

**Monmouth Mall**  
**180 Highway 35 South**  
**Eatontown, NJ 07724**  
732-542-1326  
[www.scannj.org](http://www.scannj.org)  
Monday-Friday 9:00AM-4:00PM



*Senior Citizens Activities Network (SCAN) serves the 55+ community in Monmouth and Ocean Counties enriching their lives with programming to promote healthy lifestyles, continuing education, and access to community and economic resources to keep them active, healthy, and connected.*

“To Plant a Garden is to Believe in Tomorrow” - Audrey Hepburn

Dear Friends and Fellow SCAN Members,

Is there anything that brings on more joy than the cold dark of winter giving way to the brightness of spring? Spring is an enjoyable time that makes people want to relax and celebrate the warm weather. For older adults, the warm weather can lift our spirits and provide a sense of renewal and purpose.

Another great way to lift your spirits and fight off social isolation is by joining or renewing your membership with SCAN. We have many exciting programs, classes, and workshops on tap this semester for you and your loved ones to help keep you active in mind, body, and spirit!

One of the many highlights is our Annual Brain Health Fair which will once again be held here at SCAN headquarters at Monmouth Mall on April 25. The event will feature a keynote presentation by Dr. Jasdeep Hundal a renowned Neuropsychologist at Hackensack Meridian Health and breakout sessions designed with your brain health in mind facilitated by Monmouth University Occupational Therapy graduate students.

Spring semester also brings SCAN's 6th Annual Senior Expo and Fashion Show! The event will be held on Friday May 10th from 11am – 3pm here at Monmouth Mall. The Expo will feature over forty vendors catering to all things seniors and will be followed by our Fashion Show by Macy's Monmouth Personal Stylist with SCAN Members age 55+ walking the runway. The event is FREE and open to the public.

SCAN will also offer our very popular Lunch & Learn events, here at Monmouth Mall on May 23 and June 27, and at St. Andrew United Methodist Church in Toms River, our Ocean County satellite location, on May 15.

Finally, if you have been waiting to join SCAN, now is the time during the final days of our 2024 March Madness Promotion! Get two years of membership for the price of one during the month of March. Current SCAN Members can refer a new member and be entered into a raffle for a \$25 gift card!

As always, we are incredibly grateful for the support of our members and excited to welcome you all back for another glorious Spring Semester here at SCAN. We look forward to seeing you here!

Best regards,

Mike Ciavolino - Executive Director

Register at [www.scannj.org](http://www.scannj.org) for these FREE Public Events.

### SENIOR EXPO & FASHION SHOW

May 10, 2024

11:00am-3:00pm at Monmouth Mall  
(Townsquare Lounge Area by Macy's)

Come join us as we celebrate Older Americans Month with over 40 vendors with products and services for the senior community, as well as the Fashion Show at 1:30pm with Macy's Personal Stylist and models age 55+.  
Lots of fun, FREE health screenings & giveaways, and plenty of opportunities to socialize with friends!

### BRAIN HEALTH FAIR

June 5, 2024

10:00am-12:30pm at St. Andrew United Methodist Church  
1528 Church Road, Toms River

Everything we do impacts our brain, from our daily interactions, food intake, level of exercise, and so much more. Event includes visits with exhibitors, a keynote presentation, small group brain games, chair fitness, a group meditation, and of course socialization! Gift card raffle for all participants!

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

---



# 2024 Spring-Summer Semester In-Person & Online Classes and Event Schedule

## April 29 to July 19

SCAN will be closed May 27; June 19; July 4 & 15

SCAN Membership is \$25 and Annual Renewal is \$20.

### Acting: The Art & Fun of Acting & Improv

Come have a great time in this 10-week class 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 for the class. See also **Tap Dancing & Karaoke-Sing Like The Star You Are!** with David.

