

Institute for Learning In Retirement

Fall 2025 Temporary Catalog



**Institute for Learning
in Retirement**

BERGEN COMMUNITY COLLEGE

**Join us for lifelong learning for ages 55 and over!
Register ONLINE, by PHONE or IN-PERSON**

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

****Please be advised that this is a tentative catalog for the Fall 2025 ILR Semester, information is subject to change.****

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. Stay tuned for course offerings at our Philip Ciarco Jr. Learning Center in Hackensack.

Cinzia D'Iorio, Vice President

Jhonatan A Garcia, Assistant Director of CEWD

Alissa Villalba-Hasson, ILR Program Supervisor

Dolores Hunt, Coordinator

Table Of Contents

- Note from Program Staff
- Table of Contents
- Contact Us
- About the ILR Program
- Registration Information
- Tips for In-Person and Online Classes, Classroom Locations
- BCC General Information and Policies
- Wi-Fi on Campus and ILR Photo Policy
- Events Around Campus
- Campus Map
- Donate to the ILR
- Listing of Courses
- Week-at-a-Glance Courses
- Course Descriptions
- Instructor Bios

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

Alissa Villalba-Hasson, Program Supervisor

avillalba-hasson@bergen.edu | (201) 879-8825

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

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 four (4) 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.

Benefits of Membership

BCC Campus Dining: Pitkin Building

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

Volunteer to Teach for the ILR!

- Share your passion!
- Instructors receive a free membership during the semester they are teaching and can take 4 classes, plus bonus classes at no cost.

- Learn more! Visit [ILR.Bergen.edu/proposals](https://ilr.bergen.edu/proposals) or email ILR@Bergen.edu

ILR Registration Information

Registration for the Fall 2025 Semester: Wednesday, September 10th, 2025.

Semester Dates: Thursday, September 25th, 2025 - Friday, December 19th, 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 four (4) 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.

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 tablet
- 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.

General Information and 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.

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

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.

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 ce.bergen.edu/k12.

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.

Listing of ILR Courses for Fall 2025 in Paramus and Online

For updates including room assignments visit: ILR.Bergen.edu/news-and-media

ILR PRIMARY COURSES ONLINE

IR-069 Understanding Art History **ONLINE** - Ognibene

IR-965 Makers of History: The Five Titans of WWII - **ONLINE** - Weidhorn

ILR PRIMARY COURSES IN-PERSON

IR-057 The Stories of Alice Munro - Altschuler

IR-058 Genres of Music in the 20th and 21st Centuries - Cavallerano

IR-060 Laws Affecting Seniors - Romano

IR-063 Basics of Weather and Forecasting - Geller

IR-085 Non-Military History of the Great War, Part III -

Devine IR-162 Non-Military History of WWII Part I - Devine

IR-167 Memoir Writing and Gratitude -

Reich IR-237 Fun with Physics - Barkovitz

IR-247 ILR Choir Sing! Sing! Sing! - Heitmann

IR-318 Did the 1920's Really Roar? - DiNardo-White

IR-362 Introduction to Biotechnology - Bobovnikova

IR-393 Financial Fitness in Retirement - Cepausakas and Maimone
IR-394 Environmental Issues of the 21st Century - Golden
IR-437 Introduction to Digital Photography - Turkin
IR-438 Think Globally, Act Locally Workshop - Golden
IR-480 Rags to Riches: Four Fortunes and Their Legacy -
Feingold IR-521 Current Topics in Biology and the Environment -
Dill
IR-602 Four US Presidents - DeStefano
IR-619 Watercolors for All - Shiff
IR-630 Mahh Johnng - Cohen
IR-640 Discovery Series: Howard Pyle & More - Medici
IR-676 Sketching for All - Shiff
IR-678 Navigating Senior Challenges - Springstead
IR-702 Neurology 101 - Lustig
IR-709 Energize & Thrive: 5 Building Blocks for a Longer Healthspan - Goldman
IR-711 Introduction to Korean and Culture - Kim
IR-724 Exploring Genetic Genealogy 101 - Voss
IR-733 Colonialism and Imperialism in Africa - Ginder
IR-737 Mindfulness - One of the Fruits of Meditation -
O'Neil IR-852 Early 20th Century History - Lafond
IR-860 Financial Planning in Retirement - Macchio
IR-872 Drawing Basics: 3D Shading and Techniques for Beginners -
Gatchalian IR-912 Yoga Mix - Raff
IR-919 Healthcare SS - Yarosh
IR-939 Senior Balance Yoga - Ackerman
IR-948 U.S Space Program History - Lennox
IR-957 Current Events Club - Lindenbaum
IR-975 Transforming the Power of Gospel -
Lawrence IR-995 Acting Workshop - Vincent

ILR BONUS COURSES

IR-088 AARP Smart Driver Course - **BONUS** Mitchell
IR-195 Trademarks - **BONUS** - **NEW** - Sheehy
IR-220 Literary Celebrations: Discussing Persuasion - **BONUS** - Ginder
IR-289 Literary Celebrations: Discussing The Great Gatsby - **BONUS** - **NEW** - Ginder
IR-455 Public Relations 101 - **BONUS** - Pass
IR-556 Truth be Told! A Fun Legacy Workshop - **BONUS** - Atkins
IR-680 Alzheimer's New Jersey: Understanding Memory Loss and Dementia - **BONUS** -
Noecker
IR-775 Becoming a Micro-Philanthropist - **BONUS** - Fiengold
IR-888 The Art of LP: Exploring Album Covers - **BONUS** - **NEW** - Dickey

IR-928 Aviation for the Curious: Being a Pilot and Owning an Aircraft - **BONUS** - Pucciarelli
IR-977 Artificial Intelligence in 3 Parts - **BONUS** - Voss
IR-990 How to Plan for Aging in Place in the Home - **BONUS** - Sabin

