

ILR

LOIS E. MARSHALL INSTITUTE
FOR LEARNING IN RETIREMENT

Fall
2026

LIFELONG LEARNING FOR ACTIVE ADULTS



Engage your curiosity this fall 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

Enroll Today! Visit ilr.bergen.edu/courses



Institute for Learning in Retirement

Continuing Education and Workforce Development

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

Donna Todd, Program Supervisor, ILR

Monica Chay Khan, Program Assistant, CEWD

TABLE OF CONTENTS

• Note from Program Staff	3
• Table of Contents	3
• Contact Us	3
• About the ILR Program	4
• Registration Information	5
• Tips for In-Person and Online Classes, Classroom Locations	6
• BCC General Information and Policies	7
• Wi-Fi on Campus and ILR Photo Policy	8
• Events Around Campus	9
• Campus Map	10
• Donate to the ILR	11
• Listing of Courses	12-13
• Week-at-a-Glance Courses	14-16
• Course Descriptions	17-25
• Instructor Bios	26-30

CONTACT US

Institute for Learning in Retirement

(201) 447-7156 | 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

About the Institute for Learning in Retirement

The Institute for Learning in Retirement (ILR), is a program in Continuing Education and Workforce Development (CEWD) 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 or sign up on the ILR website at 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 or email 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

ILR Registration Information

Registration for the Fall 2026 Semester: Wednesday, September 9, 2026.

Semester Dates: Monday, October 5, 2026 - Friday, December 18, 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

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.

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.

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.

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.

Enroll Today! Visit ilr.bergen.edu/courses



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 tablet
 - 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 **News and Media** website page. at 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.



Donate

Enroll Today! Visit ilr.bergen.edu/courses

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 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 (973)-491-4224; 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

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

- Call the College's main telephone number (201) 447-7100
- Log on to 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. 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, (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. 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. 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, your Bergen Username is [jsmith123](mailto:jsmith123@me.bergen.edu).

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 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

[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](http://visiting.my.bergen.edu)

If you need assistance with your password or logging in please contact our IT Help Desk at 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

EVENTS

AND ACTIVITIES AROUND CAMPUS

Athletics

Attend and enjoy sporting events on campus. For the athletics schedules, visit 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.

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/

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.

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/

Theaters at Bergen - To see season performances and to purchase tickets, visit 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 presents

The Bergenstages 2026-2027 Season

Discover All Things Possible

Red Herring by Michael Hollinger

She Loves Me Book by Joe Masteroff,

**The Adventures of the Black Girl
In Her Search for God**

Adapted from the short story by
George Bernard Shaw by Lisa Codrington

**The Curious Incident of the Dog in the
Night-Time** Adapted by Simon Stephens
Based on the novel by Mark Haddon

Theatre Production Workshop
Spring Production

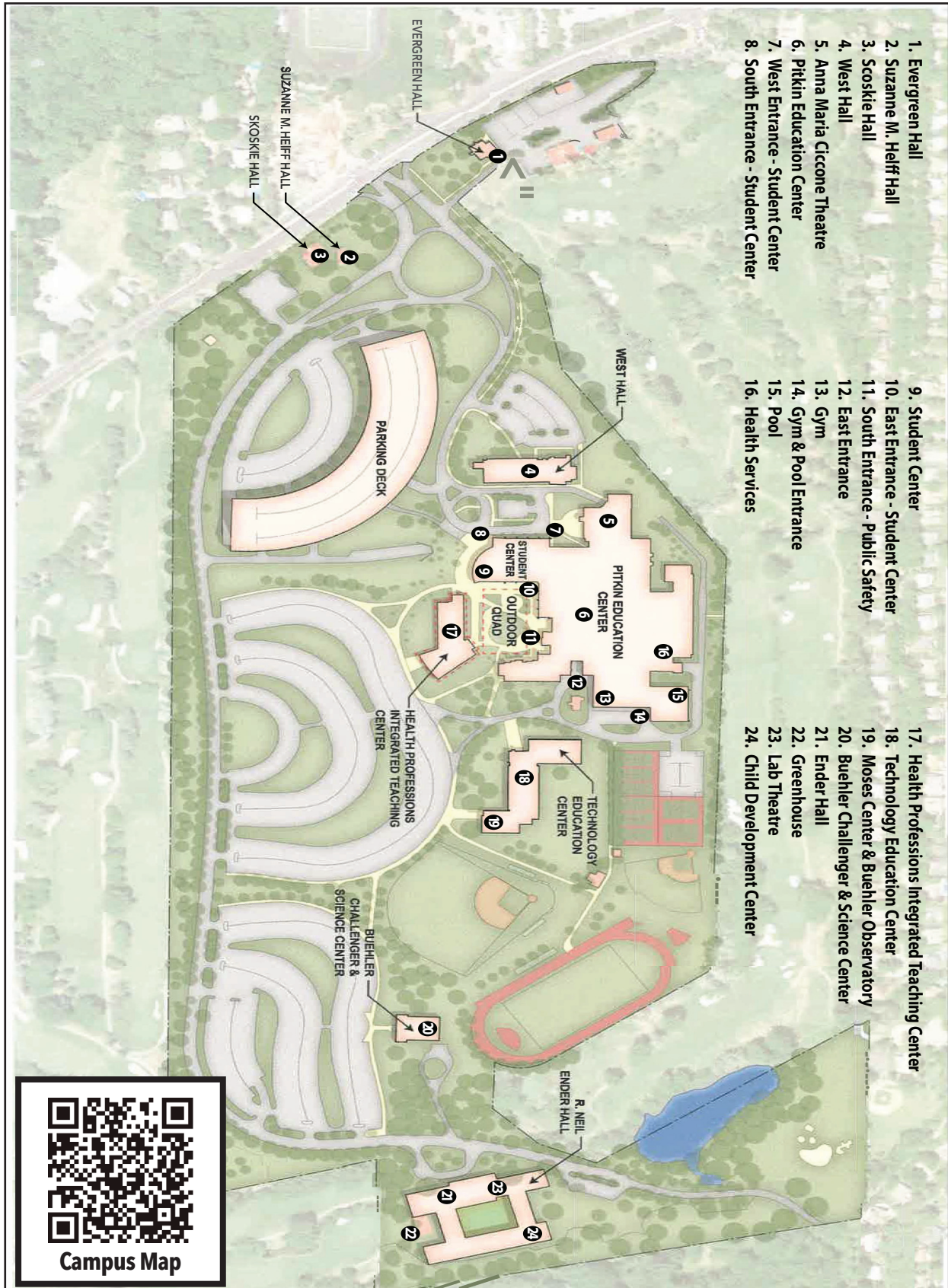


Learn more and purchase at
tickets.bergen.edu.