Monday 10:00AM-11:30AM 4/29/2024-7/8/2024 (no class 5/27)

Instructor: David J.V. Meenan

Member Fee: 120.00

**In-person – C6611.1**

### Art: Introduction to Drawing – Part III

This 8-week class is a continuation of Introduction to Drawing II. Join us as we continue to explore drawing which will include continuation of human figure, the body as a whole including facial features. We will also dive into exploring domestic animals.

**CLASS MINIMUM IS 8 AND MAXIMUM IS 14.**

Friday 10:00AM-12:00PM 5/3/2024-6/21/2024

Instructor: Lorena Vera Artist/Certified Art Teacher

Member Fee: 184.00

**In-person – C9901.1**

### Art: Pastel for the Intermediate Beginner

**Pre-requisite for this class is Introduction to Drawing or Fundamentals of Art for the Beginner.**

Join this 8-week class with **all art supplies provided** to learn how to create amazing effects with pastel. We will explore still life. Our final project will explore composition and create a still life from reference photos.

**CLASS MINIMUM IS 8 AND MAXIMUM IS 14.**

Friday 12:30PM-2:30PM 5/3/2024-6/21/2024

Instructor: Lorena Vera, Artist/Certified Art Teacher

Member Fee: 184.00

**In-person – C9100.1**

### Art: Studio Time

Artists of all levels of experience and mediums come together to share studio time in a social setting. **CLASS LIMITED TO 8.**

Tuesday 9:00AM-12:00PM 4/30/2024-7/16/2024

Member Fee: 55.00

**In-person – C0140.1**

### Art: Creative Aging with Monmouth Arts



**FREE CLASS – Funded by Monmouth Arts**

Come socialize and express yourself through 2D and 3D visual arts activities designed to reduce stress and foster creativity and relaxation. This friendly and fun-filled 6-week program **with art supplies provided** is open to everyone from absolute beginners to seasoned artists. Explore the tools and techniques of watercolor painting, collage, and more as you experience the joy and healing nature of creating art. **CLASS LIMITED TO 16.**

\*If you were the beneficiary of a Creative Aging Art Grant in 2023, please allow another student this opportunity. If room is still available, the class will be made available to all.

Tuesday 12:30PM-2:00PM 4/30/2024-6/11/2024 (no class 6/4)

FREE & Open to Adults 55 & Older – SCAN Membership not required

**In-person – C9911.1**

### Cooking/Nutrition: Summer Time Shortcut Cooking NEW

Join us at the LiveWell Center (200 Wyckoff Rd, Suite 1200, Eatontown, NJ) in the WeForum Demonstration Kitchen for a cooking demonstration just for SCAN members or join us online. This recipe will feature healthy, shortcut ingredients, perfect for summer days when you don't want to turn on the oven!

FREE - SCAN Member Benefit

Presented by: Monmouth Medical Center

Wednesday 1:30PM-2:15PM

6/12/2024

**In-person – C9420.1 (Limited to 18)**

**Online – Z9420.1**

### Cooking/Nutrition: Healthy Eating in Under 20 Minutes NEW

Is cooking a drag? We've got the solution! No need to spend hours in the kitchen preparing healthy meals.

Come to SCAN and watch Seabrook Senior Living's Dining Team prepare a healthy meal in 20 minutes right before your eyes.

FREE & Open to the Public. REGISTRATION IS REQUIRED.

Presented by: Seabrook Senior Living

Thursday 1:00PM-2:00PM

6/6/2024

**In-person – C9910.1**

## Dance: Dance for Fitness

Come join this 8-week class and experience how dancing is a great way to strengthen bones and muscles, maintain a healthy weight, improve balance, and stay healthy in general. Dance for Fitness 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!

