Dear Fellow SCAN Members and Friends,

Each new year offers an exciting opportunity for a fresh start and new beginnings, and 2022 is no different. No matter what your goals are for the coming year or how many new year’s resolutions you plan on making for 2022, ringing in the start of a new year is a moment to acknowledge and reflect - one, to celebrate all your experiences from 2021 and two, to welcome the new year ahead.

It is with the spirit of the New Year and new beginnings in mind, that we are delighted to present to you our new SCAN class schedule for 2022. Our SCAN team has been working hard behind the scenes to bring you a wide range of programming and events for 2022 that truly features something for everyone.

Our class schedule will once again include all our popular classes with the addition of Musical Theatre & Voice, Fundamentals of Art for the Beginner, and the return of Line Dancing. Art comes in all forms and is important to the aging process. We hope you will consider trying these exciting new classes! Our FREE evidence-based workshops Diabetes Self-Management and Take Control of Your Health have expanded to include A Matter of Balance and Love Your Brain.

Our Lunch & Learn Series returns to in-person, both at Monmouth Mall and St. Andrew United Methodist Church in Toms River. Conveniently register and pay for classes and free events anytime on our website at https://scannj.org.

SCAN membership and renewals will be returning to its pre-pandemic price of $20 on February 1st. I encourage you to renew your membership or invite a friend to join at the current $15 rate. You can join or renew your membership anytime on our website at https://scannj.org. Also beginning in 2022, paid annual membership will guarantee you the benefit of receiving a mailed copy of the class listing, so if you’d like to continue to receive this handy class guide, please remember to keep your membership current.

We are also excited to announce several new events for 2022 including our Winter Mall Walk, our Monthly Music Series here at Monmouth Mall, and our First Annual Golf & Tennis Classic. The Senior Expo & Fashion Show returns this year and the annual Leaders of Distinction Luncheon will be in October. Please watch your email and the SCAN website for updates about all these events. As we close the books on 2021, I wanted to remind all of you, our valuable members, that there is still time to make a tax-deductible donation to SCAN this year. You can make a credit card donation safely and securely on our website at https://scannj.org/donate/.

So, let’s raise a glass and toast to a wonderful year as we look forward to an amazing one ahead of us and here’s to a 2022 filled with lots of Senior Moments!

On behalf of all of us here at SCAN, I wish you all a happy & healthy holiday season and prosperous new year ahead, filled with lots of joy and many blessings for you and your loved ones.

Best regards,

Mike Ciavolino, SCAN Executive Director
Thank you to our Supporter, *Monmouth Mall*, and to all our Sponsors.

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**Diamond Sponsor**

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**Gold Sponsors**

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**Silver Sponsors**

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**Nickel Sponsors**

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**Copper Sponsors**
2022 Winter In-Person & Online Classes and Event Schedule

January 10 to April 8

Registration MUST be received one week prior to the start of a class/workshop.

SCAN New Membership/Renewal $15 until February 1 and then $20 thereafter.

Acting: The Art & Fun of Acting & Improv
Come 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! Please also see page 7 for newly added Musical Theatre & Voice with David.

**Monday 10:00AM - 11:30AM**
1/10/2022 - 4/4/2022
Member Fee: 130.00
In-person – C6611.1

**Art: Fundamentals of Art for the Beginner**
Join this 8-week class with all art supplies provided, just bring yourself, and take this journey with certified art teacher, Lorena Vera, to learn the fundamentals of art while exploring the benefits of art as we age. Learn to draw in Weeks 1 and 2 by exploring shapes, forms and shading which leads to transforming shapes into objects. Weeks 3 and 4 includes brush techniques, color theory and color mixing. Week 5 covers drawing and the study of a still life, with the final three weeks of class focused on your acrylic painting of the still life on canvas. A detailed weekly syllabus is available upon request from the SCAN Program Director.

