BROOKDALE

Lifelong Learning

JANUARY– JUNE 2016

www.brookdalecc.edu/lifelonglearning
www.facebook.com/BrookdaleLifelongLearning
Dear Brookdale Friends and Neighbors,

Few of us find enough time for ourselves. Life is busy and full of chores, challenges, and commitments. Still, we all instinctively know that time spent on our own enrichment serves everyone in our lives. Health requires nourishment. Brain health requires learning.

Find time this New Year to feed a passion, explore an interest and learn something new. Unlike so many pesky tasks of life, time spent learning is never wasted!

This spring brochure contains an amazing variety of learning possibilities. Don’t miss:

• **Meet Brookdale’s Criminal Justice Department.** Explore many facets of crime and punishment in this lecture series. See page 2

• **Spring Scholars.** A spa for the head. Spend three days attending choice lectures by favorite Lifelong Learning presenters. See page 8

• **Women’s Conference.** Don’t miss this rare combination of learning, laughter, and lunch. See page 37

• **Lifelong Learning travels to Italy!** See page 36

Wishing you a smart New Year!

Marie Lucier-Woodruff
Associate Vice President, Continuing & Professional Studies

**NEWS!**

We have gone green and do not print and mail registration receipts. You are enrolled upon registration and can expect an email confirmation.

**Where’s my Classroom? 4 Ways to Find It!**

- Website: www.brookdalecc.edu/locations
- Call our prerecorded message: 732-224-2100
- Call our office (Mon-Fri 8:30 am-5 pm) at 732-224-2315
- Read the posting on our front door – inside lobby, ATec building
The Forensic Investigation Of The OJ Simpson Case
Robert Ferguson, Sr., is a former Captain, Bureau Chief, New Jersey State Police who served for thirty years, seven of which were in Crime Scene Investigation. Subsequently, he served as Detective Sergeant, Monmouth County Prosecutor’s Office, twelve years in Crime Scene Investigation Bureau, and two as Supervisor of Office of Counterterrorism. He was a Commissioned Officer in Naval Reserve, serving nine years as a NCIS Reserve Agent, presenting forensic training to NCIS Agents in Manama, Bahrain, Seoul, Korea, and Yokosuka, Japan. He has been an adjunct instructor at Brookdale for sixteen years. The OJ Simpson case has been of special interest to him since 1994.

Feb 11

 Corrections: County Facilities, The State Prison System And The New Generation Correction Management Approach
Guy Pellicane, professor and Joseph Rizzo, adjunct professor
Professor Guy Pellicane is the Criminal Justice Department chairperson. He is the former Director of Corrections and Youth Services for Monmouth and Middlesex counties. Over 25 years he managed adult and juvenile facilities. Mr. Pellicane serves as a national consultant for correctional management and design. He also serves as a national expert witness.

Joseph Rizzo began his career as an 8th grade social studies teacher. He continued teaching at the Garden State Youth Correctional Facility where he became Director of Education and Assistant Superintendent responsible for education, social services, and treatment programs. In 2000 Mr. Rizzo was promoted to administrator at the Mountainview Youth Facility housing 12,000 adult offenders. His mission included security, treatment, and education. He began teaching at Brookdale in 2009. He also performs audits on prisons and jails throughout the United States.

This presentation is an exploration of the transition from County Corrections facilities to the State Prison System. Discussion will include the new generation correctional management approach.

Feb 18

Homicide: Investigation And Prosecution
Thomas Kapsak, assistant professor
Prior to his Brookdale teaching career, Professor Kapsak served Middlesex County for more than thirty years. From Assistant Prosecutor to Chief of Major Crimes, he supervised the investigation and prosecution of 350 homicide cases, personally trying thirty-eight of those cases. This lecture will trace select cases from the body-on-the-ground through the investigation and prosecution.

Feb 25
COMMUNITY MATTERS

9-11: The Search For Evidence, Personal Property And Human Remains At The Staten Island Landfill

Ronald Facciponti, adjunct professor

Ronald Facciponti, retired NYPD Police Captain and Detective Commander, spent twenty-one years on the NYPD in the Patrol, Criminal Justice, and Detective Bureaus. Mr. Facciponti worked in every borough of New York City overseeing patrol operations and major investigations. He was one of the Officers-in-Charge at the Staten Island Landfill on 9-11 where 1.2 million tons of the World Trade Center debris was removed in order to be processed by hundreds of police personnel for evidence, personal property, and human remains.

Mr. Facciponti currently works for the U.S. Transportation Security Administration at Newark Liberty International Airport and was the former Federal Security Director for Southern NJ and Delaware from 2009-2011. He has just completed his first year teaching Homeland Security at Brookdale. He has been teaching online criminal justice and security courses for the past seven years.

This presentation is a brief overview of how a large crime scene, like the collapsed World Trade Center, was moved to a larger search field and the challenges faced in supporting hundreds of police personnel processing millions of tons of mixed steel, property and the deceased victims of 9-11.

Mar 3

Thurs, Feb 11- Mar 3, 11:45 am-1:15 pm
Fee and Code: $59, XHUMN 273

Reduced fee through generous donor support.

Join our 40-voice community chorus! Participants range in age from 18-88. We have one rule: we have a good time! Call John and Cynthia Balme, Brookdale adjunct instructors 732-495-7993 or email ConcordiaChorale@aol.com

Brookdale Performing Arts Center
upcoming shows:

Dead Man’s Cell Phone, a wildly imaginative new comedy.
Feb 26, 27, 28, Mar 4, 5, 6

The 25th Annual Putnam County Spelling Bee, a musical comedy.
April 8, 9, 10, 15, 16, 17

For more information call 732-224-2411
www.brookdalecc.edu/community/performing-arts-center/
Introducing Community Conversations

Wish you were better informed about state and local issues? Want to know more about the challenging decisions our communities face (without reading boring legislative reports)? Wish there were an inviting forum for in-person learning and discussion?

Community Conversations, hosted by Brookdale Community College and moderated by Assemblywoman Amy Handlin, is a new program, free of charge, that will launch in the spring of 2016.

Community Conversations is an innovative opportunity to:
• learn about important political and civic issues
• listen to divergent opinions
• participate in public discussion

Topics, which will be presented in a panel format representing diverse points of view, may include a wide range of relevant local issues such as how to reduce New Jersey’s property taxes, reform K-12 education, and improve opportunities for small business in our state.

The first Community Conversation, planned for April, will focus on New Jersey’s property tax burden – and what citizens can do about it.

Interested? Send us an email that includes your name (subject line ‘Conversations’) to Beth at: btarantino@brookdalecc.edu As soon as details are available you will receive an e-mail invitation.

Amy H. Handlin is a Republican member of the New Jersey General Assembly, representing Monmouth County’s District 13. She was first elected to the chamber in 2005 and is currently the Deputy Minority Leader. Prior to her election to the Assembly, she served as a freeholder in Monmouth County from 1990-2005, was deputy mayor of Middletown from 1989-1990 and served on the Middletown Township Committee from 1987-1990.

Handlin earned her B.A. in History from Harvard University, her MBA in Business Administration from Columbia University and her Ph.D. in Marketing from New York University. In addition to her legislative role, she is Associate Professor of Marketing at Monmouth University.

See also:
Meet The Presidents, pg 19
The JFK Conspiracy Theories, pg 19
Why Civil Resistance Works, pg 38
THE ARTS

Drawing Perspective I
Gina Torello, adjunct professor, Brookdale Community College and professional artist
Studio drawing perspective class focuses on values, scale, black and white, charcoal, and pencil. Gain confidence while learning the basics. Beginner class, no experience necessary. Email pgabercasey@brookdalecc.edu for materials list.
5 SESSIONS
Wed, Mar 2-30, 12:30-3:30 pm
Fee and Code: $169, XARTF 016

Intro To Hand Wrought Silver Jewelry
Susanne Anderson, adjunct professor, Brookdale Community College
Don’t miss this in-studio experience. Design and produce a hand wrought sterling silver pendant or earrings. Learning emphasis will be on design aspects, hard soldering, sawing, piercing, texturing, pickling, and finishing. 4 SESSIONS
Wed, Mar 23-Apr 13, 6-8:30 pm
Fee and Code: $159, XARTC 094

Introduction To Painting In Oil
Ekaterina Vanovskaya, professional artist and instructor
Are you a budding Renoir? Learn the basics of technique, color, and concepts of oil painting in a structured, supportive, environment. Studio setting. For materials list email pgabercasey@brookdalecc.edu
6 SESSIONS
Fri, Apr 1-May 6, 10 am-1 pm
Fee and Code: $189, XARTF 053

NEW! Introduction To Sketching
Gina Torello, adjunct professor, Brookdale Community College and professional artist
Bring a sketch pad, the tool of your choice (i.e. pencil, charcoal) and a willingness to learn. No experience necessary. Learn the fundamentals of sketching and get creative.
Sat, May 21, 10 am-2 pm
Fee and Code: $49, XARTF 173
The Arts  •  Photography

Left Brain Information For Right Brain Artists
Helen O’Doherty, instructor, Brookdale gallery assistant
By their very nature, artists are creative people who may struggle with the left brained tasks of business needs. These workshops are designed to introduce business essentials to emerging artists.

Producing A Pop-Up Or Alternative Venue
Is it showtime? Covers all elements of Pop-Up and Alternative show creation, including all necessary ingredients for a well-planned, dynamic, and successful show. Topics include: site discovery, cost analysis, exhibition stages (pre planning through post analysis), as well as show management, and client retention.
Sat, Mar 5, 9:30 am-12:30 pm
Fee and Code: $59, XARTF 174

Exploring Social Media For Emerging Artists
Discover how to advance your artistic talents and skills through the burgeoning social media market. Explore the major social media outlets such as: Facebook, Instagram, Tumblr, and LinkedIn. Proper application of these valuable venues can help you reach a larger audience, increase visual traffic, and grow your sales potentials.
Sat, Apr 2, 9:30 am-12:30 pm
Fee and Code: $59, XARTF 175

PHOTOGRAPHY

Basic Of Digital SLR Photography
Kevin Burkitt, Brookdale media technology specialist; photographer
Unlock your camera’s potential. Create great photos by manipulating ISO, shutter speed and aperture, as well as tips on black & white/color imagery, and lighting. Enhance your landscape and portrait images. A digital Single Lens Reflex camera required. 2 SESSIONS
Sec 1: Tues & Thurs, Apr 5 & 7, 6-7:30 pm, Lincroft
Sec 2: Sat, Apr 23, 10 am-1 pm, Lincroft
Sec 3: Tues & Thurs, May 10 & 12, 6-7:30 pm, Freehold Branch Campus
Fee and Code: $65, XARTP 069

NEW! First Time Photography
Gina Torello, adjunct professor, Brookdale Community College and professional artist
Interested in photography? Struggling with your camera’s manual? This is the workshop for you. Class begins with taking your camera out of the box and ends with successful photos. For beginners only. 2 SESSIONS
Tues & Thurs, Apr 12 & 14, 6-7:30 pm
Fee and Code: $65, XARTP 093

See also:
Small Business Development Center Classes and Services, pg 38
CAREER MOVES

Real Estate Principles And Practices

The successful completion of this 75-hour program qualifies you to sit for the New Jersey Real Estate Examination. It is also valuable and essential for those who own real estate, are prospective buyers and sellers of real property, and for experienced salespeople. Required text is available in the College Bookstore. (Essentials of New Jersey Real Estate by Sobek & Lenk, 11th Edition). Successful completion requires regular attendance. All applicants for licensure must submit to a criminal history record check. PREREQUISITES: 18 years of age and proof of high school diploma or GED at time of registration.

