

BOOK TALK

Dr. Cheryl Bartholomew Discusses: *How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen* by David Brooks

Your... Jewelry? Shoes? Car decals? Tattoos? Hair? Nails? Social media posts? What assumptions do people make about appearances? What do you want people to see about you at first glance? What about after they spend some time with you? How are you being seen? How do you want to be seen?

Our culture has been described as self-absorbed, yet we crave connection, authenticity, and intimacy. Let's discuss the ways to project how we want to be seen and simultaneously connect more deeply/meaningfully with each other.

Discover how being seen authentically, although risky, is ultimately rewarding and fun!

2 SESSIONS

Tues & Thurs, Aug 20 & 22, 1-2:30 pm

Fee: \$59

Discussion Moderator, Dr. Cheryl Bartholomew, is a psychologist and professor who has taught at SUNY/Upstate NY, George Mason, and Monmouth Universities. She has received the Chancellor's award for excellence in teaching, the Martin Luther King Humanitarian award, Outstanding Women in Virginia, and the National Curriculum and Development award (AERA). Her curriculum has been adopted throughout the US, four additional countries, and by the Peace Corps. She has authored over 40 articles in professional journals, and her media appearances include NPR and CBS News

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, 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

Tues & Thurs, Jun 25 & 27, 6:30-9 pm

Fee: \$79

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 in order 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.

Tues & Thurs, Aug 6 & 8, 6:30-9 pm

Fee: \$79

HISTORY & CULTURE

SUMMER SCHOLARS

Hot Topics. Cool Campus Setting.

MORNING SESSIONS

Medieval England 101

Christopher Bellitto, Ph.D., Professor of History, Kean University

“Once more unto the breach, dear friends, once more.” Join us as we explore medieval England’s roots in Roman Britain through its Anglo-Saxon and Viking periods. We will move through the Norman Conquest and witness the creation of cities and Parliament while kings battle peasants. Then the Hundred Years War will finally settle the question of French and English authority.

Local New Jersey History

Rick Geffken, author, local historian

Before New Jersey became the third of the original thirteen states to join the Union, it was home to the Lenape/Munsee peoples for millennia. Learn some surprising aspects of the Garden State’s history, particularly the interactions of the indigenous people as they encountered European colonists during the 17th and 18th centuries. Dutch and English colonists predominated and introduced Black enslavement. The repercussions of the mixing of these unique cultures played out harshly during the Revolutionary War, particularly in Monmouth County.

AFTERNOON SESSIONS

The Know-Nothing Party of the Mid-19th Century

Lyndell O’Hara, Ph.D.

In this election year, we will look back on one of the American political movements of the past. The nativist Know-Nothing Party, which arose in the two decades before the Civil War, held anti-immigrant and anti-Catholic policies based on the fear of lack of jobs, the tyranny of outside forces and a loss of a perceived American identity. While the party had great political success for a short period of time, it also resulted in violence as riots broke out in major cities across the country.

Jazz Masters Series – Jazz Icons of the 1950’s and Beyond

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

Take an in-depth look at some of the most iconic jazz improvisers and composers of the 1950’s and beyond. The first two sessions will explore the music of Miles Davis, John Coltrane, Thelonius Monk, and Dave Brubeck. Learn historical facts and interesting anecdotes about each artist, while discovering classic compositions such as Dave Brubeck’s - *Take Five*, Miles Davis’s *All Blues and So What*. Also, listen to and explore each artist’s take on standards such as *My Funny Valentine*, *My Favorite Things* and *The Girl from Ipanema*. The final will explore how jazz artists approach “newer” classics. Listen to Herbie Hancock’s arrangement of The Beatles - *Norwegian Wood* and Simon and Garfunkel’s - *Scarborough Fair*. We’ll listen to Diana Krall perform Billy Joel’s – *Just the Way You Are* and hear Pat Metheny’s take on Henry Mancini’s – *Two for the Road*.

