

The background of the entire page is a photograph of a sunset over a body of water. The sun is low on the horizon, creating a bright orange and yellow glow that transitions into a darker blue sky with scattered clouds. In the foreground, a telescope is positioned vertically, its lens and various adjustment rings visible. The telescope is dark, and its reflection is faintly visible on the water's surface.

Southern Regional School District

Winter / Spring 2012
Programs of
Community Education

(609) 597-9481, ext. 4410
www.srsd.net



WELCOME



Dear Friends and Neighbors:

Welcome to another enjoyable and educational semester of the Southern Regional Community Education Program. The theme of our 2012 winter/spring brochure is *possibilities*. As our cover shot attests, the angler who is on the shoreline in time to see the dawn knows the possibilities that may await him or her. To the outsider, success may not occur unless a “keeper” is landed. However, a true sportsman will declare that the enjoyment is in the experience. A great catch may happen, but it is more important to try—to remain open to the possibility. As you read through our class offerings, don’t forget to remain open to your own new possibilities.

Thank you to our District Administration and to our Board of Education for their support, and most importantly, thank you to all our community members who continue to encourage and participate in the Southern Regional Community Education Program. Happy New Year!

-Susan M. Craig, Coordinator

2012 CALENDAR

January						
S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February						
S	M	T	W	R	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March						
S	M	T	W	R	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April						
S	M	T	W	R	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May						
S	M	T	W	R	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June						
S	M	T	W	R	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Semester Dates	
January 9, 2012	GED Registration and English for the Foreign Born classes begin
January 16, 2012	Martin Luther King Day—School Closed
February 20, 2012	Presidents’ Day—School Closed
February 21, 2012	Enrichment Semester begins
April 9-13, 2012	Spring Recess (no classes held)
May 28, 2012	Memorial Day—School Closed



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Southern Regional School District does not endorse or recommend any specific vendor listed in this brochure.



PROGRAM INFORMATION

GENERAL INFORMATION

The area served by the Southern Regional High School District consists of Long Beach Island, Stafford, and Ocean Townships.

PHILOSOPHY

The Southern Regional Community Education Program is a non-profit enterprise sponsored by the Southern Regional Board of Education. Its purpose is to enrich the lives of the citizens of this area by providing them with an opportunity for continuing educational, social, recreational, and career related offerings.

EMERGENCY SCHOOL CLOSINGS

Enrichment classes will be canceled when day school and/or after school activities have been canceled because of inclement weather or other emergency. Closings will be announced on radio stations WBBO-98.5 FM, WJRZ-100.1 FM, WBHX-99.7 FM, and WOBM-92.7 FM. Information is also available on Southern's SNN channel and our web site at www.srsd.net.

CANCELLATION OF CLASSES

The Community Education Program reserves the right to cancel courses, change faculty and make adjustments in course schedules and room assignments. Cancellations caused by inclement weather or at the request of the instructor will be made up at the end of the term. Instructors are responsible for notifying their students in the event they cancel class.

ADMISSION REQUIREMENTS

The Adult School admits students 18 years old and older of any race, color, religion and national or ethnic origin. Senior citizens 60 years old and residing within the area served by Southern Regional High School will be given a 10% discount on courses (except where noted).

SMOKING POLICY

Smoking in school or on school grounds violates a township ordinance and is subject to a court appearance, a fine, and community service. We ask all community members visiting our campus to respect this policy. All tobacco products, as well as e-cigarettes, are not allowed on school property.

AFFIRMATIVE ACTION

The Southern Regional Board of Education affirms the responsibility to insure all students in the public schools of Southern Regional are afforded equal educational opportunity and all employees equal employment opportunity regardless of race, color, creed, sex, ancestry, national origin and social or economic status. To fulfill this responsibility, the Board shall establish a program to review and modify, as necessary, its present school and classroom programs and employment contract practices. In an effort to serve the community with a wide range of offerings, this publication may use generic terms or descriptions to better characterize or define its offerings. Those terms or descriptions are not intended to be all encompassing, nor do they endorse any particular point of view. The Southern Regional Affirmative Action Officers for the current school year are Susan Craig and Bob Schoka.



EQUAL OPPORTUNITY

It is the policy of the Board of Education of Southern Regional to provide equal educational opportunity regardless of sex, race, color, creed, religion, ancestry, national origin or social or economic status.

TUITION / FEES / REFUNDS

All students are required to pay for books / materials / supplies in certain courses. The school reserves the right to cancel any class if a minimum enrollment is not met. If a course is canceled, you may transfer to another class or request a full refund. If you are dissatisfied with a course, please notify the Community Education Office in a timely fashion; refunds will be issued at the discretion of the Coordinator. We reserve the right to assess a prorated refund.

GENERAL CONDUCT

All students attending programs described in this brochure are expected to display respect for the rights of others. Appropriate standards of courtesy, decency, morality, appropriate language, and honesty and shall be maintained at all times.

SOUTHERN RAM ALUMNI



JOIN US....We've been waiting for YOU...
The Official Southern Regional Alumni Association

www.srsd.net or

[http://.facebook.com/home.php#!/group.php?
gid=137664229596532&ref=search](http://.facebook.com/home.php#!/group.php?gid=137664229596532&ref=search)



Find us on
Facebook

Date to be announced

**Comedy
Night**



Upcoming Events



Wall of Fame

Date to be announced

Flea Market

Date to be announced

**FLEA
MARKET**

PROGRAM INFORMATION

Want to register
in person?
Come visit us!

The Southern Regional District Community Education Office

is located in the
9/10 High School Building
(directly on Route 9).

Enter through the front
door—the office is the first
door on your left.

600 North Main Street,
Manahawkin, NJ



In Person Registration:

Community Education Office
Southern Regional 9/10 Building
600 North Main Street
Manahawkin, NJ 08050

10:00 am to 4:00 pm daily

5:00 pm to 7:00 pm Monday through Thursday
during the Enrichment Semester

Mail-in Registration:

Community Education Office
Southern Regional School District
600 North Main Street
Manahawkin, NJ 08050

ENRICHMENT REGISTRATION

Fill out registration form(s) on Page 11 and mail to:



Southern Regional Community Education
600 North Main Street
Manahawkin, NJ 08050

Check or money order only. Make checks payable to:
"Southern Regional Community Education."

In Person Registration:

Adult School Office
Southern Regional 9/10 Building
600 North Main Street
Manahawkin, NJ 08050
10:00 am to 4:00 pm daily
5:00 pm to 7:00 pm Monday through Thursday
during the Enrichment Semester

Mail-in Registration:

Community Education Office
Southern Regional School District
600 North Main Street
Manahawkin, NJ 08050

*dwell in
possibility...*

*emily
dickinson*

Avoid disappointment! Register today!
Some classes fill up quickly and early!
Some classes may be cancelled due to insufficient enrollment!

Teachers and Ideas Wanted!

Do you have a special skill or hobby? Want to meet interesting people and share your expertise with an appreciative audience? Call or write us and tell us something about yourself. The type of courses that we are interested in are non-academic; therefore, they do not require State Certification. Become a part of one of the most outstanding school districts in the State of New Jersey: SOUTHERN REGIONAL!

Call 597-9481, Ext. 2283, or write to:
Mrs. Susan Craig, Coordinator,
Southern Regional Community Education,
600 North Main Street,
Manahawkin, NJ 08050

SENIOR CITIZEN (60 & OVER) DISCOUNT POLICY

Senior citizens (age 60 and over) will be entitled to a 10% discount on all classes with an enrollment fee over \$6.

Exceptions will be noted in individual class descriptions.

We are not able to offer any discount on trips or excursions.

Southern Regional Adult School is not responsible for typographical errors or omissions.

DISTRICT MUSICAL

Southern Regional Theatre Company Presents...



February 22ND, 23RD, 24TH and 25th
@ 7:00 pm

Southern Regional High School
Joseph P. Echle Performing Arts Center

Students: \$8.00 Adults: \$10.00

Advance ticket order forms can be found on the
following page or visit www.srsd.net.

For other ticket information call
(609) 597-9481 ext. 4454.

"Where Quality Entertainment Is A Tradition!"

