

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

Keep Learning

Spring 2022 - The Division of Continuing Education and Workforce Development

NOTE FROM PROGRAM STAFF

Greetings Students!

Thank you for your continued participation in the Institute for Learning in Retirement (ILR). We hope you will join us for the Spring 2022 semester!

Come explore rich, academic and cultural topics in-person and online. We have both in-person and online courses

available to meet the needs of our students.

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 15, 2022

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

Cinzia D'lorio, Dean
Dolores Hunt, Coordinator
Beverly Miller, Secretary

NOTES

- For online courses we recommend these minimum computing requirements:
- 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.
- For in-person classes, masks are required. In addition, prior to coming on campus proof of vaccination or weekly negative Covid tests will be required.
- 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 2022 Semester Membership fee is \$125.00 and you can choose up to 5 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.



MONDAY Course Offerings

'Women Films' that men must see also!

IR-914

Every once in a while, a film is produced that is truly outstanding. Here is such a collection of those outstanding films. In each case the female star outshines (in the best sense) the material with the sheer mastery of her craft. Because of their greatness, you may have seen one or two of them. See them again. It was probably so long ago that you have forgotten half the film!

Summertime -Katherine Hepburn

The Letter - Bette Davis

The Heiress - Olivia De Havilland

Brief Encounter - Celia Johnson

The Last Seduction - Linda Fiorentino

Morocco - Marlene Dietrich

Mondays Online: 2/28, 3/7, 3/14,

3/21, 3/28, 4/4

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

Instructor: Theo Solomon

"Men Films" that women must see also!

IR-916

Tunes of Glory - Alec Guinness

The General -Buster Keaton (Silent Film)

Elmer Gantry - Burt Lancaster

Billy Budd -Terrance Stamp

City Lights -Charlie Chaplin (Silent Film)

The Browning Version - Michael Redgrave

Mondays Online: 4/11, 4/18, 4/25, 5/2,

5/9, 5/16, 5/23

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

Instructor: Theo Solomon

Women of Interest **IR-923**

Lectures on Peggy Shippen, Dolley Madison.

Jeannette Rankin, and Amelia Earhart

Mondays In person: 3/21, 3/28, 4/4, 4/11

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

Instructor: Dick Burnon

Location: Tec-206

Discovery Series

IR-924

Carousels: Then and Now

Remember the thrill of riding a carousel with the horse bobbing up and down to the sound of the Wurlitzer Band or steam organ (calliope), or maybe if you are old enough catching the brass ring. There was a time when 5,000 carousels dotted the landscape of this country, now 150 remain. Where did they go? How did Coney Island go from 25 carousels to just one today? Who are the masters of this art form? What is the state of carousel production today? This presentation will take you from the earliest days of carousels until the present and attempt to answer these questions and more. Amateur photographer, art history enthusiast, and avid researcher, Mario Medici (Mario Medici Lectures, LLC) will take you on this fascinating journey.

Tour the NYC High Line

The High Line is only 1.45 miles long but it's packed with history old and new. Take a walk on The High Line with Mario Medici (Mario Medici Lectures, LLC) amateur photographer and historian, and discover how the High Line was transformed from a historic elevated freight rail to one of New York City's most popular parks. Check out the new architecture, gigantic skyscrapers built over train tracks, century-old ice buildings, shopping centers, new sculpture art, and, yes, even where the Oreo cookie was discovered! Presentation includes visits to the recently opened "Little Island @ Pier 55" and a look down from "The Edge" 1171' above Manhattan. Whether you're planning a visit to The High Line or just curious to see what The High Line has to offer, this presentation is not to be missed.

Mondays In person: 3/21, 3/28

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

Instructor: Mario Medici

Location: Tec-201

Self Defense Class

IR-918

Take control and don't be a victim. Learn to defend yourself. Classes are very informative and contribute to one's overall general knowledge on how to stay safe and avoid danger zones. Students will be taught many offensive striking techniques that are very effective for both men and women. The instructor has over 40 years of training in the martial arts, is a former police officer, and teaches self defense at Bergen Community College for the last 18 years.

Mondays In person: 2/28, 3/7

Time: 10:00 a.m. - 12:00 p.m.

