

2026 Fall Semester Classes & Events

New Physical Address

Church of the Precious Blood/Parish Hall
72 Riverdale Ave,
Monmouth Beach, NJ 07750

New Mailing Address

PO Box 9, Monmouth Beach, NJ 07750
Hours: Monday-Friday 9:00AM-4:00PM
732-542-1326 / www.scannj.org

=Welcome=

Message from Mike Ciavolino, SCAN's Executive Director

There's something about the arrival of Fall that feels like a fresh start. As the weather turns cooler, it's the perfect time to get back into a routine, try something new, reconnect with friends, and make time for the things that keep us healthy, happy and engaged. And this Fall, SCAN truly has something for everyone. Start your day with one of our many fitness offerings, including Gentle Floor Yoga, Intermediate/Advanced Yoga, Chair Yoga, Strong Body Strong Bones, Sit and Get Fit, Tai Chi and more. If games are your thing, join us for Backgammon, Canasta or Mah Jongg. And if you're going through a difficult time, or would simply like someone to talk to, SCAN will once again offer our Navigating Grief Support Group. Interested in learning something new? We're offering Spanish and Italian, along with Classic Literature at our Boscov's satellite location. You can also take the stage with The Art & Fun of Acting & Improv, or get creative with Mixed Media Explorations, Studio Time, Watercolor Painting and Zen-Inspired Art. We'll also have Book Group, technology classes, Line Dancing, Broadway Dance & Jazz, Contemporary Ballet, Tap Dance and much more throughout the semester. And there's plenty happening beyond the classroom! This Fall brings three nights of Music Bingo, a wine tasting, a cooking demonstration at the LiveWell Center, Cornhole and several Lunch & Learn events throughout Monmouth and Ocean Counties. Our 5th Annual SCAN Golf Classic also returns on Monday, October 5 at Sun Eagles Golf & Country Club, bringing our community together in support of SCAN. Whatever your interests, we know you'll find something that inspires you to join us. I look forward to seeing you!

Mike Ciavolino
Executive Director

Policies and Procedures Regarding SCAN Fees and Payments

In order to continue doing business sustainably, we have made a few updates to our payment and refund policies. We thank you in advance for your understanding and cooperation.

- **Credit Card Charges:** An additional 3% will be added to all credit card charges.
- **Class Fees and Prorating:** We do not offer prorated fees for any class, regardless of when you join. Please be sure that your schedule allows you to attend most of the sessions before registering.
- **Refunds and Class Changes:** We do not offer refunds for classes or memberships. However, if your schedule changes, we may be able to transfer your registration to another class during the current semester or the following one. Requests for class changes must be made within the first two weeks of the semester. Please speak with a staff member for more information.
- **Online Payment Errors and Credit Card Chargebacks:** If you accidentally click the payment button twice during online registration, we will issue a refund for the duplicate payment. However, all non-refundable fees charged to SCAN by our payment processor will be deducted from your refund.
- **How to Make a Payment:** We accept payments in the following ways:
 1. **In person** at the SCAN office with any SCAN staff member
 2. **Online** at www.scannj.org, safely and securely
 3. **By mail** to SCAN, PO Box 9, Monmouth Beach, NJ 07750
 4. **NOTE:** Payments should never be given directly to instructors under any circumstances.

Thank You to Our Sponsors



Fall Semester In-Person & Online Schedule

Semester runs September 8 through December 4
SCAN will close on November 26-27 for Thanksgiving.
SCAN Membership is \$25; Annual Renewal is \$20.

- **MB** – Classes held at Monmouth Beach location.
- **BOSCOVS** – Classes held in Boscov's 3rd floor auditorium.

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

Acting and Improv for Any Age for this 11-week class! **No Class 10/5/2026** No experience necessary for this fun and active class that is open to all levels. Experienced actors and beginners are all welcome in this supportive environment that will first focus on Theatre Games and Improvs. It is a group driven class with a show at the end. So much fun for all! Taught by an experienced Actor and Teacher, Kerriane Spellman, is a versatile performer with deep roots in musical theater, and a history of acclaimed stage work.

Monday 12:00PM-1:30PM	9/14/2026-11/30/2026	Instructor: Kerriane Spellman
Member Fee: 143.00	In-person- C6611.1	

Art: Simple Acrylic Class-MB (C9902.4)

Join this 5 week class and Unwind and get creative with a fun, beginner-friendly acrylic painting class! Learn simple painting techniques while creating your own colorful artwork. No prior experience is needed, just bring your creativity and enjoy a relaxing time painting with others. Supplies Included

Tuesday 12:30PM-2:30PM	9/8/2026-10/6/2026	Instructor: Tracey Witter
Member Fee: 125.00	In-person- C9902.4	

Art: Watercolor Painting Class -Session 1 MB (C9902.1)

Join our Watercolor painting class taught by Artist Tracey Witter and explore the vibrant world of color and creativity! This is a 5-week (9/8-10/6) class with all supplies included. This is a beginner- intermediate friendly painting class that allows students to explore the unique qualities of each medium while learning foundational art techniques, to build confidence and refine their technique. Projects might include landscapes, or florals or simple still lives. The goal is to provide a relaxed, encouraging environment where students can experiment, discover their preferences, and gain skills through guided, hands-on practice. Art Supplies included

