

FALL 2023
Course Catalog

SENIOR COLLEGE

@ BSUSeniorCollege@bridgew.edu

📞 (508) 531-1052



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



College of Continuing Studies
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SENIOR COLLEGE

AT BRIDGEWATER STATE UNIVERSITY



BRIDGEWATER

STATE UNIVERSITY

COLLEGE OF CONTINUING STUDIES

SENIOR COLLEGE

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, and the Easton Council on Aging!

Welcome to Senior College

Dear Friend:

Greetings and a warm welcome to the Fall 2023 semester for the Senior College at Bridgewater State University! As we embark on another exciting semester of exploration and enrichment, I am thrilled to extend a heartfelt invitation to our valued participants who have made this journey with us since our inception in 2019 and to those who are joining us for the first time.

It is your enthusiasm and engagement that continue to inspire us. We are honored to provide a diverse range of thought-provoking courses that cater to your interests and inquisitive minds. Whether you prefer the convenience of virtual learning or the camaraderie of in-person gatherings, we have you covered. Many courses accessible via Zoom are also recorded allowing you to participate from the comfort of your own home—at a time that is convenient for you.

Finally, I also want to sincerely thank our community partners who host our in-person learning, they are true partners in every sense—the Bridgewater Public Library, the Bridgewater Senior Center, the Center for Active Living in Plymouth, and the Easton Council on Aging. We look forward to embarking on this new learning journey with you this Fall, united by a common desire for knowledge and a shared passion for lifelong learning.

Warmest regards,



Jennifer Reid
Director, Senior College

Contact us

BSUSeniorCollege@bridgew.edu

www.bridgew.edu/seniorcollege

www.facebook.com/BSUSeniorCollege

508.531.1052

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 2023 Registration

Registration for Fall 2023 is open and remains open on an ongoing basis until the end of early November 2023. Courses begin on a rolling basis 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 270 members coming from southeastern Massachusetts and from seven other states across New England the U.S.

BSU's Senior College Registration Process

STEP ONE

Pay your \$85 registration fee by clicking this [link](#) to pay (or copy this link in your browser). https://secure.touchnet.com:443/C20026_ustores/web/product_detail.jsp?PRODUCTID=1967&FROMQRCODE=true&SINGLESTORE=true

STEP TWO

Once you pay the registration fee, you will receive an email from us (within 1-2 business days) with a link to an online form where you can select your courses. Remember you can enroll in as many courses as you like after you pay the single \$85 fee!

Finally, you will receive Zoom links or directions for all courses via email prior to the start of each course via email.

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.

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, as a benefit to your 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. Some of our courses are not recorded, but many are—please view the course descriptions to see which courses will be recorded this semester. Some online courses are recorded for enrollees to watch later. You can even enroll in a course to only watch the recordings.

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 emailed to you.

In-Person Learning

We are pleased to have partnerships with the Bridgewater Public Library, Bridgewater Senior Center, the Center for Active Living in Plymouth, and the Easton Council on Aging. 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

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/>

If BSU is officially closed for ANY reason, Senior College class meetings are also cancelled (both in-person and virtual). We will make every effort to make up missed class meetings due to weather or other unexpected official university closings but cannot guarantee that every session will be made up.

Course Selection

Our members can enroll in as many courses as they like. Occasionally, some of our courses do have enrollment limits. If that is the case, those limits will be posted in the course description.

Membership Fee

The Senior College membership fee is \$85; 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 Jennifer Reid at j5reid@bridgew.edu to ask for a community membership. All requests are confidential.

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 any courses in the semester, then a refund will be issued.

Who can participate?

The Senior College is geared towards adult learners 50 and older. However, we don't verify your age. Most of our members are in their 60's, 70's, and 80's! Members do not need to have any formal education to attend.

Are there tests or assignments?

No. The Senior College is for enrichment and fun. Learning for the sake of learning. Sometimes our instructors will provide reading materials or other resources (such as YouTube videos, Ted Talks, etc.). Those are not required, but they will enhance your learning experience.

Do you have to be an alum of Bridgewater State University to attend the 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 classes with the Senior College?

Active, intellectually curious adults with flexible hours take Senior College classes. Courses and activities are designed for people who seek continuing education, academic challenges, and social connections.

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 Jennifer Reid, Director, at j5reid@bridgew.edu. Proposals for Winter/Spring 2024 are due by October 13, 2023.

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) if they observe behavior that is a violation of the classroom conduct policy.

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

Instructor Appreciation

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 reach 5+ and 10+ courses taught.
Congratulations—our community is enhanced by your engagement with our members!

Instructor Appreciation

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10 or more courses

Nan Loggains (17)

5 or more courses

Michael Kryzanek (7)

Sandra Mondykowski Temple (6)

Ronald Aakjar (6)

Jim Kirkcaldy (5)

Ronald Reynolds (5)

John Winters (5)

SEPTEMBER COURSES

Ukulele Unleashed: Mastering the Basics and Meeting New Friends

Paula Bishop

9/5, 9/12, 9/19, 9/26, 10/3, 10/10

Tuesday

12:00-1:20pm

Bridgewater Public Library

Discover the joy of playing the ukulele while meeting new people! Whether you're a complete beginner or already familiar with the ukulele, this course offers a fantastic opportunity to learn and grow together. No prior experience or instrument is required – just bring your enthusiasm, and let's make beautiful music together!

Paula Bishop teaches music at Bridgewater State University. She leads the ukulele jams on campus and has conducted ukulele workshops in other locations. Paula enjoys helping people find their inner musician and experience the joy of making music.

