

# ILR

LOIS E. MARSHALL INSTITUTE  
FOR LEARNING IN RETIREMENT

Spring  
2026

A photograph of two women laughing together. The woman on the left is older with white hair and glasses, wearing an apron. The woman on the right is younger with dark curly hair, wearing hoop earrings. They are both smiling broadly.

## LIFELONG LEARNING FOR ACTIVE ADULTS



*Engage your curiosity this spring with courses designed for enrichment, community, and personal growth.*

### NEW AND RETURNING FAVORITES

Art | History | Writing | Fitness | Music | Wellness |  
Technology | Literature | Current Events | Cultural Studies



**Bergen**  
COMMUNITY COLLEGE

Continuing Education  
and Workforce Development

## INSTITUTE FOR LEARNING IN RETIREMENT SPRING 2026

Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

Updated as of 1/15/26



## THE DIVISION OF CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT

## NOTE FROM PROGRAM STAFF

## Learn! Connect! Thrive!

Join us at the Institute for Learning in Retirement (ILR), a program in Continuing Education and Workforce Development at Bergen Community College. The ILR program is a diverse and welcoming community offering non-credit enrichment programming to students 55 and over.

Choose from an inspiring selection of courses facilitated by dedicated volunteer instructors, passionate about the content they share with you.

Courses are offered online as well as in-person at BCC's Paramus campus. Stay tuned for course offerings at our Philip Ciarco Jr. Learning Center in Hackensack.

Cinzia D'Iorio, Vice President

Jhonatan Garcia, Assistant Director of CEWD

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## CONTACT US

## Institute for Learning in Retirement

(201) 447-7156 | [ILR@bergen.edu](mailto:ILR@bergen.edu)

The Technology Building, TEC-115, Paramus Campus  
 400 Paramus Road, Paramus, NJ 07652

## Continuing Education and Workforce Development

(201) 447-7488

## Bergen Community College Main Campus Paramus

(201) 447-7100

## The Philip Ciarco Jr. Learning Center in Hackensack

(201) 489-1551

Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

## About the Institute for Learning in Retirement

The Institute for Learning in Retirement (ILR), is a program in Continuing Education and Workforce Development at Bergen Community College. It serves the intellectual and social needs of a vibrant community of lifelong learners. Our members have a thirst for learning. Membership is open to all persons, 55 years and older. Current members come from a wide range of experiences and backgrounds. There are no educational prerequisites, no exams, and no grades. Courses are taught by members and experts from the larger community who volunteer their time to share their knowledge and passions. Each semester's offerings cover a broad range of topics.

**One fee of \$150.00 per semester, entitles members to attend up to four (4) courses, plus bonus courses.**

**Sign up for the ILR Newsletter!**

**Email [ILR@bergen.edu](mailto:ILR@bergen.edu) or sign up on the ILR website at [ILR.Bergen.edu](http://ILR.Bergen.edu).**

### **Why You Should Join?**

- To become part of a community created specifically to meet the lifelong educational interests and needs of mature adults.
- To have social interaction with other ILR members during classes and other organizational activities.
- To enjoy classes and activities in a diverse and multi-generational college campus setting.
- To have access and borrowing privileges at Bergen Community College Sidney Silverman Library.
- To be able to use the Paramus campus Fitness Center.

### **Volunteer to Teach for the ILR!**

- Share your passion!
- Instructors receive a free membership during the semester they are teaching and can take 4 classes, plus bonus classes at no cost.
- Learn more! Visit [ILR.Bergen.edu/proposals](http://ILR.Bergen.edu/proposals) or email [ILR@Bergen.edu](mailto:ILR@Bergen.edu)



### **Benefits of Membership**

#### **BCC Campus Dining:** Pitkin Building

Cafeteria: Mon-Thurs 7:30 a.m.-3:00p.m.; Fri 7:30 a.m.-2:00 p.m. Bergen Brew: Mon-Thurs 7:30 - 8:00 p.m.; Fri 7:30 a.m.-3:00 p.m. Hours vary during holidays and breaks.

**Bergen Bistro:** The Bergen Bistro offers a student-run dining experience where students deliver high-quality food and dining service to all Bergen Community College stakeholders. Information on the Bergen Bistro will be sent to ILR students during the semester.

**Dental Hygiene Clinic:** This on-campus program is open to ILR members with a Student ID card. Call (201) 447-7180 for an appointment. There is a minimal charge for this service.

#### **Paramus Campus Fitness Center (S-128) and Pool:**

ILR members may use the facilities during scheduled freetime hours (which may vary throughout the year). Members should call the Bergen Community College's main number at (201) 447-7100 to confirm hours of operation. Fitness Center Schedule and Medical Release forms are available in the Office of Health Service room HS 100 Pitkin. You must complete a Medical Release form and return it to room HS 100 to receive a medical card before you can use the facilities. You must also present your Student ID card.

**Sidney Silverman Library:** ILR members have access and borrowing privileges at Bergen Community College Sidney Silverman Library by presenting their Student ID card at the desk.

**Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)**

## ILR Registration Information

**Registration for the Spring 2026 Semester: Wednesday, February 11th, 2026.**

**Semester Dates: Monday, March 2 through Friday, May 29, 2026**

*The ILR program offers a wide array of courses, of various lengths, with offerings both in-person and online. ILR courses start and end at various times during the semester. You do not have to be present for the entire semester to participate in the ILR.*

### 3 Ways to Register

**Online:** [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

**By Phone:** ILR: (201) 447-7156   Continuing Education: (201) 447-7488

**In-Person:** ILR Office | TEC-115 | The Technology Building | Paramus campus

**ENROLL:** Upon enrolling in courses, students purchase an ILR membership for the semester. Memberships may be purchased when registration opens. Registration will remain open during the semester as long as there is space available in the program.

**SCHEDULE CHANGES:** To make changes to your schedule after registering, contact the ILR staff at [ILR@Bergen.edu](mailto:ILR@Bergen.edu).

**RETURNING STUDENTS:** If you are a returning ILR student, and want to register online, use your current username (your email) and password to log in for Registration.

**PASSWORD RESET:** If you have forgotten your password, you will be able to reset it at the ILR registration portal when it is open. If you need assistance resetting your password or updating your contact information, please reach the ILR at [ilr@bergen.edu](mailto:ilr@bergen.edu).

**COST:** ILR Membership is \$150.00 for one semester and entitles you to register for and attend four (4) courses per semester plus additional Bonus Courses. The ILR program runs both a fall and spring semester. The ILR program accepts new members at any time during the semester but does not prorate fees. It is not possible to pay for individual courses. For tuition assistance please contact the BCC Foundation, [foundation.bergen.edu](http://foundation.bergen.edu).

**PAYMENT:** Payment is by credit card. Students may pay in-person, by phone, or online.

**REFUND POLICY:** The ILR does not issue refunds.

**Classes are offered online as well as on BCC's main campus in Paramus. Stay tuned for course offerings at our Philip Ciarco Jr. Learning Center in Hackensack.**

**Please make sure to double check your course locations before you register.**



## Tips for In-Person and Online Classes

### In-Person Classes

Before the start of their first class, the ILR will email students their classroom information and parking tips. The ILR website's "News and Media" page will have a downloadable list of classrooms at the start of the semester. A list of classrooms will also be posted outside Public Safety and the ILR office.

**Last Minute Classroom Changes:** Students will be notified of any changes to their classroom by email or by phone. The ILR phone recording at (201) 447-7156 will also have last-minute changes, and changes will be posted outside the ILR Office and Public Safety.

### Common Classroom Locations - Paramus

**A-104** is on the first floor near the Student Center area of the Pitkin Education Center. It is down a small hall near the restrooms across from the One-Stop Registration.

**L Classrooms:** Enter Pitkin via the South entrance by Public Safety. These classrooms are in the nearby hallways off the lobby area.

**TEC-201** and other TEC classrooms are in The Technology Building. Enter from either side of the building and take the stairs or elevator up to the second floor.

**S-343** is in the Pitkin Education Center Science (S) Wing.

- Use the South Entrance to Pitkin which faces the outdoor courtyard. You will see Public Safety on your right and elevators on your left.
- Take the elevators up to the third floor. Head right past the water fountain and restrooms through a doorway into a long hallway with a brownish orange floor.
- When the doors turn green you have entered the Science Wing. Walk a bit further and take your first left passing a bank of vending machines. S-343 is a few doors down on the left.

**S-138** is in the Pitkin Education Center

- Enter via the South Entrance. Walk down the short hall in front of Public Safety.
- At the end of the hall take a quick right and then a quick left through the double doors following the signs to the Lecture Halls.
- S-138 is the first lecture hall on the right.

### Online Classes

Online classes are through Webex. Before your first class you will receive a link to log on. This will be the same link for every class. Log into your class 10 minutes in advance to address any connection needs. In the event of technical difficulties during class, please check your email for updates.

### For assistance with Webex reach out to:

- HelpDesk Media Technology Department: (201) 879-7109, ext. 3.
- ILR: (201) 447-7156
- Continuing Education and Workforce Development: (201) 447-7488

### Minimum computing requirements for online classes:

- A reliable internet connection
- A laptop with a built-in webcam and microphone or a smartphone or table
- An internet browser (Google Chrome, or Mozilla Firefox)

To learn more visit: <https://bergen.edu/online/getting-started-with-online-courses>.

### Schedule Updates

During the semester, for schedule changes and room changes please visit the ILR website's News and Media page at [ilr.bergen.edu/news-and-media](http://ilr.bergen.edu/news-and-media). During the semester, course updates will also be posted at the front counter of Continuing Education and Workforce Development, TEC-115 as well as at Public Safety, L-154 in Pitkin. Copies of updated room assignments for courses will be available at the ILR office, TEC-115.



## General Information and Policies

### BCC Policies

For BCC General Information, Student Code of Contact and Sexual Harassment Policy, and Drug Free Workplace Act, please visit <https://bergen.edu/ce/general-information-and-policies>

### Paramus Campus

400 Paramus Road  
Paramus, NJ 07652  
(201) 447-7100

### The Philip Ciarco Jr. Learning Center In Hackensack

355 Main Street  
Hackensack, NJ 07601  
(201) 489-1551

### Paramus Campus Map

Visit this BCC webpage:  
<https://bergen.edu/about-us/locations/paramus>

### Public Transportation & Bergen Community College inter-campus Shuttle (BCC Shuttle)

NJ Transit: Buses run regularly to campus.  
Check [www.njtransit.com](http://www.njtransit.com) for schedules and to verify they stop on Campus

### NJ Transit's Access Link

Access Link is a public transportation service for people with disabilities who are unable to use the local fixed route bus for some or all of their rides. Upon request, the ILR staff can provide student schedules to Access Link on behalf of qualifying students. [www.njtransit.com/accesslinkqanda](http://www.njtransit.com/accesslinkqanda) (973)-491-4224; [ADAResv@njtransit.com](mailto:ADAResv@njtransit.com)

### Parking - Paramus

Parking is free. Park in the Student Parking Lot B. ILR members do not need a parking pass, but if you would like one, reach out to the ILR. The Technology Building is closer to Lot B's G-9 area. The Pitkin Education Center is closer to Lot B's G-1 area. For information on parking or handicap parking please reach out to Public Safety.

### Parking - Hackensack

Parking is free. There is a parking lot behind the building. No parking pass is required.

