



BROOKDALE
CONTINUING AND PROFESSIONAL STUDIES

Lifelong Learning
JANUARY–JUNE 2023

www.brookdalecc.edu/lifelonglearning



Almond Blossom,
Vincent Van
Gogh, 1890, Van
Gogh Museum,
Amsterdam,
Netherlands

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TOO MANY PASSWORDS TO REMEMBER?

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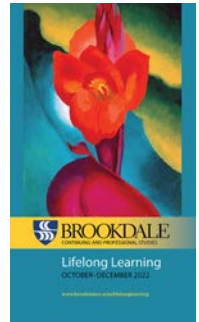
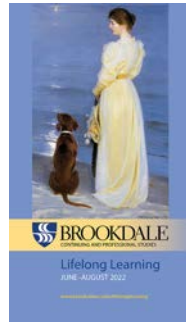
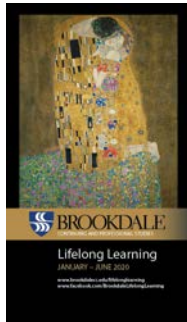
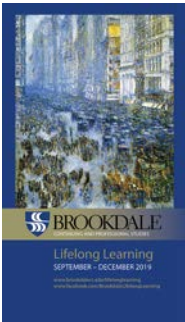
Record your lifelong learning login info here for safe keeping.

Watch Your Email! Registration receipts are emailed within 3 days following enrollment. Please continue to check your email. **Class and bus trip updates are delivered via email** including notices of wait lists, class cancellations, date changes, classroom updates and more.

WHERE'S MY CLASSROOM?

- Call our office (Mon-Fri 8:30 am-4:30 pm) at 732-224-2315
- Read the posting on our front door – inside lobby, ATeC building





Dear Brookdale Friends and Neighbors,

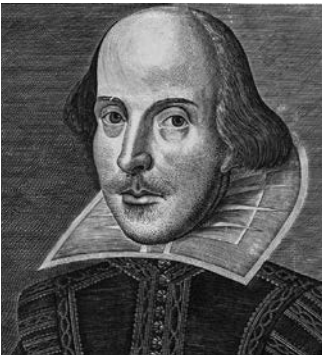
We've all had our share of worries these past few years; as we welcome the New Year, let's make 2023 the year to let it be! Let it be interesting, let it be enlightening, let it be adventurous, and let it be enjoyed together. Join us for a new year of fresh ideas, thoughtful discussions, and surprising discoveries. Come to campus and experience the joy of learning in a worry-free setting – no tests, no grades, no papers to write.

May 2023 bring peace, love, laughter, and learning to all!

Your Friends at Lifelong Learning

In anticipation of the glorious arrival of spring we're offering a new line-up of Home & Garden classes.

- **Dahlia Fever**, p.13
- **Documentary & Discussion, Wild in the Garden State**, p.14
- **Grow a Cut Flower Garden**, p.14
- **Container Gardening**, p.14



Also, not-to-be missed this spring

Lifelong Learning at Two River Theatre – Shakespeare's timeless masterpiece – ***Romeo & Juliet***, a modern verse translation by Hansol Jung, p.19

Stay Tuned

Tour of Ulster (Ireland's least visited Province)

Led by our own local Irish historian, Hank McNally. May 7-15, 2024.

Details will be announced in late spring of 2023.

Quick and Easy online registration
Need help? Call 732-224-2315

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



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



Friends' Corner Spring 2023



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.

You don't want to miss this!

Sponsored by the Friends of Lifelong Learning

New Jersey Enslavement & the Underground Railroad

Presented by author, Rick Geffken

Slavery was “baked into” New Jersey from its very beginnings. In the 1664-65 Concession and Agreement of the Lords Proprietors of the Province of New Caesarea, or New Jersey, Lord John Berkeley and Sir George Carteret granted prospective colonists 75 acres of land “for every weaker servant, or slave, male or female, exceeding the age of fourteen years, which anyone shall send or carry, arriving there.” This provision of one of New Jersey’s founding documents nonetheless made chattel slavery foundational.

Enslaved people were running away from their masters for years through New Jersey, in attempts to reach New York and then Canada. For decades leading up to the Civil War in the 1860s, the paths to freedom through the Garden State came to be known as the Underground Railroad. Be introduced to the history of slavery in NJ and learn how some residents helped fleeing slaves reach freedom.

Wed, Feb 15, 10 am-noon

Fee: \$39, light refreshments

We want to hear from you! E-mail us at FLLbrookdale@gmail.com

***The capacity to learn is a gift; the ability to learn is a skill;
the willingness to learn is a choice.***

– Brian Herbert

Coming Soon!

Spring is the perfect time for new beginnings –



The Caroline Huber Holistic Wellness Center
is scheduled to open on Brookdale's Lincroft Campus
in Spring 2023!

The focus of the Center will be on total well-being with a thoughtful design created for spirituality, physical health, mental health, social relationships, and intellectual development. Programs and services will be available for Brookdale students, employees, and the community.

<https://www.brookdalecc.edu/mental-health-wellness-resources/wellness-center/>



Performing Arts Center At Brookdale

SPRING 2023 PERFORMANCES

Stinky Cheese Man And Other Fairly Stupid Tales

Feb 17, 11 am, Feb 18, 11 am & 2 pm,
Feb 19, 2 pm, Feb 24, 11 am,
Feb 25, 11 am & 2 pm, Feb 26, 2 pm

\$10 for all tickets. Under 2 free.

Suggested age 4-9

Rock Of Ages

April 7, 8 pm, April 8, 2 pm & 8 pm,
April 14, 8 pm, April 15, 8 pm, April 16, 2 pm,
April 21, 8 pm, April 22, 8 pm, April 23, 2 pm
This show contains adult content

\$20 for all Tickets, Senior Saturday April 8,
\$15 for ages 62+

Visit <https://www.brookdalecc.edu/pac/>
or call 732-224-2411

**Watch Your Email
for Notices and Updates**



THE ARTS

The Joy Of Creating: Painting Landscapes

Arlene Smelson, instructor

Do you have the desire to create a work of art but haven't gotten around to taking the first step? Learn to make art through an assortment of mediums in a fun and relaxing mini-series of lessons. Explore an assortment of mediums and experience the joy of developing various techniques. Integrate mixed media components to create a painting that is your own work of art. When combining a series of processes some marvelous and surprising effects can occur. No experience necessary – just bring your imagination and desire to create. Find the inner talent you felt was out of reach! Supply fee of \$20 payable to instructor. 5 SESSIONS

Thurs, Apr 13-May 11, 10 am-12:30 pm

Fee: \$169

Acrylic Painting

Arlene Smelson, instructor

Whether you are a beginner or haven't painted in a while, explore the magic of acrylic in a relaxed setting. Construct a painting by learning to develop an interesting composition, to mix colors, to build textures, and develop movement and values in a work of art. Learn a variety of techniques and how to bring out the artist within you. Develop skills and techniques that will allow you to express yourself in any way you can imagine. Supply list available upon registration. 5 SESSIONS