Enroll Today! Visit ilr.bergen.edu/courses

Paramus Campus Map



Enroll Today! Visit 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

Listing of ILR Courses for Fall 2026 in Paramus and Online

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

ILR PRIMARY COURSES IN-PERSON

IR-057 The Stories of Carver and Wolf - **NEW** - Altschuler
 IR-060 The Smart Guide to Personal Injury Law + Litigation - **NEW** - Little
 IR-063 Weather and Nature's Extremes - **NEW** - Geller
 IR-085 Non-Military History of the Great War, Part 4 - Devine
 IR-167 Memoir Writing and Gratitude - Reich
 IR-220 Literary Celebrations Part 4: 1776 by David McCullough - **NEW TOPIC** - Ginder
 IR-247 ILR Choir Sing! Sing! Sing! - Heitmann
 IR-307 The American Revolution: Through the Eyes of Children - Ginder
 IR-339 A Non Military History of World War II - DiNardo-White
 IR-348 Common Problems in The Residential Garden - Friedman
 IR-353 The Truth of How Money Works - Yarosh
 IR-393 Financial Fitness in Retirement - Cepausakas and Maimone
 IR-394 Environmental Issues of the 21st Century - Golden
 IR-437 Using a Cell Phone Camera - **NEW** - Turkin
 IR-520 Peak Performance & Sports IQ – Parts I & II: Game Mental Performance - Wiener
 IR-521 Current Topics in Biology and the Environment - Dill
 IR-538 Musical Masters: Their Lives, Their Works and Their Manias! - **NEW** - Cavallerano
 IR-559 Introduction to Mobility Clubs - Leslie
 IR-619 Watercolors for All - Shiff
 IR-630 Mahjong - Cohen
 IR-640 Discovery Series - Medici
 IR-676 Sketching for All - Shiff
 IR-678 Navigating Senior Challenges - Springstead
 IR-702 Neurology 101 - Lustig
 IR-709 Energize and Thrive: 5 Building Blocks for a Longer Healthspan - Goldman
 IR-711 Introduction to Korean Language and Culture - Kim
 IR-724 Exploring Genetic Genealogy 101 - Voss
 IR-737 Mindfulness - One of the Fruits of Meditation - O'Neil
 IR-775 Barbie, it's a Wonderful Life-Jimmy Stewart, and Making it to Carnegie Hall - Becoming a Micro-Philanthropist- Feingold
 IR-779 What's in Your Genes? An Introduction to Genomics - **NEW** - Bobvikova

IR-786 American Revolution 250 Part 2 - DeStafano
 IR-789 Basic Qigong/Tai Chi for Adults - **NEW** - Kim and Stefanelli
 IR-830 Travel Tips & Tidbits - **NEW** - Pass
 IR-837 Industrial Revolution - Inventions and Progress - **NEW** - Feingold
 IR-842 Documentaries: African American Experience - Ginder
 IR-852 Early 20th Century America - Lafond
 IR-889 Controversies and Confrontations: The Complicated History of Coffee - Schoenberg
 IR-912 Yoga Mix - Raff
 IR-928 So You Want to be a Pilot? - Pucciarelli
 IR-948 U.S Space Program History - Lennox
 IR-957 Current Events Club - Lindenbaum

ILR BONUS COURSES

IR-088 AARP Smart Driver Course - **BONUS** - Mitchell
 IR-107 Medicare 101 - **BONUS ONLINE NEW** - Farnham
 IR-556 Truth be Told! A Fun Legacy Workshop - **BONUS** - Atkins
 IR-691 Virtual Museum Tours - **BONUS NEW** - Pratt
 IR-741 The Circle of Life on the Serengeti - **BONUS NEW** - Sheehy
 IR-787 Alcohol - What Really Happens When We Imbibe - **BONUS NEW** - Lustig
 IR-814 Classic Film Lecture and Screening: A Place in the Sun - **BONUS NEW** - Lafond
 IR-815 Beatles Encounters - **BONUS NEW** - Jules and Paula Royak
 IR-888 The Art of LP: Exploring Album Covers - **BONUS** - Dickey
 IR-900 Computer Self Defense - **BONUS ONLINE NEW** - Marc-Anthony Arena
 IR-949 All Aboard! Passenger Trains in America: Past, Present and Future - **BONUS NEW** - Danish
 IR-990 Preparing for Aging in Place - **BONUS** - Sabin

Enroll Today! Visit ilr.bergen.edu/courses

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW TOPIC IR-220 Literary Celebrations Part 4: 1776 by David McCullough 11/23, 12/7 12:30 - 2:00 p.m. <i>Emily Ginder</i>	IR-247 ILR Choir! Sing! Sing! Sing! 10/06, 10/13, 10/20, 10/27, 11/3, 11/17, 11/24, 12/01, 12/08 3:00 - 4:30 p.m. <i>Barbara Heitmann</i>	NEW TOPIC IR-060 The Smart Guide to Personal Injury Law + Litigation 10/7, 10/14, 10/21, 10/28, 11/4, 11/11 10:00 - 11:30 a.m. <i>Patrick M. Little</i>	NEW TOPIC IR-063 Weather and Nature's Extremes 10/22, 10/29, 11/5, 11/12 10:00 - 11:00 a.m. (10/22) 11:00 a.m. - 12:00 p.m. (10/29, 11/5, 11/12) <i>Jess Geller</i>	NEW TOPIC IR-057 The Stories of Carver and Wolf 10/09, 10/16, 10/23, 10/30, 11/6 1:00 - 2:00 p.m. <i>Mark Altschuler</i>
IR-394 Environmental Issues of the 21st Century 10/5, 10/12, 10/19, 10/26 11:00 a.m. - 12:30 p.m. <i>Susan Golden</i>	NEW TOPIC IR-437 Using a Cell Phone Camera 10/13, 10/20, 10/27, 11/3 1:30 - 3:00 pm <i>Ray Turkin</i>	IR-348 Common Problems In The Residential Garden 10/21, 10/28, 11/4 10:00 a.m. - 12:00 p.m. <i>Arnie Friedman</i>	IR-085 Non-Military History of World War II, Pt 4: And the War Came *10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 *Class begins one week prior to official semester start date 10:30 a.m. - 12:30 p.m. <i>James Devine</i>	IR-167 Memoir Writing and Gratitude 10/9, 10/16, 10/23, 10/30, 11/06, 11/13, 11/20, 12/4, 12/11 11:00 a.m. - 12:30 p.m. <i>Shelly Reich</i>
IR-640 Discovery Series - NEW TOPICS! 10/5, 10/12, 10/26 10:00 - 11:30 a.m. <i>Mario Medici</i>	IR-521 Current Topics in Biology and the Environment 10/20, 10/27, 11/3, 11/10 1:30 - 2:45 p.m. <i>Robert Dill</i>	NEW TOPIC IR-538 Musical Masters: Their Lives, Their Works and Their Manias! 10/07, 10/14, 10/21, 10/28, 11/04, 11/11 1:00 - 2:00 p.m. <i>Jon J. Cavallerano</i>	IR-353 The Truth of How Money Works 10/8, 10/15, 10/22, 10/29, 11/5, 11/12 2:00 - 4:00 p.m. <i>Theresa Yarosh</i>	IR-307 The American Revolution Through the Eyes of Children 10/9, 10/16, 10/23, 10/30, 11/6 12:30 - 2:00 p.m. <i>Emily Ginder</i>
IR-709 Energize and Thrive: 5 Building Blocks for a Longer Healthspan 10/12, 10/19, 10/26, 11/2, 11/9, 11/16 10:00 - 11:15 a.m. <i>Angela Goldman</i>	IR-678 Navigating Senior Challenges 10/6, 10/13, 10/20, 10/27 11/03, 11/10 10:00 - 11:00 a.m. <i>Curt Springstead</i>	IR-559 Introduction to Mobility Clubs 10/7, 10/14, 10/21, 10/28 12:00 - 1:00 p.m. <i>Jon Leslie</i>	IR-393 Financial Fitness in Retirement 10/22, 10/29, 11/5, 11/12 1:00 - 2:00 p.m. <i>Dave Chepaukas and James Maimone</i>	IR-339 A Non Military History of World War II 10/23, 10/30, 11/06, 11/13, 11/20 10:30 a.m. - 12:00 p.m. <i>Janet Dinardo-White</i>
IR-711 Introduction to Korean Language and Culture 10/5, 10/12, 10/19, 10/26, 11/2 10:45 a.m. - 12:15 p.m. <i>Hyun Kim</i> <i>Eligible to be added as a Bonus Course</i>	IR-852 Early 20th Century America 10/6, 10/13, 10/20, 10/27 10:00 - 11:30 a.m. <i>Carol LaFond</i>	NEW TOPIC IR-779 What's in Your Genes? An Introduction to Genomics 11/11, 11/18, 11/24, 12/02, 12/09 11:00 a.m. - 12:00 p.m. <i>Yelena Bobonivkova</i>	IR-619 Watercolors for All 10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 10:00 a.m. - 12:00 p.m. <i>Barry Shiff</i>	IR-520 Peak Performance & Sports IQ - Parts I & II: Game Mental Performance 10/16, 10/23, 10/30, 11/6, 11/13, 11/20 10:00-11:30 a.m. <i>Paul Wiener</i>
PARAMUS CAMPUS Courses organized loosely by start date and time.				

