

WINTER/SPRING 2022

Course Catalog

SENIOR COLLEGE

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(508) 531-2570



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



College of Continuing Studies
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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
creatively, 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 all of you this Winter/Spring semester. I hope that 2022 finds each of you in good health and ready to continue to learn with us both virtually and (fingers crossed) in-person too. Many of you recently attended a focus group and so much of what you see offered here this semester is informed by you. Your ongoing feedback helps us to grow Senior College into the program it is today. Also, your willingness to continue to tell your friends, neighbors, and family members has enabled us to grow this community to a robust size. I look forward to seeing how it can grow even bigger this semester—our 6th semester together. We offer you 11 in-person courses (and 22 fully virtual courses) this semester. We will closely monitor the ongoing public health situation due to COVID-19 and will determine if it is safe to meet in-person. However, *luckily* if we do need to offer our in-person courses virtually each of our instructors is ready and willing to offer their course on Zoom. Also please note that if you plan to attend courses in-person, BSU requires that all students, faculty, and staff members must be vaccinated (and boosted), we will provide more information on this as we get closer to mid-March when our in-person courses are scheduled to begin. Enjoy learning with us and best wishes for an enjoyable, productive, and safe 2022!

Stay curious!
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

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>

This application must be completed so that Bridgewater State University can give you access to all the amenities that our campus offers, such as technical support, the Maxwell Library, Thornburg Fitness Center and much more!

Please note: if you were a member of Senior College in the Fall of 2021 you can go directly to step two (payment). Click to pay here (or copy and paste this link into your browser).

https://secure.touchnet.com/C20026_ustores/web/product_detail.jsp?PRODUCTID=1745&SINGLESTORE=true

STEP TWO

Pay your \$85 registration fee by clicking here to pay (or copy this link you're your browser).

https://secure.touchnet.com/C20026_ustores/web/product_detail.jsp?PRODUCTID=1745&SINGLESTORE=true

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 shortly after you select your courses.

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
11 Wally Krueger Way
Bridgewater, MA 02324
508.679.0929

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 call BSU's weather cancellation line—508.531.1777.

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 them.

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 member is not enjoying a course, they can stop attending and take up a new course.

If a Senior College member is experiencing a medical situation that prohibits them from attending any courses in a given 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>

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 Fall 2022 are due by May 1, 2022.

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.) but 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.

FEBRUARY COURSES

Political Discussion: Issues of the Day

Nan Loggains

Wednesday

2/2, 2/9, 2/16, 2/23, 3/2, 3/9

10:00-11:20am

Zoom, this course will not be recorded.

Each week the group will gather to discuss important political topics in the news. All viewpoints are welcome, and discussions will be conducted in a friendly and respectful manner.

Getting Ready to Grow

Ron Aakjar Jr.

Thursday

2/3, 2/10, 2/17, 2/24, 3/3, 3/10

4:00-5:20pm

Zoom, this course will be recorded.

This course will provide an overview of the various ways to get ready for the growing season. You will learn how you can extend your growing season, growing the best seedlings that you can and how to effectively get your plants ready to be planted out into your gardens. This course will consist of the following topics: Seed Starting, Extending the Growing Season, Bed Preparation, Composting, Planting and Pruning. There will also be demonstrations on several of these topics along with detailed handouts for the students.

How the Earth Works II: Forces in Nature

Ronald Reynolds

Friday

2/4, 2/11, 2/18, 2/25, 3/4, 3/11

10:00-11:20am

Zoom, this course will be recorded.

Primarily using a lecture approach, we will examine Newton's Laws to learn how forces interact with matter and affect its movement. We will study "fictitious" forces such as Centrifugal Force and the so-called Coriolis "Force" that seems to make projectiles traveling long distances follow a curved path. Then we will study Plate Tectonics as a basis for understanding earthquakes and volcanic eruptions. We will compare the "gentle" eruptions of Hawaii and Iceland versus the explosive type such as Mt. St. Helens and examine recent violent phenomena.

Sleeping and Dreaming

Caroline Stanley

Monday, 2/7, 2/14, 2/28, 11:00am-12:00pm

Please note: this is a mini course. Only meets for 3 sessions.