Week-at-a-Glance In-Person Courses

MONDAY

IR-394 Environmental Issues of the 21st Century

9/29, 10/06, 10/13, 10/20, 10/27, 11/03

11:00am - 12:30pm

Susan Golden

IR-438 Think Globally, Act Locally Workshop

11/17, 11/24, 12/01, 12/08, 12/15

11:00am - 12:30pm

Susan Golden

IR-711 Introduction to Korean and Culture

9/29, 10/06, 10/13, 10/20, 11/03

11:45am - 12:45pm

Hyun Kim

BONUS

IR-928 Aviation for the Curious: Being a Pilot and Owning an Aircraft

10/20, 11/10, 12/08

3:00pm - 4:00pm

Albert Pucciarelli

IR-939 Senior Balance Yoga

10/06, 10/20, 10/27, 11/3

10:00am - 10:45am

Rennie Ackerman

IR-948 U.S Space Program History

10/27, 11/03, 11/10, 11/17

10:00am - 12:00pm

Joe Lennox

IR-640 Discovery Series - NEW TOPICS!

9/29, 10/06, 10/20

10:00am - 11:30am

Mario Medici

IR-737 Mindfulness - One of the Fruits of Meditation

9/29, 10/06, 10/20, 10/27, 11/03, 11/10, 11/17

10:30am - 12:00pm

Joanne O'Neill

IR-995 Acting Workshop

9/29, 10/06, 10/20, 10/27, 11/03

12:00pm - 2:00pm

Glen Vincent

IR-480 Rags to Riches - Four Fortunes and their Legacy

9/29, 10/06, 10/20, 10/27

1:00pm-2:30pm

Rick Feingold

BONUS

IR-775 Becoming a Micro-Philanthropist

11/03, 11/10

1:00pm - 2:30pm

Rick Feingold

BONUS

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

10/27

10:00am - 12:00pm

Wendy Sabin

TUESDAY

IR-852 Early 20th Century History

9/30, 10/07, 10/14, 10/21

10:00am - 11:30am

Carol LaFond

IR-678 Navigating Senior Challenges

9/30, 10/14, 10/28, 11/18

10:00am - 11:00am

Curt Springstead

ONLINE

IR-069 Understanding Art History

9/30, 10/07, 10/14, 10/21, 10/28

10:00am - 11:00am

Lainie Ognibene

IR-912 Yoga Mix

9/30, 10/07, 10/14, 10/21, 10/28

12:00pm - 12:45pm

Carol Raff

IR-957 Current Events Club

9/30, 10/07, 10/14, 10/21, 10/28, 11/11, 11/18, 11/25, 12/02, 12/09, 12/18

1:00pm - 2:00pm

Herman Lindenbaum

IR-247 ILR Choir! Sing! Sing! Sing!

10/07, 10/14, 10/21, 10/28, 11/11, 11/25, 12/02, 12/09

3:00pm - 4:30pm

Barbara Heitmann

IR-521 Current Topics in Biology and the Environment

10/21, 10/28, 11/11, 11/25

2:00pm - 3:15pm

Robert Dill

IR-437 Introduction to Digital Photography

11/18, 11/25, 12/02, 12/09

1:30pm - 3:00pm

Ray Turkin

BONUS

IR-289 Literary Celebrations Part II: Discussing The Great Gatsby

11/18

1:00pm - 2:30pm

Emily Ginder

WEDNESDAY

IR-057 The Stories of Alice Munro

10/08, 10/15, 10/22, 10/29

2:00pm - 3:00pm

Mark Altschuler

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

10/01, 10/08, 10/15, 10/22, 10/29, 11/05

10:00am - 11:15am

Angela Goldman

IR-860 Financial Planning in Retirement

10/08, 10/15, 10/22, 10/29, 11/5

12:00pm - 1:30pm

Alex Macchio

IR-058 Genres of Music: 20th and 21st Centuries

10/08, 10/15, 10/22, 10/29, 11/05, 11/12

1:00pm - 2:00pm

Jon Cavallerano

IR-060 Laws Affecting Seniors

10/08, 10/15, 10/22, 10/29

2:15pm - 3:45pm

Robert Romano Jr.

