

BROOKDALE

CONTINUING AND PROFESSIONAL STUDIES

Lifelong Learning

OCTOBER–DECEMBER 2024

www.brookdalecc.edu/lifelonglearning



In the Box, 1909
by Boris Kustodiev

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TOO MANY PASSWORDS TO REMEMBER?

LL USER ID _____

LL PASSWORD _____

Record your lifelong learning login info here for safe keeping.

Watch Your Email! Registration receipts are emailed within 3 days following enrollment. Please continue to check your email. **Class and bus trip updates are delivered via email** including notices of wait lists, class cancellations, date changes, classroom updates and more.

WHERE'S MY CLASSROOM?

• Call our office (Mon-Fri 8:30 am-4:30 pm)
at 732-224-2315

• Read the posting on our front door – inside lobby,
ATeC building





Dear Friends & Neighbors –

Falling leaves, crisp air, and pumpkin spice stir memories of simpler times as the season summons us “back to school.” Return to the childlike delight of discovery and learn something new – simply for the joy of it!



*“You have brains in your head. You have feet in your shoes.
You can steer yourself any direction you choose.”*

– Dr. Seuss

In today’s complex world, it is refreshing to see, a truth can be simple as 1-2-3.

One – To keep a sharp mind – lifelong learning is key.

Two – Among like-minded peers is a smart place to be.

Three – Discovering new things will fill you with glee!

So do not delay, please sign up today. And keep on learning the easy, wise way.

In the Spotlight This Fall

BOOKTALKS – Visiting Authors

(Book discussions followed by Q&A and book signing – See page 8)

Oct 8: Tuesday Morning: Growing Up In Grief

Christine Fiorelli Epstein

Just ten years old when her father was killed in the terrorist attacks on the World Trade Center, Christine shares her journey through childhood grief and growing up without her dad. Her memoir allows the reader to walk with her as she learns how to cope with loss, move forward, find peace, and, at last, wake up on Wednesday morning.

Oct 16: Investigating Local Myths And Legends

Greg Caggiano

Celebrate historian and popular lifelong learning instructor Greg Caggiano’s newest book! Experience a discussion of his research, writing process and intriguing journey as a paranormal investigator specializing in hauntings at historic sites.

Nov 8: Back By Popular Demand – Author, Elena Gorokhova

Elena intrigued, informed, and connected with lifelong learners back in 2022 discussing her novel, *The Train to Moscow*. We’re thrilled to welcome her back for a discussion of her critically acclaimed memoir, *A Mountain of Crumbs*.

A Mountain of Crumbs by Elena Gorokhova

Her exquisitely wrought, tender memoir of growing up in the Soviet Union... could be taught as a master class in memoir writing. – The New York Times Book Review

LUNCH & LEARN (See page: 9)

Nov 13: Moments in Monmouth County – The Revolutionary War

Greg Caggiano & Rick Geffken

- The Mysteries of the 1777 Battle of Navesink
- Colonel Tye & the Black Loyalist Movement in Monmouth County

Friends' Corner Fall 2024



Friends with a mission:
Friends of Lifelong Learning
is a volunteer group formed
with a mission to support,
promote, enhance and
preserve Lifelong Learning
at Brookdale.

*The lifelong learning team at Brookdale is grateful for the support and assistance we get from our "friends." Through their contributions we are offering reduced cost classes this fall. **LOOK FOR THE FRIENDS LOGO** throughout the book for special pricing made possible through their generosity.*



Meet Mary Kovel and Maureen Dunphy-Brady: A Friend and Her Favorite Instructor.

Mary Kouvel joined Friends shortly after its inception in 2018. In addition to trips and a wide range of topics, she enjoys taking Irish-themed classes given by instructor Maureen Brady. Having strong roots in Ireland, as a child Maureen visited relatives often and in later life enjoyed a career that allowed her to spend several years as a resident.

She later obtained a MA in Irish Studies at NYU's Graduate School including coursework and research at Trinity College. Referring to herself as a "dyed in the wool Hibernophile," loving all things Irish, she is delighted to share her interest and knowledge with students.

What do you enjoy most about teaching?

Maureen: There's so much that I enjoy about teaching – choosing and researching the topics, developing the courses in a way that ensures the material is engaging, and structuring class discussions that are thought-provoking and inclusive. The most enjoyable aspect of teaching, however, are the wonderful students who take my courses. I appreciate hearing their opinions, discovering how their own life experiences inform their perspectives, and just having fun together.

What is special about taking a class with Maureen?

Mary: Maureen is a fabulous teacher. Her research is extensive and presented well. Her enthusiasm is contagious, and her personal knowledge of Ireland and the Irish adds a great deal to her presentation and to her students' enjoyment of her classes.

Visit <https://www.brookdalecc.edu/continuinged/lifelonglearning/friends-of-lifelong-learning/> for full interview.

Interested in learning more about The Friends of Lifelong Learning?
Email FLLbrookdale@gmail.com

COMMUNITY CONNECTIONS



The Performing Arts Center Brookdale's Spookily Spectacular Haunted Theater- "OUT OF TIME"

Featuring a unique and interactive storyline that immerses visitors in the world of horror.

Fri-Sun, Oct 11, 12, 13, 18, 19, 20, 25, 26, 27
6:30-10 pm

NEW! Scaredy Cat Tours

Don't miss this family-friendly Halloween extravaganza where fear takes a backseat, and laughter and candy reign supreme!

Sun, Oct 13 & 27
2-4 pm

Ticket sales are online only, timed ticketing. Visit our website for updates and start of ticket sales.
www.brookdalehauntedtheater.com

Displaced Homemakers

Have you lost your primary source of income due to separation, divorce, widowhood, spousal disability, spousal military deployment, or domestic violence, and need to transition into head of household?

You Are Not Alone!

Displaced Homemakers Services at Brookdale Community College offers women and men no cost, confidential, holistic, customized help to enable you to reach your full potential.

Email mwright@brookdalecc.edu or call 732-739-6020 for more information.

THE ARTS

Acrylic Painting

Arlene Smelson, certified art instructor, professional artist

Whether a beginner or beyond, explore the magic of acrylic in a relaxed setting. Construct a painting by learning to develop an interesting composition, mix colors, build textures, and develop movement and values in a work of art. Learn a variety of techniques to bring out the artist within you. Develop skills that will allow you to express yourself in any way you can imagine. Supply list available upon registration. 5 SESSIONS

Tues, Oct 1-29, 10 am-12:30 pm

Fee: \$169

Beyond The Paintbrush

Arlene Smelson, certified art instructor, professional artist

Discover unique painting techniques and learn new ways to express your creativity through acrylic paints. Discover how to create art backgrounds easily by blending, mixed media, layering, and stamping with found objects. This course is designed for both the beginner and the experienced artist. Come and explore the unlimited possibilities when you allow freedom of creativity to take over. 5 SESSIONS

Thurs, Oct 10-Nov 7, 10 am-12:30 pm

Fee: \$169

Studio Time With Arlene

Arlene Smelson, certified art instructor, professional artist

Enjoy time in the studio with Arlene. Work on projects of your choice with Arlene there to provide individual feedback and guidance. 4 SESSIONS

Tues, Nov 12-Dec 3, 10 am-12:30 pm

Fee: \$145

**Watch Your Email
for Notices and Updates**



Intro To Jewelry Making

Niels Pustrom, instructor

Design and create a mixed metal piece in our professional jewelry studio. Learn techniques and safety procedures on specialized equipment. Leave with your own unique creation. Materials fee \$20 payable to instructor. 4 SESSIONS
 Mon, Oct 7-28, 6-8 pm
 Fee: \$159