Enroll Today! Visit ilr.bergen.edu/courses

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
IR-775 Barbie, it's a Wonderful Life- Jimmy Stewart, and Making it to Carnegie Hall - Becoming a Micro-Philanthropist. 11/02, 11/09 1:00 - 2:30 p.m. Rick Feingold	IR-912 Yoga Mix 10/6, 10/13, 10/20, 10/27, 11/3 11:30 a.m. - 12:15 p.m. Carol Raff	BONUS IR-888 The Art of LP: Exploring Album Art Covers and Their Creators 10/21 11:00 a.m. - 12:15 p.m. Fern Dickey	IR-676 Sketching for All 10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 1:00 - 2:30 pm Barry Shiff	IR-630 Mahjong 10/9, 10/16, 10/23 12:30 pm - 2:30pm Linda Cohen
NEW TOPIC IR-837 Industrial Revolution - Inventions and Progress 10/5, 10/12, 10/19, 10/26 1:00 - 2:30 p.m. Rick Feingold	IR-957 Current Events Club 10/6, 10/13, 10/20, 10/21, 10/27, 11/3, 11/10, 11/17, 11/24, 12/01, 12/8, 12/15 1:00 - 2:00 p.m. Herman Lindenbaum	BONUS IR-990 Preparing for Aging in Place 11/18 10:00 a.m. - 12:00 p.m. Wendy Sabin	IR-702 Neurology 101 11/19, 12/03, 12/10, 12/17 2:30 - 4:00 p.m. Judith Lustig	NEW TOPIC IR-724 Exploring Genetic Genealogy 101 10/9, 10/16, 10/23, 10/30, 11/6, 11/13 1:00 - 2:30 p.m. Fred Voss
IR-889 Controversies and Confrontations: The Complicated History of Coffee 11/2, 11/9, 11/16, 11/23 11:00 a.m. - 12:30 p.m. Elliot Schoenberg	BONUS IR-741 The Circle of Life on the Serengeti 10/20, 10/27 10:00 - 11:30 a.m. Kevin Sheehy	NEW TOPIC IR-842 Documentaries: African American Experience 11/4, 11/11, 11/18, 12/2 10:00 a.m. - 12:00 p.m. Emily Ginder	IR-737 Mindfulness - One of the Fruits of Meditation 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 10:30 a.m. - 12:00 p.m. Joanne O'Neil	NEW TOPIC IR-830 Travel Tips & Tidbits 11/13, 11/20, 12/4, 12/11 10:00 - 11:30 a.m. Andrea Pass
IR-928 You Want to be a Pilot? 10/19, 10/26, 11/02 3:00 - 4:00 p.m. Albert Pucciarelli	BONUS IR-814 Classic Film Lecture and Screening: A Place in the Sun 11/3 10:00 a.m. - 1:00 p.m. Carol LaFond		IR-786 American Revolution 250 - Part 2 10/8, 10/15, 10/22, 10/29 1:00 - 2:15 p.m. Tom DeStefano	BONUS IR-556 Truth be Told! A Fun Legacy Workshop 11/13 12:30 - 2:30 p.m. Donna Atkins
IR-948 U.S Space Program History 10/26, 11/02, 11/9, 11/16, 11/23 10:00 am - 12:00 pm Joe Lennox	BONUS ONLINE NEW IR-900 Computer Self Defense 11/3 10:00 - 11:00 a.m. Marc-Anthony Arena		NEW COURSE and INSTRUCTORS IR-789 Basic Qigong/Tai Chi for Adults 10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17 10:30 - 11:30 a.m. Jay Kim and Marlene Stefanelli	
PARAMUS CAMPUS Courses organized loosely by start date and time.				

Enroll Today! Visit ilr.bergen.edu/courses

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BONUS IR-107 Medicare 101 10/19 6:00 - 8:00 p.m. <i>James Farnham</i>			BONUS IR-088 AARP Smart Driver 10/15 10:00 a.m. - 4:30 p.m. <i>JoAnn Mitchell</i>	
			BONUS ILR-691 - Virtual Museum Tours 11/12 10:00 am - 11:00 am <i>Marilyn Pratt</i>	
			BONUS NEW IR-787 Alcohol - What Really Happens When We Imbibe 11/12 12:30 - 2:00 p.m. <i>Judith Lustin</i>	
			BONUS NEW COURSE and INSTRUCTORS IR-815 Beatles Encounters 10/8 1:00 - 3:00 p.m. <i>Jules and Paula Royak</i>	
			BONUS IR-949 All Aboard! Passenger Trains in America: Past, Present and Future 11/5, 11/12 10:00 am - 11:30 am <i>Keith Danish</i>	
PARAMUS CAMPUS Courses organized loosely by start date and time.				

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

MONDAY Course Offerings

NEW TOPIC

IR-220 Literary Celebration: Part 4: 1776 by David McCullough

1776 by David McCullough is a history of the events that occurred in the first year and half of the American Revolution. It concentrates on the military events beginning with the siege of Boston and ending after Washington's victory at Trenton and Princeton. This small slice of the war concentrates on Washington and his army in their victories and defeats right before and right after we declared our independence. Please read the first four chapters for the first class.

**Mondays In-Person 11/23, 12/7
12:30 - 2:00 p.m.**

**Paramus Campus
Instructor: Emily Ginder**

IR-394 Environmental Issues of the 21st Century

This class will explore modern society's relationship with natural world and our impact on the planet. We will discuss the issues including water pollution and invasive species as well as biodiversity and habitat loss. Climate change and sustainable development will also be addressed. Environmental issues of the 21st Century:

- Week 1 Environmental issues of the 21st Century,
- Week 2 Climate Change,
- Week 3 Water and Society, and
- Week 4 Dealing with Waste and Sustainable Development.

**Mondays In-person: 10/5, 10/12,
10/19, 10/26**

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

**Paramus Campus
Instructor: Susan Golden**

IR-640 Discovery Series - Love Through the Centuries: The Story of Valentine's Day - Monday, October 5, 10:00 a.m.

Greeting cards, flowers, and candy are all expressions of love on Valentine's Day but how did we get here? Trace the history of Valentine's Day from its pagan roots to 21st century expressions of love with video and music. While this program might not make you "fall in love," assuming you're not already there, it will surely be entertaining and informative.

American Folk Art - Monday, October 12, 10:00 a.m.

Folk art encompasses art produced from native or tradespeople. In contrast to fine art, folk art is primarily utilitarian and decorative rather than purely aesthetic. Folk Art is characterized by a naive style, in which traditional rules of proportion and perspective are not employed. Basically, folk art is produced through the genius of untrained artists and has its own characteristics. Various materials, paints, and other items are used to produce this interesting and fascinating art work. This lecture will take the listener and viewer through the various forms of art work along with the artists who produced them. It is a journey not often explored and one you will find fascinating.