Tues, Apr 25-May 23, 10 am-12:30 pm

Fee: \$169

Introduction To Jewelry Making

Niels Pustrom, instructor

Design and create a mixed metal piece in our professional jewelry studio. Learn techniques and safety procedures on specialized equipment. Leave with your own unique creation. Materials fee \$15 payable to instructor. 4 SESSIONS

Mon, Mar 6-27, 6-8 pm

Fee: \$159

Jewelry Making: Reuse, Recycle, Renew

Niels Pustrom, instructor

Bring us your tired, your broken, your out-of-fashion jewelry. Use your creativity to breathe new life into your old pieces. Add a jump ring, or two, make a bail, forge a link, hammer a texture, and use your old jewelry a new way. Bring it in, and see what's possible. Materials fee of \$15 payable to instructor. 4 SESSIONS

Mon, Apr 3-24, 6-8 pm

Fee: \$159

Jewelry Studio Time

Niels Pustrom, instructor

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

Tues, Apr 11-May 2, 6-9 pm

Fee: \$99

Watch Your Email for Notices and Updates

New! Quick and Easy online registration

Need help?

Call 732-224-2315

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



Mosaic Stepping-Stone

Harry Belkowitz, instructor

Create a 9" round mosaic stepping-stone in this fun, beginner-friendly class. Project will be completed by the end of the session. Brighten any garden or outdoor space with a piece of art crafted by you! Materials fee \$50 payable to instructor.

Thurs, Mar 30, 10 am-noon

Fee: \$35

Mosaics: A Beginner's Workshop

**Harvey Altman, instructor,
award-winning artist**

Learn design, cutting, tile layout, types of surfaces, adhesion, and grouting. All the techniques needed to complete a 9" x12" mosaic project to take home. Materials fee \$70 payable to instructor. 4 SESSIONS

Thurs, May 25-Jun 15, 10 am-noon

Fee: \$99

PHOTOGRAPHY

Basics Of DSLR Photography

Kevin Burkitt, instructor, photographer

Unlock your camera's potential to create great photos by manipulating ISO, shutter speed, and aperture. Enhance your landscape and portrait images. Whether you are new to photography or just need to brush up your skills, gain a better understanding of your camera and all it can do. Digital SLR camera required; no point-and-shoot or fixed-lens cameras.

2 SESSIONS

Tues & Thurs, Mar 7 & 9, 6:30-9 pm

Fee: \$79



Camera Theory

Kevin Burkitt, instructor, photographer

Prerequisite: Introduction to DSLR or working knowledge of your camera. Explore how ISO, aperture, and shutter speed work in unison to create incredible images.

Please bring your Nikon or Canon DSLR camera to class and be ready to switch off automatic or guided modes in order to learn how to make manual adjustments which will take your photography to the next level. Discover how ISO, aperture, and shutter work together in various situations. Students must have access to their own DSLR and have a basic working knowledge of their camera. Software and hardware not required – just an open mind and a willingness to learn.

Sat, Apr 22, 10-3 pm

Fee: \$79

Lightroom Classic

Kevin Burkitt, instructor, photographer

Now that you've taken fabulous pictures you need a way to store, catalog, and edit them. Adobe Lightroom is the answer. Come learn the basics of Lightroom Classic and take your photography to the next level using this powerful storage and editing software.

Tues & Thurs, May 9 & 11, 6:30-8:30 pm

Fee: \$79

Put Your Money Where Your Mind (and Heart) Is

So often we are looking for a meaningful way to honor someone's special occasion, to give a gift in memory of someone, as a part of estate planning, or perhaps solely to be a generous donor who appreciates a valuable program.

The Lifelong Learning Program at Brookdale Community College can be the perfect solution; particularly for those who love learning and who appreciate the opportunity to help fund a much loved program. Contact Noreen Kane 732-224-2049



CREATIVE COOKING

Brookdale Culinary Arts – Hands-on Classes!

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

Royal Icing Cookie Decorating

Chef instructor, Maria Bouchard

Discover how to decorate sugar cookies with various royal icing techniques. Different decorating techniques taught in class include, piping, flooding, scrollwork, and more. Take home your cookie creations.

Thurs, Mar 2, 6-9 pm

Fee: \$75

Delectable Dumplings

Chef, Bill Roll

Everyone loves dumplings! Focus on a variety of dumplings, filled with chicken, pork, and fresh vegetables accompanied with different dipping sauces from various regions of Asia.

Thurs, Mar 23, 6-9 pm

Fee: \$75

Fresh Pasta 101

Chef instructor, Bill Roll

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

Tues, Mar 7, 6-9 pm

Fee: \$75

Donut Making

Pastry Chef instructor, Cathy Mandel

Grab a cup of Joe and come learn how to make yeast, jelly, and glazed donuts. You'll prepare, bake and take home your sweet creations. Time to make the donuts!

Wed, Mar 8, 6-9 pm

Fee: \$75

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HISTORY & CULTURE***IN HONOR OF BLACK HISTORY MONTH*****Independent Filmmaking And Design In Spike Lee's
Do the Right Thing (1989)****Jonathan Shaloum MS, St. Joseph's University, cinema studies adjunct instructor**

By the 1980s, the studios had a stronghold over the production industry, and it was hard for filmmakers to make unconventional movies. During that time, African American actors were still largely appearing in marginalized roles. Lee is a Black filmmaker/actor who could not possibly have made the film inside the Hollywood system, so he raised the funds to produce the movie himself. Join us to discuss how the elements of design and production reinforce Lee's social commentary.

Wed, Feb 8, 10 am-noon

Fee: \$39

**Music Of The Harlem Renaissance****Doug Clarke, celebrated jazz guitarist, adjunct professor, Brookdale Community College**

Explore the music of the Harlem Renaissance through a discussion and video/audio clips of America's best jazz composers and musicians. Take a stroll through history starting with the Great Migration. Learn about the evolution of jazz in the

Harlem Renaissance. Listen to recorded musical selections from Louis Armstrong, Jelly Roll Morton, King Oliver, Cab Calloway, Harlem Stride pianists James P. Johnson, Willie "the Lion" Smith, Art Tatum, and Fats Waller. The musical journey continues with a nostalgic look at the music that came out of the Savoy Ballroom, the Cotton Club, and the Apollo Theater. Hear the music of Ella Fitzgerald, Billie Holiday, classical composer William Grant Still and America's greatest jazz composer Duke Ellington. Don't miss this unique look into the iconic music of the Harlem Renaissance.

