

# Learning is for Everyone Rowan College at Burlington County

LIFE offers adults 50 years or older the opportunity to pursue informal educational goals. All LIFE classes are taught by volunteers.

# Membership

A LIFE membership entitles members to take as many courses as they wish during the eligible semesters. A membership year runs from September 1 to August 31. The cost of membership is \$80. A Summer-only (June 1 through August 31) membership is reduced to \$55. Membership fees are payable to RCBC/LIFE, and mailed to the LIFE program coordinator at LIFE, Rowan College at Burlington County, 900 College Circle, Mt. Laurel, NJ 08054.

# **Refund Policy**

No refunds for LIFE membership are given after the first class of the semester session. Under mitigating circumstances, new members may petition a request for a refund if they have not attended any LIFE courses.

#### Classes

All LIFE classes are taught by volunteers. In most cases, there should be a minimum of ten (10) students to conduct a class; the instructor sets the maximum. When course registration dips as low as five members, there may be times when no one shows up for class. LIFE instructors will often set their minimum and maximum class sizes.

# **Absence and Attendance Policy**

Attendance has been a problem for some classes, the instructors respectfully ask that you read and accept the following policy. Our volunteers work hard to gather, research, and present meaningful content. The instructors must know if they are preparing for 10 or 30 students.

**Class Attendance -** A LIFE Member is expected to attend all class sessions they register for. Please only register for classes that you will attend.

If for any reason, a LIFE Member is unable to attend a class or session, they are responsible for notifying the instructor(s), in writing before the start of class. Instructor emails are provided along with the LIFE coordinator's email on class communications.

**Inclement weather** – the Life Coordinator will send an email message to the class and instructor.

# Registration

Members can click the following link <u>Life Course Registration</u> or visit <u>rcbc.edu/life</u>

For additional information, please contact:

life@rcbc.edu

# **Spring 2024 Course Offerings by Location**

#### Online

(Students will receive login information from the instructor)

# The Tuskegee Airmen

Jon Fiorella

The Tuskegee Airmen were the first African-American military aviators in the U.S. Army Air Forces. The "Tuskegee Experiment," as it was known, was expected to fail. The program has produced almost 1,000 pilots and nearly 14,000 support personnel (navigators, bombardiers, mechanics, instructors, crew chiefs, control tower operators, nurses, cooks, and maintenance & support staff. We will learn about the great success and history of Tuskegee Airmen.

Thursday

January 18, 2024

7:00 – 8:30 pm

From the Left Various

Are you a Liberal? Join fellow "Lefties" in a discussion of current events. This course will be led by Marsha Cavender, Alan Thornton, and Isabelle Addis

Monday

February 5 - May 13, 2024

10:00 am 11:30 am

# **Reversing Global Warming: Getting into Action**

Martin Levin and June Hament

Participants explore the possibility of reversing global warming. We will learn about currently available, proven solutions and resources available to expand our horizons and knowledge. Participants will be supported to get into action to address the climate crisis, including the development of a personal plan of action.

Thursday February 29 – March 28, 2024

2:00 – 3:30 pm

# Pollen Counts: Nothing to Sneeze At!

Jon Fiorella

There are literally tons of pollen emitted into the air each pollen season by trees, grasses, and weeds and the weather conditions (dry, windy, wet, etc.) determine whether the pollen gets airborne. This presentation will answer three questions. What are pollen counts? How are they determined? What do they mean to the average person?

Wednesday

March 27, 2024

7:00 – 8:30 pm

#### Learn how you can benefit from the Inflation Reduction Act

Martin Levin and

lla Vassallo

How to Be Comfortable and a Climate Hero, Too - with the new Inflation Reduction Act. Details about how the credits and rebates work and tools to help you maximize your savings and impact on the environment.

Tuesday April 23, 2024 2:00 – 3:30 pm

#### **Very Special People**

Jon Fiorella

The Struggles, Loves and Triumphs of Human Oddities. The true history, culture, and biology of the actual people in exhibits in circus sideshows. The individuals being presented are all authentic, although in many cases their conditions may have been exaggerated to draw customers to their performances. Categories included dwarfs, giants, conjoined & parasitic twins, armless & legless wonders, microcephalics, fat people, thin people, hairy people, bearded ladies, and the list goes on.

