



BROOKDALE
COMMUNITY COLLEGE

CONTINUING AND PROFESSIONAL STUDIES

Lifelong Learning
SPRING 2026

L'Europe, 1921 by George Barbier

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WHAT LIFELONG LEARNERS ARE SAYING

Unique Perspective – Excellent! (Reflections & Lessons from the Vietnam War)

– **Pat Pelican**

Dr. Bellitto was more than well prepared. He gave on-site knowledge of the subject and transmitted the same to all of us! Excellent program, all the way around! (Picking a Pope)

– **Gretchen Gannon**

Excellent instructor, creative, knowledgeable, lots of techniques introduced! (Come Draw with Me)

– **Carol Johns**

A refreshing seminar given the current political climate. Mesmerizing music – exceeded expectations! (St. Patrick's Day Event)

– **Arthur Hilscher**

Outstanding, could not be better (Six Hour Art Major)

– **Jean Webb**

Cover Image: based on George Barbier's L'Europe (1921), Art Nouveau, print (possibly a lithograph) hand-colored using watercolor and ink via the pochoir technique.

BE INTRIGUED...

Retire from work – never from wonder! Keep your mind active, your interests alive, and your curiosity open. Staying mentally engaged can support your brain, boost your mood, and benefit your well-being. Curiosity keeps life joyful – and it never retires. Neither should your desire to engage, explore, and enjoy! Make a resolution you'll love to keep – embrace a world of wonder.

Just the Tip of the Iceberg... Many More New Programs Inside!



The Six: Titanic's Last Great Untold Story

Steven Schwankert, award-winning writer and documentary filmmaker
Uncover the powerful story of the six Chinese

Titanic survivors who vanished from history – and the investigation that finally uncovers their fate. See page 4



NEW! Category – Please Explain

Everyone's Asking... Matt Has the Answers!

Matt Zieniewicz, MS Technology Management, University of Pennsylvania

Hot topics in the news that matter to us all – explore AI, finance, cybersecurity, electric bills and more in engaging Wednesday lunch-time lectures. See page 12

The Hero's Journey: Odyssey to Star Wars

Brian McGackin, MFA, professional poet & writer
Discover how Joseph Campbell's archetypal hero's journey shapes tales across cultures and eras, linking classic epics with today's most iconic films and books. See page 14



The Dark Side of the City: True Crime Uncovered

Lesley Schierenbeck, MA history, founder of the History Chick Tours
Step into the shadows

of Asbury Park's past in a chilling talk on murder, mystery, and scandal that still haunt the boardwalk. See Page 7

Lunch & Learn

Joel Farkas, Revolutionary

War buff, lecturer

Crowns, Creativity & Chaos

Explore art, power, and revolutions that shaped



the modern world. See Page 5



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TOUR & TALK



Guided Tour & Private Dining The Morgan Library & Museum

Led by Dr. Christopher Bellitto & Rabbi Brooks Susman

Step inside one of New York City's great cultural treasures on a guided tour and talk at the Morgan Library & Museum. Once the private library of financier J. Pierpont Morgan and now a stunning Renzo Piano-designed campus, the Morgan blends museum, library, and historic landmark. Explore extraordinary holdings spanning 4,000 years – from rare manuscripts and handwritten musical scores to literary and historical treasures, including works by Mozart, Milton, Dickens, and Phillis Wheatley. A rich, inspiring encounter with art, history, and ideas. Docent-led tour, private lunch experience at the Morgan followed by ample time on your own to explore more.

Thurs, Apr 30, 8:15 am-5:45 pm

XTRVY 341, \$195

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

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

Wed, May 27, 8:15 am-5 pm

XTRVY 322, \$195

Also see Garden State Tour & Talk with Dr. Edith Frankel – **19th Century Jewish History in New Jersey, page 7**



Save the Date – Friday, April 24 A Women's Conference **LEARN. LAUGH. LUNCH.**

Amy Dickinson is the New York Times bestselling author of *The Mighty Queens of Freeville*, a witty and heartfelt memoir about second chances, family, and resilience. She writes the nationally syndicated advice column *Ask Amy*, read by more than 22 million people in over 150 newspapers. A longtime panelist on NPR's *Wait Wait... Don't Tell Me!*, Dickinson is celebrated for her sharp insight and humor. Raised on a dairy farm in Freeville, New York, she is a Georgetown University graduate who eventually returned home, where she now lives with her husband and five daughters, sharing stories that inspire, amuse, and resonate.

Fri, Apr 24, 9:15 am-3 pm

XWOMN 204, \$125, includes morning bagels, coffee and hot lunch

Morning bagels made possible through the generosity of The Friends of Lifelong Learning



HISTORY



The American Civil War

Gregory Caggiano, author

Explore the battles, the leadership, and the human drama of the Civil War. Discuss the causes of the Civil War and the major battles including First Manassas, Peninsula Campaign, Antietam, Fredericksburg, Chancellorsville, Gettysburg, and Vicksburg. Examine the dramatic Surrender at Appomattox. Finally, analyze the presidency of Abraham Lincoln. 3 SESSIONS

Thurs, Feb 12-26, 11 am-1 pm

XHUMN 351, \$89

NEW! Cold War Roots of Psychic Spies



Martin McDermott, MA, author, associate professor, Brookdale Community College

During the Cold War, the United States, Soviet Union, and China competed not only in space and arms development, but in the mind. Discover fascinating stories of how Governments explored ESP, remote viewing, telepathy, and psychokinesis, hoping for strategic and intelligence advantages. Trace the surprising history behind those efforts and the scientists, soldiers, mystics, and political forces that shaped them. Explore a fascinating chapter of Cold War history where geopolitics, science, and the extraordinary converged.

Fri, Mar 6, 10:30 am-noon

XHUMN 354, \$49

Reconstructing Reconstruction

Gregory Caggiano, author

A look at Reconstruction following the American Civil War and its effects on our country, felt immediately and today. Examine life in the post-war South, Jim Crow laws, the mythology of the Lost Cause and its reflection in the popular films The Birth of a Nation and Gone with the Wind. The portrayal of African Americans in early 20th Century pop-culture and contemporary issues, such as the removal of Confederate flags and statues from public spaces will be discussed.

2 SESSIONS

Thurs, Mar 26-Apr 2, 11 am-1 pm

XHUMN 352, \$69



NEW! In the Time of the Tudors: Monarchs, Reformers, Heretics & Martyrs in 16th Century England

Lyndell O'Hara, PhD

Throughout the sixteenth century, the political, economic, social, and cultural aspects of society were greatly impacted by competing Christian beliefs of the traditional Catholics and the Protestant reformers. In a world very different from our secular and diverse society, the religious beliefs of people led them to take up arms against the monarch, bravely face horrific deaths, become exiles from their homeland and ultimately, see dramatic and lasting change in Tudor England.

3 SESSIONS

Wed, March 4-18, 10:30 am-12:30 pm

XHUMG 353, \$89

Meet the Presidents (Teddy Roosevelt-Harry Truman)

Daniel Radel, journalist

Begin with (Teddy) Roosevelt, Taft, and Wilson. Discuss Trust Busting, Square Deal, American Imperialism and World War I. Move to Harding, Coolidge, Hoover, (Franklin) Roosevelt and Truman. Discuss Prohibition, Roaring 20s, Stock Market Crash and Great Depression, The New Deal, World War II and the decision to drop the Atomic Bomb. 2 SESSIONS

Fri, Mar 6 & 13, 1-3 pm

XHUMN 355, \$69

NEW! The Six: Titanic's Last Great Untold Story



**Steven Schwankert,
maritime author
and historian**

When the RMS Titanic sank in 1912, barely 700 people survived – including six Chinese men. But instead of compassion, they were met with

suspicion and slander. Within 24 hours of arriving in New York, they were expelled from the country – and then vanished from history.

What became of them, and why were their lives erased? *The Six* follows an epic international investigation to uncover the truth, shedding light on survival, dignity, and the enduring impact of racism and anti-immigrant policies. Join maritime historian and co-creator of *The Six* book and documentary, Steven Schwankert, as he shares his journey of research and the untold story of these forgotten survivors.

Wed, Apr 15, 10:30 am-noon

XHUMN 358, \$39



Program supported through the generosity of The Friends of Lifelong Learning

NEW! Iceland: Forged by Fire, Sculpted by Ice

John Rossi, New York University lecturer

Iceland is a land of breathtaking contrasts, where nature's most powerful forces have shaped its landscape over millennia. Born from volcanic eruptions and sculpted by glacial ice, this island is a living testament to the dynamic forces of fire and ice.

Towering volcanoes, erupting with fiery fury, give birth to vast lava fields, while glaciers carve out rugged valleys and pristine waterfalls. Explore the incredible geological processes that have created one of the most unique and beautiful landscapes on Earth.

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

XHUMN 356, \$49



NEW! On the Brink: The Cold War and the Near Miss of Disaster

John Rossi, New York University lecturer

Explore the tense moments, miscommunications, and political power plays that nearly brought the world to disaster during The Cold War (1947-1991). Instead of fighting each other directly, the U.S. and the Soviet Union often supported opposing sides in conflicts around the world. The Cold War extended into space exploration, with both superpowers competing to achieve significant milestones. Discover how close we came – and what kept the world from going over the brink.

Thurs, Mar 26, 10:30 am-12:30 pm

XHUMN 357, \$49

NEW! Prohibition: When the Cure Became the Curse

John Rossi, New York University lecturer

Originally intended as a moral crusade to eliminate alcohol-related problems, Prohibition instead unleashed a wave of unintended consequences that reshaped American society. This lecture dives into the social, political, and cultural fallout of America's "Noble Experiment," revealing how a movement for temperance gave rise to speakeasies, gangsters, and a public backlash that ultimately repealed the law. Discover how a well-intentioned reform effort spiraled into one of the most ironic chapters in U.S. history.

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

XHUMN 359, \$49

Religion and Politics in America: (Im)Perfect Together?