Sec 1: Mon-Fri, Jan 4-15, 9 am-4:30 pm
Sec 2: Mon-Fri, Mar 7-25, 9 am-2 pm
Sec 3: Tues & Thurs, Mar 29-Jun 9, 6-9:25 pm

Fee and Code: $329, XREAL 001

See also: Real Estate Rookie, pg. 23

NEW! Brewing 101

Intrigued by the growing world of microbreweries? Curious about the business of brewing? Here's your chance for an inside look. Begin with a lecture led by Belford Brewery owner, Kevin Enny held on the Brookdale campus in Lincroft. Kevin will discuss his path and give details on this fast growing business. Sessions 2-5 will be held at The Brewer's Apprentice where students will get an inside view of the growing world of microbrewing. Start with an overview discussion of the science behind the brewing process. Continue with explorations of equipment and ingredients. As a class group, develop a recipe and then brew accordingly. Don't miss this unique opportunity to learn from professionals about the process brewing, fermentation and bottling. A follow-up tour of Belford Brewery will be offered, date TBD. 5 SESSIONS

Session 1: Brookdale Main Campus Lincroft
Session 2-5: Location: The Brewer's Apprentice 865 Rte. 33 (Business), Unit 4, Freehold, NJ
Mon, Feb 29-Mar 28, 6-8 pm

Fee and Code: $249, XDEST 150

WHERE IS MY CLASS?

We have gone green and do not mail registration receipts. You are enrolled upon registration. Find your classroom: www.brookdalecc.edu/locations or call 732-224-2100 the week the class starts.

DISPLACED HOMEMAKERS SERVICES

Are you a woman who has lost your primary source of income due to separation, divorce, widowhood, spousal disability, or spousal military deployment? Brookdale’s Displaced Homemakers Services offers free, customized, holistic, client-centered services to help you transition to becoming head of household. 732-739-6018 or 6020; or www.brookdalecc.edu/displaced-homemakers/
COME-TO-CAMPUS: SPRING SCHOLARS

Bid farewell to winter with a spa for your head! Connect with others seeking intelligent entertainment. One price, three days of learning, three days of intriguing lectures! Attend the lectures of your choosing, delivered by your favorite Lifelong Learning presenters, each day. Light lunch included. Tuesday-Thursday

Tuesday, March 15th

Morning Lectures: 10 am-noon
A) Remarkable People Series: Life and Works of Emily Dickinson (1830-86)
   – Dillies Pilevsky
B) Taste Of Justice: Select dynamic clips from Harvard's popular course, Justice
   – Brooks Susman

Afternoon Lectures: 1-3 pm
C) Do You Believe In Magic?: How The Music of the 60's Shook the World, Part 1
   – Patrick Barton
D) History Of Liquor: A Spirited Discussion
   – Gregory Caggiano

Wednesday, March 16th

Morning Lectures: 10 am-noon
E) Remarkable People Series: Life and Works of Harry Houdini (1874-1926)
   – Dillies Pilevsky
F) The ‘isms’ Of Our World: ‘Isms’ that define us and their basis in history: fundamentalism, "ethical egoism" rationalism, empiricism, criticism, jingoism, and exceptionalism
   – Brooks Susman

Afternoon Lectures: 1-3 pm
G) Do You Believe In Magic?: How The Music of the 60’s Shook the World, Part 2
   – Patrick Barton
H) The Industrial Revolution: How the Art World was forever changed
   – Gina Torello

Thursday, March 17th

Morning Lectures: 10 am-noon
   – Dillies Pilevsky
J) The Spanish Inquisition: History and Legend
   – Christopher Bellitto, PhD

Afternoon Lectures: 1-3 pm
K) Do You Believe In Magic? How The Music of the 60’s Shook the World, Part 3
   – Patrick Barton
L) Passover And Easter: A Shared Heritage
   – Christopher Bellitto, PhD and Brooks Susman

Fee and Code: $159, XPERS 245
Computers • Creativity Never Retires

Word Press Level 1
Make your own website. You don’t have to be a professional web developer to use this powerful, reliable, and flexible tool. Learn how to develop web sites and blogs with special features to fit the content of your message. You will work on site plans, WordPress theme development, and learn to leverage your site to attract more visitors. Book included. 4 SESSIONS.

Prerequisites: Knowledge of Windows, Word and the Internet.
Sec 1: Mon, Jan 25-Feb 15, 6:30-9:30 pm
Sec 2: Mon & Wed, May 30-Jun 8, 6:30-9:30 pm
Fee and Code: $199, XCOMI 119

Getting Comfortable With Your Computer
This easy-paced course is for the novice user, especially seniors with limited or no prior knowledge of the PC. Become familiar with hardware, software, and technology. Learn some Windows and easy ways to work with files, folders, and objects. Workbook included. 3 SESSIONS
Sec 1: Tues, Feb 2-16, 1-4 pm
Sec 2: Thurs, May 5-19, 1-4 pm
Fee and Code: $155, XCOMG 039

Swing! A Brief History Of Jazz
Jazz, a uniquely American art form, is absolutely central to the American experience and distinctly tied to many of the social changes in American history over the last 100 years. This class examines the history and development of jazz by looking at many of the music’s important periods and the innovative figures that helped shape them. A great choice for anyone with an interest in American music. Terrence McManus is a guitarist, composer, music scholar, and music historian. He has performed across the US and Europe and has an M.A. in Jazz History and Research from Rutgers University. 4 SESSIONS

Tues, Mar 22-Apr 12, 10:30 am-noon
Fee and Code: $79, XHUMM 074

Probing The Deepest Mysteries Of The Universe
How far does our universe extend and is there a beyond? How did energy from the Big Bang turn into billions of galaxies, stars, and planets that populate our universe? Was there anything before the Big Bang? Are there other universes out there? Other intelligent life? What kind of end is in store for our universe? We have been asking such questions ever since we first gazed up at the stars with wonderment. A few answers are finally beginning to emerge. This course will explore the recent advances in our understanding of the universe without assuming any background in mathematics or physics. There is just one prerequisite - CURIOSITY. Sarbmeet Kanwal has a PhD in theoretical particle physics. After retiring from a career in telecommunications research he has been teaching physics and astronomy, where he delights in sharing his passion for the subject with students and colleagues alike. 4 SESSIONS

Fri, Apr 1-22, 10:30 am-noon
Fee and Code: $79, XPERS 269

Online Courses For Personal And Professional Development
• Over 300 course titles
• 24/7 access from anywhere with an internet connection
• Expert instructors who answer questions and facilitate online discussions
Click onto www.ed2go.com/brookdalecc for more information
Maimonides, 12th Century Philosopher
Brooks Susman, history, philosophy instructor, Rabbi emeritus

Medieval philosopher Maimonides did not write for 'yesteryear'. His writing inspires modern thinking and offers current responses to present realities. Join our study of the philosophical text, *The Guide For The Perplexed*. Explore such questions as, can a fundamentalist be a realist? Perhaps, by our thoughtful examination, we will no longer be perplexed! 4 SESSIONS
Wed, Mar 30-Apr 20, 11 am-1 pm
Fee and Code: $79, XPHIL 063

The Psychology Of Aging
Raj Wesley, PhD, professor of psychology, Brookdale Community College

Consider the parallels between the young and old. Both are times of increasing introspection, need for meaning, search for identity, and possible loneliness. However, the young have short pasts and long futures, later life offers long pasts, shorter futures and, often, a time of loss. Why do some age gracefully while maintaining a positive perspective while others are challenged to do so? Is it possible to change our thinking to create a better quality of later life? 4 SESSIONS
Mon, Apr 4-25, 10-11:30 am
Fee and Code: $79, XHUMN 229

Great Trials Of The Twentieth Century
Robert Salman, Esq., litigator and former adjunct law professor

An exploration of the most significant trials of the Twentieth Century. Class to include: Lindbergh kidnapping trial of the alleged murderer Bruno Richard Hauptmann, The Army-McCarthy Hearings, Trial of Adolph Eichmann, and the trial of Casey Anthony for the alleged murder of her daughter. 4 SESSIONS
Thurs, Apr 14-May 5, 10:30 am-noon
Fee and Code: $79, XHUMN 259

Short Stories - Favorites Short Stories
Dillies Pilevsky, English and history instructor

Three intriguing stories that have sparked intense discussion await our reactions. Make new human connections to the stories, characters, authors, and ourselves. Have you ever thought about the eccentric friendships often formed by social outcasts? Stories are: *The Guest* by Albert Camus, *Defender of the Faith* by Philip Roth, and *Melanctha* by Gertude Stein. First story will be emailed. Please read before first class. 3 SESSIONS
Fri, May 6-May 20, 10 am-noon
Fee and Code: $59, XHUML 099

Financial Strategies For Successful Retirement
Joseph Silvestri, CFP, ChFC, CLPC Creative Financial Group of New Jersey

As baby boomers approach retirement, new financial questions arise. We'll address your questions about building enough wealth to retire, increasing retirement income, and exploring lifestyle options. Discuss mutual funds, insurance, stocks, bonds, estate taxes, and long term care. You'll receive a workbook packed with sound, solid information that you can take home and put to good use in the development of your own financial blueprint. Come away with a clearer picture of the opportunities available to improve your future financial security. Spouse/partner may attend for free. 3 SESSIONS
Sec 1: Wed, Mar 2-16, 6:30-9 pm, Freehold Branch Campus
Sec 2: Sat, Mar 5-Mar 19, 9:30 am-noon
Fee and Code: $59, XFING 002
Savvy Social Security Planning for Couples
John Garretson, CFP, Garretson Financial
Can you afford to retire? This workshop answers the key questions about Social Security and how you could maximize your benefit in retirement. We’ll focus on how much Social Security you can receive over your lifetime and how to take advantage of the various benefits and what to do if your marital status changes. Discussion of divorce, widowhood, and remarriage will be included.
Sat, Apr 9, 10 am-noon
Fee and Code: $39 per couple, XFING 089

Stock Market Boot Camp
Explore basics for understanding the stock market to advanced strategies on how to select stocks and manage risk. Find out what information you need to increase the probability of making a successful investment. Learn how to read technical charts as well as how to review the fundamentals of a company. Investment strategies will be discussed, but no specific products will be offered.
Sat, Mar 5, 9:30 am-12 pm
Fee and Code: $39, XFING 073

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

Advanced Boot Camp – Investing In Today’s Uncertain Market
Examine tactical portfolio management and tools for broadening your investment scope. Topics include: ETF (Exchange Traded Funds), Options, Investing in Bear Markets, Defense Investing, and Investing for Yield. Explore the six major asset classes: Cash, Bonds, US Equities, International Equities, Currencies, and Fixed Income. Learn how to incorporate these asset classes into your portfolio. Strategies are discussed, but no specific products will be offered.
Sat, Mar 19, 9:30 am-noon
Fee and Code: $39, XFING 083
Boost Body & Brain –
Join Brookdale’s Fitness Center

YOU KNOW THAT EXERCISE:
- Benefits your body’s health
- Helps your brain stay sharp by improving learning and memory
- Combats stress and lifts spirits

DID YOU KNOW?
The Brookdale Fitness Center introduces a unique combination of fitness classes, workout, and learning opportunities you will not find in retail gyms.