DISTRICT MUSICAL



Mr./Mrs./Miss _____ Phone _____

Mailing Address _____
(street) (town) (zip)

Email Address _____

Wednesday, February 22 nd @ 7 PM:	# _____ Adult Tickets	@ \$10.00	_____
	# _____ Student Tickets	@ \$ 8.00	_____
Thursday, February 23 rd @ 7 PM:	# _____ Adult Tickets	@ \$10.00	_____
	# _____ Student Tickets	@ \$ 8.00	_____
Friday, February 24 th @ 7 PM:	# _____ Adult Tickets	@ \$10.00	_____
	# _____ Student Tickets	@ \$ 8.00	_____
Saturday, February 25 th @ 7 PM:	# _____ Adult Tickets	@ \$10.00	_____
	# _____ Student Tickets	@ \$ 8.00	_____

TOTAL AMOUNT ENCLOSED FOR TICKETS \$ _____

**KINDLY RESPECT OUR ADVANCE SALE DEADLINE OF
WEDNESDAY, FEBRUARY 15th.**

After that date, remaining tickets may be purchased at the door on the night of each performance. Please make checks payable to "Southern Regional."

Return this order form with your remittance to:

"SEUSSICAL" Tickets
Southern Regional Theatre Company
Southern Regional High School
600 North Main Street
Manahawkin, NJ 08050
 For questions, call 609-597-9481 Ext. 4454

"Where Quality Entertainment Is A Tradition!"

GED/ESL PROGRAM INFORMATION



St. Francis Educational Support Services Adult Basic Skills Consortium GED/ESL Classes

- ◆ In partnership with St. Francis Educational Support Services, Southern Regional High School District is pleased to offer GED and ESL classes.
- ◆ All classes are **FREE** and have open enrollment to the community.
- ◆ For more information please call 609-494-8861 ext. 185.
- ◆ Classes are provided by the Ocean County Consortium through a grant from the Department of Labor & Workforce Development.

GED

Monday & Wednesday
6:00 - 9:00 pm

Southern Regional High School (9/10 Building)
600 North Main St., Manahawkin
Registration: Room 7-0

Classes begin: January 9, 2012

Basic program information: Instruction focused on math and language arts; registration and intake procedures include pre-test evaluation; practice tests are limited to students attending over 6 hours; test site is Ocean County College (or various other NJ sites); other specific information may be accessed via www.state.nj.us/njded/students/ged. (Classes are subject to change.)

ESL

Monday & Wednesday
6:00 - 9:00 pm

Southern Regional High School (9/10 Building)
600 North Main St., Manahawkin
Registration: Room 2-2

Classes begin: January 9, 2012

Inglés como Segunda Lengua (ESL)

Lunes y Miercoles

6:00 - 9:00 pm

Southern Regional High School
600 North Main St., Manahawkin
Registro: Salon 2-2

Las clases comienzan el 9 de Enero, 2012



ENRICHMENT COURSE REGISTRATION FORM

**REGISTRATION IS EASY:
MAIL REGISTRATION WITH CHECK OR MONEY ORDER TO:**

*Community Member
Interested in Learning
New Things and Meeting
New People*



Southern Regional Community Education
600 North Main Street
Manahawkin, NJ 08050

SOUTHERN REGIONAL ENRICHMENT COURSE REGISTRATION



Senior Citizen discount (60 years of age or older):

Print Name: _____
last first middle initial

Address: _____

Town: _____

Home Phone: () _____ Cell Phone: () _____

Work Phone: () _____ e-mail: _____

Course Title: _____ Session # _____

FOR OFFICE USE ONLY: _____ Winter/Spring 2012

Date: _____ Sr. Discount _____ Fee: \$ _____ Check # _____ Receipt# _____

SOUTHERN REGIONAL ENRICHMENT COURSE REGISTRATION



Senior Citizen discount (60 years of age or older):

Print Name: _____
last first middle initial

Address: _____

Town: _____

Home Phone: () _____ Cell Phone: () _____

Work Phone: () _____ e-mail: _____

Course Title: _____ Session # _____

FOR OFFICE USE ONLY: _____ Winter/Spring 2012

Date: _____ Sr. Discount _____ Fee: \$ _____ Check # _____ Receipt# _____



SPECIAL INTEREST: HIGH SCHOOL STUDENTS AND THEIR PARENTS/GUARDIANS

The SAT test will be administered at Southern Regional High School on Saturday, May 5, 2012 and Saturday, June 2, 2012



Don't be surprised on test day! Know what to expect by enrolling in our *SAT Prep classes*. Become familiar with directions, practice questions, testing strategies and more! Each class will be 90 minutes long; however, the instructor will be available for an additional 30 minutes each week for any individual questions and/or concerns. **Please note that there will be no refunds issued after the first class.**

S.A.T. PREPARATION CLASSES

This program is designed to prepare students for the S.A.T. examinations. Fee includes enrollment in both English and Mathematics sections.

Fee: \$85 (Southern Regional students); \$135 (out of district students).

ENGLISH

Session 1E

Mondays, 5 weeks
March 26, April 2, 16, 23, 30
Time: 3:00-5:00 pm
Place: 11-12 Building, Room 220
Instructor: *SRSD staff*

Session 2E

Mondays, 5 weeks
March 26, April 2, 16, 23, 30
Time: 6:00-8:00 pm
Place: 11-12 Building, Room 220
Instructor: *SRSD staff*

MATHEMATICS

Session 1M

Wednesdays, 5 weeks
March 28, April 4, 18, 25, May 2
Time: 3:00-5:00 pm
Place: 9-10 Building, Room 7-8
Instructor: *SRSD staff*

Session 2M

Wednesdays, 5 weeks
March 28, April 4, 18, 25, May 2
Time: 6:00-8:00 pm
Place: 9-10 Building, Room 7-8
Instructor: *SRSD staff*

SAT Prep classes are limited and may be cancelled due to lack of enrollment; therefore, students are encouraged to register early.



Please make checks payable to “Southern Regional Community Education Program.” Return the bottom portion of this form with your remittance to: Mrs. Susan Craig, Southern Regional Community Education, 600 North Main Street, Manahawkin, NJ 08050. Completed forms may also be brought to the Main Office of the 9/10 or 11/12 Building (attention: Mrs. Craig). Call (609) 597-9481, extension 4410 for further information.

Register early—classes may be cancelled due to minimum enrollment limits.

Student's Name: _____

Address: _____

Home phone # _____ Cell phone # _____

Course title: **SAT PREP.** Math Session # _____ English Session # _____

SPECIAL INTEREST

DOMESTIC / ELDER ABUSE CLASS

We all know that violence is everywhere in our world, but when it occurs in your own home there is nowhere to go for protection. Domestic and elder abuse are insidious and comes at us slowly and in many forms: emotional, physical and financial abuse are just three of them. As our economic downturn worsens, our worries and tempers flare. We often tend to take out our frustrations on the people closest to us.

- ◆ Do you know someone who you think is being abused by his or her spouse or dating partner? Are you? Is a past partner stalking you?
- ◆ As a person reaches “senior status,” there is a greater possibility that they may fall victim to elder abuse. Who is doing the abusing? What are the potential indicators? Consequences range from financial/physical/emotional abuse to withholding heat, medication and doctor visits.

Do you know your rights? You have them, you know. The number of tragedies attributed to Domestic and Elder Abuse continues to soar while we stand by not understanding, not wanting to hear or look, or not knowing how we can help. Come find out what you can do. Learn the community resources waiting to help. The time to act is now! LISTEN, LEARN and BE EMPOWERED. If you or someone you know is in immediate danger, CALL YOUR POLICE DEPARTMENT!

Instructor: *Carol Speller, Certified Specialist in Domestic Abuse*

One-night Seminar

Tuesday, March 20th

9/10 Building

Fee: \$ 16

7:00—9:00 pm

Room 7-6



Volunteer Advocates for Sexual Abuse and Assault Victims!!



Next semester, the Sexual Abuse and Assault Program of St. Francis Counseling Service will be conducting a volunteer Sexual Assault Advocate Training at Southern Regional High School. Our volunteers will learn crisis intervention skills, how to care for the victim, and become familiar with medical, legal and therapy resources available in Ocean County. Mature adults with related work or life experience will be considered. For more information or to schedule an interview, please call Karen Gesicki, Program Coordinator, at (609) 494-1554.



ARE YOU A GOOD LISTENER?

CONTACT of Ocean & Monmouth Counties, a 24-hour crisis intervention & information/referral to community services hotline, is offering **FREE** training in Active Listening Skills.

Our 2012 schedule is as follows:

Spring (2012) training begins Thursday, February 2, 2012

(15 weeks) – Toms River area.

