



Stay Active | Stay Healthy | Stay Connected

**Monmouth Mall | 180 Highway 35 South  
Eatontown, NJ 07724**  
Tel: 732-542-1326 | Fax: 732-389-9434  
[www.scannj.org](http://www.scannj.org)

## 2020 Winter Class Schedule & Events January 6 to April 3

Monmouth Mall	Ocean County	Freehold
<ul style="list-style-type: none"> <li>▪ <b>Lunch &amp; Learn:</b> February 14 11:30AM-1:30PM</li> <li>▪ <b>Lunch &amp; Learn:</b> March 17 11:30AM-1:30PM</li> </ul> <p><i>*Please note new start time - 11:30AM</i></p>	<ul style="list-style-type: none"> <li>▪ <b>Lunch &amp; Learn:</b> February 19 10:30AM-1:00PM</li> <li>▪ <b>Lunch &amp; Learn:</b> March 25 10:30AM-1:00PM</li> </ul> <p><i>Events are held at St. Andrew United Methodist Church, 1528 Church Road, Toms River.</i></p>	<ul style="list-style-type: none"> <li>▪ <b>SCAN at Freehold Raceway Mall</b> January 23   February 26   March 25 1:00PM-2:00PM See Page 7 for details</li> <li>▪ <b>CentraState Fall Prevention Fair:</b> April 1 10:30AM-1:30PM</li> <li>▪ <b>Multicultural Luncheon</b> April Date &amp; Location To Be Announced</li> </ul>



**SCAN provides an active support system for adults over the age of 50. SCAN uses education and technology to create an environment where active adults can continue to grow intellectually as well as physically and emotionally.**

**SCAN has five Divisions:** the **Hub** includes the Monmouth Mall location and public education; **SCAN on Wheels** brings our high impact programming directly into high-needs communities; the **Multi-Media** division includes our three cable TV shows; **Caregivers First** is devoted to the specific needs of Caregivers; **Benefit Enrollment Center** provides free screenings and application support for fixed income Medicare beneficiaries and disabled individuals of all ages.

- **Membership Fees:** \$30 New Membership / \$20 Annual Renewal
- **Freehold Campus: SCAN at Bethel AME Church:**  
Tuesdays from 10:30AM-2:30PM at Bethel AME Church, 3 Waterworks Road, Freehold  
*Your place for Socialization, Fun, Friends, Conversation, Lunch & Coffee.*
- **Successful Aging & Technology (SAT):** SAT provides the opportunity for eligible seniors 55+ to learn how to use tablet computers in 10 sessions. Health & wellness education and a financial screening are included. Call SCAN to find out about the next session scheduled for the end of February.
- **SCAN TV:** Go to [www.scannj.org](http://www.scannj.org) and click on *TV Listings* for schedule or the *YouTube* symbol.
- **Senior Health Insurance Program (SHIP):** Medicare counseling at SCAN. Call SCAN for appointment.
- **Benefit Enrollment Center (BEC):** Free screening and application support for Medicare beneficiaries, and disabled individuals of all ages, to determine eligibility for unclaimed federal, state and local benefits. Annual income for individuals cannot exceed \$16,392 to qualify for SLMB (Medicare assistance), and \$27,951 for PAAD (Rx). Call SCAN for appointment.
- **Volunteer Opportunities:** Share your time and talents assisting in our office, helping with special events or teaching a class or workshop. Volunteering is good for you! Speak with SCAN's Volunteer Coordinator.

**2020 Winter Class Schedule begins on page 3.**

Thank you to our Supporter, *Monmouth Mall*, and to all our Sponsors.

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**Class Schedule &**

# Class Schedule & FREE Public Events

(Registration **MUST** be received one week prior to the start of a class, workshop or event.)

## Acting: The Art & Fun of Acting & Improv (C6611.1)

In this 8 week workshop, have a great time learning the skills used for acting for stage and screen, and why improvisation is not just about comedy and performing, BUT a way to live life with more confidence and positivity. Professional director and acting coach David J.V. Meenan has students currently in Broadway shows, on Television, and in Hollywood movies. It's never too late to start an acting career. Discover the ins and outs of the business and how to get started, while working on original scenes written specifically for the class. Beginners and seasoned actors are ALL welcome! **8 students required to run class. No class February 17.**

Monday 10:30AM-12:00PM 1/27/2020-3/23/2020 Room 3 Instructor: David J.V. Meenan  
Member Fee: 94.00 Non-Member Fee: 124.00

## Art: Studio Time (C0140.1)

Here is an opportunity for artists of all levels of experience to get together, share studio time in a social setting, and work in the medium of their choice. Class size limited to 12 students.