### BCC Temporary Handicap Parking Pass

Contact the Office of Health Services  
Pitkin Educational Center, (1st Floor) Room HS-100  
(201) 447-9257 or [healthservices@bergen.edu](mailto:healthservices@bergen.edu)

### Emergency Closings

In the event that the College will be closed or have a delayed opening, official notification is available from the following service:

### BCC Emergency Notification System

Register at [bergen.sendwordnow.com/HomePage.aspx](http://bergen.sendwordnow.com/HomePage.aspx)

BCC website: <https://bergen.edu>

- Call the College's main telephone number (201) 447-7100
- Log on to [www.1010wins.com](http://www.1010wins.com) to sign up for email notifications of college closings.
- Listen to radio stations: WCBS/880, WOR/710, 1010 Wins, WVNJ 1160.
- Watch News 12 NJ TV Cablevision

### Student ID Card

Student ID cards are not required to attend ILR classes. All members who do not have a student ID Card and would like to receive one need to obtain a Student ID Number from the ILR, then stop by the Public Safety Department located in the Pitkin Building, first floor, room L-154. Student ID cards for ILR members cannot be applied for online. They must be done in person at Public Safety Department.

### Public Safety in Paramus

For emergency wheelchair assistance contact Public Safety. (201) 447-9200; or [publicsafety@bergen.edu](mailto:publicsafety@bergen.edu). Located in the Pitkin Education Center L-154

### Public Safety in Hackensack

(201) 301-9700

### Questions, Concerns, Complaints

If you have any questions, concerns or complaints, please reach out to the ILR Program office at [ILR@bergen.edu](mailto:ILR@bergen.edu), (201) 447-7156 or drop by Tec-115 in the Technology Building.

## How to Access Wi-Fi on Campus

*Please note, Wi-Fi is not required for any ILR courses.*

Wi-Fi at Bergen Community College is available to ILR members. To access Wi-Fi, you will need your Bergen username and password. Information Technology Services sends an email to new ILR members with their Bergen username and instructions for setting up the password. If you are unable to find the email, please contact the IT Help Desk for assistance. They can be reached at (201) 879-7109 or [helpdesk@bergen.edu](mailto:helpdesk@bergen.edu). You can also visit the IT Help Desk on the 2nd Floor of the Pitkin Education Center in the Sidney Silverman Library. The Help Desk is open during the Fall and Spring semesters from 8:00 am to 7:00 pm, Monday through Friday. The Help Desk is closed on Fridays in the summer.

### Follow these steps to connect to the Wi-Fi at Bergen.

1. Go into settings and connect to Bergen-Wifi.
2. Your browser should automatically open to the Bergen-Wifi login page.
3. If your browser doesn't open to the login page, go directly to [www.bergen.edu](http://www.bergen.edu). You must enter "www" so it goes to an unsecure page and triggers the login.
4. When prompted to login, enter your Bergen username and password.

**Your Bergen username is everything before the @ symbol in your Bergen email address. For example, if your Bergen email is [jsmith123@me.bergen.edu](mailto:jsmith123@me.bergen.edu), your Bergen Username is jsmith123.**

This is an example of the email students receive with instructions on how to set up their Bergen Community College account. If you are not able to locate this email please reach out to the Help Desk at [helpdesk@bergen.edu](mailto:helpdesk@bergen.edu) or (201) 879-7109.

Dear (Name),

Your Bergen Community College account information and setup steps are displayed below. Please wait approximately 1 hour from the time of receiving this email to ensure your account is fully created.

Your student ID number is: (7 digit ID number starting with 0) Your username is: [username@me.bergen.edu](mailto:username@me.bergen.edu)

[Click here to set up your account password.](#) (A verification email will be sent to your personal email address.)

Log into our portal with your new password by [visiting my.bergen.edu](#)

If you need assistance with your password or logging in please contact our IT Help Desk at [helpdesk@bergen.edu](mailto:helpdesk@bergen.edu).

-Bergen Community College

## ILR Photography/Video Policy for Members

NOTICE: While on the grounds of any Bergen Community College location, you may be photographed or videotaped. Your presence at the college will serve as a voluntary grant to Bergen of the right to photograph your image and to own, license, assign and/or use the same (and/or any portion thereof) forever and throughout the world in any manner and/media including, without limitation, in programming and the advertisement and promotion thereof.

You will not receive any payment for such use and waive any right to bring any action in law or equity against the college and its past, present, and future officers, agents, representatives, employees, successors and assigns for such use.

If you do not agree to the above terms and do not wish to be photographed/taped, please remove yourself from areas where photography/videotaping are taking place.

**Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)**

# EVENTS

AND ACTIVITIES  
AROUND CAMPUS

## Athletics

Attend and enjoy sporting events on campus. For the athletics schedules, visit [bergen.edu/athletics/](http://bergen.edu/athletics/).

## Bergen Bistro

The Bergen Bistro offers a student-run dining experience where students deliver high-quality food and dining service to all Bergen Community College stakeholders. Information on the Bergen Bistro will be sent to ILR students during the semester.

## Bergen for Business

Bergen for Business offers employee training and development programs. It also provides co-working space for entrepreneurs and free access to trained student business consultants. For more information, email [bergenforbusiness@bergen.edu](mailto:bergenforbusiness@bergen.edu).

## Gallery Bergen

Gallery Bergen, located on the third floor of West Hall on the main campus, offers visual art exhibitions and performances to the community. Learn more at [gallery.bergen.edu/about/](http://gallery.bergen.edu/about/)

## Kids and Teens

Spread the word to family and friends! All year round, Bergen Community College offers a wide array of learning opportunities, including summer program, for students from grades 1 to 12. Learn more at [ce.bergen.edu/k12](http://ce.bergen.edu/k12).

## Literary Art Series

The Literary Arts Series is a project designed to encourage intercultural understanding and literacy in the classroom and broader community.

Learn more at

[bergen.edu/community/literary-arts-series/](http://bergen.edu/community/literary-arts-series/)

**Theaters at Bergen** - To see season performances and to purchase tickets, visit [tickets.bergen.edu](http://tickets.bergen.edu).

Student Theater: Enjoy mainstage productions and more by Bergenstages, the student theatre troupe at Bergen Community College.

Community Theater: The Anna Maria Ciccone Theatre seats 300 and rivals any off-Broadway theatre in New York.

**The Bergen Institute for the Creative Arts at Bergen Community College**

**The Bergenstages 2025-2026 Season**

# Journey through Adventurous Tales

- **Unnecessary Farce** by Paul Slade Smith
- **Murder on the Nile** by Agatha Christie
- **The Drawer Boy** by Michael Healey
- **Hair** Book, Music and Lyrics by James Rado and Gerome Ragni
- **The Director's Lab**

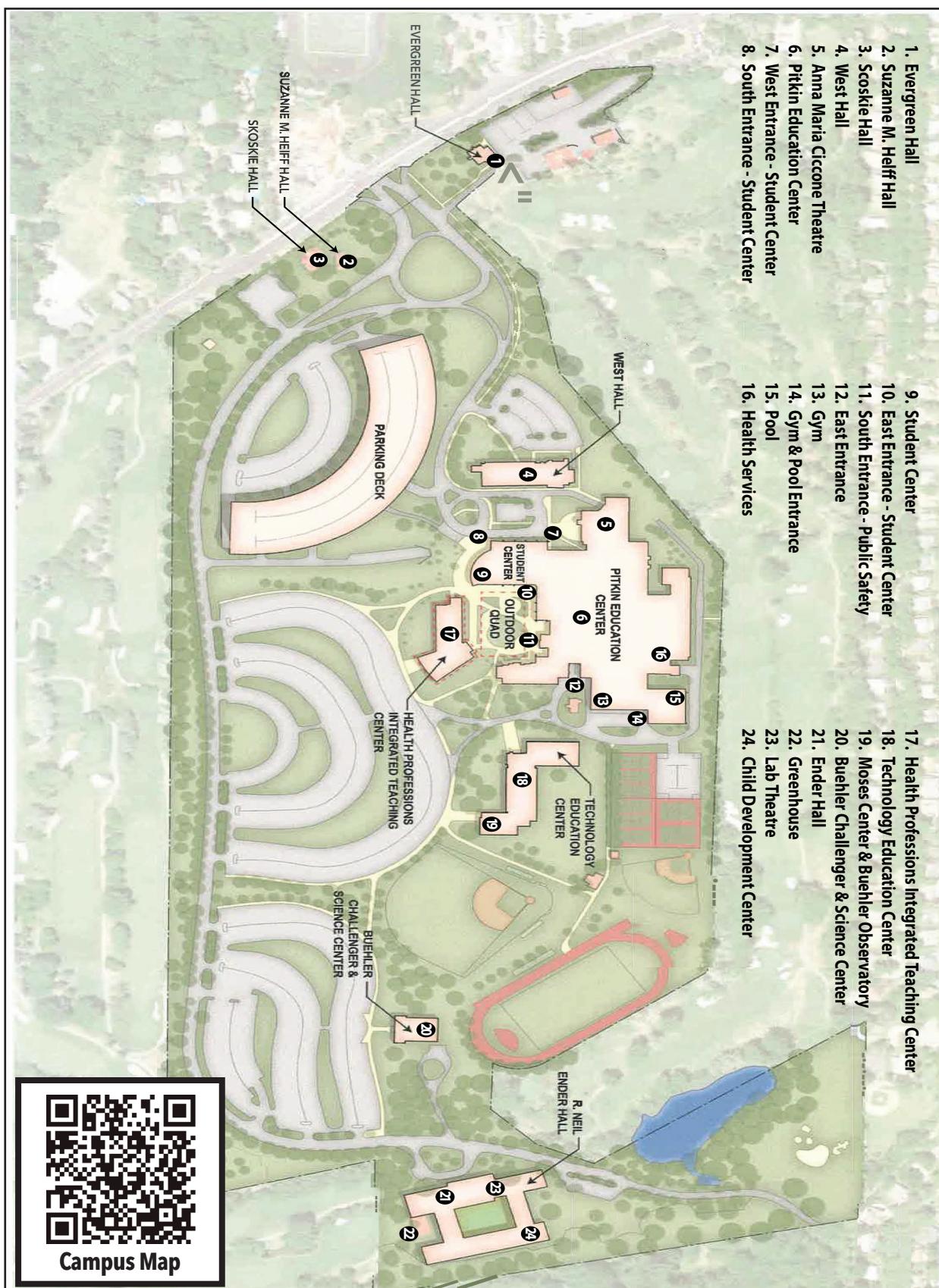


To purchase, call the Ticket Box Office at (201) 447-7428 or visit [tickets.bergen.edu](http://tickets.bergen.edu).



Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

## Paramus Campus Map



Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)



Give Today.  
Change Tomorrow



Donate online at  
**bergen.edu/donate**  
or scan QR code.