Christopher Bellitto, PhD, Rabbi Brooks Susman

Are government and religion best separated totally? Were they meant to be? When they are closely aligned, who benefits – or not? Consider that theocracy is the oldest form of government on the planet – but is it the best? America began, in large part, as a safe haven for religion or relief from a state's religion... but only if you were the right religion. What has that meant historically and what are the implications for politics and religion in the United States today? Join Bellitto and Susman for an engaging, thought-provoking exploration – a crucial conversation for this moment.

Thurs, Apr 9, 10 am-noon

XHUMN 366, \$49

LUNCH & LEARN Crowns, Creativity & Chaos



Joel Farkas,
American
Revolutionary War
buff, lecturer

Explore art,
power, and
revolutions
that shaped the
modern world...

Kings, Queens, and Guillotines

Step into a world of palaces, politics, and profound upheaval as we compare two nations, two monarchies, and two revolutions that changed history forever.

Meet George III and Louis XVI, Marie Antoinette and the legendary Queen of Hearts, and trace the intertwined fates of Britain and France in an era of rising tensions and radical change. Along the way, we'll examine ambitious leaders – from the emperor-to-be Napoleon to the man who refused a crown, George Washington – and the chilling rise of the guillotine. It's a dramatic tale of power, revolution, and the dawn of a new world order.

"Painting" the American Revolution

Discover the American Revolution through the vibrant lens of fine arts. Experience a lively exploration of how paintings, poems, portraits, sculptures, and music not only documented the birth of our nation but also helped shape the ideals that still define us today. Uncover surprising stories behind iconic works, highlight artists who influenced public opinion, and even reveal what "macaroni" really meant in the song *Yankee Doodle*. (Go ahead – try not to hum it!) Join us for a colorful look at how creativity helped spark a revolution.

Wed, Apr 29, 10:30 am-1:30 pm

XHUMG 110, \$79, includes lunch

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Comic Books, Superheroes, and World War II

James J. Kimble, professor of communication, Seton Hall, author, documentarian

Discover how Wonder Woman, Superman, Captain America – even Archie Andrews – rallied the U.S. home front before and during WWII. Long before Pearl Harbor, America was already battling Axis villains on the comic book page. These bold, colorful stories turned superheroes and everyday citizens into patriotic icons, entertaining kids, adults, and even soldiers on the front lines. Explore this dynamic, often-overlooked chapter of wartime pop culture and the cartoon heroes who helped shape a nation's spirit.

Fri, Apr 17, 10:30 am-noon

XHUMG 111, \$49



NEW! Impacts of the Revolutionary War in Monmouth County

Rick Geffken, MA, author

Explore how the Revolutionary War shaped Monmouth County – its people, conflicts, and communities. Learn about key figures such as Militia Captain Joshua Huddy and Loyalist leader Colonel Tye, and examine the influence of local religious groups, including Dominie Benjamin DuBois, Rev. Samuel Cooke, Rev. John Tennent Woodhull, and prominent Quaker families. Virtually visit 1776-1782 sites across the county. Beyond the Battle of Monmouth Court House, uncover the many raids, skirmishes, and incidents that earned the era the nickname “the Civil War in Monmouth County.” 3 SESSIONS

Mon, Apr 13-27, 10:30 am-noon

XHUMN 361, \$89

LOCAL HISTORY

NEW! The Legacy of Allaire Village: 250 Years of Entrepreneurial Ambition, Preservation, and Charitable Giving

Hance Sirkus, executive director, The Historic Village at Allaire

Explore 250 years of Allaire Village through its most influential owners – James P. Allaire, Hal Allaire, Benjamin Harrison, and benefactor Arthur Brisbane. Learn what drew each to this unique site, how their entrepreneurial spirit shaped its development, and how their charitable efforts left lasting marks.

Examine their social and cultural impact, the challenges of preserving Allaire over the centuries, and the pivotal “Brisbane Influence” that secured its future. Gain a deeper appreciation of Allaire’s evolving legacy and how its history continues to inspire today. 3 SESSIONS

Fri, Mar 6-20, 10 am-noon

XHUMG 360, \$89

NEW! Old Cemeteries of Eastern Monmouth County

Gregory Caggiano, author

Have you ever wanted to learn the stories behind the headstones? Join historian Greg Caggiano for a look at over a dozen old cemeteries in eastern Monmouth County as he blends profiles of famous figures, hometown heroes, true crime and murders, and even some creepy myths and legends. This entertaining and informative presentation tells the “Hidden History” of our county through the eyes of the people who have lived (and died) here. From Abraham Lincoln’s ancestors to shark attack victims, we will leave no headstone unturned.

Thurs, May 14, 11 am-12:30 pm

XHUMN 362, \$49

Asbury Park True Crime Uncovered

Lesley Schierenbeck, MA History, Founder of History Chick Tours

Take a walk on the dark side of the city in this gripping true crime talk. Step into the shadows of Asbury Park's past as we uncover chilling stories of crime, corruption, murder, and mystery that once lurked behind the glitter of the boardwalk. From notorious figures to forgotten victims, this presentation reveals the true events that shaped the city's hidden history. Discover who survived, who did not – and how these haunting stories continue to echo through Asbury Park today.

Wed, Feb 18, 10:30 am-noon

XHUMN 364, \$49

Out & About in the Garden State: Guided walking tours & enriching day trips

Walking Tour: Ocean Grove

Dan Radel, history instructor, journalist

Spend a spring day in Ocean Grove and learn the unique history of the town known as "God's Square Mile." Meet at the Great Auditorium, stroll Founder's Park, come face to face with the statue of The Rev. Ellwood Stokes, the first president of the Ocean Grove Camp Meeting Association, walk the boardwalk and visit the quaint downtown. Rain date is April 25. **Please note:** no refund will be given if the rain date is used.

Sat, Apr 18, 1-3 pm

XHUMN 363, \$39

Never miss a class you'll love! [Sign up](#) for email updates and stay in the know.



Echoes of Asbury – Walking & Trolley Tour with Lunch

Before Asbury was cool again, it was wonderfully weird. Join The History Chick for a lively stroll through the city's iconic moments – eccentric founders, flaming ships, musical legends, and babies in bonnets! Discover James A. Bradley's legacy, the eerie Morro Castle wreck, the Baby Parade, and the sounds of Convention Hall. Meet at the James Bradley Statue for a walk-and-talk, hop on the trolley to Brookdale's Culinary Arts Center for a gourmet lunch, and return to James Bradley Park with stories to savor.

Wed, May 20, 10:30 am-2:30 pm

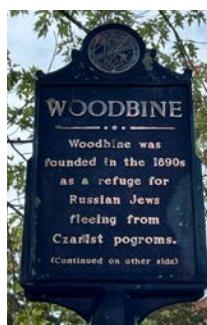
XHUMN 365, \$139 includes lunch



19th Century Jewish History in New Jersey – Tour & Talk

Led by Edith Frankel, PhD

In the late 19th century, Baron Maurice de Hirsch helped resettle Jews from the Pale of Settlement in the Russian Empire in agricultural communities across southern New Jersey. Supported by Hirsch and other philanthropic organizations, these colonies represented ambitious efforts to build self-sustaining agrarian lives for immigrants escaping tsarist persecution.



Explore the lasting legacy of these settlements through a visit to the Sam Azeez Museum and beautifully preserved synagogue in Woodbine, along with nearby communities such as Carmel and Alliance. Together, these sites offer a compelling window into an important and often overlooked chapter of American Jewish history.

Wed, June 17, 8:15 am-6 pm

XTRVY 340, \$195, includes lunch

POLITICS, CULTURE & SOCIETY

Art Detectives

Rachael Goldman, PhD

Uncover the stories behind artworks and antiquities and see how their journeys shape meaning, value, and cultural heritage today.

NEW! Ancient Art & Antiquities

Discover how provenance, conservation, and attribution shape the world of ancient art. This session examines the collecting and repatriation of antiquities from Greece, Rome, Turkey, and beyond, including The Monteleone Chariot, The Parthenon Marbles, and Turkish mosaics. Learn why understanding a collection's history is crucial for cultural heritage and how private collecting practices intersect with museum policies.

Wed, Feb 25, 10 am-noon

XHUMG 088, \$49

NEW! African Antiquities & the World Beyond

Examine how museums and institutions acquired their collections and why this has become a topic of global concern. Many nations seek the return of cultural artifacts removed during colonization, including the Benin Bronzes, Aboriginal Shield, and religious works from the Indian subcontinent. This session explores the importance of provenance in understanding the cultural and historical context of these works and the complex debates surrounding their repatriation.

Thurs, Mar 19, 10 am-noon

XHUMG 004, \$49

The Bible for the Third Decade of the 21st Century

Brooks Susman, scholar, rabbi emeritus



In a time when far too many seek to quote Scripture as "the literal word of the Bible" to buttress their social and political positions, it seems increasingly important to look literally at the Bible to discern the lessons that the Bible "literally" teaches. Join Rabbi Susman as we look at the Bible's text in both English and the original Hebrew to discover together the "literal" meaning as well as seek lessons for today's life decisions. 4 SESSIONS

Tues, Mar 3-24, 10 am-noon

XHUMG 005, \$89

Society and Its Institutions

John Gutman, retired sociology lecturer, Hunter College

A society's institutions shape and are shaped by individual behaviors and social dynamics. Explore the fundamental structures and functions of society, emphasizing the role and impact of its core institutions. Examine the five institutions necessary to a society: family, education, religion, politics and government, and economy and work. Learn how social institutions can and do evolve to meet the changing needs and circumstances of society. 4 SESSIONS

Mon, Mar 9-30, 10:30 am-noon

XHUMG 006, \$99

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NEW! The Pioneers Who Propelled a New Wave into the Musical Future

Pat Barton, professional musician

Using the music of Elvis Costello, Joe Jackson, and the Police as both foundation and scaffolding, professional musician and educator Pat Barton will explore the influence these three pioneers have exerted on popular music to this day. This six-hour journey will begin in 1977-79 with the debut albums *My Aim Is True* (Elvis Costello), *Outlandos d'Amour* (the Police) and *Look Sharp* (Joe Jackson) and ride that new wave into the musical future. 3 SESSIONS

Tues, Apr 14-28, 10 am-noon

XHUMM 006, \$89

NEW! Mysterious Destinations and Events that Defy Explanation

John Rossi, New York University lecturer

Join us on a captivating journey to some of the world's most enigmatic locations. From ancient ruins with unknown origins to modern-day phenomena that science has yet to explain, uncover the strange and unexplained events that have baffled historians, scientists, and explorers for centuries. Dive deep into the legends, theories, and mysteries surrounding these destinations, and discover the strange occurrences still puzzling us today. Whether it's a mysterious disappearance or a cosmic phenomenon, these destinations challenge everything we think we know about the world.