Beneath the Streets: The Tunnel That Changed New York - Monday, October 26, 10:00 a.m.

Clean drinking water in New York City didn't come easily—it was born out of crisis. In the early 1800s, polluted wells fueled deadly disease outbreaks, prompting the city to build the Croton Aqueduct. Completed in 1842, it transformed daily life and created a hidden network stretching far beyond the city. In this lecture, the speaker will share video footage from inside the original 1842 tunnel—a National Historic Landmark now preserved for tours—offering a rare glimpse into this

19th-century engineering marvel that shaped the city's water history. Tour information will be provided during the first class.

**Mondays In-person: 10/5, 10/12,
10/26 10:00 - 11:30 a.m.**

**Paramus Campus
Instructor: Mario Medici**

IR-709 Energize and 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 in 5 key areas 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 and explored to help you start and sustain the changes you desire more easily to lead a healthier, happier, more vibrant life.

**Mondays In-person: 10/12, 10/19,
10/26, 11/2, 11/9, 11/16
10:00 - 11:15 a.m.**

**Paramus Campus
Instructor: Angela Goldman**

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

MON Course Offerings cont'd

IR-711 Introduction to Korean Language and Culture

Korean Language and Culture is designed for students interested in learning the Korean language and gaining a basic understanding of Hangul and simple conversational Korean. Students will build a strong foundation by expanding their vocabulary, developing more complex sentence structures, and strengthening their speaking, listening, reading, and writing skills through interactive practice. 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 In-person: 10/5, 10/12, 10/19, 10/26, 11/2

****Eligible to be added as a Bonus Course 10:45 a.m. - 12:15 p.m.**

**Paramus Campus
Instructor: Hyun Kim**

IR-775 Barbie, it's a Wonderful Life- Jimmy Stewart, and Making it to Carnegie Hall - Becoming a Micro-Philanthropist

1. **A Commemoration of America's 250th Anniversary** - This course celebrates the American Dream through three remarkable stories of creativity, perseverance, reinvention, and unexpected success.
2. **Ruth Handler and Barbie** - Ruth Handler, the creator of Barbie, became one of the first female executives of a major American corporation. Her story explores innovation, entrepreneurship,

and the changing role of women in American business.

3. **Jimmy Stewart: From Hollywood to the Air Force** - Jimmy Stewart was not only one of Hollywood's leading actors, appearing in more than 80 feature films, but also a distinguished World War II pilot in the U.S. Army Air Forces. His extraordinary career demonstrates how talent, service, courage, and determination can come together in one remarkable American life. The new film Jimmy, opening in theaters November 6, highlights Stewart's real-life experiences as a World War II pilot.
4. **Making It to Carnegie Hall** - The road to Carnegie Hall can take unexpected twists and turns. This segment explores the remarkable story of Cuban jazz musicians whose music was largely forgotten in the 1950s, only to be rediscovered approximately 40 years later and ultimately brought to New York City's most prestigious concert hall.
5. **Becoming a Micro-Philanthropist** - The course concludes by turning inspiration into action. Participants will have an opportunity to become "micro-philanthropists" through Operation Christmas Child, preparing shoebox gifts containing small toys, hygiene items, and school supplies for children affected by war, poverty, natural disasters, famine, and disease in approximately 170 countries and territories.

November 2: Shoebox cartons and suggested gift-list brochures will be provided.

November 9: Class members will participate in a shoebox drop-off session, modeled after an ongoing project at the Bergen Community College Nursing Program.

This course connects the American Dream not only to achievement and success, but

also to service, generosity, resilience, and the opportunity for each of us to make a difference.

*Course topics presented at both sessions

**Mondays In-person: 11/02, 11/09
1:00 - 2:30 p.m.
Paramus Campus
Instructor: Rick Feingold**

NEW IR-837 Industrial Revolution - Inventions and Progress

"The age of electricity from 1900 to present has delivered modern conveniences which we benefit from today. Before this time progress was defined by a series of innovations called inventions. **Class covers four themes:**

1. Transportation revolution - stagecoaches, canals, steam engines, railroads
2. Harvesting-Cyrus McCormick and the Mechanical Reaper
3. Cowboys, Cattle Trails and Cowtowns of the Old West
4. The Company Town-Factory Work in the Gilded Age

**Mondays In-person: 10/5, 10/12, 10/19, 10/26
1:00 - 2:30 p.m.
Paramus Campus
Instructor: Rick Feingold**

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

MON Course Offerings cont'd

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 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 In-person: 11/2, 11/9, 11/16, 11/23

11:00 - 12:30 p.m.

Paramus Campus

Instructor: Elliot Schoenberg

IR-928 You Want to be a Pilot?

What is involved in becoming a pilot and owning or leasing your own airplane? Come and Find out! 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.***

Mondays In-person: 10/19, 10/26, 11/02 3:00 - 4:00 p.m.

Paramus Campus

Instructor: Albert Pucciarelli

IR-948 U.S Space Program History

Learn about the history of the U.S. Space Program. Each class will feature a different topic. This semester the topics are as follows:

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 In-person: 10/26, 11/02, 11/9, 11/16, 11/23

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

Paramus Campus

Instructor: Joe Lennox

BONUS

IR-107 Medicare 101

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A,B,C and D. Explore and evaluate Original Medicare, Medicare Supplement Insurance, High Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make; help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

Monday Online Synchronous: 10/19 6:00 -11:00 p.m.

Instructor: James Farnham

TUES Course Offerings

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. Students will perform in a Holiday Concert, Tuesday December 15th, on the BCC campus. This concert is free and open to the public. 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 In-person: 10/06, 10/13, 10/20, 10/27, 11/3, 11/17, 11/24, 12/01, 12/08

3:00 - 4:30 p.m.

Paramus Campus

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

TUES Course Offerings cont'd

IR-437 Using a Cell Phone Camera

This course is for those who have a cell phone camera but don't know how to use it. It is applicable to both Android (e.g. Samsung, Google, and others) and iOS (Apple) phones. You'll learn the fundamentals of camera operation and the various built-in functions and when and how to use them. You'll also learn how to share your photos with others, how to download photos to your desktop/laptop computer, and how to set up a filing system to facilitate retrieving your photos. In addition, we'll discuss how to get your photos printed. If all this sounds complicated, don't worry, we'll keep it simple. Please bring your fully charged cell phone, charger and charging cable, and user's manual (if available) to class.

Tuesdays In-person: 10/13, 10/20, 10/27, 11/3

1:30 - 3:00 p.m.

Paramus Campus

Instructor: Ray Turklin

IR-521 Current Topics in Biology and the Environment

This course will discuss current stories dealing with the environment and other environmental issues such as energy, pollution, climate change, sustainability, and assorted topics.

Tuesdays In-person: 10/20, 10/27, 11/3, 11/10

1:30 pm - 2:45 pm

Paramus Campus

Instructor: Robert Dill

IR-678 Navigating Senior Challenges

This six-week course will explore how seniors can use computer and smartphone applications to make everyday tasks easier and more manageable. Topics will include Healthcare and Technology at a Glance, Tech Basics for Caregiving, Technology for Aging in Place, Digital Tools for Brain Health, Managing Your Privacy, and Tips for Being News Savvy Online. The course can be taken as a group or individually as desired.