Enroll Today! Visit [ilr.bergen.edu/courses](http://ilr.bergen.edu/courses)

## Listing of ILR Courses for Spring 2026 in Paramus and Online

For updates including room assignments visit: [ILR.Bergen.edu/news-and-media](http://ILR.Bergen.edu/news-and-media)

### ALL PRIMARY COURSES

#### **IR-085: WWII: Non-Military History, Part III**

Instructor: James Devine

#### **IR-162: WWII: Non-Military History, Part II**

Instructor: James Devine

#### **IR-167: Memoir Writing and Gratitude**

Instructor: Shelley Reich

#### **IR-195: Trademarks, Marketing and Popular Culture**

Instructor: Kevin Sheehy

#### **IR-237: Fun with Physics**

Instructor: Robert Barkovitz

#### **IR-247: ILR Choir! Sing! Sing! Sing!**

Instructor: Barbara Heitmann

#### **IR-251: Yoga for the Brain - Basic Mathematics for Adults**

Instructor: Saeed Manii

#### **IR-307: A Literary Look at the American Revolution, Part 1**

Instructor: Emily Ginder

#### **IR-328: Documentaries: Women Who Made a Difference**

Instructor: Emily Ginder

**NEW COURSE**

#### **IR-339: The Great Depression**

Instructor: Janet DiNardo-White

**NEW COURSE**

#### **IR-348: Garden Design with an Eye on History and Art**

Instructor: Arnie Friedman

**NEW COURSE and NEW INSTRUCTOR**

#### **IR-353: The Truth of How Money Works**

Instructor: Theresa Yarosh

**NEW COURSE**

#### **IR-393: Financial Fitness in Retirement**

Instructor: David Chepauskas and James Maimone, CFP/RICP

#### **IR-437: Introduction to Digital Photography**

Instructor: Ray Turkin

#### **IR-520: Peak Performance & Sports IQ - Part I & II**

Instructor: Paul Wiener

**NEW COURSE and NEW INSTRUCTOR**

#### **IR-538: The Effects of Background Music on Performance of Tasks, Routines, and Life in General**

Instructor: Jon Cavallerano

**NEW COURSE**

#### **IR-559: Introduction to Mobility Clubs**

Instructor: Jon Leslie

**NEW COURSE and NEW INSTRUCTOR**

#### **IR-630: Mahjong**

Instructor: Linda Cohen

#### **IR-640: The Discovery Series**

Instructor: Mario Medici

#### **IR-646: Legal Issues Concerning the Elderly and Their Caregivers**

Instructor: Robert Romano

#### **IR-647: Living Your Best Life**

Instructor: Adrian Allotey

NEW COURSE and NEW INSTRUCTOR

#### **IR-882: Neurology 202**

Instructor: Judith Lustig

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

Instructor: Angela Goldman

#### **IR-711: Korean Language and Culture 1**

Instructor: Hyun Kim

#### **IR-711: Korean Language and Culture 2**

Instructor: Hyun Kim

**NEW COURSE**

#### **IR-737: Mindfulness - One of the Fruits of Meditation**

Instructor: Joanne O'Neill

#### **IR-786: American Revolution 250 - Part 1**

Instructor: Thomas DeStefano

#### **IR-797: American Culture - 1950s and 1960s - 4 B's: Barbie, Bandstand, Bossa Nova, and Baseball**

Instructor: Rick Feingold

**NEW COURSE**

#### **IR-808: Baseball Oddities and Ironies**

Instructor: Dan Schlossberg

#### **IR-852: Early 20th Century America**

Instructor: Carol LaFond

#### **IR-889: Controversies and Confrontations: The Complicated History of Coffee**

Instructor: Elliot Schoenberg

**NEW COURSE**

#### **IR-900: AI in the Real World: Skills for Modern Living**

Instructor: Curtis Springstead

**NEW COURSE**

#### **IR-912: Yoga Mix**

Instructor: Carol Raff

#### **IR-928 So You Want to be a Pilot and Own an Airplane - Part II - Flying Safety**

Instructor: Albert Pucciarelli

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## **Listing of ILR Courses for Spring 2026 in Paramus and Online Cont'd**

**For updates including room assignments visit: [ILR.Bergen.edu/news-and-media](http://ILR.Bergen.edu/news-and-media)**

### **IR-948: U.S. Space Program History**

Instructor: Joe Lennox

### **IR-957: Current Events**

Instructor: Herman Lindenbaum

### **PRIMARY COURSES**

#### **IR-995 Acting Workshop**

Instructor: Glen Vincent

### **ILR BONUS COURSES**

#### **IR-088 AARP Smart Driver**

Instructor: JoAnn Mitchell

#### **IR-315: Literary Celebration, Part 3: Discussing Agatha Christie**

Instructor: Emily Ginder

#### **IR-330: 1950s Quiz Show Scandals**

Instructor: Rick Feingold

**NEW COURSE**

#### **IR-455 Press Coverage for your Volunteer/Non-Profit/Second Act**

Andrea Pass

### **IR-508: Options Decoded: A Beginner's Guide to the Derivatives Market**

Instructor: Rajive Bansal

**NEW COURSE and NEW INSTRUCTOR**

### **IR-512: Robotics & Autonomous Systems: The Next Trillion-Dollar Frontier**

Instructor: Rajive Bansal

**NEW COURSE and NEW INSTRUCTOR**

### **IR-543: Navigating the AI Era: Beyond Google Search to Generative Intelligence**

Instructor: Rajive Bansal

**NEW COURSE and NEW INSTRUCTOR**

### **IR-556: TRUTH, BE TOLD! A fun legacy workshop.**

Instructor: Donna Atkins

### **IR-888: The Art of the LP: Iconic Album Covers & Their Creators**

Instructor: Fern Dickey

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

Instructor: Wendy Sabin

## Week-at-a-Glance IN-PERSON Courses (Page 1 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IR-640 The Discovery Series</b> 3/2, 3/9 (Spring Break - Closed), 3/16, 3/23 10:00 - 11:30 a.m. <i>Mario Medici</i>	<b>IR-195 Trademarks, Marketing and Popular Culture</b> 3/10, 3/17, 3/24 10:00 - 11:00 a.m. <i>Kevin Sheehy</i>	<b>IR-328 Documentaries: Women Who Made a Difference</b> 4/29, 5/6, 5/13, 5/20 10:00 a.m. - 12:00 p.m. <i>Emily Ginder</i>	<b>IR-162 WWII: Non-Military History, Part II</b> 3/12, 3/19, 3/26, 4/2, 4/9, 4/16 10:00 - 12:30 a.m. <i>James Devine</i>	<b>IR-167 Memoir Writing and Gratitude</b> 2/27, 3/6, 3/13 (Spring Break - Closed), 3/20, 3/27, 4/3 (Good Friday - Closed), 4/10, 4/17, 4/24 11:00 a.m. - 12:30 p.m. <i>Shelley Reich</i>
<b>IR-709 Energize &amp; Thrive: 5 Building Blocks for a Longer Healthspan</b> 4/13, 4/20, 4/27, 5/4, 5/11, 5/18 10:00 - 11:15 a.m. <i>Angela Goldman</i>	<b>IR-247 ILR Choir! Sing! Sing! Sing!</b> 3/10, 3/17, 3/24, 3/31, 4/7 (No Class), 4/14, 4/21, 4/28, 5/5, 5/12, 5/19 3:00 - 4:30 p.m. <i>Barbara Heitmann</i>	<b>IR-348 Garden Design with an Eye on History and Art</b> 4/15, 4/22, 4/29 10:00 - 12:00 p.m. <i>Arnie Friedman</i>	<b>IR-085 WWII: Non-Military History, Part III</b> 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 10:00 - 12:30 a.m. <i>James Devine</i>	<b>IR-307 A Literary Look at the American Revolution, Part 1</b> 4/10, 4/17, 4/24, 5/1, 5/8 12:30 - 2:00 p.m. <i>Emily Ginder</i>
<b>IR-711 Korean Language and Culture 1</b> 3/2, 3/9 (Spring Break - Closed), 3/16, 3/23, 3/30, 4/6 (Passover - Closed), 4/13, 4/20 10:45 - 11:45 a.m. <i>Hyun Kim</i>	<b>IR-251 Yoga for the Brain - Basic Mathematics for Adults</b> 3/3, 3/10 (Spring Break - Closed), 3/17, 3/24, 3/31 10:30 - 11:30 a.m. <i>Saeed Manii</i>	<b>IR-538 The Effects of Background Music on Performance of Tasks, Routines, and Life in General</b> 2/25, 3/4, 3/11 (Spring Break - Closed), 3/18, 3/25, 4/1 (Passover - Closed), 4/8 (Passover - Closed), 4/15 1:00 - 2:00 p.m. <i>Jon Cavallerano</i>	<b>IR-237 Fun with Physics</b> 4/16, 4/23, 4/30, 5/7 1:00 - 2:00 p.m. <i>Robert Barkovitz</i>	<b>IR-339 The Great Depression</b> 4/10, 4/17, 4/24, 5/1, 5/8 10:30 a.m. - 12:00 p.m. <i>Janet DiNardo-White</i>
<b>IR-711 Korean Language and Culture 2</b> 3/2, 3/9 (Spring Break - Closed), 3/16, 3/23, 3/30, 4/6 (Passover - Closed), 4/13, 4/20 12:00 - 1:00 p.m. <i>Hyun Kim</i>	<b>IR-437 Introduction to Digital Photography</b> 2/17, 2/24, 3/3, 3/10 (Spring Break - Closed), 3/17 1:30 - 3:30 p.m. <i>Ray Turkin</i>	<b>IR-559 Introduction to Mobility Clubs</b> 4/15, 4/22, 4/29, 5/6, 5/13, 5/20 12:00 - 1:00 p.m. <i>Jon Leslie</i>	<b>IR-353 The Truth of How Money Works</b> 4/16, 4/23, 4/30, 5/7, 5/14 2:00 - 4:00 p.m. <i>Theresa Yarosh</i>	<b>IR-520 Peak Performance &amp; Sports IQ - Part I &amp; II</b> 3/6, 3/13 (Spring Break - Closed), 3/20, 3/27, 4/3 (Good Friday - Closed), 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29 10:00 - 11:30 a.m. <i>Paul Wiener</i>

