

ILR



**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 | ILR@BERGEN.EDU



SPRING 2025 - THE DIVISION OF CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT

NOTE FROM PROGRAM STAFF

Learn! Connect! Thrive!

Join us 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.

Choose from an inspiring selection of courses facilitated by dedicated volunteer instructors, passionate about the content they share with you.

Courses are offered online as well as in-person at BCC's Paramus campus. Say tuned for course offerings at our Philip Ciarco Jr. Learning Center in Hackensack.

Cinzia D'Iorio, Vice President
Mary Kate O'Toole-Mellow, ILR Program Supervisor
Dolores Hunt, Coordinator

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CONTACT US

Institute for Learning in Retirement

(201) 447-7156 | ILR@bergen.edu

The Technology Building, TEC-116, Paramus campus
400 Paramus Road, Paramus, NJ 07652

Mary Kate O'Toole-Mellow, Program Supervisor

motoole-mellow@bergen.edu | (201) 879-3571

Continuing Education and Workforce Development

(201) 447-7488

Bergen Community College Main Campus Paramus

(201) 447-7100

The Philp Ciarco Jr. Learning Center in Hackensack

(201) 489-1551

Enroll Today! Visit ilr.bergen.edu/courses

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.

One fee of \$150.00 per semester, entitles members to attend up to five (5) courses, plus bonus courses.

Sign up for the ILR Newsletter!

Email ILR@bergen.edu or sign up on the ILR website at ILR.Bergen.edu.

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.

Volunteer to Teach for the ILR!

- Share your passion!
- Instructors receive a free membership during the semester they are teaching and can take 5 classes, plus bonus classes at no cost.
- Learn more! Visit ILR.Bergen.edu/proposals or email ILR@Bergen.edu



Benefits of Membership

BCC Campus Dining:

BCC Campus Dining: Pitkin Building

Cafeteria: Mon-Thurs 7:30 a.m. – 3:00 p.m.; Fri 7:30 a.m. – 2:00 p.m.

Starbucks: Mon-Thurs 7:30 – 8:00 p.m.; Fri 7:30 a.m. – 3:00 p.m.

Hours vary during holidays and breaks.

Bergen Bistro: The Bergen Bistro offers a student-run dining experience where students deliver high-quality food and dining service to all Bergen Community College stakeholders. Information on the Bergen Bistro will be sent to ILR students during the semester.

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 Pool

ILR members may use the facilities during scheduled freetime 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.

Enroll Today! Visit ilr.bergen.edu/courses

ILR Registration Information

Registration for the Spring 2025 Semester: Starts Wednesday, February 12, 2025

Semester Dates: Monday, March 3 to Thursday, June 5, 2025

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

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

In-Person: ILR Office | TEC-116 | 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.

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.

COST: ILR Membership is \$150.00 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.

PAYMENT: Payment is by credit card. Students may pay in-person, by phone, or online.

REFUND POLICY: The ILR does not issue refunds.

Classes are offered online as well as on BCC's main campus in Paramus. Stay tuned for course offerings at our Philip Ciarco Jr. Learning Center in Hackensack.

Please make sure to double check your course locations before you register.



Online Registration

Enroll Today! Visit 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 – Paramus

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.

L Classrooms: Enter Pitkin via the South entrance by Public Safety. These classrooms are in the nearby hallways off the lobby area.

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>.

Schedule Updates

During the semester, for schedule changes and room changes please visit the ILR website's News and Media page at ilr.bergen.edu/news-and-media. During the semester, course updates will also be posted at the front counter of Continuing Education and Workforce Development, TEC-115 as well as at Public Safety, L-154 in Pitkin. Copies of updated room assignments for courses will be available at the ILR office, TEC-116.



Updates

Enroll Today! Visit 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>

Paramus Campus

400 Paramus Road
Paramus, NJ 07652
(201) 447-7100

The Philip Ciarco Jr. Learning Center In Hackensack

355 Main Street
Hackensack, NJ 07601
(201) 489-1551

Paramus Campus Map

Visit this BCC webpage:
<https://bergen.edu/about-us/locations/paramus>

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

NJ Transit: Buses run regularly to campus. Check 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
(973)-491-4224; ADAResv@njtransit.com

Parking - Paramus

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.

Parking - Hackensack

Parking is free. There is a parking lot behind the building. No parking pass is required.

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

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
BCC website: <https://bergen.edu>

- Call the College's main telephone number (201) 447-7100
- Log on to www.1010wins.com to sign up for email notifications of college closings.
- Listen to radio stations: WCBS/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 in Paramus

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

Public Safety in Hackensack

(201) 301-9700

Questions, Concerns, Complaints

If you have any questions, concerns or complaints, please reach out to the ILR Program office at ILR@bergen.edu, (201) 447-7156 or drop by Tec-116 in the Technology Building.

How to Access Wi-Fi on Campus

Please note, Wi-Fi is not required for any ILR courses.

Wi-Fi at Bergen Community College is available to ILR members. To access Wi-Fi, you will need your Bergen username and password. Information Technology Services sends an email to new ILR members with their Bergen username and instructions for setting up the password. If you are unable to find the email, please contact the IT Help Desk for assistance. They can be reached at (201) 879-7109 or helpdesk@bergen.edu. You can also visit the IT Help Desk on the 2nd Floor of the Pitkin Education Center in the Sidney Silverman Library. The Help Desk is open during the Fall and Spring semesters from 8:00 am to 7:00 pm, Monday through Friday. The Help Desk is closed on Fridays in the summer.

Follow these steps to connect to the Wi-Fi at Bergen.

1. Go into settings and connect to Bergen-Wifi.
2. Your browser should automatically open to the Bergen-Wifi login page.
3. If your browser doesn't open to the login page, go directly to www.bergen.edu. You must enter "www" so it goes to an unsecure page and triggers the login.
4. When prompted to login, enter your Bergen username and password.

Your Bergen username is everything before the @ symbol in your Bergen email address. For example, if your Bergen email is jsmith123@me.bergen.edu, your Bergen Username is [jsmith123](mailto:jsmith123@me.bergen.edu).

This is an example of the email students receive with instructions on how to set up their Bergen Community College account. If you are not able to locate this email please reach out to the Help Desk at helpdesk@bergen.edu or (201) 879-7109.

Dear (Name),

Your Bergen Community College account information and setup steps are displayed below. Please wait approximately 1 hour from the time of receiving this email to ensure your account is fully created.

Your student ID number is: (7 digit ID number starting with 0) Your username is: username@me.bergen.edu

[Click here to set up your account password.](#) (A verification email will be sent to your personal email address.)

Log into our portal with your new password by [visiting my.bergen.edu](http://visiting.my.bergen.edu)

If you need assistance with your password or logging in please contact our IT Help Desk at helpdesk@bergen.edu.

-Bergen Community College

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

EVENTS

AND ACTIVITIES AROUND CAMPUS

Athletics

Attend and enjoy sporting events on campus. For the athletics schedules, visit bergen.edu/athletics/.

Bergen Bistro

The Bergen Bistro offers a student-run dining experience where students deliver high-quality food and dining service to all Bergen Community College stakeholders. Information on the Bergen Bistro will be sent to ILR students during the semester.

Bergen for Business

Bergen for Business offers employee training and development programs. It also provides co-working space for entrepreneurs, free access to trained student business consultants, and its LatinxCEO program connects employers

with Hispanic students to empower future leaders. For more information, email bergenforbusiness@bergen.edu.

Gallery Bergen

Gallery Bergen, located on the third floor of West Hall on the main campus, offers visual art exhibitions and performances to the community. Learn more at gallery.bergen.edu/about/

Kids and Teens

Spread the word to family and friends! All year round, Bergen Community College offers a wide array of learning opportunities, including summer camp, for students from grades 1 to 12. Learn more at bergen.edu/ce/courses-programs/kids-and-teens.

Literary Art Series

The Literary Arts Series is a project designed to encourage intercultural understanding and literacy in the classroom and broader community. Learn more at bergen.edu/community/literary-arts-series/

Theaters at Bergen - To see season performances and to purchase tickets, visit tickets.bergen.edu.

Student Theater: Enjoy mainstage productions and more by Bergenstages, the student theatre troupe at Bergen Community College.

Community Theater: The Anna Maria Ciccone Theatre seats 300 and rivals any off-Broadway theatre in New York.

