



**L**ife  
**E**nrichment  
**A**nd  
**R**ecreational  
**N**etwork

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At  
the Jacob Schaefer Center

Educational, Cultural, and Recreational Courses and  
Activities for Adults

**Registration Due February 5, 2010**

**Winter 2010**



**L**ife  
**E**nrichment  
**A**nd  
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**N**etwork

**Mission**

**Bancroft’s mission is to ensure that every person is given opportunities for lifelong learning and fulfillment.**

We do this by altering perceptions, and by supporting those with intellectual and developmental challenges and acquired brain injuries in achieving their life goals as valued and respected members of our world.

**Core Values**

- R**espect
- E**mpathy
- S**upport
- P**ride
- E**ffectiveness
- C**onnections
- T**eamwork

**RESPECT** encompasses an array of attributes that clearly define who we are at Bancroft. It is our core value that helps unify the organization around our brand essence and provides the framework for supports and services, decision-making and working together.

Respect is the clearly defined value that helps unify the organization and provide a framework for services, decision-making and working together.



**L.E.A.R.N.**


The Life Enrichment and Recreational Network provides educational, cultural, and recreational courses and activities for individuals served by Bancroft NeuroHealth who are 18 and older. These courses and activities are intended to increase intellectual, physical and socialization skills as well as promote leisure, independence and personal enjoyment through participation in the program. All classes are held at the Jacob Schaefer Center unless otherwise stated.


Participants can choose from a variety of classes in areas such as creative arts, fun and fitness, healthy cooking, hobbies and leisure, musical arts, and personal development. Also included in the network are social events, club activities and Special Olympics opportunities.


**L.E.A.R.N. Life Enrichment and Recreational Network  
Winter 2010 Schedule**

**L.E.A.R.N. 6 Week Classes (February 8 – March 31)**



Day	Time	Class	Instructor/ Facilitator	Cost/Location
<b>Tuesday</b>  	<b>5-6:30 pm</b>	<b>Barry's Bistro</b>	Barry Mostyn	<b>Cost: \$35</b>  Jacob Schaefer Center  <div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;">3 Nights</div>
	<b>6:45-7:45 pm</b>	<b>Dancing Aerobics</b>	TBA	<b>Cost: \$30</b>  Jacob Schaefer Center
	<b>7-8:30 pm</b>	<b>Joyful Noise</b>	Allison & Cathy	<b>Cost: \$30</b> (payable to Joyful Noise, Inc.)  <i>Flicker Residences</i>  <div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;">13 Weeks</div>
<b>Wednesday</b>  	<b>5-6 pm</b>	<b>Martial Arts</b>	David Lobe	<b>Cost: \$25</b>  Jacob Schaefer Center
	<b>4 Weeks: February 10, February 17, February 24, March 3</b>	<b>Class Description:</b> Participants in this class will learn basic stretching, warm-up, and across the floor techniques to get the body moving and increase endorphins in the brain. No Experience Necessary! Participants will need to wear comfortable, loose fitting clothing (No Jeans Please).		

Day	Time	Class	Instructor/ Facilitator	Cost/Location
Wednesday	6:15-7:15 pm	Nail Care	Laikeshia & Rose	Cost: \$35
	<b>Class Description:</b> Would you like to learn how to take care of your nails and hands? What better way to do it than with a nail care class? Everything is included so just bring yourself and your imagination! Also included is assistance. You will have plenty of help along the way. Participants will have a variety of exciting colors and designs to choose from. Men, please don't shy away from this activity. Everyone can benefit from a manicure. ***By appointment ONLY*** Laikeshia will contact you to set up a convenient time. All appointments will be between 6:15-7:15 pm.			Jacob Schaefer Center

Thursday	5:30-6:30 pm	Creative Crafts	Sandra Roluga	Cost: \$50
	<b>Class Description:</b> Come on out and let your creative mind run wild in the comfortable and inviting atmosphere of the Markeim Art Center in Haddonfield, NJ! In this activity, participants will enjoy painting, gluing, decorating and expressing their self through their own crafty artwork. Keep these treasures for yourself or give them as gifts to your family and friends for the upcoming holiday season.			Markeim Art Center Haddonfield, NJ