Thurs, Feb 9, 10 am-noon

Fee: \$39

New Jersey Enslavement & The Underground Railroad**Rick Geffken, author**

Sponsored by the Friends of Lifelong Learning

See page 2 for details

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Ernest Shackleton & The Age Of Antarctic Exploration

Greg Caggiano, presenter, author, blogger

Ernest Shackleton's Trans-Antarctic Expedition of 1914 is one of the greatest and most harrowing stories of courage in the history of exploration. Learn the background information of the voyage, what went wrong, and how he and his crew refused to quit even when shipwrecked in total isolation at the bottom of the world. This lecture is being offered in honor of the 2022 discovery of Shackleton's long-lost ship, the Endurance. The past will come alive in this exciting talk.

Tue, Feb 21, 6-7:30 pm

Fee: \$35, LIVE ZOOM

Cleopatra

**Lyndell O'Hara, PhD, history professor
Nyack College**

The story of Cleopatra VII, the Ptolemaic Queen of Egypt in the first century B.C., has been portrayed in novels, plays and Hollywood films (Elizabeth Taylor springs to mind!). Yet the political genius and astute rule of this ancient queen is often overlooked. After she married, and then murdered, two of her brothers to attain sole power in the land, she cultivated relationships with two of the most influential Romans of the time, Julius Caesar and Mark Antony. Known in her time for her wit and intelligence, Cleopatra was the last of the Egyptian pharaohs and certainly, one of the greatest. 3 SESSIONS
Thurs, Feb 23-Mar 9, 10 am-noon
Fee: \$79

Meet the Presidents

Dan Radel, history instructor, journalist

Begin with (Teddy) Roosevelt, Taft and Wilson, discuss Trust Busting, Square Deal, American Imperialism and World War I; move to Harding, Coolidge, Hoover, (Franklin) Roosevelt and Truman, discuss Prohibition, Roaring 20s, Stock Market Crash and Great Depression, The New Deal, World War II and the decision to drop the Atomic Bomb. 3 SESSIONS

Fri, Mar 3-17, 10 am-noon

Fee: \$79

Titanic

Greg Caggiano, instructor

The sinking of the Titanic remains one of the worst disasters in maritime history. Join popular instructor Greg Caggiano in commemoration of the 110th anniversary of its voyage and sinking in 1912. Included will be an examination of the ship's construction, daily life for passengers, and what went wrong that led to its sinking. An avid food blogger, Greg will also explore culinary aspects of the journey, such as the last meals served to the first, second, and third classes.

Wed, Mar 8, 6-7:30 pm

Fee: \$35, LIVE ZOOM

Historical Moments & Individuals That Define Us & Our Outlook In The 21st Century

**Brooks Susman, philosophy and history
instructor and rabbi emeritus**

Moses, Jesus, Mohammed...WMDs, Civil War, two World Wars. Sykes-Picot, Holocaust and Genocides, Hiroshima, November 22, September 11, January 6 as well as... All "starting off" points to discuss how, who and what we are in an age when history is seen as only "from the day of my birth"! 4 SESSIONS

Tues, Mar 14-Apr 4, 10 am-noon

Fee: \$85



Passover And Easter

Christopher Bellitto, PhD, professor of history, Kean University, Brooks Susman, philosophy and history instructor, rabbi emeritus

Join two of our favorite scholars for a celebration and discussion of a shared heritage. Rabbi Susman and church historian Chris Bellitto will present a lively and intriguing presentation on the origins, similarities, and lasting connections between these two major religious holidays. Cake in celebration of a special March 16th birthday will be enjoyed together!

Thurs, Mar 16, 10 am-noon

Fee: \$45 includes coffee and cake

A History Of Inventing In NJ: From Edison To The Ice Cream Cone

Linda J. Barth, author, executive director of the League of Historical Societies of NJ

Many people are familiar with Edison's "invention factory" in Menlo Park, where he patented the phonograph, the light bulb, and many more innovations. Yet many other ideas have grown in the Garden State, too – New Jerseyans brought sound and music to movies and built the very first drive-in theater. In addition to the first cultivated blueberry, tasty treats like ice cream cones and M&M's® are also Jersey natives. Iconic aspects of American life, like Bubble Wrap®, the boardwalk, the Band-Aid®, and even professional baseball itself started in New Jersey. Life would be a lot harder without the vacuum cleaner, plastic, and air-conditioning, and many other important advances in medicine and surgery were developed here. Join Linda for an exploration of groundbreaking, useful, fun, and even silly inventions and their New Jersey roots.

Fri, Mar 24, 10 am-noon

Fee: \$39

Why Warhol? The Life & Art Of Andy Warhol

Gene Wisniewski, artist, author, lecturer, teacher, creator of the Six Hour Art Major



Andy Warhol, one of the rare artists to achieve "household name" status, and the scene that developed around him remain a subject of enormous fascination. And yet, why he's ranked among the most important artists of the 20th century remains a mystery for many people. The answer lies in his almost clairvoyant understanding of American culture and attitudes, playing out in full force more than fifty years after he proclaimed that canned soup could be art.

Thurs, Apr 27, 1-3 pm

Fee: \$59 includes light refreshments

Musical One Night Stands

Pat Barton, professional musician, and educator

Just once, artists like Bill Medley & Jennifer Warnes, George Michael & Aretha Franklin, Bill Withers & Grover Washington Jr., created musical magic together. Revisit and discover memorable songs featuring well-known recording artists who worked together one time only – a musical one-night stand. Our six-hour journey will cross genres in a search for moments when two or more musical stars were briefly but magically aligned. 3 SESSIONS

Tues, Apr 25-May 9, 10 am-noon

Fee: \$79

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All That Jazz – A Blend of History and Performance

Doug Clarke, celebrated jazz guitarist, adjunct faculty, Brookdale Community College and special guest vocalist Lyell Gressitt

Come explore the history of jazz through discussion and live performance.

May 4th: Learn about the roots of jazz and listen to recorded musical selections from Louis Armstrong, Jelly Roll Morton, King Oliver, Harlem Stride pianists James P. Johnson, Willie “the Lion” Smith, Art Tatum and more.

May 11th: Take a nostalgic look at the swing era and its evolution into modern jazz. Hear the music of Benny Goodman, Glenn Miller, The Dorsey Brothers, Count Basie, Duke Ellington, Charlie Parker, and Dizzy Gillespie.

May 18th: Enjoy a live performance with guitarist Doug Clarke and vocalist Lyell Gressitt as they play and discuss the music of the Great American Songbook. The performance will include music by Cole Porter, Johnny Mercer, Irving Berlin and George Gershwin as well as Brazilian classics from Antonio Carlos Jobim. 3 SESSIONS

Thurs, May 4-18, 10 am-noon

Fee: \$79

Four Approaches To Film History In Elia Kazan’s *On The Waterfront* (1954)

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

On the Waterfront is a crime film based on a series of contemporary newspaper articles about corruption and violence among longshoremen’s unions. The film is significant for its pioneering techniques of location shooting and realistic acting. It is arguably the pivotal film that started the New American Cinema movement. Attend this session to identify the four approaches to film history and to discuss how *On the Waterfront* applies to all of them!