## PARAMUS CAMPUS

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## Week-at-a-Glance IN-PERSON Courses (Page 2 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>IR-797 American Culture - 1950s and 1960s - 4 B's: Barbie, Bandstand, Bossa Nova, and Baseball</b> 3/2, 3/9 (Spring Break - Closed), 3/16, 3/23, 3/30 1:00 - 2:30 p.m. <i>Rick Feingold</i>	<b>IR-852 Early 20th Century America</b> 2/17, 2/24, 3/3, 3/10 (Spring Break - Closed), 3/17 10:00 - 11:30 a.m. <i>Carol LaFond</i>	<b>IR-646 Legal Issues Concerning the Elderly and Their Caregivers</b> 2/25, 3/4, 3/11 (Spring Break - Closed), 3/18 2:15 - 3:45 p.m. <i>Robert Romano</i>	<b>IR-393 Financial Fitness in Retirement</b> 4/16, 4/23, 4/30, 5/7 1:00 - 2:00 p.m. <i>David Chepauskas &amp; James Maimone</i>	<b>IR-630 Mahjong</b> 4/10, 4/17, 4/24, 5/1 12:30 - 2:00 p.m. <i>Linda Cohen</i>
<b>IR-889 Controversies and Confrontations: The Complicated History of Coffee</b> 3/2, 3/9 (Spring Break - Closed), 3/16, 3/23, 3/30 11:00 a.m. - 12:00 p.m. <i>Elliot Schoenberg</i>	<b>IR-912 Yoga Mix</b> 3/3, 3/10 (Spring Break - Closed), 3/17, 3/24, 3/31, 4/7 12:00 - 12:45 p.m. <i>Carol Raff</i>	<b>IR-882 Neurology 202</b> 2/18, 2/25, 3/4 3/11 (Spring Break - Closed), 3/19, 3/26, 4/2 (Passover - Closed), 4/9 (Passover - Closed), 4/16, 4/23, 4/30 2:15 - 3:45 p.m. <i>Judith Lustig</i>	<b>IR-737 Mindfulness - One of the Fruits of Meditation</b> 3/5, 3/12 (Spring Break - Closed), 3/19, 3/26, 4/2 (Passover - Closed), 4/9 (Passover - Closed), 4/16, 4/23, 4/30 10:30 a.m. - 12:00 p.m. <i>Joanne O'Neill</i>	<b>IR-647 Living Your Best Life</b> 4/10, 4/24, 5/8, 5/15 10:00 - 11:30 a.m. <i>Adrian Allotey</i>
<b>IR-948 U.S. Space Program History</b> 4/13, 4/20, 4/27, 5/4, 5/11 10:00 a.m. - 12:00 p.m. <i>Joe Lennox</i>	<b>IR-928 So You Want to be a Pilot and Own an Airplane - Part II - Flying Safety</b> 5/5, 5/12, 5/19 3:00 - 4:00 p.m. <i>Albert Pucciarelli</i>	<b>IR-900 AI in the Real World: Skills for Modern Living</b> 3/4, 3/11 (Spring Break - Closed), 3/18, 3/25, 4/1 (Passover - Closed), 4/8 (Passover - Closed), 4/15, 4/22, 4/29 11:00 a.m. - 12:00 p.m. <i>Curtis Springstead</i>	<b>IR-786 American Revolution 250 - Part 1</b> 5/14, 5/21, 5/28, 6/4 1:00 - 2:15 p.m. <i>Thomas DeStefano</i>	<b>BONUS</b> <b>IR-888 The Art of the LP: Iconic Album Covers &amp; Their Creators (BONUS)</b> 3/27 12:00 - 1:15 p.m. <i>Fern Dickey</i>
<b>IR-995 Acting Workshop</b> 4/13, 4/20, 4/27, 5/4, 5/11 12:00 - 2:00 p.m. <i>Instructor: Glen Vincent</i>	<b>IR-957 Current Events</b> 3/3, 3/10 (Spring Break - Closed), 3/17, 3/24, 3/31, 4/7 (Passover - Closed), 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26 1:00 - 2:00 p.m. <i>Herman Lindenbaum</i>	<b>BONUS</b> <b>IR-315 Literary Celebration, Part 3: Discussing Agatha Christie (BONUS)</b> 3/18 12:30 - 2:00 p.m. <i>Emily Ginder</i>	<b>IR-808 Baseball Oddities and Ironies</b> 4/16, 4/23, 4/30, 5/7 1:00 - 2:00 p.m. <i>Dan Schlossberg</i>	
<b>PARAMUS CAMPUS</b> Courses organized loosely by start date and time.				

## Week-at-a-Glance IN-PERSON Courses (Page 3 of 3)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BONUS</b> <b>IR-330: 1950s Quiz Show Scandals</b> 4/6 1:00 – 2:30 p.m. <i>Rick Feingold</i>	<b>BONUS</b> <b>IR-455 Press Coverage for your Volunteer/Non-Profit/Second Act</b> 3/31 10:00 – 11:30 a.m. <i>Andrea Pass</i>	<b>BONUS</b> <b>IR-556 TRUTH, BE TOLD! A Fun Legacy Workshop (BONUS)</b> 5/06 12:30 – 2:30 p.m. <i>Donna Atkins</i>	<b>BONUS</b> <b>IR-088 AARP Smart Driver</b> 3/26 10:00 a.m. – 4:30 p.m. <i>JoAnn Mitchell</i>	
<b>BONUS</b> <b>IR-990 How to Plan for Aging in Place in the Home</b> 4/13 10:00 a.m. - 12:00 p.m. <i>Wendy Sabin</i>	<b>BONUS</b> <b>IR-508: Options Decoded: A Beginner's Guide to the Derivatives Market</b> 3/24 10:00 – 11:00 a.m. <i>Rajive Bansal</i>	<b>BONUS</b> <b>IR-888 The Art of the LP: Iconic Album Covers &amp; Their Creators (BONUS)</b> 3/25 12:00 – 1:15 p.m. <i>Fern Dickey</i>	<b>BONUS</b> <b>IR-543: Navigating the AI Era: Beyond Google Search to Generative Intelligence</b> 5/7 10:00 – 11:00 a.m. <i>Rajive Bansal</i>	
	<b>BONUS</b> <b>IR-512: Robotics &amp; Autonomous Systems: The Next Trillion-Dollar Frontier</b> 4/14 10:00 – 11:00 a.m. <i>Rajive Bansal</i>			
<b>PARAMUS CAMPUS</b> Courses organized loosely by start date and time.				

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## MONDAY Course Offerings

### IR-640 The Discovery Series

March 2 - From Rebellion to Independence: The Story of America's Revolution On July 4, 2026, America will celebrate 250 years of independence. "With a single sheet of parchment and 56 signatures, America began the greatest political journey in human history." This Powerpoint program is a historical and chronological account of the American Revolution and major events from the earliest days up to America's independence from Great Britain. The program will include references to period artwork by artists of the time, video scenes and audio segments depicting key events and individuals. You will be inspired by the stories of the brave men and women who risked everything for a desperate bid for "freedom." March 9 - No Class (Spring Break) March 16 - Boston: The Freedom Trail Walk the 2.5-mile Freedom Trail with this lecturer from the comfort of your own chair. Discover historically significant sites – each one an authentic treasure. Museums and meetinghouses, churches, and burying grounds, among other interesting sites and attractions will be explored. Learn about the brave people who shaped our nation. Discover the rich history of the American Revolution, as it began in Boston, where every step tells a story. All photos (except historical) were taken by the lecturer and amateur photographer, while researching this topic in Boston. March 16 - Ellis Island - Island of Tears, Island of Joy 'Ellis Island, often referred to as: the "Island of Hope" and "Island of Tears." Follow the immigrants as they passed through Ellis Island between 1894 and 1924. Relive some of our immigrants' experiences, and stories, along with their fears and disappointments. Lecture will include a

## Course Descriptions

virtual visit to the Ellis Island Immigrant Hospital and Contagious Hospital (not open to the general public.) The lecture concludes with a short history of the Statue of Liberty, both past and present, in addition to a photo visit to the new Statue of Liberty Museum.

**Mondays: 3/2, 3/9 - Spring Break (Closed), 3/16, 3/23**

**10:00 - 11:30 a.m.**

**In-Person - Paramus Campus**

**Instructor: Mario Medici**

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

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

**In-person: 4/13, 4/20, 4/27, 5/4, 5/11, 5/18**

**10:00 - 11:15 a.m.**

**Paramus Campus**

**Instructor: Angela Goldman**

### IR-711 Korean Language and Culture 1

Korean Language & Culture 1 is designed for learners with little to no prior knowledge of Korean. This introductory course provides a welcoming foundation in speaking, listening, reading, and writing, with a special emphasis on everyday communication. Students will learn basic Korean sentence structures, essential vocabulary, and correct pronunciation while gaining an

introduction to Korean cultural practices, customs, and traditions. Through guided activities and cultural discussions, participants will develop the skills to handle simple real-life situations and communicate on familiar topics. All are welcome—both brand-new learners and students returning for review.

**Mondays: 3/2, 3/9 - Spring Break (Closed), 3/16, 3/23, 3/30, 4/6 - Passover (Closed), 4/13, 4/20**

**10:45 - 11:45 a.m.**

**In-Person - Paramus Campus**

**Instructor: Hyun Kim**

### IR-711 Korean Language and Culture 2

Korean Language & Culture 2 is a continuation of Korean Language & Culture 1 and is ideal for students who have completed the beginner course or who possess basic familiarity with the Korean alphabet (Hangul) and simple conversational expressions. This course strengthens foundational skills through expanded vocabulary, more complex sentence patterns, and additional practice in speaking, listening, reading, and writing. Cultural exploration is woven throughout, offering insights into Korean daily life, customs, and contemporary traditions. While the pace remains friendly and accessible, content progresses beyond the introductory level to help students grow confidence and fluency. All participants should expect a supportive, engaging environment that builds on core beginner competencies.

**Mondays: 3/2, 3/9 - Spring Break (Closed), 3/16, 3/23, 3/30, 4/6 - Passover (Closed), 4/13, 4/20**

**12:00 - 1:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Hyun Kim**

## MON Course Offerings cont'd

### **IR-797 American Culture - 1950s and 1960s - 4 B's: Barbie, Bandstand, Bossa Nova, and Baseball**

Learn how Jewish-American Ruth Handler invented the Barbie doll and how the world's most loved doll came to be. Chubby Checker will change how teenagers dance when he introduces The Twist on American Bandstand. Next, the Bossa nova which originated in Rio de Janeiro will invade the United States and win the Grammy Award for Best Single in 1965 over the Beatles. Finally, we end the decade of the 1960s as we watch the Miracle Mets win the World Series.

**Mondays: 3/2, 3/9 - Spring Break (Closed), 3/16, 3/23, 3/30**

**1:00 - 2:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: Rick Feingold**

### **IR-889 Controversies and Confrontations: The Complicated History of Coffee**

Globally, 2.25 billion cups of coffee are consumed daily. By volume the US consumes the most coffee in the world. Finland consumes the most coffee per capita. 63-73 % of Americans drink coffee, averaging 3 cups a day. The coffee market is vast, with a global market revenue of around \$485.59 billion in 2025, and the industry has a significant economic impact, creating millions of jobs. For many of us a great day starts with a good cup of coffee. This four part course will do a deep dive into the complicated history of coffee and coffee houses and take a peek at contemporary ethical concerns. In the first class, we will examine coffee and how it interacts with colonialism, slavery and the destruction of indigenous culture. The second class will study the growth and

## Course Descriptions

impact of coffee cafes on Western Civilization and learn why coffee houses were banned in the Ottoman Empire, Iran, England, France and Italy. You will learn how best to order coffee in a coffee cafe. The third class will be a lesson on the waves of coffee - how coffee consumption has evolved over the last 100 years. Many say we are now on the fourth wave where concern is focused on ethical sourcing and social responsibility. You will learn how to buy coffee in the most ethical way possible. In the final class we will look at coffee in our contemporary times from pop culture to tariffs to artificial intelligence. Of course, we will examine closely the interaction between coffee and the environment.

**Mondays: 3/2, 3/9 - Spring Break (Closed), 3/16, 3/23, 3/30**

**11:00 a.m. - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Elliot Schoenberg**

### **IR-948 U.S. Space Program History**

Week 1. Apollo 12 - Off In A Flash To Survey The Moon

Week 2 Columbia - Nine Minutes From Home

Week 3. Women In The Space Program - They Have Come A Long Way

Week 4. Apollo Soyuz Test Project - When Adversaries and Enemies Became Partners and Friends

Week 5. Gemini 6/7 - The Spirit of 7/6 Endures The First Meeting In Space

**Mondays: 4/13, 4/20, 4/27, 5/4 and 5/11**

**10:00 a.m. - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Joe Lennox**

### **IR-995 Acting Workshop**

Discover the fundamentals of acting through a fun, creative, and low-pressure approach. This introductory class focuses on simple, truthful behavior exercises designed to sharpen your listening and observation skills. You'll gain experience with basic script analysis and character work without the stress of homework or outside pressure.

**Mondays: 4/13, 4/20, 4/27, 5/4 and 5/11**

**12:00 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Glen Vincent**

Bonus - Monday Course Descriptions

### **IR-330: 1950s Quiz Show Scandals**

In 1956, the game show Twenty-One premiered and was played honestly but ended as a "dismal failure" when the contestants could not answer the questions correctly. As a result Twenty-One became rigged with players being given answers to questions in advance. When dominant long-running winner Herbert Stempel was ordered to lose he answered a key question incorrectly. Afterwards Stempel blew the whistle on the scam. Congressional hearings followed. Features the original Twenty-One episode of Stempel vs. Van Doren.