Zoom, this course will not be recorded.

This course explores a variety of issues pertaining to sleeping and dreaming. What constitutes good sleep? What happens to the mind and body when we don't get enough sleep? Why do we dream? What causes insomnia? How are sleep problems treated?

Class #1: What Happens When We Sleep? This class explains sleep states and describes what happens to our minds and bodies when we sleep.

Class #2: Sleep Deprivation—How do scientists define good sleep? What factors affect sleep quality? What happens to the mind and body when we don't get enough sleep?

Class #3: Dreaming—What is the purpose of dreaming? What is lucid dreaming? Why are dreams so bizarre?

Class #4: Sleep Problems—This class reviews common sleep problems (such as insomnia) and other sleep disorders. Discussion will also focus on the treatment of sleep disorders.

The 1970's: A Pivotal Decade

Nan Loggains

Tuesday

2/8, 2/15, 2/22, 3/1, 3/8, 3/15

11:00am-12:20pm

Zoom, this course will be recorded.

This course will examine the 1970s. Topics covered include the end of the Vietnam War, Watergate, gas lines, The hostage crisis, tax revolts, and popular culture of the decade. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

The Great American Musical

Lisa Rafferty

Tuesday

2/8, 2/15, 2/22, 3/1, 3/15, 3/22

2:30-3:50pm

Zoom, this course will not be recorded.

This class will explore the greatest hits and worthy lesser-known works of American Musical Theater. Each week will include lecture, discussion, and Q&A on the history, and leading artists and collaborators on

Broadway from the 20th and 21st century. Links will be shared to videos of shows and documentaries.

You will learn about the range of musical genres included in musical theater, including rock, country, hip hop, Motown, Elvis, pop 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.

Contemporary India

Medha Bhattacharyya

Wednesday

2/9, 2/16, 2/23, 3/2, 3/16, 3/23

2:00-3:20pm

Zoom, this course will be recorded.

This course presents many facets of a complex, highly diverse India that is also witnessing unprecedented changes since its formal independence in 1947 from Great Britain. In this course, you will explore topics such as trade and commerce, metropolitan cities, health and culture tourism, entertainment, and sports of India. Dr. Bhattacharyya will provide a general overview of the above-mentioned topics so that you begin to have an acquaintance with modern India.

Let the (Origami) Stars Shine!

Andrea Plate

Thursday

2/17, 2/24, 3/3, 3/10, 3/17, 3/24

10:00-11:20am

Zoom, this course will be recorded.

Origami Stars offer engaging folding experiences for new folders and experienced

folders alike. We will fold models that are beautiful, enjoyable to fold, and develop your folding technique. All of our models will ultimately fold flat so that at the end of class you will have a small stash of stars with which you could create a wall hanging or use for personalizing cards and gifts.

Supplies needed: 6 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.

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 clips are also helpful.

Coffee Maven Explores Chocolate and Tea

James Hayes-Bohanan

Monday

2/28, 3/14, 3/21, 3/28, 4/4, 4/11

9:30-10:50am

Zoom, this course will be recorded.

The beverage cups of the world are warmed by three beverages that grow on trees. That is not strictly true, of course, but the fruits and leaves from which coffee, tea, and chocolate are derived do grow on trees and shrubs that are cultivated and harvested by hundreds of thousands of skilled workers in dozens of countries. They make their way to customers in every country of the world through complex patterns of processing and trade that have developed over centuries. This six-week online course begins with an introduction of all three beverages through the lens of

museums dedicated to each. The next four weeks are devoted to the spatial patterns, environmental problems, and human-rights issues in chocolate and tea. We spend the final session applying the same geographic approach to other specialty crops.

Grief & Loss in a Global Society: Complexities and Challenges

Michael M. Kocet

Monday

2/28, 3/7, 3/14, 3/21, 3/28, 4/4

4:00-5:20pm

Zoom, this course will not be recorded.

This four week course will explore the various types of grief and loss that adults face later in life, including myths of grieving, cultural and religious differences in grieving, and grieving in community.