Instructor: Toni Plantamura-Rossi

Location: Gym A

TUESDAY Course Offerings

Medicare 101

IR-107

Learn about all the parts of Medicare and the best way to structure this key healthcare cost in retirement. We will review both Medicare Supplements, Medicare Advantage plans as well as the cost structure of Medicare.

Tuesday Online: 3/15

Time: 4:00 - 5:00 p.m.

Instructor: Theresa Yarosh

Genealogy 101: Researching

Your Family Tree

IR-724

Many people are interested in their family's past. This course covers the basics of searching records in the US such as census and vital records. We will discuss both traditional and online resources. Students must be familiar with navigating the internet. This course is sponsored by the Genealogical Society of Bergen County.

Tuesdays Online: 3/1, 3/8, 3/15, 3/22, 3/29

Time: 12:30 - 2:30 p.m.

Instructor: Fred Voss

TUESDAY cont'd

***Change Your World: Be the somebody that does something!* IR-925**

Only one thing stands between you and greater success in your personal and professional life. It isn't knowledge, skills, experience or talent. It is the ability to connect with others. Describe what transformation means to you. What roles do learning and living good values have in transformation? How do you become a catalyst for change? The Law of Significance says "One is too small a number to achieve greatness." What does this mean to you? What can you expect to happen when you work together with others to accomplish a mission? You will learn about a blueprint for creating positive change and hear how others saw a need, felt compassion and took action. Be the somebody that does something. Change Your World!

SESSION TOPICS

- 1: We Can't Wait for Change
- 2: Become a Catalyst for Change
- 3: We All Need One Another

Link to the purchase the book:
https://store.johnmaxwell.com/Change-Your-World--How-Anyone-Anywhere-Can-Make-a-Difference_p_2952.html

Tuesdays In person: 3/15, 3/22, 3/29

Time: 10:30 a.m. - 12:00 p.m.

Instructor: Anupama Kinatukara

Location: Tec 201

***Midlife Yoga for Beginners* IR-912**

Think you're too old to begin your yoga practice? Think again! Midlife Yoga is a mat-free yoga practice, perfect for beginners or those seeking a gentler practice. All poses are practiced either seated or standing, and modifications are offered to make the practice accessible regardless of your starting point. It's never too late to begin...

Tuesdays Online: 3/1, 3/8, 3/15, 3/22, 3/29

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

Instructor: Rosemary Donnelly

***Change Your World: Be the somebody that does something!* IR-926**

Only one thing stands between you and greater success in your personal and professional life. It isn't knowledge, skills, experience or talent. It is the ability to connect with others. Describe what transformation means to you. What roles do learning and living good values have in transformation? How do you become a catalyst for change? The Law of Significance says "One is too small a number to achieve greatness." What does this mean to you? What can you expect to happen when you work together with others to accomplish a mission? You will learn about a blueprint for creating positive change and hear how others saw a need, felt compassion and took action. Be the somebody that does something. Change Your World!

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Tuesdays Online: 4/5, 4/12, 4/19

Time: 10:30 a.m. - 12:00 p.m.

Instructor: Anupama Kinatukara

***More Topics in French Life: Fashion, Food, Education, Architecture* IR-920**

Learn about aspects of French culture that define French life. We will explore the history of "haute couture" which has influenced American style for centuries, the cuisine of various regions of France which you encounter on menus everywhere, the national educational system which is so very different from our own, and the best known structures in France.

Tuesdays Online: 3/1, 3/15, 3/22, 3/29

Time: 10:30 - 11:45 a.m.

Instructor: Ronnie Friedman

***The Air Force in WWII* IR-580**

The class will include three themes: American propaganda music and film, aerial combat inside a B-17 Flying Fortress and the Resistance Escape lines in Western European occupied territories. American propaganda will feature The Three Stooges short You Nazty Spy!, the story of Lili Marlene, Memphis Belle, and President Roosevelt's Office of War Information. Joe De Luccia, a radio operator/gunner who flew 32 combat missions on a B-17 will describe aerial combat. Finally, the class will learn how Lieutenant Louis Feingold escaped capture with the help of the French Resistance after his B-17 was shot down over occupied France. Feingold's story is told by his son

Tuesdays In person: 3/1, 3/8, 3/15, 3/22

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

Instructor: Rick Feingold

Location: Tec-203

***A Literary Look at Immigration* IR-910**

We will read different types of literature that will help us better understand the history of immigration in the USA, the reasons people immigrate and the problems they face. We will start by reading *The Guarded Gate* by Daniel Okrent, which we will discuss in the first class. A complete list of books will be sent when registration is completed.