Wednesday May 15, 2024 7:00 – 8:30 pm

# The Evergreens

309 Bridgeboro Rd, Moorestown, NJ 08057

# Parenting from the Grave (new dates)

Richard H. Weidner

Your overall estate plan is the last opportunity you have to exercise your parental control for the benefit of your children and grandchildren. Find out the potential pitfalls and possible solutions.

Tuesday January 23 – February 6, 2024 10:30 – 11:30 am

# **RCBC Mount Laurel Campus**

900 College Circle, Mount Laurel, NJ 08054

# **Navigating Options for Wellness**

**Prevention Plus** 

The Navigating Options for Wellness (NOW) program am is a 6-week workshop that meets once a week for adults ages 55+ with at least one chronic health condition, which may include arthritis. The workshops focus on different skills such as action planning, medication management, healthy eating habits, managing fatigue, and exercise & relaxation techniques. The workshop's maximum number of participants is 16 individuals and those who sign up and complete the entirety of the workshop with receive course materials free of charge.

Thursday January 4 - February 8, 2024 2:00 pm 3:30 pm

# **Practical Religion - The Islamic Perspective**

Jason Elsea

Based on the Book; Philosophy and Teachings of Islam by Hazrat Mirza Ghul am Ahmad (AS). Conference of Great Religions Held in Lahore, December 26-28 1896, five questions are provided to each presenter of their Respective Faith, Answers confined to the Holy Book of his/her Religion. (Islam, Christianity, Judaism, Buddhism)

- 1. The physical, moral, and spiritual states of humankind.
- 2. The state of humankind after death.
- 3. The object of humankind's life and the means to its attainment.
- 4. The operation of the practical ordinances of the law in this life and the next.
- 5. Sources of Divine Knowledge.

Monday January 8 – April 29, 2024 12:00 – 1:30 pm

# **Burlington County in The American Revolution**

Eric Orange

If New Jersey is the crossroads of the Revolution, then Burlington County is the crossroads of that crossroads. the United States has been involved in wars all over the globe, but the American Revolution actually happened here and with some significant consequences. Using firsthand accounts from diaries and pension records, this course will take a deep dive into what happened here in Burlington County from December of 1776 until June of 1778.

Wednesday January 17 – 24, 2024 7:00 – 8:30 pm

# **Paperback Writer**

Jon Gibbs

It's an amazing feeling when a bright, shiny idea for a story pops into your head. Sadly, turning that vision into an actual book is harder than it looks, which is why most would-be novelists end up quitting before they get started. So what can you do to avoid that same fate?

How can you make sure you end up with a finished product that matches your vision?

Join New Jersey author, Jon Gibbs, for a series of fun, interactive, workshops on how to take a good idea and turn it into a great book. Also, there may be candy!

Saturday

January 27, February 24, March 30

10:00 am-Noon

#### Science in the News

Laura Grayson Roselli

In this course, we will discuss current biological discoveries and medical advances that are newsworthy. Students will introduce news from TV, newspaper, internet, or radio. Topics may cover nutrition, disease, medical treatments, and beyond. The instructor will explain the science behind the headlines - without the jargon. Come curious...leave smarter.

Thursday February 1 – 29, 2024 10:00 – 11:30 am

Trivia Various

We meet weekly to challenge ourselves with trivia. Group members take turns creating questions. We work in groups so no one needs to know everything.

#### Dates are subject to volunteers.

If you would like to volunteer to organize a session, please sign up here Trivia Sign Up

Or email life@rcbc.edu for more information. Friday February 2 – May 31, 2024

12:00 - 2:00 pm

# An In-depth look at Historic Batsto Village from before the Revolutionary War to the present

Skip Mawson

We will take a look at the various industries that sprung up at Batsto, the many occupations of the workers and their lives in the village, the owners of Batsto and their f families, and the events that led to the state purchasing the Wharton Tract and Batsto.

