BERGEN COMMUNITY COLLEGE, in cooperation with Road Scholar Institute Network, offers adults 55 years and older the opportunity to define and pursue their own informal educational goals, at their own pace and according to their own choices and talents.
Spring 2014 Program Information  
Dr. Ilene Kleinman, Director  
(201) 447-7160 • il kleinman@bergen.edu

Location  
The ILR office is located in room TECH 115 in the Technology Education Center building. The TECH building is next to the Pitkin (main) building. ILR courses are held in various classrooms in both buildings.

Room Assignments  
Daily classroom assignments will be posted in the Public Safety area (in Pitkin) as well as outside Room TECH 115. You may also call the ILR office at (201)447-7156 a day or two before the course start date. When no one is available to answer 7156 the recording will allow you to “press 2” for pre-recorded room assignments. We also have our own email address at ilr@bergen.edu. Send an email to ilr@bergen.edu with any questions. Please be aware that occasionally room assignments are changed.

ILR Spring Program Enrollment  
Enrollment in a course requires COMPLETION OF THE ENTIRE REGISTRATION FORM as well as payment of membership fee. Members who paid their yearly membership fee in Fall 2013 are already paid. The Spring 2014 membership fee is $105. We accept checks and credit cards.

Your membership fee entitles you to four courses each semester. Every effort will be made to accommodate your requests. Regardless of your choices, you MUST sign up for each course so we can plan room size and handouts. Automatically come to the courses you signed up for – we will NOT call you unless the course is filled.

Also, please DO NOT sign up for a class if you do NOT REALLY PLAN TO ATTEND. Classroom space is limited and it is unfair to your fellow students. Register EARLY – First Come, First Served! No exceptions.

Parking Decal and ID Card – USE PARKING LOT B  
Parking decals and ID cards will be issued to NEW students the first day of your class by Public Safety, Room L-154. Come to Tech 115 first for your ID number. IF YOU HAVE A DECAL, IT IS STILL GOOD. ID cards are updated each semester.

Please note: Many times college classrooms are not available until the scheduled start of an ILR course. Please do not arrive at a classroom far in advance of the start time and expect the classroom to be available. Please do not block corridors or in any way interrupt a class prior to its end time. Please allow students to exit a classroom before entering.

• PLEASE DON’T sign up for a course if you know you are going to miss more than one session.
• Please stop by and inform us if you change your mind about a course after you sign up.
• No refunds

Emergency Closings  
In case the College has to close due to inclement weather:
• Log on to the College’s Web site: www.bergen.edu
• Call the College’s main telephone number (201) 447-7100.
• Log on to www.1010wins.com to sign up for email notification of college closings.
• Listen to radio stations: WCBS/880, WOR/710, 1010 WINS, WVNJ 1160
• Watch TV Cablevision/News 12 NJ

Benefits of ILR Membership  
Cafeteria – Our cafeteria is open Monday to Thursday 7:30 a.m. to 6:00 p.m.; Friday 7:30 a.m. to 3:00 p.m. Dunkin’ Donuts is located in the Student Center and is open weekdays 7:30 a.m. to 8:00 p.m. and Saturday 7:30 a.m. to 1:00 p.m.

Dental Hygiene Clinic – This on-campus program is open to ILR members with Bergen Community College ID. Please call (201) 447-7180 for an appointment. Charges are minimal.

Swimming Pool – A spring pool schedule and release forms are available in Room HS-100 after January 20. You must complete a release form (physical within one year) and return it to the Nurse’s Office and receive a medical card before you use the pool.

Library – ILR members may borrow items from the College’s Library by presenting their student ID cards at the desk.
MONDAY

The Christian Gospels IR-517
Everything we know about the life of Jesus comes from Gospels written within 80 years of his death. In this course, we will examine the four gospels included in the Christian Bible, learning about the life of Jesus and noticing similarities and differences in the way the authors portray this consequential figure. Please bring a bible to class.
Mondays: January 27; February 3, 10, 17, 24; March 3
Room: L-131 / Time: 11:00 a.m.-12:15 p.m.
Instructor: Professor Jennifer Lyden, BCC Faculty

Current Topics in the Environment IR-521
This course will discuss current stories dealing with the environment and other environmental issues such as energy, pollution, climate change, sustainability and assorted topics.
Mondays: February 17, 24; March 3, 10
Room: TBA / Time: 3:15-5:00 p.m.
Instructor: Professor Robert Dill, BCC Faculty

Appreciation of Great Films IR-533
This five lecture series will explore some of the great films: silent, black and white and color. The series will concentrate on four areas within the film genre: great beginnings, middles and endings of each film. We will also discuss artistic special effects prior to digitalization. Films reviewed will include Bicycle Thief, Wild Strawberries, The Kid, City Lights, Paths of Glory, Metropolis and over 40 other films.
Mondays: February 24; March 3, 10, 24, 31 (no class 3/17)
Room: TBA / Time: 12:00-1:30 p.m.
Instructor: Professor Theo Solomon, BCC Faculty