The Bergen Institute for the Creative Arts at Bergen Community College

The Bergenstages 2024-2025 Season

Delve into timeless tales



- | **Harvey** by Mary Chase
- | **The Mystery of Edwin Drood**
Based on Charles Dickens' novel by Rupert Holmes
- | **Lysistrata** by Aristophanes
- | **Nora: A Doll's House** by Step Smith
After Henrik Ibsen
- | **Theatre Production Workshop**



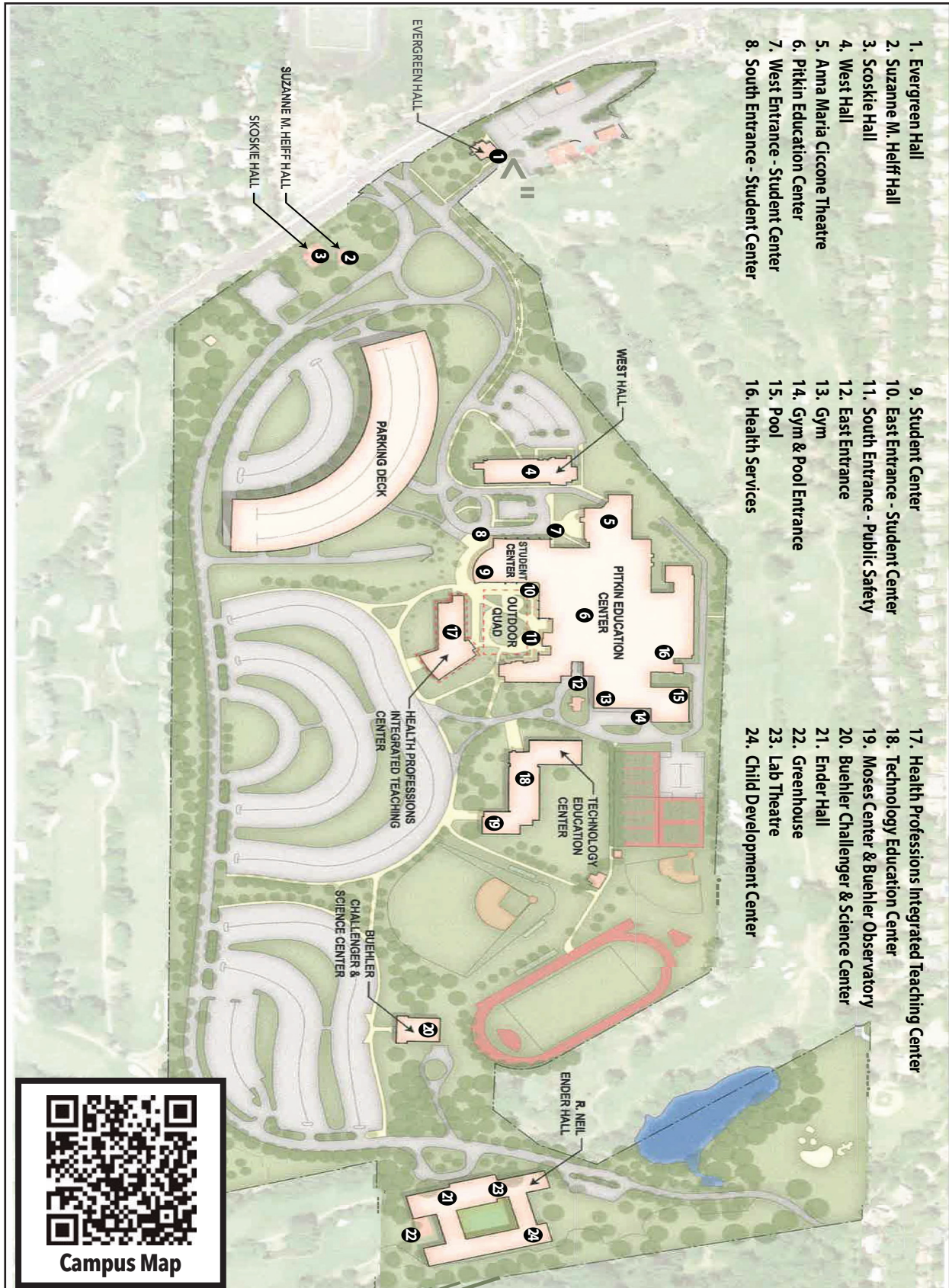
To purchase, call the Ticket Box Office at (201) 447-7428 or visit tickets.bergen.edu.





Enroll Today! Visit ilr.bergen.edu/courses

Paramus Campus Map



Enroll Today! Visit ilr.bergen.edu/courses



Donate to the ILR

INSTITUTE FOR LEARNING IN RETIREMENT

Support a vibrant community of lifelong learners ages 55 and over!

DONATE TO THE ILR

To donate to the ILR, visit the Bergen Community College Foundation webpage, foundation.bergen.edu. Choose "Apply Other" in the drop-down menu. In the "Additional Instructions About My Donation" type in ILR.



Institute for Learning in Retirement
Continuing Education and Workforce Development

ILR.BERGEN.EDU



Scan here for more information or to apply today!

Get trained for free!

Direct Support Professionals (DSP) Career Development Program

continuinged@bergen.edu | (201) 447-7488 | ce.bergen.edu



The Direct Support Professionals Career Development Program is made possible by a grant from the New Jersey Office of the Secretary of Higher Education.

Enroll Today! Visit ilr.bergen.edu/courses

Listing of ILR Courses for Spring 2025 in Paramus and Online

**For updates to the course lineup please visit the ILR website's
"Course Offerings and Registration" page at ILR.Bergen.edu/courses**

IR-058 History of Musical Instruments - Cavallerano	IR-737 Meditation for Everyday People - O'Neill
IR-060 Legal Issues Concerning the Elderly - Romano	IR-750 Baseball and Art BONUS - Burke
IR-061 Patent Law BONUS - Smith	IR-775 Alexander Hamilton BONUS - Feingold
IR-069 Understanding Art History ONLINE - Ognibene	IR-786 Selected Topics in U.S. History - DeStefano
IR-088 AARP Driver Safety BONUS - Mitchell	IR-808 Baseball: Oddities and Ironies - Schlossberg
IR-090 Film Program 1 - Solomon	IR-814 Film Program 2 - Solomon
IR-085 Great War Part 1 - Devine	IR-825 Latin Dance - Castillo
IR-148 Heavy Water War BONUS - Boyce	IR-852 Early 20th Century America - Lafond
IR-162 Great War Part 2 - Devine	IR-860 Financial Planning in Retirement - Traphagen
IR-167 Memoir Writing and Gratitude - Reich	IR-872 Drawing Basics - Gatchalian
IR-237 Fun with Physics - Barkovitz	IR-912 Yoga Mix - Raff
IR-247 ILR All Campus Choir BONUS - Heitmann	IR-921 Neurology 202 - Lustig
IR-251 Basic Mathematics - Manii	IR-925 Astrology Connection - Carrelle
IR-318 World War 1 - Dinardo-White	IR-928 All About Aviation BONUS - Pucciarelli
IR-393 Financial Fitness - Chepaukas and Maimone	IR-930 Women in Photography BONUS - Kaplan
IR-394 Environmental Issues - Golden	IR-933 Bergen Reads Poverty - Miele and Lee-Hong
IR-437 Intro to Digital Photography - Turkin	IR-939 Senior Balance Yoga - Ackerman
IR-455 Public Relations 101 BONUS - Pass	IR-948 U.S. Space Program History- Lennox
IR-480 History and Music - Feingold	IR-957 Current Events Club - Lindenbaum
IR-556 Legacy Workshop - Atkins	IR-965 Makers of History ONLINE - Weidhorn
IR-609 Around the World BONUS - McCormack	IR-978 Spirituality Book and Movie Club BONUS - Wieland
IR-619 Watercolors for All - Shiff	IR-980 Diary of Odd Nansen BONUS - Boyce
IR-630 Mah Jongg - Cohen	IR-981 Heads Up! Seniors BONUS - Ishak
IR-640 Discovery Series - Medici	IR-994 Banned Books - Ginder (Fri)
IR-676 Sketching for All - Shiff	IR-990 Aging in Place in the Home BONUS - Sabin
IR-678 AARP NJ Speakers Bureau BONUS	IR-995 Acting Workshop - Vincent
IR-680 Alzheimer's 101 BONUS - Noecker	
IR-709 Energize and Thrive - Goldman	
IR-711 Introduction to Korean - Kim	
IR-724 Family History 101 - Voss	

