



SEPTEMBER COURSES

Dancing Round the World—International Folk Dance

Sam Baumgarten

Friday, 9/3, 9/10, 9/17, 9/24, 1-2pm

The course will be held in-person at the Bridgewater Senior Center, 10 Wally Krueger Way, Bridgewater.

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

If inclement weather causes a session to be cancelled, the session will be made up in October. Note: Indoor facilities will not be available. To maintain safe physical distancing this class is limited to 25 participants.

Sam Baumgarten is a Professor Emeritus in the Department of Movement Arts, Health Promotion and Leisure at Bridgewater State University.

The History of Genocide in the 20th Century and thoughts on how to stop it in the future **Ray Ajemian**

Tuesday, 9/7, 9/14, 9/21, 9/28, 11am-noon

This course will introduce you to the history of genocide, the origin of the word, and the conflict over its definition today. Mass killings in history

prior to the 20th century will also be part of the introduction. You will learn about genocide in the 20th century including the German killings in Southwest Africa and the Armenian Genocide of 1915. The Holocaust will be explored stressing the anti-Semitism background of the Holocaust, the progression of anti-Semitism in Germany in the 1930's, following the actual genocide during World War II. If time allows, this course will cover the other mass killings that some consider to be genocide. Examples will include the Soviet murder of its own citizens in the 20's and 30's, the killings by the Japanese in World War II in China, the murder of the Communists in Indonesia, and the killings in the Balkans in the 1990's. The course will offer lectures that follows a PowerPoint presentation. Discussion during the course will be 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.

Coffee World

James Hayes-Bohanan

Wednesday, 9/8, 9/15, 9/22, 9/29, 10-11am

This course is an exploration of the world that is concealed in a cup of coffee, beginning with suggestions for brewing better coffee. We continue to the community geography of the corner café, without which the beverage itself might never have become a global favorite. We then follow coffee from its origins in Abyssinia to the \$100 billion global industry it is today and examine ways to ensure that those who grow the coffee earn a fair share of that wealth. Finally, we

learn how researchers are working with farmers to protect both quality and production from changing climates. Upon registration, participants will receive a guide describing some options for purchasing coffees to enjoy during the sessions.

Dr. James Hayes-Bohanan is Professor of Geography and Coffee Maven at BSU, where he began teaching environmental geography and the geography of Latin America in 1997. He has been teaching courses about coffee in classrooms, cafés, and the coffee fields of Central America since 2006.

The Rise of White Supremacy in the United States

Nan Loggains

Wednesday, 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 1-2pm

This course is an eight-week study analysis and overview of white supremacists and their threat to America. The course will include an examination of several major groups (i.e., Proud Boys) including their beliefs, tactics, and goals.

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). Last fall, she introduced another new course on campus: Social Science 260: Election 2020. Nan also works as an academic adviser and a special programs coordinator on the Attleboro campus.

Debating Political Reform in the U.S.

Brian Frederick

Wednesday, 9/8, 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 6-7pm

This course will examine some of the prominent debates over reforms to the U.S. political system that have been proposed in recent years. It will analyze multiple proposals for reform weighing several questions about the implications for changing how the system functions in fundamental ways. What problems with the system are these reforms designed to address? What are the arguments in favor and against these reforms? What reforms are supported and opposed by the U.S. public? What is the feasibility of implementing these reforms?

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.

Exploring Leadership: A Reflective Journey

Chris Ferraro

Wednesday, 9/8, 9/15, 9/22, 9/29, 7:10-8:10pm

Engage in a voyage of leadership in multiple venues such as history, business, entertainment, & day to day life. Through group learning & discussion, study leadership concepts and theory along with evaluation of societal examples. Apply course material to reflect on your leadership persona, including who you have been & an action

plan for who you want to be in your personal and/or professional lives.

Christopher F. Ferraro has been an Assistant Director in the Office of Residence Life & Housing at Bridgewater State University since July 2016. He holds a Masters of Business Administration in Human Resource Management from Towson University & the University of Baltimore, a Masters of Education in Psychology from Springfield College, & a Bachelors of Arts in History from the University of Connecticut. Chris is a Society for Human Resource Management Certified Professional & has worked in higher education for over 9 years. His career passions center on organizational culture, leadership, & development.

Path to a Healthier YOU!