Adventures in the Earth’s Interior IR-512
When we think of geology, images of volcanic eruptions, soaring mountains, and the Grand Canyon come to mind. As beautiful and spectacular as these are, they are features of the Earth's crust, the outer layer of the planet. To truly understand the Earth, we must learn about the mantle and core, its interior regions which are inaccessible to us. This overview course will discuss the observational, experimental, and computational methods have been developed that allow us to know what’s going on down there.
Monday: February 24
Room: TBA / Time: 1:00-2:00 p.m.
Instructor: Dr. Fred Marton, BCC Faculty

In The Record IR-256
Meet your favorite editors, columnists and writers from The Record and learn about the current newspaper profession.
Mondays: February 24; March 10, 17, 24, 31
Room: L-131 / Time: 1:30-3:00 p.m.
Instructors: Various speakers from The Record

Travel Photography IR-518
In this course you will learn techniques to improve your travel photographs. All types of cameras will be explored including analog, digital and smart phones. This course is for students of all levels. Bring your camera and/or smart phone to class.
Mondays: February 24; March 3, 17
Room: TBA / Time: 1:30-3:00 p.m.
Instructor: John Kopp

Christianity in China IR-523
This course is a historical review of how Christianity reached China, the Rites Controversy persecution and the situation of both the Protestant and Catholic Church under the Communist regime.
Mondays: March 3, 10, 17, 24
Room: L-131 / Time: 3:15-4:15 p.m.
Instructor: Mac Chung-ping Mak

There’s No Business Like Show Business IR-490
This course will give an insider’s view of the entertainment business from the 1960s to present day through an exploration of the changing role of the professional producer. We’ll peek backstage and share production and celebrity anecdotes that illustrate the highs and lows of what it took to make some of your favorite show business moments a reality. Learn what a producer is and what they actually do, how producers facilitate the creative process from concept through execution, how and if the profession has changed over time and how people get started building a career as a producer.
Mondays: March 10, 17, 24, 31
Room: TBA / Time: 3:15-4:45 p.m.
Instructor: Tony Salerno

Discovering your Memory Power IR-520
Learn the new advances in memory technology and techniques for developing instant recall memory with results that can only be described as amazing. This seminar will help you easily remember names and other key information.
Monday: March 24
Room: L-131 / Time: 1:00-2:30 p.m.
Instructor: Matthew Goerke
Movies Matter  IR-328
Join our award winning film maker as we show and discuss significant films in a Socratic fashion. This course will teach you to appreciate the many art forms represented in a film including the photography, lighting, set design and the acting. Films vary by semester.
Mondays: April 7, 14, 21, 28; May 5
Room: C-325 / Time: 1:00-3:30 p.m.
Instructor: David Roland

Baseball A La Carte  IR-535
This four part course is as follows: 4/7 Before they became the Bombers, the early days of the New York Yankees; 4/14 Prince Hal Chase, crooked baseball star; 4/21 The Cinderella team of WWII, the 1944 St. Louis Browns; 4/28 Baseball humor and baseball courses.
Mondays: April 7, 14, 21, 28
Room: L-131 / Time: 3:15-5:00 p.m.
Instructor: Dick Burnon

The Conquest of Mexico  IR-513
The imperial city of Tenochtitlan was one of the world’s largest in 1519, with more than 250,000 inhabitants. Ruled by the powerful and belligerent Aztecs, there seemed little chance that in two years the city would be conquered, burned and demolished. How did this happen? Was the cunning of Hernán Cortés and his 500 men sufficient? This course will follow the events from February 1519, when Cortés and 11 ships sailed from Cuba to the Yucatan coast, to the final battle for Tenochtitlan, which culminated in August of 1521.
Tuesdays: January 28; February 4, 11
Room: L-131 / Time: 1:00-2:30 p.m.
Instructor: Dr. Ilan Ehrlich, BCC Faculty

Life on Wheels: Vacationing or Living in a Motor Home  IR-527
When it comes to a 2nd home (or a retirement home) many people consider a home on the shore, in the mountains, in the desert or, ideally, near where one’s adult children reside. If your house had wheels, you could have all of these options and many locations in between. This class presents an overview of life styles available to persons who own a motor home, a 5th wheel or travel trailer. The class would also be of interest to those considering a motor home. The instructor and his wife own a motor home and reside in it 2 to 4 months per year.
Tuesday: February 11
Room: TBA / Time: 1:00-3:00 p.m.
Instructor: Steve Fowls

Discussion of Hot Topics in Today’s News  IR-355
Discuss the “hot” topics and controversial issues in today’s news. Learn how our opinions are shaped by news stories and share your thoughts and opinions.
Tuesdays: February 18, 25; March 4, 11, 18, 25, April 1
Room: TBA / Time: 1:00-3:00 p.m.
Instructors: Fred Sauberman and Mitchell S. Camp, Esq.

