



BROOKDALE
COMMUNITY COLLEGE

CONTINUING AND PROFESSIONAL STUDIES

Lifelong Learning Classes

SUMMER 2026

Young Girl Reading (La Liseuse), c. 1770, by Jean-Honoré Fragonard,
from the collection of the National Gallery of Art



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WHAT LIFELONG LEARNERS ARE SAYING

“John Gutman had insights that were not obvious. His knowledge and understanding of American institutions helped fill gaps in my own knowledge.”

— **Joe Ritacco**

Course: Society & Institutions

“Dr. Belitto and Rabbi Susman are extremely knowledgeable and humorous. I enjoyed the class immensely.”

— **Pat Kitson**

Course: Politics & Religion in America

“Tom Waclawik was excellent – funny yet very well prepared and really informed. He gave us an incredible amount of great information!”

— **Monica Rowley**

Course: You Ought to Be in Pictures

Cover Image: Young Girl Reading (La Liseuse) - X-ray analysis later revealed that Fragonard painted over an earlier portrait, transforming the work into this intimate scene of a young woman absorbed in reading – created at a time when depictions of women with books were becoming symbols of education, curiosity, personal independence.

BE ENGAGED...

Dear Friends and Neighbors,

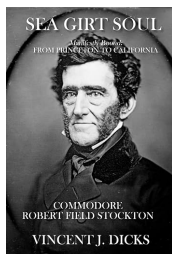
There's something special about being fully engaged – whether in a good book, a meaningful conversation, or the discovery of something new.

At Lifelong Learning, our classes are designed not only to inform, but to connect – to ideas, to experiences, and to one another. We invite you to join us this summer and be part of a community that is curious, thoughtful, and engaged.

Warmly,

The Lifelong Learning Team

Summer Spotlight: Featured **NEW!** Classes!



Sea Girt Soul: Commodore Robert Field Stockton

*Vincent Dicks, author,
photographer, researcher*
Discover the life of
Commodore Robert Field
Stockton – naval leader,

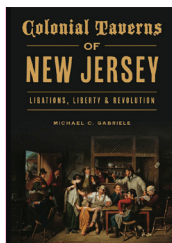
innovator, and political force. Examine ambition and identity in a young nation shaped by competing ideals. See page 5.

Colonial Taverns of New Jersey: Libations, Liberty and Revolution

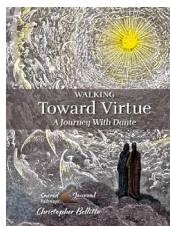
Michael C. Gabriele, author

A spirited look at colonial taverns as centers of politics and revolution.

Explore the ideas and encounters that helped shape a nation. See page 6.



Coming this Fall! Registration Open



Walking Toward Virtue: A Journey with Dante

*Dr. Christopher Bellitto &
Rabbi Brooks Susman*
Celebrate the publication
of Dr. Bellitto's latest book,
Walking Toward Virtue: A

Journey with Dante with our own "God Squad." Explore how the words of poet and philosopher Dante Alighieri illuminate the meaning of virtue, how virtue heals vice, and how we can grow in faith and character.

Wed, Oct 7, 10 am-noon
XHUMN 372, \$69, includes full breakfast

America at 250 Rethinking the Revolution

Lecture Series, see page 3.

Questions?

Call Us 732-224-2315

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Keep an eye on the Friends of
Lifelong Learning logo for reduced
pricing on sponsored programs.

Learn more –

Flip to the inside back cover.

SUMMER SCHOLARS

Experience a Scholarly Staycation featuring two of our most popular professors!

Engage with fellow learning enthusiasts, keep cool in a dynamic learning environment, and enjoy the surroundings of Brookdale's beautiful campus.

Sign up today for a Smart Start to Summer!



Special thanks to the Friends of Lifelong Learning for providing morning coffee and breakfast.

MORNING

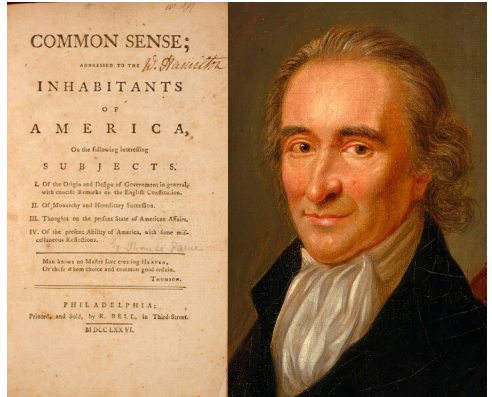


The Three Falls of Rome

Christopher Bellitto, PhD

Did Rome fall? Ancient Rome actually had three stages: a

monarchy, a republic, and then an empire. How did each fail and transform into the next stage? Join us for the unknown stories as well as for lessons for today. Look at how Rome began with kings, dictators and clans. Learn how the republic was created, growing into an empire, and follow its descent into chaos. Finally, explore the classic explanations of the rise and fall of Rome and discover what lessons we can learn from Rome today.