Tues-Thurs, Aug 6-8, 10 am-3 pm

Fee: \$149, includes morning coffee and lunch

The Lunar Landing, The Cold War, Nazis & The Race to The Moon

On July 20, 1969, Neil Armstrong popped up a hatch and went down a ladder. In seconds, he put his foot on the moon. It was the culmination of what President John F. Kennedy wanted in 1961. A man on the moon. But the space programs rooted went back to World War II. America accepted Nazi Germany scientists and eventually started work on a program to explore space. The space program and space race took place during the Cold War between the US and USSR. There were many successes and failures including the Apollo 1 spacecraft command module catching fire on the launch pad in 1967 killing three astronauts. Man would visit the moon five more times after Apollo 11. The last trek was in 1972.

Tues, Jul 9, 10:30 am-noon

Fee: \$35

Summer Blockbusters!

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

Embark on a cinematic journey through the scintillating world of summer blockbusters with our engaging two-hour lecture designed exclusively for adults. Delve into the captivating narratives, groundbreaking special effects, and cultural impact of some of the most iconic films that have graced the silver screen during the summer season. From pulse-pounding action sequences to heartwarming tales of love and friendship, our lecture will explore the artistry and spectacle behind these beloved cinematic masterpieces. Gain insights into the creative processes of renowned directors, the evolution of visual effects technology, and the enduring appeal of blockbuster storytelling. Whether you're a casual moviegoer or a devoted cinephile, join us for an enlightening and entertaining exploration of the magic of summer blockbusters.

Wed, Jul 10, 10 am-noon

Fee: \$35

"The Jewish Alps"

Brooks Susman, philosophy and history instructor, rabbi emeritus

Travel back in time to the summer respite/hideaway/en famille "haven" for Eastern Jews in the Catskills. Comedians held sway; Maj was a necessity; Simon Says was a combat sport and the food legendary. Reminisce for a Summer's retreat as Grossingers, Browns, and the Nevele come alive through memory and stories. 3

SESSIONS

Tues, Jul 16-30, 10 am – noon

Fee: \$59

France: Paris & Beyond

Gisele Rappaport, French language & culture teacher

Experience a virtual journey through one of the most popular destinations in the world. From the romantic streets of Paris to the sun-kissed vineyards of Bordeaux, immerse yourself in the essence of France. With stops in selected regions of interest, explore monuments and monarchs, art and architecture, and some surprises along the way. Bon voyage!

Wed, Jul 17, 10 am-noon

Fee: \$35

The "Basie Boogie" Goes to War: V-Discs and WWII

Melissa Ziobro, professor, Monmouth University

Imagine the biggest performing artists of the day recording their most popular hits, and new compositions, for members of the United States Armed Forces to enjoy, for free. Red Bank's William J. "Count" Basie and other music legends did just this over a roughly 6 year period during and just after World War II in what was called the V-Disc program. These records, mailed to troops around the globe from 1943- 1949, were supposed to be destroyed following World War II – but some survived. Join Melissa Ziobro to hear the tale.

Wed, Jul 31, 10:30 am-noon

Fee: \$35

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

Our Own Backyard/Local History

Shark Encounters at the Jersey Shore: Past & Present

Dan Radel, journalist, historian

The Jersey Shore experienced terror in the summer of 1916 when four people were fatally mauled and another seriously injured by a shark attack. The deadly encounters were mentioned in the blockbuster movie *Jaws*, which premiered in 1976. While that summer certainly stands out, bathers in New Jersey waters have been nipped and bitten by sharks at multiple locales since and as recent as 2023.

Wed, Jul 31 10 am-noon

Fee: \$35

Lenape Great Minisink Trail

Clare Garland, Director, Sand Hill Historical Association

Come along on a 75-mile journey from the historic Lenape Council Fire at Minisink Island in the Delaware River through historic villages of New Jersey to Monmouth County. Visit some of the oldest buildings on our virtual tour and see an existing section of the Minisink Trail in Matawan. Explore four Lenape Minisink Trail markers and colonial history of Matawan, Holmdel, Middletown, and Locust villages ending at Monmouth County Clay Pit Park on the Navesink River. Participants from Matawan Historical Society will join the discussion.