Tuesday 10:00AM-12:00PM	9/8/2026-10/6/2026	Instructor: Tracey Witter
Member Fee: 125.00	In-person- C9902.1	

Art: Watercolor Painting Class- Session 2 - MB *No Class 11/24* (C9902.2)

Join our Watercolor painting class taught by Artist Tracey Witter and explore the vibrant world of color and creativity! This is a 6-week class, which continues from the inspiration of our first art session, with all-new projects to explore. You do not need to attend Session 1 to join, everyone is welcome. Projects will be different from session 1. The goal is to provide a relaxed, encouraging environment where students can experiment, and discover their joy of painting. No Class 11/24 All Art Supplies Included

Tuesday 10:00AM-12:00PM	10/27/2026-12/8/2026	Instructor: Tracey Witter
Member Fee: 150.00	In-person- C9902.2	

Art: Studio Time - MB (C0140.1)

Artists of all levels of experience and mediums come together for 13 weeks to share studio time in a social setting.
CLASS LIMITED TO 8. Self - Facilitated

Thursday 9:30AM-12:30PM	9/10/2026-12/3/2026	
Member Fee: 55.00	In-Person- C0140.1	

Art: Mixed Media Explorations- Choose the medium- MB **No Class 11/24** (C9902.5)

Discover this 6-week, exciting world of mixed media as you combine watercolor with ink, acrylic, texture, and new techniques to create your own one of a kind artwork. You will be able to choose what medium you want to use to express your own style.

NO CLASS 11/24

Tuesday 12:30PM-2:30PM	10/27/2026-12/8/2026	Instructor: Tracey Witter
Member Fee: 150.00	In-person- C9902.5	

Art: Zen-Inspired Art Class -MB (C5056.2)

Join us for a NEW 13-week class, where you can be creative in a relaxing environment while learning new techniques. Learn a simple, step by step method for creating beautiful abstract images from repetitive patterns called tangles. No prior art experience is needed. Surprise yourself by building stunning designs from basic shapes, creating unique compositions, and experiencing a fun path to relaxation, creativity, mindfulness. SUPPLIES INCLUDED

Tuesday 10:30AM-12:00PM	9/8/2026-12/1/2026	Instructor: Beth Stamp
Member Fee: 91.00	In-person- C5056.2	

Clubs: Book Group- MB

Book Group - 21st Century Fiction Join us for 3 separate sessions, 3 different books as we read and discuss critically acclaimed books of the 21st Century. Sign up for one, two, or all three sessions. All are welcome, even if you haven't finished the book. Books are widely available at local libraries.

Facilitator: Aida Murphy

Session 1- "Bel Canto" by Ann Patchett, 2001 "Bel Canto" by Ann Patchett, 2001 A hostage drama set in Peru where music, confinement, and unexpected bonds transform captors and captives alike.

Monday 10/05/2026 1:00PM-2:00PM Member Fee: 15.00 In- Person- C2124.1

Session 2- "An American Marriage" by Tayari Jones, 2018 A moving story of marriage, race, and justice as a young couple's life is upended by a wrongful conviction.

Monday 11/2/2026 1:00PM-2:00PM Member Fee: 15.00 In-person- C2124.2

Session 3- "A Visit from the Goon Squad" by Jennifer Egan, 2010 An inventive investigation of growing up and growing old in the digital age, displaying a big-hearted curiosity about cultural change at warp speed.

Monday 12/14/2026 1:00PM-2:00PM Member Fee: 15.00 In- Person- C2124.3

Clubs: Open Walk- MB-NEW** (C3124.1)**

Whether you're looking to boost your fitness, meet new people, or simply get outside more often, this group offers a welcoming and supportive environment for all. If raining, we will walk in the gym. Walkers will meet at the SCAN entrance in Monmouth Beach. Be on time, walks will begin promptly at 10:05. Wear comfortable clothing and bring water. We will meet and walk: 9/24, 10/22, 11/19 Free and Open to the Public.

Thursday 10:00AM-11:00AM Facilitated by Barbara Edwards & Andrea Tarr

Coffee & Conversation ** NEW MB (C3021.1)**

Join us at our Cafe for hot coffee and lite refreshments and conversation. The Cafe is a relaxed, social gathering where conversation, connection, and a little creativity come together. November we will share our holiday cookie traditions, to prepare for December's Cafe where we will host a cookie swap, sharing the recipe and cookies.

Thursday 10:30AM-11:30AM 10/8, 11/5, 12/3

Free and Open to the public. Facilitated by Barbara Edwards and Andrea Tarr

Computers & Technology: Tech Class

Each workshop is a stand-alone, so you can register for all of them, or just the workshop that fits your needs. Tech Classes will be held at our Monmouth Beach location on Fridays.