Jewelry Studio Time

Niels Pustrom, instructor

Open to students who have completed a Jewelry Making class at Brookdale, this workshop offers access to our professional jewelry studio. Work independently on your individual projects with your own materials to create unique pieces. No instruction or materials will be provided, but Niels Pustrom will be available in the studio to answer questions about equipment. 4 SESSIONS
 Mon, Nov 4-25, 6-9 pm
 Wed, Nov 6-27, 11 am-2 pm
 Fee: \$119

For Related Classes See:

[Colors of the Ancient World, p.5](#)

[Twenty Irish Works of Art: A Journey Through Time, p.14](#)

[West Meets East: An Introduction to Chinese Art, p.10](#)

PHOTOGRAPHY

Basics Of DSLR Photography

Kevin Burkitt, instructor, photographer

Unlock your camera's potential to create great photos by manipulating ISO, shutter speed and aperture. Enhance your landscape and portrait images. Whether you are new to photography or just need to brush up your skills, gain a better understanding of your camera and all you can do with it. Digital SLR camera required; no point-and-shoot or fixed-lens cameras. 2 SESSIONS

Mon & Wed, Sep 23 & 25, 6:30-9 pm

Fee: \$79



Camera Theory

Kevin Burkitt, instructor, photographer

Explore how ISO, aperture, and shutter speed work in unison to create incredible images. Please bring your Nikon or Canon DSLR camera to class and be ready to switch off automatic or guided modes in order to learn how to make manual adjustments which will take your photography to the next level. Discover how ISO, aperture, and shutter work together in various situations. Students must have access to their own DSLR and a basic working knowledge of their camera. Software and hardware not required – just an open mind and a willingness to learn.

Prerequisite: Introduction to DSLR or working knowledge of your camera.

Dates TBA check our website

Fee: \$79

HISTORY & CULTURE

The Life & Many Loves Of Robert Mantell

Greg Caggiano, author, historian

Before audiences fell in love with Rudolph Valentino, there was Robert Mantell. A veteran theater actor, Mantell captivated crowds with an extensive Shakespearean repertoire and commanding presence on stage. He forayed briefly into silent films, but passed away before achieving the same fame he had in the theater. Mantell called Atlantic Highlands his summer home for more than 20 years and became a well-loved figure in the community. However, he is as well-known for his four high-profile marriages as he was for his acting. Two of which ended under tragic and mysterious circumstances. Historian Greg Caggiano traces the career of Robert Mantell as well as his many loves, life in the Atlantic Highlands, and what brought such a famous individual to the Jersey Shore.

Wed, Sept 25, 10:30 am-noon

Fee: \$39

Greg Caggiano is a local historian who has been involved with the Atlantic Highlands Historical Society since 2013, serving on their Board of Directors for nine years. He lectures for Brookdale Community College and organizations across the state. As a firm believer in volunteering and giving back to the community, he has helped to fundraise tens of thousands of dollars for historic preservation over the last decade.

Colors Of The Ancient World

Rachael Goldman, PhD

The long-accepted theory that color in monuments and sculpture was distained by the ancients has been debunked by scholars. We will consider how color was used in daily life, from the people who created the colors to those who wore them and how color was used in private and public life. Romans, in particular, attached nuanced implications to colors, using color as a form of cultural assessment, defining social values and order. Using color, they made judgments about social class, gender roles, and ethnic groups, maintaining the status quo. We will evaluate the different types of evidence and the approaches that have been used to recreate colored sculptures, highlighting the language and consciousness each social and cultural group displayed. Ancient Mediterranean peoples embraced the concept of appropriateness for display and appearance, and we will consider how they were able to negotiate those boundaries.

Thurs, Sept 26, 10 am-noon

Fee: \$39



Society & Its Institutions

John Gutman, retired

sociology lecturer, Hunter College

A society's institutions shape and are shaped by individual behaviors and social dynamics. Explore the fundamental structures and functions of society, emphasizing the role and impact of its core institutions. Examine the five institutions necessary to a society: family, education, religion, politics and government, and economy and work. Learn how social institutions can and do evolve to meet the changing needs and circumstances of society. 4 SESSIONS

Tues, Oct 1-22, 10:30 am-noon

Fee: \$45, reduced fee

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New! Quick and Easy online registration

Need help?

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[https://www.brookdalecc.edu/
continuinged/lifelonglearning/](https://www.brookdalecc.edu/continuinged/lifelonglearning/)



Sign up for both classes and save!
Call 732-224-2315 to register for both at
a discounted price of \$59

Is The Supreme Court Accountable To Anyone?

Bruce Brickman, Esq., instructor

Justice Alito has stated this Court is not accountable to Congress. Is that true? Article III of the Constitution established the Court as a separate branch of government. Congress also funds the Court. Congressional Judiciary Acts have set the justices' salaries, and the term of their tenure as well as the Court's docket and its appellate jurisdiction. Its decisions are the supreme law of the land, binding Congress and the President. Has the Court's power to interpret the Constitution made it more powerful than either Congress or the President? The Court's new weak Code of Conduct is unenforceable, and expensive gifts to specific Justices continue. Is the Court a law unto itself? We shall explore together.

Wed, Oct 2, 10 am-noon

Fee: \$39

Upcoming Elections & Recent Supreme Court Decisions: An Analysis

Robert Salman, Esq., former Seton Hall adjunct law professor

Join Bob for an in-depth look at the upcoming Presidential election as well as key races throughout the United States. Analysis of factors affecting the Presidential election will include recent US Supreme Court decisions on Presidential immunity, abortion rights, and gun rights as well as relevant current events.

Robert Salman serves as a member of the New Jersey Democratic State Committee representing Monmouth County.

Wed, Oct 30, 10:30 am-noon

Fee: \$39



Umbria: The Green Heart Of Italy

Franca Giuliani, instructor

Located right in the center of Italy, Umbria is filled with forests, magnificent towns, and fabulous cuisine. Get to know Perugia, a marvelous town that goes back to the Etruscan era. Learn about Assisi and how it honors St. Francis. Explore Umbria's history and stories, along with the truffles, wild boar, wines, chocolate ... and so much more. 2 SESSIONS

Thurs, Oct 3 & 10, 10:30 am-noon

Fee: \$49

The Tenacity of Women In Colonial New England: 1630-1750

Lyndell O'Hara, PhD, historian

Women's history in colonial New England is the story of diverse groups of people who shared a land but not a culture. Among the English immigrants, the Africans – both free and enslaved – and the Native Americans, the social construct of being female varied widely. We'll explore these constructs, how they evolved and the contributions of women in all cultures to the formation of a new nation. 3 SESSIONS

Wed, Oct 23-Nov 6, 10 am-noon

Fee: \$89

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FILM APPRECIATION

Jonathan Shaloum MS, St. Joseph's University,
cinema studies adjunct instructor

Classic American Genres

Calling all movie buffs! Join Johnathan for an intriguing look at three classic American film genres.

Oct 9: HORROR

The horror genre originated from a cultural need to confront and vicariously conquer things that threaten the normal order of things, including personal fears and societal changes. We'll discuss the origins of this genre viewing examples that range from creepy to campy. More importantly, examine how certain horror films directly reflected American social changes, including *The Wolf Man*, *Invasion of the Body Snatchers*, *The Blob*, and *Psycho*. We'll leave the lights on!