Tuesday 9:00AM-12:00PM 1/7/2020-3/31/2020 Room 4 Instructor: Self-Facilitated  
Member Fee: 45.00 Non-Member Fee: 75.00

## Art: Watercolor Painting & Mixed Media – Beginner to Intermediate (C0130.1)

Be surprised by your own talent and creative side! Join our journey and find the “artist within you”. With our individualized guidance, your style and skills will be revealed as you enhance your watercolor painting and mixed-media skills. Make new friends, relieve stress, and improve your overall wellbeing as we explore various techniques, experimental tools, papers, mixed media, collage and more. Learn in a fun atmosphere while enjoying creative exercises, stimulating discussions, and some art history. Absolute beginners are encouraged to join- bring your imagination and “the sky is the limit”! Let's learn from each other, enjoy success together, share and collaborate while enjoying watermedia and the “happy accidents” it creates. Explore our challenging concepts and materials designed with your skills in mind, and bring your creative ideas and art to the next level! Makeup classes are available. All ColorChips Artists are invited to register for the 2020 Art Exhibition at the Middletown Library. Stay tuned for details. Supply list available upon request. Class size limited to 12 students. **Please register with SCAN, but check is made payable to Domenica Donna Como.**

Tuesday 1:00PM-2:30PM 1/7/2020-3/31/2020 Room 4 Instructor: Domenica Donna Como  
Member Fee: 180.00 Non-Member Fee: 210.00

## Art: Drawing & Mixed Media (C0120.1)

Students with no art background as well as those with experience will be introduced to the basics of all art elements by a certified art teacher. Aspiring artists will work with water color, colored pencils, charcoal, pen & ink and more. There will be a class trip to an art venue; transportation is not provided. Class size limited to 12 students.

Thursday 10:00AM-12:00PM 1/9/2020-4/2/2020 Room 4 Instructor: Janet Zimmerman  
Member Fee: 111.00 Non-Member Fee: 141.00

## Caregivers & You: Senior Living – Know Your Options Lunch & Learn (C6650.1) NEW

Industry experts from Sunrise Senior Living will provide an informative and visual presentation on everything you always wanted to know regarding assisted living and other senior living options. Attend this workshop and leave with expert knowledge on how to determine the best approach to senior care. Compare and understand the difference between homecare, skilled nursing, short term rehabilitation stays, independent living and assisted living. Lunch will be provided. Limited to 25. **Reserve your seat early.**

Thursday 12:15PM-1:15PM 1/30/2020 Community Room B Instructor: Sunrise Senior Living  
FREE and open to the public. Registration is **REQUIRED**.

## Computers & Technology: One to One Technology Tutoring (C5102.1)

Schedule a one hour PRIVATE session on Wednesdays at SCAN or in your home. Learn how to get started on your computer or tablet, set up and use email, clean up computer clutter, get rid of a virus, use the internet, avoid and recognize a computer scam, install a program, and much more. Bring your personal computer device or learn on SCAN's computer. Payment required at registration; credit **ONLY** issued for canceled appointments. Instructor will contact you directly to set date/time.

Wednesdays by Appointment Room 2 Instructor: Frank Remski  
Member Fee: 25.00 Non-Member Fee: 55.00

## Computers & Technology: Top 5 Technology Tips to Help in a Health Crisis (C6656.1) NEW

When facing a health crisis, technology is crucial to help handle one of life's most difficult times. The time to become familiar with the resources and tools is now, whether it's communicating with your doctor, keeping your family informed, staying organized or managing your medication. This 2 day workshop will include hands on examples to build confidence. Bring your smartphone, tablet or laptop computer.

