

**INSTITUTE FOR LEARNING IN RETIREMENT - SPRING 2024**  
**www.ILR.Bergen.edu | (201) 447-7156 | [ilr@bergen.edu](mailto:ilr@bergen.edu)**  
*(updated 2/8/24)*

**MONDAY**

**IR-256 "In *The Record*" - *Speakers from The Record* (TEC-201)**

**IR-437 Intro to Digital Photography - *Ray Turkin* (TEC-222)**

**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 - *Mario Medici, MBA* (TEC-201)**

**IR-711 Introduction to Korean - *Hyun Kim* (TEC-201)**

**IR-948 US Space Program History: Apollo 17; Voyager; Space Photography - *Joe Lennox* (TEC-201)**

**(BONUS COURSE) IR-990 How to Plan for Aging in Place in the Home - *Wendy Sabin, MSW, LCSW* (TEC-201)**

**IR-991 Chair Yoga: Stretch, Breathe, and Meditate - *Melissa Krieger, BCC Associate Professor Krieger, Ed.D.* (ONLINE)**

**TUESDAY**

**(BONUS COURSE) IR-247 ILR All Campus Choir "Sing, Sing, Sing" *Barbara Heitmann* (A-104 Pitkin)**

**IR-251 Basic Math Skills - *Saeed Manii, MS, MBA* (S-343 Pitkin)**

**IR-363 Five Strikes and You Win! Baseball's Labor History - *Keith Danish* (TEC-201)**

**(BONUS COURSE) IR-442 Keeping Your Brain Healthy - *Rachel Ishak, MSW* (TEC-201)**

**IR-521 Topics in Biology and the Environment - *Robert Dill, BCC Professor, MS, MA* (TEC-201)**

**IR-649 Spanish in Action: Your Practical Guide - *Cecilia Diaz* (TEC-201)**

## TUESDAY CONTINUED

(BONUS COURSE) **IR-750 Yogi Berra Documentary “It Ain’t Over” Showing and Q&A with Lindsay Berra** - BCC Professors Mark Altschuler and Brian Altano with virtual guest Lindsay Berra, Executive Producer and granddaughter of Yogi Berra (TEC-201) **\*\* recently added, not in catalog**

**IR-900 Essential Computer Skills Open Forum** - *Jhonatan A Garcia, BCC Division of Continuing Education and Workforce Development Program Supervisor, MA (TEC-204)*

**IR-957 Current Events Club** - *Herman Lindenbaum, BEE, MVA, PE (TEC-201/TEC-203) \*\*room change to TEC-203 on 3/5. TEC-201 for rest of the dates*

**IR-994 Banned Books: Newbery Medal Winners** - *Emily Ginder (TEC-201)*

## WEDNESDAY

**IR-060 Legal Issues Concerning the Elderly** - *Robert J. Romano, Jr., Esq. (TEC-201)*

(BONUS COURSE) **IR-088 AARP Smart Driver** - *JoAnn Mitchell, MBA, CMP (S-343 Pitkin)*

**IR-101 Stories from Ellis Island** - *Fred Voss (TEC-201)*

~~**IR-316 History of Ukraine and Russia**~~ - *Yuri Bloshtein - CANCELED*

**IR-418 Understanding Wine** - *Lainie Ognibene (ONLINE)*

**IR-709 Energize and Thrive: 5 Building Blocks for a Longer Healthspan** - *Angela Goldman, NBC-HWC, A-CFHC (L-143 Pitkin) \*\*room change, near Public Safety*

**IR-775 John D Rockefeller and Andrew Carnegie: Robber Barons or Captains of Industry?** - *Rick Feingold, MBA (TEC-201)*

**IR-852 Early 20th Century America: What Goes Around, Comes Around** - *Carol Lafond, J.D. (TEC-201 or ONLINE)*

**IR-860 Financial Planning in Retirement** - *Traphagen CPAs (S-343 Pitkin)*

**IR-939 Senior Balance Yoga** - *Rennie Ackerman (TEC-214)*

**IR-995 Acting Workshop** - *Glen Vincent (TEC-201)*

**IR-965 Makers of History: St Francis of Assisi and St Joan of Arc; Isaac Newton; Shakespeare; Dwight Eisenhower** - *Manfred Weidhorn, Emeritus Professor (Online)*

