

FALL 2022
Course Catalog

SENIOR COLLEGE

@ BSUSeniorCollege@bridgew.edu

(508) 531-2570



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



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

Visit us on Facebook

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

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 BSU Attleboro!

Welcome to Senior College

Message from the Director

Dear Community Member:

On behalf of the Senior College at Bridgewater State University, I am thrilled to embark upon another exciting and fun learning journey with you this fall 2022 semester. It is hard to believe that this is the beginning of our third year. When we started Senior College, we discussed wanting longevity for this program which strikes me today as we also want healthy longevity for our members. Recently I learned more about the concept of productive aging coined by Dr. Robert Butler, the author of *Visionary of Health Aging*. Productive aging is an approach that emphasizes the **positive aspects** of growing older and how individuals can make important contributions to their own lives, their communities, organizations, and in greater society as they age. Yet, Butler also indicates that before productive aging can become a reality, there must be change in society. He calls for more realistic public policies to encourage older people to remain active and calls for society at large to revise outmoded stereotypes of age and to develop ways to harness strengths of a new generation of elders. Here in Senior College, we find common ground to create a path to productive aging through lifelong learning. This fall you will find lifelong learning courses that showcase important political, social, cultural, and historical analysis. I hope you will join us in our courses that will encourage you to reflect on your past and engage with a learning community that is curious about travel, the environment, art, culture, science, health, geography, and literature (to name just a few)!

Thank you for joining in Senior College and being part of an engaged learning community that never stops being curious.

Best regards,
Jennifer Reid, Director

Contact us

www.bridgew.edu/seniorcollege
BSUSeniorCollege@bridgew.edu
www.facebook.com/BSUSeniorCollege
508.531.2570

BSU's Senior College Three Step 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/C20026_ustores/web/product_detail.jsp?PRODUCTID=1843&SINGLESTORE=true

STEP TWO (Optional)

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:

<https://bridgew.elluciancrmrecruit.com/CS/Account/Create?f=33c5398e-2adb-4a4e-8e1c-56b0fbfc5201&o=4bb16989-098a-4625-bea5-8e940308e81a>

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.

STEP THREE

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 for all courses via email prior to the start of each course.

In-person course locations:

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

Bridgewater Public Library
15 South St
Bridgewater, MA 02324
508.697.3331

Bridgewater Senior Center
10 Wally Krueger Way
Bridgewater, MA 02324
508.697.0929

Center for Active Living Plymouth
44 Nook Rd

Plymouth, MA 02360
508.830.4230

BSU Attleboro
11 Field Rd
Attleboro, MA 02703
508.531.3896

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 courses 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.

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.

Course Recordings

As a benefit to your membership, you will receive a link to a 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.

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.

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.

Use of Zoom

Zoom is a popular video conferencing platform. It's easy to use—once you are set up, you only need a few clicks to start talking to your peers and instructors online. It can be used on your smartphone, tablet, or computer. Senior College staff are happy to meet with you virtually to help you get started!

You can watch this video to learn more about how to use Zoom:

<https://www.youtube.com/watch?v=9isp3qPeQ0E>

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!

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 Spring 2023 are due by October 20, 2022.

SEPTEMBER COURSES

Understanding Health Insurance and Medicare

Scott Hokanson

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

Thursday

Noon-1:20pm

This course will take place at the Center for Active Living in Plymouth and will not be recorded.

After taking this course you will understand the American Health Insurance System and how health insurance is priced and managed by insurance companies and the government. You will be able to evaluate options for you and your family and understand ALL the costs including monthly premiums, copays, deductibles and coinsurances. Additionally in this course you will learn about prescription drugs and Part D plans and will learn how to shop for medical insurance for your family here in Massachusetts.

Scott Hokanson is a 27-year health insurance and Medicare expert and Plymouth resident.

Introduction to Philosophy

George Karam

Thursday

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

1:40-3:00pm

This course will take place at the Center for Active Living and will not be recorded.

As we get older the recurring questions of *What do we know and what do we believe? arise more frequently. What happens to us after we die? Why am I here? Why is there a universe? Is there a God?* Dr. George Karam, who once taught and discussed these matters as a college professor, wants to engage and gently challenge those interested in discussing such ideas. This experience can be refreshingly revealing, as we discover the true presuppositions upon which our present knowledge is based. Topics will vary and class discussion is encouraged.