Monday 1:00PM-3:00PM 1/27/2020 & 2/3/2020 Room 2 Instructor: Emily Nikoo  
Member Fee: 30.00 Non-Member Fee: 50.00

**\*\*PLEASE refrain from wearing fragrances in the Exercise Studio/Room 3 \*\***

**Must be a SCAN Member to drop-in to fitness classes that permit drop-in rates. When a class reaches capacity, class will be CLOSED, and drop-ins will NOT be permitted.**

**Registration highly recommended.**

### **Dance: Get in Line to Dance – Beginner Level 2 (C6643.1)**

Join this 10 week Line Dancing class filled with lots of fun and great music. A great benefit to line dancing is that no partners are needed! Line dancing teaches you how to move your body and basic dance footwork (triple step, turn & spin, rocking steps and more), while providing a great exercise for your physical and mental health. Class is paced according to the students. Line dancing is rooted in country music, but we will also dance to popular songs by Lady Gaga and Coldplay. Please dress in layers and **wear shoes that will not stick to the floor**, as line dancers slide their feet across the floor. Class limited to 16 students. **REGISTER EARLY.**

*Wednesday 1:00PM-2:00PM      1/15/2020-3/18/2020      Room 3      Instructor: Rob Laub*  
*Member Fee: 50.00      Non-Member Fee: 80.00*

### **Dance: Dance for Fitness (C6506.1)**

Dancing is a great way to strengthen bones and muscles, maintain a healthy weight, improve balance and stay healthy in general. This 13 week class will incorporate aerobic moves like grapevine and knee lifts along with dance moves like the mambo and cha-cha using current music and familiar oldies. So much fun it will hardly feel like exercise! Modifications can be made when necessary. Please bring water to stay hydrated. Class sized limited to 12. **REGISTER EARLY.**

*Thursday 9:30AM-10:30AM      1/9/2020-4/2/2020      Room 3      Instructor: Karen Kelly*  
*Member Fee: 85.00      Non-Member Fee: 115.00*

### **Fitness: Stretch & Strength (C5105.1)**

This 12 week class will focus on stretching, strengthening and flexibility to improve your posture, range of motion and balance. This class will incorporate light weights and bands for strengthening and simple yoga moves for balance and flexibility. Modifications will be provided to adjust for different levels of fitness. **Class size limited to 17. REGISTER EARLY.** No class January 14.

*Tuesday 9:30AM-10:30AM      1/7/2020-3/31/2020      Room 3      Instructor: Karen Kelly*  
*Member Fee: 78.00      Non-Member Fee: 108.00*

### **Fitness: Bone Up Against Osteoporosis (C0905.1)**

Exercise strengthens bones and muscles and improves balance, coordination, and flexibility, key for people with osteoporosis and osteopenia. Join us for a fitness class with light aerobics, weight bearing, and balancing exercises designed to improve strength, balance, and flexibility. Bring water to class to stay hydrated. **Class size limited to 17. REGISTER EARLY.** SCAN Members ONLY can drop-in for \$6 per class IF class is NOT at capacity. **Bone Up meets for 25 classes.** No class January 14.

*Tues & Thurs 11:00AM-12:00PM      1/7/2020-4/2/2020      Room 3      Instructor: Karen Kelly*  
*Member Fee: 96.00      Non-Member Fee: 126.00*

### **Fitness: Tai Chi Easy**

Tai Chi Easy program is easy to learn. It promotes health, vitality and inner peace and can be done by anyone sitting or standing. Consists of movements from simple Qigong, including four essential energy cultivation methods: postural alignment and gentle movement; breath practice; self-applied massage; and relaxation, visualization and meditation practices.

**At this time, registration is not open. We are still looking for an instructor. Please check with SCAN for an update.**

*Tuesday 2:00PM-3:00PM*

### **Fitness: Yoga for Flexibility and Strength (C0860.1)**

Increase flexibility, range of motion and core strength while achieving greater peace of mind. Classes include yoga breathing, yoga poses and relaxation. Wear comfortable clothing. You **MUST** bring your own floor mat to class. **Yoga meets for 26 classes.** Members can sign up for only one class session per week at the rate of \$108. Members ONLY can drop-in for \$12 per class.

