# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Lecture Series</td>
<td>2</td>
</tr>
<tr>
<td>The Arts</td>
<td>3</td>
</tr>
<tr>
<td>Photography</td>
<td>6</td>
</tr>
<tr>
<td>Creativity Never Retires</td>
<td>8</td>
</tr>
<tr>
<td>Financial</td>
<td>13</td>
</tr>
<tr>
<td>Wellness &amp; Fitness</td>
<td>15</td>
</tr>
<tr>
<td>Holistic Health</td>
<td>18</td>
</tr>
<tr>
<td>Humanities, History &amp; Culture</td>
<td>19</td>
</tr>
<tr>
<td>Irish Heritage</td>
<td>23</td>
</tr>
<tr>
<td>Languages</td>
<td>24</td>
</tr>
<tr>
<td>Something Different</td>
<td>25</td>
</tr>
<tr>
<td>Literature/Writing</td>
<td>27</td>
</tr>
<tr>
<td>Music</td>
<td>29</td>
</tr>
<tr>
<td>It’s Personal</td>
<td>29</td>
</tr>
<tr>
<td>Recreation</td>
<td>30</td>
</tr>
<tr>
<td>Student Success</td>
<td>31</td>
</tr>
<tr>
<td>Around Town</td>
<td>32</td>
</tr>
<tr>
<td>Trips</td>
<td>34</td>
</tr>
<tr>
<td>Women’s Conference</td>
<td>43</td>
</tr>
<tr>
<td>World War II Studies</td>
<td>44</td>
</tr>
<tr>
<td>Information</td>
<td>46</td>
</tr>
<tr>
<td>Registration</td>
<td>48</td>
</tr>
</tbody>
</table>

- SAT prep • developmental disabilities

---

**Watch Your Email!** Registration receipts are emailed within 3 days following enrollment. Please continue to check your email. **Class and bus trip updates are delivered via email** including notices of wait lists, class cancellations, date changes, classroom updates and more.

---

**WHERE’S MY CLASSROOM? 4 WAYS TO FIND IT!**

- Website: [www.brookdalecc.edu/lifelonglearning](http://www.brookdalecc.edu/lifelonglearning)
  Scroll down and Click tab on screen lower right “Room Locations, Directions, Maps”
- Call our prerecorded message: 732-224-2100
- Call our office (Mon-Fri 8:30 am-4:30 pm) at 732-224-2315
- Read the posting on our front door – inside lobby, ATeC building

---

*The Kiss*, 1907 by Gustav Klimt
Dear Friends and Neighbors –

If ever there was a year demanding a new vision, this is it. 2020 is the time to grow your world and expand your perspectives. Lifelong Learning offers fresh ideas delivered by accomplished experts that can change the way you think and feel about yourself and your future.

Don’t miss these New Year opportunities to Meet us. Meet our program. Meet our Friends. We invite you to join these two special ‘welcome’ programs:

Linda C. Martin
Director, Lifelong Learning Continuing and Professional Studies

Make new friends but keep the old...

Lifelong Learning At Two River Theater - Twelfth Night
Discover the welcoming community and quality programs offered year-round. Whether a first timer or returning participant – ring in the New Year with an afternoon to remember!

• Pre-performance lecture presented by Dr. Carl Calendar, retired dean of humanities at Brookdale and Shakespearean scholar, who shares insights into this favorite comedy.
• Sit back and enjoy the matinee. Twelfth Night is one of Shakespeare’s most celebrated plays and, perhaps, his most perfect comedy.
• Post-performance reception – mingle with like-minded participants, meet a member or two from the cast, get to know lifelong learning staff members, and enjoy light fare in the theater’s newly constructed event space.

Wed, Jan 15, 11:40 am-4:30 pm
Fee and Code: $65, XTRVY 314

A Visit to BellWorks - Positive Psychology
Diane Lang, therapist, author, educator
Bell Works is the reimagination of the historic former Bell Labs building in Holmdel, N.J. Lifelong Learning is delighted to host this lecture at this exciting site. An introduction to the rapidly growing field of Positive Psychology, the scientific study of well-being and optimal functioning. A tool for positive aging. This program is sponsored by The Friends of Lifelong Learning.

Mon, Jan 27, noon-1:30 pm
Fee and Code: $15, XDEST 168

Find more new Around Town Lifelong Learning adventures, including visits to the Wave Resort in Long Branch, AT&T and a Brookdale Campus Tour, starting on page 32.
GETTING DOWN TO BUSINESS LECTURE SERIES

Don’t miss this broad exploration of the many dimensions of today’s business world.

*Great things in business are never done by one person.*
*They are done by a team of people.* – Steve Jobs

Fashion Forward Footprint - Feb 4
AnnMarie Hughes, Assistant Professor
Brookdale Co-Department Chair-Fashion Merchandising and Marketing
What’s in your closet and what does it mean to the planet? Take a journey behind the exciting fashion industry to discover the environmental impact. Learn about innovative technologies and inspiring trends that are altering the creative face of the fashion. Imagine fashions created from recycled materials. No need to imagine. The future of fashion may be right in your hand – holding a water bottle!

Where The Truth Lies: Advertising From The Inside Out - Feb 11
Carol Cofone, brand strategist, communications planner and copywriter
Carol learned her craft at DMB&B and Ogilvy & Mather. She currently consults for StudioGraphica, a digital agency
Were you a fan of Madmen? Find out how Freddy Rumsen’s Accutron pitch, which opened the first episode of Season 7, did – and ultimately didn’t – work in a real-world pitch. We’ll compare it with the development of an actual campaign, Dove’s “Campaign for Real Beauty.” Advertising Age called it the best campaign of the 21st century. These two case histories will be explored, with all their highs and lows, by an insider who worked on both projects. We’ll discuss what it takes to make a good ad and wrap up with a discussion of the Superbowl Ads: the good ones, the bad ones, and how each one made you think and feel.

Everything You Wanted To Know About The Stock Market But Were Afraid to Ask - Feb 18
Bob Cutrupi, portfolio manager, the Cutrupi Group Raymond James
Baffled by stock market news? CNBC leave your head spinning? Join us to gain an overview understanding of investment vehicles and market fundamentals. We’ll discuss and define a variety of investment products and basic terminology. Find out if you are a Bull or a Bear!

Necessary Evils: Estate Planning Essentials - Feb 25
Dana A. Bennett, Esq., Bennett & Wyatt LLC, Red Bank
Learn about the basic estate planning documents necessary to protect yourself, your loved ones and your assets in the event of your death or incapacity. Includes an interactive discussion about wills, powers of attorney, health care directives and trusts. Find out about the impact of jointly held assets and assets with designated beneficiaries on your estate plan. We’ll also delve into basic estate and inheritance tax laws and some income tax issues to bear in mind. Real life examples of common estate planning situations such as children with special needs, second marriages and keeping assets in the bloodline will be discussed.

Tues, Feb 4-25, 11:45 am-1:15 pm
Fee and Code: $69, XHUMN 273
“Art enables us to find ourselves and lose ourselves at the same time”.
– Thomas Merton

**Oil Portrait Painting From Photos**

Nanci France-Vaz, award-winning professional artist and instructor

Was it painted from life or photo? Learn how to reproduce an image from a photo as if it were painted from life. Begin by producing a great photo reference and combine multiple photos to create a well-designed composition. Focus on drawing, value, composition, and color theory in the traditional techniques of the old masters to produce a finished painting. Materials list will be emailed to students one week prior to class. 5 SESSIONS

Thurs, Feb 13-Mar 12, 10 am-12:30 pm

Fee and Code: $169, XARTF 209

---

**Be sure to check out**

**Spring Shows At Brookdale’s Performing Arts Center**

**12 Angry Jurors**
Feb 14, 15, 21, 22 at 8 pm Apr 16, 23 at 2 pm

**All Shook Up**
Apr 3, 4, 10, 11, 17, 18 at 8 pm and Apr 5, 19 at 2 pm

For more info, call the Box Office 732-224-2411

---

**THE ARTS**

90.5 the night

BECAUSE MUSIC MATTERS BROOKDALE PUBLIC RADIO

---
Drawing (Beginner/Intermediate)
David Dziemian, professional artist, Brookdale adjunct instructor
Learn or review basic concepts and techniques while expanding your creative vision. Concepts include line, value, and perspective. Class includes teacher demonstration and hands-on instruction. Suggested materials list will be emailed one week prior to class.
5 SESSIONS
Fri, Feb 14-Mar 13, 10 am-12:30 pm
Fee and Code: $169, XARTF 207

Acrylic Painting
Arlene Smelson, instructor
Whether you are a beginner or haven’t painted in years, explore the magic of acrylic in a relaxed setting. Learn how to develop an interesting composition, mix colors, build textures, and develop movement and values in a work of art. Learn a variety of techniques and how to bring out the artist within you. Develop skills and techniques that will allow you to express yourself in any way you can imagine. Supply list will be emailed one week prior to class.
5 SESSIONS
Tues, Feb 18-Mar 17, 10 am-12:30 pm
Fee and Code: $169, XARTF 195

Introduction To Jewelry Making
Niels Pustrom, instructor
Design and create a mixed metal piece in our professional jewelry studio. Learn techniques and safety procedures on specialized equipment. Leave with your own unique creation. Materials fee $10 payable to instructor. 4 SESSIONS
Sec 1: Wed, Mar 4-25, 10 am-noon
Sec 2: Wed, Apr 22-May 13, 10 am-noon
Fee and Code: $159, XARTC 156

Jewelry Making II: Recycle, Rethink, Repair
Niels Pustrom, instructor
Bring us your tired, your broken, your out-of-fashion jewelry. Use your creativity to breathe new life into your old pieces. Add a jump ring, or two, make a bail, forge a link, hammer a texture, and use your old jewelry a new way. Bring it in, and let’s see what’s possible. Materials fee of $10 payable to instructor. 4 SESSIONS
Sec 1: Wed, Mar 4-Mar 25, 1-3 pm
Sec 2: Wed, Apr 22-May 13, 1-3 pm
Fee and Code: $159, XARTC 157

Drawing Secrets Revealed
Nanci France-Vaz, award-winning professional artist and instructor
Learn the language of drawing and the techniques of the masters. Begin with a series of drawing exercises and helpful feedback. Weekly topics include value, perspective, proportion and composition. Course is for all levels. Everyone will benefit from Nanci’s personal instruction, guidance, and feedback. Materials list will be emailed one week before class.
5 SESSIONS
Sat, Mar 28-Apr 25, 10 am-12:30 pm
Fee and Code: $169, XARTF 210
Portraits In Charcoal
Arlene Smelson, instructor

Beginner and intermediate students will learn to capture the character and likeness of the human face using the techniques of the old masters. This class combines hands-on learning with teacher demonstration, class discussion, and the study of examples. Focus is on proportion, composition, lighting, and values. Materials list will be emailed to registrants before the start of class. 5 SESSIONS
Tues, Apr 7- May 5, 10 am-12:30 pm
Fee and Code: $169, XARTF 019

Sketch Journaling
David Dziemian, Brookdale arts instructor and professional artist

Try a new approach to journaling. Learn to sketch freehand and quickly render line, form, and values. Develop your art with pencil, pen, markers, or watercolors. Add interest and vibrant detail to your travel sketching and journal drawing. Use materials of your choice; suggested materials list will be emailed to students one week prior to class. 5 SESSIONS
Sec 1: Fri, Mar 27-Apr 24 10 am-12:30 pm
Sec 2: Tues, May 5-Jun 2, 5:30-8 pm Long Branch
Fee and Code: $169, XARTF 208

Sketch Journaling II: Taking It Outdoors
David Dziemian, Brookdale arts instructor and professional artist

Each week we'll visit locations on the campus to sketch, draw, and paint outside. While being outdoors can serve as inspiration for both subject matter and state of mind, students are not required to create scenes of their surroundings. Instead, students are shown a variety of media and techniques as well as methods to open their creative minds and learn to enjoy the process of making art. Materials may include but are not limited to graphite, pen, ink, watercolor, colored pencils, and pastels, and students should bring a portable chair. Class is open to all levels. Sketch Journaling I is not required for this class. 5 SESSIONS.
Fri, May 8-Jun 5, 10 am-12:30 pm
Fee and Code: $169, XARTF 211

Mosaics: A Beginner's Workshop
Mosaics by award-winning artist, instructor, Harvey Altman

Learn design, cutting, tile layout, types of surfaces, adhesion, and grouting. All the techniques needed to complete a 9”x12” mosaic project to take home. Course materials provided. Materials fee $40 payable to the instructor. 4 SESSIONS
Sec 1: Fri, Mar 6-27, 10 am-noon
Sec 2: Wed, Mar 4-25, 10 am-noon
Freehold Branch Campus
Fee and Code: $99, XARTF 115

Intermediate Mosaics

Take your mosaics to the next level in this hands-on workshop. If you have taken a beginner's mosaics class or have background in mosaics then this is the class for you. Instructor will demonstrate creating a project with a specific pattern and design. A 12” X 12” project will be completed to take home. Materials fee $40 payable to the instructor. 4 SESSIONS
Sec 1: Fri, Apr 17-May 8, 10 am-noon
Sec 2: Wed, Apr 15-May 6, 10 am-noon
Freehold Branch Campus
Fee and Code: $99, XARTF 127

Glass Mosaics

Create mosaics using stained glass in this hands-on workshop. Learn to cut, grind, and grout stained glass. Craft a one-of-a-kind project to take home. All materials provided. Materials fee $40 payable to the instructor. 4 SESSIONS
Wed, May 20-Jun 10, 10 am-noon
Freehold Branch Campus
Fee and Code: $99, XARTF 189

Broken China Mosaics

Create mosaics using broken china pieces in this hands-on workshop. China mosaics are a fun and addictive art form. Let us show you how to cut and assemble china to decorate a wall hanging and seal it with grout. Once you've made one you'll never want to stop. Course materials provided. Materials fee $40 payable to the instructor. 4 SESSIONS
Fri, May 22-Jun 12, 10 am-noon
Fee and Code: $99, XARTF 202
Gemology - Part II
Hillary Spector, GIA, GG (graduate gemologist, Gemological Institute of America)
Designed for students with some prior knowledge, or who took Gemology 101 (not a prerequisite), and for those interested in a gemology update.

