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.
Location
The ILR office is located in 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.

ILR Program Enrollment
Enrollment in an ILR course requires COMPLETION OF THE ILR REGISTRATION FORM as well as payment of a yearly membership fee. The 2013/2014 (one academic year) membership fee is $200.

You may mail us a check or stop by with your payment. We are also able to process credit card payments – call (201) 447-7156 or (201) 447-7488 or stop by Tech 115 if you would like to pay with a credit card. Your membership fee entitles you to four ILR courses each semester. Every effort will be made to accommodate your requests. You must register 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.

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.

**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 the college 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**
MONDAY

**Women Who Mattered**
**IR-568**
Each week we will discuss women who mattered; the schedule is as follows: Abigail Adams, Dolly Madison, Amelia Earhart, Victoria Woodhull, The Suffragettes, Mary Bethune, Rosa Parks, and the WWII female baseball pioneers who comprised the All American Girls Professional Baseball League. Many presentations will be accompanied by film.
**Mondays:** September 16, 23, 30; October 7, 14, 21, 28; November 4
**Room:** L131 / Time: 1:00-3:00 p.m.
**Instructor:** Dick Burnon

**The Terrible Fourteenth Century**
**IR-487**
There is a real reason why the 14th century earned the moniker “The Terrible Fourteenth Century.” During this course we will cover all of the major disasters that plagued Europe including the infamous Black Death with its resulting consequences, the Hundred Years War, and the major issues with the Catholic Church that will eventually lead to the Protestant Reformation two hundred years later. Warning: this course is not for the squeamish or the faint of heart.
**Mondays:** September 23, 30; October 7, 14
**Room:** C313 / Time: 11:00 a.m.-12:30 p.m.
**Instructors:** Professor Catherine Graney, BCC Faculty

**In The Record**
**IR-256**
Meet your favorite editors, columnists and writers from The Record and learn more about the current newspaper industry.
**Mondays:** September 30; October 7, 14, 21, 28; November 4
**Room:** TBA / Time: 1:30-3:00 p.m.
**Instructors:** Various speakers from *The Record*

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**CHECK OUT WHAT’S NEW AT THE ILR!!**
More Saturday offerings – opera/sculpture – more travel adventures!!

**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 early to allow time to process. **IF YOU HAVE A DECAL, IT IS STILL GOOD.** ID cards must be updated each semester. Beginning September 16th come to Tech 115 to have your ID card updated.
**Impressionist Painting**  
**IR- 496**  
Have you ever wished you could paint like Monet and van Gogh? This course will teach you step by step, various painting techniques to create your own landscapes, seascapes, and floral painting with acrylics. Materials needed: Paint set by Grumbacher or Winston Newton, 12x16 canvas, palette, flat Bristol brushes # 5-9, round brushes # 4&7, sponges and a plastic jar. Materials approximately $100. **Do not purchase materials until you are certain that you are enrolled and course is running.**  
Limited enrollment. **Note Monday and Thursday schedule.**  
**Mondays and Thursdays:** October 7, 10, 14, 17, 21, 24, 28, 31; November 4, 7  
**Room:** TBA / **Time:** 10:00 a.m.-12:00 p.m.  
**Instructor:** Alev Necile Dine

**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.  
**Mondays:** October 7, 14, 21, 28; November 4  
**Room:** TBA / **Time:** 1:00-3:30 p.m.  
**Instructor:** David Roland

**Sailing the High C's: the colorful world of opera**  
**IR- 489**  
Enjoy the world of opera with Soprano Christine Cullen. We will cover operatic history and listen to select pieces from the world’s most beloved composers.  
**Mondays:** October 21, 28; November 4, 11, 18  
**Room:** L131 / **Time:** 3:15-4:45 p.m.  
**Instructor:** Christine Cullen

**Emergency Closings**  
In case the College has to close due to inclement weather:  
• Log on to the College's Web site: http://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
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: November 4, 11, 18, 25
Room: TBA / Time: 3:15-4:45 p.m.
Instructor: Tony Salerno