Tuesdays In-person: 10/6, 10/13, 10/20, 10/27, 11/03, 11/10

10:00 am - 11:00 am

Paramus Campus

Instructor: Curtis Springstead

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 people's resourcefulness and persistence, and 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 "The Skyscraper Race; Cutting Edge Forensic Science 1920s Style; J.P. Morgan and Saturday, November 2, 1907; and The Chicago Bread War.

Tuesdays In-person: 10/6, 10/13, 10/20, 10/27

10:00 - 11:30 a.m.

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 In-person: 10/6, 10/13, 10/20, 10/27, 11/3

11:30 a.m. - 12:15 p.m.

Paramus - Room Gym A

Instructor: Carol Raff

IR-957 Current Events Club

Enjoy a weekly discussion of current events led by ILR 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 In-person: 10/6, 10/13, 10/20, 10/21, 10/27, 11/3, 11/10, 11/17, 11/24, 12/01, 12/8, 12/15

1:00 - 2:00 p.m.

Paramus Campus

Instructor: Herman Lindenbau

BONUS

IR-741 The Circle of Life on the Serengeti

Discussion of the Great Migration—the seasonal march of 3.5 million animals through East Africa, the largest movement of animal life on the planet, including the role of predators such as lions, hyenas, leopards, crocodiles, etc. Analysis of the Masaai people—their culture, customs, the "hakuna matata" lifestyle and the evolution of the Swahili language. Review of geologic phenomena in the region, including the Ngorangora Crater (Africa's "Garden of Eden"), the Olduvai Gorge (the "Cradle of Mankind") and the volcanic history and residue.

Tuesday In-person: 10/20, 10/27
10:00 - 11:30 a.m.

Paramus Campus

Instructor: Kevin Sheehy

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

TUES Course Offerings cont'd

BONUS

IR-814 Classic Film Lecture and Screening: A Place in the Sun

Few Hollywood films have combined romance, social commentary, and tragedy as memorable as *A Place in the Sun* (1951). Join us for a screening and discussion of the Academy Award-winning classic, directed by George Stevens and featuring Montgomery Clift, Shelly Winters, and a radiant Elizabeth Taylor in her first truly adult starring role-- a performance that helped establish her as one of Hollywood's enduring icons. Based on Theodore Dreiser's landmark novel *An American Tragedy*, itself inspired by a notorious 1906 murder case, the film explores themes of ambition, class, love, and the seductive promise of the American Dream. Together we'll consider how the film transforms a sensational true crime into one of Hollywood's most complex dramas. We'll discuss its unforgettable performances, its striking visual style, and the social tensions that continue to resonate more than seventy years after its release. Whether you're revisiting this classic or discovering it for the first time, you'll find plenty to enjoy- and even more to talk about.

Tuesday In-person: 11/3

10:00 a.m. - 1:00 p.m.

Paramus Campus

Instructor: Carol Lafond

BONUS

IR-900 Computer Self Defense

Why Antivirus software is obsolete, Why software becomes more complicated every day. The four New Threats: Avoiding Fake Rental WiFi, How Smart TVs watch you, Why Complicated Passwords are ineffective, How to save money on printing, Reviving old PCs and more!

Tuesday Online Synchronous: 11/3

10:00 - 11:00 a.m.

Instructor: Marc-Anthony Arena

WEDNESDAY Course Offerings

IR-060 The Smart Guide to Personal Injury Law + Litigation NEW

A general explanation of personal injury law and detailed guide through litigation process and trial.

Wednesdays In-person: 10/7, 10/14,

10/21, 10/28, 11/4, 11/11

10:00 - 11:30 a.m.

Paramus Campus

Instructor: Patrick M. Little

IR-348 Common Problems In The Residential Garden

This course will explore several common residential gardening challenges, their causes, and practical strategies for addressing them. Topics will include the growing deer population and ways to maintain a beautiful garden despite increased deer activity; the history of America's suburban lawn and environmentally friendly alternatives that can better support native plants and wildlife; and stormwater and flooding, including their effects on our environment and gardens. Participants will also learn practical ways to manage and reuse stormwater on their own property while creating a more sustainable and resilient landscape.

Wednesdays In-person: 10/21,

10/28, 11/4

10:00 am - 12:00 pm

Paramus Campus

Instructor: Arnie Friedman

NEW

IR-538 Musical Masters: Their Lives, Their Works and Their Manias!

This course superimposes the Science of Psychology, over the art of Music. Have you ever contemplated the gifts, and the price of genius? Take a journey through the ages and stages of Music, traveling as far back as the Renaissance, crafted and powered by the genius of masters like Bach, Beethoven, Mozart, and more, through to the 20th Century. Now, let's superimpose the evolution, and coming of age of Psychology as a respected discipline, a science and an art devoted to healing. In this course, we will sample the biographies of many musicians and artists representative of all eras in the development, history, and maturity of Music and Psychology. For example, had psychology reached the level of maturity it is assigned today 2 centuries ago, Ludwig Von Beethoven might have been diagnosed with a combination of Bipolar disorder, Severe Alcohol use Disorder, Anacusis, Complicated by Trauma! How might these diagnoses have interacted with his genius, and shape his long list of masterpieces. Explore with us, the gift, and the price of genius.

Wednesdays In-person: 10/07,

10/14, 10/21, 10/28, 11/04, 11/11

1:00 - 2:00 p.m.

Paramus Campus

Instructor: Jon J. Cavallerano

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

WED Course Offerings cont'd

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, stickmobility 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 In-person: 10/7, 10/14, 10/21, 10/28

12:00 -1:00 p.m.

Paramus Campus

Instructor: Jon Leslie

NEW

IR-779 What's in Your Genes? An Introduction to Genomics

In this instructor-led, interactive series, participants will explore the fascinating world of genomics, from the discovery of DNA and genes to the groundbreaking Human Genome Project (HGP) and its lasting impact on medicine, science, and everyday life.

Wednesdays In-person: 11/11, 11/18, 11/24, 12/02, 12/09

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

Paramus Campus

Instructor: Yelena Bobonivkova

IR-842 Documentaries: African American Experience

African Americans have struggled for centuries for equality and freedom. We will look at four documentaries about their struggles. Documentaries may include Slavery by Another Name, Scottsboro: An American Tragedy and Freedom Riders.

Wednesdays In-person: 11/4, 11/11, 11/18, 12/2

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

Paramus Campus

Instructor: Emily Ginder

IR-990 Preparing for Aging in Place

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. 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.

Wednesday In-person: 11/18

10:00 am - 12:00 pm

Paramus Campus

Instructor: Wendy Sabin

BONUS

IR-888 The Art of LP: Exploring Album Art Covers and Their Creators

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.

Wednesdays In-person: 10/21

11:00 a.m. - 12:15 p.m.

Paramus Campus

Instructor: Fern Dickey

IR-063 Weather and Nature's Extremes

Did you know that "Sandy" was technically not a hurricane when it made landfall? Do you want to understand more about the different types of snowstorms that hit the New Jersey area? Are you curious about an El Nino and how it impacts our weather in New Jersey? In this class, we will discuss the influence that oceans have on weather. We will review severe storms such as thunderstorms and tornadoes, discuss snowstorms and go back in time to review Superstorm Sandy, the most destructive and costliest storm to hit the New York metro area. Course taught by a weather hobbyist who has been studying meteorology for over 40 years.

