



***Brigantine Community Education and Recreation***  
**"A total Commitment to the Community"**

***WINTER PROGRAM 2021***

Due to the Corona Virus Pandemic we have made changes with regard to attending classes here at the Community Center. Social distancing will be observed and masks will be required upon entering the Community Center and during your class. Exercise classes have been shortened by 15 minutes to allow time to exit the building before the next class begins. There will be no gathering in the lobby.

Please be sure to adhere to these new policies.

**CLASSES TO BEGIN THE WEEK OF JANUARY 11, 2021**

All Courses will be held at the BBCC, 265 42<sup>nd</sup> Street unless otherwise noted

**COURSES**

**LINE DANCING 1 – STRICTLY BEGINNERS**

Beginners with no experience, learn basic steps, patterns and terminology, Non-threatening – exercise and have fun. Instructor is experienced.

**INSTRUCTOR:** Carrie Taft      **Brig. Sr. Residents FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**8 Sessions**      Mondays      4:00-4:45 p.m.      **Begins 1/11/21**

**LINE DANCING 2 – INTERMEDIATE**

Beginners who have had Line Dancing 1 and want to build on to what you have learned. Outside of class dancing opportunities will be discussed. Instructor is experienced.

**INSTRUCTOR:** Carrie Taft      **Brig. Sr. Residents FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**8 Sessions**      Mondays      5:00-5:45 p.m.      **Begins 1/11/21**

**LINE DANCING 3 – ADVANCED**

Ready to move up from Line Dancing 2 or have prior experience. Also, "Country Couples" dances will be taught – partner not needed. Outside of class dancing opportunities will be discussed. Instructor is experienced.

**INSTRUCTOR:** Carrie Taft      **Brig. Sr. Residents FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**8 Sessions**      Mondays      6:00-6:45 p.m.      **Begins 1/11/21**

**LIKE US ON FACE BOOK @ BRIGANTINE BEACH CER**

### **DIGITAL PHOTOGRAPHY – LAPTOP REQUIRED**

Learn the fundamentals of Digital Photography by understanding how and what your camera is capable of and how you will use available light to paint your photograph. There will be a minimum of 6 assignments, in which the class will help critique. You will learn to use Free online photo imaging software to help edit and enhance your photographs with powerful tools. Bring your digital camera, its manual, USB cable, a flash drive and a blank memory card (at least 1.0 GB) pen, paper and your imagination! **Class is limited to 10 people.**

**INSTRUCTOR:** Keri O'Connor      **Brig. Sr. Residents FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**8 Sessions**      Tuesdays      5:00-7:00 p.m.      **Begins 1/12/21**

### **LA BELL ' ITALIA – Course 1**

La Bell 'Italia is a land and people of creativity. In the arts, from music to crafts, industrial design to fashion, sculpture to photography and film and all allied forms and products of related and effective novelty. As a leader and innovator in lifestyle, there is a great demand for Italy throughout the world. Join us in the overview of Italian creativity through a variety of lens.

**Instructor :** Patricia Violante      **Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 Under \$75.00**  
**8 Sessions**      Thursdays      6:45-7:45 p.m.      **Begins 1/14/21**

### **FILM COURSE – “FILM CLASSICS IN BLACK & WHITE”**

With technical advances in color film beginning over 80 years ago, black and white films have become marginalized as a medium. Nonetheless, they remain a viable medium especially among certain directors like Stanley Kubrick and Woody Allen. This class will view some of those now classic black and white films. Included, subject to availability, are: Between Two Worlds, The Life of Emile Zola, Death Takes a Holiday, Brother Orchid, Inherit the Wind, Dark Victory, Broadway Danny rose and Dr. Strangelove.

**Instructor:** Richard Monastra      **Brig. Sr. Residents FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**8 Sessions**      Wednesday      6:00-9:00 p.m.      **Begins 1/13/21**

### **FITNESS**

**CER NO LONGER PROVIDES MATS & WEIGHTS**

### **SENIOR LITE**

A light cardiovascular workout and light weight training designed to strengthen the heart and tone the muscles. Warm-up and cool down stretches begin and end this “feel good” class. Two class times to choose from.

