



BROOKDALE

CONTINUING AND PROFESSIONAL STUDIES

Lifelong Learning

JANUARY–JUNE 2024

www.brookdalecc.edu/lifelonglearning



The Sun Shade,
1913 by Irish artist
William John Leech

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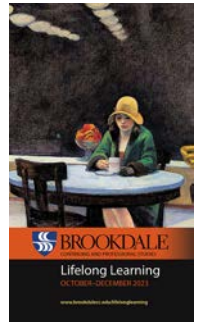
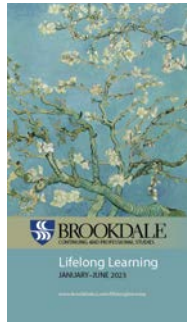
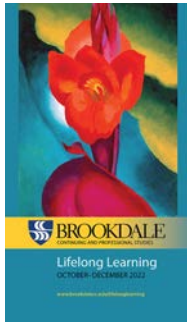
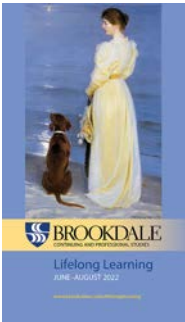
Record your lifelong learning login info here for safe keeping.

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?

- 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





To Our Friends & Neighbors –
As we begin the New Year, our wish for All is PEACE.

Local Author – Book Talk

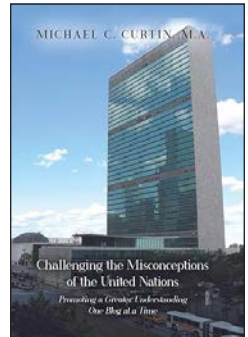
*More than ever before in human history, we share a common destiny.
We can master it only if we face it together. And that, my friends,
is why we have the United Nations.*

– Kofi Annan

Challenging the Misconceptions Of The United Nations

By Michael Curtin

Challenging the Misconceptions of the United Nations seeks to alter the negative narrative surrounding the United Nations. Not only does the author address present-day issues, but he paints a picture of the post-World War II time-period when delegates at a San Francisco conference came together to form what we now call the United Nations. While looking into the past progress the UN has made, Curtin examines the current stigma against it and how its dismantlement, as some in the current US political climate would like to see, could dramatically affect the welfare of millions worldwide.



Michael C. Curtin, MA, formerly a writer and editor to the United Nations Association of the United States of America, Northern New Jersey Chapter, is Political Science adjunct professor at Brookdale Community College. He also teaches International Relations at Seton Hall University School of Diplomacy & International Relations, and a course covering the United Nations at Fairleigh Dickinson University.

Thurs, Feb 29, 12:30-2:30 pm

Fee: \$49 includes light lunch

MORE TO LEARN:

The United Nations And Human Security

Thurs, Mar 7-21, 10:30 am-12:30 pm

Fee: \$79

See page 6

*Classes are being held in person on campus
unless otherwise indicated by ZOOM icon.*



Friends' Corner Spring 2024



Friends with a mission:
Friends of Lifelong Learning
is a volunteer group formed with a mission to support, promote, enhance and preserve Lifelong Learning at Brookdale.



“With A Little Help from Our Friends”

From sharing ideas, providing feedback, in-class support, program promotion, and financial support, The Friends of Lifelong Learning help to ensure the growth and success of lifelong learning at Brookdale in immeasurable ways.

Here at Lifelong Learning, we are grateful for all they do and feel fortunate to have an entire team of such exceptional friends.

Interested in learning more about the Friends of Lifelong Learning?
Email FLLbrookdale@gmail.com

COMMUNITY HAPPENINGS ON CAMPUS

What is Murder?

By Ken Levine

Four former Jeopardy! Champions meet for a weekend to prepare for the Tournament of Champions. When the front-runner is murdered, it becomes a game of cat and mouse between three brainiacs and a wily detective. Comedy, clues, and surprises await.

ALL Tickets \$20

Show Dates:

Feb 16 & 17 at 8 pm

Feb 18 at 2 pm Senior Sunday \$15 tickets senior 62+

Feb 23 & 24 at 8 pm

Feb 25 at 2 pm

Legally Blonde

Music and lyrics by Laurence O'Keefe and Nell Benjamin and a book by Heather Hach. The show tells the story of Elle Woods, a sorority girl who enrolls at Harvard Law School to win back her ex-boyfriend Warner. She discovers how her knowledge of the law can help others, and she successfully defends exercise queen Brooke Wyndham in a murder trial.

ALL Tickets \$20

Show Dates:

April 5, 6, 12, 13, 19, 20 at 8 p.m.

April 7 at 2 pm Senior Sunday \$15 tickets senior 62+

April 14, 21 at 2 pm



THE ARTS

Valentine's Day Project: Art From The Heart

Gina Torello, instructor

Enjoy a fun and interactive art class designed to celebrate love and creativity on Valentine's Day. Whether a beginner or experienced artist, this class is perfect for anyone interested in learning self-expression through art. Gina will guide you through the process, providing inspiration and assistance as you tap into your creativity. Join us for a Valentine's Day filled with creativity, laughter, and the joy of making art from the heart. Bring your enthusiasm and leave with an original creation.

Wed, Feb 14, 10 am-12:30 pm

Fee: \$39, supplies included

Come Draw With Me

Arelene Smelson, instructor

Experience a clear step by step approach to drawing. Discover a variety of drawing methods using an assortment of materials. Guided by Arlene, learn to achieve specific effects through a combination of techniques and applications using pencils and charcoal in addition to adding color and values through washes. Learn how to create form and articulate space using values, contour line, composition, and perspective. Individual exploration with materials and processes is encouraged as you relax and develop your own unique body of work. No prior experience necessary. Supply list included with registration confirmation.

Wed Mar 6-Apr 10, 10 am-12:30 pm

Fee: \$169

Acrylic Painting

Arlene Smelson, instructor

Whether a beginner or haven't painted in a while, explore the magic of acrylic in a relaxed setting. Construct a painting by learning to develop an interesting composition, to mix colors, to build textures, and develop movement and values in a work of art. Learn a variety of techniques and discover how to bring out the artist in you. Develop skills and techniques that will allow you to express yourself in any way you imagine. Supply list available upon registration. 5 SESSIONS
Tues, Mar 12-Apr 9, 10 am-12:30 pm
Fee: \$169

Studio Time With Arlene

**Arlene Smelson, certified art instructor,
professional artist**

Enjoy time in the studio with Arlene. Work on projects of your choice with Arlene there to provide individual feedback and guidance. 4 SESSIONS

Tues, Apr 16-May 7, 10 am-12:30 pm

Fee: \$135

Introduction To Machine Sewing

Betty McCarty, instructor

Do you love fabric, fashion, and interior design? Do you have a sewing machine, but don't know how to use it? Learn how to operate and understand the parts of a sewing machine. Be guided through basic techniques and get started on your first project. A portable sewing machine is required for this class.

Mon, Mar 18, 6-7:30 pm

Fee: \$49

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 \$15 payable to instructor. 4 SESSIONS

Mon, Mar 4-25, 6-8 pm

Fee: \$159

Jewelry Making: Reuse, Recycle, Renew

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 see what's possible. Materials fee of \$15 payable to instructor. 4 SESSIONS

Mon, Apr 8-29, 6-8 pm

Fee: \$159

Jewelry Studio Time

Niels Pustrom, instructor

Open to students who have attended a jewelry making class at Brookdale, this workshop offers access to our professional jewelry studio. Work independently on your individual projects with your own materials to create unique pieces. No instruction or materials will be provided, but Niels Pustrom will be available in the studio to answer questions about equipment. 4 SESSIONS

Tues, Apr 16-May 7, 6-9 pm

Fee: \$99

MORE TO LEARN:

A Look into the 20th Century Decorative Arts & Design

Rachael Goldman, PhD, instructor

See page 8

Everything Old Is New Again: Israeliana Collecting of the 1940's-1970's

Rachael Goldman, PhD

See page 9

Power, Propaganda & The Tudor Dynasty Through The Lens Of History & Art

Lyndell O'Hara, PhD, historian and Gene Wisniewski, artist, author, lecturer, teacher, creator of the Six Hour Art Major

See page 10



PHOTOGRAPHY

Basics Of DSLR Photography

Kevin Burkitt, instructor, photographer

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, gain a better understanding of your camera and all it can do. Digital SLR camera required; no point-and-shoot or fixed-lens cameras.