Hola Español: Conversational Spanish for Beginners

Eduardo Priest

9/5, 9/12, 9/19, 9/26, 10/3, 10/10

Tuesday

1:40-3:00pm

Bridgewater Public Library

Welcome back to our highly requested course! Building on the knowledge gained from our successful Feb/March 2023 classes, this session is open to both returning attendees and those who have studied Spanish in the past and are eager to immerse themselves in a delightful Spanish experience filled with engaging conversations, interactive games, and delightful songs. Emphasizing a

hands-on approach, this is a FULL PARTICIPATION CLASS, ensuring that everyone can actively engage and make the most out of their Spanish 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 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.

Justice for Immigrants

Feodor Gostjev

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

Wednesday

2:30-3:50pm

Zoom

What does justice for immigrants in America look like? How would it affect the native-born population and the United States as a whole? Is it possible? These questions will guide our discussion and help us explore the prospects for a fair, humane, and practical immigration policy reform. We will begin with a tour of the America immigration history with an emphasis on political and economic causes and consequences of migration. We will then explore the current immigration policy landscape as well as look at what the current research says about the intersection between immigration, crime, and justice in the United States. The course will culminate in a serious

evaluation of immigration reform policy proposals.

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.

Appreciating Art: A Revolution in Western Art - Impressionism to Modernism

Jim Kirkcaldy

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

Thursday

11:00am-12:20pm

Plymouth Center for Active Living

This is the second of a three course series exploring the major characteristics of the European art movements, 1860s – 1945. This covers the period do western art known as modernism and was a true revolution as to the role of art and how people responded to it. The prime focus of this seminar is to enhance the enjoyment of the participants in viewing art by identifying not only key characteristics of each art movement but also how to examine and analyze a painting.

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 wasn't 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.

Bonjour Français: Conversational French for Beginners

Édouard Priest

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

Thursday

12:40-2:00pm

Plymouth Center for Active Living

Looking for a FUN way to learn French? Look no further! Join our beginner's course, where we'll immerse ourselves in the language through engaging conversations, interactive games, and delightful songs. This is a full participation class, meaning you'll actively participate and experience the joy of learning French right from the start.

Forget about extensive note-taking and overwhelming grammar studies. Instead, we'll 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's 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 University, 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 in both High School and Middle School 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.

Discovering Life: Exploring the Wonders of Biology for Lifelong Learners

Ron Aakjar

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

Thursday

5:00-6:20pm

Zoom

This introduction to Biology is designed specifically for lifelong learners seeking a deeper understanding of the fascinating world of biology. This course provides a comprehensive overview of key biological concepts, exploring topics such as cellular structure and function, genetics, evolution, ecology, and human anatomy. Through interactive lectures, thought-provoking discussions, and hands-on activities, participants will gain insights into the intricate mechanisms of life, unlocking the mysteries of the natural world. With a focus on relevance to everyday life, this course aims to foster a sense of wonder and curiosity, empowering you to appreciate the wonders of biology and apply their newfound knowledge to your personal lives. Whether you are an avid nature enthusiast or simply curious about the intricacies of living organisms, this course offers a stimulating and accessible exploration of the foundations of biology.

Ron Aakjar Jr. is very interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State

University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to 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.

The Language of Light

Jamie Kern

9/8, 9/15, 9/22, 9/29, 10/6*

Friday

11:00am-12:20pm

***This course meets 5 times on Zoom, with a 6th optional in-person observatory visit at a to be determined date.**

Zoom & BSU

The universe speaks to us in the language of light: light from distant stars, cloudy nebulae, and galaxies of all shapes and sizes. Until we discover a way to reach those far-off places, all we on Earth can do is look outward, gather the light we receive, translate it, and read it like words on a page. Astronomers spend their lives doing this. In this course, we'll explore the many ways light delivers messages to Earth and some of the most meaningful and astounding things it has said. Topics will include the nature of light, blackbody radiation, colors of astronomical objects, atomic and stellar spectra, photometry, the doppler shift, and astrophotography—and what those things tell us! No prior experience with science or math is required. We will visit the BSU Observatory on an evening to be determined.

Jamie Kern is the Observatory Manager at Bridgewater State University and teaches in the department of Physics, Photonics, and Optical Engineering. She holds an M.S. in Physics and has been an observational astronomer for more than 20 years. She is passionate about astronomy outreach, providing experiential and financial opportunities for students, supporting K-12 education, and improving diversity, equity and inclusion in her field. She has received multiple teaching awards, mentored many students conducting astrophysics research, and runs astronomy outreach and astrophysics research teams at BSU.

Reading about Jail, Justice and More (Part I)

John Winters

9/8, 9/15, 9/22, 9/29, 10/6, 10/13

Friday

12:30-1:50pm

Zoom

America's carceral system is complex. This interdisciplinary reading course will look at the history, ethics, economics, racial disparities, and reality of locking people up. One of the best ways to understand it is through some of the powerful writing that's been done on this topic. Books for this first session will include *Are Prisons Obsolete?* by Angela Davis and *Crime and Punishment* by Fyodor Dostoevsky.

