

BSU Senior College Fall 2021 Schedule-at-a-Glance

All courses take place virtually via Zoom unless otherwise noted.

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

Questions: (508) 531-2570

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Course Name	Instructor First Name	Instructor Last Name	Day of the Week	Course Dates	Course Times
Courses Starting in September					
Dancing Around the World: International Folk Dance <i>In person course at the Bridgewater Senior Center - subject to current health protocols.</i>	Sam	Baumgarten	Friday	9/3, 9/10, 9/17, 9/24	1-2pm
The History of Genocide in the 20th Century <i>and thoughts on how to stop it in the future</i>	Ray	Ajemian	Tuesday	9/7, 9/14, 9/21, 9/28	11am-noon
Coffee World	James	Hayes-Bohanan	Wednesday	9/8, 9/15, 9/22, 9/29	10-11am
The Rise of White Supremacy in the U.S.	Nan	Loggains	Wednesday	9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27	1-2pm
Debating Political Reform in the U.S.	Brian	Frederick	Wednesday	9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27	6-7pm
Exploring Leadership: A Reflective Journey	Chris	Ferraro	Wednesday	9/8, 9/15, 9/22, 9/29	7:10-8:10pm
Path to a Healthier YOU!	Mary	Ellis	Thursday	9/9, 9/16, 9/23, 9/30	6:30-7:30pm

Introduction to American Sign Language <i>Class limited to 26 participants, register early!</i>	Glenna	Caliendo	Monday	9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8	2:30-3:30
Understanding Ethics	Aeon	Skoble	Monday	9/13, 9/20, 9/27, 10/4	10:30-11:30am
The Moveable American Frontier: Part 2 Trans-Mississippi Migration	Sandra	Temple	Monday	9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8	1-2pm
Global Issues in the 21st Century	Wing-Kai	To	Monday	9/13, 9/20, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15	6-7pm
Introduction to Mindfulness and Meditation	Laura	DeSimone	Monday	9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8	7:10-8:10pm
India: Ancient Civilization and Modern Wonder <i>In person course at the Bridgewater Public Library - subject to current health protocols.</i>	Medha	Bhattacharyya	Monday	9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15	10-11am
Shaking the Tree: An Introduction to Genealogy Research	Cynthia	Ricciardi	Tuesday	9/28, 10/5, 10/12, 10/19	1:15-2:15pm
Becoming Anti-Racist	Jenny	Shanahan	Tuesday	9/14, 9/21, 9/28, 10/5	4:30-5:30
Courses Starting in October					
The Civil War and Reconstruction <i>In person course at the Bridgewater Public Library - subject to current health protocols.</i>	Gary	Hylander	Monday	10/4, 10/18, 10/25, 11/1	10:20-11:50am
Deja-Vu and Tricks of the Mind	Caroline	Stanley	Monday	10/4, 10/18, 10/25, 11/1	11:30-12:30

Whales in Your Backyard: An Introduction to Your Ocean Neighbors	Monica	Pepe	Tuesday	10/5, 10/12, 10/19, 10/26	10-11am
Duck and Cover: A Brief History of the Early Cold War Years	Nan	Loggains	Tuesday	10/5, 10/12, 10/19, 10/26	11:15-12:15pm
Choreographing and Performing Identity	Luis	Paredes	Tuesday	10/5, 10/12, 10/19, 10/26	5:30-6:30pm
Debunking Myths Surrounding Senior Nutrition	Kathleen	Laquale	Wednesday	10/6, 10/13, 10/20, 10/27	10-11am
The Salem Witch Trials of 1692	Lynne	Moulton	Wednesday	10/6, 10/13, 10/20, 10/27	2:30-3:30pm
Making the Dream Work in Teamwork	Chris	Ferraro	Wednesday	10/6, 10/13, 10/20, 10/27	7-8pm
Resilience for Seniors: What Helps Us Cope and Thrive at Any Age	Connie	Hillman	Thursday	10/7, 10/14, 10/21, 10/28	11-noon
How the Earth Works!	Ronald	Reynolds	Thursday	10/7, 10/14, 10/21, 10/28	2-3pm
Cape Cod Camino Way: Walks to Explore Racial and Social Justice	Peggy	Jablonski	Friday	10/8, 10/15, 10/22, 10/29	9-10am
What Matters Most? Creating our Healthy Aging and End-of-Life Plans	Cheryl	Botieri	Friday	10/8, 10/15, 10/22, 10/29	1-2pm
21-Day Equity Challenge	Jenny	Shanahan	Tuesday	10/12, 10/19, 10/26, 11/2	4:30-5:30pm

Political Discussion: Issues of the Day	Nan	Loggains	Wednesday	10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8	11:15am-12:15pm
Why Does My Dog Do That?	Mary	Ellis	Thursday	10/14, 10/21, 10/28, 11/4	6:30-7:30pm
Playful Bookbinding: Origami and the Zhen Xian Bao Thread Book	Andrea	Plate	Monday	10/18, 10/25, 11/1, 11/8	10-11am
Courses Starting in November					
Genealogy Next Steps: Climbing Higher	Cynthia	Ricciardi	Tuesday	11/2, 11/9, 11/16, 11/23	1:15-2:15pm
Introduction to Calligraphy	Mendy	Garron	Tuesday	11/2, 11/9, 11/16, 11/23	6-7pm
Free Speech, Banned Books, & Censorship	Pamela	Hayes-Bohanan	Wednesday	11/3, 11/10, 11/17, 12/1	6-7pm
The Power of Film	Chris	Ferraro	Wednesday	11/3, 11/10, 11/17, 12/1	7:10-8:10pm
Resilience for Seniors: Setting Goals and The Process of Change	Connie	Hillman	Thursday	11/4, 11/18, 12/2, 12/9	11-noon
It Happened in Bridgewater	David	Moore	Thursday	11/4, 11/18, 12/2, 12/9	3:30-4:30pm
An Introduction to Historical Fiction	Jennifer	Turner	Friday	11/5, 11/12, 11/19, 12/3	10-11am
Excavation and Interpretation of Ancient Egyptian Skeletons and Cemeteries	Jerome	Rose	Friday	11/5, 11/12, 11/19, 12/3	11:30-12:30pm

Grandparenting for the 21st Century	Margaret	Rozek	Tuesday	11/9, 11/16, 11/30, 12/7	3-4pm
Mindful Based Stress Reduction	Mary	Ellis	Thursday	11/18, 12/2, 12/9, 12/16	6:30-7:30pm