Monday 2:00PM-3:00PM

4/30/2024-6/24/2024 (no class 5/27)

Instructor: Karen Kelly

Member Fee: 52.00

**In-person – C6643.1**

## Dance: Beginner Tap Dance

Fun for everyone who ever had a dream of learning all the basic steps and Broadway routines while having fun at the same time. No experience needed, just an open mind, a sense of humor and some tap shoes. (Flat tap shoes (no heels) can be easily ordered on Amazon.) This 11-week class will take place at **DanceMixx Studio at 31 Park Road, Tinton Falls.**

Thursday 12:00PM-1:00PM

4/18/2024-6/27/2024

Instructor: David J.V. Meenan

Member Fee: 138.00

**In-person – C9902.1**

## Dance: Intermediate Tap Dance

Time to brush off those shoes, and get back into your Time Steps, Maxi Fords, Cramp Rolls, and learn some new steps as well. Class will be taught by Guinness Book World Record Holder in Tap, David J.V. Meenan, who has been teaching adults for years. This 11-week will take place at **DanceMixx Studio at 31 Park Road, Tinton Falls.**

Thursday 1:00PM-2:00PM

4/18/2024-6/27/2024

Instructor: David J.V. Meenan

Member Fee: 138.00

**In-person – C9903.1**

## 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 10-week **online** 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

4/29/2024-7/8/2024 (no class 5/27)

Instructor: Melinda Applegate

Member Fee: 75.00

**Online ONLY – Z0891.1**

## Fitness: Strength & Stretch

This 8-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.

Monday 1:00PM-1:45PM

4/29/2024-6/24/2024 (no class 5/27)

Instructor: Karen Kelly

Member Fee: 40.00

**In-person – C5105.1      Online – Z5105.1**

## Fitness: Strong Body Strong Bones

Exercise strengthens bones and muscles and improves balance, coordination, and flexibility, key for people with osteoporosis and osteopenia. This 12-week class incorporates light aerobics and weight exercises designed to improve strength, balance, and flexibility. 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.

Tuesday 11:00AM-12:00PM

4/30/2024-7/16/2024

Instructor: Karen Kelly

Member Fee: 78.00

**In-person - C0905.1      Online - Z0905.1**

Thursday 11:00AM-12:00PM

5/2/2024-7/18/2024 (no class 7/4)

Member Fee: 72.00

**In-person - C0905.2      Online - Z0905.2**

## Fitness: Beginner/Gentle Floor Yoga

For the beginner who has never taken a yoga class and is not familiar with yogic breathing techniques or this is a great 12-week class 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. Two yoga blocks, a yoga blanket (throw blanket), and yoga strap (rope, tie, or scarf) are mandatory for this class and are all available on site for in-person classes.

Wednesday 10:15AM-11:15AM

5/1/2024-7/17/2024 (no class 6/19)

Instructor: Maria DiSanti

Member Fee: 72.00

**In-person - C6676.1      Online - Z6676.1**

Friday 10:15AM-11:15AM

5/3/2024-7/19/2024

Member Fee: 78.00

**In-person – C6676.2      Online – Z6676.2**

## AARP Defensive Driving Course

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. Check is made payable to AARP (NO CASH) and

MUST be paid with registration with SCAN to reserve a seat in the class. Registration is open to the public.

Tuesday 10:00AM-1:00PM

6/18/2024 & 6/25/2024

AARP Member Fee: \$20    AARP Non-Member Fee: \$25

## **Fitness: Intermediate/Advanced Floor Yoga**

Basics will not be covered in this 12-week 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 postures for strength. Two yoga blocks, a yoga blanket (or throw blanket), and yoga strap (rope, tie, or scarf) are mandatory for this class and are all available on site for in-person classes.

Wednesday 9:00AM-10:00AM

5/1/2024-7/17/2024 (no class 6/19)

Instructor: Maria DiSanti

Member Fee: 72.00

**In-person - C0860.1    Online - Z0860.1**

Friday 9:00AM-10:00AM

5/3/2024-7/19/2024

Member Fee: 78.00

**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 in this 12-week class.

Wednesday 11:30AM-12:30PM

5/1/2024-7/17/2024 (no class 6/19)