- 1) The early years Bog Iron
- 2) Bog Iron to Glass
- 3) The Wharton gentleman's farm
- 4) From potential Jetport to state forest/historic site

Tuesday February 6 – 27, 2024 11:00 am- 12:00 pm

#### Where Did That Phrase Come From?

This is not a repeat of the Fall Semester.

Did you ever wonder how certain expressions came about? What does the saying "Close, but No Cigar", "Stop on a Dime", or "Not going to pay you a Red Cent" really mean? These expressions or phrases are common to a certain population or group. The words used as a phrase at times have nothing to do with the meaning of the words used. Each week we will discover phrases or expressions

that we use every day, sometimes without even realizing what we're saying doesn't make sense without the accepted meaning behind it.

Wednesday February 7 – February 14, 2024 1:30 - 3:00 pm

Bernadette Garofola

# Burlington Island; Past, Present & Future

**Burlington Island Managers** 

The Friends of Burlington Island presents the rich history of one of the largest islands on the Delaware River. The presentation reveals the story of the first European settlement in 1624 and how the island was at the center of the struggle for control of the new land. It also tells of how the island continues to be so important to the river towns on either side of it today.

Tuesday February 13, 2024 7:00 - 9:00 pm

#### The Russian-Finnish War 1939-1940

Alan Thornton

A review of the war and its similarity to today's war in Ukraine.

February 20 - March 12, 2024 2:00 - 3:00 pm Tuesday

#### Native North America: Arts, Culture & World View, Parts 3 & 4

Jayne Yantz

A continuation of a LIFE course on Native North American peoples, their arts, and culture. This session will conclude the portion on the Mound Builders and go on to the Plains.

Thursday February 22 and March 7, 2024 1:00 - 3:00 pm

#### **Basic Photography**

Steve Walter

Basic ways to improve your photos to make them more interesting.

Tuesday March 5 – 19, 2024

10:00 am - 11:00 am

Oh, Hell! Vincent Trainor

The realm of the dead in ancient mythologies, Hell, Hades, Sheol, and other fun places. How did these ideas develop? Are they real? How are they related to the problem of evil? Wednesday March 6, 2024

# Trending Geology - Back Again with Ramesh

11:00 am - 12:00 pm Ramesh Venkatakrishnan

We will discuss current happening events in Geology from around the world (new research findings etc.). We will also revisit such topics as Climate Change from a Geological perspective, Peopling of the Americas, Underground Excavations (tunnels, caverns etc.) within a geotechnical context, Plate Tectonics (earthquakes, volcanoes, etc.), and of course the Geology and Hydrogeology around us.

Wednesday March 6 – 27, 2024 1:00 – 2:30 pm

#### Using Dreams to Help in Daily Living

Harold Huggins and Paula Anderson

Discover how dreams can give you insights on navigating life. The language of dreams is unique to each of us! Learn how to interpret dreams to find your own answers. Come and share your experiences with like-minded people in an open spiritual discussion on how the Divine Spirit speaks to us through dreams and brings us answers to make life easier. We'll also share a contemplative technique that can help in all aspects of our lives, including understanding dreams, solving problems, and opening our hearts to Divine guidance. The perspectives offered in this class are based on the teachings of Eckankar, the Path of Spiritual Freedom, (Eckankar, org.) as a community service. As a reference, class members can explore more information on dreams by using the following link: https://www.eckankar.org/experience/dreams/

Thursday March 14, 2024 11:00 am - 12:30 pm

#### **LIFE Flute Ensemble**

Myra Lewinter Malamut

Whether you're up to snuff or haven't played for years, enjoy duets, trios, and more. Bring your flute(s), music stand, pencil, flute mask if possible, and the John Philip Sousa March Collection flute duets arranged by Ricky Lombardo, available online.

Thursday

March 21 – May 16, 2024

5:20 pm- 6:50 pm

# Learn how you can benefit from the Inflation Reduction Act

Martin Levin and Ila Vassallo

How to Be Comfortable and a Climate Hero, Too - with the new Inflation Reduction Act. Details about how the credits and rebates work and tools to help you maximize your savings and impact on the environment.

