

# PATHWAYS

TO LEARNING AT MEDFORD LEAS



Fall 2016 Program Guide



## Explore, Discover, Grow

We are pleased to announce and introduce our ninth season of programming — *Pathways to Learning at Medford Leas — Fall 2016*. Since *Pathways to Learning* originated in the fall of 2012, eight seasons of stimulating lifelong programming have been delivered for both Medford Leas residents and the local community.

Scientific research reveals that now, more than ever before, a challenged, stimulated brain may well be the key to a vibrant life. *Pathways to Learning Programs* are designed to stimulate us and offer a full array of opportunities to discover new interests, learn more about the world around us and enjoy the good company of other attendees.

Over the years, programs related to horticulture and the natural world have been very popular. Our campuses — home of the Barton Arboretum and Nature Preserve — are the perfect location to host these programs. Our Gardening Guru Series in particular, gives us the ability to highlight expert gardeners, speaking on three distinct topics. A Plant Swap will give you the opportunity to connect with fellow gardeners and share plants as well as knowledge of personal gardening experiences. New this season, a hands-on workshop to learn how to plant a small tree will be offered.

In order to keep our programming fresh, we are pleased to offer several new offerings! Two best-selling authors will host “Author Events” to discuss their books and to take your questions. Also, new this year we will explore the topics of local New Jersey foods and wine.

Knowing how important the arts are to many individuals, we are pleased to offer an expanded offering of programs this season including: calligraphy, watercolor painting, origami as well as our monthly LeasMusiCast performances in our Theater.

Technology, the environment and a special return visit from Dan Gottlieb help to fill out this season’s rich offering.

We thank you for your continued interest and participation in our *Pathways to Learning Programs*. You are invited to review this Guide. We ask that you register soon, as some programs have limited enrollment.

*We look forward to welcoming you to our community.*



## Medford Leas

**Community** — Medford Leas is an accredited Continuing Care Retirement Community (CCRC) for those age 55+ with campuses in Medford and Lumberton, New Jersey. We are sponsored by The Estaugh, a not-for-profit corporation founded in 1914 by the Society of Friends (Quakers), and are guided by Quaker principles.

**Leadership** — From our opening in 1971, Medford Leas has been a leader in providing quality services. Our membership in select professional organizations, including LeadingAge, LeadingAge Quality First, LeadingAge New Jersey and Friends Services for the Aging, is testimony to our continuing commitment to providing the highest quality of services. In addition, having gone through a rigorous peer review process, Medford Leas is a CARF-CCAC accredited community (Commission on Accreditation of Rehabilitation Facilities—Continuing Care Accreditation Committee).

**Outreach** — We embrace an active role in the community. Along with maintaining high standards as an employer, local business and neighbor, we play an active local role by providing educational public programming and offering use of our meeting spaces to eligible not-for-profit groups at no charge.

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## Medford Campus Art Gallery

Open daily 9:00 am–8:00 pm | No fee

### MIX IT UP BY DEBBY PEY

September / October

During the months of September and October the work of Debby Pey will be featured. Debby is an award winning artist and teacher. Her studies have included textiles, painting, paper-making and collage. With her eclectic background, Debby's show will feature a variety of materials and textures incorporated in her work that reflects both farmlands and cityscapes.

## Leas Forum - September

Medford Campus Theater | No fee | No registration

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### ADVENTURES OF ELIZABETH WEBB

Saturday, September 10, 2016, 11:00 am–12:00 noon

Midge Webb-Dey, a direct descendent of Elizabeth Webb (1663-1726), will share the remarkable story of Elizabeth's journey from England to America. This amazing story begins with her departure from England in 1697, and ends with her return to England in 1699. During this journey, Elizabeth recorded notes about her travels, which covered areas as far south as Virginia to as far north as New Hampshire. In her writing Elizabeth talks about her conversion and call to the Quaker ministry, as well references many Meetings and Friends encountered along her journey. You will be amazed to learn the depth of her religious feelings and how she garnered inspiration for her travels.

### AMERICAN DIPLOMAT IN FRANCO SPAIN

Saturday, September 24, 2016, 11:00 am–12:00 noon

Dr. Michael Rockland, Professor of American Studies, Rutgers University, as well as author and natural story teller, will share his experience as a cultural attaché at the United States embassy in Madrid, Spain in the 1960s. In his book, *An American Diplomat in Franco Spain*, Rockland has turned his years of diplomatic service into a compilation of stories about cocktail parties, movie stars, Nazis, a dictator, bull fights, and bombs falling.

Rockland captures episodes of historical and cultural significance as he goes about doing his country's business. Throughout these stories, Rockland explains Spanish culture, past and present, as well as his experiences involving bull fighting, being a Jew in a very Catholic Spain, his love affair with Spanish food, and what is lost in translation.

MEDFORD UNIVERSITY

## Environmental Challenges and Opportunities

Tuesdays, September 20, 27

and

October 4, 11, 2016

3:30 pm–5:00 pm

Medford Campus Theater

Fee: \$30

*Paid registration deadline: September 16*



### PROGRAM

The fate of our survival, and that of the planet, is closely related to how we deal with the most pressing environmental challenges facing us: air quality (including climate change), loss of biological diversity and water quality. This series will look at the challenges, as well as explore opportunities for improvements in these areas.

With respect to air quality, discussions will be held about major indoor air pollutants, as well as ambient air quality standards as regulated by the Clean Air Act (1970). Greenhouse gases and the controversies involved in predicting future impacts of climate change will be covered. The class will explore and emphasize innovative solutions at the local, regional, national and international levels.

With regard to biological diversity, genetic modification will be addressed, along with an emphasis on “slow” food.

The final topic, water quality, touches on the common pollutants in drinking water, and the challenges of watershed management in an increasingly urban environment.

Additional challenges posed by chemical, biological, thermal and physical pollutants and the solutions to these problems will also be addressed.

In this interactive series, participants will be encouraged to contribute their own life experiences as these topics are explored.

### PRESENTER

Tait Chirenje, Ph.D., University of Florida, is currently on the faculty of Stockton University. His background includes work in the areas of aquatic chemistry, indoor air quality, brownfields assessment and redevelopment and the urban geochemistry of trace elements. He teaches courses in the field of environmental chemistry, including water chemistry, environmental remediation and biotechnology, environmental toxicology and environmental pollution and regulation.