AFTERNOON



Thomas Paine & King George III

Lyndell O'Hara, PhD

In 1775, John Adams estimated that a third of colonists were

patriots, a third Loyalists, and a third undecided. In January 1776, Thomas Paine's *Common Sense* spoke directly to that uncertain middle, challenging hereditary rule and portraying King George III as a central force of oppression. As revolution unfolded, Paine's vision of representative government stood in sharp contrast to the monarchy. In this course, examine both Paine's influential pamphlet and the King's decrees to better understand the competing ideas that shaped the era.



Tues-Thurs, Aug 11-13, 10 am-3 pm
XHUMN 373, \$149, including daily breakfast & lunch

Visit Our Website



Questions?

Call Us 732-224-2315

THE HUMANITIES

History • Art Appreciation • Society • Culture

Explore the ideas, events, and creative expression that shape our understanding of the human experience – from pivotal historical moments to artistic interpretation and contemporary thought.

AMERICA at 250



Rethinking the Revolution

The American Revolution was more than a war – it was a turning point shaped by ideas, individuals, and global forces

that continue to influence our world today. As we approach the nation's 250th anniversary, explore the people, perspectives, and creative expressions that defined this transformative era.

Revolutionary Art

Jenny Santa Maria, artist, instructor

Explore how artists across time have used imagery to challenge injustice and inspire social change. From Picasso's *Guernica* to Keith Haring's bold public works, art emerges as a powerful form of expression and protest. Following the lecture, participate in a guided draw-along to create your own "Seeds of Change," using color and form to express personal values and ideas.

Tues, Jul 7, 10 am-noon
XHUMN 374, \$49

Gilbert Stuart, Portraitist of the Founding Fathers

Michael Norris, PhD, art historian

Discover the life and work of Gilbert Stuart (1755-1828), one of America's most accomplished portrait painters. With more than 1,000 works created in the United States and Europe, Stuart captured many of the nation's founding figures, including George Washington. Known for his engaging personality, he used conversation to reveal the character of his subjects, creating portraits that remain central to America's visual identity.

Tues, Jul 7, 1-3 pm
XHUMN 370, \$49

Life & Legacy of Colonial Artisan Betsy Ross: Fact & Fiction

Lyndell O'Hara, PhD

Elizabeth Griscom Ross Ashburn Claypoole, born in 1752, was the seventh of eleven children and part of Philadelphia's vibrant artisan community. Apprenticed to an upholsterer, she became skilled in the creation of military flags, a craft long associated with her name. Explore her life beyond the legend, including her role during the Revolution, her resilience, and the evolution of her legacy in American history.

Tues, Jul 14, 10 am-noon
XHUMN 367, \$49

**Watch Your Email
for Notices and Updates**

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



A Global Revolution: Rethinking America's War for Independence

John Miraglia, instructor, Kean University

Reconsider the American Revolution not as a regional rebellion, but as part of a global conflict involving powerful nations and competing interests. Examine diplomatic strategy, economic alliances, and international military engagements.

Explore how events across Europe, the Caribbean, and beyond shaped the outcome of the war and influenced the emergence of the United States on the global stage.

Wed, Jul 15, 10:30 am-noon

XHUMN 371, \$49

Shadows of the Revolution: John Taylor and New Jersey's Secret War

Russell Dutcher, MA, military historian

Step into the hidden world of espionage during the American Revolution through the story of John Taylor, scholar, soldier, and intelligence operative under George Washington. Explore New Jersey's critical role in spy networks and covert operations, and learn how ordinary citizens contributed to the war effort. Gain insight into the strategy, secrecy, and courage behind this lesser-known dimension of the fight for independence. 2 SESSIONS

Thurs, Jul 23–30, 11 am-12:30 pm

XHUMN 375, \$69

HISTORY

Explore pivotal moments, influential figures, and enduring stories that have shaped our world.

Questions?

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NEW! A History of the Papacy: 2000 Years in 2 Hours

Christopher Bellitto, PhD, professor of history, Kean University

The papacy is the longest-running monarchy in the world today, yet its origins were far simpler than the grandeur of the modern Vatican. Explore its political, theological, and cultural evolution across two millennia. Encounter saints and sinners, reformers and rulers, and discover how this institution has shaped global history and influenced Western civilization in lasting and unexpected ways.