Thursdays In-person: 10/22, 10/29, 11/5, 11/12

10:00 - 11:00 a.m. (10/22)

11:00 a.m. - 12:00 p.m. (10/29, 11/5, 11/12)

Paramus Campus

Instructor: Jess Geller

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

THURS Course Offerings

IR-085 Non-Military History of World War II, Pt 4: And the War Came

A concurrent investigation of the European and Far East conflicts, beginning with the Nazi and Soviet invasions of Poland ... and the Japanese bid for control of China, Northeast and Southeast Asia and the Pacific. The political, diplomatic, economic and sociological aspects of the two simultaneous struggles will be highlighted, along with Franklin Roosevelt's efforts to bring the United States into the War on the Allied side. As in all previous multi-semester courses, Part 4's end-point will be determined by class participation in terms of questions and answers; opinions and personal observations/recollections.

Thursdays In-person: *10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

***Class begins one week prior to official semester start date
10:30 a.m. - 12:30 p.m.**

**Paramus Campus
Instructor: James Devine**

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," "Long Term Care," "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 In-person: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12
2:00 - 4:00 p.m.**

**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: "Main Risks of Retirement" - high inflation, longevity, health care expenses Session 2: "Maximizing Income Streams" - pensions, annuities, and social security Session 3: "Investing" - asset allocation, alternate investment vehicles, and more Session 4: "Comprehensive Financial Planning" - long-term care, Roth 401(k), and more
Thursdays In-person: 10/22, 10/29, 11/5, 11/12

1:00 - 2:00 p.m.

**Paramus Campus
Instructor: Dave Chepaukas and James Maimone**

IR-619 Watercolors for All

Come paint in the company of friends in this supervised studio space. Students work independently on their own projects with input from the instructor. This course is designed for anyone with a good understanding of how to handle watercolor techniques. Students are responsible for their own supplies. Supplies needed are watercolor set, watercolor pad, 8x10 or 9x12 rough paper, mixing tray, brushes: round #10, #8, flat #1/2, rigger brush (long haired brush).

Thursdays In-person: 10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

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

**Paramus Campus
Instructor: Barry Shiff**

IR-676 Sketching for All

Come sketch in the company of friends in a supervised studio space. Students work independently on their own projects with input from the instructor. This course is designed for anyone with a good understanding of the art of sketching using pencils. Students are responsible for their own supplies.

Supplies needed: 2H 4h HB 2b 4b, 6b, pencils, colored pencils, kneaded eraser, sketch pad and photos to sketch.

Thursdays In-person: 10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

1:00 - 2:30 p.m.

**Paramus Campus Instructor:
Barry Shiff**

IR-702 Neurology 101

Come join us as we explore the following topics: **1. Dementia, 2. Stroke, 3. Peripheral Neuropathy, 4. Shingles, 5. Bell's Palsy.**

Thursdays In-person: 11/19, 12/03, 12/10, 12/17

2:30 - 4:00 p.m.

**Paramus Campus
Instructor: Judith Lustig**

Course Descriptions

THURS Course Offerings cont'd

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 In-person: 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

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

Paramus Campus

Instructor: Joanne O'Neil

IR-786 American Revolution 250 - Part 2

The founders of the United States government established a constitutional republic. Based on a system of checks and balances, the government is split into legislative, executive and judicial branches. Class covers early founders: Alexander Hamilton (father of the U.S. financial system), John Adams, Thomas Jefferson, and James Madison and the U.S. Constitution.

Thursdays In-person: 10/8, 10/15, 10/22, 10/29

1:00 - 2:15 p.m.

Paramus Campus

Instructor: Tom DeStefano

NEW

IR-789 Basic Qigong/Tai Chi for Adults

This 1-hour Tai Chi class is designed specifically for older adults who want to improve balance, mobility, and overall well-being in a gentle, supportive environment. The session blends slow, flowing movements with mindful breathing and simple weight-shifting patterns that are easy to learn and accessible for all fitness levels. The class emphasizes safety, comfort, and confidence. Movements can be done standing or seated, making it suitable for participants with limited mobility, arthritis, balance concerns, or those recovering from illness. A Sequence of simple, flowing movements drawn from Tai Chi. Focus areas include: Slow, continuous motion, Coordinated breath, Balance and stability, Relaxed, mindful attention. Movements are taught step-by-step with clear visual cues and options for seated participation.

Thursdays In-person: 10/08, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10, 12/17

10:30 - 11:30 a.m.

Instructor: Jay Kim and Marlene Stefanelli

BONUS

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 In-person: 10/15

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

Paramus Campus

Instructor: JoAnn Mitchell

Bonus

ILR-691 - Virtual Museum Tours

Discover the world's great museums without leaving home. Virtual Museum Tours is an interactive program designed to introduce older adults to the growing world of online museum experiences. Using easy to navigate tools and real examples from global institutions, participants learn how to explore galleries, exhibitions, and cultural treasures from any smart device. Participants will:

- Learn what virtual museum tours are and how they became popular during the COVID 19 era.
 - Compare in person and virtual museum visits, discussing benefits, limitations, and unique opportunities for older adults.
- Students will explore multiple types of virtual experiences, including: Interactive walk throughs; 360 degree videos; Zoomable photo galleries; 3D tours and animations and Virtual reality demonstrations

Thursday In-person: 11/12

10:00 - 11:00 a.m.

Marilyn Pratt

BONUS

NEW

IR-787 Alcohol - What Really Happens When We Imbibe

Let's learn about alcohol. Class will cover the states of intoxication, withdrawal syndromes, NJ laws related to alcohol and driving, etc.

Thursday In-person: 11/12

12:30 - 2:00 p.m.

Paramus Campus

Instructor: Judith Lustig

Enroll Today! Visit ilr.bergen.edu/courses

Course Descriptions

THURS Course Offerings cont'd

BONUS

NEW

IR-815 Beatles Encounters

This course will follow personal encounters with members of the Beatles, including Paul McCartney, John Lennon and his son Julian from September 1964 through August 1967.

Thursday In-person: 10/8

1:00 - 3:00 p.m.

Paramus Campus

Instructor: Jules and Paula Royak

Bonus

IR-949 All Aboard! Passenger Trains in America: Past, Present and Future

Inspired by his train ride from Chicago to Los Angeles, Keith will take us on a trip through the history of U.S. passenger rail service, including its economic, cultural, political, culinary, musical and poetical aspects, and will explain why "Amtrack" came into existence. As a recipient of a large chunk of federal infrastructure funding, Amtrak appears to have an assured future but it is unlikely to resemble the "high-speed rail" services offered in so many countries. We will discuss the future of passenger rail service in America.

Thursdays In-person: 11/5, 11/12

10:00 - 11:00 a.m.

Paramus Campus

Instructor: Keith Danish

FRIDAY Course Offerings

NEW

IR-057 The Stories of Carver and Wolf

Raymond Carver and Tobias Wolff are American writers who mastered the short story form. They were teaching colleagues and friends who influenced each other's writing style. Carver and Wolff influenced writers who came later. The class will focus on discussion mostly one story per class. Participants should finish the class understanding the importance of each writer and an enriched reading of each story under discussion.

Fridays In-person: 10/09, 10/16, 10/23, 10/30, 11/6

1:00 - 2:00 p.m.

Paramus Campus

Instructor: Mark Altschuler

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, tone, descriptive techniques, pacing, 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 an event or moment they are thankful for, brought joy, meaning, or made them laugh.

Fridays In-person: 10/9, 10/16, 10/23, 10/30, 11/06, 11/13, 11/20, 12/4, 12/11

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

Paramus Campus

Instructor: Shelly Reich

IR-307 The American Revolution Through the Eyes of Children

We will be looking at the events of the American Revolution from 1777-1783 through the eyes of children. We will read five young adult books showing the hardships of war upon children. We will look at the events at Valley Forge, the frontier and New Jersey in the first half of the course and end with the Southern Campaign. This class will be a combination of a history lesson and a book discussion. Please read "Forge" by Laurie Halse Anderson.