- Experience a comfortable, relaxed, supportive fitness environment.
- Learn strategies from credentialed professionals. Our fitness specialist holds a master’s degree in exercise science.
- Step up your healthy habits, with trusted coaching.
- Annual membership is less than $20 a month.

Whether you are new to the fitness world, maintaining healthy habits or a long-time Brookdale supporter, we welcome your membership and your support.

Members and non-members are welcome in our classes for:
- Strength building
- Cardio training
- Core conditioning
- Functional fitness
- Personal training

For complete details visit: www.brookdalecc.edu/fitness-center
Make the Smart Move... JOIN TODAY!
Wellness & Fitness Center Classes

Brookdale’s Fitness Center – Membership Rates

* Standard Membership – Fitness Center Access Only
** Premium Membership – Fitness Center Access & Group exercise classes

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Whether fitness is a brand new personal pursuit or a long time dedication, join us to enjoy a unique fitness experience in a comfortable and welcoming environment. Call 732-224-2140 today to join.

“The fitness center has been my fountain of youth.”

George Poosikian
Member since 2011

WELLNESS & FITNESS CENTER CLASSES

Pilates
Pilates is a series of non-impact exercises designed to strengthen and lengthen the muscles without creating bulk. Pilates works to develop core strength as well as improve posture and body alignment.
Sec 1: Mon, Feb 1-Mar 21, 9-10 am
Sec 2: Thurs, Feb 4-Mar 24, 8:30-9:30 am
Sec 3: Thurs, Feb 4-Mar 24, 6-7 pm
Sec 4: Mon, Mar 28-May 16, 9-10 am
Sec 5: Thurs, Mar 31-May 19, 8:30-9:30 am
Sec 6: Thurs, Mar 31-May 19, 6-7 pm
Fee and Code: $69, XFITR 001

Rise and Shine Yoga
A great way to begin your day, this gentle class focuses on connecting yoga postures with the flow of the breath in order to increase awareness, coordination, physical alignment, flexibility, and strength, leading all of us to an overall sense of well being.
Sec 1: Mon & Wed, Feb 1-Mar 23, 7:30-8:30 am
Sec 2: Mon & Wed, Mar 28-May 18, 7:30-8:30 am
Fee and Code: $129, XFITR 006

Boot Camp
It's nonstop action as you battle the clock and improve mobility, stability, balance, strength, power, cardio, and core development. This time-efficient workout combines a variety of exercises to get your heart pumping and muscles strengthened.
Sec 1: Mon & Wed, Feb 1-Mar 23, 5:30-6:30 pm
Sec 2: Mon & Wed, Mar 28-May 18, 5:30-6:30 pm
Fee and Code: $129, XFITR 009
Wellness & Fitness Center Classes

Lunchtime Express
From walking to weights, join your co-workers for 30 minutes of varied exercises designed to make the most of your time and still allow time to eat lunch! No shower needed, but you are guaranteed to return to the office feeling energized.
Sec 1: Mon & Wed, Feb 1-Mar 23, 12:30-1 pm
Sec 2: Mon & Wed, Mar 28-May 18, 12:30 pm-1 pm
Fee and Code: $69, XFITR 016

Intro to Strength Training
A perfect first step to fitness. Shape and tone your muscles using free weights, bands, body bars, balls and your own body weight.
Sec 1: Tues, Feb 2-Mar 22, 6:20-6:50 pm
Sec 2: Tues, Mar 29-May 17, 6:20-6:50 pm
Fee and Code: $49, XFITR 021

The Power Hour
This class will improve your physical strength and stamina with a circuit style workout that combines strength training and fat-burning cardiovascular exercises to increase energy levels. Minimum no equipment is used which allows participants to fully engage themselves using their own body weight as a means of resistance. Classes begin with a warm up, followed by an intense workout and a cool-down stretch.
Sec 1: Tues, Feb 2-Mar 22, 7-8 pm
Sec 2: Tues, Mar 29-May 17, 7-8 pm
Fee and Code: $69, XFITR 007

Functional Fitness For Older Adults
Older populations have never been more motivated to stay active and healthy than right now. Many older adults have serious concerns regarding balance and falling injuries. This exercise program is designed to provide greater stability, strength, and balance for the older adult. Classes are safe, effective and fun.
Sec 1: Tues & Thurs, Feb 2-Mar 24, 9:30-10:30 am
Sec 2: Tues & Thurs, Mar 29-May 19, 9:30-10:30 am
Fee and Code: $129, XFITR 012

A Barre Workout
The Barre Workout is a total body, non-impact workout that combines ballet moves with core conditioning, Pilates and yoga. Following a warm up, you will be guided through an intense isometric leg workout at a ballet bar and a mat workout to incorporate upper body exercises and abs.
Sec 1: Wed, Feb 3-Mar 23, 9-10 am
Sec 2: Fri, Feb 5-Mar 25, 12:30-1:30 pm
Sec 3: Wed, Mar 30-May 18, 9-10 am
Sec 4: Fri, Apr 1-May 20, 12:30-1:30 pm
Fee and Code: $69, XFITR 003

Tabata
Burn maximum calories and fat with Tabata, an interval workout method. Twenty seconds of intense activity are followed by ten seconds of rest. Challenge yourself with this new and exciting fitness technique!
Sec 1: Thurs, Feb 4-Mar 24, 7-8 pm
Sec 2: Thurs, March 31-May 19, 7-8 pm
Fee and Code: $69, XFITR 018

Yoga Power Hour
Challenge your body and mind with a vigorous yoga flow. Vinyasa yoga synchronizes movement and breath. All levels are welcome as modifications are always offered. You can explore your limits without frustration while you flow, sweat, challenge yourself, connect with friends and, without a doubt, share a laugh or two.
Sec 1: Thurs, Feb 4-Mar 24, noon-1 pm
Sec 2: Thurs, Mar 31-May 19, noon-1 pm
Fee and Code: $69, XFITR 005

Strength Training
Combination of traditional body sculpting methods using free weights, resistance bands, balls and your own body weight. Shapes and tones your muscles and provides a total body workout.
Sec 1: Thurs, Feb 4-Mar 24, 5-6 pm
Sec 2: Thurs, Mar 31-May 19, 5-6 pm
Fee and Code: $69, XFITR 017
Wellness & Fitness Center Classes

Tai Chi Easy
William Stevens, Reiki instructor
Tai Chi Easy is a carefully developed method and approach to Tai Chi and Qi (Chi) Cultivation that makes it easy, beneficial, and fun from the very beginning. No need to devote years to learning the traditional movement form or even the shortened form to enjoy the calming emotional and health benefits of Tai Chi. Tai Chi Easy can be done sitting, standing, or walking. Movements may be done individually or in combination. Since it is a mind/body integration practice, it can reduce your stress, and create a state of relaxation and calm. Join us! It is safe for people of all ages and levels of fitness as the movements are low impact and place minimal stress on muscles and joints.
8 SESSIONS
Sec 1: Fri, Feb 5-Mar 25, 2-3 pm
Sec 2: Fri, Apr 1-May 20, 2-3 pm
Fee and Code: $69, XHEAF 079

Beginner Pilates
Designed with the beginner or older individual in mind, this class focuses on low back and abdominal strengthening as well as injury prevention and relief.
Sec 1: Fri, Feb 5-Mar 25, 9-10 am
Sec 2: Fri, Apr 1-May 20, 9-10 am
Fee and Code: $69, XFITR 002

Strength & Balance For Older Adults
Combines muscle strengthening exercises with balance training. Each week participants will gradually progress to improve strength and balance and help prevent falls.
Sec 1: Sat, Feb 6-Mar 26, 9-10 am
Sec 2: Sat, Apr 2-May 21, 9-10 am
Fee and Code: $69, XFITR 020

Zumba
Zumba is a fun and easy to follow Latin rhythm based fitness class. This upbeat class includes a warm up and cool down along with modifications for all levels of fitness.
Sec 1: Sat, Feb 6-Mar 26, 10-11 am
Sec 2: Sat, Apr 2-May 21, 10-11 am
Fee and Code: $69, XFITR 013

Qigong For Good Health, An Introduction
Maxine Guenther, M.A. certified instructor of integral qigong
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. Qigong is the vital life force energy in all things. The practice is easy to learn and welcomes students with all levels of ability. Instructor Maxine Forster Guenther has been teaching Qigong since 2002 and is a certified instructor of Integral Qigong. She holds a Masters Degree in Human Development and Behavior. 6 SESSIONS
Mon, Mar 21-Apr 25, 6:30-7:30 pm
Fee and Code: $69, XHEAF 243

Down To Earth Food Series
Andreea Fegan, certified holistic health educator
Trends in nutrition can be confusing and intimidating. Treat yourself to a down-to-earth learning experience and find practical, appealing ways to incorporate healthier eating into your New Year. Each session will provide recipes and samples to try.
3 SESSIONS
Plant-Based Vegan Foods (Feb 26) – cooked or raw, staying closer to nature and eating in a more grounded, local way enables us to use the resources as nature provides them. Learn about clean, seasonal, and pure foods.
Raw Vegan Foods (Mar 4) – clean, unheated food enables us to reap the benefits of enzyme-rich, nutrient filled nutrition that our bodies require to thrive.
Medicinal Raw and Living Foods for Longevity and Prevention (Mar 11) – explore some of the most powerful foods and superfoods humans can eat to most effectively combat health threats like cancer or diabetes.
Fri, Feb 26-Mar 11, noon-1:30 pm
Fee and Code: $69, XHEAF 176
What's Eating You? Mindful Cooking For A Healthier Relationship With Food

Mindfulness is gaining in popularity as a practice demonstrated to reduce stress and promote overall well-being. In this workshop, we apply secular mindfulness practices to the kitchen, exploring techniques for focusing attention and cultivating awareness. Topics include mindful cooking when you're busy, mindful cooking with children and families, and mindful cooking for health and wellness. Instructor Rebekah Allocco holds a certificate in plant-based nutrition from eCornell, and is a holistic family nutritional coach and passionate home cook. Judith Alfano is a writer and food educator.