**Monday 10:00AM - 12:00PM**
2/7/2022 - 3/28/2022
Member Fee: 165.00
In-person – C9000.1

**Art: Studio Time**
Here is an opportunity for artists of all levels of experience to get together, share studio time in a social setting, work in the medium of their choice and get creative. **CLASS LIMITED TO 7.**

**Tuesday 9:00AM - 12:00PM**
1/11/2022 - 4/5/2022
Member Fee: 50.00
In-person – C0140.1

**Art: Drawing & Mixed Media**
This 13-week class is designed for experienced artists in all mediums (acrylic, watercolor, colored pencil, pen and ink and more) to come together with a certified art teacher and work on your individual projects and share a creative space. **CLASS LIMITED TO 7.**

**Thursday 10:00AM - 12:00PM**
1/13/2022 - 4/7/2022
Member Fee: 105.00
In-person – C0120.1

**Dancing: Get In Line To Dance**
Join this 8-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. **Limited to 12 students. REGISTER EARLY.**

**Wednesday 2:15PM - 3:15PM**
1/26/2022 - 3/16/2022
Member Fee: 40.00
In-person – C6643.1

**Fitness: Strong Body Strong Bones** (formerly 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. During this 13-week class we will use weights, a playground ball and an exercise band. While at home, use water bottles, a small pillow and a scarf or belt. **Register for each day separately & please include the Class Code on registration form. IN-PERSON CLASS LIMITED TO 10.**

**Tuesday 11:00AM - 12:00PM**
1/18/2022 - 4/5/2022 (no class 1/11)
Member Fee: 46.00
In-person - C0905.1 Online - Z0905.1

**Thursday 11:00AM - 12:00PM**
1/14/2022 - 4/7/2022
Member Fee: 50.00
In-person - C0905.2 Online - Z0905.2
Fitness: Tai Chi Easy
Tai Chi Easy program is easy to learn and promotes health, vitality and inner peace and can be done by anyone sitting or standing. This 12-week class 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 1/17/2022-4/4/2022 (no class 1/10)  Instructor: Bill Stevens
Member Fee: 60.00  Online - Z0891.1

Fitness: Beginner/Gentle Floor Yoga
For the beginner who has never taken a yoga class and is not familiar with yogic breathing techniques. This is a great way to introduce yourself back to yoga if you haven’t practiced for many years. If you have limited range of motion or an injury that limits mobility, you will learn how to adapt the poses so you can practice with ease and still get the full benefits of yoga. We will strengthen and support the practice of moving from the floor to standing poses. 2 yoga blocks, a yoga blanket (or throw blanket), yoga strap (or rope, tie, or scarf) is mandatory for this class and are all available on site for in-person classes. Register for each day separately & please include the Class Code on registration form. IN-PERSON CLASS LIMITED TO 10.

Wednesday 10:15AM-11:15AM 1/12/2022-4/6/2022  Instructor: Maria DiSanti
Member Fee: 65.00  In-person - C6676.1  Online - Z6676.1

Friday 10:15AM-11:15AM 1/14/2022-4/8/2022
Member Fee: 65.00  In-person – C6676.2  Online – Z6676.2

Fitness: Intermediate/Advanced Floor Yoga
Basics will not be covered in this class. Knowledge and experience of yoga postures (asana) and basic knowledge of breathing techniques (e.g., 3-part yoga breathe) pranayama is required. Some understanding of how to use props for any postures that might be challenging for you is a plus. Moving from the floor to standing easefully is also essential. This is still a slower paced class with holding poses for strength. 2 yoga blocks, a yoga blanket (or throw blanket), yoga strap (or rope, tie, or scarf) is mandatory for this yoga and are all available on site for in-person classes. Register for each day separately & please include the Class Code on registration form. IN-PERSON CLASS LIMITED TO 10.

Wednesday 9:00AM-10:00AM 1/12/2022-4/6/2022  Instructor: Maria DiSanti
Member Fee: 65.00  In-person - C0860.1  Online - Z0860.1

Friday 9:00AM-10:00AM 1/14/2022-4/8/2022
Member Fee: 65.00  In-person – C0860.2  Online – Z0860.2

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. IN-PERSON CLASS LIMITED TO 10.

