

"A total Commitment to the Community"

FALL PROGRAM 2022

WE DO NOT ALLOW WALK-INS IN ANY OF OUR SCHEDULED CLASSES

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

REGISTRATION WILL BE SEPT. 12TH THRU SEPT. 17TH AT THE COMMUNTY CTR. Starting at 9:00 a.m.

CLASSES BEGIN THE WEEK OF OCTOBER 3, 2022

There will be no classes held on Monday, October 10; Tuesday, November 8; Friday, November 11;

Thursday, November 24 and Friday, November 25.

These classes will be made up at the end of the Session.



COURSES

LINE DANCING I – STRICTLY BEGINNERS

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

INSTRUCTOR: Carrie Taft Sr. \$25.00 Non-Sr. \$75.00

8 Sessions Mondays 4:00-5:00 p.m. **Begins 10/3/22**

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 Sr. \$25.00 Non-Sr. \$75.00

8 Sessions Mondays 5:00-6:00 p.m. **Begins 10/3/22**

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 Sr. \$25.00 Non-Sr. \$75.00

8 Sessions Mondays 6:00-7:00 p.m. **Begins 10/3/22**

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
 Sr. \$75.00
 Non-Sr. 125.00

 8 Sessions
 Tuesdays
 5:00-7:00 p.m.
 Begins 10/4/22

LA BELL' ITALIA I

If you are of Italian heritage, married into an Italian family or happened to fall in love with Italy, La Bell'Italia is a journey through this unique and beautiful country. We will travel through its geography and learn about its government, industry and cultural riches, including language and cuisine. Be prepared to offer your experiences and knowledge along the way.

INSTRUCTOR: Patricia Violante Sr. \$25.00 Non-Sr. 75.00

8 Sessions Thursdays 6:00-7:00 p.m. **Begins 10/6/22**

FILM COURSE -

Alfred Hitchcock once mused that one function of film is to be provocative, literally, to provoke questioning, thinking, discussion. This class will feature 8 films (subject to availability) that hopefully fulfill Hitchcock's dictum: The Parallax View, Spotlight, Damage, Handmaid's Tale, Valkyrie, King of Hearts, Soylent Green, Fahrenheit 451. Class Limited to 18 People.

Instructor: Richard Monastra

Sr. - \$75.00 Non-Sr. - \$125.00

8 Sessions

Wednesdays

6:00-9:00 p.m.

Begins 10/5/22

A COURSE IN MIRACLES (ACIM)

Miracles are transformative; it's what makes them miraculous. We can't see Spirit but we can experience Its Effects. This is a free service, all are welcome.

Instructor: Hugh Macready

Runs Continually

Weekly/Continual

Thursdays

6:00 - 8:00 p.m.

No Fee Required

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.

Instructor: Lugene Polzella

Sr. \$25.00

Non-Sr. \$75.00

24 Sessions

Monday, Wednesday, Friday

12:00-1:00 p.m.

Begins 10/3/22

SR. LITE PLUS

A warm-up stretch followed by light cardiovascular workout. The latter half of this class focuses on toning and strengthening abdominals, glutes and arms. Small Class size gives focus on correct techniques.

CLASS LIMIT 15.

Instructor: Lugene Polzella

Sr. - \$25.00

Non-Sr. - \$75.00

24 Sessions

Monday, Wednesday, Friday

1:00-2:00 p.m.

Begins 10/3/22

BEGINNER PILATES I

An instructional class covering the Basic Pilates moves and principles and emphasizing correct postures, Breathing and stretching. You will learn to identify and strengthen your core muscles . Appropriate for all ages. CLASS LIMIT 14

INSTRUCTOR: Ann Paglione

Sr. \$25.00

Non-Sr. \$75.00

16 Sessions

Mondays & Wednesdays

5:00 - 6:00 p.m.

Begins 10/3/22

BEGINNER PILATES II

An instructional class covering the Basic Pilates moves and principles and emphasizing correct postures, Breathing and stretching. You will learn to identify and strengthen your core muscles. Appropriate for all ages. **CLASS LIMIT 14**

INSTRUCTOR: Ann Paglione Sr. \$25.00 Non-Sr. - \$75.00

16 Sessions Tuesdays & Fridays 11:00 – 12:00 p.m. **Begins 10/4/22**

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 14

Instructor: Ann Paglione Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Mon. & Wed. 6:00 – 7:00 p.m. **Begins 10/3/22**

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 14**

Instructor: Ann Paglione Sr. \$25.00 Non-Sr. \$75.00

24 Sessions Mon., Wed., & Fri. 10:00 – 11:00 a.m. **Begins 10/3/22**

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. **CLASS LIMIT 12**

Instructor: Kay Papandrew Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tuesdays & Thursdays 5:00 -6:00 p.m. Begins 10/4/22

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. **CLASS LIMIT 12**

Instructor: Kay Papandrew Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tuesdays & Thursdays 6:00 – 7:00 p.m. **Begins 10/4/22**

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.