Shakespeare’s Othello  IR-528
A fish can marry a bird but where will they live? Just so with Othello and Desdemona whose passion is doomed in Shakespeare’s most realistic, tightly constructed “round, unvarnish’d tale.” No ghosts, no kings, no “weird sisters,” it tells of the destruction of a noble mind, of an outsider “who loved not wisely but too well.” Ever timely and timeless, Othello addresses race, agism, class, sexism, raging jealousy and evil in the form of one of the two most malignant villains ever created, Iago. Add war on a foreign soil to the mix, and this play surely speaks to America in 2014. Bring any copy of Othello to class.
Tuesdays: February 25; March 4, 11, 18, 25; April 1
Room: L-131 / Time: 1:15-2:45 p.m.
Instructor: Janet Chertkoff

The Bible As Literature: The books of Joshua and Judge  IR-443
In addition to being the basis of three major religions, the Bible is one of the great works of world literature. This course emphasizes understanding and appreciation of the text and the literary devices used. During the first four sessions we will read the Books of Joshua and Judges which tell the story of the conquest of the promised land and the early life of the Israelites. In the fifth session we will review the archeological data bearing on these books and consider their historical accuracy. In the last session we will see the movie, Samson and Delilah and compare the Hollywood version with the text. Bring a copy of the Jewish Bible/Christian Old Testament to each class.
Tuesdays: February 25; March 4, 11, 18, 25, April 1
Room: L-131 / Time: 3:00-4:30 p.m. (April 1: 3:00-5:30 p.m.)
Instructor: Dr. Marvin Chertkoff

JFK: Life & Death  IR-503
The class will study the Kennedy “dynasty,” JFK’s political career, presidency, murder and the 50+ years of controversy surrounding it. It is hoped that class participation and questions will be forthcoming.
Tuesdays: March 4, 11, 18, 25
Room: TBA / Time: 1:00-2:30 p.m.
Instructor: Dr. Walt Brown
The Wonderful World of Art IR-525
“EARTH without art is EH.”
EARTH – ART = EH
Art experiences can make one laugh or cry, or simply cause one to meditate.
Leave no room for “EH” in your lives – say AH to ART.
Tuesdays: April 15, 22, 29; May 6, 13, 20, 27; June 3, 10, 17
Room: L-131 / Time: 1:00-3:00 p.m.
Instructor: Charlotte Gluck

Jews of Ireland IR-478
Few Irish and few Jews realize that Ireland was once home to three Jewish congregations and that each of the cities in which those congregations was located, on at least one occasion, chose a Jewish Lord Mayor. Nor are the small but important contributions of two of those congregations to the cause of Irish independence recognized. On hearing that the Lord Mayor of Dublin was visiting New York City and was Jewish, Yogi Berra allegedly quipped, “Only in America.” What would he have said if presented with the fact that a long serving President of Israel had been born in Belfast and raised in Dublin? The Ireland of the early 20th Century, though not completely without the stain of anti-Semitism, was nonetheless a haven for many Jews escaping the pogroms of Europe.
Tuesday: April 22
Room: A-104 / Time: 1:00-3:00 p.m.
Instructor: Henry McNally

Enjoying Short Stories IR-055
Class discussions about short stories selected by students and instructor. Students may pick up copies of stories in Tec-115 one week before each class.
Tuesdays: March 4, 11, 18, 25; April 1
Room: TBA / Time: 3:15-5:00 p.m.
Instructor: Marsha Rosen

Be the Toast of the Town: How to Prepare and Deliver a Speech IR-505
We’ve all heard them, those terrible toasts at weddings, graduations, etc. where the speaker was unprepared, inappropriate or just not funny. In this course, you will learn how to write organized and memorable toasts. Handouts and sample toasts will be provided. Cheers!
Tuesdays: May 13, 20, 27; June 3
Room: TBA / Time: 11:00 a.m.-12:00 p.m.
Instructor: Dr. Kathleen Williams, BCC Faculty
WEDNESDAY

Principles of Flight - IR-464
Join airline pilot and certified flight instructor Bill Klappert as he describes the basics of flying. Bergen Community College is home to state of the art flight simulators that enable students to experience flight in a Cessna 1725 airplane or a Robinson (“Robbie”) helicopter. ILR students in this course will be invited to experience flying alongside our pilot Bill. Enrollment is limited.

Wednesdays: January 29; February 5, 12
Room: TBA / Time: 3:00-4:30 p.m.