MARCH COURSES

Personality and the Self

Caroline Stanley

Monday

3/14, 3/21, 3/28, 4/4

11:00am-12:00pm

Please note: this course only meets 4 times.

Zoom, this course will not be recorded.

Who am I? This course reviews various theoretical models (i.e., psychoanalytic, behavioral, humanistic) that can be used to understand one's self. In doing so, we explore the tools that psychologists use to define and measure personality. This course also considers contextual factors (i.e., family, culture) that contribute to the development and expression of our personalities. In doing so, individuals will gain insight into their

unique patterns of thinking, feeling, and behaving.

Basic American Sign Language

Glenna Caliendo

Tuesday

3/15, 3/22, 3/29, 4/5, 4/12, 4/19

9:00-10:20am

Zoom, this course will not be recorded.

This course is designed to develop visual, expressive, and receptive skills using American Sign Language. Students acquire basic vocabulary, phrases, and simple sentences to communicate in common life situations at home, school or in public. Instruction focuses on basic sign language vocabulary beginning with words and then using those words to construct ideas and concepts.

Instruction also focuses on the necessity of eye contact, facial expressions and hand/body movement and gestures to clearly communicate using ASL. Students participate in interactive activities to practice the ASL they are learning, develop fluency and solidify their knowledge.

This book is strongly recommended:

<https://www.amazon.com/Learn-American-Language-James-Guido/dp/1577151070>

What Are you Looking At? The Story of 400 Years of Western Art

Jim Kirkcaldy

Tuesday

3/15, 3/22, 3/29, 4/5, 4/12, 4/19

9:10-10:30am

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 400 years of Western Art. Including the following periods: Renaissance: Hubris & Conflict, Mannerism: Conflict and Tension, Baroque & Neo Classicalism; Kings for a Century, The Dutch Masters: Masters of Trade & Empires, Romanticism: Revolution & Imagination, and Impressionism & Post Impressionism: Painters of Modern Life.

World War I and the Making of the 20th Century

Raymond Ajemian

Tuesday

3/15, 3/22, 3/29, 4/5, 4/12, 4/19

10:50am-12:10pm

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

This six-week senior course will deal with World War I and its effects on the 20th century. (Some historians feel the 20th century actually began with the war.) The impact of this deadly war was enormous on the future of the world, from redrawing the maps of Europe and the Middle East, to rise of new ideologies, and social and economic changes. Although the course will be a power point lecture, there will be ample time for questions and class discussion.

The course will begin with a short summary of the world in the 19th century. The next class will deal with the war itself, followed by the changes that occurred after the war.

A short bibliography will be available for those that wish it.

Sculpting Souls: The Power of Motherhood

Tracy Amaral Tracey

Wednesday

3/16, 3/23, 3/30, 4/6, 4/13, 4/20

10:30-11:50am

This course will take place at BSU Attleboro and will not be recorded.

There can be no doubt about the potential impact a mother has on the lives of her children, but how does being a mother shape the woman who becomes one? Portrayals in literature, popular culture, psychology, art, and the media depict a powerful and polarizing understanding of what it means to be a mother. By examining a wide variety of depictions of motherhood, we can gain a deeper understanding of the mothers we know and of ourselves.

Participants in the course can expect to examine portrayals of motherhood in: Literature, News, Film, Primary Sources, Art, Music, and Psychology

Participants will use a journal to record their thoughts and reactions to materials as well as being encouraged to engage in thoughtful discussions in their pursuit of developing deeper insights into this topic.

The Dingle Way: Discovering Ireland's Dingle Peninsula

Amy MacMannis- Freeland

Wednesday

3/16, 3/23, 3/30, 4/6, 4/13, 4/20

4:30-5:50pm

Zoom, this course will not be recorded.

This "journey" will include information

derived from first-hand experiences. The aim is to inspire participants to become enamored with this beautiful place and to infuse a little bit of the Dingle Way into their lives. My aim is to include participants in every aspect of discovering the magic of the peninsula from learning to drive on the "wrong" side of the road, to enjoying pub culture, to going off the beaten path.