Eat Your Way to a Healthy Heart

Monica Lebre

Monday

9/12, 9/19, 10/17, 10/24, 10/31, 11/7

11:00-12:20pm

Zoom, this course will not be recorded.

According to the Centers for Disease Control, heart disease is the leading cause of death in the United States. In these sessions, we will discuss nutrition and heart health. We will review sodium, potassium, learn to differentiate between different types of fats and delve into some commonly known heart healthy diets. This course will be lecture based yet will be an interactive and a fun way to increase your knowledge on heart health while still enjoying the foods that you love!

Monica Lebre is a registered dietitian who received her undergraduate degree from University of Connecticut and has received a Masters in Applied Nutrition with a specialization in Sports and

Nutrition Fitness from Northeastern University. Monica has been a dietitian for close to 20 years and has worked in several areas within the field. She is currently an adjunct lecturer at Bridgewater State University and Northeastern University where she teaches nutrition courses. In addition, she works in Cardiac Rehab where she is part of a multi-disciplinary team to help guide individuals to improve heart health. She enjoys spending her spare time with her husband and daughter and loves being outdoors in the summers.

All About Me: The Journey to Self-Discovery

Shelley Leahy

Tuesday

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

10:30-11:50am

This course will take place at BSU Attleboro (or via Zoom if enrollment is low).

It is time to unearth your wisdom, your rich inner treasures-it is time to tell your story. The simple act of journal writing can assist you embrace your creativity, share significant memories, and keep your mind healthier and active. However, if you are not writing regularly, this class will get you started on making your memories come alive.

Prompts will be given to get a discussion going towards the goal you want to achieve. All that is needed is a journal to fill those pages.

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.

Contemporary Identity

Sarah Washburn

Tuesday

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

Noon-1:20pm

Zoom, this course will not be recorded.

This class is to help participants better understand and engage in discussions surrounding contemporary identity, including conversations about race, gender, and sexuality. The issues regarding privilege and the way this affects communities of otherness via marginalization. Format will include open discussion, readings, videos, music, critical discussions as well as Q&A sessions.

Sarah Bates Washburn is an emerging artist who lives and works south of Boston. Currently a Visiting Assistant Professor at Bridgewater State University, Washburn earned an MFA in Visual Arts from Lesley University College of Art and Design(LA+D). The scope of their work engages social practice, politics, humor and aesthetic while initiating a larger discourse relative to the objects they create within the world surrounding them. Their work manifests conceptual ideas via social and political critiques with a globalized attitude. Washburn has work in private collections across the country and currently exhibits in the United States as well as internationally.

Western Art: Modernism: From Impressionism to Contemporary

Jim Kirkcaldy

Tuesday

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

Noon-1:20pm

This course will take place at the Bridgewater Public Library and will not be recorded.

This course will provide an opportunity for participants to experience a guided overview and develop an appreciation of modernism from impressionism to contemporary art. Included are the following: Impressionism & Post Impressionism: Painters of Modern Life, Primitivism & Fauvism: The Primal Scream, Cubism & Futurism: A Matter of Perspective, Kandinsky: The Russians are Coming v. Mondrian & Gridlock, Dadaism & Surrealism: Living the Dream v. Abstract Expressionism: The Grand Gesture, and Pop, Conceptual, Minimal, & Post Modern: Fame & Fortune.

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 Good, The Bad, and the Ugly: The History of Presidential Elections in the United States

Ray Ajemian

Tuesday

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

1:40-3:00pm

This course will take place at the Bridgewater Public Library and will not be recorded.

This six-week course will trace the important presidential elections from 1788 to our last election in 2020. It will first start with the history of the United States Constitution and the creation of the presidency and the Electoral College. Although all elections will be covered, only the ones that were either controversial or important in terms of the direction of the country will be highlighted such as: The Constitutional Convention, the creation of the Electoral College and the election of George Washington in 1789, The Election of 1796 and 1800 – the creation of political parties, Elections of 1824, 1828, and the crucial election of 1860, The disputed election of 1876 and 1896, Elections of 1912, 1932, 1948, and 1960, and Elections of 2000, 2016, and 2020. The format of this course is lecture with a PowerPoint presentation and questions are encouraged.