Wed, May 24, 10 am-noon

Fee: \$39

WORLD WAR II STUDIES

*The Center For WWII Studies
& Conflict Resolution*

Into Flight Once More



Join us for an exclusive and exciting screening of the documentary film *Into Flight Once More*. Meet veterans at each stop on the journey from the US to France, as they reconnect with the planes that

flew, provisioned, rescued, supported and meant so much to them during wartime. These honorable WWII men and women veterans reveal never before heard information as seeing these planes sparks memories held deep inside. Our journey will take us across the United States, and on to Canada, Greenland, Iceland, Scotland, the UK, and finally to France. Learn the history and significance of these locations during wartime and the challenges that the crews faced in their mission to complete the journey.

Thurs, Mar 20, 6-8:45 pm

Fee: \$29

The US Marine Raiders Of World War II

Benjamin B. Wilson, Marine Forces Special Operations Command Historian

The Marine Raiders were elite units established by the United States Marine Corps during World War II to conduct reconnaissance, raids, and other special operations, especially behind enemy lines. Join us for a fascinating discussion of the United States Marine Raiders of World War II.

Wed, Apr 5, 6-8:45 pm

Fee: \$29



What I Learned From World War II

In his last program as Director of Brookdale's Center for World War II Studies & Conflict Resolution, Professor Bonagura will discuss many of the lessons and wisdom gleaned from more than 25 years of writing and research and especially personal interviews conducted with people deeply affected by World War II – including POWs, Holocaust survivors, combat veterans, nurses, civilians in both Europe and the United States, and even Japanese Internment Camp survivors. Please join us and bring your questions!

Professor Bonagura has been teaching English at Brookdale for more than twenty years and has spent a good portion of his career writing and researching World War II, mostly from a human perspective, especially how war affects individuals and families. He is the co-author of "Surviving the Hell of Auschwitz and Dachau" with Leslie Schwartz and the creator of the website "The Tiger is Dead" as well as the blog "Talking Weeds".

Mon, Apr 24, 6-8:45 pm

Fee: Free to all – registration is required

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HOLISTIC HEALTH & WELLNESS



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ACADEMY OF
SPIRITUAL SCIENCES
AND METAPHYSICS



iasm.com

Spiritual Healing

CERTIFICATE PROGRAM

Judit Papp, certified spiritual healer and parapsychologist

Instructor of the International Academy of Metaphysics and Spiritual Studies (since 2016)

Are you a spiritual seeker looking to take the first step on the path of self-awareness? Ready to take your spiritual journey to the next level? An introductory 5-week program offering a certificate of accomplishment issued from the International Academy of Spiritual Sciences and Metaphysics, this program sets the groundwork for those interested in continuing their spiritual studies in parapsychology and spiritual therapy and anyone wishing to develop a daily practice of self-healing, awareness, compassion, love, and purpose in life.

Week One – Feb 25th

- Self-knowledge, body-soul-spirit connection, relaxation
- About Earth and our connection to the planet, destiny

Week Two – Mar 4th

- Auras, Chakras
- Meditation

Week Three – Mar 18th

- Spiritual Healing
- About: Love, Fear, Complaining

Week Four – Mar 25th

- Forgiveness
- Positive thinking

Week Five – Apr 1st

- Faith
- Death from the spiritual perspective

At least four out of the five weeks must be attended to receive the certificate of accomplishment.

Sat, Feb 25-Apr 1, 10 am-2:30 pm

30-minute lunch break between sessions – brown bag lunch recommended

No class March 11

Fee: \$325



Introduction To Acupuncture & Traditional Chinese Medicine (TCM) I

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

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

Thurs, Mar 9 & 16, 6-8 pm

Fee: \$69

Introduction To Traditional Chinese Medicine (TCM) II

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

Compare the Western and Eastern perspectives of different organ systems including the heart and brain (mental and emotional health), gastro and liver (centeredness and growth), and lung and kidney (vitality and longevity). The TCM view of the immune system will also be discussed. Learn the TCM theory on how diet, emotion, thoughts, and environment may affect each system. Gain tips on how TCM may be used to improve wellbeing. 4 SESSIONS

Tues, Apr 18-May 9, 10 am-noon

Fee: \$89

The Five Foundations Of Health – Build Resilience & Longevity

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

Discover specific ideas and actions to support your health goals. Explore our Five Foundations of Health and Wellness including eating habits and cravings, sleeping better, finding your ideal movement practice, how to be resilient in a stressful world, and why your support system is crucial for health. Integrating these foundations is part of a truly healthy lifestyle. Learn steps to implement lifestyle changes that will last a lifetime. Experience our philosophy of using curiosity, compassion, and consistency to thrive.

2 SESSIONS

Tues, Mar 14 & 21, 6:30-8 pm

Fee: \$69

Awakening

Cheryl Bartholomew, PhD, professor emerita, George Mason University

Humans have sought spiritual awakening for centuries, especially in times of rapid change and uncertainty. Variouslly described as anything from awareness to nirvana or enlightenment, spiritual awakening represents a foundational shift to a higher level of insight, compassion, and self-discovery. Examine the idea of enlightenment as well as the personal journeys of the enlightened, from the small moments of everyday insight to the great epiphanies. Learn the importance of mindfulness and introspection and begin your own journey to a more meaningful, purposeful existence.

Wed, Mar 29, 1-3 pm

Fee: \$39

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Habit Change For Health & Happiness

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

The idea of building new habits can be daunting! Much of what we do every day is habit, from morning coffee, to what and how we eat, to bedtime routines. What old habits would you love to change and what new habits would you love to create? Explore strategies to build healthy habits around movement, meditation, meal planning, and more. Start building habits that will make you feel better and live a more nourishing life. 3 SESSIONS

Wed, Apr 19-May 3, 10:30 am-noon

Fee: \$79

COREnerstones Of Yoga & Meditation

Jennifer Scamorza, instructor

Keeping it simple is key! This course offers a concise method for incorporating subtle yoga and meditation practices into your daily routine. Classes will include active and passive yoga poses for strength, flexibility, and balance, relaxation techniques for stress reduction, and seated meditation. Together we will Concentrate, Observe, Realize and Empower ourselves through the practice of yoga. At its core, yoga deepens our relationship to self and the world around us and provides an anchor for navigating the ongoing ebbs and flows of daily living. All levels and abilities welcome. 4 SESSIONS

***A warm layer of clothing is recommended to keep the body at a comfortable temperature during relaxation and meditation.**

Jennifer Scamorza is a certified yoga instructor and leads yoga classes, trainings, and wellness workshops. Jennifer specializes in Trauma Sensitive Yoga, Yoga for Healing and Recovery, Yin and Children's Yoga. She works with students of all ages, life paths, and learning abilities.