Enroll Today! Visit ilr.bergen.edu/courses



Week-at-a-Glance Courses (Page 1 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IR-640 Discovery Series - NEW TOPICS! 3/3, 3/17, 3/24 10:00 - 11:30 a.m. <i>Mario Medici</i>	IR-852 Early 20th Century America - NEW TOPICS! 3/4, 3/11, 3/18, 3/25 10:00 a.m. - 11:30 a.m. <i>Carol Lafond</i>	IR-939 Senior Balance Yoga 3/5, 3/12, 3/19, 3/26 10:00 - 10:45 a.m. <i>Rennie Ackerman</i>	IR-619 Watercolors for All 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/22 10:00 a.m. - 12:00 p.m. <i>Barry Shiff</i>	IR-088 AARP Driver Safety 3/7 10:00 a.m. - 4:30 p.m. <i>JoAnn Mitchell</i>
ONLINE IR-069 Understanding Art History 3/3, 3/17, 3/24, 3/31, 4/7 10:30 - 11:30 a.m. <i>Lainie Ognibene</i>	ONLINE IR-965 Makers of History - NEW TOPICS! 3/4, 3/11, 3/18, 3/25 10:30 - 11:45 a.m. <i>Manfred Weidhorn</i>	IR-394 Environmental Issues 3/5, 3/12, 3/19 11:00 a.m. - 12:30 p.m. <i>Susan Golden</i>	IR-676 Sketching for All 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/22 1:00 - 2:30 p.m. <i>Barry Shiff</i>	IR-167 Memoir Writing 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2 11:00 a.m. - 12:30 p.m. <i>Shelley Reich</i>
IR-737 Meditation for Everyday People 3/3, 3/10, 3/17, 3/24, 3/31, 4/7 10:30 a.m. - 12:00 p.m. <i>Joanne O'Neill</i>	IR-251 Basic Math for Adults 3/4, 3/11, 3/18, 3/25, 4/1, 4/8 11:00 a.m. - 12:00 p.m. <i>Saeed Manii</i>	IR-925 Astrology Connection 3/5, 3/12, 3/19, 3/26, 4/2, 4/9 12:45 - 2:15 p.m. <i>Victoria Carrelle</i>	IR-090 Film Program 1 3/6, 3/13, 3/20, 3/27, 4/10 10:45 a.m. to 12:45 p.m. <i>Theo Solomon</i>	IR-994 Banned Books - NEW TOPICS! 3/14, 3/21, 3/28, 4/4, 4/11 12:30 - 2:00 p.m. <i>Emily Ginder</i>
IR-711 Introduction to Korean 3/3, 3/10, 3/17, 3/24, 3/31 11:45 a.m. - 12:45 p.m. <i>Hyun Kim</i>	IR-957 Current Events Club 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/20 1:00 p.m. - 2:00 p.m. <i>Herman Lindenbaum</i>	IR-058 Musical Instruments 3/5, 3/12, 3/19, 3/26, 4/2, 4/9 1:00 p.m. - 2:00 p.m. <i>Jon Cavallerano</i>	IR-085 Non-Military History of The Great War Part 1 3/6, 3/13, 3/20, 3/27, 4/3, 4/10 10:30 a.m. - 12:30 p.m. <i>James Devine</i>	IR-318 World War 1 3/21, 3/28, 4/4, 4/11 10:30 a.m. - 12:00 p.m. <i>Janet Dinardo-White</i>
IR-480 History and Music 3/3, 3/10, 3/17, 3/24 1:00 - 2:30 p.m. <i>Rick Feingold</i>	IR-437 Introduction to Digital Photography 3/4, 3/11, 3/18, 3/25 1:30 - 3:00 p.m. <i>Ray Turkin</i>	IR-933 Bergen Reads: Poverty, by America, by Matthew Desmond 3/5, 3/19, 3/26, 4/9, 4/16 3:00 - 4:00 p.m. <i>Miele and Lee-Hong</i>	IR-237 Fun with Physics 3/6, 3/13, 3/20, 3/27 1:00 - 2:00 p.m. <i>Robert Barkovitz</i>	IR-630 Mah Jongg 3/21, 3/28, 4/4, 4/11 12:30 - 2:00 p.m. <i>Linda Cohen</i>

Enroll Today! Visit ilr.bergen.edu/courses

Week-at-a-Glance Courses (Page 2 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IR-609 Around the World in 60 Minutes: 3/24 Sec-1, 4/21 Sec-2 2:45 - 3:45 p.m. Chris McCormack	BONUS IR-061 Patent Law 3/18 11:45 a.m. - 12:45 p.m. Catherine Smith	IR-060 Legal Issues Concerning the Elderly 3/19, 3/26, 4/2, 4/9 3:15 - 4:45 p.m. Robert J. Romano	IR-921 Neurology 202 3/6, 3/13, 3/20, 3/27 2:15 - 3:45 p.m. Judith Lustig	IR-978 Spirituality Book and Movie Club 3/28, 4/4, 4/11 10:00 - 11:30 a.m. Rachel Wieland
IR-981 Heads Up! Seniors 3/31 2:30 - 3:30 p.m. Rachel Ishak	IR-872 Drawing Basics 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6 2:15 - 3:45 p.m. Myra Gatchalian	IR-709 Energize and Thrive 3/19, 3/26, 4/2, 4/9, 4/16, 4/30 10:00 - 11:15 a.m. Angela Goldman	IR-393 Financial Fitness in Retirement 3/20, 3/27, 4/10, 4/17 1:00 - 2:00 p.m. Chepaukas and Maimone	IR-455 Public Relations 101 4/25 11:00 a.m. - 12:15 p.m. Andrea Pass
IR-948 U.S. Space Program History - NEW TOPICS! 4/7, 4/14, 4/21, 4/28 10:00 a.m. - 12:00 p.m. Joe Lennox	IR-912 Yoga Mix 4/1, 4/8, 4/15, 4/22, 4/29 12:00 - 12:45 p.m. Carol Raff	IR-724 Family History 101 3/26, 4/2, 4/9, 4/16, 4/23, 4/30 10:00 a.m. - 12:00 p.m. Fred Voss	IR-162 Non-Military History of The Great War Part 2 4/17, 4/24, 5/1, 5/8, 5/22, 5/29 10:30 a.m. - 12:30 p.m. James Devine	IR-680 Alzheimer's 101 - Memory Loss and Dementia 4/25 1:00 - 2:00 p.m. Jenna Noecker
IR-995 Acting Workshop 4/7, 4/14, 4/21, 4/28, 5/5 12:15 - 2:15 p.m. Glen Vincent	IR-247 ILR All Campus Choir 4/8, 4/15, 4/29, 5/6, 5/20, 5/27 3:00 - 4:30 p.m. Barbara Heitmann	IR-928 All About Aviation 3/26 11:00 a.m. - 12:30 p.m. Albert Pucciarelli	IR-808 Baseball: Oddities and Ironies 4/17, 4/24, 5/1, 5/8 1:00 - 2:00 p.m. Dan Schlossberg	
IR-990 Aging in Place in the Home 5/5 10:00 a.m. - 12:00 p.m. Wendy Sabin	IR-786 U.S. History - NEW TOPICS! Tuesday/Thursday 5/22, 5/27, 5/29, 6/3, 6/5 1:00 - 2:15 p.m. Tom DeStefano	IR-825 Latin Dance 4/2, 4/9, 4/16, 4/23 5:00 - 6:00 p.m. Luz Castillo	IR-814 Film Program 2 4/24, 5/1, 5/8, 5/22, 5/29 10:45 a.m. to 12:45 p.m. Theo Solomon	

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Week-at-a-Glance Courses (Page 3 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IR-775 Alexander Hamilton 5/19 1:00 - 2:30 p.m. Rick Feingold	IR- 930 History of Women in Photography 5/20 10:30 a.m. - 12:30 p.m. Harmon Kaplan	IR-750 Baseball and Art: 4/9 11:00 a.m. - 12:30 p.m. Bill Burke	IR-786 U.S. History - NEW TOPICS! 5/22, 5/27, 5/29, 6/3, 6/5 1:00 - 2:15 p.m. Tom DeStefano	
		IR-556 Truth, Be Told! A Fun Legacy Workshop 4/16 12:30 - 2:30 p.m. Donna Atkins		
		IR-980 WWII Concentration Camp Diary of Odd Nansen 4/23 10:30 a.m. - 12:00 p.m. Timothy Boyce		
		IR-148 Heavy Water War: 4/23 1:00 - 2:30 p.m. Timothy Boyce		
		IR-860 Financial Planning in Retirement 4/30, 5/7, 5/21, 5/28, 6/4 12:15 - 1:45 p.m. Traphagen Wealth Advisors		
		IR-678 AARP - NJ Speakers Bureau Presentations - 5/7 Sec-1, 5/21 Sec-2, 5/28 Sec-3 10:00 - 11:00 a.m. AARP NJ's Speakers Bureau		

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Course Descriptions

MONDAY Course Offerings

IR-640 Discovery Series: Great Women Artists, Enjoying "Little Italy" in the Bronx, NY; The History of Local Area Canals

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

"Great Women Artists" - 3/3

"Enjoying "Little Italy" in the Bronx, NY" - 3/17

"The History of Local Area Canals" - 3/24

Mondays In-person: 3/3, 3/17, 3/24 (no class 3/10)

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

Paramus - Room: TEC-201

Instructor: Mario Medici, MBA

ONLINE

IR-069 Understanding Art History

Ever feel curious about the world of Art History? This entertaining and engaging class is here to help you unlock the secrets and mysteries of the most famous works of art and the artists who created them! Develop a deeper appreciation, understanding, and context – no art degree or extensive knowledge required!