Thurs, Apr 16, 10:30 am-12:30 pm

XHUMG 007, \$49

Ready, Set, Register!

Our new online registration system is getting easier – and we're here to help. Fast, convenient, and worth the learning curve. Find step-by-step guidance in [centerfold](#) and register with confidence.

NEW! From Compass to Conquest: The Voyages that Shaped Civilization

John Rossi, New York University lecturer

Strap in for a whirlwind journey across oceans and centuries! This lecture plunges into the Age of Discovery, when bold European explorers – armed with little more than a compass, a dream, and royal ambition – set sail into the unknown. From the spice-laden ports of the East to the gold-rich shores of the New World, we'll trace the daring expeditions that redrew the map of civilization. Meet the navigators who defied superstition and stormy seas, the empires that rose on the backs of conquest, and the civilizations forever changed by first contact. With dramatic tales, vivid visuals, and a touch of humor, we'll explore how these voyages sparked global trade, cultural collisions, and the birth of the modern world.

Thurs, May 14, 10:30 am-12:30 pm

XHUMG 008, \$49



Criminal Law for Non-Lawyers

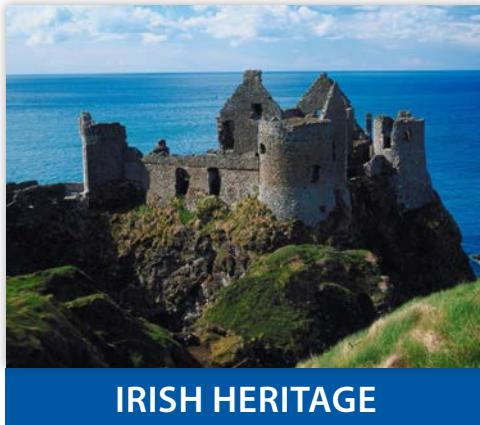
John Gutman, retired sociology lecturer, Hunter College

Ideal for anyone with an interest in how criminal law impacts society. Explore some of the fundamental principles and concepts that underpin criminal law, including the nature of crimes and the legal process.

Learn what constitutes a violation, a misdemeanor, and a felony. Discuss specific laws and how and when they change, including marijuana and marriage laws. 3 SESSIONS

Tues, Jun 2-16, 10:30 am-noon

XHUMG 009, \$89



IRISH HERITAGE

"Love is never defeated, and I could add, the history of Ireland proves it."

– Pope John Paul II

Irish Language

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

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

Designed for beginners to fluent speakers, students will be divided into groups, each with its own instructor, based on abilities and needs. Groups will interact with one another and participate in joint activities. This format will enhance the objective of keeping Irish available as the living, spoken language at the very heart of Irish culture. Whether you're looking to dive into the Tain Bo Cúailnge or just pick up a few phrases for travel, this program will work for you! 5 or 10 SESSIONS

WINTER MINI SERIES – 5 SESSIONS

Sec 1: ON CAMPUS, Thurs, Jan 22-Feb 19, 7-8:30 pm (for all levels)

Sec 2: ZOOM option for advanced level students only

XIRIL 160, \$59

SPRING SERIES – 10 SESSIONS

Sec 1: ON CAMPUS, Thurs, Mar 19-May 21, 7-8:30 pm (for all levels)

Sec 2: ZOOM option for advanced level students only

XIRIL 160, \$119

What a Life! Irish Biofiction

Patrick McGowan, MA, Irish Heritage instructor

Explore novels that bring historical figures to life through fiction. We'll discuss how Irish writers weave real-life events into imaginative stories, blending fact and fiction in unique ways. Readings may include works by Nuala O'Connor, Joseph O'Connor, Maggie O'Farrell, Colum McCann, and Kevin Barry. Please read *Miss Emily* by Nuala O'Connor for the first session. 3 SESSIONS

**Tues, Feb 10, Mar 3, Mar 31, 10 am-noon
XIRIG 162, \$69**

The American Revolution and Ireland: Here & There

Patrick McGowan, MA, Irish Heritage instructor

With 2026 being the 250th anniversary of the Declaration of Independence, there will be plenty of attention paid to the American Revolution. This course will look at the role played by Irish figures in America during the Revolutionary War years as well as how the American Revolution impacted late 18th century events in Ireland. 2 SESSIONS

**Tues, Mar 10-24, 10 am-noon, No class Mar 17
XIRIG 163, \$69**

Irish Women Writers at The New Yorker

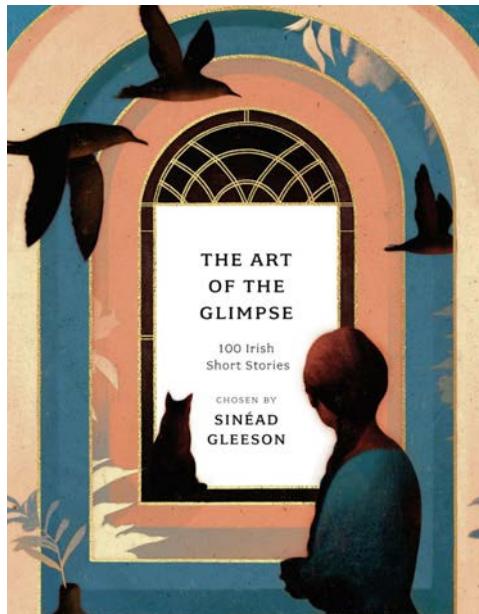
Patrick McGowan, MA, Irish instructor

We will look at the lives and careers of four Irish or Irish American women who wrote short stories and essays for one of America's preeminent magazines. Maeve Brennan, Mary Lavin, Edna O'Brien, and Elizabeth Cullinan were all regular contributors to the magazine in the second half of the century.

**Tues, Feb 17, 10 am-noon
XIRIG 164, \$49**

Ready, Set, Register!

Our new online registration system is getting easier – and we're here to help. Fast, convenient, and worth the learning curve. Find step-by-step guidance in centerfold and register with confidence.



Irish Heritage's Annual St. Patrick's Day Celebration

Mighty Craic Music • History • Dance!

Celebrate the spirit of Ireland with a full day of storytelling, traditions, and song. The Cook College Ramblers return, joined by three of our favorite Irish historians, for a festive program you won't want to miss.

Featured Talks Include:

- **Ireland's Wild Atlantic Way – Maureen Dunphy Brady**
- **The Life and Times of Lord Edward Fitzgerald – Henry McNally**
- **Bob Dylan & Irish Connections – Patrick McGowan**

Tap your feet, sing along, and immerse yourself in Irish tradition as the Cook College Ramblers set the tone – then take to the floor as we wrap up with a **guided Siege of Ennis céili dance** – all are encouraged, no experience required!

Register early – this popular event fills quickly!

Mon, Mar 30, 9:30 am-3 pm
XIRIG 161, \$99

C LIVE ZOOM Contemporary Short Stories – *The Art of the Glimpse*

**Rath DeHoust, Irish language and literature
instructor**

Storytelling has always been an integral part of Irish culture, offering a time-capsule of the country's passage through time: from epic sagas to reflection on the commonplace joys and sorrows of daily life. Read and discuss stories tracing Ireland's rich literary tradition, encompassing tales with roots in Irish folklore to today's post-modern experimental prose. 5 SESSIONS

Mon, Apr 6-May 4, 7:15-8:45 pm

XIRIL 166, \$85

Belfast: Memory, Family, and Coming of Age in Troubled Times

**Maureen Dunphy Brady, MA, NYU, Glucksman
Irish House**

Join us for a screening of Belfast (2021), Kenneth Branagh's Oscar-winning, deeply personal film about a boy growing up during the Troubles in Northern Ireland. With warmth, humor, and striking black-and-white cinematography, the film explores family, community, and resilience. A guided discussion follows, focusing on history, memory, and coming of age.

Mon, Apr 20, 10 am-12:30 pm

XIRIG 160, \$49

NEW! PLEASE EXPLAIN...

Everyone's Asking... Matt Has the Answers!

Matt Zieniewicz, MS Technology Management, University of Pennsylvania

With more than 35 years of experience in engineering, computer science, management, and finance, our instructor brings a wealth of real-world knowledge to the classroom. A licensed Professional Engineer, with a master's degree in electrical engineering, he has led groundbreaking projects – including development of the world's first military wearable computer. He has served in key leadership roles, including Chief Information Officer for the Army's electronics research center and manager of the Army's global cybersecurity evaluation branch. After graduate work and a master's degree at the University of Pennsylvania and the Wharton School of Business, he transitioned to the finance industry, passing the Chartered Alternative Investment Analyst examination and developing proprietary investment algorithms as well as a cybersecurity approach for financial firms.



Classes are on Wednesdays from noon to 2 pm.
You're welcome to bring lunch to class and feed
both your body and your brain.

Feb 25

Electric Bills are Soaring – Watts Going On & What Can You Do?

Electric rates are rising across New Jersey – and this seminar explains why. Learn how electricity is generated, priced, and delivered, and how supply, demand, and new technologies are driving costs up (hint: it's not your TV). Key concepts like baseload, PJM, commodities, and brownouts are explained in plain English, along with practical strategies individuals and regulators can use to manage rates. No technical background is needed.