Nov 13: THE WESTERN

The western genre far predates the advent of cinema and is truly a form of American mythology. We'll examine these narratives' roots in the American experience, and their themes of honor, individualism, and the pursuit of justice. We'll view examples from *The Great Train Robbery*, *The Man Who Shot Liberty Valance*, and *Unforgiven*.

Dec 11: THE MUSICAL

The musical genre was born of the natural adaptation from musical theater into film. We'll discuss how early musicals like *The Jazz Singer* and *42nd Street* helped to develop musical genre conventions unique to cinema. We will then see the progression through films like *Gentlemen Prefer Blondes*, *Grease*, and *La La Land*.

Wed, Oct 9, Nov 13, Dec 11, 10 am-noon
Fee: \$89

The New Hollywood Cinema (AKA American New Wave cinema)

Discover the transformative era of New Hollywood Cinema, where visionary directors reshaped the film industry from the mid-1960s to the early 1980s. Through an exploration of groundbreaking films and innovative storytelling, this series reveals how cultural upheavals and artistic ambitions created a new golden age of cinema. Join us to uncover the legacy of this dynamic period and its lasting impact on modern filmmaking, inspiring your own appreciation and understanding of cinematic art.

Oct 16: ORIGINS & INFLUENCES

Explore the historical and cultural backdrop that led to the rise of New Hollywood Cinema in the mid-1960s, as new directors pushed the boundaries of traditional filmmaking, influenced by social and political changes in America.

Oct 23: THE GOLDEN AGE OF NEW HOLLYWOOD

Delve into the peak period of New Hollywood Cinema, focusing on the defining characteristics and landmark films of the era, including auteur theory and its application to American directors.

Oct 30: DECLINE AND LEGACY

Examine the factors leading to the decline of New Hollywood, driven by economic challenges, auteurs replaced by a return to studio control, and the rise of blockbuster filmmaking.

Wed, Oct 16-30, 10 am-noon
Fee: \$89

BOOK TALKS – VISITING AUTHORS



Oct 8: Tuesday Morning: Growing Up In Grief Christine Fiorelli Epstein

For so long, Christine lived in the past... stuck in a cloud of grief which engulfed her on that fateful day. She was just ten years old when her father was killed in the terrorist attacks on the World Trade Center. Her childhood ended on that Tuesday morning in September. Tuesday morning... those two words alone haunted her for years. It was the worst day of her life; and yet, there were so many challenges still to come. This memoir explores her journey through childhood grief and growing up without her dad. Walk with her as she learns how to cope with loss, move forward, find peace, and, at last, wake up on Wednesday morning.

Christine lives in Monmouth County with her husband, two daughters, and two dogs. She worked in special education prior to having her children. Writing this memoir served as her passion project while navigating life as a stay-at-home mom.

Tues, Oct 8, 10 am-noon
Fee: \$35

Oct 16: Investigating Local Myths And Legends Greg Caggiano

Celebrate historian and popular lifelong learning instructor, Greg Caggiano's newest book! Experience a discussion of his research, writing process and intriguing journey as a paranormal investigator specializing in hauntings at historic sites. Delve into how to apply a skeptical approach to some of this area's most infamous locations. Some ghost stories will be included! Q & A will follow the talk. Signed copies of the book will be available for a discounted price of \$25. A portion of the proceeds from this program's book sales will benefit The Friends of Lifelong Learning.

Wed, Oct 16, 12:30-2 pm
Fee: \$35



Nov 8: *A Mountain of Crumbs* by Elena Gorokhova

Her exquisitely wrought, tender memoir of growing up in the Soviet Union... could be taught as a master class in memoir writing.

– The New York Times Book Review



Back by popular demand – Author, Elena Gorokhova

We're thrilled to welcome Elena back for a discussion of her critically acclaimed memoir, *A Mountain of Crumbs*.

Growing up in Leningrad, now St. Petersburg in a courtyard: a crumbling façade as was expected from every Young Pioneer, wearing a red kerchief around her neck, she promised to live, study, and work as the great Lenin bequeathed every citizen to do.

But she harbored a passion that grew into an un-Soviet failing. Seduced by the beauty of the English language spent years deciphering its secrets, to her mother's bewilderment. Her mother – born three years before the Soviet state – became a mirror image of her Motherland: overbearing, protective, difficult to leave. A front-line surgeon during WWII, she wanted her daughter to be a doctor and a builder of communism, but Elena, in her mother's words, was “stubborn as a goat.” What followed was the English Department of Leningrad University, a marriage to a visiting American student, and a scandal, both public and private. After six months of official hurdles and family turmoil, Elena left for America, a ravaged suitcase on the KGB inspector's table with twenty kilograms of what used to be her life. .

In the United States, Elena received a Doctorate in Language Education and has taught at various colleges and universities. She has also written three books. She is married and has a daughter, who is beautiful, talented, smart and stubborn as a goat.

Fri, Nov 8, 10:30 am-noon
Fee: \$45, includes light refreshments

“What’s Goin’ On?”

Brooks Susman, philosophy and history instructor, rabbi emeritus

Marvin Gaye sang, *What’s goin’ on?* Who are we and who have we become? Is the United States “singular” or “plural”? How have we arrived here, often at loggerheads with each other? Who will we be on November 6th? Through history, philosophies (political and intellectual) and current events we will try to discover. There will be no “right or wrong”, but there must be “true or false”. Let us consider together! Like Kesey said, “You’re either on the bus or you’re off the bus!”

Tues, Oct 22-Nov 12, 10 am-noon

Fee: \$75

Fashionisti: The Effortless Style Of Italy

Franca Giuliani, Instructor

Italian style inspired the world, but it took real work to achieve. After the Unification of Italy, fashion helped create the culture of the new nation. In the aftermath of World War II, it was critical to rebuilding Italy. Discover the history of Italian fashion and the unforgettable characters – political, creative, and cultural – who put Firenze, Roma and Milano on the fashion map.

Thurs, Oct 17, 10 am-noon

Fee: \$39



Ukraine Today: Report Of A Recent Visit

David Bassano, Ph.D. Associate Professor, History, Brookdale Community College

Dr. Bassano recently spent three weeks in Ukraine, working for two different charity organizations. Join him for a first-hand account of the current situation across the country. Gain perspective with a brief history of the Russian-Ukrainian war, then learn about conditions inside Ukraine today. Finally, examine the prospects for Ukraine’s future.

Thurs, Oct 24, 10 am-noon

Fee: \$29, reduced fee

LUNCH & LEARN



Moments In Monmouth County –

The Revolutionary War

Rick Geffkin & Greg Caggiano

The Mysteries Of The 1777 Battle Of Navesink

Accounts of the history of the Revolutionary War often overlook the Battle of Navesink. The war was less than a year old when the First Regiment of the Monmouth Militia occupied a hillside lookout station in February 1777. Surprised by British regulars during a cold winter’s night, 25 militiamen were killed, while 72 were captured and sent to the notorious Sugar House Prison where many perished. Although 40 men escaped, some died during their flight. It was a disaster for the Monmouth Militia. This illustrated talk reveals the actual battle site, then and now; the combatants who took part, and the impact on both sides due to this crucial early engagement.

Colonel Tye and the Black Loyalist Movement in Monmouth County

He is perhaps the greatest military leader you have ever heard of. Join historian Greg Caggiano for a look at the life and legacy of Colonel Tye, a man who escaped enslavement in Monmouth County and returned as the head of his own fighting force during the American Revolution... on the British side! The role of Parliament and the politics of early emancipation will also be examined. Learn the heroism, drama, and human element of war in this exciting story and fight for freedom that takes place right in our own backyard.