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.

Political Discussion: Issues of the Day (12-week course)

Nan Loggains

Wednesday

**9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26,
11/2, 11/9, 11/16, 11/30, 12/7
10:00-11:20am**

Zoom, this course will not be recorded.

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 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 Election 2020 and this fall's Politics 2022: Mandates to Midterms. Nan also works as a senior special programs coordinator on the Attleboro campus.

Geographies of Migration

James Hayes-Bohanan

Thursday

**9/15, 9/22, 9/29, 10/6, 10/13, 10/20
2:00-3:20pm**

Zoom, this course will be recorded.

Birds do it. Butterflies do it. Even certain kinds of trees do it. And of course, people do it: migration. Changing one's location is a profoundly geographic act. Individuals move for individual reasons, but those movements arise from complex causes and create new patterns. This course begins with some fundamental principles of migration and explores its profound connections to economic, cultural, and environmental geographies.

Dr. James Hayes-Bohanan is a Professor of Geography who migrated to Bridgewater in 1997 and to several other corners of the United States in the decades prior to that. Although best known for his teaching about coffee, his main work at BSU has been in environmental geography, the geography of Latin America, and the global geography of uneven development. Geographies of Migration is his third Senior College course.

Permaculture 101: Create Your Own Backyard Ecosystem

Ron Aakjar

Thursday

**9/15, 9/22, 9/29, 10/6, 10/13, 10/20
5:00-6:20pm**

Zoom, this course will be recorded.

Come learn how to create a garden that works with our local ecosystems. Learn about the 12

principles of Permaculture, the water cycle, perennial food crops and ways of creating a sustainable way of life.

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.

How the Earth Works III: Our Dynamic Atmosphere and Violent Weather

Ronald Reynolds

Friday

9/16, 9/23, 9/30, 10/7, 10/14, 10/21

10:00-11:20am

Zoom, this course will be recorded.

Using a combination of PowerPoint and discussion we will learn about dynamics such as wind movement, cyclones and atmospheric moisture. By understanding these factors, we will examine phenomena such as thunderstorms, hailstorms, torrential rain, tornadoes and hurricanes. Questions and comments from class participants will be welcome

Ronald Reynolds spent 42 years teaching high school chemistry and physics in Massachusetts, New Hampshire and Rhode Island including four years part-time teaching Inorganic Chemistry and

Qualitative Analysis at Bristol Community College. During the last 17 years Ronald has been part-time Professor of Physics and Geosciences at Bridgewater State University. He was a State Finalist in the NASA Teacher in Space Program and a Regional Resource Person for the National Air & Space Museum and served on the Challenger Center National Faculty. Ronald has had publications in The Science Teacher, The NEACT Journal, Educators Today Touching Tomorrow, Bridgewater Review, Science Probes and Mass Audubon's Explore. Ronald also received three Presidential Awards for Excellence in Math & Science Teaching and was a National Institutes of Health Centennial Teacher in 1987.

Red State/Blue State: The Great American Divide

Nan Loggains

Tuesday

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

10:00-11:20am

Zoom, this course will not be recorded.

Just in time for the Fall 2022 Midterm election, this class will examine the increasing divide between red states and blue states. During the past two decades, the gulf between red states and blue states has intensified. We will examine the politics and culture wars that are increasingly separating Americans. We will also touch on the American history of the late 1900s that led to the current divisiveness. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

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 Election 2020 and this fall's Politics 2022: Mandates to Midterms. Nan also works as a senior special programs coordinator on the Attleboro campus.

Final Year: The Western Front in Europe 1944-1945

Frank Cook

Wednesday

9/21, 9/28, 10/5, 10/12, 10/19, 10/26

Noon-1:20pm

This course will take place at BSU Attleboro (or via Zoom if enrollment is low).

May 2020 marked the 75th anniversary of the conclusion of World War II in Europe. The focus of this course is on the critical events on the western front in the final year of the European war that led to the defeat of Nazism. 1944 witnessed D-Day, the breakout from Normandy, the liberation of Paris, the failure of the planned thrust through Holland with its hope of a quick end to hostilities, and the German counteroffensive that became the Battle of the Bulge.