2 SESSIONS

Tues & Thurs, Mar 12 & 14, 6:30-9 pm

Fee: \$85

Camera Theory

Kevin Burkitt, instructor, photographer

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 to learn how to make manual adjustments which will take your photography to the next level. Discover how ISO, aperture, and shutter work together in various situations. 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.

Sat, May 11, 10 am-3 pm

Fee: \$85

CREATIVE COOKING

Brookdale Culinary Arts – Hands-on Classes!

Discover what's cooking at Brookdale's award-winning Culinary Education Center in Asbury Park. Join our professional chefs in hands-on classes, cooking up favorite dishes in a commercial kitchen. Class location: 101 Drury Ln, Asbury Park

Fresh Pasta

Chef instructor, Bill Roll

Focus on three fresh pasta dishes from various regions of Italy, each offering a twist on some of the classic dishes served here in the states – the one's we all know and love!

Thurs, Mar 7, 6-9 pm

Fee: \$79

Easter Chocolate Box

Chef instructor, Courtney Dean

Spring into action creating a chocolate lovers' delight. Create a breakable chocolate bunny, chocolate truffles, and chocolate covered strawberries and pretzels.

Thurs, Mar 28, 6-9 pm

Fee: \$79

Cake Pops

Chef instructor, Courtney Dean

Cake makes everyone happy – spread some happiness. Learn how to form cake into pops or popsicles, stick, dip in different types of chocolate, dye the chocolate and create designs.

Thurs, Apr 11, 6-9 pm

Fee: \$79

MORE TO LEARN:

Jon Bon Jovi Soul Kitchen, Cooking Demo & Lunch

See page 24

The History of Food – Famous Feasts

Greg Caggiano, presenter, blogger

See page 8

HISTORY & CULTURE

An Exploration Of Five Points, NYC: 1824-1895

Lyndell O'Hara PhD, historian

In the nineteenth century, the Five Points neighborhood of lower Manhattan was one of the most famous places in the world, and not in a positive light! Here African American domestic immigrants lived side by side with waves of Irish, Jewish, Italian and Chinese immigrants, all seeking to find their place in a city of opportunity. Tammany politics and Christian missions each sought the loyalty of the inhabitants. Squalor and destitution prevailed in a neighborhood that supported dance halls, theater, and opera houses as well as boxing rings and numerous taverns. The racial, ethnic, and religious tensions often exploded into riots, giving voice to issues the majority of New Yorkers refused to recognize. In the midst of it all, a political, artistic and social creativity emerged which would become part of what it meant to be "American." 3 SESSIONS

Tues, Feb 13-27, 10 am-noon

Fee: \$79



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**Watch Your Email
for Notices and Updates**

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

Friday, March 1-15, 10 am-noon

Fee: \$79

The United Nations & Human Security

Michael Curtin, MA, author, adjunct professor, political science, Brookdale Community College

The United Nations and Human Security course examines the changing peace and security challenges faced by the UN in an evolving international environment that is no longer solely characterized by state and inter-state security. The course covers a wide range of pressing current issues – including refugees, international tribunals, the promotion of democracy, ethics, regional organizations, humanitarian intervention, conflict prevention, and peacekeeping – that form a cutting-edge and controversial security agenda. The course will also explore the issue of human security and the role of the international community led by the United Nations. 3 SESSIONS

Thurs, Mar 7-21, 10:30 am-12:30 pm

Fee: \$79

Strangers In A Strange Land: Immigrant Experiences Across History

Jeanne Vloyanetes, MA, former history professor, Brookdale Community College

From the Metrics in the fifth century, BCE to the Dutch in the 17th century, to Ellis Island, 1907 explore the diverse and complex journeys of individuals who left their homelands in search of new lives in new lands. Examine the challenges, triumphs, and contributions of these immigrants, shedding light on their impact on societies and the formation of multicultural communities. 3 SESSIONS

Tues, Mar 5-19, 10 am-noon

Fee: \$79



Did The 1896 Presidential Campaign Give Birth To The Wizard of Oz?

Evan Weiner, award winning journalist, author

The 1896 election is long forgotten but it has a lasting impact on political insiders more than 125 years later. It was the last election of the agriculture society and created the city versus rural divide. It was the first election of the industrial era and introduced big money into politics. The 1896 campaign may have also been the basis of the 1900 book by Frank Baum “The Wizard of Oz” and the 1939 movie of the same name.

Fri, Mar 8, 10:30 am-noon

Fee: \$39

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Film Appreciation: Classic American Genres

Jonathan Shaloum MS, St. Joseph's University, cinema studies adjunct instructor

Calling all movie buffs! Join Jonathan as he continues an intriguing look at three classic American film genres.

March 20

Gangster

The gangster film genre, a captivating and enduring cinematic tradition, takes center stage in this lecture as we delve into its multifaceted history and cultural impact. From the gritty underworld of prohibition-era mobsters to the modern-day antiheroes navigating the complexities of crime and power, we'll explore how these films have mirrored societal anxieties, moral ambiguities, and the American Dream itself. Join us for an insightful journey through iconic classics and contemporary interpretations as we dissect the allure of this genre's anti-establishment figures, intricate plots, and the indelible mark they have left on the world of cinema and popular culture.

April 17

Science Fiction

Prepare to embark on a cosmic voyage in this enlightening lecture on the captivating genre of science fiction. From futuristic utopias to dystopian landscapes, this genre has dared to envision the limitless possibilities of human innovation and the boundless expanses of the universe. We'll examine the origins of science fiction and the thought-provoking concepts it has explored. Join us as we delve into alien worlds, time travel, advanced technology, and the philosophical questions that have shaped this genre, illuminating our own aspirations, fears, and our ever-evolving understanding of the universe. Science fiction, as a mirror to our own imagination and scientific progress, is a genre that invites us to explore the far reaches of human potential and the mysteries of the cosmos.

May 15

Film Noir

In this lecture, we immerse ourselves in the enigmatic world of film noir, a genre characterized by its shadowy visuals, morally ambiguous characters, and a palpable sense of doom. From the dimly lit streets of post-war America to the twisted psyches of its protagonists, we'll unravel the origins, key themes, and enduring influence of film noir. Through a captivating journey of femme fatales, hard-boiled detectives, and atmospheric cinematography, we'll explore how this genre has not only redefined storytelling in cinema but has also provided a lens into the anxieties and complexities of the human condition. Join us as we navigate the intricate alleys of this cinematic realm and decipher the enduring allure of film noir.

Wed, Mar 20, Apr 17, May 15, 10 am-noon

Fee: \$79



The History Of Food – Famous Feasts

Greg Caggiano, presenter, blogger

Join popular lifelong learning instructor Greg Caggiano for this encore presentation and delve into history in a deliciously different way. Learn the history of food as experienced in famous meals throughout the past. The First Thanksgiving. The Last Dinner on the Titanic. What did Jesus eat? Where would we be without salt? From the cavemen to contemporary cooking and eating trends, bring an appetite for learning in this fun and informative presentation.

Wed, Mar 20, 1-3 pm

Fee: \$39

NEW!