Day 1: Diamond alternatives including moissanite, cz, lab grown diamond and white zircon. This class discusses the formation, history, identification, value, and market for these 5 gemstones.

Day 2: Pearl update including pearl farming videos and hands on pearl grading lab.

Day 3: Identifying colored gems using lab equipment.

Hillary Spector has more than 25 years of experience in the gemological industry. A graduate gemologist (GG), she is a former instructor at The Gemological Institute of America (GIA), the world's largest and most respected institute of gemological research and learning. She is presently the instructional specialist for Jewelry Television via webinars and on-site presentations.

Mon, Mar 16-30, 6-9 pm
Freehold Branch Campus
Fee and Code: $165, XPERS 300

Sun Printing
Patricia Hart Zackman, professional photographer, instructor
Harness the rays of the sun to create an alternative process print! Using 8x10 cyanotype paper, sunlight, and water we will create unique images. Bring your imagination and interesting solid objects to work with. Objects will be laid on paper, exposed to the sun’s rays, then rinsed with water. The blocked areas remain white, while the exposed areas turn a beautiful blue. Materials fee $10 payable to instructor. We need full sunshine for effective printing, so rain date is June 7th. Please note, no refund will be given if rain date is used.
Sat, Jun 6, 10 am-noon
Fee and Code: $35, XARTP 108

Introduction To Machine Sewing
Betty McCarty, instructor
Do you have a love of fabric and design for the home and wardrobe? Do you have a sewing machine, or want one, but do not know how to use it? Learn how to operate and understand the parts of a sewing machine. Instructor will guide you through basic techniques to get you started on your first project. A portable sewing machine is required for this class.
Sec 1: Mon, Mar 2, 6-9 pm
Sec 2: Mon, Apr 6, 6-9 pm
Fee and Code: $49, XARTC 139

Basics Of Digital SLR Photography
Patricia Hart Zackman, professional photographer, instructor
Unlock your camera's potential to create great photos by manipulating ISO, shutter speed and aperture. Enhance your landscape and portrait images. Whether you are new to photography or just need to brush up your skills, you will gain a better understanding of your camera and all you can do with it. Digital SLR camera required; no point-and-shoot or fixed-lens cameras.
2 SESSIONS
Thurs, Feb 27 & Mar 5, 6-8 pm
Fee and Code: $69, XARTP 069

Call To Register 732-224-2315
Watch Your Email for Notices and Updates
**Camera Theory**  
*Patricia Hart Zackman, professional photographer, instructor*

Prerequisite: Introduction to DSLR or working knowledge of your camera. Explore how ISO, aperture, and shutter speed work in unison to create incredible images. Please bring your Nikon or Canon DSLR camera to class and be ready to switch off automatic or guided modes in order to learn how to make manual adjustments which will take your photography to the next level. Students must have access to their own DSLR and have a basic working knowledge of their camera. Software and hardware not required. Just an open mind and a willingness to learn how ISO, aperture, and shutter work together in various situations.  
2 SESSIONS  
Thurs, Mar 19 & Mar 26, 6-8 pm  
Fee and Code: $69, XARTP 091

**Creating Portraits: It’s All About The Light**  
*Patricia Hart Zackman, professional photographer, instructor*

Learn simple techniques for creating great portraits. Explore hard light vs. soft light, natural light vs. artificial light, on and off camera flash. Learn when and how to enhance light. Other topics include making your subject comfortable and minimizing flaws. Investigate and create a variety of portrait types including self-portrait and portraits that tell a story without showing the subject’s face. A DSLR camera is required for this class.  
3 SESSIONS  
Sat, Mar 21-Apr 4, 10 am-noon  
Fee and Code: $89, XARTP 099

**Lightroom**  
*Patricia Hart Zackman, professional photographer, instructor*

Now that you’ve taken pictures you probably want a way to store, catalog, and edit them. To do so you need a robust application like Adobe Lightroom. Come learn the basics of Lightroom Classic and how you can take your photography to the next level using this powerful storage and editing software.  
3 SESSIONS  
Sat, Apr 25-May 9, 10-11:30 am  
Fee and Code: $79, XARTP 102

**Sunday Photo Walk In Asbury Park**  
*Patricia Hart Zackman, professional photographer, instructor*

Explore the Beaux-Arts architecture of historic Asbury Park with your camera. Begin with the Carousel building, designed by Whitney Warren and Charles Wetmore, the architects of Grand Central Station. Then see the colorful murals on our way to the historic casino building, ending our walk along the boardwalk at Convention Hall. Get tips on composition, lighting, and perspective. A website will be set up to share images after the walk. All levels and cameras welcome. Working knowledge of your camera required. Rain date May 3rd. Please note, no refund will be given if rain date is used. Meet in the parking lot at the carousel building on Ocean Ave & Asbury Ave, Asbury Park  
Sun, Apr 26, 10 am-noon  
Fee and Code: $39, XARTP 107

**Fun With Bokeh**  
*Patricia Hart Zackman, professional photographer, instructor*

Bokeh, a Japanese word meaning blur, has appeared in photos since the early days of photography. It refers to the out of focus highlights produced by wide open apertures. Begin with an interactive discussion of the process, then participate in a hands-on workshop. Bring your fastest lens (min f2.8) and discover natural bokeh. Create your own bokeh using props to create fun images. Props provided.  
2 SESSIONS  
Thurs, May 14 & May 21, 6:30-8 pm  
Fee and Code: $35, XARTP 109
Positive Aging
Diane Lang, therapist, author, educator

Life expectancy has improved considerably in recent decades. Most of us look forward to more than twenty years in retirement. How we choose to address our aging bodies and minds during this time is up to us. Our beliefs on aging play a huge role in our happiness and health. We will explore ways to thrive at any age, perspective on the aging process, the truths and myths of aging and cultivate a positive approach to future years and the new possibilities the next stage of life can bring. 3 SESSIONS
Mon, Feb 3-17, 10:30 am-noon
Fee and Code: $65, XPERS 211

History Behind The Headlines
Brooks Susman, history, philosophy instructor and rabbi emeritus

Is the past prologue? Does history repeat itself? Does the arc of history bend toward justice? Sharpen your opinions by examining current events through the lens of history. Each week we will discuss and debate Sunday editorials and news coverage (in both left and right leaning media outlets) with a view to their relevance to history and in our own lives. Knowledge is more than a headline. Napoleon said history is a set of agreed upon lies. Santayana declared that those who forget the past are condemned to relive it. Are they right? 4 SESSIONS
Thurs, Feb 13-Mar 5, 10:30 am-12:30 pm
Fee and Code: $85, XHUMN 107

Defining Moments - Short Stories
Patricia Whitehead, librarian

We’ve all had them. Fleeting moments that have a lasting effect on our lives. We may not always be aware at the time but in retrospect, we realize things were never the same after. These three stories deal with just such moments: A petty theft. An explosive accident. A small act of kindness. Dramatic and tragic, Quiet and undramatic. Innocuous yet profound. One inciting incident, a myriad of rippling and lifetime effects. Stories are: The Piano Teacher’s Pupil by William Trevor, The Stone Boy by Gina Berriault and The Tribute by Jane Gardam. Stories will be emailed. 3 SESSIONS
Tues, Feb 25-Mar 10, 10 am-noon
Fee and Code: $65, XHUML 099

Understanding Opera
John Balme, humanities and piano instructor, Director, Concordia Vocal Academy

For over 400 years both high society and the general public have enjoyed a theatrical phenomenon called ‘opera’ which literally just means ‘work’. We’ll unwrap this theatrical tradition to find out what makes it so intriguing. We’ll explore how different countries have modified this form of theater with their own dramatic traditions, following opera’s ‘invention’ in Florence in the 1590s. We’ll identify what opera lovers in different countries are really looking for in a great opera and a great production and examine opera’s political role, especially in the 19th century, and in the ways its has pushed the boundaries of conventional theater throughout its long turbulent history. And of course we will highlight the big names, composers and singers alike. 3 SESSIONS
Fri, Mar 27-Apr 10, 9-10:30 am
Fee and Code: $65, XHUMM 021

Watch Your Email for Notices and Updates

Call To Register
732-224-2315
Hot Topics In Baseball: Dispelling Myths
Howard Miller, Brookdale professor
Howard Miller’s baseball blog The Hall of Miller and Eric boasts over 70,000 visitors.
We love the game of baseball. There’s a reason it’s called our National Pastime. And we all know a lot about the game we so love. Or at least we think we do. The game’s mythology is such that some of the things we think we know are wrong. They’ve been altered by politics, historians and journalists of the day, and time. Join our lively discussion of some of baseball’s greatest myths, from our misunderstanding of the game’s origins to our misunderstanding of the “Steroid Era” and many other topics in between. 3 SESSIONS
Mon, Mar 23-Apr 6, 12:30-2 pm
Fee and Code: $59, XHUMN 312

20th Century Comedians
Larry Wolfert, instructor
It is said that laughter is the best medicine. So join the fun and learn about the people who made America laugh in the 20th century including Laurel & Hardy, Marx Brothers, Jack Benny, Abbott & Costello, Bob Hope, Martin & Lewis, Lucille Ball, Milton Berle, Sid Caesar, Jackie Gleason and many others. Our focus will be exploring their paths to stardom and their downfalls, as well as a sampling of some of their better known routines and scenes. 3 SESSIONS
Tues, Mar 31-Apr 14, 10-11:30 am
Fee and Code: $65, XPERS 193

DISPLACED HOMEMAKERS SERVICES
Are you a woman who has lost your primary source of income due to separation, divorce, widowhood, spousal disability, or spousal military deployment? Brookdale’s Displaced Homemakers Services offer free, customized, holistic, client-centered services to help you transition to becoming head of household. 732-739-6020; or brookdalecc.edu/displaced-homemakers/

Constitutional Revolution-Examining Executive Power
Bruce Brickman, Esq
Our founders wrote the Constitution with institutional checks and balances to prevent a president from exercising the unlimited power of a despot. Today, the institutional structure of the government envisioned by our founders has radically changed. We have an Executive Branch claiming vast unchecked powers which, generally, has been upheld by the Supreme Court. We will examine the “necessary and proper” clause, what it means to “faithfully execute the law,” and the relationship between the Supreme Court and the Executive Branch. Our discussion will focus on whether 21st century problems validate a strong authoritarian executive as critical to our national security or whether the undermining the 18th century institutional checks limiting executive power forms a pathway to tyranny. 4 SESSIONS
Tues-Fri, Apr 21-24, 2-4 pm
Fee and Code: $85, XHUMN 333

Jewish And Christian Scripture, Lifetime Lessons From The Bible: Who Says What It Says?
Christopher Bellitto, PhD, professor of history, Kean University
Brooks Susman, history, philosophy instructor and rabbi emeritus
Welcome Passover and Easter with this Breakfast And Brilliance presentation. Faith traditions depend on “The Word.” But whose word, and who says what words are in and which are out? And who decides what they mean? And can those meanings change? Join Brookdale’s own God Squad for a lively discussion of the history and nagging questions about how Jewish and Christian scripture became Scripture. Full breakfast included.
Mon, Apr 6, 9:30 am-noon
Fee and Code: $59, XPHIL 066
Human Rights - Where Philosophy Meets Reality
Matt Hershberger, writer, editor, human rights scholar

The philosophy of human rights is grounded in the idea that all human beings are worthy of being treated with dignity and respect. It sounds uncontroversial, so why do human rights seem to be under attack from all sides? We’ll explore where philosophy meets reality, by focusing on three of human rights’ biggest adversaries from the last century: genocide, socialism, and religion. 3 SESSIONS
Wed, Apr 22-May 6, 10 am-noon
Fee and Code: $65, XPHIL 069

String Theory: Ultimate Theory of Everything Or Wildest Goose Chase?
Sarbmeet Kanwal, PhD, physicist

Never has a theory held more promise for providing an answer to our age-old quest to understand everything there is! If string theory is right then we live in a universe with 11 dimensions where everything is made of tiny string-like loops of vibrating energy. But half a century has gone by and there’s still no firm evidence! This course will unravel the mystery of string theory using everyday language and explain why there is a growing consensus among physicists to change course. No prerequisites. 4 SESSIONS
Fri, Apr 24-May 15, 1:30-3 pm
Fee and Code: $85, XPERS 275

Prohibition: On The Jersey Shore
Gregory Caggiano, historian, instructor, blogger

An exploration of the world of prohibition and bootlegging on the Jersey Shore. Times in this country were changing, but were they changing for the better? Politicians played both sides of the field in this turbulent and sometimes confusing era filled with mobsters, smuggling, corruption, and violence. Learn how an area built for religious retreats exploded into a crime underworld and how the banning of alcohol inadvertently shook up societal norms.
Tues, May 5, 10 am-noon
Fee and Code: $29, XHUMN 324

Art History Series
Gina Torello, Brookdale adjunct professor, professional artist

Take a tour through the ages in the world of art history. Journey from ancient Mediterranean civilizations to the centers of Christianity and the Renaissance. Finally, explore the Age of Kings, when monarchs governed as virtual dictators, and their influence dominated social, cultural and artistic affairs of the time as well as political matters. Lectures will include viewing, discussing, and examining art works. Enjoy a hands-on activity at the conclusion of every workshop. 4 SESSIONS
Tues, Jun 9-Jun 30, 6-8:30 pm
Fee and Code: $85, XARTF 164

Call To Register
732-224-2315
Friends with a mission: Friends of Lifelong Learning is a volunteer group that formed with a mission to support, promote, enhance and preserve Lifelong Learning at Brookdale.

