



Social Community Activities Network



PAT BOHSE

SCAN is an adult social education and resource center headquartered on the basement level of Monmouth Mall. Founded in 1988 as the Senior Citizen Activity Network, the agency has since updated the acronym to stand for Social Community Activity Network. This better reflects the action-oriented profile of its members and the vibrancy and social networking strength of the organization.

SCAN is a not-for-profit 501C (3) overseen by a dedicated 13-member Board of Directors. The main draw of membership, which is open to anyone aged 50 and over, is the opportunity for networking. Our new tag line defines SCAN as a place “where active adults meet to be Informed, Empowered and Inspired.”

SCAN's facility houses 2 classrooms, a computer lab with 14 stations, a large workout room for fitness classes, and a TV studio. This year, with a generous \$30,000 donation from Renee Maxwell, we were able to rebuild the TV studio and start creating our own YouTube videos and commercials. Our students also produce educational and informational TV shows that focus on healthcare, community services, and the job market. These shows air on Comcast, Cablevision, Fios networks, and SCAN's own YouTube Channel.

We have over 30 classes each semester that are open to anybody, but discounts and freebies are available to members only. Students can choose from classes in art, computers, technology, digital photography, fitness, health, languages, music, TV production, finance and more. All are offered over the course of three 13-week semesters each year. Our classes are offered in Monmouth and Ocean Counties.

SCAN signature courses include “Take Control of Your Health,” which is an evidence based program created by Stanford University. Certified peer leaders instruct students on how to be their own best health advocates. It is presented at SCAN as well as other locations throughout Monmouth County. (If you wish to have us give this presentation in your local club or residential location, please contact us.) Other popular courses include “Financial Literacy for Women (and Men),” which helps members better understand their benefits, entitlements, and retirement strategies; and “Healthy Aging/Brain Fitness.”

We also offer a range of yoga, chair yoga, tai chi and other low-impact exercise classes, as well as Italian and Spanish classes. In addition, SCAN has just launched a Walkers Club, open to anyone and free of charge. You can read about all these classes and activities in our mailings, newsletters, and on our website (www.scannj.com).

Lastly, great news! SCAN has been accepted into a pilot project created by the National Council on Aging called the Aging Mastery Program. We plan to roll the program out in spring 2015. Stay tuned for more details.



PLEASE MARK YOUR CALENDARS:

- **SCAN's fall semester classes:** September 8th through December 5th.
- **SCAN's Campus of Courses at Boscov's in the Monmouth Mall:** September 15 through October 10 and
- **SCAN's Campus of Courses at Boscov's in the Ocean County Mall:** October 29 through November 19. These classes are free to SCAN members. Look for the class listings in the Asbury Park Press in late August and on the SCAN website (www.scan.com).
- **SCAN Open House:** September 16, 1- 3 pm. This is an opportunity for the public to meet the Senior Art Show winners and take a tour of the new SCAN facility.
- **General Membership Meeting:** September 9, 12:-1:30pm at SCAN. We will have a guest speaker on health and fitness and lunch will be served. The event is free for all, please register.
- **SCAN's Annual Luncheon:** October 21, 11 am - 1:30 pm, at Seabrook. We will be honoring Penny McDaniel of Investors Bank and Tom Hayes of NJNG, along with 7 Senior Center Directors who have been working in the field of aging for over 10 years, and our volunteer, Peggy McLaughlin. See the SCAN website (www.scannj.com) for details.
- **SCAN's Second Annual Brain Fitness Fair:** November 7, 9:30 am – 1 pm at SCAN.

SCAN is partnering again with the Food Bank of Monmouth and Ocean Counties to provide guidance during open enrollment for the Affordable Care Act: November and December, watch for more details.

SHIP (State Health Insurance Program) counselors are on site to help you decide about Medicare health care coverage for 2015: every Thursday. You need to make an appointment – book early.

Free computer classes for Veterans. These classes are held on Wednesday. You need to register; see class listings.

We are working with the Monmouth County Office on Aging Caregivers department and we will have support groups for caregivers at SCAN in the fall.

The Social Community Activities Network (SCAN) is located at 180 Route 35 in Eatontown (basement level of Monmouth Mall); for more information and a schedule of other upcoming events, call 732-542-1326 or visit www.scannj.com.