IR-975 Transforming the Power of Gospel

10/8, 10/15, 10/22, 10/29

11:00am - 12:00pm

Linda Lawrence

IR-362 Introduction to Biotechnology

11/05, 11/12, 11/19, 12/03

11:00am - 12:00pm

Yelena Bobonivkova

BONUS

IR-088 AARP Smart Driver

10/15

10:00am - 4:00pm

JoAnn Mitchell

BONUS

IR-220 Literary Celebrations Part I: Discussing Persuasion

12/10

1:00pm - 2:30pm

Emily Ginder

BONUS NEW

IR-888 The Art of LP: Exploring Album Art Covers

10/22, 11/07

12:00pm - 1:15pm

Fern Dickey

THURSDAY

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

9/25, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

2:15pm - 3:15pm

Myra Gatchalian

IR-085 Non-Military History of the Great War: Part III

9/25, 10/01, 10/09, 10/16, 10/23, 10/30

10:30am - 12:30pm

Jim Devine

IR-919 Healthcare SS

9/25, 10/09, 10/16, 10/23

2:00pm - 4:00pm

Theresa Yarosh

IR-602 Four US Presidents

10/09, 10/16, 10/23, 10/30

1:00pm - 2:15pm

Tom DeStefano

ONLINE

IR-965 Makers of History

10/09, 10/16, 10/23, 10/30

10:30am - 11:45pm

Manfred Wiedhorn

IR-063 Basics of Weather and Forecasting

10/16, 10/23, 10/30

11:00am - 12:00pm

Jess Geller

IR-619 Watercolors for All

10/23, 10/30, 11/06, 11/13, 11/20, 12/04

10:00am - 12:00pm

Barry Shiff

IR-676 Sketching for All

10/23, 10/30, 11/06, 11/13, 11/20, 12/04

1:00 - 2:30pm

Barry Shiff

IR-237 Fun with Physics

10/23, 10/30, 11/06, 11/13

1:00pm - 2:00pm

Bob Barkovitz

IR-393 Financial Fitness in Retirement

10/30, 11/06, 11/13, 11/20

1:00pm - 2:00pm

Dave Chepaukas

IR-162 Non-Military History of WWII Part I

11/06, 11/13, 11/20, 12/04, 12/11, 12/18

10:30am - 12:30pm

Jim Devine

IR-702 Neurology 101

11/20, 12/04, 12/11, 12/18

2:30pm - 4:00pm

Judith Lustig

BONUS NEW

IR-195 Trademarks

10/09

10:00am - 11:30am

Kevin Sheehy

FRIDAY

IR-167 Memoir Writing

09/26, 10/03, 10/10, 10/17, 10/24, 11/07, 11/14, 11/21

11:00am - 12:30pm

Shelly Reich

IR-630 Mah Johnng

10/03, 10/10, 10/17, 10/24

12:30pm - 2:00pm

Linda Cohen

IR-724 Exploring Genetic Genealogy 101

10/10, 10/17, 10/24, 11/07, 11/14, 11/21

1:00pm - 2:30pm

Fred Voss

BONUS

IR-977 Artificial Intelligence in 3 Parts

12/05, 12/12, 12/19

1:00pm - 2:30pm

Fred Voss

IR-733 Colonialism and Imperialism in Africa

10/17, 10/24, 11/07, 11/14, 11/21

12:30pm - 2:00pm

Emily Ginder

BONUS

IR-680 Alzheimer's New Jersey: Understanding Memory Loss and Dementia

09/26, 10/03, 10/10

1:00pm - 2:00pm

Jenna Noecker

BONUS

IR-455 Introduction to Public Relations

11/07

10:00am - 11:30am

Andrea Pass

BONUS

IR-556 Truth be Told! A Fun Legacy Workshop

11/14

12:30pm - 2:30pm

Donna Atkins

IR-318 Did the 1920's Really Roar?

10/24, 11/07, 11/14, 11/21

10:30am - 12:00pm

Janet Dinardo-White

Course Descriptions

MONDAY Course Offerings

IR-394 Environmental Issues of the 21st Century

This class will explore modern society's relationship with the natural world and our impact on the planet. We will discuss the issues including water pollution and invasive species as well as biodiversity and habitat loss. Climate change and sustainable development will also be addressed over the 3 weeks.

Mondays In-person: 9/29, 10/06, 10/20, 10/27, 11/03

11:00am - 12:30pm

Paramus - Room L-146

Instructor: Susan Golden

IR-438 Think Globally, Act Locally Workshop

This class will be a workshop where we will investigate possible actions we can take as individuals and communities to reduce our impacts on the planet. This class will be interactive and partially student driven.

Mondays In-person: 11/17, 11/24, 12/01, 12/08, 12/15

11:00am - 12:30pm

Paramus - Room TEC-201

Instructor: Susan Golden

IR-711 Introduction to Korean and Culture

This course is open to all those that are interested in learning more about Korean language and culture.

Mondays In-person: 9/29, 10/06, 10/20, 10/27, 11/03

11:45am - 12:45pm

Paramus - Room TEC-204

Instructor: Hyun Kim

BONUS

IR-928 Aviation for the Curious: Being a Pilot and Owning an Aircraft

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. Hear from a variety of pilots - a Piper pilot, an airline pilot and a Navy pilot with carrier landings. This course is designed to increase your knowledge of and appreciation for flight. This course will include an optional visit to a local airport to look into the cockpit of an airplane and to witness airport operations.

Mondays In-person: 10/20, 11/10, 12/08

3:00pm - 4:00pm

Paramus - Room TEC-201

Instructor: Albert Pucciarelli

IR-939 Senior Balance Yoga

This class is for all levels, even "never tried 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. Please wear loose, comfortable clothing. The class can be done in sneakers or barefoot. No mats or equipment needed - just your smiling faces! Course Materials: Please wear loose, comfortable clothing.

Mondays In-person: 10/06, 10/20, 10/27, 11/03

10:00am - 10:45am

Paramus - Room TBD

Instructor: Rennie Ackerman

IR-948 U.S Space Program History

Learn about the history of the U.S. Space Program. Each class will feature a different topic. This semester the topics are as follows: APOLLO 13 - "Houston, we have a

problem” like you’ve never seen it before. 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 re-usable spacecraft explained in complete detail using actual hardware and a very detailed model of the Shuttle. APOLLO 1/7 - 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 5 brave and ingenious astronauts.

Mondays In-person: 10/27, 11/03, 11/10, 11/17

10:00am - 12:00pm

Paramus - Room TEC-201

Instructor: Joe Lennox

IR-640 Discovery Series - NEW TOPICS!

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

“Howard Pyle and the Brandywine Illustrators” (9/29)

“Crossing Oceans: The Epic History of the Panama Canal” (10/6)

"Carousels: Then and Now" (10/20)

Mondays In-person: 9/29, 10/06, 10/20

10:00am - 11:30am

Paramus - Room TEC-201

Instructor: Mario Medici

IR-737 Mindfulness - One of the Fruits of Meditation

Meditation is the practice of training your mind to focus on one thing at a time, and to be fully present in the moment. People who meditate report learning to quiet the constant chatter of their minds and experience more calm and serenity.

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. Some benefits include: quieting the mind and being more present; improve memory, attention and focus, reduce stress.

Mondays In-person: 9/29, 10/06, 10/20, 10/27, 11/03, 11/10, 11/17

10:30am - 12:00pm

Paramus - Room S-343

Instructor: Joanne O'Neil

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: 9/29, 10/06, 10/20, 10/27, 11/03

12:00pm - 2:00pm

Paramus - Room TBD

Instructor: Glen Vincent

IR-480 Rags to Riches - Four Fortunes and their Legacy

They were born into poverty during the dark days of the early industrial revolution. Up against million-to-one odds they rose to become Captains of Industry accumulating vast fortunes. Were they monopolists? Did they exploit their workers? What did they do with their money once of they reached the mountaintop? Two of these fortunes still exist.