XPERS 311, \$49

March 25

Inside the Mind of ChatGPT: How Generative AI Really Works

Wondering how tools like ChatGPT can write essays, answer questions, or carry on a conversation? This easy-to-understand session introduces the basic mathematical and statistical ideas behind “generative” AI – with no advanced math required. Learn how text-based AI systems recognize patterns in language to create human-like responses, and why they sometimes get things wrong or produce confusing information called “hallucinations”. We'll break down key AI terms and explain what's really happening “under the hood.” Gain a clear picture of both the impressive abilities and real limitations of today's AI tools. This is a lecture-based class –no hands-on work required.

XPERS 312, \$49

April 29

Cybersecurity Basics: How Hackers Work and What They're After

Learn how hackers target computers, tablets, and phones – and the practical steps you can take to protect yourself. Gain an understanding of common attack methods, including phishing and man-in-the-middle attacks, and shows you how to spot the warning signs before you become a victim. Explore real-world examples, understand the vulnerabilities criminals look for, and gain straightforward, everyday strategies to keep your devices and personal information safe. Leave with practical skills you can use immediately to reduce their risk of cybercrime.

XPERS 313, \$49

May 13

Money in the News: Just What are Venture Capital, Private Equity & Hedge Funds

Curious what hedge funds actually do, how venture capital works, or why private equity buys companies? This seminar breaks down these often-confusing investment terms in clear, simple language. Learn how startups are financed, what happened to RJR Nabisco, whether hedge funds make money, and why these firms exist. We'll highlight major players, typical returns, and insights from inside the industry. **Educational only – this is not financial advice.**

XPERS 314, \$49

June 10

The Wall Street Crash that ALMOST Happened:1998

Did you know Wall Street nearly faced its own "Cuban Missile Crisis" in 1998? Excessive leverage and private deals between major investment banks and a single quantitative hedge fund almost triggered a market collapse that could have rivaled 1929, 1987, or 2008–2009. Few insiders realized how close we came. This session explains the story in clear, accessible terms, with key financial concepts introduced along the way. **Teaser:** There's even a surprising connection to New Jersey residents! **Educational only – this is not financial advice.**

XPERS 315, \$49

Sign up for all 5 classes and save -

XPERS 317, \$169

 Program supported through the generosity of The Friends of Lifelong Learning

LITERATURE & WRITING

NEW!

War and Peace Challenge: A Guided Reading Journey

Regina Wackerman, MFA

Embark on a read-and-discuss exploration of Leo Tolstoy's *War and Peace*, one of the most celebrated novels ever written. Reading this epic together brings its characters, history, and timeless questions about love, war, family, and meaning into sharper focus. Each monthly session will cover a set portion of the text with guided context and conversation. No prior experience with Russian literature is needed – just curiosity and a willingness to journey through a masterpiece one step at a time. Please bring the Pevear & Volokhonsky translation. **4 SESSIONS**
Mon, Feb 23, Mar 23, Apr 27, May 18,
10:30 am-noon
XHUML 123, \$99

NEW! Modern Masculinity in Today's Literature

Pat Whitehead, Librarian

How is the male psyche depicted in contemporary short fiction? Let's look at four stories – by men, about men – that artfully explore the minds and actions of men in a variety of settings and situations. These award-winning authors share with us a peek inside what's going on today with men under duress. Be prepared to encounter drugs, sex, male friendship, loneliness and alienation, alongside a young burgeoning masculinity. Stories will be emailed to students before the first class and include: **4 SESSIONS**

Victory Lap by George Saunders; *The Clancy Kid* by Colin Barrett; *Outcomes* by Nathan Blum; *Plaster* by David Szalay
Wed, Mar 4-25, 10:30 am-noon
XHUML 124, \$99

Ready, Set, Register!

Our new online registration system is getting easier – and we're here to help. Fast, convenient, and worth the learning curve. Find step-by-step guidance in [centerfold](#) and register with confidence.

NEW! The Hero's Journey: From Odyssey to Star Wars

Brian McGackin, MFA, professional poet & writer

Discover how timeless mythic patterns shape stories across cultures and centuries. Inspired by Joseph Campbell's *The Hero with a Thousand Faces*, come trace the "hero's journey" from ancient epics to modern film and literature. Explore how civilizations from Greece and Egypt to India and Asia used the same archetypes found in today's narratives – from *The Odyssey* to *Star Wars*, *Huckleberry Finn*, *To Kill a Mockingbird*, and more. Examine classic and contemporary works that follow this universal story structure and uncover parallels with participants' own favorites. Readings will be emailed prior to class. 2 SESSIONS

Tues, Apr 7 & 14, 10:30 am-noon

XHUML 125, \$69



Program supported through the generosity of The Friends of Lifelong Learning

NEW! George Orwell & the Power of Language

Molly Cauterucci Fox, MSEd, reading specialist, literature instructor

Few writers have shaped modern thought as profoundly as Eric Arthur Blair – better known as George Orwell. A novelist, essayist, and journalist, Orwell's piercing insight into politics, power, and truth has made his name shorthand for the dangers of authoritarianism. In this course, we'll explore his life and ideas through key essays and fiction, including his landmark novel 1984. We'll consider how his moral clarity and uncompromising critique of society continue to influence the way we think and write about language, freedom, and public life. 3 SESSIONS

Wed, Apr 22-May 6, 10:30 am-noon

XHUML 126, \$89

Visit our Website:



NEW! Mary Oliver: Poet for the Rivers & Owls

Brian McGackin, MFA, professional poet & writer

Discover the life and work of Mary Oliver, one of America's most beloved nature poets. Known for her vivid reflections of the natural world and her profound reflections on life, Oliver became the best-selling poet in the United States. Explore her early years in Ohio, her formative time at Edna St. Vincent Millay's estate, her emergence as a published poet in the 1960s, and the celebrated collections that followed. We'll also discuss her most enduring poems – including *Wild Geese*, *When Death Comes*, and *Invitation* – and consider what makes her voice resonate so widely. Readings will be emailed prior to class. 2 SESSIONS

Tues, May 12 & 19, 10:30 am-noon

XHUML 127, \$69



Friday Morning Musing For Short Story Lovers

Dillies Pilevsky, English & history instructor

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

3 SESSIONS



VIA ZOOM

DATES TBA

XHUML 128, \$59

Memoir Writing

Barry Putt, award-winning author

You have a story that wants to be told – how will you tell it? Be guided through the art of the creative memoir, and you find your unique voice. Through in-class discussions, writing exercises, and practical tools, explore your experiences and shape them into a compelling narrative. 3 SESSIONS

Sat, Feb 14-28, 9:30 -11:30 a.m.

XWRIT 087, \$79

Step-by-Step Registration Guide

Lifelong Learning Instant Enrollment (IE)



Registering online can be quick and easy. This guide will walk you through each step, whether you are returning or registering online with (IE) for the first time.

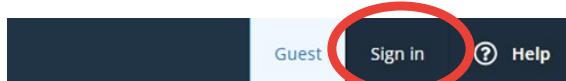
Have you successfully registered online for a Fall 2025 program? Welcome Back!

Please note: If the last time you registered online was prior to Fall 2025 you will need to follow the **First Time User** instructions in the next section.

Get Started:

<https://selfservice.brookdalecc.edu/Student/InstantEnrollment>

IMPORTANT: Make sure you **SIGN IN** on the top right corner **BEFORE** searching for sections.



Sign In

User name

Forgot your [user name](#)?

Continue

If you have your user name and password, you're good to go!

Don't have this information handy? Click "Forgot your user name" and follow the prompts.

FOR EASY REFERENCE PULL OUT THIS CENTERFOLD

FIRST TIME USERS

If you did NOT register ONLINE in Fall 2025, follow the instructions below.

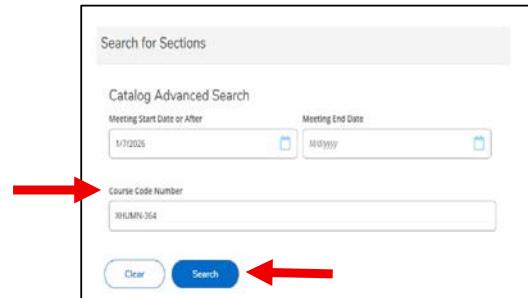
Step 1: Go to Instant Enrollment

Get Started:

<https://selfservice.brookdalecc.edu/Student/InstantEnrollment>

Step 2: Search for Classes

- Enter the course code including the dash (ex: XHUMN-364)
- Click **Search**



Search for Sections

Catalog Advanced Search

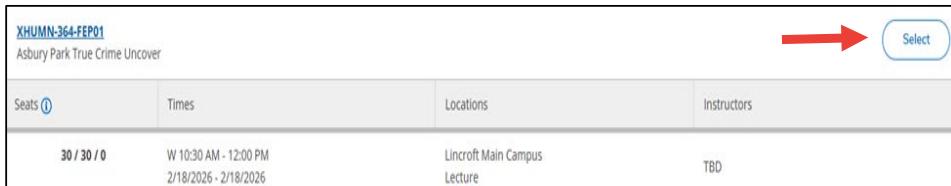
Meeting Start Date or After: 1/7/2026 Meeting End Date: 10/09/2026

Course Code Number: XHUMN-364

Clear Search

Step 3: View Section Details

Click **Select** to see section details

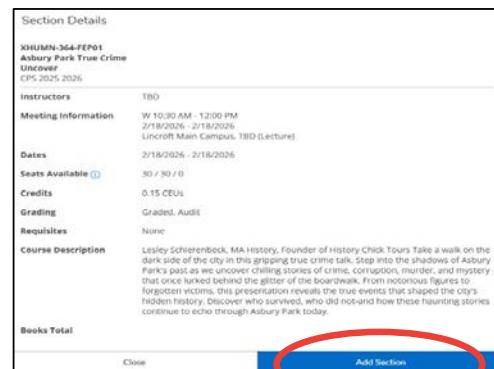


XHUMN-364-EEP01			
Asbury Park True Crime Uncover			
Seats 0	Times	Locations	Instructors
30 / 30 / 0	W 10:30 AM - 12:00 PM 2/18/2026 - 2/18/2026	Lincroft Main Campus Lecture	TBD

Click **Add Section** to add the class to your cart

Not ready to choose this class?