Aug 1, 1-3 pm

Fee: \$39

Our speakers include Marc Gottwerth, retired president of the East Coast Chapter of the Intertribal Council of AT&T Employees (ICAE) 401(c).

Around Town

Walking Tour: Red Bank

Daniel Radel, instructor, journalist

Discover Red Bank's history on a walking tour of the vibrant downtown nestled against the banks of the Navesink River. Tour will include the Red Bank

railroad station, one of the last remaining examples of the Stick Style station houses built by the New York and Long Branch Railroad in the 1870s. The Count Basie Theater, opened on November 11, 1926 as a vaudeville theater and cinema and named after Jazz legend and Red Bank native William James "Count Basie." The Lollipop Clock, built by a Swiss clock inspector and jeweler in 1902, and the Second Empire style architecture of the Dublin House. Participants should make sure to wear comfortable walking shoes and be prepared to walk at least two miles. Meeting place, The Dublin House: 30 Monmouth Street, Red Bank. Rain Date Saturday, August 17.

Please note: No refund will be given if rain date is used.

Sat, Aug 10, 1-3 pm

Fee: \$29

Forces Shaping The Jersey Shore

Ed Johnson, Executive Director-Governmental Affairs & Community Relations, Brookdale Community College

Shorelines are shaped by more than the ocean! People, politics, and perspectives have a great influence on the growth and development of the Jersey Shore. Join us for an inside exploration of the changing Jersey Shore, led by Ed Johnson, former mayor of Asbury Park. Focusing on Keansburg, Sea Bright and Asbury Park, we begin in the classroom at Long Branch campus on Monday. Tues-Thurs meet at various locations for onsite lectures, meetings and tours featuring opportunities to talk with municipal leaders, community stakeholders and powerbrokers representing the forces of change taking place in our own backyard. Residential redevelopment, gentrification, beach access, tourism and the influences of arts and culture will be explored. Take this rare opportunity to delve beyond politics and look at the human forces reshaping the Shore. Monday Jul 30: Classroom at Long Branch Center

- Tuesday Jul 31: *Keansburg*
- Wednesday Aug 1: *Sea Bright*
- Thursday August 2: *Asbury Park (trolley tour)*

Mon – Thurs, Jul 30-Aug 2, 9 am-noon

Fee: \$125

HOLISTIC HEALTH & WELLNESS

Gentle Yoga

Patti Dominach, certified yoga instructor

Improve flexibility, joint health, muscle tone, and strength while improving posture and balance. Begin with meditation and breath work followed by deep stretching. Seated postures, twists, basic standing and balancing poses will be included. *All levels of ability are welcome; modifications and options for poses will be offered to each participant.* 6 SESSIONS

Tues, Jul 16-Aug 20, 5:30-7 pm

Fee: \$89

Patti Dominach has been practicing yoga for ten years and is a certified 200-hour RYT instructor. Patti's teaching style incorporates Pranayama (breath work) and Asanas (grounding poses) with modifications that help students go deeper, both physically and spiritually in their practice.

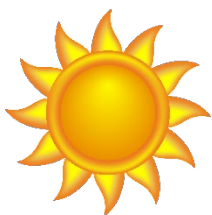
Seva Stress-Release Acupressure Workshop

Janet Woods, instructor

Seva (pronounced (SAY-VA) is the Sanskrit word for compassionate care. The Seva protocol was developed after 9/11 and used on first responders. Seva Stress Release is a sequence of acupressure points that are designed to ease the human stress response and support overall well-being. Anyone can learn this simple yet effective acupressure sequence (no previous bodywork training required). Through demonstration and hands-on practice, learn to use the Seva protocol for self-care on family, friends, and clients.

Thurs, Jul 11, 1-4 pm

Fee: \$59



Getting Your Fortune Told Without Losing a Fortune

Martin McDermott, MA, Brookdale professor, TEDx speaker, and author

Franca Giuliani, feng shui and energy clearing expert

With the summer upon us and “Psychic Reading” signs flashing along our coast, learn how to tell a fake. Explore the long history of “psychic busters”—from Harry Houdini to modern detectives—along with the techniques that scammers use to dupe the innocent. As a bonus, discover the most common psychic con.