Instructor: Maria DiSanti

Member Fee: 72.00

**In-person - C0861.1    Online - Z0861.1**

Friday 11:30AM-12:30PM

5/3/2024-7/19/2024

Member Fee: 78.00

**In-person - C0861.2    Online - Z0861.2**

## **Games: Learn to Play Mah Jongg NEW**

Come join this 6-week workshop with Trina Colford who has been playing Mah Jongg since the age of 7. Trina will teach you the fundamentals, skills and strategies of Mah Jongg and then facilitate as you play. The workshop is geared for beginners or players who need to brush up on their skills. The opportunity to continue to play will be offered in the Fall. **CLASS LIMITED TO 12.**

Wednesday 10:30AM-12:30PM

5/1/2024-6/5/2024

Instructor: Trina Colford

Member Fee: 75.00 (includes \$15 Mahjong card)

**In-person - C9905.1**

## **Games: Trivia with Famous Brands & Logos NEW**

Come join Tony Colon of Bartley Healthcare for a fun afternoon of trivia questions based on famous brands from the 1800s to today.

Tuesday 1:00PM-2:00PM 6/25/2024

**In-person - C9904.1**

Hosted by: Bartley Healthcare / The Orchards AL

FREE - SCAN Member Benefit

## **Health & Wellness: Take Control of Your Health Program NEW**

Come take control of your health! This free interactive 6-week self-management workshop is an ideal way to take back control of your health and your life. In a weekly group setting, participants will learn techniques to manage their chronic health conditions, create weekly action plans, share their experiences, and help each other solve problems they encounter along the way. Participants receive the companion book, *Living a Healthy Life with Chronic Conditions*. This program is a collaboration between SCAN and Hackensack Meridian Health. **FREE and open to residents of Monmouth County age 60 or older.**

Friday 10:00AM-12:00PM

5/17/2024-6/21/2024 (no class 5/31)

**MUST CALL SCAN TO REGISTER at 732-542-1326.**

## **Health & Wellness: Brain Games - Keep the Mind Sharp NEW**

This interactive presentation discusses our brain as the "master machine" and the important topic of brain health. In addition to reviewing maintenance activities to keep this master organ healthy and in the best working order, we will play games that stimulate different areas of our brain to help increase our memory. A strongly exercised brain can help keep our memory strong!

Thursday 1:00PM-2:00PM

5/30/2024

**In-person - C9600.1**

Presented by: BravenHealth

FREE & Open to the Public. REGISTRATION REQUIRED.

## **Health & Wellness: Brown Bag Your Medications NEW**

Join our pharmacy team as they discuss the simultaneous use of multiple drugs to treat a single ailment or condition, and the interactions they may cause. Bring your medications and supplements to have our pharmacists check for interactions, if any.

Tuesday 1:30PM-2:30PM

6/4/2024

**In-person - C9913.1**

Presented by: Hackensack Meridian Health

FREE & Open to the Public. REGISTRATION REQUIRED.



## Languages: Intermediate French

A basic understanding of everyday French vocabulary and basics of French grammar is required for this 6-week class.

**Please take note that each class session is 90 minutes.**

Tuesday 10:30AM-12:00PM

4/30/2024-6/4/2024

Instructor: Lawrence Pergola

Member Fee: 65.00

**In-person – C6648.1**

## Languages: Beginner Italian I

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 I! In this 10-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.

**For those with no prior experience.**

Monday 10:00AM-11:00AM

4/29/2024-7/8/2024 (no class 5/27)

Instructor: Richard Sorrentino

Member Fee: 65.00

**In-person – C6670.1    Online – Z6670.1**

## Languages: Beginner Italian II

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 II! In this 10-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.

Monday 11:30AM-12:30PM

4/29/2024-7/8/2024 (no class 5/27)

Instructor: Richard Sorrentino

Member Fee: 65.00

**In-person – C6670.2    Online – Z6670.2**

## Languages: Advanced Beginner Italian

Parla un po' d'italiano? Do you speak some Italian? In this 11-week 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.

Thursday 1:00PM-2:00PM

5/2/2024-7/18/2024 (no class 7/4)

Instructor: Richard Sorrentino

Member Fee: 72.00

**In-person – C1427.1    Online – Z1427.1**

## Languages: Italian Conversation

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 in this 12-week class based on the experiences of the students themselves: family, travel, food and anything else of common interest to the group.