Myanmar: In Front of the Bamboo Curtain post 2010 election
IR-270
Professor Win Win Kyi will discuss her country; Myanmar affectionately called the Golden Land with special focus on the country’s development following the March 2010 general election into a democratic nation post one party system from 1962 to 2010. Learn about Win Win’s involvement in the Nine Circles of Reconciliation, Peace and Development, a two decade long personal and political mantra for a truly democratic country with equality, equity and education.
Mondays: November 4, 11, 18
Room: Tech 119 / Time: 3:45-5:00 p.m.
Instructor: Professor Win Win Kyi, BCC Faculty

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.
TUESDAY

**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:** September 17, 24; October 1, 8, 15, 22  
**Room:** TBA / **Time:** 1:00 -3:00 p.m.  
**Instructor:** Fred Sauberman and Mitchell S. Camp, Esq.

**Art is Omnipresent**  
*IR- 483*  
Take a delightful journey through the annals of art and culture to explore and enjoy some little known places and aspects of the beauty of our universe. **ENROLLMENT IS LIMITED.**  
**Tuesdays:** September 24; October 1, 8, 15, 22, 29; November 5, 12, 19, 26  
**Room:** L 131 / **Time:** 1:00 – 3:00 p.m.  
**Instructor:** Charlotte Gluck

**The Psychology of Retirement**  
*IR- 213*  
This course will address positive aspects of life in the older years, challenges at this stage, current activities, and plans for the future. Additionally, the professor will explore caregiver concerns, elder abuse, and what it means to age successfully. Current research in each of these areas will be presented.  
**Tuesdays:** October 1, 8, 15, 22  
**Room:** TBA / **Time:** 1:00-3:00 p.m.  
**Instructor:** Dr. Linda Lyons

**The 101 Most Influential People Who Never Lived**  
*IR- 436*  
When a fictional hero vanquishes a fictional villain, we feel better about the world around us. Why is that? Why do we cry when a fictional character dies a tragic death? These and many other questions will be considered when two of the authors of The 101 Most Influential People Who Never Lived (2006, Harper Collins; visit www.101influential.com) lead a discussion of influence, fiction and the real world.  
**Tuesdays:** October 8, 15, 22  
**Room:** TBA / **Time:** 3:15-4:45 p.m.  
**Instructors:** Dan Karlan and Jeremy Salter
Sing, Sing, Sing
IR-247
Join the Bergen Community College Senior Chorus. This program is open to all for pleasure and fun. We will sing popular music, old standards, and show tunes. The chorus will entertain at our end of the year events and more. No auditions necessary, just a desire to sing.
Tuesdays: October 15, 22, 29; November 12, 19, 26; December 3, 10, 17 (no class 11/5)
Room: L 131 / Time: 3:15-4:45 p.m.
Instructor: Barbara Heitmann

Northern Ireland: A brief history
IR-232
For most of the 20th Century, Northern Ireland was one of the world’s major “Trouble Spots.” This course will explore the beginnings of the political entity called Northern Ireland, from the push for Home Rule through the “Good Friday Agreement,” which brought a ceasefire and the recent acceptance of participatory government by Unionists and Nationalists. Knowledge of the history makes more understandable the difficulty in reaching enduring solutions and may shed light on the cause of the strife Northern Ireland has endured across a century.
Tuesdays: October 22, 29; November 5, 12
Room: TBA / Time: 1:00-3:00 p.m.
Instructor: Henry McNally

Enjoying Short Stories
IR-055
This course is a discussion of stories including old favorites as well as new recommendations from class members. Students may pick up copies of stories in Tech-115 one week before each class.
Tuesdays: October 22, 29; November 12, 19 (No class 11/5)
Room: TBA / Time: 3:15-5:00 p.m.
Instructor: Marsha Rosen