For further information, please call 732-240-6104

COMPUTER COURSES

MICROSOFT OFFICE EDUCATION

This course is designed for those experienced with Windows 95 or higher. You will receive a basic overview of each of the software programs listed below:

- Weeks 1 & 2:* MS Word (word processing techniques)
Weeks 3 & 4: Excel (create basic spreadsheets in WorkBooks)
Week 5: Publisher (create cards, calendars, newsletters combined with graphics)
Week 6: PowerPoint (create presentations and reports for printing, viewing on computer, or slides)
Week 7: Access (create and understand databases using Excel spreadsheets)

Each program will be covered for a limited period of time; therefore, it is important to attend every class!

Instructor: **Anne Tumminia**
Tuesdays, 7 weeks Fee: \$60
Begins: February 21st 6:00-8:30 pm
9/10 Building Room 6-4



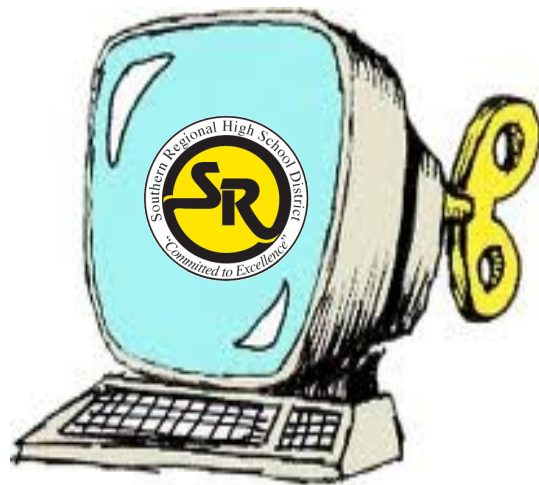
QUICKBOOKS/QUICKBOOKS PRO

Learn to fill in your information properly from the beginning the "quick way" --everything you will need to get the most out of your software. This course is designed to show you the basic steps in setting up your "Company" (which also applies to your own personal financial records). The following are some of the activities covered: terminology; basic accounting principles (equity, assets, liabilities, income, expense); creating lists of items (customers, vendors, employees); database fields; reports (finding, creating, saving, printing); payroll and timesheets; mailing lists, labels, merging into MS Word; sending reports to Excel; backup/restore; network/single-user/multi-user. Limited to 15 students. Please bring a "flash drive" to the first class. Prerequisite: Windows experience necessary!

Instructor: **Anne Tumminia**
Wednesdays, 7 weeks Fee: \$60
Begins: February 22nd 6:00-8:30 pm
9/10 Building Room 6-4

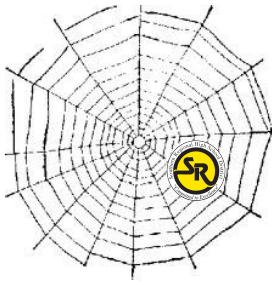
Need guidance concerning which computer class will meet your needs? Call us — we can help you figure it out!

597-9481, Ext. 4410



possibilities are endless...

COMPUTER COURSES



WEB PAGE DESIGN

Are you ready to build your first Internet Home Page for yourself or your business, but you do not know HTML, the language for website construction? You will leave class the first night having created your first home page! At the end of the course, you will take control of your page with graphics and stylized text and color. Prerequisite: Computer basics or be familiar with a computer and have Windows and keyboarding experience.

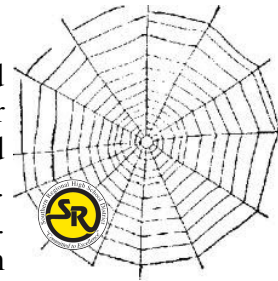
www.srsd.net
Community Education

Instructor: ***Dale Feinstein***
Thursdays, 3 weeks
Begins: March 15th
9/10 Building

Fee: \$45
6:30-9:00 pm
Room 6-4

WEB PAGE DESIGN INTERMEDIATE

If you have already learned the basics of web page design and would like to further your knowledge, this course was specifically made for you! This is your opportunity to pick the brain of an accomplished Web designer. Learn some tricks to make your page come to life. Prior knowledge of web designs a must. This is a “hands-on” course. Please come to class with a specific target audience and project in mind.



Instructor: ***Dale Feinstein***
Thursdays, 2 weeks
Begins: April 19th
9/10 Building

Fee: \$40
6:30-9:00 pm
Room 6-4

www.srsd.net
Community Education

****Please register early!*Please contact us with any questions or concerns! 597-9481, Ext. 4410***

If not notified by our office, assume your registration has been accepted!

You will receive notification only if your class has been cancelled.



COMPUTER COURSES

USING E-MAIL LIKE A PRO

Sure...you can open an e-mail and read it...and even send a reply back. But do you have difficulty opening an attachment or picture sent along with the e-mail? Once it is opened, what do you do with it then? If this sounds like you, then this course was designed with you in mind! By the end of the semester, you will be able to open attachments and save them in folders you have created. Pictures sent to you will be safely stored in your picture folder. Don't have a picture folder? You will be shown where to find it or how to create one of your own. Want to send pictures to others? It is easy once you know how. You will learn how to properly forward, format, and organize your e-mails. Learning how to cut, copy and paste will be included. Become a PRO at e-mail and impress your friends!

Instructor: **Andy Essinger**

Wednesdays, 7 weeks Fee: \$60

Begins: February 22nd 3:00-5:30 pm

9/10 Building Room 7-4



Technology
determines
the
possibilities
of
society...



MICROSOFT EXCEL

Learn Microsoft Excel. Start with the basics of Excel and progress through its many features. Learn how to create and save Excel worksheets, edit and format worksheets, chart data, work with multiple windows and workbooks and learn the basics of macros. Students can work on example worksheets or worksheets of their own (for home or office) while learning the features of Excel. This course is an introduction to spreadsheets.

www.srsd.net
Community Education

Instructor: **Andy Essinger**

Tuesdays, 7 weeks Fee: \$60

Begins: February 21st 6:30-9:00 pm

9/10 Building Room 7-4

HOBBIES & INTERESTS

FITNESS & WELLNESS



Back by popular demand!
BALLROOM DANCE
BEGINNER

Learn from an award winning couple in a relaxed atmosphere. Beginner students will be taught basic steps to popular dances. With a concentration on smooth and Latin rhythm dances, these classes will give you the confidence to get started on the dance floor! Partners required. Bring your dancing shoes and a positive attitude, and get ready for a great experience! Limited to 12 couples per section. *No video recording or taping of any kind allowed in class.*

Instructors: *Angie and Pete Belice*
 Mondays, 6 weeks
 Begins: January 23rd
 9/10 Cafeteria

Fee: \$30 /pp
 6:30—7:30 pm



Back by popular demand!
BALLROOM DANCE
INTERMEDIATE/ADVANCED

Bring your dancing skills to the next level. You will have the opportunity to perfect movements and styling, learn new dances as well as variations and more intricate steps of previously taught dances, and be introduced to new techniques to suit each individual couple. Partners are required. Limited to 12 couples per section. *No video recording or taping of any kind allowed in class.*

Instructors: *Angie and Pete Belice*
 Mondays, 6 weeks
 Begins: January 23rd
 9/10 Cafeteria

Fee: \$35 /pp
 8:00—9:00 pm



*Life isn't about waiting for the storm
 to be over. It's about learning how to
 dance in the rain.
 Possibilities exist at every
 turn...discover them!
 Angie and Pete will help!*



HOBBIES & INTERESTS

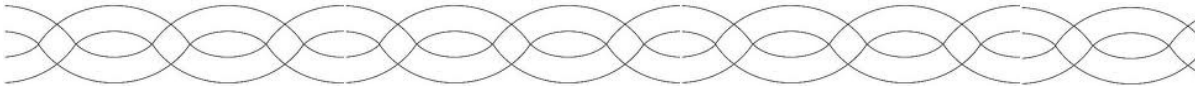
FITNESS & WELLNESS

YOGA—BEGINNER

Come learn the basics of Hatha Yoga, including postures (asanas), breathing (pranayama), and meditation. Enjoy the benefits of yoga while taking time for yourself! Please bring a mat or towel and wear comfortable clothes.