Click **Close**, then **Back to Course Catalog** to continue browsing.



Section Details

XHUMN-364-EEP01
Asbury Park True Crime Uncover
CPS 2025 2026

Instructors: TBD

Meeting Information: W 10:30 AM - 12:00 PM
2/18/2026 - 2/18/2026
Lincroft Main Campus, TBD (Lecture)

Dates: 2/18/2026 - 2/18/2026

Seats Available: 30 / 30 / 0

Credits: 0.15 CEUs

Grading: Graded, Audit

Prerequisites: None

Course Description: Explore the dark side of the city in this gripping true crime talk. Step into the shadows of Asbury Park's past as we uncover chilling stories of crime, corruption, murder, and mystery. That once lurked behind the glitter of the boardwalk. From notorious figures to forgotten victims, this presentation reveals the true events that shaped the city's hidden history. Discover who survived, who did not and how these haunting stories continue to echo through Asbury Park today.

Books Total: 0

Close Add Section

Step 4: Adding More Classes

Want to register for more classes?

- Click **Back to Course Catalog**
- Enter another course code
- Repeat Steps 2-3

Search for Sections

[Back to Course Catalog](#)

FOR EASY REFERENCE PULL OUT THIS CENTERFOLD

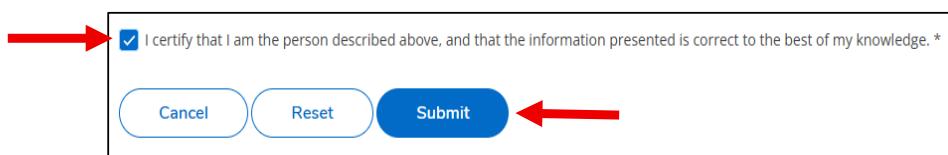
Step 5: Checking Out

Click the **Next** button in the top right corner



Step 6: Enter Your Information

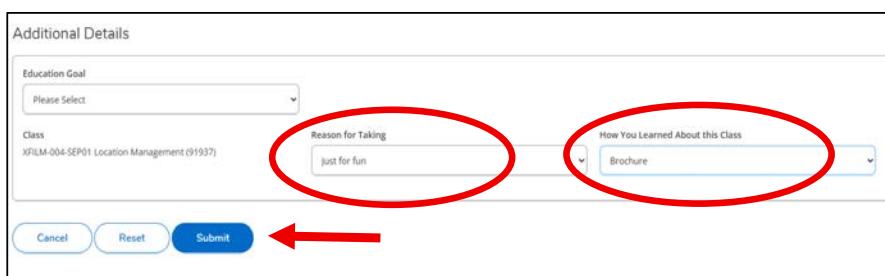
- Fill in all required fields (marked with an *)
- Check the box at the bottom of the page
- Click **Submit**



TIP: If the **Submit** button is grey, double-check that all required fields are completed

Step 7: Additional Details

- Use the drop-down menus to:
 - ✓ Select your reason for taking the class
 - ✓ Tell us how you heard about it
 - ✓ You may leave **Education Goal** blank
- Click **Submit**



Step 8: Review & Pay

- Review your class(es) in the **Course Summary**
- Select **Credit Card** from the Payment Methods menu
- Click **Proceed to Payment**

FOR EASY REFERENCE PULL OUT THIS CENTERFOLD

Centerfold 4 Step-by-Step Registration Guide

(Image for Step 8)

Pay for Classes
Before registering, you can choose to add/remove classes.

Section	Times	Locations	Instructors
XFLM-054-SEP01 (91937) Location Management	7/7/2026 6:00 PM - 9:00 PM 1/10/2026 - 2/28/2026	Unicraft Main Campus, Maj 113 Lecture	Karamichael, K

Courses Summary
XFLM-054-SEP01 Location Management (91937) \$799.00

Total: \$799.00

Payment Details
Click Proceed to Payment to pay the section's cost.

Payment Methods *
Credit Card w/

Proceed to Payment

Step 9: Complete Payment

- Review your information
- Enter your credit card details
- Click **Pay Now**

Payment Review
[Return to Pay for Classes](#)

Payment Information

Item	Amount
XFLM-054-SEP01 Location Management (91937)	\$799.00
Total Cost	\$799.00

Payment Method: Credit Card w/

Pay Now

After Payment – What Happens Next?

A **Class Acknowledgement** screen will appear—please review it carefully
You will receive:

1. An email from **bcd@brookdalecc.edu** with the subject **“Class Acknowledgement”** (includes class details and username)
2. A separate email from **studentinfo@brookdalecc.edu** with the subject **“Login”** (includes your password)

Take Note of the Room Location

Please save this information for future registrations.

 Record your Lifelong Learning login info here for safe keeping.

User name:	
Password:	

Having trouble registering? We're here to help!

Call us at 732-224-2315 or email us at cps@brookdalecc.edu

FOR EASY REFERENCE PULL OUT THIS CENTERFOLD

Scriptwriting

Barry Putt, award-winning author

Learn the fundamentals of writing for stage, screen, and audio, including plays, TV series, screenplays, and audio dramas. Explore story structure, character development, and the basics of marketing your work. You'll have the opportunity to create and develop a short script during the course. 2 SESSIONS

Sat, Apr 11 & 18, 9:30 am-12:30 pm

XWRIT 088, \$79

NEW!

Reading & Writing Poetry: The Power of Language

Brian McGackin, MFA, professional poet & writer

Poetry helps us understand ourselves, connect with others, and express what ordinary language can't. This course explores poetic forms from early ballads to modern styles, approaching poems as tools for reflection and communication rather than puzzles to decode. We'll read works by writers such as Lewis Carroll, Shakespeare, Basho, Mary Oliver, Marie Howe, Rainer Maria Rilke, and Nikki Giovanni, and students will experiment with forms including haiku, free verse, and confessional poetry. No experience is needed – just curiosity and a willingness to write. Readings will be emailed prior to class. 3 SESSIONS

Tues, Jun 9-23, 10:30 am-noon

XWRIT 089, \$79

For Related Classes See:

[Mindful Movement for Readers, Writers, and Everyone Who Sits, p.16](#)

[Irish Women Writers at *The New Yorker*, p.10](#)

[What a Life! Irish Biofiction, p.10](#)



THE ARTS

NEW! Gustav Klimt & Zentangles

Arlene Smelson, certified art instructor, professional artist

Discover the fascinating life and "Golden Period" of Gustav Klimt, then enjoy a hands-on Zentangle experience inspired by his iconic style. Unwind as you learn the meditative Zentangle method—where simple patterns flow into stunning works of art – created on gold scratchboard for an added touch of shimmer. Spontaneous, relaxing, and accessible to all skill levels, this workshop offers a calming creative escape. Join Arlene for an inspiring artistic journey that blends history, mindfulness, and a bit of sparkle. Supply fee: \$10 payable to the instructor; please bring a pair of scissors. 2 SESSIONS

Thurs, April 9 & 16, 10 am-12:30 pm

XARTF 221, \$79

Acrylic Painting

Arlene Smelson, certified art instructor, professional artist

Whether a beginner or beyond, explore the magic of acrylics in a relaxed, supportive setting. Learn how to build a painting from the ground up – developing strong composition, mixing colors, creating texture, and adding movement and value to bring your artwork to life. Discover a variety of techniques designed to spark creativity and help you grow as an artist. Build skills that will allow you to express yourself in any style you can imagine. Supply list available upon registration.

5 SESSIONS

Tues, Mar 24-Apr 21, 10 am-12:30 pm

XARTF 222, \$179

Never miss a class you'll love! [Sign up](#) for email updates and stay in the know.



Studio Time with Arlene

Arlene Smelson, certified art instructor, professional artist

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

5 SESSIONS

Tues, May 5-Jun 2, 10 am-12:30 pm

XARTF 223, \$179

NEW! Stitch a Cowl with Style & Wow

Sophie Kuperman, local fiber artist, working primarily out of Monmouth and Middlesex counties. She is also the event coordinator and instructor at a local yarn studio.

Designed for beginners wishing to create something beautiful from the start. Have fun leaving the basics of casting on, knitting, purling, and finishing techniques while working on a cozy, stylish cowl. With step-by-step guidance, plenty of support, and a relaxed pace, you'll build confidence with the needles and leave with a handmade accessory – and the skills to keep stitching beyond class. Supply list will be emailed upon registration. 4 SESSIONS

Mon, Feb 23-Mar 16, 10:30 am-noon

XARTC 160, \$89

Introduction To Machine Sewing

Betty McCarty, instructor

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

Tues, Apr 14, 6-8 pm

XARTC 159, \$59

For Related Classes See:

Art Detectives, p.8

HOLISTIC HEALTH & WELLNESS

Meditation: What? Why? How?

Julie Egbert, wellness coach and health educator

Ready to de-stress, sleep better, and feel more centered? Discover how meditation works and unlock the power of meditation and mindfulness. Learn practical techniques – from breathwork to guided meditation – that you can use every day to calm your mind, boost focus, and improve your overall well-being. Whether you're new to meditation or looking to deepen your practice, gain tools to make meditation a meaningful part of your life.

All levels welcome! 4 SESSIONS

Thurs, Feb 12-Mar 5, 10:30-noon

XHEAF 290, \$99

Mindful Movement for Readers, Writers, and Everyone Who Sits

Molly Cauterucci Fox, MSEd, Reading Specialist & Certified Yoga Instructor

Regina Wackerman, MFA, Certified Yoga Instructor

Feeling stiff, distracted, or creatively “stuck” from too much sitting? Enjoy a combination of gentle, yoga-inspired movement, mindful breathing, and guided writing prompts to restore energy, boost focus, and spark fresh ideas. Research shows that light movement and posture shifts can enhance attention, clarity, and creative expression. No prior yoga or writing experience is needed – just curiosity and a willingness to move comfortably within your natural range. Open to all bodies, all levels, and anyone who reads, writes, thinks... or sits!

