



SCAN/Social Community Activities Network

Monmouth Mall – 180 Highway 35 South

Eatontown, NJ 07724

732.542.1326 ~ www.scannj.com

2016 Winter Class Schedule

Art

Drawing & Mixed Media

This intermediate to advanced class will cover the basics of drawing and cover composition, perspective, balance, color, values, shapes, contract, and proportion. Also covered will be the correct use of media. As class progresses, students will work with water color, charcoal, pen and ink, and more. Bring a pad and pencil to the first class. There is also a class trip to an art venue. This class is not intended for beginners. Class size limited to 12 students.

Winter C0120.1 Thu Jan 14-Apr 07 10:00 - 12:00 pm SCAN RM 4 Janet Zimmerman \$65.00
Non Member Fee: \$95

Drawing & Mixed Media for Absolute Beginners

This class for absolute beginners will introduce students to the basics of drawing and cover composition, perspective, balance, color, values, shapes, contract, and proportion. Also covered will be the correct use of media. As class progresses, students will be introduced to water color, charcoal, pen and ink, and more. Bring a pad and pencil to the first class. This class is geared for beginners who will receive individual attention. Class size limited to 12 students.

Winter C0163.1 Thu Jan 14-Mar 17 2:00 - 4:00 pm SCAN RM 4 Janet Zimmerman \$50.00
Non Member Fee: \$80

Watermedia Drawing

Tap into your imagination and creativity with this class! Enhance your watercolor painting and drawing skills and be surprised by your own talent with this Watermedia class. Discover various techniques, experimental tools and more while enjoying creative exercises, stimulating discussions, and individual instruction. Using original sources and compositions, you will discover challenging concepts and materials to produce artwork designed for your skill level. Class will critique their own paintings and learn from each other, while enjoying watermedia and the “happy accidents” it creates. Additional \$10.00 supply fee payable to the instructor.

Winter C0130.1 Tue Jan 12-Apr 05 1:00 - 2:30 pm SCAN RM 4 Donna Como \$65.00
Non Member Fee: \$95

Watermedia Workshop for Absolute Beginners

This one-brush watercolor painting using a water brush pen is for absolute beginners. Surprise your family and friends each week with a finished painting ready for framing and hanging. This one brush workshop is also good for someone who paints on the go as they travel and enjoys journaling. You’ll be introduced to the basics of watercolors including supplies, painting on wet and dry paper, washes, layering, mixing colors, templates, and various techniques. The workshop will focus on an exciting beginner watercolor painting system designed by an experienced artist and teacher. All supplies are provided. There is an additional materials \$25 fee payable to the instructor.

Winter C0159.1 Wed Jan 13-Apr 06 1:00 - 2:30 pm SCAN RM 4 Donna Como \$65.00
Non Member Fee: \$95

Studio Time

Here’s an opportunity for artists of all levels of experience to get together, share studio time in a social setting, and work in the medium of their choice. Class size limited to 13 students.

Winter C0140.1 Tue Jan 12-Apr 12 9:00 - 12:00 pm SCAN RM 4 Self-Facilitated \$42.00
Non Member Fee: \$72

Clubs

SCAN Café Featuring TED Talks

The SCAN Café will present TED talks, a nonprofit devoted to spreading ideas in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics from science to business to global issues. The goal is to make great ideas accessible and spark conversation. Each session will feature an inspiring short video followed by group discussion with a facilitator. Sign up for each session individually. Topics and dates as listed.

Jan 28: *A boat carrying 500 refugees sunk at sea. The story of two survivors.* -- Aboard an overloaded ship carrying more than 500 refugees, a young woman becomes an unlikely hero. This single, powerful story, told by Melissa Fleming of the UN's refugee agency, gives a human face to the sheer numbers of human beings trying to escape to better lives as the refugee ships keep coming.

Feb 25: *A guerilla gardener in South Central LA* -- Ron Finley plants vegetable gardens in South Central LA — in abandoned lots, traffic medians, along the curbs. Why? For fun, for defiance, for beauty and to offer some alternative to fast food in a community where "the drive-thrus are killing more people than the drive-bys."

March 24: *The new bionics that let us run, climb and dance* -- Hugh Herr is building the next generation of bionic limbs, robotic prosthetics inspired by nature's own designs. Herr lost both legs in a climbing accident 30 years ago; now, as the head of the MIT Media Lab's Biomechatronics group, he shows his incredible technology in a talk that's both technical and deeply personal with the help of ballroom dancer Adrienne Haslet-Davis, who lost her left leg in the 2013 Boston Marathon bombing, and performs again for the first time on the TED stage.