Thurs, Jun 11, 10 am-noon

XHUMN 368, \$49

Meet the Seven Presidents: Long Branch Edition

Daniel Radel, journalist

During the Gilded Age, Long Branch became the summer retreat of U.S. presidents. Beginning with Ulysses S. Grant, seven presidents visited or stayed in the area, including James Garfield, who died here. Explore how this coastal town became the “summer capital” and uncover the stories, personalities, and cultural significance behind these visits and their connection to national history.

Thurs, Jun 25, 5:30-7:30 pm

XHUMN 376, \$49

NEW! Pirates of the Caribbean: Legends, Heroes, or Villains?

John Rossi, New York University Lecturer

Sail into the world of pirates and uncover the truth behind legendary figures such as Blackbeard and Anne Bonny. Were they rebellious adventurers or ruthless criminals? Explore how their stories were shaped by myth, culture, and historical reality while examining the economic and political conditions that gave rise to piracy and sustained its influence in popular imagination.

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

XHUMN 377, \$49



Gettysburg: From the Aftermath to the Address

Greg Caggiano, author

Following the Battle of Gettysburg, a small town of 2,000 was left to recover from one of the Civil War's most devastating encounters. Explore the civilian experience in the aftermath of the battle and examine the events leading to Lincoln's Gettysburg Address. Gain insight into how this moment reshaped national identity and continues to influence how Americans understand sacrifice, leadership, and unity.

Tues, Jul 28, 1-2:30 pm
XHUMN 378, \$49

Mary Todd Lincoln: A Life Reconsidered

Greg Caggiano, author

Take a fresh look at Mary Todd Lincoln, one of the most misunderstood figures in American history. Explore her upbringing, her intellectually dynamic relationship with Abraham Lincoln, and her influence during the Civil War presidency. Examine her personal losses and reconsider long-standing perceptions of her mental health through a modern and historically grounded perspective.

Thurs, Aug 6, 1-2:30 pm
XHUMN 379, \$49

NEW! Guardians of the Deep: The Epic History of Lighthouses and Ships

John Rossi, lecturer, New York University

Explore humanity's enduring struggle with the sea through the intertwined history of ships and lighthouses. From fragile vessels to evolving maritime technology, discover how sailors navigated danger and uncertainty. Learn how lighthouses served as beacons of safety, guiding ships through peril while shaping coastal communities, trade routes, and the broader story of maritime life.

Thurs, Aug 6, 10:30 am-12:30 pm
XHUMN 380, \$49

NEW! Sunshine and Struggle: A Wild Ride Through Florida's Past

John Rossi, lecturer, New York University

Explore Florida's fascinating and often unpredictable past, where natural beauty and conflict intersect. From early explorers and Seminole resistance to rapid development and environmental challenges, uncover the events and individuals that shaped the state's identity. This engaging course reveals a history filled with resilience, transformation, and stories as dynamic as Florida itself.

Thurs, Aug 27, 10:30 am-12:30 pm
XHUMN 381, \$49

See Related Programs:

[America at 250 Lecture Series, page 3](#)
[Colonial Taverns of New Jersey – Libations, Liberty and Revolution, page 6](#)
[Sea Girt Soul: Commodore Robert Field Stockton, page 5](#)

LOCAL HISTORY

Discover the people, places, and moments that shape our region's story.



NEW! Sea Girt Soul: Commodore Robert Field Stockton

Vincent Dicks, author, photographer, researcher

Explore the life of Robert Field Stockton, a naval leader, innovator, and political figure whose legacy reflects the contradictions of early America. A champion of expansion and progress, he also embodied the tensions of a nation shaped by competing ideals. His story offers a compelling lens through which to examine ambition, power, and identity in a rapidly evolving United States.

Mon, Jul 27, 10:30 am-noon
XHUMN 382, \$49

Walking Tour: Red Bank

Dan Radel, history instructor, journalist

Discover Red Bank's history on this walking tour of the vibrant downtown nestled against the banks of the Navesink River. Tour will include the Red Bank railroad station, one of the last remaining examples of the Stick Style station houses built by the New York and Long Branch Railroad in the 1870s. Stop by the Count Basie Theater, opened on November 11, 1926 as a vaudeville theater and cinema and named after Jazz legend and Red Bank native William James "Count" Basie. See the Lollipop Clock, built by a Swiss clock inspector and jeweler in 1902, and the Second Empire style architecture of the Dublin House. Wear comfortable walking shoes and be prepared to walk at least two miles. Meeting place in front of The Dublin House: 30 Monmouth Street, Red Bank. Rain Date Friday, August 14th. Please note: no refund will be given if rain date is used. [Fri, Aug 7, 1-3 pm](#)
[XHUMN 383, \\$39](#)



NEW! Colonial Taverns of New Jersey: Libations, Liberty and Revolution

Michael C. Gabriele, author

Step into the lively world of colonial taverns, where politics, debate, and daily life intersected. Often called the "Crossroads of the Revolution," New Jersey's taverns served as meeting places, military headquarters, and centers of revolutionary thought. Discover how these spaces brought together Patriots and Loyalists and helped shape the ideas that fueled independence.

