



**MAYOR DEREK ARMSTEAD, THE CITY
OF LINDEN, AND THE DEPARTMENT
OF PARKS AND RECREATION**



Creative Aging Workshop Series “Tell Your Story”



Made possible by the Creative Aging Grant
from The State of NJ's Council of the Arts
& The City of Linden

Presented by Judy England McCarthy
Professional Storyteller & Workshop Facilitator
Beginwithastory.com

Eight Part Series For Seniors (Spring Session)

7 workshop sessions of 90 minutes each

Learning techniques each participant will complete a short memoir story. (Any materials needed will be supplied)

1 Performance session (optional)

The performance will be recorded & made available to all who participate. Participants can invite family & friends to share & listen to their created stories.

John T Gregorio Recreation Center

Address: 330 Helen St, Linden, NJ 07036

Phone: (908) 474-8600

Contact Recreation Center to sign up

(Sign Up Early, Limited Registration)

Dates / Time (1:15 pm - 2:45 pm)

May 14th, May 16th, May 23rd, May 30th,

June 6th, June 13th, June 18th, June 20th



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The City of Linden Scores Again “Tell Your Story”



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The City of Linden**

Judy England McCarthy
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Some lucky residents of Linden will get to participate free of charge in a creative workshop series this spring and fall. Linden was awarded a Creative Aging Grant from NJ's Council of the Arts. Only thirty cities/towns were selected to receive this grant. This 8 session program will focus on assisting our seniors to access their personal stories or memoirs. It will culminate in participants sharing some of these stories in front of family and friends. Their performance will be recorded and made available to all those who participate. All materials will be supplied and each session will be 90 minutes long allowing plenty of time for inquiry, writing, storytelling, and discussion.

Speaking on the importance of this program, **Lieutenant Governor Tahesha Way** said, “Abundant evidence shows that art making and arts participation improves a number of health and well-being factors as we age. This investment is the key component of the Arts Council's focus on lifelong learning, providing grants to arts organizations, libraries, veterans homes, senior and community centers to cover costs for artist-led programs for New Jersey adults aged 50 and over. “Past participants of the program speak of the importance and value of being able to express themselves and share their life experiences in new and engaging ways” states **Council Chair Elizabeth Mattson**.

The spring session commences on May 14th at the John T Gregorio Recreation Center 330 Helen St. Linden, NJ 07036. The remaining dates are May 16, 23, 30, June 6, 13, 18, and 20. Most sessions are on Thursdays and will start at 1:15 pm and end at 2:45 pm. Professional storyteller & workshop facilitator **Judy England-McCarthy** will be presenting the program. Parks & Recreation staff at John T Gregorio Recreation will be supporting Judy in her endeavors to make this program a success. Those interested in signing up should contact the recreation center (908) 474-8600. Space is limited so sign up early.