Winter	C1521.1	Thu	Jan 28	1:00 - 2:30 pm	SCAN RM 2	Staff	\$5.00
Winter	C1521.2	Thu	Feb 25	1:00 - 2:30 pm	SCAN RM 2	Staff	\$5.00
Winter	C1521.3	Thu	Mar 24	1:00 - 2:30 pm	SCAN RM 2	Staff	\$5.00

Pop Music & Jazz Classics Club

Club members will listen to some of the greatest music ever recorded, from the sounds of the Roaring Twenties up to the current period. Each week you'll enjoy and get to know more about the Big Band Era's Glenn Miller, Woody Herman, Duke Ellington and more. You'll also become more familiar with small combos and outstanding vocalists like Sinatra, Sarah Vaughn, and Ella Fitzgerald.

Winter	C0701.1	Wed	Jan 13-Apr 06	10:15 - 11:15 am	SCAN RM 4	Jack Livingstone	\$13.00
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Recorder Club

Enjoy learning and practicing new music to perform at various community events. Members should have previous experience playing the recorder.

Winter	C1720.1	Tue	Jan 12-Apr 05	9:00 - 10:30 am	SCAN RM 2	Karen Apruzzi	\$13.00
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Computers & Technology

Overview of the Internet

This overview course teaches the basics of the Internet (World Wide Web) and using an ISP to connect to the Internet on SCAN's state-of-the-art computers. Learn to 'surf the web' and e-mail your family and friends all over the world.

Prerequisite: PC Literacy & Windows or equivalent experience.

Winter	C0326.1	Wed	Mar 23	12:00 - 1:30 pm	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18
Winter	C0326.2	Wed	Apr 06	10:00 - 11:30 am	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18

Facebook: Social Networking Made Easy

Facebook is a great way for seniors to reach out to friends and family and stay connected. We'll show you how to get started on Facebook and how to use its many features.

Winter	C0355.1	Fri	Mar 11	9:00 - 10:00 am	SCAN RM 2	Andrea Tarr	\$10.00
							Non Member Fee: \$18

Using an Android Based Tablet

Tablets are very effective and useful tools, and here's an opportunity to learn just what your Android-based Tablet is capable of doing for you. Read your email, use the camera, search the Internet, and have some fun. Tablets will be provided for the class or bring your own along with your questions. Class size limited to 8.

Winter	C0365.2	Tue	Jan 27	12:00 - 1:00 pm	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18
Winter	C0365.1	Wed	Jan 20	10:00 - 11:30 am	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18

Tablets for Advanced Users

If you've been using your Tablet for a while and are ready to know about the more advanced capabilities, this is your opportunity to learn about those features.

Winter	C0366.2	Wed	Mar 16	10:00 - 11:30 am	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18
Winter	C0366.1	Wed	Feb 24	12:00 - 1:30 pm	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18

Backing Up and Restoring Your Android Tablet

Your Tablet becomes an essential tool and contains valuable data and photos. This class will cover the important aspects of backing up the information on your Tablet and restoring your data should that be necessary.

Winter	C0367.2	Wed	Mar 16	12:00 - 1:30 pm	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18
Winter	C0367.1	Wed	Jan 20	12:00 - 1:30 pm	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18

Basic Computer Skills

This is a basic overview for beginners on understanding and how to use a PC. Get familiar with the mouse, keyboard, and various concepts including the Desktop, hard drive, icons, and how to access programs. It is suggested that this basic class or equivalent knowledge be the starting point for all the other computer classes offered.

Winter	C0500.1	Wed	Mar 23	10:00 - 11:30 am	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18
Winter	C0500.2	Wed	Apr 06	12:00 - 1:30 pm	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18

Internet Safety

This class will address the security of the internet, anti-virus software, and how to identify potential scams.

Winter	C0512.2	Wed	Mar 30	12:00 - 1:30 pm	SCAN RM 2	Frank Remski	\$8.00
							Non Member Fee: \$15
Winter	C0512.1	Wed	Jan 27	10:00 - 11:30 am	SCAN RM 2	Frank Remski	\$10.00
							Non Member Fee: \$18

Fitness

Low Impact Advanced Aerobics

Active adults get results! Get a well rounded workout as you move and groove to lively music. Dance, stretch, and tone your way to fitness. It is recommended you bring a bottle of water to each class. Drop-in rate is \$5 per class session.