[Tues, Sept 22, 10:30-noon,](#)
[XHUMN 384, \\$49](#)

See Related Programs:

[Meet the Seven Presidents: Long Branch Edition, page 4](#)

[Shadows of the Revolution: John Taylor and New Jersey's Secret War, page 4](#)

[A Global Revolution: Rethinking America's War for Independence, page 4](#)

SOCIETY & CULTURE

Examine the ideas, institutions, and experiences that shape ourselves and the world around us.

Justice for Everyday Life

John Gutman, retired sociology lecturer, Hunter College

Gain a practical understanding of how criminal law shapes society and affects everyday life. Explore key concepts including types of crimes, legal classifications, and how laws evolve over time. Discuss real-world examples such as marijuana and marriage laws while developing a clearer understanding of how the legal system functions and adapts to social change. 3 SESSIONS

[Tues, Jun 2-16, 10:30 am-noon](#)
[XHUMG 009, \\$89](#)

How Do We Know What We Know?

Brooks Susman, scholar, rabbi emeritus

Explore the nature of knowledge and how we determine what is true or reliable. Through discussion and examples, examine how understanding is shaped by experience, evidence, and interpretation, and reflect on how we navigate information in an increasingly complex world. 3 SESSIONS

[Tues, Jun 16-30, 10 am-noon](#)
[XHUMN 385, \\$89](#)

NEW! Have We Kept the Republic? Checks, Balances & the Modern Presidency

Bruce Brickman, Esq.

Are the constitutional guardrails envisioned by the Founders still holding? Examine the evolving balance of power among the branches of government, with particular attention to recent Supreme Court decisions and the rise of the "unitary executive" theory. Through close reading of constitutional text, historical context, and selected excerpts from oral arguments, explore whether presidential authority has expanded in ways that challenge traditional checks and balances – and what that may mean for the future of American democracy. 2 SESSIONS

[Wed & Thurs, Jun 24 & 25, 10:30 am-noon](#)
[XHUMN 369, \\$69](#)

NEW! Blinded by the Light: The Poetic Evolution of Bruce Springsteen

Brian McGackin, MFA,
professional poet
and writer



One of the defining characteristics of Bruce Springsteen's career has been his songwriting, but his approach has taken many forms since he first began recording music in the early 1970s. Examine the ways the poetry of his lyrics has evolved over the years, looking at songs like *Rosalita*, *Thunder Road*, *Badlands*, *Because the Night*, and more.

2 SESSIONS

Wed, Jul 1 & 8, 10:30 am-12:30 pm

XHUML 128, \$69

Society, Institutions, and Human Nature in Classic Literature

John Gutman, retired sociology lecturer,
Hunter College

What makes a society endure or collapse? Explore this question through four influential works: *Animal Farm*, *Lord of the Flies*, *1984*, and *Brave New World*. Examine how essential institutions – government, law, education, and social norms – shape the stability and character of imagined societies. Consider how the presence, absence, or distortion of these structures influences each society's ability to survive. Exchange perspectives and reflect on enduring questions about the forces that sustain – or undermine – civilization.

3 SESSIONS

Sept 22: *Animal Farm & Lord of the Flies*

Oct 20: *1984*

Nov 17: *Brave New World*

Tues, Sept 22-Nov 17, 10:30 am-noon

XHUMN 386, \$89

See related programs:

Mary Todd Lincoln: A Life Reconsidered, page 5

Shadows of the Revolution: John Taylor and

New Jersey's Secret War, page 4

Media and Information Literacy Crash Course,
page 15

ART APPRECIATION

Engage with art across time, exploring meaning, context, and the power of visual expression.

NEW! More Than Meets the Eye: The Hidden Ideas Behind Art

Edoardo Mungliello, PhD

Explore influential ideas about art and aesthetics, from Plato and Aristotle to modern and contemporary thinkers. Using *The School of Athens* as a starting point, ground yourself in a familiar masterpiece before moving through centuries of artistic thought. Consider Umberto Eco's idea that a work of art is not complete until the viewer engages with it – turning art into a collaboration. Discussion includes iconic works such as *The Birth of Venus*, *Las Meninas*, *Impression, Sunrise*, *Fountain*, and *Campbell's Soup Cans*. 3 SESSIONS

Mon, Jul 13–27, 10:30 am-12:30 pm,

XHUMN 387, \$89

NEW! Celebrating 250 Years of New Jersey Folk Art

Rachael Goldman, PhD

New Jersey, at the crossroads of the American Revolution and home to the Lenni Lenape, provided fertile ground for artistic expression and craft traditions. Explore folk art including baskets, woodwork, decoys, ceramics, quilts, and embroidery. Examine the work of Ammi Phillips, Micah Williams, and other self-taught artisans, along with the communities where they gathered, and how these traditions continued into the 20th century.

