

# ILR

Spring Semester 2024



**No tests  
or grades**

**Join us for lifelong learning for ages 55 and over!**

Register **ONLINE**, by **PHONE** or **IN-PERSON**



Institute for Learning in Retirement  
Continuing Education and Workforce Development

ILR.BERGEN.EDU | (201) 447-7156



**SPRING 2024 - THE DIVISION OF CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT**

## NOTE FROM PROGRAM STAFF

### Greetings Students!

Join us this this spring at the Institute for Learning in Retirement (ILR), a program in Continuing Education and Workforce Development at Bergen Community College. The ILR program is a diverse and welcoming community offering non-credit enrichment programming to students 55 and over. Courses will continue to be facilitated by dedicated volunteer instructors, passionate about the content they share with you. Choose from an inspiring selection of courses both in-person and online for the Institute for Learning in Retirement Spring 2024.

The semester runs Monday, March 4 to Thursday, June 6 2024. Registration begins on Wednesday, February 14, 2024. After purchasing a spring semester membership for \$125.00, students can register online, over the phone or in-person for up to five courses plus bonus courses are available.

We look forward to seeing you this spring.

Cinzia D'Iorio, Vice President

Julia Gibson, Dean

Mary Kate O'Toole-Mellow, Program Supervisor

Dolores Hunt, Coordinator

Beverly Miller, Secretary

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## CONTACT US

### Institute for Learning in Retirement

Main Number: (201) 447-7156

General Email: [ilr@bergen.edu](mailto:ilr@bergen.edu)

Website: [ilr.bergen.edu](http://ilr.bergen.edu)

The Technology Building, TEC-115, Paramus campus  
400 Paramus Road, Paramus, NJ 07652

### Mary Kate O'Toole-Mellow, Program Supervisor

[motoole-mellow@bergen.edu](mailto:motoole-mellow@bergen.edu)

(201) 879-3571

### Beverly Miller, Secretary

[bmiller1@bergen.edu](mailto:bmiller1@bergen.edu)

(201) 447-7156

## About the Institute for Learning in Retirement

The Institute for Learning in Retirement (ILR), is a program in Continuing Education and Workforce Development at Bergen Community College. It serves the intellectual and social needs of a vibrant community of lifelong learners. Our members have a thirst for learning. Membership is open to all persons, 55 years and older. Current members come from a wide range of experiences and backgrounds. There are no educational prerequisites, no exams, and no grades. Courses are taught by members and experts from the larger community who volunteer their time to share their knowledge and passions. Each semester's offerings cover a broad range of topics.

Instructors receive a free membership during the semester they are teaching. Volunteer to teach for the ILR program. Visit [irl.bergen.edu/proposals](http://irl.bergen.edu/proposals) to learn more.

**One fee of \$125.00 per semester, entitles members to attend up to five (5) courses, plus bonus courses.**

### Why You Should Join

- To become part of a community created specifically to meet the lifelong educational interests and needs of mature adults.
- To have social interaction with other ILR members during classes and other organizational activities.
- To enjoy classes and activities in a diverse and multi-generational college campus setting.
- To have access and borrowing privileges at Bergen Community College Sidney Silverman Library.
- To be able to use the Paramus campus Fitness Center and pool during scheduled free-time hours.

### Benefits of Membership

#### Cafeteria

BCC Campus Dining (Pitkin Building, 2nd Floor) is open Monday to Thursday 7:30 a.m. to 6:00 p.m.; Friday 7:30 a.m. to 3:00 p.m. Starbucks is located in the Student Center (Pitkin Building) and is open weekdays 7:30 a.m. to 3:00 p.m. Hours vary during holidays and breaks.

#### Dental Hygiene Clinic

This on-campus program is open to ILR members with a Student ID card. Call (201) 447-7180 for an appointment. There is a minimal charge for this service.

### Paramus Campus Fitness Center (S-128) and Swimming Pool

ILR members may use the facilities during scheduled free-time hours (which may vary throughout the year). Members should call the Bergen Community College's main number at (201) 447-7100 to confirm hours of operation.

Fitness Center Schedule and Medical Release forms are available in the Office of Health Service room HS 100 Pitkin. You must complete a Medical Release form and return it to room HS 100 to receive a medical card before you can use the facilities. You must also present your Student ID card.

### Sidney Silverman Library

ILR members have access and borrowing privileges at Bergen Community College Sidney Silverman Library by presenting their Student ID card at the desk.

**Email [ilr@bergen.edu](mailto:ilr@bergen.edu) to sign up for the ILR email list.**



**Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)**

## ILR Registration Information

**Registration for the Spring 2024 Semester: Starts Wednesday, February 14, 2024**  
**Semester Dates: Monday, March 4 to Thursday, June 6, 2024**

*The ILR program offers a wide array of courses, of various lengths, with offerings both in-person and online. ILR courses start and end at various times during the semester. You do not have to be present for the entire semester to participate in the ILR.*

### 3 Ways to Register

**Online:** [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

**By Phone:** ILR: (201) 447-7156 Continuing Education: (201) 447-7488

**In-Person:** ILR Office | TEC-115 | The Technology Building. | Paramus campus

**ENROLL:** Upon enrolling in courses, students purchase an ILR membership for the semester. Memberships may be purchased when registration opens. Registration will remain open during the semester as long as there is space available in the program.

**SCHEDULE CHANGES:** To make changes to your schedule after registering, contact the ILR staff at [ILR@Bergen.edu](mailto:ILR@Bergen.edu).

**RETURNING STUDENTS:** If you are a returning ILR student, and want to register online, use your current username (your email) and password to log in for Registration.

**PASSWORD RESET:** If you have forgotten your password, you will be able to reset it at the ILR registration portal when it is open. If you need assistance resetting your password or updating your contact information, please reach the ILR at [ilr@bergen.edu](mailto:ilr@bergen.edu).

**COST:** ILR Membership is \$125.00 for one semester and entitles you to register for and attend five (5) courses per semester plus additional Bonus Courses. The ILR program runs both a fall and spring semester. The ILR program accepts new members at any time during the semester but does not prorate fees. It is not possible to pay for individual courses. For tuition assistance please contact the BCC Foundation, [foundation.bergen.edu](http://foundation.bergen.edu).

**PAYMENT:** Payment is by credit card. \*\*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.

**REFUND POLICY:** The ILR does not issue refunds.



**Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)**



## General Information and Policies

### BCC Policies

For BCC General Information, Student Code of Contact and Sexual Harassment Policy, and Drug Free Workplace Act, please visit <https://bergen.edu/ce/general-information-and-policies>

### Directions and Paramus Campus Map

Bergen Community College  
400 Paramus Road, Paramus, New Jersey 07652  
Visit this BCC webpage:  
<https://bergen.edu/about-us/locations/paramus>

### Public Transportation & Bergen Community College inter-campus Shuttle (BCC Shuttle)

NJ Transit: Buses run regularly to campus. Check [www.njtransit.com](http://www.njtransit.com) for schedules and to verify they stop on Campus

### NJ Transit's Access Link

Access Link is a public transportation service for people with disabilities who are unable to use the local fixed route bus for some or all of their rides. Upon request, the ILR staff can provide student schedules to Access Link on behalf of qualifying students.

[www.njtransit.com/accesslinkqanda](http://www.njtransit.com/accesslinkqanda)  
(973)-491-4224; [ADAResv@njtransit.com](mailto:ADAResv@njtransit.com)

### Parking

Parking is free. Park in the Student Parking Lot B. ILR members do not need a parking pass, but if you would like one, reach out to the ILR. The Technology Building is closer to Lot B's G-9 area. The Pitkin Education Center is closer to Lot B's G-1 area. For information on parking or handicap parking please reach out to Public Safety.

### BCC Temporary Handicap Parking Pass

Contact the Office of Health Services  
Pitkin Educational Center, (1st Floor) Room HS -100  
(201) 447-9257 or [healthservices@bergen.edu](mailto:healthservices@bergen.edu)

### Emergency Closings

In the event that the College will be closed or have a delayed opening, official notification is available from the following service:

### BCC Emergency Notification System

Register at [bergen.sendwordnow.com/HomePage.aspx](http://bergen.sendwordnow.com/HomePage.aspx)  
BCC website: <https://bergen.edu>

- Call the College's main telephone number (201) 447-7100
- Log on to [www.1010wins.com](http://www.1010wins.com) to sign up for email notifications of college closings.
- Listen to radio stations: W CBS/880, WOR/710, 1010 Wins, WVNJ 1160.
- Watch News 12 NJ TV Cablevision

### Student ID Card

Student ID cards are not required to attend ILR classes. All members who do not have a student ID Card and would like to receive one need to obtain a Student ID Number from the ILR, then stop by the Public Safety Department located in the Pitkin Building, first floor, room L-154. Student ID cards for ILR members cannot be applied for online. They must be done in person at Public Safety Department.