CLASS LIMIT 12

Instructor: Kay Papandrew Sr. \$25.00 Non-Sr. \$75.00

8 Sessions Wednesdays 6:00 to 7:00 p.m. Begins 10/5/22

MORNING YOGA I – 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

CLASS LIMIT 12

Instructor: Kay Papandrew Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tuesdays & Thursdays 9:00 to 10:00 a.m. **Begins 10/4/22**

MORNING YOGA II – 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

CLASS LIMIT 12

Instructor: Kay Papandrew Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tues. & Thurs. 10:00 to 11:00 a.m. **Begins 10/4/22**

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 Sr. \$25.00 Non-Sr. \$75.00

24 Sessions Mondays, Thurs., Fri. 10:00 – 11:00 a.m. **Begins 10/3/22**

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 Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Mondays & Wednesdays 9:00 – 10:00 a.m. **Begins 10/3/22**

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 Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tuesday & Thursdays 6:00 – 7:00 p.m. **Begins 10/4/22**

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 Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tuesdays & Wednesdays 10:00 – 11:00 a.m. **Begins: 10/4/22**

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 Sr. \$25.00 Non-Sr. \$75.00

16 Sessions Tuesdays & Fridays 9:00 – 10:00 a.m. **Begins: 10/4/22**

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
 Sr. \$25.00
 Non-Sr. \$75.00

 16 Sessons
 Tuesdays & Thursdays
 4:00 – 5:00 p.m.
 Begins: 10/4/22

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 FischerSr. \$25.00Non-Sr. \$75.0016 SessionsMondays & Wednesdays 9:00-10:00 a.m.Begins 10/3/22

QIGONG FOR HEALTH AND LONGEVITY

Through fun and easy to learn breathing techniques and gentle flowing movements, participants will learn to keep the Qi (life force energy) flowing, helping to promote relaxation, balance and flexibility and nourishing of all body systems. All fitness levels welcome.

 Instructor: Diane Ramft!
 Sr. \$25.00
 Non-Sr. \$75.00

 8 Sessions
 Thursdays
 12:00 - 1:00 p.m.
 Begins: 10/6/22

TAI CHI FOR ARTHRITIS AND FALL PREVENTION

Participants will be taught a Sun style Tai Chi practice designed by Doctor and Tai Chi Master Dr. Paul Lam in conjunction with the Arthritis foundation. The program can help prevent falls and ease the pain of arthritis. Those at all fitness levels are welcome. **Class Limited to 15 Students.**

 Instructor: Diane Ramftl
 Sr. \$25.00
 Non-Sr. \$75.00

 8 Sessions
 Thursdays
 1:15 - 2:15 p.m.
 Begins: 10/6/22

No Walk-Ins Permitted

FOLLOW US ON FACEBOOK
Brigantine Beach CER

Brigantine Beach Community & Recreation

265 42nd Street

Brigantine, NJ 08203

Jim Mogan – Director

609-264-7350 Ext. 1

FOR KIDS ONLY

CHESS FOR KIDS

Come learn the ancient game of kings and royalty! Or come to improve your strategy and learn some new moves that will enhance your game plan. This class will begin with the basics of how each piece moves, and will quickly move onto strategic play that will stretch your mind. Ages 6 to 18 are welcome. No prior experience is necessary. Chess sets will be provided

Instructor: Barbara Ackermann FEE: \$40.00 8 Sessions Tuesdays 5:00-6:30 p.m. Begins: 10/4/22

KIDS YOGA (New Program)

Calling all kids age 8 thru 13!! Come out and learn some basic yoga postures. Not only does Yoga offer health benefits by improving physical fitness for posture and balance, it helps to increase flexibility and it's also a lot of fun!! **AGES: 8 THRU 13 ONLY** Class limited to 12 Children.

Instructor: Kay Papandrew FEE: \$40.00 8 Sessions Saturdays 9:00 – 9:45 a.m. Begins 10/8/22

KIDS ZUMBA (New Program)

Give your children a break from their computers and have them join "An Energetic Zumba/Fitness Program" designed especially for kids!! They will have a great time learning the fundamentals and fun of "ZUMBA". **AGES: 8 THRU 13 ONLY** Class limited to 12 children.

Instructor: Marisela Dellinger FEE: \$40.00 _8 Sessions Saturdays 10:00 – 10:45 a.m. Begins 10/8/22

CHILDREN'S SOCCER TRAINING - SATURDAY'S - 8 WEEKS

Age 9 to 12

9:00 a.m. to 10:00 a.m.

Age 7 & 8

10:00 a.m. to 11:00 a.m.

Age 5 & 6

11:00 a.m. to 12:00 Noon

4 Years Old

12:00 Noon to 1:00 p.m.

3 Years Old

1:00 p.m. to 2:00 p.m.

\$60.00 Per Child \$100.00 Per Family

BEGINS SEPTEMBER 24, 2022 LOCATION: FIELD NEXT TO BBCC

REGISTRATION FORMS AVAILABLE AT CER FRONT DESK DO NOT USE ADULT EDUCATION REGISTRATION FORM IN THIS BROCHURE.