*John Winters has worked at BSU for nearly 20 years. For more than half of that time he also taught at the university. He now teaches literature and writing in the prison system of his adopted home state of Rhode Island. He is the author of *Sam Shepard: A Life* (2017, Counterpoint Press). He is currently working on two nonfiction titles.*

The Pursuit of Happiness: Exploring the Philosophy of a Fulfilling Life

Aeon Skoble

9/11, 9/18, 9/25, 10/2, 10/16, 10/23

Monday

9:45-11:05am

Bridgewater Public Library

What is happiness? How does one attain it? Is that what life is all about? If so, why? If not, what else? What does it mean to live a life, and what would count as doing that well? These are some of the most pressing philosophical questions around today – just have a look at the plethora of “self-help” books, TV shows, and websites. As it happens, they are also among the oldest philosophical questions. It's worth taking seriously the notion that people can be mistaken about things like the nature of happiness. In this class, we will explore classical and contemporary accounts of what happiness is, what it means to flourish as a person, what friendship is, what it means to have or seek values, and what gives life meaning. No required reading assignments, but I will provide optional reading lists should you wish to take a deeper dive into any of these ideas. Sources include Plato, Aristotle, Epictetus, Epicurus, Buddha, St. Paul, St. Augustine, St. Thomas Aquinas, Nietzsche, and others.

*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.

Exploring the Middle East: Geography, History, and Peoples

Raymond Ajemian

9/11, 9/18, 9/25, 10/2, 10/16, 10/23

Monday

11:25am-12:45pm

Bridgewater Public Library

Join us on a captivating journey through a region of the world that might seem a bit perplexing to most Americans. This course offers a comprehensive exploration of the geography, history, and diverse cultures that shape this fascinating region called the Middle East. While we'll employ a lecture format using slides and open discussions to enhance your learning experience. This course commences with an insightful introduction to the Geography, Peoples, Customs, and Ancient History of the region, setting the stage for a profound understanding. Over the weeks, we'll delve into pivotal topics, starting with The Ottoman Turks leading up to the end of the 19th Century, followed by a comprehensive look at World War I and the making of the modern Middle East, and an in-depth examination of The Arab-Israeli Conflict. In the final stretch, we'll examine the relationship between the United States and the Middle East, shedding light on its significance in today's world. And finally, we'll engage in thoughtful discussions about the future of the Middle East, exploring the

potential developments and challenges it may face.

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 high school history and government 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.

Introduction to Birding: Exploring the Avian World

Bonnie Tate

9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Tuesday

9:00-10:20am

Zoom

Back by popular demand, our much-loved birding course returns! Since the pandemic, birdwatching has soared in popularity as a delightful, active outdoor pastime. We'll start by familiarizing you with the essential tools of birding, including useful apps and websites that enhance your birdwatching experience. Delving into the diversity of feathered friends, we'll uncover common bird types and discover the fascinating species that grace our local area. Whether you're new to the hobby or seeking to deepen your knowledge, this adventure is tailor-made for you. Our last class will be a showcase of birds we have seen while taking the course or a field trip to a local area. There will be a share out at the beginning of each class and time for questions at the end. Get ready to spread your wings and explore the enchanting world of birds in the company of fellow birdwatchers.

Bonnie Tate has been a birder and wildlife photographer for 10 plus years. She has a PhD in Biology and Chemistry and has also taught science at all levels. Bonnie is a member of the South Shore Bird Club, the Brookline Bird Club, Massachusetts Camera Naturalists, and the Hockomock Photography Club. She has shown her work on bird photography throughout her hometown of Easton and competes in the New England Camera Club Council. Combining her love of science, birds, the outdoors, and photography is her greatest joy! You can see her work and stories at her website:

<https://bonnietate.wixsite.com/website>.

The Great Depression: From Hoovervilles to the New Deal

Nan Loggains

9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Tuesday

10:00-11:20am

Zoom

Join us for a captivating six-week seminar delving into one of the most significant events in modern history, The Great Depression. We will unravel the causes, consequences, and lasting effects of this economic crisis that shook the world in the 1930s. Engage in lively discussions as we analyze the intricate interplay between government policies and societal upheaval. Gain valuable insights into the experiences of individuals and communities during this era, examining the hardships endured and the resilience that emerged.

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 all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught 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.

***Science in Bestsellers: Exploring Science Through Fiction and Non-Fiction Books**

Bonnie Tate

9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Tuesday

3:00-4:20pm

Zoom

****This course will be capped at 20 participants***

Did you ever wish you understood more of the science in some of the bestselling books that you are reading? Well, grab your favorite beverage and join the course as we read and explore fiction or non-fiction books that involve some science as part of the plot. This is NOT a science course, but a means to pick up a little more information in a user-friendly way as we discuss the books that we are reading. The course is six-weeks long, and we will be discussing three books with the first being New York Times bestseller, *Lessons in Chemistry* by Bonnie Garmus followed by *Her Hidden Genius* by Marie Benedict. We will pick our last book early in the course.

Besides being a Scientist and Wildlife Photographer, Bonnie Tate is an avid reader of fiction and nonfiction. She has a PhD in Biology and Chemistry and has taught science from the elementary to the college level. Bonnie belongs to and has led various Book Clubs, mostly at the Ames Free Library in Easton. Friends and Family are always calling, texting, and emailing her to explain science concepts they find in various books they are reading!

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

Staff

9/12, 9/19, 9/26

Rain Date 10/3

Tuesday

4:00-5:30pm

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)

****This course will be capped at 12 participants***

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. Participants will also discover the art of adding captivating audio to their aerial masterpieces, taking their creations to new heights (pun intended). 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 creativity and technical expertise as you become a drone pilot and open a world of possibilities.

The instructor for this course has over five 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.

Advancing Photography: Fundamentals, Critique, and Post-Processing

Ronald Reynolds

9/15, 9/22, 9/29, 10/6, 10/13, 10/20

Friday

9:30-10:50am

Zoom

This is a follow-up to a class offered last spring; arranged so that new participants can join the class and fully participate. Designed for both those who use smart phones or dedicated cameras. We will review basic photographic fundamentals and what qualities make a "good" image. Students will be asked to submit photos for critiquing and constructive criticism. We will show how to improve images by post-processing using Photoshop Elements - though it is not essential that participants have this software on their computers. Questions and comments are welcome.