The History Of Food, Part II – Back For Seconds

Greg Caggiano, presenter, blogger

“More, please?” We are back with the sequel to Greg Caggiano’s popular “Famous Feasts: The History of Food” program. Learn about how people and events shaped the food we enjoy today, and how cooking has been influenced over the centuries. The Irish potato famine, food in times of war, and favorite meals of American presidents will be profiled. From pizza to PB & J and the explosion of fast food, this lecture will leave you wanting more!

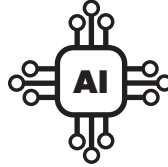
Wed, Mar 27, 1-3 pm

Fee: \$39

Greg Caggiano is a historian, food blogger, and avid home cook who lectures on a variety of subjects at Brookdale and organizations across New Jersey. You can follow him on Instagram at @The_Hungry_Historian and check out his website GregCaggiano.com.

AI Unveiled: Exploring The Applications, Concerns, And Evolution Of Artificial Intelligence

Stephen M. Fowler, Instructional Designer, Teaching and Learning Center, Brookdale Community College



An introductory course on the rapidly evolving world of artificial intelligence, specifically focusing on GPT-4. Topics covered

include a brief history and status of AI development and innovation, privacy and ethical concerns, the potential impact on various industries, and how it can serve as a helpful assistant in your daily life.

3 SESSIONS

Tues, Apr 9-23, 10 am-noon

Fee: \$79

A Look Into The 20th Century Decorative Arts & Design

Rachael Goldman, PhD, instructor

The art of decorative arts and design coincided with the start of the 20th century and through mutual exchanges in Europe and the United States. The Industrial Age and dynamic technological advancements paved the way for influential and beneficial interior decorations. New Expansion into Japan, China, India and Southeast Asia also propelled this experience. This course will focus on Art Nouveau, Art Deco, Streamlining, Modernism and Mid-Century Modern. Firms such as Dirk Van Erp, Tiffany Studios, School of Nancy, Émile-Jacques Ruhlmann, Nakashima Woodworkers, and Charles and Ray Eames will be discussed. This course can benefit the collector just as much as the interior designer with an understanding of the complex imagery, history, and interpretation. 3 SESSIONS

Thurs, Mar 28-Apr 11, 10:30 am-noon

Fee: \$79

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Power, Propaganda & The Tudor Dynasty Through The Lens Of History & Art

Lyndell O'Hara, PhD, historian,
Gene Wisniewski, artist, teacher, author



Although ruling for less than 120 years, the Tudors remain one of the most famous royal dynasties in history, and a source of endless fascination. In pre-modern times, when most of the population of any country was illiterate, political

leaders depended on visual depictions of themselves to convey their power and authority. In fifteenth and sixteenth century England, the kings and queens of the Tudor Dynasty were fortunate to have access to some of the greatest Renaissance artists to illustrate their royal supremacy. In an era of dramatic religious, social and political change, in the midst of challenges to their very right to rule, Tudor monarchs portrayed their wealth and power through portraits.

Historian Lyndell O'Hara will share the tumultuous reigns of Henry VII, Henry VIII, Edward VI, Mary and Elizabeth, providing context for artist, Gene Wisniewski's discussion of the part the clothing they're shown wearing and other subtle symbols appearing in the family's royal portraits played in communicating their power.

Thurs, May 16, 10:30 am-2:15 pm
Fee: \$79, includes lunch

The History Of Humans

Brooks Susman, philosophy and history instructor, rabbi emeritus

Can civilization act civilized? Can humans truly be humane? An overview of history: intellectual, political, and religious; looking to define who we might be as to the history from whence we came.

Wed, Mar 6-Apr 3, 10 am-noon
Fee: \$89

Lost Amusement Parks Of NJ

Rick Geffen, MA, Monmouth University, author

Discover rarely seen images from the Library of Congress, local historical societies, and private collections to document how the Jersey Shore became the most famous vacation and recreational destination in the coastal United States. Relish childhood memories of eating saltwater taffy, navigating excited crowds, and braving the rides. Revisit places you remember well and be introduced to those you may never have known existed. Join author Rick Geffen for a trip back in time to the Lost Amusement Parks of the North Jersey Shore – lost but not forgotten!

Wed, May 22, 1-2:30 pm

Fee: \$45, includes light refreshments

What America Sounds Like: 250 Years Of American Music

Melissa Ziobro, professor, Monmouth University

This interactive, multi-media talk provides a look at the iconic music that helps us understand our shared history as we approach the 250th anniversary of American independence. Special emphasis is given to Thomas Edison, Paul Robeson, James P. Johnson, Frank Sinatra, Whitney Houston, Paul Simon, Bruce Springsteen, Queen Latifah, Bon Jovi, and others from NJ who have contributed so much to the American music landscape.

Melissa Ziobro is a longtime educator and the new Curator of the Bruce Springsteen Archives and Center for American Music at Monmouth University.

Tues, Mar 26, 10:30 am-noon
Fee: \$39

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The History Of The Guitar

Doug Clarke, celebrated jazz guitarist, adjunct faculty, Brookdale Community College

Discover the History of the guitar as heard through the music.

Classical Guitar

Explore creation of the modern guitar in Spain. Hear the guitar from it's early classical music roots through the music of Fernando Sor, Francisco Tarrega, Hector Villa-Lobos and more. Listen to performances by Andres Segovia, Christopher Parkening and Liona Boyd as you gain an understanding of Spanish classical guitar.

Jazz Guitar

Continue to trace the evolution of the guitar through jazz music. Listen to jazz guitar as played by the early acoustic pioneers Eddie Lang, Carl Kress and Dick McDonough. Then discover the electric guitar from it's early master's Charlie Christian, Tal Farlow, Jimmy Rainey. The tradition continues with Wes Montgomery, Kenny Burrell right up through today's most modern jazz guitarists George Benson, Pasquale Grasso and Jonathan Kreisberg.

Blues & Rock Guitar

Discover blues from the earliest rural blues guitarists Robert Johnson and Son House to Muddy Waters, B.B. King and later Eric Clapton and Stevie Ray Vaughan. Then trace the evolution of rock guitar from its 1950's pioneers Chuck Berry, Buddy Holly and Carl Perkins to the 60's British rock invasion (the Beatles) to Woodstock with Jimi Hendrix. Continue with The Rolling Stones, 70s folk artists Bob Dylan, Joni Mitchell up through contemporary rock guitarists Jimmy Page and Eddie Van Halen.

Wed, May 1-15, 1-3 pm

Fee: \$79

MORE TO LEARN:

Around Town

See page 22

The Dangling Conversation: Sixty Years Of Paul Simon –

Pat Barton, professional musician and educator

Join Pat for a reprise of one of his most popular six-hour courses, featuring the musical magic of Paul Simon. Pat will use recordings, live demonstrations, and lecture to highlight Simon's continuing evolution as a composer and lyricist as well as showcasing his role as the foremost ambassador of world music. 3 SESSIONS
Wed, Apr 24-May 8, 10 am-noon
Fee: \$79

HOLISTIC HEALTH & WELLNESS

Staying Positive In Trying Times

Diane Lang, MA, author, therapist

With gloom and doom around us, it can be hard to find the good, but it is possible to stay positive, feel hopeful and reduce stress/anxiety during these turbulent times. We can learn to feel better by paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices. With intentional effort and tools for cultivating happiness and mindfulness we can feel more positive and hopeful – even during a crisis.