We will visit hidden gems including, Lake Anascaul, Cinn Aird Beach, Menard Castle, and Coumeenoolle. We'll stop for tea. We'll shop for pottery. We'll drive out to Sleah Head to admire the vast expanse of the sea. And, of course we will attend a music session or two in some of the MANY pubs in town.

Sure, I'll cover a bit of history, geography & topography (including spectacular photographs & video footage), but all from the perspective of a novice who is more interested in experiencing hands-on. I'm a storyteller from a long line of storytellers, so participants don't need to worry at all about being bored.

We will focus on the culture & traditions of Dingle including, hospitality; food, & music; the arts & crafts scene; family & lifestyle. We will take a look at bee-hive huts, ring forts, & castle ruins to gain an appreciation of how skilled the early architects were. We will ferry over to the Great Blasket Islands to gain an appreciation of their strength. And, we'll stroll streets of Dingle Town to gain an appreciation for the value placed on supporting one another that keeps this community connected.

Participants will finish the course with a complete itinerary (live and virtual) to continue their adventure.

Whales in Your Backyard: An Introduction to Your Ocean Neighbors

Monica Pepe and others!

Thursday

3/17, 3/24, 3/31, 4/7, 4/14, 4/21

12:30-1:50pm

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

The Massachusetts coast is a seasonal home to a number of whale and dolphin species, some of which are endangered. Whale and Dolphin Conservation, based right here in Plymouth, is a leading global charity dedicated to the protection of whales and dolphins. Throughout this course we will provide lecture-style presentations, but they will also be interactive and include plenty of time for Q&A. Across our six sessions you will learn who WDC is, what we do, and why it's important, meet your ocean neighbors and in some cases, get to know them by name and you will understand some of the issues they face and ways that you can take action to help protect them.

History As I Write It

Dave Kindy

Thursday

3/17, 3/24, 3/31, 4/7, 4/14, 4/21

2:00-3:20pm

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

Buckle up! In this course you will explore diverse history topics that have been extensively written about by your instructor Dave Kindy. You will explore stories with this prolific author firsthand including articles he has written for the Washington Post and

Smithsonian Magazine. You will also explore topics related to military history, Vietnam and World War II. Discussions will cover people and events from prehistory and ancient Rome to World War II and Vietnam. A Q&A will follow each session.

Let's Get Gardening

Ron Aakjar Jr.

Thursday

3/17, 3/24, 3/31, 4/7, 4/14, 4/21

4:00-5:20pm

Zoom, this course will be recorded.

In this course you will explore various types of gardens, the plants that can be utilized in those gardens, why we should be using native plants, plants that can be used medicinally, and those with edible flowers. This course will cover the following topics: Bird Gardening, Butterfly Gardening, Rain Gardens, Utilizing Natives, Medicinal Plants and Edible Flowers. There will also be demonstrations on several of these topics along with detailed handouts for the students.

Historical Fiction

Jennifer Turner

Friday

3/18, 3/25, 4/1, 4/8, 4/15, 4/22

10:00-11:20am

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 to five works of historical fiction including: *Lincoln in the Bardo* by George Saunders, *Leaving Coy’s Hill* by Katherine Sherbrooke, *Caleb’s Crossing* by Geraldine Brooks, and *Fever – 1793* by Laurie Halse Anderson.

National Parks of the United States

Ronald Reynolds

Friday

3/18, 3/25, 4/1, 4/8, 4/15, 4/22

11:30am-12:50pm

Zoom, this course will be recorded.

Using a combination of PowerPoint based lectures and discussion, in this course we will look at the domains managed by the National

Park Service followed by surveying many of the National Parks with closer scrutiny of gems such as Yellowstone and Yosemite. We will see what these parks offer for visitors to see and do. Additionally, we will discuss how to access them, where to eat, lodge and how physically demanding they are for visitors.

Dancing Round the World— International Folk Dance/Square

Dance Basics

Sam Baumgarten

Friday

3/25, 4/1, 4/8, 4/15, 4/22, 4/29

1:00-2:20pm

This course will take place at the Bridgewater Senior Center and will not be recorded.

Participants will learn a variety of dances from around the world, mostly in a circle formation. Some line, partner, and small group dances may be included, as well. If sufficient enrollment, basics of square dance will be presented. No prior experience or special skills required. Beginners are welcome.