Tues, Jul 28, 10:30 am-12:30 pm

XHUMN 388, \$49

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you'll love! Sign up
for email updates and
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Questions?

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NEW! The Trojan War in Art

Michael Norris, PhD

From a 2,600-year-old Etruscan chariot to Athenian vases, Roman mosaics, 19th-century sculpture, and 20th-century paintings, the Trojan War (ca. 1200 B.C.) inspired them all. The story of the ten-year war was often told through memorized verse that was eventually written down, as was true for Homer's epic poem the *Iliad*, but art helped keep it alive within the human mind.

Wed, Jul 29, 1-3 pm

XHUMN 389, \$49

See Related Programs:

Gilbert Stuart, Portraitist of the Founding Fathers, page 3

Revolutionary Art, page 3

BEYOND CAMPUS

Learning extends far beyond the classroom. Join fellow lifelong learners for enriching day trips and shared experiences that explore remarkable places, immerse you in history, culture, and the arts, inspiring discovery along the way.

Beyond the Canvas: The Barnes Collection

Experience one of America's most extraordinary collections and discover art the way visionary collector Albert Barnes intended. Through a docent-led tour, uncover connections among masterworks by Renoir, Cézanne, Matisse, and Picasso alongside African masks, Native American jewelry, Greek antiquities, and decorative arts from around the world. Learn how Barnes challenged traditional ideas about art and created an entirely new way of seeing. Lunch in the stunning Maguire Garden Pavilion, surrounded by floor-to-ceiling views overlooking a serene garden courtyard.

Mon, Jul 13, 9 am-4:45 pm

XTRVY 344, \$189

Beyond the Plate: Inside the Culinary Institute of America

Go behind the scenes at the world-renowned Culinary Institute of America for an unforgettable foodie experience. Explore Roth Hall, where culinary magic happens, discover the science of taste through an interactive demonstration, and learn about the CIA's prestigious culinary and baking programs during a guided tour. Then savor a memorable lunch at the acclaimed Bocuse Restaurant, named for legendary French chef Paul Bocuse, where classic French cuisine is reimaged with contemporary techniques, elegant service, innovative flavors, and a breathtaking architectural setting.

Tues, Aug 4, 8:30 am-6:30 pm

XTRVY 343, \$195

All trips depart from Parking Lot 1.

Questions?

Call Us 732-224-2315

Visit Our Website



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TWILIGHT TALKS

Longer days. Ideas that linger.
Thursday evenings, 7-9 pm



From the Mississippi Delta to the Concert Hall: Trace the Blues

Influence on Jazz, Rock, Country, and Soul music

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

Through listening and discussion, explore the blues influence on the evolution of jazz, rock, country, soul, and even classical music. Examine the blues rhythms, story telling and other musical elements that helped shape generations of modern music.
[Jul 9, XHUMN 390, \\$49](#)



Jersey Girls: Rebels, Rulebreakers, and Legends

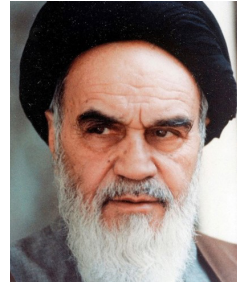
Lesley Schierenbeck, MA history, founder of the History Chick Tours

Explore the lesser-known history of the Jersey Shore through the lives of women who challenged social norms and were often labeled “infamous.” From boardwalk entrepreneurs to figures tied to crime and controversy, these women navigated systems that limited their power while still shaping their communities. Discover how gender, reputation, and survival intersected along the Shore – and reconsider what it meant to be a “Jersey Girl.”

[Jul 30, XHUMN 391, \\$49](#)



Before 1979



After 1979

The Enigma That Is Iran

Joe Ritacco, retired AT&T Bell Labs computer scientist and leader in interfaith dialogue and peacebuilding

Step beyond the headlines to explore the rich history, culture, and political complexities of one of the world’s most misunderstood nations. This engaging presentation examines Iran’s evolving relationships with the United States, Israel, and the Jewish community, while exploring the Sunni/Shia divide, the roots of the current regime, and the lasting impact of the 1979 revolution. Through personal experiences of living in Iran during revolutionary unrest, Joe offers historical context, surprising insights, and fresh perspectives in an apolitical educational setting.