Friday In-person: 10/9, 10/16, 10/23, 10/30, 11/6

12:30 - 2:00 p.m.

Paramus Campus

Emily Ginder

IR-339 A Non Military History of World War II

The United States was still in the grips of The Great Depression when the conflict erupted in Europe. Anxious to remain neutral, Congress drafted laws in an attempt to isolate the United States from the growing conflict. That would prove to be impossible. This class will explore how America became part of this conflict and the profound impact of the war on every aspect of American society. Rather than focusing on military strategy, we will explore the social, political and economic implications of this conflict.

Fridays In-person: 10/23, 10/30, 11/06, 11/13, 11/20

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

Paramus Campus

Instructor: Janet Dinardo-White

FRI Course Offerings cont'd

IR-520 Peak Performance & Sports IQ – Parts I & II: Game Mental Performance

Coach Dr. Paul Wiener discusses strategies for improving mental performance in sports and other performance-based activities. This course is designed for adults who play tennis or golf, perform with a musical instrument or in theater, have children who participate in sports, or are interested in coaching. Topics will include anxiety, building confidence, fear of failure, team and individual sports, dealing with adversity, managing expectations, and overcoming confidence killers.

Friday In-Person: 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Time: 10:00 – 11:30 a.m.

Paramus Campus

Instructor: Paul Wiener

IR-630 Mahjong

Learn to play Mahjong in 3 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.

Friday: 10/9, 10/16, 10/23

12:30 - 2:30 p.m.

In-Person - Paramus Campus

IR-724 Exploring Genetic Genealogy 101

Unlock the secrets of your ancestral heritage through the utilization of DNA testing in genealogical research. This comprehensive course delves into the basics of DNA analysis, highlighting the reasons for its incorporation into genealogy, guiding participants in selecting the appropriate tests and companies, and providing the necessary skills to interpret DNA results accurately. Gain the tools to unravel family connections, explore hidden branches of your family tree, and navigate the complexities of genetic genealogy, ultimately enriching your understanding of your heritage. Note: This course assumes a basic understanding of genealogical research principles and techniques.

Fridays In-person: 10/9, 10/16, 10/23, 10/30, 11/6, 11/13

1:00 - 2:30 p.m.

Paramus Campus

Instructor: Fred Voss

NEW

IR-830 Travel Tips & Tidbits

Do you love to travel? Whether you're planning your next adventure or simply dreaming about new destinations, this course is filled with helpful tips, tricks, and travel insights. Learn how to research and choose destinations, explore different styles of travel—from cruises and land trips to active and relaxing getaways—discover smart packing strategies, and learn about foods and experiences to enjoy along the way. Come share ideas, discover new possibilities, and make your future travels more enjoyable and stress-free!

Friday In-person: 11/13, 11/20, 12/4, 12/11

10:00 - 11:30 a.m.

Paramus Campus

***Eligible to register as a Bonus Course**

Instructor: Andrea Pass

BONUS

IR-556 Truth be Told! A Fun Legacy Workshop

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.

Friday In-person: 11/13

12:30 - 2:30 p.m.

Paramus Campus

Donna Atkins

Enroll Today! Visit ilr.bergen.edu/courses

INSTRUCTOR BIOS FOR SPRING 2026 ILR

Albert Pucciarelli, 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 NJ Bar Assoc. Aviation Law Comm., past Chief of the NYC Bar Assoc. Air and Space Law Comm., Pres. of the Mid-Atlantic Pilots Assoc., and a Trustee of the NJ 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

Andrea Pass is the owner of Andrea Pass Public Relations; however, she has a tremendous love for travel. From cruises and all-inclusives for relaxation (and reading a good book), to touring trips throughout Europe and China, to adventure trips in Peru and Ecuador, and driving trips seeing the National Parks, Andrea looks forward to sharing Travel Tips and Tidbits to help you grow the travel bug!

Angela Goldman, NBA-HWC, ACC, A-CFHC

Angela Goldman is a board-certified health coach and founder of NRG Health and Wellness 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.

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.

Barry Shiff

Barry Shiff, a native of Massachusetts, received his art training at the Museum of Fine Arts in Boston and studied life drawing at the Don La Cedra Copley Society. His work is part of the permanent collection of the Village Ridgewood NJ, Easton Historic Society in Easton, MA and is in many private collections. Working in a wide range of media, Shiff sketches on location or paints in his Fort Lee, N.J. studio. His favorite subjects are animals, sailing

ships and railroad trains. Shiff also creates portraits of pets and of home exteriors. Shiff is active with the Fort Lee Artist Guild, American Artists Professional League, Fort Lee Historical Society, and the Hackensack Art Club. To view his work visit www.BarryShiff.com or follow him on Instagram at @artistbarryshiff46.

Carol LaFond, JD

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. She also has a passion for Hollywood's Golden Age. 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 RidgewoodHistorical Society.

Carol Raff, MSW, RYT

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 New Jersey's Speakers Bureau has skilled volunteers that speak throughout the state, including community organizations, private businesses, houses of worship, and AARP chapters. Our speakers deliver presentations that address the issues that matter most to New Jerseyans 50 and older. Topics range from Fraud protection, caregiving, mental health to Medicare and Social Security. (LOGo)

Enroll Today! Visit ilr.bergen.edu/courses

INSTRUCTOR BIOS FOR SPRING 2026 ILR

David Chepsauskas, 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 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

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.

Fern Dickey

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 repurposes retired cigarette vending machines to vend art throughout the US.

Fred Voss

Fred Voss is a professional genealogist, researcher, and educator. He has been doing personal genealogy for over 20 years and is a Trustee and Education Chair for the Genealogical Society of Bergen County. His areas of interest are Germany, Switzerland, and New Hampshire, with special interest in DNA, Immigration, and Naturalization. Mr. Voss is a certificate holder of the Boston University Genealogical Research Certification program (OL13). He is a member of the Association of Professional Genealogists and the International Society of Genetic Genealogists as well as various regional societies. He is a former volunteer tour guide at Ellis Island, leading both historical and photographic tours of the abandoned hospitals on the south side of the island (SaveEllisIsland.org). He

graduated from Boston College with a BA in Mathematics. He has spent his career working for and with software startup companies such as Netscape Communications, Sun Microsystems, and Oracle. Since 1990, he has specialized in Internet Identity and Security.

Herman Lindenbaum, BEE / MBA / PE

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 New Jersey state approved agency to help families within the I/DD population.

Enroll Today! Visit ilr.bergen.edu/courses

INSTRUCTOR BIOS FOR SPRING 2026 ILR

James Devine

Beginning his sixteenth 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.

NEW INSTRUCTOR**James Farnham**

Jim Farnham, MS, MBA has taught Medicare 101 for numerous libraries, schools, colleges, universities, businesses, learning centers, and adult and continuing education Programs. He has thirty years' experience in insurance and financial services. Jim focuses on consumer education, emphasizing practical ideas and actionable strategies. Jim also works with individuals to determine appropriate coverages.

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, MA

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.

NEW INSTRUCTOR**Jay Kim**

Jay has been teaching Qigong and Tai Chi for the past 27 years, sharing his knowledge and passion for these ancient healing practices with individuals of all ages and backgrounds. He currently teaches at CGI Holistic Fitness and Spa and is currently teaching at Glen Rock Community Center, and Mindful Waters Tai Chi Classes for the past 2 years. Jay is dedicated to helping people cultivate greater balance, strength, and inner peace through mindful movement and breathwork. He enjoys working with individuals from all walks of life, guiding them toward feeling more grounded, centered, and peaceful through the practice of Qigong and Tai Chi.