Two others not. The class examines the impact of Cornelius Vanderbilt, John D Rockefeller, Madam CJ Walker (first Black Female Millionaire), and Andrew Carnegie.

Mondays In-person: 9/29, 10/06, 10/20, 10/27

1:00pm-2:30pm

Paramus - Room TEC-203

Instructor: Rick Feingold

BONUS

IR-775 Becoming a Micro-Philanthropist

Sequel to Rags to Riches class. 100 years after the passing of the great Titans of Industry what remains of their wealth? How did the heirs manage their fortunes? Were they trustworthy stewards or self-serving individuals? Study of the modern-day legacies of Vanderbilt, Rockefeller, Madam CJ Walker, and Andrew Carnegie.

Followed by an invitation to be a "micro-philanthropist" through Operation Christmas Child. The project gathers shoeboxes filled with small toys, hygiene items, and school supplies to children affected by war, poverty, natural disaster, famine, and disease in 170 countries and territories.

Mondays In-person: 11/03, 11/10

1:00pm - 2:30pm

Paramus - Room TEC-201

Instructor: Rick Feingold

BONUS

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

Join Wendy Sabin of Sabin Eldercare Solutions and 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 offer assistance. There will be a question-and-answer period at the end of the class. Maria Andrew, CDP, Director of Communications of Life Home Care will be a guest speaker. If you would like to bring a guest to this course who is not an ILR member, please reach out to the ILR at ILR@Bergen.edu.

Monday In-person: 10/27

10:00am - 12:00pm

Paramus - Room TEC-203

Instructor: Wendy Sabin

TUESDAY Course Offerings

IR-852 Early 20th Century History - How America Got Its Shape

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: Man-Made Disasters; Swindles and Scams; Wright's Taliesin; and Trivia about Telegrams and Telephones.

Tuesdays In-person: 9/30, 10/07, 10/14, 10/21

10:15am - 11:45am

Paramus - Room TBD

Instructor: Carol LaFond

IR-678 Navigating Senior Challenges

This course will explore how seniors and use applications on computers and phones to help with everyday tasks. During the six week we will look at Healthcare & Tech at a Glance, Tech Basics for Care Giving, Technology for Aging in Place, Digital Tools For Brain Health, Introduction to Managing Your Privacy and Tips for being News Savvy Online. The course can be taken as a group or individually as desired.

Tuesdays In-person: 9/30, 10/14, 10/28, 11/18

10:00am - 11:00am

Paramus - Room L-150
Instructor: Curt Springstead

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! This semester's "Understanding Art History" course will examine the holdings of the Louvre Museum in Paris, focusing on the most celebrated pieces. The study will enhance our understanding of the artworks themselves, the cultural context of their creation, and the lives of the artists as human beings. No prior art knowledge is required and class participation is always encouraged and valued.

ONLINE: 9/30, 10/07, 10/14, 10/21, 10/28

10:00am - 11:00am

Instructor: Lainie Ognibene

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 matt and wear comfortable clothes. Students will be barefoot during class, but will need to wear sneakers into the gym.

Tuesdays In-person: 9/30, 10/07, 10/14, 10/21, 10/28

12:00pm - 12:45pm

Paramus - Room Gym A

Instructor: Carol Raff

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: 9/30, 10/07, 10/14, 10/21, 10/28, 11/11, 11/18, 11/25, 12/02, 12/09, 12/16

1:00pm - 2:00pm

Paramus - Room

TEC-201

Instructor: Herman Lindenbaum

IR-247 ILR 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. Students will perform in a Holiday Concert, December 10, on the BCC campus. This concert is free and open to the public. 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: 10/07, 10/14, 10/21, 10/28, 11/11, 11/25, 12/02, 12/09

3:00pm - 4:30pm

Paramus - Room A-104

Instructor: Barbara Heitmann

IR-521 Current Topics in Biology and the Environment

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

Tuesdays In-person: 10/21, 10/28, 11/11, 11/25

2:00pm - 3:15pm

Paramus - Room TEC-203

Instructor: Robert Dill

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. Enrollment is limited. Note: Please bring your camera with lens, fully charged battery, memory card and user's manual to class.

Tuesdays In-person: 11/18, 11/25, 12/02, 12/09

1:30pm - 3:00pm

Paramus - Room S-343

Instructor: Ray Turkin

BONUS

IR-289 Literary Celebrations Part I: Discussing The Great Gatsby

This year, 2025, commemorates a momentous events in the literary world and I would like to celebrate with you. The Great Gatsby by F. Scott Fitzgerald was published 100 years ago. It was not a great success upon publication. However, it has gained popularity over time. How did that happen? Why is the book relevant today? We will discuss the book on November 18.

Tuesday In-person: 11/18

1:00pm - 2:30pm

Paramus - Room

TEC-201 Instructor:

Emily Ginder

WEDNESDAY Course Offerings

IR-057 The Stories of Alice Munro

Alice Munro may well be the 20th-21st century master of the short story form. She received the Nobel Prize in Lit in 2013 to mark that distinction. Participants will read a selected Munro story for each class discussion. Discussion is open-ended, but surprising news about Munro broke just after she died in 2024. That surprise is one lens we will peer through to grapple with her stories.

