



**Monmouth Mall | 180 Highway 35 South
Eatontown, NJ 07724**
Tel: 732-542-1326 | Fax: 732-389-9434
www.scannj.org
Monday-Friday 10:00am-4:00pm

Stay Active | Stay Healthy | Stay Connected

SCAN is a member-based organization with programs that create the opportunity for adults age 50+ to thrive and help them sustain their independence, health, and happiness.

Dear SCAN Community:

I hope this note finds you well. SCAN’s mission is to keep the senior community active, healthy, and connected and our Staff has been working hard to make this happen during this public health crisis. We pivoted from in-person classes to online classes during the Spring/Summer Semester and presented a virtual Meet the Physicians and a Virtual Lunch & Learn using Zoom. To further engage seniors, we have been hosting and will continue to host, weekly SCAN FYI segments on Facebook. Additionally, SCAN facilitated a virtual Diabetes Self-Management Program and was one of only three organizations in New Jersey to offer this workshop online.

Clearly, technology has become essential for SCAN to engage with our community. If you aren’t receiving weekly emails from us, we encourage you to get your email address on file with us. Our website, www.scannj.org, is another valuable resource to stay informed.

We recognize there are seniors we serve that don’t utilize technology and rely upon paper copies of SCAN’s Class Listings to stay informed. We encourage you to embrace technology, not shy away from it. SCAN has always encouraged the senior community to use technology. This pandemic has forced many, including SCAN, to use it in different ways and think outside the box in terms of how we conducted our business and offered our services and resources. Business as usual will not be *business as usual* ever again, but we’re finding that’s a good thing! We have expanded our resources and grown our community connections. It’s actually an exciting time for SCAN! We are working diligently to serve you better, to keep you safe and healthy as we navigate the coming months together.

For those of you who feel challenged by technology, we have added a few tutorials on our website to assist you with establishing an email address and on how to use Zoom. We want you to feel confident taking SCAN’s online classes in the Fall Semester. We plan to create a dual platform in 2021 by offering in-person and online classes.

Classes for the Fall Semester will have discounted rates in consideration of the economic environment created by this pandemic, **but you must have a current SCAN Membership to participate**. The rate for Membership and Renewals has been set at \$15 for the remainder of 2020.

I would also like to take this opportunity to thank our Sponsors. We continue to find ways to bring their expertise to you with virtual presentations and email announcements. Please visit SCAN’s website for full descriptions of their respective products and services as well as direct links to their websites.

I look forward to seeing you all in person sometime soon, but for now, continue to stay safe, active, healthy, and connected with SCAN.

Pat Bohse
SCAN Executive Director

Turn to Page 3 for 2020 Fall Semester Online Class and Virtual Event Schedule.

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

Diamond Sponsor



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2020 Fall Online Class & Virtual Event Schedule

September 14 to December 11

(no classes on November 26 & 27)

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

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

In this 13 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!

Monday 10:00AM-11:00AM 9/14/2020-12/7/2020

Instructor: David J.V. Meenan

Member Fee: 46.00

Art: Art For Everyone (C6658.1) NEW

These 5 fun and relaxing classes are designed for everyone who has avoided "The Art Class." Maybe you don't think you're the creative type, maybe you never took an art class or explored on your own, or maybe you're afraid to share your creations with others. EVERYONE is creative, and in our relaxing and stress-free environment, we will introduce creative art exercises and projects using various tools and supplies as we tap into your expressive and creative side. Join us for a fun experience, express yourself, explore, relieve stress, meet new friends, and experience success. Just bring yourself and your imagination! Short supply list will be provided with most items found at home. **Only for first time students with Domenica Donna Como.**

Tuesday 10:00AM-11:30AM 9/22; 10/6; 10/20, 11/3 & 11/17/2020

Instructor: Domenica Donna Como

Member Fee: Complimentary

Art: Beginner Watercolor Painting & Mixed Media (C0130.1) NEW

Be surprised by your own talent and creative side! Join our journey and find the "artist within you" during these 5 classes. 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/mixed-media 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! Supply list available upon request. **Only for first time students with Domenica Donna Como.**

Wednesday 10:00AM-11:30AM 9/23; 10/7; 10/21, 11/4 & 11/18/2020

Instructor: Domenica Donna Como

Member Fee: Complimentary

Crafts: Maddie's Crafty Corner (C6675/1) NEW

Create a crafty project in each of these 5 classes with an accomplished crafter, Maddie B. The crafts will be easy and will use many common household items. The first craft will be a T-shirt Market Bag – great for shopping! A materials list will be provided.

