



# atlantic city free public library

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## Press Release

**For Immediate Release**

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## **OASIS programs for November and December**

The Atlantic City Free Public Library provides programs designed for senior citizens at 10:30 a.m. on Mondays. OASIS – the Older Adults Special Interest Series – covers topics that affect and are of interest to seniors. All programs are free and take place in the second-floor meeting room of the Main Library. Light refreshments are provided. The OASIS programs for November and December are:

### **Fall/Thanksgiving Wreath Making**

Nov. 3

*Guest Speaker: Jackie Caplan, Arts and crafts instructor*

Come make a colorful fall/Thanksgiving wreath that you can take home.

### **Relaxation vs. Stress — It's Your Choice**

Nov. 10

*Guest Speaker: Susan R. Cramer, Certified Natural Health Professional*

Learn what stress is, what causes it and effective techniques to manage it.

### **Diabetes Awareness**

Nov. 17

*Guest Speaker: Megan Kim, AtlantiCare Health Professional*

Almost 25 percent of people who have diabetes don't even realize it. Learn about the warning signs of this disease, which is the leading cause of heart disease, stroke, kidney disease, blindness and amputation.

### **Internet Workshop**

Nov. 24

*Guest Speaker: Trina Byrd, T. Byrd Computers*

Seniors will learn the fundamentals of the Internet while doing research related to health and other timely topics.

### **Jewelry Making for the Holidays**

Dec. 1

*Guest Speaker: Jackie Caplan, Arts and crafts instructor*

Make beautiful beads out of sculpy clay (colors can easily be blended or made into colorful designs), which can then be made into beautiful bracelets or necklaces. Caplan, an arts and crafts instructor who earned a BA in art therapy, will teach you her techniques.

### **Gentle Golden Yoga**

Dec. 8

*Guest Speaker: Susan Cramer, Certified Natural Health Professional*

Gentle Golden Yoga is for anyone and every body! Although these movements are gentle, they are effective as they release the proper amount of energy into every vital part of the body, including the organs!

### **Computer Training — E-mail to Stay in Touch over the Holidays**

Dec. 15

*Guest Speaker: Trina Byrd, T. Byrd Computers*

Learn how to easily stay in touch with friends and relatives, and save money, by using e-mail instead of “snail mail.”

### **Festive Holiday Treats**

Dec. 22

*Guest Speaker: Loretta Geary, Caterer*

Participants will learn how to make delectable holiday treats and will get to sample them as well. We will also have a fun cookie exchange, so bring a dozen of your favorite cookies and leave with a variety of your new favorites.

### **New Year’s Eve Party**

Dec. 29

Let’s turn on the festive music and enjoy some refreshments while celebrating the holidays with your OASIS friends.