Wed, Feb 21, 1-3 pm

Fee, \$39

Introduction To Acupuncture & Traditional Chinese Medicine

Liping Wang, C.A., Dipl. C.H., Director, Holmdel Acupuncture & Herbal Medicine Center

Acupuncture is a treatment based on Traditional Chinese Medicine, a system of healing that dates back thousands of years. Learn how acupuncture is used for relaxation, pain relief, and improved sleep as well as modern research findings on acupuncture. Learn the history of Traditional Chinese Medicine and how to apply some of its principles in our daily life to stay healthy. 2 SESSIONS

Tues, Mar 5 & 12, 10 am-noon

Fee: \$75

DISPLACED HOMEMAKERS SERVICES

Are you someone 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/

Exploring The Art & Science Of Intuition

Martin McDermott, M.A., author, faculty, Brookdale Community College

Intuition has guided many—from Harriet Tubman to Albert Einstein to Mother Teresa. Come and learn about the art and science of intuition in this fun, interactive class. The workshop will combine research-based presentations with hands-on exercises for applying this powerful tool in our everyday lives.

Fri, Mar 8, 10 am-1 pm
Fee: \$55

Reiki I

Janet Woods, Reiki instructor

The word Reiki is a combination of two Japanese words, meaning universal life force energy. Developed in Japan, Reiki is a natural method for reducing stress and inducing relaxation. Through a combination of lecture, demonstration, and in-class practice, learn the principles of energy healing and hand positions used in Reiki. Emphasis is on meditation, attunements, and practical applications of Reiki. Upon completion of this class students will receive Reiki Level 1 certification. Manual included. Class size is limited. Dress comfortably and bring water. Please limit your caffeine and alcohol to 24 hours prior to class.

Sat, Mar 9, 10 am-2 pm
Fee: \$179

Reiki II

Janet Woods, Reiki instructor

Deepen your Reiki practice for yourself and others. Learn ancient symbols and protocols to strengthen your Reiki skills. Learn how to send distant Reiki and use a pendulum. Focus on meditation and attunement continues. Upon completion of this class students may begin to work professionally as Reiki practitioners. Manual included. Class size is limited. Dress comfortably and bring water. Please limit your caffeine and alcohol to 24 hours prior to class.

Sat, Mar 23, 10 am-2 pm
Fee: \$179

Janet Woods is a Reiki Master/Teacher, practicing the Usui system. Her training and work experience include advanced Reiki study with Reiki Masters versed in traditional, non-traditional, and Japanese Reiki as well as licensed practical nursing. Janet believes that a balanced life is a healthy life.

Thrive As You Age – A Three-Part Guide To A Healthier Tomorrow

Debbie Peterson and Wendy Bright-Fallon, national board-certified health and wellness coaches, founders, Nourish Coaches

Are you ready to embrace the journey of aging with confidence and vitality, even if you're not actively exercising or keeping strict health habits? Join us for a down-to-earth class and discover simple and doable steps to live a fulfilling and healthy life as you age. Topics include: "Building Physical Resilience" – Learn how to maintain physical strength through every life stage. "Nurturing Emotional Resilience" – Understand the connection between mental and emotional well-being and learn methods for enhancing your emotional fortitude. "Holistic Wellness for Longevity" – Practical steps for creating a balanced, healthy lifestyle that supports longevity.

3 SESSIONS
Wed, Mar 13-27, 10-11:30 am
Fee: \$79

Feng Shui & Energy Clearing

Franca Giuliani, instructor

You've heard of it... now learn about this ancient system. Combined with energy clearing, feng shui can be a powerful tool to help you live a better and healthier life. In this class you will learn the principles of feng shui and techniques of energy clearing and how you can apply them to your own life.

Wed, Apr 3, 10 am-noon

Fee: \$39

Into The Woods: A Sampling Of Regional Retreat Centers

Martin McDermott, M.A., instructor, author, professor, and retreat enthusiast

In these hurried, stressful times do you ever feel the call of Nature like Thoreau? With summer fast approaching, come and learn about the programs, facilities, food, and amenities at a half dozen regional retreat centers from someone who's been there. Among the stops on our "tour" will be Omega, Wisdom House, the Highlights Foundation, Kripalu Center for Yoga and Health, and other local centers.

Fri, Apr 5, 10:30 am-noon

Fee: \$39

Introduction To Dowsing

Franca Giuliani, instructor

Dowsing has been around since the beginning of time, yet many people are not aware of it or how it works. This magnificent practice can help you retrieve information from the universe and help with problem solving. Develop an understanding of the concept of subtle energies and how they relate to dowsing. Learn dowsing techniques and how to utilize them. Whether a beginner or just curious about this age-old art, join us and be amazed.

Franca Giuliani, a graduate from an accredited program of the Feng Shui Society of the United Kingdom, is a certified feng shui practitioner and energy clearer. She is also a member of The American Society of Dowsers

Wed, Apr 10, 10 am-noon

Fee: \$39

An Introduction To Qigong: Practices For Self-Care And Good Health

Maxine Forster Guenther, M.A., Certified Instructor of Integral Qigong, qigongforgoodhealth.org

The word is out! Qigong practice can help reduce stress, build stamina, increase vitality, and positively impact our immune system. The benefits are profound. Join us and discover these ancient Chinese healthcare exercises (slow, gentle movements) that integrate physical postures, breathing techniques, and focused intention. Qi is the vital life force energy in all things. These practices are easy to learn. Students of all levels and abilities are welcome. 6 SESSIONS
Thurs, Mar 21-Apr 25, 2-3:30 pm
Fee: \$149

Sound Meditation & Healing

Julie Albert, instructor

Sound healing uses the power of sound vibrations to promote physical, emotional, and spiritual well-being. Using various instruments such as singing bowls, gongs, and tuning forks, sound healing aims to harmonize and balance the body's energy, reduce stress, and induce a state of deep relaxation. Explore the techniques and benefits of sound healing and learn how it can enhance overall health and wellness. 3 SESSIONS

Julie Albert is a Sound Healer, Yoga Instructor, Massage Therapist, Reiki practitioner and Somatic Breathwork facilitator. She is the owner of Earth Sister Holistic Healing specializing in yoga, sound healing meditation, breathwork and reiki. Julie offers instruction in corporate, school, and private settings. Her main passion is healing through the medicine of sound.

Find Julie at www.earthsisterholistichealing.com.

Wed, Apr 17-May 1, 10 am-noon

Fee: \$79

New! Quick and Easy online registration

Need help?

Call 732-224-2315

<https://www.brookdalecc.edu/continuinged/lifelonglearning/>



The Power of Journaling

Lisa Hartsgrove, MFA, Project Write Now

Studies have shown that journaling can have a positive impact on our well-being – releasing stress while strengthening coping skills and building confidence, self-awareness, and resilience. During this course, we invite you into the storytelling mindset with the help of guided journaling prompts. We also share strategies for starting or deepening a journaling practice. Give yourself dedicated time and space to write, reflect, and reconnect with what really matters to you. *No writing experience necessary.* 3 SESSIONS

Lisa Hartsgrove, MFA, is program coordinator & writing instructor for Project Write Now as well as program manager for PWN Teen. Lisa has an MFA in creative writing from Goddard College and has been published in *The Pitkin Review*, *Collage*, and *The Atlantic Highlands' "Herald."* She also took first place in the 2019 Laury Egan HBAC Poetry Contest and third place in the 2014 Jersey Bayshore Writing Contest. Read more at lisahartsgrove.com.

Thurs, Mar 21-Apr 4, 10:30-noon

Fee: \$59

HOME & GARDEN



Your Children Don't Want It. Here's What To Do.

Mike Ivankovich "Mike the Appraiser"

We hear it every day. And it's happening across America. But just because your children don't want it doesn't mean it's valueless. In this session Mike will share 100+ ways to determine *What It's Worth... and How to Sell It...* including such categories as *Brown Furniture, China & Glass, Cut Glass & Crystal, Figurines, Silverplate, Books, Pianos*, and much more.