*Wed & Fri 9:00AM-10:00AM      1/8/2020-4/3/2020      Room 3      Instructor: Maria DiSanti*  
*Member Fee: 216.00      Non-Member Fee: 246.00*

### **Fitness: Chair Assisted Yoga (C0861.1)**

Gentle movements that anyone can practice sitting on a chair or standing with the support of the chair. You receive all the benefits of yoga while supported by a chair. Practice yoga breathing techniques that strengthen the lungs, improve circulation and promote a calm mind. Strengthen the muscles, improve all the systems of the body, increase range of motion, and much more. **Yoga meets for 26 classes.** Members can sign up for only one class session per week at the rate of \$108. Members ONLY can drop-in for \$12 per class.

*Wed & Fri 11:30AM-12:30PM      1/8/2020-4/3/2020      Room 3      Instructor: Maria DiSanti*  
*Member Fee: 216.00      Non-Member Fee: 246.00*

### **Fitness: Fencing for Seniors (C5103.1)**

Fencing is not as difficult as it looks like. The no-impact movements are easy on the body and improve balance and coordination. Handling epee or saber improves fine motor skills. The fun part is building strategies for attacks/defenses which increases mental agility. Protective gear is provided. Men and women welcome. This 8 week course will be held at the Atlantic Fencing Academy at 1 Sheila Drive in Tinton Falls (off Apple St) **MUST register with SCAN with a check made payable to Atlantic Fencing Academy.**

*Wednesday 11:00AM-12:00PM*

*2/5/2020-3/25/2020*

*Instructor: Agota Balot*

*Member Fee: 89.00*

*Non-Member Fee: 119.00*

### **Games: Play Mahjong! (C6500.1)**

During this 4 week session you will play Mahjong while receiving instruction to help facilitate play and master the strategies of Mahjong. Basic Mahjong knowledge required. The 2020 Mahjong Card will be available for an additional fee at the start of the class.

*Thursday 2:00PM-3:30PM*

*1/9/2020-1/30/2020*

*Room 4*

*Instructor: Janet Zimmerman*

*Member Fee: 20.00*

*Non-Member Fee: 40.00*

### **Health & Wellness: Keeping a Healthy Pantry (C6657.1) NEW**

Join Registered Dietician, Roseann Dogas, from Imperial Healthcare as she discusses how to keep a healthy pantry in order to manage cardiac and diabetic diets.

*Wednesday 1:00PM-2:00PM*

*1/22/2020*

*Community Room B*

*Instructor: Imperial Healthcare*

*FREE and open to the public. Registration is REQUIRED.*

### **Health & Wellness: Take Control of Your Health (C1340.1)**

This FREE 6-week workshop created by Stanford University provides you with tools to develop your own strategy for managing chronic health conditions such as arthritis, anxiety, or high blood pressure. In a supportive and upbeat setting, you will learn how to manage stress, improve communication, cope with depression, sleep better, and more. Get more out of life by taking control of your health! Participants receive the companion book, *Living a Healthy Life with Chronic Conditions*. Open to men and women 60+.

Registration is REQUIRED. Limited to 20 students.

*Monday 10:00AM-12:30PM*

*1/27/2020-3/2/2020*

*Room 4*

### **Health & Wellness: Diabetes Self-Management (C6619.1)**

This FREE 6 week diabetes-specific workshop covers dealing with hyper/hypoglycemia, stress, depression; healthy eating; medication use, and working effectively with health care providers. In a positive group setting, participants will make weekly action plans, share their experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Participants receive the companion book, *Living a Healthy Life with Chronic Conditions*. Open to men and women 60+.

Registration is REQUIRED. Limited to 20 students.

*Monday 10:00AM-12:30PM*

*3/2/2020-4/6/2020*

*Room 4*

### **Languages: Beginner French (C6648.1)**

Bonjour! Would you like to learn some French for your next trip to Paris? Or brush up on your high school French? Or just learn a bit of one of the world's most beautiful languages? This 13 week course will give you some fundamentals. You will learn pronunciation, basic phrases, and some conversation. Bienvenue! Welcome!