Thurs, Jul 18, 10:30 am-12:30pm

Fee: \$39

CERTIFICATION WORKSHOP

Vibrational Sound Healing with Tuning Forks

Janet Woods, instructor

Vibrational sound therapy can retune your body, mind, and spirit, encouraging relaxation, healing, and wellness. When relaxing through soothing sound and vibration, your body is affected on a cellular level, opening energy flow to move you back toward healthy alignment. Stress creates an unhealthy flow of energy, first appearing as low energy in your aura, and, later, as ill health; mentally and physically. The benefits of vibrational sound therapy are numerous. Learn the history of tuning forks, how to hold, strike, and activate tuning forks, and how to use weighted tuning forks on the body. Class does not include tuning forks and you do **not** need to purchase them before class; instructor can provide recommendations for students interested in purchasing. Anyone can learn Vibrational Sound Therapy and how to use this procedure for self-care, on friends, family, and clients. **Includes manual and certification upon completion of class.**

Thurs, Jul 25, 10 am-2 pm

Fee: \$79

IRISH HERITAGE

Irish Sports & Athletics-

Part of the History, Part of the Culture

Henry McNally, MA, Fordham, Irish historian

Join Hank for a look at the unique role that sport has played in the history of Ireland and the fascination with athletics of any kind characteristic of contemporary Ireland. The story will be told through lecture and discussion with extensive use of short video segments. From Cuchulain of the epic tales hurling with the Red Branch Knights to Shane Lowry carrying off the British Open trophy, the competitive spirit of the Gael will provide a continuing theme.

Tues & Thurs, Jul 9 & 11

10 am-noon

Fee: \$59

Irish Language

Rath DeHoust, Máire Léan Shevlin, Caoimhín Cléirigh, Irish language instructors

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. 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. 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! 5 SESSIONS

Thurs, Jul 18-Aug 22, 7-8:30 pm

Fee: \$59

Sect 1: On Campus

Sect 2: LIVE ZOOM

Summer Short Film Mini Fest

Maureen Dunphy Brady, MA, NYU Glucksman Ireland House

An intriguing exploration of 4-5 Irish short films will be presented by Maureen with a short intro to each film followed by viewing and discussion. Gain an appreciation for the experimental and creative

freedom found in the production of short films which play an important role in Irish film culture.

Wed. Jul 24, 10 am-noon

Fee: \$35

LITERATURE & WRITING

LIVE ZOOM

Friday Morning Musing for Short Story Lovers

Dillies Pilevsky, English & history instructor

Short stories, timeless in their magical ability to help make human connections with an author, his or her narrative, each other, and our life experience, will be read, discussed, and analyzed. PDFs of short stories will be provided with registration confirmation. 3 SESSIONS

Sect 1: June 14-28 Honoring Edgar Allan Poe

The Tell Tale Heart

Masque of the Red Death

Pit and the Pendulum

Sect 2: July 12-26 Honoring Joyce Carol Oates

Life After High School

Where Are You Going? Where Have You Been?

Where Is Here?

Sect 3: Aug 16-30 Honoring William Faulk

That Evening Sun

Dry September

The Bear

Fri, 10 am-noon

Fee: \$59

Get Wasted (with T. S. Eliot): Exploring *The Waste Land*

David Bordelon, PhD

It's been just over 100 years since T. S. Eliot's *The Waste Land* was published. Since then, it's remained a canonical text and worked its way into popular culture. Join us for a two-day deep dive into the poem, with biographical and cultural background setting up discussion and interpretation. 2 SESSIONS

Tues, Jul 9-16, 10 am-noon

Fee: \$69

Professor of English at Ocean County College and Lecturer at Rutgers, Dr. Bordelon's scholarship, focused on American literature, has been published in Studies in the Novel, Book History, and in scholarly collections