Thurs, Feb 15, 1-2:30 pm

Fee: \$35



What's Hot... What's Not... And What You Can Toss Today

Mike Ivankovich "Mike the Appraiser"

In this session Mike will explain why many of the things you own may be worth less than you thought. But don't despair because he'll also reveal those categories that are probably worth much more than you expected. And he'll wrap it up with some things you can toss ... as soon as the program ends.

Thurs, Feb 22, 1-2:30 pm

Fee: \$35

Dahlia Fever

Andreea Fegan, Certified Holistic Health Coach

Interested in growing your own dahlias but not sure where to start? Dahlia growing has become a hot hobby, dramatically increasing in popularity, and with the right knowledge you'll be enjoying your own bouquets of blooms straight out of the garden. Join us as we cover a multitude of topics: varieties of dahlias, planting, staking, propagating, feeding, pruning dahlia plants for your garden, and everything in between. Learn how to prune and cut dahlias for the greatest vase life, in addition to growing your tuber collection, digging up, and harvesting at the end of the season. Interested in creating your own varieties? We've got you covered there as well. There is so much to learn, and we're excited learn more together!

Fri, Apr 5, 10 am-noon

Fee: \$39

Grow A Cut Flower Garden

Paul Molzon, instructor

Fresh flowers brighten any space. Learn how to plan, plant, grow, and harvest an assortment of annuals and perennials. Gain tips that will keep the blooms coming including feeding, mulching, and watering techniques then tour the nursery's flower beds. Students will go home with a sampling of cut flowers. The workshop takes place at a local nursery for expert tips. Location: Molzon's Landscape Nursery, 140 Middletown, Lincroft Rd, Lincroft, NJ 07738
Thurs, Apr 25, 10 am-noon
Fee: \$39

Container Gardening

Paul Molzon, instructor

No garden, no problem! With sun and water everything you can grow in the ground can be grown in a container. Learn the practice of growing plants exclusively in containers. A great practice for those with limited space, or desire to add more color to an already mature garden. Students will go home with a planted container. The workshop takes place at a local nursery for expert tips. Location: Molzon's Landscape Nursery, 140 Middletown Lincroft Rd, Lincroft, NJ 07738
Thurs, May 16, 10 am-noon
Fee: \$39

IRISH HERITAGE

Irish Language

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.

Rath DeHoust, Máire Léan Shevlin, Caoimhín Cléirigh, Irish language 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 Culaighe or just pick up a few phrases for travel, this program will work for you! 10 SESSIONS

WINTER MINI SERIES – 5 SESSIONS

Sect 1: ON CAMPUS, Thurs, Jan 18-Feb 15, 7-8:30 pm (for all levels)



Sect 2: ZOOM option for advanced level students only

Fee: \$59

SPRING SERIES – 10 SESSIONS

Sect 1: ON CAMPUS, Thurs, Apr 4-June 6, 7-8:30 pm (for all levels)



Sect 2: ZOOM option for advanced level students only

Fee: \$119

The Emergence Of Modern Ireland (1601-1950)

Henry McNally, MA, Fordham, Irish historian, recipient of the Eoin McKiernan Award

We'll cover the history of Ireland from 1601, the defeat of the last of the Gaelic Princes and effective end of Ireland under the Brehon Laws, through the formal recognition of a free and independent Irish Republic in April of 1948. Emphasis will be given to continuing efforts to maintain a Gaelic cultural and religious heritage across years of oppression, Irish resistance to colonial rule, the Act of Union, *An Gorta Mor* (The Irish Potato Famine), Home Rule, the Easter Rebellion and aftermath and the transition from the Irish Free State to a Republic. This class is a follow up to "The History of Ancient Ireland" but can comfortably be joined by newcomers to Irish History. 5 SESSIONS

Tues, Mar 5-Apr 2, 10 am-noon

Fee: \$85

LEARN MORE

Writing The Garden

page 19

**Watch Your Email
for Notices and Updates**

The Celebration Continues...

“Ceol agus Craic:” A St. Patrick’s Day Celebration

Like Ireland itself you can’t capture the spirit of Craic – you must experience it.
Come experience it at Brookdale.

Join us for some music, song, history, and a guided tour through Dublin.

FEATURING

International Irish Singer Songwriter Gabriel Donohue

Gabriel was born in Athenry, a walled medieval town in County Galway that was founded in the 12th Century AD. Hailing from this well-known village, his music is filled with a strong sense of history and his love of storytelling is evident through his song, which belongs to another time and place.



An extremely gifted and talented guitarist, pianist, bouzouki player, singer and songwriter, his musical artistry has always had him in high demand for many of the elite in Irish music circles. For five years he toured around the world with the Chieftains as their accompanist, worked and performed with Michael Flatley and toured with Cherish the Ladies, Eileen Ivers and Joanie Madden. Gabriel makes his home in Pennsylvania where he has his own recording studio and has recorded and produced many of the top traditional artists in America.

PROGRAM AGENDA:

Music and Song, links between Ireland and America: A Conversation: Gabriel Donoghue and Irish historian, Hank McNally

Selected Irish Songs and Tunes performed by Gabriel Donoghue

Lunch

Depart for Dublin – An Armchair Tour with Irish historian, Maureen Dunphy-Brady

Fri, Mar 22, 10:15 am-3:45 pm

Fee: \$99

A Novel Idea! Contemporary Irish Fiction

Maureen Dunphy Brady, MA, NYU Glucksman Ireland House

Today’s Irish authors are breathing new life into the country’s celebrated literary tradition, contributing to “an unexpected golden age of Irish prose writing.” In fact, four of the thirteen novels longlisted for the 2023 Booker Prize, one of the world’s most prestigious literary awards, were penned by Irish writers. In this course, students will read three of them and participate in interactive discussions. Classes take place once a month for a three-month period. The novels for this session are:

March 20, *Old God’s Time* by Sebastian Barry

April 10, *How to Build a Boat* by Elaine Feeney

May 8, *Prophet Song* by Paul Lynch

Wed, Mar 20-May 9, 10 am-noon

Fee: \$89, includes light refreshments

**Watch Your Email
for Notices and Updates**

MUSIC

Five-String Banjo (Beginner/Intermediate)

Ken Jewell, instructor, professional musician

A fun course for all! Whether you are a beginner or want to dust off your banjo and get playing again, this class is for you. First, get acquainted, or reacquainted, with your instrument: set-up, tuning, proper posture, picks, basic rolls, hammer-ons, slides and pull-offs. Then the fun begins: learn songs to apply your skills. For the experienced player, Ken will provide you with more challenging pieces to learn advanced techniques. Enrollment is limited. 4 SESSIONS

Fee: \$149

Tues, Mar 5-26, 6-7:30 pm

Piano For Procrastinators

John Balme, instructor Brookdale Community College, Director, Concordia Vocal Academy

If you meant to learn the piano years ago, the time has arrived! Join fellow beginners in the wonderful world of music at Brookdale's piano lab where you can learn to play your favorite songs. All you need to bring is a sense of adventure, a sense of humor and a pencil. Required text is included. Enrollment is limited.

4 SESSIONS

Mon, Apr 1-22, 10:30 am-noon

Fee: \$115



“The Quiet Girl” Film & Talk

An Irish language film, with 95% of the dialogue in Irish, and English words peppered in only occasionally (there are subtitles for both). “The Quiet Girl” (Irish title “An Cailín Ciúin”) is the first Irish-language film to be nominated for an Academy Award (this year’s Best International Feature). It’s a milestone for Irish-language film. Set in rural Ireland, 1981, the film beautifully tells the story of nine-year-old Cáit sent away from her overcrowded, dysfunctional family to live with foster parents for the summer. Quietly struggling at school and at home, she has learned to hide in plain sight from those around her. She blossoms in their care, but in this house where there are meant to be no secrets, she discovers one painful truth.