Featured Friends Frolic: Rodney Square, Wilmington, Delaware

Friends Fact:
American Founding Father Caesar Rodney from Delaware cast the Declaration of Independence’s deciding vote. Rodney galloped eighty miles on horseback in a raging thunderstorm while battling facial cancer. A savvy Lifelong Learner shared this Friends Fact during our tour of historic downtown Wilmington, Delaware. Rodney is also the galloping figure spotted on the 1999 Delaware state quarter. Rodney was just 55 when he died.

Meet a Friend: Q & A with Sharon Moscato

- Years with lifelong learning? Five.
- Favorite lifelong learning experience? The Nutcracker at Lincoln Center and lunch at the Russian Tea Room.
- What’s it like taking a class or trip when you don't know anyone? Everyone is very friendly and shares similar interests, so it is very welcoming!

“The great thing about new friends is that they bring new energy to your soul” – Shanna Rodriguez

We want to hear from you!

- Comments or suggestions? E-mail us at lifelonglearning@brookdalecc.edu.
- Love Facebook? We do, too! Find us at www.facebook.com/BrookdaleLifelongLearning
- Prefer searching courses online? Check out our listings at www.brookdalecc.edu/lifelonglearning

Lifelong Learning wishes to gratefully acknowledge generous financial support provided by Friends of Lifelong Learning members Carolyne Saltzbart and an anonymous friend.
Spring Scholars

Bid farewell to winter with a spa for your head! Connect with others seeking intelligent entertainment. Three days of intriguing, diverse subjects. Light lunch included.

Monday, March 16:

100th Anniversary Of Women’s Suffrage
Lyndell O’Hara, PhD, history professor

In 1848, a small group of women met in Seneca Falls, NY at the first convention to discuss the social, civil and religious rights of women in the United States. Over the next seventy years, many ideas emerged in this battle for equality, often resulting in friction between diverse groups as they fought for the common goal of suffrage. We’ll explore the lives of these women, from early leaders Lucretia Mott and Elizabeth Cady Stanton to the more radical approach of Alice Paul and Victoria Woodhull, the first female candidate for president.

10 am-noon

Luigi Del Bianco, Chief Carver, Mount Rushmore

Lou Del Bianco portrays his grandfather, Luigi Del Bianco, and talks about his unsung contribution as chief carver on our nation’s greatest memorial, Mount Rushmore. Lou uses authentic photos, timelines and primary source documents to bring Luigi’s story to life. The presentation culminates with designer Gutzon Borglum’s praise of Luigi, the 25 year struggle to get him recognized and the CBS SUNDAY MORNING tribute where a plaque at Mount Rushmore is finally unveiled! Lou’s book, Out of Rushmore’s Shadow is a dramatic and touching story about Luigi’s legacy and the immigrant struggle.

1-2:30 pm

Tuesday, March 17

W.B. Yeats
Dr Carl Calendar, former humanities dean, Brookdale

The greatest of Irish poets, William Butler Yeats, had a life intertwined with the Irish Artistic Renaissance at the turn of the 19th Century as well as links to the Irish revolution through his romantic relationship with the revolutionary firebrand Maud Gonne. Dean Calendar will discuss his early life and development as a poet with reference to his many popular poems like The Lake Island of Innisfree or The Second Coming. Dr. Calendar is well known in Monmouth County for his Irish Readings with Professor Jack Ryan.

10am-noon

20th Century Comedy - A Retrospective
Larry Wolfert, instructor

The power of laughter and its impact on our health has been well documented. There has to be something behind the old adage, “Laughter is the best medicine.” But making people laugh over the past century has changed – some due to technology and some due to changing tastes as well as testing the boundaries of acceptability. We’ll explore the diverse aspects of 20th century humor with audio and video excerpts to bring these examples to life. From Charlie Chaplin to stars of comedy today.

1-2:30 pm

continued next page...
**Justice In Chiapas, Mexico - A First Hand Account**

**Dr David Bassano, Brookdale history chair**

In summer 2019, Professor Bassano traveled to the Mexican state of Chiapas with SiPaz, an international peace and justice NGO. He was permitted to visit a local prison in San Cristobal and interview prisoners. It was clear from their testimonies that, as various international bodies have reported, there are very serious problems within the justice system of Mexico, including bribery, false arrests, and torture. Learn about the details of his visit within the context of a wider analysis of the Mexican situation. Also find out about the Cereza Collective, a group focused on helping Mexican women re-integrate into society after being incarcerated.

10 am-noon

---

**Understanding Opera**

**Overview**

**John Balme, musician, adjunct instructor, Co-Director Concordia Vocal Academy**

For over 400 years both high society and the general public have enjoyed a theatrical phenomenon called ‘opera’ which literally just means ‘work’. We will unwrap this multi-faceted theatrical tradition, explain what makes it so intriguing and open up a discussion as to its place in our entertainment world.

1:23 pm

Mon-Wed, Mar 16-18, 10 am-2:30 pm

Fee and Code: $169, XPERS 245

---

**Financial Strategies For Successful Retirement**

**Joseph Silvestri, CFP, ChFC, CLPC, Frank Gordon, CLU, LUTCF and John Beninato CDFA of Creative Financial Strategies**

As baby boomers approach retirement, new financial questions arise. We’ll address your questions about building enough wealth to retire, increasing retirement income and exploring lifestyle options. Discuss mutual funds, insurance, stocks, bonds, estate taxes and long term care. You’ll receive a workbook packed with sound, solid 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. Spouse/partner may attend for free.

**3 SESSIONS**

Sec 1: Wed, Mar 4-18, 6:30-9 pm
Freehold Campus

Sec 2: Wed, Mar 25-Apr 8, 6:30-9 pm
Wall Campus

Fee and Code: $65, XFING 002
Understanding Medicare & Medicare Option Care  
Alfred Norton, licensed health insurance agent  
Whether soon turning 65, or already a Medicare recipient, don’t miss this thorough review of Medicare program basics and the variety of ways to enroll in Medicare. Our discussion will outline Original Medicare (parts A&B), Medicare Prescription Drug Plans (Part D), Medicare Advantage Plans (Part C) and, finally, Medigap Coverage (Medicare Supplement) and how it interfaces with Original Medicare. We will evaluate Medicare entitlement, approximate costs and eligibility. Information will also be provided regarding the major insurance companies in NJ for Medicare Advantage, Medicare Part D Drug Plans and Medicare Supplement Policies.  
Sat, Mar 21, 9:30-11:30 am  
Fee and Code: $39, XFING 070

Savvy Social Security Planning  
Joseph Silvestri, CFP®, ChFC®, CLTC  
Creative Financial Strategies  
What Baby Boomers need to know to maximize retirement income. Join us to learn the rules of social security benefits, the factors to consider when applying, innovative strategies for coordinating benefits with your spouse and how to minimize taxes. The decisions you make today have far reaching impact on tomorrow!  
Sat, Apr 25, 10 am-noon  
Fee and Code: $39, XFING 089

STOCK MARKET BOOT CAMP SERIES  
Bob Cutrupi, portfolio Manager/Financial Advisor, the Cutrupi Group – Raymond James

Stock Market Boot Camp  
Explore basics for understanding the stock market to advanced strategies on how to select stocks and manage risk. Find out what information you need to increase the probability of making a successful investment. Learn how to read technical charts as well as how to review the fundamentals of a company. Investment strategies will be discussed, but no specific products will be offered.  
Sat, Mar 7, 9:30 am-12:30 pm  
Fee and Code: $39, XFING 073

Boot Camp-Next Steps  
Expand your knowledge of the stock market. Review intermediate to advanced investment strategies combining fundamental and technical analysis (point and figure charting) and portfolio construction and risk management techniques. Learn the importance of sector and stock selection utilizing various technical tools including relative strength, momentum and trend. Students who attend this class should have basic knowledge of investing. Investment strategies will be discussed, but no specific products will be offered.  
Sat, Mar 14, 9:30 am-12:30 pm  
Fee and Code: $39, XFING 079

Advanced Boot Camp - Investing In Today’s Uncertain Market  
Examine tactical portfolio management and tools for broadening your investment scope. Topics include: ETF (Exchange Traded Funds), Options, Investing in Bear Markets, Defense Investing, and Investing for Yield. Explore the six major asset classes: Cash, Bonds, US Equities, International Equities, Currencies and Fixed Income. Learn how to incorporate these asset classes into your portfolio. Strategies discussed, no specific products will be offered.  
Sat, Mar 21, 9:30 am-12:30 pm  
Fee and Code: $39, XFING 083
Pilates

Pilates is a series of non-impact exercises designed to strengthen and lengthen the muscles. You will develop core strength as well as improve posture and body alignment.

Sec 1: Mon, Jan 27-Mar 30, 9-10 am
Sec 2: Thurs, Jan 30-Apr 2, 6-7 pm
Sec 3: Mon, Apr 13-Jun 15, 9-10 am
Sec 4: Thurs, Apr 16-Jun 18, 6-7 pm
Fee and Code: $99, XFITR 001

Rise and Shine Yoga

A great way to begin your day, this gentle class focuses on connecting yoga postures with the flow of the breath, that lead to an overall sense of well being. You can choose your days! 10 Sessions $99

Sec 1: Mon & Wed & Fri, Jan 27-Apr 3, 7:30-8:30 am
Sec 2: Mon & Wed & Fri Apr 13-Jun 19, 7:30-8:30 am
Fee and Code: $99, XFITR 006
Boot Camp
It’s nonstop action with this time-efficient workout that combines a variety of exercises to get your heart pumping and muscles strengthened.
Sec 1: Wed, Jan 29-Apr 1, 5:30-6:30 pm
Sec 2: Wed, Apr 15-Jun 17, 5:30-6:30 pm
Fee and Code: $99, XFITR 009

Lunchtime Express
Return to the office feeling energized after 30 minutes of varied exercises designed to make the most of your time and still allow time to eat lunch. No shower needed!
Sec 1: Mon & Wed, Jan 27-Apr 1, 12:30-1 pm
Sec 2: Mon & Wed, Apr 13-Jun 17, 12:30-1 pm
Fee and Code: $99, XFITR 016

Functional Fitness
For Older Adults
Many older adults have serious concerns regarding balance and falling injuries. This exercise program is designed to provide greater stability, strength, and balance for the older adult.
Sec 1: Tues & Thurs, Jan 28-Apr 2, 9:30-10:30 am
Sec 2: Tues & Thurs, Jan 28-Apr 2, 10:30-11:30 am
Sec 3: Tues & Thurs, Apr 14-Jun 18, 9:30-10:30 am
Sec 4: Tues & Thurs, Apr 14-Jun 18, 10:30-11:30 am
Fee and Code: $199, XFITR 012

A Barre Workout
This is a total body, non-impact workout that combines ballet moves with core conditioning, Pilates and yoga. Following a warm up, you will be guided through an intense isometric leg workout that will incorporate upper body exercises and abs.
Sec 1: Thur, Jan 30-Apr 2, 8:30-9:30 am
Sec 2: Thur, Apr 16-Jun 18, 8:30-9:30 am
Fee and Code: $99, XFITR 003

Strength Training
Combination of traditional body sculpting methods using free weights, resistance bands, balls and your own body weight. Shapes and tones your muscles and provides a total body workout.
Sec 1: Mon, Jan 27-Mar 30, 5:30-6:30 pm
Sec 2: Thurs, Jan 30-Apr 2, 5-6 pm
Sec 3: Mon, Apr 13-Jun 15, 5:30-6:30 pm
Sec 4: Thurs, Apr 16-Jun 18, 5-6 pm
Fee and Code: $99, XFITR 017

Tabata
Burn maximum fat with Tabata, an interval workout method. Twenty seconds of intense activity are followed by ten seconds of rest. Challenge yourself with this exciting fitness technique.
Sec 1: Thurs, Jan 30-Apr 2, 7-8 pm
Sec 2: Thurs, Apr 16-Jun 18, 7-8 pm
Fee and Code: $99, XFITR 018

Beginner Pilates
Designed with the beginner or older individual in mind, this class focuses on low back and abdominal strengthening as well as injury prevention and relief.
Sec 1: Wed, Jan 29-Apr 1, 9-10 am
Sec 2: Fri, Jan 31-Apr 3, 9-10 am
Sec 3: Wed, Apr 15-Jun 17, 9-10 am
Sec 4: Fri, Apr 16-Jun 18, 9-10 am
Fee and Code: $99, XFITR 002

Strength & Balance
For Older Adults
Combines muscle strengthening exercises with balance training. Each week participants will gradually progress to improve strength and balance to help prevent falls.
Sec 1: Sat, Feb 1-Apr 4, 9-10 am
Sec 2: Sat, Apr 18-Jun 20, 9-10 am
Fee and Code: $99, XFITR 020

Strengthen & Stretch
A combination of gentle stretching and strengthening designed for the beginner or older adult.
Sec 1: Sat, Feb 1-Apr 4, 10:30-11:30 am
Sec 2: Sat, Apr 18-Jun 20, 10:30-11:30 am
Fee and Code: $99 XFITR 032
Tai Chi Easy With Bill Stevens

Tai Chi Easy is a carefully developed method and approach to Tai Chi and Qi (Chi). Easy, beneficial, and fun from the beginning. No need to devote years to learning the traditional movement form or even the shortened form to enjoy the calming emotional and health benefits of Tai Chi. Tai Chi Easy can be done sitting, standing, walking or in combination. This mind/body integration practice can reduce stress and create a state of relaxation and calm.

Join us! It is safe for people of all ages and levels of fitness as the movements are low impact and place minimal stress on the joints.

Fri, Apr 17-June 19, 2-3 pm
Fee and Code: $99, XHEAF 079

Beginner Line Dancing

Lots of fun and great music. Line dancing teaches you how to move your body, while providing great exercise for your physical and mental health. Class is paced according to the students and you don’t need a partner or experience to join the fun. Line dancing is rooted in country music, but we also dance to popular songs by Lady Gaga and Coldplay. You can work up a sweat so layered clothing is suggested. Wear shoes that do not stick to the floor. Rubber sole shoes, like sneakers, do not work. The shoe should fit securely; slip-ons are not recommended.