After teaching high school sciences for 42 years Ron Reynolds taught Physics and

Geosciences at Bridgewater State University for 17 years. He has traveled intensively 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.

Journey Through Poetry: Exploring English-Language Poems Across Centuries (course meets 8 times)

Susan Levasseur

9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13

Monday

1:00-2:20pm

Zoom

The premise behind this course is simple: we enjoy poetry more—appreciate it more—when we examine it closely with a community of careful readers. Over the course of our six weeks together we will work to fully appreciate short poems written in the English language from the Renaissance to this century. Emphasis will be placed on hearing diverse voices from various times, places, and standpoints: some famous, 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. Members will be provided with copies of poems in advance of class and will be

expected to come to class with notes, ready to share their discoveries about each poem, but 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 eight 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.

Yoga, Nature, & the Science of Wellness

Jody Weber

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

Wednesday

8:00-9:00am

Zoom

This course investigates yoga practices that increase overall health and well-being. The course will also investigate research on contemplative practices in nature and their impact on wellness. These techniques improve cognition, decrease anxiety, and generate a centered mind body state conducive to health and well-being. The course will explore cutting-edge peer reviewed research that supports the power of these practices and defines the importance of mind/body coherence in wellness and mental and physical well-being. Each class will introduce a concept through a brief 15-minute

talk followed by an integrated yoga practice.

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.

Political Discussion: Issues of the Day (course meets 12 times)

Nan Loggains

9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1, 11/8, 11/15, 11/29, 12/6, 12/13

Wednesday

10:00-11:20am

Zoom

Join our weekly “back by popular demand” discussion group, where we delve into crucial political topics making headlines today. Each gathering will revolve around two to three thought-provoking subjects, ensuring we cover a wide range of current affairs. Our discussions prioritize friendliness and respect, allowing diverse perspectives to come together in a constructive and enriching manner. Together, we'll explore the complexities of political issues and gain deeper insights into the world around us. Don't miss this opportunity to engage in meaningful conversations with fellow participants with our esteemed, skilled facilitator Nan!

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 all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught 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.

OCTOBER COURSES

Off the Shelves: A History of Book Banning
Pamela Hayes-Bohanan

10/3, 10/10, 10/17, 10/24, 10/31, 11/7

Tuesday

5:00-6:20pm

Zoom

While the recent spate of book banning has brought attention to questions of censorship, parental rights, and First Amendment rights, there is a long history of the suppression of written words. Religion, politics, race, sexuality, and gender identity all play parts in the debates around who decides what others can read. This course will explore the history of book banning from earliest times to the present. Participants may be surprised to discover controversy surrounding some of their favorite works.

Pamela Hayes-Bohanan is a research librarian and Head of Library Instruction at Bridgewater State University. She holds a Master's degree in Library Science from the University of Arizona. Pam has been studying bias, and how people make decisions for over a decade, and has a passion for both research and teaching.

Exploring the Subcontinent: Geography, History, and Cultures of India and Neighboring Countries

Thomas Howard

10/5, 10/12, 10/19, 10/26, 11/2, 11/9

Thursday

10:30am-12:00pm

Zoom

The course will cover the physical, social, and cultural geography of India and neighboring countries. Because of its historic and demographic centrality, India will be the focus, but notice will be taken of Pakistan, Bangladesh, Sri Lanka and Nepal as well. The approach will be historical, beginning with the Indus Valley Civilization, then the Vedic culture that absorbed and supplanted it, continuing through various noteworthy Hindu and Buddhist states, the invasions from Muslim Central Asia that culminated in the Mughal Empire, and finally the establishment and operation of the British Indian Empire, with attention to features of British rule that created the conditions for the independence movement and the partition of British India into the two countries of India and Pakistan.

Thomas Howard holds a PhD in geography from UC Berkeley. He first went to India as a Peace Corps Volunteer in an agricultural extension project in Madras (now Tamil Nadu) and has made five return trips since then. He developed much of the material in this course as a professor of geography in the history

department at Armstrong State University in Savannah, GA, before retiring and moving to Bristol, RI, to join his wife, who is a professor at Roger Williams University. He believes that history and geography are closely allied fields of study, and that South Asia offers many instances of how each can illuminate the other.

***Introduction to the Art of Drawing: Foundations and Techniques**

Laurie J. Ferrini Halls

10/7, 10/14, 10/21, 10/28, 11/4

Saturday

10:30-11:40am

BSU

****This class will be capped at 12 participants***

This course will focus on the foundations of drawing. Students will explore supplies, practice shading techniques in still-life drawing, learn how to show light, break subjects down into shapes, and learn about negative-positive space. You will develop skills through hands-on instruction and experiences with composition and proportion in landscapes (background, middle ground, and foreground), perspective drawing using vanishing points, proportions in figure drawing, and portrait drawing. You will learn techniques and develop skills to help you build confidence and find your own personal style as well!

Supplies needed (can be purchased at Michaels, Jo-Anns, Ocean-State Job Lot, Walmart, Amazon, etc):

- Drawing paper- 9 x12 pad (the 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 pearly pink erasers as they can rip paper)

Local artist and instructor Laurie Halls offers group and individual art lessons for all ages. Laurie has a background in Fine Arts, Graphic Arts and Education having earned her BFA from Emmanuel College, Boston. She has completed commissioned illustration artwork for local businesses and nonprofits. She is currently teaching art and literature classes for the nonprofit Triumph, Inc., adult drawing and watercolors classes in area senior centers as well art workshops at local libraries and the Old Colony History Museum.