Digital Cameras for the Technology Challenged - IR-437-001
This course is for those who have purchased a digital camera and want to understand its potential. The various buttons, dials, lever, icons and terms in the camera's menus will be demystified. Learn how to download images from your camera to your computer or to use a kiosk to make prints. Learn how a Windows based program can edit, organize, and send your pictures to others via the Internet. Students should be familiar with computers, have their own e-mail account, know how to use a mouse and search the web. This is a hands-on course - bring your camera and the manual to each class. Enrollment limited.

Wednesdays: February 5, 12, 19, 26
Room: TBA / Time: 1:00-3:00 p.m.
Instructor: Steve Fowls

The Beat Writers: From Kerouac to Kesey - IR-511
This course will focus on the literature of the Beat Generation, a group of post WWII writers who portrayed human behavior. Our main discussion will center on the book On the Road by Jack Kerouac.
Wednesdays: February 5, 12, 19, 26, March 5
Room: TBA / Time: 1:00-2:30 p.m.
Instructor: Professor Ellen Feig, BCC Faculty

Finding Happiness - IR-516
This course will examine how happiness is truly within each and every one of us, just waiting to be discovered! You will recognize that while sitting still and away from distractions, you can begin to find a quiet peacefulness to bring to all aspects of your life. Through music, visualization, simple breathing techniques and shared readings, we will explore a variety of pathways to inner happiness and peace.

Wednesdays: February 5, 12, 19, 26
Room: TBA / Time: 1:00-2:00 p.m.
Instructor: Professor Melissa Krieger, BCC Faculty

Retiree’s Guide to Financial Fitness - IR-393
After recent market downturns, the value of good advice is more apparent than ever. Learn about investment products and how inflation can erode your retirement income, learn ways to lower your risk in the stock market, IRA issues, the proper mix and type of bonds, stocks and alternatives, long term care coverage, minimizing your estate taxes and other financial issues. There are sophisticated products that offer very low risk ways to make respectable returns. This course is given by a Principal in one of the largest independent financial planning firms in the NY/NJ metropolitan area. He is a Certified Financial Planner™ with 24 years of experience, has an MBA in Finance and is a graduate of West Point.

Compliance approved 11/18/13: 2013118-0692
Wednesdays: February 5, 12, 19, 26
Room: L-131 / Time: 1:30-3:00 p.m.
Instructor: David R. Chepauskas, CFP

Discussing Jesus - IR-515
Who was he? Can we reclaim his core message and practice from among age-old philosophical disputes and layers of church politics? How would Jesus navigate the existential demands of twenty-first century living? We need diverse and bold viewpoints to stimulate and round out this discussion. Join us.

Wednesdays: March 5, 12, 19, 26
Room: TBA / Time: 1:00-2:30 p.m.
Instructor: Bob Falanga

The Bible through Art: After Genesis and Exodus - IR-481
In the past biblical stories was common knowledge in the western world. This course will concentrate on major works of art with different styles and periods from the early Renaissance to present time. We will read biblical sources, view paintings about Ruth, Samuel, David, Solomon, Job, Daniel, Jonah, Judith, Esther and Susanna as well as studying paintings based on the Christian Bible (or New Testament). Bring a copy of the Bible to class.

Wednesdays: March 5, 12, 26, April 2, 9 (No class on 3/19)
Room: L-131 / Time: 1:30-3:30 p.m.
Instructor: Sandra Hancock Martin

Baseball and American Culture - IR-510
This course will explore selected topics in baseball and pop culture, baseball and high culture and all culture in between. Emphasis will be on readings and discussion of the readings.
Wednesdays: March 5, 12, 26; April 2 (no class 3/19)
Room: TBA / Time: 2:00-4:00 p.m.
Instructors: Professors Mark Altschuler (BCC) and Bill Burke (NJ City University)
The Patronage of the Medici in the 15th Century Florence  IR- 504
This course will explore the paintings, sculptures and architecture commissioned by the powerful Medici family, who hired the most influential artists of the period, including Fra Angelico, Brunelleschi, Donatello, Michelozzo, Fra Filippo Lippi, Botticelli, Verrocchio and the young Michelangelo. The period covered will begin with Cosimo IL Vecchio (1389-1464) and extend through the death of his grandson Lorenzo the Magnificent (1449-1492), and the expulsion of the family from Florence in 1494.

Thursday:
February 6, 13, 20, 27
Room: TBA / Time: 1:30-3:00 p.m.
Instructor: Dr. Denise Budd, BCC Faculty

Contemporary Issues in French  IR- 234
Build oral skills and the ability to read articles in the French press during classroom discussions and group readings. Articles from French periodicals and other aids are provided to increase comprehension and encourage oral discussion. Classroom ambience is informal. (Prerequisite: basic knowledge of French grammar and vocabulary.)