*Monday 11:30AM-12:30PM*

*1/6/2020-3/30/2020*

*Room 2*

*Instructor: Richard Sorrentino*

*Member Fee: 78.00*

*Non-Member Fee: 108.00*

### **Languages: Beginner Spanish (C1405.1)**

¿Habla español un poco? Want to learn more Spanish? It is the most important world language spoken in our country today. In this 13 week class, you can start from scratch or brush up on the Spanish you learned in high school or college. Class atmosphere is relaxed and fun. Everyone will be encouraged to speak, with grammar and vocabulary exercises as needed. ¡Mucho gusto!

*Tuesday 11:30AM-12:30PM*

*1/7/2020-3/31/2020*

*Room 2*

*Instructor: Richard Sorrentino*

*Member Fee: 78.00*

*Non-Member Fee: 108.00*

### **Languages: Conversational Spanish (C1406.1)**

For advanced beginners or low intermediate speakers, this class will be conducted almost entirely en español. But don't worry! You will understand everything by gestures and in context. Most of all, you will learn! You will be encouraged to speak from Day One. In this class, you will enrich your vocabulary, learn grammar and idiomatic expressions and increase your proficiency by speaking and interacting in the language. ¡Mucho gusto!

*Tuesday 1:15PM-2:15PM*

*1/7/2020-3/31/2020*

*Room 2*

*Instructor: Richard Sorrentino*

*Member Fee: 78.00*

*Non-Member Fee: 108.00*

### **Languages: Beginning Italian (C1427.1)**

This 13 week interactive course is designed for beginners. Basic grammar is introduced as students express themselves in both oral and written styles covering a range of conversational topics of everyday life, seasonal themes, and Italian culture and travel destinations. A dictionary is helpful.

Friday 11:15AM-12:15PM 1/10/2020-4/3/2020  
Member Fee: 78.00 Non-Member Fee: 108.00

Room 4

Instructor: Richard Sorrentino

### **Languages: Conversational Italian (C1425.1)**

Practice listening, speaking, reading, and writing during this 13 week course as you explore a range of topics pertinent to Italian culture and *la dolce vita*. Class atmosphere is interactive, relaxed and friendly. Prior knowledge of Italian necessary; dictionary helpful.

Friday 1:15PM-2:45PM 1/10/2020-4/3/2020  
Member Fee: 90.00 Non-Member Fee: 120.00

Room 4

Instructor: Richard Sorrentino

### **Literature: Classic Literature (C1511.1)**

Join our literature group and discover why reading and discussing great literature is a unique way of understanding history while adding to your personal literary wealth. The class discussions provide a deeper understanding of the literature as well as a sense of personal enrichment. The book selection was not available at the time of print.

Friday 10:00AM-11:30AM 1/10/2020-4/3/2020  
Member Fee: 70.00 Non-Member Fee: 100.00

Room 2

Instructor: Flora Higgins

### **Music: Jazz Classics Club (C0701.1)**

Come listen to some of the greatest music ever recorded with wonderful behind the scenes stories told by Jack Livingstone, Monmouth County's favorite "Jazz Man". Each week you'll enjoy and learn more about the Big Band Era's Glenn Miller, Woody Herman and Duke Ellington, as well as smaller combos and outstanding vocalists like Sinatra, Sarah Vaughn and Ella Fitzgerald.

Wednesday 10:15AM-11:15AM 1/8/2020-4/1/2020  
Member Fee: 15.00 Non-Member Fee: 45.00

Room 4

Instructor: Jack Livingstone

### **Safety: AARP Smart Driver (C2005.1)**

Participants who complete this 2-day AARP Smart Driver course may receive a discount on portions of their automobile insurance and a deduction of 2 points from the Motor Vehicle Bureau. **MUST register with SCAN and include a check made payable to AARP (Cash NOT accepted) to reserve a seat in the class.** Need 6 participants to run this class.