Sec 1: Mon, Jan 27-Mar 30, 7-8 pm
Sec 2: Mon, Apr 13-Jun 15, 7-8 pm
Fee and Code: $99, XFITR 038

Beginner East Coast Swing

A partner dance and great starter dance for those interested in swing. Learn its common “triple time” rhythm focusing on energetic movement, turns and spins and a “swinging” action in the hips. East Coast Swing works well on a wide-open ballroom floor as well as clubs, weddings, or Country-Western venues. Its versatile, fun, and challenging. This beginner level class starts with the basics. No prior dance experience is necessary however, please don’t register without a partner. Don’t have a partner? Email instructor robertlaub@gmail.com Indicate the class title and your gender. If he can find you a partner, he will let you know via email, and you may then register. Layered clothing is suggested. Wear shoes that do not stick to the floor. Rubber sole shoes, like sneakers, do not work. The shoe should fit securely; no slip-ons.

Sec 1: Tues, Jan 28-Mar 31, 7-8 pm
Sec 2: Tues, Apr 14-Jun 16, 7-8 pm
Fee and Code: $199 per couple XFITR 042

Beginner Two-Step

Two-Step is a partner dance which moves counterclockwise around the dance floor in traditional ballroom hold. It is very similar to ballroom’s Foxtrot where the timing is quick-quick-slow-slow. Two-Step is extremely popular at Country & Western dance venues but is also done at ballroom socials. This beginner class starts with the basics. No prior dance experience is necessary however, please don’t register without a partner. Don’t have a partner? Email instructor at robertlaub@gmail.com. Indicate the class title and your gender. If he can find you a partner, he will let you know via email, and you may then register. Layered clothing is suggested. Wear shoes that do not stick to the floor. Rubber sole shoes, like sneakers, do not work. The shoe should fit securely; no slip-ons.

Sec 1: Wed, Jan 29-Apr 1, 7-8 pm
Sec 2: Wed, Apr 15-Jun 17, 7-8 pm
Fee and Code: $199 per couple, XFITR 043

Call To Register
732-224-2315
Aromatherapy And Essential Oils For Beginners
Andreea Fegan, certified holistic health educator

Essential oils are trending these days. Wondering what it's all about? Explore the history of aromatherapy and learn about the fundamentals of essential oils. What are the benefits and how can essential oils support general health and wellbeing? We'll discuss the importance of quality, general applications and safety measures, and how they may offer holistic solutions to everyday needs (such as body butters, gels, salves, make up remover, tension tamers, and even cleaning products!) We'll explore – and even create – one or two.
Sat, Feb 29, 9:30 am-12:30 pm
Fee and Code: $39, XHEAF 002

Psychology, Neuroscience, And Mindfulness: Alternative Care Methods
Joshua Cohen, PhD, adjunct instructor

Better understand the brain body connection to improve your overall well-being. Learn how mindfulness, awareness that emerges by intentional, nonjudgmental focus on the unfolding of present experience, interacts with the brain and other organ systems. Find out how meditation influences neural networks and hormones, as well as the associations with inflammation and genes. In turn, Dr. Mendoza and Dr. Cohen will discuss how the biological changes associated with mindfulness correlate with emotions, thinking skills and behavior. Be introduced to brief guided mindfulness practices.
Sat, Mar 28, 10 am-12:30 pm
Fee and Code: $39, XHEAF 105

Reiki - Level I
William Stevens, Reiki instructor

The Japanese work "Reiki" means universal life force/energy. Reiki, a 3,000-year-old method of healing touch, originated in ancient Eastern cultures. It's a technique that uses touch to facilitate relaxation, reduce stress, manage pain and promote healing. Health sciences recognize that spiritual and emotional imbalances affect our physical health and wellbeing. Reiki restores balance to body, mind and spirit, maximizing the natural healing process. When we remain out of balance, we become susceptible to "dis-ease". Upon completion participants will be fully trained and will receive a certificate for the Usui System of Reiki Healing. Wear comfortable clothes and bring water.
Sat, Mar 28, 10 am-5:30 pm
Fee and Code: $159, XHEAF 122

Reiki - Level II
William Stevens, Reiki instructor

Deepen your Reiki practice for yourself and others. Study the mantras and symbols that are the final component of the Usui System of Reiki, bringing you to a richer connection with earth and sky energy. Learn to help others at a distance and deepen your meditation practice. Students receive a completion certificate. Wear comfortable clothes and bring water.
Sat, Apr 25, 10 am-5:30 pm
Fee and Code: $159, XHEAF 260

Call To Register
732-224-2315

Watch Your Email for Notices and Updates
Warm your spirit with peace and balance. Each session focuses on a specific technique or method for achieving inner calm and energy. Bring a floormat or towel and an open mind. Wear loose, comfortable clothing.

**How To Meditate And Develop Mindfulness**
Master meditation without years of practice. A beginner’s guide to developing creative control over meditative and hypnotic mind-body states.

**How To Relax And Be Happy**
Learn simple secrets for how to relax, clear common obstacles to find, and sustain, pleasure in life.

**Guided Meditation And Hypnosis For Deep Relaxation**
Be guided into the kind of deep-release hypnotic-relaxation that is like hitting the reset button to enjoy a fresh start.

**Clarity, Vision And Purpose**
Learn to create calm and focus, embrace mindfulness and allow yourself to grow forward to achieve your greatest potential.

Sec 1: Mon, Feb 17-Mar 9, 7-9 pm
Sec 2: Mon, Mar 23-Apr 13, 7-9 pm
Fee and Code: $105, XHEAF 217

---

**Booth, Lincoln And The Shot That Changed History**
**Gregory Caggiano, historian, instructor, presidential scholar, blogger**
Learn the backstory behind one of the most controversial presidents in American history as well as the life and career of his assassin, and the chain of events and politics that led to the American Civil War, and Lincoln’s untimely death at Ford’s Theater.
Tues, Feb 25, 10 am-noon
Fee and Code: $29, XHUMN 238

**Queen Victoria And The British Empire: 1837-1861**
**Lyndell O’Hara, PhD, history professor, Nyack College**
Victoria ascended to the throne at the age of 18 in 1837 and served until her death in 1901, establishing her reign as the second longest in British history. In the early decades, she was served by six Prime Ministers and dealt with political and social issues such as the Bedchamber Crisis, the Irish Famine, the Mine and Factory Acts, the Corn Laws and numerous mutinies and wars throughout the Empire. In the same period, she married Prince Albert of Saxe-Coburg and Gotha and gave birth to nine children. We will view this era through the intriguing life of Victoria and her role as a wife, mother, monarch and molder of English society. 3 SESSIONS
Wed, Feb 12-26, 10 am-noon
Fee and Code: $65, XHUMN 330
Meet The Presidents

Daniel Radel, history instructor, journalist

Begin with (Teddy) Roosevelt, Taft and Wilson, discuss Trust Busting, Square Deal, American Imperialism and World War I; move to Harding, Coolidge, Hoover, (Franklin) Roosevelt and Truman, discuss Prohibition, Roaring 20s, Stock Market Crash and Great Depression, The New Deal, World War II and the decision to drop the Atomic Bomb. 3 SESSIONS
Fri, Mar 6-Mar 20, 10 am-noon
Fee and Code: $69, XHUMN 249

How Jewish Law Informs Ethical Debate

Brooks Susman, history, philosophy instructor and rabbi emeritus

How do Judaism’s laws and stories influence our actions and beliefs in today’s world? Sections of the Talmud and Midrash will be shared and discussed. Topics for review include; contraception and abortion, capital punishment, the existence of prophesy, and the individual as a member of society – as well as topics suggested by the class. 4 SESSIONS
Mon, Mar 23-Apr 20, 10:30 am-12:30 pm
Fee and Code: $85, XPHIL 068
Class does not meet on April 6

“The Irish Whales”: Forgotten Irish-American Olympians Of The 1900s

Maureen Dunphy-Brady, M.A. NYU Glucksman Ireland House, Irish historian

Success in sports is one way that immigrants can gain acceptance in America and achieve socio-economic advancement. Discover the fascinating story of a group of Irish athletes, members of the NYPD, who were denied access to the New York Athletics Club and established the Irish American Athletic Club. Nicknamed “The Whales” due to their physical size, athletic prowess – and voracious appetites – they dominated field events at the Olympic games between 1896 and 1924. In spite of achieving international fame, they are largely forgotten. We’ll examine their lives and remarkable achievements against a backdrop of emigration, national identity, assimilation, and Irish nationalism.
Mon, Mar 23, 10 am-noon
Fee and Code: $24, XIRIG 143
Wall Campus

Reconstructing Reconstruction

Gregory Caggiano, historian, instructor, presidential scholar, blogger

A look at Reconstruction following the American Civil War and its effects on our country, felt immediately and today. Examine life in the post-war South, Jim Crow laws, the mythology of the “Lost Cause” and its reflection in the popular films “the Birth of a Nation” and “Gone With the Wind.” The portrayal of African Americans in early 20th Century pop-culture and contemporary issues, such as the removal of Confederate flags and statues from public spaces will be discussed. 2 SESSIONS
Tues, Mar 24 & Mar 31, 10 am-noon
Fee and Code: $39, XHUMN 319

Queen Victoria And The British Empire: 1861-1901

Lyndell O’Hara, PhD, history professor, Nyack College

As the Empire continued to expand in the last decades of the nineteenth century, Queen Victoria withdrew in grief after the death of her beloved husband, Prince Albert. As she gradually emerged back into public life, she assumed her duties as Queen of England and Empress of India. In this era of imperialism, one-fourth of the world’s population was under her rule by the end of the nineteenth century. While she openly expressed her hatred of Prime Minister Benjamin Disraeli, she formed close friendships with two men, John Brown and Abdul Karin, and often depended on their advice. Victoria was a fascinating and opinionated woman who influenced the history of the western world during the era we now refer to as the “Victorian Era”.
3 SESSIONS
Wed, Apr 1-Apr 15, 10 am-noon
Fee and Code: $65, XHUMN 331
The History Of The Irish In America

Henry McNally, M.A., M.S., Irish Historian

And what a history it is! Irish were among the very first settlers in America, a few as adventurers, most as servants some as parolees. Soon, they came in larger numbers, Protestants looking for religious freedom escape from British intolerance; they would soon become the most ardent revolutionaries. Then they came in hoards, Catholics, unlettered, unwashed and unwanted, threatening the very existence of a still-young America. As those arrivals pushed out from the ghettos of American cities, they changed America forever, demanding that the country live up to the promises of the Constitution and setting an example for immigrant groups who followed. By the early 20th Century, the Irish controlled the big cities and had begun to frequent the halls of Congress and the board rooms of Wall Street. We'll follow their paths, for those were diverse and often at odds; and conclude with a consideration of Irish America today, including the very real question: “Is there an Irish America?”

5 SESSIONS
Wed, Apr 1-29, 10 am-noon
Fee and Code: $85, XIRIG 141

The Devil: A Biography

Gregory Caggiano, historian, instructor, presidential scholar, blogger

Since the dawn of humanity, the notion of good vs. evil has played a part in our daily lives. This lecture will examine our constructs of the Devil, also known as Lucifer and the anti-Christ. We will work our way through antiquity, Judeo-Christian theology, and end in modern times with a study of demonology and Satan’s role in popular culture, and books and movies such as The Exorcist.

Tues, Apr 7, 6-8 pm
Fee and Code: $29, XHUMN 329

Becoming Fearless: Buddhist Principles and Practices

Cheryl Bartholomew, PhD, professor emerita, George Mason University

Buddhism teaches us that we can live a fearless life if we drop our armor, stay in the moment, and let go. We will discuss how expectations and attachment lead to fear and how cultivating mindfulness can lead to fearlessness. Learn that when we dare to be vulnerable and accept ourselves and our feelings, we can develop the courage to live authentic, fearless lives.

3 SESSIONS
Tues, Apr 21-May 5, 10 am-noon
Fee & Code: $65, XPHIL 073

Another One Bites The Dust

Gregory Caggiano, historian, instructor, presidential scholar, blogger

Based on the popular book How They Croaked, we will examine some of the “awful ends of the awfully famous”. What happened to Henry VIII’s body after he died? What did doctors do to George Washington that may have actually killed him? How many doctors’ hands prodded the gunshot wound of James Garfield? Find out about death, dying, and other morbid curiosities in this shocking but darkly comic presentation. Warning: not for the squeamish or faint of heart.