Tuesday March 26, 2024 2:00 - 3:30 pm

#### Salvador Dali - Artistic Genius or Madman?

Gary Warga

Salvador Dali was a Spanish artist who was known for his unique surrealist style of artwork and his eccentric behaviors. You will learn about both his personal life and his artwork.

April 3, 2024 Wednesday

#### **Move Today**

Dept of Human Services

Move Today is a 30–45-minute non-aerobic exercise class designed to improve flexibility, balance, and stamina. Participants assess their health, physical well-being, and intent to make behavior changes before and upon completion of the program. The exercises and guidelines are based on current nationally recognized standards and science. Exercises can be done while sitting or standing. Classes are led by trained peer leaders and meet weekly or bi-weekly for twelve sessions. Program features include:

- -A brief education component focusing on an exercise-related topic.
- -Inexpensive exercise bands to gain maximum effect from resistance exercises.
- -A major focus on good posture and fall prevention.
- -An exercise intensity scale and a weekly exercise log to track participant activity.
- -A self-assessment process for participants to assess their health, physical well-being, and intent for behavior change given both before and upon completion of the program

Tuesday, Thursday

Wednesday

April 9 – May 16, 2024

10:30 - 11:30 am

10:00 am - 12:00 pm

#### What Can I do with a lifetime of career skills once I retire?

Joan Ramirez

The instructor will have students make a work experience portfolio as a start toward a new life

April 10, 2024

#### Malaria- New Hope to End Mankind's Menace

Gary Warga

The history of malaria and its impact on human health and history will be presented. Topics include: its effect on wars and on the Pan ama Canal project, the use of DDT, and recent vaccine efforts.

Wednesday

April 17 - May 1, 2024

1:30 – 2:30 pm Bernie Garofalo

**Inventions-** Where did they come from, who invented them, why were they invented Are you curious about inventions? Who, what, When and/or where did the invention come from? Let's discuss these ideas.

Thursday

May 2 – May 9, 2024

1:30 – 3:00 pm

#### Irish Art from the Celts to the Celtic Revival

Jayne Yantz

This course covers the art and culture of Ireland from its Neolithic monuments, magnificent manuscripts and High Crosses to its Aran sweaters. Leprechauns included.

Friday May 3, 2024 1:00 - 3:00 pm Flying Heavy Jack Gardner

Flying Heavy, The Story of the C5-a Aircraft. United States Air Force, largest military transport ever built. This workshop will take you through the design, development and mission capabilities of this massive airframe as told by 50 mission Air Crew Member Jack Gardner, USAF, Retired. Ideal class size 30 people.

Tuesday May 21, 2024 6:30 -8:00 pm

# **Burlington County Library**

5 Pioneer Blvd, Westampton, NJ 08060

#### **Shining a Light on Her(story)-**A Journey through Women's History

Dr. Jacquelin Agostini

We will do four weekly classes that will be a very diverse look at women's history focusing on both past & present. We will devote one class to women from our own state. If there is interest, we would consider doing it hybrid!

Friday

March 1 – March 22, 2024

10:00 – 11:30 am

#### Shining a Light on Her(story)-A Journey through Women's History

Dr. Jacquelin Agostini

We will do four weekly classes that will be a very diverse look at women's history focusing on both past & present. We will devote one class to women from our own state. If there is interest, we would consider doing it hybrid!

Tuesdav

March 5 – March 26, 2024

6:30 – 8:00 pm

Shining a Light on (Her)story is a 4-week course by Dr. Jackie Agostini which focuses on Women History pioneers as well as women who are following in their footsteps. The classes are interactive in nature & will be taught at the library & on a Zoom link. It includes guest speakers & interesting videos. You must register through the Life program or the library.

- 1. Women from New Jersey who helped lay the foundation of women's rights including the right to vote.
- 2. Women who pioneered access to education for all women. These pioneers were on the frontline of combating misogyny and racism.
- 3. Shining a Light on (Her) story by Dr. Jackie Agostini is a book that focuses on the importance of recording our story and the stories of our ancestors for the sake of your progeny. Members will be encouraged to share their stories in class.
- 4. Women Who Chase the Sun. As we approach the total solar eclipse that will take place over North America on April 8, we will explore a few of the many women who have chased the Sun for the benefit of all, from antiquity through the present day.