## THURSDAY

**IR-050 Clashes of the Titans: Punic Wars; The Crusades and The Real First World War (Seven Years/French and Indian) - James Devine (TEC-201)**

**IR-090 Film Program 1: Six Jewish Films - Theo Solomon, BCC Emeritus Professor (A-104 Pitkin)**

**IR-393 Financial Fitness in Retirement - David Chepauskas CFP and James Maimone (TEC-201)**

**IR-503 Hardly Camelot II: The Kennedey Administration - James Devine (TEC-201)**

**IR-619 Watercolors for All - Barry Shiff (TEC-203)**

**IR-676 Sketching for All - Barry Shiff (TEC-220)**

(BONUS COURSE) **IR-678 Creative Aging - Lorraine O'Brien (TEC-201)**  
**\*\*recently added, not in catalog**

**IR-786 Selected Topics in US History - Tom DeStefano, MA (A-104 Pitkin)**

**IR-808 Baseball: Oddities & Ironies - Dan Schlossberg**  
**\*\*room change to S138 on 4/11, rest of classes in TEC-201**

**IR-814 Film Program 2: Food in Film - Theo Solomon, BCC Emeritus Professor (A-104 Pitkin)**

**IR-919 Healthcare Costs and Claiming Social Security in Retirement - Theresa J. Yarosh, CFP, CLU, ChFC, CKA (TEC-201)**

**IR-921 Neurology 202 - Judith Lustig, MD (TEC-201)**

## FRIDAY

**IR-472 Basics of Watercolor Botanical Illustration - Mila Antkevych (TEC-203)**

**IR-630 Mah Jongg - Linda Cohen (TEC-201)**

**IR-664 America Acquires an Empire - Janet Dinardo-White, MA (TEC-201)**

(BONUS COURSE) **IR-680 Alzheimer's 101: Understanding Memory Loss - Jenna Noecker, BSW (TEC-201)**

## ILR SPRING 2024 BONUS CLASSES

**IR-990 How to Plan for Aging in Place in the Home** - *Wendy Sabin, MSW, LCSW*  
(TEC-201)

**IR-247 ILR All Campus Choir “Sing, Sing, Sing”** - *Barbara Heitmann (A-104 Pitkin)*

**IR-442 Keeping Your Brain Healthy** - *Rachel Ishak, MSW (TEC-201)*

**IR-088 AARP Smart Driver** - *JoAnn Mitchell, MBA, CMP (S-343 Pitkin)*

**IR-680 Alzheimer’s 101: Understanding Memory Loss** - *Jenna Noecker, BSW*  
(TEC-201)

**IR-750 Showing of Yogi Berra Documentary “It Ain’t Over” and Q&A with Lindsay Berra** - **Tuesday, March 5; 12:45 PM to 3:15 PM.** (TEC-201) *NEW! not listed in catalog*

Join the Institute of Learning in Retirement for a showing of the Yogi Berra documentary “It Ain’t Over” (2022) followed by a virtual Q&A with Executive Producer Lindsay Berra, an accomplished sports journalist and the granddaughter of Yogi Berra. BCC professors Mark Altschuler and Brian Altano will provide a brief introduction to this film as well as lead a virtual Q&A following the film with Lindsay Berra. This film runs 1 hour and 38 minutes with the Q&A starting shortly after at 2:45 PM. Please visit the film trailer here: <https://www.imdb.com/title/tt13840536/>

“An intimate portrait of a misunderstood American icon, this emotional and uplifting documentary about Yogi Berra takes us beyond the caricatures and “Yogisms,” and into the heart of a sports legend whose unparalleled accomplishments on the baseball diamond were often overshadowed by his off-the-field persona.”—*Vanishing Angle*

**IR-678 Creative Aging - Thursdays May 16 and May 23; 2:30 PM to 3:30 PM.**  
(TEC-201) *NEW! not listed in catalog*

We grow as we age and still have so much to offer. Discover more about yourself during this course led by Lorraine O’Brien, a certified Life Coach. There will be instruction and encouragement to help you discover more about yourself.

New ILR instructor Lorraine O’Brien will be leading this course. After marrying at 19, Lorraine raised 5 children and a nephew. On weekends she took in foster children. Divorcing after 25 years of marriage, Lorraine put herself through college. She ultimately became a legal secretary working in New York City for a top divorce attorney. After retirement Lorraine became a life coach, massage therapist, motivational speaker and a scuba diver. We are never finished!