Tues, Apr 21, 10 am-noon
Fee and Code: $29, XHUMN 284
History Of Photography
Marisa Sottos, M.A., instructor
Photography plays a large role in your life whether you are aware of it or not. We'll examine the history of photography and how its impact informs today's visual culture. From Daguerreotypes to Polaroids, learn about different forms of photography, our increasingly image-based world and how it all began. We'll explore the early multiple inventions of photography, the invention of dry-plate photography (film), and instant photography. We'll look at the work of photographers Louise-Jacques-Mandé Daguerre, Alfred Stieglitz, Julia Margaret Cameron, Robert Frank, Dorothea Lange, George Eastman, Diane Arbus, and more. Perfect for those who want a better picture of photography! 2 SESSIONS
Wed, April 22 & 29, 10 am-noon
Fee & Code: $45, XHUMN 334

Conspiracy Theories: An Exploration
Christian Perez, instructor
What exactly are conspiracy theories, and where do they come from? Do shadowy all-powerful groups secretly control the world? We'll delve into some of the more prominent conspiracy theories and the issues they raise. Examine how conspiracy theories have crept into the political and cultural mainstream, and what signs you should look for when evaluating a supposed conspiracy theory. We know that human history has been riddled with tales of conspiracies, but what differentiates them from conspiracy theories? Aren't conspiracy theorists just being skeptical? This presentation contends that grand scheme conspiracy theories are ultimately just lazy political science. But that could just be what they want you to believe. 3 SESSIONS
Wed, Apr 29-May 13, 6-8 pm
Fee and Code: $69, XHUMN 307

The New Normal Of The Global Economy
Joseph Bonacci, MBA, instructor
The rise of populism in the United States and Europe has ushered in a new era for the global economy. How will protectionist policies affect trade and relationships with our partners? Begin with the formation of the European Union and adoption of the Euro. Explore the potential breakup of the EU and ramifications of such an event. Gain an understanding of emerging market fundamentals and risks in contrast to US and European developed markets. 3 SESSIONS
Tues, May 5-19, 10 am-noon
Fee and Code: $69, XHUMN 321

A Special Tribute
So often we are looking for a meaningful way to honor someone's special occasion, to give a gift in memory of someone, as a part of estate planning, or perhaps solely to be a generous donor who appreciates a valuable program.
The Lifelong Learning Program at Brookdale Community College can be the perfect solution; particularly for those who love learning and who appreciate the opportunity to help fund a much loved program.
Contact Linda Martin, Director of Lifelong Learning 732-224-2303
Irish Heritage

Cead mile failte romhaibh
Feels like going home...

Over 2,000 years old, the Irish language boasts the oldest living literature in Western Europe. Despite colonial attempts to destroy the language – it is alive and well – and here at Brookdale! Instructors at all levels have earned the Fáinne Óir, and our classes are informal, fun, and stress-free.

Irish Language
Linda Rath DeHoust, Donncha Quinn, Mary Ellen Shevlin, instructors

Designed for beginners to fluent speakers, students will be divided into groups, each with its own instructor, based on abilities and needs. Groups will interact with one another and participate in joint activities. This format will enhance the objective of keeping Irish available as the living, spoken language at the very heart of Irish culture. Whether you’re looking to dive into the Tain Bo Culaigne or just pick up a few phrases for travel, this program will work for you!
Sec 1: Thurs, Jan 16-Feb 13, 7-8:30 pm
Sec 2: Thurs, Mar 19-May 21, 7-8:30 pm
Fee and Code: $119, XIRIL 025

Learn To Play The Bodhran, p.29

Looking for more opportunities to learn about Irish history – follow the shamrock!
Discover other programs with roots in Irish heritage marked with a shamrock throughout the catalog.
See Humanities, History & Culture, Music and Literature

The Great Irish Potato Famine - Some Perspective At 175 Years

The survivors were like walking skeletons – the men gaunt and haggard, stamped with the livid mark of hunger; the children crying with pain; the women in some of the cabins too weak to stand. – W.E. Forster, 1847.

Join us for a full day of Irish Heritage presented by our favorite Irish scholars.

Keynote Speaker: Dr. Maureen O’Rourke Murphy. Professor Murphy directed the Great Irish Famine Project for New York State.

Break out Sessions:
• A Changed Ireland: The Irish Republican Brotherhood To Cultural Revival
  Maureen Dunphy-Brady, M.A., NYU Glucksman Ireland House, Irish historian
• Famine Emigrants And A New America
  Henry McNally, M.A., M.S., Irish historian

Following Lunch, Poetry & Music
The Cook College Ramblers
Michael O’Maille, Irish historian
Friday, Mar 20, 9:45 am-2:45 pm
Fee & Code: $69, XIRIG 142, light lunch included

Call To Register
732-224-2315
Italian Conversation
Nina R. Brilli, instructor
If plans for sunny Italy are in your future and you want to do as the Romans do, or you just want to better understand this beautiful language, these sessions are for you. This is a basic, practical course in conversational Italian. 8 SESSIONS
Sat, Feb 15-Apr 4, 10 am-noon
Fee and Code: $179, XLANG 002

Italian Conversation Level II
Nina R. Brilli, instructor
Ciao! Come va? Revisit sunny Italy and increase your knowledge of this beautiful language. Elevate your command of the language. Learn verb tenses, increase your vocabulary, read short stories and practice conversing with each other. 8 SESSIONS
Sat, Feb 15-Apr 4, 12:15-2:15 pm
Fee and Code: $179, XLANG 004

Advanced Italian
Nina R. Brilli, instructor
E’ tempo! You have learned your verbs and increased your vocabulary; now let’s read and discuss short stories – in Italiano naturalmente! Information about required text will be emailed prior to the start of class. 8 SESSIONS
Sat, Feb 15-Apr 4, 2:30-4:30 pm
Fee and Code: $179, XLANG 038

Conversational Spanish I
Meryl Norych, instructor
Planning a trip to Spain, Mexico, or South America? Interested in learning a new language? Want to speak Spanish and be understood? If your answers are “Yes,” then this course is for you! Learn the fundamentals of this useful language: greetings, verbs, common phrases, and so much more. Simulated conversations will be emphasized.
Mon & Wed, Mar 2-25, 6-8 pm
Fee and Code: $179, XLANG 041

Conversational Spanish II
Meryl Norych, instructor
¡Hola! ¿Cómo estás? So, you completed Spanish I and are ready to move on? Then, come and join us for more Spanish fun! Individual, paired, and group activities will be encouraged, as well as conversation which will build on your foundation.
Mon & Wed, Apr 20-May 13, 6-8 pm
Fee and Code: $179, XLANG 042

American Sign Language
Michelle Perrone, instructor
Introductory course for parents, workers in social service agencies, teachers, and those who wish to know more about American Sign Language (ASL) and Deaf culture. Learn to sign the manual alphabet, basic numbers, and introductory ASL phrases through signed activities. 6 SESSIONS
Wed, Feb 26-Apr 1, 6-7:30 pm
Fee and Code: $129, XLANG 040

American Sign Language II
Michelle Perrone, instructor
Continue learning basic sign vocabulary, higher number signs, grammatical features, and deaf culture pertaining to the use of American Sign Language. By the end of the course, you will be able to have a basic conversation in sign language. 6 SESSIONS
Wed, Apr 22-May 27, 6-7:30 pm
Fee and Code: $129, XLANG 043

Mandarin Chinese
For Beginners
Cindy Cai, instructor
If you are planning a trip to China or are fond of Chinese food, culture, or history this is the class for you. We will begin with an introduction to phonetics and move on to daily expressions. Selected topics and situations are drawn from real life including shopping, dining and personal introductions and greetings. This is the easiest, fastest, and most fun way of learning Mandarin Chinese. 10 SESSIONS
Mon & Wed, Mar 2-Apr 1, 6:30-8 pm
Fee and Code: $179, XLANG 044
Hebrew Phrases & Travel Trips
Harry Belkowitz, instructor
Designed especially for first-time visitors to Israel, this fun guide will help you to be polite and courteous to locals in their own language. Handy information includes health precautions, local foods, culture and dress, money, voltage converters, cell phone use, and much more. 3 SESSIONS
Tues-Thurs, Apr 28-30, 10-11:30 am
Fee and Code: $59, XLANG 035

Hydroponics: Growing Plants Without Soil
Timothy Macaluso, environmental science instructor
Keep your hands clean! Hydroponics is easier than you think and can be enjoyed, year round, in your own home. Join us to examine different hydroponic systems and their functions. System set-up, nutrients and lighting will be covered. Learn how to construct your own simple system using basic tools we provide to start your own hydroponic garden. 3 SESSIONS
Sec 1: Thurs, Feb 20-Mar 5, 6:30-8:30 pm
Sec 2: Sat, Feb 22-Mar 7, 10 am-noon
Fee and Code: $65, XPRAG 130

SOMETHING DIFFERENT

iPhone Tips And Tricks
Stephen Fowler, instructor
Are you getting the most out of your iPhone or iPad? Take advantage of the amazing technology in your pocket and learn how to take the best photos, task Siri to set your alarm, organize your apps and folders, send an email, backup your iPhone to iCloud, and more! 3 SESSIONS
Tues, Apr 28-May 12, 5-6:30 pm
Fee and Code: $65, XPERS 288

Ghost Hunting Workshop And Mini Investigation
Gregory Caggiano, historian, instructor
Explore the possibility that the Brookdale campus is actually haunted! The land has had many different uses over the centuries, including a famous race horse farm and even has a connection to the legendary pirate Captain Kidd. Do some previous residents still remain? Past paranormal investigations of Brookdale have rendered interesting results. Join us for a brief ghost hunting presentation and workshop, review of past evidence captured on campus, and then take part in our own mini investigation using gadgets such as the SB-7 radio, K-2, and EMF meters.
Thurs, Mar 5, 6-8:30 pm
Fee and Code: $39, XHUMN 297

Demystifying The New High-Tech
Saul Einbinder, technology strategist, instructor
Impress your friends, and yourself, by becoming versed in high tech news Explore the current events around 5G cell phones, self-driving cars, 3D printing, artificial intelligence, and augmented reality. Learn what these technologies are, understand how they work, where they are today, and where they may lead. 2 SESSIONS
Saul Einbinder has held senior technology, marketing and business positions at Bell Laboratories, Lucent, Evident Software, uReach Technologies and Spirent Communications. He has been featured in the New York Times, Boston Globe, Communications Week, Forbes, Marketplace on NPR and CBS radio. He holds four patents.
Thurs, Apr 30-May 7, 10 am-noon
Fee & Code: $45, XPERS 301

Fine Wines Of The World
David Glaubinger, instructor
Taste and discuss today’s most popular red and white wines from Europe, USA, South America and Australia/New Zealand. Learn about the origins, history and diverse styles of fine wine. Decipher labels, find the best values in the market and score wines on a professional tasting scorecard. Take home information on serving, storage, preservation and food pairings. Cheese and bread or crackers will be served. 3 SESSIONS
Thurs, Mar 26-Apr 9, 7-9 pm
Fee and Code: $79, XGENG 053

Languages • Something Different
Pet Therapy Training And Certification
Kelly M. Keeney, Compassionate Canines Training, instructor
Therapy dogs and their handlers provide comfort and companionship to those in need. Our certified trainer uses hands-on positive reinforcement techniques to guide you and your dog toward certification as a pet therapy team. Teams must pass evaluation on the last day of class in order to be certified. Once certified, you may enroll with Caregiver Canines, a non-profit agency providing in-home therapy visits to the elderly as well as any facility that allows pet therapy visitations. Note: Dogs must be at least one year old and have lived with their owner for a minimum of 6 months on the day of testing, current on all vaccines, and have a basis in obedience of Sit, Down, Stay, Come, and Loose Leash Walking. Proof of vaccinations is required in advance. If you have questions about your dog or the program, please contact Compassionate Canine Training at kelly@compassiondog.com. 5 SESSIONS
Sec 1: Sat, Apr 4-May 2, 9-10:30 am
Fee and Code: $299, XPERS 293
Plus $20 evaluation fee, payable to instructor, and $50 annual registration fee to The Bright & Beautiful Therapy Dogs, Inc. after certification. Tuition does not include these fees.

Selling On E-Bay, FB Marketplace For Fun And Profit
What to do with the treasures in your attic and beyond? Find out how to get started making money by selling on E-bay, Facebook Marketplace, Craig’s list and Etsy. Instructor David Carlon, is an experienced E-bay Power Seller. Join this class for beginner to intermediate E-bay users. Learn, step by step, how to make money the fun and easy way.
Sec 1: Sat, Mar 14, 9:30 am-12:30 pm
Sec 2: Sat, Apr 18, 9:30 am-12:30 pm
Fee and Code: $55, XPRAG 094
Advanced E-Bay; The Changing Face Of Retail
Increase your selling margins and find the right items to sell on E-Bay and Facebook Marketplace. Learn the secrets of increased internet traffic, better product descriptions, better packaging and shipping options and better photography to improve product appeal. Class will be taught by David Carlon a seasoned E-Bay power seller. Recommend bringing smart phone or iPad to class.  
Sat, Apr 4, 9:30 am-12:30 pm  
Fee and Code: $55, XPRAG 122

From Treetop To Tabletop - Essential Woodworking
Bruce M. Hogan, The Wood Joint, LLC,  
Ready to explore the artistry and craft of woodworking? It’s time to get started, no more excuses! Monmouth County’s School of Woodworking, The Wood Joint, has the perfect class for you. Expert craftsman Bruce Hogan will take you through a hands-on introduction to woodworking. Learn basics of milling, characteristics of wood, use of machinery and safety. Put that knowledge into action by creating your own cheese serving board. Class meets at The Wood Joint a state of the art workshop (3300 Shafto Rd Unit C, Tinton Falls). All supplies are included. 4 SESSIONS  
Tues, Feb 4-25, 12:30-2:30 pm  
Fee and Code: $229, XPRAG 125

Memoir Writing
Nancy Bryan, adjunct faculty, Brookdale, MFA creative writing  
Through in-class writing exercises, reading, and discussion you will discover new paths to your story. We will look for the language and images that shine in your work, and push to the edge of our personal experiences to discover what we perceive and what we can’t perceive. This is a mostly generative workshop so join us to create, imagine and write anew. 6 SESSIONS  
Mon-Fri, Feb 3-7, 1-3:30 pm  
Fee and Code: $119, XWRIT 012

Shakespeare And Diversity - How Would The Bard Fare Today?
Carl Calendar, former dean of humanities, Brookdale  
Shylock, Othello, and countless snide remarks about the female gender show how Elizabethan racism, anti-semetism, and misogyny fill the speeches in Shakespeare’s plays. The Bard gets a pass on today’s liberal college campuses because of his obvious greatness, but a close examination of his work shows why his cultural biases would be politically incorrect today. Dr. Calendar will examine the history of these prejudices and explain how and why Shakespeare uses them, often brilliantly. Get ready for some surprises as Dean Calendar discusses these aspects of his favorite author. 3 SESSIONS  
Thurs, Mar 26-Apr 9, 10:30 am-noon  
Fee and Code: $65, XHUML 024