Mondays Online: 3/3, 3/17, 3/24, 3/31, 4/7 (no class 3/10)

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

Instructor: Lainie Ognibene

NEW INSTRUCTOR!

IR-737 Meditation for Everyday People

Meditation is the practice of training your mind to focus on one thing at a time, and to be fully present in the moment. While some forms of meditation have roots in Hinduism, Buddhism, and Christianity, meditation is not an inherently spiritual or religious practice. Instead, people who meditate aim to tune into themselves to experience inner quiet and cultivate a state of peaceful contemplation.

Meditation is a highly researched, evidence-based tool that can foster increased well-being – mentally, physically, cognitively, and emotionally.

Mondays In-person: 3/3, 3/10, 3/17, 3/24, 3/31, 4/7

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

Paramus - Room: L-142

Instructor: Joanne O'Neill

IR-711 Introduction to Korean and Korean Culture

This course is open to all those that are interested in learning more about the Korean language and culture. It is designed primarily for those who have minimal or no prior knowledge of Korean, although all levels are welcome. This course aims to train students to perform spoken and written communication in most essential daily life situations.

Students will learn how to speak, understand, read, and write short sentences on familiar topics. Both new students and those who have taken the class before are welcome, however, the class will still be at a very beginning stage.

Mondays In-person: 3/3, 3/10, 3/17, 3/24, 3/31

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

Paramus - Room: TEC-201

Instructor: Hyun Kim

IR-480 History and Music: Judy Garland, Miles Davis, Motown, and Hamilton Musical

The class will feature music from four time periods of the past century. Week 1: Fred Harvey opened eating houses along the Santa Fe railroad providing high standards of dining at train stops. Based on the 1946 movie musical The Harvey Girls starring Judy Garland. Week 2: The 1959 Miles Davis album Kind of Blue is the most successful jazz recording of all time. Featuring music from Miles Davis classic recordings Birth of the Cool, Sketches of Spain, Kind of Blue and more.

Week 3: Motown played an important role in the racial integration of popular music. The label would launch the careers of Diana Ross and the Supremes, Smokey Robinson, The Temptations, and The Four Tops.

Week 4: Four daughters of wealthy General Philip Schuyler ran away to elope with rich men. But Elizabeth Schuyler married Alexander Hamilton, a penniless orphan immigrant, for love. Includes music from the Hamilton Broadway play.

Mondays In-person: 3/3, 3/10, 3/17, 3/24

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

Paramus - Room: TEC-201

Instructor: Rick Feingold, MBA

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Course Descriptions

MON. Course Offerings Cont'd

NEW INSTRUCTOR! BONUS COURSE

IR-609 Around the World in 60 Minutes. Register for both sections or pick and choose.

Section 1: Motorcycling Across Mongolia - 3/24

Ever wonder what life is like in Mongolia? Professional traveler Chris McCormack will be sharing his story after completing 3,000 miles on a motorcycle across Mongolia. Come learn about the Gobi Desert, eagle hunters, reindeer herders and more.

Section 2: Discovering Our US National Parks - 4/21

These are all the different methods to experience our U.S. National Parks. Professional traveler Chris McCormack will share his tips, tricks and resources so you can see our land and save a couple bucks along the way.

Mondays In-person: 3/24, 4/21

Time: 2:45 - 3:45 p.m.

Paramus - Room: TEC-201

Instructor: Chris McCormack

BONUS COURSE

IR-981 Heads Up! Seniors: Fall Prevention and Pedestrian Safety Program

Falls are the leading cause of brain injury in the United States. Designed for older adults, this interactive workshop reviews strategies to best prevent falls at home and in the community. In addition, pedestrian and driving safety tips to prevent brain injuries are provided.

Monday In-person: 3/31

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

Paramus - Room: TEC-201

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

IR-948 U.S. Space Program History: Apollo 13, Space Shuttle, Apollo 1 and Apollo 7, Hubble Space Telescope

New topics are covered each semester. This semester the topics are as follows: APOLLO 13: Interviews with the actual people involved, along with models and actual Apollo hardware explain this incredible failure/success in complete detail.

SPACE SHUTTLE: The world's first and only reusable spacecraft explained in detail using actual hardware and a very detailed model of the Shuttle.

APOLLO 1 and APOLLO 7: The stunning tragedy of Apollo 1 and Apollo 7 literally rising from the ashes and getting the Apollo moon program back on course.

THE HUBBLE SPACE TELESCOPE:

Describing one of the world's most incredible telescopes and how it was amazingly repaired in space by five brave astronauts.

Mondays In-person: 4/7, 4/14, 4/21, 4/28

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

Paramus - Room: TEC-201

Instructor: Joe Lennox

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.

Mondays In-person: 4/7, 4/14, 4/21, 4/28, 5/5

Time: 12:15 - 2:15 p.m.

Paramus - Room: TEC-201

Instructor: Glen Vincent

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, to finances. We will also review Medicare rights and Medicare services. Whether you are interested in learning more about aging in place for yourself or for a loved one or are a caregiver, 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 help.

Monday In-person: 5/5

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

Paramus - Room: TEC-201

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

BONUS COURSE

IR-775 Alexander Hamilton - Christian, Deist, or None of the Above?

Many scholars claim the founding fathers were deists. Other scholars divide the founders into groups of devout Christians, Christian deists, or church skippers. Was Alexander Hamilton a deist? Did his religious views change over his lifetime? What about duelist Aaron Burr's famous evangelist grandfather, Jonathon Edwards who played a central role in the First Great Awakening in the mid-18th century? Based on Ron Chernow's book, Alexander Hamilton, of which the Broadway play is based on.

Monday In-person: 5/19

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

Paramus - Room: TEC-201

Instructor: Rick Feingold, MBA

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Course Descriptions

TUESDAY Course Offerings

IR-852 Early 20th Century America: Nationwide Manhunts; Outer Space and the Early 20th Century; San Francisco Earthquake; McKinley Assassination

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. Students from previous semesters are encouraged to attend as new topics will be covered each semester. This semester we'll explore: Nationwide Manhunts; Outer Space and the Early 20th Century; San Francisco Earthquake; McKinley Assassination
Tuesdays In-person: 3/4, 3/11, 3/18, 3/25

Time: 10:00 - 11:30 a.m.
Paramus - Room: TEC-201
Instructor: Carol Lafond, J.D.

ONLINE

IR-965 Makers of History: Byron; Classical Music; Dutch Masters Rembrandt and Van Gogh; President Truman

Week 1: Byron: A fine poet, letter writer, liberal, constant traveler, and at the end a heroic freedom fighter, this charismatic man was also a moral and psychological trainwreck.
 Week 2: The Joys of Classical Music: A report on an 80-year love affair with plentiful recommendations for others to partake in the delight.
 Week 3: Rembrandt and Van Gogh: These two Dutch masters are considered among the greatest artists of all time.
 Week 4: Truman: It is often said that only in America can anyone become president. And indeed, the originally unimpressive Truman proved it.

Tuesday Online: 3/4, 3/11, 3/18, 3/25
Time: 10:30 - 11:45 a.m.
Instructor: Emeritus Professor Manfred Weidhorn

IR-251 Yoga for the Brain - Basic Mathematics for Adults

Unwind and energize your mind. This course is designed to treat mathematics not as an academic subject but as a way to stimulate and exercise your brain. Through engaging arithmetic exercises, problem-solving puzzles, and real-life scenarios like navigating crossroads or solving riddles, you'll discover the joy of using math to enhance your mental clarity and focus. Just as yoga strengthens and relaxes the body, this course helps build a flexible, agile, and resilient mind. Perfect for adults of all backgrounds, no prior math experience is necessary - only a willingness to have fun and give your brain a workout!