**Monday: 4/6**

**1:00 - 2:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: Rick Feingold**

## MON Course Offerings cont'd

Bonus - Monday Course Descriptions  
cont'd

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

Join Wendy Sabin of Sabin Eldercare Solutions and learn important tips on how to best plan for aging in place in your home including everything from home safety solutions to how to find and hire home health aides, to finances. We will also review Medicare rights and Medicare services. Whether you are interested in learning more about aging in place for yourself or for a loved one or are a caregiver, this interactive workshop will familiarize you with the steps involved in creating a plan for aging in place as well as the different types of professionals who can offer assistance. There will be a question-and-answer period at the end of the class. Maria Andrew, CDP, Director of Communications of Life Home Care will be a guest speaker. If you would like to bring a guest to this course who is not an ILR member, please reach out to the ILR at ILR@Bergen.edu.

**Monday: 4/13**

**10:00 a.m. - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Wendy Sabin**

## TUES Course Offerings

**IR-195 Trademarks, Marketing and Popular Culture**

Review the concept of intellectual property and federal trademark law, including filing processes and practical considerations. Review infringement and other trademark protection and dispute areas. Review the history and evolution of trademarks. Review marketing and competitive selling considerations relating to trademarks. Review the interaction of trademarks, branding and popular culture.

**Tuesdays: 3/10, 3/17, 3/24**

**10:00 - 11:00 a.m.**

**In-Person - Paramus Campus**

**Instructor: Kevin Sheehy**

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

This class is open to all for pleasure and fun. We will sing popular music, old standards, and show tunes. No auditions necessary, just a desire to sing.

Membership in singing groups, rehearsals, and engagements outside of the classroom are at the discretion of the instructor, independent of the class.

Participation in this choir is open for free to all BCC faculty, staff, and students of all ages. BCC community members who are not part of the ILR program can reach out to ILR@bergen.edu to join the choir.

**Tuesdays: 3/10, 3/17, 3/24, 3/31, 4/7**

**(No Class), 4/14, 4/21, 4/28, 5/5,**

**5/12, 5/19**

**10:00 - 11:30 a.m.**

**In-Person - Paramus Campus**

**Instructor: Barbara Heitmann**

**IR-251 Yoga for the Brain - Basic Mathematics for Adults**

Unwind and energize your mind. This course is designed to treat mathematics not as an academic subject but as a way to stimulate and exercise your brain (just like regular Yoga for the rest of your body). Through engaging arithmetic exercises, problem-solving puzzles, and real-life scenarios like navigating crossroads or solving riddles, you'll discover the joy of using math to enhance your mental clarity and focus. Just as yoga strengthens and relaxes the body, this course helps build a flexible, agile, and resilient mind. Perfect for adults of all backgrounds, no prior math experience is necessary—only a willingness to have fun and give your brain a workout.

**Tuesdays: 3/3, 3/10 - Spring Break (Closed), 3/17, 3/24, 3/31**

**10:30 - 11:30 a.m.**

**In-Person - Paramus Campus**

**Instructor: Saeed Manii**

**IR-437 Introduction to Digital Photography**

This is a beginner's course for those who have a basic knowledge of the fundamentals of digital camera operation. You'll learn the concepts of exposure, depth of field, lighting, and composition to improve your photographs, including pictures of family and friends. You'll also learn how to download, organize, and get your images printed. If all this sounds complicated, don't worry, we'll keep it simple. Please bring your camera with lens, fully charged battery, memory cards, and user's manual to class. Enrollment is limited.

**Tuesdays: 2/17, 2/24, 3/3, 3/9 -**

**Spring Break (Closed), 3/17**

**1:30 - 3:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: Ray Turkin**

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**TUES Course Offerings cont'd****IR-852 Early 20th Century America**

This course will explore Life in the USA in the early 20th Century on a human scale. You'll be surprised at how the more things change, the more they remain the same. Students from previous semesters are encouraged to attend as new topics will be covered each semester. This semester we'll explore: Citizen Scientists, Unsolved Mysteries, Hoaxes and The Serum Run

**Tuesdays: 2/17, 2/24, 3/3, 3/10 - Spring Break (Closed), 3/17**

**10:00 - 11:30 a.m.**

**In-Person - Paramus Campus**

**Instructor: Carol LaFond**

**IR-912 Yoga Mix**

Beginner and experienced yogis welcome. Connect one's mind and body through poses that create strength, flexibility and balance. Let's have fun while being fit. Students should bring a matt and wear comfortable clothes. Students will be barefoot during class, but will need to wear sneakers into the gym.

**Tuesdays: 3/3, 3/10 - Spring Break (Closed), 3/17, 3/24, 3/31, 4/7**

**12:00 - 12:45 p.m.**

**In-Person - Paramus Campus**

**Instructor: Carol Raff**

**Course Descriptions****IR-928 So You Want to be a Pilot and Own an Airplane - Part II - Flying Safety**

Learn about the world of aviation, including pilot training and qualifications, airplane ownership, maintenance and operation and the airspace in which we fly. This course is designed to answer your questions about aviation, whether you simply fly to get somewhere or want to be a pilot and aircraft owner. Hear from a variety of pilots - a Piper pilot, an airline pilot and a Navy pilot with carrier landings. This course is designed to increase your knowledge of and appreciation for flight. This course will include an optional visit to a local airport to look into the cockpit of an airplane and to witness airport operations.

**Tuesdays: 5/5, 5/12, 5/19**

**3:00 - 4:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Albert Pucciarelli**

**IR-957 Current Events**

Enjoy a weekly discussion of current events led by instructor Herman Lindenbaum with participation from the audience. Topics covered will include science, health care, domestic and international political events, and other subjects of interest to the participants. Lindenbaum will research subjects in advance of class using a variety of sources. Breaking news stories will also be discussed.

**Tuesdays: 3/3, 3/10 - Spring Break (Closed), 3/17, 3/24, 3/31, 4/7 - Passover (Closed), 4/14, 4/21, 4/28, 5/5, 5/12, 5/19, 5/26**

**1:00 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Herman Lindenbaum**

Bonus - Tuesday Course Descriptions

**IR-455 Press Coverage for your Volunteer/Non-Profit/Second Act**

How can you secure press coverage for your volunteer organization or second act? While Public Relations is oftentimes the most misunderstood of the marketing elements, there are easy ways to secure media coverage to increase awareness and drive sales/attendance. Learn the benefits of media relations and receive media training tips to effectively participate in broadcast, podcast, print and online interviews. Learn the Who, What, Where, When, Why and How --- the basis for successful press outreach.

**Tuesday: 3/31**

**10:00 - 11:30 a.m.**

**In-Person - Paramus Campus**

**Instructor: Andrea Pass**

**IR-508: Options Decoded: A Beginner's Guide to the Derivatives Market**

To Demystify what is option trading and various different strategies. Will cover subjects such as Futures Contracts and Options on Future Contracts. Strategies covered include low- risk to high-risk strategies. Low risk strategies such as Covered calls and Cash secured Puts. Other strategies covered will be Call Spread, Put Spread, Iron condors and Iron Flies. Please note this is not for the sophisticated investor but for individuals who are genuinely curious in the basic functioning of the secondary derivative market for stocks.

**Tuesday: 3/24**

**10:00 - 11:00 a.m.**

**In-Person - Paramus Campus**

**Instructor: Rajive Bansal**

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## TUES Course Offerings cont'd

**IR-512: Robotics & Autonomous Systems: The Next Trillion-Dollar Frontier**

To review the advances in the Trillion dollar industry that some people say will be bigger than AI. To look at advances at Amazon and Tesla + Optimus from Tesla. Plus advances in the Chinese market. Core parts of a robot—sensors, actuators, and the controller—and how they work together. Medical & surgical robotics. Warehouse & logistics robotics. Look at Humanoids / legged robots & general-purpose platforms. Drones, defense & autonomous systems. Autonomous vehicles & delivery robotics

**Tuesday: 4/14**

**10:00 - 11:00 a.m.**

**In-Person - Paramus Campus**

**Instructor: Rajive Bansal**

## WEDNESDAY Course Offerings

**IR-328 Documentaries: Women Who Made a Difference**

Many women have played a vital part in changing the course of history. However, their achievements are overlooked and/or lost because they were women. We will look at four women who changed history and see how they are ignored in our history books. Dorothea Lange: Grab a Hunk of Lightning; Rachel Carson's Silent Spring; Dolores Huerta: Rebel, Activist, Feminist, Mother; Be Natural: The Untold Story of Alice Guy-Blache

**Wednesdays: 4/29, 5/6, 5/13, 5/20**

**10:00 a.m. - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Emily Ginder**

## Course Descriptions

**IR-348 Garden Design with an Eye on History and Art**

This course is a look at why public and private gardens are structured as they are and how an avid gardener can create their own pleasing and functional landscape. It will explore gardens from prehistory to the present and connect the historic, cultural, artistic and environmental factors that affect the aesthetics of landscape design. The instructor will propose a method of creating personal gardens much as a painter would paint a landscape. It is suggested that students visit one or both historic gardens in the NY area in preparation for their discussion: Untermyer Garden, Yonkers, NY and NY Chinese Scholars Garden, Staten Island, NY.

**Wednesdays: 4/15, 4/22, 4/29**

**10:00 - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Arnie Friedman**

**IR-538 The Effects of Background Music on Performance of Tasks, Routines, and Life in General**

This course links Music and Psychology. Together we will explore the use of all kinds of Music in everyday life, as a facility to enhance production and motivation in Industry, to better Education and Learning, and improve Health – physical and emotional. It will include an examination and interpretation of the research and results, review of the literature and data, consider opinions including those of the students, and apply the relevance of all these factors to the past, present and future of human performance, healing, and life in general.

**Wednesdays: 2/25, 3/4, 3/11 -**

**Spring Break (Closed), 3/18, 3/25, 4/1**

**- Passover (Closed),**

**4/8 - Passover (Closed), 4/15**

**1:00 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Jon J. Cavallerano**

**IR-559 Introduction to Mobility Clubs**

Too much time at desks and on our phones has made movement stiff and restricted – but your body was built to move well, move freely, and move often. The 6-Week Mobility Club Program is designed to counter these daily stressors by re-introducing natural, functional movement back into your routine. This progressive program integrates breathwork, bodyweight warm-ups, stick-mobility drills, and club-swinging techniques to restore and enhance full-body mobility. Unlike static gym equipment, Mobility Clubs enable dynamic, circular movement patterns that develop strength, stability, and coordination through a complete range of motion. Over the course of six weeks, students will: Strengthen tendons, ligaments, and connective tissue; Improve grip strength, core engagement, and postural awareness; Enhance balance, coordination, and joint stability; Increase shoulder, spine, and hip mobility through fluid, low-impact movements; Build confidence by learning accessible, easy-to-master patterns. All exercises are fully guided, low-impact, and easy to follow, and no prior fitness experience is required. The clubs are adjustable, allowing each participant to work at a comfortable pace and weight. Movements are taught step by step, with modifications available for every mobility level. Students will quickly notice improved freedom of movement, better body control, and increased resilience in everyday activities. Discover what your body is capable of when it is encouraged to move the way it was designed to. Move better, feel better.