Watch Your Email for Notices and Updates
Poetry As Discovery
Nancy Bryan, adjunct faculty, Brookdale, MFA
creative writing
A primarily generative workshop that includes discussion of student work. Includes writing exercises that attempt to reach the unconscious parts of our memory, challenge our perceptions, and dig into the mystery of our memories and images. Our human experiences are unique but our common connections can often be found through poetry. We will read published poetry for inspiration as we look for the energy in our own writing. All levels of writing experience welcome. 4 SESSIONS Wed & Thurs, Apr 22 & 23, 9:30 am-noon Fee and Code: $55, XWRIT 084

Curtain Up
Joel Stone, Monmouth University
adjunct professor
Presented in conjunction with New Jersey Repertory Company. Have you ever wondered why certain plays are chosen for production and not others? Would you like to know about the elements involved in taking a play from page to stage – how productions are cast, designed, built, and directed? Would you like the opportunity to see an original new play in preview, before the general public does? This course is for you! Award-winning New Jersey Repertory Company in Long Branch is one of the nation’s foremost regional theatres exclusively presenting new works. The class will take place at NJ Rep’s West End Arts Center and will include a preview of the new play “The Forest” on the Main Stage. Let’s put the ‘play’ back in play appreciation! 4 SESSIONS Thurs, Apr 23-May 14, 7-8:30 pm Fee and Code: $79, XWRIT 050

Parents & Children
In Short Fiction
Elizabeth deBeer, MA, EdD
Jan Boyarin, MLS
Children begin by loving their parents; after a time, they judge them; rarely, if ever, do they forgive them, Oscar Wilde stated. We will look at short essays, poems and stories by authors such as David Sedaris, Langston Hughes, Robert Hayden, Amy Tan, and Maya Angelou to examine their insight into the universal struggle to understand our primary relationships with our parents. Join us in what is sure to be an interesting discussion of parents and children using literature as a lens. 2 SESSIONS Fri, Mar 6-13, 10:30 am-12:30 pm Fee and Code: $59, XHUML 118

William Butler Yeats & The Women Who Inspired Him
Maureen Dunphy-Brady, M.A. NYU Glucksman Ireland House, Irish historian
One of the greatest poets of the 20th century and winner of the 1923 Noble Prize in literature William Butler Yeats, is best known for his association with the Irish Literary Revival, the Abbey Theatre, and his contributions to world literature. Lesser known are the many remarkable women who inspired his creative genius – an heiress, a countess, a poet, a revolutionary, to name a few. We’ll examine the lives of these strong feminist women, noteworthy for their own accomplishments, as well as their influence on Yeats. Stirred by many muses, he created a body of work in which the female gender plays a prominent role. Mon, May 4, 10 am noon Fee and Code: $24, XIRIG 143 Wall Campus
Beautiful Voice - Raise Your Voice, Raise Your Spirits

Cynthia Balme, instructor
Stop believing you can’t sing! Science suggests singing techniques can help restore a youthful quality to one’s voice. Applying tried and true vocal exercises, you will feel your voice becoming clearer, stronger and younger sounding. Appropriate music for group study will be provided and musical requests are always welcome. Last class will include an informal recital. 4 SESSIONS.
Thurs, Apr 9-30, 10-11:30 am
Fee and Code: $99, XHUMM 065

Shortcut Rock & Blues Guitar

Nate Fegan, instructor
Start here and get the kind of shortcut guidance to start jamming right away. Students must bring their own guitars (acoustic or electric). 4 SESSIONS
Thurs, Mar 26- Apr 16, 7-8:30 pm
Fee and Code: $75, XHUMM 069

Learn To Play The Bodhran

Mary Ellen Shevlin, Irish Instructor
There was a time when the gallowglasses marched into battle to the beating of the bodhran. Today, this unique Irish goatskin drum adds dramatic vibrancy to “The Music.” Audiences are intrigued by its very different method of playing and its beat that quickens the heart. To play, a sense of rhythm is necessary, but not the ability to read music. Please bring a bodhran to class. 5 SESSIONS
Thurs, Mar 19-Apr 16, 6-7 pm
Fee & Code: $69, XIRIG 018

Piano For Procrastinators

John Balme, humanities instructor
If you meant to learn the piano years ago, the time has arrived to join fellow beginners. All you need to bring is a sense of adventure, a sense of humor and a pencil. Music materials provided. Enrollment is limited. 4 SESSIONS
Thurs, Apr 9-30, 9-10:30 am
Fee and Code: $99, XHUMM 001
Managing Change And Loss

Diane Lang, therapist, author, educator

Loss and change are inevitable. But dealing with loss and change can be the most difficult times in our lives. Whether it is the death of a spouse, friend or family member; moving to a new city; retiring from your job; downsizing—the stress and subsequent grief are challenging. We will discuss: reactions to grief and recognizing the damaging effect of unresolved grief; strategies for grieving effectively and how to support family members and friends who are grieving. We will use techniques from Positive Psychology and Elizabeth Kubler Ross’s stages of grief. Participants will be encouraged to interact in a supportive atmosphere. 3 SESSIONS

Mon, Feb 24-Mar 9, 10:30 am-noon
Fee and Code: $65, XPERS 010

Pickleball For Beginners

Find out why pickleball is the fastest growing sport in America! A paddle sport for all ages and skill levels, pickleball combines elements of tennis, badminton and table tennis. The rules are simple and the game is easy to learn. We’ll provide the paddles and the balls (similar to whiffle balls) Don’t miss this addictive new form of fitness and fun. Class meets at the Colts Neck Racquet Club indoor courts (36 Artisan Pl, Colts Neck) 3 SESSIONS

Sec 1: Wed, Feb 19-Mar 4, 3:30-4:30 pm
Sec 2: Sat, Mar 28-Apr 11, 2:30-3:30 pm
Fee and Code: $65, XRECR 059

Ready To Learn To Ride?

Have you always wanted to learn to horseback ride? Now is the time! Join fellow adult novice riders in a hands-on, horse-on experience. Learn about the different riding styles, English or Western, grooming and care of horses, and the world of horsemanship for pleasure. Classes held, rain or shine, at Baymar Farms, 38 Harbor Road, Morganville, 07751. Baymar Farms is situated on 30 park-like acres with two outdoor arenas and a state of the art indoor riding arena. Ages 18 and up only. Enrollment is limited. 4 SESSIONS

Mon, Apr 6-27, 6-7 pm
Fee and Code: $199, XRECR 049

Golf For Women

Golf for women, taught by a woman instructor! Learn all aspects of golf in a non-threatening environment! Class meets at Twin Brook Golf Center in Tinton Falls. All equipment is provided. 5 SESSIONS

Sun, Apr 19-May 17, 8:45-10 am
Fee and Code: $149, XRECR 002

Introduction To Golf

Have you meant to learn to play golf for years? Now’s the time ‘fore’ fun! Learn the basics with fellow novices. We’ll cover terminology, rules, etiquette, full swing fundamentals, putting, chipping and bunker play. Class meets at Twin Brook Golf Center in Tinton Falls. All equipment is provided. 5 SESSIONS

Sun, Apr 19-May 17, 8:45-10 am
Fee and Code: $149, XRECR 025

Golf For The Experienced Player

Designed for the intermediate and advanced players. Get golf ready for the 2018 golf season! Covering all aspects of golf, full swing, putting, chipping, bunker play, and on the course instruction! Class meets at Twin Brooks Golf Center in Tinton Falls. Bring your own equipment, or we will provide as needed. 5 SESSIONS

Sun, Apr 19-May 17, 10:30-11:45 am
Fee and Code: $149, XRECR 051
Short Game/Course Management 101

In this innovative program, become a short game and course management expert in 5 weeks. Putting, Chipping, Pitching, Bunker Shots, and all trouble shots will be covered! Learn how to lower your scores through course management techniques and on the course situations.
Sun, Apr 19-May 17, 10:30-11:45 am
Fee and Code: $149, XRECR 056

Learn To Sail

SEAS Monmouth (Society for the Education of American Sailors), certified sailing instructors Combined classroom and hands-on instruction will give the adult beginner the skills and confidence to operate a small sailboat. The class includes four evening classroom sessions and two Saturday sailing sessions on the Shrewsbury River aboard 17-18 foot sloops (water sessions may be rescheduled if there is inclement weather). Successful completion of the course leads to a SEAS Basic Sailing certificate. A basic swimming test is required (treading water and putting on a flotation device), administered during the second class. Students are required to provide a personal flotation device (PFD) for the water sessions. Course fee includes sailing textbook and handouts. Ages 18 and up only. 6 SESSIONS
Mon & Thurs, Jun 1-11, 7-9 pm
Sat, Jun 6 & 13, 9 am-4 pm, on the water
Fee and Code: $225, XRECR 006

SAT Prep (Verbal)

Sessions provide confidence and skills by focusing on essential success strategies for boosting scores. In-depth review of SAT core material and question types that most commonly appear on the SAT. Includes timed practice and detailed examination of actual SAT questions. Workbook provided to students registered by Feb 3. 8 SESSIONS
Tues & Thurs, Feb 13-Mar 10, 5:30-7 pm
Fee and Code: $209, XPRAG 001

SAT Prep (Math)

Sessions provide confidence and skills by focusing on essential success strategies for boosting scores. In-depth review of SAT core material and question types that most commonly appear on the SAT. Includes timed practice and detailed examination of actual SAT questions. Workbook provided to students registered by Feb 3. 8 SESSIONS
Tues & Thurs, Feb 13-Mar 10, 7:15-8:45 pm
Fee and Code: $209, XPRAG 002
SAT Prep Bootcamp
Mark Hellman, instructor
Most students retake the SATs at least once. Before you plan a re-take, take advantage of this one-day, intensive refresher. In addition to reviewing the basic math, reading, and writing/language concepts that are commonly assessed, students will focus on understanding test format, strategies, and techniques that will increase their confidence and performance. Program hours are divided evenly between math and verbal review. There will be two 10-minute breaks and one 30-minute lunch break (brown bag lunch recommended). An SAT Student Manual will be provided. Student should bring the calculator he or she will be using on the test (graphing calculators are recommended).

Sec 1: Sat, Mar 7, 8:30 am-4:30 pm  
Sec 2: Sat, Apr 25, 8:30 am-4:30 pm  
Fee and Code: $115, XPRAG 092

Enrichment Opportunities For Students With Developmental Disabilities
Diana Lee Noble, M.S., Karen Halloran, M.A.T.  
(For students who are completing their high school years or have already accepted their diplomas – ages 18 and up)
This program provides continued academic enrichment with a focus on life skills in a college campus setting. Students will gain new knowledge, skills, and confidence for becoming better recognized, contributing members of our communities.

Tues & Thurs, Mar 3-May 14, 4:30-6:15 pm  
Fee and Code: $499, XEDDD 002

Fundamentals Of Horticulture For Students With Developmental Disabilities
Molly Geary, certified horticulturist  
Learn about gardening for a hobby or to develop skills for employment in the green industry. A hands-on program at the Brookdale greenhouse teaching how to grow and care for plants. Activities include floral design, planting seeds, growing new plants from cuttings and more. 8 SESSIONS

Thurs, Apr 2-Jun 4 (class does not meet on Apr 16 and May 7), 10 am-noon  
Fee and Code: $399, XEDDD 009

Lifelong Learning At Two Rivers - Twelfth Night
An ideal opportunity to discover the welcoming community and quality programs offered year-round. Whether a first timer or returning participant – ring in the New Year with an afternoon to remember!

• Pre-performance lecture presented by Dr. Carl Calendar, retired dean of humanities at Brookdale and Shakespearean scholar, who shares insights into this favorite comedy by the Bard (bagels and coffee provided)
• Sit back and enjoy the matinee. Twelfth Night is one of Shakespeare's most celebrated plays and, perhaps, his most perfect comedy. Mistaken identities propel this gender-bending tale, which celebrates a world in which every broken heart can be made whole.
• Post-performance reception – mingle with like-minded participants, meet a member or two from the cast, get to know lifelong learning staff members, and enjoy light fare in the theater's newly constructed event space.

Wed, Jan 15, 11:40 am-4:30 pm  
Fee and Code: $65, XTRVY 314

A Visit To BellWorks - Positive Psychology
Diane Lang, therapist, author, educator  
Bell Works is the reimagination of the historic former Bell Labs building in Holmdel, N.J. Lifelong Learning is delighted to host this lecture at this exciting site. An introduction to the rapidly growing field of Positive Psychology, the scientific study of well-being and optimal functioning. A tool for positive aging. This program is sponsored by The Friends of Lifelong Learning.

Mon, Jan 27, noon-1:30 pm  
Fee and Code: $15, XDEST 168
The Wave Resort
Visit one of the coolest, hottest new venues on the Jersey Shore, the Wave Resort in Long Branch. Enjoy a private group breakfast, a talk about the history of Long Branch followed by a guided tour of the resort.
Fri, Feb 6, 9:30-11 am
Fee and Code: $55, XDEST 173

AT&T Science & Technology Center
AT&T’s roots are deep in New Jersey. For more than 140 years, AT&T has been inventing, inspiring and delivering some of the world’s most advanced technologies. Join our small group visit to a showcase of historic projects that have molded life as we know it. The Center highlights the past, present and future of technology and is divided into four categories – instruments, innovation, switching and transmission – filled with AT&T artifacts. Hands-on and interactive displays. Group meets at Middletown AT&T location. Details emailed week before tour. Snow date – Tuesday, February 25th
Thurs, Feb 20, 1-2:30 pm
Fee and Code: $19, XDEST 165

Culinary Arts-Demonstration Lectures
Don’t miss this chance to find out what’s cooking at Brookdale’s Culinary Education Center in Asbury Park. (Our graduates include Chopped champion, Emily Chapman.) Join Certified Executive Chef, Chad Schoonveld, in a hands-on, commercial kitchen exploration of favorite foods.