### Public Safety

For emergency wheelchair assistance contact Public Safety. (201) 447-9200; or [publicsafety@bergen.edu](mailto:publicsafety@bergen.edu).  
Located in the Pitkin Education Center L-154

## ILR Photography/Video Policy for Members

**NOTICE:** While on the grounds of any Bergen Community College location, you may be photographed or videotaped. Your presence at the college will serve as a voluntary grant to Bergen of the right to photograph your image and to own, license, assign and/or use the same (and/or any portion thereof) forever and throughout the world in any manner and/media including, without limitation, in programming and the advertisement and promotion thereof. You will not receive any payment for such use and waive any right to bring any action in law or equity against the college and its past, present, and future officers, agents, representatives, employees, successors and assigns for such use. If you do not agree to the above terms and do not wish to be photographed/taped, please remove yourself from areas where photography/videotaping are taking place.

Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

## Tips for In-Person and Online Classes

### In-Person Classes

Before the start of their first class, the ILR will email students their classroom information and parking tips. The ILR website's "News and Media" page will have a downloadable list of classrooms at the start of the semester. A list of classrooms will also be posted outside Public Safety and the ILR office.

**Last Minute Classroom Changes:** Students will be notified of any changes to their classroom by email or by phone. The ILR phone recording at (201) 447-7156 will also have last-minute changes, and changes will be posted outside the ILR Office and Public Safety.

### Common Classroom Locations

**A-104** is on the first floor near the Student Center area of the Pitkin Education Center. It is down a small hall near the restrooms across from the One-Stop Registration.

**TEC-201** and other TEC classrooms are in The Technology Building. Enter from either side of the building and take the stairs or elevator up to the second floor.

**S-343** is in the Pitkin Education Center Science (S) Wing.

- Use the South Entrance to Pitkin which faces the outdoor courtyard. You will see Public Safety on your right and elevators on your left.
- Take the elevators up to the third floor. Head right past the water fountain and restrooms through a doorway into a long hallway with a brownish orange floor.
- When the doors turn green you have entered the Science Wing. Walk a bit further and take your first left passing a bank of vending machines. S-343 is a few doors down on the left.

**S-138** is in the Pitkin Education Center

- Enter via the South Entrance. Walk down the short hall in front of Public Safety.
- At the end of the hall take a quick right and then a quick left through the double doors following the signs to the Lecture Halls.
- S-138 is the first lecture hall on the right.

### Online Classes

Online classes are through Webex. Before your first class you will receive a link to log on. This will be the same link for every class. Log into your class 10 minutes in advance to address any connection needs. In the event of technical difficulties during class, please check your email for updates.

### For assistance with Webex reach out to:

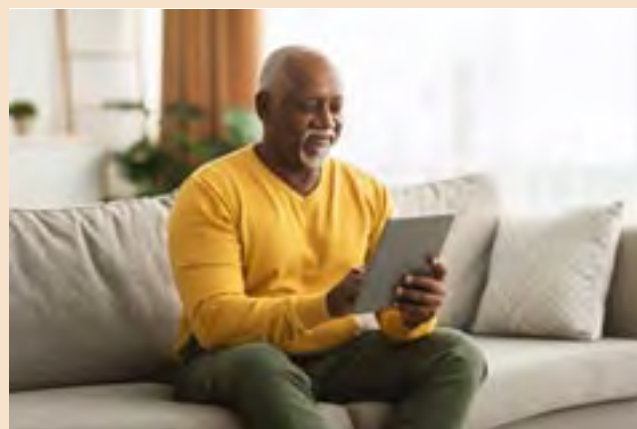
- HelpDesk Media Technology Department: (201) 879-7109, ext. 3.
- ILR: (201) 447-7156
- Continuing Education and Workforce Development: (201) 447-7488

### Minimum computing requirements for online classes:

- A reliable internet connection
- A laptop with a built-in webcam and microphone or a smartphone or table
- An internet browser (Google Chrome, or Mozilla Firefox)

To learn more visit:

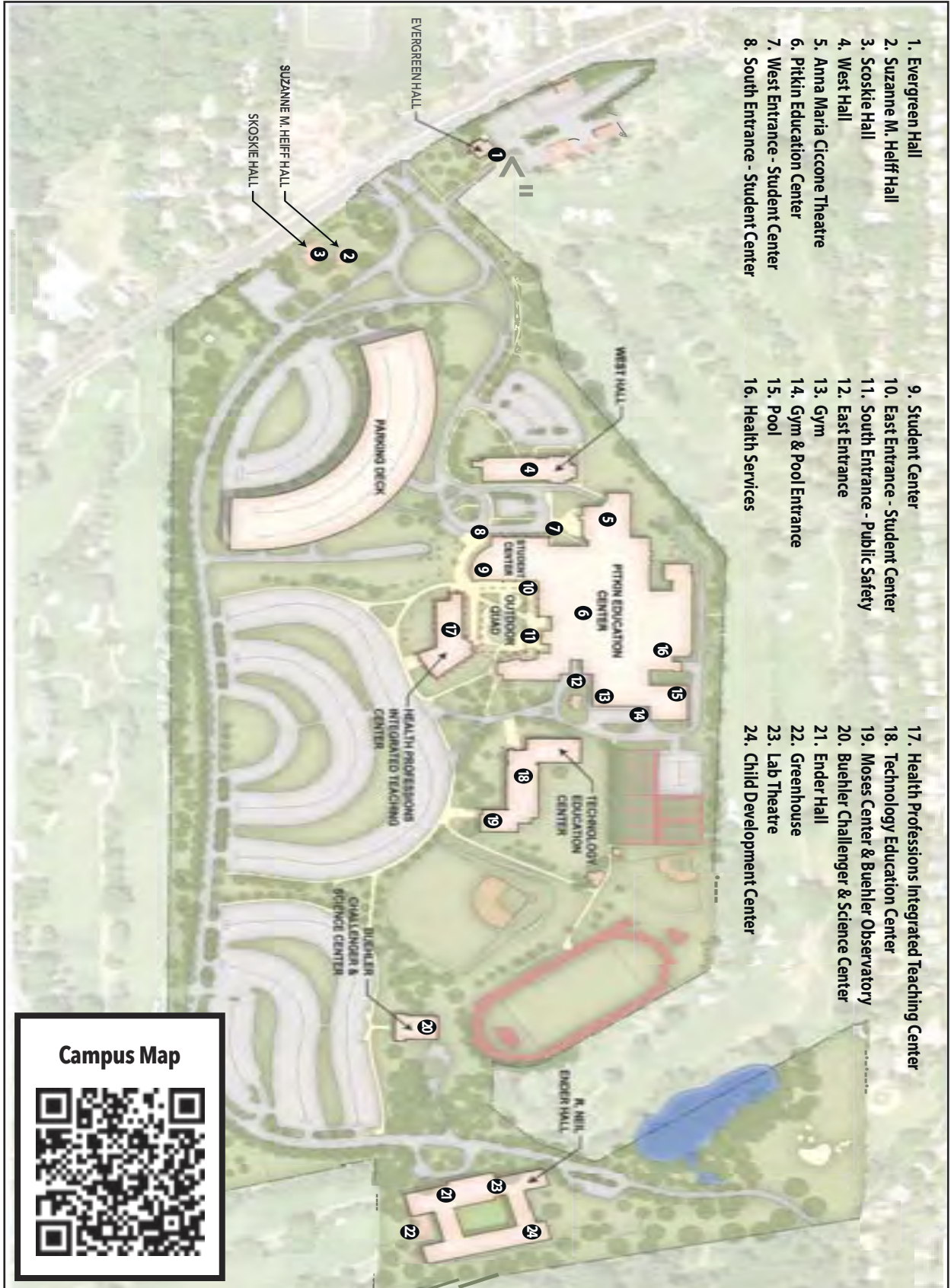
<https://bergen.edu/online/getting-started-with-online-courses>.



FAQ's

Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

# Campus Map



- 1. Evergreen Hall
- 2. Suzanne M. Helff Hall
- 3. Skoskie Hall
- 4. West Hall
- 5. Anna Maria Ciccone Theatre
- 6. Pitkin Education Center
- 7. West Entrance - Student Center
- 8. South Entrance - Student Center
- 9. Student Center
- 10. East Entrance - Student Center
- 11. South Entrance - Public Safety
- 12. East Entrance
- 13. Gym
- 14. Gym & Pool Entrance
- 15. Pool
- 16. Health Services
- 17. Health Professions Integrated Teaching Center
- 18. Technology Education Center
- 19. Moses Center & Buehler Observatory
- 20. Buehler Challenger & Science Center
- 21. Ender Hall
- 22. Greenhouse
- 23. Lab Theatre
- 24. Child Development Center

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# Institute for Learning in Retirement

at Bergen Community College  
Division of Continuing Education  
and Workforce Development



## VOLUNTEER TO TEACH AT THE INSTITUTE FOR LEARNING IN RETIREMENT

Share your knowledge and passion with an enthusiastic community of lifelong learners ages 55 and over.

## ILR PEER-TO-PEER LEARNING MODEL

ILR instructors receive a complimentary membership and can take ILR classes free of charge.