Wednesdays In-person: 10/08, 10/15, 10/22, 10/29

2:00pm - 3:00pm

Paramus - Room TEC-201

Instructor: Mark Altschuler

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

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

Wednesdays In-person: 10/01, 10/08, 10/15, 10/22, 10/29, 11/05

10:00am - 11:15am

Paramus - Room B-323

Instructor: Angela Goldman

IR-860 Financial Planning in Retirement

Retirement is often looked at as a 'finish line.' In reality, it is a new phase in your financial life which can span as long as your working years. Retirement typically presents more questions than answers. What will be my medical expenses? Who will

make decisions on my behalf if I have diminished financial capacity? What are my insurance needs? Most importantly, will I outlive my retirement assets? This course analyzes many aspects of financial planning including investment management, insurance planning, tax planning, and estate planning. The objective of this course is to help retirees navigate through the uncertainty of retirement and plan accordingly.

Wednesdays In-person: 10/08, 10/15, 10/22, 10/29, 11/05

12:00pm - 1:30pm

Paramus - Room L-147

Instructor: Alex Macchio

IR-058 Genres of Music: 20th and 21st Centuries

This course explores the many genres of music that evolved, entertained and sustained throughout the 20th and 21st centuries, and how they were influenced by the Musical Eras throughout history. Genres will include, but not be limited to Blues, Ragtime, Folk, Jazz, Big Band, Country, Hip-Hop and Rock, to name a few. We will study how these genres are defined, prominent artists and their works, and how these works exemplify and represent the relevant styles.

Wednesdays In-person: 10/08, 10/15, 10/22, 10/29, 11/05, 11/12

1:00pm - 2:00pm

Paramus - Room TEC-205

Instructor: Jon Cavallerano

IR-060 Laws Affecting Seniors

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. All will be presented in a clear, concise "nuts and bolts" fashion.

Wednesdays In-person: 10/08, 10/15, 10/22, 10/29

2:15pm - 3:45pm

Paramus - Room TEC-203

Instructor: Robert Romano Jr.

IR-975 Transforming the Power of Gospel

This class comprises four sessions designed to help believers establish a stronger Christian foundation based on biblical principals, thereby reducing emotional fluctuations

Wednesdays In-person: 10/08, 10/15, 10/22, 10/29

11:00am - 12:00pm

Paramus - Room L-141
Instructor: Linda Lawrence

IR-362 Introduction to Biotechnology

Biotechnology is playing an increasingly important role in our lives. In this instructor-led, interactive series, we'll explore key areas of classical biotechnology—medical, industrial, agricultural, and environmental—and discover how each benefits us. This course is taught by a scientist with a PhD in Biotechnology who has a passion for sharing her knowledge of this exciting field. All levels are welcome and encouraged to join.

Wednesdays In-person: 11/05, 11/12, 11/19, 12/03, 12/10

11:00am - 12:00pm

Paramus - Room L-141

Instructor: Yelena Bobonivkova

BONUS

IR-088 AARP Smart Driver

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.

Wednesday In-person: 10/15

10:00am - 4:30pm

Paramus - Room B-323

Instructor: JoAnn Mitchell

BONUS

IR-220 Literary Celebrations Part II: Discussing Persuasion

This year, 2025, commemorates a momentous event in the literary world and I would like to celebrate with you. 250 years ago, on December 16, 1775, Jane Austen was born and Janeites all over the world are celebrating. It is a VERY BIG DEAL. Her novel, *Pride and Prejudice*, is one of the most popular books ever written and is read around the world. On December 10, I would like to celebrate her birthday by reading and discussing Jane Austen's last book, *Persuasion*. It, too, has many fans who claim that it's their favorite Austen book.

Wednesday In-person: 12/10

1:00pm - 2:30pm

Paramus - Room TEC-201

Instructor: Emily Ginder

BONUS NEW CLASS & NEW INSTRUCTOR

IR-888 The Art of LP: Exploring Album Art Covers

We'll explore the history of album cover art - from the first album art to famous artists' covers to famous covers that mimic famous artists or artistic icons.

Wednesdays In-person: 10/22, 11/07

11:00am - 12:15pm

Paramus - Room TEC-201

Instructor: Fern Dickey

THURSDAYS Course Offerings:

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

Even if you've never drawn before, this beginner-friendly class offers a warm, supportive environment to start your art journey. You'll learn to draw step-by-step using graphite pencils, making the basics fun and approachable. You'll explore essential techniques like contour drawing, gesture sketching, shading, and even how to use positive and negative space. Throughout the course, you're encouraged to build observation and hand-eye coordination skills while letting your creativity shine with no pressure to be perfect.

Thursdays In-person: 9/25, 10/09, 10/16, 10/23, 10/30, 11/06, 11/13, 11/20

2:15pm - 3:15pm

Paramus - Room TEC-201 / TEC-203

Instructor: Myra Gatchalian

IR-085 Non-Military History of the Great War: Part III

Non-Military History of the Great War, Part III: Paris Peace Conference, League of Nations And the U.S. Reaction

The origin of many of the issues confronting the 21st Century as it enters its second quarter can be directly traced to the decisions and agenda of those leading and participating in the post-WWI Paris Peace Conference and the League of Nations that was organized in Paris, 1919. This course will investigate the controversies---and controversial decisions---of Paris...and then examine the reaction of the U.S. Congress and public to those controversies and decisions.

Thursdays In-person: 9/25, 10/01, 10/09, 10/16, 10/23, 10/30

10:30am - 12:30pm

Paramus - Room TBD
Instructor: Jim Devine

IR-602 Four US Presidents

The following US President will be covered: James Madison, Abe Lincoln, Teddy Roosevelt, and Dwight Eisenhower.

Thursdays In-person: 10/09, 10/16, 10/23, 10/30

1:00pm - 2:15pm

Paramus - Room TBD

Instructor: Tom DeStefano

IR-919 Healthcare SS

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

Thursdays In-person: 9/25, 10/09, 10/16, 10/23

2:00pm - 4:00pm

Paramus - Room S-343

Instructor: Theresa Yarosh

ONLINE

IR-965 Makers of History

A] HITLER: many curious details about him.; B] CHURCHILL: He has of late had a rough time but remains the savior of Europe and perhaps of civilization itself.; C] FDR: He remains part of the select trio of our greatest presidents, conservative complaints notwithstanding.; D] STALIN: a terrible human being who yet made a major contribution to the Allied victory.; E] MAO ZEDONG: Probably killed more people than anyone else, yet like Stalin and unlike Hitler, died in old age peacefully in his bed. [So much for the alleged moral arc of history!] He took a China that was everyone's punching bag and began the vast process of turning it into what may we be, or soon become, an unrivalled powerhouse.