**Wednesdays: 4/15, 4/22, 4/29, 5/6,**

**5/13, 5/20**

**12:00 - 1:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Jon Leslie**

**WED Course Offerings cont'd****IR-646 Legal Issues Concerning the Elderly and Their Caregivers**

How to protect assets in the event of nursing home care, including Medicaid planning and planning for admission to the Veterans Home. The importance and use of Powers of Attorney, Advanced Directives (Medical Powers of Attorney and Living Wills), whether to purchase long term health care insurance as well as a discussion of estate planning using Wills and Trusts, and a clear explanation of the rules concerning gifts and probate process. All will be presented in a clear, concise "nuts and bolts" fashion.

**Wednesdays: 2/25, 3/4, 3/11 - Spring Break (Closed), 3/18 2:15 - 3:45 p.m.**

**In-Person - Paramus Campus**

**Instructor: Robert Romano, Jr. Esq.**

**IR-882 Neurology 202**

Topics to be discussed will be: Head Trauma, Seizures, Back Pain and Parkinson's Disease. No prior medical knowledge needed.

**Wednesdays: 2/18, 2/25, 3/4 3/11 (Spring Break - Closed), 3/18 2:15 - 3:45 p.m.**

**In-Person - Paramus Campus**

**Instructor: Judith Lustig**

**IR-900 AI in the Real World: Skills for Modern Living**

This lecture series introduces older adults to the fast-growing world of artificial intelligence in a simple, practical, and approachable way. Each session explains where AI shows up in daily life, how these tools work, and what to know about using them safely and confidently. Intro to AI - Learn the basics of artificial intelligence, how it's used today, its limitations, and how it may shape the future. Everyday Uses of AI - Explore how AI appears in

**Course Descriptions**

common tasks, from voice assistants to healthcare and customer service. AI All Around - Discover where AI tools are built into everyday platforms like search engines and video calls, along with key privacy tips. Intro to Chatting with AI - Get started with ChatGPT or Gemini by learning how to write clear prompts and use these tools effectively and safely. AI & Disinformation - Understand how AI creates deepfakes and misleading content, and learn strategies for spotting and avoiding misinformation. Is That AI? - Learn simple tips and tools for recognizing AI-generated text and images, plus how major tech companies are developing detection systems.

**Wednesdays: 3/4, 3/11 - Spring Break (Closed), 3/18, 3/25, 4/1 - Passover (Closed), 4/8 - Passover (Closed), 4/15, 4/22, 4/29**

**11:00 a.m. - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Curtis Springstead**

Bonus - Wednesday Course Descriptions

**IR-315 Literary Celebration, Part 3: Discussing Agatha Christie (BONUS)**

We have three Agatha Christie anniversaries in 2026. She died 50 years ago, but her books live on. 2026 will also celebrate the 100th year publication of The Murder of Roger Ackroyd as well as the mysterious 11-day disappearance of Agatha Christie. Please read "The Murder of Roger Ackroyd" for the class, as we explore why the book was controversial and her disappearance so puzzling.

**Wednesday: 3/18**

**12:30 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Emily Ginder**

**IR-556 TRUTH, BE TOLD! A Fun Legacy Workshop (BONUS)**

Join in an upbeat, interactive, laughter-filled retrospective isolating the info your survivors will need when the "inevitable time" comes. Remove the responsibility from them during their time of grieving, confusion and loss. Help them accurately memorialize your life. Leave this class with a (free) workbook filled with your accurate rendering of seminal events and cherished memories, emphasizing the connections you have had with loved ones and helping them to remember your legacy.

**Wednesday: 5/06**

**12:30 - 2:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: Donna Atkins**

**IR-888 The Art of the LP: Iconic Album Covers & Their Creators (BONUS)**

This one-hour session goes behind the music to explore the most unforgettable album covers from the 1960s to today. We will examine the impact of these iconic images and shine a spotlight on the artists, photographers, and designers who transformed a cardboard sleeve into a timeless work of art. Learn the visual stories behind the sound.

**Wednesday: 3/25**

**12:00 - 1:15 p.m.**

**In-Person - Paramus Campus**

**Instructor: Fern Dickey**

## Course Descriptions

### THURSDAY Course Offerings

#### **IR-085 WWII: Non-Military History, Part III**

Immediately following the conclusion of Part II, Week VI, the course will move *Into the Abyss* with the turbulent late 1930s: reemergence of (Nazi) Germany as a threat to world peace; Japan's continued aggression on the East Asian continent; formation of the Axis Powers and FDR's quiet quest to bring the U.S. out of isolation and into an alliance with the Western European powers. The Rhineland Crisis, Munich, Lend Lease, Nazi plans to starve Britain into submission/North Atlantic convoying and secret U.S.-British joint war planning are among the topics to be covered.

**Thursdays: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28**

**10:00 a.m. - 12:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: James Devine**

#### **IR-162 WWII: Non-Military History, Part II**

Following up on last semester's course covering 1920s international geopolitics and economic impacts arising from the Paris Peace Conference and Treaty of Versailles, Part II, *The Gathering Storm*, will be a series of six two-hour lectures on the rise of totalitarianism; the decay of the Western European democracies and the gradual shift from bored isolation to growing alarm in the FDR Administration. The emergence of Hitler and Naziism; the unmasking of the toothless League of Nations; and Italian aggression in North Africa will be intertwined with the relentless Japanese drive for its "Greater East Asia Co-Prosperity Sphere" will be among the topics covered.

**Thursdays: 3/12, 3/19, 3/26, 4/2, 4/9, 4/16**

**10:00 a.m. - 12:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: James Devine**

#### **IR-237 Fun with Physics**

This course will cover several fascinating physics topics often accompanied by demonstrations. Some will include: "the use of light and how YOU/ME can fly, Stephen Hawking's error in A Brief History of Time and a simple quantum physics phenomenon, let's make electricity right now, satellites orbiting the Earth do not need their engines running, and more.

**Thursdays: 4/16, 4/23, 4/30, 5/7  
1:00 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Robert Barkovitz**

#### **IR-353 The Truth of How Money Works**

This course offers a comprehensive overview of the following: "The Truth of How Money Works," "Medicare 101," "Savvy Social Security Planning," "The Impact of Healthcare Costs in Retirement," and "How Tax Planning Changes Through Four Stages of Retirement". This course will place particular emphasis on the impact of Medicare-related healthcare costs, including Social Security Claiming strategies once an individual or couple enters retirement. Bring your questions.

**Thursdays: 4/16, 4/23, 4/30, 5/7, 5/14**

**2:00 - 4:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Theresa Yarosh**

#### **IR-393 Financial Fitness in Retirement**

The course is taught by two financial planners with deep experience in retirement planning and money management. Session 1: "Key Risks of Retirement" - inflation, longevity, asset allocation, excess withdrawals, and other major factors that impact financial security. Session 2: "Maximizing Income Streams" - pensions, annuities, Social Security, and strategies for creating sustainable

retirement income. Session 3: "Investing" - asset allocation, investment vehicles, portfolio structure, and more. Session 4: "Comprehensive Financial Planning" - long-term care, withdrawal strategies, Roth options, and additional tools for building a secure retirement plan.

**Thursdays: 4/16, 4/23, 4/30, 5/7  
1:00 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: David Chepauskas and James Maimone**

#### **IR-737 Mindfulness - One of the Fruits of Meditation**

Meditation is the practice of training your mind to focus on one thing at a time, and to be fully present in the moment. People who meditate report learning to quiet the constant chatter of their minds and experience more calm and serenity. While some forms of meditation have roots in Hinduism, Buddhism, and Christianity, meditation is not an inherently spiritual or religious practice. Instead, people who meditate aim to tune into themselves to experience inner quiet and cultivate a state of peaceful contemplation.

Meditation is a highly researched, evidence-based tool that can foster increased well-being - mentally, physically, cognitively, and emotionally. Some benefits include: quieting the mind and being more present; improve memory, attention and focus, reduce stress.

**Thursdays: 3/5, 3/12 - Spring Break (Closed), 3/19, 3/26, 4/2 - Passover (Closed), 4/9 - Passover (Closed), 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 5/28**

**10:30 a.m. - 12:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Joanne O'Neill**

## THURS Course Offerings cont'd

**IR-786 American Revolution 250 -****Part 1**

The American Revolution was revolutionary as it replaced monarchical colonial rule with self-government. The American Republic is governed by a written constitution which limits government power and protects fundamental rights. Class topics include: American Revolution, Declaration of Independence, and founders Benjamin Franklin and George Washington.

**Thursdays: 5/14, 5/21, 5/28, 6/4**

**1:00 - 2:15 p.m.**

**In-Person - Paramus Campus**

**Instructor: Thomas DeStefano**

**IR-808 Baseball Oddities and Ironies**

Asked for his one-word description of baseball, former pitcher Joaquin Andujar famously replied, "Youneverknow." During 30 spring training games, a 162-game regular season schedule, and a post-season tournament that often involves four more series, multiple oddities and ironies occur every day. Players traded for themselves, home runs that don't count, rules violations, and a myriad of mistakes and blunders -- many of them memorable and even more of them humorous. Instructor Dan Schlossberg includes these often in his 43 books, including the 500-page 2025 volume 'The New Baseball Bible: Notes, Nuggets, Lists, and Legends From Our National Pastime.' The former AP sportswriter, now a national baseball writer for forbes.com, has covered All-Star Games, World Series, the winter meetings, spring training, and countless other baseball games and events during his 57-year career. A baseball purist, he follows no other sport. But he knows everything you wanted to know about baseball but was afraid to ask. His credits include

## Course Descriptions

collaborations with Ron Bloomberg, Al Clark, and Milo Hamilton plus Hank Aaron biographies written 50 years apart. Play ball!

**Thursdays: 4/16, 4/23, 4/30, 5/7**

**1:00 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Dan Schlossberg**

Bonus - Thursday Course Descriptions

**IR-088 AARP Smart Driver**

The 6-hour Smart Driver course is the nation's first and largest refresher course designed specifically for drivers 50 and older. For over 40 years the course has taught millions of driver's safety strategies so they can continue driving safely as long as possible. Students should bring snacks and/or bag lunch. COST: \$20 for AARP Members and \$25 for non-AARP members. Attendees pay the instructor directly at the time for the class, by check made out to AARP or CASH. Checks are preferred. CREDIT CARDS ARE NOT ACCEPTED.

**Thursday: 3/26**

**10:00 a.m. - 4:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: JoAnn Mitchell**

**IR-543: Navigating the AI Era: Beyond Google Search to Generative Intelligence**

Artificial Intelligence. Exactly what is AI? How far along are we? What is LLM? What is AGI? Why have AI stocks been responsible for over 45pct the gain in the S&P 500 by market capitalization. What is generative AI? What is singularity (when AI becomes more intelligent than human). How does ChatGPT work? What is the difference between Prompt command and Google search? Google Gemini. Facebook Meta. Siri and Alexa. What companies are the current leaders in the US. What Chinese companies are doing. Other topics covered will be Anthropic. GROK, Perplexity

**Thursday: 5/7**

**10:00 - 11:00 a.m.**

**In-Person - Paramus Campus**

**Instructor: Rajive Bansal**

## FRIDAY Course Offerings

**IR-167 Memoir Writing and Gratitude**

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

**Fridays: 2/27, 3/6, 3/13 (Spring Break - Closed), 3/20, 3/27, 4/3 (Good Friday - Closed), 4/10, 4/17, 4/24**

**11:00 a.m. - 12:30 p.m.**

**In-Person - Paramus Campus**

**Instructor: Shelley Reich**

**IR-307 A Literary Look at the American Revolution, Part 1**

It is a great time to review the circumstances leading up to the American Revolution as well as the first few years of the conflict. We will read four young adult books that will help us understand the hardships for the children as the war progresses. The course concentrates on the events in the colonies of New England, New York and New Jersey. This class will be a combination of a history lesson and a book discussion.