Frank B. Cook is a Part-Time Faculty member at Bridgewater State University, teaching in the Management Department and serving as an Academic Advisor for Accounting, Management, and Economics. He has been teaching at the Attleboro campus since 2017. Frank earned a

bachelor's degree in history, a master's degree in education, and has completed further graduate work in U.S. history, military history, and archaeology. A member of the Society for Military History, Frank is currently writing a book about his father's experience in Europe during World War II.

Poetry in Action: Recognizing the Power of Poetry and Daring to be a Poet

Kathleen Pahl

Friday

9/23, 9/30, 10/7, 10/14, 10/21, 10/28

3:00-4:20pm

Zoom, this course will not be recorded.

This course will discuss some of the most beautiful, inspirational, and transformational poems in existence and use them as inspiration for writing our own masterpieces. Each meeting the instructor will preview and discuss a selection of poets and poems, then use the works presented to lead students through related poetry writing exercises. Throughout the course there will be opportunities to write, share, laugh and learn as we inspire one another through the power of the written word.

Kathleen Pahl has more than 15 years' experience teaching writing composition, British literature, and World literature courses at Massasoit Community College where she is a tenured professor, and at Bridgewater State University where she is an adjunct professor. Her love and appreciation for the educational, transformational, and healing power of the written word continues to inspire her teaching and her daily life.

The Great American Musical - 50 Years of the Tony Award Winners

Lisa Rafferty

Thursday

9/29, 10/6, 10/13, 10/20, 10/27, 11/3

2:30-3:50pm

Zoom, this course will not be recorded.

This class will explore the obvious and the unexpected nominees and winners of the Tony Award for Best Musical over the past 50 years. Each week will include lecture, discussion, and Q&A on the history, leading artists and collaborators on those Broadway shows. Links will be shared to videos of shows and documentaries. The Tony Awards have celebrated musical genres from pop, rock, country, hip hop, Motown, and operetta. Together we will celebrate this incredible art form which has spread joy, opened worlds, and created a community of theater fans the world over.

Playwright, director, producer Lisa Rafferty creates documentary plays which celebrate the strength and resiliency of heroic women and men. Her show about the fearless and outspoken Betty Ford - SHE DID ALL THAT - premiered in Boston in 2018 and will be presented by the Gerald R. Ford Presidential Foundation in April 2022 in Grand Rapids. This past November was the world premiere of ONWARD – Votes for Women, a documentary play which honors the fight for women's suffrage, commissioned by the Associates of the Boston Public Library. With Joey Frangieh, she created Boston Theater Company's FINISH LINE, about the 2013 Boston Marathon which premiered at the Shubert Theatre in 2017. Her comedies series, The MOMologues 1, 2 and 3, has appeared in 27 states and around the world. A workshop of MOMologues the Musical took place in NYC in Fall 2021 with a Broadway cast. Lisa

teaches theater at Bridgewater State University and is a proud member of the Dramatists Guild and the Stage Directors and Choreographers Society.

OCTOBER COURSES

Coming to America: A Brief History of Immigration and Laws

Sandra Mondykowski Temple

Monday

10/3, 10/17, 10/24, 10/31, 11/7, 11/14

10:00-11:20am

Zoom, this course will be recorded.

Widely considered a wellspring for US greatness, immigration has also been a source and expression of our deepest conflicts. Join Sandra as she explores the different waves of immigration, both willing and unwilling as well as the laws and the political changes behind them that affected who came here, when and in what number. Present-day Native Americans are descendants from the first groups that came seeking better hunting grounds 20-25,000 years ago. The Norse Vikings arrived on the northern coast of Newfoundland, Canada in 1001 CE. Spain, France, and Great Britain established colonies in the 1500 and 1600s. Africans came unwillingly. Slavery in the Americas was over a century old before the first ship landed in Jamestown in 1619. Willing immigrants came from Northern and Central Europe through the 1860s followed by Asians during the California Gold Rush and the building of the Transcontinental railroad. The four decades from the 1880s to the 1920s brought people

from Southern and Eastern Europe. The last century has seen immigrants from all over the world, especially from Central and Latin America and Asia. Recurring bouts of Nativism and changes in immigration regulations and laws have contributed to the ebb and flow of peoples from various nations.

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.

Boston: From Not Enough Land to Too Few Houses

Bob Amey

Wednesday

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

1:00-2:20pm

Zoom, this course will not be recorded.