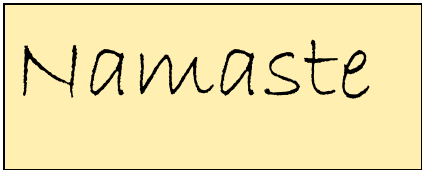


Instructor: **Beverly Jakalow, Certified
Yoga Instructor**
Tuesdays, 6 weeks 6:00-7:00 pm Fee:\$43
9/10 Building Library Begins: February 28th

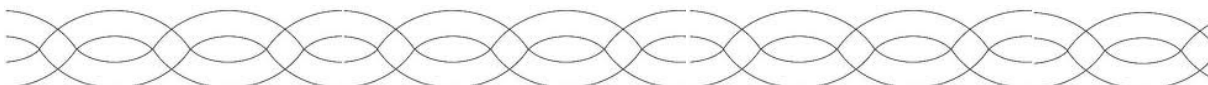


YOGA—INTERMEDIATE

Take your yoga practice further with more challenging postures (asanas) as you learn to coordinate your breath (pranayama) with your movement. This class is suggested for students who have prior knowledge and practice with yoga. Please bring a mat or towel and wear comfortable clothes.



Instructor: **Beverly Jakalow, Certified
Yoga Instructor**
Tuesdays, 6 weeks 7:15– 8:15 pm Fee:\$43
9/10 Building Library.....Begins: February 28th



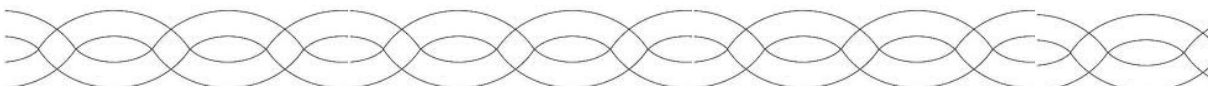
HATHA YOGA—

FOR BEGINNER TO INTERMEDIATE



Learn to calm your mind, relax your body and add balance to your life with yoga. This practice consists of Hatha Yoga postures (asanas), breathing (pranayama), and relaxation techniques. Come and enjoy the benefits of yoga practice. Please bring a mat or towel and wear comfortable clothes.

Instructor: **Beverly Jakalow, Certified
Yoga Instructor**
Wednesdays, 8 weeks 6:30-8:00 pm Fee:\$65
9/10 Building Library.....Begins: February 22nd



You cannot always control what goes on outside.
But you can always control what goes on inside.

HOBBIES & INTERESTS

FITNESS & WELLNESS

TAI CHI CHUAN - LONG FORM BEGINNER

Tai Chi Chuan is a combination of meditation, relaxation and exercise centered around a slow motion series of 108 movements that will create harmony of mind, body and spirit. Tai Chi improves circulation and balance, and helps relax and strengthen the nervous system. The stretching movements make the body limber, tones up muscles and helps to release tension with no impact exercise.

*Knowing others is intelligence,
Knowing yourself is true wisdom.*

*Mastering others is strength,
Mastering yourself is true power.*

Instructor: **Ed Brereton**

Mondays, 8 weeks

Fee: \$60

Begins: March 12th

6:30-8:30 pm

9/10 Building Cafeteria

TAI CHI CHUAN - LONG FORM INTERMEDIATE & ADVANCED

This class is for the student who has taken the basic course and wishes to progress in this form of meditation and relaxation. Intermediate and/or advanced techniques will be discussed and demonstrated.

Instructor: **Ed Brereton**

Wednesdays, 8 weeks

Fee: \$60

Begins: March 14th

6:30-8:30 pm

9/10 Building Cafeteria

Just for today, do not anger.

Just for today, do not worry.

Earn your living honestly.

Honour your parents, teachers and elders.

Show gratitude to every living thing.

*Tai Chi -
A passport to better
health and a lifetime
of fitness.*





Need additional information about any of our classes or activities? Call Reina at 597-9481, ext. 4410. She is always happy to help!



We are searching for SENIOR CITIZENS to share in fun and friendship with teens! The Southern Regional Inter-generational Council (students in grades 7—12) seek new adult members to join our organization. Students plan free or low cost events and activities to share with seniors to our community. For more information, please contact Mrs. Rosemarie Tamarato, advisor, or Mrs. Charlene Collamer at 597-9481, ext. 4502. Hope you can join us!



HOBBIES & INTERESTS

GOLF I

Basic golf for the beginner, includes proper grip, stance, alignment, back swing, downswing, impact and follow through. Course concentrates on developing your swing, use of clubs, rules and etiquette. Bring astro-turf doormat, a 7 iron, and plastic golf balls to first class. Wear sneakers. (Limit 12 students per session)

Instructor: **William Kriews**

Session I:

Mondays, 8 weeks

Fee:\$48

Begins: March 5th

6:30-7:30 pm

9/10 Building

Gym C & D

Session II:

Mondays, 8 weeks

Fee:\$48

Begins: March 5th

7:30-8:30 pm

9/10 Building

Gym C & D

*Dreams are renewable.
No matter what our age or
condition, there are still
untapped possibilities
within us and new
achievements waiting to occur.
Fore!*



New!



New!

RUNNING 101

Do you want to prepare to walk, walk/run or run your first 5K or 10K? Have you been sitting on the couch looking for something to "jump-start" your fitness? Are you a walker that wants to become a runner? Do you want to get fit, make friends and have fun? You have to start somewhere—so start by attending one of these informative evenings that will introduce you to an activity that can benefit you for a lifetime!

Let South Jersey Running & Triathlon Co. teach you the basics of walking/running. Learn the basics of a training plan, walking/running with a group, how heart rate effects you, proper running shoes and injury prevention. In just a few classes, we can have you ready to run your first 5K. Join us — get motivated — get energized — anything is possible!

Instructors: **John Navarro / Tommy Craig**

Session I:

Tuesday, April 3rd only

Fee:\$6

6:30-8:00 pm

9/10 Building

Room 4-6

Or Session II:

Tuesday, May 1st only

Fee:\$6

6:30-8:00 pm

Room 4-6



HOBBIES & INTERESTS

WINES OF THE WORLD

Wine varieties featured this semester will be Riesling, Cabernet Sauvignon, Sauvignon Blanc, Merlot, Pinot Noir, Summer White & Red Wines. Several wines will be tasted and evaluated each session. Discussions will focus on wine flavors, restaurant ordering, wine & food pairing and purchasing wines. A dessert wine will be paired with a special dessert to end the final class.

This program is designed for people at all levels of wine appreciation. Students must be at least twenty-one (21) years of age (proof of ID will be required). Bread and 3 wine glasses should be brought to all classes. A material fee of \$50 will be collected at the first class. Limited to 19 students.



Bill Dabney examining grape vines in the Chateauneuf-du-Pape region of the Rhone Valley in France

Instructor: **William R. Dabney**,
*Certified Wine Judge, American
Wine Society*



Tuesdays,
6 sessions
Fee: \$54

Begins: March 13, 2012
7:00-9:00 pm

Board Building Ram Room



The Pine Shores Art Association Cultural Center has agreed to host classes for another semester in cooperation with the Southern Regional Community Education Program. For use of their facilities, we will make a \$5 donation per student registration.

WATERCOLOR

Classes will be held at

Pine Shores Art Association

94 Stafford Ave., Manahawkin, NJ

Phone 597-3557

This course, taught by an award winning artist, covers watercolor basics, drawing, techniques, color, design and composition. Each class will consist of demonstrations, individual attention and critique. Each session is upgraded to employ the latest methods. All levels are welcome. Materials and supplies are extra: approximately \$20-\$25. Please call 693-1151 to inquire about specific supplies needed.

Instructor: **Carol Nace**

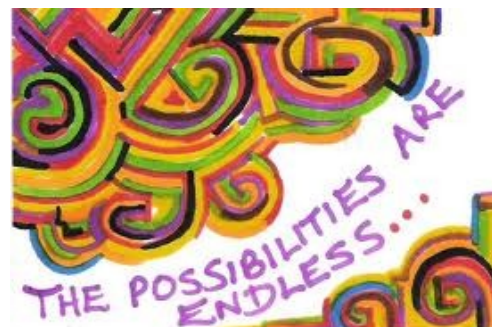
Mondays, 7 weeks

Begins: March 12th

*Location: Pine Shores Art Association
Pine Shores Studio, Manahawkin*

Fee: \$60

1:00-4:00 pm



HOBBIES & INTERESTS

LEARNING & PLAYING

MAH JONGG

One Bam! Two Crak! Have you ever wanted to learn how to play Mah Jongg? Do you know how to play, but need a refresher course? Join us for a fun filled, stimulating time learning this ancient Chinese game. This game is easy to learn. By the end of this program, you will be able to master this game and have years of enjoyable gaming ahead of you! A 2012 Mah Jongg card is required for this course. The card can be obtained by contacting the National Mah Jongg League at 212-246-3052, or via the internet at www.nationalmahjongleague.org. I suggest you order a large print card for \$8.00 as soon as you register for the class!