Tues, May 2-23, 6:30-8 pm

Fee: \$89

DISPLACED HOMEMAKERS SERVICES

Are you a woman who has lost your primary source of income due to separation, divorce, widowhood, spousal disability, or spousal military deployment? Brookdale's Displaced Homemakers Services offer free, customized, holistic, client-centered services to help you transition to becoming head of household.

732-739-6020; or brookdalecc.edu/displaced-homemakers/

HOME & GARDEN

Dahlia Fever

Andreea Fegan, Certified Holistic Health Coach

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

We've got you covered there as well. There is so much to learn, and we're excited to learn more together!

Sat, Mar 25, 10 am-noon

Fee: \$39

Documentary & Discussion – *Wild in the Garden State*

The story of connection to the natural world in suburban New Jersey

Presented by filmmaker, Sarah Galloway

Wild in the Garden State is the story of connecting to the natural world in suburban New Jersey. Dave and Sarah are city transplants who want a beautiful, ecological garden, but don't have any gardening experience. The documentary short (under 30 minutes) captures the transformation of a 130-foot-lawn into a life-sustaining place of wonder. This timely film will guide and inspire both experienced and new gardeners who want to spend less time maintaining a pristine – and unhealthy – lawn and more time enjoying the natural world, right in their own backyard.



Filmmaker Sarah Galloway honed her craft producing exhibit media for the American Museum of Natural History. Husband Dave is an architect who is inspired to garden for nature while creating a beautiful, park-like space. "WILD in the Garden State", her second independent film has screened at the Colorado Environmental Film Festival, the Environmental Film Festival at Yale, the Princeton Environmental Film Festival and the Garden State Film Festival.

Wed, Mar 29, 10:30-11:45 am

Fee: \$29

Grow A Cut Flower Garden

Fresh flowers brighten any space. Learn how to plan, plant, grow, and harvest an assortment of annuals and perennials. Gain tips that will keep the blooms coming including feeding, mulching, and watering techniques then tour the nursery's flower beds. The workshop takes place at a local nursery for expert tips. Location: Molzon's Landscape Nursery, 140 Middletown Lincroft Rd, Lincroft, NJ 07738

Thurs, Apr 27, 10 am-noon

Fee: \$39

Container Gardening

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

Thurs, May 18, 10 am-noon

Fee: \$39



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.

Sec 1: Mon, Mar 6, 6-7:30 pm

Sec 2: Mon, Apr 17, 6-7:30 pm

Fee: \$49

See Related Programs:

Mosaic Stepping Stone, p.5

IRISH HERITAGE

Irish Language

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 Culaigne* or just pick up a few phrases for travel, this program will work for you! 10 SESSIONS

WINTER MINI SERIES – 5 SESSIONS

Sect 1: ON CAMPUS, Thurs, Jan 19-Feb 16,
7-8:30 pm (for all levels)



Sect 2: ZOOM option for advanced level students only

Fee: \$59

SPRING SERIES – 10 SESSIONS

Sect 1: ON CAMPUS, Thurs, Mar 16-May 25
7-8:30 pm (for all levels)



Sect 2: ZOOM option for advanced level students only

Fee: \$119

No class Apr 6



Contemporary Irish Short Stories

Rath DeHoust, Irish language and literature lifelong learning instructor

Often hailed as a 'National Genre', Ireland's best writers continue to produce some of the most cutting-edge short stories. We'll delve into the works of some well-known as well as lesser-known authors, identifying the cultural and historical issues and events that have shaped Irish writers, and Irish society, today. Join us as we explore some of the truly exciting literature coming out of Ireland today from writers such as William Trevor, Niall Williams, Sally Rooney, Anne Enright, and more. 6 SESSIONS

Mon, Feb 13-Mar 27, 7-8:30 pm

Fee: \$99

No class Feb 20

A Novel Idea! Contemporary Irish Fiction

Maureen Dunphy-Brady, MA, NYU Glucksman Ireland House, Irish historian

Today's contemporary Irish authors are breathing new life into the country's celebrated literary tradition and contributing to "an unexpected golden age of Irish prose writing." Students will read a novel by a different author each month and participate in discussions moderated by the instructor. Classes take place once a month for a three-month period. The novels for this session are, in order: *The Gathering* by Anne Enright; *The Sea* by John Banville; and, two short novels by Claire Keegan, *Foster* and *Small Things Like These*.

3 SESSIONS

Wed, Mar 8, Apr 12 & May 10, 10 am-noon

Fee: \$89, includes light refreshments

St. Patrick's Day Celebration

Ireland & The Irish In Song & Story

Henry McNally, MA, Fordham, Irish historian, recipient of the 2019 eoin McKiernan Award & The Cook College Ramblers

In Ireland, it is said, there is a song for every story. We'll determine the truth in that – The Cook College Ramblers will perform 10 or more of their favorite songs and Hank McNally will meet the challenge, researching each song and sharing the story behind it. No challenge for the audience; sit back, enjoy the music, gain a better understanding of the words, tap your feet, and sing along with enthusiasm.

Wherever Green Is Worn, (a phrase used in relation to the Irish Diaspora) in the month of March there should be added focus on the history, culture, and music of the emerald isle. This program offers an opportunity to learn a little random history, carry on the spirit of St. Patrick's Day and have a little fun.

Fri, Mar 24, 10 am-12:30 pm

Fee: \$55, includes breakfast

Irish In The British Parliament

Henry McNally, MA, Fordham, Irish historian, recipient of the 2019 eoin McKiernan Award



In 1801, subsequent to the Act of Union, the Parliament of Great Britain included 105 elected from Ireland. This arrangement continued until 1919 and continues still

for Northern Ireland which now has a representation of 18 in the British Parliament. Examine the lives and contributions of ten Irish men and women who were elected to Parliament. Included will be: Maurice Fitzgerald, Daniel O'Connell, Charles Stuart Parnell, William O'Brien, John Redmond, Joseph Devlin, Ian Paisley, and Bernadette Devlin. Also included will be Constance Markovich, Gerry Adams, and Michelle Gildernew, who were elected but "Abstained." 5 SESSIONS
Tues, Mar 14-Apr 11, 10:30 am-noon
Fee: \$85



The Irishman Who Designed & Built The White House

Maureen Dunphy-Brady, MA, NYU Glucksman Ireland House, Irish historian

Architects of landmark buildings are renowned, yet, the name of the Irish immigrant responsible for America's iconic White House is virtually unknown. This course examines the life of James Hoban – from his early adversity in Ireland to his remarkable achievements in America. Learn about his work on the "President's Residence," the Irish architectural influences that fueled its inspiration, and his activities as a founding resident of the newly established capital city. 2 SESSIONS
Mon, May 8 & 15, 10 am-noon
Fee: \$65, LIVE ZOOM



Ireland And The Irish Emigration And Immigration In Song and Story

The Irish were among the very first settlers in America, a few as adventurers, most as servants, some as parolees. They brought their music. Soon, Irish came in larger numbers, Protestants looking for religious freedom and escape from British intolerance. They brought their music. Then Irish came in hoards, Catholics, unlettered, unwashed, and unwanted, challenging the very fabric of a still young America. They brought their music. The Irish continued to come, single women and men seeking a new life in America. And they brought their music. Despite hardship and discrimination, they would thrive in America; and write their music.