Say Cheese!
A brief dive into the making of cheese, its characteristics, purchasing, holding, and using it in recipes. Tasting will be offered of different varieties of soft, firm, and hard cheeses.
Tues, Mar 31, 4-5:30 pm
Fee and Code: $39, XDEST 171

In Praise Of Pasta
The production of pasta in its dry and fresh forms. The areas covered will be shaping, making, stuffing, cooking, and accompaniments for fresh, dry, and filled pasta shape. Abbreviated tasting included.
Tues, Apr 28, 4-5:30 pm
Fee and Code: $39, XDEST 172
Classes meet at Culinary Education Center, Mandolin Dining Room, 101 Drury Lane, Asbury Park

Bring A Friend Walking Tour: Ocean Grove
Daniel Radel, history instructor, journalist
Spend an autumn day in Ocean Grove and learn the unique history of what is known as “God’s Square Mile.” Meet at the Great Auditorium, stroll Founder’s Park, come face to face with the statue of The Rev. Ellwood Stokes, the first president of the Ocean Grove Camp Meeting Association, walk the boardwalk and visit the quaint downtown. Rain date is May 2nd. Please note: no refund will be given if rain date is used. Cost is $39 for two so bring a friend!
Sat, Apr 25, 1-3 pm
Fee and Code: $39, XDEST 153
Experience something new.
Your life can change in a day.

Brookdale’s Tour & Talk day trips and overnight adventures offer yearlong opportunities for discovering places of cultural and historical interest. Get on board a luxury motor coach for a unique experience within a community of like-minded, learning enthusiasts. Leave the planning and the driving to us – sit back and enjoy the ride. Please Note: All Buses depart from Parking Lot #1 on the Lincroft Campus.

**Jon Bon Jovi Soul Kitchen Cooking Demonstration And Lunch**

Find out what’s really cooking at the JBJ Soul Kitchen – where unique community building happens. First, learn how to cook two of JBJ Soul Kitchen’s most popular menu items from their expert chefs. Next, enjoy a lunch prepared especially for you featuring these wonderful dishes and learn more about this visionary enterprise. A perfect opportunity to enjoy learning, laughing and lunch! Address: 207 Monmouth Street, Red Bank  
Sec 1: Thurs, Mar 19, 11:30 am-1 pm  
Sec 2: Thurs, Apr 23, 11:30 am-1 pm  
Fee and Code: $39, XPER 260

**Coffee Talk & Campus Walk**

**Dr. Carl Calendar, retired dean of Humanities, Ron Topham retired reading faculty**

How well do you know Brookdale? Discover the rich history, unique vision, and intriguing evolution of Brookdale Community College. Join retired faculty members, Ron Topham and Dr. Carl Calendar for an insightful and entertaining stroll down memory lane. What was it like to be part of a community’s “impossible dream” made reality? How did transformed barns, classrooms without walls, an old corncrib, and a progressive teaching philosophy become the Brookdale Community College of today? Following a talk and continental breakfast, interested attendees are invited to participate in a guided tour of campus.  
Thurs, June 4, 10 am-noon  
Fee & Code: $15, XDEST 170  
Continental breakfast provided by the Friends of Lifelong Learning

**Breakfast & Remembrance Professor Jack Needle**

Lifelong Learning was deeply saddened to learn of Professor Jack Needle's untimely death. So many of us fondly remember his kindness, enthusiasm, and extensive knowledge of most any subject. A charismatic educator who inspired generations of students of all ages, he co-founded the Center for Holocaust Studies (now Chhange) and was the founder of Tour & Talk. He was an inspiration as a teacher and a scholar, exemplifying the idea of a life well lived. Join us as we share memories, exchange stories, and celebrate his legacy of learning. Program will conclude with a tour of Chhange, Center for Holocaust, Human Rights and Genocide Education.  
Wed, May 20, 10 am -noon  
Fee and Code: $19, XTRVY 313  
Breakfast included
The New York Pops, Find Your Dream: The Songs of Rodgers & Hammerstein At Carnegie Hall; Dinner at Trattoria Dell’Arte

The New York Pops orchestra dives deep into the timeless work of Rodgers and Hammerstein to present *Find Your Dream: the Songs of Rodgers and Hammerstein*, a concert featuring music from all 11 of the storied Broadway team’s collaborations, which include *Oklahoma!, South Pacific and The King and I* and *The Sound of Music*. Broadway veterans Laura Michelle Kelly (*Finding Neverland, Mary Poppins*) and Max von Essen (*Anastasia, An American in Paris*) are the guest singers. Steven Reineke conducts, while Judith Clurman leads the Essential Voices USA choral group. Begin the evening dining at Trattoria Dell’Arte, a colorful Italian restaurant and favorite among concert goers. **Seats are in the dress circle**

Fri, Jan 24, 3-11:30 pm  
Fee and Code: XTRVY 315, $229

Brooklyn Chocolate Tour

How Sweet it is! It’s the month of love and chocolate – let’s celebrate our love of chocolate! Get on board New York City’s only chocolate bus tour. Our step-on guide takes us to four of the most exclusive chocolatiers in Brooklyn– Jacques Torres Chocolates, The Chocolate Room, Raaka Chocolate, and LI-Lac Chocolates. Indulge in a delicious variety of traditional and artisanal chocolates at each stop. Learn the history of chocolate, see demonstrations and discover unique parts of Brooklyn such as Red Hook, Gowanus and Industry City. Despite the temptation – one cannot survive on chocolate alone, we’ll visit Grimaldi’s in DUMBO for a slice of their famous thin crust pizza.

Tues, Feb 4, 9:15 am-6 pm
Fee and Code: XTRVY 316, $129

**SORRY**  
*There are no refunds on Trips.*
Guided Tour Of The United Nations; Lunch In The Delegates Dining Room

Standing on the banks of the East River is a symbol of peace and a beacon of hope. To the United Nations Headquarters come representative of the planet’s seven billion people, to discuss and decide issues of peace, justice, and economic and social well being. Share in the experience with a guided tour. Dine in the spectacular surroundings of the Delegates Dining Room and enjoy globally inspired cuisine and a sumptuous dessert selection. Please note: Proper attire is required in the dining room, including jackets for men; jeans and sneakers are not allowed. Photo ID must be provided by all visitors.

Thurs, Mar 12, 9:45 am-6:30 pm
Fee and Code: XTRVY 317, $165

Lunch At The Culinary Institute Of America At The Bocuse, Guided Tour Of The C.I.A., NY

The preparation of good food is merely another expression of art, one of the joys of civilized living.

Winner of the 2019 Diner’s Choice Award, The Bocuse re-imagines the creation of classic French cuisine through the lens of ultra modern cooking technique. Experience a new style of casual yet sophisticated service within the breathtaking architectural interior design. Overseen by some of the world’s greatest teaching chefs, tomorrow’s great chefs prepare your succulent meal, which is served by their fellow students. The guided tour of the C.I.A., a former Jesuit seminary, provides insight into the course demands of a future James Beard, Julia Child or Bobby Flay.

Wed, Mar 25, 8:30 am-5:45 pm
Fee and Code: XTRVY 318, $139
Bard Graduate Gallery; The Neue Galerie, Madame D’Ora
Exhibition; Bard Graduate Gallery, Eileen Gray Exhibition:
Lunch At Carmines, NYC
The Neue Galerie is a museum devoted to early 20th century German and Austrian art and home to one of the most superb examples of Klimt’s “golden style” in his 1907 Portrait of Adele Bloch-Bauer. A private docent-led tour will focus on the exhibition devoted to Madam d’Ora. The most acclaimed portraitist of fin de siècle Vienna, D’Ora went on to create one of the most stylish Art Deco studios in Paris in the 1920s. Her models included Pablo Picasso, Josephine Baker, and Collette, among others. The exhibition tells the story of her upbringing as the daughter of Jewish intellectuals in Vienna, to her days as a premier society photographer, through her survival during the Holocaust. Following lunch, a guided tour at the Bard Graduate Center of the first exhibition in the U.S. examining the total oeuvre of Eileen Gray. She was an Irish architect and furniture designer, a pioneer of the Modern Movement in architecture and one of the few women to practice professionally before WWII. The exhibition features never-before-seen furniture and lacquer works, as well as photography, rugs, and archival materials from her best-known projects. Lunch at Carmines.
Thurs, Apr 2, 8 am-5:30 pm
Fee and Code: XTRVY 319, $155

Shen Yun At The New Jersey Performing Arts Center: Dinner At Chinatown Restaurant
An explosion of color and sound... Chinese culture in its fullest flower. – Charlotte Observer
Take an extraordinary journey through China's 5,000 years of divinely inspired civilization. Exquisite beauty from the heavens, profound wisdom from dynasties past, timeless legends and ethnic traditions all spring to life through classical Chinese dance, enchanting orchestral music, authentic costumes, and dynamic animated backdrops. An immersive experience that will uplift your spirit and transport you to another world. It's 5,000 years of civilization reborn! Following the performance, enjoy authentic Chinese cuisine at Chinatown Restaurant. Seats are Grand Tier Center
Thurs, Apr 23, 12:30-8:15 pm
Fee and Code: XTRVY 320, $215
Harlem Gospel Walking Tour: Lunch At The Red Rooster

Explore the heart and soul of Harlem. Guided by a born and raised Harlem local, visit many sights pertinent to 1920's Harlem – original sights of the cotton Club and Savoy Ballroom. Stroll along grand Harlem boulevards through some of Manhattan's most beautiful architecture. Tour is complimented with portable pictures, sound and video. Imagine walking the historic Harlem boulevards listening to Billie Holiday and other music greats. Attention will be paid to the impact religion has on Harlem and social justice/civil rights issues. Spirits will be lifted on the last stop at one of Harlem’s historic churches to experience an authentic Harlem gospel church service. Lunch at celebrity chef Marcus Samuelsson's Red Rooster ends the day on a high note!

Wed, May 6, 9 am-6 pm
Fee and Code: XTRVY 321, $179

Chanticleer, A Pleasure Garden: Lunch At The White Dog Café, PA

Delight in a guided tour of the Rosengarten estate, built as a country retreat by the late Adolph G. Rosengarten Jr., a former Army spy during WWII, Philadelphia corporate director and Main Line philanthropist. Mr. Rosengarten’s humor is evident in naming his home after the estate “Chanticlere” in Thackeray’s 1855 novel The Newcomes. The fictional Chanticlere was “mortgaged up to the very castle windows” but “still the show of the county.” Playing on the word, which is synonymous with “rooster,” the Rosengartens used rooster motifs throughout the estate. A garden of pleasure and learning, relaxing yet filled with ideas to take home, Chanticleer has been called the most romantic, imaginative, and exciting public garden in America. Enjoy a delicious lunch at The White Dog Cafe; the perfect spot to complete a day of enchanted surroundings.

Wed, May 13, 8:15 am-5 pm
Fee and Code: XTRVY 322, $149

Call To Register
732-224-2315
New York City Ballet At Lincoln Center: *All Balanchine III*; Meet The Musician Talk: Brunch At Marseille

Music from three centuries illustrates the breadth of Balanchine’s talent. Program to include: **Vienna Waltzes** (Music by Johann Strauss II, Franz Lehár, Richard Strauss) A work of monumental scale with a magnificent finale, the five-part *Vienna Waltzes* is set in moonlit Austrian forests and the regal ballrooms of Vienna. **Concerto Barocco** (Music by Johann Sebastian Bach) One of Balanchine’s greatest masterpieces, *Concerto Barocco* is music made visible as two elegant, dynamic lead ballerinas each depict one of the instrumental soloists in a virtuosic double violin concerto. **Kammermusik No. 2** (Music by Paul Hindemith) Requiring great energy, speed, and precision, the striking choreography in *Kammermusik No. 2* echoes the intricacies of its modernist score. Prior to the performance see the music and hear the dance from a musician’s perspective as a member from the Company’s 62-piece Orchestra leads a conversation on music’s integral contribution to the beauty of a ballet performance. **Rear orchestra seats**

Sun, May 24, 9:30 am-6:30 pm
Fee and Code: XTRVY 323, $215

---

Manitoga/The Russel Wright Design Center: *Lunch at Fratelli Trattoria, NY*

Experience a guided tour of the sprawling woodland estate that was the brainchild of iconic American industrial designer Russel Wright. He introduced modernism to millions during the mid 20th century through his elegant and affordable designs for the home. In 1942, seeking respite from city life, he and his wife Mary acquired the former industrial site that later became Manitoga – meaning “place of great spirit” in native Algonquin. Over the course of 35 years Wright built his dramatic modernist home and studio and transformed the land into a woodland garden. Today visitors to Manitoga House & Studio (a National Historic Landmark) experience Wright’s masterful interplay of design and nature. Following the tour sit back and relax at Frattelli Trattoria known for delicious food and impeccable service. **Please note:** wear comfortable walking shoes and be prepared for a moderate hike on uneven ground.

Wed, May 27, 8:30 am-5:30 pm
Fee and Code: XTRVY 324, $165
Pearl S. Buck House National Historic Site: Lunch At The Washington House, PA

Visit the home of Pearl S. Buck, writer, activist, and humanitarian, awarded the Pulitzer Prize in Literature for her novel, *The Good Earth* and the Nobel Prize in Literature for her body of works. She founded Welcome House (the world’s first international biracial adoption agency) and established The Pearl S. Buck Foundation to provide international humanitarian aid. A guided tour of the beautiful and iconic stone farmhouse containing a rich, intact collection form the extraordinary to the ordinary will provide inspiration and insight into the life and legacy of this remarkable woman. The grounds of the estate also contain Pearl S. Buck’s gravesite, greenhouse, award-winning gardens, cultural center and exhibit gallery. Enjoy the warm hospitality and tasty food lunching at The Washington House.