*Medford University, under the guidance of Medford Leas residents, offers college-level courses on a regular basis.*

## TECHNOLOGY PROGRAMS

**Technology Tuesday: Stay in Touch with the World Around You!****Tuesdays, September 20, 27, 2016**

10:00 am–11:30 am

Medford Campus Theater

*No fee**Registration deadline: September 16**Join in on one or both of the programs.*

On two consecutive Tuesdays, you are invited to join in programs that will help you to navigate areas within the technological genre. Led by Medford Leas residents, the programs are focused on two distinct areas that can positively impact your life and help you get the most out of these remarkable tools and devices.

**SMARTPHONE TECHNOLOGY 101****Tuesday, September 20, 2016**

Whether you are interested in buying a smartphone or just want to understand its capabilities, this session will hopefully answer all of your questions. It will provide an understanding of smartphones from the following perspectives: definition, history, features and functions, types, manufacturers, wireless carriers, advantages/disadvantages vs. other devices, apps, societal issues, security, costs and a future outlook of what is yet to come.

**SPEAKER**

Vince Menzel, Medford Leas resident, has over 40 years of information technology experience in business application software design, development, consulting, and management roles at large multinational corporations.

**FROM CRTS TO SMART TVS—  
WHAT YOU NEED TO KNOW WHEN  
SHOPPING FOR A NEW TV!****Tuesday, September 27, 2016**

If you have not shopped for a new TV for some time, you will find that the televisions in stores today have many new features and access to technology that you may not be familiar with, including: Digital, HD, Flat Screen, Connected TV, Streaming, and Internet TV, just to name a few.

In order to know which television is best for you and which technologies are most suited to your needs, you must understand the various technologies, as well as the pros and cons of a host of different screen sizes. In order to make a good choice it helps to understand what is available and if it is something that would have benefit to you.

**SPEAKER**

Dave Bartram, Medford Leas resident, brings more than 30 years' experience in the computer field with a background in technology and computer science. Dave enjoys working with those who are interested in finding and sharing information so that folks can enjoy not only the new world of television, but also computing and exploring the Internet.

## WELLNESS WORKSHOP

**Toolkit for Living an Engaged Life**

Wednesday, September 21, 2016

10:00 am–11:00 am

Cranberry Hall\*

No fee

Registration Deadline: September 16

**PROGRAM**

Engaged living means experiencing a well-rounded, involved and active life. Engaged living encourages social interaction and physical activity to help maintain involvement with the world around you. In order to have a well-rounded life, older adults need mental, physical, and social stimulation.

This program is designed to give you a “Toolkit for Living an Engaged Life” so that you can take proactive measures to remain engaged and vital. The “Toolkit” is meant to inspire you to engage in a variety of activities including, but not limited to:

- Reading books and discussing them in a book club.
- Joining exercise and fitness classes.
- Eating healthy food.
- Getting regular wellness checkups with your physician.
- Listening to music or attending concerts.
- Volunteering in community activities.

Attend this program to become inspired and engaged. This concept can make a world of difference in your health, attitude and quality of life.

**SPEAKER*****Dr. Andie Iannuzzelli***

As Medical Director of Medford Leas, Dr. Andie Iannuzzelli, DO, FACOI, is responsible for the overall health and wellness of residents of the Medford Leas community. In this position, she works closely with Medford Leas’ on-site multi-disciplinary team of health and wellness professionals who provide primary care for residents. She also helps to coordinate resident’s care with the best specialists and treatment programs available. As a result of this “patient partnership” approach, residents enjoy participatory and enduring relationships with our health and wellness team. A graduate of the University of Medicine and Dentistry of New Jersey, Dr. Iannuzzelli is board certified in internal medicine and nephrology and has worked in the fields of nephrology and holistic medicine for over 16 years.

*\* This program will be offered at the Medford Senior Center, located in Cranberry Hall behind the Medford Township Municipal Building at 17 North Main Street, Medford, NJ 08055.*

## LECTURE

**Disaster Preparedness for Older Adults**

Friday, September 23, 2016

10:00 am–11:00 am

Medford Campus Theater

*No fee**Registration deadline: September 16***PROGRAM****Get a Kit — Make a Plan — and Stay Informed!**

It is important for people of all ages to have a plan of action in the face of possible emergencies or disasters, and to plan ahead, but for older adults these plans could call into play different factors to keep in mind. This program will help you to identify the risks that you could face in your area — such as hurricanes, blizzards, or other natural disasters, as well as power outages. You need a different plan based upon different situations. As people age, their needs and capabilities may change in the face of a disaster. This program is designed to help you think clearly and proactively.

This program will help you decide what to include in your disaster kit, how to make a plan for either sheltering in place during a disaster, or evacuating if necessary. Also, as part of the program, you will learn different methods of communication during a disaster, what to expect, and how you can become involved either prior to, or in the aftermath of a disaster.

**SPEAKER**

Phyllis Worrell, involved with emergency management for Virtua, has over 30 years' experience in emergency response as a paramedic, fire fighter, and critical incident stress counselor. Phyllis brings to this program national experience in speaking on the topic of emergency response, disaster management and public health planning.



## The Barton Arboretum and Nature Preserve of Medford Leas

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 bio-diverse and sustainable practices.

*Our Fall Pathways Season features programs that highlight the Arboretum on both campuses.*

For more information, or to arrange a dedicated tour or program, contact Jane Weston, Director of Community Relations, at 609-654-3007, or [janeweston@medfordleas.net](mailto:janeweston@medfordleas.net).

**VISIT OUR ARBORETUM WEBSITE: [WWW.BARTONARBORETUM.ORG](http://WWW.BARTONARBORETUM.ORG)**



Small black identification sign at the base of the large green tree.

Small black identification sign at the base of the yellow-orange tree.

ARBORETUM WORKSHOP

**Plant Swap — A Time to Refresh Your Garden**

Friday, September 30, 2016

10:00 am–12:00 noon

Lumberton Campus Community Center

*No fee*

*Registration deadline: September 23*

*Rain or Shine*



**PROGRAM**

What better way to learn about gardening than from fellow gardeners? A plant swap is a great way to share your extra plants, acquire some new ones and share knowledge and fellowship with like-minded gardeners.

The fall is a perfect time of year to divide plants and is a wonderful time to rejuvenate a well-established clump of perennials, or dig up plants and make room for something new and interesting in your garden. But what do you do with the extra plant material?

You are invited to register and bring your favorite plants, and in return, you will leave the swap with plants for your garden! Perennials, small shrubs, and houseplants are welcome in this swap. Plants need to be in containers and if possible, should be labeled with their name and type of conditions for the plant to thrive, i.e. shade or sun.