Member Fee: 22.00 Instructor: Barbara Edwards

***Topic: Music and Book Apps-(C8801.1)**

Friday 11:00AM-12:00PM 9/25/2026

***Topic: Browsing the Web-(C8803.1)**

Friday 11:00AM-12:00PM 10/23/2026

***Topic: Apple Pay and Wallet-(C8803.1)**

Friday 11:00AM-12:00PM 11/6/2026

***Topic: Chat GPT-(C8805.1)**

Friday 11:00AM-12:00PM 12/4/2026

Crafts: Crocheting Club- MB-NEW** (C3125.1)**

Join our Crochet Club and enjoy a cozy, creative space to relax, learn, and connect! All skill levels are welcome. Come stitch, socialize, and learn how to crochet something beautiful. Instructor. **Class is every other Tuesday** Materials needed for first class: one skein of light-colored yarn and a #8mm crochet hook.

Tuesday 1:00PM-2:00PM 9/15, 9/29, 10/13, 10/27, 11/10, 11/24, 12/8 In-person:C3125.1

Member Fee: 55.00 Instructor: Carol Ciak

Dance: Beginner Line Dancing Class -MB (C8013.3)

Kick up your heels in this lively 4-week, ** NO CLASS 11/18** beginner line dancing class at our Monmouth Beach location. Perfect for all ages and skill levels, this class brings fun, fitness, and fantastic music. With a welcoming atmosphere and expert instruction, you'll be stepping in no time! Class size is limited to 25.

Wednesday 2:00PM-3:00PM 11/11/2026-12/9/2026 No Class 11/18 Instructor: Maureen Hawkins

Member Fee: 40.00 In-person C8013.3

Dance: Beginner Line Dancing Class (Weds) Boscov's

Kick up your heels in two separate lively sessions at Boscov's with the well-known instructor Maureen Hawkins. Perfect for all ages and skill levels, this class brings fun, fitness, and fantastic music. Not only will you learn to dance, but you'll also enjoy a low-impact workout that boosts physical and mental well-being. With a welcoming atmosphere and expert instruction, you'll be stepping in no time! The second session will feature a new set of dances to keep the fun going, while reviewing and reinforcing familiar favorites.

Wednesday Session 1	4:30PM-5:30PM	4 weeks 9/9/2026-9/30/2026	Instructor: Maureen Hawkins
Member Fee: 40.00	In-person C8013.2		
Wednesday Session 2	4:30PM-5:30PM	5 weeks 11/11/2026-12/9/2026	Instructor: Maureen Hawkins
Member Fee: 50.00	In-person C8013.4		

Dance: Intermediate Line Dance Class (Weds) Boscov's

Join our Intermediate Line Dancing with 2 sessions in Boscov's. The second session will feature new dances to keep the fun going! You can build on what you know, while new members are always welcomed and encouraged to join the fun. These Line Dancing classes reinforce technique and timing while introducing more intricate step patterns and transitions. With continued practice and fresh choreography, dancers gain confidence, improve memory, and develop smoother, more polished movement.

Wednesday Session 1	3:30PM-4:30PM	4 weeks 9/9/2026-9/30/2026	Instructor: Maureen Hawkins
Member Fee: 40.00	In-person C8014.1		
Wednesday Session 2	3:30PM-4:30PM	5 weeks 11/11/2026-12/9/2026	Instructor: Maureen Hawkins
Member Fee: 50.00	In-person C8014.2		

Dance: Contemporary Ballet for Adults (C9424.1)

Discover the strength, beauty, and artistry of movement. This inspiring 13-week class blends the grace of ballet with the expressive freedom of contemporary dance, creating a rewarding experience for dancers of all levels. Through ballet barre, center work, and contemporary movement, the benefits are to build strength & core stability, improve flexibility, develop better balance & coordination. Whether you're returning to dance or stepping into the studio for the first time, this class will leave you feeling stronger and flexible. Come join our new dance instructor Wendy Roman. Class will be held at DanceMixx Studio @ 31 Park Road, Tinton Falls 07724.

Tuesday 12:00PM-1:00PM	9/8/2026-12/1/2026	Instructor: Wendy Roman
Member Fee: 208.00	In-person C9424.1	

Dance: Broadway Dance /Jazz Class (C9420.1)

If you love to dance, this class is for you! Step into the spotlight and experience the excitement of Broadway while dancing to your favorite musical theater hits! This energetic 12-week class combines the storytelling and style of Broadway with the technique, rhythm, and jazz fun. for adults of all levels. Stay active and have an incredible time in a warm and supportive atmosphere. Feel like you're on the Broadway stage!