Learn more at  
[ILR.Bergen.edu/proposals](https://ilr.bergen.edu/proposals)



Enroll Today! Visit [ilr.bergen.edu/courses](https://ilr.bergen.edu/courses)



**Week-at-a-Glance IN-PERSON Courses (Page 1 of 2)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>IR-948 US Space Program History</b> 3/4, 3/11, 3/18 10:00 a.m.–12:00 p.m. <i>Joe Lennox</i></p>	<p><b>IR-994 Banned Books: Newbery Medal Winners</b> 3/5, 3/19, 3/26, 4/2, 4/9 11:15 a.m.–12:45 p.m. <i>Emily Ginder</i></p>	<p><b>IR-709 Energize and Thrive</b> 3/6, 3/20, 4/3, 4/17, 5/1 10:00–11:15 a.m. <i>Angela Goldman</i></p>	<p><b>IR-619 Watercolors for All</b> 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 10:00 a.m.–12:00 p.m. <i>Barry Shiff</i></p>	<p><b>IR-472 Basics of Watercolor Botanical Illustration</b> 3/8, 3/15, 3/22, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10 10:00–11:30 a.m. <i>Mila Antkevych</i></p>
<p><b>IR-711 Introduction in Korean</b> 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 12:15–1:15 p.m. <i>Hyun Kim</i></p>	<p><b>IR-251 Basic Math</b> 3/5, 3/12, 3/26, 4/2, 4/9, 4/16 11:15 a.m.–12:15 p.m. <i>Saeed Manii</i></p>	<p><b>IR-101 Stories from Ellis Island</b> 3/6, 3/13, 3/20 10:30 a.m.–12:00 p.m. <i>Fred Voss</i></p>	<p><b>IR-503 Hardly Camelot II: The Political JFK</b> 3/7, 3/14, 3/21, 3/28, 4/4, 4/18 10:30 a.m.–12:30 p.m. <i>James Devine</i></p>	<p><b>IR-664 America Acquires an Empire</b> 4/5, 4/12, 4/19 4/26 10:30 a.m.–12:00 p.m. <i>Janet Dinardo-White</i></p>
<p><b>IR-256 "In The Record"</b> 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 1:30–3:00 p.m. <i>Speakers from The Record</i></p>	<p><b>IR-957 Current Events Club</b> 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/30, 5/7, 5/14, 5/21 1:00–2:00 p.m. <i>Herman Lindenbaum</i></p>	<p><b>IR-775 Rockefeller and Carnegie</b> 3/6, 3/13, 3/20, 3/27, 4/3 1:00–2:30 p.m. <i>Rick Feingold</i></p>	<p><b>IR-090 Film Program 1 6 Jewish Tales</b> 3/7, 3/14, 3/21, 3/28, 4/4, 4/11 10:45 a.m.–12:45 p.m. <i>Theo Solomon</i></p>	<p><b>IR-630 Mah Jongg</b> 3/8, 3/15, 3/22, 4/5 12:30–2:00 p.m. <i>Linda Cohen</i></p>
<p><b>IR-437 Intro to Digital Photography</b> 3/4, 3/11, 3/18, 3/25 2:00–3:30 p.m. <i>Ray Turkin</i></p>	<p><b>IR-649 Spanish in Action</b> 3/19, 3/26, 4/2, 4/9, 4/16 10:00–11:00 a.m. TEC-201 <i>Cecilia Diaz</i></p>	<p><b>IR-060 Legal Issues Concerning the Elderly</b> 3/6, 3/13, 3/20, 3/27 3:15–4:45 p.m. TEC-201 <i>Robert J. Romano</i></p>	<p><b>IR-393 Financial Fitness in Retirement</b> 3/7, 3/14, 3/21, 3/28 1:00–2:00 p.m. <i>Chepauskas and Maimone</i></p>	<p><b>IR-680 Understanding Memory Loss</b> 4/12 1:00–2:00 p.m. <i>Jenna Noecker</i></p>
<p><b>IR-640 Discovery Series</b> 3/25, 4/1, 4/8, 4/15 10:00–11:30 a.m. <i>Mario Medici</i></p>	<p><b>IR-521 Topics in Biology and the Environment</b> 3/19, 3/26, 4/2, 4/9 3:30–4:45 p.m. <i>Robert Dill</i></p>	<p><b>IR-939 Senior Balance Yoga</b> 3/20, 3/27, 4/3, 4/10 10:00–10:45 a.m. <i>Rennie Ackerman</i></p>	<p><b>IR-676 Sketching for All</b> 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16 1:00–2:30 p.m. <i>Barry Shiff</i></p>	

**Courses organized loosely by start date and time.**

**Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)**

**Week-at-a-Glance IN-PERSON Courses (Page 2 of 2)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>IR-990</b>  <b>Plan for Aging in Place in the Home</b>                      4/29                      10:00-12:00 p.m.                      Wendy Sabin</p>	<p><b>IR-247 ILR All Campus Choir "Sing, Sing, Sing"</b>                      4/9, 4/16, 4/30, 5/7, 5/14, 5/21, 5/28                      3:00-4:30 p.m.                      Barbara Heitmann</p>	<p><b>IR-852 Early 20th Century America</b>                      3/27, 4/3, 4/10, 4/17                      10:00-11:30 a.m.                      Carol Lafond, J.D.  <b>ONLINE or IN-PERSON</b></p>	<p><b>IR-921</b>  <b>Neurology 202</b>                      3/7, 3/14, 3/21, 3/28                      2:30-4:00 p.m.                      Judith Lustig</p>	
	<p><b>IR-900 Essential Computer Skills Open Forum</b>                      4/9, 4/16, 4/30, 5/7                      5:00-6:00 p.m.                      Jhonatan A Garcia</p>	<p><b>IR-860 Financial Planning in Retirement</b>                      4/3, 4/10, 4/24, 5/1, 5/8                      12:00-1:30 p.m.                      Traphagen CPAs &amp; Wealth Advisors</p>	<p><b>IR-919</b>  <b>Healthcare Costs and Claiming Social Security in Retirement</b>                      4/4, 4/18, 4/25, 5/2                      2:30-4:30 pm                      Theresa J. Yarosh</p>	
	<p><b>IR-442 Keeping Your Brain Healthy</b>                      5/7                      11:15 a.m.-12:15 p.m.                      Rachel Ishak</p>	<p><b>IR-316 History of Ukraine and Russia</b>                      4/10, 4/17, 4/24, 5/1, 5/8, 5/15                      2:15-3:15 p.m.                      Yuri Bloshtein</p>	<p><b>IR-808 Baseball: Oddities &amp; Ironies</b>                      4/11, 4/18, 4/25                      1:00-2:00 p.m.                      Dan Schlossberg</p>	
	<p><b>IR-363 Baseball's Labor History</b>                      5/21, 5/28                      10:00-11:30 a.m.                      Keith Danish</p>	<p><b>IR-088</b>  <b>AARP Smart Driver</b>                      4/17                      10:00 a.m.-4:30 p.m.                      JoAnn Mitchell</p>	<p><b>IR-814</b>  <b>Film Program 2</b>                      4/18, 4/25, 5/2, 5/9, 5/23, 5/30                      10:45 a.m.-12:45 p.m.                      Theo Solomon</p>	
		<p><b>IR-995</b>  <b>Acting Workshop</b>                      4/17, 4/24, 5/1, 5/8, 5/15, 5/29                      12:00-2:00 p.m.                      Glen Vincent</p>	<p><b>IR-050 Clashes of the Titans</b>                      4/25, 5/2, 5/16, 5/23, 5/30, 6/6                      10:30 a.m.-12:30 p.m.                      James Devine</p>	
			<p><b>IR-786 Selected Topics in US History</b>                      5/9, 5/16, 5/23, 5/30, 6/6                      1:00-2:15 p.m.                      Tom DeStefano</p>	

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## Week-at-a-Glance ONLINE Courses

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>IR-991 Chair Yoga</b> 3/18, 3/25, 4/1, 4/8, 4/15 10:30–11:30 a.m. <i>Melissa Krieger</i></p>		<p><b>IR-852 Early 20th Century America</b> 3/27, 4/3, 4/10, 4/17 10:00–11:30 a.m. <i>Carol Lafond, J.D.</i> <b>ONLINE or IN-PERSON</b></p>		
		<p><b>IR-965 Makers of History</b> 4/24, 5/1, 5/8, 5/15 10:30–11:45 a.m. <i>Manfred Weidhorn</i></p>		
		<p><b>IR-418 Understanding Wine</b> 3/13, 3/20, 3/27, 4/3, 5/1, 5/8 4:00–5:00 p.m. <i>Lainie Ognibene</i></p>		

# The Bergenstages 2024 Season

### ***She Kills Monsters***

By Qui Nguyen  
Feb..23, 24, 29, March 1 & 2, 2024  
Ender Hall Lab Theatre

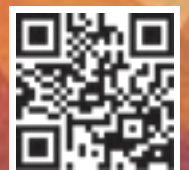
### ***The Grapes of Wrath***

Adapted by Frank Galati  
March 29, 30, April 4, 5 & 6. 2024  
Cicccone Theatre

### ***The Director's Lab***

April 25, 26 & 27, 2024  
Ender Hall Lab Theatre

For information/reservations, please contact our box office at (201) 447-7428 or visit our website at [tickets.bergen.edu](https://tickets.bergen.edu)



Bergen is committed to providing access and reasonable accommodation in its services, programs and activities.  
Accommodation requests related to disability should be made to [ossinfo@bergen.edu](mailto:ossinfo@bergen.edu).