Wednesday 11:30AM-12:30PM 1/12/2022-4/6/2022  Instructor: Maria DiSanti
Member Fee: 65.00  In-person - C0861.1  Online - Z0861.1

Friday 11:30AM-12:30PM 1/14/2022-4/8/2022
Member Fee: 65.00  In-person – C0862.1  Online – Z0862.1
Games: Trivia Time  NEW
Have some fun and chase away the winter blues while testing your trivia knowledge with fellow SCAN Members hosted by Cris Brown of Imperial Healthcare. A few good laughs will be shared and prizes will be awarded.
FREE – SCAN Member Benefit
Tuesday 1:00PM-2:00PM  2/8/2022  In-person – C6673.1
Thursday 6:30PM-7:30PM  2/10/2022  Online – Z6674.1

Health & Wellness: Diabetes Self-Management Program – DAY & EVENING SESSIONS
Do you need extra help managing your diabetes? This FREE 6-week evidence-based, online diabetes-specific interactive workshop is exactly what you need to better manage your diabetes and get more enjoyment from life. In a weekly positive group setting, participants will share their experiences, help each other solve problems they encounter, improve decision making skills, make weekly action plans, and get a handle on your relationship with food. Do not be defined by your diabetes! Learn to take control of your diabetes and live your best life each day. 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 is necessary.
FREE and open to adults aged 60 or older in Monmouth County. CALL SCAN TO REGISTER at 732-542-1326.
Wednesday 6:00PM-8:00PM  1/19/2022-3/22/2022
Tuesday 1:00PM-3:00PM  2/2/2022-3/9/2022

Health & Wellness: Love Your Brain Yoga  NEW
Join this FREE 6-week gentle floor or chair yoga and meditation program designed to build community and foster resilience for participants with brain injury or neurological diagnoses (stroke, MS, Parkinson’s Disease, etc.), as well as for their caregivers. No yoga experience required, and all abilities welcomed. Each session includes 45-60 minutes breathing, gentle yoga and guided meditation/relaxation and concludes with facilitated discussion based on empowering themes. The program is facilitated at SCAN at Monmouth Mall by two Occupational Therapists who are Love Your Brain Health Professional Certified. For questions and to register, please contact Mackenzie Breitowich, OT, at 732-460-5389 or Mackenzie.breitowich@encompasshealth.com.
Tuesday 2:00PM-3:30PM  3/1/2022-4/5/2022

SCAN Lunch & Learn Series
“A time and place for everyone to lunch, learn and socialize.”

Monmouth Mall
February 17 & March 17 from 12:00-1:30pm
Check-in & visit with vendors starting at 11:30am.

St. Andrew United Methodist Church
1528 Church Road, Toms River
March 9 from 11:00am-1:00pm
Check-in & visit with vendors starting at 10:30am.
FREE & Open to the Public. REGISTRATION IS REQUIRED. NO WALK-INS.
PROOF OF VACCINATION WILL BE REQUIRED UPON ENTRY. MASKS REQUIRED UNTIL YOU ARE SEATED.
LUNCH WILL BE “GRAB & GO” STYLE.
Register at www.scannj.org under Free Public Events or call SCAN at 732-542-1326

Health & Wellness: Take Control of Your Health – DAY & EVENING SESSIONS
Are your chronic health conditions getting the best of you? Join a FREE 6-week evidence-based, online workshop designed specifically to help you get more out of life by taking control of your own health and managing your chronic conditions. This interactive workshop provides you with tools to develop your personal strategy for managing chronic health conditions such as arthritis, anxiety, high blood pressure, chronic pain, and much more. In a supportive and upbeat group setting, you will learn how to manage stress, improve communication, cope with depression, sleep better, create weekly action plans, and more. Change your perspective and change your life to get the most out of each day! 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 or tablet is needed.
FREE and open to adults aged 60 or older in Monmouth County. CALL SCAN TO REGISTER at 732-542-1326.
Tuesday 6:00PM-8:00PM  2/15/2022-3/22/2022
Wednesday 1:00PM-3:00PM  2/2/2022-3/9/2022

SCAN/Senior Citizens Activities Network | www.scannj.org
2022 Winter In-Person & Online Classes and Events
Health & Wellness: A Matter of Balance

Join this FREE 8-week nationally recognized program to reduce the fear of falling and increase activity levels among older adults. This program is designed to benefit older adults who are concerned about falls, have sustained falls in the past, restrict their activities because of concerns about falling, and are interested in improving flexibility, balance, and strength. Each session begins with a group discussion, as well as 30 minutes of gentle exercise to increase stretch and improve balance, and concludes with strategies to minimize the fear of falling, such as setting goals to increase activity and making changes at home and in your lifestyle to reduce fall risk. Classes takes place at SCAN at Monmouth Mall. FREE and open to adults age 60 or older in Monmouth County. CALL SCAN TO REGISTER at 732-542-1326.

