

2018 Spring Series

SKILLBUILDERS

Thursdays, April 19 - June 14
1:30 – 3:00 p.m.



Why is it so hard to make decisions now that everything's changed?

Skillbuilders is a 9-week series that offers support, encouragement, and information to anyone undergoing major life transitions: the death of a loved one, adjustment to physical limitations, divorce, moving to a new location, etc.



110 Kingston Lane, Monmouth Junction, NJ 08852 732-329-4000 x 7290
www.sbpl.info

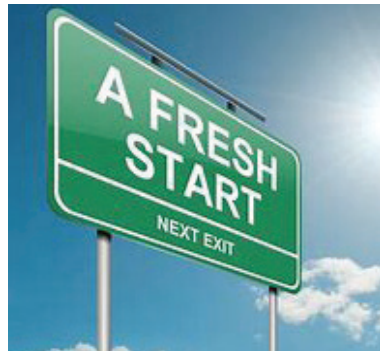
SKILLBUILDERS

Attend any class or attend the whole series – everyone is welcome. The introduction to the series will be on April 19 at 1:30.

April 19

Adjusting to Grief and Change #1:

Introduction to Skillbuilders
Kathleen Ostertag, Licensed Professional Counselor, MA, LPC, NBCC, with Aging with Dignity and Choice, LLC.; Barbara Battles, SBPL



April 26

Car Care 101: Spring Maintenance

Len Schickler, Brunswick Mobility

May 3

Have a Successful Medical Visit

Dr. Nagy, Penn Medicine, Princeton Health

May 10

Managing your Money and Finances

Bernie Sokal, Money Care Financial





May 17

Who gets Grandma's Yellow Plate?: Estate and Legal Planning
Mary Smith Hanley, Esq. Hanley Law

May 24

Feeling Fit – Exercise and You
Eileen Cast, Penn Medicine, Princeton Health

May 31

Cooking and Shopping for One
Suzanne Eastman - Suzy's Wild Cooking LLC

June 7

Simple Home Maintenance
Bill Scism - Central Jersey Construction

June 14

Adjusting to Change #2: Holiday Celebrations and Other Events
Kathleen Ostertag, Licensed Professional Counselor, MA, LPC, NBCC, with Aging with Dignity and Choice, LLC., Barbara Battles, SBPL



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Registration suggested – walk-ins are always welcome. Light refreshments will be served courtesy of the Friends of the Library.



For more information, or to register, call Barbara Battles, Outreach Coordinator, South Brunswick Public Library – 732-329-4000 x7637
You can also register on the library calendar on the date of the event you wish to attend on the library website at www.sbpl.info.



Did you know most of our Library Programs are sponsored by the *Friends of the Library*? Become a *Friend* by joining online at www.sbpl.info/friends or at the library

Find more information about our programs in the COMPASS newsletter, available at the library or online at www.sbpl.info/friends