Wednesdays:
April 2, 9, 16, 23, 30, May 7, 14
Room: TBA / Time: 3:15-4:45 p.m.
Instructor: Dr. Virginia Rauch

Masters of the American Short Story – Nathaniel Hawthorne & Edgar Allan Poe  IR- 526
Writing in the first half of the 19th century, Hawthorne and Poe pioneered the American horror story from two diametrically opposite approaches. Hawthorne wrote about the inner horror in trying to deal with the moral ambiguities of good and evil. Poe wrote of the frightening, insanely driven anger and rage of those who feel alienated and rejected by society. Selections will include: “The Minister’s Black Veil,” “The Black Cat,” “Hop-Frog,” “The Tell-Tale Heart,” and “The Black Cat.”

Wednesdays:
April 2, 9, 16, 23, 30
Room: TBA / Time: 1:15-3:00 p.m.
Instructor: Phil Steinberg

Basic Home Repair  IR- 389
This is a home repair course for anyone who wants to learn the basics of home repair. It is especially designed for the person who knows very little but is not timid or afraid to try. This is a hands-on course; please dress appropriately as you may get dirty. Gloves and safety glasses will be available every class. We will be discussing tools, electricity, and plumbing issues. Materials fee $30 paid to instructor on the first day of class. Enrollment is limited.

Wednesdays:
May 7, 14, 21, 28
Room: TBA / Time: 3:15-5:15 p.m.
Instructor: Sal Rotolo
The Air War Over Europe: Men Who Beat the Odds

IR 532

Most World War II U.S. Army Air Force flyers serving on bombing missions ended up being killed in combat or as prisoners of war. The ones who survived formed the backbone of the “Greatest Generation.” First, we will examine the values of the greatest generation through the decades of the 1920s and 1930s. Next we will learn how Lieutenant Louis Feingold escaped capture with the help of the French Resistance after his B-17 was shot down over occupied France. Feingold’s story is told by his son using letters, photos, maps and fake identity cards used by the French resistance. Learn how the Air Force planned and conducted the bombing missions while viewing the 1943 film, Target for Today. Finally, Joe DeLuccia, a radio operator/gunner who flew 32 combat missions between June and October 1944, will describe what it was like in aerial combat inside a B-17 Flying Fortress. He will discuss gaining control of the skies over Germany in preparation for the later Allied invasion.

Thursdays: March 6, 13, 20, 27
Room: TBA
Time: 2:00-4:00 p.m.
Instructors: Rick Feingold and Joe De Luccia

Laws Affecting Seniors and the Disabled

IR-060

Asset preservation in the event of nursing home care, including Medicaid planning and admission to Veteran’s Home; long-term care insurance; Powers of Attorney; Advance Directives (medical powers of attorney and living wills); estate planning with wills and trusts; rules concerning gifts and probate procedures. All will be presented in a clear, concise “nuts-and-bolts” fashion.

Thursdays: March 6, 13, 20, 27
Room: TBA
Time: 2:00-4:00 p.m.
Instructor: Robert J. Romano, Jr., Esq.

Doo-Wop Music 1948-1953

IR – 524

Do you love Rock and Roll Vocal Group Harmony? The roots of this music known as Doo Wop can be traced to the early 1940s pop vocal group harmony and the later Rhythm and Blues. This class traces the initial evolution of Doo Wop Music and examines pioneers of this great American Musical Genre. Students will have an opportunity to listen to the very first Doo Wop classics while being treated to anecdotes and stories involving Artists with whom the Lecturer has worked through the years. The course is designed to be entertaining as well as informative.

Thursdays: March 6, 13, 20
Room: L-131
Time: 1:00-2:30 p.m.
Instructor: Sheldon Stone

Great Religions of Our Time: Judaism, Christianity and Islam

IR - 529

Our discussions will focus on these major religions. They are often called Peoples of the Book, since the books of Scripture are foundational to their faith. Many of our neighbors belong to one of these religions.

Thursdays: March 20, 27, April 3, 10
Room: TBA
Time: 1:00-2:30 p.m.
Instructor: Dr. Gloria Thomas

Literary Arts Series: Author Colum McCann

IR-531

Join Literary Arts Series and National Book Award winning author Colum McCann as he discusses his new novel TransAtlantic. The novel juxtaposes several historical strands of real characters into an imaginative weave. It emphasizes cultural plurality and diaspora while overlapping literature and history.