1 – 2 – 3 Crochet
IR-395
Join BCC math professor Sue Cohen for two hours of crocheting and conversation. Crochet basics and crochet projects will be introduced. Needle size, yarn types and pattern selection will be discussed. Beginners and advanced crocheters are welcome to share the fun and enjoyment of this relaxing hobby.
Tuesdays: November 5, 12, 19, 26; December 3, 10
Room: Tech 119 / Time: 2:00-4:00 p.m.
Instructor: Professor Susan Cohen, BCC Faculty
Contemporary Issues in Policing  
**IR-403**
This course identifies current issues and concerns pertaining to the police and the communities that they serve. The course analyzes police and community issues that include: the history and culture of policing, police recruitment, selection and training, minority police officers and women in policing, measures of police performance, citizen complaints and investigative outcomes, the police use of force, police vehicle pursuits and police liability, the hazards and stresses of police work, police authority, technology and policing, homeland security and domestic and international terrorism.  
**Tuesdays:** November 12, 19, 26; December 3  
**Room:** TBA  
**Time:** 3:15-5:00 p.m.  
**Instructor:** Professor Michael O’Donovan, BCC Faculty

The 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 often 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 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:** November 19  
**Room:** TBA  
**Time:** 1:00-3:00 p.m.  
**Instructor:** Henry McNally

WEDNESDAY

The Bible through Art  
**IR-481**
In the past, biblical stories were common knowledge in the western world. There are 1,300 allusions to the Bible in the works of Shakespeare alone. This course will concentrate on major works of art with different styles and periods from the early Renaissance to present time. We will read the biblical sources and ask “How can I relate what I see in this painting to the story from Bible?” We will also ask why these stories have endured. Bring a copy of the Bible to each class.  
**Wednesdays:** September 25; October 2, 9, 16  
**Room:** L131  
**Time:** 1:30-3:00 p.m.  
**Instructor:** Sandra Hancock Martin
American Health Care System: Brief history and current status  
IR-484
America invented the contemporary hospital, a successful model replicated world-wide. Yet at this time America's health care system, including the hospital, is regarded as the world's most costly but not the world's best. This course will provide an overview of the evolution of the American hospital and health care system from its beginnings until the present including its enormous success and current failures. The intent of the health reform law (the Patient Protection and Affordable Care Act) and its components will be presented. Handouts and bibliography will be provided.  
**Wednesdays:** September 25; October 2, 9  
**Room:** L131 / **Time:** 3:15-4:45 p.m.  
**Instructor:** Bob Schermer

Retirees Guide to Financial Fitness  
IR-393
After recent market down turns, the value of good advice is more obvious than ever. Learn about investment products which still provide lifetime income, how inflation can erode your retirement income, the safest way to participate in the stock market, IRA issues, the proper mix and types of bonds, stocks and alternatives, long-term care coverage, estate preservation and other issues. Also, proper alternatives to money markets making less than 0.5% through 2015; very low risk ways to make 2 ½% or more. This course is given by a Principal in the largest independent financial planning firm in the NY/NJ metropolitan area. He is a Certified Financial Planner with 23 years of experience, has an MBA in Finance and is a graduate of West Point.  
**Wednesdays:** October 2, 9, 23, 30 (no class 10/16)  
**Room:** TBA / **Time:** 1:30 to 3:00 p.m.  
**Instructor:** David Chepauskas, CFP

Human Body in Health and Disease  
IR-479
We will study some of the organ systems of the human body starting with the immune response. After an initial study of an organ system the class will discuss the attack of that system by bacteria, viruses and other pathogens. Autoimmune diseases will also be considered.  
**Wednesdays:** October 2, 9, 16, 23, 30  
**Room:** TBA / **Time:** 1:45-3:00 p.m.  
**Instructor:** Professor Marty Lowe, BCC Faculty

Volunteers needed to take class attendance
Is There a Case for God?

IR- 488

Has the concept of God become irrelevant? Has religion moved to the sidelines of society? Does contemporary science provide us with all that we need to know? These topics will be explored from multiple disciplines: scientific, linguistic, philosophical, psychological, social and theological. Please bring your own personal perspective. Good debate thrives on strong and diverse points of view.