One of our favorite Irish historians, Maureen Dunphy Brady, MA, NYU Glucksman Ireland House, will offer a talk prior to a screening of the movie and lead a discussion following the film.

LUMINOUS... There may not be a movie more expressive of the season’s benevolent ethos than this hushed work about kith and kindness.

– *The New York Times*

Fri, May 10, 1:30-3:15 pm

Fee: \$39, includes light refreshments





Guitar: Jamming For Advanced Beginners

Pat Barton, professional musician, instructor

Interested in improvising on guitar but not sure where to start? Join professional musician Pat Barton for a six-hour course divided into four ninety-minute sessions. Pat will demonstrate how learning to effectively use the pentatonic scale can open doors to musical creativity for advanced beginners who want to be able to jam with others. Students who are comfortable playing and switching between A, B7, C, D, E, and G chords in all combinations will benefit most. This course is not for the novice guitarist. Enrollment is limited.

Sec 1: Tues, Apr 9-30, 10-11:30 am

Sec 2: Thurs, Apr 11-May 2, 6:30-8 pm

Fee: \$149

Beautiful Voice

Cynthia Balme, lifelong learning instructor

Stop believing you can't sing! Applying tried and true vocal exercises, feel your voice becoming clearer and stronger. Appropriate music for group study will be provided and musical requests are always welcome. Last class will include an informal recital. 4 SESSIONS

Mon, Apr 29-May 20, 10-11:30 am

Fee: \$99

LEARN MORE...

The Dangling Conversation: Sixty Years Of Paul Simon –

Pat Barton, professional musician and educator

See page 11

The History Of The Guitar

Doug Clarke, celebrated jazz guitarist, adjunct faculty, Brookdale Community College

See page: 11

What America Sounds Like: 250 Years Of American Music

Melissa Ziobro, professor Monmouth University

See page 10

LANGUAGES

Stress Free Spanish For Beginners

Frank Prignoli, Brookdale Language Instructor

Habla español and learn simple conversational phrases. Practice in a friendly, relaxed atmosphere designed to encourage conversation en español.

Bienvenidos a todos. 8 SESSIONS

Sat, Feb 3-Mar 23, 10 am-noon

Fee: \$179

Stress-Free Spanish Part II

Frank Prignoli, Brookdale Language Instructor

Based on a fun conversational approach, continue to develop your oral, reading and writing skills through short stories and dialogues. You will also have the opportunity for stress-free classroom discussion and interaction using your mastered vocabulary, grammar, and idiomatic constructions. ¡Vámanos!

Sat, Mar 30-May 18, 10 am-noon

Fee: \$179

MORE TO LEARN:

Italian Treasures

Franca Giuliani, instructor

See page 9

Uniqueness of Florence

Franca Giuliani, instructor

See page 9



LITERATURE & WRITING

Friday Morning Musing For Short Story Lovers

Dillies Pilevsky, English & history Instructor

Short stories, timeless in their magical ability to help us make human connections with an author, his or her narrative, with each other and with our life experience, will be read, discussed, and analyzed.

Related videos will be shown. The stories and authors will lead to the same place, a place within us where learn to feel new thoughts and changes. All are welcome. PDFs of short stories will be provided with registration confirmation.

Sec 1: Feb 9-23, Honoring Anton Chekhov
1860-1904

Misery
The Looking Glass
The Bet

Sec 2: Mar 8-29, Honoring O. Henry
(William Sidney Porter) 1862-1910

The Cactus
Hearts and Hands
Mammon and the Archer

Sec 3: Apr 12-26, Honoring John Steinbeck
1902-1968

Flight
Breakfast
Chrysanthemums

Sec 4: May 19-24, Honoring Raymond
Carver 1928-1988

Serious Talk
Cathedral
Little Things

Fri, 10 am-noon

Fee: \$59

Writing The Garden: Waking The Senses; Finding The Words

**Laura McCullough, MFA, English professor,
Brookdale Community College**

As spring returns are you thinking about seeds, plant beds, weeding, and composting? This workshop is all about how we engage with the botanical world – listening, talking, and tending to plants – and all the ways we write about our experience, wisdom, and deep yearning for all things green and growing. We will read some of the iconic garden related literature and explore prompts to generate our own poems and prose. There will be a chance to share your writing and be heard. This is exploratory, joyful, yet offers a chance to grow as a writer, as well as share your botanical love and knowledge. All levels of interest and experience welcome!

2 SESSIONS

Fri, Mar 15 & 29 (no class March 22) 10 am-noon

Fee: \$49

Laura McCullough is a Professor of English at Brookdale and holds an MFA from Goddard College. A three-time NJ State Arts Council Fellow in both poetry and prose, she has published 8 books of poetry, including The Wild Night Dress selected by Billy Collins for the Miller Williams Poetry Series for University of Arkansas Press. Her poems and prose have appeared widely in magazines and journals such as The American Poetry Review, Prairie Schooner, Guld Coast, and many more, and she has been a Dodge Poetry Festival performer. She is also an avid gardener and Bonsai practitioner, and her love of the natural world informs her work.

Non-Fiction Writing

Barry Putt, instructor, award-winning author

Interested in writing non-fiction books including “how to”, biographies, Film/TV history, and more? In this course, you will learn how to develop a book proposal, how to conduct research, and how to market your work to publishers. Students will complete an initial draft of a book proposal in this course. 2 SESSIONS

Sat, May 11&18, 9:30-12:30

Fee: \$79

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'll 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. 4 SESSIONS

Mon-Thurs, Mar 25-28, 2-4 pm

Fee: \$95

What Is Going On Here? Short Stories As A Tool For Understanding

Patricia Whitehead, librarian, teacher, enthusiastic reader

Fiction is a laboratory for the refinement of the soul as stated by the South African writer J.M. Coetzee.

In that spirit, let's tinker in our own lab to decipher a series of four contemporary short stories, journeys into the unknown souls of each of the characters. When we read a good story, we often are afforded a brief glimpse of something hidden within the inner workings of our own minds. And when we discuss the story with a group of like-minded readers, we can expand our experience and may come away with a nugget of insight into ourselves and each other.

Here are the stories we'll examine in the lab:

Mar 25, *Dante Alighieri* by Jhumpa Lahiri.

Apr 1, *I Am Pizza Rat.* by Han Ong.

Apr 8, *The Choc-Ice Woman* by Mary Costello.

Apr 15, *Bravado* by William Trevor.

Mon, Mar 25-Apr 15, 10:30 am-noon

Fee: \$89

MORE TO LEARN...

A Novel Idea! Contemporary Irish Fiction

Maureen Dunphy Brady, MA, NYU Glucksman Ireland House

See page 16

MONEY MATTERS

Financial Strategies For Successful Retirement

Joseph P. Silvestri, CFP, ChFC, CLTC

Chester O. Gordon IV, CFP of Arkhitekton LLC

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

Wed, Mar 6-20, 6:30-9:30 pm

Fee: \$65

Understanding Medicare

Alfred Norton, Licensed Health Insurance Agent

Whether turning 65 soon, or already a Medicare recipient, don't miss this EDUCATIONAL SEMINAR on 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 16, 10-11:30 am

Fee: \$39

PERSONAL ENRICHMENT

You Ought To Be In Pictures

Tom Waclawik, instructor

Always wanted to be on the big screen? Here's your chance to learn how to become a movie or tv "extra" and make some 'extra' money. Our instructor has appeared in movies with Al Pacino, Tom Hanks, Robert DeNiro and Leo DiCaprio. He has been on movie sets directed by Martin Scorsese, Clint Eastwood, Steven Soderbergh. His tv appearances include *Madam Secretary*, *Law and Order*, *The Good Wife*, *Homeland* and more. There are over 50 shows filming in NYC this year, and plenty in New Jersey as well. Find out how to get on the set, or in commercials. It's easier than you think, and you don't need acting experience. Ages 18 and up welcome.