Tuesdays In-person: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8
Time: 11:00 a.m. - 12:00 p.m.
Paramus - Room: L-147
Instructor: Saeed Manii, M.S., MBA

IR-957 Current Events Club

Enjoy a weekly discussion of current events led by ILR instructor Herman Lindenbaum with participation from the audience. Topics covered will include science, health care, domestic and international political 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: 3/4, 3/11, 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6, 5/20 (no class 5/13)
Time: 1:00 - 2:00 p.m.
Paramus - Room: TEC-201
Instructor: Herman Lindenbaum, BEE, MBA, PE

IR-437 Introduction to Digital Photography

This is a beginner's course 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.

Tuesdays In-person: 3/4, 3/11, 3/18, 3/25
Time: 1:30 - 3:00 p.m.
Paramus - Room: S-343
Instructor: Ray Turkin

NEW INSTRUCTOR! BONUS COURSE

IR-061 Patent Law

A brief survey of the history and practice of U.S. patent law. What is a patent, how would you get one, and why would you want one? This lecture is meant to be a quick trip through a complicated landscape, with a few interesting stops along the way.

Tuesday In-person: 3/18
Time: 11:45 a.m. - 12:45 p.m.
Paramus - Room: TEC-201
Instructor: Catherine Smith M.A., JD

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Course Descriptions

TUES. Course Offerings Cont'd

NEW INSTRUCTOR!

IR-872 Drawing Basics: 3D Shading & Techniques for Beginners

Perfect for beginners, this course introduces the fundamentals of drawing in the simplest way possible. We'll cover essential techniques like shape simplification, contour drawing, and the basics of light and shading. You'll learn to break down complex forms into easy shapes, leading to accurate proportions and perspective. Plus, we'll practice shading techniques that add depth and a 3D effect to your drawings. Start from scratch and build confidence as you learn to bring objects to life on paper!

Supplies recommended: STRATHMORE Medium Drawing Paper Spiral Paper Pad 8X10 inches - 24 Sheets - 400300, 80lbs, SOUTHSTAR Drawing Pencils, 24pcs Sketching Pencils Set with Graphite Pencils 12B 10B 8B 7B 6B 5B 4B 3B 2B B HB 2H 4H 6H and Charcoal Pencils for Drawing (You can find the supplies at Amazon.)

Tuesdays In-person: 3/18, 3/25, 4/1, 4/8, 4/15, 4/22, 4/29, 5/6

Time: 2:15 - 3:45 p.m.

Paramus - Room: TEC-201

Instructor: Myra Gatchalian

NEW INSTRUCTOR!

IR-912 Yoga Mix

Beginner and experienced yogis welcome. Connect one's mind and body through poses that create strength, flexibility and balance. Let's have fun while being fit. Students should bring a mat and wear comfortable clothes and sneakers. Students will be barefoot during class but will need to wear sneakers into the room.

Tuesday In-person: 4/1, 4/8, 4/15, 4/22, 4/29

Time: 12:00 - 12:45 p.m.

Paramus - Room: GYM A

Instructor: Carol Raff, MSW; RYT 500

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 to join the choir.

Tuesdays In-person: 4/8, 4/15, 4/29, 5/6, 5/20, 5/27 (no class 4/22, 5/13)

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

Paramus - Room: A-104

Instructor: Barbara Heitmann

IR-786 Selected Topics in U.S. History Learn about U.S. history.

This course will feature a selection of topics:

1. Life and times of John F. Kennedy
2. Spanish-American War
3. World War I
4. Jefferson Davis: President of the Confederate States of America
5. Ben Franklin: The First American

Tuesday/Thursday In-person: 5/22, 5/27, 5/29, 6/3, 6/5

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

Paramus - Room: S-132

Instructor: Tom DeStefano, M.A.

BONUS COURSE

IR- 930 The History of Women in Photography

This one-session class will present a brief survey of a few of the many women photographers in history. Many have been overlooked or given little credit. Hopefully, this class will awaken your interest in discovering and researching some of the women who have been underrepresented in several history of photography books. The instructor, Harmon Kaplan, has recently completed the Photographic Society of America's History of Photography Certificate.

Tuesday In-person: 5/20

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

Paramus - Room: TEC-201

Instructor: Harmon Kaplan

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Course Descriptions

WEDNESDAY Course Offerings

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: 3/5, 3/12, 3/19, 3/26

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

Paramus - Room: TEC-201

Instructor: Rennie Ackerman

NEW INSTRUCTOR!

IR-394 Environmental Issues of the 21st Century

Week 1: Environmental Issues: This introductory lecture on environmental issues will explore modern society's relationship with the natural world and our impact on the planet.

Week 2: Climate Change: The causes and solutions of climate change, focusing on sustainable development.

Week 3: Water and Society: Modern society's different uses of water and the impacts we have on this precious resource.

Wednesdays In-person: 3/5, 3/12, 3/19

Time: 11:00 a.m. - 12:30 p.m.

Paramus - Room: TEC-201

Instructor: Susan Golden

IR-925 Astrology Connection

What sign are you? Do you ask yourself "Am I more than my sun sign"? If these questions interest you and spark a desire to discuss, learn and explore this fascinating subject, this course is for you. This introductory class will introduce the participants to the planets, signs and houses which make up the horoscope. I will print out at home each participant's chart for the following class. Student Materials: Please bring your birth time if known, date of birth and year as well as city/state/country you were born in. Please also bring a notebook and pen.

Wednesday In-person: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9

Time: 12:45 - 2:15 p.m.

Paramus - Room: B-323

Instructor: Victoria Carrelle

IR-058 Musical Instruments throughout the Ages

This course explores the development, evolution, and uses of musical instruments throughout the eras of music, tracing from the Middle Ages through to the 20th and 21st centuries. It is estimated that there are more than 1,500 musical instruments in the world today, broken down into 6 major categories. This course will focus on the histories, purposes, structures, visuals, sounds and uses of many popular musical instruments, how they are categorized, and how they came into being.

Wednesdays In-person: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9

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

Paramus - Room: TEC-201

Instructor: Jon Cavallerano, M.A.

NEW INSTRUCTORS! - Bergen Community College Faculty

IR-933 Bergen Reads Poverty, by America by Matthew Desmond

The BCC Common Read engages the campus community in a series of discussions on topics related to equity and social justice through a shared reading. This academic year we are exploring issues underlying poverty in America, and especially in our own community. Read this book by acclaimed author and Princeton sociologist, Matthew Desmond and participate in a discussion group led by two BCC professors, Carol Miele, EdD and Jaehyun Julia Lee-Hong, PhD. Students should purchase "Poverty, by America", by Matthew Desmond prior to their first class.

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

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

Paramus - Room: TEC-203

Professor Carol Miele, and Assistant Professor Jaehyun Julia Lee-Hong, BCC faculty

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 process.

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

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

Paramus - Room: TEC-201

Instructor: Robert J. Romano, Jr. Esq.

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Course Descriptions

WED. Course Offerings Cont'd

IR-709 Energize and Thrive: 5 Building Blocks for a Longer Healthspan

You have the power to improve your health and wellness! This transformative course focuses on five key areas to improve and extend your healthspan – not just having a longer life, but a healthier life. Evidence-based practices in five 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: 3/19, 3/26, 4/2, 4/9, 4/16, 4/30 (no class 4/23)

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

Paramus - Room: TEC-203

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

IR-724 Family History 101

This intro genealogy course introduces students to the fundamentals of researching family records in the United States. Participants will explore diverse historical document sources, including census records, military service documents, and other vital records. The course covers both offline research methods and modern digital resources. Students will develop essential skills in navigating online databases, genealogical websites, and digital archives. Classroom exercises allow participants to practice research techniques and share their discoveries. Sponsored by the Genealogical Society of Bergen County. Students should bring a USB thumb drive.

Wednesday In-person: 3/26, 4/2, 4/9, 4/16, 4/23, 4/30

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

Paramus - Room: S-343

Instructor: Fred Voss

NEW INSTRUCTOR! BONUS COURSE

IR-928 All About Aviation

Learn about the world of aviation, including pilot training and qualifications, airplane ownership, maintenance and operation and the airspace in which we fly. This course is designed to answer your questions about aviation, whether you simply fly to get somewhere or want to be a pilot and aircraft owner. This course is designed to increase your knowledge of and appreciation for flight.