**Thurs, June 4, 8:15 am-5:30 pm**

**Fee and Code:** XTRVY 325, $139

---

Andalusia Historic House & Gardens: Lunch At King George II Inn, PA

Andalusia has been a stately presence on the Delaware River for more than two hundred years. Placed on the National Register of Historic Landmarks in 1966, the Big House – one of the finest examples of Greek Revival architecture in the United States provides an unparalleled look into our nation’s past, while also offering a glimpse into the life of a family that helped to shape its future. It has been seat of the Biddle family of Philadelphia, distinguished as prominent bankers, investors, diplomats, lawyers, politicians, military heroes, artists, agriculturists, and horticulturists. Step back in time as you tour the house, it’s interior reflecting generations of occupancy by the same family. Furnishings are original to the period and many are situated in the same setting as when they were first acquired. Enjoy a stroll through the beautiful gardens offering a succession of delightful surprises. Lunch at King George II Inn - the “place to be” for over 300 years.

**Wed, June 10, 8:30 am-5:30 pm**

**Fee and Code:** XTRVY 326, $139

---

*Only the brave should teach....Teaching is a vocation. It is as sacred as priesthood; as innate a desire, as inescapable as the genius which compels a great artist. If he has not the concern for humanity, the love of living creatures, the vision of the priest and the artist, he must not teach.*

— Pearl S. Buck —

*AZ QUOTES*
Trips

Coming This Spring!
Kusama: Cosmic Nature at the New York Botanical Gardens

A multi-sensory presentation of the artist’s connection with nature

Across NYBG’s 250-acre landmark landscape and buildings, Kusama’s lifelong fascination with the natural world will be revealed in depth with multiple installations, including her signature mirrored environments and organic forms, polka-dotted sculptures of colossal flora, mesmerizing nature-based paintings, biomorphic collages, works on paper, botanical sketches, as well as a spectacular horticultural showcase in the Enid A. Haupt Conservatory. The exhibition will also debut new works created by the legendary artist, including a monumental site-specific pumpkin sculpture and her first-ever participatory greenhouse installation.

Look for an email alert in early February for complete details

A Lifelong Learning Journey to the Holy Land; June 9-21, 2020

Join Rabbi Brooks Susman on a 10-night ecumenical tour of Israel. Christian and Jewish religion and histories come alive: Sail on the Sea of Galilee, pray at the Western Wall, walk in the footsteps of Jesus, experience Masada, Jerusalem, the Dead Sea, Tel Aviv, Ramon Crater, Capernaum, Safed, Negev Desert and more. Itinerary curated by popular Lifelong Learning instructor and Rabbi Emeritus, Brooks Susman.

Learn more. Register for info session:
Tues, Jan 14, 6:30 pm
Fee and Code: free, XTRVW 010
More info: call Mary Ann, Travel Advisor, 732-397-3626

Call To Register
732-224-2315
PACK YOUR BAGS!

Founding Fathers Tour, VA
Visit the homes gaining knowledge and insight into the lives of three of America’s most fascinating historic figures.

Day One – George Washington’s Mount Vernon
- Guided Tour of George Washington’s mansion, one of the most iconic 18th-century homes in America.
- Plated lunch with a character from Washington’s World at The Mount Vernon Inn
- Walking Tour of the Estate culminating in a private wreath laying at General Washington’s Tomb.
- Check into The Omni Charlottesville Hotel, in the heart of Market Street
- Dinner at the Hotel Restaurant, The Pointe

Day Two – Thomas Jefferson’s Monticello
- Breakfast at the Hotel
- Visit The Rotunda at the University of Virginia designed by Thomas Jefferson as the architectural and academic heart of the University inspired by the Pantheon in Rome
- Guided Tour of the Home & Grounds of Monticello, “Little Mountain,” Jefferson’s home from 1770 until his death in 1826 (boxed lunch provided)
- Dinner at the historic Michie Tavern for a taste of 18th century fare
- Time on your own to explore Downtown Market Street

Day Three – James Madison’s Montpelier
- Breakfast and check out
- Guided tour of Montpelier, home of James Madison and his beloved wife Dolly, America’s first “First Lady.” (boxed lunch provided)
- Stop in D.C. – time on own to visit a Smithsonian Museum
- Dinner at the iconic Old Ebbitt Grill, D.C.

Tues, Wed, Thurs, June 16-18, 7 am-11 pm
Fee and Code: XTRVW 016, $799 Double Occupancy, $899 Single
All meals included

Watch Your Email for Notices and Updates
Women’s Conference
Learn. Laugh. Lunch

Because today’s world calls for a little Humor & Resiliency
Hear memorable speakers and sample subjects of interest all in one day.
Come out and play!

Emily Perl Kingsley
Emmy Award winning American writer, social activist

Life takes us on unexpected journeys. Emily Perl Kingsley’s story of unconditional love, courage and hope will captivate and inspire. When her son, Jason, was born with Down Syndrome, she and her husband made a choice to disregard the pessimistic advice of doctors, bring their newborn home, and see what they could accomplish. Moved by the challenges and rewards of raising a child with down syndrome, she wrote the prominent essay, “Welcome to Holland” which has been distributed throughout the world. As her personal journey impacted her career as a script writer for Sesame Street (45 years, winning 23 Emmy Awards), she spearheaded groundbreaking inclusion of children and adults with disabilities. A tremendous volume of disability-oriented curriculum flowed on to Sesame Street. Emily is recognized as a worldwide advocate and spokesperson for individuals with disabilities.

Whether you watched as or with children – everyone loves Sesame Street! Don’t miss Emily’s wonderful stories about the long, rich history of America’s most popular and influential children’s TV show. Her personal story, long and rewarding career, and advocacy adventures are illustrated with both Muppet and celebrity video clips – including many children, adults and celebrities (such as Christopher Reeve, Yitzhak Perlman, Linda Bove, Andrea Bocelli and others) she cast on Sesame Street.

Noreen Braman
Strategic Communications professional, author of Treading Water, a collection of humor columns and essays

Looking for something to smile about? Learn to fight stress with humor, joy, and happiness! Noreen Braman is a certified Laughter Yoga Leader who studied the Psychology of Laughter at Rutgers University, Science of Happiness through UC Berkley and a member of the Association for Applied and Therapeutic Humor (AATH). She’ll take you to the smile side of life showing you how to laugh for the health of it. Her educational and active-participation program explores the importance of laughter, its role in human development, and its necessity as a survival mechanism. Sharing her years of experience, training, and unbridled enthusiasm, Noreen will show us how to improve health, happiness, and well being through the universal language of laughter. Get a dose of life’s best medicine!

Fri, April 17, 9:30 am-3 pm
Fee and code: $79, XWOMN 203, includes morning coffee and lunch
August 2020 will mark the 75th anniversary of the end of World War II when the United States dropped atomic bombs on Hiroshima and Nagasaki. With an eye toward preventing future nuclear conflict, we will look back at the bombings of Hiroshima and Nagasaki, exploring past significance and the outlook for future generations.

Laura Neitzel is the Academic Director for the Committee on Global Thought and a Lecturer in History at Columbia University in New York. She is a historian of modern Japan who is interested in the national and global contexts that shape the ways people envision their futures and articulate their aspirations and disappointments. She is the author of The Life We Longed For: Danchi Housing and the Middle Class Dream in Postwar Japan (MerwinAsia, 2016). Laura was a member of the History faculty at Brookdale for 12 years, teaching world and East Asian history, and twice traveling with students to Hiroshima. She earned a B.A. in Japanese Language and Literature from the University of Massachusetts, an M.A. in East Asian Studies from Washington University, and a Ph.D. in History from Columbia University.

Tues, Apr 23, 7-9 pm
Fee and Code: $24, XWWTS 265
Think Summer!

2020 Summer Camps
At Brookdale

Call 732-224-2005
Information

WHERE’S MY CLASSROOM? 4 WAYS TO FIND IT!

- Website: www.brookdalecc.edu/lifelonglearning Scroll down and Click tab on screen lower right “Room Locations, Directions, Maps”
- Call our prerecorded message: 732-224-2100
- Call our office (Mon-Fri 8:30 am-4:30 pm) at 732-224-2315
- Read the posting on our front door – inside lobby, ATeC building

College Closing
For cancellation due to inclement weather, listen to Brookdale Public Radio 90.5 or log on to www.brookdalecc.edu

FERPA – The Family Education Rights and Privacy Act of 1974 (Buckley Amendment)
The Act provides for the confidentiality of student records. The College reserves the right to release, or not release, directory information at the discretion of appropriate officials. Directory information may include a student’s name, address, telephone number, field of study, dates of attendance, certifications, awards, most recent educational institution attended, e-mail address, class schedule, class roster and photographs. Students who wish to have directory information withheld must notify the Dean, Continuing & Professional Studies, in writing within seven days of the first day of your class and request that such information not be released without consent. FERPA affords students certain rights with respect to their education records. For further information please refer to www.brookdalecc.edu/about/ferpa/

For Persons With Special Needs
Wishing To Take Our Tour And Talk
CPS cannot guarantee accessibility of venues and destinations. Before registering it is the registrant’s responsibility to contact venues to determine their accessibility. We cannot provide personal service. For individuals who request special bus transportation, we cannot guarantee special bus availability. We will inform you of the status of your request in a timely manner.

Cancellation and Refunds
We cancel courses if enrollment minimums are not met. We will contact you via mail, if time allows, or call you by phone.
Refund Policy
(excludes training programs, see Center for Career Development website for refund policy for training)

A $20 processing fee will be deducted from all refunds. Our refund policy is:

- 14 or more days (2 weeks) before the beginning of a class: 100% refund of full course fee
- 1-13 days before the start of class: 50% refund of full course fee

All refunds will be issued in the form of a check. Please allow two to four weeks for processing.

There are no refunds for trips, ticketed events and specified training programs.

Appeal Process
Only under extreme circumstances will partial refund appeals be considered. Registrants must request an appeal in writing stating their reason and providing supporting documentation (doctor’s medical note, accident report, etc) including course name and date. Send to Director of Lifelong Learning, Continuing & Professional Studies, Brookdale Community College, 765 Newman Springs Road, Lincroft 07738. Any refund issued in response to an appeal may be in the form of a gift certificate for use toward another Lifelong Learning activity within a year of issue date.

Don’t Delay – Register Today!
A course or trip may be canceled due to low registration. You can help that course run by registering at least ten days before it starts.

Helpful Hints For Online Registration:
- On line registration is limited to one individual at a time.
- You may register for as many classes as you would like.
- A credit or debit card is required (MasterCard, Visa, or Discover).
- You will need to provide your date of birth, gender and email. This information is required for identification purposes.
- If you already have a Brookdale Account, you will need your User Name and Password previously mailed to you.
- Don’t know your User Name and/or Password? Do not have a Brookdale Account? You will need to complete a Personal Identification Form. Click on the link under the menu item “New or Returning Brookdale Customer?” “Search, Register and Pay for Continuing Education Courses,” Follow the steps listed.

5 EASY WAYS TO REGISTER

1. Register Online Using WebAdvisor
Register from home any time, seven days a week. Visit www.brookdalecc.edu/continuinged and click on the “Register Online” button at the bottom of every page.

2. Telephone
Call us at 732-224-2315 Mon-Fri, 8:30 am-4:30 pm.

3. Fax
Fax a registration form to 732-224-2664.
- Include credit/debit card or purchase order information.

4. Mail
Mail a registration form to:
Continuing & Professional Studies
Attn: Registration Desk
Brookdale Community College
765 Newman Springs Road
Lincroft, New Jersey 07738-1543
- Include credit/debit card number or purchase order information.
- Checks should be made payable to: “BCC/CPS.”

5. In Person
Visit the Continuing & Professional Studies office, ATeC Building on the Lincroft Campus: Mon-Fri, 8:30 am to 4:30 pm. Pay by credit/debit card, check or cash. Park in either Lot #5 or #6 closest to the ATeC Building. You may also register with a credit/debit card or check at our locations in Freehold, Neptune, Wall, Long Branch and Hazlet.

Special Accommodations: If you have a documented disability and require special accommodations, complete the registration process and then contact the Disability Services office at 732-224-2730.

Thank you for choosing our programs and trips at Brookdale Community College!
**REGISTRATION FORM**

Please check the box if the following are new (within the past 12 months):

- [ ] Home Phone
- [ ] Business Phone
- [ ] Cell Phone
- [ ] Email Address

Name (Last) ________________________________________  (First) __________________________________

Address ___________________________________________________________________________________

City ___________________________________________  State  _____________  Zip _____________________

Cell Phone _______________________________  E-mail _______________________________________

Home Phone _________________________________   Business Phone _______________________________

Social Security # __________________________  Date of Birth ___________________  Gender:  [ ] Male  [ ] Female

Please include separate form for each registrant with their name, address and phone number.

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Time</th>
<th>Program/Title</th>
<th>Course Code</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- [ ] Charge to my  [ ] Visa  [ ] MasterCard  [ ] Discover

Name As It Appears On Credit Card ______________________________________________________________

Card No. _________________________________________________  Exp Date ___________________________

Authorization Code No. ______________________________________________________________________

Signature __________________________________________________________________________________

- [ ] Enclosed is my check, payable to BCC/CPS
  
  (Brookdale Community College/Continuing and Professional Studies)


Please make separate checks for each program.
Center For Career Development

Offering over 100 short-term, comprehensive, training and certificate programs and customized business solutions.

- Patient Care Technician
- Hemodialysis Technician
- Pharmacy Technician
- Business Office Support Specialist
- CISCO Certificates
- Microsoft CompTia Certificates
- Interpreting: Judicial, Medical, Community
- Nonprofit Management
- Certified Bookkeeper

www.brookdalecc.edu/careerdevelopment/
You got through the 60’s before you turned 20.

But getting through the 20’s after you turn 60 will require some radical ideas.

Radical ideas on most every topic are delivered in Brookdale Community College Lifelong Learning Courses. Taught by accomplished experts in their respective fields, they can change the way you think and feel about yourself and your future.

Visit us online www.brookdalecc.edu/lifelonglearning
Or call us 732-224-2315