals the number of members in its Congressional delegation: one for each member in the House of Representatives plus two for your Senators

Who are these electors and what if they don't vote for who they are supposed to? Can't we just abandon this "archaic system" and move to a popular vote?

This timely talk will provide you with just about everything you want to know about our Electoral College System.

PRESENTER

Dr. Kelly Jackson is a long-term faculty member at Camden County College and has chaired their faculty governance body for 20 years. Jackson, a graduate of Franklin and Marshall College, went on to earn her master's degrees in community college education from Rowan University and in statistics from the University of Delaware. In 2013, Dr. Jackson received her doctorate in educational leadership from Rowan University.

LECTURE

Quaker Faith and Practice

Tuesday, April 28, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: April 24.



PROGRAM

Philadelphia Yearly Meeting is a Quaker faith community, an association of 103 Quaker meetings, and an organization—all working together to nurture Quaker faith and practice in today's world. Quakerism is a faith of personal experience and direct communion with God, a faith of continuing revelation, and a faith of living our values in the secular world.

In this program, Drew Smith will introduce the basic Quaker values which are the core of the Quaker faith, including simplicity, peace, integrity, community, equality, and stewardship. Drew will also explore, with those in attendance, the basic tenants of the day to day practices of Friends, including how a Meeting for Worship is conducted, how one gets married under the care of a Meeting, what happens at a funeral, and how do the local Monthly Meetings fit into a larger structure of Friends in the Philadelphia area, and throughout the United States and the world at large.

All those who seek to deepen their knowledge of the Religious Society of Friends are welcome to attend this program.

SPEAKER

Drew Smith, Executive Director, Friends Council on Education

As a member of the Religious Society of Friends for more than 40 years, Drew Smith, a member of Haddonfield Meeting, brings significant experience to this program. Drew attended Earlham College, and has completed graduate work in educational leadership at the University of Pennsylvania. Drew's professional experience in Quaker education spans almost 25 years at Friends School Mullica Hill in various roles, including head of school. Drew is a former trustee at both Westtown School and Moorestown Friends School. In addition, he was a founding board member of Friends Mutual Health Group, and has served as a member of the Committee on Friends Education and as a board member of the Association of Delaware Valley Independent Schools.

HISTORICAL PROGRAM**The Tocks Island Dam Story**

**THE DEATH OF A SMALL NEW JERSEY
TOWN AND WAY OF LIFE**

Wednesday, April 29, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: April 24.

**PROGRAM**

In 1955, major hurricanes caused massive damaging flooding of the Delaware River.

In response, the Army Corps of Engineers proposed to build a dam at Tocks Island, above the Delaware Water Gap, to control flooding, provide improved water supplies, and promote recreational opportunities. The Corps acquired 72,000 acres of property, making use of eminent domain, and some 15,000 residents were forced out of their homes. Bitter lawsuits and political battles ensued. The issue provided a major impetus for the early environmental movement.

The dam was not built, but a number of small towns and historical ways of life were disrupted forever. This presentation focuses on the impact of the project on Pahaquarry, NJ, the town that would have been mostly inundated—a place rich in pre-colonial history and mysteries. Ultimately, the town was forced to abandon its municipal existence.

The story is told through public documents, extensive newspaper reports, and the words of the last remaining residents of the town. It completes with an unexpected ending concerning the last Mayor of Pahaquarry and the current state of the land as an underfunded National Recreation Area.

PRESENTER

James Alexander Jr. is a resident of Medford Leas and lives on the Lumberton Campus. An accomplished researcher and presenter on historical topics, Alexander has recently presented on the topic of trains in our local area. He earned his B.A. from Middlebury College and his masters of governmental administration from the Wharton School. His successful career involved state and local government management, and brings a unique perspective to this program.

Medford Campus Art Gallery

Open daily 9:00 am–8:00 pm | No fee

MARGARET RICCI

May/June

Margaret Ricci is as an artist who has brushed aside old age to nurture her youthful passion for painting. Her work encompasses both large and small canvases and her favorite themes include farms, houses, animals, the ocean, waterways, and local landscapes. In addition to her painting, Margaret runs two galleries—one in Millville, NJ and the other in Vineland, NJ.