2 SESSIONS
Thurs, Mar 31 & Apr 7, 7-8:30pm
Fee and Code: $49, XHEAF 282

Reiki - Level I
William Stevens, Reiki instructor
The Japanese word "Reiki" means universal life force/energy. Reiki, a 3,000-year-old method of healing touch, originated in ancient Eastern cultures. It's a technique that uses touch to facilitate relaxation, reduce stress, manage pain, and promote healing. Health sciences recognize that spiritual and emotional imbalances affect physical health and well being. Reiki restores balance to body, mind, and spirit, maximizing the natural healing process. When we remain out of balance, we become susceptible to "dis-ease". Upon completion participants will be fully trained and will receive a certificate for the Usui System of Reiki Healing. Wear comfortable clothes and bring water.
Sat, Mar 5, 10am-5:30 pm
Fee and Code: $149, XHEAF 122

Reiki - Level II
William Stevens, Reiki instructor
Deepen your Reiki practice for yourself and others. Study the mantras and symbols that are the final component of the Usui System of Reiki, bringing you to a richer connection with earth and sky energy. Learn to help others at a distance and deepen your meditation practice. All these teachings may be applied to work with animals. Students receive a completion certificate. Wear comfortable clothes and bring water.
Sat, Apr 30, 10am-5:30 pm
Fee and Code: $149, XHEAF 260

MEDITATION SERIES

Introduction to Zen Meditation, session one – Meditation is a practice of allowing one's mind to rest. Learn the basics for achieving a relaxed, alert state of mind.
Tranquility, session two – Still your mind and train yourself to connect to a consciousness of joy and tranquility.
Relaxation and Rejuvenation, session three – Access more joy, bliss, and compassion. Create calm anywhere, even amidst chaos. Find that still point within yourself.
Mindfulness and Moving Meditation, session four – Learn simple secrets that deepen your meditative states of relaxation and awareness while helping you learn to move, with greater ease and relaxation, through all the daily activities of work and play.
Sec 1: Mon, Feb 15-Mar 7, 7-9 pm
Sec 2: Mon, Apr 4-25, 7-9 pm
Fee and Code: $105, XHEAF 217

Nate Fegan, instructor
Warm your spirit with peace and balance. Each session focuses on a specific technique or method for achieving inner calm and energy. Bring a floor mat or towel and an open mind. Wear loose, comfortable clothing. 4 SESSIONS

Call To Register
732-224-2315
Mosaics: A Beginner’s Workshop
Harvey Altman, instructor
Learn design, cutting, tile layout, types of surfaces, adhesion, and grouting. All the techniques needed to complete a 9”x12” mosaic project to take home. Course materials provided. Materials fee $20 payable to the instructor. 4 SESSIONS
Fri, Mar 4-25, 10 am-noon
Fee and Code: $99, XARTF 115

NEW! Drafting A Basic Floor Plan
Kaitlin Mahony, fashion and interior design instructor
Focus on the basics of drafting a simple floor plan. Learn scale and measurement to ensure a perfect flow within a room. Use these tools to perfect your own living space without hiring a designer!
Thurs, Mar 10, 7-8:30 pm
Fee and Code: $29, XHOME 081

Introduction To Machine Sewing
Betty McCarty, instructor
Do you have an eye for design? Do you own a sewing machine but don't know how to use it? Learn how to operate and understand the parts of a sewing machine. Instructor will guide you through basic techniques to get you started on your first project. A portable sewing machine is required for this class.
Sec 1: Sat, Mar 19, 10 am-1 pm
Sec 2: Tues, Apr 19, 6-9 pm
Fee and Code: $49, XARTC 139

Intermediate Mosaics
Harvey Altman, instructor
Enhance your skills and take your talent to the next level in this hands-on workshop. Instructor will demonstrate creating a project of specific pattern and design. A 12” x 12” project will be completed. Materials fee of $20 payable to the instructor. 4 SESSIONS
Fri, Apr 8-29, 10 am-noon
Fee and Code: $99, XARTF 127

NEW! Basic Elements And Principles Of Design
Kaitlin Mahony, fashion and interior design instructor
An introduction to the basics. Focus on principles and elements of design: color, space, and texture. Take the first step to becoming your own interior designer.
Thurs, Apr 14, 7-9 pm
Fee and Code: $29, XHOME 082

NEW! Preparing A Kitchen Garden
Megan Solazzo, instructor
Learn all the necessary tools and products essential to creating your own kitchen garden. This long lasting investment will bear many kinds of vegetables, herbs, and fruits; some varieties return each year. Early spring is the perfect time to get started.
Sat, Mar 19, 10 am-noon
Fee and Code: $29, XHOME 083
**NEW! How To Grow A Green Thumb; Preparing A Spring Garden**

*Megan Solazzo, instructor*

Plan a classic spring to summer front yard garden. Review the variety of plants available at your local garden center; both annuals and perennials. Learn what does well in the shade, sun, moist, and dry soil. Discuss preparing containers and beds, pruning, and hedging, and planting seeds that will bloom through summer into fall! Consider roses and many different flowers that continue to grow through the year. Get the answers and advice you need for a successful start.

Sat, Apr 2, 10 am-noon
Fee and Code: $29, XHOME 079

**NEW! Raised Bed Gardening**

Join Rene Mongiovi of Oasis Backyard Farms for a raised bed gardening workshop. Discuss types of raised beds, how to construct them, and why they are a better approach than conventional gardens. Learn benefits of using best soil, irrigation, and crops. Workshop takes place at: Molzon Landscape Nursery, 140 Middletown-Lincroft Rd, Lincroft, NJ 07738

Thurs, Apr 14, 7-9 pm
Fee and Code: $29, XHOME 080

**Gardening Workshop/Pruning**

Pruning is an essential gardening skill. When done correctly, you encourage healthy growth and flowering (in the case of flowering plants), as well as beauty. Learn the basics at a local nursery and spruce up your spring. Workshop takes place at: Molzon’s Landscape Nursery, 140 Middletown-Lincroft Rd, Lincroft, NJ 07738

Wed, Apr 20, 7-9 pm
Fee and Code: $29, XHOME 072

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**Container Gardening**

Make more room to grow! Learn the practice of growing plants in containers instead of the ground. A great option for those with limited space, or a desire to add color to an already mature garden. Workshop takes place at: Molzon’s Landscape Nursery, 140 Middletown-Lincroft Rd, Lincroft, NJ 07738

Wed, May 4, 7-9 pm
Fee and Code: $29, XHOME 073

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**Booth, Lincoln And The Shot That Changed History**

*Gregory Caggiano, historian, instructor, presidential scholar*

Learn the backstory behind one of the most controversial presidents in American history as well as the life and career of his assassin; the chain of events and politics that led to the American Civil War, and Lincoln's untimely death at Ford’s Theater.

Thurs, Feb 25, 7-9 pm
Fee and Code: $29, XHUMN 238

See also: Lincoln’s Favorite Shakespeare pg. 30

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**NEW! Medieval Witch Hunts**

*Gregory Caggiano, historian, instructor, presidential scholar*

The Inquisition and witch-hunts swept across Medieval Europe with a burning fury. Hundreds of thousands were tortured or killed after being accused of witchcraft. Examine the social, religious, and cultural foundations behind witchcraft belief and persecution during the Middle Ages. The Salem Witch Trials will also be profiled.

Thurs, Mar 3, 7-9 pm
Fee and Code: $29, XHUMN 246

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**HORTICULTURE CERTIFICATE**

Prepare for a job in horticulture
brookdale.cc.edu/horticulture
Meet The Presidents
Daniel Radel, history instructor, staff writer, APP
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, The Roaring 20s, Stock Market Crash, and The Great Depression, The New Deal, World War II, and the decision to drop the Atomic Bomb. 3 SESSIONS
Fri, Mar 11-25, 10 am-noon
Fee and Code: $65, XHUMN 249

NEW! The JFK Conspiracy Theories
Gregory Caggiano, historian, instructor, presidential scholar
Did Lee Harvey Oswald really act alone in the killing of President Kennedy on November 22, 1963 in Dallas? Many people do not think so. This two-part presentation will examine the many conspiracy theories surrounding the assassination. From the bizarre to the thought-provoking, we will investigate the possibility that Oswald did not act alone, or maybe was not even involved at all. The presenter was inspired to conduct this lecture series after visiting Dealey Plaza in Dallas this past summer. 2 SESSIONS
Thurs, Apr 7 & 14, 7-9 pm
Fee and Code: $59, XHUMN 277

Literature 101: The Bible
Brooks Susman, history, philosophy instructor, Rabbi emeritus
A continuing thought provoking examination of the most famous literature of all time. The Bible is as much a source of intriguing stores as religious teachings; it reflects historical situations, human events, and men’s reactions to these happenings. Its stories are referenced throughout great literature spanning the globe. Whatever your personal background, you will enjoy this discussion of stories and events with an emphasis on literary motifs, relationships, psychology, and as a source for Western values and ideas. No prior bible study necessary. Please bring a Bible to class.
4 SESSIONS
Wed, May 4-25, 11 am-1 pm
Fee and Code: $79, XPHIL 039

Behind The Boss: Springsteen Uncovered
Patrick Barton, professional musician and instructor
Join professional musician and educator Pat Barton for a dynamic encore presentation featuring the music of Jersey Boy Bruce Springsteen. Via recordings, live demonstrations and lecture, you'll leave with a new level of appreciation for the musical magic of the Boss.
Wed, May 11, 6:30-8:30 pm
Fee and Code: $29, XHUMN 264
NEW! Tour The Regions Of Italy
Franca Giuliani, instructor
3 SESSIONS
Thurs, Mar 31-Apr 14, 6-8 pm
Fee and Code: $79, XHUMN 274

NEW! Experiencing Italy On Your Plate – A Virtual Tour
Franca Giuliani, instructor
The best way to experience Italy is through the varieties of food this culinary gem has to offer. Italy’s regional cuisines offer so much to explore. Discover delicacies well beyond the beloved cannoli and pasta. A virtual taste sensation. (Everyone leaves class hungry!)
Thurs, Apr 21, 6:30-8 pm
Fee and Code: $29, XHUMN 275

NEW! The Italian Menu
Franca Giuliani, instructor
Imagine yourself in Italy, seated in a restaurant. You are facing a menu printed exclusively in Italian, or, there is no menu, only an Italian speaking waiter. What to do? Prepare to order a meal and make an impression while traveling in Italy.
Thurs, Apr 28, 6:30-8 pm
Fee and Code: $29, XHUMN 276

NEW! The Italian Renaissance
Gina Torello, adjunct professor, Brookdale Community College and professional artist
The Renaissance, or “rebirth”, sparked dramatic changes in Italian art and culture in the fifteenth century. Discuss the history, religion, art, and social aspects of this period and how its influence is felt to this day.
Thurs, May 5, 6:30-8 pm
Fee and Code: $29, XHUMN 280

See also: Travel to Tuscany, pg 36
Cead mile failte romhaibh  
Feels like going home…

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

Irish Language Adventures
Padraig Mullen, Rath de Houst, Liam Guidry, Donncha Quinn, 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 new 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 Táin Bó Cúalain or just pick up a few phrases for travel, this program will work for you!