Monday & Friday 1:30PM-2:30PM

4/29/2024-7/19/2024 (no class 5/27)

Instructor: Richard Sorrentino

Member Fee: 115.00

**Online – Z1425.1**

## Languages: Beginner Spanish

Spanish is the most important world language spoken in our country today. In this 11-week class, you can start from scratch or brush up on the Spanish you learned in high school or college. The class atmosphere is relaxed and fun. Everyone will be encouraged to speak, with grammar and vocabulary exercises as needed. ¡Mucho gusto!

Thursday 11:30AM-12:30PM

5/2/2024-7/18/2024 (no class 7/4)

Instructor: Richard Sorrentino

Member Fee: 72.00

**In-person – C6660.1    Online – Z6660.1**

## Languages: Advanced Beginner Spanish

Do you speak some Spanish? In this 11-week 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. Most of all, you will have fun learning authentic communication in a supportive setting.

Wednesday 1:00PM-2:00PM

5/1/2024-7/17/2024 (no class 6/19)

Instructor: Richard Sorrentino

Member Fee: 72.00

**In-person – C1405.1    Online – Z1405.1**

## 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.

Tuesday 1:00PM-2:00PM

4/30/2024-7/16/2024

Instructor: Richard Sorrentino

Member Fee: 78.00

**Online – Z1406.1**

## Literature: Classic Literature

Join our 12-week 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 is *A Connecticut Yankee in King Arthur's Court* by Mark Twain (Penguin Classics).

Friday 10:00AM-11:30AM

5/3/2024-7/19/2024

Instructor: Flora Higgins

Member Fee: 84.00

**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 yourself and learn about different vocalists and composers.

Wednesday 10:00AM-11:30AM

5/1/2024-7/17/2024 (no class 6/19)

Instructor: Jack Livingstone

Member Fee: 20.00

**In-person – C0701.1    Online – Z0701.1**

## Music: Karaoke - Sing Like The Star You Are! **NEW**

It's time to take your shower singing to the next level and show off those amazing vocals! Are you ready to shine like a star? Join this 6-week class while learning vocal tips and techniques from a professional voice and acting teacher. Work on your favorite Karaoke songs and learn some new ones, too. Get personal and group coaching while having a great time in this "No Judgment Zone."

Beginners and seasoned singers are all welcome.

Wednesday 1:00PM-2:30PM

5/1/2024-6/12/2024

Instructor: David J.V. Meenan

Member Fee: 72.00

**In-person – C9419.1**

## Poetry: Let Us Count the Ways: Love Poems **NEW**

Please join us for an afternoon reading of love poems selected and presented by Evelyn Hampton and Flora Higgins. Evelyn and Flora considered almost 100 poems while selecting the ones best suited for this presentation. The poets range from Alfred Lord Tennyson, Poet Laureate of Great Britain, to Billy Collins, Poet Laureate of The United States. Evelyn and Flora have presented similar programs at several venues in Monmouth County. They are both published poets and are members of Jersey Shore Poets. The public is encouraged to bring their favorite love poems to share at the end of the reading. Light refreshments will be served.

Friday 1:00PM-3:00PM

5/3/2024

Presented by: Flora Higgins & Evelyn Hampton

FREE SCAN Member Benefit & Open to Friends of SCAN    **In-person – C9911.1**

## Technology: iPhone & iPad Features & Apps for Daily Living **NEW**

Each workshop is a stand-alone, so you can register for all of them or just the workshop that fits your needs. An open review session for all participants is also included on July 10.