Leas Forum—May

Medford Campus Theater | No fee | No registration

SECRET INSECT WAR IN YOUR GARDEN – SUZANNE WAINWRIGHT EVANS

Saturday, May 9, 2020, 11:00 am-12:00 noon

There are many insects in the natural landscape, living on plants that you pass by every day, but may never see. Some are large and easy to spot, but others can only be seen through magnification. Whether you are a fan of these garden denizens, or simply see them as pests, they are all part of an integrated ecosystem. Come learn about this environment and see amazing images and videos of a secret world that is happening all around you.

Suzanne Wainwright Evans is a horticultural entomologist, working primarily in the field of commercial bio-control. Her passion for the insect world has been a significant part of her life since she was a child. Her dual interests in insects and photography have produced a photographic library in the tens of thousands of images. Suzanne is an independent consultant and president of her company, Buglady Consulting, for more than 20 years.

NEW JERSEY LIGHTHOUSES – MARILYN DUNNING AND ALAN JACOBSON

Saturday, May 23, 2020, 11:00 am-12:00 noon

The New Jersey Lighthouse Society was founded in 1989 as a state chapter of the United States Lighthouse Society. The group is dedicated to researching the history and preservation of lighthouses everywhere, particularly in the New Jersey region, including Delaware Bay and New York Harbor. Learn about the historical links of our lighthouses to the maritime past and hear about the restoration and preservation efforts of lighthouses today.

Marilyn Dunning and Alan Jacobson have been sailors for many years on the Chesapeake Bay, in the Virgin Islands, and in New England. They take tours throughout the United States and Canada to visit lighthouses on land and on the water.

ARTS WORKSHOP

Calligraphy for the Spring Season

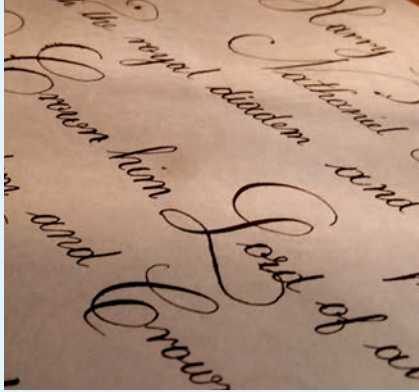
Fridays, May 1, 8, 15, 22, 2020

10:00 am–11:30 am

Medford Campus Linden Room

Fee: \$20 for the series includes supplies.

Paid registration deadline: April 24.



Back by Popular Demand!

PROGRAM

Calligraphy is a visual art related to writing. It is the design and execution of lettering with an instrument. Calligraphy has been described as the art of giving form to signs in an expressive, harmonious, and skillful manner. Our instructor, Maureen Roberts, has been known to call this artform “Yoga for the Mind.”

For the Spring Season, Maureen returns to share her artistic talents in this four-session workshop. She will teach the modern Script Hand, which uses the Historical Round or copperplate hand for a base. You will learn the rules for the traditional copperplate hand and then break them for a more modern elegant hand using pointed pen, ink, and watercolor. The project will include the creation of lovely watercolor flowers to enhance your newly acquired lettering style. You will leave the workshop having created note cards to which you can add a beautiful sentiment to complete the project.

The program is designed for beginners as well as those who have more experience with this art form.

All supplies are included in the fee.

INSTRUCTOR

Maureen Peters is a graphic artist, who specializes in calligraphy and graphic design. At the School of Sacred Arts, she learned the process of the medieval illuminators’ palette, color derived from animals, vegetables, and minerals using medieval techniques. Maureen teaches calligraphy and illumination throughout New Jersey. Her work has been published and is in several private collections. She is also the owner of Letterworks Art Studio in Woodbury, NJ.

HISTORICAL AND CULTURAL PROGRAM

Alaska: A Visit to the Frontier

Tuesday, May 5, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: May 1.



PROGRAM

Alaska and the Yukon have long conjured images of wilderness, majestic beauty, and extreme winters. Through a combined geographic and historical lens, we will investigate these dramatic places together.

Topics range from the Ice Age, colonization and exploration, to the Klondike Gold Rush, construction of the Alaska Highway, and the Oil Boom. Whether you have already visited these amazing places, or are an avid armchair traveler, join in this fascinating road trip to explore more.