***Between the Lines Book Club with Nan!
(course meets 3 times)**

**Nan Loggains
10/12, 11/9, 12/7
Thursday
10:00-11:20am
Zoom**

****This course will be capped at 18 participants***

This fall, the Senior College book group continues! We will read and discuss three books. All sessions will be on Zoom. Our first book will be *The Book of Joy: Lasting Happiness in a Changing World* by the Dalai Lama and Archbishop Desmond Tutu. 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 all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught 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.

Special Introduction to Origami—Virtual Sessions for Beginners!

**Andrea Plate
10/16 and 10/23
11:25am-12:45pm
Monday
Zoom**

Calling all origami beginners! Andrea Plate, our seasoned and talented origami instructor, has a wonderful treat for you. Join us for two engaging virtual sessions conducted via Zoom, designed especially for those who are new to the art of origami or have only dabbled in it. Under Andrea's expert guidance, you'll embark on a journey into the world of origami, learning essential folding techniques and gaining confidence in your skills. Moreover, Andrea will demystify the art of reading origami diagrams, enabling you to decipher and follow instructions. No prior experience is necessary; all you need is curiosity and enthusiasm to explore the enchanting realm of origami. Don't miss this fantastic opportunity to start your origami journey under the guidance of an experienced instructor - and then join this semester's "Unfolding the Art of Origami" course in person at the Bridgewater Public Library.

See Andrea's full biography for her full course which begins on October 30th.

The Victorians: The Politics, Culture, and Art

Jim Kirkcaldy

10/17, 10/24, 10/31, 11/7, 11/14, 11/28

Tuesday

11:30-12:50pm

Bridgewater Public Library

Immerse yourself in the vibrant culture and arts of a pivotal era in British history—the 19th century. This captivating seminar will shine a spotlight on the significant influence of British dominance across the globe during this transformative period. Delving into the artistic realm, we'll explore the uniqueness of British art, drawing intriguing comparisons with the art revolutions taking place on the continent. In this course we will unravel the threads of artistic innovation and creativity that set British art apart from its European counterparts. Beyond the canvas, our journey will extend into various aspects of daily life and will explore the rise of the arts and crafts movement, we'll trace the cultural shifts that shaped society during this time. Prepare to gain new perspectives and insights into the pivotal moments that shaped the course of history during this transformative age.

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 wasn't 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.

The Bill of Rights

Michael Kryzanek

10/17, 10/24, 10/31, 11/7, 11/14, 11/28

Tuesday

1:10-2:30pm

Bridgewater Public Library

The first ten amendments to the Constitution, often referred to as the Bill of Rights, enshrines the basic freedoms that we enjoy as citizens of the United States. While the First Amendment – freedom of religion, speech, press and assembly – is viewed as the key body of freedoms guaranteed to Americans, there are others that deal with gun ownership, criminal due process, speedy and fair trial, proper punishment, and state-federal relations. This course will seek to discuss the various rights Americans possess and the controversies that have developed over these rights during our history. Because these rights were written in a broad manner, it has been the role of the Courts to determine how to properly define what these rights “mean,” therefore this course will examine the interpretive role of the Courts regarding the Bill of Rights, especially in most recent years.

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 named as the Executive Director of the Minnock Center for International Engagement with responsibilities for all international programs at BSU.

Diversity in Sports

Chanelle Melton

10/18, 10/25, 11/1, 11/8, 11/15, 11/29

Wednesday

1:00-2:20pm

Zoom

This course examines the role of diversity in sports and its impact on athletes, fans, and society at large. Students will explore how factors such as race, ethnicity, gender, sexual orientation, and disability influence access to and participation in sports, as well as the experiences of athletes and fans.

Topics covered in the course will include the history of diversity in sports, current issues and controversies related to diversity, the impact of diversity on athletic performance, and the role of sports in promoting social change. Through a combination of lectures, readings, class discussions, and assignments, students will develop a deeper understanding of the complex issues surrounding diversity in sports and develop critical thinking skills to analyze and evaluate different perspectives.

By the end of the course, students will be able to articulate the importance of diversity in sports, identify challenges and opportunities related to diversity in the sports industry, and propose strategies for promoting greater diversity and inclusion in sports.

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!

A Story to Tell: Local Legends from Our Backyard

Katy Whittingham

10/18, 10/25, 11/1, 11/8, 11/15, 11/29

Wednesday

3:00-4:20pm

Zoom

In this course we will research, read, listen to, and discuss folklore, urban myths, legends, and paranormal activity and history in the New England area. We will explore some of the most discussed stories and happenings in Massachusetts and surrounding states including real life Boston born female serial killer, "Jolly" Jane Toppan, who is believed to have had up to 100 victims, and the cluster of sightings and occurrences in an area coined the "The Bridgewater Triangle" including some tales of hauntings at our very own Bridgewater State University. All readings and podcast and documentary links will be provided.

Katy Whittingham holds a BA and MFA in Creative Writing. She has worked in higher education teaching writing and literature for 20 years on both the east and west coast. Currently residing and teaching in Salt Lake City, Utah, she has multiple academic, creative, and journalistic publications in newspapers, literary magazines, and journals, along with a short fiction collection and a poetry collection.

The Art of Conversations: Navigating Difficult Topics with Friends, Family, and Strangers

Alice Berman

10/19, 10/26, 11/2, 11/9, 11/16, 11/30

Thursday

11:00am-12:20pm

Plymouth Center for Active Living

Have you ever wondered how to have a conversation with someone close, friend or family, or someone you've just met, on a touchy subject? Do you find yourself engaged in uncomfortable chat tools for engagement online? Are you only drawn to people who agree with you and do algorithms feed this online? Do words matter? Body language? Let's talk!