APRIL COURSES

Law and Order: The North American West

Sandra Temple

Monday

4/4, 4/11, 4/25, 5/2, 5/9, 5/16

12:00-1:20pm

Zoom, this course will be recorded.

How lawless was the North American West? When the 19th century was in its final quarter, law and order had simply not kept pace with the waves of settlement in the West.

Celebrated accounts of lawless towns that relied on the extra-legal justice of armed citizens and hired gunmen are part of the enduring cultural legacy of the American West. This image of the frontier has been fueled for more than a century by historians—both amateur and academic—and by various popular images. This course will explore the problems in establishing and maintaining law and order, including geographical, social, and economic factors, as well as the so-called “Code of the West” and the challenges in holding purveyors of violence to account. Newspapers back East carried accounts of gunfights of every variety, but none was covered as extensively as the 1881 Gunfight at the OK Corral in Tombstone, Arizona. This classic confrontation between the marshals and the outlaws embodied many of the basic frontier animosities – lawman against outlaw, cardsharp against cowboy, cattlemen against sheepherders, Native Americans against settlers, the “code of the West” vs. due process of the law. Lectures will be accompanied by slides followed by Q and A and a facilitated discussion format. Students will also be able to ask questions via email and receive follow-up material after each session.

Mindful Meditation: Essential Practices for Healthy Aging

Laura DeSimone

Monday

4/4, 4/11, 4/25, 5/2, 5/9, 5/16

6:45-8:05pm

Zoom, this course will be recorded.

Mindfulness, it is a tool that can be used by everyone and everywhere. It is about being present in the here and now. Mindfulness sounds so simple, yet it takes training and practice to be present. Mindful meditation

has many potential physical and psychological benefits for all ages; however, specifically for seniors, it can improve focus, reduce stress, and improve sleep. Research shows that mindfulness may also reduce depression and pain and boost emotional well-being. Mindful meditation also stimulates the memory centers within the brain and may enhance short- and long-term memory. If you are ready to learn more about mindfulness and take the next giant leap forward into wellness, this experiential course is for you. No prior experience is necessary. Beginners and those who wish to refine their practice are welcome. Each class will be 80 minutes. All six classes will consist of a teaching, a meditation, and a Q&A session. Say yes to yourself and come learn why the Greater Good Science Center at UC Berkeley said that “learning to pay attention to our current experiences and accept them without judgment might indeed help us to be happier.”

Contemporary Identity

Sarah Washburn

Thursday

4/7, 4/14, 4/21, 4/28, 5/5, 5/12

12:00-1:20pm

Zoom, this course will not be recorded.

This class is to help participants better understand and engage in discussions surrounding contemporary identity especially around gender and sexuality. Format will include open discussion, readings, videos, music, critical discussions as well as Q&A sessions with visitors.

American Extremism

Nan Loggains

Thursday

4/21, 4/28, 5/5, 5/12, 5/19, 5/26

10:00-11:20am

Zoom, this course will not be recorded.

This course will explore extremism as it relates to events during the past three decades including Ruby Ridge, Waco, Oklahoma City, Boston, and Washington, D.C. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

America in Crisis: Signs of a Failing Democracy

Michael Kryzanek

Tuesday

4/26, 5/3, 5/10, 5/17, 5/24, 5/31

9:10-10:30am

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

There are sadly numerous signs in the United States that our democracy and republican form of government is in crisis. Although our system of government has always shown remarkable resilience in the face of challenges to its stability and ability to function effectively, there are disturbing examples that our political system and indeed our way of life are under threat. This course will present the threats to our governing system and provide analysis on the causes of this crisis. There will also be a discussion on what can be done both within the political system and among the American people to deal with this crisis through institutional and personal reforms and revitalization. The overview of the topics to be discussed are:

1. Introduction – Post 2020 and Pre-2022 and 2024- the signs of crisis
2. Divided America – why are we divided?
3. The extreme Right and extreme Left
4. Worst case scenarios – Is some form of a civil war possible?
5. Suggestions for institutional reform – Congress, the Presidency, the Courts, Parties and Elections
6. What can the American people do to help avoid a decline of democracy and a national crisis

Senior Acting Workshop

Sheila Kelleher

Thursday

4/28, 5/5, 5/12, 5/19, 5/26, 6/2

12:30- 1:50pm

This class 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!)