PRESENTER

A resident of Cherry Hill, NJ, Judy Okun teaches geography at both West Chester and Rowan Universities. In addition, she leads many adult workshops at Camden County College and the Katz JCC in Cherry Hill. Judy has an M.A. in environmental conservation from New York University and a master's degree in history from Villanova University. As a mother of two daughters, Judy has gone with them on many a road trip to explore the scenic wonders of the American West.

ARBORETUM EVENTS

African Violet Club of Burlington County Annual Show and Sale

Saturday, May 9, 2020

12:00 noon–5:00 pm

Medford Campus Holly Room



Attend this annual show to learn about and appreciate all things that have to do with African Violets. Members of the **African Violet Club of Burlington County** welcome novices and experts alike to view the show and learn from experts how you can succeed with your plants at home. In addition to the show, you may purchase plants to take home—just in time for Mother's Day.

Visit: www.avsa.org

West Jersey Rose Society Annual Rose Show

Saturday, June 6, 2020

1:00 pm–5:00 pm

Medford Campus Holly Room

Established in 1953, **The West Jersey Rose Society (WJRS)** holds as its mission to foster the education of the public on the selection, growing, propagation, and culture of roses.

This remarkable show of color, beauty, and fragrance will amaze attendees. Shrub roses, antique roses, hybrid teas, and miniatures are just some of the roses that will be on exhibit. Floral design is another component of this annual show. Master rosarians will be on hand to answer your questions about growing roses.

Visit: www.wjrs.org



WELLNESS PROGRAM

Cardiac Treatment Options The Latest Advances

Tuesday May 12, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: May 3.

**PROGRAM**

Learn the latest cardiac treatment options from two Deborah Hospital cardiologists. The program will include the most relevant information about how to prevent, diagnose, manage, and treat coronary heart disease.

You will discover which tests are performed in diagnosing coronary artery disease along with the significance of each. In addition to learning about coronary artery disease, heart valves, arrhythmia, and congestive heart failure, you will learn the latest cutting edge treatment options available.

You also will learn about the latest medications prescribed for treating heart disease. What alternative treatment options may be available for you to consider as you deal with coronary issues?

Come out and hear the experts discuss the latest approaches in the field of cardiac treatment.

SPEAKERS

Drs. Altimore and Stahl treat patients at Deborah Specialty Physicians and Deborah Heart and Lung Center. Deborah Specialty Physicians has seven locations throughout Atlantic, Burlington, and Ocean counties.

David Altimore, DO, FACC, FACOI, is a Cardiologist and Senior Medical Education Advisor at Deborah. He completed his residency in Internal Medicine—UMDNJ-Kennedy Memorial Hospital, Stratford and Our Lady of Lourdes Hospital, Camden, NJ, and is fellowship trained in Cardiology and Clinical Electrophysiology at Deborah Heart and Lung Center, Browns Mills, NJ.

Jeffery Stahl, DO, is an Interventional Cardiologist at Deborah Heart and Lung Center, Browns Mills, NJ. He completed his residency in General Surgery and Internal Medicine at Pinnacle Health System in Harrisburg, PA, and is also Board Certified in the field of Internal Medicine, Cardiology, and Nuclear Cardiology.

Visit www.deborahspecialists.com.

FIELD TRIP

Field Trip to Bombay Hook

Wednesday, May 13, 2020

8:30 am–12:00 noon

Medford Campus Community Building

No fee. Registration deadline: May 8.

Self-transport.



PROGRAM

Join Medford Leas residents for this field trip to Bombay Hook National Wildlife Refuge (NWR) in Delaware. The area was created in 1937 as a refuge and breeding ground for migrating birds and other wildlife. It currently comprises nearly 16,000 acres of land, with about 80 percent tidal salt marsh. Bombay Hook NWR is known for this vast expanse of tidal salt marsh, one of the largest unfragmented marshes in the mid-Atlantic. On this trip, you are likely see a wide assortment of birds, including: avocet, black-necked stilts, blue grosbeaks, indigo buntings, and wood ducks.

Bring your lunch and beverage to enjoy at the refuge. Don't forget your binoculars.

Meet the group at the Medford Campus Community Building for departure at 8:00 am. The group will return at approximately 4:00 pm.

All participants will need to provide their own transportation.

Sponsored in collaboration with Medford Leas Birders.