**Enroll Today! Visit [ilr.bergen.edu/courses](https://ilr.bergen.edu/courses)**



## Course Descriptions

### MONDAY Course Offerings

#### **IR-948 US Space Program History: Apollo 17; Voyager; Space Photography**

Learn about the history of the US Space Program. Each class will feature a different topic. This semester the topics are as follows: Apollo 17 - the final moon landing; Voyager - to the planets and beyond for over 50 years; Space Photography - some pictures are worth more than a thousand words.

**Mondays In-person:** 3/4, 3/11, 3/18

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

**Room:** TEC-201

**Instructor:** Joe Lennox

#### **NEW INSTRUCTOR!**

#### **IR-711 Introduction in Korean**

(Korean History and Culture series)

This course is open to all those that are interested in learning more about the Korean language and culture. It is designed for those who have no prior knowledge in Korean and aims to train students to perform spoken and written communication in most essential daily life situations. This course will focus on correct pronunciation and basic vocabulary used in carrying out simple real-life tasks. Students will learn how to speak, understand, read, and write short sentences on familiar topics. *Student Materials: pen and paper*

**Mondays In-person:** 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

**Time:** 12:15-1:15 pm

**Room:** TEC-201

**Instructor:** Hyun Kim

#### **IR-256 "In The Record"**

Taught by editors and staff of The Record and NorthJersey.com, this course will examine the changing news industry; the effect of media on society; how the bifurcated nature of our politics is amplified by people's perception of the media; the importance of local coverage; the difference between news and opinion; how to spot bias in the media; why print won't last forever; and how Google and SEO play into what you see on your screens.

**Mondays In-Person:** 3/4, 3/11, 3/18, 3/25, 4/1, 4/8

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

**Room:** TEC-201

**Speakers from 'The Record' of the news organization NorthJersey.com**



#### **IR-437 Introduction to Digital Photography**

This course is for those who have a basic knowledge of the fundamentals of digital camera operation. You'll learn the concepts of exposure, depth of field, lighting, and composition to improve your photographs, including pictures of family and friends. You'll also learn how to download, organize, and get your images printed. If all this sounds complicated, don't worry, we'll keep it simple. Please bring your camera and user's manual to class. Enrollment is limited. *Student Materials: Camera with lens, fully charged battery, memory card, and user's manual*

**Mondays In-person:** 3/4, 3/11, 3/18, 3/25

**Mondays In-person:** 3/4, 3/11, 3/18, 3/25

**Time:** 2:00 - 3:30 p.m.

**Room:** TBD

**Instructor:** Ray Turkin

#### **IR-991 Chair Yoga: Stretch, Breathe, and Meditate**

In this online Chair Yoga class, everyone will practice gentle seated stretches and yoga poses. The instructor will introduce varied yogic breathing techniques, designed to leave participants feeling relaxed, energized, and focused. The class will conclude with a guided meditation.

There will be time at the end of the class to ask questions and reflect on the experience. *Note: A firm chair and a blanket are recommended. Accommodations will be made for everyone.*

**Mondays ONLINE:** 3/18, 3/25, 4/1, 4/8, 4/15

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

**Associate Professor Melissa Krieger, Ed.D., BCC faculty**

#### **IR-640 Discovery Series: Today's Roosevelt Island from its Dark Park; Highlights of the NYC High Line; Highlights of Governors Island; Introduction to Hiking**

This course is led by Mario Medici Lectures, LLC, and it encompasses four different lectures full of both beautiful and original photos as well as historic photos. With the spring weather just ahead, these four sessions are ready for your exploration.

"Today's Roosevelt Island from its Dark Past" (3/25); "Highlights of the NYC High Line" (4/1); "Highlights of Governors Island" (4/8); "Introduction to Hiking" (4/15)

**Mondays In-person:** 3/25, 4/1, 4/8, 4/15

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

**Room:** TEC-201

**Instructor:** Mario Medici, MBA

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## Course Descriptions

### MON. Course Offerings Cont'd

#### BONUS COURSE

#### IR-990 How to Plan for Aging in Place in the Home

Learn important tips on how to best plan for aging in place in your home including everything from home safety solutions to how to find and hire home health aides. Whether you are interested in learning more about aging in place for yourself or for a loved one, this interactive workshop will familiarize you with the steps involved in creating a plan for aging in place as well as the different types of professionals who can offer assistance. There will be a question-and-answer period at the end of the class.

**Mondays In-person:** 4/29

**Time:** 10:00 a.m. – 12:00 p.m.

**Room:** TEC-201

**Instructor:** Wendy Sabin, MSW, LCSW, Sabin Eldercare Solutions

### TUESDAY Course Offerings

#### IR-994 Banned Books - Newbery Medal Winners

The Newbery Medal is given yearly to an author who has made a distinguished contribution to American literature for children. Many winning books are controversial, resulting in attempts to ban them. We'll read and discuss five winners that have been challenged/banned to see if they are suitable for young readers. We will read *The Slave Dancer* (Fox), *Bridge to Terabithia* (Paterson), *Maniac Magee* (Spinelli), *Shiloh* (Naylor) and *New Kid* (Craft). *Note: Students will need to provide their own books.*

**Tuesdays In-Person:** 3/5, 3/19, 3/26, 4/2, 4/9 (no class 3/12)

**Time:** 11:15 a.m. - 12:45 p.m.

**Room:** TEC-201

**Instructor:** Emily Ginder

#### NEW INSTRUCTOR!

#### IR-251 Basic Math Skills (*Enjoying and Using Math series*)

Promote mental agility! Cognitive math for seniors emphasizes problem-solving, critical thinking, and real-world applications. It involves leveraging accumulated knowledge to analyze complex situations and make informed mathematical decisions. This approach encourages lifelong learning, promoting mental agility and maintaining cognitive function in seniors. Integrating technology and interactive methods enhances engagement and supports continued mathematical exploration. Student Materials: pen or pencil and paper

**Tuesdays In-person:** 3/5, 3/12, 3/26, 4/2, 4/9, 4/16 (no class 3/19)

**Time:** 11:15 a.m. - 12:15 p.m.

**Room:** S-343 in Pitkin

**Instructor:** Saeed Manii, MS, MBA

#### IR-957 Current Events

Enjoy a weekly discussion of current events led by ILR instructor Herman Lindenbaum. Lindenbaum has been conducting an ongoing current events club at the Paramus JCC and is excited to be offering a version of this club to the ILR program at BCC. Topics covered will include science, health care, domestic politics, international events, and other subjects of interest to the participants. Lindenbaum will research subjects in advance of class using a variety of sources. Breaking news stories will also be discussed.

**Tuesdays In-person:** 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16, 4/30, 5/7, 5/14, 5/21 (no class 4/23)

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

**Room:** TEC-201

**Instructor:** Herman Lindenbaum, BEE, MBA, PE

#### NEW INSTRUCTOR!

#### IR-649 Spanish in Action: Your Practical Guide (Basic Spanish Conversation series)

If you're planning your next trip to a Spanish-speaking country or simply want to dazzle your friends by confidently ordering a meal in perfect Spanish, this course is for you! *Spanish in Action* will cover a variety of everyday situations, from greetings and introductions to navigating restaurants, markets, and accommodations. By the end of the course, you will feel confident communicating in Spanish across a wide range of practical and real-life contexts, and, best of all, you'll have fun while doing it.

*Student Materials: Notebook and pen*  
**Tuesdays In-person:** 3/19, 3/26, 4/2, 4/9, 4/16

**Time:** 10:00 – 11:00 a.m.

**Room:** TEC-201

**Instructor:** Cecilia Diaz

#### IR-521 Current Topics in Biology and the Environment

This course will discuss current stories dealing with the environment and other environmental issues such as energy, pollution, climate change, sustainability, and assorted topics.

**Tuesdays In-person:** 3/19, 3/26, 4/2, 4/9

**Time:** 3:30 - 4:45 p.m.

**Room:** TEC-201

**Professor Robert Dill, MS & MA, BCC faculty**

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Course Descriptions

TUES. Course Offerings Cont'd

**BONUS COURSE**

**IR-247 ILR All Campus Choir "Sing, Sing, Sing"**

This class is open to all for pleasure and fun. We will sing popular music, old standards, and show tunes. No auditions necessary, just a desire to sing.

Membership in singing groups, rehearsals, and engagements outside of the classroom are at the discretion of the instructor, independent of the class.

*Participation in this choir is open for free to all BCC faculty, staff, and students of all ages. BCC community members who are not part of the ILR program can reach out to [ILR@bergen.edu](mailto:ILR@bergen.edu) to join the choir.*

**Tuesdays In-person:** 4/9, 4/16, 4/30, 5/7, 5/14, 5/21, 5/28 (no class 4/23)

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

**Room:** TBD

**Instructor:** Barbara Heitmann

**NEW INSTRUCTOR!**

**IR-900 Essential Computer Skills Open Forum** (*Tech Skills Series: Get Comfy*)

Embrace the digital age with confidence! Our Essential Computer Skills Open Forum offers a welcoming space for students to explore and master fundamental computer skills. Designed to suit varying comfort levels with technology, this course covers essential topics such as navigating the internet, email etiquette, file management, and staying safe online. Through hands-on sessions and friendly discussions, participants will gain practical knowledge to comfortably navigate today's digital landscape.