American Political Process in the Movies

John Sullivan

Thursday

4/28, 5/5, 5/12, 5/19, 5/26, 6/2

2:00-3:20pm

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

There has never been a period in our history which has been filled with so much turmoil. This course will explore the challenges the President faces. The films discussed in this course illustrate these obstacles and focus on the issues unique to the presidency. Participants will watch these films on their own and discuss them in class; The Best Man (1964), Advise & Consent (1962), Seven Days in May (1964), All the President's Men (1976). The facilitator will provide hints for seeing the films at home.

MAY COURSES

Introduction to Yoga and Complementary Holistic Practices

Rachel C. Sykes

Friday

5/6, 5/13, 5/20, 5/27, 6/3, 6/10

9:00-10:20am

Zoom, this course will not be recorded.

This 6-week course is a practical workshop-style course that incorporates traditional coursework using lecture, small group discussions, and guided instruction of yoga poses (asanas). This course will include an introduction to hatha, vinyasa, and yin styles of yoga, yogic philosophy, acupressure, pranayama (breath work) and stress reduction techniques.

Requirements: A yoga mat, A willingness to engage in online yoga instruction

Benefits:

- Gain insights into how to begin a regular yoga practice that works for your own body
- Learn about other modalities that can be incorporated into a yoga practice that can offer greater physical and mental relief, relaxation, and clarity of thought
- Strengthen your own intuition regarding how to "find your own edge" to reduce the risk of injury and work around existing limitations
- Maintain maximum range of motion, flexibility, and mobility

If Covid protocols permit, the final course meeting will be in person at BSU.

The Civil War and Reconstruction

Gary Hylander

Tuesday

5/10, 5/17, 5/24, 5/31, 6/7

10:30am-12:10pm

Please note course meets 5 times.

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

The Civil War also referred to as The War

Between The States began on the morning of April 12, 1861 when Confederate gunners fired on Fort Sumter. Major Anderson surrendered the Fort without a single casualty. It was a bloodless opening to the bloodiest war in American history. Join us as we discuss the constitutionality of secession and who should manage the details of postwar reconstruction: Congress or the President?

Is There an “Other Side”? Swapping Stories about Signs from Beyond

Kathryn Evans

Wednesday

5/11, 5/18, 5/25, 6/1, 6/8, 6/15

4:00-5:20pm

Zoom, this course will be recorded.

The course will begin by offering some context on “the other side”; we’ll watch TED talks by doctors discussing their experiences as they see patients cross over, and we’ll see a clip of a medium Laura Lynn Jackson, author of *Signs*, doing a reading. The instructor will also share some short excerpts from *Signs* in which Jackson explains that you don’t have to be a medium to get signs from the other side; anyone, Jackson notes, can ask for and receive signs. We’ll discuss some strategies Jackson recommends for inviting (and recognizing) signs from deceased loved ones—and students will have ample opportunity to share any signs they might have received from loved ones who have crossed over.

The course will also address signs in the context of religious faith. People across a variety of faiths find comfort in signs; in *The Medium Next Door*, for instance, Irish Catholic medium Maureen Hancock writes, “My faith allows me to deliver messages of hope, peace, and unconditional love from the higher side of

life. I see nothing but beautiful healing occur after a connection to heaven” (p. 261). Hancock goes on to quote 1 Cor. 12:4-11: “There are diversities of gifts . . . to one is given the word of wisdom through the Spirit, to another the word of knowledge through the same Spirit . . . to another prophecy, to another discerning of spirits . . .” (p. 261). Hancock, like Jackson, stresses that one doesn’t need to be a medium to receive signs from deceased loved ones: “We all get signs whether we acknowledge them or not. As humans, we try to rationalize what we are experiencing and talk ourselves out of a beautiful gift from beyond. Trust your heart and listen in a new way” (p. 228).