Thursday 9:30AM-12:30PM 3/19/2020 & 3/26/2020  
AARP Member: 15.00 Non-AARP Member: 20.00

Room 2

Instructor: AARP Volunteer

### **Special Event: See How Much Fun "Art" Can Be (C6658.1) NEW**

This fun workshop is for everyone who avoided reading the "Art" section of this Class Listing because you don't think you're the creative type or you're afraid to show your creations. **If you just said "yes, that's me!", then this workshop is for you!** Grab a friend, come have some fun, express yourself, explore, enjoy overall contentment, relieve stress and experience success. EVERYONE is creative, and in our fun environment, we will introduce creative art exercises using various tools and supplies as we tap into your expressive and creative side. Just bring yourself and your imagination! Minimum of 5 students to run the class. Class size limited to 12 students. **Please register with SCAN, but check is made payable to Domenica Donna Como.**

Thursday 1:00PM-3:00PM 2/27/2020  
Member Fee: 20.00 Non-Member Fee: 30.00

Room 4

Instructor: Domenica Donna Como

### **Special Interest: Make Your Wishes Known (C6659.1) NEW**

This workshop will walk you through the 5 Wishes and the conversations you should be having with family, friends and healthcare providers about your wishes in advance of a serious illness. The Five Wishes are 1) The Person I Want to Make Care Decisions for Me When I Can't; 2) The Kind of Medical Treatment I Want or Don't Want; 3) How Comfortable I Want to Be; 4) How I Want People to Treat Me and 5) What I Want My Loved Ones to Know. Discussion points will also include POLST and some of the decisions at end of life such as DNR/DNH/DNI, feeding tubes/IV, hospice and end of life doula.

Thursday 1:00PM-2:00PM 2/6/2020  
FREE and open to the public. Registration is REQUIRED

Room 4

Instructor: Jennifer Dral

SCAN offers FREE 6 Week Workshops – Sign Up Today!  
**Diabetes Self-Management and Take Control of Your Health**  
See Page 5 for details, dates and times.

### **Television: TV Production (C2210.1)**

Do you want to learn the process of putting a TV show together or interested in exploring a career working in television production? In SCAN's on-site, newly renovated TV studio, you can learn all about the exciting phases of television production. Become familiar with TV equipment and work in key production positions such as running the cameras, the audio board and teleprompter, as well as learning graphics and directing and producing a TV show. SCAN TV shows air on Comcast, Cablevision and FIOS and SCAN's YouTube channel. Class is taught by National award-winning producer/director and filmmaker Robin Kampf.

Friday 12:00PM-2:00PM

1/10/2020-4/3/2020

Room 2

Instructor: Robin Kampf

Member Fee: 60.00

Non-Member Fee: 90.00

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*The following SCAN Workshops are being held in conjunction with United Way of Monmouth and Ocean Counties in the Meridian Community Resource Center located inside the Freehold Raceway Mall on the 1<sup>st</sup> Floor of the Macy's Wing.*

***These workshops are FREE and open to the public. Registration is REQUIRED. Call SCAN to register.***

### **Freehold Raceway Mall: Heads Up Seniors (F1007.1)**

This workshop by the Brain Injury Alliance of New Jersey will present ways to decrease falls with proper medication management, house safety and maintaining assertiveness.

Thursday 1:00PM-2:00PM

1/23/2020

Instructor: Laura Jacobs

### **Freehold Raceway Mall: Music & Memory (F1008.11)**

Learn about the power of music and the brain and then take a musical tour through the decades of music. You may find yourself singing along with Fran!

Wednesday 1:00PM-2:00PM

2/26/2020

Instructor: Fran Pannella

### **Freehold Raceway Mall: Protect Yourself Elder Abuse (F1005.1)**

This workshop will help you to identify and protect yourself from elder abuse which comes in many forms – physical, psychological and financial.

Wednesday 1:00PM-2:00PM

3/25/2020

Instructor: Gary Garland, Esq.

## **Save the Date!**



### ***The Love Boat is Coming Your Way!***

Thursday April 23 from 6:00-10:00PM

McLoone's Supper Club in Asbury Park

## **Grease is The Word!**

Details Coming Soon –so get your Pink Lady outfit ready and grab your leather jacket!

We are going to have some fun!





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**2020 Winter Class Listing & Events**  
**Classes begin January 6, 2020**  
**Come join our 32 Years of Excellence!**



**Stay Active | Stay Healthy | Stay Connected**

*Lunch &*  
**Learn**  
meet. eat. discover.

**Save The Dates**  
**SCAN Lunch & Learns for 2020**

**Monmouth Mall, Eatontown**

February 14 | March 17 | May 13 | June 16 | September 30 | November 5

**St. Andrew United Methodist Church, Toms River**

February 19 | March 25 | April 29 | June 3 | July 8 | October 7