

Fall 2024

Course Catalog

Senior College

@ [BSUSeniorCollege@bridgew.edu](mailto:BSUSeniorCollege@bridgew.edu)

(508) 531-1052

<https://www.bridgew.edu/ccs/seniorcollege>

# SENIOR COLLEGE

at Bridgewater State University



BRIDGEWATER

STATE UNIVERSITY

COLLEGE OF CONTINUING STUDIES

SENIOR COLLEGE

Senior College  
College of Continuing Studies  
Moakley 211  
100 Burrill Avenue  
Bridgewater, MA 02325

Visit us on Facebook

<https://www.facebook.com/BSUSeniorCollege>

**Lifelong learning for curious adults.**

**Six-week in-person and Zoom courses that foster creativity, self-discovery, and learning.**

**All are welcome!**

Thank you to our partners—  
the Bridgewater Public Library, the Bridgewater Senior Center,  
the Center for Active Living in Plymouth, the Easton Council on  
Aging and the Hingham Center for Active Living!

# Welcome to Senior College

Dear Friend:

As we embark on the 5th year of the Senior College at Bridgewater State University, I am delighted to introduce our Fall semester course catalog—our most expansive yet, featuring 60 diverse courses. This milestone not only highlights our progress but also underscores the dedication and enthusiasm for lifelong learning that every member brings to our community.

In these unprecedented times, we recognize the challenges of navigating the complexities of our global and local landscapes. Many of our carefully curated courses are designed to help you make sense of world and national events, offering insights and perspectives that resonate both globally and within our own neighborhoods. Whether you prefer the convenience of virtual learning or the camaraderie of in-person gatherings, we have options to suit your needs. You will also find that many of our courses accessible via Zoom are recorded, allowing you to participate from the comfort of your own home at a time that is convenient for you—watching course sessions “on-demand”.

Finally, I want to acknowledge and thank our community partners who host our in-person learning sessions. They are true partners in every sense—the Bridgewater Public Library, the Bridgewater Senior Center, the Center for Active Living in Plymouth, the Easton Council on Aging, and our new partner, the Hingham Center for Active Living. We eagerly anticipate starting this upcoming learning adventure with you, united by our common desire for knowledge.

Warmest regards,



Jennifer Reid, PhD  
Director, Senior College



Alt text: Senior College members Mae Doherty and Evelyn DeLutis at the June 2023 Senior College Member Appreciation Event.

## Staying in Touch

When you join the Senior College mailing list, you will receive our newsletters and eblasts with up-to-date information on upcoming events, special workshops, and course registration details. Sign up [here](#) and you can unsubscribe anytime.

## Fall 2024 Registration

Registration for Fall 2024 will remain open on an ongoing basis until November 10, 2024. Courses begin on a rolling basis starting in September through November.

## Our Mission

The Senior College at Bridgewater State University seeks to engage lifelong learners to foster the well-being of our members through diverse educational opportunities and socialization.

## Our History

The Senior College at Bridgewater State University opened in September 2019 under the direction of the College of Continuing Studies. Since then, we have grown from a community of less than 60 members to as high as 400 members coming from southeastern Massachusetts and from seven other states across New England and the U.S.

## BSU's Senior College Registration Process

### STEP ONE

Register for courses through our website, adding your courses to your "cart" and paying the single \$95 fee. Either click this link or copy into your browser:

<https://www.bridgew.edu/ccs/seniorcollege/courses-and-registration>.

Through our website you will see seats available, course descriptions and instructor bios.

**Please note: Due to increased demand and limited enrollment slots, four of our courses (out of the 60 courses we have planned this semester) have a nominal course fee to ensure commitment and prioritize members who intend to attend the course. Due to space constraints, our courses at the Center for Active Living Plymouth and the Easton Council on Aging Frothingham Hall have limited enrollment spots as well *without* the nominal course fee.**

### OPTIONAL STEP

As a member of Senior College, you can access BSU's student amenities such as our Thornburg Fitness Center, the Maxwell Library, and even a parking pass (at no cost to you). If you live near the campus and would like to take advantage of our on-campus amenities, then please complete the Continuing Studies Non-Credit Application [here](#). Please note: if you were a member of Senior College previously and have completed the "non-credit application" you do not need to complete it again.

Finally, you will receive access to a “members only” website where you can access the Zoom links, course recordings, and much more.

### **Online Learning and Courses “On-Demand”!**

Taking courses online is both convenient and accessible. There is no need to worry about parking or traffic. With Zoom, you have a front-row seat for all your courses. Additionally, many of our courses are recorded as a benefit of membership. You will receive a link to our member-only viewing library so you can view the “on-demand” class meeting recordings at your leisure.

Recorded courses are noted via our Quick Glance schedule which you can find on our website: <https://www.bridgew.edu/ccs/seniorcollege>

Zoom Links: Once you register, the Zoom links for your courses will be made available to you.



Alt text: Senior College members attending class at the Center for Active Living in Plymouth

## **In-Person Learning**

We are pleased to have partnerships with the Bridgewater Public Library, Bridgewater Senior Center, the Center for Active Living in Plymouth, the Easton Council on Aging, and the Hingham Center for Active Living. Our in-person courses take place at the following locations:

Bridgewater Public Library  
15 South Street, Bridgewater, MA 02324  
(508) 697-3331

Bridgewater (Cole-Yeaton) Senior Center  
10 Wally Krueger Way, Bridgewater, MA 02324  
(508) 697-0929

Center for Active Living Plymouth  
44 Nook Road, Plymouth, MA 02360  
(508) 830-4230

Easton Council on Aging  
Frothingham Hall Community Center  
15 Barrows Street, North Easton, MA 02356  
(508) 230-0690

Hingham Center for Active Living  
224 Central St, Hingham, MA 02043  
(781) 741-1458

Bridgewater State University – Main Campus  
Various locations (will be shared with course members)

## **Inclement Weather Policy**

In the event of inclement weather, power outages, or other emergency situations please visit BSU's website: <https://www.bridgew.edu/> In the event of inclement weather, power outages, or other emergency situations please visit the BSU website [www.bridgew.edu](http://www.bridgew.edu) or check your local radio or TV station. If BSU is closed for ANY reason, Senior College courses are also cancelled (at all of our in-person locations and even if they meet via Zoom). We will make every effort to make up missed class meetings due to weather or other unexpected situations, but do not guarantee that cancelled sessions will be made up.

Additionally, please use your own discretion when deciding to travel to an in-person course in inclement weather. Better safe than sorry!

## **Course Selection**

Our members are free to enroll in as many courses as they wish. However, some courses

may have enrollment limits and require a nominal fee or a supply fee. If applicable, these limits and fees will be noted in the Quick Glance schedule and in this catalog.

### **Membership Fee**

The Senior College membership fee is \$95, paid each semester a member chooses to attend courses. If you are experiencing a financial hardship and still want to participate in Senior College, please email us. **We offer full scholarships to members who need one.**

### **Scholarship Support**

Senior College courses are accessible to all who have a passion for lifelong learning. Thanks to the College of Continuing Studies at Bridgewater State University, scholarship support is available to those who may not otherwise be able to attend. For information, please email Kara Marx at [kmarx@bridgew.edu](mailto:kmarx@bridgew.edu) to ask for a community membership. All requests are confidential.



Alt text: A group of Senior College members and instructor Laurie J. Ferrini Halls posing for a photo.

### **Withdrawal/Refund Policy**

Refunds are not available for membership dues. Senior College offers an open enrollment model so our participants can enroll in as many courses as they like.

If a Senior College member is experiencing a medical situation that prohibits them from attending courses in the semester, then a refund will be issued.

### **Who can participate?**

The Senior College is designed for adult learners aged 50 and older. However, we do not verify age. Most of our members are in their 60s, 70s, and 80s! No formal education is required to attend.

### **Are there tests or assignments?**

Nope, Senior College is all about enrichment and fun—learning for the sheer joy of it! Sometimes our instructors share reading materials or other resources (like YouTube videos and TED Talks). These aren't required, but they'll definitely add some extra flavor to your learning experience.

## **Do you have to be an alum of Bridgewater State University to attend Senior College?**

You do NOT have to be an alum of BSU; the Senior College is open to anyone age 50 or older. You also do not need previous college experience—we are open for anyone who is curious and wants to learn.

## **Who takes courses with the Senior College?**

Only the most active, intellectually curious adults! Our courses and activities are perfect for those who crave continuing education, academic challenges, and friendship. If you're looking for a place where your brain and social life get a workout, you've found it!



Alt text: A group of Senior College members at the Senior College Member Appreciation Event in June.

## **Want to offer a course?**

Senior College is always looking for new courses to add to our schedule. If you would like to propose a course, email a short course description and short biography about yourself to Kara Marx, Staff Assistant, at [kmarx@bridgew.edu](mailto:kmarx@bridgew.edu) and [seniorcollegecourses@bridgew.edu](mailto:seniorcollegecourses@bridgew.edu).

Proposals for Fall 2024 are due by Monday, November 11, 2024.

## **Classroom Conduct Policy**

The Senior College at Bridgewater State University endeavors to create a positive and affirming environment that fosters learning and social connection. Members, instructors, and staff are asked to demonstrate mutual respect, kindness, and a commitment to civility. Senior College instructors are responsible for moderation of classroom discussions. Instructors have the prerogative of inviting questions and in-class conversation throughout the class or asking members to hold their questions and comments until the end of class or another designated time.

All members of Senior College are expected to adhere to the Bridgewater State University Student Code of Conduct which can be found [here](#).

Senior College instructors, staff, and members are encouraged to contact the director (Jennifer Reid, [j5reid@bridgew.edu](mailto:j5reid@bridgew.edu)) if they observe behavior that is a violation of the classroom conduct policy.



Alt text: A Senior College member learning to play the Ukulele.

### **Classroom Learning Needs**

Bridgewater State University is committed to providing equal access to students with documented disabilities. To ensure your access to this course and the BSU community, students with disabilities are encouraged to collaborate with Student Accessibility Services (SAS). Through SAS, you may initiate the confidential process of requesting reasonable accommodations. SAS can be reached at

[Disability\\_Resources@bridgew.edu](mailto:Disability_Resources@bridgew.edu) or 508.531.2194. If you are granted accommodations, please reach out to the director (Jennifer Reid, [j5reid@bridgew.edu](mailto:j5reid@bridgew.edu)) confidentially to review how they will be applied in your Senior College courses.