Monday 12:00PM-1:00PM	9/14/2026-11/30/2026	Instructor: Wendy Roman
Member Fee: 192.00	In-Person C9420.1	

Dance: Tap Dance I **NO CLASS 11/26 (C9902.1)**

Time to brush off those tap shoes and get back into your Time Steps, Maxi Fords, Cramp Rolls, and many more classic and new tap combinations. Whether you're returning to tap after a break or looking to continue building your skills, this fun and encouraging Beginner tap class is the perfect place to challenge yourself while enjoying great music and great company. This 12-week class will take place at DanceMixx Studio at 31 Park Road, Tinton Falls. **NO CLASS 11/26**

Thursday 12:00PM-1:00PM	9/10/2026-12/3/2026 No Class 11/26	Instructor: Brady Ceppaluni
Member Fee: 192.00	In-person C9902.1	

Dance: Tap Dance II *NO CLASS 11/26* (C9903.1)

Many students enjoy taking this class immediately after the Beginner/Intermediate class (Tap I) for even more dancing and practice. Have a blast learning new routines each week while building on advanced tap vocabulary, refining technique, and revisiting classic favorites. This Intermediate/Advanced (Tap II) class is designed for dancers who already have a strong foundation in tap. This 12-week class will take place taught by Brady Ceppaluni, who has an extensive resume in the field at DanceMixx Studio at 31 Park Road, Tinton Falls. **NO CLASS 11/26**

Thursday 1:00PM-2:00PM	9/10/2026-12/3/2026	Instructor: Brady Ceppaluni
Member Fee: 192.00	In-person C9903.1	

LUNCH & LEARN Schedule is on page 12 – Register online at www.scannj.org.

Fitness: Strong Body Strong Bones (Tues & Thurs) BOSCOV'S * NO CLASS 11/26*

Exercise strengthens bones and muscles and improves balance, coordination, and flexibility, key for people with osteoporosis and osteopenia. This 13-week class (Tuesdays) 12-week class (Thursdays NO CLASS 11/26) incorporates light aerobics and weight exercises designed to improve strength, balance, and flexibility. We will use weights and a playground ball. While at home, you can also use water bottles or a small pillow

Tuesday 11:00AM-12:00PM	9/8/2026-12/1/2026	Instructor: Karen Kelly	
Member Fee: 130.00	In-person C0905.1	Online Z0905.1	
Thursday 11:00AM-12:00PM	9/10/2026-12/3/2026	Instructor: Karen Kelly	
Member Fee: 120.00	In-person C0905.2	Online Z0905.2	No Class 11/26

Fitness: Strong Body Strong Bones- (Mon & Weds) MB *NO CLASS 10/5*

Come join this 11-week class (Monday *No Class 10/5) (Wednesday 6 weeks) Exercise strengthens bones and muscles and improves balance, coordination, and flexibility, key for people with osteoporosis and osteopenia incorporates light aerobics and weight exercises designed to improve strength, balance, and flexibility.

Monday 11:00AM-12:00PM	9/14/2026 11/30/2026	Instructor: Karen Kelly	
Member Fee: 110.00	In-person C6643.1	Online-Z6643.1	No Class 10/5
Wednesday 11:00AM-12:00PM	10/7/2026-11/11/2026	Instructor: Karen Kelly	
Member Fee: 60.00	In-Person C5105.1	On-Line Z5105.1	

Fitness: Chair Yoga (Mon, Wed-MB, Fri-Boscov's)

Chair Yoga offers a gentle, accessible way to experience all the benefits of yoga while being fully supported by a chair. This class uses slow, mindful movements that anyone can practice, making it ideal for beginners, those with limited mobility, or anyone who prefers a seated practice. You will explore yoga postures adapted to the chair, allowing the body to stretch, strengthen, and move with ease while improving circulation, mobility, and overall. Chair Yoga supports increased range of motion, strength, stability, breath awareness, energy, and peace of mind, offering a gentle path to strength, calm, and mindful movement. Instructor: Maria DiSanti

Monday 10:15AM-11:15AM	9/14/2026-11/30/2026	11-weeks	No Class 9/21
Member Fee: 110.00	Online Only Z0866.1		
Wednesday 11:30AM-12:30PM	9/9/2026-12/2/2026	13-weeks	
Member Fee: 130.00	In-person C0861.2	Online Z0861.2	
Friday 11:30AM-12:30PM	9/11/2026-12/4/2026	11-weeks	No Class 9/18, 11/27
Member Fee: 110.00	In-person C0866.1	Online Z0866.1	

Fitness: Gentle Floor Yoga (WEDS- MB & Fri -Boscov's)

Supportive Slow paced Perfect for New or Returning Students. This class is ideal for anyone who is brand new to yoga, unfamiliar with yogic breathing techniques. The class is also situated for individuals recovering from injury who need to move slowly and safely, as well as for students with limited mobility. Throughout the practice, students will learn how to adapt poses using props such as blocks and blankets while exploring gentle movements that support healing, increase mobility, and strengthen the body in an accessible way. The class also focuses on helping students move between floor and standing postures with greater ease, while incorporating foundational breathing practices that calm the mind and steady the nervous system. Instructor: Maria DiSanti

Wednesday 10:15AM-11:15AM	9/9/2026-12/2/2026	13 Weeks	
Member Fee: 130.00	In-person C6676.1	Online Z6676.1	
Friday 10:15AM-11:15AM	9/11/2026-12/4/2026	11 Weeks	No Class 9/18, 11/27
Member Fee: 110.00	In-person C6677.1	Online Z6677.1	

Fitness: Intermediate Floor Yoga (WEDS-MB)

For students with foundational experience This 13 week class is designed for practitioners who already have experience with yoga postures (asana) and basic breathing techniques such as 3 part yogic breath (Dirgha pranayama). Because the fundamentals will not be covered, students should feel comfortable modifying their practice and using props as needed. Participants are expected to be familiar with essential yoga postures, experienced with mindful breathing and basic pranayama, and able to move from the floor to stand with ease. Although it requires prior experience, the class remains slower paced, offering space to explore alignment, deepen awareness, and refine techniques in a mindful and intentional way. Intermediate Yoga is a steady, thoughtful practice for students ready to grow.