# **Spring 2024 Course Schedule**

January	Time	Class	
4	2 pm - 3:30 pm	Navigating Options for Wellness	
8	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective	
11	2 pm - 3:30 pm	Navigating Options for Wellness	
15		College Closed	
17	7 pm - 8:30 pm	Burlington County in The American Revolution	
18	2 pm - 3:30 pm	Navigating Options for Wellness	
18	7 pm - 8:30 pm	The Tuskegee Airmen	
22	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective	
23	10:30 am - 11:30 am	Parenting from the grave	
24	7 pm - 8:30 pm	Burlington County in The American Revolution	
25	2 pm - 3:30 pm	Navigating Options for Wellness	
27	10 am - 12 pm	Paperback Writer Jon Gibbs	
29	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective	
30	10:30 am - 11:30 am	Parenting from the grave	

February	Time	Class
1	10 am - 11:30 am	Science in the News
1	2 pm - 3:30 pm	Navigating Options for Wellness
2	12 pm - 2 pm	Trivia
5	10 am - 11:30 am	From the Left
5	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
6	10:30 am - 11:30 am	Parenting from the grave
6	11 am - 12 pm	Historic Batsto Village
7	1:30 pm - 3 pm	"Where Did That Phrase Come From?
8	10 am - 11:30 am	Science in the News
8	2 pm - 3:30 pm	Navigating Options for Wellness
9	12 pm - 2 pm	Trivia
12	10 am - 11:30 am	From the Left
12	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
13	11 am - 12 pm	Historic Batsto Village
13	7:00 – 9:00 pm	Burlington Island; Past, Present & Future
14	1:30 pm - 3 pm	"Where Did That Phrase Come From?
15	10 am - 11:30 am	Science in the News
16	12 pm - 2 pm	Trivia
19	10 am - 11:30 am	From the Left
19	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
20	11 am - 12 pm	Historic Batsto Village
20	2 pm - 3 pm	The Russian-Finnish War
22	10 am - 11:30 am	Science in the News
22	1 pm - 3 pm	Native North America: Arts, Culture & World View, Parts 3 & 4
23	12 pm - 2 pm	Trivia
24	10 am - 12 pm	LIFE: Paperback Writer Jon Gibbs
26	10 am - 11:30 am	From the Left
26	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
27	11 am - 12 pm	Historic Batsto Village
27	2 pm - 3 pm	The Russian-Finnish War
29	10 am - 11:30 am	Science in the News
29	2 pm - 3:30 pm	Reversing Global Warming: Getting into Action

March	Time	Class
1	10 am - 11:30 am	Shining a Light on Her(story)-A Journey through Women's History
1	12 pm - 2 pm	Trivia
4	10 am - 11:30 am	From the Left
4	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
5	10 am - 11 am	Basic Photography
5	2 pm - 3 pm	The Russian-Finnish War
5	6:30 pm - 8:30 pm	Shining a Light on Her(story)-A Journey through Women's History
6	11 am - 12 pm	Oh, Hell!
7	1 pm - 3 pm	Native North America: Arts, Culture & World View, Parts 3 & 4
7	2 pm - 3:30 pm	Reversing Global Warming: Getting into Action
8	10 am - 11:30 am	Shining a Light on Her(story)-A Journey through Women's History
8	12 pm - 2 pm	Trivia
11	10 am - 11:30 am	From the Left
11	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
12	10 am - 11 am	Basic Photography
12	2 pm - 3 pm	The Russian-Finnish War
12	6:30 pm - 8:30 pm	Shining a Light on Her(story)-A Journey through Women's History
14	11 am - 12:30 pm	Using Dreams to Help in Daily Living
14	2 pm - 3:30 pm	Reversing Global Warming: Getting into Action
15	10 am - 11:30 am	Shining a Light on Her(story)-A Journey through Women's History
15	12 pm - 2 pm	Trivia
18	10 am - 11:30 am	From the Left
18	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
19	10 am - 11 am	Basic Photography
19	6:30 pm - 8:30 pm	Shining a Light on Her(story)-A Journey through Women's History
21	2 pm - 3:30 pm	Reversing Global Warming: Getting into Action
21	5:20 pm - 6:45 pm	LIFE Flute Ensemble
22	10 am - 11:30 am	Shining a Light on Her(story)-A Journey through Women's History
22	12 pm - 2 pm	Trivia
25	10 am - 11:30 am	From the Left
25	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
26	2 pm - 3 pm	Learn how you can benefit from the Inflation Reduction Act
26	6:30 pm - 8:30 pm	Shining a Light on Her(story)-A Journey through Women's History
27	7 pm - 8:30 pm	Pollen Counts: Nothing to Sneeze At!
28	2 pm - 3:30 pm	Reversing Global Warming: Getting into Action
28	5:20 pm - 6:45 pm	LIFE Flute Ensemble
29	College Closed (no trivia)	
30	Paper Back writer (To be rescheduled)	