Monday 1:00PM-3:00PM 2/28/2022-4/18/2022

Languages: Beginner Spanish

Join this FREE 8-week nationally recognized program to reduce the fear of falling and increase activity levels among older adults. This program is designed to benefit older adults who are concerned about falls, have sustained falls in the past, restrict their activities because of concerns about falling, and are interested in improving flexibility, balance, and strength. Each session begins with a group discussion, as well as 30 minutes of gentle exercise to increase stretch and improve balance, and concludes with strategies to minimize the fear of falling, such as setting goals to increase activity and making changes at home and in your lifestyle to reduce fall risk. Classes takes place at SCAN at Monmouth Mall. FREE and open to adults age 60 or older in Monmouth County. CALL SCAN TO REGISTER at 732-542-1326.

Languages: Advanced Beginner Spanish

¿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 in this 13-week class.

Languages: Spanish Conversation

¿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 in this 13-week class.

Languages: Beginner Italian

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 13-week 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.

Languages: Advanced Beginner Italian

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 in this 13-week class.

Languages: Italian Conversation

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.

Tuesday 11:30AM-12:30PM 1/11/2022-4/5/2022  Instructor: Richard Sorrentino
Member Fee: 65.00  In-person – C6660.1  Online – Z6660.1

Wednesday 1:00PM-2:00PM 1/12/2022-4/6/2021  Instructor: Richard Sorrentino
Member Fee: 65.00  In-person – C1405.1  Online – Z1405.1

Thursday 11:30AM-12:30PM 1/13/2022-4/7/2022  Instructor: Richard Sorrentino
Member Fee: 65.00  In-person – C1406.1  Online – Z1406.1

Monday 11:30AM-12:30PM 1/10/2022-4/2/2022  Instructor: Richard Sorrentino
Member Fee: 65.00  In-person – C6670.1  Online – Z6670.1

Tuesday 1:00PM-2:00PM 1/11/2022-4/5/2022  Instructor: Richard Sorrentino
Member Fee: 65.00  In-person – C1427.1  Online – Z1427.1

Monday & Friday 1:00PM-2:00PM (Online – Z1425.1) 1/10/2022-4/8/2022  Member Fee: 78.00
Thursday 11:30AM-12:30PM (In-person – C1425.1) 1/13/2022-4/7/2022  Member Fee: 65.00
Literature: Classic Literature
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. Book selection not available at time of print. Call SCAN for details. **CLASS LIMITED TO 10.**

**Friday 10:00AM-11:30AM**  
1/14/2022-4/8/2022  
**Member Fee:** 70.00  
In-person – C1511.1

**Music: Jack’s Jazz Radio Hour**
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 will 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 Vaughan and Ella Fitzgerald.

**The option to call in and listen is also available if you register for the online class.**

**Wednesday 10:00AM-11:30AM**  
1/12/2022-4/6/2022  
**Instructor:** Jack Livingstone

**Member Fee:** 18.00  
In-person – C0701.1  
Online – Z0701.1

**Music & Voice: Musical Theatre & Voice**  
**NEW**
Beginners to professionals will have musical fun learning proper vocal technique while belting out your favorite Broadway and Hollywood show tunes in this 6-week class with professional Broadway musical theatre actor, David J.V. Meenan. David’s students have appeared in dozens of Broadway productions. No need to be intimidated if you are just starting out and always had a dream because it’s never too late. A small showcase will be held at the end of the class if you choose. You will also learn inside stories of what it takes to put up an actual Broadway musical.