WE HAVE MORE POSSIBILITIES
AVAILABLE IN EACH MOMENT
THAN WE REALIZE.

Instructor: *Sharon Kaplan*

Wednesdays, 6 weeks

Fee: \$50

Begins: April 25th

7:00-9:00 pm

11/12 Building

Faculty Dining Room

BEGINNING BRIDGE

Come spend 8 enjoyable and informative classes learning the basics of this classic card game. This course will teach bidding, five card majors, and instructions on how to play the hand. No previous playing experience necessary!



Instructor: *Edward Litterio*

Tuesdays, 8 weeks

Fee: \$60

Begins: March 13th

5:15-7:15 pm

11/12 Building

Faculty Dining Room

Stop thinking in terms
of limitations and
start thinking in terms of
possibilities.



INTERMEDIATE BRIDGE

A continuation of our successful "Beginning Bridge," this course will focus on the play of the hand and on certain conventions.

Instructor: *Edward Litterio*

Tuesdays, 8 weeks

Fee: \$60

Begins: March 13th

7:30-9:30 pm

11/12 Building

Faculty Dining Room

THE FUTURE BELONGS TO THOSE
WHO SEE POSSIBILITIES BEFORE
THEY BECOME OBVIOUS.

HOBBIES & INTERESTS



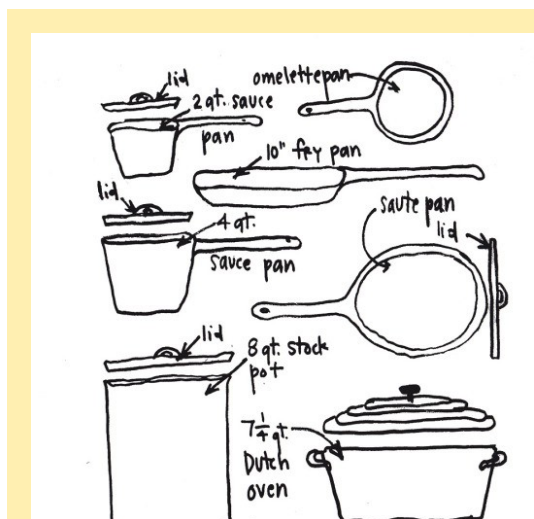
SEAFOOD COOKING DEMONSTRATIONS

Many seafood lovers order seafood in restaurants but are reluctant to prepare it at home. There is no reason to fear cooking seafood in your own kitchen once you know the basics. In two easy to follow cooking demonstrations noted seafood cook Jim Hutchinson will show you how it is done. After he prepares the food, you will have the chance to sample the results and form your own opinion on when you will want to serve it at your home.

Each of the two evenings will have a common ingredient and feature three easy to prepare recipes that are delicious and suitable for both family dinners and social gatherings. Be sure to show up with an appetite, as you will get to taste all of the dishes. The demos will be fun, informative, and will make you eager to go home and prepare the recipes yourself!

NIGHT 1: Shrimp: Three easy to prepare shrimp recipes will be demonstrated, including an appetizer, soup, and main course.

NIGHT 2: Fish: Three easy to prepare fish recipes will be demonstrated, including an appetizer, soup and main course.



Instructor: **Jim Hutchinson**

Wednesdays, 2 weeks

May 16th and May 23rd

11/12 Building

Fee: \$25

6:30-9:00 pm

Room 102



HOBBIES & INTERESTS

New!

New!

VEGAN COOKING

Change your diet..change your life! Does the idea of switching to a plant based diet only make you think of salad? Think again! Not only will you learn about the nutritional and health benefits of eating a plant based diet, but we will be cooking and preparing easy, creative and delicious meals such as creamy veggie pot pie, vegan pizza, banana-coconut french toast and much, much more. Think you need to give up dessert? Think again! You will learn how to make decadent desserts such as donuts, cakes, chocolate peanut butter cups...using only plant based ingredients that will be the envy of even your carnivorous friends and family.....the possibilities are endless. Food and supplies are extra - \$15 each session payable to instructor on the first night of class. Sign up for Session I or Session II... or both! Session I will feature basic recipes; Session II's offerings will be a bit more involved, but don't worry - no need to attend the first session to enroll in and enjoy the second.



Instructor: **Phyllis Zuppe**
 Wednesdays, 4 weeks each session

Session I
 Begins: March 14th 6:30-9:30 pm
 11/12 Building Room 102
 Fee: \$54

Session II
 Begins: April 18th 6:30-9:30 pm
 11/12 Building..... Room 102
 Fee \$54..

To get something you've never had, you have to do something you've never done. Um....vegan cooking perhaps?



“Committed to Excellence”



HOBBIES & INTERESTS

CROCHETING—BEGINNER

Designed for those who have never done any crocheting and for those who may have some experience, but want to be taught the basics. This class will include hook sizes, types of yarns, chain stitch, single, half double, double and triple crochet, as well as cluster and popcorn stitches. Students will be responsible for their own supplies and should bring solid color worsted-weight yarn and size J hook to the first class.

Instructor: **Donna Dae**

Mondays, 3 weeks

Begins: March 19th

9/10 Building

Fee: \$30

7:00-9:00 pm

Room 8-5



CROCHETING—INTERMEDIATE

Now that you know the basics of single and double crochet, you can now add to your crocheting skills. Student will learn how to read patterns in order to work on more complex stitches. Various patterns will be completed, then made into one long scarf, resulting in a completed project at the end of the course. Students are to bring their own solid color worsted weight yarn and size J or K hook.



Instructor: **Donna Dae**

Mondays, 3 weeks

Begins: April 16th

9/10 Building

Fee: \$30

7:00-9:00 pm

Room 8-5



HEALTH & FITNESS

WHY DO I STILL HAVE THYROID SYMPTOMS WHEN MY LAB TESTS ARE NORMAL?

Are you suffering from fatigue, weight gain, hair loss, low libido, cold hands and feet, depression, insomnia, heart palpitations or other symptoms? Are you being treated for hypothyroidism but are not feeling better? Are you getting worse even though your lab results look normal? Have you been told you have Hashimotos and there is nothing that can be done about it? If so, join the estimated 27 million Americans who have poor thyroid function. Don't waste another day feeling lousy. Find out how to best support your health naturally in this cutting edge class.

Instructor: **Dr. Brian Smith, DC**

One-night Seminar

Tuesday, April 3rd

9/10 Building

Fee: \$6

7:00-8:30 pm

Room 7-0

FIBROMYALGIA

Millions of Americans suffer from aches, fatigue, interrupted sleep and depression and are often diagnosed as having Fibromyalgia. Gain an understanding of the neurological and physical causes of this syndrome and learn non-drug solutions to combat it.

Instructor: **Dr. Brian Smith, DC**

One-night Seminar

Tuesday, March 20th

9/10 Building

Fee: \$6

7:00-8:30 pm

Room 7-0

Registration forms can be found on
Page 11; downloaded from
www.srsd.net ...
or simply stop by our
Adult School Office
and pick one up!

HOBBIES & INTERESTS

DOG OWNER TRAINING LEVEL I

This class is for dog owners who desire to learn how to prevent or to solve common behavior problems with dogs. Learn how to deal with aggression toward people or other dogs, destruction to home and belongings, biting hands, digging holes, nuisance barking, and much more. We will address proper equipment and its use for training. Learn how to correct your dog. Teach heel, stay, come, sit. **DO NOT BRING YOUR DOG TO THE FIRST CLASSES!** Dog will attend with owner during weeks 4, 5 and 6. Limited to 20 students. Purchase of DVD is required (\$12 payable to instructor on the first night of class).

Instructors: **Terry & Diana Shoenbach**
Owners of "K-9 Academy L.L.C."
Tuesdays, 6 weeks Fee: \$54
Begins: April 17th 7:00-9:00 pm
9/10 Building Room 3-1

www.srsd.net
Community Education



DOG OWNER TRAINING LEVEL II

Prerequisite for this class is that dogs and owners must have attended Basic Obedience course with Terry & Diana Shoenbach. Learn 17 additional commands and the knowledge to have better control off leash. Dogs will attend all 6 classes, which will be held outdoors. Limited to 15 students.