BRIGANTINE PICKLEBALL INFORMATION

<u>TeamReach App.</u> – This is an app that allows Brigantine players to communicate with each other. If you would like to join, you can do the following:

Install the TeamReach app on phone or tablet. (http://www.teamreach.com/)
Enter code: Kitchen and press Join. This should bring you to Brig Pickleball

<u>Outdoor Play Fall/Winter/Spring</u>: Courts are open 24/7. Open rotation most mornings. No fee.

Use Team Reach to communicate with others about time to play.

<u>Indoor Play</u> - Team Reach is not required but recommended for sign-ups so we know who's playing and at what level. Click on the calendar icon to sign up. No fee.

Nets must be set up and taken down for each session

	time	Rating
Monday	1-2:30	3.5-4+
	2:30-4	3.0
Tuesday	11-12:30	2.0-2.5
	12:30-	Drills-No Games-Limit
	1:30	12
	1:30-2:30	3.0
	2:30-4	3.5-4+
	7-9pm	all
Wed	1-2:30	2.0-2.5
	2:30-4	3.5-4+
Thur	1-2:30	3.0
	2:30-4	2.0-2.5
	7-9pm	all
Fri	1-2:30	3.0
	2:30-4	3.5-4+

The Community Center is closed for all state and federal holidays.

Outdoor Courts Stay Open

For additional info contact Bob Galbraith @ BOBJG1435@GMAIL.COM

DAY TRIPS 2022

FUNNY GIRL Wednesday, SEPT. 21, 2022

THE MUSICAL COMEDY CLASSIC IS BACK FOR THE FIRST TIME EVER – AND BROADWAY AUDIENCES ARE THE LUCKIEST PEOPLE IN THE WORLD.

Featuring one of the most iconic scores of all time by Jule Styne and Bob Merrill, a revised book from Harvey Fierstein based on the original classic by Isobel Lennart, tap choreography by Ayodele Casel, choreography by Ellenore Scott, and direction from Michael Mayer, this love letter to the theatre is ready to step back into the spotlight.

The sensational cast includes Julie Benko as Fanny Brice, Tony nominee Ramin Karimloo, five-time Emmy Award winner Jane Lynch and Jeff Award winner Jared Grimes and dazzles with the songs "Don't Rain On My Parade," "I'm the Greatest Star," and "People." This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage.

Bus Leaves BBCC: 8:00 A.M. and Leaves NYC immediately after the Show.

COST INCLUDES SHOW TICKET AND TRANSPORTATION: \$175.00

Tickets are limited to 4 Per Person

Payment must be made within 5 days of registering.

PHILLY POPS AT THE KIMMEL CENTER Friday, December 16, 2022

PHILLY POPS CHRISTMAS SHOW – Friday, December 16, 2022

Celebrate the season with the POPS! Hamilton star Mandy Gonzalez returns for her fourth Christmas with the POPS, joined by Broadway sensation and small-screen heartthrob Jordan Donica! Music Director and Principal Conductor David Charles Abell presents his usual dazzling, unique, and all-new program with over 300 performers, including The Philly POPS Festival Chorus, The Philadelphia Boys Choir, the African Episcopal Church of St. Thomas Gospel Choir, and Santa! After the show, we will enjoy a delicious dinner at D'Angelo's Restaurant.

We have a limited number of tickets for the 3:00 p.m. show on Friday December 20th. Tickets will go on sale by **telephone only** starting <u>at 9:00 a.m.</u> on Monday <u>October 7, 2022.</u> You should call the CER office at 264-7350, E xt. 1 beginning at 9:00 a.m. – we will not accept any calls before 9:00 a.m. <u>DO NOT</u> leave a message. These tickets can only be purchased by telephone. A limit of <u>four</u> tickets per person. Price includes show ticket, dinner and motor coach transportation.

LEAVE: 1:00 p.m. from BBCC 265 42nd St. COST: \$ 185.00

DEPART: 7:30 p.m. After Dinner

CER office, 265 42nd Street, Brigantine, NJ 08203 **** REGISTRATION FORM MUST BE COMPLETED IN FULL **** IDENTIFICATION IS REQUIRED FOR SENIOR DISCOUNTS NO CASH ACCEPTED

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

PLEASE NOTE: Registrations are accepted on an "as received" basis. No phone reservations for classes 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 42nd St. unless otherwise noted.

Mail-In registrations will not be accepted.

REGISTRATION WILL TAKE PLACE SEPT. 12TH THRU SEPT. 17TH, 2022 AT THE COMMUNITY CENTER ONLY AND WILL NOT BE ACCEPTED AFTER SEPT. 17TH, 2022

CLASS SCHEDULES CANNOT BE MODIFIED OR PRO-RATED.

PLEASE PRINT CLEARLY	FALL CER CLASS REGISTRATON FORM – 2022					
NAME:			AGE:	(Required)		
ADDRESS:		ZIP		ZIP		
PHONE NO.	EMERGENCY PHONE NO					
COURSE:		DAY / TIME:				
COURSE FEE: \$	CHECK #	CHECK # DATE REC'D				
EMAIL ADDRESS:						
PLEASE PRINT CLEARLY	FALL CER CLASS REGISTRATON FORM - 2022					
				(n : 1)		

264-7350 Ext. 1 LIKE US ON Facebook @ Brigantine Beach CER 264-7350 Ext. 1