Winter	C0820.1	M/W/F	Jan 11-Apr 08	10:15 - 11:15 am	SCAN RM 3	Barbara Brodzinski	\$150.00
							Non Member Fee: \$180

Yoga For Flexibility & Strength

Increase flexibility, range of motion and core strength while achieving greater peace of mind. Classes include yoga breathing, yoga poses and relaxation. Wear comfortable clothing. You must bring your own floor mat to class. It is recommended you bring a bottle of water to each class. Yoga meets for 14 weeks. *If you sign up for only one class session per week the rate is \$92.00. Drop-in rate per class session is \$9.*

Winter	C0860.1	W/F	Jan 13-Apr 15	9:00 - 10:00 am	SCAN RM 3	Maria Di Santi	\$182.00
							Non Member Fee: \$212

Chair Assisted Yoga

Chair yoga is a gentle form of yoga that is practiced sitting in a chair or standing using a chair for support. Complicated maneuvers and complex movements are not present in a chair yoga class. If you are unable to participate in a traditional yoga class, chair yoga is a great option to achieve similar results in your physical and mental fitness. Wear comfortable clothing and bring a bottle of water to class. Yoga meets for 14 weeks. *If you sign up for only one class session per week the rate is \$92.00. Drop-in rate per class session is \$9.*

Winter	C0861.1	W/F	Jan 13-Apr 15	11:30 - 12:30 pm	SCAN RM 3	Maria Di Santi	\$182.00
							Non Member Fee: \$212

Yoga for Complete Beginners

If you have never tried yoga before, this 6 week introduction is the easiest way to get started. You will receive individual attention from the instructor and have the opportunity to gain confidence as you advance your skills. Wear comfortable clothing and bring water to class.

Winter	C0877.1	Wed	Feb 17-Mar 23	1:00 - 2:00 pm	SCAN RM 3	Maria Di Santi	\$50.00
							Non Member Fee: \$80

Bone Up Against Osteoporosis

This is a specialized fitness class which combines light aerobics, weight bearing, and balancing exercises to slow the progression of osteoporosis and osteopenia. The combination of these exercises target the body's large muscle groups to improve strength, balance, and flexibility. Drop-in rate for each class session is \$5.

Winter	C0905.1	Tue/Thu	Jan 12-Apr 07	11:00 - 12:00 pm	SCAN RM 3	Marina Ivanova	\$85.00
							Non Member Fee: \$115

Tai Chi Easy

Tai Chi Easy is a carefully developed method and approach to Tai Chi and makes it easy to learn. You don't need to learn the traditional movements so you'll be free to enjoy the calming emotional and health benefits of this gentle exercise. Tai Chi Easy can be done sitting, standing, or walking. Movements many be done individually or in a combination. This is a mind and body integration practice, so it will reduce your stress and create a state of relaxation and calm. This is an 8 week class.

Winter	C0891.1	Tue	Jan 12-Mar 01	12:30 - 1:30 pm	SCAN RM 3	Bill Stevens	\$50.00
							Non Member Fee: \$80

Health

Health seminars presented by Monmouth Medical Center will be held during February during the Boscov's Campus of Courses. Watch for details.

Meditation

Take the mystery out of meditation, learn what meditation can do for you and experience the practice in a group setting. Help manage stress, anxiety, anger, and pain. Improve your concentration and memory, and awaken to peace and harmony. Broadly defined, "meditation" refers to any practice in which you concentrate and try to remain aware of your experience moment to moment. This class will include a weekly guided meditation exploring different types of meditation practices. There will be time set aside at the end of the class for discussion and questions on how to develop a meditation practice for yourself. This class is open to anyone who has never meditated before or anyone who has a practice of their own. *Walk-in rate is \$9.00 per class session.*

Winter	C1339.1	Fri	Jan 15-Mar 18	10:00 - 11:00 am	SCAN RM 4	Maria DiSanti	\$50.00
							Non Member Fee: \$80

Foreign Languages

Beginning Spanish

Habla espanol un poco? Then this course is designed for you. Learn to speak Spanish by speaking. Class is mainly conducted in English with students responding in Spanish. No need to worry about grammar, parts of speech, or tenses. Just bring paper and pencils and your willingness to learn. A dictionary is helpful.

Winter	C1405.1	Tue	Jan 12-Apr 05	12:30 - 1:30 pm	SCAN RM 2	Adriana Arechiga-Pulsch	\$52.00
							Non Member Fee: \$82

Conversational Spanish

This class is designed for people that have basic knowledge of grammar and vocabulary. The class will help you move from just being able to read and write Spanish to start speaking by interacting in short dialogs with other students. Perfect to make that transition from beginning to more advanced. No textbooks or homework is required, just come have fun. A dictionary is helpful.

Winter	C1406.1	Tue	Jan 12-Apr 05	11:00 - 12:00 pm	SCAN RM 2	Adriana Arechiga-Pulsch	\$52.00
							Non Member Fee: \$82

Beginning Italian

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

Winter	C1427.1	Fri	Jan 15-Apr 09	11:15 – 12:15 pm	SCAN RM 4	Donna Baldino Scally	\$52.00
							Non Member Fee: \$82

Conversational Italian

Practice listening, speaking, reading, and writing as we explore a range of topics pertinent to the Italian culture and “la dolce vita.” Classes are interactive in a relaxed and friendly atmosphere. Some prior knowledge of Italian is necessary and a dictionary is helpful.