**Tuesdays In-person:** 4/9, 4/16, 4/30, 5/7

**Time:** 5:00 - 6:00 p.m.

**Room:** TBD

**Instructor:** Jhonatan A Garcia, MA

**BONUS COURSE**

**IR-442 Brain Injury Alliance of New Jersey's Keeping Your Brain Healthy**

(*Health & Wellness series*)

Brain health is one of the most important aspects of wellness for older adults. In this interactive, Jeopardy style course, we will discuss ways to keep our brains healthy. We will address the topics of substance use, mental health, physical activity, nutrition, cognitive engagement, social engagement, and more.

**Tuesday In-person:** 5/7

**Time:** 11:15 a.m. - 12:15 p.m.

**Room:** TEC-201

**Instructor:** Rachel Ishak, MSW, Brain Injury Alliance of New Jersey



**IR-363 Five Strikes and You Win! Baseball's Labor History** (*Baseball - Past and Present series*)

Baseball has been a Big Business for over 150 years. This course will explore the Labor side of the industry. Topics to be covered include an introduction to the economics of pro baseball; how and why most players were like indentured servants for a century; faltering attempts to form competing leagues and unions of players; development of an effective players' union led by Marvin Miller; continuing labor unrest and the cancellation of the 1994 World Series; current issues and more.

**Tuesdays In-person:** 5/21, 5/28

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

**Room:** TEC-201

**Instructor:** Keith Danish

WEDNESDAY Course Offerings

**NEW INSTRUCTOR!**

**IR-709 Energize and Thrive: 5 Building Blocks for a Longer Healthspan** (*Vibrant Health series*)

You have the power to improve your health and wellness! This transformative course focuses on 5 key areas to improve and extend your healthspan – not just having a longer life, but a healthier life. Evidence-based practices in 5 key areas are combined with your wisdom and experience to create a health and wellness plan tailored to your needs for each topic. Tools and templates are provided and explored to help you start and sustain the changes you desire more easily to lead a healthier, happier, more vibrant life.

**Wednesdays In-person:** 3/6, 3/20, 4/3, 4/17, 5/1 (no class 3/13, 3/27, 4/10, 4/24)

**Time:** 10:00 - 11:15 a.m.

**Room:** S-343 (4/17 in TEC-201)

**Instructor:** Angela Goldman, NBC-HWC, A-CFHC

**IR-101 Stories from Ellis Island**

Explore Ellis Island, the iconic symbol of hope and opportunity for generations of immigrants coming to America. Using his experience of over 9 years as an educator on the island, Mr. Voss will delve deep into the rich tapestry of personal narratives, hardships, and triumphs of the millions who passed through its gates. We'll trace the journeys of diverse immigrants, understanding the challenges they faced and the dreams that brought them to America. Sponsored by The Genealogical Society of Bergen County.

**Wednesdays In-person:** 3/6, 3/13, 3/20

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

**Room:** TEC-201

**Instructor:** Fred Voss

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## Course Descriptions

### WED. Course Offerings Cont'd

**IR-775 John D Rockefeller and Andrew Carnegie: Robber Barons or Captains of Industry?** (*American Business History series*) The critics charge Carnegie and Rockefeller as monopolists who built huge fortunes on the backs of immigrant workers who were exploited with dangerous working conditions and low wages. Yet as prices for steel goods and kerosene declined Americans enjoyed a continuously improved standard of living. When they retired both dedicated themselves to become the greatest of philanthropists. Their foundations are successfully giving 100 years later. Were they ruthless or generous or both? Class includes viewing of PBS American Experience documentaries and lecture/discussions.

**Wednesdays In-person:** 3/6, 3/13, 3/20, 3/27, 4/3

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

**Room:** TEC-201

**Instructor:** Rick Feingold, MBA, Penn State University

### **IR-060 Legal Issues Concerning the Elderly and their Caregivers**

How to protect assets in the event of nursing home care, including Medicaid planning and planning for admission to the Veterans Home. The importance and use of Powers of Attorney, Advanced Directives (Medical Powers of Attorney and Living Wills), whether to purchase long term health care insurance as well as a discussion of estate planning using Wills and Trusts, and a clear explanation of the rules concerning gifts and probate procedures. All will be presented in a clear, concise "nuts and bolts" fashion.

**Wednesdays In-person:** 3/6, 3/13, 3/20, 3/27

**Time:** 3:15 - 4:45 p.m.

**Room:** TEC-201

**Instructor:** Robert J. Romano, Jr. Esq. of Andora & Romano, L. L. C.

### **NEW INSTRUCTOR!**

**IR-418 Understanding Wine: Wine Fundamentals and More** (*Culinary series*) Have you ever wanted to understand more about Wine than just "red or white"? This course will help demystify the Wine World no matter where you are on your Wine Journey. In these fun and interactive ONLINE classes, you will learn to understand your palate preferences and how to pair foods with your wines. You'll discuss famous wine regions, the history of wine and so much more. The class will conclude with time to ask questions and interact with fellow participants.

**Wednesdays ONLINE:** 3/13, 3/20, 3/27, 4/3, 5/1, 5/8 (no class 4/10 - 4/24)

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

**Instructor:** Lainie Ognibene

### **IR-939 Senior Balance Yoga**

We will work on simple but effective moves to help with balance, stability, and core strength. These moves are easy to incorporate into your daily life and are beneficial to anyone who struggles with balance issues or just wants an enjoyable movement class. Note: Students should wear comfortable clothes and sneakers.

**Wednesdays In-person:** 3/20, 3/27, 4/3, 4/10

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

**Room:** TEC-214

**Instructor:** Rennie Ackerman

### **NEW INSTRUCTOR!**

**IR-852 Early 20th Century America: What Goes Around, Comes Around** (*How America Got Its Shape series*)

This course will explore Life in the USA in the early 20th Century on a human scale. You'll be surprised at people's resourcefulness and persistence, and how the more things change, the more they remain the same. Week 1 Financial Frauds -1900's; Week 2: Pandemic - Spanish Flu; Week 3: Baby and Childcare; Week 4: Knitting for WWI and Birth of the Red Cross

**Wednesdays IN-PERSON or ONLINE:** 3/27, 4/3, 4/10, 4/17

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

**Room:** TEC-201

**Instructor:** Carol Lafond, J.D.

### **IR-860 Financial Planning in Retirement**

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.

**Wednesdays In-person:** 4/3, 4/10, 4/24, 5/1, 5/8 (no class 4/17)

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

**Room:** S-343

**Instructors from Traphagen CPAs & Wealth Advisors**

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## Course Descriptions

### WED. Course Offerings Cont'd

#### NEW INSTRUCTOR!

#### **IR-316 History of Ukraine and Russia** (*European History series*)

This course will examine the current relationship between Russian and Ukraine and the history behind it. Starting in the 10th century with Kiev Rus up to the present-day war in Ukraine, learn about key events in the histories of Russia, Ukraine and the neighboring lands of Lithuania and Poland.

**Wednesday In-person:** 4/10, 4/17, 4/24, 5/1, 5/8, 5/15

**Time:** 2:15 - 3:15 p.m.

**Room:** TEC-201

**Instructor:** Yuri Bloshtein

#### BONUS COURSE

#### **IR-088 AARP Driver Safety**

The 6-Hour Smart Driver course is the nation's first and largest refresher course designed specifically for drivers 50 and older. For over 40 years the course has taught millions of driver's safety strategies so they can continue driving safely as long as possible. Students should bring snacks and/or bag lunch.

**Wednesday In-person:** 4/17

**Time:** 10:00 a.m. - 4:30 p.m.

**Room:** S-343

**Instructor:** JoAnn Mitchell, MBA  
**CMP**

**COST:** \$20 for AARP Members and \$25 for non-AARP members. Attendees pay the instructor directly at the time for the class, by check made out to AARP or CASH. Checks are preferred. CREDIT CARDS ARE NOT ACCEPTED.

#### **IR-995 Acting Workshop**

This class introduces a fun and creative way of exploring the craft. We welcome Q & A. All questions will be answered. We will also do simple exercises to explain how we prepare for scenes. I invite anyone curious and interested in the early steps for learning the craft.

**Wednesdays In-person:** 4/17, 4/24, 5/1, 5/8, 5/15, 5/29 (no class 5/22)

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

**Room:** TEC-201

**Instructor:** Glen Vincent

#### **IR-965 Makers of History: St Francis of Assisi and St Joan of Arc; Isaac Newton; Shakespeare; Dwight Eisenhower**

Join us as well learn about 5 important historical figures over 4 weeks.