Together, we will learn to listen in a new way as we take comfort in sharing stories about the signs we’ve received. Perhaps hearing about signs from others’ loved ones will enable you to recognize more signs from your own loved one(s)! To this end, students will be invited (but not required) to share stories about signs either orally or in writing, according to their comfort level. We have much to learn from each other!

BSU Senior College

Winter/Spring 2022 Instructor Biographies

Ron Aakjar Jr.	Ron Aakjar Jr. always been 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 9 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.
Raymond Ajemian	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.
Tracy Amaral-Tracey	Tracy Amaral Tracey has been a part-time faculty member in the English departments of several area colleges (Bristol Community College, UMASS-Dartmouth, and North Shore Community College) over the course of the last eleven years, as well as having eight years of experience as a full-time high school English teacher. Her Senior College course will offer a book club atmosphere, reading and talking about books, while focusing on the theme of motherhood in all kinds of works.
Sam Baumgarten	Sam Baumgarten is a Professor Emeritus in the Department of Movement Arts, Health Promotion and Leisure Studies at Bridgewater State University.
Medha Bhattacharyya	Dr. Medha Bhattacharyya is Assistant Professor of the Humanities at the Bengal Institute of Technology in Kolkata, India. Her book, published recently by Routledge is Rabindranath Tagore's Śāntiniketan Essays: Religion, Spirituality and Philosophy. She is a visiting Fulbright Scholar-In-Residence at Bridgewater State University in 2021-22.

Glenna Caliendo	Glenna Caliendo is deaf and grew up in mainstream public schools. She earned her BA degree in Secondary Education with a concentration of math at Dominican College and earned her MS in Teaching and Curriculum at University of Rochester. She has been a part time faculty member at Bridgewater State University for 21 years where she teaches Sign Language 1. She also teaches ASL 1 and ASL 2 at Westfield State University. She taught ASL for a dual enrollment program through Stonehill College and Massasoit Community College at Hanover HS for four years and Cardinal Spellman HS for two years. She taught sign language for kids with the Footbridge summer program at BSU for six years. This program is to provide the children from Brockton area with an authentic on-campus experience, and to instill an expectation whereby they will see themselves as future college students.
Laura DeSimone	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.
Kathryn Evans	Kathy Evans is a professor of English at Bridgewater State University. As an English professor, she is keenly aware of the power of stories to shape our lives and our identities. She loves nothing more than to hear others' stories and to learn and grow from them!
James Hayes-Bohanan	Dr. James Hayes-Bohanan is Professor and former Chair of Geography at BSU, where he has taught environmental geography and the geography of Latin America since 1997. Since 2006, he has led a dozen travel courses and more than two dozen semester-long seminars on the geographies of coffee, and frequently offers public lectures and tasting events. In the process of becoming the Coffee Maven, he has developed a curiosity about the geographies of tea and cacao.
Gary Hylander	Gary L. Hylander earned his Ph.D. at Boston College. His advisor and dissertation director was the noted Boston historian, Thomas H. O'Connor. Dr. Hylander is currently an independent scholar who specializes as a presidential historian. Gary is a former pedagogical specialist for the NEH Foundation and a retired adjunct professor of history and education at Framingham State University and Stonehill College. Currently, Gary is a professor at the OLLI Program at University of Massachusetts. Gary is a frequent presenter at library forums, historical

	societies, senior living centers and civic and professional organizations. Dr. Hylander presently hosts a local cable show entitled History With Hylander.
Shelia Kelleher	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.
Dave Kindy	Dave Kindy is a journalist, freelance writer and book reviewer who lives in Plymouth, Massachusetts. He writes about history, culture and other topics for <i>Air & Space</i> , <i>Military History</i> , <i>World War II</i> , <i>Vietnam</i> , <i>Aviation History</i> , <i>Providence Journal</i> and the Smithsonian Magazine. You can read more of David's works here: https://www.smithsonianmag.com/author/david-kindy/
Jim Kirkcaldy	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.
Michael M. Kocet	Michael M. Kocet is Professor and Department Chair of the Counselor Education Department at The Chicago School of Professional Psychology in Chicago, Illinois. Dr. Kocet earned his Ph.D. in Counselor Education from the University of Arkansas and completed a graduate certificate in dispute resolution at University Massachusetts Boston. He is a Licensed Mental Health Counselor (MA), a Board Certified Counselor, and an Approved Clinical Supervisor. His professional areas of interest include: ethical issues in counseling; counseling LGBTQ+clients; grief counseling, and is author of numerous journal articles and book chapters on ethics, LGBTQ and diversity issues. He is the editor of the book, "Counseling Gay Men, Adolescents, and Boys: A Guide for Helping Professionals and Educators" published by Routledge Press and is co-author of the text Ethical Decision Making for the 21st Century Counselor by SAGE Press. Dr. Kocet is active

