



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

***FALL PROGRAM 2023***

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

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

**REGISTRATION WILL BE SEPT. 12<sup>TH</sup> THRU SEPT. 19<sup>TH</sup> AT THE COMMUNITY CTR.**  
**Starting at 9:00 a.m.**

**CLASSES BEGIN THE WEEK OF OCTOBER 2, 2023**



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

**COURSES**

**FILM COURSE**

This film course will view films by noted directors, Woody Allen, Alfred Hitchcock, Stanley Kubrick, John Sayles, among others. Films include, but not limited to, such films as Midnight in Paris, Christina Barcelona, Paths of Glory, Matewan and others, subject to availability.

**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 10/4/23**

**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 10/5/23**

**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**

**RETURN TO JOY WORKSHOP**

This six week unconventional Spiritual workshop is designed to help people that have completed the grievance process but still struggle to find peace of mind. It is applicable to all feelings of emptiness regardless of their cause. The only requirement is willingness to be happy. Classes begin Tuesday, October 3, 2023 from 4 p.m. to 6 p.m. and will meet every Tuesday for six consecutive weeks. Each workshop is limited to eight participants. The workshop will be repeated bi-monthly as needed. The facilitators are not licensed therapists and do not advocate this workshop as a substitute for professional psychotherapy or medical treatment. **For more information and to register, contact Hugh Macready:**

[U001HAM@GMAIL.COM](mailto:U001HAM@GMAIL.COM) or Call 717-368-1313

**Instructor: Hugh Macready** **No Fee Reuired**  
**6 Sessions** **Tuesdays** **4:00-6:00 p.m.** **Begins 10/3/23**  
**CLASS IS LIMITED TO 8 PARTICIPANTS**



**PASTEL PAINTING – ALL LEVELS WELCOME**

Join this class or continue on working with Rae Smith, Hall of Fame Honoree & Master Pastelist of the Pastel Society of America as you share her love for this beautiful medium. This class is for adult students who have been captured by the Pastel Medium. We will continue to emphasize the importance of composition and design, drawing skills, color and value and explore the many ways to improve and grow in your work.

**CLASS LIMIT: 12 STUDENTS - NO WALK-INS PERMITTED**

**Instructor: Rae Smith** **Sr. - \$80.00**      **Non-Sr. - \$130.00**  
**8 Sessions**      **Wednesdays**      **1:00-3:00 p.m.**      **Begins: 10/4/23**

**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 10/2/23**

**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 10/2/23**

**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 10/2/23**

**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 10/3/23**

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**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 10/2/23**

**PILATES SCULPT I**

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 10/2/23**

**PILATES SCULPT II**

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. 11-12:00 p.m. , & Fri. 9 – 10:00 a.m. **Begins 10/2/23**

**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 10/3/23**

**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 10/3/23**

**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 10/4/23**

**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 10/3/23**

**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 10/3/23**

**CHAIR YOGA – New Class - All Levels**

Chair yoga is a course for anyone wanting to reclaim mobility in a gentle way. Reclaim your mobility and fitness with a mellow restorative practice. Benefits of chair yoga include improved flexibility, better concentration & increased strength

**Class Limit 12**

**Instructor Kay Papandrew** **Sr. \$25.00** **Non-Sr. \$75.00**  
**8 Sessions** **Wednesday 12:00 to 1:00 p.m.** **Begins 10/4/23**

**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 10/2/23**

**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 10/2/23**

**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 5:30 – 6:30 p.m. **Begins 10/3/23**

**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: 10/3/23**

**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: 10/3/23**

**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 Sessions** Tuesdays & Thursdays 4:00 – 5:00 p.m. **Begins: 10/3/23**

**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** **Sr. \$25.00** **Non-Sr. \$75.00**  
**16 Sessions** Mondays & Wednesdays 9:00-10:00 a.m. **Begins: 10/2/23**

**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 Ramftl**

**Sr. \$25.00**

**Non-Sr. \$75.00**

**8 Sessions**

**Thursdays 12:00 - 1:00 p.m.**

**Begins: 10/5/23**

**QIGONG FOR BONE HEALTH**

Through harnessing the chi (life force energy) participants will learn powerful movements that will help to strengthen the bones. The practice includes standing postures as well as a bone marrow cleansing to help cleanse the marrow of toxins. **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: 10/5/23**

**No Walk-Ins Permitted**

**FOLLOW US ON FACEBOOK**

**Brigantine Beach CER**

**Brigantine Beach Community & Recreation**

**265 42<sup>nd</sup> 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 10/3/23**

**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 10/7/23**

**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: 5 THRU 13 ONLY** Class limited to 12 children.

**Instructor: Marisela Dellinger**

**FEE: \$40.00**

**8 Sessions**

**Saturdays**

**10:00 – 10:45 a.m.**

**Begins 10/7/23**





## BRIGANTINE PICKLEBALL

TeamReach App. – 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

Outdoor Play Fall/Winter/Spring: Courts are open 24/7. Open rotation most mornings. No fee.  
Use Team Reach to communicate with others about time to play.