Week 1: St Francis of Assisi and St Joan of Arc: Famous and attractive saints, whose dissimilar careers raise profound questions of what it means to be a Christian. Week 2: Isaac Newton: He was called the greatest of all scientists by Einstein, but would you have wanted him to be a neighbor? Week 3: Shakespeare: One of the most famous of all human beings, but a very private and mysterious man Week 4: Dwight Eisenhower: The latest entry into the list of American victorious generals who then became two-term successful presidents

**Wednesdays ONLINE:** 4/24, 5/1, 5/8, 5/15

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

**Emeritus Professor Manfred Weidhorn**

### THURSDAY Course Offerings

#### **IR-619 Watercolors for All**

Come paint in the company of friends in this supervised studio space. Students work independently on their own projects with input from the instructor. This course is designed for anyone with a good understanding of how to handle watercolor techniques. 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:** 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16

**Time:** 10:00 a.m. to 12:00 p.m.

**Room:** TBD

**Instructor:** Barry Shiff

#### **IR-503 JFK Hardly Camelot II: The Kennedy Administration**

John F. Kennedy played hardball to win election to the Presidency. In Hardly Camelot II we will see how his brand of hardball translated to the world stage, concentrating on five events: The Bay of Pigs; the controversial Vienna Summit Conference; the triumphant trip to Europe; the Cuban Missile Crisis and the issue of Southeast Asia. We will also look at the workings of his Administration and domestic issues, and we will also investigate the domestic political situation that led to his fateful trip to Texas in late November 1963.

**Thursdays In-person:** 3/7, 3/14, 3/21, 3/28, 4/4, 4/18 (no class 4/11)

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

**Room:** TEC-201

**Instructor:** James Devine

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## Course Descriptions

### THURS. Course Offerings Cont'd

#### **IR-090 Film Program 1: Six Jewish Tales** (*Let's Go to the Movies series*)

Often to be the protagonist in a Jewish story centering on the Jewish experience may not wind up happily. Here are a series of films that attempt that adventure. The films are from many parts of the world.

Week 1: The Invincible (German)

Week 2: Everything is Illuminated (Ukrainian)

Week 3: The Shop on Main Street (Czechoslovakian)

Week 4: Garden of the Fitz-Contini's (Italian)

Week 5: They'll Never Forget (American)

Week 6: Ida (Polish)

**Thursdays In-person:** 3/7, 3/14, 3/21, 3/28, 4/4, 4/11

**Time:** 10:45 a.m. - 12:45 p.m.

**Room:** A-104

**Emeritus Professor Theo Solomon, BCC faculty**

#### **IR-393 Financial Fitness in Retirement**

The course is taught by two Financial Planners with deep experience in retirement planning and money management. It will cover the key risks of retirement.

Session 1: "Main Risks of Retirement" - high inflation, longevity, health care expenses; Session 2: "Maximizing Income Streams" - pensions, annuities, and social security;

Session 3: "Investing" - asset allocation, alternate investment vehicles, and more;

Session 4: "Comprehensive Financial Planning" - long-term care, investments, and more.

**Thursdays In-person:** 3/7, 3/14, 3/21, 3/28

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

**Room:** TEC-201

**Instructors: David Chepauskas, CFP and James Maimone, Summit Financial**

#### **IR-676 Sketching for All**

Come sketch in the company of friends in a supervised studio space. Students work independently on their own projects with input from the instructor. This course is designed for anyone with a good understanding of the art of sketching using pencils. Students are responsible for their own supplies. *Supplies needed: 2H 4h HB 2b 4b, 6b, pencils, colored pencils, kneaded eraser, sketch pad and photos to sketch.*

**Thursdays In-person:** 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, 4/25, 5/2, 5/9, 5/16

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

**Room:** TEC-220

**Instructor: Barry Shiff**

#### **IR-921 Neurology 202**

Come join us as we explore topics in neurology. The topics to be presented: Seizures, Head Trauma, Back Pain, and Parkinson's Disease. No prior medical knowledge necessary.

**Thursdays In-person:** 3/7, 3/14, 3/21, 3/28

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

**Room:** TEC-201

**Instructor: Judith Lustig, MD**

#### **IR-919 Impact of Healthcare Costs, Claiming Social Security, and Retirement Income Withdrawal Strategies**

This course offers a comprehensive overview of the following: "Medicare 101"; "Savvy Social Security Planning"; "The Impact of Healthcare Costs in Retirement"; and "Retirement Income Planning Withdrawal Strategies". Learn the various strategies behind Social Security Claiming. This course will have a special focus on the impact of healthcare costs as a result of Medicare as well as efficient withdrawal strategies once an individual or couple enters into retirement. Bring your questions.

**Thursdays In-person:** 4/4, 4/18, 4/25, 5/2 (no class 4/11)

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

**Room:** TEC-201

**Instructor Theresa J. Yarosh, CFP®, CLU®, ChFC®, CKA®**

#### **IR-808 Baseball: Oddities & Ironies**

Every day, every game, and every inning, something happens in baseball that is odd, ironic, or both. This author of this course is the author of 41 baseball books, including *Home Run King: the Remarkable Record of Hank Aaron*, and *The New Baseball Bible*. A national baseball writer for Forbes.com, he also writes for USA TODAY, Sports Weekly, Sports Collectors Digest, Memories & Dreams, Here's The Pitch, and other outlets. Outside speakers and a PowerPoint presentation will be featured during the course, which coincides with the start of the 2024 baseball season.

**Thursdays In-person:** 4/11, 4/18, 4/25

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

**Room:** TEC-201 (S-343 on 4/11)

**Instructor: Dan Schlossberg**

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## Course Descriptions

### THURS. Course Offerings Cont'd

#### **IR-814 Film Program 2: Food in Film** (Dealer's Choice)

One subject that is rarely focused upon is food or the eating of it, as it pertains to our motivations as we meet our fates. Let's look at some small snippets or half movies to see food's influence over the years.

Week 1: (snippets) Tom Jones, Victor-

Victoria, Groundhog Day, 12 Others

Week 2: (snippets) Tampopo, Marty,

Separate Tables, North by Northwest

Week 3: (½ films) Chocolat, The Big

Night,

Week 4: (snippets) When Harry Met Sally,

Cousin Vinnie, The Gold Rush, Four

Feathers, Stage Coach, and more

Week 5: (½ films) Mutiny on the Bounty,

Babbette's Feast, Moonstruck

Week 6: (short films) Ramen Girl,

Broadway Bill

**Thursdays In-person:** 4/18, 4/25, 5/2, 5/9, 5/23, 5/30 (no class 5/16)

**Time:** 10:45 a.m. - 12:45 p.m.

**Room:** A-104

**Emeritus Professor Theo Solomon,**  
**BCC faculty**

#### **IR-050 Clashes of the Titans: Punic Wars; The Crusades and The Real First World War (Seven Years/French and Indian)** (World History series)

Clashes of the Titans: Rome vs. Carthage.

Western Christianity united vs. Islamic

Imperialism. Great Britain vs. France. In a

series of three two-part investigations, we

will look into the Punic Wars; the Crusades

and the actual first world war: the Seven

Years/French & Indian War.

**Thursdays In-person:** 4/25, 5/2, 5/16, 5/23, 5/30, 6/6 (no class 5/9)

**Time:** 10:30 am - 12:30 pm

**Room:** TEC-201

**Instructor: James Devine**

#### **IR-786 Selected Topics in US History**

Learn about selected topics on the history of the United States.

**Thursdays In-person:** 5/9, 5/16, 5/23, 5/30, 6/6

**Time:** 1:00 - 2:15 p.m.

**Room:** A-104

**Instructor: Tom DeStefano, M.A.**

### FRIDAY Course Offerings

#### **NEW INSTRUCTOR!**

#### **IR-472 Basics of Watercolor**

**Botanical Illustration** (Watercolors for Beginners series)

In this studio art class enjoy the discovery of drawing flowers, fruits, and leaves.

Students will be applying watercolor techniques to botanical subjects. This class is geared toward beginners, but open to all levels.

**Fridays In-person:** 3/8, 3/15, 3/22, 4/5, 4/12, 4/19, 4/26, 5/3, 5/10 (no class 3/29)

**Time:** 10:00 – 11:30 a.m.

**Room:** TEC-203

**Instructor: Mila Antkevych**

#### **IR-664 America Acquires an Empire**

(American Foreign Policy series)

From the 1840s to the 1880s, the US

seemed to have little interest in the

outside world. After the Mexican American

War, the US had acquired a vast territory to

be developed and settled. The Civil War

and the challenges of Reconstruction

obviously forced the government to focus

on our domestic issues. But beginning in

the 1880s, developments both at home

and abroad encouraged a new interest in

foreign policy. This course will explore how

and why the United States joined the

ranks of the great powers of Europe in the

race to acquire overseas colonies.

**Fridays In-person:** 4/5, 4/12, 4/19 4/26

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

**Room:** TEC-201

**Instructor: Janet Dinardo-White,**  
**M.A.**

#### **WELCOME BACK!**

#### **IR-630 Mah Jongg**

Learn to play mah jongg in four easy sessions. This is a game of both skill and luck. All you need is a mah jongg card.