To add a new dimension to this program, you are also invited to bring your gently used garden books and garden tools for swapping!

## Leas Forum - October

Medford Campus Theater | No fee | No registration

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### Becoming American: Baseball's Place in the Assimilation of Immigrants

**Saturday, October 8, 2016, 11:00 am–12:00 noon**

Why do people have such strong feelings about the places where they have played and watched baseball — from city streets to rural lots, from Little League Fields to multi-million dollar stadiums? Why is the baseball park such an important part of America? Part of the answer lies in the way baseball is embedded in American culture and history, and part lies in the way people become emotionally attached to the landscapes and cityscapes they share with their families and friends. During this program, Dr. Stanton Green, Professor of Anthropology, Monmouth University will share a multimedia tour of baseball parks as well as examine the complex relationship between baseball as a key aspect of American culture, the role baseball has played in assimilating waves of immigrants to the U.S., and the places and landscapes in which it is played.



NEW JERSEY COUNCIL  
FOR THE HUMANITIES

*This program is funded by the Horizons Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.*

### Exploring the Brazilian Pantanal

**Saturday, October 22, 2016, 11:00 am–12:00 noon**

Measuring 75,000 to 80,000 square miles, the Pantanal is the largest wetlands eco-system in the world. The abundance and variety of wildlife here is still in a relatively natural state due to the low human population. At the top of the list of attractions is the magnificent Jaguar, the third largest cat on the planet. Besides being home to many species of mammals and reptiles, the Pantanal is an ornithologist's paradise with up to 1,000 species of birds waiting to be discovered through binoculars or a camera lens.

Do not miss the opportunity to witness this abundance of nature through a slide presentation with Joanna Patterson, award-winning photographer, who has travelled and photographed on all seven continents.

FILM AND DISCUSSION

**PBS Frontline Film — *Being Mortal***

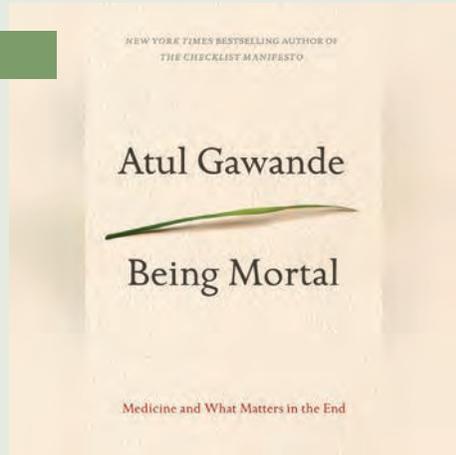
**Saturday, October 1, 2016**

11:00 am–12:00 noon

Medford Campus Theater

No fee

Registration deadline: September 23



**FILM**

In partnership with Leading Age New Jersey, Medford Leas is proud to host an important community education event about end-of-life decisions.

Death is something we will all face one day. So why is it so hard for doctors to talk with their patients about dying? How can the medical profession better help people navigate the final chapters of their life with confidence, direction and purpose? Renowned surgeon and *The New Yorker* writer Atul Gawande explored these questions in his best-selling book, *Being Mortal*. Now Gawande brings his personal journey and the stories of his patients and their families to life and challenges us all to re-examine how we think about death and dying.

This documentary also explores the growing art and science of palliative care, and the ways in which individuals can have a conversation with family and friends around the question, “What are your priorities if your time is limited?”

**DISCUSSION**

Following the showing of the film, Dr. Andie Iannuzzelli, Medford Leas Medical Director, will lead a guided discussion to spark reflection and conversation around these sensitive decisions.

“Research shows that over 70% of people would prefer to die at home, but over 50% die in a hospital or nursing home,” said Michele Kent, LeadingAge NJ President & CEO. “Our goal for the *Being Mortal* Project is to raise awareness about the critical issue of end of life planning. It is such a difficult conversation to have, but in reality, it is never too early to have it.”

Staff from Caring Hospice Services will be in attendance to answer questions, following the program.

## FITNESS WORKSHOP

**Walking and Hiking  
with the Doc**

Thursday, October 6, 2016

10:00 am–11:30 am

Lumberton Campus Community Center

No fee

*Registration deadline: September 30***PROGRAM**

The next time someone tells you “go take a hike,” you may want to thank them for looking out for your health! Being out in nature, away from the chaos of our daily lives and technology, can allow people to connect with themselves and nature in a way that brings about peace and a sense of well-being. Ongoing research shows that going on a hike, or a walk, offers tremendous benefits for your physical as well as mental health and well-being.

Meet in the Lumberton Campus Community Center and hear from one of our Medford Leas physicians about the benefits of hiking on nature trails or walking on paved surfaces.

Something as simple as a daily brisk walk or hike can help you live a healthier life. Learn simple tips in terms of your hiking and walking techniques. Learn how to get into a routine, set realistic goals, and stay motivated.

Following this informative program you will have the opportunity to choose a hike on the unpaved nature trails, or a walk along paved surfaces. Both opportunities will afford you great views of the Lumberton Campus, an important component of the Barton Arboretum and Nature Preserve of Medford Leas. It is recommended that you wear comfortable shoes, long sleeve shirts and trousers.

**WORKSHOP LEADER****Dr. James D’Amico**

Dr. D’Amico, DO, FACOI, a graduate of the University of Medicine and Dentistry of New Jersey, offers Medford Leas residents a strong and comprehensive background in internal medicine, geriatrics, rehabilitation, long-term and hospice care. Dr. D’Amico works collaboratively with Medford Leas’ health and wellness professionals and is proud to be a member of the Medford Leas Health and Wellness Team.

ARTS WORKSHOP

*Back by Popular Demand!*  
**Calligraphy**

Fridays, October 7, 14, 21, 28, 2016

10:00 am–11:30 am

Lumberton Campus Community Center

*Fee: \$15 for the series, includes supplies.*

*Paid registration deadline: September 30*



**PROGRAM**

The fall season can be a wonderful time to take up the pen, slow down, and letter in a gentler time and pace.

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.

In this four session workshop, participants will use a casual Italic pointed pen, which is a wonderful place to begin a calligraphic journey. Participants will learn to use a dip pen with various mediums, including watercolor and ink, to create a unique piece of artwork to share or to keep. All supplies are included in the fee.

**INSTRUCTOR**

**Maureen Peters**

Maureen 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.