Thursday: April 3
Room: TBA
Time: 1:30-3:30 p.m.
Senior Advocacy IR-536
What are the social, financial and political issues that seniors face as they remain in their homes? Should seniors become involved in advocating for their own needs? Many seniors would like to voice their concerns to those who make the decisions about the issues affecting seniors. Come to one of the discussion groups and learn the ways that seniors can advocate on behalf of themselves and their community. These sessions are in response to the Seniors in Suburbia conferences, where seniors have discussed their concerns regarding aging in place, taxes, transportation, walkable towns and being a part of their community.
Thursday: April 17 or Thursday April 24
Room: TBA / Time: 1:00-2:30 p.m.
Instructor: Lita Talbot, M.S, LCSW, BCD

The Cold War IR-519
The Cold War, often dated from 1947 to 1991, was a sustained state of political and military tension between powers in the Western Bloc, dominated by the U.S. with NATO among its allies, and powers of the Eastern Bloc, dominated by the Soviet Union and the Warsaw Pact. Such events as the Berlin Airlift, Korean War, development of the H-bomb, U2 incident, Bay of Pigs, Cuban Missile Crisis, Viet Nam War, and Afghanistan will be discussed.
Thursdays: May 1, 8, 15, 22, 29, June 5
Room: TBA / Time: 1:30-3:00 p.m.
Instructor: Tom DeStefano

Please note
The views and opinions expressed in ILR courses are strictly those of the instructors. Because the advice or information given by your instructor may not coincide exactly with your own particular situation, we urge you to:

Consult your broker or financial advisor before acting upon implied or actual recommendations concerning the investment of your money.

Consult your doctor before following any suggestions pertaining to consumption of medically-related products or other medical advice.

FRIDAY

Stuart England (1603-1714) IR-537
While everyone seems to know about the Tudor dynasty, their heirs have not received the attention that they deserve. This course will cover Stuart England from 1603 until 1714. This period includes some colorful figures including James I, who was described as the “wisest fool in all of Christendom”, as well as some of the more exciting events in English history; the failed Gunpowder Plot, the English Civil War, and the Glorious Revolution. This course is a perfect follow up for those who took Tudor England.
Fridays: January 31; February 7, 14, 21
Room: L-131 / Time: 3:15-4:30 p.m.
Instructor: Professor Catherine Graney, BCC Faculty

PrimeTime Presents “To Your Health” IR-524
Each week we will discuss an important health topic. The schedule is as follows; “The Skinny on Skin Health” on 2/7 covering common skin conditions that come with age and how to alleviate their effects. On 2/14 learn how to keep your heart healthy by understanding what your cardiac numbers mean. On 2/21, don’t forget to join us for “My Memory is Normal, or Is It?” This topic will cover different types of memory loss, treatments, and preventions.
Fridays: February 7, 14, 21
Room: TBA / February 7 & 14: 1:00-2:30 p.m.
February 21: 1:30-3:00 p.m.
Instructors: Board certified Valley Hospital Physicians from Valley Hospital
PrimeTime is The Valley Hospital’s free senior membership program providing daytime courses on health-topics, health screenings, and more. For more information on how to become a PrimeTime member, please call (201) 291-6467.

PLEASE TURN OFF CELL PHONES DURING CLASS.
Ringing phones are very distracting to the instructor and to your fellow students.
The Short Work of Alan Bennett  IR-302
The topic is Alan Bennett, writer, actor, director. We will discuss some biography and we will view and discuss the short films he created called “Talking Heads.”
Fridays: March 7, 14, 21, 28
Room: L-131 / Time: 3:00-4:30 p.m.
Instructor: Joan Larkin

Medieval Literary Figures: Selected Letters of Joan of Arc  IR-534
This course will focus on the scribed letters of legendary figure and saint, Joan of Arc. Does the fact that Joan of Arc’s words were scribed for her and hence subject to translation by her scribe change the meaning and purpose of her intentions and conveyance to her readers? Through close analysis of a few selected letters as well as viewing of Carol Theodor Dreyer’s film The Passion of Joan of Arc, perhaps we can learn more about this historical figure and her determination that fascinates so many to this day.
Fridays: March 28; April 4, 11, 18, 25; May 2
Room: L-131 / Time: 1:00-2:30 p.m.
Instructor: Amy L. Beckers

AARP Driver Safety Program  IR-088
Remove two points from your driving record, get a 5% discount on your car insurance, and learn how to be a better driver. Check for $15.00/member of AARP/$20.00/non-member. This additional fee made payable to AARP during class.
Friday: May 2
Room: TBA / Time: 10:00 a.m.–4:00 p.m.
Instructor: Raymond Orsi

Digital Cameras for the Technology Challenged   IR-437-002
This course is for those who have a digital camera but do not know how to use it. You’ll learn how to set up your camera as well as how to download, organize, and get your images printed. You’ll also learn how to use depth of field, lighting and composition to improve your photographs, including pictures of friends and family. If all this sound complicated, don’t worry, we’ll keep it simple. This is a hands-on course. Please bring your camera and the camera manual to class.
Enrollment is limited.
Fridays: February 7, 14, 21, 28
Room: TBA / Time: 1:30–3:00 p.m.
Instructor: Ray Turkin