*Supplies: Students need to obtain a mah jongg card from the National Mah Jongg league. The phone number is: (212) 246-3052. The price of a card is \$14.00 for a regular size and \$15.00 for a large one.*

**Fridays In-person:** 3/8, 3/15, 3/22, 4/5

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

**Room:** TEC-201

**Instructor: Linda Cohen**

#### **BONUS COURSE**

#### **IR-680 Alzheimer's 101:**

#### **Understanding Memory Loss**

This presentation explores the difference between normal age-related memory changes and abnormal changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs. The presentation also reviews the importance of receiving a thorough diagnostic evaluation when symptoms first arise, current treatment options, and research regarding healthy aging.

**Friday In-person:** 4/12

**Time:** 1:00 – 2:00 p.m.

**Instructor: Jenna Noecker, BSW**



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## INSTRUCTOR BIOS FOR SPRING 2024 ILR

### **Rennie Ackerman**

A lifelong yoga enthusiast, Rennie Ackerman is a certified yoga instructor who specializes in yoga-based solutions for specific needs, such as balance, posture, anxiety, insomnia and more.

### **NEW INSTRUCTOR!**

#### **Mila Antkevych**

Ukrainian native Mila Antkevych has a rich background in music, art, and interior design. In Ukraine Mila studied violin and conducting at musical college, and she worked in a chamber orchestra and as an interior designer. For over 8 years she has been living in the USA with her family where she teaches both art and the Ukrainian language to school age children. She is passionate about watercolor, actively participates in art shows, and recently, became an artist member of the Rhode Island Watercolor Society.

### **NEW INSTRUCTOR!**

#### **Yuri Bloshtein**

Yuri Bloshtein is from the former USSR. He immigrated to the United States in 1990. He has an MS in Electrical Engineering; graduated from Bronx Community College as a Nuclear Medicine Technician and has a Math Teacher certificate. Bloshtein worked as a programmer before retiring.

#### **David Chepaukas, CFP, Summit Financial**

Senior Wealth Management Adviser Dave Chepaukas received his bachelor's degree from the West Point Military Academy in 1977. He has a master's degree in business administration from Long Island University and a master's degree in teaching from the University of Georgia. Dave has been a Financial Planner for over 30 years. Dave is involved in numerous charities such as the American Cancer Society. If Dave isn't watching Army or Giants football, you can find him on the golf course.

### **WELCOME BACK!**

#### **Linda Cohen**

Having played mah-jongg for many years, Linda Cohen enjoys teaching the game. She has taught at the Glen Rock Community School, The Hawthorne Library and Bergen Community College. "I love it when I see my students 'get it'", shares Linda.

#### **Keith Danish**

Keith Danish is a retired attorney who specialized in the field of Intellectual Property, practicing at several NYC law firms. Danish now serves as a member of the Executive Board of the N.Y. Labor History Association, and as the Newsletter and Book Review Editor for the association. He is also on the Board of Trustees of the Institute of New Dimensions, a non-profit educational organization. Keith has given talks at ILR, IND, Puffin, libraries, the Baseball Hall of Fame, and other venues. He is a (frustrated) Mets fan.

#### **Tom DeStefano, M.A.**

Tom DeStefano taught American History at Paterson's John F Kennedy High School for 30 years. Tom currently teaches at Bergen Community College ILR and the Learning Collaborative in New City, NY. Tom holds a B.A. and M.A. in History from William Paterson University. His specialties include the Civil War and the American Presidents.

### **James Devine**

A USAF Vietnam War Era veteran who holds a dual Bachelor of Arts degree from Ramapo College of NJ in Communications and American History. Mr. Devine has authored two alternative history novels, The Dominion's Dilemma: The United States of British America and The Nixon Challenge, as well as a marketing textbook. He was formerly a journalist, working on newspapers and magazines in both New Jersey and Texas. Mr. Devine is at work on his third alternative history novel, Calhoun's Confederacy. He has taught for over 10 years at BCC's Institute for Learning in Retirement.

### **NEW INSTRUCTOR!**

#### **Cecilia Diaz**

Cecilia Diaz holds a bachelor's degree in communication and is passionate about language and cultural exchange. She speaks Spanish as her native language, and she has a certificate in English language teaching methodology. She is also engaged in the dynamic role of tutoring and mentoring English and Spanish students. She currently is in the process of creating a collection of short stories tailored for both Spanish and English learners, aiming to make language acquisition a joyful adventure.

#### **Professor Robert Dill, MS & MA, BCC faculty**

Robert Dill is a full professor of Biological Sciences who has been teaching at Bergen Community College for 31 years. Professor Dill lives in Glen Rock, NJ where he is currently serving as a Councilman. He loves the outdoors, running, hiking, fishing, backpacking, and the works!!!!

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**INSTRUCTOR BIOS FOR SPRING 2024 ILR**

**Janet Dinardo-White, M.A.**

Janet Dinardo-White taught high school history with a focus on early American history for over 20 years. She has a master’s in political science from New School University. She has been teaching classes at Bergen Community College’s Institute for Learning in Retirement for over 8 years.

**Rick Feingold, MBA, Penn State University**

Rick Feingold has 30 years of teaching experience and has lectured at over 50 libraries in New Jersey and New York. Currently he teaches American Business History at BCC’ Institute for Learning in Retirement. Rick Feingold has written for the Boston Herald and Christian Science Monitor on travel and Caribbean League baseball. He holds bachelor’s degrees in history and business from Rutgers University and an MBA from Penn State University. Feingold operates an e-commerce business specializing in automotive literature.

**NEW INSTRUCTOR!**

**Jhonatan A Garcia, MA**

Jhonatan Garcia is a Program Supervisor in the Division of Continuing Education and Workforce Development at Bergen Community College. Jhonatan graduated from Seton Hall University with a Dual Bachelor’s in Sociology and Criminal Justice and William Paterson University with a Master’s in Professional Communication. He is a multifaceted professional skilled in community development, marketing, public relations, and content creation. As a seasoned communication professional immersed in the world of diverse technological platforms, Jhonatan brings a wealth of expertise to the table.

**Emily Ginder**

Emily Ginder has a B.A. in Sociology from the University of South Florida. She is a former homeschooling mom who brings her enthusiasm for history and literature to class. Emily teaches lifelong learners at several institutes including Bergen Community College’s Institute for Learning in Retirement. She also moderates a book club with an online discussion site at Goodreads.

**NEW INSTRUCTOR!**

**Angela Goldman, NBC-HWC, A-CFHC**

Angela Goldman is a national board-certified health coach (NBC-HWC, A-CFHC) on a mission to build a healthier world. She helps clients make lasting changes for greater energy and health so they can enjoy the confidence, fulfillment, and freedom of living their best life their way.

**Barbara Heitmann**

Barbara Heitmann worked as a music conductor, teacher, and a Performing Arts Assistant Principal for the New York City Board of Education for more than 41 years. She has taught and performed with the ILR ‘Sing Sing Sing’ chorus for 12+ years. Currently she is the music director for the Doo Wop performing group, the “Wild Cats”, who perform at various places in Bergen and Rockland counties.

**Rachel Ishak, MSW, Brain Injury Alliance of New Jersey**

Rachel Ishak holds a Master of Social Work from the University of Pennsylvania. She is a Licensed Social Worker and a certified School Social Worker. Rachel has experience as a case manager for adults with developmental disabilities, working to connect them to resources and services. She now serves as a Community Outreach Specialist at the Brain Injury Alliance of New Jersey, where she is responsible for engaging local organizations and educating the community about brain injury prevention.



**NEW INSTRUCTOR!**

**Hyun Kim**

Hyun Kim is a Korean American who came to America at the age of 21. She first began her journey of assimilating into American culture by taking ESL classes at BCC. She has spent many years volunteering in various settings including a decade of teaching Korean language and culture to adopted Korean children and their adoptive families. Recently she graduated from the Bergen Volunteer Leads Program to further her knowledge on how to better give back to the community. Currently she is the owner and operator of a NJ state approved agency to help families within the I/DD population.

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## INSTRUCTOR BIOS FOR SPRING 2024 ILR

### **Associate Professor Melissa Krieger, Ed.D., BCC faculty**

Melissa Krieger, Ed.D., is an Associate Professor in the Education program at Bergen Community College. A yoga practitioner for 15 years, Dr. Krieger holds a 200-hour yoga/meditation teacher certification. Her dissertation research study Meditation and Community College Students' Self-Efficacy, Sense of Belonging, and Coping has led to multiple articles and presentations related to the benefits of meditation.

### **NEW INSTRUCTOR!**

#### **Carol Lafond, J.D.**

Carol Lafond is a recently retired attorney who specialized in the field of bankruptcy involving large scale financial fraud. For several years she had focused her practice on the Madoff matter. She is a lifelong history lover with a special interest in the WWI era. She received a J.D. from Rutgers School of Law, Newark where she was Editor-in-Chief of the Law Review. She holds a B.S. in Biology from LeMoyne College. She enjoys calligraphy, knitting, crochet and her Peloton bike.

#### **Joe Lennox**

Joe Lennox is a space program historian who has been a student of space exploration for over 60 years. He is the creator and curator of an extensive private space history museum which will belong to The Astronaut Hall of Fame at Kennedy Space Center, in the future. His extensive career in this field includes his work with NASA and the Intrepid Air and Space Museum. Joe is a member of The National Space Society, The Space Explorers Network, The Space Foundation, The National Science Teachers Association, and The Planetary Society. Joe attended La Guardia Aeronautical College and is a retired senior banking officer.