	6-7 pm	Self Advocacy	Michael Rogers	Cost: Free
<b>Class Description</b> Hear the experiences of persons served as they discuss their varying roles in different self-advocacy organizations. Discover what it is like to be a member of these groups and explore your own possibilities! The class will also review personal rights, and policies and procedures.			Flicker Residences	

## Club Activities

Day	Time	Class	Instructor/ Facilitator	Cost/Location
Monday	6-7:30 pm	Happy Hour	Laikeshia Abrams	Cost: \$35
	February 22, March 29, April 12 <b>Club Description:</b> Enjoy a night of singing, dancing and having a great time with your friends. Pizza, sandwiches, salad and soft drinks will be served. Think of this club as your monthly night out!			Jacob Schaefer Center
	6-7 pm	Current Events Circle	Laikeshia Abrams	Cost: Free
March 1, March 22, April 26 <b>Class Description:</b> With our new slogan, BANCROFT One World for Everyone, let's talk about what's going on in our world. Participants who join this class will discuss the latest news reports, weather, sports etc. and give their thoughts and opinions. Each time the group joins a new person will have the opportunity chance to choose the topic of discussion. Join this class and your voice will be heard!			Jacob Schaefer Center	

Day	Time	Class	Instructor/ Facilitator	Cost/Location
Monday	7-8:30 pm	Karaoke Club	Laikeshia Abrams	Cost: \$5
	February 8, March 8, April 12 <b>Club Description:</b> This club is back! Since it was gone for so long, it is also FREE! Take advantage while it lasts. This club gives participants an opportunity for self-expression and musical performance in a cozy, laid back setting. Participants may choose to sing individually or as a group as they entertain their peers.			Jacob Schaefer Center
Friday	4-5 pm or 6-7 pm	BINGO Club A & B	Laikeshia Abrams	Cost: \$5
	Club A February 19, March 26, April 23      4-5 pm Flicker Res. Club B February 19, March 26, April 23      6-7 pm Jacob Schaefer <b>Club Description:</b> This club is so popular there are 2 session choices and 2 locations! Come out early, socialize and enjoy the great game of bingo and prizes!			Club A Club B <div style="border: 1px solid black; border-radius: 15px; padding: 5px; display: inline-block;">Choose One!</div>



### Extras

Wednesday	5:30-7 pm	All Fired Up! Ceramics	Laikeshia Abrams	Cost: \$40
	March 24, April 14 <b>Class Description:</b> Participants joining this class will be able to choose from a variety of ceramic pieces and paints. You will truly be able to relax and enjoy your painting experience in a creative and friendly environment. The best part of all is that all of the pieces have already been fired! Choose your piece, paint and leave with your project!			All Fired Up! Collingswood, NJ
	5-7 pm	Bowling Night	Laikeshia Abrams	Cost: \$15
	<b>Class Description:</b> 2 Nights – April 21, April 28 Let's STRIKE it up! Join your friends one night a week for some fun and excitement at the Cherry Hill Playdrome! This activity promotes and increases socialization, confidence and of course FUN! Shoe rental is included.			Playdrome Cherry Hill, NJ



### Events

Day	Time	Class	Instructor/ Facilitator	Cost/Location
Sunday March 21	4-8 pm	St. Patrick's Day Dance	Laikeshia Abrams	Cost: \$20
<b>Description:</b> All persons served 18 years and older are invited to the Coliseum for a night of dinner, dancing, fun and excitement for St. Patrick's Day! Come out dressed in green for a night that you are sure to remember.  <i>*Registration for this dance is through the L.E.A.R.N. catalog only. You will NOT receive a separate registration form.</i>				The Coliseum Voorhees, NJ



## Special Olympics

Sign up now for the Summer Adult Special Olympic Program. The final schedule and competition play will depend on securing coaches and enough athletes for the team sports. Please remember to keep in mind work schedules, home visits, and safety issues when making your choices.