Boston was founded by Puritan settlers in 1630 on the Shawmut Peninsula, and was considerably smaller than it is now, both in population and in land area. Annexation of land adjacent to Boston is difficult and rare as other towns and cities fill the inland space. We will look at the expansion of Boston over time as areas along the water periphery were filled in to create new land as the city grew. But even that potential space is limited, and Boston is now faced with extreme development issues – particularly for affordable housing. We will discuss the barriers created by high housing costs and

consider possible solutions. The course will include lecture and discussion.

Bob Amey (PhD, University of Florida). My main areas of interest are in urban/economic geography, radioactive waste management, environmental justice, the geographies of the US, Europe and Africa, and geography education. I have been at BSU since 2004 and am the former department chair. My wife, Cheryl, and I have been to Canada, Mexico, Brazil, Guadeloupe, Martinique, Trinidad & Tobago, Ireland, England, Scotland, Belgium, Denmark, Sweden, Germany, Austria, The Netherlands, France, Spain, Monaco, Italy, Slovenia, Hungary, Croatia, and Turkey (and a few of those several times). On our next-places-to-go list is Greece, The Czech Republic, Norway or Iceland (or both, to try to catch the Northern Lights) but our next big trip will be to Africa (South Africa, Zimbabwe, Zambia, maybe Namibia, Kenya, and Tanzania/Zanzibar with a short stop on the way home in Qatar) in 2023. When I was doing my undergraduate studies, my philosophy and religion professor told me to “get a passport.” It is a very useful tool for a geographer!

All Aboard! Model Railroading Basics

Chris Metzger

Wednesday

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

6:45-8:05pm

Zoom, this course will not be recorded.

All aboard for a course on one of the world's most popular hobbies: model railroading! Whether you had a train set as a kid or are just starting to think about taking up the hobby, this course will provide the basics for years of model railroading challenge and enjoyment. Topics will include getting started, layout and track planning, an introduction to locomotives (motive power),

basics about train cars (rolling stock), scenery, and weathering. This course will include informative lectures, discussions, activities, and demonstrations. No prior model railroading experience or special skills are required, just bring your interest in trains and we'll be *on track* for some fun! The instructor will provide a supply and tool list for those who want to start model railroading.

Chris Metzger loves trains and is passionate about bringing together fellow hobbyists to share railroad inspiration, tips, and laughs. He has nearly 12,000 followers on Instagram (@ironroadmodels). His transition-era HO (HO is a rail transport modeling scale using a 1:87 scale) Scale Boston and Maine switching layout will be featured in a forthcoming National Model Railroad Association article and has been described by train supplier Walther's as "outstanding." Chris is a firm believer in simple and low-cost techniques, that model railroading has many wellness benefits, and that hobbying should be fun! Chris holds a PhD in education and a BA in history.

Exploring the World of Chinese Characters

Robin Tierney

Thursday

10/6, 10/13, 10/20, 10/27, 11/3, 11/10

10:00-11:20am

Zoom, this course will be recorded.

In this course we will look at Chinese characters and their presence in East Asian languages. We will examine the construction of characters and their component parts – to learn, for example, how 言 means 'to speak' and 雷 means 'lightning'. Then, we will sample the usage of characters in China, Japan, the

Korean peninsula, Taiwan and Hong Kong. Each culture has adapted characters in its own way; China, for example, decided to simplify the characters and Japanese uses multiple pronunciations for each character. Sometimes characters are used phonetically though most times they aren't. Characters can make for great puns because so many different characters have the same pronunciation but possess different meanings. Does having thousands of graphics in one's memory create differences in how one processes language? The course will include short lectures and activities. The activities will often involve using online dictionaries. Students will try their hand at writing and learning some basic characters as well as characters that relate to their own interests.

Robin Tierney teaches Japanese language and East Asian Literature at Wheaton College and Bridgewater State University. Having lived in Asia – Tokyo and Hong Kong – for many years she is fascinated by the use of characters and the different ways in which they are used. Her own area of academic research is modern Japanese literature and gender.

Campaign 2022: The U.S. Midterm Elections

Brian Frederick

Wednesday

10/12, 10/19, 10/26, 11/2, 11/9, 11/16

6:30-7:30pm

Zoom, this course will be recorded.