### **Herman Lindenbaum, BEE, MBA, PE**

Herman Lindenbaum has extensive experience in the fields of engineering and business. His professional background includes over 35 years in senior management positions at three major hospitals in New Jersey, and Rockefeller University in New York City. Lindenbaum has a BEE in Engineering from CCNY and an MBA in Management and Finance from Fairleigh Dickinson University. Lindenbaum has Professional Engineering Licenses in 3 states as well as a Gold Seal Operating license in New Jersey. He is a member of the American College of HealthCare Executives.

### **Judith Lustig, MD**

Judith Lustig, MD is a retired, board-certified general Neurologist who is also fellowship trained in peripheral neurology. Dr. Lustig has been teaching at Bergen Community College's Institute for Learning in Retirement for several years.

### **James Maimone, Summit Financial**

James Maimone is a graduate of the University of Scranton, majoring in finance and minoring in economics. James is a Comprehensive Wealth Management Advisor at Summit Financial. He specializes in assisting high net worth investors with their finances. James has been at Summit Financial for over six years. He holds a Series 7 and 66 license, along with his life and health insurance licenses. If James isn't watching the market, you can find him watching his beloved New York Giants.

### **NEW INSTRUCTOR!**

#### **Saeed Manii, MS, MBA**

Saeed Manii, a former Math Adjunct Instructor at Bergen Community College and Manhattan Community College, earned his BS in Mathematics and MS in Computer Science, along with an MBA from Boston University's Lubin Business School. He served as the lead Software Developer at Harris Co (1982-1986) before joining AT&T Bell Labs/ later AT&T Labs in 1987 as a Managing Director. Saeed retired after 25 years of service. He holds one patent, which is currently in production for his work.

### **Mario Medici, MBA**

Mario Medici, a retired Information Technology executive who has traveled the world, is New York City born and raised. He completed his undergraduate degree at Bernard Baruch College (CUNY) and earned his MBA at Long Island University. He is a licensed New York City tour guide, a passionate history enthusiast, and nurtures his curiosity about all things. In his presentations, Mario Medici Lectures, LLC., takes on New York City's interesting history as well as other subject matter.

### **JoAnn Mitchell, MBA CMP**

JoAnn is a certified AARP Smart Driver™ course instructor and has worked with adult learners for over 20 years. A retired member of a global engineering company, JoAnn drives as many as 50,000 miles a year in a variety of vehicles in all kinds of weather and on all kinds of roads.

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**INSTRUCTOR BIOS FOR SPRING 2024 ILR**

**NEW INSTRUCTOR!**

**Jenna Noecker, BSW**

Jenna Noecker, BSW is a Programs and Services Specialist at Alzheimer's New Jersey. Prior to working at Alzheimer's New Jersey, Jenna worked with the homeless population and children with special needs through internships while attending Monmouth University.



**NEW INSTRUCTOR!**

**Lainie Ognibene**

Lainie Ognibene is Co-Founder and Wine Educator for Sip Happens Drink Wine LLC, a wine education and travel group with over 1,600 members in 9 cities across the US with the purpose of helping the average wine enthusiast understand and appreciate the wonderful world of wines. A lifelong Bergen County resident for 50+ years and wine aficionado, Lainie has learned about wine directly from the wine growers over many years and has acted as a wine consultant to many small, family-owned wineries in Italy, Spain, and France. She teaches about wine in a fun and "down to earth" way.

**Various speakers from 'The Record' of the news organization**

**NorthJersey.com**

Various speakers from The Record, of the news organization NorthJersey.com, teach this course. NorthJersey.com, part of the USA Today Network, is a news organization which covers Bergen, Essex, and Passaic counties.



**Robert J. Romano, Jr. Esq. of Andora & Romano, L. L. C.**

Mr. Romano's primary practice lies in consulting the elderly, disabled, and consumers of mental health services as well as their caregivers with respect to Medicaid issues; Estate Planning; Powers of Attorney; Living Wills; Special Needs Trusts, and Guardianships. Mr. Romano is a current member of the National Academy of Elder Law Attorneys as well as the Elder Law Section of the New Jersey Bar Association. He served as Chairperson of the Ethics Committee of Bergen Community Health Care and is currently a member of the Ethics Committee for the Karen Ann Quinlan Hospice.

**Wendy Sabin, MSW, LCSW, Sabin Eldercare Solutions**

Wendy Sabin, MSW, LCSW received her master's degree in social work from New York University in 1989. She spent the first years of her career working as a clinical social worker in NYC in the Employee Assistance Program field. In more recent years, Wendy worked for Jewish Family Services in NJ as a Synagogue Social Worker in two New Jersey synagogues in Essex County. In October 2013 Wendy Sabin launched Sabin Elder Care Solutions (www.SabineEldercare.com), a private geriatric care management practice based out of Montclair, NJ.

**Dan Schlossberg**

Dan Schlossberg has covered major-league baseball since graduating from Syracuse University's Newhouse School of Public Communications in 1969. The award-winning author of 40 baseball books, his latest work is Baseball's Memorable Misses. Dan covers the game for Forbes.com, Latino Sports, USA TODAY Sports Weekly, Sports Collectors Digest, and Here's The Pitch. Dan is co-founder and president emeritus of North American Travel Journalists Association; host and executive producer of Travel Itch Radio on Facebook; and the creator and host of Travel Thursdays (WLIS/WMRD-AM Hartford area stations).

**Barry Shiff**

Barry Shiff, a native of Massachusetts, received his art training at the Museum of Fine Arts in Boston and studied life drawing at the Don La Cedra Copley Society. His work is part of the permanent collection of the Village Ridgewood NJ, Easton Historic Society in Easton, MA and is in many private collections. Working in a wide range of media, Shiff sketches on location or paints in his Fort Lee, N.J. studio. His favorite subjects are animals, sailing ships and railroad trains. Shiff also creates portraits of pets and of home exteriors. Shiff active with the Fort Lee Artist Guild, American Artists Professional League, Fort Lee Historical Society, and the Hackensack Art Club.

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## INSTRUCTOR BIOS FOR SPRING 2024 ILR

### **Emeritus Professor Theo Solomon**

Professor Theo Solomon, retired BCC faculty Theo Solomon, former professor of Sociology and Anthropology at Bergen Community College, is currently giving his 19th lecture series for the Institute for Learning in Retirement. In previous lives, Professor Solomon has been an actor, filmmaker, professional baseball player (Detroit farm system), Impact consultant on the MX Missile Project, and most important of all, a film aficionado since 1936 when he saw his first film.

### **Traphagen CPAs & Wealth Advisors**

For 50 years, Traphagen has served as a dynamic leader and provider of financial services. Unlike traditional financial advisory firms, their accounting team specializes in tax planning strategies, financial reporting, assurance services, mergers, and acquisitions. Traphagen's wealth management team manages client investment assets and provides comprehensive holistic fee-only financial planning, portfolio management, estate, and trust planning, as well as wealth transfer strategies.

### **Ray Turkin**

Ray Turkin has enjoyed photography for over 55 years. He has exhibited extensively in solo and juried group shows, including the Salmagundi Club in New York City, and has received numerous awards for his work. Turkin also works as a commercial photographer specializing in photographing the work of artists. In addition to teaching courses on photography at several institutions and also gives private instruction. Since its inception over 17 years ago, Turkin has served as an official photographer for the Teaneck International Film Festival.

### **Glen Vincent**

Glen Vincent has been teaching acting for over 35 years in NYC and Hollywood. He is a senior instructor at TB Studio, NYC, a former adjunct professor at Rockland College, and is presently teaching in his own NJ Studio (all levels) for actors auditioning in film, T.V. and stage.

### **Fred Voss**

Fred Voss is a professional genealogist, researcher, and educator. He has been doing personal genealogy for over 25 years and is a Trustee and Education Chair for the Genealogical Society of Bergen County. His areas of interest are Germany, Switzerland, and New Hampshire, with special interest in DNA, Immigration, Naturalization and Technology. He graduated from Boston College with a BA in Mathematics. He has spent his 50+ year career working for and with software startup companies such as Netscape Communications, Sun Microsystems, and Oracle.

### **Emeritus Professor Manfred Weidhorn**

Weidhorn is an Emeritus Professor at Yeshiva University, where he taught for 51 years. He has published many books and essays on such topics as 17th century literature, with special emphasis on Galileo, Shakespeare, and Milton.

### **Theresa J. Yarosh, CFP®, CLU®, ChFC®, CKA®**

Theresa Yarosh has been in the financial services industry for over 25 years. She specializes in the impact of healthcare costs in retirement plans. She has two companies Macro Wealth Management, LLC, and Main Street Medigap, LLC which work in tandem to project out healthcare costs in a retirement plan for individuals and couples.

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- Darianny Bautista ('23)



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**SPRING 2024 DATES TO REMEMBER**

**Institute for Learning in Retirement Spring Registration Begins: February 14, 2024**

**Institute for Learning in Retirement Spring Semester: March 3 – June 6, 2024**

ILR courses start and end at various times during the semester.

You do not have to be present for the entire semester to participate in the ILR.

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