In order to really enjoy a dog, one doesn't merely try to train him to be partly a human.

The point of it is to open oneself to the possibility of becoming partly a dog.

True or false?

Join Terry & Diana to find out!

Instructors: **Terry & Diana Shoenbach**
Owners of "K-9 Academy L.L.C."
Wednesdays, 6 weeks Fee: \$54
Begins: April 18th 7:00-9:00 pm
Class will meet at SR Middle School Gym C



FINANCE & BUSINESS



COMPLETE FINANCIAL MANAGEMENT WORKSHOP

This seminar, presented by Joseph P. Silvestri (CFP, ChFC, CASL, CLTC), Frank Gordon (LUTCF, Financial Advisor), and Todd Rosenblatt (CFP, CPA, MST of Creative Financial Group of NJ), introduce the key concepts and practices of wise money management. The future arrives whether we plan or not. Stop putting it off and address the financial issues that lie ahead for all of us. Learn what you need to know to get higher returns on your investments, how to lower taxes and to plan for your future. Discuss mutual funds, insurance, stocks, bonds, estate taxes and long-term care. You'll receive a workbook packed with sound information that you can take home and put to good use in the development of your own financial blueprint. Come away with a clearer picture of the opportunities available to improve your future financial security. One workbook per registration. A spouse or guest is welcome.

Instructor: **Joseph P. Silvestri**

Thursdays, 3 weeks

Begins: April 19th

9/10 Building

Fee: \$48

6:30-9:30 pm

9/10 Library

www.srsd.net

Check it out!

New!

RETIREMENT "MY WAY"

An educational course to answer the fear of outliving your assets while maintaining your independence and standard of living.

The customary rules of retirement are changing. We will talk about the shift of funding retirement from pensions, social security and personal savings. With the extreme day to day fluctuations in today's financial markets, it is as important as ever to:

Manage investment risk to sure-up your retirement income

Maximize your social security benefits

Avoid common IRA mistakes

We will teach you how to navigate Retirement Roadblocks, understand the risk of rising healthcare costs, and why estate planning is for everyone. One workbook per registration is included with tuition; a spouse or guest is welcome at no additional charge. This course is presented by Jeffery Ahrens, CFP® and Raymond Sura, CRPC® of Ahrens Sura Wealth Management. Securities offered through LPL Financial, Member FINRA, SIPC.



New!

Instructor: **Jeffrey Ahrens**

Two-night Seminar

Session I:

Thursday late afternoon: Feb. 23 & March 1

4:00-6:00 pm 9/10 Bldg. Room 8-5

Session II

Tuesday evening: Feb. 28 & March 6

6:00-8:00 pm 9/10 Bldg. Room 8-5

Fee: \$35

Choice of:

All things are possible until they are proved impossible!



<i>No Discounts</i>	EXCURSIONS	<i>No Discounts</i>
TRIPSTRAVEL**THEATER**		

Please call 609-597-9481 (Ext. 4410) at any time to discuss trips, as waiting lists are always available. Phone reservations are accepted and must be followed by the required deposit within 5 days. Unless the deposit is received promptly, the tickets may be sold without notice. You may reserve a spot by paying a \$20.00 deposit per trip for each individual planning to attend. This deposit is **non-refundable** and will be applied to the cost of the trip(s). Shortly after we receive your registration form and deposit, the Community Education office will mail a confirmation letter to verify the booking for your trip. Bus driver tip is included in your ticket price.

NO REFUNDS CAN BE GRANTED UNLESS WE ARE ABLE TO RESELL YOUR TICKET(S), OR, PURCHASER ARRANGES FOR ACCEPTABLE REPLACEMENTS. IN THE EVENT THAT A TRIP IS CANCELLED BY THE SOUTHERN REGIONAL COMMUNITY EDUCATION PROGRAM, FULL REFUNDS WILL BE GIVEN. NO SENIOR CITIZEN DISCOUNT CAN BE HONORED.

SOUTHERN REGIONAL COMMUNITY EDUCATION

2012 Winter/Spring Trip Schedule		
Saturday, May 5, 2012	Rice Flea Mart/Peddlers Village/Strawberry Festival	\$30 pp
Wednesday, May 16, 2012	Jersey Boys Broadway Show	\$139 pp
Saturday, May 19, 2012	Day in New York / Museum of Natural History	\$30 pp
Saturday, September 22, 2012	New York City San Gennaro Festival	\$30 pp
Saturday, December 1, 2012	Day in New York City / Christmas Shopping	\$30 pp
December, 2012 <i>(specific date to be announced)</i>	Radio City Christmas Show	TBA

***NOTE: Trips may be subject to cancellation or change in price, date and itinerary.
TBA=to be announced***



- Benefits of traveling with Southern Regional Community Education Program:**
1. No worries about the driving!
 2. No worries about the gas!
 3. No worries about the tolls!
 4. No worries about the traffic!
 5. No worries about the parking!
 6. **NO WORRIES!!!**

No
Discounts

EXCURSIONS

TRIPSTRAVEL**THEATER**

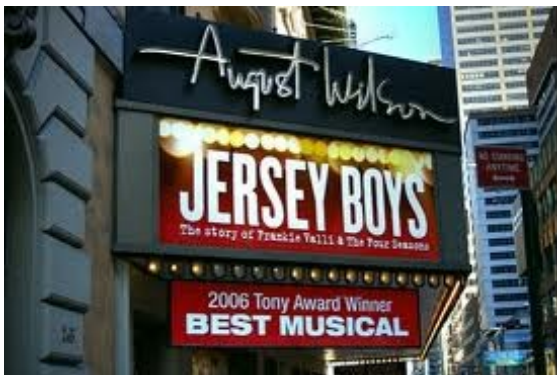
No
Discounts

RICE FLEA MARKET PEDDLERS VILLAGE “STRAWBERRY FESTIVAL”

Saturday, May 5, 2012

\$30 per person

Visit the heart of Bucks County, PA, home to many specialty shops brimming with unique merchandise from all over the globe. First stop will be the Rice Flea Market. Next, on to Peddlers Village for more shopping and the annual Strawberry Festival. Browse the outlet stores at Penn's Purchase. Fee includes transportation only. Bus departs at 7:30 am and returns approximately 9:30 pm.



“JERSEY BOYS” BROADWAY SHOW

Wednesday, May 16, 2012

\$139 per person

(transportation and orchestra seats)

This is the award winning musical about Frankie Valli and the Four Seasons. See the story of how a group of blue collar boys from the wrong side of the tracks became one of the biggest American music sensations of all time, selling 175 million

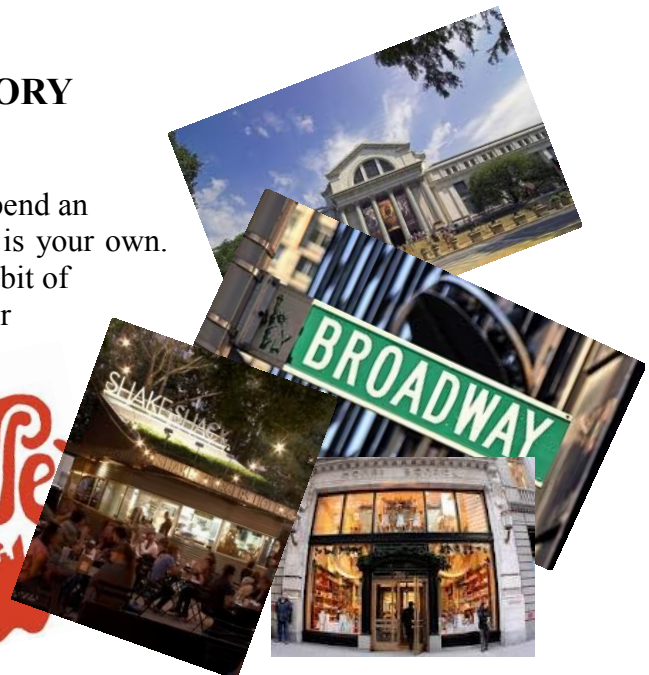
records worldwide! This smash hit is the winner of 4 Tony Awards, including Best Musical. Cost includes transportation and orchestra seats. Departs at 8:45 am and return approximately 7:45 pm.