Wednesday 9:00AM-10:00AM	9/9/2026-12/2/2026	Instructor: Maria DiSanti	
Member Fee: 130.00	In-person- C0860.1	Online- Z0860.1	

Fitness: Yoga For Everyone (MON)- ZOOM ONLY *NO CLASS 9/21*(Z0860.2)

This 11-week (NO CLASS 9/21) class is for All Levels Welcoming, Mindful, Holistic, Yoga for Everyone is a welcoming class designed for everybody and every level—from complete beginners to seasoned practitioners. It offers a supportive environment where you can explore movement, breath, and stillness at your own pace. The class follows a choice-based approach, allowing you to tailor each practice to your comfort level while engaging in gentle postures that strengthen, stretch, and restore the body. Mind-calming techniques are woven throughout to help you focus and unwind, making this an especially inviting space for those who may feel hesitant about trying yoga. Each session concludes with three minutes of silent meditation to integrate the practice.

Monday 9:00AM-10:00AM 9/14/2026-11/30/2026 NO CLASS 9/21
 Member Fee: 110.00 Online Only- Z0860.2 Instructor: Maria DiSanti

Fitness: Sit and Get Fit *NEW* MB (C7712.1)

Come join this NEW 13-week class Sit and Get Fit, it is a gentle exercise class featuring easy movements performed while seated or using a chair for support. Participants work on improving strength, flexibility, balance, and circulation in a welcoming and safe environment. The class is suitable for a wide range of fitness levels and offers an enjoyable way to stay active

Tuesday 12:30PM-1:30PM 9/8/2026-12/1/2026 Instructor: Beth Stamp
 Member Fee: 130.00 In-person C7712.1

Fitness: Mat Pilates *NEW* (Friday-MB) (C7702.1)

Join this 12-week class, (No Class 11/27) rooted in STOTT PILATES® principles, each session blends precise, controlled movement with mindful breathing and smart sequencing for a workout that is both effective and engaging. Expect variety, creativity, and progressive exercises that evolve from week to week. A dynamic mix of props including resistance bands, small stability balls, hand weights, and foam rollers to help you deepen your practice and unlock new levels of strength and control. This class builds core strength, improves balance, alignment, mobility, and flexibility, and develops long well-conditioned muscles. Designed for those with a comfortable fitness level who can move confidently to and from the mat, the class offers thoughtful modifications and progressions so every participant can work at the right level.

Friday 9:30AM-10:30AM 9/11/2026-12/4/2026 No Class 11/27
 Member Fee: 120.00 In-person -C7702.1 Instructor: JoAnn Molnar

Fitness: Mature Movers Pilates *NEW* (Friday-MB) (C7702.2)

Mature Movers is a 12-week (No Class 11/27) Pilates class that will help with Strength, Balance & Mobility. A welcoming class with optional mat work, designed for those who prefer or need seated or standing support using a chair or other props. Ideal for anyone who finds floor transitions challenging. Each session blends mindful movement and breathwork with resistance bands, small balls, light weights, and other props to build core strength, improve posture and alignment. You will also increase flexibility and joint mobility, and support balance and everyday functional movement. Modifications are offered throughout so you can work at your own pace while still feeling appropriately challenged.

Friday 11:00AM-12:00AM 9/11/2026-12/4/2026 No Class 11/27
 Member Fee: 120.00 In-person -C7702.2 Instructor: JoAnn Molnar

Fitness: Tai Chi *NEW* (Tuesday) BOSCOV'S (C7701.1)

Adaptive Tai Chi class offers a gentle, low-impact way to support a wide range of abilities. Using slow, flowing movements, participants can improve balance, increase flexibility, build strength, and reduce anxiety. With thoughtful modifications and alternatives, the practice is accessible to many seniors, enhancing both physical and mental well-being. For comfort and safety, wear loose clothing and sneakers. This is a 13-week class.

Tuesday 2:00PM-3:00PM 9/8/2026-12/1/2026 Instructor: Beth Stamp
 Member Fee: 130.00 In-person- C7701.1

Games: Backgammon -Wednesday- BOSCOV'S

Come join this 5-week, fun and exciting two separate session workshops of Backgammon. Where you will learn or brush up on the game with SCAN's very own Dean Becca who has been playing and teaching the game for many years. Dean will teach you how to play, continue what you have learned and strategies of Backgammon and then facilitate as you play. Come and join the fun! You can take both sessions of backgammon, or one and still learn and continue playing what you learned. You will have fun learning and playing the game. Bring a friend or come to play and socialize. CLASS WILL BE HELD AT BOSCOV'S and is LIMITED TO 10.