Exercise Your Way to Health  IR-445-001
Would you like to exercise while having fun? Join us for a group exercise class that is light on stress but heavy on results. Exercise your body for strength, balance and even cognitive fitness. This course concentrates on upper body, core and legs. There will be chair and standing exercises utilizing free arm movement, speed work and ball exercises. Impress your friends with a renewed vigor; impress yourself with a renewed strength. Wear comfortable clothing and shoes or sneakers with non-slip sole; eat a light snack and hydrate with a glass of water one hour prior to class; feel free to bring bottled water to class. Enrollment limited.
Fridays: February 21, 28, March 7, 14
Room: TBA / Time: 2:00–3:00 p.m.
Instructor: Richard Portugal, Fitness Senior Style, LLC

Exercise Your Way to Health  IR-445-002
Same description as above. Wear comfortable clothing and shoes or sneakers with non-slip sole; eat a light snack and hydrate with a glass of water one hour prior to class; feel free to bring bottled water to class. Enrollment is limited.
Fridays: March 21, 28, April 4, 11
Room: TBA / Time: 2:00–3:00 p.m.
Instructor: Richard Portugal, Fitness Senior Style, LLC

Age of Champions  IR-506
We are celebrating Older Americans’ Month with the Age of Champions, an award winning documentary following five competitors who sprint, leap and swim for gold at the National Senior Olympics. The filmmakers’ presentation weaves together thought provoking ideas about aging and personal reflections on making the film. Learn how new movements like the Senior Games are redefining what it means to “grow old.” Learn how we can all challenge ourselves to be active, healthy and happy at 100 years old. Post film discussion with Keith Ochwat, producer of the film. Co-sponsored by Valley Hospital’s PrimeTime.
Friday: May 9
Room: Tec-128 / Time: 10:00 a.m.–12:00 p.m.
The Humanities Research Seminar Series
These seminars feature scholarship in the fields traditionally recognized as the “Humanities” but anyone is welcome to attend who has an interest in reading, hearing, and discussing these papers. ILR students are encouraged to come learn more about the work being done in the Humanities by our BCC faculty.

February Author: Dorothy Altman (Literature/Composition)
Emerson’s Women: Redefining the Nineteenth Century Caregiver Role in the Lives and Literature

March Author: George Cronk (Philosophy/Religion)
Labyrinthism and Hesychasm: Worlds Apart?

April Author: Geoffrey Sadock (Literature/Composition)
Night, a Famine Play or Genocide in Green

Contact the ILR office or email ilr@bergen.edu for additional information.

SATURDAY

ILR History Club IR-397
Join the ILR History Club at its monthly meetings at the Ciarco Learning Center (CLC) in Hackensack.
Saturdays: January 25; February 22; March 29; April 26; May 31; June 28; July 26; August 23
Room: CLC 103/ Time: 2:00-4:00p.m.
Instructors: Marty Alboum and Lois Erwin

How to Manage & Organize Photographs on Your Computer IR 507
Learn how to save, copy, rename, email and organize your pictures into folders on your computer. If time permits, we will learn about easy editing and photo printing services such as Snapfish. This class is for Microsoft Windows PC users.
Saturdays: February 15, 22; March 1, 8
Room: TBA / Time: 10:30 a.m.-12:00 p.m.
Instructor: Sandy Jacobs

Travel Adventures
Offered in collaboration with the Glen Rock Community School. Fees include transportation. Not responsible for unforeseen circumstances, i.e. traffic delays or acts of God. Please let us know if you have special needs. No refunds if you cancel. Call (201) 389-5011, extension 3 for more information. Stop by Tech 115 to register. Seats are not guaranteed until you receive a confirmation call.

Newsies
Tuesday, March 25 $99
Newsies is a fast-paced new musical with jaw-dropping choreography, catchy songs by eight-time Oscar winner Alan Menken (Beauty and the Beast, The Little Mermaid), and a book that theatergoers of all ages will enjoy. Based on the real-life Newsboy Strike of 1899, this new Disney musical tells the story of Jack Kelly, a rebellious newsboy who dreams of a life as an artist away from the big city. After publishing giant Joseph Pulitzer raises newspaper prices at the newsboys’ expense, Kelly and his fellow newsies take action. With help from the beautiful female reporter Katherine Plumber, all of New York City soon recognizes the power of “the little man.” Depart the Glen Rock high school at 5 p.m. and return immediately after the show. Mezz. seats/ 7:30 p.m. performance.

Wicked
Tuesday, April 8 $119
Visually stunning, Wicked boasts a soaring score from Stephen Schwartz (Godspell, Pippin), Tony Award-winning sets and costumes and some of the most gravity-defying moments on the Great White Way. The untold musical story of The Wizard of Oz’s Wicked Witch of the West and Glinda the Good... before Dorothy dropped in. Based on the imaginative Gregory Maguire novel, Wicked takes a fantasy journey through the unseen side of Oz, sharing a tale of unexpected friendship and love. Depart the Glen Rock high school at 4:30 p.m. and return immediately after the show. Rear orchestra seats
Travel Directions

Main Campus
400 Paramus Road, Paramus, NJ 07652

From the North
(Via Garden State Parkway)-Take Exit 165, turn right (west) on Ridgewood Road, then right onto Ridgewood Avenue (crossing over Route 17) and continue to Paramus Road. Turn left onto Paramus Road and continue approximately 2 miles to college, proceed around jug handle to main entrance.