## Instructor Appreciation



Alt text: Long time Senior College Instructor Ron Reynolds.

### **20+ Courses:**

Nan Loggains (25)

### **10+ Courses:**

Ron Aakjar (12)

Jim Kirkcaldy (11)

Caroline Stanley (10)

Michael Kryzanek (10)

### **5+ Courses:**

John Winters (9)

Sandra Mondykowski Temple (8)

Ronald Reynolds (8)

Ed Priest (8)

Ray Ajemian (7)

Andrea Plate (6)

Aeon Skoble (5)

The Senior College at Bridgewater State University is fortunate to have instructors who have taught many courses with us. While we appreciate every instructor, we offer this special recognition to instructors who have reached 5+, 10+ and 20+ courses taught. Congratulations- our community is enhanced by your engagement with our members!



Alt text: Long time Senior College Professor Michael Kryzanek, holding the Senior College brochure.

# Senior College Special In-Person Event

## American Democracy at the Crossroads: An Intergenerational Dialogue on the 2024 Election

Monday, October 28, 2024, 4:00-5:30pm

Free and open to the public, pre-registration is required, please register [here](#).

Bridgewater State University—John Joseph Moakley Center—Auditorium  
100 Burrill Ave, Bridgewater, MA 02325

Join Senior College at Bridgewater State University as we engage in an important dialogue with our expert faculty from different generations to explore and discuss the state of democracy in America in the lead-up to the 2024 election. This distinguished faculty panel will offer their analysis of the current political trends, important historical contexts, and their thoughts on the future—offering diverse perspectives on the challenges and opportunities facing American democracy today.

**Event Moderator:** Dr. Jason Edwards- Professor, Communication Studies

### Panelists:

- Dr. Michael Kryzaneck- Professor Emeritus, Political Science
- Dr. Brian Frederick, Professor, Political Science
- Dr. Rachel Navarre- Associate Professor, Political Science and Coordinator of Quantitative Reasoning Across the Curriculum
- Dr. Sidita Kushi- Assistant Professor, Political Science

## Contact Us:



Alt text: Senior College staff Kara Marx, Darlene Marks, Jennifer Reid, and Linda McNeilly

Email: [BSUSeniorCollege@bridgew.edu](mailto:BSUSeniorCollege@bridgew.edu)

Phone: 508.531.1052

Website:

<https://www.bridgew.edu/ccs/seniorcollege>

Facebook:

<https://www.facebook.com/BSUSeniorCollege>

Jennifer Reid, Director

Darlene Marks, Assistant Director

Kara Marx, Staff Assistant, [KMarx@bridgew.edu](mailto:KMarx@bridgew.edu)

Linda McNeilly, Program Assistant,

[LMcNeilly@bridgew.edu](mailto:LMcNeilly@bridgew.edu)

## SEPTEMBER COURSES

### BRAND NEW COURSE!

Zen Chair Yoga

Jody Weber

Thursday

9/05, 9/12, 9/19, 9/26

8:00-9:00am

Zoom (Not Recorded)

This class is designed for students with an interest in yoga, but who have limitations preventing them from participating in a standard class. During our four-week class together, you will learn sequences to open and align the body from a seated position that you can make part of your daily routine. We will also explore meditation and breathing practices that decrease anxiety and generate a positive connection to the body.

*Dr. Jody Weber is the chairperson of Bridgewater State University's Dance Department where she teaches dance technique, composition, dance history and manages departmental productions. She has created over thirty original choreographic works through her professional dance company, Weber Dance, and has shared her artistry nationally and internationally. She is also the author of "The Evolution of Aesthetic and Expressive Dance in Boston" published in 2009 through Cambria Press. Dr. Weber is a certified yoga and meditation teacher and has been researching holistic methods of creating wellness for a fuller and richer life.*

### BRAND NEW COURSE!

Top Shelf I: Reading & Discussing Shakespeare's Julius Caesar, King Lear & Hamlet

John Winters

Friday

9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18, 10/25

12:00-1:20pm

Zoom (Recorded)

This course offers a comprehensive study of three of Shakespeare's most profound works: Julius Caesar, King Lear, and Hamlet. Utilizing the Cambridge School Shakespeare editions, each session will delve into the week's assigned reading. We will explore major themes and the complex characters that drive these narratives. Through guided discussions, participants will engage critically with the text, uncovering the timeless significance and enduring impact of these classic tragedies. This course is perfect for both newcomers to Shakespeare and seasoned readers looking to gain new insights.

*John Winters, G'11, is at work on the first comprehensive biography of Angela Davis, Long Road to Freedom. He previously published Sam Shepard: A Life (2017) and has taught at BSU as an adjunct since 2011. He limits his teaching these days to college courses within the Rhode Island prison system.*

**Back by POPULAR Demand!**  
**Deja-Vu & Tricks of the Mind**  
**Caroline Stanley**  
**Monday**  
**9/09, 9/16, 9/23, 9/30**  
**10:00-11:20am**  
**Zoom (Not Recorded)**

This course provides an overview of memory, how it works, and how it plays “tricks.” It begins with a description of long- and short-term memory along with tips on how to improve memory. What follows is an explanation of how the mind can deceive us through forgetting, false memories, and experiences such as deja-vu. The four sessions will cover the following topics: How does memory work? What are the different types of memory? How do psychologists explain forgetting? What are the limits of memory and how can we improve it? How accurate is memory? What are false memories and how do psychologists study them? How susceptible is the average person to developing false memories. What is deja-vu and how common is it? How do psychologists explain deja-vu? How can our knowledge of memory, attention, and forgetting help us understand deja-vu?

*Dr. Caroline Stanley is a clinical psychologist and professor at Bridgewater State University. Her clinical specialization is in child and family studies. Her research focuses on the teaching of psychology. Specifically, she explores the effectiveness of classroom-based, experiential techniques for promoting personal change. She has over a dozen published works and collaborates with an international team of researchers on the teaching of psychology.*

**BRAND NEW COURSE!**  
**The Legacy of Greece**  
**Aeon Skoble**  
**Monday**  
**9/09, 9/16, 9/23, 9/30, 10/07, 10/21**  
**9:45-11:05am**  
**Bridgewater Public Library**

Ancient Greek culture has had a tremendous influence on the development of Western civilization, in diverse areas spanning art, science, literature, politics, philosophy. Its history is both intrinsically interesting as well as a principal factor in later developments. In this course we will survey key contributions and influences in all these areas.

*Aeon J. Skoble is Professor of Philosophy at Bridgewater State University and the Bartlett Chair in Free Speech and Expression. Skoble is the author of *Deleting the State: An Argument about Government* (Open Court, 2008) and *The Essential Nozick* (Fraser Institute, 2020), the editor of *Reading Rasmussen and Den Uyl: Critical Essays on Norms of Liberty* (Lexington Books, 2008), and co-editor of *Political Philosophy: Essential Selections* (Prentice-Hall, 1999) and *Reality, Reason, and Rights* (Lexington Books, 2011). In addition, he has frequently lectured and written for the Institute for Humane Studies, Cato, and the Foundation for Economic Education, and he is a Senior Fellow at the Fraser Institute. His main research includes theories of rights, the ethics of market order, the nature and justification of authority, and virtue theory.*

## **The Final Stretch - The Road to the White House**

**Mike Kryzanek**

**Monday**

**9/09, 9/16, 9/23, 9/30, 10/07, 10/21**

**11:25am-12:45pm**

**Bridgewater Public Library**

Following up on the first session on presidential electoral politics in Spring 2024, this course will describe the final two months of the campaign for the White House. Topics such as campaign strategy, public opinion polling, policy positions, battleground state support, controversies regarding age and health, and the impact on the vote of key constituencies such as women, blacks and Latinos, the MAGA base, independents, and young people will be examined. The importance of this election in terms of the future direction of the United States will be explored with special emphasis on democracy, the role of government, individual rights, and the ongoing social, cultural, and political divisions within the country. The critical question of whether this country can remain “united” will serve as the center of the discussions in the course.

Note: This course will also have two additional 1-hour zoom meetings pre- and post- the election. On 10/30 the presentation will provide a final review and analysis on where the election stands and on 11/11, the presentation will provide a “post- mortem” on the results of the election and the road forward.

*Dr. Michael Kryzanek is currently the Special Assistant to the President of Bridgewater State University. Dr. Kryzanek’s areas of expertise are in American government, US foreign policy and comparative politics. He*

*was Chair of the Political Science Department and was the Executive Director of the Minnock Center for International Engagement with responsibilities for all international programs at BSU.*

## **BRAND NEW COURSE!**

**Still Crazy about Uke! Ukulele 3**

**Ed Priest**

**Monday**

**9/09, 9/16, 9/23, 9/30, 10/07, 10/21**

**11:30am-12:50pm**

**Center for Active Living Plymouth**

This is a continuation of the Ukulele 1 and 2 courses from last spring. In this course we will continue to have FUN playing ukulele together in class and expanding our ukulele repertoire and strumming and picking techniques. While playing and having FUN we will also focus on becoming independent life-long ukulele players. Beginners with no experience can sign up for the Beginner Ukulele 1 class which starts October 28. Course requirements: a ukulele, a tuner, and some experience playing basic ukulele chords.

*As a professional musician, Ed Priest has been performing for decades in concerts, nightclubs, colleges, schools, campgrounds, churches, senior centers, and private functions. In 2019, he retired from 30 years of teaching French and Spanish, using music as a daily part of his high school and middle school teaching. Ed earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College in Paris, France. In addition to playing guitar, ukulele, and banjo in his stage act, he has taught beginning and advanced ukulele classes at the*

*Circle of Music Week at Ferry Beach in Saco, Maine every year since 2013.*

**Bonjour Français! Beginning French 1**

**Édouard Priest**

**Monday**

**9/09, 9/16, 9/23, 9/30, 10/07, 10/21**

**1:10-2:30pm**

**Center for Active Living Plymouth**

Looking for a FUN way to learn French? Look no further! Join our beginner's course, where we will immerse ourselves in the language through engaging conversations, interactive games, and delightful songs. This is a full participation class, meaning you will actively participate and experience the joy of learning French right from the start. Forget about extensive note-taking and overwhelming grammar studies. Instead, we will embrace a natural learning approach, prioritizing using French from day one. Our philosophy revolves around the belief that language proficiency is more about what you can do with the language rather than simply what you know about it. So, come aboard, and let us embark on an exciting journey of acquiring French in the most enjoyable and effective way possible!

*Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College, which included a year living and studying in Paris, France! He was a Massachusetts certified teacher of French and successfully taught both High School French and Middle School French for a total of 30 years. As a teacher of teachers, Ed has also given multiple concerts and conducted workshops in French and Spanish for MaFLA –*

*the Massachusetts Foreign Language Association.*

**Back by POPULAR Demand!**

**American Art: Gilded Age to Cold War 1950's**

**Jim Kirkcaldy**

**Monday**

**9/09, 9/16, 9/23, 9/30, 10/07, 10/21**

**12:30-1:50pm**

**Easton Council on Aging Frothingham Hall**

This course is the third installment in Jim's popular series of Senior College art seminars. In this course you will explore the evolution of American art from the late 19th century through the mid-20th century, focusing on pivotal movements and influential artists. Starting with the opulence and innovation of the Gilded Age, we will trace the development of 1930s Regionalism and Social Realism, examining how artists responded to the economic and social challenges of their time. Moving into the 1950s, we will study the bold, emotive works of Abstract Expressionism, before transitioning to the vibrant, culturally reflective Pop Art of the 1960s. Through detailed discussions and analyses, participants will gain a deeper understanding of the historical contexts and artistic breakthroughs that shaped American art during these transformative decades.

*Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, K-12 for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of his most rewarding aspects of teaching European History was his integration of western art into his courses. For Jim art was*

*not just a way to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the “tricks of the trade” artists use to make an impact on the viewer.*

**BRAND NEW COURSE!**

**How to Start a Mindful Journaling Practice**

**Shelley Leahy**

**Monday**

**9/09, 9/16, 9/23, 9/30, 10/07, 10/21**

**2:10-3:30pm**

**Easton Council on Aging Frothingham Hall**

In this course, you will learn how to start journaling as a way to bring your emotions to light and be present with yourself. Journaling for mindfulness provides the opportunity to slow down, breathe, and honestly explore your thoughts and feelings through expressive writing. This practice helps you release self-judgment and freely examine your inner experiences. Topics covered will inspire and encourage mindful compassion for yourself, fostering a deeper connection with your emotions and overall well-being.

*Shelley Sandler Leahy holds a BA and M.Ed. in Psychology and Higher Education. She has worked in the college environment for almost 40 years; counseling and teaching students how to learn. Her love for journaling led her to teach workshops at various places. She believes journaling is a good outlet for writing down thoughts, words, book reviews or feelings.*

**BRAND NEW COURSE!**

**Before We Were Here: A History of 1920s America**

**Nan Loggains**

**Tuesday**

**9/10, 9/17, 9/24, 10/01, 10/08, 10/15**

**10:00-11:20am**

**Zoom (Recorded)**

This class will delve into the complexities and nuances of a decade that was both roaring and tumultuous. Each week will focus on a different aspect of the era, encompassing the cultural, social, economic, and political landscapes that defined the 1920s.

*Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including the foundation courses and several special topics (Vietnam War, Cold War, America’s War on Terrorism, and the 1960s) and a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.*

**BRAND NEW COURSE!**

**Ukraine Needs Victory: Reflection on the Russian Invasion, Global Geopolitics, and the Future of Democracies**

**Feodor Gostjev**

**Tuesday**

**9/10, 9/17, 9/24, 10/01, 10/08, 10/15**

**4:00-5:20pm**

**Zoom (Recorded)**

The Russian invasion of Ukraine in 2022 reshaped the Global geopolitics pinning rogue authoritarian nations against liberal democracies and the international system of laws and treaties they support. This course will provide a unique perspective on this conflict, its origins, and consequences. The instructor will draw on his personal experiences of growing up in Crimea peninsula in the Black Sea that became a part of Ukraine after the fall of the USSR and was annexed by Putin in 2014. We will explore how the Soviet collapse, economic dislocations, corruption, ethno-nationalist tensions, and, most importantly, Putin's rise to power in the era of political polarization and a fractured information environment have contributed to the current situation.

*Dr. Feodor (Fed) Gostjev is an associate professor of Criminal Justice and the coordinator of the Criminal Justice graduate program at Bridgewater State University. Fed's research focuses on immigration, ethno-racial diversity, crime, and justice in the United States. His research examines how immigrant residential settlement patterns shape the geographic distribution of violent extremism, gang violence, and crime across America. Fed is an ethnic Russian from Ukraine, born and*

*raised in Crimea, and immigrated to the United States in 2002.*

**BRAND NEW COURSE!**

**Plants and Human History**

**Ron Aakjar**

**Tuesday**

**9/10, 9/17, 9/24, 10/01, 10/08, 10/15**

**5:00-6:20pm**

**Zoom (Recorded)**

Ever wonder how plants became cultivated? What plants have been in cultivation the longest and in which cultures were they first cultivated? Why did cultures that were separated by thousands of miles have such similar diets when it came to plants? These questions and more will be answered as we look through history at various cultures from around the world and through the historical records of when plants became cultivated and how we as humans changed the wild plants into the plants we grow today and how those plants changed the societies that cultivated them. We will examine basic plant biology to include physiology, genetics, and life cycles; origins of agriculture; groups of plants that have the most cultivated species; and specific uses of plants to include, food, shelter, clothing, medicinal, and poisonous plants.

*Ron Aakjar Jr. is extremely interested in plant biology and has focused his professional roles in that area. He is a Staff Associate in the Biology Department at Bridgewater State University and teaches General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several seminars and a summer course on identifying plants. Before his position at BSU, he worked as a Horticulturist at a private estate in Bridgewater, CT for nine*



years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.

**BRAND NEW COURSE!**

**Nous parlons français! Advanced French Conversation**

**Édouard Priest**

**Tuesday**

**9/10, 9/17, 9/24, 10/01, 10/08, 10/15**

**12:00-1:20pm**

**Bridgewater Public Library**

This is a NEW course, requested by Senior College members! Classes will be conducted “tout en français”. Participants will have the opportunity to have FUN with and freshen up their French skills, whether they spoke French at home as a youth, studied in school, or while traveling. We will have weekly topics for discussion as well as songs, games, video clips, short readings and sharing of podcasts, French entertainment, and events. All are welcome, but those with at least basic French listening and speaking skills will profit most because this is a FULL PARTICIPATION CLASS!

Beginners might be interested in the Beginning French courses in Plymouth.

*Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College, which included a year living and studying in Paris, France! He was a Massachusetts certified teacher of French and successfully taught both High School French and Middle School French for a total of 30 years. As a teacher of teachers, Ed has also given multiple concerts and conducted workshops in French and Spanish for MaFLA –*

*the Massachusetts Foreign Language Association.*

**¡Hola Español! Beginning Spanish**

**Eduardo Priest**

**Tuesday**

**9/10, 9/17, 9/24, 10/01, 10/08, 10/15**

**1:40-3:00pm**

**Bridgewater Public Library**

Have you been wanting to express yourself in Spanish? In this beginning set of classes we will have FUN in SPANISH through conversations, games, and songs. This is a FULL PARTICIPATION class! We will not be “studying” Spanish, we will be using it from day one in class to have fun and acquire it naturally – following the philosophy that what you can DO with a language is more important than what you KNOW about the language.

*Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from University of Lowell, and a M.A. in French from Middlebury College in Paris. He holds teaching certifications in Spanish and French and has taught French for 30 years, with the last 20 teaching Spanish as well. Ed has an irrefutable love for the Spanish language and culture and since 2009 has spent his summers playing in and around Cuernavaca, Morelos, México with his Mariachi band “Los Charros de Morelos.” He is thrilled to share his expertise with students through immersive learning.*

## **Drawing for Beginners**

**Laurie J. Ferrini Halls**

**Tuesday**

**9/10, 9/17, 9/24, 10/01, 10/08, 10/15**

**4:00-5:20pm**

**Bridgewater State University**

**Course cap: 18**

**Course fee: \$15 (does not include supplies)**

Explore shading techniques in still life drawing, learning how to show light, break things down into shapes and negative positive space. Learn about composition and proportion in landscapes, including background, middle ground, and foreground, as well as in figure drawing. Discover perspective drawing using vanishing points. Learn techniques and develop skills to help you build confidence and find your own personal style as well.

Supplies needed (may be purchased at - Michaels, Jo-Anns, Ocean-State Job Lot, Five Below):

- Drawing paper - 9 x12 pad wire bound version allows you to tear out pages
- Drawing pencils - a set of graphite that includes 2H, HB, 2B, 4B, 8B
- Kneaded eraser and a White eraser -avoid pink pearl they can rip paper
- Blending tool - called a stump or tortillion-used for blending

*Laurie Jean Ferrini Halls, a local artist and educator who offers both group and individual art lessons for all age groups. With a diverse background encompassing Fine Arts, Graphic Arts, and Education, she earned her BFA from Emmanuel College in Boston. Laurie has undertaken commissioned illustration projects for various local businesses and nonprofits.*

*Currently, she is actively engaged in teaching art and literature classes for the nonprofit Triumph, Inc. Additionally, Laurie conducts adult drawing and watercolor classes in senior centers across the area, as well as hosts art workshops at local libraries and the Old Colony History Museum. She serves as the current art instructor at Bridgewater State University's Senior College and holds the position of an art instructor for Easter seals at the Bridge Center in Bridgewater.*

**Back by POPULAR DEMAND!**

**Learn to be a Drone Pilot! Aerial Mapping, Humanitarian Missions, and Creative Filmmaking**

**Instructor: TBA**

**Tuesday**

**9/10, 9/17, 9/24 Rain Date: 10/3**

**4:00-6:00pm**

**Bridgewater State University**

**In-person, hands-on course (equipment is provided, you do not need to bring your own drone). Meet at Bridgewater State University in the Harrington Hall parking lot (95 Grove Street, Bridgewater, MA)**

**Course cap: 14**

**Course fee: \$20**

Welcome to the thrilling world of drones! In this introductory course, students will embark on an exciting journey to master the Rules of the Skies and unlock the full potential of drone technology. Starting with the fundamentals, participants will learn how to fly a drone, both manually and autonomously, gaining confidence in their piloting skills. Exploring the cutting-edge realm of drone mapping, we'll delve into the usage of easy-to-use software for mapping and vegetation analysis. Finally, a standout feature of this course is the focus on humanitarian

applications. Participants will become adept at using drones for deploying medical supplies, making a positive impact by leveraging drone technology for vital and life-saving missions. Unleash your technical expertise as you become a drone pilot and open a world of possibilities.