Wed, Nov 13, 10 am-1:30 pm

Fee: \$45, reduced fee

Includes lunch

Meet the Presidents: Founding Fathers

Dan Radel, history instructor, journalist

Revisit the Early American Republic through the eyes of the first presidents. Start with George Washington, John Adams and Thomas Jefferson and the Age of Federalism; go to James Madison and the War of 1812, James Monroe and the Compromise of 1820, John Quincy Adams' so-called Corrupt Bargain and end with "Old Hickory" Andrew Jackson. 3 SESSIONS
Fri, Nov 1 & 8, 1-3 pm
Fee: \$59

If I Were A Rich Man: How Jews Earned A Living In Central & Eastern Europe

Edith Frankel, PhD

Investigate the economy of Diasporic Jews in Central and Eastern Europe before the 20th Century. Starting with traditional and religious attitudes towards money and money lending, the question is asked: How did a fundamentally agricultural people eventually become urbanized and how did they make a living? Explore a range of answers from medieval coinage and money lending through *shtetl* and urban economies and ultimately to growing numbers of highly trained professionals. 4 SESSIONS
Mon, Nov 4-25, 10:30 am-noon
Fee: \$89

Egyptomania: The Rediscovery Of Ancient Egypt In Decorative Arts

Rachael Goldman, PhD

The sensational discovery of King Tutankhamun's tomb in 1922 prompted a reinterpretation of the Ancient Egyptian civilization, especially through decorative arts. The influence of ancient Egyptian design was seen almost immediately in architecture, graphic arts, jewelry, decorative arts, and even wallpaper. Various interpretations of the culture were created by Wedgewood, Cartier, Castellani, and Louis Comfort Tiffany. We will also consider larger issues of interpretation versus appropriation of cultures and the continued fascination with ancient cultures.
Thurs, Nov 14, 10 am-noon
Fee: \$39

West Meets East: An Introduction To Chinese Art

Gene Wisnieski, artist, teacher, author

Often, even art enthusiasts know very little about the art of this important civilization. Discover treasures of Chinese art, the history and philosophies behind its creation, and the frequently compelling personal stories of the artists who created it. Special focus on the culture's unique artforms.
Thurs, Dec 5, 10 am-noon
Fee: \$39

Put Your Money Where Your Mind (and Heart) Is

So often we are looking for a meaningful way to honor someone's special occasion, to give a gift in memory of someone, as a part of estate planning, or perhaps solely to be a generous donor who appreciates a valuable program.

The Lifelong Learning Program at Brookdale Community College can be the perfect solution; particularly for those who love learning and who appreciate the opportunity to help fund a much loved program. Email nkane@brookdalecc.edu

Classes are being held in person on campus unless otherwise indicated by ZOOM icon.



HOLISTIC HEALTH & WELLNESS

Meditation: What, Why & How

Julie Egbert, wellness coach and health educator

Meditation is often recommended to alleviate stress and improve sleep. The perfect opportunity to learn how and why meditation works, this class will allow for students to learn techniques to become self-sufficient meditators. Explore breathwork, mindfulness, meditation, and manifestation and practice guided meditation in each session. Learn skills and strategies that can be applied to daily life to de-stress, feel calm, and improve overall quality of life. Whether you are interested in starting your own meditation practice, or learning more about how meditation works, this class is for you. All are welcome in this class. 4 SESSIONS

Tues, Oct 1-22, 10:30 am-noon

Fee: \$79

Vibrant Living: Wellness Strategies For Longevity

Debbie Peterson and Wendy Bright-Fallon, National Board-Certified Health and Wellness Coaches, Founders, Nourish Coaches

Calling all women and men over 50! Join our three-part series designed to equip you with the tools for sustaining a healthy lifestyle. Learn about nutritious eating, effective movement practices, rejuvenating sleep hygiene, and cultivating a healthy mindset and social connections. 3 SESSIONS

Wed, Oct 2-16, 10:30 am-noon

Fee: \$79



Tales Of Animal Intuition

Martin McDermott, M.A. & Franca Giuliana, B.F.A., instructors

We know that humans are intuitive, but animals possess abilities far greater than our own. Come and learn how animals sense danger, migrate long distances, diagnose medical conditions, provide emotional support, and locate past owners who are hundreds or even thousands of miles away. You will leave the class knowing how animals can serve as helpful models in your own use of intuition.

Sat, Oct 5, 10 am-noon

Fee: \$39

Balancing The Chakras With Sound

Julie Albert, instructor, owner Earth Sister Holistic Healing

Chakras are subtle energy centers located throughout the body and contribute to our overall well-being. In this course we will focus on the 7 major chakras. Learn the 7 major chakras, where they are located, and what emotions, organs and glands are associated with each chakra. Each session will end with a sound meditation with quartz crystal singing bowls as well as other sound healing instruments intended to balance the entire system with special concentration on the chakras covered in that session. 3 SESSIONS

Mon, Oct 21-Nov 4, 10 am-noon

Fee: \$79

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New! Quick and Easy online registration

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Call 732-224-2315

<https://www.brookdalecc.edu/continuing/lifelonglearning/>





Reiki I

Janet Woods, Reiki instructor

The word Reiki is a combination of two Japanese words, meaning universal life force energy. Developed in Japan, Reiki is a natural method for reducing stress and inducing relaxation. Through a combination of lecture, demonstration, and in-class practice, learn the principles of energy healing and hand positions used in Reiki. Emphasis is on meditation, attunements, and practical applications of Reiki. Upon completion of this class students will receive Reiki Level I certification. Manual included. Class size is limited. Dress comfortably and bring water. Please limit your caffeine and alcohol to 24 hours prior to class.

Sat, Oct 26, 10 am-2 pm

Fee: \$179

Reiki II

Janet Woods, Reiki instructor

Deepen your Reiki practice for yourself and others. Learn ancient symbols and protocols to strengthen your Reiki skills. Learn how to send distant Reiki and use a pendulum. Focus on meditation and attunement continues. Upon completion of this class students may begin to work professionally as Reiki practitioners. Manual included. Class size is limited. Dress comfortably and bring water. Please limit your caffeine and alcohol 24 hours prior to class.

Sat, Nov 9, 10 am-2 pm

Fee: \$179

Janet Woods is a Reiki Master/Teacher, practicing the Usui system. Her training and work experience include advanced Reiki study with Reiki Masters versed in traditional, non-traditional, and Japanese Reiki as well as licensed practical nursing. Janet believes that a balanced life is a healthy life.

Dr. Cheryl Bartholomew Discusses:

Living Beautifully with Uncertainty and Change by Pema Chodron

How do we stay grounded in challenging times? Stress can have profound effects on us emotionally and physically. However, we have enormous potential to learn and utilize tools to protect ourselves. Develop skills for coping with life's stressors that have knocked us off balance and return to center. Learning how to embrace anxiety and fear and find joy while living with the uncertainty and stress of being human is more important now than ever. 2 SESSIONS
Tues & Thurs, Nov 5 & 7, 12:30-2 pm
Fee: \$59

Discussion Moderator, Dr. Cheryl Bartholomew, is a psychologist and professor who has taught at SUNY/Upstate NY, George Mason, and Monmouth Universities. She has received the Chancellor's award for excellence in teaching, the Martin Luther King Humanitarian award, Outstanding Women in Virginia, and the National Curriculum and Development award (AERA). Her curriculum has been adopted throughout the US, four additional countries, and by the Peace Corps. She has authored over 40 articles in professional journals, and her media appearances include NPR and CBS News.

