

LOIS E. MARSHALL INSTITUTE FOR LEARNING IN RETIREMENT
AT BERGEN COMMUNITY COLLEGE

Keep learning

Spring 2021 - The Division of Continuing Education and Workforce Development

NOTE FROM PROGRAM STAFF

Greetings Students!

Thank you for your continued interest in the Institute for Learning in Retirement (ILR) and we hope you'll join us for the Spring 2021 semester!

This semester we'll explore rich, academic and cultural topics together online.

Courses will continue to be facilitated by dedicated volunteer instructors who are passionate about the content they share with you.

Registration begins online, on February 24th.

If you are interested in teaching a topic, please call the ILR office at (201) 447-7156, or send us an eMail at ilr@bergen.edu

Scott Cohen, MA Ed., Program Supervisor
Beverly Miller, Secretary

NOTES

- We recommend these minimum computing requirements for online classes:
- A reliable internet connection.
- A laptop with a built-in webcam and microphone or a smartphone or tablet.
- An internet browser (Google Chrome, or Mozilla Firefox)
- Please log in to your class session 10 minutes in advance to address any connection needs.
- Since space is limited, it is important that you register only for courses you will be able to attend.
- The ILR does not issue refunds .
- Canceling your credit card payment through your credit card company will result in a \$35.00 processing fee from the ILR. Failure to pay the fee will result in delayed registration.



ILR REGISTRATION

Enroll Today! Visit ilr.bergen.edu/courses

If you are a returning ILR student, please use your current User Name (your email) and Password to log in.

If you have trouble logging in, please contact our office at ilr@bergen.edu

The Spring 2021 Semester Membership fee is \$125.00 and you can choose up to **6 online courses**.

Course Dates

The ILR is in session on days that the College as a whole is open. Some of these days are holidays.

Please check your calendars for holidays, family events, and conflicts in your schedule before choosing your courses each semester. Once your course dates are set, it is difficult to change them. Please use your best discretion when selecting your courses.



MONDAY Course Offerings

***Mindful Chair Yoga* IR-010WB**

Matching breath with movement, this chair yoga class provides a classic yoga experience through the union of mind, body, and breath. Both energizing and relaxing, participants will practice mindfulness techniques for staying connected and fully present in the experience, much like a moving meditation.

Monday: March 1, 8, 15, 22, 29

Time: 10:00 - 10:45 a.m.

Instructor: Melissa Krieger

***U.S. Diplomacy, 1776 to 1917* IR-011WB**

Two Americans appeared at Versailles Palace 140 years apart. The first, Benjamin Franklin, came to seek the aid of France in the battle for independence against Britain. The second, Woodrow Wilson, came to arrange, with France and Britain, the post Great War world. Join us to trace the history of American diplomacy from Independence (1776-1815) to The Great War (1914-1918).

Monday: March 22, 29, April 12, 19, 26, May 3

Time: 10:30 - 12:30 p.m.

Instructor: James Devine

***African-American Women Writers of the 20th Century* IR-012WB**

We will read and discuss different types of literature written by African American women, ranging from an autobiography to science fiction. We will start with "I Know Why the Caged Bird Sings" by Maya Angelou. Other books include "Roll of Thunder, Hear My Cry" by Mildred D. Taylor, "Their Eyes Were Watching God" by Zora Neale Hurston, "Beloved" by Toni Morrison and "Kindred" by Octavia Butler.

Monday: March 15, 22, April 5, 19, 26

Time: 1:00 - 2:30 p.m.

Instructor: Emily Ginder

TUESDAY Course Offerings

***"Isn't It Romantic?"* IR-018WB**

Let's tour for a few hours through France, one of the five countries whose Romantic language is derived from the Vulgar Latin. We won't be speaking any French, just taking a virtual tour! This travelogue is designed (1) for those who are well traveled and like to reminisce and recall, (2) for those who want to learn about places they may travel to and (3) for those interested in photographs of exotic places

Tuesday: April 27

Time: 12:00 - 2:00 p.m.

Instructor: Marvin Rothenberg

***Family History 101* IR-827WB**

More and more people are interested in their family's past. Learn the basics of searching records in the US, such as census and vital records. We will discuss both traditional and online resources - so students must be familiar with navigating the Internet. This course is sponsored by the Genealogical Society of Bergen County.