Winter Mini Series (5 SESSIONS)
Thurs, Jan 21-Feb 18, 7-8:30 pm
Fee and Code: $59, XIRIL 025

Spring Series (10 SESSIONS)
Thurs, Mar 24-May 26, 7-8:30 pm
Fee and Code: $119, XIRIL 025

See also:
Cherish The Ladies Concert, pg 31
Irish Genealogy, pg 26

Sign Language I
Louis D’Amico, instructor

Introductory course for parents, workers in social service agencies, teachers, and those who wish to know more about American Sign Language (ASL) and deaf culture. Learn to sign ASL signs in English word order and ASL phrases through sign-vocabulary building activities. Recommended textbook: Signing-How To Speak With Your Hands, A Start-up Dictionary. 6 SESSIONS
Tues, Mar 1-Apr 5, 6:30-9:30 pm
Fee and Code: $179, XLANG 003

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
Tues & Thurs, Mar 1-24, 6:30-8:30 pm
Fee and Code: $179, XLANG 006

French Conversation
Christine Zirngibl, language instructor

Vous parlez français? Enhance your comprehension and ability to speak French on your lunch break. Basic grammar and the development of reading and vocabulary skills. Cultural topics too. Feel free to bring in your lunch. 8 SESSIONS
Tues, Mar 29-May 17, 11:30 am-1 pm
Fee and Code: $159, XLANG 001

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. ¡Vamanos! 8 SESSIONS
Tues & Thurs, Apr 5-Apr 28, 6:30-8:30 pm
Fee and Code: $179, XLANG 022
German Conversation
Christine Zirngibl, language instructor
This class is designed for people who have never studied German and would like to learn conversational phrases. An introduction to the language will include an enriching serving of German culture. Join us for your lunch break and learn the true meaning of wunderbar. Feel free to bring your lunch. 8 SESSIONS
Thurs, Mar 31-May 19, 11:30 am-1 pm
Fee and Code: $159, XLANG 014

Novels Into Films: Themes Of Escape
Janet Boyarin, adjunct librarian, Brookdale Community College
Examine two very different novels in which women escape from the constraints of their society. A Room with a View is E.M. Forster’s delightful confection of a young English woman in Florence who learns to shed her Edwardian restraints. The Color Purple by Alice Walker tells the tale of Celie, an abused African-American who eventually frees herself. Watch the films made of these novels and discuss both in terms of theme and vision. Please read A Room with a View before the first class. Feel free to bring a brown bag lunch to enjoy while viewing. Class meets every two weeks to allow time for reading. 2 SESSIONS
Mon, Apr 4 & 18, 10:30 am-1:30 pm
Fee and Code: $49, XHUML 015

Write Your Story
Barry Putt, award winning writer, instructor
Write your memoir, discover your individual voice. You’ve got a tale that wants telling. How will you tell it? Join us as we explore the terrain of the creative memoir with in-class discussions, exercises, and additional tools to help shape your story. 4 SESSIONS
Thurs, Feb 4-25, 6:30-9 pm
Fee and Code: $99, XWRIT 012

Southern (Dis) Comfort
Dillies Pilevsky, English and history instructor
Short stories by southern writers are great reads. Discover elements that shape new meanings for nostalgia, loneliness, alienation, and poverty. Share the joys and sorrows, disruptions and illusions from characters who learn by experience just as we the readers do. You will add these authors to your favorites list! Stories are: The Difference by Ellen Glasgow, A Christmas Memory by Truman Capote, and Wunderkind by Carson McCullers. First story will be emailed. Please read before first class.
3 SESSIONS
Tues, Mar 29-Apr 12, 10 am-noon • Freehold Branch Campus
Fee and Code: $59, XHUML 098

Memoir, Poetry And Medicine
Nancy Bryan, Brookdale adjunct English Instructor, organized first Narrative Medicine Conference at Brookdale
Write your story as it relates to illness. Whether you are the patient, caregiver or family member, nurse or physician, join our exploration of literature that recognizes our own experiences with loss, sickness, suffering, and pain. In a safe community of writers, you will find support to write and reflect together, as well as discuss the theories and practice of this emerging field, Narrative Medicine. To write your story is an act of self-care. Come write and listen as we honor yours and others’ stories of illness. 4 SESSIONS
Thurs, Apr 7-28, 2-4 pm
Fee and Code: $79, XWRIT 080

Call To Register
732-224-2315
Real Estate Rookie
Beth Incorvati, Director of Professional Development, Gloria Nilson & Co. Real Estate
Are you considering a career in real estate? Tremendous opportunity exists for those who wish to enjoy the freedom, flexibility, and financial rewards that starting your own business provides. This course will reveal what is necessary to get started, the activities you’ll need to engage in on a daily, weekly, and monthly basis, and the skills and resources needed to become successful in the industry. Discover the importance of leveraging technology and social media to assist in your growth, who you must align with in order to service your clients well, and the ongoing training and education you will need to commit to. At the completion of the course you’ll be better prepared and informed of what it takes to enter into this ever-changing and dynamic field.

Sat, Feb 27, 9:30 am-12:30 pm
Fee and Code: $39, XFING 092
See also: Real Estate Principles, pg 7

Guitar For Adults Who Meant To Learn Years Ago
Nate Fegan, instructor
Have you long dreamed of playing the guitar? It’s time to start the music! Join fellow procrastinators in this class for adult beginners who will build a strong foundation to pursue any musical style, whether electric or acoustic. We will cover open chords, the major scale, basic rhythms, and proper technique. Prior experience is not necessary. Students must bring their own guitars (acoustic or electric).
4 SESSIONS
Thurs, Feb 11-Mar 3, 7-8:30 pm
Fee and Code: $69, XHUMM 060

Podcasting: The Digital Stage
Richard Carr, podcast host and producer
Podcasting enables people from all walks of life to reach a greater audience. Whether you are an entrepreneur, entertainer, or simply exploring new forms of fun, podcasting provides the tools to expand and reach a potentially global audience. Learning basic recording techniques, combined with understanding the ins and outs of navigating the web, could make your podcast available to virtually the whole world – at very little cost to you and at any price you’d like for your audience. Also, learn how to manage your recording time as well as advertise.
Thurs, Mar 3, 6:30 pm-9:30 pm
Fee and Code: $39, XPRAG 096

Basics And Intermediate Genealogy
Russell Dutcher III, instructor, genealogist
Join genealogist, author, and historian Russ Dutcher through the peaks and valleys associated with both certified official government documents and the not-so-reliable posted family histories. Learn the proper way to verify and document your family history through various types of primary and secondary source documents. Online sources will be discussed and navigated. Please bring a flash-drive to class for the uploading of documents. In addition to learning the best practices regarding genealogical detective work, a special emphasis will be placed on Italian, German, Irish, Slavik, African American, and Native American records.
6 SESSIONS
Sat, Mar 5-Apr 9, 3-5 pm
Fee and Code: $159, XHUMN 265
Instant Blues & Rock Guitar
Nate Fegan, instructor
Learn to play blues and rock guitar – the easy way! This class is for impatient guitar beginners and includes everything you need to get started with basic rhythms, chords, and solos. You will be jamming instantly starting the very first day. Blues and Rock Guitar really is a great way for beginners and advancing players alike to discover a simple formula that makes blues and rock guitar easy to learn and so much fun to play. Students must bring their own guitar (acoustic or electric). 4 SESSIONS
Thurs, Mar 24-Apr 14, 7-8:30 pm
Fee and Code: $69, XHUMM 073

Strumming The Guitar
Nate Fegan, instructor
Continue your guitar learning experience. Strumming class focuses on the development of rhythmic essentials. Especially for players who want to have fun while becoming more musical. Beginners welcome. Students must bring their own guitar (acoustic or electric). 4 SESSIONS
Thurs, Apr 21-May 12, 7-8:30 pm
Fee and Code: $69, XHUMM 075

Golf For Women
Golf for women, taught by women! Learn all aspects of golf in a non-threatening environment. Class meets at Twin Brook Golf Center in Tinton Falls. All equipment is provided. 5 SESSIONS
Sun, Apr 10-May 8, 10-11:15 am
Fee and Code: $149, XRECR 002

Golf In A Day
Mary Schneider, instructor
Learn the basics of golf including, stance, grip, swing tips, and how to select the correct club for a particular shot. Review basic rules and proper on-course etiquette. Bringing a nine-iron or pitching-wedge is suggested, however, the instructor will have extra clubs on hand. Water and brown bag snack recommended.
Sec 1: Sat, May 21, 9 am-2 pm
Sec 2: Sat, June 11, 9 am-2 pm
Fee and Code: $75, XRECR 017

Introduction To Golf
Have you meant to learn to play golf for years? Now's the time 'fore' fun! Learn the basics with fellow novices. We'll cover terminology, rules, etiquette, full swing fundamentals, putting, chipping, and bunker play. Class meets at Twin Brook Golf Center in Tinton Falls. All equipment is provided. 5 SESSIONS
Sun, Apr 10-May 8, 8:45-10 am
Fee and Code: $149, XRECR 025

Parent And Child Golf
Learn how to play golf with your child! Open to all ages and ability levels. Class meets at Twin Brooks Golf Center in Tinton Falls. Bring your own equipment, or instructor will provide as needed. Fee is per parent/child pair. 5 SESSIONS
Sun, Apr 10-May 8, 11:30 am-12:30 pm
Fee and Code: $149, XRECR 033

Call To Register
732-224-2315
Spring Tune Up For Golfers

For intermediate and advanced players. Get golf ready for the 2016 season with a professional brush up. Covering all aspects: full swing, putting, chipping, bunker play, and on the course instruction. Impress yourself on the links this year. Class meets at Twin Brooks Golf Center in Tinton Falls. Bring your own equipment, or instructor will provide as needed. 5 SESSIONS  
Sun, Apr 10-May 8, 10-11:15 am  
Fee and Code: $149, XRECR 051

Tennis Anyone?

Nick Bhagat, instructor  
Learn tennis basics and find out if it is love. On-the-court instruction for beginner to intermediate will include game rules and etiquette. Techniques for forehand, backhand, and serving will be demonstrated. Bring your racquet and one container of tennis balls. 5 SESSIONS  
Sun, Apr 17-May 15, 9-10:30 am  
Fee and Code: $89, XRECR 037

Ready To Learn To Ride?

Have you always wanted to learn to horseback ride? Now is the time! Join fellow adult novice riders in a hands-on, horse-on experience. Learn about the different riding styles, English or Western, grooming and care of horses, and the world of horsemanship for pleasure. Classes held, rain or shine, at Baymar Farms, 38 Harbor Road, Morganville, 07751. Baymar Farms is situated on 30 park-like acres with two outdoor arenas and a state-of-the-art indoor riding arena. Ages 18 and up only. Enrollment is limited. 4 SESSIONS  
Mon, Apr 25- May 16, 6:30-7:30 pm  
Fee and Code: $199, XRECR 049

Learn To Sail

Seas Monmouth, Red Cross certified sailing instructors  
Combined classroom and hands-on instruction will give the adult beginning sailor the skills and confidence to operate a small sailboat. Four classroom sessions and two Saturday sailing sessions (rescheduled if there is inclement weather) on the Shrewsbury River aboard Lasers or 14-17 foot sloops. Successful completion of the course leads to a SEAS Basic Sailing certificate. A basic swimming test is required (treading water and putting on a floatation device), administered during the second class. Students are required to provide a personal floatation device (PFD) for the water sessions. Fee includes textbook. Ages 18 and up only. 6 SESSIONS  
Mon & Thurs, Jun 9-16, 7-9 pm  
Sat, Jun 11 & 18, 9 am-4 pm on the water  
Fee and Code: $199, XRECR 006

Selling On eBay And Craigslist For Fun And Profit

What to do with the treasures in your attic and beyond? Find out how to get started making money by selling on eBay and/or Craigslist. Instructor David Carlon, is an experienced eBay Power Seller. Join this class for beginner to intermediate eBay users. Learn, step by step, how to make money the fun and easy way.  
Sat, Mar 5, 9:30 am-12:30 pm  
Fee and Code: $55, XPRAG 094
Treasure Hunting! Storage Lockers, Flea Markets, Yard Sales For Fun And Profit

Learn how to become successful at buying valuable storage lockers and selling the contents for a profit. Also explore how to earn money at flea markets and getting the most from yard sales. David Carlon, who has 25 years of experience in both buying lockers and selling at flea markets, will walk you through the steps to success. Find out how to select auctions to attend, the keys to bidding and buying great lockers, and how to resell the items for profit – in person and online. Today’s treasure hunters make money and have fun doing so!