**Instructor:** Lugene Polzella      **Brig. Sr. Res. FREE / Non-Resident Srs. \$25.00 / Age 59 & Under 50.00**  
**24 Sessions**      Monday, Wednesday, Friday      12:00-12:45 p.m.      **Begins 1/11/21**

## **BEGINNER PILATES**

An instructional class covering the Basic Pilates moves and principles and emphasizing correct postures, ages. **CLASS LIMIT 10**

**INSTRUCTOR: Ann Paglione** Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under 100.00  
**16 Sessions** Mondays & Wednesdays 5:00 – 5:45 p.m. **Begins 1/11/21**

## **PILATES PLUS**

Strengthen your core and lower body with this fusion of Pilates, leg and glute work and abdominals. Appropriate for all levels. **CLASS LIMIT 10**

**Instructor: Ann Paglione** Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under 100.00  
**16 Sessions** Mon. & Wed. 6:00 – 6:45 p.m. **Begins 1/11/21**

## **PILATES SCULPT**

The perfect combination of basic weight training techniques and muscle lengthening pilates style stretching. Appropriate for all levels. Please bring your own weights and mats. **CLASS LIMIT 10**

**Instructor: Ann Paglione** Brig. Sr. Res. FREE / Non-Resident Srs. \$75.00 / Age 59 & Under \$150.00  
**24 Sessions** Mon., Wed., & Fri. 10:00 – 10:45 a.m. **Begins 1/11/21**

## **YOGA - "Gentle"**

A union of the mind and body. Build strength and flexibility through 'gentle' yoga. Develop focus, balance, concentration, patience and determination. Learn breathing techniques, postures and meditation to strengthen the nervous system and increase respiratory capacity.

**Instructor: Kay Papandrew** Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under 100.00  
**16 Sessions** Tuesdays & Thursdays 5:00 -5:45 p.m. **Begins 1/12/21**

## **YOGA – "Moderate"**

A union of the mind and body. Build strength and flexibility through a more 'challenging' yoga. Develop focus, balance, concentration, patience and determination. Learn breathing techniques, postures and meditation to strengthen the nervous system and increase respiratory capacity.

**Instructor: Kay Papandrew** Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under 100.00  
**16 Sessions** Tuesdays & Thursdays 6:00 – 6:45 p.m. **Begins 1/12/21**

## **NITE YOGA – ALL LEVELS**

Whether you are a beginner or advanced practitioner, this class will help you build strength and work on flexibility. You will flow through gracefully sequenced poses that can have variations to meet all levels.

**Instructor: Kay Papandrew** Brig. Sr. Res. FREE / Non-Resident Srs. \$25.00 / Age 59 & Under \$50.00  
**8 Sessions** Wednesdays 6:00 to 6:45 p.m. **Begins 1/13/21**

## **MORNING YOGA – ALL LEVELS**

Whether you are a beginner or advanced practitioner, this class will help you build strength and work on flexibility. You will flow through gracefully sequenced poses that can have variations to meet all levels

**Instructor: Kay Papandrew** Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under 100.00  
**16 Sessions** Tuesdays & Thursdays 9:00 to 9:45 p.m. **Begins 1/12/21**

### **MORNING ZUMBA**

The Latin inspired dance fitness program that blends hot international music. It's truly a global phenomenon that has made millions of people smile, laugh, and get an amazing workout. Every class feels like a party so come and join you don't have to know how to dance, just move your body and follow the lead, it's easy!

**Instructor: Marisela Dellinger**      **Brig. Sr. Res. FREE / Non-Resident Srs. \$75.00 / Age 59 & Under \$150.00**  
**24 Sessions**      **Mondays, Thurs., Fri. 10:00 – 10:45 a.m.**      **Begins 1/11/21**

### **SLOW/BEGINNER ZUMBA**

Slow Zumba is a class for beginners to teach the fundamentals and for seniors who would like a "slower" paced workout program.

**Instructor: Marisela Dellinger**      **Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under 100.00**  
**16 Sessions**      **Mondays & Wednesdays 9:00 – 9:45 a.m.**      **Begins 1/11/21**

### **NIGHT ZUMBA**

The Latin inspired dance fitness program that blends hot international music. It's truly a global phenomenon that has made millions of people smile, laugh, and get an amazing workout. Every class feels like a party so come and join you don't have to know how to dance, just move your body and follow the lead, it's easy! **CLASS LIMIT 10**

**Instructor: Marisela Dellinger**      **Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**16 Sessions**      **Tues. 5:00-5:45 & Thursdays 6:00 – 6:45 p.m.**      **Begins 1/12/21**

### **ZUMBA TONING**

For those who want to put extra emphasis on "TONING" & "SCULPTING" to refine those muscles. This class offers the challenge of adding resistance by using "Zumba Toning Sticks" or "Light Weights" which will help you focus on specific muscle groups.