Thursday 11:00AM-12:00PM 9/24; 10/8; 10/22; 11/5 & 11/19/2020

Instructor: Maddie Bennett

Member Fee: 15.00

Fitness: Bone Up Against Osteoporosis

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. Fitness supply list will be provided which includes basic water bottles. **Register for each day separately.**

Tuesday 11:00AM-12:00PM (C0905.1) 9/15/2020-12/8/2020

Instructor: Karen Kelly

Member Fee: 46.00

Thursday 11:00AM-12:00PM (C0905.2) 9/17/2020-12/10/2020

Instructor: Karen Kelly

Member Fee: 46.00

Diabetes Self-Management Workshop – Online with Zoom
FREE 6 Weekly Sessions - Morning & Evening Dates Available – Sign Up Today!
See page 4 for details

Fitness: Tai Chi Easy (C0891.1)

Tai Chi Easy program is easy to learn. This 8 week class 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.

Monday 12:00PM-1:00PM

9/14/2020-11/2/2020

Instructor: Bill Stevens

Member Fee: 28.00

Fitness: Floor Yoga for Flexibility and Strength

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. **Register for each day separately.**

Wednesday 9:00AM-10:00AM (C0860.1)

9/16/2020-12/9/2020

Instructor: Maria DiSanti

Member Fee: 46.00

Friday 9:00AM-10:00AM (C0860.2)

9/18/2020-12/11/2020

Instructor: Maria DiSanti

Member Fee: 46.00

Fitness: Chair Assisted Yoga

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.

Register for each day separately.

Wednesday 11:30AM-12:30PM (C0861.1)

9/16/2020-12/9/2020

Instructor: Maria DiSanti

Member Fee: 46.00

Friday 11:30AM-12:30PM (C0861.2)

9/18/2020-12/11/2020

Instructor: Maria DiSanti

Member Fee: 46.00

SCAN's Virtual Lunch & Learn Series

"You bring your lunch & we bring the learn into your home"

Online Using Zoom -- 12:30-1:30pm

September 24 | October 15 | November 5 | December 13

REGISTRATION IS REQUIRED.

VIDEO & CALL-IN OPTION BOTH AVAILABLE TO PARTICIPATE.

Games: Trivia Time **NEW**

Have some online fun playing Trivial Pursuit Baby Boomer Edition from the comfort of your home with fellow SCAN Members hosted by Cris Brown of Imperial Healthcare. A few good laughs will be shared and prizes will be awarded.

Wednesday 2:00PM-3:00PM (C6673.1)

9/30/2020 & 10/14/20

Instructor: Imperial Healthcare

Member Fee: Complimentary

Wednesday 6:30PM-7:30PM (C6674.1)

10/7/2020 & 10/21/20

Instructor: Imperial Healthcare

Member Fee: Complimentary

Health & Wellness: Diabetes Self-Management Program

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 weekly positive group setting, participants will make weekly action plans, share their experiences, and help each other solve problems they encounter. Participants receive the companion book, *Living a Healthy Life with Chronic Conditions*. Workshop conducted online via Zoom. An active email address, internet access and a smartphone, tablet or computer needed.

FREE and open to residents of Monmouth County age 60 or older. MUST CALL SCAN TO REGISTER.

Monday 10:00AM-12:00PM

9/14/2020-10/19/2020

Thursday 6:00PM-8:00PM

10/8/2020-11/12/2020



NEW EVENING WORKSHOP

Health & Wellness: Stress Management (C6671.1) NEW

Learn how stress can impact your health, what you can do to manage your stress levels, strategies for lowering your daily stressors and enjoy a guided imagery exercise.