[Aug 6, XHUMN 392, \\$49](#)



An Evening with Terry Golway

Author of *Terror from America: A Sherlock Holmes Adventure*

Join acclaimed historian and journalist Terry Golway for a discussion of his debut novel, *Terror from America: A Sherlock Holmes Adventure*. Set in 1885 New York amid Irish nationalist bombings and political intrigue, the novel sends Sherlock Holmes into the city’s shadowy Irish American underworld to investigate murder, conspiracy, and hidden loyalties. Blending rich historical detail with classic suspense, Golway reimagines the legendary detective in Gilded Age New York.

Terry Golway is an award-winning journalist, historian, and author. A former writer and editor for The New York Times and The New York Observer, he has written more than a dozen nonfiction books and holds a PhD in U.S. history from Rutgers University.

[Aug 20, XHUMN 393, \\$49](#)

IRISH HERITAGE

Irish Language

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

Irish Language Takes a Summer Holiday – *Returning This Fall!*

Summer Short Film Mini Fest

Maureen D. Brady, MA, NYU Glucksman Irish House

An intriguing exploration of 3-4 Irish short films will be presented with a short intro to each film followed by viewing and discussion. Gain an appreciation for the experimental and creative freedom found in the production of short films which play an important role in Irish film culture.

Wed, Jul 22, 1-3 pm
XIRIG 166, \$49

Songs of Summer: Seasonal Irish Poems

Brian McGackin, MFA, professional poet, writer

The poets of Ireland have long been known for their connection to the beautiful landscape they inhabit. From the ancient songs and ballads of prehistory to the modern works of today, the hills, trees, creatures, and seasons of Ireland have informed and inspired countless great works. “Songs of Summer” looks at many of the most beautiful Irish poems of the hotter months – or at least what passes for hot on the Emerald Isle. Read and discuss Yeats, Kavanagh, Boland, and many other favorites, old and new.

Mon, Aug 17, 1-3 pm
XIRIG 167, \$49

LITERATURE & WRITING



Terror from America: A Sherlock Holmes Adventure

by **Terry Golway**

Acclaimed historian, journalist, and author

Terry Golway returns to campus to discuss his first novel, *Terror from America: A Sherlock Holmes Adventure*. A former columnist and editorial board member for *The New York Times* and longtime writer and editor for *The New York Observer*, Golway brings his signature storytelling and historical insight to an exciting new literary venture.

See page 9 for details

Creative Steps: Walk, Stretch, Reflect & Write

Diane Lang, MA, author, therapist

See page 12 for class details

NEW! Blinded by the Light: The Poetic Evolution of Bruce Springsteen

Brian McGackin, MFA, professional poet and writer

See page 7 for class details

Society, Institutions, and Human Nature in Classic Literature

John Gutman, retired sociology lecturer, Hunter College

See page 7 for details

Questions?

Call Us 732-224-2315

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



THE ARTS

Explore creativity through hands-on experiences.

Crafts

Introduction to Machine Sewing

Betty McCarty, instructor

Do you love fabric, fashion, or interior design but aren't sure how to begin? Learn how to operate a sewing machine and understand its basic parts and functions. Practice foundational techniques while completing a simple starter project. This course is ideal for beginners looking to build confidence and develop essential skills. A portable sewing machine is required for each participant.

Tues, July 28, 6-8 pm

XARTC 159, \$59

Advanced Sewing Series

Sheridan O'Hea, instructor, Brookdale Community College Fashion Design & Marketing

Created for design students with prior sewing and pattern-making experience, this course guides participants through the creation of a complete summer dress from concept to finished garment. Work in Brookdale's sewing studio while refining techniques in design, construction, and finishing. Required materials will be reviewed in the first session; students provide fabric and supplies. Students must have 5 yards of muslin drafting fabric. Sewing machines and tools are available for use. Ages 18+.

6 SESSIONS

Mon, Wed, Fri, Jun 22-Jul 3, 11 am-3 pm

XARTC 163, \$450

Beginner Sewing Series

Sheridan O'Hea, instructor, Brookdale Community College Fashion Design & Marketing

Designed for beginners, this course introduces the fundamentals of sewing through the completion of a functional project such as a tote bag or bucket hat. Learn basic pattern drafting, fabric cutting, machine sewing, and simple hand-finishing techniques. Gain hands-on experience constructing seams and assembling a project from start to finish while building confidence to continue sewing independently. No prior experience required. Materials purchased separately and will be discussed in first class. Ages 16+. 4 SESSIONS

Tues & Thurs, Jul 14-23, 11 am-2 pm

XARTC 161, \$240

Intermediate Sewing Series

Sheridan O'Hea, instructor, Brookdale Community College Fashion Design & Marketing