## ARBORETUM WORKSHOP

## Small Tree and Shrub Planting 101 — Learn the Basics

Monday, October 10, 2016

10:00 am–11:30 am

Medford Campus Lois Forrest Nature Center

Fee: \$15

Registration Deadline: October 7



### PROGRAM

Protect your investment and improve your results!

Planting a tree or a shrub is not rocket science, but successful planting, involves more than just digging a hole and placing the tree or shrub into it.

In this hands-on workshop, you will learn the basics of tree and shrub planting, including some tips on the following aspects:

- Deciding what type of tree or shrub to plant in a specific location.
- Preparing to plant in terms of season and soil conditions.
- Actual planting — what size hole to dig, fertilization, staking, watering.
- Care after planting.

Following an introductory workshop in the Lois Forrest Nature Center, you are invited to participate, or view, an actual tree planting in the Barton Arboretum of Medford Leas.

### WORKSHOP LEADER

Ken Hutz, Ken Hutz & Company, LLC,  
The Art of Tree and Shrub Care

Ken Hutz, ISA Certified Arborist, has provided expert fine tree and shrub pruning for over 20 years. In addition to his pruning skills, he is an expert in plant health care, including diagnosis, insect and disease treatments, fertilization and IPM-based treatments. Ken works at the Barton Arboretum and Nature Preserve of Medford Leas as an Arborist.

FIELD TRIP

## Medford Leas Birders Field Trip to Brigantine

Thursday, October 20, 2016

8:00 am–4:00 pm

Medford Campus Community Building

*No fee*

*Registration deadline: October 14*

*Self-transport and self-pay lunch.*



### PROGRAM

Join Medford Leas residents for this popular field trip to the Edwin B. Forsythe National Wildlife Refuge in Brigantine, NJ. This National Wildlife Refuge protects more than 47,000 acres of coastal habitats which is actively managed for migratory birds. The refuge's location on one of the Atlantic Flyway's most active flight paths, makes it an important link in seasonal bird migration. Its value for the protection of water birds and their habitat continues to increase as the New Jersey shore area is developed for human use.

You will likely see a variety of wintering waterfowl, shorebirds, and a few raptors on this trip. In particular you could expect to see Bald Eagles, Atlantic Brant, Dulin, Green-winged Teal, Northern Pintail, and Ring-necked Ducks.

Bring along your binoculars and meet the group at the Medford Campus Community Building for departure at 8:00 am. The group will return at approximately 4:00 pm. Lunch (self-pay) will be at Shea's Café and Bakery in Galloway, NJ.

All participants will need to provide their own transportation.

*Sponsored in collaboration with Medford Leas Birders.*

## CULINARY LECTURE

## Benefits of Eating Local Foods at the Vincentown Diner

Tuesday, October 25, 2016

10:00 am–11:00 am

Medford Campus Theater

No fee

Registration deadline: October 14



### PROGRAM

Eating local foods is a trend that has grown in popularity over the past years. There has been an increase in the number of local farmers' markets, as well as an increased number of dining venues that demonstrate the importance of local foods.

Join in this program, delivered by staff from the Vincentown Diner, to learn how this important trend has developed and grown at their establishment. The owner of Vincentown Diner, Jim Melissaratos, made the switch to local and seasonal foods over 10 years ago because it made good business sense, and because he wanted to support the local economy.

Burlington County, long known as productive farmland, has been a wonderful resource of local foods for the Diner as it prepares its menu, which also features a great selection of New Jersey wines and local craft beers.

Vincentown Diner is proud to not only support the local economy, but to work to build community by educating its customers as to where the food comes from — thus connecting diners to the folks who grow and prepare these items for final consumption.

## ARBORETUM EVENT

***Back by Popular Demand!***  
**Gardening Guru Series**

Wednesdays, October 26 and

**November 2, 9, 2016**

10:00 am–11:00 am

Medford Campus Theater

No fee

*Registration deadline: October 14**Join in one or all of the programs.***PROGRAM SERIES**

A guru is often thought of as a religious teacher and spiritual guide in Hinduism, but in everyday language, a guru can be a term often given to someone who is an expert in a particular field. In this context we invite you to attend one or all of our series of programs focusing on different aspects of gardening and horticulture.

Each speaker holds a wealth of knowledge. You will be encouraged to learn, have fun with plants, and test your boundaries in this series. We invite you to learn first-hand from these knowledgeable and talented individuals. The series is a reminder that gardening and connecting with nature does not end with the summer season.

**SESSION ONE:****Wednesday, October 26, 2016****Orchids Are Different but Not Difficult  
— The Orchid Doctor is In!**

Have you ever wanted to grow an orchid, but were hesitant, or perhaps you have already taken the plunge and are enjoying their beauty?

Attend and hear all the tricks for great orchid culture and maybe even treat yourself to a new orchid plant. This workshop is designed for the novice as well as the more experienced orchid grower.

In this program, you will learn basic growing information as well as see a hands-on potting demonstration. You will experience a number of plants, as well as have the opportunity to purchase an orchid to take home.

**Speaker:**

Beth Davis, of Waldor Orchids, will share many facets of orchids — including their exotic beauty, as well as share tips so that you can grow them easily at home. Beth is a third generation orchid grower from Waldor Orchids located in Linwood, NJ. Waldor is a family owned business in operation since 1925. Beth has worked at the greenhouses for over 20 years in a variety of capacities. Her role is to share information on the topic of orchids to inspire new growers. Please join us for an informative lecture on the beautiful and magical orchid.

**SESSION TWO:****Wednesday, November 2, 2016**

Sexy Natives Plants for your Garden

So you think native plants appear weedy? Discover why more and more gardeners are turning to natives to enhance their perennial gardens. This program debunks the weedy myth of natives and explores the aesthetic value of native plants. You will be fascinated by the range of colors and textures that will add a diverse yet elegant touch to your landscape. This class will not only illustrate some of the fun natives through images, but will show you how you can grow your own plants from seed.

**Speaker:**

Bruce Crawford had his own garden design business for nearly 25 years, specializing in plantings for year round interest. Today, Bruce is the Director of Rutgers Gardens, the botanical garden for Rutgers University, and is an adjunct professor in Landscape Architecture at Rutgers University. His position as Director of Rutgers Gardens involves the management of the 180-acre facility, which includes designed gardens, woodlands filled with native plants and trees, as well as open fields. Bruce lectures frequently, and has yet to find a plant he doesn't like.