(Via Route 17)-Turn right off Route 17 onto Ridgewood Avenue (west) to Paramus Road. Turn left onto Paramus Road and continue as above.

From the East
Take Route 4 (via George Washington Bridge from New York City) to Paramus Road, Paramus. (From the east, Paramus Road is approximately 3/4 miles past Route 17 intersection). Turn right onto Paramus Road and proceed north for approximately 2 miles to College entrance on right side of Paramus Road.

From the South
(Via Garden State Parkway)-Take Exit 160 (Passaic Street). Turn left onto Passaic Street. Continue over Route 4 onto Paramus Road (Passaic Street becomes Paramus Road north of Route 4 overpass). Continue north about 2 miles on Paramus Road to college entrance on right.

(Via Route 17)-Take Century Road, second exit to the right, proceed around clover leaf over Route 17 onto Century Road (west). Continue to Paramus Road and turn right onto Paramus Road to college entrance on right.

From the West
Take Route 4 to Paramus Road, Paramus (exit under overpass). Turn right onto Paramus Road and proceed north for approximately 2 miles to college entrance on right side of Paramus Road.

Paramus/Meadowlands Shuttle
Monday - Friday
7:00 a.m.-8:30 p.m.

Pick-up/Drop Off Locations:
Paramus - Pitkin Education Center
Meadowlands - Parking lot entrance

ILR Spring 2014 Catalog
How To Locate Your Class
Most classes are held at the Paramus campus, unless otherwise listed. Class locations are listed with a specific site, building and room number, (report there at class time) or with location to be announced (TBA). Call (201) 447-7155 the day before for classroom assignments.

Buildings and wings are designated as follows:

Main Building
Bergen Community College
400 Paramus Road, (Parking Lot E or F)

TEC - Technology Education Center
Bergen Community College
400 Paramus Road, (Parking Lot A or B) WINGS: A, B, C, L, S

CLC - Ciarco Learning Center
355 Main Street, Hackensack, NJ (Enter parking lot from Passaic or Berry St.)

Spring 2014 Registration Form

☐ I paid my yearly membership in September 2013.
☐ I did not join in September 2013. I want to be a member of the ILR at Bergen Community College. Enclosed is my check for $105.00 THROUGH JUNE 2014. AUTOMATICALLY COME TO THE CLASSES FOR WHICH YOU REGISTERED. You will be notified ONLY if the course is filled by the time we receive your registration. Additional information is provided on the inside front cover.

PLEASE PRINT. We MUST have your phone number so that we can notify you if a class is cancelled or changed.

Name:_____________________________________________Address: _________________________________________________

Town: _______________________________________________________________________________Zip Code: _______________

Phone: _________________________________Cell: ___________________________________Date of Birth: _____________

Email: ______________________________________________________________________________________________________

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Incomplete applications will be returned by mail and your registration delayed.

Mail to:  
Dr. Ilene Kleinman  
Bergen Community College  
Institute for Learning in Retirement  
400 Paramus Road, Room TECH-116  
Paramus, New Jersey 07652-1595  
Phone: (201) 447-7156

Please complete registration form and mail check or money order for $105.00 payable to ILR-BCC.  
PLEASE MAKE A COPY OF YOUR CHOICES FOR YOUR OWN RECORDS. Send the ORIGINAL copy to us with your payment.  
NO REFUNDS.
Bergen Makerspace

What are “Makers?”
They are people with common interests in engineering, technology, science, arts, crafts, and more – who enjoy turning their visions into reality!

BERGEN Makerspace offers:
• Two convenient labs: Paramus and Hackensack
• Equipment, technology and tools to help Makers complete projects, and have a great time!

**Two ways to enjoy BERGEN Makerspace**
- workshops, learning groups and classes - **open to all**
  (registration and payment required)
- **memberships** for **regular access to the facilities**
• Interesting presenters with unique skills and expertise

Get inspired, and work on all your creative projects and ideas!

Varied workshops will include things like
• welding
• laser cutting
• 3-D printing
• home coffee roasting
• soap making
• fabric stitching
• Micro-robotics and Arduino, and much more!

*Use the new skills you learn, or work independently on your own special projects!* *

To learn more about the latest offerings, and to register for BERGEN Makerspace workshops, classes or activities, email us at MakerSpace@bergen.edu, visit http://bergenmakerspace.bergen.org, or call Roseanne Crisafi at (201) 447-7863.

*BTwo mandatory safety training and equipment basics courses (1 hour each), are required in order to participate in lab access (independent) activities.*