**Fridays: 4/10, 4/17, 4/24, 5/1, 5/8**

**12:30 - 2:00 p.m.**

**In-Person - Paramus Campus**

**Instructor: Emily Ginder**

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**FRIDAY Course Offerings cont'd****IR-339 The Great Depression**

The new United States experienced its first serious economic downturn in 1796. There will be others in the future, most lasting just a few years. The Great Depression was different. This course will explore the causes and consequences of this world-wide economic downturn. It will put our democracy in peril. It will change the relationship between Americans and the federal government. Two presidents – Herbert Hoover and Franklin Roosevelt – will spend twelve years trying to bring prosperity back to the country.

**Fridays: 4/10, 4/17, 4/24, 5/1, 5/8  
10:30 a.m - 12:00 p.m.**

**In-Person - Paramus Campus  
Instructor: Janet Dinardo-White**

**IR-520 Peak Performance & Sports****IQ – Part I & II**

Game Mental Performance Coach Dr. Paul Wiener discusses how to improve your sport mentally. The course is for adults who play tennis, golf, a musical instrument, theater or are parents with children playing sports, or want to coach. The course will cover such topics as anxiety, confidence building, fear of failing, team and individual sports, how to deal with adversity, expectations, and the confidence killers.

**Fridays: 3/6, 3/13 - Spring Break (Closed), 3/20, 3/27, 4/3 - Good Friday (Closed), 4/10, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22, 5/29**

**10:00 - 11:30 a.m.**

**In-Person - Paramus Campus  
Instructor: Paul Wiener**

**Course Descriptions****IR-630 Mahjong**

Learn to play Mahjong in 4 easy lessons. This is a game of both skill and luck. All you need is a Mahjong card. Call the Mahjong League 212-246-3052 for the 2026 card.

**Fridays: 4/10, 4/17, 4/24, 5/1  
12:30 - 2:00 p.m.**

**In-Person - Paramus Campus  
Instructor: Linda Cohen**

**IR-647 Living Your Best Life**

Living Your Best Life is an uplifting and transformative class designed to help aging adults reconnect with who they are, who they have been, and who they are becoming. Through guided reflection, meaningful conversation, and practical tools, participants explore the experiences, interests, relationships, and beliefs that have shaped them throughout their lives. With compassionate support, the class encourages individuals to honor their stories, rekindle forgotten passions, and identify the emotional, mental, and spiritual needs that bring purpose, joy, and balance into everyday living. Participants learn to recognize and minimize common stressors of aging while enhancing their overall well-being with clarity and confidence. In this warm and engaging experience, learners also examine the deeper elements of family dynamics, legacy, communication, and personal decision-making. Together, we explore how family roles, lifelong patterns, and unspoken expectations influence daily life and develop strategies to create greater harmony and understanding. The class fosters empowered communication, intentional planning, and thoughtful self-advocacy, including gentle guidance around expressing emotional, spiritual, and transitional life wishes. By the end, participants walk away with renewed purpose, actionable life-enhancing steps, and a meaningful sense of how to show

up fully in their own lives. Living Your Best Life offers a compassionate space to grow, reflect, and rediscover what it truly means to thrive at every stage of aging.

**Fridays: 4/10, 4/24, 5/8, 5/15**

**10:00 - 11:30 a.m.**

**In-Person - Paramus Campus**

**Instructor: Adrian Allotey**

**Bonus - Friday Course Offerings**

**Bonus - Friday Course Offerings****IR-888 The Art of the LP: Iconic Album Covers & Their Creators (BONUS)**

This one-hour session goes behind the music to explore the most unforgettable album covers from the 1960s to today. We will examine the impact of these iconic images and shine a spotlight on the artists, photographers, and designers who transformed a cardboard sleeve into a timeless work of art. Learn the visual stories behind the sound.

**Friday: 3/27**

**12:00 - 1:15 p.m.**

**In-Person - Paramus Campus**

**Instructor: Fern Dickey**

**INSTRUCTOR BIOS FOR SPRING 2026 ILR****Adrian Allotey, Owner of You Are Not Alone Elder Care | Speaker | Elder Care Strategist | Certified End-Of-Life Doula  
[www.yanaec.com](http://www.yanaec.com)**

Adrian Allotey is a nationally recognized elder-care strategist, Certified Dementia Practitioner, and End-of-Life Doula dedicated to transforming how individuals, families, and professionals navigate aging, dementia, and life's transitions. As the founder of You Are Not Alone Elder Care, she provides boutique, relationship-based support grounded in dignity, compassion, and emotional, spiritual, and cultural sensitivity. With more than a decade of experience serving aging adults, Adrian specializes in dementia care, solo aging, advanced care planning, grief support, and complex family dynamics. She is also the creator of the Four Seasons of Senior Living, her holistic signature framework designed to guide individuals through the emotional, practical, and spiritual stages of aging. Although this curriculum is not taught in this program, it deeply informs her philosophy and approach. Adrian is the developer of "Living Your Best Life," a dynamic, heart-centered educational series that inspires aging individuals and their families to live fully, intentionally, and with purpose at every stage of life. Her teachings translate complex aging issues into practical, compassionate, and empowering guidance. She has taught at Kean University, Union College, Princeton University, and lifelong-learning programs across New Jersey. Adrian has contributed to the Dementia Action Alliance Manual, multiple Alzheimer's Association initiatives, and other world renowned programs. Known for her warmth, depth, and clarity, she helps individuals feel seen, families feel supported, and organizations elevate the standard of care for our aging population.

**Albert Pucciarelli, BA, MA, JD**

Albert is a partner in the law firm of McElroy, Deutsch, Mulvaney and Carpenter and chair of the firm's hospitality and aviation law practice. Previously he was Executive Vice President, General Counsel and a member of the Board of Directors of Inter-Continental Hotels and Resorts. He is a member of the Board of Directors of Skytop Lodge. He is a commercial, instrument-rated pilot and aircraft owner. He is Chair of the New Jersey Bar Association Aviation Law Committee, past Chair of the New York City Bar Association Air and Space Law Committee, President of the Mid-Atlantic Pilots Association, and a Trustee of the New Jersey Aviation Hall of Fame and Museum. Before his graduation from law school in 1978, he was a Russian Language teacher at Fordham Prep.

**Andrea Pass, Owner, Andrea Pass Public Relations**

When it comes to securing press coverage, Andrea Pass is the expert at booking clients on podcast interviews as well as features, quotes and reviews in digital media, broadcast, and print. She creates and implements public relations campaigns in a range of categories including consumer products, lifestyle, B2B, education, health/wellness, beauty, food, authors, non-profits and more. She is a contributing author featured in the book "Heart-Centered Marketing: Proven Strategies that Naturally Attract and Nurture Clients." She served as the Chair of the Workshop Council for The Performance-Driven Marketing Institute (PDMI). Pass is the co-founder of Access Success Networking and Women Owned Business Meetup. She is a frequent guest speaker at events as well as on podcasts. Andrea is the Executive Director of the Fair Lawn (NJ) Chamber

of Commerce. Andrea is the winner of the Gold American Business Award/Stevie Award in the category Achievement in Management - Advertising, Marketing & Public Relations, the winner of the NJBiz Reader Ranking in the category of Women-Owned Business, and the Top 3 of the NJBiz Reader Rankings in the category of Public Relations Firm.

**Angela Goldman, Board-Certified Health Coach: ACC, NBC-HWC, A-CFHC**

Angela Goldman is a board-certified health coach and founder of NRG Healthy Living in Bergen County. For over 17 years, she has helped clients find a clear path to improved health and well-being, no matter what challenges life presents. Angela's coaching, workshops, and programs reveal the untapped power we all have to take control of our physical and mental health, helping us create the life we truly desire.

**Arnie Friedman, Certified Hort Expert, Landscape Designer/Certified Master Gardener**

Arnie Friedman is a former instructor at the New York Botanical Garden and is a NYBG-certified Landscape and Garden Designer and Horticultural Expert. He has owned and run his own design / build landscape business for more than 20 years. He has designed and installed numerous residential gardens in the metropolitan area. He continues to lecture as a Rutgers trained Master Garden to local groups on topics of home landscape design and sustainable gardening principles. He is an advocate of using no chemicals, reducing the amount of non-natives in plantings and protecting and encouraging our bird and beneficial insect population.

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## INSTRUCTOR BIOS FOR SPRING 2026 ILR

**Barbara Heitmann**

Barbara Heitmann worked as a music conductor, teacher, and a Performing Arts Assistant Principal for the New York City Board of Education for more than 41 years. She has taught and performed with the ILR 'Sing Sing Sing' chorus for 12+ years. Currently she is the music director for the Doo Wop performing group, the "WildCats", who perform at various places in Bergen and Rockland counties.

**Carol Lafond, J.D.**

Carol Lafond is a local historian with a deep expertise in early 20th-century history, particularly the transformative years between World War I and World War II. A retired attorney, she spent much of her legal career handling complex financial fraud cases. Today, she brings that same passion to her historical research and presentations. Carol has shared her insights on fascinating historical events through her classes at ILR, at libraries throughout Bergen County and at the Ridgewood Historical Society.

**Carol Raff, MSW RYT 500**

Carol has been teaching yoga for over 15 years in a variety of settings. She specializes in senior fitness and brings a variety of styles to her classes.

**Curtis Springstead, AARP Speakers Bureau**

The program is delivered by members of the AARP NJ Speakers Bureau. These experienced presenters deliver programs like these to hundreds of organizations across NJ. The instructor may vary from session to session based on the topic.

**Dan Schlossberg**

Dan Schlossberg is a lifelong New Jersey resident who is the only U.S. journalist who covers baseball and travels exclusively. His byline has appeared in forbes.com since June 2018 but he also covers the game for Memories & Dreams, USA TODAY Sports Weekly, Sports Collectors Digest, and Here's the Pitch, for whom he is weekend editor and featured columnist. He has also written for Baseball Digest, The Sporting News, MLB.com, and the official All-Star Game and World Series programs. In 1991, he founded the North American Travel Journalists Association [NATJA] and served 15 years as its president. He hosts a half-hour live videocast, TRAVEL ITCH RADIO, that started its 15th season in January 2026 and has won many awards for his work.

**David Chepauskas, CFP**

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

**Donna Atkins**

A communications specialist, Donna Atkins has spent a lifetime working with individuals, groups and organizations in the application of storytelling and narrative. She has held senior executive marketing and communications roles across numerous industries including international Agency PR, luxury apparel, and in the medical career school industry wherein she developed a trademarked online staffing solution for graduates. As an entrepreneur, Donna has received recognition in notable media including Entrepreneur Magazine; The New York Times; The Record; and from the NJ State Senate and the US Chamber of Commerce.

**Elliot Schoenberg**

Rabbi Elliot Schoenberg, coffee aficionado, is the Senior Vice President emeritus of the Rabbinical Assembly which gave him the opportunity to savor coffee in coffee cafes around the world. He studied coffee making at Bergen Community College. Chief coffee officer for Graff Tours. Follows Boston Sports teams closely.

**Emily Ginder, BA**

Emily Ginder has a BA in Sociology from the University of South Florida. She is a former homeschooling mom who brings her enthusiasm for history and literature to class. Emily has taught lifelong learners at several institutions, including the University of Delaware and the Institute of New Dimensions (IND). She also moderates an online book club on Goodreads.