**Instructor: Marisela Dellinger**      **Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**16 Sessions**      **Tuesdays & Wednesdays 10:00 – 10:45 a.m.**      **Begins: 1/12/21**

### **ZUMBA LIGHT – CHAIR SEATED**

Zumba Light is offered to limited mobility participants. Movement and routines are modified to be performed while sitting in a chair. This class will last 45 minutes with frequent breaks between songs so participants have a chance to rest. Our goal is to get people moving within their abilities and to keep them smiling and grooving to music they love and recognize. Although we use Latin & world music, just like in a more mobile Zumba class, we also include a lot of tunes from yesteryear that participants will recognize and want to move to.

**Instructor: Marisela Dellinger**      **Brig. Sr. Res. FREE / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**16 Sessions**      **Tuesdays & Fridays 9:00 – 9:45 a.m.**      **Begins: 1/12/21**

### **POUND WORKOUT – A New Fitness Trend**

This class is a fun, full body workout that is a great way to shed some all over body pounds. Not only does it burn fat while exercising but this training helps you burn fat even after your workout. This full body workout strengthens the inner and outer thighs, core, back muscles and derriere. Many of the positions used in POUND are ideal for helping to maintain and improve balance. Participants must bring a mat and Ripstix.

**Instructor: Marisela Dellinger**      **Brig. Sr. Res. Free / Non-Resident Srs. \$50.00 / Age 59 & Under \$100.00**  
**16 Sessions**      **Tuesdays & Thursdays 4:00 – 4:45 p.m.**      **Begins: 1/12/21**

### **TAI CHI – INTRODUCTION**

This Class Instruction will be in the “Yang” style of Tai Chi, a gentle yet powerful form of mind, body and spirit integration which helps reduce stress, increase balance, flexibility and overall health. The class is suitable for adults at all fitness levels. **CLASS LIMITED TO 25.**

**Instructor: Diane Ramftl** Brig. Sr. Res. FREE / Non-Res. Srs. \$25.00 / Age 59 & Under \$50.00  
**8 Sessions** Thursdays 11:30 - 12:15 a.m. **Begins: 1/14/21**

### **TAI CHI FOR ARTHRITIS**

Participants will be taught a “Sun” style Tai Chi program designed by Dr. Paul Lam in conjunction with the Arthritis Foundation. The program is safe and effective for those at all fitness levels. **CLASS LIMITED TO 25**

**Instructor: Diane Ramftl** Brig. Sr. Res. FREE / Non-Res. Srs. \$25.00 / Age 59 & Under \$50.00  
**8 Sessions** Thursdays 12:30 - 1:15 a.m. **Begins: 1/14/21**

### **QIGONG**

In its simplest form it is Chinese yoga. Qigong is the art of learning how to control your body's life force through movement, breath and meditation. It is designed to increase mobility, decrease disease. We will learn an ancient form designed to bring harmony and strength to the body. We will also go over low impact exercise designed to increase strength, flexibility, lung capacity & reduce stress. **CLASS LIMIT 10**

**Instructor: Master Siobhan R. Knuttel** Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100.00  
**16 Sessions** Tuesdays & Thurs. 7:00-7:45 p.m. **Begins: 1/12/21**

### **CARDIO STRONG - MORNING**

Challenge your body in this Muscle strengthening cardio class. Medium impact cardio movements and body sculpting will leave you feeling stronger, increase flexibility, burn calories and define various muscle groups. Please bring 2 or 3 lb. hand weights and a mat.