**Wednesdays:** October 2, 9, 16, 23, 30; November 6
**Room:** TBA / **Time:** 1:00-2:30 p.m.
**Instructor:** Bob Falanga

Contemporary Issues in French

IR- 234

How do the French view what happens in the United States and in other parts of the world? What implications for France do the French draw from events and problems outside their borders? How do contemporary issues connect with the past? Discussions in French of such topics and readings from the French press review improve your vocabulary and oral skills. Many aids provided based upon articles in French periodicals. Classroom ambience is informal. Knowledge of basic French grammar and vocabulary is a prerequisite, but mastery is not. Mastery comes with practice, help and encouragement.

**Wednesdays:** October 2, 9, 16, 23, 30; November 6, 13
**Room:** TBA / **Time:** 3:15-4:45 p.m.
**Instructor:** Dr. Virginia Rauch

Pulitzer Prize Winning Contemporary Poets

IR- 439

Read the lyrical and accessible works of Mary Oliver, Stanley Kunitz, James Wright, Maxine Kumin and others. Examine how elements of poetry – speaker, structure, figurative language, word choice, repetition and theme – influence how we react to and understand these poems.

**Wednesdays:** October 9, 16, 23, 30; November 6, 13
**Room:** TBA / **Time:** 1:00-2:45 p.m.
**Instructor:** Dr. Laura Freedgood

Introduction to Genealogy

IR - 026

Learn about your family’s history using both computers and off-line resources. The first two classes will cover the basics of discovering your family history including where to start, how to make a research plan and what you can (and can’t) find online. The last two classes will give students access to computers which will allow hands-on exploration of free genealogy websites. This course is best suited to students who are comfortable with using a computer, as some of the classes will be held in a computer classroom.
This course is co-sponsored by the Genealogical Society of Bergen County. Students are invited to attend monthly Genealogical Society of Bergen County (GSBC) meetings.

**Wednesdays:** October 9, 16, 23, 30  
**Room:** TBA  
**Time:** 1:00-3:00 p.m.  
**Instructor:** Mary Beth Craven

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. Limited enrollment.

**Wednesdays:** October 9, 16, 23, 30  
**Room:** TBA  
**Time:** 3:15-5:15 p.m.  
**Instructor:** Sal Rotolo

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, levers, icons and terms in the camera’s menus will be demystified allowing you to use the camera’s features to take better pictures. Learn how to download images from your camera to your computer or to use a stand-alone picture 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 – please bring your camera and the camera manual to each class. Enrollment limited.

**Wednesdays:** October 30; November 6, 13, 20  
**Room:** TBA  
**Time:** 1:00-3:00 p.m.  
**Instructor:** Steve Fowls

Social Policy Issues  
**IR-427**  
This course will discuss the important and controversial topics of social security, immigration, taxation, and gender and ethnicity.

**Wednesdays:** November 6, 13, 20; December 4  
**Room:** L131  
**Time:** 1:45-3:00 p.m.  
**Instructor:** Dr. Donald Feldstein
THURSDAY

Plants and Birds
IR-501
During the September class we will learn the importance of native plants and how to best introduce them to the home landscape. November’s class will focus on the many species of birds that spend the winter here in Bergen County NJ.
Thursdays: September 26; November 21
Room: Tech 119 / Time: 2:30-3:30 p.m.
Instructor: Don Torino, Bergen County Audubon Society

A Whirlwind Tour of the Christian Bible
IR-482
Perhaps you have heard of the Garden of Eden and the Garden of Gethsemane, but what happened in between? What is in the 66 (or 73) books which make up the Christian Bible, and why are they important? We will take a whirlwind tour of the Bible, including an overview of its contents and a “zoom in” on some highlights.
Thursdays: September 26; October 3, 10, 17
Room: TBA / Time: 3:15-5:15 p.m.
Instructor: Professor Jennifer Lyden, BCC Faculty