Wednesday 1:00PM-2:00PM 9/30/2020

Instructor: Ascend Hospice

Member Fee: Complimentary

Health & Wellness: Meditation (C6672.1) NEW

Join us for mindfulness meditation for 10 weeks to reduce stress and stay present with Certified Meditation Instructor, Sharon Coyle-Saeed. Whether you are new to meditating or you are a long-time practitioner, all are welcome.

Wednesday 2:00PM-3:00PM 9/16/2020-11/18/2020

Instructor: Sharon Coyle-Saeed

Member Fee: 20.00

Languages: Beginner Spanish (C6660.1) NEW

Have you always wanted to learn Spanish, perhaps to converse with natives on your next trip to Spain or Latin America, or even here in the States, or maybe just as a hobby to stay active? Bienvenido! Welcome to Beginner Spanish! In this class, we will have basic conversations on an elementary level in everyday language. Topics will include talking about where you are from, what you like to do, your family, food, weather, and other topics of common interest to the group. Most of all, you will have fun learning authentic communication in a supportive atmosphere.

Tuesday 11:30AM-12:30PM 9/15/2020-12/8/2020

Instructor: Richard Sorrentino

Member Fee: 46.00

Languages: Advanced Beginner Spanish (C1405.1)

¿Habla un poco español? Do you speak some Spanish? In this class, you will build on knowledge gained in the Beginner Spanish class, or in other Spanish classes you might have attended, at SCAN or in a school setting. You should know basic structures like present tense and basic vocabulary in the topics mentioned in SCAN Beginner Spanish. Most of all, you will have fun learning authentic communication in a supportive setting.

Wednesday 1:00PM-2:00PM 9/16/2020-12/9/2020

Instructor: Richard Sorrentino

Member Fee: 46.00

Languages: Spanish Conversation (C1406.1)

¿Habla español? Spanish Conversation is a gathering of Spanish speakers at an intermediate level. Students will have a command of basic grammar and vocabulary with communication in authentic, everyday language as our goal. We will cover a wide range of topics based on the experiences of the students themselves: family, travel, food and anything else of common interest to the group. Most of all, we will have a fun experience in a supportive setting.

Tuesday 1:00PM-2:00PM 9/15/2020-12/8/2020

Instructor: Richard Sorrentino

Member Fee: 46.00

Languages: Beginner Italian (C6670.1) NEW

Have you always wanted to learn Italian, perhaps to converse with natives on your next trip to Italy, or maybe just as a hobby to stay active? Benvenuto! Welcome to Beginner Italian! In this class, we will have basic conversations on an elementary level in everyday language. Topics will include talking about where you are from, what you like to do, your family, food, weather and other topics of common interest to the group. Most of all, you will have fun learning authentic communication in a supportive atmosphere.

Monday 11:30AM-12:30PM 9/14/2020-12/7/2020

Instructor: Richard Sorrentino

Member Fee: 46.00

Languages: Advanced Beginner Italian (C1427.1)

Parla un po' d'italiano? Do you speak some Italian? In this class, you will build on knowledge gained in the Beginner Italian class, or in other Italian classes you might have attended, at SCAN or in a school setting. You should know basic structures like present tense and basic vocabulary in the topics mentioned above in the description of Beginning Italian. Most of all, you will have fun learning communication in a supportive setting.

Thursday 1:00PM-2:00PM 9/17/2020-12/10/2020

Instructor: Richard Sorrentino

Member Fee: 46.00

Coming Soon -- Collaboration with Monmouth University!
STAY TUNED FOR DETAILS & CHECK YOUR EMAIL FOR UPDATES.

Languages: Italian Conversation (C1425.1)

Parla italiano? Italian Conversation is a gathering of Italian speakers at an intermediate level. Students will have a command of basic grammar and vocabulary with communication in authentic, everyday language as our goal. We will cover a wide range of topics based on the experiences of the students themselves: family, travel, food, and anything else of common interest to the group. Most of all, we will have a fun experience in a supportive setting.

Monday & Friday 1:00PM-2:00PM

9/14/2020-12/11/2020

Instructor: Richard Sorrentino

Member Fee: 46.00

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 selected is Moby-Dick written by Herman Melville in 1851. Please purchase the Moby-Dick Barnes & Noble Classics Series (ISBN #978-1593080181). **Zoom call in option is available for this class, but not preferred.**

Friday 10:00AM-11:30AM

9/18/2020-12/11/2020

Instructor: Flora Higgins

Member Fee: 46.00

Music: Jack's Jazz Radio Hour (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.