**Instructor: Jen Carollo Fischer** Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100.00  
**16 Sessions** Mondays & Wednesdays 9:00-9:45 a.m. **Begins 1/11/21**

### **CARDIO STRONG – NIGHT**

Challenge your body in this Muscle strengthening cardio class. Medium impact cardio movements and body sculpting will leave you feeling stronger, increase flexibility, burn calories and define various muscle groups. Please bring 2 or 3 lb. hand weights and a mat. **CLASS LIMIT 10**

**Instructor: Jen Carollo Fischer** Brig. Sr. Res. FREE / Non-Res. Srs. \$25.00 / Age 59 & Under \$50.00  
**8 Sessions** Tuesdays 6:00 -6:45 p.m. **Begins 1/12/21**

## **No Walk-Ins Permitted in Fitness Classes**



## ART PROGRAMS

**NOTE: In order to abide by “Social Distancing Requirements”, all Art Classes held in the Art Room will be limited to eight (8) Students. Classes may be held on Zoom and the Instructor may rotate students between classroom participation and Zoom participation. Those participating through Zoom will receive an email with the link to their class. Teachers will only allow those who have registered for a class to participate.**

### **WATERCOLORS – ADVANCED**

Have you always loved watercolor? Do you want to get back to doing it again? Do you wish you were more spontaneous...more expressive...more loose? Maybe you are just looking to have some fun with the painting process? This series of workshop is for you? Come and learn the way juicy and vibrant watercolor behaves, how to use dark and light values effectively, color combinations and the secrets of painting reflections, glass, snow and so much more. We will also explore basic principles of design like composition, unity, balance, etc. Each workshop will include a demonstration, basic instruction, time to paint and suggestions for easy-to-follow lessons that you can do on your own if you wish. We will learn from each other while expressing ourselves creatively and having fun in the process!

**Class Limit: 8 students – NO WALK-INS Permitted.**

**INSTRUCTOR: Sister Celeste Mokrzycki, SSJ**

**8 Sessions Monday's :**

**Afternoon Sessions – 2:30 – 4:30 p.m Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100.00**

**Evening Sessions - 6:00 – 8:00 p.m. Begins: 1/11/21**

### **WATERCOLOR - BEGINNER STUDENTS I**

This class is for those interested in learning the art of Watercolor. This is strictly a Beginner's Class for those who have never painted watercolor or those who want to "begin again".

**CLASS LIMITED TO 8 STUDENTS – NO WALK-INS PERMITTED.**

**INSTRUCTOR: Sister Celeste Mokrzycki, SSJ**

**8 Sessions: Tuesday's**

**12:30 Noon – 2:30 p.m. Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100.00**

**Begins: 1/12/21**

## **WATERCOLOR - ADVANCED BEGINNER STUDENTS II**

If you have already taken the Beginner's Class and would like to move on to improve your painting skills, this is the class for you..

**CLASSROOM LIMITED TO 8 STUDENTS – NO WALK-INS PERMITTED.**

**INSTRUCTOR: Sister Celeste Mokrzycki, SSJ**

**8 Sessions: Monday's:**

**12:00 p.m. – 2:00 p.m**

**Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100.00**

**Begins: 1/11/21**

## **WATERCOLOR - INTERMEDIATE**

This class is for those with some experience beyond the beginner's stage but not quite at the advanced level in the art of Watercolor. You will learn to strengthen and expand your painting skills by better understanding values, composition, etc.

**CLASSROOM LIMITED TO 8 STUDENTS – NO WALK-INS PERMITTED.**

**Instructor: Sister Celeste Mokrzycki, SSJ**

**8 Sessions: Mondays**

**9:30 a.m. – 11:30 a.m**

**Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100.00**

**Begins: 1/11/21**

## **DRAWING – PENCIL SKETCHING - INTERMEDIATE**

Most paintings begin with a good drawing as a foundation on which artists build their color. If you struggle with drawing objects and landscapes, this class is for you. We will use pencils and sketch paper or a newsprint pad to draw simple to complex objects in perspective so they will look three dimensional

**CLASSROOM LIMITED TO 8 STUDENTS – NO WALK-INS PERMITTED.**

**INSTRUCTOR: Sister Celeste Mokrzycki, SSJ**

**8 Sessions: Tuesdays:**

**9:00 a.m. – 10:30 a.m or**

**Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100**

**10:45 a.m. – 12:15 p.m.**

**Begins: 1/12/21**

## **DRAWING – PENCIL SKETCHING – BEGINNERS ONLY**

Learn how to compose with line, shape and value in a class designed to introduce you to the basics of drawing. Using photographs of still life, flowers, seascapes & landscapes as sources of visual inspiration, you'll find out how to work with perspective, positive and negative shape & texture as you explore the use of traditional drawing materials. The class drawings will help you to develop skills while encouraging personal expression & creativity. A great class for beginners.