ARBORETUM PROGRAMS

Container Kitchen Gardening Make & Take

Wednesday, May 13, 2020

10:00 am–12:00 noon

or 2:00 pm–4:00 pm

Lumberton Campus Community Center



Fee: \$35 Registration deadline: May 8.

Registration is limited.

Back by Popular Demand!

PROGRAM

Enjoy the scents of an array of herbs as you select plants to make your own kitchen container garden. All herbs and materials will be supplied, including a container. You will be inspired by Debbie Lux, Medford Leas Horticulturalist, as you learn not only how to plant the container for optimum results, but how to enjoy the bounty of your herbs through the summer season.

WORKSHOP LEADER:

Debbie Lux, Medford Leas Horticulturalist.

FINANCIAL PLANNING WORKSHOP

The Taxes are Filed— Now What Paperwork Do I Need to Save?

Wednesday, May 20, 2020

10:00 am–11:00 am

Medford Campus Theater

No fee. Registration deadline: May 15.

PROGRAM

In this session, now that your taxes are filed for the year, learn how to take control of your “stuff”—in particular financial and tax records, as well as family documents, and household records. Learn what to keep, what to store, and what to shred, along with a timeline for how long to maintain this information.

In addition, learn how to setup a household inventory system and organize a home filing system for your practical everyday uses. You will learn useful tips and hints to help prevent fraudulent behavior and activity with regard to your personal records.



PRESENTER

Patricia S. Morton is the owner & CEO of Assistance for Seniors, (AFS) based in Moorestown, NJ. Pat Morton and her staff at AFS have been servicing clients for over 24 years with daily money management, bookkeeping, medical advocacy and coordination of services for personal and household assistance. Their mission is to help individuals maintain their independence and peace of mind.

ARBORETUM PROGRAMS

Wednesday Walk in the Garden

Wednesday, May 27, 2020

10:00 am–12:00 noon

Medford Campus Lois Forrest Nature Center

No fee. Registration deadline: May 22.

Space is limited. Register early. Rain or shine.

PROGRAM/TOUR GUIDES

Enjoy a walk in the Courtyard Gardens guided by Debbie Lux, Medford Leas Horticulturalist, and Medford Leas residents. The Medford Campus is home to 32 uniquely designed Courtyard Gardens. You will tour a vast array of gardens, including woodlands style gardens and a peaceful Japanese garden with a water feature.

The Courtyard Gardens are home to unique shrubs, trees, bulbs, ground covers, and perennials, and are an integral component of the Barton Arboretum and Nature Preserve of Medford Leas. Join in and be energized by the variety of plantings and designs that you will enjoy.



PATHWAYS

TO LEARNING ON THE ROAD



Medford Leas is proud to offer *Pathways to Learning on the Road*. This program offers organizations and small groups the opportunity to host a *Pathways to Learning Program* for your group on your site, or ours. These programs are offered by Medford Leas residents and staff and reflect the diversity of interests within our community.

TOPICS TO CONSIDER

- Barton Arboretum and Nature Preserve: Past, Present and Future
- Brain Fitness—The Latest
- Fitness—Falls Prevention and Balance Training
- Gardening for Older Adults
- Mt. Holly, Lumberton and Medford Railroad—An Outlet to the Great Cities
- Technology for Seniors
- Wellness—Healthy Bones for Life

Over the past years, we were pleased to work with the following groups to deliver their own personalized *Pathways to Learning Program*—some on their site, others here at Medford Leas:

- Burlington County Historical Society
- Cherry Hill Public Library
- Homestead Garden Club
- Horticultural Society of South Jersey
- Medford Lakes Garden Club
- St. Matthew Lutheran Church of Moorestown

If your group would like to learn more about these programming opportunities offered at no fee, please contact Jane Weston, Director of Community Relations, 609-654-3007 or JaneWeston@medfordleas.net

We are pleased to offer these programs to further spread the engaging and positive experience of lifelong learning.



Leas MusicCast

SPRING 2020 SEASON AT MEDFORD LEAS



Join us at the Medford Campus Theater as the Medford Leas Residents Association brings you wonderful performances by top musicians from around the world, spanning a number of genres, including symphonies, opera, and more.