*The instructor for this course has over six years of teaching experience and developed the Drone Certificate program at Bridgewater State University including four drone courses through the aviation department and College of Continuing Studies which prepares students for federal certification.*

### **Yoga and Meditation: Practices for Deeper Peace and Wellness**

**Jody Weber**

**Wednesday**

**9/11, 9/18, 9/25, 10/02, 10/09, 10/16, 10/23, 10/30**

**8:00-9:00am**

**Zoom (Not Recorded)**

Start your day off with gentle yoga practice to center your mind and open and strengthen your body. This class explores contemporary yoga, meditation and breathing techniques that increase overall health and well-being. Students will explore yoga, meditation, and pranayama breathing techniques experientially. Each class will begin with a pranayama practice followed by yoga asanas and conclude with a brief meditation. Learn how yoga and contemplative practices improve cognition, decrease anxiety, and generate a centered mind body state conducive to health and well-being. All levels welcome.

*Dr. Jody Weber is the chairperson of Bridgewater State University's Dance Department where she teaches dance technique, composition, dance history and manages departmental productions. She has created over thirty original choreographic works through her professional dance company, Weber Dance, and has shared her artistry nationally and internationally. She is also the author of "The Evolution of Aesthetic and Expressive Dance in Boston" published in 2009 through Cambria Press. Dr. Weber is a certified yoga and meditation teacher and has been researching holistic methods of creating wellness for a fuller and richer life.*

### **Back by POPULAR Demand!**

### **Historical Fiction: Interpreting the Past Through Storytelling**

**Jen Turner**

**Wednesday**

**9/11, 9/18, 9/25, 10/02, 10/09, 10/16**

**12:00-1:20pm**

**Zoom (Recorded)**

Historical fiction is one of the oldest forms of storytelling (think ancient works such as The Odyssey or Shakespearean dramas like Julius Caesar) but did not emerge as a recognizable literary genre until the early 19th century. Since then, the genre has seen highs and lows, and produced everything from bodice-ripping romances to gritty tales of wartime espionage. What binds all historical fiction together, though, is the way it sheds light on the human condition by providing a window into and mindsets of people of another age. In this course, we will read and discuss several novels, chosen for their diverse approach to historical writing and their ability to help us better understand the eras in which they are set. In short, we will approach fiction as a lens

through which to approach the age-old challenge of interpreting the past. Is the past truly “a foreign country” or are the people who live there a lot like ourselves? How do “history” and “memory” shape and influence each other? How do the stories we tell ourselves about the past influence the way we live in the present? How do writers – novelists AND scholars – reconstruct the past for a contemporary audience?

*Jennifer Turner is a doctoral candidate in history at UMass Amherst and a long-time adjunct faculty member in the history department at Bridgewater State University. She is the harried mother of a newborn son born in the middle of a global pandemic and a kindergartener. Her secret pleasure is reading works of historical fiction, which led to the creation of this Senior College class, so she could share her love of history through an unexpected genre.*

### **BRAND NEW COURSE!**

#### **Women in Power: A Global History**

**Richard Brabander**

**Thursday**

**9/12, 9/19, 9/26, 10/03, 10/10, 10/17**

**11:00am-12:20pm**

**Zoom**

A continuing series of lectures meant to bring to light the role of both famous and lesser-known women who transgressed gender stereotypes, rose to positions of power, and shaped history in substantial ways. The first lecture will provide a brief introduction of the unique features of World History (as a distinct field/approach of History) that serves as an ideal framework to explore the lives of these extraordinary women throughout history. This course emphasizes coverage of historical

women from non-Western Areas who have traditionally not received adequate attention. Students are invited to use the polling software app Poll Everywhere (no software purchase required) to interact during our Zoom class sessions and help select which intriguing women for us to cover in our 6 sessions.

*Dr. Richard Brabander is a professor in the BSU history department. In addition to having taught at BSU since 2008, he is also a public educator whose focus is providing lectures and outreach to senior communities across MA. Richard is currently a scholar in residence at the Cambridge House in Cambridge and Fuller Village in Milton providing monthly programs on topics in history and news-media literacy to a diverse group of seniors.*

### **Back by POPULAR Demand!**

#### **Discover Your Inner Actor! Introduction to Acting**

**Sheila Kelleher**

**Thursday**

**9/12, 9/19, 9/26, 10/03, 10/10, 10/17**

**11:30am-12:50pm**

**Center for Active Living Plymouth**

This course is designed to teach foundational acting skills through practical exercises. Participants will focus on essential elements such as breath control for projection, voice modulation for emotional range, and physicality to enhance character portrayal. The course covers techniques for character development, script analysis for understanding roles, and scene work to create authentic interactions. The culmination is a showcase where students perform a rehearsed scene, demonstrating their skills. This workshop is suitable for beginners with

no prior experience required and emphasizes learning through practical application rather than memorization.

*Shelia Kelleher has 20 years of performing experience and eight years of directing experience in community theatre all over the South Shore. She has a Master's degree in Theatre Education from Emerson College. For her Master's Thesis Project she developed a Basic Acting Workshop for Senior Citizens. She was 57 when she earned her Master's! She has previously offered Acting Workshops with the Plymouth Council on Aging and Company Theatre in Norwell.*

### **The Contemporary Art Scene**

**Jim Kirkcaldy**

**Thursday**

**9/12, 9/19, 9/26, 10/03, 10/10, 10/17**

**1:10-2:30pm**

**Center for Active Living Plymouth**

This course delves into the dynamic world of contemporary art, examining how contemporary artists are responding to and shaping our interconnected global society. Beginning with a foundational look at Pop Art as a pivotal moment in art history, the course primarily focuses on the artists who are still creating art and considered to be the cutting edge artists of today. The main emphasis of this seminar is to examine the international art movements of today and how they represent our 21st century global society.

*Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, K-12 for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of*

*his most rewarding aspects of teaching European History was his integration of western art into his courses. For Jim art was not just a way to utilize art to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the "tricks of the trade" artists use to make an impact on the viewer.*

### **Image Study: Improving Your Photos**

**Ron Reynolds**

**Friday**

**9/13, 9/20, 9/27, 10/04, 10/11, 10/18**

**9:30-10:50am**

**Zoom (Recorded)**

This is a follow-up to a class offered last spring; arranged so that new participants can join us and be fully engaged. Rather than getting into the technical features of smart phones or dedicated cameras we will study composition and exposure. In the first couple weeks we will review basic photographic fundamentals and what qualities make a "good" image. After that, students will be asked to submit photos each week for critiquing with constructive criticism. Although the goal is to get a "good" photo right out of the "camera" we will tweak images by post-processing with Photoshop Elements. Participants will not need to have this software on their computers to profit. Questions and comments are encouraged.

*After teaching high school sciences for 42 years, Ron Reynolds taught Physics and Geosciences at BSU for 17 years. He has traveled extensively throughout the U.S. and*

*eastern Canada and visited most of the western National Parks multiple times. Drawing on this experience he has published travel articles and photos. He has been an avid amateur photographer since 1961 and a life member of the Hockomock Digital Photographers. **BRAND NEW COURSE!***

**Runnin' with the Sons of Liberty**

**Sandra Temple**

**Friday**

**9/13, 9/20, 9/27, 10/04, 10/18, 10/25**

**2:00-3:20pm**

**Zoom (Recorded)**

Think you know the story of the run up to the American Revolution? Was it maybe a few paragraphs in your history books? We will take a fresh look at the early history of the fight to become the United States and the contradictions built into the new nation, and we will study recent arguments and key topics in the field. "A government of our own is a natural right: and when a man seriously reflects on the precariousness of human affairs, he will become convinced that it is infinitely wiser and safer, to form a constitution of our own...while we have it in our power.... We have it in our power to begin the world anew" Thomas Paine, Common Sense.

*Sandra Mondykowski Temple is an instructor at the Boston University's Metropolitan College for the Prison Education Program. She taught for years in various Massachusetts State Prisons and at the Plymouth County Correctional Facility. Sandra holds a master's degree from Harvard and has previously taught American History, Special Topics in Social Studies, and Human Development for Wheelock College.*

**BRAND NEW COURSE!**

**Mindfulness Practices for Optimal Physical Health and Well-Being**

**Cheryl Jones**

**Tuesday**

**9/17, 9/24, 10/01, 10/08, 10/15, 10/22**

**2:00-3:20pm**

**Zoom (Recorded)**

What is mindfulness, really? How can practicing mindfulness promote healthy aging? This course addresses these questions and more. Discover what mindfulness is, how to practice it, and review the many benefits for overall health and well-being. You will be introduced to a variety of mindfulness meditations as taught in the world-renowned Mindfulness-Based Stress Reduction (MBSR) program founded by Dr. Jon Kabat-Zinn. Explore the relationship between mindfulness and other aspects of personal wellness including mental fitness, physical health, spirituality, emotional resilience, and social connection. Classes include didactic learning, mindfulness meditation, reflective activities, and group discussion. Students will create a personal action plan to feel empowered to live the healthiest lifestyle possible and to thrive forward.

*Cheryl Jones, M.Ed., has undergone extensive teacher training in Dr. Jon Kabat-Zinn's Mindfulness-Based Stress Reduction program. A certified health and wellness coach, Cheryl holds a master's degree in health education and exercise science from the University of Connecticut and a certificate in spirituality from the University of Saint Joseph. She is the author of two books, *Thriving When Your Cosmic Egg Is Cracked: A Mindful Journey* and *Mindful Exercise: A Bridge Between Yoga and**

*Exercise. She hosts the Thrive55+ podcast show.*

### **Political Discussion: Issues of the Day**

**Nan Loggains**

**Wednesday**

**9/18, 9/25, 10/02, 10/09, 10/16, 10/23,  
10/30, 11/6, 11/13, 11/20, 12/04, 12/11**

**10:00-11:20am**

**Zoom (Not Recorded)**

Back by popular demand! This is the semester where you will NEED to attend this course to unpack these wildly unprecedented political times. Each week the members of this discussion group will gather to discuss important political topics in the news. Each session includes two to three topics. We begin each topic with a brief overview prior to discussion. All viewpoints are welcome, and discussions will be conducted in a friendly and respectful manner.

*Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including the foundation courses and several special topics (Vietnam War, Cold War, America's War on Terrorism, and the 1960s) and a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special*

*programs coordinator on the Attleboro campus.*

### **BRAND NEW COURSE!**

**Introduction to Drawing - Part 3 Portraits**

**Laurie J. Ferrini Halls**

**Saturday**

**9/21, 9/28, 10/05, 10/19, 10/26, 11/02**

**9:30-10:50am**

**Bridgewater State University**

**Course cap: 18**

**Course fee: \$15 (does not include supplies)**

This course is offered as a "part 3" only for members who enrolled in Introduction to the Art of Drawing: Foundations and Techniques Part 2 in the Spring of 2024 to explore the foundations of drawing. Members will expand on previous lessons, focusing on Portrait Drawing. Students will have fun trying out different supplies such as charcoal and conte crayons on toned paper, along with graphite to show light and contrast. Students will develop skills to help build confidence and find their own personal style as well. Supplies needed (may be purchased at - Michaels, Jo-Anns, Ocean-State Job Lot, Five Below):

- Drawing paper - 9 x12 pad wire bound version allows you to tear out pages
- Drawing pencils - a set of graphite that includes 2H, HB, 2B, 4B, 8B
- Kneaded eraser and a White eraser - avoid pink pearl they can rip paper
- Blending tool - called a stump or tortillion-used for blending

*Laurie Jean Ferrini Halls, a local artist and educator who offers both group and individual art lessons for all age groups. With a diverse background encompassing Fine Arts, Graphic*

*Arts, and Education, she earned her BFA from Emmanuel College in Boston. Laurie has undertaken commissioned illustration projects for various local businesses and nonprofits. Currently, she is actively engaged in teaching art and literature classes for the nonprofit Triumph, Inc. Additionally, Laurie conducts adult drawing and watercolor classes in senior centers across the area, as well as hosts art workshops at local libraries and the Old Colony History Museum. She serves as the current art instructor at Bridgewater State University's Senior College and holds the position of an art instructor for Easter seals at the Bridge Center in Bridgewater.*

## **Watercolor for Beginners- Part 2**

**Laurie J. Ferrini Halls**

**Saturday**

**9/21, 9/28, 10/05, 10/19, 10/26, 11/02**

**11:10am-12:30pm**

**Bridgewater State University**

**Course cap: 18**

**Course fee: \$15 (does not include supplies)**

This course is offered as a “part 2” only for members who enrolled in Watercolor Painting for Beginners in the Spring of 2024. Students will expand on prior concepts learned in the previous semester and review techniques for painting light and shadows. Using pen and ink with watercolors, as well as glazing techniques, members will be inspired by landscapes, still life, animals, flowers, and figures.

Supplies needed (may be purchased at - Michaels, Jo-Anns, Ocean-State Job Lot, Five Below):

- Palette
- pad of watercolor paper, 60lb paper weight or more 9x12
- pan or tube watercolor paints

- brushes that include a small round with point, large flat, liner brush, large round with point

*Laurie Jean Ferrini Halls, a local artist and educator who offers both group and individual art lessons for all age groups. With a diverse background encompassing Fine Arts, Graphic Arts, and Education, she earned her BFA from Emmanuel College in Boston. Laurie has undertaken commissioned illustration projects for various local businesses and nonprofits. Currently, she is actively engaged in teaching art and literature classes for the nonprofit Triumph, Inc. Additionally, Laurie conducts adult drawing and watercolor classes in senior centers across the area, as well as hosts art workshops at local libraries and the Old Colony History Museum. She serves as the current art instructor at Bridgewater State University's Senior College and holds the position of an art instructor for Easter seals at the Bridge Center in Bridgewater.*

## **Exploring Poetry: The Old and the New**

**Susan Levasseur**

**Monday**

**9/23, 9/30, 10/07, 10/21, 10/28, 11/04,**

**11/18, 12/02**

**1:00-2:20pm**

**Zoom**

Back for its fifth semester, the philosophy behind this course is simple: we appreciate poetry best when we examine it closely, with other attentive readers. Our community combines returning members, working poets, and poetry lovers with diverse life experiences. We are always eager to welcome new members to our group because they



bring fresh perspectives to our discussions. Nevertheless, you are welcome to simply “listen in” if you’re not sure how to talk about poetry. Over the course of our eight meetings together we will work to fully appreciate poems written in the English language from the Renaissance to this century. You will learn what to look for in old and new poems to appreciate different poetic styles. Emphasis will be placed on hearing diverse voices from various times, places, and standpoints: some famous, some contemporary, some recently rediscovered. We will read poems out loud while practicing our scansion skills, noting patterns of sound and rhythm. We will tease out possible interpretations of metaphors. We will discuss the historical and biographical context that frames each poet and poem. Why are some poems read over and over, delighting generations of readers? Why are some considered landmarks of social change? What do you enjoy in a poem? This class will be taught in a Group Discussion style on Zoom. Members will be provided with copies of poems and supporting materials in advance of class through email. They will be encouraged to share their discoveries about each poem, while remaining open to contributions from other group members. Our goal will be to work towards a richer understanding of each poem together.

*Susan Levasseur earned degrees in literature at the University of New Hampshire and the University of New Mexico before earning her Ph.D. in English at Temple University in Philadelphia. A part-time instructor in the*

*English and Communication Studies departments at BSU for ten years, she teaches college-writing classes focused on novel-to-film adaptations, poetry, and gender communication. Having taught many poetry appreciation classes to students meeting a requirement, she looks forward to discussing poetry with eager, enthusiastic, and curious students.*

### **BRAND NEW COURSE!**

**Buongiorno Italia: Conversational Italian: Part 2**

**Alfred Crudale**

**Tuesday**

**9/24, 10/01, 10/08, 10/15, 10/22, 10/29**

**1:00-2:20pm**

**Bridgewater Senior Center**

In Buongiorno Italia Part II, as we continue to focus on speaking the beautiful language of Italy, we will delve into some of the grammatical structures of the language, while increasing our vocabulary. At the completion of this course, you will be able to use adjectives to describe people and things, express likes and dislikes, conjugate verbs in the present tense, discuss daily routines, and write short paragraphs. You will also learn about modern Italy through songs and stories. I look forward to continuing our journey as we explore the language and culture of il bel paese.

*Alfredo Crudale teaches Italian at Bridgewater State University. He holds a Ph.D. in Italian Literature from the University of Connecticut. His most recent book is entitled “The Voices of Italy: Italian Language Newspapers and Radio Programs in Rhode Island.” He is Italian American and has a great passion for Italy, her*

*language and culture. He enjoys sharing his love of Italy and Italian with everyone he meets.*

**Jin Shin Jyutsu: Balancing the Energies of Body, Mind, and Spirit for Health and Wellbeing**

**Pat Kane**

**Tuesday**

**9/24, 10/01, 10/08, 10/15, 10/22, 10/29**

**2:30-3:50pm**

**Bridgewater Senior Center**

Jin Shin Jyutsu is an ancient Japanese art of harmonizing life energy within the body. Anyone can gain relaxation and a sense of well-being with the gentle application of the hand at different points of the body. It is our own energy that unlocks or redirects energy pathways for optimum flow often resulting in pain relief, better health, and well-being. The most common effect is relaxation and relief of stress. Participants will learn how to practice this art in all five sessions.

*Pat began her study of Jin Shin Jyutsu at Morristown Medical Center in 1998. She has been practicing and teaching Self Help Jin Shin Jyutsu since 2002. Her career includes 45 years in education, teaching all levels in several school districts, college, and the graduate level at Rutgers University. Pat spent 30 of those years with the New Jersey Audubon Society using the outdoors as a classroom. She is also a professional storyteller.*

## OCTOBER COURSES

**BRAND NEW (FREQUENTLY REQUESTED) COURSE!**

**Reconnecting with Math: Embracing the Productive Struggle**

**Chantal Kassa**

**Tuesday**

**10/01, 10/08, 10/15, 10/22, 10/29, 11/12**

**5:00-6:20pm**

**Zoom (Recorded)**

We all encounter struggles in life, but the key to growth and success is to persevere and embrace these challenges productively. Join us for a captivating six-week course to rediscover the joy and relevance of math through the lens of productive struggle. We will explore arithmetic, patterns and sequences, geometry, and algebra in ways that make the learning process both challenging and enjoyable. Our lively discussions will highlight the beauty of math in everyday life. Through engaging activities and collaborative projects, we will transform struggles into opportunities for discovery and fun. The course will end with a project that showcases what you have learned and its application in real life scenarios. Bring your curiosity and join us for a journey of discovery, learning and productive struggle. Rediscover the joy of math and the confidence that comes with overcoming challenges!