This course will focus on the upcoming midterm elections in Massachusetts and nationwide. It will examine the national

conditions and issues shaping the elections for U.S. House and Senate. The course will explore the race for Governor of Massachusetts and statewide initiatives on the ballot. It will conclude with a review of the post-election results and a preview of the forthcoming 2024 presidential election.

Brian Frederick is Professor and Chair of the Department of Political Science at Bridgewater State University. He specializes in the field of American politics. He teaches classes in campaigns and elections, public opinion, political parties and interest groups, women and politics, undergraduate research methods and data analysis for public administration. His research focuses on the U.S. Congress, women and politics and campaigns and elections. He is author of the book Congressional Representation and Constituents: The Case for Increasing the House of Representatives and coauthor (with Laurel Elder and Barbara Burrell) of the book American Presidential Candidate Spouses: The View From the Public.

Soul Series Meditation

Laura DeSimone

Monday

10/17, 10/24, 11/7, 11/14, 11/21, 11/28

6:45-8:05pm

Zoom, this course will be recorded.

Is meditation an existing practice for you or are you interested in going a bit deeper in your meditations? If so, please join Laura DeSimone for the Soul Series Meditations. These meditations were lovingly written by Laura to instill and foster a deep dive inward to offer a reflective and restorative moment in your week. The meditation topics include: love, truth, compassion, soul journey,

stillness, and metta. The class will begin with a centering check-in circle, and then the meditation itself. After the approximately 45-50 minute meditation, we will have a reflective closing circle. Laura hopes to see you there.

Laura DeSimone is a certified Mindfulness Meditation Teacher and a Usui Reiki Master Teacher. As a life-long learner committed to expanding her understanding and use of mindfulness, Laura is currently studying to become a 200-hour yoga teacher, Social Emotional Learning Facilitator, and a Wellness Facilitator. Meditation and mindfulness have been important parts of Laura's daily life for many years and her ambition is to teach others so they, too, can find peace, comfort, and insights through regular practice.

Reading Poetry Together

Susan Levasseur

Monday

10/17, 10/24/, 10/31, 11/7, 11/14, 11/21

1:00-2:20pm

Zoom, this course will be recorded.

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.

Historical Fiction

Jennifer Turner

Monday

10/17, 10/24, 10/31, 11/7, 11/14, 11/21

3:00-4:20pm

Zoom, this course will be 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?

The class will be taught seminar-style, based not on lectures but on classroom discussions in which we share our thoughts and ideas about the historical fiction work for that week and several articles that will help to flesh out the history of the era we are discussing in the respective novels. For a six-week class, we will read four books the course: *Someone Knows My Name* by Lawrence Hill, *Code Named Verity* by Elizabeth Wein, *The Personal Librarian* by Marie Bennet and Victoria Murray, and *Widow of the South* by Robert Hicks.

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.

The Great Depression: 1932-1945

John Sullivan

Thursday

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

Noon-1:20pm

This course will take place at the Center for Active Living in Plymouth and will not be recorded.

Few events in the 20th century changed the direction of the United States as did the Great Depression. When asked if there had been anything like the Great Depression, the economist John Maynard Keynes replied, "Yes, the Dark Ages and it lasted 100 years."

Dr. John Sullivan was a teacher of history and psychology at Duxbury High School for 38 years. He also has taught at Boston University, his alma mater, as well as Quincy College, Massasoit, and Cape Cod Community College. He is presently an instructional consultant for Class Measures.

Acting Workshop: The Drama Continues!

Sheila Kelleher

Thursday

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

1:40-3:00pm

This course will take place at the Center for Active Living in Plymouth and will not be recorded.

Senior Acting Workshop teaches the basics of acting by building on the foundations of breath, voice, physicality, building characters/relationships, script analysis and scene work. Taught in a safe, supportive environment of peers, this workshop offers a unique opportunity to improve many life skills - presence, confidence, public speaking, teamwork, movement, personal interactions, and it's tons of fun! Get to know your classmates with activities that help leave the world outside and put us in a mindset to play. Learn proper breath support, without it even the best actor will not be heard! Explore how the voice can convey a wide range of emotion. How do we carry ourselves vs how others move? Try on other ways to move, discover how changing our physical movements changes our behavior. Find the intention and motivation in our words and actions. Learn how to look for character clues in a script. Work with a partner to create a truthful interaction that tells a story, then perform your rehearsed scene to show off your new skills 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.