**Monday 11:45AM-12:45PM**  
1/10/2022-2/14/2022  
**Instructor:** David J.V. Meenan

**Member Fee:** 60.00  
In-person – C9001.1

**SCAN’s Brain Health Fair returns to the Monmouth Mall**
April 19 from 10:00am-12:00pm
Presentations | Movement & Meditation | Brain Games | Music and more!
FREE & Open to the Public. REGISTRATION IS REQUIRED. NO WALK-INS.
PROOF OF VACCINATION WILL BE CHECKED UPON ENTRY.
MASKS REQUIRED UNTIL YOU ARE SEATED.
Register at www.scannj.org under Free Public Events or call SCAN at 732-542-1326

**Special Interest: A Chocolate Tasting**  
**NEW**
Find out why chocolate was once considered the food of the gods and is now loved and craved universally by mere mortals. This is a delicious opportunity to sample several varieties of chocolate following a special tasting protocol to evaluate and understand what makes each of them unique. Learn about the health benefits of dark chocolate and how we can indulge ourselves guilt free. After you register, you will be emailed a shopping list for the bars of chocolates to purchase for this tasting.

**FREE - SCAN Member Benefit**  
Provided by: Andrea Tarr

**Wednesday 7:00PM-8:00PM**  
2/2/2022  
Online – Z6682.1

**Thursday 1:00PM-2:00PM**  
2/3/2022  
In-Person – C6682.1

**Television & Film: TV & Film Production**
We all watch a lot of television and many movies. Do you want to learn by National award-winning producer/director and filmmaker Robin Kampf, the process of putting a TV show, documentary, or feature film together? A wonderful opportunity to become a more savvy TV-film consumer or start a new career working in production. In SCAN's very own TV studio and control room at the Monmouth Mall, 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 learn graphics, and directing and producing a TV show. We will identify and define the various visual and aural aesthetics that contribute to the artistry of television and film productions. **CLASS LIMITED TO 10.**

**Friday 12:00PM-1:30PM**  
1/14/2022-4/8/2022  
**Instructor:** Robin Kampf

**Member Fee:** 65.00  
In-person - C2210.1

SCAN/Senior Citizens Activities Network | www.scannj.org  
2022 Winter In-Person & Online Classes and Events
2022 Winter Registration Form

LAST NAME: __________________________ FIRST NAME: ________________________

ADDRESS: ________________________________ ________________________________

CITY, STATE, ZIP: ____________________________ _______________________________

PRIMARY PHONE: __________________________ EMAIL: ____________________________

- An EMAIL address is REQUIRED to take online classes and participate in virtual events in order to send Zoom information.
- _______Please initial that you have been cleared by your Physician to take online or in-person Fitness Classes with SCAN and that you do not hold SCAN or the Instructors liable.

** You must register for a class or workshop at least one week prior to the start date. **
REGISTRATION WILL NOT BE PROCESSED WITHOUT PAYMENT

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<td>Lunch &amp; Learn at Monmouth Mall, 12:00-1:30pm (Open to the Public)</td>
<td>February 17 / March 17</td>
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<td>Lunch &amp; Learn at St. Andrew United Methodist Church, 11:00am-1:00pm (Open to the Public)</td>
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<td>Brain Health Fair at Monmouth Mall, April 19, 10:00am-12:00pm (Open to the Public)</td>
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TOTAL TUITION $ _______ 

Your donation shows your support and your desire for SCAN to continue to be a valuable asset for YOU and the senior community. THANK YOU.

$25 _______ $10 _______ $5 _______

TOTAL DUE $ _______

Mail completed Registration Form with check made payable to SCAN:
Monmouth Mall, 180 Highway 35 South, Eatontown, NJ 07724 ~ Tel: 732.542.1326 ~ www.scannj.org

☐ VISA ☐ MasterCard Card # __________________________ Exp Date: _______ Security # _______

Billing address on Card ________________________________________________________________

SCAN OFFICE USE ONLY

Date received: _______________________

Date entered in SF: _______________________

Date entered in QB: _______________________

SIGNATURE: __________________________ DATE: __________________________
2022 Winter Semester – ONLINE & IN-PERSON
Classes begin January 10, 2022
Come join our 33 Years of Excellence!

SAVE THE DATE!
SCAN's 1st Annual Golf & Tennis Classic
Monday, July 18, 2022
Eagle Oaks Country Club
Golf - Tennis - Swim - Dine
Watch for Details
www.scannj.org