Sat, Apr 13, 10-noon

Fee: \$39

Getting Comfortable With Your Computer

Designed for the novice use, especially seniors with limited or zero PC know-how, our easy paced course introduces you to hardware and software basics, teaches you some Windows skills, explains how files and folders work, and trains you to recognize and protect yourself from common computer and Wifi risks such as phishing and malware.

For more information, contact continuinged@brookdalecc.edu

Real Estate

Ready to get your Real Estate license?

This 75-hour course teaches everything you need to know to prepare and sit for the NJ State Real Estate exam to become a licensed realtor. Classes are held in person at our Freehold location. This could be the smartest investment you'll ever make.

For more information, contact continuinged@brookdalecc.edu

RECREATION

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) Class size is limited. 3 SESSIONS

Sec 1: Sat, Jan 13-27, noon-1 pm

Sec 2: Tues, Feb 6-20, 3-4 pm

Sec 3: Sat, Feb 10-24, noon-1 pm

Sec 4: Tues, Mar 5-19, 3-4 pm

Sec 5: Sat, Mar 9-23, noon-1 pm

Sec 6: Tues, Apr 2-16, 3-4 pm

Sec 7: Sat, Apr 6-20, noon-1 pm

Sec 8: Sat, May 4-18, noon-1 pm

Sec 9: Tues, May 7-21, 3-4 pm

Fee: \$79

Mah Jongg For Beginners

Sharon Talansky, instructor

Ever wanted to play Mah Jongg? Come learn to play in a fun, relaxed setting! Learn how to choose a hand, the progression of play, and strategies to win. You'll have plenty of time for in-class practice, with tips offered in a friendly and interactive environment. Meet other interested individuals and perhaps form a game of your own with classmates. If you have a Mah Jongg set or can borrow one, please make every effort to bring it with you to the first class. However, a set is NOT required to enroll. Mah Jongg cards, an essential tool for playing the game, ARE required. Please be sure you have the most recent card, designed for the year 2023. Bring a pen and paper, as well. Mah Jongg is great for stretching your mind and a wonderful way to spend time with friends. 7 SESSIONS

Thurs, Mar 7-May 2, 1-3 pm

(No class April 4 & 11)

Fee: \$129

Beginner Canasta

Sharon Talansky, instructor

Ever heard people talking about canasta and wondered, 'what is that exactly?' This is your opportunity to learn! Canasta is a card game played with a partner. A total of four people play a game. Enjoy a relaxed, stress-free environment to learn the basics from a very patient teacher. Learn the rules of play, non-verbal ways to communicate with your partner during a game, and strategies to win. Come play casual practice games and laugh as you learn. Canasta is a great way to engage socially while stretching your mind. 7 SESSIONS

Thurs, Mar 7-May 9, 10:30 am-12:30 pm

Fee: \$129

(No class April 4 & 11)

Ballroom Dance

Juan Arguedas, professional ballroom dancer, instructor

Whether you are a beginner, need a refresher, or just want a fun way to stay fit, come dancing with us. Learn elegant and classical Ballroom dances including the Waltz and Foxtrot in a group setting Beginner to Intermediate. Partner optional. 6 SESSIONS

Thurs, Mar 7-Apr 11, 7:30-8:15 pm

Fee: \$129

Latin Dance

Juan Arguedas, professional ballroom dancer, instructor

Learn the fun and energetic Latin dances in this introduction to American rhythm dance including Rumba, Cha Cha, as well as upbeat dance styles including Salsa and Hustle. Come with or without a partner. 6 SESSIONS

Thurs, Apr 25-May 30, 7:30-8:15 pm

Fee: \$129

AROUND TOWN

History cannot give us a program for the future, but it can give us a fuller understanding of ourselves, and of our common humanity, so that we can better face the future.

– Robert Penn Warren

Explore Black History Sites in Monmouth County on a **Local Tour & Talk** with Gilda Rogers executive director of the T. Thomas Fortune Cultural Center, writer, activist, adjunct faculty, Brookdale Community College and Rick Geffken, author, local historian.

APRIL 25th

Black History Sites In Freehold, Monmouth County

Bethel AME Church & Cemetery

The Bethel African Methodist Episcopal Church at 3 Waterworks Road in Freehold was completed in 1988. The congregation has outlived slavery, both world wars, and segregation under Jim Crow. Its history dates back to the 1690s, when free blacks formed a village called Squirrel Town. Bethel offered a safe space for black worshipers who were excluded from predominantly white churches for Sunday services and who, decades later, encountered racism in the borough's slowly desegregating schools. Black Civil War soldiers of the United States Colored Troops are interred in the Church Cemetery near Squirrel Town.

Court Street School

Since 1915, the once all-Black Court Street School in Freehold Borough has had legendary teachers and successful graduates. Now called the Court Street School Education Community Center, the building is one of two still-standing former segregated schools in New Jersey. The building was added to the National Register of Historic Places

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in 1995. Dr. Walter Greason (Chair of the History Department at Macalester College in Saint Paul, MN) who was born in Freehold, says the school formed the heart of the black middle class and was instrumental in New Jersey's civil rights movement.

Monmouth Battlefield State Park

Located on the border of Manalapan and Freehold Township, the Revolutionary War's crucial battle of Monmouth Courthouse was waged in June 1778. One of the largest battles of the war, it demonstrated that the Continental Army could successfully fight professional British forces.

Fighting for both sides, Black soldiers were part of this historic struggle. Seven hundred fought for the patriots; the Black Brigade and the Black Pioneers joined the British effort. Billy Lee, a non-combatant enslaved man owned by Gen. George Washington, was at the battle.

Tues, Apr 25, 10 am-3 pm
Fee: \$125, includes lunch and transportation
Bus departs from Brookdale Community College Freehold Higher Education Center, 3680 US-9, Freehold

JUNE 18th
A Juneteenth Celebration Tour
Of Black History Sites In
Monmouth County

Learn more about the origins and significance of Juneteenth and commemorate the day through a talk and tour of three black historic sites in Monmouth County. Trolley transportation will be provided.

Cedar View Cemetery in Lincroft, an 1850 cemetery containing the interments of formerly enslaved people, Civil War veterans (called U.S. Colored Troops), and their descendants. The burying ground has been recently renovated by the non-profit Friends of Cedar View.

The T. Thomas Fortune Cultural Center in Red Bank, former home of the one-time enslaved, Timothy Thomas Fortune who lived there into the early 20th century while publisher of Black newspapers in New York. Numerous exhibits of Black cultural life on display. Catered lunch will be enjoyed at this location.

Wampum Park Memorial to Mingo Jack in Eatontown where the only recorded lynching of a New Jersey Black man, Samuel Johnson, occurred in 1886.

Tues, June 18, 10 am-3 pm
Fee: \$119, includes lunch and transportation
Trolley will depart from Parking Lot 1 on the Lincroft Campus



Gilda Rogers is a journalist, author & playwright, producer & director, and an educator. She was at the helm of a community group that came together and organized in

2013 to save the National Historic Landmark, located in Red Bank and the former home of the social justice crusader, journalist and newspaper publisher, T. Thomas Fortune. She has been honored with numerous awards as part of her commitment to the greater Red Bank community, including her contributions to the Monmouth County Historical Association's current exhibition *Beneath the Floorboards, Whispers of the Enslaved at Marlpit Hall*.