Thursdays Online: 10/09, 10/16, 10/23, 10/30

10:30am - 11:45am

Instructor: Manfred Wiedhorn

IR-063 Basics of Weather

Why does it seem like the weather forecasters are always wrong? Did you ever wonder what it means, when you hear the forecast of a “40% chance of rain”? Do you know which instruments and models that meteorologists use to observe and forecast with? Do you know the difference between a tornado and a hurricane? Do you know what Lake Effect snow is? In this class, you will get answers to these questions and much more, including a discussion on climate change.

Course taught by a weather hobbyist who has been studying meteorology for over 40 years.

Thursdays In-person: 10/16, 10/23, 10/30

11:00am - 12:00pm

Paramus - Room TBD

Instructor: Jess Geller

IR-619 Watercolors for All

Come paint in the company of friends in this supervised studio space. Students work independently on their own projects with input from the instructor. This course is designed for anyone with a good understanding of how to handle watercolor techniques. Students are responsible for their own supplies. Supplies needed are watercolor set, watercolor pad, 8X10 or 9X12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long haired brush).

Thursdays In-person: 10/23, 10/30, 11/06, 11/13, 11/20, 12/04

10:00am - 12:00pm

Paramus - Room TBD

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. Students are responsible for their own supplies. Supplies needed: 2H 4h HB 2b 4b, 6b, pencils, colored pencils, kneaded eraser, sketch pad and photos to sketch.

Thursdays In-person: 10/23, 10/30, 11/06, 11/13, 11/20, 12/04

1:00 - 2:30pm

Paramus - Room TBD

Instructor: Barry Shiff

IR-237 Fun with Physics

This course will cover several fascinating physics topics often accompanied by demonstrations. Some will include: “the use of light and how YOU/ME can fly, Stephen Hawking’s error in A Brief History of Time and a simple quantum physics phenomenon,

let's make electricity right now, satellites orbiting the Earth do not need their engines running, and more.

Thursdays In-person: 10/23, 10/30, 11/06, 11/13

1:00pm - 2:00pm

Paramus - Room TEC-201

Instructor: Bob Barkovitz

IR-393 Financial Fitness in Retirement

The course is taught by two financial planners with deep experience in retirement planning and money management. 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, Roth 401(k), and more

Thursdays In-person: 10/30, 11/06, 11/13, 11/20

1:00pm - 2:00pm

Paramus - Room S-343

Instructor: Dave Chepaukas

IR-162 Non-Military History of WWII Part I

Back by popular demand (first offered in 2017-18): this Part 3 of a 3-part course spanning 18 2-hour sessions. Part 2: From Arminius' destruction of three full Roman legions in the Teutoburger 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. Part I will conclude with the Imperial German decision to dismiss the 1839 Belgian Neutrality Treaty as simply "a scrap of paper."

Thursdays In-person: 11/06, 11/13, 11/20, 12/04, 12/11, 12/18

10:30am - 12:30pm

Paramus - Room TEC-201

Instructor: Jim Devine

IR-702 Neurology 101

Come join us as we explore 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: 11/20, 12/04, 12/11, 12/18

2:30pm - 4:00pm

Paramus - Room TEC-203

Instructor: Judith Lustig

BONUS NEW CLASS & NEW INSTRUCTOR

IR-195 Trademarks

Review the concept of intellectual property. Review federal trademark law and filing processes and considerations, with emphasis on practical concerns and benefits. Review infringement and other trademark protection and dispute areas.

Thursday In-person: 10/09

10:00am - 11:30am

Paramus - Room TBD

Instructor: Kevin Sheehy

FRIDAYS Course Offerings

IR-167 Memoir Writing

This course covers the craft of memoir writing, with a focus on writing about those aspects of our lives that bring us gratitude. The course will cover the elements of effective memoir writing, including structure, tone, descriptive techniques, pacing, and triggering events. Memoir examples will be read in class followed by in-class writing exercises. Students will be guided in using their own unique voice to write about an event or moment they are thankful for, brought joy, meaning, or made them laugh.

Fridays In-person: 09/26, 10/03, 10/10, 10/17, 10/24, 11/07, 11/14, 11/21

11:00am - 12:30pm

Paramus - Room L-147

Shelly Reich

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. Note: 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). Please do not sign up if you are not able to attend all of the dates.

Fridays In-person: 10/03, 10/10, 10/17, 10/24

12:30pm - 2:00pm

Paramus - Room TEC-201

Linda Cohen

IR-724 Exploring Genetic Genealogy 101

Unlock the secrets of your ancestral heritage through the utilization of DNA testing in genealogical research. This comprehensive course delves into the basics of DNA analysis, highlighting the reasons for its incorporation into genealogy, guiding participants in selecting the appropriate tests and companies, and providing the

necessary skills to interpret DNA results accurately. Gain the tools to unravel family connections, explore hidden branches of your family tree, and navigate the complexities of genetic genealogy, ultimately enriching your understanding of your heritage. Note: This course assumes a basic understanding of genealogical research principles and techniques.