Tuesday: March 23, 30, April 6, 13, 27

Time: 7:00 - 8:30 pm

Instructor: Fred Voss

***The Origins and Successors of French Impressionism* IR-013WB**

Come explore the social, political, and artistic contexts of French Impressionism in the works of Manet, Monet, Renoir, and Degas - and their impact on subsequent artists like Seurat, Van Gogh, and Cezanne.

Tuesday: March 16, 23, 30, April 6

Time: 1:00 - 2:30 pm

Instructor: Ronnie Friedman

***Intro To Digital Photography* IR-437WB**

Do you have a basic knowledge of digital camera operation? Come learn the concepts of exposure, depth of field, lighting, and composition to improve your photographs. Learn how to download, organize, and get your images printed. If all this sounds complicated, don't worry! We'll keep it simple. Please have your camera and user's manual available.

Tuesday: April 27, May 4, 11, 18

Time: 1:30 - 3:00 p.m.

Instructor: Ray Turkin

***American Business History: The Enduring Impact of Women* IR-014WB**

Let's recognize Women's History month with the following themes through lecture and film: The Schuyler Sisters and the Hamilton Musical / Madam C J Walker - the First Black Female Millionaire / The Bicycle and Feminism in the Victorian Era / Monday was Washday - the regimented life of the housewife / Cowboys, Cattle Trails and Cowtowns of the Old West (and their female admirers)

Tuesday: March 16, 23, 30, April 6

Time: 1:00 - 2:30 p.m.

Instructor: Rick Feingold

***Great Beginnings, Middles and Ends* IR-102WB**

Examples of each category will be shown in each session. We'll sample excerpts from works like Citizen Kane, Lost Horizon, The Letter, and more!

Tuesday: March 16, 23, 30, April 6, 13

Time: 3:00-5:00 p.m.

Instructor: Theo Solomon

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WEDNESDAY Course Offerings

Share your Passion:

Start Your Own YouTube Channel IR-015WB

Create your own YouTube Channel to share your passions with family and friends across the world! Learn how to optimize settings and then post your videos. We'll also explore ways to make money from our Channels!

Wednesday: April 14, 21

Time: 12:00 - 2:00 p.m.

Instructor: Stephen Kriso

Road trip to Vitality IR-870

This is a movement based class that fuses chair yoga, boxing & dance along with an ample amount of meditation & relaxation techniques including Sound Healing.

Wednesday: March 10, 17, 24, 31, April 7, 14, 21, 28, May 5, 12, 19

Time: 12:00 - 1:00 p.m.

Instructor: Toni Chianetta

Financial Planning in Retirement IR-860

Retirement is often looked as a 'finish line.' In reality, it is a new phase in your financial life. What will be my medical expenses? Who will make decisions on my behalf if I have diminished financial capacity? This course will help navigate the uncertainty of retirement.

Wednesday: April 14

Time: 12:00 - 1:30 p.m.

Instructor: Alex Macchio

Introduction of Falun Dafa - An Ancient Chinese Mind and Body Practice IR-740WB

Falun Dafa (also known as Falun Gong) is a powerful mind and body practice revealed to the public in 1992 and spread to 100+ countries. Please have a sitting mat for our third session.

Wednesday: March 10, 17, 24, 31

Time: 10:00 - 11:30 a.m.

Instructor: Jan Cao

Contemporary Issues in French et Plus! IR-234WB

Parlez-vous français? Un peu? Comme ci comme ça?! If you already know basic French vocabulary and grammar, use it to give and get information! Classes are conducted mostly 'en français' for an authentic experience. Students are encouraged to practice the language in a warm friendly setting.

Wednesday: March 17, 24, 31, April 7, 14, 21, 28, May 5

Time: 3:00 - 4:30 p.m.

Instructor: Virginia Rauch

THURSDAY Course Offerings

Changing History: The Write Way IR-105WB

What is "alternate history?" And why has it become an increasingly popular fictional category? Come examine the genre and differentiate between its two major branches: plausible and science fiction. Participants will be encouraged to conceive and create plausible alternate history theses of their own as the course evolves from lecture to workshop.