**SESSION THREE:****Wednesday, November 9, 2016**

An Introduction to the Romantic Peony

In this program, you will enjoy a vibrant pictorial introduction to the many different types of peonies available in a variety of colors, flower shapes, and growth habits. The program will include an introduction to selecting peonies, peony garden design, planting, and care.

As gardeners know, peonies may take time to develop into the plants we know and love for their lush, large and fragrant flowers which arrive in the late spring. To produce the lush flowers that we love, we must follow the trusted adage; "First year roots, second year shoots, third year flowers." Once they are established, peonies will thrive with little care for centuries.

Be inspired by this presentation and learn about the bloom that the Chinese call the King of Flowers.

A limited number of plants will be available for sale following the program.

**Speaker:**

Kathleen Gagan, owner of Peony's Envy, is a linguist and international corporate communications consultant turned lady farmer. She grows peonies because of their resilience, deer-resistance, and beauty. Kathleen has studied horticulture at the Barnes Foundation and writes and lectures on peonies nationwide.

## ARTS WORKSHOP

**Watercolor Classes****Tuesdays, October 25****and****November 1, 2016**

9:30 am–3:30 pm

Medford Campus Holly Room

*Fee: \$50 for two session workshop**Registration Deadline: October 14**Limited Registration***WORKSHOP**

Join in this two-part workshop series — designed to give participants thoughtful and comprehensive classes on the technique of watercolor painting. This course is designed for those who have had some watercolor experience.

Pat Morgan, instructor, has a relaxed and supportive approach to teaching, which will make both days a pleasant and productive experience. She paints in a loose sensitive style creating soft, fresh watercolors. Her demonstrations will focus on capturing 'just the essence' whether in figures, flowers or landscapes.

Students will learn about and use techniques for capturing gesture, using color changes to create transparent washes and the treatment of edges. Individual instruction is given throughout the day with a gentle critique at the end.

A list of supplies will be shared with registrants prior to the first class. Registrants are responsible for purchase of supplies prior to the first session.

**INSTRUCTOR**

As a painter, Pat was quite the late bloomer. Following her retirement, she began classes in watercolor and it was love at first stroke. Pat has studied with well-known artists as well as received several local and regional awards.

Pat is a signature member of the North East Watercolor Society, the New Jersey Water Color Society, and the Garden State Watercolor Society. Her watercolors are included in her husband's poetry books: *I Am Sea Glass*, *Sea Glass People*, *Sea Glass Soul* and *Hebrew Lessons*. When not painting or in her garden, Pat enjoys teaching other painters, sharing her love of watercolor.

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

## AUTHOR EVENT—MEET, GREET AND DISCUSSION

**New York Times Best Selling Author Douglas Brunt**

Thursday, October 27, 2016

11:00 am–12:00 noon

Medford Campus Holly Room

No fee

Registration Deadline: October 21

**PROGRAM/AUTHOR**

Until 2011, Douglas Brunt was CEO of Authentium, Inc., an internet security company. He now writes full time and is currently working on his third novel. A Philadelphia native, Douglas lives in New York with his wife and their two children.

Douglas' first book, *Ghosts of Manhattan*, a New York Times bestseller, is a comic novel offering a withering view of life on Wall Street from the perspective of an unhappy insider who is too hooked on the money to find a way out, even as his career is ruining his marriage and corroding his soul.

In his second novel, *The Means*, Douglas offers an incisive, nuanced portrait of ambition, power and what it takes to win in the ruthless world of politics today. Part *Primary Colors*, part *All the King's Men*, *The Means* follows two complicated presidential candidates — and the equally ambitious rising star journalist who is learning what it takes to get the story right. The novel is informed by multiple in-depth interviews with insiders who have worked in the Oval Office, on national campaigns, on Capitol Hill, and for super PACs.

Both books speak to the essential nature of mankind. Both observe complex characters inside the framework of the professional environments of finance and politics, and explore how characters respond when faced with competition, temptation, and the consequences of their actions. Both books can be cynical, but not without hope!

Join in this program to hear first-hand from this NY Times bestselling author.

## LECTURE

**Dan Gottlieb — Cultivating Compassion for our Aging Bodies**

Saturday, October 29, 2016

11:00 am–12:00 noon

Medford Campus Theater

*No fee**Registration Deadline: October 22***PROGRAM**

Society sees aging as something shameful, something that should be avoided at all costs. Unfortunately, as we age we tend to absorb societies prejudice and begin to feel as though we are somehow less valuable to the world. So how do we generate self-esteem, self-respect and even self-worth? Well, none of that works without self-compassion.

Unfortunately, most people find themselves being more kind to others than they are to themselves — especially when it comes to our bodies. When we are young, we ignore our bodies and often abuse them with what we put in them and what we do with them. Nevertheless, those bodies rarely complain when we are young. As we age, we continue to harm our bodies through lack of sleep, overwork and not taking time for respite or joy. And our bodies usually don't complain. Usually!

But when those bodies do begin to complain, we rail against them. As the body begins to wear out, many of us resent our bodies and try to ignore them. When we think about it, those bodies have done nothing but keep us alive and thriving. And yet, most of us don't appreciate the gifts our bodies bring us.

This talk will be about cultivating compassion for our bodies and ourselves. And perhaps finding joy, well-being and gratitude in the process.

**SPEAKER**

Having received his undergraduate and graduate degree at Temple University in 1969, Dan Gottlieb began his career as a psychologist. In 1979, Dan was in a near fatal automobile accident which left him paralyzed from the chest down. As expected, there were years of despair, depression, and loss. For over three decades Dan has observed life with passion — learning valuable lessons about what it means to be human and how to find peace in the wake of suffering.

Well known to the local community through his hosting of "Voices in the Family," a call-in radio show on WHYY, Dan is highly regarded for his perspective on the events in the world around us.

The essence of Dan's philosophy can be found on his business card. After his name, there are no fancy titles, and no degrees. His card simply states: "Gottlieb. Human."

## Medford Campus Art Gallery

Open daily 9:00 am–8:00 pm | No fee

### SOUTH JERSEY CAMERA CLUB

**November**

This annual show highlights the works of members of the South Jersey Camera Club. Enjoy a remarkably diverse display of images from this talented group of South Jersey photographers.

[www.sjcameraclub.org](http://www.sjcameraclub.org)

## Leas Forum - November

Medford Campus Theater | No fee | No registration

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### FLY! BESSIE! FLY! THE LIFE OF BESSIE COLEMAN

**Saturday, November 12, 2016 | 11:00 am–12:00 noon**

In 1921 Bessie Coleman became the first African American woman to earn a pilot's license. Never one to let other people define her limitation, she traveled to France to learn to fly when American flight schools refused her because of her race. In later years she shared her experiences with children, encouraging them with the words, "you too can fly."