Zoom call in and listen option is available for this class.

Wednesday 10:00AM-11:30AM

9/16/2020-12/9/2020

Instructor: Jack Livingstone

Member Fee: 10.00

Safety: Fraud Protection

AARP-New Jersey will be offering Fraud Protection workshops. Dates and times were not available at the time of print. Please check your email and SCAN website for updates. These workshops will be free and open to the public. Registration will be required.

Television & Film: TV & Film Aesthetics (C2210.1) NEW

This course is designed to introduce you to the study of the aesthetic elements of film and television. The term "aesthetics" often applies to the appreciation of beauty in art or nature. For our purposes, "aesthetics" can be defined as the methods and techniques used by TV producers/directors/editors to affect viewers, be it emotionally or intellectually. Over the course of the semester, we will identify and define the various visual and aural aesthetics that contribute to the artistry of television and film productions. We will analyze the effects of cinematography, lighting, sound, editing, set design, costume and makeup, music, graphics, opening and closing sequences and other production components. This course will explore the basic fundamental principles used in both single-camera and multi-camera production. It will provide a broad overview of theory, procedures and equipment while also touching on producing, directing, cinematography, audio and editing. By semester's end, you should have a better understanding of how TV shows and films are made and give you the tools to deconstruct scenes from a production perspective. You should also be familiar with the concepts and terminology that are commonly employed in the TV and film industries. Class is taught by National award-winning producer/director and filmmaker Robin Kampf.

Friday 12:00PM-1:30PM

9/18/2020-12/11/2020

Instructor: Robin Kampf

Member Fee: 46.00

Visit SCAN's YouTube Channel -- (direct link on [SCANNJ.ORG](https://www.scannj.org))

SCAN's Cable TV Shows:

Welcome to SCAN | Community Connections | Caregivers First

SCAN FYI to learn about:

SCAN's Benefit Enrollment Center | Telehealth | Energy Assistance

Community & Home Healthcare | Protection from Covid-19

SCAN's Recorded Virtual Events:

Meet the Physicians | Lunch & Learn

Watch us on

YouTube



Save the Date for our Virtual Celebration!
SCAN's Annual Leaders of Distinction Awards
October 20, 2020 | 4:30pm-5:30pm
Coming to you online via Zoom!
Check your email & SCANNJ.ORG
for details and registration information.

Updates

NOTE: The following programs have a tentative start date or have been postponed until 2021.

Freehold Campus: SCAN at Bethel AME Church: Tentative Opening for late September

Tuesdays from 10:30AM-2:30PM at Bethel AME Church, 3 Waterworks Road, Freehold Boro
Your place for Socialization, Fun, Friends, Conversation, Lunch & Coffee.

Successful Aging & Technology (SAT): Postponed to 2021

Opportunity for eligible seniors age 55+ to learn how to use tablet computers in 10 sessions. Health & wellness education and a financial screening are included.

Senior Health Insurance Program (SHIP) at SCAN: Postponed to 2021

Please call Family & Children's Services in Long Branch at 732-222-9111 for assistance at this time.

SCAN Self-Care Kit Giveaway

washable face mask | hand sanitizer

disposable gloves | resource guide | tote bag

Tuesday, September 1 from 9:30-11:00am

Curbside Pickup at Monmouth Mall by Lens Crafters

****100 Self Care Kits are First Come, First Served****



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Our Mission

SCAN’s mission is to enhance the quality of life for all adults aged 50+ living in Monmouth and Ocean Counties through socialization, education, technology, and assistance with community resources.

SCAN’s Benefit Enrollment Center

The BEC connects Medicare beneficiaries and disabled adults of limited income to the benefits they are entitled to receive.

These benefits can represent a savings of hundreds of dollars per month!

SCAN’s BEC screens for eligibility and provides application assistance and referrals for:

***Medicare Savings Programs | Medicaid
Prescription Savings Programs
SNAP (Food Stamps) | Energy Assistance & more!***

Call a Benefit Specialist today for a free eligibility screening.

732-587-5870