Winter	C1425.1	Fri	Jan 15-Apr 09	1:15 – 2:45 pm	SCAN RM 4	Donna Baldino Scally	\$52.00
							Non Member Fee: \$82

Literature

Classic Literature

Join our literature group. Reading and discussing great literature is a unique way of understanding history and adding to your personal literary wealth. Among other selections, the class will read Lewis Carroll’s classic *Alice in Wonderland* in honor of the book’s 150th anniversary. Because of the deeper understanding gained from the class discussions, you will experience unexpected pleasure and personal enrichment from this program of good reading.

Winter	C1513.1	Fri	Jan 15-Apr 08	10:00 - 11:30 am	SCAN RM 2	Flora Higgins	\$50.00
							Non Member Fee: \$80

Safety

Defensive Driving

Participants who complete this 2-day AARP 55 Above Defensive Driving course may receive a discount on portions of their automobile insurance and a deduction of 2 points from the Motor Vehicle Bureau. Payment for this class is made directly to AARP at the first class. The fee is \$15 for AARP members and \$20 for non-members.

Winter	C2005.1	Wed	Mar 02-Mar 09	1:00 - 4:00 pm	SCAN RM 2	AARP	\$15.00
							Non Member Fee: \$20

Special Events

Behind the Scenes at InfoAge at Camp Evans

Information Age Learning Center (InfoAge) is located at the old Camp Evans base in Wall, which is listed on the National Register of Historic Places. Camp Evans was the site of the Belmar Station of the Marconi Wireless Telegraph Company of America, built in 1913-14. It was the largest and is the last intact station of the first world encircling wireless network. At the very dawn of the information age Guglielmo Marconi, the 1909 Nobel Prize winner for Physics, had his American Corporation continue wireless radio development here. At the site in 1914, Edwin Armstrong and David Sarnoff tested Armstrong’s “regenerative circuit”, which revolutionized radio reception. During WWI the Navy operated the station under authority of the Radio Act of 1912. A trans-Atlantic Communications officer dispatched some of the most important messages of WWI to and from Washington and the front in Europe. Later the US Army Signal Corps did radar unit fabrication and development here. These units provided America’s first World War II radar defense until more advanced units were developed. Camp Evans engineers also played a major design role in subsequent radar replacement units. Camp Evans also served the US Army as the center of vacuum tube development and research. In 1946 Project Diana opened the "Space Age" by reflecting radar signals off the moon. In the 1950s, satellite payloads for Vanguard I and II were developed. Also in the 1950’s Signal Corps scientists drove the silicon based transistor industry to commercial viability to meet military radio, radar, and satellite power and miniaturization needs. Development and testing was done here on communication devices to support rapid and flexible all-weather warfare. From 1952-1999 Evans was the site of the US Army Radiation Dosimetry Laboratory. Devices and advances developed at the Evans Area were employed by the US Armed Forces in every conflict from WWII to the Persian Gulf War and recent Bosnia actions. InfoAge has an educational mission and is working to preserve Camp Evans for future generations. We will have a private lecture, a guided tour, and light refreshments during our visit.

Winter	C1543.1	Wed	Mar 23	1:00 - 3:00 pm	TBD	InfoAge Staff	\$15.00
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Chinese New Year and Culture

It’s the Year of the Ram! Enjoy an informative presentation by Angela Lee of Monmouth Medical Center’s Chinese & Russian Medical Programs. She will explain the significance of the New Year celebration and the meaning behind many aspects of Chinese culture. On February 14, there will be a Chinese New Year celebration at Monmouth Mall, and this special program is offered to provide an understanding of the meaning behind the celebration.

Television

TV Production Workshop

Students go beyond the basics and participate in all aspects of creating and producing TV shows that are seen on cable access TV stations. Activities include operating cameras, sound boards, VCR units, monitors, switches, etc. Students perform all studio functions such as the floor person, technical director, editor, CG operator, etc.

Winter C2210.1 Fri Jan 15-Apr 08 12:00 - 2:00 pm SCAN RM 1 TV Studio Charles Burke \$50.00
Non Member Fee: \$80

SPECIAL EVENTS at SCAN -- Please Save these Dates!

- **Jan 11:** Classes begin at SCAN.
- **Feb 1:** Boscov's Campus of Courses runs through Feb 29 in Monmouth Mall,, Eatontown.
- **March:** Campus of Courses in Ocean County Mall, Toms River – dates to be announced.
- **Feb 3:** Membership Meeting. David Willis of the Asbury Park Press will talk about scams.
- **Feb 14:** Chinese New Year Celebration at Monmouth Mall including the Dragon and Lion dance, Traditional Chinese Orchestra, Chinese Dancers, Martial Arts, Singing, and multiple table displays.