NEW JERSEY COUNCIL  
FOR THE HUMANITIES

*This program is funded by the Horizons Speakers Bureau of the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities.*

### HAWAI'I: PARADISE REVISITED

**Saturday, November 26, 2016 | 11:00 am–12:00 noon**

An unvarnished look at the natural beauty, people, and cultures of the Hawai'iian Islands! Learn about the historical roles of outside contact, American missionaries and businessmen in changing the Hawai'iian Islands from a free Kingdom to an annexed part of the USA. This program will explore how the Hawaiian people (kanaka) cope with cultural changes and demands on the sacred aina (Land).

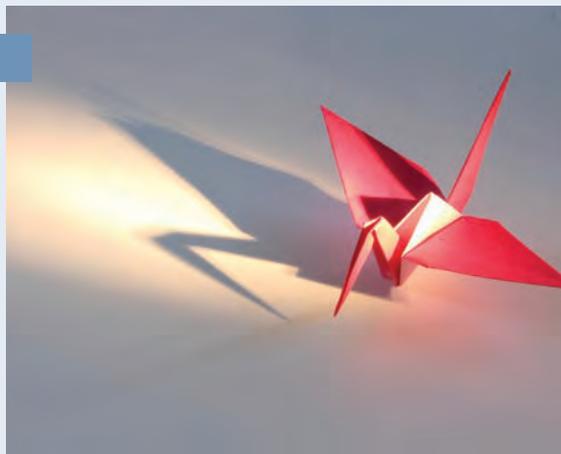
Medford Leas residents Bill and Marty Smith lived on Oahu from 2012 to 2014. They hosted international visitors at the Quaker Honolulu Friends Meeting House while learning the culture of the Hawai'iian peoples, and are pleased to present this program.

## ARTS WORKSHOP

**Introduction to the Art of Origami:  
Designing Art — One Fold at a Time****Friday, November 4, 2016****OR Friday, November 11, 2016**

10:00 am–11:00 am

Medford Campus Linden Room

*Fee: \$5 per person, includes supplies**Registration deadline: October 28**Limited Class Size***PROGRAM**

Origami, the Art of Japanese paper folding, is a meditative, relaxing art form that has been practiced for hundreds of years. Participants will experience the joy of constructing the traditional crane from a single square sheet of paper. No previous experience is necessary to successfully complete this beautiful origami creation. Practically all animal and bird figures follow the basic folds of the crane. You will come away from this class with an interest in creating more origami art forms, one fold at a time.

**INSTRUCTOR**

Richard Goodman's interest in origami came from an introduction to this ancient art form as a grade school student. He recalls making inflatable, paper balloons of varying sizes at his elementary school.

Richard received an art degree at Montclair State University, and taught art in Washington Township. In addition to origami, he has sculpted in wood, stone and clay.

Richard experiences much pleasure in the delight that is expressed by his students, when they successfully fold a square sheet of paper into a box, bird, puppet... even a paper cup, that can be used to drink water.

## LECTURE

## Wines in the Garden State — Past, Present and Future

Tuesday, November 15, 2016

10:00 am–11:00 am

Medford Campus Theater

*No fee*

*Registration deadline: November 11*



### PROGRAM

Since New Jersey laws changed in 1981, the production of wine in New Jersey has increased significantly with the opening of new wineries throughout the Garden State. Today, New Jersey wineries are crafting wines that have earned recognition for their quality from critics, industry leaders, and in national and international competitions. As of 2014, New Jersey had 48 licensed and operating wineries.

A considerable portion of New Jersey wine sales are non-grape fruit wine, particularly made from fruits associated with the Garden State, including apple, blueberry and cranberry wines. In addition, all common styles of wine — red, rose, white, sparkling, fortified and desert are produced in New Jersey.

Today, New Jersey is the ranked seventh in the nation in total wine production behind California, New York, Washington, Oregon, Kentucky and Florida. In this program, learn from industry expert, John Cifelli, about the history of New Jersey wines, current trends and what the future has in store for this growing industry.

### SPEAKER

John Cifelli is a fifteen year food, beverage, and hospitality professional in New Jersey. He is the current General Manager of Unionville Vineyards, a boutique producer of high-end wines in Ringoes, Hunterdon County. John is also the Executive Director of The Winemakers Co-Op, a coalition of New Jersey wineries dedicated to the production and promotion of fine wines from locally grown grapes. Credentialed as a Certified Sommelier through the Court of Master Sommeliers, and a past Executive Director of the Garden State Wine Growers Association, John holds a Bachelor of Science degree in Meteorology from Cook College at Rutgers University.

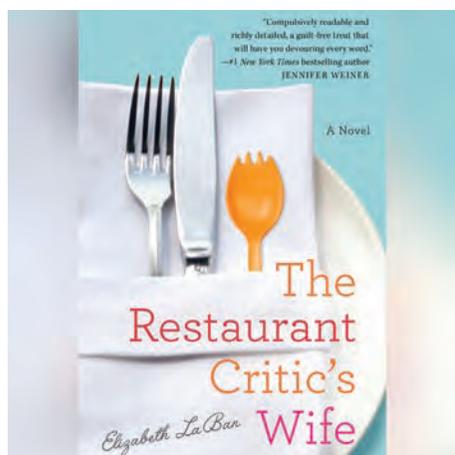
## AUTHOR EVENT—MEET, GREET AND DISCUSSION

**The Restaurant Critic's Wife**

Thursday, November 17, 2016

10:00 am–11:00 am

Medford Campus Holly Room

*No fee**Registration Deadline: November 11***PROGRAM/AUTHOR**

What could be better than being married to a restaurant critic? In Elizabeth LaBan's charming novel, *The Restaurant Critic's Wife*, the heroine Lila Soto may tell you otherwise.

Though the book is not an autobiography by any means, it cannot be overlooked that Elizabeth is married to Philadelphia restaurant critic Craig LaBan. "This book would not exist without my husband," she says, "who brings excitement, adventure, love and great food into our lives every day, and has always been open to my writing a novel about a woman who is married to a wacky restaurant critic."

For the record, Elizabeth does not consider him to be a "wacky restaurant critic," but there is no denying that Elizabeth drew upon aspects of her own life while writing the novel.