Breaking The Belief

Diane Lang, MA, author, therapist

We all have belief systems that have been downloaded since childhood. Some of these beliefs are not serving us, if anything they are holding us back from living our best life. The good news is we can change our beliefs, habits, and patterns. It's time to break those belief systems that are keeping us stuck.

Tues, Nov 12, 10:30 am-noon

Fee: \$45

New! Quick and Easy online registration

Need help?

Call 732-224-2315

<https://www.brookdalecc.edu/continuinged/lifelonglearning/>



HOME & GARDEN

Native Plants & Pollinator Gardens

Susan Molzon, instructor

Explore the world of native plants and their buzzing pollinator pals in this interactive workshop. Learn strategies to protect and nurture native plants and get hands-on experience designing pollinator-friendly gardens. Beautify your outdoor space while having a positive impact on the environment. Students will go home with a small native plant. Location: Molzon's Landscape Nursery, 140 Middletown Lincroft Road, Lincroft NJ 07738.

Thurs, Sept 19, 10-11:30 am

Fee: \$39

Woodworking Essentials

Bruce Hogan, proprietor, The Wood Joint

Ready to explore the artistry and craft of woodworking? It's time to get started, no more excuses! Monmouth County's School of Woodworking, The Wood Joint, has the perfect class for you. Expert craftsman Bruce Hogan will take you through a hands-on introduction to woodworking. Learn basics of milling, characteristics of wood, use of machinery and safety. Put that knowledge into action by creating your own cheese serving board. Class meets at The Wood Joint, a state-of-the-art workshop (Falcon Millworks 1325 6th Ave. Neptune, NJ). All supplies are included. 4 Sessions

Tues, Oct 1-22, noon-2 pm

Fee: \$259

Introduction To Machine Sewing

Betty McCarty, instructor

Do you love fabric, fashion, and interior design? Do you have a sewing machine or want one, but don't know how to use it? Learn how to operate and understand the parts of a sewing machine. Be guided through basic techniques to get started on your first project. A portable sewing machine is required for this class.

Tues, Oct 8, 6-8 pm

Fee: \$49

Interior Design Fundamentals

Sabrina Teekah, instructor

Whether you are considering downsizing, upsizing, or just refreshing your decor, unlock your creativity and transform your living spaces. Create harmonious color palettes using color theory, and incorporate principles of space planning, layout, and lighting design. Feature personal items and heirlooms to make your spaces unique and reflective of individual style. Perfect for those looking to enhance their understanding of interior design principles and applying them to create beautiful, functional environments. 3 SESSIONS

Tue, Nov 5-19, 10:30 am-12:30 pm

Fee: \$85

Sabrina Teekah is the founder and Principal Designer of Elegant Interiors, an award-winning firm dedicated to interior design education.

For Related Courses See:

Egyptomania: The Rediscovery of Ancient Egypt in Decorative Arts, p.10

IRISH HERITAGE

Over 2,000 years old, the Irish language boasts the oldest living literature in Western Europe. Despite colonial attempts to destroy the language – it is alive and well – and here at Brookdale! Instructors at all levels have earned the Fáinne Óir, and our classes are informal, fun, and stress-free.

Irish Language

Rath DeHoust, Máire Léan Shevlin, Caoimhín Cléirigh, Irish language instructors

Designed for beginners to fluent speakers, students will be divided into groups, each with its own instructor, based on abilities and needs. Groups will interact with one another and participate in joint activities. This format will enhance the objective of keeping Irish available as the living, spoken language at the very heart of Irish culture. Whether you're looking to dive into the *Tain Bo Culaighe* or just pick up a few phrases for travel, this program will work for you! 10 SESSIONS

Sec 1: ON CAMPUS, Thursday, Sept. 19-Nov 21, 7-8:30 pm (for all levels)

 Sec 2: ZOOM option (for advanced level students only)

Fee: \$119



Contemporary Ireland

Henry McNally, MA, Fordham, Irish historian recipient of the Eoin McKiernan Award

Embark on new venture in the study of Irish History. Previous “courses” have generally ended with the conclusion of the Irish Civil War and establishment of the “Free State,” perhaps with additional brief mention of an Irish Constitution and declaration of a Republic in 1949. Using the end of the Civil War as a starting point, examine events in an increasingly free, independent and changing Ireland across the hundred years that followed. Topics will include: De Valera’s rise to power; Ireland’s flirtation with Communism; The Irish Constitution; World War II, Neutrality; and post war trauma. The period of 1950-2024 will be looked at through a timetable of major events with particular attention to themes, including Industrialization, Ireland on international stage, the European Common Market, foreign investment, economic struggles, scandals and politics. A focus on the diminishing role of religion and the interactions between church and state will also be included.

Ireland today, by all accounts, is a secure, happy and thriving country: this course will consider just how this was accomplished. 5 SESSIONS

Tues, Sept 24-Oct 22, 10 am-noon
Fee: \$85

LIVE ZOOM

Contemporary Irish Short Stories

Rath DeHoust, Irish language and literature lifelong learning instructor

Often hailed as a ‘National Genre’, Ireland’s best writers continue to produce some of the most cutting-edge short stories on today’s literary scene. We’ll delve into the works of some well-known as well as lesser-known authors, identifying the cultural and historical issues and events that have shaped Irish writers, and Irish society, today. Join us as we explore some truly exciting literature from authors living and writing today. PDFs of stories will be emailed prior to class. 6 SESSIONS



Mon, Oct 7-Nov 11, 7-8:30 pm
Fee: \$99

A Novel Idea! Contemporary Irish Fiction

Maureen Dunphy Brady, MA, NYU Glucksman Ireland House, Irish Historian

Wed, Oct 16, Nov 13, Dec 11, 10 am-noon
 Visit our website for details

Twenty Irish Works of Art: A Journey Through Time

Maureen Dunphy Brady, MA, NYU Glucksman Ireland House, Irish Historian

Explore Ireland’s rich artistic heritage by considering a selection of 20 fascinating works of art dating from the Stone Age through to 2000, including oil painting, watercolor, metalwork, sculpture and more. Classes cover a short biography of each artist, a review of their work, Irish history as it applies and fun, interactive group discussions. In this course, you get to be an art critic! 5 SESSIONS

Thurs, Oct 24-Nov 21, 10 am-noon
Fee: \$85

**Watch Your Email
 for Notices and Updates**

Come Back To Ireland Info Session

Discover the Provinces of Munster and Leinster!

Dates: Sept 15th-24th 2025

Cost: \$3,595 per person land only

A tour of Ireland's glorious southwest sponsored by Lifelong Learning and led by Irish historian Henry McNally, presented by Isle Inn Tours

While much of Ireland is known for its scenic wonder, there is a special beauty to the Kingdom of Kerry. The county claims the tallest mountain, lakes that look like crystal and a coastline with an array of islands that carry legends of monks and marauders. Neighboring Cork has much of the same beauty as well as a history that includes tragedy, rebellion and emigration, along with music that keeps toes tapping and voices soaring. Spend time visiting Tipperary, home to ancient Celtic kings and Kilkenny, the first capital city of Ireland. And no visit to Ireland is complete without time in Dublin. In a short eight days, this tour will include much of the lore, the legend and the beauty of Ireland with ample opportunity to enjoy the country's greatest asset, the Irish people.