These performances will be shown using the Medford Campus Theater's 16 by 9-foot, state-of-the-art projection screen and surround sound system. These programs are the next best thing to being there in person!

Enjoy scrumptious refreshments during intermission.

Suggested donation \$5—payable at the door.

COPLAND CONDUCTS COPLAND

February 15, 2020, 2:00 PM

Run Time: 58 minutes

Recorded: 1976

Aaron Copland, Benny Goodman, Los Angeles Master Chorale, Los Angeles Philharmonic Orchestra.

Aaron Copland, conductor.

Fanfare for the Common Man, Esalon Mexico, Clarinet Concerto, Rodeo, The Tender Land Suite.

Dorothy Chandler Pavillion, Los Angeles

CHAMBER MUSIC

March 21, 2020, 2:00 PM

Run Time: 2 hours 27 minutes

Jerusalem International Chamber Music Festival

Mihaela Martin, Guy Braunstein, Michael Barenboim, violin; Nicolas Altstaedt, Zvi Plessner, Frans

Helmerson, Gary Hoffman, cello; Madeleine Carruzzo, Ori Kam, Madeleine Carruzzo, viola; Guy Eshed, flute;

Karl-Heinz Steffens, clarinet; Elena Bashkirova,

Kirill Gerstein, piano; Mozart, Elliott Carter, Brahms,

Paul Hindemith, Schumann

FAURÉ REQUIEM

April 11, 2020, 2:00 PM

Run Time: 1 hour 12 minutes

Recorded: 2011

Paavo Jarvi & L'Orchestre de Paris Chen Reiss,

Matthias Goerne, Eric Picard, Philippe Aïche,

Orchestre De Paris; Choeur De L'orchestre De Paris,

Paavo Jarvi Gabriel Fauré: Requiem, Pavane, Élégie

Super flumina Babylonis, Cantique de Jean Racine

MOZART & TCHAIKOVSKY

May 16, 2020, 2:00 PM

Run Time: 1 hour 30 minutes

Recorded: 2018

Mozart: Symphony No. 40 - Tchaikovsky: Symphony No. 6 Andris Nelsons, Gewandhausorchester, Leipzig

Wolfgang Amadeus Mozart, Symphony No. 40

G minor K. 550, Pyotr Ilyich Tchaikovsky, Symphony

No. 6 B minor op. 74 "Pathétique"

OPERA

June 13, 2020, 2:00 PM

Run Time: 1 hour 49 minutes

Recorded: 2009

La Bohème: The Film Anna Netrebko, Rolando

Villazon, Robert Dornheim, Director. Giacomo

Puccini, La Bohème



LOCATION

Medford Leas has two campuses. Most *Pathways* programs will be held in the Medford Campus Community Building, other programs will be held in the Lumberton Campus Community Center. Use the following street addresses to find us on Google Maps or MapQuest.

Medford Campus: One Medford Leas Way, Medford, NJ 08055

Lumberton Campus: 180 Woodside Drive, Lumberton, NJ 08048

Administrative offices are located on the Medford Campus only.

REGISTRATION & PAYMENTS

Please complete the registration form at right for *Pathways* programs. **There is no fee or registration required for a number of programs, while others require payment and/or registration.**

OR

To register online, go to:
www.medfordleas.org

You may pay by check or credit card when registering by mail. Credit card payments can also be accepted by phone at 609-654-3588 or online.

Payment is required by the paid registration deadlines listed in this booklet. Refunds are available if you cancel your registration ten or more days in advance of the program date.

Please note: Some programs are designed for a limited number of attendees to enhance the program experience.

CANCELLATIONS

Occasionally programs may be rescheduled or cancelled due to severe weather or unexpected circumstances. To check on the status of an event, call 609-654-3000.

PROGRAM & REGISTRATION QUESTIONS

Call 609-654-3588 during business hours, Monday–Friday, 9:00 am–5:00 pm. or email nonpayment registrations or questions to **pathways@medfordleas.net**.

Pathways to Learning at Medford Leas

REGISTRATION FORM SIDE 1

FULL NAME (Please print as it appears on your check or credit card)

ADDRESS

CITY

STATE

ZIP CODE

DAYTIME PHONE (REQUIRED)

OTHER PHONE

EMAIL ADDRESS (Please note: Your personal information will not be shared with any outside parties.)
We will send attendance reminders for registered programs via email.