Sat, Apr 9, 9:30 am-12:30 pm
Fee and Code: $55, XPRAG 093

NEW! Irish Genealogy
Russell Dutcher III, instructor, genealogist

Learn the particulars of researching your Irish ancestors from a professional genealogist and researcher with over 30 years experience. Please bring a flash-drive to class along with any research problems you may have encountered in conducting your family research. This is a must if you are serious about conducting family historical research. 2 SESSIONS

Sat, Apr 16 & 23, 3-5 pm
Fee and Code: $59, XHUMN 278

NEW! German Genealogy
Russell Dutcher III, instructor, genealogist

Learn the particulars of researching your German ancestors from a professional genealogist and researcher with over 30 years experience. Please bring a flash-drive to class along with any research problems you may have encountered in conducting your family research. This is a must if you are serious about conducting family historical research. 2 SESSIONS

Sat, May 14 & 21, 3-5 pm
Fee and Code: $59, XHUMN 279

Women (And Men) On Wheels

Do you break into a cold sweat when the dashboard lights go on? When the service station tells you your camshaft is shot, do you give them a blank stare? Empower yourself with new knowledge and understanding as you discover just what that camshaft is, what the pistons do, and why you actually need tire rotation. Visit our state-of-the-art auto bay and learn the workings of the car from engine to catalytic converters. Check out what is under the car, what’s under the hood and never worry about a flat tire again! Enrollment is limited.

Sec 1: Sat, May 14, 9 am-1 pm
Sec 2: Tues & Wed, May 24 & 25, 6:30-8:30 pm
Fee and Code: $65, XWOMN 142

SAT Prep: Verbal
Molly Cauterucci, reading specialist

Sessions provide confidence and skills by focusing on essential success strategies for boosting scores. In-depth review of SAT core material and question types that most commonly appear on the SAT. Includes timed practice and detailed examination of actual SAT questions. Test format changes for new SAT included. Materials included.

4 SESSIONS
Sat, Jan 30-Feb 20, 9:30 am-12:30 pm
Fee and Code: $199, XPRAG 001
ACT/New SAT Perfect Math Score
Dan Celenti, PhD
Is a perfect math score within your reach? If so, join this intensive test review and strategies for advanced math students/strong candidates for top colleges. Dr. Celenti is the author of Perfect 800 SAT Math Advanced Strategies for Top Students, adopted by the National Society for Gifted and Talented and used as a text book in their Summer Institute for the Gifted programs at Princeton, Vassar College, Yale, UC Berkley, etc. Text included. 6 SESSIONS
Mon & Wed, Feb 15-Mar 2, 7-9 pm
Fee and Code: $199, XPRAG 099

ACT Test Preparation: English, Reading
Mark Zegarelli, professional SAT/ACT coach, author ACT Math for Dummies
In recent years, the ACT has grown in popularity among high-school students and university admissions officers. This class provides confidence and skills by focusing on essential success strategies for boosting scores. In-depth review of ACT core material and question types that most commonly appear on the ACT. Includes timed practice and detailed examination of actual ACT questions. Materials included. 8 SESSIONS
Mon & Wed, Mar 14-Apr 6, 6-7:30 pm
Fee and Code: $199, XPRAG 104

ACT Prep Bootcamp
Mark Zegarelli, author ACT Math for Dummies
English, Reading, and Optional Writing.
In recent years, the ACT has grown in popularity among high-school students and university admissions officers. This class focuses on test-taking strategies and skills building for the English, Reading, and Optional Writing sections of the ACT. Includes timed practice and detailed examination of actual ACT questions. Materials included.
Sat, Mar 26, 9 am-3 pm
Fee and Code: $99, XPRAG 102

ACT Bootcamp
Mark Zegarelli, professional ACT/SAT coach
Mathematics and Science Reasoning.
In recent years, the ACT has grown in popularity among high-school students and university admissions officers. This class focuses on test-taking strategies and skills building for the Mathematics and Science Reasoning sections of the ACT. Includes timed practice and detailed examination of actual ACT questions. Materials included.
Sat, Apr 2, 9 am-3 pm
Fee and Code: $99, XPRAG 103

ACT Test Preparation: Mathematics And Science
Mark Zegarelli, professional SAT/ACT coach, author ACT Math for Dummies
In recent years, the ACT has grown in popularity among high-school students and university admissions officers. This eight-session class provides confidence and skills by focusing on essential success strategies for boosting scores. In-depth review of ACT core material and question types that most commonly appear on the ACT. Includes timed practice and detailed examination of actual ACT questions. Materials included.
8 SESSIONS
Mon & Wed, Mar 14-Apr 6, 7:45-9:15 pm
Fee and Code: $199, XPRAG 105

Call To Register
732-224-2315
SAT Prep Bootcamp
Molly Cauterucci, reading specialist
Mark Zegarelli, author SAT Math for Dummies
Most students retake the SAT at least once. Before you plan a re-take, take advantage of this one-day, intensive refresher. We’ll focus on strategies for sentence completion, reading comprehension, and common vocabulary. Review grammar and successful essay writing tactics. In addition to reviewing basic algebra and geometry skill sets that are commonly assessed, students will focus on understanding test format and strategies that will increase their confidence and performance. Graphing calculators are recommended as time and attention will be given to their effective uses. The program hours are divided evenly between verbal and math review and includes a 30 minute break. Brown bag lunch/snack recommended.
Sat, Apr 30, 9 am-3 pm
Fee and Code: $99, XPRAG 092

Start Your Engines (Ages 15 And Up)
What every new driver should know. Learn about the functioning and maintenance of today’s cars in our state of the art auto tech facility. Gain an understanding of fuel and brake systems, transmissions and electrical functions. Learn how fluids are checked and changed, fuses are replaced and tires are maintained (and changed!) Enrollment is limited. (Ages 15 and up)
Sec 1: Sat, May 7, 9 am-1 pm
Sec 2: Tues & Wed, May 17 & 18, 6:30-8:30 pm
Fee and Code: $65, XCHLG 082

Bring A Friend Walking Tour: Freehold
Daniel Radel, history instructor, staff writer, APP Hook Line & Sinker
Take a step back in time and enjoy this walking tour of Freehold’s rich history from colonial times to the early 20th century. Stops on the tour include St. Peter’s Church, Monmouth Court House, The American Hotel, and the Carnegie Library. Tour ends at the Monmouth County Historical Association Museum where participants will have the option of taking a tour of the museum. The Museum charge is an additional $5 for entrance. Meet at the steps of the Monmouth County Hall of Records on East Main Street. *Rain date May 7. Fee is for 2 registrants.
Sat, Apr 16, 10 am-noon
Fee and Code: $39, XDEST 147

Architecture Tour-Eero Saarinen’s Bell Labs – Then And Now
Eero Saarinen was a gifted modern Architect whose work exhibits an imaginative use of new building technologies. Holmdel’s Bell Labs building is a stunning example of this theory – the architecture respects the site while accommodating a unique idea for a corporate facility that promoted team research in an almost collegial atmosphere. The uniqueness of the facility is both glory and curse. The design is so tailored that adapting the site for new uses is a special, and some will say, exciting challenge. Architecture Professor Edward O’Neill will discuss Saarinen’s work followed by a tour of the building, in its current renovations-in-progress state. Class meets at the front lobby of Saarinen’s building in Holmdel.
Fri, May 6, 10-11:30 am
Fee and Code: $19, XPERS 266
NEW! Music To Your Ears At A Seashore B&B

Combine classical music and a classic setting. Join members of the Monmouth Symphony Orchestra at a magnificent Victorian B&B. Musicians will describe their concert programs, play sample recordings, demonstrate their instruments and share personal insights. Coffee, tea, and light refreshments will be served.

Location: The Ocean House, 102 Sussex Avenue, Spring Lake, NJ 07762
Thurs, May 12, 1-3 pm
Fee and Code: $39, XDEST 149

Jacqueline de Ribes: The Art of Style Exhibit At The Metropolitan Museum Of Art, Ethel & Friends Music Series, Great Hall Balcony; Lunch At Porto Leggero

Experience a docent-led tour of The Costume Institute's exhibition, The Art of Style. Focusing on internationally renowned style icon Countess Jacqueline de Ribes, whose originality and elegance established her as one of the most celebrated fashion personas of the 20th century. It will feature approximately 60 ensembles of haute couture and ready-to-wear primarily from de Ribes's personal archive. Designers in the exhibition will include Giorgio Armani, Marc Bohan for House of Dior, Ralph Lauren, Yves Saint Laurent, and more. After the tour enjoy an afternoon of perusing the museum, breaking for an afternoon treat and unwinding to the sounds of Ethel (one of the most acclaimed string quartets in the contemporary classical field) on the Great Hall Balcony. Lunch in the magnificent setting of Porto Leggero is the perfect start to an afternoon of impeccable taste and flawless style.

Fri, Feb 5, 10:45 am-7:45 pm
Fee and Code: $125, includes lunch and afternoon coffee break, XTRVY 169
"I think nothing equals Macbeth," wrote Abraham Lincoln. Growing up on the prairie, Lincoln memorized Shakespeare to learn reading, writing, and oratory. Decades later, serving as President during the bloodiest war in American history, Lincoln turned to Shakespeare repeatedly – in both books and at the theater – for solace and inspiration. Delight in an evening of actors performing the soliloquies that once comforted him, including his own perennial favorite, Macbeth. Historian Harold Holzer adds to the drama with anecdotes about Lincoln's love of actors, stabs at theatrical criticism, and impromptu Shakespearian recitation. Following a delicious lunch in the historic building of the Light Horse Tavern, arrive in time for an opportunity to explore the museum prior to the evening's presentation – there is always more to see at the Met!

Harold Holzer, who serves as Director of Hunter College's Roosevelt House Public Policy Institute (and professor in Hunter's history department) is a prolific writer and lecturer, and frequent guest on television. His latest major book, Lincoln and the Power of the Press: The War for Public Opinion, won the 2015 Gilder-Lehrman Lincoln Prize, as well as The Mark Lynton History Prize from the Columbia University School of Journalism.

Thurs, Feb 11, 12:45-9:30 pm
Fee and Code: $135 includes lunch and late-night refreshment, XTRVY 170

New York Historical Society; The White House: A Family Affair (Bernard & Irene Schwartz Distinguished Speakers Series); Dinner At Pomodoro Rosso

Learn from experts how the First Family has played a role in defining the legacy of 20th-century presidencies since Theodore Roosevelt. In our form of government we do not, as the British do, separate the ceremonial functions assigned to the “royal family” from those given the “prime minister and Cabinet.” We have a president who “rules” and a First Family that “reigns.” An early arrival will allow time to enjoy the museum. Also on display, Picasso’s legendary stage curtain for Le Tricorne ballet. Dine in the neighborhood’s favorite trattoria, Pomodoro Rosso. Seinfeld fans may recognize it as "a good place for breakups."


Lesley Stahl (moderator), former CBS News White House correspondent.