Tour Highlights include:

- Ferry across Shannon Estuary
- Welcome lunch in author John B. Keane's Pub
- Jaunting car ride through Gap of Dunloe, Dingle & Sleat Head drive
- Blasket Writers Museum
- Ring of Kerry
- Visit to Killarney town
- Irish Night at Kate Kearney's Pub
- Blarney Castle and Wollen Mills
- Michael Collins Museum
- Skibbereen Famine Museum
- Cobh Emigration Museum
- Rock of Cashel
- Kilkenny Castle and Art Gallery
- Dublin City Tour
- Kilmainham Jail and other Dublin sites.

Tour Includes:

- Breakfast daily, 2 Lunches & 6 Dinners
- 8 Nights in 4 & 5 Star hotels
- Luxury Coach transportation
- Admissions as outlined on the itinerary
- Porterage of 1 piece of luggage per person
- Gratuity to driver/guide
- Taxes, service charges for all included services

Hotels:

- The Dunloe Hotel for three nights (5 star)
- Clonakilty Park Hotel for two nights (4 star)
- Kilkenny Hibernian Hotel for one night (4 star)
- Fitzwilliam Hotel for two nights (5 star)

Not Included:

- Single Supplement \$1305
- Travel Insurance
- Group Air from Newark will be available in October.

**Info Session Wed,
Sept 18, 10 am**

**No fee, but
registration is
required**

Questions?

Email fiona@isleinntours.com



LANGUAGES

Stress-Free Spanish For Beginners

Frank Prignoli, Brookdale language instructor

Habla español and learn simple conversational phrases. Practice in a friendly, relaxed atmosphere designed to encourage conversation en español.

Bienvenidos a todos! 8 SESSIONS

Sat, Sept 28-Nov 16, 10 am-noon

Fee: \$179

French For Travel

Gisele Rappaport, French language & culture teacher

Immerse yourself in the French language with this course, designed for beginners and casual learners. Develop practical language skills for navigating French-speaking destinations, from ordering at a café to asking for directions. Experienced teacher and native French speaker Gisele will provide a supportive setting to build confidence. Parlez vous français? Bien sûr! 3 SESSIONS

Tues, Oct 1-15, 10 am-noon

Fee: \$79

LITERATURE & WRITING

Food For Thought: Short Stories

Pat Whitehead, librarian, reading enthusiast

Food is often used as a metaphor in literature, used as a stand-in for family, sex, identity and love. Here are four tasty morsels for us to chew over and digest by four esteemed and contemporary writers of short fiction. 4 SESSIONS

A Bunch of Broccoli on the Third Shelf by

Lara Vapnyar

Omakase by Weike Wang

Upside-Down Cake by Paul Theroux

The Year of Spaghetti by Haruki Murakami

Thurs, Oct 10-31, 10 am-noon

Fee: \$89

LIVE ZOOM

Friday Morning Musing For Short Story Lovers

Dillies Pilevsky, English & history instructor

Short stories, timeless in their magical ability to help make human connections with an author, his or her narrative, each other, and our life experience, will be read, discussed, and analyzed. PDFs of short stories will be provided with registration confirmation. 3 SESSIONS



Sec 1: Fri, Oct 4-18

Sec 2: Fri, Nov 1-15

Sec 3: Fri, Dec 6-20

10 am-noon

Fee: \$59

Read The Russians: Classic Short Fiction

Regina Wackerman, MA

What better way to tackle these literary giants than with short works? Immerse yourself in the rich tapestry of Russian literature as you read and discuss a curated selection of short fiction, examining narrative techniques, character development, and timeless themes. Explore the cultural, historical, and philosophical context of each work and discover why these classic tales continue to resonate with readers around the world. 3 SESSIONS

Tues, Nov 5-19, 10:30 am-12:30 pm

Fee: \$79

Non-Fiction Writing

Barry Putt, instructor, award-winning author

Interested in writing non-fiction books including “how to”, biographies, Film/TV history, and more? Learn how to develop a book proposal, conduct research, and market your work to publishers. Students will complete an initial draft of a book proposal in this course. 2 SESSIONS

Sat, Oct 12-19, 9:30 am-12:30 pm

Fee: \$79



Scriptwriting

Barry Putt, instructor, award-winning author

An introduction to writing stories in the scripted format including plays, TV series, screenplays, and audio dramas. Story structure, character development, and marketing will be discussed. Students will have the opportunity to develop a short script in the course. 3 SESSIONS

Sat, Nov 2-16, 9:30 am-12:30 pm

Fee: \$85

For Related Classes See:

A Novel Idea: Contemporary Irish Fiction, p. 14

LIVE ZOOM: Contemporary Irish Short Stories, p.14

Book Talks: Visiting Authors, p.8

MONEY MATTERS

Understanding Medicare

Alfred Norton, Licensed Health Insurance Agent

Whether turning 65 soon, or already a Medicare recipient, don't miss this educational seminar on Medicare program basics and the variety of ways to enroll in Medicare. Our discussion will outline Original Medicare (parts A&B), Medicare Prescription Drug Plans (Part D), Medicare Advantage Plans (Part C) and, finally, Medigap Coverage (Medicare Supplement) and how it interfaces with Original Medicare. We will evaluate Medicare entitlement, approximate costs and eligibility. Information will also be provided regarding the major insurance companies in NJ for Medicare Advantage, Medicare Part D Drug Plans and Medicare Supplement Policies.

Sat, Oct 5, 10-11:30 am

Fee: \$39

Financial Strategies For Successful Retirement

**Joseph P. Silvestri, CFP, ChFC, CLTC and
Chester O. Gordon IV, CFP of Arkhitekton LLC**

As baby boomers approach retirement, new financial questions arise. We'll address your questions about building enough wealth to retire, increasing retirement income, and exploring lifestyle options.

Discuss mutual funds, insurance, stocks, bonds, estate taxes, and long-term care.

You'll receive a workbook packed with sound, solid information that you can take home and put to good use in the development of your own financial blueprint. Come away with a clearer picture of the opportunities available to improve your future financial security.

Spouse/partner may attend for free.

3 SESSIONS

Wed, Sep 18-Oct 2, 6-9 pm

Fee: \$65

MUSIC

Piano For Procrastinators

John Balme, adjunct faculty, Brookdale Community College, Director, Concordia Vocal Academy

If you meant to learn the piano years ago, the time has arrived! Join fellow beginners in the wonderful world of music at Brookdale's piano lab where you can learn to play your favorite songs. All you need to bring is a sense of adventure, a sense of humor and a pencil. Enrollment is limited.