Fridays In-person: 10/10, 10/17, 10/24, 11/07, 11/14, 11/21

1:00pm - 2:30pm

Paramus - Room TEC-204

Fred Voss

BONUS

IR-977 Artificial Intelligence in 3 Parts

Unlock the power of generative AI in this three-part course: Part 1 – Getting Started: Discover practical ways to work with generative AI, through real-world examples drawn from Mr. Voss's own projects—both professional and just-for-fun. Part 2 – How It Works: Go under the hood to demystify the technology: neural-network foundations, training data, transformers, prompt engineering, and the safeguards that keep the systems on track. Part 3 – Level-Up Your Skills: Move beyond the basics with advanced features and settings. Making AI your teammate, not your tool. Released to the public in November 2022, generative AI has quickly become a valuable creative and productivity tool. By the end of this course you'll know when—and how—it can add real value to your work.

Fridays In-person: 12/05, 12/12, 12/19

1:00pm - 2:30pm

Paramus - Room A-104

Fred Voss

IR-733 Colonialism and Imperialism in Africa

We will define colonialism and imperialism and see how it affected and still affects the residents of Africa. We will read and discuss the following books: Required: King Leopold's Ghost by Adam Hochschild ISBN: 978-0-618-00190-3; Also reading: Heart of Darkness by Joseph Conrad; Things Fall Apart by Chinua Achebe; Waiting for the Barbarians by J. M. Coetzee; How Beautiful We Were by Imbolo Mbue

Fridays In-person: 10/17, 10/24, 11/07, 11/14, 11/21

12:30pm - 2:00pm

Paramus - Room TEC-203

Emily Ginder

BONUS

IR-680 Alzheimer's New Jersey: Understanding Memory Loss and Dementia

This presentation goes over the difference between normal age-related changes and how they differ from changes you see with dementia. It will also briefly go over Alzheimer's disease and other forms of dementia as well as information about the diagnosis process. We will also discuss brain health strategies.

Fridays In-person: 09/26, 10/03, 10/10

1:00pm - 2:00pm

Paramus - Room S-343

Jenna Noecker

BONUS**IR-455 Introduction to Public Relations**

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: 11/07

10:00am - 11:30am

Paramus - Room TEC-203

Andrea Pass

BONUS**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.

Friday In-person: 11/14

12:30pm - 2:30pm

Paramus - Room B-202

Donna Atkins

IR-318 Did the 1920's Really Roar?

The "Roaring 20s" conjures up images of flappers, rumble seats and speakeasies. But there is another - darker - side to this decade. This class will explore the political,

cultural, social and economic characteristics of the era to reveal a more complex picture of this time period.

Fridays In-person: 10/24, 11/07, 11/14, 11/21

10:30am - 12:00pm

Paramus - Room TEC-201

Janet Dinardo-White

Instructor Bios

Rennie Ackerman

Rennie Ackerman is the founder of Yoga Balance Life (www.yogabalance.life). A lifelong yoga enthusiast, Rennie is a certified yoga instructor who specializes in yoga-based solutions for specific needs, such as balance, posture, anxiety, insomnia and more. In addition to teaching for the ILR and other organizations in New Jersey, Rennie also offers private lessons for both individuals and small groups.

Mark Altshuler

Mark Altschuler is currently a professor of English at BCC. His teaching career has spanned over 40 years.

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. As an entrepreneur, Donna has received recognition in notable media including Entrepreneur Magazine; The New York Times; The Record; and from the NJ State Senate and the US Chamber of Commerce.

Robert Barkovitz, MA

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 2nd book. In Robert's opinion physics is the most fascinating and "funnest" course that can be taken.

Yelena Bobovnikoba, PhD

Yelena Bobovnikova received a Master of Science in Microbiology and a PhD in Biotechnology from the Moscow Institute of Technology. She has spent most of her career in research, focusing on projects using various types of microorganisms. She also contributed to the Human Genome Project while working at Cornell University Medical School and the Mount Sinai School of Medicine.

John Cavallerano, MA

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 pian

David Chepsauskas, CFP

David Chepauskas, CFP® Senior Wealth Management Advisor Years of Experience: 29 U.S. Army – eleven years, to include assignments at; U.S. Military Academy, Berlin Brigade, 101st Airborne Division supervising 700 plus soldiers with wide variety of occupation specialties. Co-Founder of The Family Wealth Institute. Contributor of the highly acclaimed book "Getting to the Heart of the Matter, A Revolution in Estate Planning for Wealthy Families". Guest appearances include CNBC's "Marketwatch" as guest expert on charitable estate planning. Member of the Corporate Leadership Council for the American Cancer Society, Jersey Shore Region.

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.

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, MA

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

James Devine

Beginning his fourteenth year as a Institute for Learning in Retirement instructor, James Devine has taught almost sixty courses on subjects ranging from creative writing to ancient history. 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. He is currently at work on his third alternative history novel, Calhoun's Confederacy. Mr. Devine was formerly a journalist, working on newspapers and magazines in both New Jersey and Texas.

NEW INSTRUCTOR**Fern Dickey**

Fern Dickey has been collecting LPs since her teens and plays them in her home art studio. She creates tiny art for artomat.org and makes resin art for her friends and family. Before retiring, Fern Dickey was the principal of Backburner Projects, a firm specializing in event planning and association management. Fern has an M.A. from New York University and a B.F.A. from Syracuse University.

Robert Dill, MS / MA

Robert Dill is a full professor of Biological Sciences who has been teaching at Bergen Community College for 33.5 years. Professor Dill lives in Glen Rock, NJ, and is a former Councilman. He loves the outdoors, including running, hiking, fishing, and backpacking. Come with science questions you would like answered.

Janet Dinardo-White, MA

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 Bergen Community College'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.

Myra Gatchalian

Myra Gatchalian has had a deep passion for drawing since childhood—a love for art that runs in the family and was passed down from her father. Largely self-taught, she honed her skills through personal study and observation. While pencil drawing remains her favorite for its calming, meditative nature, Myra also enjoys creating abstract art using color, ink pens, and expressive doodling.

She finds doodling to be not only a fun creative outlet, but also a relaxing activity that supports mindfulness and mental well-being. Through art, she believes everyone can tap into their creativity and experience the joy of expression.