Wed, Feb 24, 1-9:30 pm
Fee and Code: $129 includes dinner, XTRVY 171
Cherish The Ladies Concert, Sharp Theater At Ramapo College; Brunch At Mt. Fuji Restaurant

The New York Times calls their music "passionate, tender, and rambunctious", and the Washington Post praises their "astonishing array of virtuosity". Cherish the Ladies, the long-running, Grammy-nominated, Irish-American super group that formed in New York City in 1985 to celebrate the rise of extraordinary women in a male-dominated Irish music scene has since toured the world, played the White House and the Olympics, recorded 16 outstanding albums including An Irish Homecoming, a live recording of their Emmy winning Public Television Special that aired across America and Ireland. Sunday brunch at Mt Fuji's will offer breathtaking views of the Ramapo Mountains and a grand gourmet buffet. Raise your glass, your spirits, and the roof!
Sun, Mar 6, 10 am-6:45 pm
Fee and Code: $125 includes brunch, XTRVY 172

St. Patrick’s Cathedral, Park Ave Armory; Lunch At Patsy’s Italian Restaurant

Dr. Christopher Bellitto and Lifelong Learning Scholar Brooks Susman

Good things do come in pairs – two inspiring scholars and two iconic landmarks. Tour the Park Avenue Armory built by New York State’s prestigious Seventh Regiment of the National Guard. The “Silk Stocking” Regiment included New York’s most prominent Gilded Age families. Created as both a military facility and a social club, the reception rooms were designed by the most prominent designers of the day including Tiffany and Stanford White. The Armory’s 55,000 square foot drill hall, remains one of the largest spaces of its kind in New York. Onto St. Patrick’s Cathedral: a cathedral to rival the Gothic masterpieces of Europe. The first of its kind in America, an outstanding example of the American Gothic Revival style it was designed by the distinguished New York architect, James Renwick, Jr. It has just undergone a $175 million structural and aesthetic restoration. Lunch at Patsy’s Italian Restaurant, made famous by Frank and still frequented by the Sinatra family – deve essere delizioso!
Wed, Mar 9, 8:30 am-5:30 pm
Fee and Code: $125 includes lunch, XTRVY 173
Seats are limited, register early
Tour & Talk


The art of mummery is as old as man’s imagination. The New Year’s parade participants take their name from Momus, the Greek god of ridicule, but the tradition developed from a blending of cultures. Mummery in America is as unique to Philadelphia as Mardi Gras is to New Orleans. Mummers are about celebration, fun, and family. They can be musical, satirical or even a little ridiculous, but they are always colorful. Explore the costumes, oral histories, video and audio archives, and an exhibit to teach anyone how to “strut”. A guided tour of the museum will be followed by a hearty hot buffet and a concert by The Hardly Able string band. End the day with a tour of the Mutter Museum, America’s finest museum of medical history. It displays beautifully preserved collections of anatomical specimens, models, and antique medical instruments in a nineteenth-century "cabinet museum" setting. This museum’s goal is to help visitors understand the mysteries and beauty of the human body.

Thurs, Mar 24, 8:45 am-6:30 pm
Fee and Code: $109 includes lunch, XTRVY 174

The Metropolitan Opera At Lincoln Center, Madame Butterfly, And A Pre-Opera Lecture; The Tragedy Of Madame Butterfly; Early Dinner At Elysian Café, Hoboken

Anthony Minghella’s stunningly beautiful production has thrilled audiences ever since its premiere in 2006. Kristine Opolais reprises her acclaimed portrayal of the title role, opposite Roberto Alagna as Pinkerton, the naval officer who breaks Butterfly’s heart. The lyric beauty of Puccini’s score, has made Butterfly timeless. The title character of Madame Butterfly – a young Japanese geisha clinging to the belief that her arrangement with a visiting American naval officer is a loving and permanent marriage – is one of the defining roles in opera. Join Desirée Mays, author of Opera Unveiled, for a pre-performance talk as she investigates the source material that inspired the composer and his librettists, and learn about the opera’s different versions on its journey from disastrous opening night to worldwide hit. With an early dinner at the The Elysian Café, offering a French Bistro style menu.

Tues, Mar 29, 1:45 pm-12:30 am
Fee and Code: $205 dinner and late night refreshments included, XTRVY 175

Call To Register
732-224-2315
Feinstein's/54 Below (Studio 54) – Broadway’s Supper Club Presents Tony Award Winner, Paul Szot

…the club has the intimacy of a large living room with unimpeded views and impeccable sound; there is not a bad seat. – New York Times

Prepare to swoon as the Tony-winning star of South Pacific headlines Feinstein’s/54 Below with a brand new show for a limited 5-night engagement. The Brazilian opera star, Paul Szot, takes us on a journey through the most romantic songs of the American Songbook, including iconic hits from the Golden Age of Broadway and more. Expect Lerner and Loewe, Rodgers and Hammerstein, Cole Porter, Burton Lane, the Gershwins, Leonard Bernstein, and more. Feinstein’s/54 Below, Broadway’s Supper Club, offers an unforgettable New York nightlife experience, combining performances by Broadway’s best with exceptional dining in an elegant setting. Chef Lynn Bound creates a world-class seasonal menu served in the breathtaking ambiance of a 1920s Manhattan supper club. On the site of the legendary Studio 54, Feinstein’s/54 Below offers an only-in-New York dining experience that’s both contemporary and utterly timeless.

Tues, Apr 5, 3-11 pm
Fee and Code: $179 includes dinner, XTRVY 176

Sagamore Hills, Home Of Theodore Roosevelt, Lunch At Wild Honey Restaurant, Oyster Point, NY

“I wonder if you will ever know how I love Sagamore Hill,” Theodore Roosevelt, just hours before he breathed his last, on Jan 6, 1919. He is long gone, but the house lives on, an enticing entryway to the past, and surely the most vividly personal of the presidential shrines. Its 23 rooms retain their original furnishings and knickknacks and the profusion of stuffed animal heads, bear rugs, weird furniture and miles of books that Roosevelt amassed and displayed with no particular sense of order or design. It is an exuberant, extroverted house. It is most emphatically a family home, a place where children ran wild and Roosevelt, in some ways an overgrown child himself, expressed every facet of his outsize personality. Experience a guided tour of the Queen Ann home that served as a refuge for the popular leader and the Summer White house from 1902-1908. Indulge in a scrumptious lunch at Wild Honey, a local eatery housed in the location that was once Roosevelt’s local office building. Enjoy a "bully" of a day.

Sat, Apr 9, 8 am-5:30 pm
Fee and Code: $119 includes lunch, XTRVY 177
Steinway & Sons Piano Factory Tour; Lunch At Vesta Trattoria

Nestled in the northern reaches of Astoria lies the Steinway & Sons piano factory, makers of some of the most glorious pianos in the world. Discover the fascinating process of how Steinway’s incomparable sound is achieved by hand by skilled artisans. Learn how the Steinway family is responsible for developing the modern piano into what it is today. Rated by Forbes as one of the top three factory tours in the country this is a truly unique experience. Vesta Trattoria, a neighborhood spot serving fresh fare with ingredients from the local markets. (The Baby Jesus Cake is heavenly.) Please note: Participants must be able to walk and stand for 1.5-2 hours, including 3 flights of stairs. Open toe shoes, canes, walkers, and wheelchairs are not permitted on the tour. Individuals with pacemakers or similar devices will not be allowed on the tour. (Factory equipment may interfere with the device.) Early morning snack provided on the bus.

Tues, Apr 19, 7:30 am-4:30 pm
Fee and Code: $135 includes lunch and morning refreshment, XTRVY 178
Seats very limited, register early!

Guided Tour & Luncheon At Grace Farms, Connecticut

A guided tour of Grace Farms, a stunning space created for people to experience nature, encounter the arts, pursue justice, foster community, and explore faith. Curving through the fields of Grace Farms is the River, a marvel in modern architecture designed by SANAA, the Japanese team of Kazuyo Sejima and Ryue Nishizawa, recipients of the Pritzker Architecture Prize. These Japanese architects have devoted their careers to conjuring structures so thin they might evaporate at any minute – the $83 million community center of Grace Farms seems to have given them the ultimate platform to express their creative genius. The River is a quarter-mile-long, glass-walled work of art that some are calling an arresting leap in architecture form. Within the glass walls and nestled around its ground is an equally noteworthy collection of specifically commissioned artwork including pieces from Teresita Fernandez, Thomas Demand, Olafur Eliasson, Susan Philipxz and Beatriz Milhazes. Delight in a delicious lunch surrounded by an untainted natural landscape. Amazing Grace!

Wed, May 11, 8:15 am-5 pm
Fee and Code: $119, XTRVY 179

SORRY
There are no refunds on Trips.
See page 43 for details.
Tour & Talk

42nd Street At The State Theater Of New Jersey; Lunch At Stage Left Restaurant

The quintessential backstage musical comedy classic, 42nd Street is the song and dance fable of Broadway. An exhilarating American Dream story, some of the greatest songs ever written including “We're In The Money,” “Lullaby of Broadway,” “Shuffle Off To Buffalo,” “Dames,” “I Only Have Eyes For You,” and of course “42nd Street” make it a best loved musical. This sparkling new production will be directed by co-author Mark Bramble and choreographed by Randy Skinner, the team who staged the 2001 Tony® Award-winning Best Musical Revival. Lunch at Stage Left, a sophisticated neighborhood restaurant serving New American cuisine. Come and meet those dancing feet...

Sat, May 14, 10 am-5 pm
Fee and Code: $149, XTRVY 180

Washington Irving's Sunnyside, Union Church; Lunch At Sunset Cove Restaurant

A guided tour of Sunnyside offers an intriguing example of early American architecture along with Irving’s romantic view of art, nature and history. Hear about Washington Irving’s storied past and how he came to be America’s first internationally famous author, best remembered now for The Legend of Sleepy Hollow and other short stories. His characters, from Brom Bones and Ichabod Crane to the mysterious Headless Horseman and the comic Rip Van Winkle, are icons in American culture. Visit Union Church, a quaint historic house of worship built by John D. Rockefeller, Jr. It contains Henri Matisse’s last work of art and nine windows by Marc Chagall. Enjoy an elegant lunch at the historic Castle Hotel & Spa perched high atop a bluff overlooking the river valley. Dine in Sunset Cove offering breathtaking views of the Hudson. Join Dillies for a day to remember – her enthusiasm is contagious, her love for literature unmatched.

Wed, May 18, 9 am-6 pm
Fee and Code: $109 includes lunch, XTRVY 180

New York City Ballet At Lincoln Center: A Midsummer Night's Dream, Pre-performance Meet The Dancer; Early Dinner At Remi Restaurant

Enter the enchanted land of Shakespeare's A Midsummer Night's Dream, a lush forest besieged by quixotic love triangles and feuding fairy kingdoms, awash with magic at every turn. Experience one of Shakespeare’s happiest and most loved comedies performed by the New York City Ballet, one of the foremost dance companies in the world. A longstanding springtime tradition, Balanchine's full-length production will flood the stage with sumptuous sets and costumes. Prior to the ballet, meet with a NYCB dancer who will provide our group with insights into the life of a dancer and answer questions about the performance. Remi will be the perfect beginning to a magical evening of beauty and wonder.

Thurs, May 26, 1:45-10:30 pm
Fee and Code: $165 includes dinner, XTRVY 181
PACK YOUR BAGS

“The world is a book and those who do not travel read only one page.”