Tuesdays Online: 3/15, 3/22, 4/12, 4/26, 5/3

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

Instructor: Emily Ginder

***Creative Writing* IR-927**

The four types of creative writing will be introduced and discussed. Students will work on a memoir and a short story.

Tuesdays In person: 4/5 and 4/12

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

Instructor: Elyse Cohen

Location: Tec-203

WEDNESDAY Course Offerings

Let's Travel On... IR-917

to Iberia plus Spain, Portugal & their Atlantic Islands

The CDC has advised against traveling to Spain. You can still visit through the instructor's TravelOn, from the westernmost Europe in Portugal to Barcelona in the east of Spain and from the Route of the Pilgrims in the north to the Costa del Sol in Spain's south. You'll view the instructor's photographs taken over six trips to Spain and two to Portugal. A number of the photos were entered into a Travel & Leisure photo contest. We'll stop first at the Azores, the Canary Islands and Madeira. The photos will be accompanied by the instructor's commentary describing the sights and sites you'll be viewing. So let's TravelOn!

Wednesday Online: 4/20

Time: 12:30 - 2:00 p.m.

Instructor: Marvin Rothenberg

Financial Planning in Retirement IR-860

Retirement is often looked at as a 'finish line.' In reality, it is a new phase in your financial life which can span as long as your working years. Retirement typically presents more questions than answers. What will be my medical expenses? Who will make decisions on my behalf if I have diminished financial capacity? What are my insurance needs? Most importantly, will I outlive my retirement assets? This course analyzes many aspects of financial planning including, investment management, insurance planning, tax planning, and estate planning. The objective of this course is to help retirees navigate through the uncertainty of retirement and plan accordingly.

Wednesday In-person: 4/6, 4/13, 4/20, 4/27, 5/4

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

Instructor: Traphagen CPAs and Wealth Advisors

Location: Tec-201

Makers of History IR-862

1. Winston Churchill generally regarded as the prime savior of Western Civilization in 1940—even though he has since been criticized for many defects that are partly due to the vast changes in values in the last 80 years

2. Adolf Hitler, probably the worst human being ever, albeit with some stiff competition. But he was also a genius—an "evil genius—who conquered most of Europe in less than 2 years (as against Napoleon's 10 years). In his self-destructive career, he has surely become the classic case of HUBRIS.

3. FDR rounds out the trio of World War II titans.

4. To turn to a non-military, non-political Maker of History who is perhaps the greatest off all, consider this syllogism:

Major premise: The Scientific Revolution is easily the greatest change in all of history.

Minor premise: Galileo is the father of modern science. Who says so? Merely Albert Einstein, Stephen Hawking, and many other historians of science.

Conclusion: Galileo is the most important maker of history.

Wednesdays Online: 3/2, 3/9, 3/16, 3/23

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

Instructor: Manfred Weidhorn

Beekeeping for Seniors IR-913

Learn about the hobby of beekeeping: what's involved and how to get started.

Wednesday In person: 3/2

Time: 11:00 a.m. - 12:00 p.m.

Instructor: Hugh Knowlton

Location: Ender Hall E-186

THURSDAY Course Offerings

The Impact of Healthcare and Claiming Social Security**Costs in Retirement IR-919**

A comprehensive overview of the impact of healthcare costs in retirement. How does Medicare impact your decision of when to take social security? What is the best way to strategically design a plan with this healthcare cost structure in mind? Bring your questions to our thoughtful discussion. Claiming Social Security? Learn the various strategies behind Social Security claiming. This will be an eye opening course for those looking into claiming their Social Security income. This course will have a special focus on the impact of healthcare costs as a result of Medicare.

Thursday Online: 3/10

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

Instructor: Theresa Yarosh

U.S. Diplomacy III**1919-1941 IR-011**

Churchill called the period from 1920 to 1939 a respite in a "new Thirty Years War." This course will examine American foreign policy in the era, from the disastrous Washington Naval Conference through intra-America crises to the coming of the winds of World War II and FDR's response.