Introduction to Basic Sculpture
IR-494
In this course, students will learn how to model various types of sculpture in clay or plastilene. Begin with a relief then learn to create a mature proportionately for three dimensional works. Join us as our renowned instructor leads you step by step in using modeling tools and techniques, working with sculpting materials, achieving various kind of texture on the surface and toward the creation of your own choice. A list of materials will be given on the first session depending on your individual project. The cost of materials is not included. Enrollment is very limited.
Thursdays: October 3, 10, 17, 24, 31; November 7
Room: TBA / Time: 12:00-2:30 p.m.
Instructor: Miklos Sebek
Sustainability in Film
IR- 406
What is sustainability? How does it relate to our life happiness? What can we do to be more sustainable minded? How does it affect our children and grandchildren's future? Why should we care?
Join us to view several films related to sustainability, with a lively and informative discussion to follow each film.
**Thursdays:** October 3, 10, 17, 24
**Room:** TBA
**Time:** 1:00-4:00 p.m.
**Instructor:** Sue Barbuto

World War II
IR- 480
This course will cover the causes, important events and results of the war. The course will emphasize the role of the allies in defeating the axis powers. Topics such as the contributions made by “the big three” political leaders, the dropping of the atomic bomb and war time conferences will be discussed.
**Thursdays:** October 3, 10, 17, 24, 31; November 7
**Room:** L131
**Time:** 3:15-4:45 p.m.
**Instructor:** Tom Destefano

Are Fairy Tales True?
IR- 333
What was Jack really doing up the beanstalk? Why did Briar Rose fall asleep for 100 years? Why is the Prince a frog? Children often ask the storyteller, “Is that a true story?” For fairy tales, the answer is “Yes!” We will consider traditional fairy tales and discuss their cultural significance. Some stories may be repeated from previous classes.
**Thursdays:** October 3, 10, 17, 24
**Room:** TBA
**Time:** 3:15-4:30 p.m.
**Instructor:** Jack McKeon

Hamlet by William Shakespeare
IR- 485
Sounds like a soap opera, yes? But no, it is the Bard’s most celebrated play, Hamlet. Forget what you think you know about the plot or Hamlet’s “problems” and find out why Hamlet is the most widely produced, discussed, analyzed and quoted play in the world. Explore the mind of the most complex character ever created, a young man with a well of conscience who struggles to maintain his moral integrity in a corrupt world. Bring a copy of the play to class.
**Thursdays:** October 10, 17, 24, 31; November 7, 14, 21
**Room:** L 131
**Time:** 1:15-3:00 p.m.
**Instructor:** Janet Chertkoff
The Bible as Literature: the books of Leviticus, Numbers and Deuteronomy

IR-443

In addition to being the basis of three major religions, the Bible is one of the great works of world literature. In this course we will read the books of Leviticus, Numbers, and Deuteronomy (part close reading and part lecture) with an emphasis on understanding and appreciating the text and the literary devices used. Bring a copy of the Jewish Bible or Christian Old Testament to each class.

**Thursdays:** October 10, 17, 24, 31; November 7, 14, 21

**Room:** TBA  
**Time:** 3:15-4:45 p.m.

**Instructor:** Dr. Marvin Chertkoff

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**Enjoying and Using Math**

IR-251

This course is a review and extension of previously studied math techniques and strategies. These four sessions are guaranteed to use and sharpen your thinking powers in an enjoyable way.

**Thursdays:** November 7, 14, 21; December 5

**Room:** TBA  
**Time:** 1:30-3:00 p.m.

**Instructor:** Professor Nelda Latham, BCC Faculty

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**Origins of Life**

IR-502

Learn the current theories regarding the origins of life on Earth.

**Thursday:** November 21

**Room:** L131  
**Time:** 3:15-5:15 p.m.

**Instructor:** Professor Judith Fitzpatrick, BCC Faculty

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**FRIDAY**

**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. 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.

**Fridays:** October 4, 11, 18, 25

**Room:** TBA  
**Time:** 2:00 p.m.-3:00 p.m.

**Instructor:** Richard Portugal, Fitness Senior Style, LLC
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 $14.00 additional fee made payable to AARP at first class.  
**Friday:** October 18  
**Room:** Tech 119 / **Time:** 10:00 a.m.-3:30 p.m.  
**Instructor:** Raymnd Orsi

Digital Cameras for the Technology Challenged  
**IR- 437-002**  
This course is for those who have purchased a digital camera but does not know how to use it. This is a hands-on course – please bring your camera and the camera manual to each class. Enrollment limited.  
**Fridays:** November 1, 8, 15, 22  
**Room:** TBA / **Time:** 1:30-3:00 p.m.  
**Instructor:** Ray Turkin