*Chantal Kassa is deeply passionate about the transformative power of education. With a master's degree from Clark University, she brings over 18 years of experience as a Math Teacher and Education Specialist across diverse educational settings, including public and private schools, community colleges, and*

*non-profit organizations. Embracing a growth mindset and positivity, Chantal believes in the limitless potential achievable through hard work and dedication, particularly in math where productive struggle leads to deeper understanding and mastery. She views each interaction with her students as a mutual learning opportunity, fostering growth and empowerment in both students and herself. When not spending time with family and friends, Chantal channels her energy into creating dynamic skills-based programs—from entrepreneurship to cooking—that empower tweens and teens to explore and embrace their unique talents and potential, equipping them with essential tools for navigating today's rapidly changing, globalized society.*

### **BRAND NEW COURSE!**

#### **How to Maximize Communication & Interaction between Baby Boomers, Silent Generation, Gen X, Gen Y/ Millennials, and Gen Z**

**William Brennan**

**Tuesday**

**10/01, 10/08, 10/15, 10/22, 10/29, 11/12**

**5:30-6:50pm**

**Zoom (Not Recorded)**

This virtual course will initially examine generational personality tendencies based on birth dates along with significant historical events within the respective generational birth year parameters. Generations to be examined are: Silents, Baby Boomers, Gen X, Millennials/Gen Y, and Gen Z. Next, we will analyze individual personality traits using well reputed personality assessment tools such as Dale Carnegie, Clifton Strengths Finder, MBTI, and DiSC. The third aspect of the course will explore how understanding generational tendencies, and personality traits, can

improve your daily interactions with family, friends, professional colleagues, and/or acquaintances,

*Bill Brennan is a Visiting Graduate Instructor for the BSU Department of Management MBA Program. He has worked as a full and part-time faculty member at BSU since 2007 and taught various courses including Principles of Management, Human Resources Management, and Marketing. In addition, he has worked as a dean of Management, Criminal Justice, Computer Science, and Human Services for a community college. His corporate background includes over 30 years in Human Resources leadership and management positions for respected global, national, and regional companies. His interest in generational tendencies and personality traits emanates from his HR background in recruiting, employee relations, and performance management. He is a certified Senior Professional in Human Resources and is a certified trainer for the global HR consulting firm Development Dimensions International. Bill has received his B.A. in Political Science from Providence College, a Master of Public Administration from Suffolk University, and a Master of Science in Applied Management from Lesley University.*

#### **Learn to Fold Flowers with Origami**

**Andrea Plate**

**Wednesday**

**10/02, 10/09, 10/16, 10/23, 10/30, 11/06**

**9:30-10:50am**

**Zoom (Recorded)**

Perhaps you spent the summer helping Mother Nature grow beautiful flowers. A colorful garden does not just happen but takes time, consistency, and effort. As that

season ends, let us take some of that same energy and learn to create beautiful paper blossoms while developing basic origami folding skills. The main focus will be on the blossom itself. We will start with traditional flower models that will develop basic folding skills. Each week we will add to your technique by including an additional type of fold or perhaps fold on a non-square piece of paper. You can practice between classes by using the video of each lesson, enabling you to become comfortable with each model and the skills you learn. At the end of 6 weeks, you will be surprised at what you can fold and, hopefully, be interested in exploring more origami. Whether you are brand new to origami or have been folding for a while this class will bring a little joy - and a little challenge - into your week.

Supplies needed:

- Colored copy paper folded is perfect for folding flowers
- A small package of Astrobrights, 24 lb paper, in whatever color you like, is a great choice and is available at Staples or on Amazon.
- A bone folder or an old credit card
- A good pair of scissors
- Something pointy such as toothpicks, skewers, or a knitting needle.

*Andrea Plate is a retired math teacher who used origami as a teaching tool. She has studied with internationally known origami master, Michael LaFosse, tessellation master Madonna Yoder, at conventions in New York City, Cambridge, MA, conventions worldwide through zoom and continues to explore independently. Her work is periodically displayed at the Plymouth Center for the Arts.*

*She is passionate about sharing the joy and health benefits found with origami and teaches all ages both in person and on zoom.*

### **BRAND NEW (FREQUENTLY REQUESTED) COURSE!**

**Exploring World Religions: Origins, Beliefs, and Practices**

**Nate DesRosiers**

**Wednesday**

**10/02, 10/09, 10/16, 10/23, 10/30, 11/13**

**1:00-2:20pm**

**Zoom (Recorded)**

This course will provide a short introduction to major religious traditions of the world. Our exploration will include discussion of Hinduism, Buddhism, Chinese Religions, Shinto, Judaism, Christianity, Islam, and Indigenous religions. The course will begin with a brief primer on methodologies for the study of religion, which will provide a critical lens for our academic approach. We will then examine each tradition's historical origins, conceptions of the sacred, rituals and practices, and contemporary influences.

*Nathaniel DesRosiers is Chair of the Department of Religious Studies and Theology at Stonehill College in Easton, Massachusetts. He holds a Master of Theology from Harvard Divinity School and a Ph.D. in Ancient Mediterranean Religions from Brown University. His areas of teaching expertise include Hebrew Bible, New Testament, Classics, Egyptology, and archaeology. He is the author of several books and articles including the forthcoming Cambridge University Press monograph, *Oath and Anti-Oath: Religious Competition in the Ancient World*.*

## **Renaissance to Romanticism**

**Jim Kirkcaldy**

**Wednesday**

**10/02, 10/09, 10/16, 10/23, 10/30, 11/06**

**9:00-10:20am**

**Hingham Center for Active Living**

This art appreciation course offers an introduction to the captivating world of art history, focusing on the foundational periods of the Renaissance and Romanticism. Through close examination of iconic artworks, participants will develop a keen eye for visual analysis, learning to decipher the artistic techniques, symbols, and underlying messages embedded within each piece. By exploring the historical, cultural, and intellectual contexts of these eras, we will uncover how art serves as a powerful mirror reflecting societal changes. Ultimately, this course aims to cultivate a deeper appreciation for art and inspire your future museum visits!

*Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, K-12 for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of his most rewarding aspects of teaching European History was his integration of western art into his courses. For Jim art was not just a way to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the “tricks of the trade” artists use to make an impact on the viewer.*

## **BRAND NEW COURSE!**

**Capturing Stories: A Journey into Photography**

**Francis Giles**

**Wednesday**

**10/02, 10/09, 10/16, 10/23, 10/30, 11/06**

**10:40am-12:00pm**

**Hingham Center for Active Living**

This course offers an immersive exploration into the world of photojournalism led by esteemed photojournalist Francis Giles (@francisgiles on Instagram). From covering political events to documenting intimate personal stories, Giles' participants will delve into the rich tapestry of Giles' storied career, gaining insights into his remarkable journey from paratrooper in the Vietnam War to accredited freelance photographer at the White House. Through a combination of engaging discussions and hands-on activities, participants will have the opportunity to not only learn about Giles' experiences but also to begin crafting their own narratives through the lens of a camera. Whether you are a seasoned photographer or just starting out, this course welcomes individuals of all skill levels. Participants are asked to bring their own cameras, whether traditional DSLRs or smartphones, as Giles leads them through practical exercises designed to ignite creativity and hone their photographic skills.

*Mr. Francis Giles is a freelance photojournalist who was a White House accredited photographer. He has held positions at CBS Radio, Inc. as editorial director; The Washington Post as general assignment reporter and Veterans Affairs sub-beat; as well as adjunct professor of photography at Rhode Island School of Design, Art Institute of Ft. Lauderdale, University of Vermont, and others.*

*Mr. Giles is an Eagle Scout and longtime Boy Scouts leader and thoroughly enjoys his volunteer opportunities. Francis holds a BA in photography from Burlington College, Certificate in Digital Photography from Rhode Island School of Design, Graduate Studies in the history of photography from Goddard College and Graduate Invitational Photography Studies with Minor White from MIT.*

**BACK BY POPULAR DEMAND!**  
**Between the Lines Book Club**  
**Nan Loggains**  
**Thursday**  
**10/03, 11/07, 12/05**  
**10:00-11:30am**  
**Zoom (not recorded)**

This Fall, the Senior College book group continues with our very popular leader Nan! In this course you will read and discuss three books. All sessions will be on Zoom. The first book will be *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray. The book is available in print, large print, eBook, and audio formats. The remaining two books will be announced during the first session of the group. Nan Loggains has led book groups for the past 25 years.

*Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including the*

*foundation courses and several special topics (Vietnam War, Cold War, America's War on Terrorism, and the 1960s) and a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.*

**Exploring Modern Ireland Through Literature:  
The Next Chapter**  
**Paul Pelan**  
**Thursday**  
**10/03, 10/10, 10/17, 10/24, 10/31, 11/07**  
**6:30-7:50pm**  
**Zoom (Recorded)**

Back by popular demand, this course continues with an exploration of modern Ireland, students will embark on an exploration of contemporary Ireland through the lens of renowned Irish writers. Participants will explore a curated selection of three impactful books, each offering a unique perspective on the cultural, social, and historical fabric of modern Ireland. Among the compelling works to be read and discussed are "Dubliners" by James Joyce, a collection of short stories chronicling life in Dublin at the turn of the twentieth century, "The Gathering" by Anne Enright, a novel about love and disappointment set in contemporary Dublin, and "The Second Prison" by Ronan Bennett, which mixes thriller with a prison diary.

*Paul Pelan, an Adjunct Professor at Bridgewater State University in the English Department since 2017, has taught classes in Irish Literature and Irish Politics. He has also been teaching classes at Boston University and*

*in the Boston University Prison Program since 2003 in the Arts and Humanities. Paul holds a Master's degree in Irish politics from Queen's University, Belfast.*

**BRAND NEW COURSE!**

**Rebels and Rogues: The World of Witches and Pirates**

**Renee Somers**

**Friday**

**10/04, 10/11, 10/18, 10/25, 11/01, 11/08**

**12:00-1:20pm**

**Bridgewater State University**

This book club will explore two fascinating countercultures that existed on the fringes of society: witches and pirates. Both groups rebelled against a society that oppressed them, often due to their gender and/or social class. Despite this, both groups created their own lifestyles, ideologies, and cultures. Simply put, witches and pirates were the "rock stars" of their day who lived by their own rules and, for that, they were feared and vilified! We are going beyond the outlandish and flattened Hollywood characterizations of pirates and witches. Instead, we will examine fictional representations which are nuanced and more historically accurate. Our pirate adventures begin with *A True Account* by Katherine Howe, followed by our non-traditional tale of witchcraft as depicted in Madeline Miller's best-selling *Circe*.