**CLASSROOM LIMITED TO 8 STUDENTS – NO WALK-INS PERMITTED.**

**INSTRUCTOR: Sister Celeste Mokrzycki, SSJ**

**8 Sessions: Tuesdays:**

**3:00 a.m. – 4:30 p.m**

**Brig. Sr. Res. FREE / Non-Res. Srs. \$50.00 / Age 59 & Under \$100**

**Begins: 1/12/21**

**BRIGANTINE CER BASKETBALL TRAINING**

**SIGN-UPS @ BRIGANTINE BEACH COMMUNITY CENTER  
265 42<sup>ND</sup> Street**

**Brigantine CER Basketball Training with Coach Evan - Ages 3 to 13 - 8 Sessions  
FEE: \$60.00 PER CHILD or \$100.00 PER FAMILY**

Ages 9 to 13	9:00 a.m. to 10:00 a.m.
Ages 7 & 8	10:00 a.m. to 11:00 a.m.
Ages 5 & 6	11:00 a.m. to 12:00 Noon
Age 4	12:00 Noon to 1:00 p.m.
Age 3	1:00 p.m. to 2:00 p.m.

**Beginning Saturday, January 9, 2021**

**REGISTRATION FORMS AVAILABLE AT THE COMMUNITY CENTER  
For information, call Ed Stoltzfus – 609-287-3175**

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**Brigantine Beach CER**

**Brigantine Beach Community & Recreation**  
**265 42<sup>nd</sup> Street**  
**Brigantine, NJ 08203**  
**Jim Mogan – Director**  
**609-264-7350 Ext. 1**



CER office, 265 42<sup>nd</sup> Street, Brigantine, NJ 08203

\*\*\*\* **REGISTRATION FORM MUST BE COMPLETED IN FULL** \*\*\*\*

**IDENTIFICATION IS REQUIRED FOR SENIOR DISCOUNTS**

**NO CASH ACCEPTED**

**CHECK OR MONEY ORDER PAYABLE TO BRIGANTINE C.E.R.**

**Masks & Social Distancing are required to enter the Community Center**

**FREE SENIOR CLASSES ARE LIMITED TO "TWO CLASSES" PER SENIOR.**

**SENIOR ELIGIBILITY:** Brigantine residents age 60 years and older may register for 2 courses "Free of Charge". For any additional courses, you will be charged the Senior Rate. Seniors who are not residents of Brigantine will pay the Senior Rate indicated. You will be required to show proof of age and address at time of registration.

**PLEASE NOTE:** Registrations are accepted on an as received basis. No phone reservations for classes or seminars will be accepted. You should assume your registration has been accepted, unless you are notified. All classes will be held at BBCC located at 265 42<sup>nd</sup> St. unless otherwise noted.

**Mail-In registrations will not be accepted.**

**REGISTRATION IS DEC. 14 THRU DEC. 17, 10 AM TO 7 PM; FRI. DEC. 18, 10 AM TO 3 PM  
AT THE COMMUNITY CTR. ONLY.**

**NO REGISTRATIONS ACCEPTED AFTER DEC. 18, 2020**

**CLASS SCHEDULES CANNOT BE MODIFIED OR PRO-RATED.**

**PLEASE PRINT CLEARLY & COMPLETE IN FULL**

**WINTER CER ACTIVITIES REGISTRATON FORM – 2021**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NO. \_\_\_\_\_ EMERGENCY PHONE NO. \_\_\_\_\_

COURSE: \_\_\_\_\_ DAY / TIME: \_\_\_\_\_

COURSE FEE: \$ \_\_\_\_\_ CHECK # \_\_\_\_\_ DATE REC'D. \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

**PLEASE PRINT CLEARLY & COMPLETE IN FULL**

**WINTER CER ACTIVITIES REGISTRATON FORM – 2021**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE NO. \_\_\_\_\_ EMERGENCY PHONE NO. \_\_\_\_\_

COURSE: \_\_\_\_\_ DAY / TIME: \_\_\_\_\_

COURSE FEE: \$ \_\_\_\_\_ CHECK # \_\_\_\_\_ DATE REC'D. \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

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