3 SESSIONS

Tues, Mar 17-31, 10:30 am-noon

XHEAF 294, \$89



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

Reiki I

Janet Woods, Reiki instructor

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

Sat, Feb 28, 10 am-2 pm

XHEAF 291, \$179

Reiki II

Janet Woods, Reiki instructor

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

Sat, Apr 25, 10 am-2 pm

XHEAF 292, \$179

NEW!

Bloom Where You're Planted

Diane Lang, MA, author, therapist

Feeling stuck, searching for a fresh start, or simply seeking ways to thrive in your current season of life? Embrace growth, resilience, and fulfillment – right where you are! Change can be challenging, but living your best life doesn't always require a major transformation. Explore how to cultivate joy, purpose, and progress in any circumstance. Together we'll learn to nurture ourselves, embrace new beginnings, and bloom with confidence, no matter where life has planted us.

2 SESSIONS

Tues, Mar 3-10, 1-3 pm

XHEAF 293, \$69

Reset & Thrive: Your Personal Wellness Plan

Julie Egbert, National Board-Certified Health and Wellness Coach

Take charge of your well-being with this guided, action-oriented 4-week coaching experience. Break free from feeling stuck and create a personalized wellness plan that fits your goals and lifestyle. With expert guidance, support, and accountability, you'll leave the program with practical tools to make lasting change. Limited enrollment ensures individualized attention – start your journey to reset and thrive! **4 SESSIONS**

Thurs, Feb 12-Mar 5, 12:30-2 pm

XHEAF 295, \$99

Ready, Set, Register!

Our new online registration system is getting easier – and we're here to help. Fast, convenient, and worth the learning curve. Find step-by-step guidance in [centerfold](#) and register with confidence.

Never miss a class you'll love! [Sign up](#) for email updates and stay in the know.



Certification Workshop: Vibrational Sound Healing with Tuning Forks

Janet Woods, instructor

Discover the transformative power of vibrational sound therapy to restore balance, relaxation, and wellness in body, mind, and spirit. Experience a hands-on workshop teaching the history and techniques of tuning forks, including how to hold, strike, and apply them—both standard and weighted – to promote energy flow and alignment. No prior experience is needed, and tuning forks are not required for class (purchase recommendations provided). Perfect for self-care or sharing healing with friends, family, or clients. Students receive a manual and certification upon completion.

Sat, Mar 28, 10 am-2 pm

XHEAF 296, \$179

NEW! Play, Create, Reboot: The Neuroscience of Lifelong Growth

**Debbie Peterson & Wendy Bright-Fallon,
National Board-Certified Health and Wellness
Coaches, Founders of Nourish Coaches**

Think you can't teach an old dog new tricks? Think again. In this hands-on, science-backed 3-week lab, explore the brain's amazing ability to grow, adapt, and spark creativity – no talent required. Discover the neuroscience of neuroplasticity and why your brain still craves growth; experiment with improv, sketching, rhythm, and movement; and build a personal "creative spark plan" to keep your brain thriving. Expect laughter, insight, and exciting surprises. Come curious – leave inspired, energized, and changed. No prior skills needed.

3 SESSIONS

Wed, Apr 8-22, 10-11:30 am

XHEAF 297, \$79

Western Medicine vs Traditional Chinese Medicine: Two Boxes of Different Tools



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

Traditional Chinese Medicine (TCM) is one of the fastest-growing alternative health systems in the U.S. offering a complete approach to diagnosis and treatment – just with a different perspective than Western medicine. This course compares the two, helping you understand when each is most effective and how they can complement each other for optimal health.

Tues, Apr 21, 10 am-noon

XHEAF 298, \$49

The Immune System: Stay Healthier & Recover Faster

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

Our immune system defends us from foreign invaders. It also helps us adapt to daily stressors and challenges and helps to protect us from cancer. Furthermore, it is responsible for healing and recovery. A weak immune system can cause many health problems, while an overactive immune system can lead to auto immune diseases. Learn the basics of the immune system, as well as strategies to strengthen and regulate this elegant system. Learn how to use lifestyle changes and holistic medicine to stay healthy and get better quickly or recover rapidly.

Tues, Apr 28, 10 am-noon

XHEAF 299, \$49

Never miss a class
you'll love! [Sign up](#)
for email updates and
stay in the know.



NEW! Cultivating Presence: Pathways to a Meditative Life



**Lauren Grogan,
Holistic Health Coach &
Registered Yoga Teacher**

Discover how mindfulness can transform daily life towards greater peace and presence. Through

accessible practices, gentle meditation, and reflection, learn how to slow down, reconnect, and find calm in the midst of life's demands. As you cultivate awareness and self-compassion, mindfulness becomes a natural part of your routine, opening the door to a more meditative and intentional way of living. No prior meditation experience is necessary – just a willingness to explore and practice. 4 SESSIONS

Mon, Apr 27-May 18, 10 am-noon

XHEAF 300, \$99

NEW! Beyond The Yoga Mat: Exploring Yoga of Love & Compassion

**Lauren Grogan, Holistic Health Coach &
Registered Yoga Teacher**

Delve into Bhakti Yoga – the path of love, compassion, and spiritual connection. Often called “the yoga of the heart,” Bhakti deepens your relationship with yourself and others through discussion, guided meditation, chanting, and reflection. Learn practices of devotion, selfless service, and mindful living to bring peace and connection into daily life. No prior experience required – just an open heart. 4 SESSIONS

Mon, Jun 1-22, 10 am-noon

XHEAF 301, \$99

Ready, Set, Register!

Our new online registration system is getting easier – and we’re here to help. Fast, convenient, and worth the learning curve. Find step-by-step guidance in [centerfold](#) and register with confidence.

NEW! Starry Messenger: Neil deGrasse Tyson

Cheryl Bartholomew, PhD

In a culture more polarized now than ever, Neil deGrasse Tyson offers a much-needed antidote for what divides us. Gain insight into how an objective, scientific perspective sheds light on how we have the capacity to recalibrate life's priorities and reawaken our awareness of how precious life is. Join us for an uplifting, essential dialogue to gain perspective into how to more fully comprehend and navigate challenging times in an intelligent, informed, emotionally healthy way.

Tues, May 5, 1-3 pm

XHEAF 302, \$49

Crystal Bowl Workshop

Janet Woods, RMT

Discover the transformative power of crystal singing bowls and sound therapy. Everyone is welcome – no musical experience required. Learn to play crystal bowls, whether to enhance your holistic practice or simply explore something new. You don't need to own a bowl to participate, though you may bring your own if you have one. Includes a manual and certificate of completion.

Sat, May 30, 10 am-2 pm

XHEAF 303, \$69

Gentle Yoga

Patti Dominach, certified yoga instructor

Rejuvenate your body and mind with gentle yoga designed to increase flexibility, build strength, improve balance, and boost overall wellness. Each session blends calming meditation, mindful breath work, and deep stretches with seated, standing, and balancing poses. Perfect for all levels, with modifications to suit every body.

5 SESSIONS

Apr 14-May 19, 5-8 pm

XHEAF 304, \$89

RECREATION

Pickleball For Beginners

Find out why pickleball is the fastest growing sport in America! A paddle sport for all ages and skill levels, pickleball combines elements of tennis, badminton, and table tennis. The rules are simple, and the game is easy to learn. Don't miss this addictive new form of fitness and fun. Taught by certified pickleball instructor. Paddles and balls (similar to a whiffle ball) provided. Class meets at the Colts Neck Racquet Club indoor courts (36 Artisan Pl, Colts Neck) Class size is limited.

3 SESSIONS

[Sec 1: Tues, Feb 10-24, 3-4](#)

[Sec 2: Sat, Feb 14-28, noon-1 pm](#)

[Sec 3: Tues, Mar 10-24, 3-4 pm](#)

[Sec 4: Sat, Mar 14-28, noon-1 pm](#)

[Sec 5: Tues, Apr 14-28, 3-4 pm](#)

[Sec 6: Sat, Apr 11-25, noon-1](#)

[Sec 7: Tues, May 12-26, 3-4 pm](#)

[Sec 8: Sat, May 9-23, noon-1 pm](#)

[Sec 9: Tues, Jun 9-23, 3-4 pm](#)

[Sec 10: Sat, Jun 6-20, noon-1 pm](#)

[XRECR 060, \\$79](#)

NEW! Intro to Golf at GolfCave Holmdel

Bob Gartner, Instructor with over 40 years of experience as former Director of Instruction at Colts Neck Golf Club and current Teaching Professional at Sun Eagles Golf Club

Experience the perfect way for beginners to get comfortable in a brand new state-of-the-art indoor golf space. Work with an experienced instructor to learn the basics of the game, including grip, stance, swing fundamentals, and golf etiquette. Whether you're brand new to golf or looking to build a solid foundation, you'll gain confidence and enjoy the game from the very first swing. Students who enroll will be eligible for a discount membership. Class meets at GolfCave Holmdel, 2145 NJ-35, Holmdel, NJ 07733. 3 SESSIONS

[Fri, Apr 10-24, 10-11:30 am](#)

[XRECR 064, \\$249](#)



Beginner Canasta

Sharon Talansky, instructor

Discover the fun and strategy of Canasta, the classic four-player card game played with a partner. In a relaxed, friendly setting, learn the rules, non-verbal ways to communicate with your partner, and winning strategies, all while playing casual practice games enjoying plenty of laughs. Perfect for beginners – come solo or bring a friend, meet new people, and exercise your mind in a social, fun environment.

7 SESSIONS

[Wed, Mar 4-Apr 22, 10:30 am-12:30 pm](#)

[No Class April 1](#)

[XRECR 061, \\$149](#)

Mah Jongg For Beginners

Sharon Talansky, instructor

Ever wanted to play Mah Jongg? Learn in a fun, relaxed setting! This course covers choosing a hand, the progression of play, and strategies to win, with plenty of time for practice and guidance in a friendly, interactive environment. Meet others who share your interest and perhaps start your own game with classmates. Bring your 2025 Mah Jongg card, pen, and paper – no set required. A perfect way to stretch your mind and enjoy social connection.