*Dr. Renee Somers is an Adjunct Professor in the English Department at BSU who has taught here since 2013. She teaches a wide range of courses, including American literature, Ghost Stories, Social Justice literature, short stories, and writing. Dr. Somers was the 2024 recipient of the Presidential Award for Distinguished Teaching.*

*Off campus, she is an animal lover who enjoys the beach, music, and traveling to new places. She can often be found with a book in one hand and a good cup of coffee in the other.*

**Introduction to American Sign Language**

**Glenna Caliendo**

**Monday**

**10/07, 10/21, 10/28, 11/04, 11/18, 11/25**

**9:00-10:20am**

**Zoom (recorded)**

This course is designed to develop visual, expressive, and receptive skills using American Sign Language. Students acquire basic vocabulary, phrases, and simple sentences to communicate in common life situations at home, school or in public. Instruction focuses on basic sign language vocabulary, beginning with words and then using those words to construct ideas and concepts. Instruction also focuses on the necessity of eye contact, facial expressions and hand/body movement and gestures to clearly communicate using ASL. Students participate in interactive activities to practice the ASL they are learning, develop fluency and solidify their knowledge. Note: You need to purchase a book "Learn American Sign Language-Everything you need to Start Signing" by James W. Guido; 2015. (red book with spirals)

*Glenna Caliendo is deaf and grew up in mainstream public schools. She earned her BA degree in Secondary Education with a concentration in math at Dominican University and earned her MS in Teaching and Curriculum at University of Rochester. She has been a part time faculty member at Bridgewater State University for 25 years (currently 4 years via zoom as synchronous remote and moved to SC) where she teaches*

*Sign Language 1. She also teaches Sign Language 1 for BSU Early College Program at Brockton Therapeutic Day School via TEAM app. She taught ASL 1 and 2 at Westfield State University for two years via Zoom. She taught ASL for a dual enrollment program through Stonehill College and Massasoit Community College, at Hanover HS in person classes for four years, and Cardinal Spellman HS for 2 years. She taught sign language for rising 5th and 6th grade students with the Footbridge summer program at BSU for six years, providing students from the Brockton area an authentic on-campus experience, and to instill an expectation whereby they will see themselves as future college students.*

**The Societal Impact of Drugs and Addiction**  
**Suzanne Buglione**

**Monday**  
**10/21, 10/28, 11/04, 11/18, 12/02, 12/09**  
**2:30-3:50pm**  
**Zoom (not recorded)**

Drugs, from Caffeine to Heroin, play a striking role in our society. This course will serve to increase awareness and knowledge about drugs, addiction, and their impact on society. Participants will examine their own behavior, learn strategies for prevention and intervention, and explore and debate changing societal norms.

*Dr. Suzanne Buglione is an Associate Professor of Higher Education at Johnson & Wales University, and a consultant at CommunityBuild. Suzanne holds a doctorate in higher education from the University of Massachusetts - Boston and has expansive experience in public and community practices. Her work is grounded in education for social*

*justice and her research includes the study of adult learners.*

**Winter Gardening Mother Nature Never Rests!**

**Ron Aakjar**  
**Tuesday**  
**10/22, 10/29, 11/12, 11/19, 12/03, 12/10**  
**5:00-6:20pm**  
**Zoom (Recorded)**

Come learn about how we can garden throughout the entire year! The class will cover topics such as extending the gardening season, gardening in the winter, creating gardens with winter interest, utilizing perennial crops and how we can get ready for winter gardening.

*Ron Aakjar Jr. is extremely interested in plant biology and has focused his professional roles in that area. He is a Staff Associate in the Biology Department at Bridgewater State University and teaches General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several seminars and a summer course on identifying plants. Before his position at BSU, he worked as a Horticulturist at a private estate in Bridgewater, CT for nine years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.*



## **Mid-Day Mindful Moments**

**Penny King**

**Tuesday**

**10/22, 10/29, 11/12, 11/19, 12/03, 12/10**

**12:00-1:20pm**

**Bridgewater Public Library**

Let us adventure on with mindful awareness! In this course we will be sharing and noticing how our own personal intelligence has more right than wrong! This course comes directly from the Mindfulness Based Stress Reduction program which is a researched method for reducing physical and psychological stress while building resilience, balance, and peace of mind. This is a wonderful chance to participate in a live and in-person experiential-based opportunity to share with a community of curious adventurers!

*Penny King received her Master's in Public Health in 1989 at Boston University and studied Epidemiology of Health and Behavior Science. She has spent three summers studying global public health with physicians, research specialists, legislators, and leaders from all over the world at the Epidemiology Institute with Tufts University. Currently, Penny is studying Mindfulness Based Stress Reduction in adults at the Brown University School of Professional Studies and became a Level One Qualified Teacher in May 2023. Penny is a proud single mother and grandmother!*

## **What Does this Dream Mean?**

**Curtiss Hoffman**

**Tuesday**

**10/22, 10/29, 11/12, 11/19, 12/03, 12/10**

**1:40-3:00pm**

**Bridgewater Public Library**

Dreaming is a natural function of sleep for many animals, as well as humans. However, it appears that only humans puzzle over what their dreams may mean and share them with one another in an attempt to explore the odd and often bizarre features of dream life. In this course, you will be introduced to several methods of group dreamwork, in which the group participants assist the dreamer to discover unexpected aspects of their dreams. This is not therapy, but rather an opportunity to play with the dream material in a non-judgmental way. The dreamer remains the ultimate authority on what the dream means, and the participants agree to hold the dream within the circle of the group and not to share its content, or the work we will do with it, without the dreamer's express permission. Bring a fresh dream to the meeting sessions, or an older one whose power has kept your attention for some time!

*Dr. Curtiss Hoffman is professor emeritus of Anthropology at Bridgewater State University, where he taught full-time from 1978 – 2018. He is the author of numerous articles on archaeology and anthropology in journals and anthologies, as well as five books. He currently serves on the Conference Advisory Committee and as chair of the Student Awards Committee for the International Association 10 for the Study of Dreams. He continues to teach part-time at Bridgewater State.*

## **Power, Privilege, and Oppression**

**Chanelle Melton**

**Thursday**

**10/24, 10/31, 11/07, 11/14, 11/21, 12/05**

**12:40-2:00pm**

**Zoom (recording will be decided collectively)**

This course delves into the complex dynamics of power, privilege, and oppression within various societal structures. Through a multidisciplinary approach, students will critically examine the intersections of identity, social systems, and historical contexts that contribute to the perpetuation of inequality.

*Chanelle was named as the Athletics Departments Manager of Diversity, Inclusion & Compliance in September of 2021. Chanelle implements programming, services, and activity options for both student-athletes and staff to create and ensure a welcoming and inclusive environment. She also manages and implements all intercollegiate compliance and certification efforts for all student-athletes mandated by the NCAA, the university, and the athletic conferences. Chanelle's line of work includes being a resource and liaison to bridge gaps for students, enhancing the overall student experience and becoming a change agent. Chanelle is a graduate of Bridgewater State, where she earned a Bachelor of Science degree in Accounting and Finance. She also earned a Master of Education in Student Affairs Counseling from Bridgewater State University. Chanelle is an advocate for social justice topics, loves sports and travelling around the world in her free time!*

## **Advanced Scene Study**

**Sheila Kelleher**

**Thursday**

**10/24, 10/31, 11/07, 11/14, 11/21, 12/05**

**11:30am-12:50pm**

**Center for Active Living Plymouth**

Scene Study Class is a follow-up course to the Introductory Acting Workshop. With basic acting skills under your belt, scenes will be assigned at the beginning of the course to dive deeper into how to bring them to life. Learn the tools needed to fully develop a character and identify the relationships in your scene. Feel the emotions of your character, learn about internal dialogue and the importance of body language. Learn tips to break down actions, identify transitions, and make powerful choices to achieve a believable story. Analyze the playwright's words to get to the root of what is really going on in a scene. Learn blocking (moving within the scene), and work with props to add dynamics. By the final class, we will have fully rehearsed and directed scenes to show off to friends and family. (autographs optional!)

*Shelia Kelleher has 20 years of performing experience and eight years of directing experience in community theatre all over the South Shore. She has a Master's degree in Theatre Education from Emerson College. For her Master's Thesis Project, she developed a Basic Acting Workshop for Senior Citizens. She was 57 when she earned her Master's! She has previously offered Acting Workshops with the Plymouth Council on Aging and Company Theatre in Norwell.*

**Keeping Your Mind Sharp As You Age**

**Bob Santulli**

**Thursday**

**10/24, 10/31, 11/07, 11/14, 11/21, 12/05**

**1:10-2:30pm**

**Center for Active Living Plymouth**

This course will review the activities you can undertake to keep your memory and thinking as sharp as possible with aging. We will begin with a discussion of the cognitive changes that occur in normal aging, and then consider the role of intellectual engagement, physical exercise, socialization, and a variety of other pursuits that can help maintain good mental functioning. Finally, we will review the signs that more serious cognitive difficulty may be developing.

*A retired physician, Dr. Santulli was the Director of Geriatric Psychiatry and the Memory Clinic at the Dartmouth-Hitchcock Medical Center and the Geisel School of Medicine at Dartmouth College in New Hampshire.*

**Studies in Earth Sciences: Motions in the Heavens**

**Ron Reynolds**

**Friday**

**10/25, 11/01, 11/08, 11/15, 11/22, 12/06**

**9:30-10:50am**

**Zoom (Recorded)**

This is an introduction to Astronomy. We will start out with what primitive cultures saw in the heavens that guided their lives then progress to modern views in the Space Age. Rather than studying the constellations and their patterns we will take a close look at our solar system and examine how and why the planets and moons move as they do. The structure will consist largely of lectures, but class participation and questions will be welcome.

*After teaching high school sciences for 42 years Ron Reynolds taught Physics and Geosciences at BSU for 17 years. He has traveled extensively throughout the U.S. and eastern Canada and visited most of the western National Parks multiple times. Drawing on this experience he has published travel articles and photos. He has been an avid amateur photographer since 1961 and a life member of the Hockomock Digital Photographers.*

## **Cold War Jitters**

**Jim Kirkcaldy**

**Monday**

**10/28, 11/04, 11/18, 11/25, 12/02, 12/09**

**9:45-11:05am**

**Bridgewater Public Library**

The Cold War pitted the U.S. and Soviet Union against one another for the best part of 50 years. Both superpowers often looked at the same issues but through different psychological lenses – shaped by their different systems and historical pasts. This seminar will emphasize the battle for people’s thinking as reflected in their propaganda and culture (especially in movies and art). Many of the ways we processed information during the Cold War still influence the way we see the world today.

*Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, K-12 for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of his most rewarding aspects of teaching European History was his integration of western art into his courses. For Jim art was not just a way to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the “tricks of the trade” artists use to make an impact on the viewer.*

## **Crafting the Republic: A Journey Through the U.S. Constitution**

**Ray Ajemian**

**Monday**

**10/28, 11/04, 11/18, 11/25, 12/02, 12/09**

**11:25am-12:45pm**

**Bridgewater Public Library**

This is a general course on the history of the United States Constitution. The course will first cover the background to the Constitution from the development of the English colonies, the American War for independence, and the Articles of Confederation. Then we will discuss the debates in Philadelphia in the summer of 1787 that brought about the final document and eventually the Bill of Rights. We will also go through the important lines in the Constitution. The rest of the course will then trace how the Constitution has evolved and impacted us over the centuries followed by an open class discussion on whether the Constitution needs to be changed. There will be plenty of time for class input. It should be a stimulating class!