Writing and Memory

Dan Johnson

Friday

10/21, 10/28, 11/4, 11/18, 12/2, 12/9

6:00-7:20pm

Zoom, this course will not be recorded.

A memoir is a written reflection on your past. It is told from your frame of reference, working as a cathartic event. In this course we will be exploring putting down on paper life events which are significant to ourselves, incidences which may be big or small in our life, but we remember them all the same. The goal will be to have produced stories which we can either keep, give to our children, or to throw away. All stories end up somewhere. We will read excerpts from published memoirs, encourage each other, and share our writings in a supportive manner.

Dan Johnson was born in Spokane, WA and joined the Navy at 18. After the Navy he drove small boats off the coast of Washington. He received his BA in English from Western Washington University and then rode his BMW from Washington State to Mississippi to play blues guitar. Dan ended up working as a jailer for a small county jail and met his wife there too (neither of them was IN jail). When his wife finished her PhD at Ol' Miss, they moved to Bridgewater where she had a job

waiting and he worked in prisons and youth facilities teaching. Dan received his MS in Criminal Justice and a little later a MA in English and then BSU hired him to teach as a Visiting Professor. After all this they had our one and only child when Dan was 59 and he's now 6! Dan's hobbies include reading, playing guitar and banjo, hanging out with the family, and now teaching with Senior College!

Deja-Vu and Tricks of the Mind

Caroline Stanley

Tuesday

10/25, 11/1, 11/8, 11/15 (Course meets 4 weeks)

11:00-Noon

Zoom, this course will not be 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.

Challenges Facing the United States in a Dangerous World

Michael Kryzanek

Tuesday

10/25, 11/1, 11/8, 11/15, 11/29, 12/6

Noon-1:20pm

This course will take place at the Bridgewater Public Library and will not be recorded.

The United States is faced with a number of major challenges to its leadership, influence and dominant position in an ever-changing world. This course will examine those challenges and seek to explain their impact on world stability and domestic unity. In this course topics such as climate change, the militarization of China, nuclear proliferation, Russian expansionism, the spread of terrorism and the critical contest between democratic rule and authoritarianism will be explored. Current issues such as migration and food shortages, the threat to Taiwan, the dangerous nuclearization of Iran and North Korea, the Ukraine war and Europe, the new terrorism in Africa and the struggles to strengthen democracy in the face of authoritarian governments will be addressed in connection to the key course topics.

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.

Free Speech: What It Is and What It's For

Aeon Skoble

Tuesday

10/25, 11/1, 11/8, 11/15, 11/29, 12/6

1:50-3:00pm

This course will take place at the Bridgewater Public Library and will not be recorded.

This course will explore a variety of topics pertaining to free speech, such as: what free speech is (and isn't); the history of free speech; its role in education, philosophy, and social change; free speech in the law; and current controversies.

*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.

Winter Gardening: Mother Nature Never Rests!

Ron Aakjar

Thursday

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

5:00-6:20pm

Zoom, this course will be 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 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.

Eastern Canada: Newfoundland to Ontario

Ronald Reynolds

Friday

10/28, 11/4, 11/18, 12/2, 12/9, 12/16

10:00-11:20am

Zoom, this course will be recorded.

Essentially, the class will be a travelogue using some music, numerous photos and discussion. Questions and comments from class participants are welcome. Having special interest in icebergs and lighthouses, expect to see lots of pictures of these. We will discuss how to reach the various sites, where to eat, lodge and how physically demanding these locations are for visitors.

Ronald Reynolds spent 42 years teaching high school chemistry and physics in Massachusetts, New Hampshire and Rhode Island including four years part-time teaching Inorganic Chemistry and Qualitative Analysis at Bristol Community College. During the last 17 years Ronald has been a part-time Professor of Physics and Geosciences at Bridgewater State University. He was a State Finalist in the NASA Teacher in Space Program and a Regional Resource Person for the National Air & Space Museum and served on the Challenger Center National Faculty. Ronald has had publications in The Science Teacher, The NEACT Journal, Educators Today Touching Tomorrow, Bridgewater Review, Science Probes and Mass Audubon's Explore. Ronald also received three Presidential Awards for Excellence in Math & Science Teaching and was a National Institutes of Health Centennial Teacher in 1987.