Come hear the story of the Irish in America and the Ireland they left behind as told through their music.

Henry McNally, MA, Fordham, Irish historian, recipient of the 2019 eoin McKiernan Award Hank will present an overview of Irish immigration to America, noting the differing challenges faced across almost 400 years.

The Cook College Ramblers

Following lunch these talented musicians will offer an understanding and appreciation for the sorrows, joys, adventure, despair, and triumph inherent in the immigrant story through the power of their music. Hank will add commentary on the songs but most importantly, participants will add their own voice in enthusiastic participation!

Fri, May 5, 10:30 am-2 pm
Fee: \$65, includes lunch

LANGUAGES

Italian Conversation

Nina R. Brilli, instructor

If plans for sunny Italy are in your future and you want to do as the Romans do, or if you just want to better understand this beautiful language, these sessions are for you. This is a basic, practical course in conversational Italian. 8 SESSIONS

Sat, Feb 11-Apr 1, 10 am-noon

Fee: \$179

Italian Conversation Level 2

Nina R. Brilli, instructor

Ciao! Come va? Revisit sunny Italy and increase your knowledge of this beautiful language. Elevate your command of the language. Learn verb tenses, increase your vocabulary, read short stories, and practice conversing with each other. 8 SESSIONS

Sat, Feb 11-Apr 1, 12:15-2:15 pm

Fee: \$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

Sat, Feb 11-Apr 1, 10 am-noon

Fee: \$179

LITERATURE & WRITING

NEW! Scriptwriting

Barry Putt, award-winning author

Start writing the next Netflix hit series! This introduction to writing stories in the scripted format includes plays, TV series, screenplays, and audio dramas. Story structure, character development, and marketing will be discussed. Students will have the opportunity to develop a short script in the course. 2 SESSIONS

Sat, Mar 18 & 25, 9:30 am-12:30 pm

Fee: \$79



Non-Fiction Writing

Barry Putt, award-winning author

Interested in writing non-fiction books including “how to,” biography, film/television history, and more? Learn how to develop a book proposal, how to conduct research, and how to market your work to publishers. Students will complete an initial draft of a book proposal in this course.

2 SESSIONS

Sat, Apr 22 & 29, 9:30 am-12:30 pm

Fee: \$79



Friday Morning Musing For Short Story Lovers

Dillies Pilevsky, English & history Instructor

Short stories, timeless in their magical ability to help us make human connections with an author, his or her narrative, with each other and with our life experience, will be read, discussed, and analyzed. Related videos will be shown. The stories and authors will lead us the same place, a place within us where learn to feel new thoughts and changes. All are welcome. Stories are in order to be read.

Sect 1: Feb 10-24

- Willa Cather, *Paul's Case*
- Franz Kafka, *A Hunger Artist*
- Truman Capote, *A Christmas Memory*

Sect 2: Mar 10-24

- Virginia Woolf, *The New Dress*
- Henry James, *The Beast in the Jungle*
- Tillie Olsen, *I Stand Here Ironing*

Sect 3: Apr 14-28

- Charlotte Perkins Gilman, *If I Were a Man*
- Joseph Conrad, *The Secret Sharer*
- Amy Tan, *Rules of the Game*

10 am-noon

Fee: \$55

A link to PDF of short stories will be provided in your registration confirmation email.

Things That Go Bump In The Night

Patricia Whitehead, librarian, teacher,
enthusiastic reader

Ghost Stories. We've all heard them. Here is a small literary sampling of the genre from some of our best storytellers. Join the discussion as we try to unravel these tales, tease out their message, try on the authors' rendition of a haunting presence, a lingering grief, a puzzle to be examined. What do the author's speculations teach us about being human? These stories are contemporary takes of a time-honored tradition. 4 SESSIONS

Stories in the order to be read:

- A.S. Byatt: *The July Ghost*
- George Saunders: *Civilwarland in Bad Decline*
- Lorrie Moore: *The Juniper Tree*
- Kelly Lin: *The Specialist's Hat*

A link to PDF of short stories will be provided in your registration confirmation email.

Wed, Mar 1-22, 10 am-noon

Fee: \$79

Memoir Writing

Nancy Bryan, adjunct faculty, Brookdale, MFA
creative writing

Through in-class writing exercises, reading, and discussion you will discover new paths to your story. We will look for the language and images that shine in your work, and push to the edge of our personal experiences-to discover what we perceive and what we can't perceive. This is a mostly generative workshop – join us to create, imagine and write anew. 4 SESSIONS

Mon-Thurs, Apr 24-27, 2-4 pm

Fee: \$89

See Related Programs:

A Novel Ideal! Contemporary Irish Fiction, p.15
Contemporary Irish Short Stories, p.15

New! Quick and Easy online registration

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



MONEY MATTERS

Financial Strategies For Successful Retirement

Joseph P. Silvestri, CFP, ChFC, CLTC,
Chester O. Gordon IV, CFP of Arkhitekton LLC.

As baby boomers approach retirement, new financial questions arise. We'll address your questions about building enough wealth to retire, increasing retirement income, and exploring lifestyle options. Discuss mutual funds, insurance, stocks, bonds, estate taxes, and long-term care. You'll receive a workbook packed with sound, solid information that you can take home and put to good use in the development of your own financial blueprint. Come away with a clearer picture of the opportunities available to improve your future financial security. Spouse/partner may attend for free. 3 SESSIONS

Wed, Mar 15-29, 6:30-9 pm

Fee: \$65

Understanding Medicare

Alfred Norton, Licensed Health
Insurance Agent

Whether soon turning 65, or already a Medicare recipient, don't miss this thorough review of Medicare program basics and the variety of ways to enroll in Medicare. Our discussion will outline Original Medicare (parts A&B), Medicare Prescription Drug Plans (Part D), Medicare Advantage Plans (Part C) and, finally, Medigap Coverage (Medicare Supplement) and how it interfaces with Original Medicare. We will evaluate Medicare entitlement, approximate costs and eligibility. Information will also be provided regarding the major insurance companies in NJ for Medicare Advantage, Medicare Part D Drug Plans and Medicare Supplement Policies.