Jess Geller

Jess Geller is a weather enthusiast who enjoys watching, predicting and explaining the weather. He has been following the weather, including tracking hurricanes, since he was a young child. Jess went to Cook College, Rutgers University looking to become a meteorologist, but his education and career took him on a different path. He is a retired Life Actuary who would much rather forecast weather than mortality.

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.

JoAnn Mitchell, MBA / CMP

JoAnn is a certified AARP Smart Driver course instructor and has worked with adult learners for over 20 years. A retired member of a global engineering company, JoAnn drives as many as 50,000 miles a year in a variety of vehicles in all kinds of weather and on all kinds of roads.

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.

John 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

Enroll Today! Visit ilr.bergen.edu/courses

INSTRUCTOR BIOS FOR SPRING 2026 ILR

and veteran homes playing music. Currently, he is a songwriter, with concentration on the keyboard and piano.

Jon Leslie

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.

NEW INSTRUCTOR

Jules Royak

Jules Royak Jules Royak was raised in Hillside, New Jersey College at Jersey City State College, class of 1974. He started working for Johnson and Johnson

August 1975 and retired from August 2014. Jules and his wife Paula raised their only child, Sara in Glen Rock, New Jersey.

Keith Danish

Keith Danish is a retired attorney who specialized in Intellectual Property law and practiced at several prominent New York City law firms. He currently serves on the Executive Board of the New York Labor History Association, where he is also the Newsletter and Book Review Editor. Keith previously served on the Board of Trustees of the Institute of New Dimensions, a nonprofit educational organization. He has presented lectures and programs at ILR, the Institute of New Dimensions, the Puffin Foundation, public libraries, the National Baseball Hall of Fame, and other venues. His presentations cover a wide range of subjects, including law, American history and labor history, and the business, history, and culture of baseball.

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

Marc-Anthony Arena

Marc-Anthony Arena was born in the 80s, back when technology was hopeful. He's an honors graduate of both mcQuaid Jesuit and RIT. He has been in the IT industry since 2000. He is the author of "How to Protect Yourself from Your Computer," a Plain English guide of the concepts, scams, and scandals of the tech industry. After 10 years as a dynamic and outspoken local talk show host, he launched The Computer Exorcist Podcast, available anywhere and anytime. His message is this: ALL of the heartache, headache, and expenditures in this industry are completely preventable.

Marilyn Pratt

Marilyn Pratt is a Volunteer Speaker with AARP NJ. Over the course of a long career in Technology training, Marilyn was privileged to consult to Medicines Sans Frontiers - Doctors Without Borders. Observing their work in the field was an inspiring, humbling, and edifying experience.

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 earned his MBA 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, Mario Medici Lectures, LLC., takes on New York City's interesting history as well as other subject matter.

INSTRUCTOR BIOS FOR SPRING 2026 ILR

Mark Altschuler

Mark Altschuler has taught English at Bergen Community College since 1998. He has taught summer courses at Chautauqua institution since 1994. He has also taught courses for ILR. His specialties are American Literature and leading discussion on short stories.

NEW INSTRUCTOR

Marlene Stefanelli

Marlene is a retired public school teacher who is passionate about helping others restore and strengthen their health through energy-based movement practices such as Qigong and Tai Chi. Drawing on her background as an educator, she brings patience, encouragement, and a deep commitment to guiding others on their wellness journey. She has been teaching qigong/tai chi for about 10 years.

NEW INSTRUCTOR

Patrick Little, Licensed Attorney

A graduate of Rutgers NCAS and St. Mary University School of Law. Patrick Little was a personal injury litigation attorney in New Jersey for 47 years, as both a plaintiffs lawyer and a defendants lawyer.

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.

NEW INSTRUCTOR

Paula Royak

Paula Royak is the ultimate professional, earning several awards for her production and service. NJ Monthly magazine designated her as a Five Star Professional Real Estate agent 10 times. This honor is achieved by less than 2% of agents in the entire state. Paula has also been in the NJAR Circle of Excellence 8 times, most recently in 2011 and 2012. She has also earned the Premier Club Gold Award for 2012 and 2013. The Premier Club is a sales associate recognition program that identifies outstanding achievement in Leading Real Estate Companies in the World. She has now earned the title of Relator Emeritus after achieving over 40 years of service. Paula prides herself with a reputation for constant, prompt communication, attention to detail and personalized service. She has developed a list of reliable vendors to assist her clients with any possible repairs or improvements they may need. Paula graduated cum laude from New Jersey City University with a B.A. in special education and taught perceptually and neurologically impaired students for 8 years prior to becoming a full-time Realtor.

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.

Rick 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 Dill, MS / MA

Robert Dill is a full professor of Biological Sciences who has been teaching at Bergen Community College for 34.5 years. Professor Dill lives in Glen Rock, NJ, and is a former Councilman. He loves the outdoors, including running, hiking, fishing, and backpacking. Come with science questions you would like answered.

Shelley Reich, MS

Shelley Reich is a published nonfiction, fiction and memoir writer. Her professional work spans over 25 years of writing about healthcare and related topics. In this capacity she has led and mentored numerous individuals and groups on effective writing techniques. She has also conducted reminiscence groups for older adults and uses these techniques to help students "mine" their memories for subjects and events that inspire gratitude.

Enroll Today! Visit ilr.bergen.edu/courses

Susan Golden

Susan is a retired HS Science and Math Teacher whose mission is to help people understand how we interact with our shared home, the Earth. Susan works with people in the Northeast region and around the world to foster their understanding of the interactions and impacts modern society has on the natural world. She has dedicated hundreds of hours presenting and developing curriculum for schools and informal educational programs for various organizations. Susan is currently on the Board of Trustees of the Hackensack Riverkeeper. Susan's undergraduate degree is in Engineering Sciences which is augmented with a Master's in Teaching degree. She has also completed several environmental training programs including Rutgers' Environmental Stewards Program, Al Gore's Climate Reality Project, and the En-ROADS Ambassador Program. In 2023 she completed a graduate certificate program at the University of Vermont in Education for Sustainability.

Theresa J. Yarosh, CFP, CLU, ChFC, CKA, IRMAACP

Theresa Yarosh, CFP®, CLU®, ChFC®, CKA®, IRMAACP®, has been in the financial services industry for over 25 years. She specializes in the impact of healthcare costs on 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.

Tom DeStefano, MA, BA

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

Wendy Sabin

Wendy Sabin, MSW, LCSW 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), a private geriatric care management practice based out of Montclair, NJ.

Yelena Bobovnikoba, PhD

Yelena Bobovnikova received a Master of Science in Microbiology and a PhD in Biotechnology from the Moscow Institute of Technology. She has spent most of her career in research, focusing on projects using various types of microorganisms. She also contributed to the Human Genome Project while working at Cornell University Medical School and the Mount Sinai School of Medicine.



**Licenses. Certifications. Employee Training.
Professional Development. Lifelong Learning.**

CE.BERGEN.EDU

CONTINUING EDUCATION AND WORKFORCE DEVELOPMENT

FALL 2026 DATES TO REMEMBER

Institute for Learning in Retirement Fall Registration for the Fall 2026 Semester: Wednesday, September 9th, 2026. Semester Dates: Monday, October 5, 2026 - Friday, December 18, 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.



ILR.Bergen.edu | ILR@bergen.edu | (201) 447-7156



The ILR is a program of the Division of Continuing Education and Workforce Development.
For all Continuing Education Offerings please visit us at <https://ce.bergen.edu>

Enroll Today! Visit ilr.bergen.edu/courses