Session 1 Wednesday 10:15AM-11:30AM 9/9/2026-10/7/2026 Instructor: Dean Becca
 Member Fee: 10.00 In-person C9907.1
 Session 2 Wednesday 10:15AM-11:30AM 10/21/2026-11/18/2026 Instructor: Dean Becca
 Member Fee: 10.00 In-person C9907.2

Games: Learn to Play Mahjong- Beginners- Tiles after Work- Boscov's (C9905.3)

Come join this 6-week workshop with Trina Colford. Trina will teach you the fundamentals, skills and strategies of Mahjong and then facilitate as you play. The workshop is geared for beginners or players who need to brush up on their skills. Join our evening game of Mahjong, come alone and make new friends, or bring a friend! LIMITED TO 12.

Wednesday 6:00PM-8:00PM 9/9/2026-10/14/2026 Instructor: Trina Colford
 Member Fee: 75.00 (Trina will sell the cards separately) In-person: C9905.3

Games: Learn to Play Mahjong -BEGINNER- MB (C9905.1)

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

Wednesday 1:00PM-3:00PM 9/9/2026-10/14/2026 Instructor: Trina Colford
 Member Fee: 75.00 (Trina will sell the cards separately) In-person: C9905.1

Games: Learn to Play Mahjong - INTERMEDIATE - MB (C9905.2)

*Prerequisite is the BEGINNER workshop or must have some playing experience. Trina will fine tune the fundamentals, skills and strategies of Mahjong and then facilitate the game as you play! Bring your Mahjong cards for this 6-week class. LIMITED TO 12.

Wednesday 10:30AM-12:30PM 9/9/2026-10/14/2026 Instructor: Trina Colford
 Member Fee: 75.00 In-person – C9905.2

Games: Open Play -MB (C1023.1) No Class 11/27

Looking for a fun way to spend your free time and connect with others? Come enjoy Mahjong and Canasta, or any games you want to play with friends in our MB Location! Bring your friends, cards, or tiles and enjoy a relaxing game in a welcoming environment.

Whether you're a seasoned player or just love getting together for a game, everyone is welcome. Come play, socialize, and have fun!

Friday 1:00PM 9/11/2026-12/4/2026 Self Facilitated
 Member Fee: 20.00 In-person C1023.1

Games: Canasta *NEW* MB (C9908.1)

Curious about Canasta? Join our beginner-friendly class and learn this fun, social card game in a relaxed and welcoming environment. We'll cover the basic rules, scoring, strategy, and gameplay step by step—no experience necessary. Whether you're looking to learn a new hobby, meet new people, or refresh your skills, this class is the perfect place to start. Learn to play canasta in these 10-week sessions. Lessons taught by Carol Spies, a lifelong Canasta. Classes limited to 8

Wednesday 1:00PM-2:30PM 9/9/2026-11/11/2026 Instructor: Carol Spies
 Member Fee: 25.00 In-person C9908.1

Health: Support Group: Navigating Grief-MB

Join a monthly support group to learn what it means to grieve, the steps of grief, how unique the experience can be and how you may respond to grief using healthy coping strategies. Grief is universal and can be the result of a loved one dying, divorce, the loss of a job or home, the end of a relationship, as well as other losses or life changes. REGISTER FOR EACH SESSION SEPARATELY.

Tuesday 1:30PM-2:30PM 10/13/2026; 11/10/2026; 12/8/2026 Presented by: Ascend Hospice & Palliative Care
 FREE & Open to the Public. REGISTRATION REQUIRED.

Health: Cooking Demo at The Livewell Center

Cooking Demo at the LiveWell Center Healthy "Dump and Bake" Dinner Make weeknight cooking a breeze with a "dump and bake dinner!" Learn a simple balanced recipe where you add all ingredients to the same baking dish, set the timer, and relax. Limited to 18 This program takes place at the LiveWell Center in Eatontown (200 Wyckoff Rd, Suite 1200, Eatontown, NJ, 07724).

CALL SCAN TO REGISTER

Wednesday 1:00PM 9/30/2026-9/30/2026 Member Fee: Free Also offered on zoom

Health: Meet the Professional at the Livewell Center on 11/11

Join RWJBarnabas Health and the Senior Citizens Activities Network (SCAN) for a FREE healthcare information session with a panel of medical experts from Monmouth Medical Center (MMC) who will address your health-related questions and help you find the pathway to better health! Taking place at the LiveWell Center in Eatontown Sign-in begins at 11:15AM, with panel starting at 11:30 Lunch will be served after the panel session. Registration information coming shortly.