Exercise Your Way to Health  
**IR- 445-002**  
See Course Description at bottom of page 13  
**Fridays:** November 1, 8, 15, 22  
**Room:** TBA / **Time:** 2:00 p.m.-3:00 p.m.  
**Instructor:** Richard Portugal, Fitness Senior Style, LLC

**HOLIDAY SING ALONG**  
**DECEMBER 2013**  
Entertainment by Sing, Sing, Sing Chorus.  
Details available in October.

**SATURDAY**

ILR History Club  
**IR – 397**  
Everyone interested in American history is welcome and invited to the monthly meetings of the ILR History Club. Hear prepared talks and join in roundtable discussions and debates about important people and events in American history. In the recent past we have discussed America’s presidents, various native American tribes, the Civil War, World War II and the atomic bomb. Classes meet at the Ciarco Learning Center (CLC) in Hackensack.  
**Saturdays:** September 28; October 26; November 23; January 25; February 22  
**Room:** CLC 103 (Hackensack) / **Time:** 2:00- 4:00p.m.  
**Instructors:** Marty Alboum and Lois Erwin
Watercolor for Beginners*
IR-472
This is the most comprehensive watercolor course you will ever find. Ideally suited for beginners who have never held a brush, yet even the most experienced watercolorists attending this course will learn to see watercolor from a new perspective. Through a series of simple and easy-to-follow demonstrations and detailed verbal analysis, students will learn the way watercolors work in order to produce beautiful paintings. Please note: a list of necessary materials will be distributed and reviewed on the first day of class. The cost of materials is approximately $125-$140, and is not included in the tuition.
Saturdays: October 5, 12, 19, 26; November 2, 9
Room: TBA / Time: 12:30 a.m.-2:30 p.m.
Instructor: Thomas Valenti

Intermediate Watercolor*
IR-495
This course is designed for anyone with a reasonably good understanding of how to handle watercolor techniques. Discussions and demonstrations provide students with unlimited information regarding color mixing, creating atmospheric effects, tonal painting (light and dark), preserving white paper, creating special effects (using credit cards, razor blades, palette knife), wet into wet painting and much more. No drawing skills are required. A list of materials will be provided upon registration. The cost of materials is not included in tuition.
Saturdays: October 5, 12, 19, 26; November 2, 9
Room: TBA / Time: 10:00 a.m.-12:00 p.m.
Instructor: Thomas Valenti

Pet First Aid*
IR - 413
Your best friend depends upon you for love, affection and his/her well-being. In this class, you will learn the basics of first aid, how to handle an injured animal and the normal vital signs for cats and dogs. Students will practice the proper techniques for securing limbs and performing CPR on animal models. This class is a must for pet owners.
Saturday: October 12
Room: Vet Tech Bldg, Paramus / Time: 9:00 a.m.-12:00 p.m.
Instructor: Lisa Picht, LVT
The Joy of Computers: keyboard and mouse control  
**IR-486**  
Get to know your keyboard and mouse. Learn the skills needed for all programs while using a computer: selecting text, highlighting, copying, and simple formatting. Whether you use the internet, email, word processing and other software, these skills are important. Get rid of the fear of computers and learn how to have fun with them! Enrollment limited.  
**Saturdays:** October 19, 26  
**Room:** TBA / **Time:** 10:30 a.m.-12:00 p.m.  
**Instructor:** Sandy Jacobs

Shibori  
**IR-448**  
Learn this interesting historical Japanese textile art. You will make a unique silk scarf which will be created with your own personal expression of color and design. No experience required - $20 materials fee payable to instructor at the start of the class.  
**Saturday:** October 19  
**Room:** TBA / **Time:** 10:00 a.m.-12:30 p.m.  
**Instructor:** Karen Skoglund