4 SESSIONS

Mon, Oct 7-28, 10-11:30 am

Fee: \$129, textbook included



Guitar: Jamming For Advanced Beginners

Pat Barton, instructor

Join professional guitarist and instructor Pat Barton for an extension of his sold-out class first offered earlier in 2024. Any advanced beginner can benefit from this class exploring the use of the pentatonic scale when jamming with others. The ideal student would be a guitarist who attended the initial class or anyone with a solid working knowledge of the E minor/G major pentatonic scale in first (“open”) position and the ability to switch between the following chords in any combination: A, Am, A7, B7, C, D, Dm, D7, E, Em, E7, G. Each of the four sessions is ninety minutes long and involves extensive interaction with other students. This course is not for the novice; enrollment is limited. 4 SESSIONS
Thurs, Oct 31-Nov 21, 10-11:30 am
Fee: \$149

Five-String Banjo (Beginner/Intermediate)

Ken Jewell, instructor, professional musician

A fun course for all! Whether a beginner or looking to dust off your banjo and get playing again, this class is for you. First, get acquainted, or reacquainted, with your instrument: set-up, tuning, proper posture, picks, basic rolls, hammer-ons, slides and pull-offs. Then the fun begins: learn songs to apply your skills. For the experienced player, Ken will provide you with more challenging pieces to learn advanced techniques. Enrollment limited. 4 SESSIONS
Mon, Oct 7-28, 6-7:30 pm
Fee: \$99

Bluegrass & Country Fiddle

Joseph Fili, instructor, professional musician

Calling all aspiring fiddlers! Understand the basics of bluegrass and country fiddling: the fretless fingerboard, proper positions and mechanics (to avoid frustrating mistakes), figuring out a melody, and effective practice. The teacher is also a violin luthier, and he will check out your fiddle, its physical health and tonal potential. Enrollment is limited. 4 SESSIONS
Wed, Oct 2-23, 6-7:30 pm
Fee: \$99

Beautiful Voice

Cynthia Balme, lifelong learning instructor

Stop believing you can't sing! Applying tried and true vocal exercises, feel your voice becoming clearer and stronger. Appropriate music for group study will be provided and musical requests are always welcome. Last class will include an informal recital. 4 SESSIONS
Mon, Nov 4-25, 10-11:30 am
Fee: \$99

RECREATION

Mah Jongg for Beginners

Sharon Talansky, instructor

Ever wanted to play Mah Jongg? Come learn in a fun, relaxed setting! Learn how to choose a hand, the progression of play, and strategies to win. You'll have plenty of time for in-class practice, with tips offered in a friendly and interactive environment. Meet other interested individuals and perhaps form a game of your own with classmates. A set is NOT required to enroll, however, Mah Jongg cards, an essential tool for playing the game, ARE required. Please be sure you have the most recent card, designed for the year 2024. Bring a pen and paper, as well. Mah Jongg is great for stretching your mind and a wonderful way to spend time with friends. This class promises to be stress-free and fun! 7 SESSIONS
Tues, Sept 24-Nov 5, 1-3 pm
Fee: \$135

Watch Your Email for Notices and Updates

New! Quick and Easy online registration

Need help?

Call 732-224-2315

<https://www.brookdalecc.edu/continuinged/lifelonglearning/>



Canasta For Beginners

Sharon Talansky, instructor

Ever heard people talking about canasta and wondered, ‘what is that exactly?’ Here is your opportunity to learn! Canasta is a card game played with a partner. A total of four people play a game. This beginner canasta class will be a relaxed, stress-free environment to learn the basics from a very patient teacher. Learn the rules of play, non-verbal ways to communicate with your partner during a game, and strategies to win. Play casual practice games and laugh as you learn. Come with a friend or come on your own and meet other beginners interested in learning. A great way to engage socially while stretching your mind! 7 SESSIONS

Tue, Sept 24-Nov 5, 10:30 am-12:30 pm

Fee: \$135

Pickleball For Beginners

Find out why pickleball is the fastest growing sport in America! A paddle sport for all ages and skill levels, pickleball combines elements of tennis, badminton, and table tennis. The rules are simple, and the game is easy to learn. We’ll provide the paddles and the balls (similar to whiffle balls) Don’t miss this addictive new form of fitness and fun. Class meets at the Colts Neck Racquet Club indoor courts (36 Artisan Pl, Colts Neck) Class size is limited. 3 SESSIONS

Sec 1: Tues, Sept 10-24, 3-4 pm

Sec 2: Sat, Sept 14-28, noon-1 pm

Sec 3: Tues, Oct 8-22, 3-4 pm

Sec 4: Sat, Oct 12-26, noon-1 pm

Sec 5: Tues, Nov 5-19, 3-4 pm

Sec 6: Sat, Nov 2-16, noon-1 pm

Fee: \$79



You Ought To Be In Pictures

Tom Waclawik, instructor

Always wanted to be on the big screen? Here’s your chance to learn how to become a movie or TV “extra” and make some ‘extra’ money. Our instructor has appeared in movies with Al Pacino, Tom Hanks, Robert DeNiro and Leo DiCaprio. He has been on movie sets directed by Martin Scorsese, Clint Eastwood, and Steven Soderbergh. His TV appearances include *Madam Secretary*, *Law and Order*, *The Good Wife*, *Homeland* and more. There are over 50 shows filming in NYC this year, and many in New Jersey as well. Find out how to get on the set, or in commercials. It’s easier than you think, and you don’t need acting experience. Ages 18 and up welcome.

Sat, Oct 12, 10 am-noon

Fee: \$39

For Related Classes See: Woodworking Essentials, p.13

AROUND TOWN

Walking Tour: Freehold

Dan Radel, history instructor, journalist

Step back in time and enjoy this walking tour of Freehold’s rich history from colonial times to the early 20th century. Stops on the tour include St. Peter’s Church, Monmouth Court House, The American Hotel, and the Carnegie Library. Tour ends at the Monmouth County Historical Association Museum where participants will have the option of taking a tour of the museum. The Museum charge is \$5 for entrance. Meet at the steps of the Monmouth County Hall of Records on East Main Street. Rain date, Saturday October 12.

Please note: a refund will not be given if rain date is used.

Sat, Oct 5, 1-3 pm

Fee: \$29

Jon Bon Jovi Soul Kitchen Cooking Demonstration & Lunch

Find out what's really cooking at the JBJ Soul Kitchen – where unique community-building happens. First, learn to cook two of JBJ Soul Kitchen's most popular menu items from their expert chefs. Next, enjoy a lunch prepared especially for you featuring these delicious dishes and learn more about this innovative enterprise. A perfect opportunity to enjoy learning, laughing, and lunch! Address: 207 Monmouth Street, Red Bank

Thurs, Sep 12, 11:30 am-1 pm

Thurs, Oct 24, 11:30 am-1 pm

Thurs, Nov 7, 11:30 am-1 pm

Thurs, Dec 12, 11:30 am-1 pm

Fee: \$85



TRIPS

*Traveling – it leaves you speechless,
then turns you into a storyteller.*

Brookdale's Day Trips offer yearlong opportunities for discovering places of cultural and historical interest. Get on board a luxury motor coach for a unique experience within a community of like-minded, learning enthusiasts. Leave the planning and the driving to us – sit back and enjoy the ride. Buses depart from parking Lot 1 on the Lincroft campus.

Philip Johnson's Glass House; Lunch at Spiga Restorante, CT

Be amazed as you tour the house that has been called one of the world's most beautiful and yet least functional homes. Built atop a dramatic hill on a rolling 47-acre estate, Philip Johnson's Glass House is a piece of architecture famous the world over not for what it includes, but for what it leaves out. Guided Site tour will also include the newly renovated Brick House, Painting & Sculpture Gallery and De Monsta. Walk off a delicious Italian meal on the three-quarter mile tour over grass and paths. Experience a day to remember touring this unique National Historic Site.

Thurs, Sep 26, 8:15 am-6:45 pm

Fee: \$199

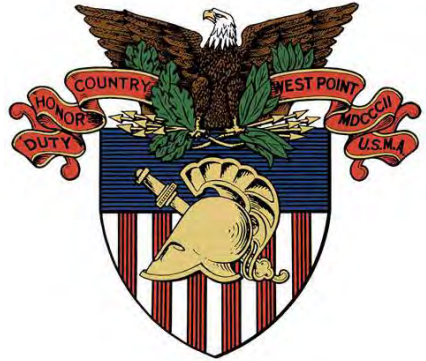


The United States Military Academy At West Point: Lunch At MacArthur's Riverview Restaurant

Take in the beauty of the fall foliage as you travel to West Point for a guided bus tour bringing history to life. Discover the story of West Point, its role in the Revolution, its famous history, along with stories about graduates who shaped our nation. Explore the post with stops at the Main Cadet Chapel, Trophy Point, overlooking the Hudson River, and a visit to the West Point Museum. Enjoy lunch in the historic Thayer Hotel. Moderate walking with stairs in the museum.