DAY IN NEW YORK CITY MUSEUM OF NATURAL HISTORY

Saturday, May 19, 2012

\$30 per person

Sit back and let someone else do the driving! Spend an enjoyable day in New York City — your time is your own. Take in a Broadway show, visit a museum, do a bit of window shopping, enjoy a leisurely lunch, or simply stroll the bustling city streets. Come experience the spirit of the Big Apple. Fee includes transportation only. Bus departs at 8:45 am and returns approximately 8:00 pm.



Need additional information about any of our trips or classes?

Call 597-9481, ext. 4410. We are here to help!

Please register early to avoid disappointment!

No
Discounts

EXCURSIONS

TRIPSTRAVEL**THEATER**

No
Discounts

SAN GENNARO FESTIVAL ON MULBERRY STREET IN NEW YORK CITY

Saturday, September 22, 2012

\$30 per person



What a great way to spend a fall Saturday afternoon! Travel with us to Little Italy in New York City and enjoy the day at the San Gennaro Festival. Held each year to honor St. Gennaro, patron saint of Naples, this is a day not to be missed. Feast on the plentiful Italian delights and enjoy the entertainment. Early registration is recommended. Bus departs at 8:00 am and returns approximately 8:00 pm. Fee includes bus transportation only .

Remember how disappointed you were that there were no more seats available for our popular holiday New York City excursions? Think ahead! Tickets for the Radio City Show make great Christmas gifts! Don't delay — call Reina today (597-9481, ext. 4410) to reserve your spot !



*Do you know
what is fun?
Exhausting all
possibilities!*

CHRISTMAS AND HOLIDAY SHOPPING / DAY IN NEW YORK

Saturday, December 1, 2012

\$30 per person

Join us and spend an enjoyable day strolling bustling streets, smelling roasted chestnuts, watching the skaters and marveling at the magnificent Christmas tree at Rockefeller Center. Come experience the holiday spirit all around the City. Bus departs at 8:30 am and returns approximately 7:00 pm. Fee includes bus transportation only .



RADIO CITY CHRISTMAS SPECTACULAR 2012

Specific date to be announced—Specific price to be announced

Call Reina (597-9481, ext. 4410) to put your name on our wait list

Prepare to be dazzled by this annual Christmas Spectacular experience! Radio City Music Hall has recently undergone an unparalleled restoration, bringing back all of the splendor of its past while installing state-of-the-art technology for its future. Come experience the Christmas Spectacular holiday magic together with traditional favorites like the “Parade of the Wooden Soldiers” and “The Living Nativity.” This spectacular show has dazzled and inspired over 65 million people for more than 75 years and continues to create memories that last a lifetime. Departs at 8:30 am and returns approximately 8:00 pm.

DISTRICT INFORMATION

SOUTHERN REGIONAL HOME AND SCHOOL ASSOCIATION

The Southern Regional Home and School Association was organized in the Fall of 1988 by a group of interested parents and school officials. The major goal of the Association is to improve communication between parents, students and the school. All parents can benefit from the Association. If you are interested in membership in this group, please fill out and return the membership form below.

SOUTHERN REGIONAL HOME AND SCHOOL ASSOCIATION MEMBERSHIP

If you are interested in joining the Home and School Association, please return this form along with \$5.00 in cash or check payable to SOUTHERN REGIONAL HOME & SCHOOL ASSOCIATION, 600 North Main Street, Manahawkin, NJ 08050

PARENT NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

STUDENT'S NAME: _____ **GRADE:** _____

DISTRICT: _____

BEST TIME TO CALL: _____

	<i>Southern Regional School District Event Schedule</i>		
<i>January 23</i>	<i>Intergenerational Yr of Dragon Party</i>	<i>May 9</i>	<i>Chorus Concert</i>
<i>February 11</i>	<i>SRHSA Gift Auction</i>	<i>May 12</i>	<i>Junior Prom</i>
<i>February 18</i>	<i>Fishing Flea Market</i>	<i>May 15</i>	<i>H. S. Academic Awards</i>
<i>Feb.22-25</i>	<i>District Spring Musical</i>	<i>May 16</i>	<i>Strings Concert</i>
<i>March 9</i>	<i>Scholarship Breakfast</i>	<i>May 24</i>	<i>Intergenerational Picnic</i>
<i>March 21</i>	<i>Ensemble Concert</i>	<i>May 24</i>	<i>H.S. Band Concert</i>
<i>April 4</i>	<i>District Recital</i>	<i>May 25</i>	<i>M.S. Activity Picnic</i>
<i>April 20</i>	<i>M.S. Variety Show</i>	<i>May 31</i>	<i>M.S. Band Dessert Concert</i>
<i>May 3</i>	<i>Fashion Show</i>	<i>June 2</i>	<i>Senior Prom</i>
<i>May 5-11</i>	<i>Celebration of the Arts</i>	<i>June 5</i>	<i>Scholarship Night</i>
<i>May 8</i>	<i>M.S. Academic Awards</i>	<i>June 13</i>	<i>Graduation (tentative)</i>

DO YOU WANT TO HELP A GRADUATING SENIOR?

Consider becoming a

SCHOLARSHIP DONOR

FOR INFORMATION ABOUT THE
SOUTHERN REGIONAL SCHOLARSHIP PROGRAM

Call Cheryl Barrett at 597-9481 ext. 4412

Southern Ocean Medical Center Community Education Programs



The Family Resource Center at the Ocean Club is pleased to offer a variety of programs and lectures each month. All classes are open to the public and most are free of charge. To register please call, 1-800-DOCTORS.

**The Family Resource Center at the Ocean Club is located at:
700 Route 9 South, Stafford, NJ 08092**

PROGRAM	DATE	TIME	FEE
Living with COPD	1/11/12	11:00 am—noon	Free
Blood Clots: Are You at Risk?	1/11/12	2:00-3:00 pm	Free
Introduction to Computers	Begins 1/16/12	9:30—11:30 am	\$40.00
Common Foot & Ankle Disorders	1/17/12	11:00 am—noon	Free
Immune Boosting Foods	1/19/12	2:00-3:00 pm	Free
Weight Loss with Hypnosis	1/25/12	7:00 pm	\$30.00
Minimal Knee Replacements	1/26/12	2:00-3:00 pm	Free
My Aching Joints	1/30/12	2:00-3:00 pm	Free
Blood Pressure Screening	1st & 3rd Wed	9:00—11:00 am	Free
Risk for Heart Disease/Choles.Screen	2/7/12	4:00-6:00 pm	Free
AARP Driving Safety Program	2/7/12	9:00 am-3:30 pm	\$12 AARP/\$14 non
Intro to iPad, Facebook, Twitter	2/13 & 2/15	9:30 am—11:30 am	\$10
Genealogy	2/14/12	10:00 am	Free
Home Care Services—Need Help?	2/15/12	9:00-11:00 am	Free
Cholesterol Update	2/15/12	2:00-3:00 pm	Free
Look Good— Feel Better	2/20/12	1:00-3:00 pm	Free
Diabetes and Eye Complications	2/24/12	10:00—11:00 am	Free
Caregiving for a Person w/Dementia	2/25/12	8:00 am—noon	Free
Blood Pressure Screening	1st & 3rd Wed	9:00—11:00 am	Free
Introduction to Computers	Begins 3/12/12	9:30—11:30 am	\$40.00
Genealogy Beyond the Basics	3/13/12	10:00 am	Free
Leg Pain: Peripheral Arterial Disease	3/14/12	2:00 pm	Free
Men's Health Night	3/21/12	7:00-9:00 pm	Free
National Safety Defensive Driving	3/23/12	8:30 am—5:00 pm	\$8.00
Living with Congestive Heart Failure	3/22/12	2:00 pm	Free
Pain Management	3/27/12	2:00 pm	Free
Nutrition for a Healthy Brain	3/29/12	2:00 pm	Free
Blood Pressure Screening	1st & 3rd Wed	9:00—11:00 am	Free
Create Safe Home: Dementia	4/2/12	1:00 pm	Free
Living Wills	4/6/12	10:00 am	Free
Intro to iPad, Facebook, Twitter	4/9 & 4/11	9:30 am—11:30 am	\$10
Genealogy	4/10/12	10:00 am	Free
AARP Driving Safety Program	4/10/12	9:00 am-3:30 pm	\$12 AARP/\$14 non
Aortic Aneurysm	4/11/12	2:00 pm	Free
Stop Smoking with Hypnosis	4/11/12	7:00 pm	\$30.00

For additional classes, as well as registration and locations, contact 1-800-DOCTORS.