Pet Care for Every Stage of Life  
**IR-412**  
In this workshop pet owners will learn the basics of grooming, including how to brush your pet’s teeth, safe nail and ear care, the importance of bathing and brushing, proper medication techniques, and more. Learn how to make the most of your relationship with your pet, from how to kitty/puppy-proof your house to the special nutritional and exercise needs of senior pets. This informative class will include hands-on practice using animal prototypes.  
**Saturday:** November 2  
**Room:** Vet Tech Bldg, Paramus / **Time:** 9:00 a.m.-12:00 p.m.  
**Instructor:** Lisa Picht, LVT

Introduction to Calligraphy  
**IR-473**  
Do you admire the fine art of calligraphy? Have you ever thought about learning it yourself? All it takes is a little time, patience and practice to begin producing results. Make something you're doing look special. Show off your new talent by addressing invitations, writing a special poem or vows for framing, or hand-lettering names on award certificates. The Chancery Cursive style of calligraphy will be taught. A $10 material fee is payable to the instructor at the first class.  
**Saturdays:** November 9, 16, 23  
**Room:** TBA / **Time:** 10:00 a.m.-12:00 p.m.  
**Instructor:** Robin Altman
Intermediate Calligraphy *
IR-474
This course is for those who have taken Introduction to Calligraphy or who want to refine their skills. We will continue to work with the Chancery Cursive style. Students will select an individual project to work on. A $10 material fee is payable to the instructor at the first class.

Saturdays: November 9, 16, 23
Room: TBA/ Time: 1:00 p.m.-3:00 p.m.
Instructor: Robin Altman

The Joy of Computers: web to word
IR-447
Learn to safely navigate websites on the internet. If time permits you will learn to copy information from the internet into a document for safe keeping or emailing. Prerequisite: a good understanding and control of the keyboard and mouse functions.

Saturdays: November 30; December 7, 14
Room: TBA / Time: 10:30 a.m.-12:00 p.m.
Instructor: Sandy Jacobs

•Please note: Many Saturday courses are offered in collaboration with the Division of Continuing Education (CE). This means that enrollment is very limited. Please keep in touch with the ILR office (201-447-7156) to be certain that you were able to secure a seat and to be certain that the course is running. CE reserves the right to cancel a course prior to the start date.

Travel Adventures

Travel is offered in collaboration with the Glen Rock Community School. Fees include transportation. ILR is not responsible for unforeseen circumstances including traffic delays or inclement weather. Please let us know if you have special needs. There are no refunds. Please call Glen Rock at (201) 389-5011, extension 3, for more detailed information. To register, please visit Tech-115. Seats are not guaranteed until you receive a confirmation call.

Broadway:

Wicked (IR 449) $105
Thursday, October 24
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. Bus departs the Glen Rock High School at 4:30 p.m. and returns immediately after the show. Rear Orchestra seats.
MOTOWN (IR 491)  $105  Tuesday, October 29
MOTOWN THE MUSICAL is the real story of the one-of-a-kind sound that hit the airwaves in 1959 and changed our culture forever. This exhilarating show charts Motown founder Berry Gordy's incredible journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Stevie Wonder, Smokey Robinson, Marvin Gaye and so many more. Depart Glen Rock High School at 4:30 p.m. (7 p.m. performance) and return immediately after the show. Mezz seats

PIPPIN (IR 492)  $105  Tuesday, November 12
The Tony Award-winning medieval pop musical fable by Stephen Schwartz and Roger O. Hirson has been given a circus-style revamp by Diane Paulus, and lights up the stage with gorgeous visuals and sumptuous tunes. This acclaimed musical has received an impressive ten 2013 Tony Award nominations including Best Revival of a Musical. Depart Glen Rock High School at 5:30 p.m. (8 p.m. performance) and return immediately after the show. Mezz/side seats

Day Trips:

Hoboken: Hip and Historic (IR 497)  $62  Thursday, September 12
We will visit Liberty State Park in Jersey City which boasts stunning views of New York and is the site of a 9/11 memorial. Lunch will be at one of the many restaurants in Hoboken (on your own, not included in fee). The last stop visit the Mitsuwa Marketplace in Edgewater, the largest Japanese market in the U.S, which, features many different specialty shops and restaurants that offer beautifully presented food, baked goods, and candies. Tour conducted by Dianne Golder of Bite of the Apple Tours. Bus departs the Glen Rock pool at 8:45 a.m. and returns at approximately 6:00 p.m.