Sat, Mar 11, 10-11:30

Fee: \$39

**Watch Your Email
for Notices and Updates**

MUSIC



Piano For Procrastinators

John Balme, adjunct faculty, Brookdale Community College, Co 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. Enrollment is limited.
4 SESSIONS

Mon, Mar 6-27, 10-11:30 am

Fee: \$115, textbook included

Beautiful Voice – Raise Your Voice, Raise Your Spirits

Cynthia Balme, lifelong learning instructor, Co director, Concordia Vocal Academy

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

Mon, Apr 17-May 8, 10-11:30 am

Fee: \$99

See Related Programs:

Musical One Night Stands, p.9

Music of the Harlem Renaissance, p. 7

All That Jazz – A Blend of History & Performance, p.10

OUT & ABOUT

Lifelong Learning At The Two River Theater – *Romeo & Juliet*

It's said of spring that "love is in the air."

What better way to celebrate the season - Shakespeare's timeless classic, *Romeo & Juliet*.

Join us for a matinee performance of a stunning modern verse translation by Hansol Jung breathing new life into the tragic tale of star-crossed lovers. Experience a pre-performance lecture along with a continental breakfast (sponsored by the Friends Of Lifelong Learning.)

Wed, Apr 19, 11:45 am

Fee: \$75

Walking Tour: Ocean Grove

Dan Radel, history instructor, journalist

Spend a spring day in Ocean Grove and learn the unique history of what is known as "God's Square Mile." Meet at the Great Auditorium, stroll Founder's Park, come face to face with the statue of The Rev. Ellwood Stokes, the first president of the Ocean Grove Camp Meeting Association, walk the boardwalk and visit the quaint downtown. Rain date is Apr 29. Please note: no refund will be given if the rain date is used.

Sat, April 22, 1-3 pm

Fee: \$29

Jon Bon Jovi Soul Kitchen Cooking Demonstration & Lunch

Jon Bon Jovi Soul Foundation

Find out what's really cooking at the JBJ Soul Kitchen – where unique community-building happens. First, learn to cook two of JBJ Soul Kitchen's most popular menu items from their expert chefs. Next, enjoy a lunch prepared especially for you featuring these delicious dishes and learn more about this innovative enterprise. Address: 207

Monmouth Street, Red Bank

Sect 1: Thurs, Feb 9, 11:30 am-1 pm

Sect 2: Thurs, Mar 23, 11:30 am-1 pm

Sect 3: Thurs, Apr 22, 11:30 am-1 pm

Sect 4: Thurs, May 25, 11:30 am-1 pm

Fee: \$39

RECREATION



Pickleball For Beginners

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

Sec 1: Tues, Mar 7-21, 3-4 pm

Sec 2: Mon, Apr 3-24, 3-4 pm (no class Apr 10)

Sec 3: Tues, May 2-16, 3-4 pm

Sec 4: Mon, Jun 5-19, 3-4 pm

Fee: \$79

Ballroom Dance For Fitness & Fun: Latin Dance

Juan Arguedas, professional instructor, Fred Astaire Dance Studios, Red Bank

Latin dances are graceful, fluid and fun! Whether you are a beginner, need a refresher, or just want a fun way to stay fit, come dancing with us. This introduction to Latin dance includes Cha Cha, International Rumba, East Coast Swing, Bolero, Mambo, Samba, and American Rumba. Come with or without a partner. 7 SESSIONS

Mar 7-Apr 18, 7:30-8:15 pm

Fee: \$135

**Watch Your Email
for Notices and Updates**

Learn to Sail

Seas Monmouth, certified sailing instructors Combined classroom and hands-on instruction will give the adult beginning sailor the skills and confidence to operate a small sailboat. The class includes four evening classroom sessions and two Saturday sailing sessions on the Shrewsbury River aboard 17-18 foot sloops (water sessions may be rescheduled due to inclement weather). Successful completion of the course leads to a SEAS Basic Sailing certificate. A basic swimming test is required (treading water and putting on a flotation device) administered during the second class. Students are required to provide a personal flotation device (PFD) for the water sessions. Ages 18 and up only. 6 SESSIONS
Sec 1: Mon & Thurs, Jun 5-15, 7-9 pm
Sat, Jun 10 & 17, 9 am-4 pm, on the water
Sec 2: Mon & Thurs, Jul 10-20, 7-9 pm
Sat, Jul 15 & 22, 9 am-4 pm, on the water
Sec 3: Mon & Thurs, Aug 7-17, 7-9 pm
Sat, Aug 12 & 19, 9 am-4 pm
Fee: \$275

TOUR & TALK

*The world is a book, and those
who do not travel read only a page.*

– Saint Augustine

*Experience something new.
Your life can change in a day.*

Board a luxury motor coach for a unique experience among a community of like-minded learning enthusiasts. All Buses depart from Parking Lot #1 on the Lincroft Campus.

Your safety and well-being are our primary focus – masks are recommended but no longer mandatory for passengers on the bus. Should circumstances change, we will adjust our policies and email updates to all registrants. All trip goers are required to adhere to the policies of the establishments being visited – when necessary special notices will be emailed prior to the day of the trip.

“I’ll Have What She’s Having”: The Jewish Deli Exhibit At The New York Historical Society, The Jewish Museum; Lunch At The 2nd Ave Deli

Rabbi Brooks Susman and Dr. Chris Bellitto will lead you on an intriguing exploration beyond the pickles and pastrami. A docent led tour of the Jewish Deli Exhibit at the NYHS will examine how Jewish immigrants, mostly from Central and Eastern Europe, imported and adapted traditions to create a uniquely American restaurant and reveals how Jewish delicatessens became a cornerstone of American food culture. Lunch of course, will be an indulgence of deli delicacies at the 2nd Ave Jewish Delicatessen. Following lunch, explore The Jewish Museum and experience a docent led tour of The Sassoons exhibit presenting the fascinating story of a remarkable Jewish family, following four generations from Iraq to India, China, and England through a rich selection of works collected by family members over time.

Thurs, Mar 30, 9 am-6:30 pm

Fee: \$185



Teddy’s Roosevelt’s Sagamore Hill: Lunch At Wild Honey

“I wonder if you will ever know how I love Sagamore Hill,” Theodore Roosevelt, just hours before he breathed his last breath, on Jan 6, 1919. He is long gone, but the house lives on, an enticing entryway to the past, and surely the most vividly personal of the presidential shrines. Its 23 rooms retain their original furnishings and knickknacks and the profusion of stuffed animal heads, bear rugs, weird furniture, and miles of books that Roosevelt amassed and displayed. A most emphatically family home, a place where children ran wild and

Roosevelt, in some ways an overgrown child himself, expressed every facet of his outsize personality. Experience a guided tour of the Queen Ann home that served as a refuge for the popular leader and the summer White House from 1902-1908. Enjoy a scrumptious lunch at Wild Honey, a local eatery housed in the location that was once Roosevelt’s office building. Enjoy a “bully” of a day.