Wednesday In-person: 3/26

Time: 11:00 a.m. - 12:30 p.m.

Paramus - Room: TEC-201

Instructor: Albert Pucciarelli

NEW INSTRUCTOR!

IR-825 Latin Dance

Latin Dance is popular around the world. Latin Dance is a general term for various classes of Hispanic dances which all originated in Latin America and have a fusion of African and Cuban mixed in. Have fun learning and practicing a variety of Latin Dances such as Merengue, Bachata, Salsa, Mambo, and Cha-Cha-Cha. Students should wear sneakers and comfortable clothes.

Wednesdays In-person: 4/2, 4/9, 4/16, 4/23

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

Paramus - Room: C-106D Dance Studio

Instructor: Luz Castillo

BONUS COURSE

IR-750 Baseball and Art: A Wonderful Double Play

Former Bergen Community College adjunct professor, Bill Burke, will present a lecture, centering on the thesis of baseball as art, and how that art inspires other forms of creativity. Discussed will be baseball as the inspiration for contemporary works of art, such as pop art icon Andy Warhol,

painters Kadir Nelson and Jacob Lawrence; the sculpture of Jack Shultz; the ever-present 'confrontation' scenes presented in baseball films; the iconic photography of Osvaldo Salas; the inspiration for American television and baseball as the subject of a great many poetry compositions. These topics and more will be discussed in a light and enjoyable session that will surely prompt fond memories of the game we are so inspired by as fans and may inspire new forms of creativity to honor the great game of baseball.

Wednesday In-person: 4/9

Time: 11:00 a.m. - 12:30 p.m.

Paramus - Room: TEC-201

Instructor: Bill Burke, former BCC adjunct faculty

NEW INSTRUCTOR! BONUS COURSE

IR-556 Truth, Be Told! A Fun Legacy Workshop

Join in an upbeat, interactive, laughter-filled retrospective isolating the info your survivors will need when the "inevitable time" comes. Remove the responsibility from them during their time of grieving, confusion and loss. Help them accurately memorialize your life. Leave this class with a free workbook filled with your accurate rendering of seminal events and cherished memories, emphasizing the connections you have had with loved ones and helping them to remember your legacy.

Wednesday In-person: 4/16

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

Paramus - Room: TEC-201

Instructor: Donna Atkins

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Course Descriptions

WED. Course Offerings Cont'd

BONUS COURSE

IR-980 The Secret WWII Concentration Camp Diary of Odd Nansen

Hailed by The New Yorker as "among the most compelling documents to come out of the war," From Day to Day is a World War II concentration camp diary – one of only a handful ever translated into English – secretly written by Odd Nansen, a Norwegian. Arrested in January 1942, Nansen, son of polar explorer and humanitarian Fridtjof Nansen (Nobel Peace Prize, 1922), was held captive in various Nazi camps in Norway and Germany. This inspiring diary brilliantly illuminates Nansen's daily struggle, not only to survive, but to preserve his sanity and maintain his humanity. After having been out of print for over 60 years, Timothy Boyce rescued the diary from oblivion after reading the memoir of another Holocaust survivor, whose life, as a 10-year-old boy, was saved by Nansen while both were prisoners in Sachsenhausen. Copies of this book will be available in the BCC bookstore.

Wednesday In-person: 4/23

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

Paramus - Room: TEC-201

Instructor: Timothy Boyce, MBA, J.D.

BONUS COURSE

IR-148 The Heavy Water War: Stopping Hitler's Atomic Bomb

On the night of February 27-28, 1943, in one of the most daring acts of sabotage of WWII, a handful of commandos managed to infiltrate and destroy a heavily guarded facility in a remote mountainside in southern Norway that produced "heavy water," a key element in the development of a nuclear bomb. Timothy Boyce, editor of "A WWII Concentration Camp Diary" by Norwegian Odd Nansen will describe this daring raid, which was but one of a series of attempts to destroy the facility (several of which ended in catastrophic failure) and which came to be known as the "Heavy Water War."

Wednesday In-person: 4/23

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

Paramus - Room: TEC-201

Instructor: Timothy Boyce, MBA, 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: 4/30, 5/7, 5/21, 5/28, 6/4 (no class 5/14)

Time: 12:15 - 1:45 p.m.

Paramus - Room: TEC-201

Instructors: Traphagen CPAs & Wealth Advisors

NEW INSTRUCTOR! BONUS COURSE

IR-678 AARP - NJ Speakers Bureau Presentations

Register for all three sections or pick and choose.

Section 1: How to Choose a New Computer - 5/7

This informational session addresses some of the most common questions surrounding how to choose a new computer. We will also cover operating systems and compare alternatives to the traditional computer, e.g. tablets and Chromebooks.

Section 2: Fraud Watch Network Series Scam Landscape - 5/21

The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

Section 3: Fraud Watch Network Series Vigilance Against Cybercrime - 5/28

This workshop is designed to empower you with the knowledge and tools to navigate the digital world safely. We'll cover how to stay safe in public, at home, when using social media and when shopping and banking.

Wednesdays In-person: 5/7, 5/21, 5/28

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

Paramus - Room: TEC-201

Instructors: AARP New Jersey's Speakers Bureau

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

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 not for beginners. It is designed for anyone with a good understanding of how to handle watercolor techniques. Students are responsible for their own supplies. Supplies recommended: watercolor set, watercolor pad, 8X10 or 9X12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long-haired brush).

Thursday In-person: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/22 (no class 5/15)

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

Paramus - Room: TEC-203

Instructor: Barry Shiff

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. This is not a course for beginners. Students are responsible for their own supplies. Supplies recommended: 2H 4h HB 2b 4b, 6b, pencils, colored pencils, kneaded eraser, sketch pad and photos to sketch.

Thursday In-person: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24, 5/1, 5/8, 5/22 (no class 5/15)

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

Paramus - Room: TEC-203

Instructor: Barry Shiff

IR-090 Film Program 1: No Time to Chuckle

This series is serious!

Jezebel (Bette Davis)
Absence of Malice (Paul Newman)
Young Mr. Lincoln (Henry Fonda)
So Long at the Fair (Gene Simmons)
The Masquerader (Ronald Coleman)

Thursdays In-person: 3/6, 3/13, 3/20, 3/27, 4/10 (no class 4/3)

Time: 10:45 a.m. to 12:45 p.m.

Paramus - Room: A-104

Instructor: Emeritus Professor Theo Solomon, BCC faculty

IR-085 Non-Military History of The Great War Part 1: Origins and Causes

Back by popular demand (first offered in 2017-18): From Arminius' destruction of three full Roman legions in the Teutoburg Forest in 9 A.D. to the deadly British-Imperial German naval arms race of the 20th Century's first decade, the origins of The Great War are as varied as they are complex.

Thursday In-person: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10

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

Paramus - Room: TEC-201

Instructor: James Devine

NEW INSTRUCTOR!

IR-237 Fun with Physics

This course will cover several fascinating physics topics often accompanied by demonstrations. Some topics covered include: "Waves, Sound, and more"; "Let's Make Electricity Right Now"; "Satellites Orbiting the Earth Do Not Need Their Engines Running"; "Stephen Hawking's error in A Brief History of Time" and more.

Thursdays In-person: 3/6, 3/13, 3/20, 3/27

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

Paramus - Room: TEC-201

Instructor: Robert Barkovitz, M.A.

IR-921 Neurology 202

Come join us as we explore the following topics:

1. Seizures
 2. Head Trauma
 3. Back Pain
 4. Parkinson's Disease.
- No prior medical knowledge necessary. Of note, if you've taken these classes before the material is the same.

Thursdays In-person: 3/6, 3/13, 3/20, 3/27

Time: 2:15 - 3:45 p.m.

Paramus - Room: TEC-201

Instructor: Judith Lustig, MD

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

Thursday: In-person: 3/20, 3/27, 4/10, 4/17 (no class 4/3)

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

Paramus - Room: S-343

Instructors: David Chepaukas, CFP and James Maimone, RICP - Summit Financial

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Course Descriptions

THURS. Course Offerings Cont'd

IR-162 Non-Military History of The Great War Part 2: Diplomacy and the U.S. Entry

Keeping Imperial Russia in the war; bringing the U.S. in (or keeping it neutral); German (and Japanese) bids for alliances with Mexico and the British policy-in-practice to "offer anyone anything" to help win the war make Great War diplomacy as deadly and ruthless as the action on the Western Front itself.