Thursdays In person: 3/31, 4/7, 4/14, 4/21, 4/28, 5/5

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

Instructor: James Devine

Location: Tec-201

THURSDAY cont'd

Mindfulness:**Theory and Practice IR-911**

Would you like to quiet your mind, reduce stress, and gain greater clarity and emotional balance? Mindfulness meditation is a mind-body practice that involves focusing your attention on the present moment, to be aware of your thoughts, feelings and actions, compassionately and without judgment. We will learn about the benefits of mindfulness, and practice together.

Sessions will consist of a short introduction, 15 to 20 minutes of practice, and following discussion. No experience is necessary; come as you are.

Thursdays In person: 3/24, 3/31, 4/7, 4/14

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

Instructor: Peter Dlugos

Location: Tec-201

Selected topics in**US History!****IR-786**

The classes will cover such topics as The history of West Point, The Spanish American War, The city of Paterson, US Grant and Teddy Roosevelt.

Tuesdays & Thursdays In person:

5/5, 5/10, 5/12, 5/17, 5/19

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

Instructor: Tom DeStefano

Location: Tec-201

Watercolors for All IR-619

This course is designed for anyone with a reasonably good understanding of how to handle watercolor techniques. Discussions and demonstrations provide students with unlimited information regarding color mixing, wet on wet painting, dry brush and much more. Students are responsible for their own supplies. Supplies needed are:

watercolor set, watercolor pad, 8X10 or 9X12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long haired brush).

Thursdays In person: 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12

Time: 10:00 a.m. - 12:00 p.m.

Instructor: Barry Shiff

Location: Evergreen HH-6

Sketching for All**IR-676**

This course is designed for anyone with a reasonably good understanding of the art of sketching using pencils. Students are responsible for their own supplies. Supplies needed: 2H HB 2b 4b, 6b, general sketching pencils 2b, 4b, 6b, pencils, colored pencils, art stix, kneaded eraser, sketch pad and photos to sketch.

Thursdays In person: 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7, 4/14, 4/21, 4/28, 5/5, 5/12

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

Instructor: Barry Shiff

Location: Evergreen HH-6

Neurology 202**IR-921**

Come join us as we explore the following topics in Neurology: Seizures, Head Trauma, Back Pain and Parkinson's Disease. No prior medical knowledge is required.

Thursdays In person: 2/24, 3/3, 3/10, 3/17

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

Instructor: Judith Lustig

Location: Tec-203

FRIDAY Course Offerings

Diamond Dot Painting IR-922

Diamond dot painting is a new craft hobby that is a mix between paint-by-numbers and cross-stitch. When diamond painting, you apply tiny resin "diamonds" attached to a stick, to a coded adhesive canvas to create shimmering "diamond art." It is becoming popular because you can be "artistic" without having any art or craft background. It also minimizes stress and anxiety, stimulates creativity, and is a relaxing activity to do by yourself or with friends. The results are beautiful enough to hang on the wall! All supplies will be available for you to complete a small finished product while in class. Supply cost = \$2.00

Fridays In person: 3/11, 3/18

Time: 2:00 - 3:00 p.m.

Instructor: Maureen Smith

Location: Tec-203

The Civil War**IR-873**

The Civil War was a pivotal event in American history. After years of debate and compromise, the issues of slavery and the supremacy of the federal government reached a boiling point. Although northerners expected to defeat the Confederacy within six months, the war dragged on for four long years. This class is aimed at explaining why.

This will not be a class of military history. While major battles will be discussed, the focus will be on the social, political, economic and diplomatic factors that help explain the shifting fortunes of both sides.

Fridays In person: 4/15, 4/22, 4/29, 5/6

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

Instructor: Janet DiNardo-White

Location: Tec-201

SATURDAY Course Offerings

Osteoporosis and Diet -**Don't forget your****Calcium and Vitamin D IR-915**

Be ready to celebrate National Osteoporosis Awareness and Prevention Month in May!

This course will go over the types of osteoporosis, risk factors, and the impact of nutrients - Calcium and Vitamin D.

Saturday Online: 4/30

Time: 11:00 a.m. - 12:00 p.m.

Instructor: Vivian Huh