Thursday: April 1, 8, 15, 22, 29, May 6

Time: 1:00 - 3:00 p.m.

Instructor: James Devine

What Are The Key Risks of Retirement? Class IR-019WB

Do you know the key risks of retirement? We'll discuss inflation, longevity, asset allocation, excess withdrawals, plus how to invest money based on different retirement goals and objectives, and much more!

Thursday: March 11, 18, 25, April 1

Time: 1:00 - 2:00 p.m.

Instructor: David R. Chepauskas, CFP

Neurology 202 IR 882WB

Join us to discuss topics in Neurology, including: Seizures, Head Trauma, Neuropathy, Bells Palsy, Shingles, Carpal Tunnel Syndrome and Parkinsons Disease. No prior medical knowledge necessary.

Thursday: March 11, 18, 25 April 1

Time: 2:30 - 4:00 p.m.

Instructor: Judith Lustig, MD

Impact of Healthcare Costs IR-884WB

Learn about the impact of healthcare costs in retirement due to rising Medicare costs. This is a very eye opening course that prepares individuals and couples with planning strategies to manage this ongoing cost.

Thursday: March 25

Time: 7:00 - 8:00 p.m.

Instructor: Theresa Yarosh

Savvy Social Security Planning IR-020WB

Learn about Social Security and the best ways to plan to receive this long-term income stream in retirement.

Thursday: April 22

Time: 7:30 - 8:30 p.m.

Instructor: Theresa Yarosh

Medicare 101 IR-021WB

Come for a walk through the maze of Medicare! We'll explore enrollment periods, costs, penalties and how to structure your Medicare insurance. This is a great course for those coming up to Medicare age or for those who are already on Medicare and would like a refresher on their coverages

Thursday: May 6

Time: 7:30 - 8:30 p.m.

Instructor: Theresa Yarosh

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THURSDAY Course Offerings

French Artists: Impressionism and After **IR-017WB**
 Explore the lives; study the paintings of the French Impressionists and those who came right after them. Some of the artists that will be studied are Manet, Monet, Renoir, Degas, Cassatt, Caillebotte, Cezanne and Seurat. This course is a continuation of the French art course offered in the fall, "French Art: Before Impressionism."
Thursday: March 11, 18, 25, April 1, 8
Time: 1:00 - 2:00 p.m.
Instructor: Sandra Martin

FRIDAY Course Offerings

Coffee Talk: Travel & More! **IR-890WB**
 There's nothing quite like travel experiences. Oh wait - "pandemic" you say? No problem! Grab your coffee to talk about the "new normal" for travelers looking to tour, cruise or just enjoy vacations closer to home! How can we travel around the world in real-time from the comfort of our living rooms? How will we meet locals around the world...in-person and virtually? We'll also learn about tips for getting out with travel deals and steals, post COVID19.
Friday: March 12, 19, 26, April 2, 9, 16, 23, 30, May 7, 14
Time: 10:00 - 11:00 a.m.
Instructor: Susan Black

Sharing Your Passion: Starting a Blog **IR-016WB**
 What is a Blog? How can I set it up for free or with little investment? Topics will include picking and registering a domain name, choosing a web host, picking a theme, and creating your first page and post! We will also explore various methods on how to monetize your blog.
Friday: March 31, April 2, 9
Time: 10:00 - 12:00 p.m.
Instructor: Stephen Kriso

SATURDAY Course Offerings

Tech Skills Series: Staying Safe When Online and Using eMail **IR-901**
 What is Phishing? What's the BEST password to use and where do I keep it? My family uses Social Media, but should I? Learn easy ways to avoid being scammed and to stay safe when using digital apps and websites.
Saturdays: March 13, 20, April 3
Time: 10:00 - 11:30 a.m.
Instructor: Alexis Valencia

SPRING 2021 DATES TO REMEMBER

- February 24, 2021Registration Opens
- March 8, 2021Registration Ends
- March 10, 2021Courses Begin

Save The Date: Fall Registration Opens September 15, 2021



The ILR is a program of the Division of Continuing Education and Workforce Development
 For all Continuing Education Course Offerings please visit us at: <https://ce.bergen.edu>



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