Now, Myra is excited to share her skills and inspire beginners to explore their artistic potential. She holds an Associate's Degree in Computer Graphics Design from Bergen Community College and a Bachelor's Degree in Marketing and Organizational Management from Felician College.

Jess Geller

Jess Geller is a weather enthusiast who enjoys watching, predicting and explaining the weather. He has been following the weather, including tracking hurricanes, since he was a young child. Jess went to Cook College, Rutgers University looking to become a meteorologist, but his education and career took him on a different path. He is a retired Life Actuary who would much rather forecast weather than mortality.

Emily Ginder

Emily Ginder has a BA 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 has taught lifelong learners at several institutions, including the University of Delaware and the Institute of New Dimensions (IND).. She also moderates a online book club on Goodreads.

Susan Golden

Susan is a retired HS Science and Math Teacher whose mission is to help people understand how we interact with our shared home, the Earth. Susan works with people in the Northeast region and around the world to foster their understanding of the

interactions and impacts modern society has on the natural world. She has dedicated hundreds of hours presenting and developing curriculum for schools and informal educational programs for various organizations. 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 degree. 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. In 2023 she completed a graduate certificate program at the University of Vermont in Education for Sustainability.

Angela Goldman, NBA-HWC, ACC, 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 lasting 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.

Website: <https://nrghealthcoach.com/>

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.

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 New Jersey state approved agency to help families within the I/DD population.

Carol LaFond, JD

Carol Lafond is a 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 JD from Rutgers School of Law, Newark where she was Editor-in-Chief of

the Law Review. She holds a BS in Biology from Le Moyne College. She enjoys calligraphy, knitting, sharing stories and her Peloton bike.

Minister Linda Lawrence

Minister Linda Lawrence serves as an Associate Minister at Community Baptist Church in Englewood, New Jersey. Her ministry aims to educate, equip, and prepare individuals from diverse ethnic backgrounds with the word of God, helping them to achieve a theologically informed understanding of the bible in today's society.

Minister Lawrence began her studies at Hawthorne Evening Bible School in Hawthorne, NJ. She enhanced her Christian education by earning a Doctorate Certificate in Religious Education from Eastern Bible Institute in Fayetteville, North Carolina. Additionally, she obtained a bachelor's degree from Ramapo College in Mahwah, NJ.

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

Traphagen CPA's and Wealth Advisors

For over 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..

Mario Medici, MBA

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

JoAnn Mitchell, MBA / CMP

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

Jenna Noecker, BSW, Alzheimer's New Jersey

Jenna Noecker, BSW is a Programs and Services Specialist at Alzheimer's New Jersey. Jenna is a former resident of Livingston and attended Livingston High School. 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.

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 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.

Andrea Pass, Owner, Andrea Pass Public Relations

When it comes to securing press coverage, Andrea Pass is the expert at booking clients on podcast interviews as well as features, quotes and reviews in digital media, broadcast, and print. She creates and implements public relations campaigns in a range of categories including consumer products, lifestyle, B2B, education, health/wellness,

beauty, food, authors, non-profits and more. She is a contributing author featured in the book "Heart-Centered Marketing: Proven Strategies that Naturally Attract and Nurture Clients." She served as the Chair of the Workshop Council for The Performance-Driven Marketing Institute (PDMI). Pass is the co-founder of Access Success Networking and Women Owned Business Meetup. She is a frequent guest speaker at events as well as on podcasts. Andrea is the Executive Director of the Fair Lawn (NJ) Chamber of Commerce. Andrea is the winner of the Gold American Business Award/Stevie Award in the category Achievement in Management - Advertising, Marketing & Public Relations, the winner of the NJBiz Reader Ranking in the category of Women-Owned Business, and the Top 3 of the NJBiz Reader Rankings in the category of Public Relations Firm.

Albert Pucciarelli, JD

Instrument rated commercial pilot and aircraft owner. A lawyer with aviation law experience. Chair of the New Jersey Bar Association Aviation Law Committee. Past Chair of the NYC Space and Aviation Law Committee. President of the Mid-Atlantic Pilots Association and a Trustee of the New Jersey Aviation Hall of Fame and Museum.

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.

Carol Raff MSW RYT 500

Shelley Reich, MS

Shelley Reich is a published nonfiction, fiction and memoir writer. Her professional work spans over 25 years of writing about healthcare and related topics. In this capacity she has led and mentored numerous individuals and groups on effective writing techniques. She has also conducted reminiscence groups for older adults and uses these techniques to help students "mine" their memories for subjects and events that inspire gratitude.

Robert J Romano, Jr. Esq. of Andora & Romano, LLC

Mr. Romano's primary practice lies in consulting the elderly, disabled, consumers of mental health services, and their caregivers with respect to Asset Presentation and applying for Medicaid, the preparation and administration of Special Needs Trusts, Estate Planning, and the preparation of Powers of Attorney and Advanced Directives. He also assists clients with the probate and administration of estates.

Mr. Romano is a member of the National Academy of Elder Law Attorneys as well as the Elder Law Section of the New Jersey Bar Association. He was a member of the Professional Advisory Committee and 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

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.

NEW INSTRUCTOR

Kevin Sheehy

Kevin Sheehy is a graduate of Fordham Law School (1982) and a member of the Bars of NY and NJ. He has been an Adjunct Professor at Seton Hall Law School and has been in private practice as well as in-house. He has experience registering, managing, and defending trademarks, primarily in the US, but also internationally.

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.

Curtis Springstead

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. (LOGo)

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 he also gives private instruction. Turkin has served as an official photographer for the Teaneck International Film Festival since its inception in 2015

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 genealogy since 1990 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, Technology and Artificial Intelligence. 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.

Manfred Wiedhorn

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

Theresa J. Yarosh, CFP, CLU, ChFC, CKA, IRMAACP

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



Institute for Learning in Retirement

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FALL 2025 DATES TO REMEMBER

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