This course is structured as six conversations about our communication both in-person and online, what happens, and tools for us to use and their impacts. Our approach will be a part lecture, part large group and small group breakouts, to share how we do it, and methods that can be useful. We'll break down verbal and nonverbal cues to increase our awareness of these powerful messages, both visible and seemingly invisible. We'll look at how our brain processes cues, what our comfort zone is. We will come away with a fresh look at how we talk with people and have some fun doing it!

Alice Berman is a highly experienced instructor and counselor with a diverse background in program management, counseling, and trauma treatment. She holds two Master's Degrees from Virginia Commonwealth University, specializing in Recreation Program Management and Rehabilitation Counseling. Additionally, she is a former LPC (Licensed Professional Counselor) in the state of Virginia and has received specialized training in trauma treatment.

Throughout her career, Alice has excelled in various roles. She has served as a supervisor for candidates pursuing LPC licensure and has acted as a liaison to the state licensure board. She also has a rich teaching background, having taught graduate-level counseling courses at VCU for three and a half years. Prior to her teaching career, Alice spent 15 years working in public sector counseling, assisting clients with severe disabilities and managing large grants. Even in retirement, Alice remains dedicated to serving others. She has spent the past seven years providing pro bono trauma mental health counseling in an urban healthcare facility. With special skills in conflict resolution, crisis management, and mindfulness, Alice brings a holistic approach to her instruction and counseling. Her expertise and passion for helping others makes her an asset in the field of mental health and counseling.

Understanding Alzheimer's Disease and Dementias: Signs, Stages, and Caregiving
Robert Santulli

10/19, 10/26, 11/2, 11/9, 11/16, 11/30

Thursday

12:40-2:00pm

Plymouth Center for Active Living

Welcome to our comprehensive course on Alzheimer's disease and other dementias. Throughout this journey, we will delve into the details of these conditions, exploring their signs, symptoms, and different stages. Understanding the diagnosis process and available treatment options will be a key focus, as well as recognizing the vital role played by primary family caregivers in providing support and care. In addition to delving into the complexities of dementia, we will also shine a light on proactive measures that can be taken to reduce the risk of developing Alzheimer's disease and other cognitive disorders. Our aim is to empower individuals with knowledge and insights that can promote cognitive well-being. To further enhance your learning experience, recommended readings will be made available electronically. Together, let's embark on this enlightening journey, gaining a deeper understanding of dementia and its impact while uncovering ways to promote cognitive health and care for those affected.

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 in New Hampshire.

Winter Gardening: Mother Nature Never Rests!

Ron Aakjar

10/19, 10/26, 11/2, 11/9, 11/16, 11/30

Thursday

5:00-6:20pm

Zoom

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 very interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to 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.

Reading about Jail, Justice and More (Part II)

John Winters

10/20, 10/27, 11/3, 11/17, 12/1, 12/8

Friday

11:30-12:50pm

Zoom

America's carceral system is complex. This interdisciplinary reading course will look at the history, ethics, economics, racial disparities, and reality of locking people up. One of the best ways to understand it is through some of the powerful writing that's been done on this topic. Books/stories for this session include those reflecting the inmate experience: "In the Penal Colony" by Franz Kafka and "A Hanging" by George Orwell, and *The Buddhist on Death Row* by David Sheff.

John Winters has worked at BSU for nearly 20 years. For more than half of that time he also taught at the university. He now teaches literature and writing in the prison system of his adopted home state of Rhode Island. He is the author of Sam Shepard: A Life (2017, Counterpoint Press). He is currently working on two nonfiction titles.

King Leopold's Ghost by Adam Hochschild and The Heart of Darkness by Joseph Conrad: Book Discussion with Historical Notes and Perspectives

Sandra Mondykowski Temple

10/20, 10/27, 11/3, 11/17, 12/1, 12/8

Friday

1:00-2:20pm

Zoom

Winner of the Duff Cooper Prize in 1999, Adam Hochschild recounts the crimes against humanity of Belgium's King Leopold II, whose brutal imperialist regime sparked the creation of Joseph Conrad's *Heart of Darkness* and the first major human-rights protest movement of

this century. In Joseph Conrad's "Heart of Darkness," its murderous hero, Kurtz -- the renegade white trader, who lives deep in the Congo jungle behind a fence adorned with shrunken heads -- is regarded as a Nietzschean madman or avatar of colonial ambition run dangerously amok. But as Adam Hochschild's disturbing book on the Belgian Congo makes clear, Kurtz was based on several historical figures, and the horror Conrad described was all too real. In fact, Hochschild suggests, "Heart of Darkness" stands as a remarkably "precise and detailed" portrait of King Leopold's Congo in 1890, just as one of history's most heinous acts of mass killing was getting under way. It is also the deeply moving portrait of those who defied Leopold: African rebel leaders who fought against hopeless odds and a brave handful of missionaries, travelers, and young idealists who unexpectedly found themselves witnesses to a holocaust.

Sandra Mondykowski Temple is an instructor at the Boston University's Metropolitan College for the Prison Education Program. She has 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.

