

# SCAN

## Social Community Activities Network

### Providing Excellence Since 1988



The Social Community Activities Network (SCAN) is getting ready for the Winter semester which begins

**Monday, January 13**

The complete schedule of all classes is currently available on our website [SCAN](http://www.scannj.com), [www.scannj.com](http://www.scannj.com), and our course catalogs have been mailed.

Please register early as space is limited in some classes.

Boscov's Campus of Courses

Feb 2-Feb 28, 2014

Monmouth Medical Center provides SCAN with complimentary health education seminars on a wide variety of topics.

During the Winter semester, all health lectures will take place at the Boscov's Campus of Courses in the 3rd floor Auditorium of Boscov's. There will be presentations on the following Wednesdays: Feb 5, Feb 12, Feb 19, Feb 26, two presentations each day.

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General Membership Meeting

Wednesday, January 29 at 12:30-1:30pm

Lunch will be included. Our guest speaker will be Dr. Shira Goldberg of Monmouth Medical Center.

Take Control of Your Health Workshop

This is a 6 session workshop and you may attend any number of sessions that you care to. In a study it was shown that people who took this program

improved their healthful behaviors (exercise, cognitive symptom management, coping, and communications with their doctors), improved their health status (self-reported health, fatigue, disability, social activities, and health distress), and decreased their days in the hospital.

These classes are funded by Monmouth County Office on Aging, NJ Department of Health & Senior Services, and a grant from US Admin for Community Living, Dept Health & Human Services, Washington, DC 20201.

Winter C1307.1 Mon Jan 20-Feb 24 1:00 - 3:30 pm SCAN RM 4 Classroom FREE

Winter C1307.2 Tue Jan 21-Feb 25 1:00 - 3:30 pm Seabrook Village Center Classroom  
FREE

Winter C1307.3 Thu Mar 06-Apr 10 1:30 - 4:00 pm Middletown Senior Center FREE

Winter C1307.4 Thu Mar 20-Apr 24 1:00 - 3:30 pm Tinton Falls Community Center FREE

### Love & Appreciation Week!

Please join us at SCAN for some special classes  
as we celebrate Love and Appreciation during  
Valentine's Week.

Monday, 2/10: All You Need is Love-

Let Feng Shui Help You presented by Sandy Volk, 11:30-12:30pm.

Monday, 2/10: Create Holiday Cards with Norma Wokas, to be  
distributed to seniors through the Meals on Wheels program, 9:30-11:00am.

Wednesday, 2/12: The Jazz Class will be featuring romantic music, 10:15-11:15am.

Thursday, 2/13: Chocolate Tasting with Andrea Tarr, 12:30-1:30pm.

Friday, 2/14: NEW! SCAN Meet-Up presented by Beth Stamp. Learn about Meet-Ups  
and find out how they can increase your social opportunities, 11:30-12:30pm.

### The Food Bank of Monmouth and Ocean County

#### Free Tax Preparation at SCAN!

Come get your tax returns filed for free and get the tax credits and  
refunds for which you are eligible. Volunteer tax professionals provide  
free preparation of Federal and State returns through the Volunteer  
Income Tax Assistance (VITA) program. The program serves low to  
moderate income households especially those potentially eligible  
for EITC (\$52,000 or less annual income).

Every Wednesday 1-7pm & Saturday 10:30am - 3:30pm, January 29 - April 12.

### SCAN offers

Programs to Make You Healthy  
including Complimentary Health Seminars  
however a \$5.00 donation would be appreciated.

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Programs to Make You Wealthy  
Including Buying & Selling on eBay  
Learn the basics of buying and  
selling on eBay and eBay Workshop  
for those who already have eBay accounts to get  
some extra coaching on their selling skills.

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Programs to Make You Wise!  
It includes art classes, various clubs

computer technology, crafts, languages,  
literature, music, photography, and  
the TV Production Workshop

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SCAN is Open Tue/Wed/Thu Evenings  
GET OFF THE COUCH & COME TO CLASS!

SCAN  
Social Community Activities Network  
Monmouth Mall  
180 Highway 35 South, Eatontown, NJ 07724  
(Located in the Basement level of Mall)  
Phone: 732-542-1326  
Fax: 732-389-9434  
Website: [www.scannj.com](http://www.scannj.com)

EXPANDED HOURS  
TO SERVE YOU BETTER!

SCAN Office Hours  
Monday by Appointment  
Tuesday - Friday: 9:00 AM - 4:00 PM  
Tuesday, Wednesday, Thursday Evenings  
6:00 PM-8:30 PM

#### BENEFITS OF YOUR [SCAN MEMBERSHIP](#)

- It definitely pays to be a member:
- \* Discounted prices on SCAN classes.
  - \* Discounts on selected Monmouth Mall stores and Food Court restaurants.
  - \* NEW! Discounts on glasses at Cohen's Optical.
  - \* NEW! Discounts at 5 Star Aquatic Center in Eatontown.
- For additional information on how to take advantage of these Member Benefits, talk to the SCAN staff.

Donations to SCAN  
Please make Tribute Sign donation checks payable to [SCAN](#), or  
you can charge it to your VISA or MASTERCARD

[YOU CAN HELP SCAN MAKE A DIFFERENCE](#)  
in the lives of older adults by joining the SCAN's family of supporters  
as a volunteer, an instructor, or as a business partner.  
<http://www.scannj.com/involve.shtm>

Please call SCAN with any questions at 732-542-1326.  
We're conveniently located on the Basement Level of  
Monmouth Mall by the Mall management offices.

**INFORMATION PROVIDED BY**  
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**BizEturtle:Events in Monmouth, [www.bizeturtle.com](http://www.bizeturtle.com)**  
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