	in community service, providing pro bono counseling at the Center on Halsted, an LGBTQ Community Center in Chicago. He also volunteers as a grief therapist for Comfort Zone Camp, the nation's largest bereavement camp for children, ages 7-17. He has presented at local, state, and national conferences in counseling and student affairs and is sought out as a national speaker and consultant on ethics, diversity, spirituality, and grief counseling.
Michael Kryzanek	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.
Nan Loggains	Nan Loggains spent eight years on active duty in the Army working in military intelligence. While in the Army, she 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 of 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 spring's Politics 2022: Mandates to Midterms. Social Science 260: Election 2020. Nan also works as a senior special programs coordinator on the Attleboro campus.
Amy MacMannis-Freeland	Amy MacMannis-Freeland (maiden name: O'Connell) is an Academic Advisor in the Academic Achievement Center at Bridgewater State University. Amy's great grandmother, Johanna (Mack) Galvin O'Connell, is the inspiration for her travels to Ireland and for the development of her Senior College course "The Dingle Way." Amy has a bachelor's degree in Communication Studies, a Post-Baccalaureate in Education, and a Master's Degree in Counseling. She has taught in a variety of settings including adult education, elementary education, and higher education. She loves working with students of all ages and backgrounds and is looking forward to facilitating her first Senior College course. Bring a cup of tea and a biscuit. We're going to relax and have some fun!
Monica Pepe	Monica Pepe acquired a Bachelor's degree in marine science from Stockton University in 2009. A New Jersey native, she relocated to Massachusetts when she joined Whale and Dolphin Conservation (WDC) as a field research intern later that year. After continuing to volunteer, she joined the team of staff in 2011. She is now the Policy Manager for

	<p>Conservation and Education at WDC's North American office and spearheads their Whale SENSE, Sharing the Seas, and See A Spout, Watch Out! boater outreach programs. She also manages WDC's internship and data collection programs and is involved in a number of local collaborative groups. (Note: other WDC staff may facilitate some of the sessions for this course as well.).</p>
<p>Andrea Plate</p>	<p>Andrea Plate has practiced origami for over 12 years and displays her work in local art shows. Her origami journey began in earnest when, as a middle school math teacher, she taught angle relationships through crease patterns. Since retiring she has developed her practice by studying independently, by attending origami conventions, and by participating in online workshops such as the recently completed intensive course on tessellation technique. Her passion is sharing the beauty, benefits, and joy of folding with others. She has successfully updated her classes to the Zoom environment.</p>
<p>Lisa Rafferty</p>	<p>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.</p>
<p>Ronald Reynolds</p>	<p>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. Finally Ronald has received three Presidential Awards</p>

	for Excellence in Math & Science Teaching and was a National Institutes of Health Centennial Teacher in 1987.
Caroline Stanley	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.
John Sullivan	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.
Rachel C. Sykes	Rachel C. Sykes is a mental health counselor working with individual clients dealing with depression, anxiety, and trauma, as well as with couples who are interested in improving communication. She also teaches graduate-level counseling classes at Bridgewater State University on a part-time basis and is a certified yoga instructor and reiki practitioner. Ms. Sykes holds a M.Ed. in Mental Health Counseling as well as a certification for teaching yoga, with training in a range of specialties. She entered the mental health field after over 25 years in the investment management industry, where she also taught finance courses at the collegiate level, obtained an MBA, and earned the right to use the CFA designation.
Sandra Temple	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.
Jennifer Turner	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.

**Sarah
Washburn**

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.