7 SESSIONS

[Wed, Mar 4-Apr 22, 1-3 pm](#)

[No Class April 1](#)

[XRECR 062, \\$149](#)



LANGUAGES

Stress-Free Spanish for Beginners

Frank Prignoli, Brookdale language instructor

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

Bienvenidos a todos! 8 SESSIONS

Sat: Feb 7-Mar 28, 10 am-noon

XLANG 047, \$179

Learn to Sail

Seas Monmouth, certified sailing instructors

Combined classroom and hands-on instruction will give the adult beginning sailor the skills and confidence to operate a small sailboat. The class includes four evening classroom sessions and two Saturday sailing sessions on the Shrewsbury River aboard 17-18 foot sloops (water sessions may be rescheduled due to inclement weather). Successful completion of the course leads to a SEAS Basic Sailing certificate. A basic swimming test is required (treading water and putting on a flotation device) administered during one of the classes. Students are required to provide a personal flotation device (PFD) for the water sessions. Required text: Learning to Sail: The Annapolis Sailing School Guide for All Ages. Ages 13+ only. 6 SESSIONS

Sec 1: Mon & Thur, Jun 1-11, 7-9 pm

Sat, Jun 6 & 13, 9 am-4 pm, on the water

Sec 2: Mon & Thur, Jul 6-16, 7-9 pm

Sat, Jul 11 & 18, 9 am- 4pm, on the water

Sec 3: Mon & Thur, Aug 3-13, 7-9 pm

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

Sec 4: Mon & Thur, Sep 7-17, 7-9 pm

Sat, Sep 12 & 19, 9 am-4 pm, on the water

XRECR 063, \$295

For Related Classes See:

Piano for Procrastinators, p.22

Stitch a Cowl with Style & Wow!, p.16

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

Sat, Apr 11-May 30, 10 am-noon

XLANG 048, \$179

Learning French is Fun!

Giselle Rappaport, French language & culture teacher

Bienvenue à tous! Join us to learn French in an effective and fun way. The total immersion method will enable you to converse, read and write in the target language. Starting from the basics, you will engage in interactive conversation. Each lesson adds to the previous and you'll be amazed at your progress, as you become more comfortable speaking and understanding. 8 SESSIONS

Sat, Feb 7-Mar 28, 10 am-noon

XLANG 049, \$179

NEW! French, Part II:**Continue Your Journey!****Giselle Rappaport, French language & culture teacher**

Continue building your French language skills in this lively and supportive class. Designed for those who have completed Part 1 or have basic knowledge of French, expand your vocabulary, strengthen your grammar, and deepen your conversational skills. Through total immersion, gain greater confidence in speaking, reading, and writing while exploring everyday topics and cultural expressions. Interactive lessons building on what you've learned will help you speak more naturally understanding French with ease!

8 SESSIONS

Sat, Apr 11-May 28, 10 am-noon

XLANG 050, \$179

PERSONAL ENRICHMENT**FINANCE****Financial Strategies For Successful Retirement****Joseph P. Silvestri, CFP, ChFC, CLTC and Chester O. Gordon IV, CFP of Arkhitekton LLC**

As baby boomers approach retirement, new financial questions arise. We'll address your questions about building enough wealth to retire, increasing retirement income, and exploring lifestyle options. Discuss mutual funds, insurance, stocks, bonds, estate taxes, and long-term care. You'll receive a workbook packed with sound, solid information that you can take home and put to good use in the development of your own financial blueprint. Come away with a clearer picture of the opportunities available to improve your future financial security. Spouse/partner may attend for free.

3 SESSIONS

Wed, Apr 29-May 13, 6-9 pm

XFING 094, \$65

MUSIC**Piano for Procrastinators****John Balme, adjunct faculty, Brookdale Community College, Director, Concordia Vocal Academy**

If you meant to learn the piano years ago, the time has arrived! Join fellow beginners in the wonderful world of music at Brookdale's piano lab where you can learn to play your favorite songs. All you need to bring is a sense of adventure, a sense of humor and a pencil. Required text is included. Enrollment is limited. 6 SESSIONS

Mon, Mar 2-Apr 6, 10:30 am-noon

XHUMM 087, \$149

CREATIVE RETIREMENT**You Ought to Be in Pictures****Tom Waclawik, instructor**

Always wanted to be on the big screen. This could be your big break to become a movie or tv "extra" and make some 'extra' money. Tom has appeared in movies with Al Pacino, Tom Hanks, Robert DeNiro and Leo DiCaprio and has been on movie sets directed by Martin Scorsese, Clint Eastwood, Steven Soderbergh. His tv appearances include *Madam Secretary*, *Law and Order*, *The Good Wife*, *Homeland* and more. Learn how to get on set or in commercials – no acting experience needed. Ages 18 and up welcome.

Sat, Feb 21, 10 am-noon

XPERS 307, \$49

Creating Your Next Act: A Step-By-Step Guide**Jacqueline Robinson, Second Act Inspiration**

Wondering what's next in your life? Join this fun, interactive workshop to explore your "Next Act" with clarity, purpose, and excitement! Through thought-provoking discussions and reflective exercises, you'll gain practical tools to identify what truly matters, overcome obstacles, and discover what motivates you. Walk away inspired, supported, and ready to take the next steps in creating a meaningful, fulfilling chapter of your life. 3 SESSIONS

Thurs, May 7-21, 12:30-2 pm

XPERS 308, \$89

ARTIFICIAL INTELLIGENCE (AI)



NEW! AI "Speed Dating" An Introduction: Meet the Tools, Not a Partner

Gale Tenen Spak, PhD

AI for Lifelong Learners: Hands-On Workshop

Join Gale and “speed-date” of a variety of easy-to-use AI tools that simplify everyday tasks. Through quick, guided mini-sessions with pre-crafted prompts, try out chatbots, voice assistants, image generators, and digital reminder tools – including ChatGPT, Canva Magic, and Google Assistant. Learn how AI can help you draft emails, create visuals, stay organized, and more – all in a supportive, hands-on setting. Gain a simple overview of how tools like ChatGPT work and key tips for using AI safely.

Held in a computer lab. No AI experience needed.

Thurs, May 7, 1-4 pm

XPERS 309, \$59

**Program supported through the
generosity of The Friends of Lifelong
Learning**

**Gale Tenen Spak, PhD (Yale University),
founder of Build Their Future, LLC, provides
STEM and soft-skills training for learners
of all ages. During her 26 years at NJIT as
Associate Vice President for Continuing and
Distance Education, she developed programs
linking academia, industry, and government,
integrating online learning as appropriate.
She now advises Fiserv's "Future Techies" STEM
program and serves on the Yale Graduate
School Alumni Board. A consultant, professor,
and author, she champions lifelong learning
and practical innovation in digital technology.**

AI for Everyday Life: A Friendly Introduction

Sabrina Teekah, founder of Bits & BYTES

Artificial Intelligence is no longer just a tech trend – it's becoming a tool you can use in daily life. Discover what AI is, how it works in simple terms, and why it matters. We'll explore easy ways to use AI on your phone or tablet – from answering questions and planning trips to sparking creativity and staying organized. Each session includes live demonstrations and guided practice designed for beginners. Understand how AI can save time, boost confidence, and add new possibilities to your everyday routines. 3 SESSIONS

Thurs June 4-18, 10:30 am-12:30 pm

XPERS 310, \$79

**Please Note: June 4 and 18 classes will meet
on Campus**

June 11th class will meet on ZOOM 

HOME & GARDEN

NEW! The Buzz About Bees

**Jeffrey Burd, EAS (Eastern Agricultural Society)
master beekeeper**

Discover the amazing world of honeybees! Explore the basics of honeybees, beekeeping, the different roles in a hive, what daily life inside the hive looks like, and how these incredible insects work together! Learn simple ways to support bees in your own garden – through pollinator-friendly plants and habitat tips. “Bee” curious and join us!

Thurs, Apr 16, 10 am-noon

XHOMG 051, \$49



Never miss a class
you'll love! [Sign up](#)
for email updates and
stay in the know.





“A garden is a love song, a duet between a human being and Mother Nature.”

— J. Cox

If gardens make your heart sing, Chanticleer will enchant you. Join us for a delightful day exploring one of America's most beloved pleasure gardens – where artful design, seasonal color, and inspired horticulture come together in perfect harmony. Wander at a relaxed pace, savor the beauty, and enjoy lunch at the acclaimed **White Dog Café**. A feast for the senses and a joyful escape for curious, lifelong learners. See the details on Page 2

Woodworking Essentials: Cheese Board

Bruce Hogan, proprietor, The Wood Joint

Ready to explore the artistry and craft of woodworking? It's time to get started, no more excuses! Monmouth County's School of Woodworking, The Wood Joint, has the perfect class for you. Expert craftsman Bruce Hogan will guide you through a hands-on introduction to woodworking. Learn basics of milling, characteristics of wood, use of machinery and safety. Put that knowledge into action by creating your own cheese serving board. Class meets at The Wood Joint a state-of-the-art workshop (400 Warburton Pl, Long Branch, NJ 07740 thewoodjointnj.com) All supplies included. 4 SESSIONS

Tues, Mar 10-31, noon-2 pm
XHOMG 053, \$259

Container Gardening

Susan Molzon, instructor

No garden, no problem! With sun and water everything you can grow in the ground can be grown in a container. Learn the practice of growing plants exclusively in containers. A great practice for those with limited space, or desire to add more color to an mature garden. You'll go home with a planted container. Workshop takes place at a local nursery for expert tips. Please dress for the weather. Gardening gloves encouraged. Location: Molzon's Landscape Nursery, 140 Middletown Lincroft Rd, Lincroft, NJ 07738
Wed, May 20, 10-11:30 am
XHOMG 052, \$49



Ready, Set, Register!

Our new online registration system is getting easier – and we're here to help. Fast, convenient, and worth the learning curve. Find step-by-step guidance in **centerfold** and register with confidence.