**Bocce** – A two-person team sport. One competition plus Summer Games.

*Practices:* Challenge Grove Park or Flicker Residences March, April and May 1 time per week

**Softball** – League games on Saturdays in April and May plus Summer Games.

*Practices:* Challenge Grove Park (Tentative) March, April and May 1 time per week

**Swimming** – Two swim meets plus Summer Games.

*Practices:* February – June 1 time per week

**Track & Field** – Individual sport. One track meet plus Summer Games.

*Practices:* Challenge Grove Park (Tentative) March, April and May

**Tennis** – Individual sport. One tennis match plus Summer Games.

*Practices:* TBA

**Power Lifting** – Athletes may participate in benchpress, deadlift and squat.

*Practices:* March-May 1 time or more per week

**\*\*\*Summer Games : June 11<sup>th</sup> – 13<sup>th</sup>**

**L.E.A.R.N. Life Enrichment and Recreational Network**  
Winter 2010 Registration Information

**Registration Deadline: February 5, 2010**

Don't delay registering for this session of LEARN – class size is limited and registration will be filled on a first-come first-served basis. Send your registration via email, interoffice mail, or through the postal system, to:

**Laikeshia Abrams, Activities Coordinator**

Jacob Schaefer Center  
1981 Old Cuthbert Road  
Cherry Hill, NJ 08034  
Email: labrams@bnh.org

### **Participant Support**

Instructors for the classes are not responsible for providing appropriate support (i.e. supervision) for those taking any of the classes. Registrants must have support that would be appropriate for participation within the greater community.

If you have any questions regarding classes or registration, please call **Laikeshia Abrams (856) 428-0685, ext. 128**

# Registration

Name \_\_\_\_\_  
(First) (Last)

Program Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Program Phone \_\_\_\_\_ Food Allergies \_\_\_\_\_

Level of Support in the Community \_\_\_\_\_ Additional Comments \_\_\_\_\_

**Class/Club Selection (Please check all that apply)**

				Cost	Total
Monday	<input type="checkbox"/> Happy Hour	6-7:30 pm	3 nights 2/22, 3/29, 4/12	\$30	
	<input type="checkbox"/> Current Events Circle	6-7 pm	3 nights 3/1, 3/22, 4/26	Free	
Tuesday	<input type="checkbox"/> Karaoke Club	7-8:30 pm	3 nights 2/8, 3/8, 4/19	\$5	
	<input type="checkbox"/> Barry's Bistro	5-6:30 pm	3 nights	\$35	
Wednesday	<input type="checkbox"/> Dancing Aerobics	6:45-7:45 pm	6 weeks	\$30	
	<input type="checkbox"/> Martial Arts	5-6 pm	4 nights 2/10, 2/17, 2/24, 3/3	\$25	
	<input type="checkbox"/> Nail Care	6:15-7:15 pm	6 weeks	\$35	
	<input type="checkbox"/> All Fired Up! Ceramics	5:30-7 pm	2 nights 3/24, 4/14	\$40	
Thursday	<input type="checkbox"/> Bowling Night	5-7 pm	2 nights 4/21, 4/28	\$15	
	<input type="checkbox"/> Creative Crafts	5:30-6:30 pm	6 weeks	\$50	
Friday	<input type="checkbox"/> Self Advocacy	6-7 pm	6 weeks	Free	
	<input type="checkbox"/> Bingo Club A – at Flicker	4-5 pm	3 nights 2/19, 3/26, 4/23	\$5	
Sunday	<input type="checkbox"/> Bingo Club B – at JSC	6-7 pm	3 nights 2/19, 3/26, 4/23	\$5	
	<input type="checkbox"/> St. Patrick's Day Dance	4-8 pm	1 night 3/21	\$20	

Method of Payment (payable to BANCROFT) Check/Money Order # \_\_\_\_\_ Total \_\_\_\_\_

**Special Olympics (Please check all that apply)**

- Bocce    Power Lifting    Softball    Swimming    Tennis    Track & Field

**Joyful Noise**

- Checks for \$30 can be made out and given directly to Joyful Noise Inc. They can also be given to Laikeshia Abrams.

**If you are not registering at this time please note why**

- Not interested in classes offered    Class not at a convenient time    Other (list)

Signature of applicant \_\_\_\_\_

Date \_\_\_\_\_

**Registration Deadline  
February 5, 2010**