– St. Augustine

Tour & Talk is headed under…

The Tuscan Sun – Nov 1-9, 2016

Immerse yourself in the tastes, sights, sounds and scents of beautiful Tuscany. Feel like a native Tuscan on this chance of a lifetime adventure.

• Enjoy wine tasting in Chianti
• Explore medieval castles
• Discover art treasures of the Renaissance
• Experience Tuscany’s picturesque towns and villages
• Visit the 5 small, medieval villages known as Cinque Terre (UNESCO World Heritage Site)
• 7 nights First Class Hotel
• 13 meals – 5 dinners including wine
• Visit & Admission fees included

• Florence • Pisa • Lucca • Siena • Arezzo • Cortona
• Sam Gimignano • Cinque Terre

Interested? Attend the info session!
Fee & Code: XTRVW 10 (Registration required; no fee)
Date & Time: Wed, Jan 27, 10 am (Can't make this date, Call Peggy 732-224-2307)
Estimated All-inclusive fee for trip: $3,299
Women's Conference

Learn. Laugh. Lunch. Hear memorable speakers and sample subjects of interest all in one day. Indulge your intellect, your appetite, and your sense of humor.

Always Too Much and Never Enough

Jasmin Singer, author of the newly published memoir *Always Too Much and Never Enough* (Berkley, 2016), which documents her journey to find herself through juicing, veganism, and love, as she went from fat to thin and from feeding her emotions to feeding her soul. Jasmine is the cohost of the award-winning Our Hen House podcast (ourhenhouse.org), and the Executive Director of OHH. She has contributed to several anthologies (including *Defiant Daughters, Running Eating Thinking*, and *Circles of Compassion*), is a contributing writer for *VegNews Magazine*, and has been seen on *The Dr. Oz Show, HuffPo Live*, and *Unchained with Jane Velez-Mitchell*.

Women: The Master Jugglers! Building a Fulfilling and Whole Life as we Strive for Balance

Jen Slaw’s unique background in engineering and art allows her to relate to both left and right-brained learners. Change the way you think about balancing the priorities in your life. A combination brain fitness and creativity inspiring presentation! Walk away with four key strategies and steps you can take immediately to create more balance and growth in your own life…and maybe even some new juggling skills!

Jen Slaw has presented at TEDx, appeared on David Letterman, and hailed as an “expert juggler” by the *New York Times* for her work in the Off-Broadway show *Perfect Catch*. Jen holds three World Records and has shared her talents on *Good Morning America, Huffington Post Live, the Food Network*, and the *Today Show*. She serves as the Executive Director of the non-profit Juggling Life Inc, an organization with a mission to heal ill and disadvantaged youth. She holds degrees in Engineering and Art from Swarthmore College.

Fee includes morning coffee and lunch.
Fri, Apr 22, 9:30 am-2:30 pm
Fee and Code: $69 until Mar 1, $75 after Mar 1, XWOMN 201
WORLD WAR II STUDIES

The Center for World War II Studies and Conflict Resolution strives to educate the community about the war’s impact on world history and thus help prevent future armed conflict.

Why Civil Resistance Works: The Strategic Logic Of Nonviolent Conflict

Despite more than 60 million deaths during World War II, some of the most important struggles for justice were only beginning. We all want to change the world, but we seldom know how to affect positive change, especially in the face of age-old conflicts upon which it seems impossible to reach consensus or justice.

The Brookdale Community College Center for World War II Studies and Conflict Resolution is proud to host, as part of our on-going series on conflict resolution, Dr. Scott H. Bennett, professor of history at Georgian Court University. Dr Bennett will present this interesting and timely discussion on the power and effectiveness of non-violent, civil resistance. During the 20th century, campaigns of nonviolent resistance were more than twice as effective as armed struggle in achieving their goals. Why? Using case studies from around the world, this talk seeks to answer this question.

Dr. Scott H. Bennett is the vice-president and former president of the Peace History Society. He has written or edited three books on peace history, most recently Antiwar Dissent & Peace Activism in World War I America: A Documentary Reader (2014). He is completing a book manuscript on WWII conscientious objector Igal Roodenko, and writing a biography of radical pacifist David McReynolds.

Thurs, Apr 7, 7-9 pm
Fee and Code: $19, XWWTS 298
Reduced fee per generous donors support.

SMALL BUSINESS DEVELOPMENT CENTER

AMERICA’S SMALL BUSINESS DEVELOPMENT CENTER at Brookdale Community College

America’s SBDC at Brookdale Community College is committed to guiding established small business owners and aspiring entrepreneurs to create and expand their business enterprises which will, in turn, result in sustainable growth, job creation, and statewide economic development and prosperity.

The Center, in carrying out its mission and purpose, exists to:

• Provide unmatched customer service and personal commitment to the small business client with honest evaluations of client probability of success,
• Bring high-value to the small business community,
• Produce positive outcomes for entrepreneurs and established small businesses,
• Serve communities and small businesses, facilitating economic development,
• Lead in providing education and training to small businesses.

To register for SBDC workshops call 732-842-8685

To register for SBDC workshops call 732-842-8685
The Entrepreneur Certificate Program offers training to help those looking to start or grow their own business. Topics include business planning, goal setting, financing, and marketing. The Monmouth/Ocean Small Business Development Center (MOSBDC) – located at both Brookdale Community College and Ocean County College – sponsors this 33.5-hour program. Take one course to improve your knowledge or take all courses and receive an Entrepreneur Certificate. To acquire a certificate, you must attend 100% of the Business Development Core Workshops and forward a certificate request to MOSBDC.

**Business Start-Up Workshop**
If you are an entrepreneur who is planning to start, or have recently started a small business, this course is for you! Examine the legal forms, how to register your business, setting up financial records, taxation information, insurance needs, and licensing.

- SEC 1: Sat, Jan 9, 9 am-3:30 pm
- SEC 2: Sat, Mar 12, 9 am-3:30 pm
- SEC 3: Mon & Tues, Apr 11 & 12, 6-9 pm
- Sat, May 7, 9 am-3:30 pm
- Fee and Code: $97, XBUSD 001

**Marketing Strategies For Small Businesses**
In this 15-hour overview, identify how to position your business by developing a marketing plan that focuses on goals and strategies. Discover how to effectively analyze the current marketplace in creating valid pricing. Investigate creating a customer database and explore how to develop a marketing mix through advertising, promotions, and sales.

- 5 SESSIONS
- Mon, Mar 7-Apr 4, 6-9 pm
- Fee and Code: $269, XBUSD 044

**Financing A Small Business**
Interested in starting a business or expanding an existing business? Need financial assistance? Gain information on determining money needs, SBA loans, venture capital, working with local banks, and use of a business plan to secure financing.

- SEC 1: Thurs, Jan 28, 6-9 pm
- SEC 2: Tues, Mar 22, 6-9 pm
- SEC 3: Thurs, Apr 28, 6-9 pm
- SEC 4: Thurs, May 26, 6-9 pm
- Fee and Code: $55, XBUSD 009

**A Business Plan**
Even the most skeptical banker can be persuaded positively with a convincing business plan. Comprehensive plans include sales forecasts, market identification, resources, personnel, cash flow, and income projections. Learn what to include, which language to use, and in what format.

- SEC 1: Thurs, Jan 14, 6-9:30 pm
- SEC 2: Tues, Mar 15, 6-9:30 pm
- SEC 3: Thurs, Apr 7, 6-9:30 pm
- SEC 4: Thurs, May 19, 6-9:30 pm
- Fee and Code: $65, XBUSD 008

**Record Keeping For Small Businesses**
Gain an understanding of primary financial statements, and effective methods of analysis. With hands-on instruction in business and accounting software programs, participants will learn the general accounting cycle.

- SEC 1: Tues & Thurs, Jan 19 & 21, 6-9 pm
- SEC 2: Tues & Thurs, Apr 19 & 21, 6-9 pm
- SEC 3: Tues & Thurs, May 10 & 12, 6-9 pm
- Fee and Code: $99, XBUSD 043
Develop digital strategies to make your business soar.

Social Media Workshops
In today’s market, it is essential to approach social media with a sound strategy that’s the right match for your small business. From Facebook Business Fan Pages, to Twitter, to LinkedIn and Google+, you will discover the most efficient and effective tools to help sustain business growth.

Website Management Workshops
Whether you’re promoting services or selling products online, an effective website is essential to all businesses, small or large. Learn about the online components that can be utilized to represent your offerings and put you in-front of new customers/clients, from Website Development Strategy to Search Engine Optimization (SEO), Video Creation, Analytics and more.

For a comprehensive schedule of workshops and services, call 732-842-8685 or visit MOSBDC.com

Social Media Bootcamp
Social media has changed how we do business and how we communicate and network with clients, customers and prospects. Coming this Spring, America’s Small Business Development Center at Brookdale Community College will provide small business owners the opportunity to attend a no-cost, full day Social Media Bootcamp. This high impact Bootcamp will include creating a social media strategy, online networking and business building, and “hands-on” in-depth social media training for business development and attracting new clients and customers.

For more information on the Social Media Bootcamp and other SBDC events visit MOSBDC.com or call 732-842-8685.

Call To Register
732-224-2315
Think Summer!

2016 Summer Camps
At Brookdale
Coming Mid-February...

Call 732-224-2005
Location
Classes are held on the Lincroft Campus unless otherwise noted. For classroom location, call 732-224-2100 or visit www.brookdalecc.edu/locations

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
The Act provides for the confidentiality of student records. For further details, visit www.brookdalecc.edu/ferpa

Important Information For Patrons With Special Needs
If you require special accommodations, complete the registration process and then contact Disability Services at 732-224-2730.

For Persons With Special Needs Wishing To Take Our Tour And Talk
CPS cannot guarantee accessibility of venues and destinations. Before registering it is the registrant’s responsibility to contact venues to determine their accessibility. We cannot provide personal service. For individuals who request special bus transportation, we cannot guarantee special bus availability. We will inform you of the status of your request in a timely manner.
Cancellation and Refunds
We cancel courses if enrollment minimums are not met. We will contact you via mail, if time allows, or call you by phone.

Refund Policy
A $20 processing fee will be deducted from all refunds. Our refund policy is:
- 14 or more days (2 weeks) before the beginning of a class: 100% refund of full course fee
- 1-13 days before the start of class: 50% refund of full course fee

There are no refunds for trips, ticketed events and specified training programs.
All refunds will be issued in the form of a check. Please allow two to four weeks for processing.

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

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

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

Sorry – some of our courses are not available online

5 EASY WAYS TO REGISTER

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

2. Telephone
Call us at 732-224-2315 Mon-Fri, 9 am to 5 pm.

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

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

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

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

Thank you for choosing our programs and trips at Brookdale Community College!
Please check the box if the following are new (within the past 12 months):

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

Name (Last) ________________________________________ (First) __________________________________

Address __________________________________________________________________________________

City ___________________________________________  State  _____________  Zip _____________________

Home Phone ___________________________________  Business Phone _______________________________

Cell Phone ___________________________________  E-mail __________________________________________

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

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

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  - [ ] American Express

Name As It Appears On Credit Card ______________________________________________________________

Card No. _________________________________________________  Exp Date ___________________________

Authorization Code No. _________________________________________________________________

Signature __________________________________________________________________________________

- [ ] Enclosed is my check, payable to CPS Continuing and Professional Studies


Please make separate checks for each program.