Develop your sewing skills by designing and constructing a custom apron from concept to completion. Begin with illustration and design, then move into pattern drafting, fabric selection, and cutting. Progress through structured garment assembly, including lining, ruching, and detailed finishing techniques. Strengthen both technical ability and creative confidence in a supportive studio environment. Materials purchased separately and will be discussed in first class. Prior sewing and pattern-making experience required. Ages 16+. 6 SESSIONS

Mon, Wed, Fri, Aug 3-14, 11 am-2 pm

XARTC 162, \$360

NEW! Watercolor Pencils

Jenny Santa Maria, artist, instructor

Watercolor pencils offer the control of drawing with the luminous quality of watercolor. Take inspiration from the Impressionists as you select a well-known painting to sketch and bring to life. Explore how color, light, and subtle shifts in hue transform an image while building skills in observational drawing and brush techniques. Work confidently with professional materials such as Derwent and CastleArts watercolor pencils. No experience required. \$10 materials fee payable to instructor.

Wed, Aug 19, 10 am-noon

XARTF 224, \$49

See Related Programs:

[More Than Meets the Eye: The Hidden Ideas Behind Art, page 7](#)

[Celebrating 250 Years of New Jersey Folk Art, page 7](#)

[The Trojan War in Art, page 8](#)

[Gilbert Stuart, Portraitist of the Founding Fathers, page 3](#)

[Revolutionary Art, page 3](#)

HOLISTIC HEALTH & WELLNESS

Explore practices for well-being,
nurturing mind, body, and creating balance in everyday life.

Creative Steps: Walk, Stretch, Reflect & Write

Diane Lang, MA, author, therapist

Movement sparks Ideas. Writing makes them real. Blending gentle movement with expressive writing, this class supports stress relief, grounding, and emotional well-being. Short walking intervals, light stretching, and guided journaling prompts encourage clarity, creativity, and self-connection. Ideal for those pursuing personal growth, working on a creative project, or seeking mental clarity, this experience combines physical movement with thoughtful reflection – helping you move forward, both literally and figuratively. 3 SESSIONS

Wed, Jul 22-Aug 5, 1-3 pm

XHEAF 305, \$89



Breath, Sound & Stillness: A Seasonal Reset for Fall

Julie Albert, certified holistic health coach

Join us for a thoughtful introduction to the restorative effects of breathwork, meditation, and sound-based practices as we transition into the fall season.

Drawing on research in stress reduction and mind-body regulation, explore how intentional breathing, focused awareness, and resonant sound can support emotional balance, mental clarity, and overall well-being. Experience crystal singing bowls and gong while engaging in guided practices designed to calm the nervous system and encourage relaxation. Learn practical techniques that can be integrated into daily life to support resilience and seasonal renewal. All welcome! 2 SESSIONS

Fri, Sept 11 & 18, 10-11:30 am

XHEAF 306, \$69

RECREATION

Discover activities for leisure and fitness, improving skills, movement, and the joy of play.

Pickleball For Beginners

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

Sec 1: Tues, Jun 9-23, 3-4 pm

Sec 2: Tues, Jul 7-21, 3-4 pm

Sec 3: Tues, Aug 4-18, 3-4 pm

XRECR 060, \$79

Intro to Golf at GolfCave Holmdel

Joshua Green, PGA Level 2 Associate, Titleist staff professional, former golf professional at Navesink Country Club and Colts Neck Golf Course

No tee time pressure – just a state-of-the-art indoor setting where beginners can learn with ease and enjoy the game. Work with an experienced instructor to learn the basics, including grip, stance, swing fundamentals, and golf etiquette. Whether you're brand new to golf or looking to build a solid foundation, gain confidence and enjoy the game from the first swing. Enrollees will be eligible for 30 minute private lesson. Class meets at GolfCave Holmdel, 2145 NJ-35, Holmdel, NJ 07733. 3 SESSIONS

Fri, Jul 17-31, 10-11:30 am

XRECR 064, \$249

Learn to Sail

Seas Monmouth, certified sailing instructors

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

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

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

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

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

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

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

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

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

XRECR 063, \$295

**Watch Your Email
for Notices and Updates**

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, Jul 8-Aug 19, 10:30 am-12:30 pm

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 start your own game with classmates. Bring your 2026 Mah Jongg card, pen, and paper – no set required. A perfect way to stretch your mind and enjoy social connection.

7 SESSIONS

Wed, Jul 8-Aug 19, 1-3 pm

XRECR 062, \$149

LANGUAGES

Engage with language and culture, building communication skills, confidence, and global connection.

Italian Made Easy: Speak & Enjoy!