My check is enclosed.

I hereby authorize use of my credit card: VISA MasterCard

ACCOUNT NUMBER

EXP. DATE

CVV CODE

SIGNATURE

Turn to side two to select programs you wish to attend and calculate the amount due.

Total Amount from side 2

\$ _____

Please fill out this form to register for events and send
with a check for your payment or credit card information to:

Pathways to Learning at Medford Leas
One Medford Leas Way
Medford, NJ 08055



Pathways to Learning at Medford Leas REGISTRATION FORM SIDE 2

Please check the appropriate programs, enter the number of people attending and enter the total fee per program. Place the total amount due for all programs on the front of this form and return with your check or credit card information. Questions: call 609-654-3588.

PROGRAM	NUMBER X	FEE =	SUBTOTAL
<input type="checkbox"/> ELDER VOICES—STORIES FOR THESE TIMES Wednesday, March 11, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> MANKIND'S CRADLE: Fitness Lessons from Ancestors Friday, March 20, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> SUNDAY AFTERNOON—MUSIC OF FRANK SINATRA Sunday, March 22, 2:30 pm	_____	\$0	N/A
<input type="checkbox"/> MAKING YOUR LEGAL WISHES KNOWN Wednesday, March 25, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> ANNUAL ARBORETUM LECTURE—POLLINATORS Saturday, March 28, 11:00 am	_____	\$0	N/A
<input type="checkbox"/> FORGIVENESS WORKSHOP Monday, March 30, 10:00 am	_____	\$45	_____
<input type="checkbox"/> DAFFODIL DAZE WALKS (choose one date) Wednesday, April 1, 10:00 am	_____	\$0	N/A
Wednesday, April 8, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> CAPE MAY Friday, April 3, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> ELECTORAL COLLEGE Wednesday, April 22, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> QUAKER FAITH AND PRACTICE Tuesday, April 28, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> TOCK ISLAND DAM STORY Wednesday, April 29, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> CALLIGRAPHY WORKSHOP Fridays, May 1, 8, 15, 22 10:00 am	_____	\$20	_____
<input type="checkbox"/> ALASKA—A VISIT TO THE FRONTIER Tuesday, May 5, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> CARDIAC TREATMENT OPTIONS—THE LATEST Tuesday, May 12, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> MEDFORD LEAS BIRDERS TRIP Wednesday, May 13, 8:30 am	_____	\$0	N/A
<input type="checkbox"/> CONTAINER KITCHEN GARDENING (choose one time) Wednesday, May 13 10:00 am	_____	\$35	_____
Wednesday, May 13 2:00 pm	_____	\$35	_____
<input type="checkbox"/> TAXES: WHAT PAPERWORK DO I SAVE? Wednesday, May 20, 10:00 am	_____	\$0	N/A
<input type="checkbox"/> WEDNESDAY WALK IN THE GARDEN Wednesday, May 27, 10:00 am	_____	\$0	N/A
Total Amount	_____	\$	_____



For more information

CAMPUS LOCATIONS

Medford Campus

One Medford Leas Way
Medford, NJ 08055

Lumberton Campus

180 Woodside Drive
Lumberton, NJ 08048

For information about moving to our community:

Annie Mazur Maier
Director of Marketing
609-654-3420 or 1-800-331-4302
AnnieMazur@medfordleas.net

For information about arboretum tours, volunteer opportunities, and/or community relations matters:

Jane Weston
Director of Community Relations
609-654-3007 or 1-800-331-4302
JaneWeston@medfordleas.net

For information about short term rehabilitation at Medford Leas:

Healthcare Admissions
609-654-3188
JoanneGartenmayer@medfordleas.net

A PDF version of this booklet and registration form are available online at:
www.medfordleas.org





SPRING 2020...

PATHWAYS

TO LEARNING AT MEDFORD LEAS

www.medfordleas.org
609-654-3000

*A nationally accredited, not-for-profit
community guided by Quaker principles
for those age 55+, with campuses in
Medford and Lumberton, NJ.*

HOME OF THE BARTON ARBORETUM
AND NATURE PRESERVE

f Like us on Facebook:
Medford Leas



MEDFORD LEAS
One Medford Leas Way
Medford, NJ 08055

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