Wednesday 11:15AM 11/11/2026-11/11/2026 Member Fee: free

Languages: Intermediate Italian -MB (Fri) (C6670.2)

Take your Italian to the next level! Build on your existing knowledge through conversation, vocabulary, pronunciation, and practical everyday phrases. This class is perfect for learners who have some experience with Italian and want to become more comfortable speaking and understanding the language. Andiamo! This is a 12-week class. No Class on 11/27

Friday 4:00PM-5:00PM

9/11/2026-12/4/2026

Instructor: Richard Sorrentino

Member Fee: 108.00

In-person – C6670.2

Online – Z6670.2

Languages: Beginner Italian MB (Mon) (C6670.1)

Ciao! Come learn the basics of Italian in a fun and relaxed setting. This beginner-friendly class will introduce everyday words and phrases, simple conversation, pronunciation, and useful vocabulary. No previous Italian experience is needed—just come ready to learn and say ciao! In this 12-week class we will have basic conversations on an elementary level in everyday language.

Monday 4:00PM-5:00PM

9/14/2026-11/30/2026

Instructor: Richard Sorrentino

Member Fee: 108.00

In-person – C6670.1

Online – Z6670.1

Languages: Italian Conversation (Weds) Online only ZZ (Z1425.1)

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

Wednesday 4:00PM-5:00PM

9/9/2026-12/2/2026

Instructor: Richard Sorrentino

Member Fee: 117.00

Online Z1425.1

Literature: Classic Literature (Weds)-BOSCOV'S (C1511.1)

Join our 13-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.

Wednesday: 12:15-1:45PM

9/9/2026-12/2/2026

Instructor: Flora Higgins

Member Fee: 117.00

In-person C1511.1

Music: Jack's Jazz Radio Hour (Weds) MB (C0701.1)

Come and 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, for 12 weeks, you will enjoy yourself and learn about different vocalists and composers.

Wednesday 10:00AM-11:30AM

9/9/2026-12/2/2026

Instructor: Jack Livingstone

FREE AND OPEN TO THE PUBLIC

In-person C0701.1

Online Z0701.1

Music: Community Choir (Thurs) MB (C9510.1) *No Class* 11/26

Come sing with us! Our Adult Choir is a welcoming group for anyone who enjoys music and wants to meet new people while singing together. No audition or experience is required—just bring your voice, your enthusiasm, and a love of music. Come for the singing, stay for the fun and friendships! 12-week course, No Class 11/26

Thursday 12:30PM-1:30PM

9/17/2026-12/3/2026

Instructor: Charles Clarke

Member Fee 156.00

In-person C9510.1

Music: Karaoke Sing Like the Star You Are! (Thurs) BOSCOV'S*NO CLASS 11/26* (C9419.1)

Sing your heart out and have some fun! This relaxed, no-pressure karaoke class is a chance to enjoy your favorite songs, build confidence, and connect with others. No singing experience required—just pick a song, grab the mic, and enjoy the spotlight! Join this exciting 12-week class (No Class 11/26) and build confidence while learning valuable vocal tips and techniques.

Thursday 2:00PM-3:00PM

9/10/2026 -12/2/2026

Instructor: Charles Clarke

Member Fee: 156.00

In-person C9419.1

Pop-up: Start Your Own Podcast MB (C2314.3)

If you have something to say, a podcast may be the ideal way for you to share your thoughts with the world. A podcast is a recorded audio or video conversation which is made available on the internet. Approximately one in three people in the US listen to podcasts on YouTube, making it the most popular platform. We will demonstrate the most basic way to record a podcast using a cell phone. We'll also demonstrate how to attach a mic to your phone for better sound quality. Additionally, we will demo a more sophisticated setup using traditional mics and a podcast recorder, and we'll record our own sample podcast as a group.

Friday 12:00PM-2:00PM

11/13/2026

Facilitator: Andrea Tarr

Fee: 10.00 Open to the public

Pop-up: Chocolate and Wine Pairing- MB (C2314.1)

Chocolate and Wine Tasting! 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 and understand what makes each of them unique. We'll also sample wines that pair well with each chocolate. We will discuss the health benefits of dark chocolate and learn how we can indulge guilt free. Lite snacks included.

Thursday 1:00PM-2:00PM

10/29/2026-10/29/2026

Facilitators: Andrea Tarr & Barbara Edwards

Member Fee: 10.00

Open to the Public

Pop-up: Music Bingo 9/16, 10/27, 11/18- MB

Music Bingo @ Monmouth Beach Come join the fun at our new Music Bingo Game! Music Bingo combines the excitement of bingo with the fun of your favorite songs. Instead of numbers, your bingo card features song titles or artists. As each tune plays, mark it off your card and race to complete a winning pattern. Whether you're a music expert or just love to sing along, Music Bingo is an entertaining way to enjoy great hits, friendly competition, and plenty of laughs. There are 3 different days to play; register separately for each one.

Wednesday 2:00PM-4:00PM Doors open at 2:00PM

9/16/2026

Fee: 20.00

OPEN TO ALL

Tuesday 6:00PM-8:00PM Doors open at 6:00PM

10/27/2026

Fee: 20.00

OPEN TO ALL

Wednesday 2:00PM-4:00PM Doors open at 2:00PM

11/18/2026

Fee: 20.00

OPEN TO ALL

Pop-up: Wine Tasting- Sip, Savor, Socialize, MB

Join us on October 15th for a special event at SCAN. Enjoy a guided tasting of curated wines and delicious charcuterie in the company of friends. Enjoy a fun evening of great wine, good company and delicious bites! Registration is required. Limited to the first 14 registrations.

