



# OCEAN COUNTY LIBRARY

Connecting People ... Building Community...Transforming Lives

101 Washington St., Toms River, NJ 08753-7625

Telephone: 732-349-6200

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

Susan Quinn, Director

March 22, 2023

## PRESS RELEASE

**CONTACT:** Tom Mongelli, 732-349-6200, ext. 5900

[tmongelli@theoceancountylibrary.org](mailto:tmongelli@theoceancountylibrary.org)

### Find the Gold in the Golden Years: 'The Art of Aging' at the Ocean County Library



## Ocean County Library

CONNECTING PEOPLE, BUILDING COMMUNITY, TRANSFORMING LIVES

**SCAN** Senior Citizens  
Activities Network

*Keeping Seniors Active, Healthy & Connected Since 1988*



Caregiver  
Volunteers  
of Central  
Jersey

**TOMS RIVER** – Age like a winner. Enter your advancing years with optimism and energy. The Ocean County Library is pleased to present “The Art of Aging,” presented by the [Caregiver Volunteers of Central Jersey](#) and [Senior Citizens Activities Network \(SCAN\)](#).

“The Art of Aging” will be presented at three OCL branches:

- **Jackson Branch**, 2 Jackson Drive, (732) 928-4400, 10 AM Wednesday, April 5
- **Brick Branch**, 301 Chambers Bridge Road, (732) 477-4513, 2 PM Wednesday, April 12
- **Toms River Branch**, 101 Washington Street, (732) 349-6200, 2 PM Wednesday, April 19

The lighthearted discussion will revolve around methods of aging gracefully, and the importance of remaining socially engaged and active as the years roll by.

Eatontown-based SCAN conducts health-and-wellness-based workshops, classes, and podcasts, and also assists in applications for benefits by Medicare enrollees and disabled adults of limited incomes.

-more-

Caregiver Volunteers of Central Jersey helps seniors to remain independent and socially connected, with a corps of more than 1,200 volunteers serving Ocean and Monmouth Counties, and affiliations with 60 local organizations.

Keep up with Library programs and events at [www.theoceancountylibrary.org](http://www.theoceancountylibrary.org), and on [Facebook](#), [Instagram](#), [Twitter](#), [YouTube](#), [Spotify](#), and [Pinterest](#).

###