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

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

Paramus - Room: TEC-201

Instructor: James Devine

IR-808 Baseball: Oddities and Ironies

Baseball is America's national pastime not only because it has the longest sustained history, but also because it is full of surprises, as the 2024 postseason showed. This will be a fun class, with lots of little tidbits and a few guest speakers, as in my four previous years at ILR. It will include many items from my 2024 Hank Aaron biography and my 2025 update of The New Baseball Bible, an unorthodox, illustrated history of the game in 25 chapters and 515 pages. This class is guaranteed to be educational, entertaining, and informative.

Thursday In-person: 4/17, 4/24, 5/1, 5/8

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

Paramus - Room: TEC-201

Instructor: Dan Schlossberg

IR-814 Film Program 2: Every Once in a While, a Chuckle

Join us! See that no two films in this series are alike.

A Funny Thing Happened on the Way to the Forum

The In-Laws

Murphy's Romance

My Favorite Year

The Great McGinty

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

Time: 10:45 a.m. to 12:45 p.m.

Paramus - Room: A-104

Instructor: Emeritus Professor Theo Solomon, BCC faculty

IR-786 Selected Topics in U.S. History

Learn about U.S. history. This course will feature a selection of topics:

1. Life and times of John F. Kennedy
2. Spanish-American War
3. World War I
4. Jefferson Davis: President of the Confederate States of America
5. Ben Franklin: The First American

Tuesday/Thursday In-person: 5/22, 5/27, 5/29, 6/3, 6/5

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

Paramus - Room: S-132

Instructor: Tom DeStefano, M.A.

FRIDAY Course Offerings

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.

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.

Friday In-person: 3/7

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

Paramus - Room: TEC-201

Instructor: JoAnn Mitchell, MBA CMP

IR-167 Memoir Writing and Gratitude

This course covers the craft of memoir writing, with a focus on writing about aspects of our lives that bring us gratitude. The course topics include the elements of effective memoir writing (including examples we will read in class), how to choose a memoir subject, and in-class writing exercises. All course work will be done in class. There is no outside work required. Students will be guided in using their own unique voice to write about an event or moment they are thankful for, brought joy, or made them laugh.

Friday In-person: 3/7, 3/14, 3/21, 3/28, 4/4, 4/11, 4/25, 5/2 (no class 4/18)

Time: 11:00 a.m. - 12:30 p.m.

Paramus - Room: L-145

Instructor: Shelley Reich, M.S.

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Course Descriptions

FRIDAY Course Offerings Cont'd

IR-994 Banned Books: Authors whose works have been banned in their own countries

The United States has banned books, movies and plays over the last century. However, we are not the only country that bans works that disturb the government. We will read five authors whose works have been banned by their own country and determine why they were banned. All the books deal with warfare or social unrest and/or conflict within the author's country. Bergen Community College will be performing *Lysistrata* on February 21, 22, 27, 28 and March 1, 2025. You might want to see the play in preparation for the first class.

1. *Lysistrata* (Aristophanes) - Greece
2. *All Quiet on the Western Front* (Remarque) - Germany
3. *One Day in the Life of Ivan Denisovich* (Solzhenitsyn) - Soviet Union
4. *July's People* (Gordimer) - South Africa
5. *All the Rivers* (Rabinyan) - Israel.

Fridays In-person: 3/14, 3/21, 3/28, 4/4, 4/11

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

Paramus - Room: TEC-203

Instructor: Emily Ginder

IR-318 World War 1

From 1914 to 1918, an unprecedented conflict took place in Europe. The world would never be the same. The unimaginable death toll of at least nine million soldiers and six million civilians led to the hope that this would be "the war to end all wars." Instead, it planted the seeds of the next great conflict that would erupt in 1939. This is NOT a course in the military history of the war. Rather, we will explore the causes of the war, the attempt at American neutrality and the events that would eventually draw the United States into the conflict. We will examine the effects of the war

on the home front and why/how WWI would usher in the destruction and devastation of WWII.

Fridays In-person: 3/21, 3/28, 4/4, 4/11

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

Paramus - Room: TEC-201

Instructor: Janet Dinardo-White, M.A.

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 the year 2024 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 (prices subject to change).

Fridays In-person: 3/21, 3/28, 4/4, 4/11

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

Paramus - Room: TEC-201

Instructor: Linda Cohen

BONUS COURSE

IR-978 Spirituality Book and Movie Club

Come join a group of like-minded people who find spirituality an inspiring topic of conversation. Read and discuss books as well as watch videos and selected parts of movies focusing on spirituality. The books for class are *After: A Doctor Explores What Near-Death Experiences Reveal about Life Beyond* by Bruce Greyson M.D. and *At Heaven's Door: What Shared Journeys to the Afterlife Teach About Dying Well and Living Better* by William J. Peters. If possible, the books should complete before the first class. Please note: The purpose of this course is not to debate the validity of the movies or readings, but to enjoy an open discussion of spiritual topics inspired by the course materials and fellow students.

Fridays In-person: 3/28, 4/4, 4/11

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

Paramus - Room: TEC-203

Instructor: Professor Rachel Wieland, BCC Faculty

NEW INSTRUCTOR! BONUS COURSE

IR-455 Public Relations 101: Sharing Information to Secure Earned Media Coverage

Public Relations is oftentimes the most misunderstood of the marketing elements. What is PR? How can you secure press coverage for your volunteer organization or second act? Learn the benefits of media relations along with media training tips in order to effectively convey your message on podcasts/broadcast, print and online interviews. Learn the Who, What, Where, When, Why, and How which is the basis for successful press outreach.

Friday In-person: 4/25

Time: 11:00 a.m. - 12:15 p.m.

Paramus - Room: TEC-201

Instructor: Andrea Pass

BONUS COURSE

IR-680 Alzheimer's 101 - Understanding Memory Loss and Dementia

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 a brief overview of Alzheimer's disease as well as the importance of receiving a thorough diagnostic evaluation when symptoms first arise, and brain health strategies.

Friday In-person: 4/25

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

Paramus - Room: TEC-201

Instructor: Jenna Noecker, BSW, Alzheimer's New Jersey



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INSTRUCTOR BIOS

NEW INSTRUCTOR!

AARP New Jersey's Speakers Bureau

AARP New Jersey's Speakers Bureau has skilled volunteers that speak throughout the state, including community organizations, private businesses, houses of worship, and AARP chapters. Our speakers deliver presentations that address the issues that matter most to New Jerseyans 50 and older. Topics range from Fraud protection, caregiving, mental health to Medicare and Social Security.

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!

Donna Atkins

A communications specialist, Donna Atkins has spent a lifetime working with individuals, groups and organizations in the application of storytelling and narrative. She has held senior executive marketing and communications roles across numerous industries including international agency PR, luxury apparel, and in the medical career school industry wherein she developed a trademarked online staffing solution for graduates.

NEW INSTRUCTOR!

Robert Barkovitz, M.A.

Robert Barkovitz is a retired high school physics teacher with 47 years of experience. He has many credits beyond a master's degree and has received many awards for his instruction, like the Star Ledger's Teacher of the Year. Interestingly, he found and corrected a mistake made by the astrophysicist, Stephen Hawking, and later proofread and contributed to Hawking's second book. In Robert's opinion physics is the most fascinating and "funnest" course that can be taken.

Timothy Boyce, MBA, J.D.

Timothy Boyce practiced law for many years, most recently serving as the Managing Partner of the Charlotte, NC office of Dechert LLP, an international law firm. He holds an MBA, from The Wharton School of Finance, and a J.D. from the University of Pennsylvania Law School. He received a B.S. from Georgetown University. His articles have appeared in The Quarterly Journal of Military History, The Scandinavian Review, Viking Magazine and World War II Magazine. Tim, who currently lives in Tryon, NC with his wife Tara, two horses, two dogs, two cats, and almost 5,000 books, retired in 2014 to devote full time to writing and speaking.

Bill Burke, former BCC adjunct faculty

Bill Burke is former adjunct history professor at Bergen Community College. He is back by popular demand to teach "Baseball and Art: A Wonderful Double Play", after co-teaching "Clash: Paul Robeson and Jackie Robinson" last semester with BCC Professor Mark Altschuler.

Victoria Carrelle

Victoria M. Carrelle is a professional accredited member of the American Federation of Astrologers for over 40 years. She has taught Astrology I, II, and III, Tarot, and Numerology, as well as contributing articles to True Astrology Magazine. Victoria is also a licensed clinical professional counselor who uses a psychological approach to astrology which focuses on soul development. She uses her unique blended background in astrology and psychology to allow clients to challenge their beliefs, vis-à-vis, offering an in-depth understanding of their life purpose through their natal birth chart.