Appreciating Art: Renaissance to the Romantics

Jim Kirkcaldy

10/23, 10/30, 11/6, 11/13, 11/20, 11/27

Monday

12:30-1:50pm

Easton Frothingham Community Center

Welcome to the inaugural course of a captivating trilogy, delving into the prominent European art movements spanning from the 14th to the 20th century. Our primary objective throughout this course is to enrich your art-viewing experience by unraveling the essence of each movement, honing your ability to identify key characteristics, and empowering you to examine and analyze paintings with a discerning eye. As we explore each movement's distinctive traits, your instructor will also equip you with the tools to delve into the intricacies of paintings, discerning hidden meanings, and interpreting the artist's intent. By the end of this seminar, you'll find yourself equipped with newfound knowledge and insights, elevating your enjoyment and appreciation of art.

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 wasn't 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.

The Healing Power of Laughter: Exploring the Mind-Body Connection

Shelley Leahy

10/23, 10/30, 11/6, 11/13, 11/20, 11/27

Monday

2:10-3:30pm

Easton Frothingham Community Center

Welcome to our delightful class on the transformative power of laughter! Prepare to delve into the fascinating realm of how laughter impacts both our minds and bodies. Numerous studies have revealed its incredible benefits, including stress relief, immune system enhancement, and the remarkable ability to divert our focus from negative emotions. Throughout this course, we will embark on an exhilarating exploration of why laughter is undeniably the best medicine. We'll take a closer look at the art of laughter, discovering what tickles our funny bones and exploring the various factors that evoke hearty laughter. Come ready to share your favorite humorous anecdotes and experiences as we celebrate the joyous gift of laughter together.

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.

Unveiling Ageism: Challenging Stereotypes and Cultivating Inclusive Communities

Suzanne Buglione

10/23, 10/30, 11/6, 11/13, 11/27, 12/4

Monday

4:00-5:20pm

Zoom

This course on Ageism will explore the roots, myths, and stereotypes of this often invisible, yet pervasive, phenomenon. It occurs at every level of society, from the systemic to the interpersonal, and the World Health Organization reports that one out of every two people is ageist. The course will use the book, *This Chair Rocks: A Manifesto Against Ageism* by Ashton Applewhite (2020), to guide our conversations, as we explore our own experiences, the intersectionality of age with other identities, intergenerational connections, and engaging in activism.

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.

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

Pat Kane

10/24, 10/31, 11/7, 11/14, 11/28

Tuesday

2:30-3:50pm

Bridgewater Senior Center

****This course will be capped at 20 participants***

Jin Shin Jyutsu is an ancient Japanese art of harmonizing life energy within the body. The capacity to use this art is born in all of us. Gentle application of the hands at different points of the body 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 and practice this art in all five sessions.

Pat Kane has an education career that spans five decades. She started by teaching in elementary school Pre K - 6. In 1974 she shifted to environmental education. She and her husband, Rich, joined the staff of New Jersey Audubon and lived on a wildlife sanctuary where they raised their two sons, Martin and David.

Pat's work was to design and lead field trips for grades pre-K through 6. She expanded that work to include teacher education, co-authoring a teacher manual Bridges to the Natural World: A Natural History Guide for Teachers of Grades Pre-K through 6. At Rutgers University she taught both Graduate and Undergraduate education classes where students learned to use the outdoors as a classroom. Pat was always drawn to the unexplained mysteries of nature. How is it that birds flew in great flocks and suddenly, as one, went in a totally different direction. Our cat, Pablo, went to sit at the door when Rich was expected home after a foreign tour. What is it about the moon that it can affect tides? Just before retirement she enrolled in a course in Jin Shin Jyutsu at a local hospital. There she learned some of the answers to her wondering. Through this ancient Art she was able to apply her teaching skills and experiences to empower others to become more attuned to the primary relationship, their own body. It offered a new awareness of

relationship with the natural world, and finally, the gifts we bring in our relationship with others. Last July, she and Rich moved to Bridgewater to be near their son Dave and his family. After a few months of settling in, Pat gave an introductory workshop at the Bridgewater Senior Center. She is most eager to empower others through this course.

Exploring the Wonders of the Western United States: A Virtual Travelogue
Ronald Reynolds
10/27, 11/3, 11/17, 12/1, 12/8, 12/15
Friday
9:30-10:50am
Zoom

Welcome to our exciting travelogue adventure, where participants will embark on virtual journeys to captivating destinations across the western United States. Prepare to explore a mix of hidden gems and renowned sites, creating unforgettable memories along the way. Our itinerary will lead us to enchanting places like the Palouse in Washington, Valley of Fire in Nevada, and the captivating Custer State Park in South Dakota. Additionally, we'll traverse the well-trodden paths of Yellowstone and Yosemite, marveling at their natural splendor. Throughout our explorations, we'll dive into what each location has to offer, delving into the unique features and cultural highlights that make them so special. From picturesque landscapes to historical landmarks, we'll uncover the essence of each destination. Moreover, we'll address practical aspects like travel logistics and lodging options, ensuring you have all the information you need to plan your future adventures.

After teaching high school sciences for 42 years Ron Reynolds taught Physics and Geosciences at Bridgewater State University

for 17 years. He has traveled intensively 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.

Amazônia: Fables to Forests
James Hayes-Bohanan
10/30, 11/6, 11/27, 12/4, 12/11, 12/18
Monday
9:45-11:05am
Bridgewater Public Library

The Amazon is a forest, a river, and a fountain of myths. This short course is a six-part exploration of all three, with a focus on one of its most populous but little-recognized parts: Rondônia. With a name that sounds like it was lifted from one of J.R.R. Tolkien's maps of Middle Earth, it is a very real place the size of Arizona that is considered wilderness by many Brazilians, except for the nearly 2 million who live there. The entire region is both vitally important and widely misunderstood, a land of genuine superlatives and wild speculations.