Tues, Oct 15, 8:45 am-6:15 pm

Fee: \$169



New York Philharmonic At Lincoln Center; Handel's Messiah: Dinner At Marseille

Experience the quintessential classical music highpoint of the holiday season, Handel's 1741 masterpiece. Conducted under the direction of Ton Koopman with chorus by Musica Sacra Choir, it promises to be a powerful and uplifting performance. Be moved by the stirring Hallelujah chorus that, by tradition, brings audiences to their feet. Wrap up day of joyful inspiration dining at Marseille amidst an atmosphere of holiday cheer.

Fri, Dec 13, noon-9 pm

Fee: \$375

Bryn Athyn Historic District, Bryn Athyn Cathedral, Glencairn Museum, Holiday Tea at Cairnwood Estate

Tour the National Historic Landmark District of Bryn Athyn, home to some of the most remarkable architecture in the Philadelphia area. Experience a guided tour of Cairnwood Estate, a gilded-age historic mansion, the world-renowned Glencairn museum, and the Gothic-Romanesque Bryn Athyn Cathedral. Enjoy a festive three-course tea surrounded in the elegant setting of Cairnwood decorated for the season by professional florists.

Tues, Dec 17, 9 am -6 pm

Fee: \$199

SORRY

There are no refunds on Trips.

Quick and Easy online registration
Need help? Call 732-224-2315

<https://www.brookdalecc.edu/continuinged/lifelonglearning/>



Pack Your Bags! Founding Fathers Tour, VA Mount Vernon, Monticello and Montpelier

Delve into the lives and explore the homes of three of America's most fascinating historic figures.

Day One – George Washington's Mount Vernon

- Guided Tour of George Washington's mansion, one of the most iconic 18th-century homes in America.
- Plated lunch with a character from Washington's World at The Mount Vernon Inn
- Walking Tour of the Estate culminating in a private wreath laying at General Washington's Tomb.
- Check into The Omni Charlottesville Hotel, in the heart of Market Street
- Dinner at a local restaurant

Day Two – Thomas Jefferson's Monticello

- Breakfast at the Hotel
- Visit The Rotunda at the University of Virginia designed by Thomas Jefferson as the architectural and academic heart of the University inspired by the Pantheon in Rome
- Guided Tour of the Home & Grounds of Monticello, "Little Mountain," Jefferson's home from 1770 until his death in 1826 (boxed lunch provided)
- Dinner at the historic Michie Tavern for a taste of 18th century fare
- Time on your own to explore Downtown Market Street

Day Three – James Madison's Montpelier

- Breakfast and check out
- Guided tour of Montpelier, home of James Madison and his beloved wife Dolly, America's first "First Lady." (boxed lunch provided)
- Stop in Alexandria – walking history tour of old town Alexandria
- Dinner at the Union Street Public House

Tues, Wed, Thurs, Nov 12-14, 7 am-11 pm

Fee and Code: XTRVW 016, \$1,065 Double Occupancy, \$1,165 Single

All meals included

Come Back To Ireland Info Session

Discover the Provinces of Munster and Leinster!

Dates: Sept 15th-24th 2025

Cost: \$3,595 per person land only

A tour of Ireland's glorious southwest sponsored by Lifelong Learning and led by Irish historian Henry McNally, presented by Isle Inn Tours

Info Session Wed, Sept 18, 10 am

See p.15 for details

Interested in business classes or training for a new career?
Need to brush up on your Microsoft skills? Brookdale's Continuing Education department has classes ranging from Real Estate and Software Coding to Nonprofit Management and Human Resources. Courses are available both in person and online, and even some Saturday sessions.

Check out all our Business Career and Technical Training courses at <https://www.brookdalecc.edu/continuinged/business-professional-training/>
Questions? Email ccarroll@brookdalecc.edu

90.5 the night

BROOKDALE PUBLIC RADIO

Quick and Easy online registration
Need help? Call 732-224-2315

<https://www.brookdalecc.edu/continuinged/lifelonglearning/>



GENERAL INFORMATION

COLLEGE CLOSING

College Closing For cancellation due to inclement weather, listen to Brookdale Public Radio 90.5 or log on to www.brookdalecc.edu

FERPA – The Family Education Rights and Privacy Act of 1974 (Buckley Amendment)

The Act provides for the confidentiality of student records. For further information please refer to www.brookdalecc.edu/about/ferpa/

For Persons With Special Needs Wishing To Take Our Tour And Talk

CPS cannot guarantee accessibility of venues and destinations. Before registering it is the registrant's responsibility to contact venues to determine their accessibility. We cannot provide personal service. For individuals who request special bus transportation, we cannot guarantee special bus availability. We will inform you of the status of your request in a timely manner.

CANCELLATION & REFUNDS

A full refund will be given when a program or trip is canceled by Brookdale.

Refund Policy

With adequate advance notice (at least seven calendar days prior to program start date) a full refund will be issued less a \$5 processing fee.

There are no refunds for trips, ticketed events and specified programs.

Should you wish to appeal the refund policy, please submit an appeal in writing via email to tsilletti@brookdalecc.edu. Include the date and title of course and state the reason for you are unable to attend the program. All decisions will be made by the Executive Director of Continuing & Professional Studies.

**Watch Your Email
for Notices and Updates**



WHERE'S MY CLASSROOM?

- Call our office (Mon-Fri 8:30 am-4:30 pm) at 732-224-2315
- Read the posting on our front door – inside lobby, ATeC building



**Quick and Easy online registration
Need help? Call 732-224-2315**

<https://www.brookdalecc.edu/continuinged/lifelonglearning/>





Center For Adult Transition



Establishment of the center is to provide students with intellectual and developmental disabilities (ages 18-24) with the support, programming, and resources necessary to experience meaningful and successful transitions from secondary school to the next steps toward independent living through career fulfillment, social awareness, and continuing education.

Taking a holistic approach to the entire community, the center will provide programs, resources and networking opportunities for students, families, and all community members.

Programming for Fall will include:

- **Life Skills**
- **Vocational Training**
- **Social Skills**
- **Horticulture**
- **Volunteer Opportunities**
- **Guest Speakers**
- **Resources & Programming for Parents/Guardians & Family Members**



For more information email Katie—cposs@brookdalecc.edu

Adminstrated by the New Jersey Office of the Secretary of Higher Education through funding provided by the "County College-Based Centers for Adult Transition Grant."

PACK YOUR BAGS!

Founding Fathers Overnight Tour

All Good Things Come in 3s
3 Days – 3 Fascinating Figures in
American History

- George Washington's Mount Vernon
- Thomas Jefferson's Monticello
- James Madison's Montpelier

See p.22 for details

Open to the Possibilities

Visit us online www.brookdalecc.edu/lifelonglearning

Or call us 732-224-2315



THE COUNTY COLLEGE OF MONMOUTH
CONTINUING AND PROFESSIONAL STUDIES

765 Newnan Springs Road
Lincroft, NJ 07738

An equal opportunity/affirmative action institution