*The Restaurant Critic's Wife* is a charming portrait of the complexities of life that many women face when dealing with their marriages, their children, their friendships and their careers. All the talk about exquisite food is merely the icing on a one-of-a-kind cake.

Elizabeth LaBan lives in Philadelphia with her restaurant critic husband and two children. In addition to her accomplishments as an author, she teaches fiction writing at the University of Pennsylvania. She has a master's in journalism from Columbia University, and a bachelor's in English from Trinity College in Hartford.

## ANNUAL MEETING

**Vegetarian Society of South Jersey — 30th Anniversary Celebration****Saturday, November 19, 2016**

10:00 am–5:00 pm

Medford Campus Theater

*VSSJ Member/Medford Leas Resident Fee: \$35**Non-Member Fee: \$45**Paid registration deadline: November 10***PROGRAM**

Vegetarian Society of South Jersey is an all-volunteer, non-profit organization that is celebrating three decades of education, support, and social activities.

This special educational and informative program will feature a 100% plant-based (vegan) luncheon, cooking demos, panel discussion, live music, silent auction, vendors, book sale, and more!

Enjoy a variety of speakers to learn more about the connection between a vegetarian diet and health, the environment and ethics.

Keynote speaker Victoria Moran, author of *The Good Karma Diet*, will speak about “The Look Great, Feel Amazing, Change the World Lifestyle.”

*For further information, or to register visit [www.vssj.com](http://www.vssj.com), or call 609-848-VEG1 (8341).*



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## Medford Campus Art Gallery

Open daily 9:00 am–8:00 pm | No fee

### PHILADELPHIA CALLIGRAPHERS' SOCIETY

December

This well-loved annual show features works from members of the Philadelphia Calligraphers' Society. The exhibit includes a wide selection of many different styles of calligraphy and offers a dazzling artistic display.

[www.philadelphiacalligraphers.org](http://www.philadelphiacalligraphers.org)

## Leas Forum - December

Medford Campus Theater | No fee | No Registration

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### RESTORING THE PEREGRINE FALCON TO PENNSYLVANIA

Saturday, December 10, 2016 | 11:00 am–12:00 noon

After being completely extirpated from North America east of the Rockies and south of the Arctic, Peregrine Falcons are making a remarkable comeback. Dr. Arthur McMorris will talk about his work with the Pennsylvania Game Commission to re-establish a self-sustaining and secure population of falcons. This work has led to one of the most remarkable recoveries of any endangered species anywhere.

Dr. McMorris fell in love with the natural world from a very young age. After a childhood of hiking, fishing, collecting insects and tadpoles and studying the stars and planets, he moved on to a B.A. and Ph.D. in biology. Now retired from molecular neuroscience research, he has moved back outdoors where he coordinates the Peregrine Falcon Recovery and Management Program for the Pennsylvania Game Commission and participates in a variety of other bird studies and conservation projects. He is a past president of Delaware Valley Ornithological Club and works with a number of other bird and conservation organizations.

ARBORETUM WORKSHOP

## Holiday Wreath Making

Monday, November 28, 2016

10:00 am or 2:00 pm

Lumberton Campus Community Center

OR

Tuesday, November 29, 2016

10:00 am or 2:00 pm

Lumberton Campus Community Center

*Fee: \$25. Paid registration deadline: November 25. Space is limited—register early!*



### *Another popular program returns!*

Make a beautiful holiday wreath to get into the holiday spirit!

Live materials, including magnolia, boxwood, holly and other evergreens, will be provided to make a beautiful fresh holiday wreath for you to take home. Many of these materials will come from the Barton Arboretum and Nature Preserve of Medford Leas. Other decorative items will be available to include in your wreath, or feel free to bring personal items of your own to use.

**INSTRUCTOR** Debbie Lux, Medford Leas Horticulturalist

## SPECIAL HOLIDAY EVENT

**Medford Leas Tenth Annual Craft Fair****Saturday, December 3, 2016**

9:00 am–4:00 pm

Medford Campus Community Building,  
Holly and Gathering Rooms

Enjoy your holiday shopping at the Tenth Annual Holiday Craft Fair which features a wide assortment of high-quality, unique crafted treasures. Juried craftspeople from within the Medford Leas Community, as well as local artisans, have built up a great tradition for offering unique items for those on your holiday shopping list. This year's Fair will feature an expanded array of holiday greens, and a variety of items donated by Medford Leas residents, including art and antiques.

# Leas MusiCast

FALL 2016 SEASON AT MEDFORD LEAS



Join us at the Medford Campus Theater as the Medford Leas Resident Association brings you outstanding programs of opera, ballet, symphonic music and more, performed by the world's most celebrated artists.

Experience Medford Leas' state-of-the-art projection screen and surround sound system as you immerse yourselves in these exciting performances. These programs are the next best thing to being there in person!

**New this year:** Enjoy scrumptious hors d'oeuvres and other delicacies during intermissions. There is no need to travel the world for great performances and cuisine when you can find them right here at our special *Pathways* events!

## **GEORGE SOLTI CONDUCTS THE CHICAGO SYMPHONY**

**Saturday, September 24, 2016 | 2:00 pm | Run Time: 1hr 37m**

- Beethoven: Symphony No. 1 & Schubert Symphonies Nos. 6 & 8

## **OPERA — ROSSINI: BARBER OF SEVILLE**

**Saturday, October 22, 2016 | 2:00 pm | Run Time: 2hr 30m**

- Conductor: Antonio Pappano
- Featuring: Joyce DiDonato & Juan Diego Florez

## **BALLET — MENDELSSOHN: A MIDSUMMER NIGHT'S DREAM**

**Saturday, November 5, 2016 | 2:00 pm | Run Time: 1hr 34m**

- BBC Concert Orchestra Conductor: Stewart Kershaw
- The Pacific Northwest Ballet — Choreographer: George Ballanchine

## **HANDEL: MESSIAH**

**Saturday, December 17, 2016 | 2:00 pm | Run Time: 2h 27m**

- The American Bach Soloists — Conductor: Jeffrey Thomas
- Mary Wilson, Eric Jurenas, Kyle Stegall

Suggested donation \$5 — payable at the door.

More information is available at:

[www.medfordleas.org/event-categories/leasmusicast](http://www.medfordleas.org/event-categories/leasmusicast)



## 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.*

See map on inside back cover. Please note off-campus location of program on page 6; address is listed in the course description.

## 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 registration.**

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

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 canceled 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 with questions or to register for nonpayment events.