Thursday 4:30PM-6:30PM

10/15/2026-10/15/2026

FEE: \$35.00 per person

ALL ARE WELCOME

Pop-up: How to Enjoy a Plant-Based Lifestyle

Eat Clean- Live Green- Feel Good. Come and enjoy a presentation on a plant-based lifestyle by Long Branch resident Alice Kessler.

Date: 10/9/2026 1:00PM-2:00PM

Facilitator: Alice Kessler

Free and Open to the Public

Pop-up: How to be a Clutter Buster

If your rooms feel like they are bursting at the seams, please join us for a lighthearted conversation on reducing your home's clutter. We will talk about effective solutions that work and can be implemented by everyone. Each participant will receive a decluttering checklist to get themselves motivated.

Friday: 10/23/2026 1:00PM

Facilitator: Andrea Tarr

Open to the public FREE

Pop-up: Falling Leaves Workshop

Celebrate the beauty of autumn with a fun and creative painting workshop. Capture the rich colors and graceful shapes of falling leaves while creating your own seasonal artwork. No painting experience is needed, just bring your creativity and enjoy a relaxing afternoon of art, color, and fall inspiration. Lite refreshments will be served

Friday: 11/6 /2026

12:00PM-2:00PM

Facilitators: Andrea Tarr and Barbara Edwards

FEE: 5.00

Open to the public

Special Events: Origami- Fold, Create & Have Fun! MB

Learn how to transform a simple sheet of paper into beautiful flowers, animals, decorations, and more. This relaxing, hands-on class is perfect for beginners and anyone looking to try something new. Come fold, create, and enjoy the art of paper! We supply the Origami paper, you supply a pencil to help our blunt fingers open folded flaps, and the patience to make clean creases.

Monday 9/28/2026

11:00AM -12:30PM

Instructor: Paul Georgiou

Member Fee: 20.00

Registration Required

Special Events: Breakfast with the Sponsor

There are three separate breakfasts at 8:30am on the first Wednesdays of the month – 9/2, 10/7, 11/4

Call SCAN for details and to register.

Special Events: Corn Hole September 25- MB

Join our Corn Hole Tournament sponsored by Braven Health! Grab a partner and join us for an afternoon of friendly competition at our Cornhole Tournament. Whether you're a seasoned player or just looking for a fun afternoon out, this event is perfect for all skill levels. Enjoy great games, good company.

Friday 1:00PM-3:00PM

9/25/2026

Member Fee: Free

Lite refreshments will be served

2026 Fall Registration Form
732.542.1326 / SCANNJ.ORG

Last Name _____ First Name _____

Address _____

City, ST, Zip _____

Primary Phone _____ Email* _____

****Email is required to take online classes****

_____ Please initial you have been cleared by your physician to take Fitness Classes at SCAN.

**Payment
Policies**

- Membership fees and class fees are non-refundable.
- A 3% fee will be added to all credit card charges.
- Payment in full is required at registration.
- We do not pro-rate fees for classes.

CODE	TITLE	DAY	TIME	FEE
Lunch & Learn	Monmouth Beach Sept 17 Oct 15 Nov 12 -- Circle FREE and select date(s).			FREE
Lunch & Learn	St. George Oct 7 Circle FREE and select date(s).			FREE
Lunch & Learn	Toms River Sept 23 Oct 21 Nov 18 -- Circle FREE and select date(s).			FREE
	TOTAL FEES			
 Thank you for your donation. Please let us know how you are enjoying SCAN's Programming.				☐ \$25 ☐ \$10 ☐ \$5 ☐ \$_____
	TOTAL DUE			

Mail completed Registration Form with check payable to SCAN.

c/o Church of the Precious Blood Parish Center, 72 Riverdale Ave, Monmouth Beach, NJ 07750

Credit Card# _____ Exp _____ Security# _____

Billing address if different from above: _____

Signature _____ Date _____

SCAN OFFICE USE ONLY

Date Received _____
Date entered in SF _____
Date entered in QB _____



Please Join Us!
2026 SCAN Lunch & Learn Series
 Informative Presentations -- Community Resources
 Socialization & Lunch

Monmouth Beach Location Church of the Precious Blood/ Parish Hall / Behind the Church 72 Riverdale Ave Monmouth Beach Sept 17, Oct 15, Nov 12 Time: 10:30am-1pm <i>Please bring a non-perishable item for the food pantry at St. Dorothea's.</i>	Toms River Location Toms River Senior Center* 652 Garfield Ave, Toms River Sept 23, Oct 21, Nov 18 Time: 11:30am-2pm	Ocean Township Location St. George Greek Orthodox Church 1033 West Park Ave Ocean Township Oct 7 Time: 10:30am-1pm
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***Register for Lunch & Learn Series at www.scannj.org
 under FREE Public Events.***



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 & Prescription Savings Programs
SNAP (Food Stamps) | Energy Assistance | Transportation & more!

Call a Benefit Specialist today at **732-587-5906** for a **FREE** eligibility screening.