Joe Palumbo, Brookdale Italian Instructor

Benvenuti! Experience the joy of learning Italian in a fun, relaxed setting. Master essential phrases, build confidence in conversation, and immerse yourself in Italy's rich culture – no stress, just results! Whether you're planning a trip or simply love the language, you'll be speaking Italian from day one. 8 SESSIONS

Tues & Thurs, Jul 7-30, 10 am-noon
XLANG 051, \$179

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

Thurs, Jul 2-Aug 20, 6-8 pm

XLANG 047, \$179

PERSONAL ENRICHMENT

Explore new interests and practical skills, expanding knowledge, creativity, and everyday confidence.

AI for Everyday Life: A Friendly Introduction

Sabrina Teekah, founder of Bits & BYTES

Artificial Intelligence is no longer just a tech trend – it's a tool you can use in daily life. Discover what AI is, how it works in simple terms, and why it matters. Explore easy ways to use AI on your phone or tablet – from answering questions and planning trips to sparking creativity and staying organized. Sessions 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.

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

XPERS 310, \$79

Please Note: June 4 & 18 on campus, June 11 on ZOOM

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, Jun 27, 10 am-noon

XPERS 307, \$49

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, Jun 29-Aug 10, 10-11:30 am, no class Jul 6
 XHUMM 087, \$149

Financial Wellness 101: Saving & Investing for a Secure Future

Gerard St-Cyr, author

Take charge of your financial future with this practical and build a solid foundation in saving and investing. Whether you're building an emergency fund, planning for a major purchase, saving for retirement or simply looking to grow your wealth, gain key financial tools and strategies. Topics include cash management, certificates of deposit (CDs), stocks, and bonds, and investing in volatile times. Learn to make informed decisions, balance risk and return, and create a plan that aligns with your personal goals and financial situation. Be empowered to take confident steps toward lifelong financial wellness. Please note that this course is for educational purposes only. No individual financial advice will be given. 3 SESSIONS
 Wed, Jul 15-29, 6-7:30 pm
 XFING 095, \$79

Media and Information Literacy Crash Course

Olga Polites, State Advocate Lead & NJ Advocacy Leader, Media Literacy Now

With more information available online than ever before, it can be challenging to distinguish between what is useful and what is misleading. Join us for an engaging session on how information is created, shared, and monetized. Learn essential skills to critically evaluate online media and engage with it responsibly and effectively.

Thurs, Aug 20, 10:30 am-12:30 pm
 XPERS 318, \$49

Displaced Homemakers

Have you lost your primary source of income due to separation, divorce, widowhood, spousal disability, spousal military deployment, or domestic violence, and need to transition into head of household?

You Are Not Alone!

Services are free and are provided at two convenient Brookdale locations.

Jennifer Murad, Program Administrator

Email: jmurad@brookdalecc.edu

Phone: 732-571-7166

FAMILY & PARENTING: DIGITAL LIFE

Raising Connected Kids

Staying connected has never been easier – or more complicated. As phones and social media become part of daily life, families are navigating new questions about balance, boundaries, and well-being. These practical, supportive presentations offer clear insight into how screen use affects sleep, focus, mental health, and relationships. Discover realistic strategies to set limits, model healthy habits, and have more productive, low-conflict conversations – while fostering independence, resilience, and stronger family connection.

Questions?

Call Us 732-224-2315

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



Rewiring Attention: Cell Phones, Dopamine, and the Cost of Constant Switching

Coley Conter, educational consultant & literacy coach, author

Why is it so hard for kids and teens to focus – and what role do smartphones play? Explore how constant notifications, rapid task switching, and dopamine-driven design impact attention span, motivation, and learning. Designed for parents and families, the session translates current research into clear, practical insights. Learn how digital habits shape the developing brain, why multitasking undermines performance, and how to help teens rebuild sustained attention. Leave with realistic strategies to reduce distraction, set boundaries around device use, and support healthier, more focused routines at home.

Wed, Aug 26, 6-7:30 pm
XPERS 319, \$49

Social Media & Well-Being: Finding Balance in a Digital World

Olga Polites, State Advocate Lead & NJ Advocacy Leader, Media Literacy Now

How does social media shape our happiness – and what can we do about it? Drawing on insights from the latest World Happiness Report, recent court cases, and emerging research, this engaging lecture explores the connection between social media use and well-being, particularly among young people. As schools, states, and countries introduce new policies around phone use and digital platforms, media literacy is becoming an essential life skill. Participants will gain a clearer understanding of today's digital landscape and leave with practical ideas for fostering healthier, more mindful technology habits in their families and communities.

Thur, July 30, 6-7:30 pm
XPERS 320 \$49

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

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

Refund requests must be made at least seven calendar days prior to program start date. A full refund will be issued. See below for appeal process.

Appeal Process

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

“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 Executive Board left to right: Kathy Colmorgen, Audree Feldman,
Pat Petrosini, Mary Kouvel, Mary Beth Purn*

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