NEW INSTRUCTOR!

Luz Castillo

Luz Castillo holds a BA degree in Leadership and Professional Studies from William Paterson University. For the past 15 years she has had the privilege of being affiliated with the Englewood Board of Education in New Jersey, serving as an advocate, community liaison, administrative assistant, youth development specialist, and program coordinator. She is currently employed as a BCC faculty member in the Social Science Department. For many years she has been passionate about helping underprivileged communities through fundraising, volunteering, and supporting causes.

Jon Cavallerano, M.A.

For over 40 years Jon Cavallerano worked as a Human Services Administrator, after earning his master's degree in psychology at Long Island University. Music has always been a very important part of Jon's life. He studied Music at Cathedral College in Douglaston, New York. Jon has taught Music and Stage to both elementary and junior high school students. He has volunteered over the years at nursing and veteran homes playing music. Currently, he is a songwriter, with concentration on the keyboard and piano.

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.

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INSTRUCTOR BIOS

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.

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's 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.

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 eight years.

Rick Feingold, MBA

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's 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!**Myra Gatchalian**

Myra Gatchalian has been passionate about drawing from an early age. Her love for art runs in the family, passed down from her father. She has refined her skills through self-study and close observation. While she enjoys working in different mediums, pencil drawing remains her favorite for its meditative quality. Now, she's excited to share her skills and inspire beginners to explore their own creativity through the art of drawing. Gatchalian has an associate's degree in Computer Graphics Design from Bergen Community College and a bachelor's in Marketing and Organizational Management from Felician University.

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 institutions. She also moderates a book club with an online discussion site at Goodreads.

NEW INSTRUCTOR!**Susan Golden, M.A.**

Susan is a retired high school science and math teacher whose mission is to help people understand how we interact with our shared home, the Earth. Susan is currently on the Board of Trustees of the Hackensack Riverkeeper. Susan's undergraduate degree is in engineering sciences which is augmented with a master's in teaching. She has also completed several environmental training programs including Rutgers' Environmental Stewards Program, Al Gore's Climate Reality Project, and the En-ROADS Ambassador Program. She has also completed a graduate certificate program at the University of Vermont in Education for Sustainability.

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

Angela Goldman is a board-certified health coach and founder of NRG Health and Wellness in Bergen County. For over 16 years, she has helped clients find a clear path to improved health and well-being, no matter what challenges life presents. Angela's coaching, workshops, and programs reveal the untapped power we all have to take control of our physical and mental health, helping us create the life we truly desire.

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 "WildCats", who perform at various places in Bergen and Rockland counties.

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INSTRUCTOR BIOS

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.

**Harmon Kaplan**

Harmon has been making photographs since he was four years old. He has done newspaper as well as commercial photography. After graduating from dental school and many years in the Navy he has continued his dental and photographic career. He has taught photography at the ILR program for several years. He holds a "History of Photography" certificate from the Photographic Society of America. His work is owned by many corporations as well as private collections. Some of his work can be seen at:

www.hbkaplanstudios.com. Currently, Harmon's HB Kaplan Studios features a wide variety of his work, including both black and white and color photography.

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 Bergen Community College. 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.

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, sharing stories and her Peloton bike.

NEW INSTRUCTOR!**Jaehyun Julia Lee-Hong, Ph.D., BCC faculty**

Dr. Julia Lee (she/her) is an Assistant Professor of Psychology at Bergen Community College and a research and evaluation consultant. Trained as a community psychologist, she studied how Asian Americans experienced their communities in Georgia using Photovoice and interviews for her dissertation. Prior to coming to Bergen in 2022, she taught psychology and education students at Caldwell University. She currently advises the Psychology Club and is a member of the Institutional Review Board at Bergen Community College.

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 three 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.

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INSTRUCTOR BIOS

James Maimone, RICP, 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 seven years. He holds a Series 7 and 66 license, along with his life and health insurance licenses. He also holds the RICP® (Retirement Income Certified Professional®) designation from the American College of Financial Services. If James isn't watching the market, you can find him watching his beloved New York Giants.

Saeed Manii, M.S., MBA

Saeed Manii, a former Math Adjunct Instructor at Bergen Community College and Manhattan Community College, earned his B.S. in Mathematics and M.S. in Computer Science, along with an MBA from Boston University and 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 35 years of service. He holds one patent, which is currently in production for his work.

NEW INSTRUCTOR!**Chris McCormack**

With 10+ years of travel experience and visited 25+ different countries, Chris McCormack was born to inspire, guide and encourage anyone who needs a little push at "getting out there." He is a professional photographer, public speaker and traveler, encouraging individuals to travel by sharing real world experiences through photographs, presentations, and immersion tours. Learn more about Chris at www.TheChrisMcCormack.net.

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.

NEW INSTRUCTOR!**Carol A. Miele, EdD, BCC faculty**

Dr. Carol Miele is a professor of English as a Second Language at BCC. Her primary fields of interest are applied linguistics and second language acquisition as well as intercultural understanding and communication. She currently serves as co-chair of the College's Equity Council and coordinator of Bergen is Reading.

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.

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!****Joanne O'Neill**

Joanne O'Neill is a certified teacher of meditation and does more than "teach," she will enter the process with you and accompany you on the journey toward a more satisfactory way of being.

Lainie Ognibene

Lainie Ognibene is a Co-founder and Wine Educator for Sip Happens Drink Wine LLC, a wine education and travel group with over 1,600 members in nine 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.

NEW INSTRUCTOR!**Andrea Pass**

Andrea Pass, owner of Andrea Pass Public Relations (www.AndreaPassPR.com), creates and implements PR campaigns in a range of categories including consumer products, lifestyle, B2B, education, and more. Andrea Pass is a contributing author to the book "Heart-Centered Marketing: Proven Strategies that Naturally Attract and Nurture Clients." She is Co-founder of Access Success Networking and winner of the Gold American Business Award in Achievement in Management – Advertising, Marketing and PR and winner of the NJBiz Reader Ranking in Women-Owned Business.

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INSTRUCTOR BIOS

NEW INSTRUCTOR!

Albert Pucciarelli

Albert Pucciarelli is an aviation lawyer and a commercial, instrument-rated pilot and aircraft owner. He is President of the Mid-Atlantic Pilots Association and the New Jersey Bar Association Aviation Law Committee with 30 year's experience flying his own airplane.

NEW INSTRUCTOR!

Carol Raff, MSW RYT 500

Carol has been teaching yoga for over 15 years in a variety of settings. She specializes in senior fitness and brings a variety of styles to her classes.

Shelley Reich, M.S.

Shelley Reich, M.S. is a published nonfiction and fiction writer. Her professional work includes over 25 years of writing for and about the healthcare industry. In this capacity, she has led and mentored numerous individuals and groups on effective writing techniques. She also has experience leading reminiscence groups for older adults.

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 of Fair Lawn, NJ has covered major-league baseball since graduating from Syracuse University's Newhouse School of Public Communications in 1969. The award-winning author of 42 baseball books, his latest work is *The New Baseball Bible*, published April 1, 2025 by Skyhorse (Sports Publishing). Dan covers the game for *Forbes.com*, *Memories and Dreams*, *USA TODAY Sports Weekly*, *Sports Collectors Digest*, *Here's The Pitch* and other outlets. Although he's a lifelong North Jersey resident, he doesn't root for the Mets or Yankees, but he considers himself a historian and a huge fan of America's national pastime.

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 is active with the Fort Lee Artist Guild, American Artists Professional League, Fort Lee Historical Society, and the Hackensack Art Club. To view his work visit www.BarryShiff.com or follow him on Instagram at @artistbarryshiff46.

NEW INSTRUCTOR!

Catherine R. Smith

Catherine R. Smith is a retired member of the Patent Bar who has practiced patent law for corporations and for law firms. She specialized in pharmaceutical and chemical patents and was a practitioner in the early days of gene patents. She has a law degree from Syracuse University College of Law and degrees in biological sciences from Barnard College and Columbia University.

Emeritus Professor Theo Solomon, BCC faculty

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.

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INSTRUCTOR BIOS

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.

Professor Rachel Wieland, BCC Faculty

This course is being facilitated by Prof. Rachel Wieland from the Mathematics Department at Bergen Community College. Prof. Wieland has been at the college 22+ years and enjoys the learning environment of 'growers' at any age. Lifetime learners are a special bunch!



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- Darianny Bautista ('23)



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