Or

Email nonpayment registrations or questions to [pathways@medfordleas.net](mailto:pathways@medfordleas.net)

# Medford Leas Pathways

## REGISTRATION FORM SIDE 1

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

---

ADDRESS

---

CITY

STATE

ZIP CODE

---

DAYTIME PHONE (REQUIRED)

OTHER PHONE

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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

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ACCOUNT NUMBER

EXP. DATE

CVV CODE

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SIGNATURE

Turn to side 2 to select programs you wish to attend and figure 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  
Medford Leas  
One Medford Leas Way  
Medford, NJ 08055



# Medford Leas Pathways 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.

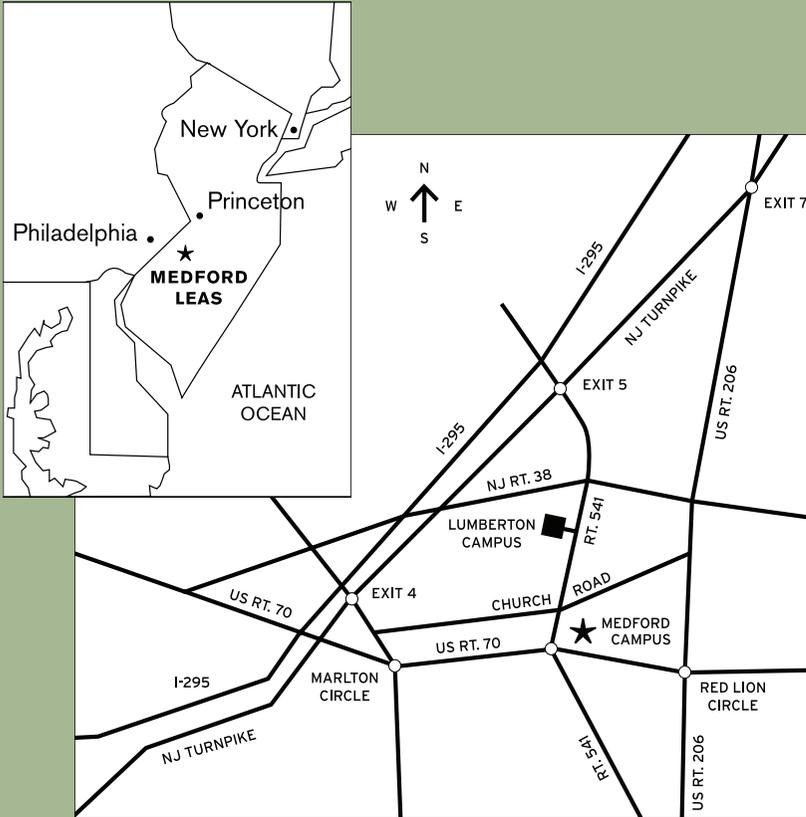
PROGRAM	NUMBER X	FEE =	SUBTOTAL
<input type="checkbox"/> <b>MEDFORD UNIVERSITY—ENVIRONMENTAL CHALLENGES AND OPPORTUNITIES</b> Tuesdays, September 20, 27 and October 4, 11; 3:30 pm	-----	\$30	-----
<input type="checkbox"/> <b>TECHNOLOGY TUESDAYS</b> Tuesday, September 20—Smartphone Technology 101; 10:00 am	-----	\$0	N/A
Tuesday, September 27—From CRTs to Smart TVs; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>TOOLKIT FOR LIVING AN ENGAGED LIFE</b> Wednesday, September 21; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>DISASTER PREPAREDNESS FOR OLDER ADULTS</b> Friday, September 23; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>PLANT SWAP—A TIME TO REFRESH YOUR GARDEN</b> Friday, September 30; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>PBS FILM AND DISCUSSION—<i>BEING MORTAL</i></b> Saturday, October 1; 11:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>WALKING AND HIKING WITH THE DOC</b> Thursday, October 6; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>CALLIGRAPHY</b> Fridays, October 7, 14, 21, 28; 10:00 am	-----	\$15	-----
<input type="checkbox"/> <b>SMALL TREE AND SHRUB PLANTING 101</b> Monday, October 10; 10:00 am	-----	\$15	-----
<input type="checkbox"/> <b>MEDFORD LEAS BIRDERS TRIP</b> Thursday, October 20; 8:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>BENEFITS OF EATING LOCAL FOODS</b> Tuesday, October 25; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>GARDENING GURU SERIES</b> Orchids—Wednesday, October 26; 10:00 am	-----	\$0	N/A
Native Plants—Wednesday, November 2; 10:00 am	-----	\$0	N/A
Peonies—Wednesday, November 9; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>WATERCOLOR CLASSES</b> Tuesdays, October 25 and November 1; 9:30 am	-----	\$50	-----
<input type="checkbox"/> <b>AUTHOR EVENT—DOUGLAS BRUNT</b> Thursday, October 27; 11:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>DAN GOTTLIEB—CULTIVATING COMPASSION</b> Saturday, October 29; 11:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>ORIGAMI: (CIRCLE DATE)</b> Friday, November 4 or Friday November 11, 10:00 am	-----	\$5	-----
<input type="checkbox"/> <b>WINES IN THE GARDEN STATE</b> Tuesday, November 15; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>AUTHOR EVENT—ELIZABETH LaBAN</b> Thursday, November 17; 10:00 am	-----	\$0	N/A
<input type="checkbox"/> <b>HOLIDAY WREATH MAKING</b> Lumberton, Monday, November 28; 10:00 am or 2:00 pm (circle time)	-----	\$25	-----
Lumberton, Tuesday, November 29; 10:00 am or 2:00 pm (circle time)	-----	\$25	-----

**Total Amount**

Please enter this amount on the front of the order form

\$-----





**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, Director of Marketing  
 609-654-3000, 609-654-3420  
 or 1-800-331-4302  
 AnnieMazur@medfordleas.net

**For information about arboretum tours and/or community relations matters:**

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

A PDF version of this booklet and registration form are available online at: [www.medfordleas.org](http://www.medfordleas.org)



**MEDFORD LEAS**

One Medford Leas Way  
Medford, NJ 08055  
[www.medfordleas.org](http://www.medfordleas.org)

# PATHWAYS

TO LEARNING AT MEDFORD LEAS

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

**f** Like us on Facebook:  
Pathways to Learning at Medford Leas

**609-654-3000** | [www.medfordleas.org](http://www.medfordleas.org)  
Home of the Barton Arboretum and Nature Preserve