*Ray Ajemian has a BA and MA from the University of Michigan. His specialty is in Middle Eastern and American history. More than half of his career was in education, teaching history and government for high school and community college. Ray’s mother was a survivor of the Armenian Genocide, and because of this he became interested both in the Armenian genocide and genocide in general. He has conducted extensive reading on the subject over the years.*

## **Let's Learn the Ukulele! Beginning Ukulele 1**

**Ed Priest**

**Monday**

**10/28, 11/04, 11/18, 11/25, 12/02, 12/09**

**11:30am-12:50pm**

**Center for Active Living Plymouth**

Pre-requisites: No or little experience, a ukulele, a clip-on tuner or app, and an ability to have FUN! Want to have fun with an easy-to-learn musical instrument? This class is for you, whether you are a complete beginner, or somewhat familiar with the ukulele. In this 6-week course, we will begin at the beginning, with teacher-provided chord charts, song sheets and reference materials, and useful free online websites. EVERYTHING you need to have FUN with the ukulele! In class we will be making beautiful music together from the very first class. By the end of this course, you can play several dozen popular folk and rock songs.

*As a professional musician, Ed Priest has been performing for decades in concerts, nightclubs, colleges, schools, campgrounds, churches, senior centers, and private functions. In 2019, he retired from 30 years of teaching French and Spanish, using music as a daily part of his high school and middle school teaching. Ed earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College in Paris, France. In addition to playing guitar, ukulele, and banjolele in his stage act, he has taught beginning and advanced ukulele classes at the Circle of Music Week at Ferry Beach in Saco, Maine every year since 2013.*

## **Encore! Beginning French 2**

**Édouard Priest**

**Monday**

**10/28, 11/04, 11/18, 11/25, 12/02, 12/09**

**1:10-2:30pm**

**Center for Active Living Plymouth**

This class will continue to have FUN exploring the French language and culture that we started in Beginning French 1. We will actively continue working together in new themes through songs, games, and engaging conversations and culture. Emphasizing a hands-on approach, this is a FULL PARTICIPATION CLASS, ensuring that everyone can actively engage and make the most out of their French learning journey while having a great time!

*Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College, which included a year living and studying in Paris, France! He was a Massachusetts certified teacher of French and successfully taught both High School French and Middle School French for a total of 30 years. As a teacher of teachers, Ed has also given multiple concerts and conducted workshops in French and Spanish for MaFLA – the Massachusetts Foreign Language Association.*

### **The Contemporary Art Scene**

**Jim Kirkcaldy**

**Monday**

**10/28, 11/04, 11/18, 11/25, 12/02, 12/09**

**12:30-1:50pm**

**Easton Council on Aging Frothingham Hall**

This course delves into the dynamic world of contemporary art, examining how contemporary artists are responding to and shaping our interconnected global society. Beginning with a foundational look at Pop Art as a pivotal moment in art history, the course primarily focuses on the artists who are still creating art and considered to be the cutting edge artists of today. The main emphasis of this seminar is to examine the international art movements of today and how they represent our 21st century global society.

*Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, K-12 for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of his most rewarding aspects of teaching European History was his integration of western art into his courses. For Jim art was not just a way to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the “tricks of the trade” artists use to make an impact on the viewer.*

### **The History of American Presidential Elections**

**Ray Ajemian**

**Monday**

**10/28, 11/04, 11/18, 11/25, 12/02, 12/09**

**2:10-3:30pm**

**Easton Council on Aging Frothingham Hall**

This course will cover how the election process and power of the office of the President has developed over the years. Included will be the role of the President in the original Constitution, the Electoral College, and the evolution of the office through the years. Specific elections will be highlighted to show the issues in electing the President. Also, a number of Presidents will be discussed in detail to show how they have influenced and changed the office.

*Ray Ajemian has a BA and MA from the University of Michigan. His specialty is in Middle Eastern and American history. More than half of his career was in education, teaching history and government for high school and community college. Ray’s mother was a survivor of the Armenian Genocide, and because of this he became interested both in the Armenian genocide and genocide in general. He has conducted extensive reading on the subject over the years.*

**Just Yesterday: Very Modern American History**

**Nan Loggains**

**Tuesday**

**10/29, 11/5, 11/12, 11/19, 12/03, 12/10**

**10:00-11:20am**

**Zoom (Recorded)**

This class will cover the period from 2008 to the present. Topics will reflect the major events, shifts, and trends that have defined recent American history. This period has been marked by significant political, social, economic, and technological changes, affecting both the United States and the world at large.

*Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including the foundation courses and several special topics (Vietnam War, Cold War, America's War on Terrorism, and the 1960s) and a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.*

**Finding Joy: A Literary Journey**

**Ellen Snoeyenbos**

**Wednesday**

**10/30, 11/06, 11/13, 11/20, 12/04, 12/11**

**10:00-11:20am**

**Zoom (recorded)**

Through the exploration of memoir, poetry, essays, and nonfiction literary works, we will explore what authors can teach us about living in a condition of joy and contentment, no matter what life has thrown in our path. A book list will be provided and dates when the particular books will be discussed, but we will read excerpts from the works during the class so reading ahead is NOT required but certainly encouraged.

*Ellen is a retired public library director, having served at the West Bridgewater Public Library from 2015 - 2021. Before this she was a Reference/ Young Adult Librarian at the Duxbury Free Library for seventeen years and previously was at the Children's Library, Holmes Public Library in Halifax. She is very comfortable leading discussions about books, philosophy, and current topics. She currently leads a monthly Walking Readers Group for Mass Audubon at the Tidmarsh Wildlife Sanctuary. Ellen is also the Chairperson of the Bridgewater Area One Book One Community initiative which has been active for over twenty years.*

## NOVEMBER COURSES

### BRAND NEW COURSE!

**Top Shelf II: Reading & Discussing Sophocles' Trilogy of Oedipus plays (Oedipus Rex, Oedipus at Colonus, and Antigone)**

**John Winters**

**Friday**

**11/1, 11/8, 11/15, 11/22, 12/6, 12/13**

**12:00-1:20pm**

**Zoom (Recorded)**

This course offers an in-depth exploration of Oedipus Rex, Oedipus at Colonus, and Antigone using Robert Fagles translation. Through close reading and lively discussion, we will unravel the intricate tapestry of themes, characters, and plot that has captivated audiences for centuries. By examining these plays within their historical and cultural contexts, we will gain a profound understanding of their enduring relevance. This course is designed to challenge and enrich your appreciation for classical drama.

*John Winters, G'11, is at work on the first comprehensive biography of Angela Davis, Long Road to Freedom. He previously published Sam Shepard: A Life (2017) and has taught at BSU as an adjunct professor since 2011. He limits his teaching these days to college courses within the Rhode Island prison system.*

### BRAND NEW (FREQUENTLY REQUESTED) COURSE!

**Empowering Your Financial Voice: Comprehensive Strategies for Economic Well-Being**

**Jeanean Davis Street**

**Monday**

**11/4, 11/18, 11/25, 12/2, 12/9, 12/16**

**4:00-5:20pm**

**Zoom (recording will be decided collectively)**

In a time of financial uncertainty, learning how to manage your economic well-being is especially important. This course will provide you with strategies to create/manage a diversified portfolio, develop a realistic (yet life-fulfilling!) budget, establish an effective tax/estate plan, and avoid financial scams that prey on your financial assets. Over this 6-week course, participants will cover topics that provide a greater understanding of financial assets—how to acquire, manage, and protect them—so that ultimately, you can enjoy financial security and still leave a lasting legacy for your loved ones.

*Dr. Jeanean J. Davis-Street is Bridgewater State University's Dean of the Ricciardi College of Business. She joined BSU faculty in 2009 in the Department of Accounting and Finance and was previously the associate dean and the interim dean before becoming permanent in 2019. Her work has advanced several important initiatives, including creating a tutor lab and establishing a new graduate MBA and accountancy programs. Dr. Davis-Street also serves on both the CARS and TOL Advisory Boards, the Diversity and Social Justice Committee, the NEASC reaccreditation committee, and three advising task forces. She has also taught at Huston - Tillotson and*



*Bentley Universities and has private industry experience.*

**Finding the Writer Within: Sharing through Image and Word**

**Linda Steele**

**Wednesday**

**11/06, 11/13, 11/20, 12/04, 12/11, 12/18**

**3:00-4:20pm**

**Zoom (not recorded)**

Finding the Writer Within invites writers of all levels and interests to an opportunity to explore different writing genres in a supportive writing community. Participants are encouraged to write a short piece of fiction or poetry each week based on a prompt provided by the instructor to share with the group and receive guidance and feedback. Participants will create visual collages as a way to get our stories down. We all have stories to tell. This course is appropriate for all skills, level and interest. The course is designed in such a way that it is simple in structure yet powerful in its effect toward inspiring writers to develop writing practice and confidence as writers and creatives.

*Linda Maria Steele is a poet, artist and writer. She is an Adjunct Professor teaching courses in Creative Non-Fiction, Literature and Writing Rhetorically at BSU and Dean College. She is the author of Finding the Writer Within. She earned her B.S. from UCLA and her MA from UTD. She is a proud mom to three adult children.*

**Writing Your Memoir**

**Kristen Morgan**

**Tuesday**

**11/12, 11/19, 11/26, 12/03, 12/10, 12/17**

**5:00-6:20pm**

**Zoom (not recorded)**

Every human has a story to tell. What is yours? In this interactive, multimodal course students will explore and discuss excerpts from a wide array of memoirists like Nora McInerney, David Sedaris, Anne Lamott, Maya Angelou, Malcolm X, Jeanette McCurdy, and Stan Lee. Using these author's techniques as inspiration, students will write their own series of micro memoirs. You have a story to tell, now is the time to write it!

*Dr. Kristen Morgan is a lifelong literacy educator. She has taught everything from kindergarten through college. She's currently a middle school literacy educator and an adjunct professor in the English department at BSU. Her area of interest is human interaction's role in literacy development. Dr. Morgan has a penchant for reading and listening to memoirs.*