April	Time	Class
1	10 am - 11:30 am	From the Left
1	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
3	1:30 pm - 2:30 pm	Salvador Dali - Artistic Genius or Madman?
4	5:20 pm - 6:45 pm	LIFE Flute Ensemble
5	12 pm - 2 pm	Trivia
8	10 am - 11:30 am	From the Left
8	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
9	10:30 am - 11:30 am	Move Today
10	10 am - 12 pm	What Can I do with a lifetime of career skills once I retire?
11	10:30 am - 11:30 am	Move Today
11	5:20 pm - 6:45 pm	LIFE Flute Ensemble
12	12 pm - 2 pm	Trivia
15	10 am - 11:30 am	From the Left
15	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
16	10:30 am - 11:30 am	Move Today
17	1:30 pm - 2:30 pm	Malaria- New Hope to End Mankind's Menace
18	10:30 am - 11:30 am	Move Today
18	5:20 pm - 6:45 pm	LIFE Flute Ensemble
19	12 pm - 2 pm	Trivia
22	10 am - 11:30 am	From the Left
22	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
23	10:30 am - 11:30 am	Move Today
23	6:30 pm - 8 pm	Learn how you can benefit from the Inflation Reduction Act
24	1:30 pm - 2:30 pm	Malaria- New Hope to End Mankind's Menace
25	10:30 am - 11:30 am	Move Today
25	5:20 pm - 6:45 pm	LIFE Flute Ensemble
26	12 pm - 2 pm	Trivia
29	10 am - 11:30 am	From the Left
29	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective
30	10:30 am - 11:30 am	Move Today

May	Time	Class	
1	1:30 pm - 2:30 pm	Malaria- New Hope to End Mankind's Menace	
2	10:30 am - 11:30 am	Move Today	
2	1:30 pm – 3:00 pm	InventionsWhere did they come from, who invented them, and why were they invented?	
2	5:20 pm - 6:45 pm	LIFE Flute Ensemble	
3	NO Trivia	NO Trivia	
3	1 pm - 3 pm	Irish Art from the Celts to the Celtic Revival	
6	10 am - 11:30 am	From the Left	
6	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective	
7	10:30 am - 11:30 am	Move Today	
9	10:30 am - 11:30 am	Move Today	
9	1:30 pm – 3:00 pm	InventionsWhere did they come from, who invented them, and why were they invented?	
9	5:20 pm - 6:45 pm	LIFE Flute Ensemble	
10	12 pm - 2 pm	Trivia	
13	10 am - 11:30 am	From the Left	
13	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective	
14	10:30 am - 11:30 am	Move Today	
15	7 pm - 8:30 pm	Very Special People	
16	10:30 am - 11:30 am	Move Today	
16	5:20 pm - 6:45 pm	LIFE Flute Ensemble	
17	12 pm - 2 pm	Trivia	
20	12 pm - 1:30 pm	Practical Religion - The Islamic Perspective	
24	12 pm - 2 pm	Trivia	
27	College Closed	College Closed	
31	12 pm - 2 pm	Trivia	