GENERAL INFORMATION

COLLEGE CLOSING

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

FERPA – The Family Education Rights and Privacy Act of 1974 (Buckley Amendment)

The Act provides for the confidentiality of student records. For further information please refer to www.brookdalecc.edu/about/ferpa/

TRIP SPECIAL NEEDS

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.

Requests for special bus transportation are dependent on bus availability.

CANCELLATION & REFUNDS

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

Refund Policy

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

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

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

CONTACT US

Call – 732-224-2315

Email – CPS@brookdalecc.edu

BROOKDALE'S PERFORMING ARTS CENTER

Enjoy a Hassle-free Theater Experience – no traffic, no parking meters, no problem. Experience Music & Drama on Campus this Spring!

FEBRUARY

Midnight At The Masquerade – Murder Mystery
The Cabaret Cafe: Jazz Love Songs

MARCH

I Love The 80s To Death – Murder Mystery
The Cabaret Café: The Swing Era

APRIL

Company – A Musical

MAY

The Cabaret Café: Broadway Night

Get the Details - <https://brookdalepac.ludus.com/index.php>



26 Classes Listed by Date

DATE	TITLE	# SESSIONS	PAGE #
FEBRUARY			
Sat, 2/7	Learning French Is Fun!	8	21
Sat, 2/7	Stress-Free Spanish for Beginners	8	21
Tues, 2/10	What a Life! Irish Biofiction	3	10
Tues, 2/10	Pickleball for Beginners	3	20
Thurs, 2/12	Meditation: What? Why? How?	4	16
Thurs, 2/12	The American Civil War	3	3
Thurs, 2/12	Reset & Thrive	4	17
Sat, 2/14	Memoir Writing	3	14
Sat, 2/14	Pickleball for Beginners	3	20
Tues, 2/17	Irish Women Writers at the <i>New Yorker</i>	1	10
Wed, 2/18	NEW! Asbury Park True Crime Uncovered	1	7
Sat, 2/21	You Ought to Be in Pictures	1	22
Mon, 2/23	NEW! Stitch a Cowl With Style & Wow	4	16
Mon, 2/23	NEW! War and Peace – Guided Reading	4	13
Wed, 2/25	NEW! Ancient Art & Antiquities	1	8
Wed, 2/25	NEW! Electric Bills Are Soaring	1	12
Sat, 2/28	Reiki I	1	17
MARCH			
Mon, 3/2	Piano for Procrastinators	6	22
Tues, 3/3	NEW! The Bible for the 3rd Decade of the 21c.	4	8
Tues, 3/3	NEW! Bloom Where You're Planted	2	17
Wed, 3/4	Beginner Canasta	7	20
Wed, 3/4	Modern Masculinity in Literature	4	13
Wed, 3/4	NEW! In the Time of the Tudors	3	3
Wed, 3/4	Mah Jongg for Beginners	7	20
Fri, 3/6	NEW! Cold War Roots – Psychic Spies	1	3
Fri, 3/6	Meet the Presidents	2	4
Fri, 3/6	NEW! Legacy of Allaire Village	3	6
Mon, 3/9	Society and Its Institutions	4	8
Tues, 3/10	Woodworking Essentials	4	24
Tues, 3/10	Pickleball for Beginners	3	20
Tues, 3/10	The American Revolution and Ireland	2	10
Thurs, 3/12	NEW! Iceland: Forged by Fire, Ice	1	4
Sat, 3/14	Pickleball for Beginners	3	20
Tues, 3/17	Mindful Movement for Readers	3	16
Thurs, 3/19	NEW! African Antiquities & World Beyond	1	8
Thurs, 3/19	Irish Language	10	10
Tues, 3/24	Acrylic Painting	5	15
Wed, 3/25	NEW! Inside the Mind of ChatGPT	1	12
Thurs, 3/26	NEW! On the Brink: the Cold War	1	4

DATE	TITLE	# SESSIONS	PAGE #
Thurs, 3/26	Reconstructing Reconstruction	2	3
Sat, 3/28	Vibrational Sound Healing	1	18
Mon, 3/30	Annual St. Patrick's Day Celebration	1	11

APRIL

Mon, 4/6	ZOOM – Contemporary Irish Short Stories	5	11
Tues, 4/7	NEW! The Hero's Journey: Odyssey to Star Wars	2	14
Wed, 4/8	NEW! The Neuroscience of Lifelong Growth	3	18
Thurs, 4/9	NEW! Religion & Politics: (Im)Perfect Together?	1	5
Thurs, 4/9	Gustav Klimt & Zentangles	2	15
Fri, 4/10	Intro to Golf: GolfCave Holmel	3	20
Sat, 4/11	Scriptwriting	2	15
Sat, 4/11	French, Part II: Continue Your Journey	8	22
Sat, 4/11	Stress-Free Spanish Part II	8	21
Sat, 4/11	Pickleball for Beginners	3	20
Mon, 4/13	NEW! Impacts of the Revolutionary War	3	6
Tues, 4/14	NEW! Pioneers: New Wave into Musical Future	3	9
Tues, 4/14	Pickleball for Beginners	3	20
Tues, 4/14	Gentle Yoga	5	19
Tues, 4/14	Introduction to Machine Sewing	1	16
Wed, 4/15	NEW! The Six: Titanic's Last Story	1	4
Thurs, 4/16	The Buzz About Bees	1	23
Thurs, 4/16	NEW! Mysterious Destinations & Events	1	9
Fri, 4/17	Comic Books, Superheroes, and WWII	1	6
Sat, 4/18	Walking Tour: Ocean Grove	1	7
Tues, 4/21	Western Medicine vs Traditional Chinese	1	18
Wed, 4/22	Belfast: Screening & Discussion	1	11
Wed, 4/22	NEW! George Orwell & Power of Language	3	14
Fri, 4/24	Learn. Laugh. Lunch. Annual Women's Conference	1	2
Sat, 4/25	Reiki II	1	17
Mon, 4/27	NEW! Cultivating Presence: Meditative Life	4	19
Tues, 4/28	The Immune System: Stay Healthier	1	18
Wed, 4/29	Lunch & Learn: Crowns, Creativity & Chaos	1	5
Wed, 4/29	NEW! Cybersecurity Basics	1	12
Wed, 4/29	Financial Strategies for Successful Retirement	3	22
Thurs, 4/30	Tour & Talk: The Morgan Library	1	2

MAY

Tues, 5/5	Studio Time with Arlene	5	16
Tues, 5/5	NEW! Starry Messenger: Neil deGrasse Tyson	1	19
Thurs, 5/7	NEW! Prohibition: When the Cure Became the Curse	1	5
Thurs, 5/7	Creating Your Next Act: Step by Step Guide	3	22

28 Classes Listed by Date

DATE	TITLE	# SESSIONS	PAGE #
Thurs, 5/7	AI "Speed Dating"	1	23
Sat, 5/9	Pickleball for Beginners	3	20
Tues, 5/12	NEW! Mary Oliver: Poet for the River & Owls	2	14
Tues, 5/12	Pickleball for Beginners	3	20
Wed, 5/13	NEW! Money in the News	1	13
Thurs, 5/14	NEW! From Compass to Conquest	1	9
Thurs, 5/14	NEW! Old Cemeteries of Monmouth County	1	6
Wed, 5/20	Container Gardening	1	24
Wed, 5/20	Echoes of Asbury – Walking & Trolley Tour	1	7
Wed, 5/27	Tour & Talk: Chanticleer Garden/White Dog Café	1	2
Sat, 5/30	Crystal Bowl Workshop	1	19

JUNE

Mon, 6/1	NEW! Beyond the Yoga Mat: Love & Compassion	4	19
Mon, 6/1	Learn to Sail	6	21
Tues, 6/2	NEW! Criminal Law for Non-Lawyers	3	9
Wed, 6/4	AI for Everyday Life: A Friendly Introduction	3	23
Sat, 6/6	Pickleball for Beginners	3	20
Tues, 6/9	Reading & Writing Poetry	3	15
Tues, 6/9	Pickleball for Beginners	3	20
Wed, 6/10	NEW! The Wall Street Crash That Almost Happened	1	13
Wed, 6/17	Tour & Talk – 19c. Jewish History in NJ	1	7

continued in JULY-AUG-SEPT

Mon, 7/6	Learn to Sail	6	21
Mon, 8/3	Learn to Sail	6	21
Mon, 9/7	Learn to Sail	6	21

A Women's Conference LEARN. LAUGH. LUNCH.

Friday, April 24

We're excited to welcome **Amy Dickinson** of "Ask Amy" as the Keynote Speaker at this year's **Annual Women's Conference**. Join us for an incredible day of dynamic speakers "edutaining" workshops, and lively conversation. Come curious – leave inspired.

Details on page 2. Visit Amy's website: <https://amydickinson.com/>





Irish Heritage's Annual St. Patrick's Day Celebration

Mighty Craic – Music • History • Dance!

Celebrate Ireland with storytelling, lively music from the Cook College Ramblers, talks by Maureen D. Brady, Henry McNally, and Patrick McGowan, capped with a fun, guided céilí dance for everyone!

Register early—this popular event fills quickly! See Page 11

“With A Little Help from Our Friends”



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



FLL Holiday Luncheon

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



Meet Our Team!

We're here for you!

Our skilled and dedicated operations team delivers exceptional customer service, always!

Spring into Something New – Fresh Ideas are Waiting for You!



CONTINUING AND PROFESSIONAL STUDIES

Religion and Politics in America: (Im)Perfect Together?

Christopher Bellitto, PhD, Rabbi Brooks Susman

A timely, thought provoking look at the complex intersection of faith, power, and politics in America – past and present. [Page 5](#)

Old Cemeteries of Eastern Monmouth County

Gregory Caggiano, author

Uncover the hidden history behind the headstones as historian Greg Caggiano brings to life local legends, true crime, and fascinating figures from Monmouth County's past. [Page 6](#)

War and Peace: A Guided Reading Journey

Regina Wackerman, MFA

Embark on a read-and-discuss exploration of Leo Tolstoy's War and Peace, one of the most celebrated novels ever written. [Page 13](#)

Enjoy a stress-free environment with
no tests, no grades, and no worries!