NOVEMBER COURSES

The 1980's: From the Reagan Revolution to the Big Chill

Nan Loggains

Tuesday

11/1, 11/8, 11/15, 11/29, 12/6, 12/13

10:00-11:20am

Zoom, this course will be recorded.

Enjoy time-travelling back to the 1980s. Topics covered include the end of the return of conservatism during the Reagan years, NASA's space shuttle program, the emergence of personal computers, the Iran-Contra affair, the Exxon Valdez, and much more. We'll also take time to remember the popular culture of the era including the beginning of MTV, shoulder pads in women's clothing, food courts at the local mall, and Cabbage Patch dolls. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

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 Election 2020 and this fall's Politics 2022: Mandates to Midterms. Nan also works as a senior

special programs coordinator on the Attleboro campus.

Egypt: Gift of the Nile

Frank B. Cook

Wednesday

11/2, 11/9, 11/16, 11/30, 12/7, 12/14

Noon-1:20pm

This course will take place at BSU Attleboro (or via Zoom if enrollment is low).

One of the most interesting and enduring civilizations of ancient history is Egypt. The Father of History, Herodotus, identified the Egyptian civilization as "the gift of the Nile." Through lectures, discussion, and activities, illustrated with pictures taken by the presenter while studying archaeology in the Middle East, participants will travel back in time to visit this mysterious, fascinating society of the past. Presented against a timeline of history, the lives of the great pharaohs will be revealed, along with a glimpse of everyday life along the Nile.

Students will learn how the great building projects synonymous with Egypt - the pyramids, temples, and tombs - were built, along with the religious beliefs that drove these massive construction projects. While the term mythology is usually associated with Greece, the Egyptians too had a fascinating collection of tales that students will be able to read. Participants will have the opportunity to immerse themselves in the culture through hands-on activities focusing on hieroglyphics and mummification.

Frank B. Cook is a Part-Time Faculty member at Bridgewater State University, teaching in the Management Department and serving as an Academic Advisor for Accounting, Management, and Economics. He has been teaching at the Attleboro campus since 2017. Frank earned a bachelor's degree in history, a master's degree in education, and has completed further graduate work in U.S. history, military history, and archaeology. A member of the Society for Military History, Frank is currently writing a book about his father's experience in Europe during World War II.

Geology of the National Parks

Jessica Campbell

Thursday

11/3, 11/10, 11/17, 12/1, 12/8, 12/15

5:15-6:35pm

Zoom, this course will be recorded.

In this course we will explore some of the nation's most popular national parks, and some lesser-known parks, through a geologic lens. We will explore topics such as plate tectonics, geologic time, volcanoes, sedimentary geology, weathering and erosion, and mountain building while using the national parks as examples throughout. The course will be primarily lecture and discussion based. This course will take a broad overview of the main geologic processes that helped create and shape the national parks into what we see today. The list of topics below is the tentative schedule, Jessica is open to take time to explore or expand on topics or parks that interest the students.

Week 1: Introduction to the National Parks, Geology, and Plate Tectonics

Week 2: Volcanoes Part 1: Mt. St. Helen's National Monument, Mt. Rainier National Park, Crater Lake National Park, Mt. Katmai National Park, Yosemite National Park

Week 3: Volcanoes Part 2: Hawaii Volcanoes National Park, Yellowstone National Park

Week 4: Building Mountain Belts: Acadia National Park, Shenandoah National Park, Rocky Mountain National Park, Glacier National Park

Week 5: Colorado Plateau (Sedimentary Rocks): Grand Canyon National Park, Zion National Park, Bryce Canyon National Park

Week 6: Weathering and Erosion: Glacier National Park, Grand Canyon National Park, Yosemite National Park, Mammoth Cave National Park

Jessica Campbell is currently a staff assistant in the Department of Geological Sciences at Bridgewater State University. She earned her undergraduate degree from Bridgewater in '08 in Geology and went on to earn her Master of Science degree in Geology from Boise State University. She has been very fortunate to have visited many national parks throughout her life, with many more still on her bucket list. She brings to this course her passion for travelling, the national parks, and all things geology!