Southern Ocean Medical Center
Community Education

For class locations and registration, please call
1-800-DOCTORS
or visit
southernoceanmedicalcenter.com



Southern Ocean Medical Center
Community Support Groups

- Alcoholics Anonymous :***
Every Friday & Sunday, Ullmann Conference Center, SOMC. 7:30 pm
- Breast Cancer Support Group:***
Second Tuesday of each month, Family Resource Center. 7:00 pm
- Caregiver Support Group:***
Third Monday of each month, Family Resource Center. 3:00 pm
- Depression & Bi-Polar Support Group:***
First and third Friday, Family Resource Center. 7:15 pm
- Hawkin's Hawkeyes Support Group*** (low vision):
First Wednesday of each month, Family Resource Center. 1:00 pm
- Life Beyond Loss:***
Call for dates. (609) 489-0252
- Ostomy Support Group:***
Second Thurs. of each month, Family Resource Center. 1:00 pm
- Overeaters Anonymous:***
Every Saturday & Sunday, Ullmann Conference Center, SOMC. 9:30 am

*Possibilities...
exist at every turn!*

IMPORTANT INFORMATION



The District continues to work hard to conserve energy. Through the effort of all of our staff and students, reports Dean Adams, Energy Manager at Southern, savings resulted in a reduction in natural gas, electricity, water and sewer. Southern is dedicated to continue its efforts and make everyday Earth Day. We are fine-tuning and adjusting various heating and air conditioning units as well as usage time as the seasons change. The more we fine-tune, adjust and analyze, the more we discover areas to conserve. To that end — when attending evening Community Education classes, please dress appropriately!

COMMUNITY RESOURCES



Ocean County Library

Connecting People... Building Community

Long Beach Island Branch:
494-2480

Waretown Branch:
693-5133

Stafford Branch:
597-3381

Barnegat Branch:
698-3331

**Did you know that
adult Ocean County
Library users
borrowed 760,044
fiction books last
year?
Wow!**



HOME PROVIDER

Earn additional income! Be a Home Provider. Open your HOME and HEART to persons with Developmental Disabilities by supplying room, board, supervision and training if needed. Payment varies according to services given. FREE TRAINING. For further information please call the Home Development Unit at **(732) 577-8960**

www.srsd.net
Community Education

DO YOU KNOW SOMEONE WHO CANNOT READ?

IT'S NEVER TOO LATE TO LEARN TO
READ AND WRITE

CALL TODAY
LITERACY VOLUNTEERS OF AMERICA,
OCEAN COUNTY, INC.
732-864-9646

LITERACY VOLUNTEERS



of AMERICA Inc.

OCEAN COUNTY COLLEGE

Spring 2012 Semester



In addition to our main campus in Toms River, Ocean County College offers off-campus classes at the following locations:

- ◆ Bayville (Central Regional H.S.)
- ◆ Brick (Brick Memorial H.S.)
- ◆ Brick (Brick Township H.S.)
- ◆ Jackson (Jackson Liberty H.S.)
- ◆ Lanoka Harbor (Lacey H.S.)
- ◆ Manchester (Manchester H.S.)
- ◆ Point Pleasant (PP Boro. H.S.)
- ◆ Stafford (Stafford Intermediate)
- ◆ Tuckerton (Pinelands Regional)
- ◆ Toms River (Toms River East; Toms River North; Toms River South; and Ocean Gymnastics Academy)
- ◆ Southern Education Center, 195 Cedar Bridge Road, Manahawkin, NJ

2012 REGISTRATION:

Current part-time students may register by calling (732) 255-0319, visiting the main campus in Toms River or the Southern Education Center in Manahawkin, or by visiting WebAdvisor at www.ocean.edu.

Payment is due upon registration. Most credit cards are accepted; payment plans are available.

BUY TEXTBOOKS ON LINE (<http://bookstore.ocean.edu>) or OCC Bookstore at the Toms River Campus.

Please check Webadvisor for the most current schedule!

ocean.edu



SOUTHERN REGIONAL COMMUNITY EDUCATION

BOARD OF EDUCATION

Mr. Steven Berkheiser, *President*
Mr. Kevin C. Lyons, *Vice President*
Mr. Donald Myers
Mr. Thomas W. Serpico
Stuart Snyder, Esq.
Mrs. Rita Sweeney
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DISTRICT ADMINISTRATION

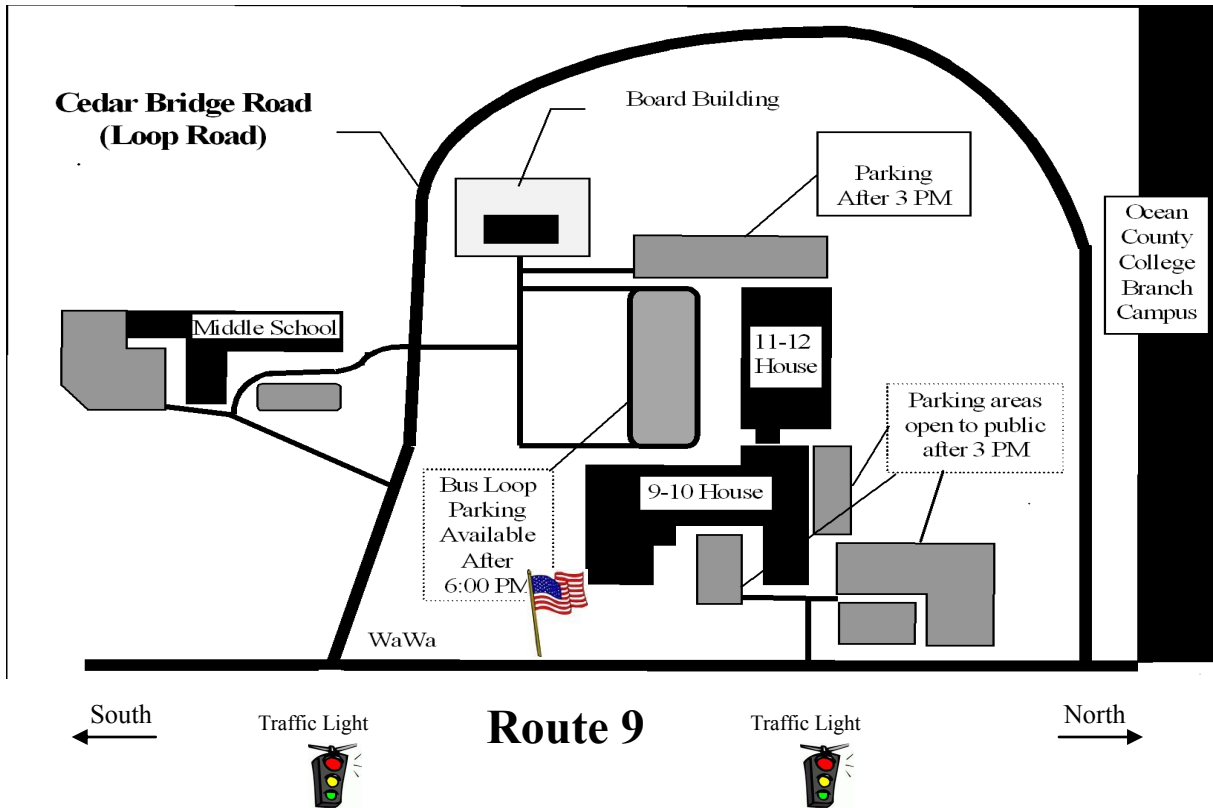
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Business Administrator/Board Secretary
Mr. Eric Wilhelm,
Principal, High School
Mrs. Lorraine Airey,
Principal, Middle School



District Mission Statement:
The Southern Regional experience, a community partnership, will assure our students challenging learning opportunities in order to become contributing members of society.

“COMMITTED TO EXCELLENCE”

SOUTHERN REGIONAL CAMPUS



Not sure where your class is located?

Call ahead to find out the best place to park...
the best door to enter...the shortest route to
your classroom. We are here to help!

597-9481, ext. 4410



Community Education Brochure
Winter/Spring, 2012
Published on-line only

Visit us on the Internet: www.srsd.net