Short Fiction: Humor As a Tool for Understanding

Regina Wackerman, MFA, creative writing
Summer is the perfect time to enjoy reading short pieces by some of the masters of contemporary literature. Writers often use humor as a technique to examine serious, even dark, subjects. Explore how humor, in its written form, depicts human nature in unexpected ways. PDFs of readings will be provided with registration confirmation. TW: Readings include a reference to suicide. 3 SESSIONS
Readings include:

Such, Such Were the Joys – George Orwell
A Wasp Looks at Lizzie Borden – Florence King
Me Talk Pretty One Day – David Sedaris
Now We Are Five – David Sedaris
The Semplica-Girl Diaries – George Saunders

Mon, Jul 15, 1-3 pm
Fee: \$79

Frankenstein: Exploring Mary Shelley's Literary Legacy

Jayanti Tamm, PhD
Mary Shelley. From her famous mother Mary Wollstonecraft who was a feminist pioneer to her infamous relationship with the poet Percy Bysshe Shelley, Mary Shelley funneled her loves and losses into her literary work. As the inventor of both science fiction and dystopian fiction---in addition to having written what many scholars believe to be the most significant novel ever created—her work continues to be relevant and prescient today. Examine her groundbreaking novel and its enduring themes of science, morality, and human nature. We will read selected excerpts and discover—or rediscover—this brilliant author.

Jayanti Tamm is an Associate Professor of English at Ocean County. An author and scholar, Tamm is a Fulbright Specialist and the co-director of the

Ocean County College's Theatre in London program.

Jul 24, 10:30-noon
Fee: \$39

The Power of Journaling

Jennifer Chauhan, MA, 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 journaling practice. Give yourself dedicated time and space to write, reflect, and reconnect with what really matters to you. *No writing experience necessary.*

Jennifer Chauhan, MA, is a writer, educator, and co-founder/executive director of Project Write Now, a 501(c)(3) nonprofit transforming individuals, organizations, and communities through writing. Her passion is giving people of all ages and backgrounds supportive spaces to explore their authentic selves through writing and sharing their stories. Jennifer also has a 200-hour trauma-informed, inclusive yoga certification as well as a social emotional learning facilitator certification. She has an M.A. in English Education from Teachers College, Columbia University.

*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.*

Wed, Aug 14, 1-3 pm
Fee: \$49

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

Sect 1: Tues, Jun 11-25, 3-4 pm

Sect 2: Sat, Jun 15-29, noon-1 pm

Sect 3: Tues, Jul 9-23, 3-4 pm

Sect 4: Sat, Jul 13-27, noon-1 pm

Sect 5: Tues, Aug 6-20, 3-4 pm

Sect 6: Sat, Aug 10-24, noon-1 pm

Fee: \$79

Learn to Sail

Seas Monmouth, certified sailing instructors
Combined classroom and hands-on instruction will give the adult beginning sailor 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 due to 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. Ages 18 and up only.

6 SESSIONS

Sect 1: Mon & Thurs, Jun 3-13, 7-9 pm

Sat, Jun 8-15, 9 am-4 pm, on the water

Set 2: Mon & Thurs, Jul 8-18, 7-9 pm

Sat, Jul 13-20, 9 am-4 pm, on the water

Sect 3: Mon & Thurs, Aug 5-15, 7-9 pm

Sat, Aug 10-17, 9 am-4 pm, on the water

Fee: \$295

From Treetop to Tabletop - Essential Woodworking

Ready to explore the artistry and craft of woodworking? Monmouth County's School of Woodworking, The Wood Joint, has the perfect class for you. Expert craftsman Bruce Hogan will give you 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 (Falcon Millworks 1325 6th Ave. Neptune, NJ). All supplies are included. 4 Sessions

Tues, Jul 9-30, noon-2 pm

Fee: \$259



BROOKDALE
CONTINUING AND PROFESSIONAL STUDIES

Lifelong Learning

JUNE–AUGUST 2024

Wassily Kandinsky. *Rapallo Boats*, 1905