Philadelphia Highlights (IR 498)  $95  Saturday, September 14
Spend the early part of the day on a bus tour led by one of Philadelphia's most entertaining and experienced guides who will show you famous sights connected to America's quest for freedom and independence, as well as modern day Philadelphia. Lunch will be at the Reading Terminal Market where you will find food from around the world. In the afternoon you will visit the Barnes Foundation. Tour conducted by Dianne Golder of Bite of the Apple Tours. Bus departs the Glen Rock high school at 7:30 a.m. and returns at approximately 7:30 p.m.
The Other Hamptons (IR 499) $79
Thursday, September 26
Explore two of the most fashionable resort towns on Long Island. Start the day in Sag Harbor, noted for its many lovely 19th century homes, antique shops, boutiques and specialty stores. The first stop is the Whaling Museum. Lunch is in one of the town’s many fine restaurants (on your own, not included in fee). Next, head to East Hamptons. To end the day, visit fashionable East Hampton. Tour conducted by Bite of the Apple Tours. Bus departs the Glen Rock pool at 7:15 a.m. and returns at approximately 7:30 p.m.

Polished Apple (IR 433) $89
Wednesday, October 30
Start our day at Gracie Mansion, home to most of New York City’s mayors, and learn the history of the mansion. Next enjoy lunch at Carmine’s on Broadway. Where we will enjoy a family style lunch: Appetizer, Pasta, Entrée and Dessert. The final stop will be the Museum of the City of New York. Depart the Glen Rock pool at 8:15 a.m. and returns 4:30 pm.

Peddler’s Village (IR 500) $52
Saturday, November 2
Apple goodies abound at this celebration of autumn in picturesque Peddler’s Village in Lahaska, PA. After browsing among the booths of over 70 exceptional craftspeople from all over the region, music, dancing, puppetry, sideshows, and even an apple-eating contest add to the festivities for this popular Fall weekend event. Bus departs the Glen Rock high school at 8:45 a.m., returns at approximately 6:00 p.m.

Culinary Institute Tour/ Lunch and Vassar College Art Museum (IR 418) $82
Tuesday, November 5
Visit the Culinary Institute of America for lunch and a tour. The CIA is located in Hyde Park, N.Y. on the Hudson River’s east bank. After arriving take a 45-minute tour of the culinary to see how the students learn hands on. Lunch is at the American Bounty Restaurant. Here we will enjoy a three course pre-selected meal (call our office for a detailed lunch menu). After having time to visit the bakery and gift shop we will depart for a short ride to Vassar College to visit their art museum. Depart the Glen Rock pool at 8 a.m. and return approximately 4:30 p.m.
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 A or B) WINGS: A, B, C, L, S

TEC - Technology Education Center
Bergen Community College
400 Paramus Rd. (Parking Lot B)
(Bldg. to the right of Main Bldg.)

E - Ender Hall
Bergen Community College
400 Paramus Road,
(Parking Lot E or F)

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

Campus Map
Fall 2013 Registration Form

I want to be a member of the ILR at Bergen Community College. Enclosed is my check for $200.00 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 program information on page 1.

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

| Name:_____________________________________________ | Address:_____________________________________________ |
| Town: _______________________________________________________________________________ | Zip Code: _______________ |
| Phone: _________________________________ | Cell: _________________________________ | Date of Birth: _________________ |
| Email: _ _____________________________________________________________________________________________________ |

### Course Number | Course Title
--- | ---
1 | IR-
2 | IR-
3 | IR-
4 | IR

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 $200.00 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 County Executive
Kathleen A. Donovan

Bergen County Board of Chosen Freeholders
David L. Ganz, Chairman
Joan Voss, Vice Chairwoman
Maura R. DeNicola
John A. Felice
John Mitchell
Steven Tanelli
Joan Voss
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Michael J. Neglia
Anthony Miller
Margarita Valdez, Alumni Representative

Bergen Community College
Dr. B. Kaye Walter, President

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.