Rick Geffken has taught New Jersey slavery for Monmouth University in West Long Branch. He is part of a project called the New Jersey Slavery Records Index under the auspices of Rutgers University, New Brunswick, NJ. He is an active member of the New Jersey Social Justice Reconciliation Committee and was instrumental in placing a memorial plaque in Eatontown, the 1886 site of the only recorded lynching of a Black man in New Jersey. He too contributed to *Beneath the Floorboards Whispers of the Enslaved*. Rick was the recipient of the 2023 Jane G. Clayton Award honoring individuals who've made exceptional contributions to the awareness, understanding or preservation of Monmouth County history.



Jon Bon Jovi Soul Kitchen Cooking Demonstration & Lunch

Jon Bon Jovi Soul Foundation

Find out what's really cooking at the JBJ Soul Kitchen – where unique community-building happens. First, learn 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 delicious dishes and learn more about this innovative enterprise. A perfect opportunity to enjoy learning, laughing, and lunch! Address: 207 Monmouth Street, Red Bank

11:30 am - 1 pm

DATES TBA – CHECK OUR WEBSITE

Fee: \$39

Walking Tour: Ocean Grove

Dan Radel, history instructor, journalist

Spend a spring 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 Apr 27. Please note: no refund will be given if the rain date is used.

Sat, Apr 20, 1-3 pm

Fee: \$29

Lifelong Learning At Two River Theater

August Wilson’s *Gem of the Ocean*

Performance will be followed by light refreshments and a “talkback” fostering a conversation between the audience and the artists deepening the meaning of the work. *Gem of the Ocean* follows Aunt Ester as she guides the first generations of African Americans tasked with defining themselves outside the horrors of slavery. Set in 1904, the opening installment in August Wilson’s *The American Century Cycle* includes the playwright’s most fantastical journey, where the secrets of the past point towards future liberation. Featuring beloved Two River artists Crystal A. Dickinson (*Wine in the Wilderness*, *A Raisin in the Sun*) and Brandon J. Dirden (*Ma Rainey’s Black Bottom*, *Topdog/Underdog*), *Gem of the Ocean* is the seventh production in the theater’s commitment to stage all ten of Wilson’s visionary epics.

Wed, June 12, 12:30-4 pm

Fee: \$75 includes late afternoon refreshments

TRIPS

Traveling – it leaves you speechless, then turns you into a storyteller.

Brookdale’s Day Trips 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. Buses depart from parking Lot 1 on the Lincroft campus.





Andalusia Historic House & Gardens: Royal Brunch 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 the 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. Please note: the house tour has stairs and the garden uneven ground.

[Wed, June 12, 9 am-6 pm](#)

Fee: \$175

Eastern State Penitentiary; Philadelphia Mural Arts Tour; Jack’s Firehouse Restaurant

What happens when a rabbi, a historian, and a group of learning enthusiasts take a bus ride to Philly? They wind up in jail! Join Brookdale’s dynamic duo, Dr. Christopher Bellitto and Rabbi Brooks Susman for an intriguing visit to Philadelphia. Tour a 173-year-old National Historic Landmark, the Eastern State Penitentiary, with its cathedral-like cell blocks including the cell of the infamous Alphonse “Scarface” Capone. Experience an audio tour of the prison “Voices of Eastern State” narrated by actor Steve Buscemi. Hear cell doors slamming, guards issuing orders and listen to the 1961 riot unfold in chaos. After lunch at Jack’s Firehouse, our step-on guide will take us on the renowned Philadelphia Mural Arts Tour. We will view many of the over 2,600 colorful murals and works of public art adorning the city of Philadelphia.

[Wed, May 15, 9 am-5:30 pm](#)

Fee: \$175

SORRY

There are no refunds on Trips.

LEARN. LAUGH. LUNCH.

Join us for a celebration of women, by women for women!

“Her images of women – Goddesses – will literally leave you breathless, they will empower you, lift you. Inspire you. Encourage you.”

—Amy Ferris, writer, author, playwright, and yes, a Goddess.”

The Radical Act of Women Declaring: “I am Here: See Me”

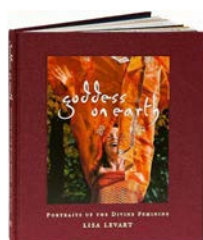


Lisa Levart – a photographer on a mission!

For over twenty-five years, Lisa has traveled near and far to create iconic portraits that uncover the spirit of independent girls, ferocious women, powerful warrior activists and epic elders and weaves together the personal and collective journeys of women's lives.

Her work has been exhibited widely, from galleries in NYC, to museums, and as site-specific installations. It is represented in the permanent collection of the 9/11 Memorial Museum in NYC and was recognized by the Julia Margaret Cameron Award's for Women Photographers, a Larry Salley Photography Award and a Brigit Award from the Association for the Study of Women and Mythology.

Lisa will share her journey from photographing glamorous weddings to photographing women as Goddesses – witnessing, evoking, and capturing the essence of everyday women, their goddess archetypes, stories and myths. The portraits are culturally diverse and grounded in a sense of place, the land. The work blends several mediums, including collage, film, multi-media, dance and photography.



Her gorgeous coffee table book *Goddess on Earth: Portraits of the Divine Feminine* eloquently reflects Lisa's passion and gifts. Book will be available for purchase at the conference.

Women & Other Hostages

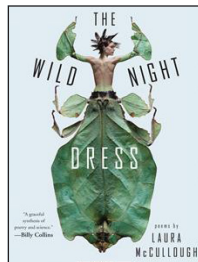


Poet and writer Laura McCullough

Laura will read from two of her most recent collections of poetry, *The Wild Night Dress* and *Women & Other Hostages*,

both of which explore themes of women's relationships – mother-daughter, sisters, girlfriends – how women need each other, betray each other, forgive each other, laugh and cry with each other, and help each other find ways to go on even in the darkest hours. She will talk about the ways informal power has sometimes harmed women's relationships and how personal agency and healing are important in strengthening the bonds between women.

Laura McCullough is a Professor of English at Brookdale and holds an MFA from Goddard College. A three-time NJ State Arts Council Fellow in both poetry and prose, she has



published 8 books of poetry, including *The Wild Night Dress* selected by Billy Collins for the Miller Williams Poetry Series for University of Arkansas Press. Her poems and prose have appeared widely in magazines and journals such as *The American Poetry Review*, *Prairie Schooner*, *Gulf Coast*, and many more, and she has been a Dodge Poetry Festival performer.

She has been awarded three NJ State Arts Council Fellowships, two in poetry & one in prose. In addition to her creative work, Laura is a scholar in her field & has edited two anthologies, *A Sense of Regard: Essays on poetry & Race* (Georgia University Press) and *The Room and the World: essays on Stephen Dunn* (University of Syracuse Press).

Fri, Apr 19, 9:15 am-3 pm

Fee: \$99, includes morning coffee and hot lunch

Put Your Money Where Your Mind (and Heart) Is

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. Email nkane@brookdalecc.edu



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<https://www.brookdalecc.edu/continuinged/lifelonglearning/>



GENERAL INFORMATION

COLLEGE CLOSING

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. 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 & REFUNDS

A full refund will be given when a program or trip is canceled by Brookdale.

Refund Policy

With adequate advance notice (at least seven calendar days prior to program start date) a full refund will be issued less a \$10 processing fee.

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

Should you wish to appeal the refund policy, please submit an appeal in writing via email to tsilletti@brookdalecc.edu. Include the date and title of course and state the reason for you are unable to attend the program. All decisions will be made by the Dean of Continuing & Professional Studies.



Watch Your Email for Notices and Updates

WHERE’S MY CLASSROOM?

- 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



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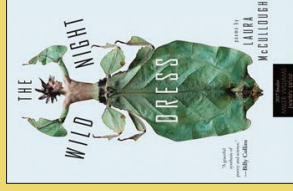
LEARN. LAUGH. LUNCH. A Women's Conference



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**Women & Other
Hostages**
Laura McCullough, English
professor, poet



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