May 8 – **Email Setup** (understanding & use)

**In-person - C8801.1**

May 22 – **Using Apps & Widgets**

**In-person - C8802.1**

June 5 – **Music & Book Apps** (listening & reading)

**In-person - C8803.1**

June 26 – **Screenshots & Screen Captures** (creating & sharing)

**In-person - C8804.1**

Wednesday 1:00PM-2:00PM

Instructor: Bobby Tyler

Member Fee: 10.00 per workshop (Limited to 8 students per workshop)

## Special Interest: Writing For Results **NEW**

Join this 3-week educational and entertaining workshop about the art and science of effective writing. Everyone can learn to get better results from written communication from an office memo to a Dear John letter. Almost all writing is a sales job. This workshop provides the tools for negotiation. The course covers the following: Purpose and audience, getting started, the process, the building blocks of effective writing, editing and revision. Each session is 90 minutes. **CLASS LIMITED TO 10.**

Thursday 1:00PM-2:30PM

5/2/2024-5/16/2024

Member Fee: 36.00

**In-person – C9912.1**

Instructor: Flora Higgins

## Television & Film: TV & Film Production

In this 12-week class, learn the process of putting a TV show, documentary, or feature film together from a National award-winning producer/director and filmmaker Robin Kampf. Learn all about the exciting phases of television production in SCAN's TV studio at the Monmouth Mall. Become familiar with TV equipment and work in key production positions such as running the cameras, the audio board and teleprompter, as well as directing and producing at TV show. Remote field production equipment used to cover local events.

Friday 12:00PM-1:30PM

5/3/2024-7/19/2024

Instructor: Robin Kampf

Member Fee: 60.00

**In-person - C2210.1**

**2024 Spring Summer 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**

CODE #	TITLE	DAY	TIME	TUITION
	Senior Expo & Fashion Show at Monmouth Mall, 11:00am-3:00pm - May 10 (Open to the Public) <i>CIRCLE "FREE" TO REGISTER</i>			FREE
	Lunch & Learn at Monmouth Mall, 11:30am-1:00pm (Open to the Public) <i>CIRCLE "FREE" &amp; SELECT DATES TO REGISTER</i> May 23 / June 27			FREE
	Lunch & Learn at St. Andrew United Methodist Church, 10:30am-1:00pm - May 15 (Open to the Public) <i>CIRCLE "FREE" TO REGISTER</i>			FREE
	Brain Health Fair at St. Andrew United Methodist Church, 10:00am-12:30pm - June 5 (Open to the Public) <i>CIRCLE "FREE" TO REGISTER</i>			FREE
<b>TOTAL TUITION</b>				\$ _____
<div style="display: flex; align-items: center;"> <p><b>Our goal is to keep our fees as low as possible. We hope you are receiving <i>value</i> in SCAN's programming, both paid and free. Thank you for your donation.</b></p> </div>				_____ \$25
				_____ \$10
				_____ \$5
				_____ \$
<b>TOTAL DUE</b>				\$ _____

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 \_\_\_\_\_

<b>SCAN OFFICE USE ONLY</b>
Date received: _____
Date entered in SF: _____
Date entered in QB: _____



# SCAN Senior Citizens Activities Network

Keeping Seniors Active, Healthy & Connected Since 1988

Monmouth Mall  
180 Highway 35 South  
Eatontown, NJ 07724  
732-542-1326  
www.scannj.org

**2024 Spring Summer Semester – ONLINE & INPERSON**  
Classes begin April , 2024  
Come join our 35 years of excellence!



Stay Active | Stay Healthy | Stay Connected

## SCAN Lunch & Learn Series

Community Resources & Exhibits | Presentations | Grab & Go Lunch | Socialization

**Monmouth Mall**  
May 23 & June 27  
11:30am-1:00pm



**St. Andrew United Methodist Church**  
May 15  
10:30am-1:00pm  
(1528 Church Road, Toms River)

Register at [www.scannj.org](http://www.scannj.org) under FREE Public Events.



Event Sponsor



## SCAN's 3rd Annual Golf Classic

Monday July 15, 2024

Eagle Oaks Golf & Country Club

*Join us for a spectacular day of golf!*

GOLF CONTESTS | BBQ LUNCH | BUFFET DINNER | AUCTION | LOCKER ROOM ACCESS | & SO MUCH MORE!