Dr. James Hayes-Bohanan is Professor of Environmental Geography and the Geography of Latin America at Bridgewater State, where he joined the faculty in 1997. He had been studying linguistics as an undergraduate when a course on deforestation in the Amazon led him to geography as a field of study and Latin America as his regional specialization. He completed his dissertation research in the Brazilian state of Rondônia in 1996, and has returned for four additional visits between 2000 and 2023, each in the same place but with a different purpose.

Unfolding the Art of Origami: Exploring Diverse Techniques and Creating Stunning Gift-Worthy Models

Andrea Plate

10/30, 11/6, 11/13, 11/27, 12/4, 12/11

Monday

11:25am-12:45pm

Bridgewater Public Library

Origami is a captivating art form with a wide array of techniques and styles. In this 6-week course, we'll choose to fold models based on the experience and interest of the students in the class. We could begin with modular origami, where you'll craft multiple copies of a single unit and ingeniously connect them without any glue or tape. Or we could explore action origami, where models move and transform in unexpected ways. Perhaps we'll fold a Pureland model, where only mountain and valley folds are allowed, creating elegant and minimalistic designs.

In future classes we could explore the art of wet folding, which enables you to add delicacy and curves to your creations, elevating their aesthetic appeal. Or we may try tessellation folding, in which you cover a plane with intricate twist folds, resulting in mesmerizing geometric patterns. Unleash your creativity, refine your folding techniques, and immerse yourself in the beauty of origami as we embark on this artistic journey together.

Supplies needed:

- 6 inch and 9 or 10 inch origami paper (also called kami), a different color (white or a different color) on each side. Good brands include Toyo, Aitoh, Taro, and Tuttle.

NOTE: Of these brands Tuttle is the only one exactly 6" and therefore cannot be mixed within models with

the other papers. Any special sized paper will be provided by the instructor.

- A bone folder for making crisp, sharp creases: An old credit card, plastic spoon, or wide craft stick will also work.
- Toothpicks, skewers, a tweezer, and small wooden clips (they look like tiny clothespins) are also helpful.

Andrea has practiced origami for over 13 years. She has studied privately with world renowned origamists, taken many online workshops, and has attended conventions from New York (in person) to Italy (online). Andrea's current work merges the beauty and delicacy of flowers with the geometric precision of tessellations. In addition to teaching at the Bridgewater University Senior College, Andrea has taught at the Academy of Lifelong Learning Cape Cod Community College, Plymouth Center for the Arts, The Art Center Museum in Duxbury, the Origami USA Convention in NY, the Manomet (Plymouth) branch library, and more. Her passion is sharing the value, benefits, beauty, and joy of folding.

Thailand, the Land of Many Smiles

Tyra Hatcher Mitchell

10/30, 11/6, 11/13, 11/27, 12/4, 12/11

Monday

5:30-6:50pm

Zoom

Let's talk Thai culture. Have you dreamed of traveling to or returning to visit Thailand? This course will present some basics do's and don'ts that will separate you from the traditional tourist and likely earn you some compliments from the locals. Do you have Thai friends and want to deepen your friendship? We will explore some cultural

nuances of friends, family, fun, and of course, food as we compare and contrast Thai and American culture.

Together we will discuss respect, as it is one of the most important values in Thai culture. Showing your respect will inevitably earn you much respect in return. Learn the many ways in which you can appreciate and celebrate this unique nation and its people.

Tyra Hatcher Mitchell is passionate about learning, growing, and storytelling. A graduate from Wheaton College (B.A. Sociology) and Salem State University (M.Ed. Education), Tyra has travelled and worked in Thailand, Brazil, and Guyana as a teacher of English as a Second Language and in the Foreign Service with the Department of State.

Returning to her Native Maine, Tyra built a successful real estate practice helping individuals, families, and investors imagine and achieve their housing and investment goals. Recognizing that for every success story, there are stories of struggle around housing and food insecurity, Tyra studied to become a volunteer Master Gardener and Master Food Preserver. Her volunteer projects include offering gardening classes, teaching children how to plant and harvest for their school cafeteria and working with community gardens to donate produce to local food pantries.

A curious lifelong learner, avid biography reader, and intrepid traveler, Tyra's dream is to explore Antarctica.

Conspiracies and Hoaxes Unveiled: The Conversation Continues

Nan Loggains

10/31, 11/7, 11/14, 11/28, 12/5, 12/12

Tuesday

10:00-11:20am

Zoom

This class will explore a number of conspiracies and hoaxes including 2020 Election Fraud, current day Flat Earthers and 5G chips in the COVID-19 vaccine. We will also examine what makes some of us more gullible than others. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion. This is a continuation of the class offered in Fall 2022 with new topics. One need not have attended the previous course to enjoy this class.

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 all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught 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.

NOVEMBER COURSE

The “First” World War: The French and Indian/Seven Years War

Sandra Mondykowski Temple

11/6, 11/13, 11/27, 12/4, 12/11, 12/18

Monday

1:00-2:20pm

Zoom

The most important event in late 18th century North America was the bitter power struggle between the British and French empires in a larger land and maritime conflict - The Seven Years War. Known in the colonies as the French and Indian War, it figured in most of our US history books as the background to the American Revolution. The generals we study in the Revolutionary War “cut their teeth” in the French and Indian War. And in ways that no one understood at the time, the British victory in the Seven Years War would create the conditions for the American War of Independence just twelve years later. Join me in exploring the global conflict that would decisively shape, not only American history, but the histories of Europe, the Atlantic world, and the Indian sub-continent.

Sandra Mondykowski Temple is an instructor at the Boston University’s Metropolitan College for the Prison Education Program. She has 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.