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

Nets must be set up and taken down for each session. **PLEASE DO NOT ENTER GYM EARLY IF THERE IS A CLASS AS PEOPLE PAY FOR THEIR TIME. PLEASE LEAVE PROMPTLY AT END TIME.**

	time	Rating
Monday	1:15-2:30	3.5-4+
	2:30-4:00	3.0
Tuesday	11:15-12:30	2.0-2.5
	12:30-2:30	3.0
	2:30-4:00	3.5-4+
Wed	1:15-2:30	3.0
	2:30-4:00	3.5-4+
Thur	11:15-12:30	2.0-2.5
	12:30-2:30	3.0
	2:30-4:00	3.5-4+
Fri	1:15-2:30	3.0
	2:30-3:45	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](mailto:BOBJG1435@GMAIL.COM) –

Bob Galbraith USAPA Ambassador



## TRIPS 2023

### SIGHT & SOUND THEATRE CHRISTMAS SHOW

**Wednesday, Dec. 6, 2023**

The CER is planning a trip to see the Christmas Show at the Sight and Sound Theatre in Lancaster, PA. We will have an Amish luncheon at Diener's Country Restaurant prior to the 3:00 p.m. show.

Tickets will go on sale by **telephone only** starting **at 9:00 a.m.** on **Wednesday,**

**Sept 20, 2023.** You should call the CER office at 264-7350 Ext. 1 beginning at 9:00 a.m. – we will not accept any calls before 9:00 a.m. **DO NOT** leave a message. These tickets can only be purchased by telephone. A limit of **four** tickets per person. Price includes show ticket and motor coach transportation and dinner. **Check or money order only – no cash** will be accepted.

**PAYMENT MUST BE MADE WITHIN 5 DAYS OF MAKING YOUR RESERVATION.**

LEAVE: 9:30 a.m. from BBCC – 42<sup>nd</sup> Street

COST: \$125.00

DEPART: Immediately after dinner

COST: \$125.00 PER PERSON, includes bus transportation, luncheon and show ticket.

## TRIPS 2024

### SOUTHERN CARIBBEAN CRUISE

**Presented by Boscov's Travel**

**January 18 – 29, 2024**

The Brigantine CER is offering a “SOUTHERN CARIBBEAN CRUISE” on the new “CELEBRITY BEYOND”, January 18 to January 29, 2024, hosted by Boscov's Travel. We will be visiting Philipsburg, St. Maarten; Castries, St. Lucia; Bridgetown, Barbados; St. Johns, Antigua and Basseterre, St. Kitts & Nevis. Included is roundtrip airfare to Fort Lauderdale, Pre-Cruise accommodations and transfers to and from cruise seaport. For more information contact the CER Office at 609-264-7350 Ext. 1.

### SPLENDORS OF SCOTLAND

**Presented by Jet Vacations**

**April 28 – May 7, 2024**

The CER is sponsoring a 10 day trip to Scotland. We will be exploring Glasgow, Fort William, Thursowick, Inverness and Edinburgh. We will be flying to and from the Newark, NJ Airport. We will also have a guided tour of St. Andrews Golf Course. For more information, call the CER Office at 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**

**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 42<sup>nd</sup> St. unless otherwise noted.

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

**REGISTRATION WILL TAKE PLACE SEPT. 12<sup>TH</sup> THRU SEPT 19<sup>TH</sup>, 2023 AT THE COMMUNITY CENTER ONLY AND WILL NOT BE ACCEPTED AFTER SEPT 19<sup>TH</sup>, 2023**

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

**PLEASE PRINT CLEARLY**

**FALL CER CLASS REGISTRATON FORM – 2023**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ (Required)

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

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

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

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

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

**PLEASE PRINT CLEARLY**

**FALL CER CLASS REGISTRATON FORM – 2023**

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ (Required)

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

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

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

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

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