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

Fee: \$179



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Need help? Call 732-224-2315

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



Apartment Tour, Tenement Museum; The Kehila Kedosha Janina Synagogue & Museum: Lunch At Katz's Deli

Join Dr. Edith Frankel for a memorable and thought-provoking exploration of historically recreated homes and the immigrants and migrant families who lived in them in the 19th and 20th centuries. Through the true stories of ordinary families who lived in these iconic buildings, you'll get a glimpse of the past and glean insights into historical perspectives that relate to current conversations about immigration. Tour the Kehila Kedosha Janina Synagogue, the only synagogue in the Western Hemisphere of the tiny, obscure Jewish Community known as Romaniotes who trace their roots to the town of Ionnina in northwestern Greece. The museum portion includes costumes from Janina, a large collection of alephs (distinctive hand-painted birth certificates), a literary center, and art gallery. Lunch at Katz's iconic Jewish deli – an eating experience like no other!

Tues, May 16, 9 am -6 pm

Fee: \$185

Ladew Topiary Gardens: Lunch At Enotria Restaurant

Treat your senses to a guided tour of Ladew Topiary Gardens and Manor, a living legacy and wonderful tribute to the colorful life of Harvey Ladew. He played piano with Cole Porter, rode horses in the Hollywood Hills with Clark Gable, partied with Elsa Maxwell and ate snails with the French writer Colette, in bed. It was all, as he often said, "perfectly delightful." Be immersed and amazed at the style, elegance, and sense of humor of this incredible space, proclaimed an "exquisite garden estate" by the New York Times. An experience not-to-be missed, we should arrive in time to see the Iris in full bloom. Enjoy a delicious lunch at Enotria Italian restaurant.

Wed, June 7, 8 am-6:45 pm

Fee: \$179

SORRY

There are no refunds on Trips.

Pack Your Bags!

A Lifelong Learning Journey to the Holy Land Presented by Ayelet Tours, Ltd.

October 19-30, 2023

Join Rabbi Brooks Susman on a 10-night tour of Israel. Christian and Jewish religion and histories come alive. Sail on the Sea of Galilee, pray at the Western Wall, walk in the footsteps of Jesus, experience Masada, Jerusalem, the Dead Sea, Tel Aviv, Capernaum, Safed and more.

Traveling together, we will bond through shared experiences and enhance our understanding of culture, archaeology, religion and politics, as we delve in-depth into Israel's millennia-old legacy as the heart of the world's three monotheistic religions.

Estimated Cost: \$4,129 cash/check or \$4,257 credit card, D/O

Add'l \$1,499 S/O (est. cost does not include airfare)

Join us for an information session and learn more: Tues, Jan 24, 10 am or Thurs, Jan 26, 7 pm

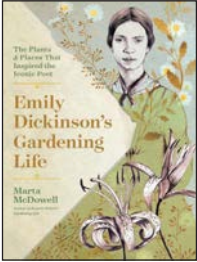
No fee but registration is required



WOMEN'S CONFERENCE

LEARN. LAUGH. LUNCH.

New ideas, friendships, and happiness grows
at Brookdale this spring...



Emily Dickinson's Gardening Life

Marta McDowell, literary scholar, award-winning author, gardener

In addition to writing poetry, The Belle of Amherst was an avid gardener. She cultivated flowers on her father's property and in the glass conservatory that he added to the Homestead. Join Marta for a lovely and enlightening dig into Dickinson's gardens through excerpts of her letters and poems, and historic and modern images of her garden.

"A visual treat as well as a literary one...for gardeners and garden lovers, connoisseurs of botanical illustration, and those who seek a deeper understanding of the life and work of Emily Dickinson." – The Wall Street Journal

Marta McDowell lives, writes, and gardens in Chatham, New Jersey. She shares her garden with her husband, Kirke Bent, their crested cockatiel, Sydney, and assorted wildlife. Her garden writing has appeared in popular publications such as *Woman's Day*, *Country Gardening*, *The New York Times*. She is a regular contributor to the *British journal Hortus*. Her published works include, *Emily Dickinson's Gardening Life*, *The World of Laura Ingalls Wilder*, *All the Presidents' Gardens*, and *Beatrix Potter's Gardening Life*. Her books have been translated into Chinese, Japanese and Korean.



Get Happy! Give Your Happiness a BOOST!

Marlena Frank, MS, Motivational Speaker, Psychology Professor, Executive Coach & Happiness Expert

What better way to end the day? We often chase happiness until we are miserable. What are we getting wrong? More importantly, how can we get it right? The path to flourishing is closer than you may think. Join Marlena in her dynamic B.O.O.S.T. experience.

In this interactive session, learn empirically proven techniques to improve your optimism, joy, gratitude, and resilience. There is an equation to a more meaningful life – it's B.O.O.S.T.!

"Marlena kept us engaged and entertained while teaching us how to become our best selves... you couldn't ask for more!" – Rebecca F.

Marlena has been working in the field of psychology and personal well-being for over 20 years. She holds an M.S. in Counseling Psychology from Northeastern University and has worked and studied with the late Dr. Herbert Benson, founder of the Mind-Body Medical Institute at Harvard University. Marlena recently trained at the Center for Mind-Body Medicine with Dr. James Gordon in Washington D.C. She is currently completing her ICF-accredited coaching program in executive coaching with Teleos Institute in Philadelphia.

Enjoy a unique opportunity to hear memorable speakers and sample subjects of interest all in one day.

Fri, Apr 21, 9:30 am-3 pm

Fee and Code: \$89, includes continental breakfast and hot lunch

GENERAL INFORMATION

COLLEGE CLOSING

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

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

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

For Persons With Special Needs Wishing To Take Our Tour And Talk

CPS cannot guarantee accessibility of venues and destinations. Before registering it is the registrant's responsibility to contact venues to determine their accessibility. We cannot provide personal service. For individuals who request special bus transportation, we cannot guarantee special bus availability. We will inform you of the status of your request in a timely manner.

CANCELLATION & REFUNDS

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

Refund Policy

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

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

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

**Watch Your Email
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**WHERE'S MY CLASSROOM?**

- Call our office (Mon-Fri 8:30 am-4:30 pm) at 732-224-2315
- Read the posting on our front door – inside lobby, ATeC building



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Emily Dickinson's
Gardening Life
Marta McDowell, literary scholar,
award-winning author, gardener

Get Happy! Give Your
Happiness a BOOST!
Marlena Frank, MS, Motivational Speaker,
Psychology Professor, Executive Coach &
Happiness Expert



WOMEN'S CONFERENCE, see page 23

Open to the Possibilities

Visit us online www.brookdalecc.edu/lifelonglearning
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