**INSTRUCTOR BIOS FOR SPRING 2026 ILR****Fern Dickey, BFA, MA**

Fern Dickey, the principal behind the former association management firm Backburner Projects, is a seasoned professional and the author of *Last Minute Meetings* (Career Press). She holds a B.F.A. from Syracuse University and an M.A. from New York University. Her current passion is art: she's a featured artist for *artomat.org*, an organization that turns old cigarette machines into miniature art galleries.

**Glen Vincent**

Glen Vincent has been teaching acting for over 35 years in NYC and Hollywood. He is a senior instructor at TB Studio, NYC, a former adjunct professor at Rockland College, and is presently teaching in his own NJ Studio (all levels) for actors auditioning in film, T.V. and stage.

**Herman Lindenbaum, MBA/PE/PHD**

Herman Lindenbaum has extensive experience in the fields of engineering and business. His professional background includes over 35 years in senior management positions at three major hospitals in New Jersey, and Rockefeller University in New York City. Lindenbaum has a BEE in Engineering from CCNY and an MBA in Management and Finance from Fairleigh Dickinson University. Lindenbaum has Professional Engineering Licenses in three states as well as a Gold Seal Operating license in New Jersey. He is a member of the American College of HealthCare Executives.

**Hyun Kim**

Hyun Kim is a Korean American who came to America at the age of 21. She first began her journey of assimilating into American culture by taking ESL classes at Bergen Community College. She has spent many years volunteering in various settings including a decade of teaching Korean language and culture to adopted Korean children and their adoptive families. Recently she graduated from the Bergen Volunteer Leads Program to further her knowledge on how to better give back to the community. Currently, she is the owner and operator of a NJ state approved agency to help families within the I/DD population.

**James Devine, BA**

Beginning his fifteenth year as an Institute for Learning in Retirement instructor, James Devine has taught almost sixty courses on subjects ranging from creative writing to ancient history. A USAF Vietnam War Era veteran who holds a dual Bachelor of Arts degree from Ramapo College of NJ in Communications and American History, Mr. Devine has authored two alternative history novels, *The Dominion's Dilemma: The United States of British America* and *The Nixon Challenge*. He is currently at work on his third alternative history novel, *Calhoun's Confederacy*. Mr. Devine was formerly a journalist, working on newspapers and magazines in both New Jersey and Texas.

**James Maimone, RICP**

James Maimone, RICP, Summit Financial James Maimone is a graduate of the University of Scranton, majoring in finance and minoring in economics. James is a Comprehensive Wealth Management Advisor at Summit Financial. He specializes in assisting high net worth investors with their finances. James has been at Summit

Financial for over seven years. He holds a Series 7 and 66 license, along with his life and health insurance licenses. He also holds the RICP® (Retirement Income Certified Professional®) designation from the American College of Financial Services. If James isn't watching the market, you can find him watching his beloved New York Giants.

**Janet Dinardo-White**

Janet Dinardo-White taught high school history with a focus on early American history for over 20 years. She has a master's in political science from New School University. She has been teaching classes at Bergen Community College's Institute for Learning in Retirement for over eight years.

**Joanne O'Neill**

Joanne O'Neill is a certified teacher of meditation and does more than "teach," she will enter the process with you and accompany you on the journey toward a more satisfactory way of being.

**Joe Lennox**

Joe Lennox is a space program historian who has been a student of space exploration for over 60 years. He is the creator and curator of an extensive private space history museum which will belong to The Astronaut Hall of Fame at Kennedy Space Center, in the future. His extensive career in this field includes his work with NASA, and the Intrepid Air and Space Museum. Joe is a member of The National Space Society, The Space Explorers Network, The Space Foundation, The National Science Teachers Association, and The Planetary Society. Joe attended La Guardia Aeronautical College and is a retired senior banking officer.

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## INSTRUCTOR BIOS FOR SPRING 2026 ILR

**Jon J. Cavallerano, MA**

For over 40 years Jon Cavallerano worked as a Human Services Administrator, after earning his master's degree in psychology at Long Island University. Music has always been a very important part of Jon's life. He studied Music at Cathedral College in Douglaston, New York. Jon has taught Music and Stage to both elementary and junior high school students. He has volunteered over the years at nursing and veteran homes playing music. Currently, he is a songwriter, with concentration on the keyboard and piano.

**Jon Leslie**

Jon has dedicated over 20 years to studying and sharing the benefits of mindful movement. He is a black belt (shodan) in Iwama Ryū Aikido and has taught this traditional martial art to students of all ages, always emphasizing safety and steady progress. Over the years, he has continued to expand his knowledge through international seminars and additional training in Systema, breathwork, and Brazilian Jiu-Jitsu. He was introduced to an Indian club during rehabilitation from an open wrist fracture and it played a key role in his recovery and helped him regain strength, control, and confidence. This experience inspired him to pursue further education, leading to his Level 1 certification in club swinging. Jon strongly believes in the idea that "those who teach, learn." His teaching style is calm, patient, and encouraging, making his classes welcoming to adults of all fitness levels. He is passionate about helping seniors improve their mobility, stability, and overall well-being through accessible, low-impact movement. Jon looks forward to supporting the Bergen community and helping each participant move comfortably, confidently, and at their own pace.

**Judith Lustig, MD**

Dr. Lustig is a retired clinical Neurologist. She graduated from Albert Einstein College of Medicine and practiced in Ridgewood and West Orange before retiring.

**Kevin Sheehy, Juris Doctorate (JD); BA**

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

**Linda Cohen**

Having played mah-jongg for many years, Linda Cohen enjoys teaching the game. She has taught at the Glen Rock Community School, The Hawthorne Library and Bergen Community College. "I love it when I see my students 'get it', shares Linda.

**Mario Medici, MBA**

Mario Medici, a retired Information Technology executive who has traveled the world, is New York City born and raised. He completed his undergraduate degree at Bernard Baruch College (CUNY) and his graduate degree (MBA-Finance) at Long Island University. He is a licensed New York City tour guide, a passionate history enthusiast, and nurtures his curiosity about all things. In his presentations, he takes on New York City's interesting history as well as other subject matter. Through a combination of diligent research, computer skills and love for amateur photography, Mario presents the story combining video and music, as well as elements of art, architecture and notable individuals, making each lecture interesting and fast-moving.

**Paul Wiener, PT, DPT, EdD, MS, AT, C, CEEAA, MGCP**

Dr. Paul Wiener is a highly qualified licensed physical therapist, athletic trainer, and certified Game Mental/Life Coach. He holds advanced degrees in physical therapy, nutrition, and education. Throughout his career, Dr. Wiener has taught at several colleges and served as the clinical director for Mercy College's Physical Therapy Assistant Program. He has also worked as an assistant athletic trainer for the New York Mets. With over 40 years of experience, Dr. Wiener has worked with athletes at all levels, as well as students, coaches, and parents, and offers his expertise in both clinical and coaching capacities.

**Rajive Bansal, BSEE**

Rajive Bansal is a professional computer consultant who has been working in IT for 40+ years. He holds a BS in Electrical and Electronic Eng. He has worked for a number of major US defense contractors such as Raytheon Company, GE Aerospace on such projects as the Patriot Missile Defence System, Trident Missile and the M1A1 tank. He has consulted with many Wall Street Banks such as Republic National Bank

CitiBank, Salomon Smith Barney converting their "Legacy Systems" to "Client Server" based then later porting to the Internet and using eCommerce technology. He takes keen interest and passion in new technology such as Bitcoin / AI / Quantum Computing. He attended many courses at Princeton University and is a member of a number of startup User Groups using cutting-edge technology. Such as Einstein Alley located in Princeton and is a member of the IEEE (Institute of Electrical and Electronics Engineers

**INSTRUCTOR BIOS FOR SPRING 2026 ILR****Ray Turkin**

Ray Turkin has enjoyed photography for over 55 years. He has exhibited extensively in solo and juried group shows, including the Salmagundi Club in New York City, and has received numerous awards for his work. Turkin also works as a commercial photographer specializing in photographing the work of artists and products. In addition to teaching courses on photography at several institutions he also gives private instruction. Turkin has served as an official photographer for the Teaneck International Film Festival since its inception in 2005.

**Richard Feingold, MBA, BA**

Rick Feingold has over 35 years of teaching experience. Currently he teaches American Business History and the Air Force in World War II at Bergen Community College. He also teaches at the Desmond Center in Newburgh, NY, the Learning Collaborative in New City, NY, and the Ridgewood Community School. Additionally, he has lectured at over 50 libraries in New Jersey and New York.

**Robert Barkovitz**

Robert Barkovitz is a retired high school physics teacher with 47 years of experience. He has many credits beyond a master's degree and has received many awards for his instruction, like the Star Ledger's Teacher of the Year. Interestingly, he found and corrected a mistake made by the astrophysicist, Stephen Hawking, and later proofread and contributed to Hawking's 2nd book. In Robert's opinion physics is the most fascinating and "funnest" course that can be taken.

**Robert Romano, Jr. Esq.**

Mr. Romano's primary practice lies in consulting the elderly, disabled, consumers of mental health services, and their caregivers with respect to Asset Presentation and applying for Medicaid, the preparation and administration of Special Needs Trusts, Estate Planning, and the preparation of Powers of Attorney and Advanced Directives. He also assists clients with the probate and administration of estates. Mr. Romano is a member of the National Academy of Elder Law Attorneys as well as the Elder Law Section of the New Jersey Bar Association. He was a member of the Professional Advisory Committee and Chairperson of the Ethics Committee of Bergen Community Health Care and is currently a member of the Ethics Committee for the Karen Ann Quinlan Hospice.

**Saeed Manii, MS, MBA**

Saeed Manii, a former Math Adjunct Instructor at Bergen Community College and Manhattan Community College, earned his BS in Mathematics and MS in Computer Science, along with an MBA from Boston University and Lubin Business School. He served as the lead Software Developer at Harris Co (1982-1986) before joining AT&T- Bell Labs/later AT&T Labs in 1987 as a Managing Director. Saeed retired after 35 years of service in 2022. He holds one patent, which is currently in production for his work.

**Shelley Reich, MS**

Shelley Reich, MS is a published nonfiction, memoir, and fiction writer. Her professional work spans over 25 years as a healthcare writer. In this capacity she has led and mentored numerous individuals and groups on effective writing techniques. She also has experience leading reminiscence groups for older adults.

**Theresa Yarosh, CFP®, CLU®, ChFC®, CKA®, IRMAACP®**

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

**Thomas DeStefano**

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

**Wendy Sabin, MSW, LCSW**

Wendy Sabin received her master's degree in social work from New York University in 1989. She spent the first years of her career working as a clinical social worker in NYC in the Employee Assistance Program field. In more recent years, Wendy worked for Jewish Family Services in NJ as a Synagogue Social Worker in two New Jersey synagogues in Essex County. In October 2013 Wendy Sabin launched Sabin Elder Care Solutions ([www.SabineEldercare.com](http://www.SabineEldercare.com)), a private geriatric care management practice based out of Montclair, NJ.

## INSTITUTE FOR LEARNING IN RETIREMENT SPRING 2026

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### SPRING 2026 DATES TO REMEMBER

**Institute for Learning in Retirement Registration for the Spring 2026 Semester:  
Wednesday, February 11th, 2026. Semester Dates: Monday, March 2 through Friday, May 29, 2026.**

ILR courses start and end at various times during the semester.  
You do not have to be present for the entire semester to participate in the ILR.



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