Mary Ellis

Thursday, 9/9, 9/16, 9/23, 9/30, 6:30-7:30pm

Holistic Wellness is a term that we hear an awful lot, but what does that really mean? This course will explore the concept of “whole person health” while applying and supporting each other on a personal health journey. Scholars should think about a health goal that they would personally like to work on (losing weight, stop smoking, increasing fruits and vegetables, increased moderate exercise, decreasing anxiety and/or stress, are some examples) as this course will help you devise a plan to become successful in your goal. This course will be presented in a lecture style with many discussions with the group. Scholars will develop their plans and journal their own personal progress. The goal is for Scholars to deepen their understanding of the concept of holistic wellness while applying it to their own personal health goals as well as supporting and helping others on their own personal wellness journey.

Mary Ellis is the Assistant Administrative Dean of Undergraduate Studies at Bridgewater State University where she has also worked a freshmen advisor as well as part time faculty for a combined 18 years. She has also worked as a part time faculty member in the Movement Arts, Health Promotion, and Leisure Studies where she has taught freshmen seminars as well as Health and Wellness. She aided the Health Science faculty in developing the newly added Health Science major at Bridgewater State University. She has always had an interest in holistic health for folks of all ages and earned her undergraduate degree in Health Psychology. She earned her Master's in Criminal Justice where she studied Post Traumatic Stress Disorder in First Responders.

Introduction to American Sign Language

Glenna Caliendo

Monday, 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 2:30-3:30pm

****This class is limited to 26 participants; register early to reserve your place***

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>

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.

Understanding Ethics

Aeon Skoble

Monday, 9/13, 9/20, 9/27, 10/4, 10:30-11:30am

This course surveys major traditions and conflicts in moral philosophy, focusing on key questions such as: Is morality objective or relative? Why be moral? What is more important, principles or consequences? How is self-interest related to ethics? What is the relationship between ethics and happiness?

*Aeon J. Skoble is Professor of Philosophy at Bridgewater State University. Skoble is the author of *Deleting the State: An Argument about Government* (Open Court, 2008) and *The Essential Nozick* (Fraser Institute, 2020), the editor of *Reading Rasmussen and Den Uyl: Critical Essays on Norms of Liberty* (Lexington Books, 2008), and co-editor of *Political Philosophy: Essential Selections* (Prentice-Hall, 1999) and *Reality, Reason, and Rights* (Lexington Books, 2011). In addition, he has frequently lectured and written*

for the Institute for Humane Studies, Cato, and the Foundation for Economic Education, and he is a Senior Fellow at the Fraser Institute. His main research includes theories of rights, the ethics of market order, the nature and justification of authority, and virtue theory.

The Moveable American Frontier: Part 2: Trans-Mississippi Migration

Sandra Temple

Monday, 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 1-2pm

Often a dream, sometimes a metaphor, the American West is a place that millions of people can visualize. The Trans-Mississippi West (1848-1890) is both a physical region and a cultural landscape. Since the West's majestically scenic landscape inspired not only artists but also entrepreneurs; we will examine the technology that truly won the West: The Pony Express, the telegraph, the rush for precious metals, minerals and oil, and the railroads. The grand American story of mobility and immigration culminates in the American West, and so we will explore the trails west and the Homestead Act. We will learn of the Indian Wars from the point of view of the chiefs who fought to survive and preserve their culture and way of life and the thoughts and feelings of the common soldiers who appreciated foes so clever, steadfast, courageous, and so dignified in defeat.

Sandra Mondykowski Temple is an instructor at Boston University's Metropolitan College for the Prison Education Program. She holds a master's degree from Harvard and has previously taught American History, Special Topics in Social Studies, and Human Development for Wheelock College and the Massachusetts Department of Correction at various state prisons. She continues to teach part time at BU and at the Plymouth County Corrections facility.

Global Issues in the 21st Century

Wing-Kai To

Monday, 9/13, 9/20, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 6-7pm

This 8-week course will address major issues in understanding the world and our global future. Each week is centered on one major topic and perspective in understanding our global community and challenges. The course will explore the role of the United States in the world and our responsibility in creating a more peaceful, equitable, and sustainable future for humankind and the planet. The weekly topics of the course include geography, history, education, immigration, government relations, race and gender, technology, and climate change. The class is introductory in nature with brief presentations by the instructor while allowing ample time for students to discuss current issues and their experiences.

Dr. Wing-kai To is Assistant Provost for Global Engagement and Senior International Officer at Bridgewater State University. He was formerly a BSU Professor of History from 1997 to 2018. In his role he oversees international affairs and supports global engagement for students, faculty, staff and the local community. His mission is to reduce ethnocentrism and racism in the world through cultural competency and global understanding.

Introduction to Mindfulness and Meditation

Laura DeSimone

Monday, 9/13, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 7:10-8:10pm

Mindfulness, it's 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. Mindfulness has a long list of benefits which include decreased stress, enhanced ability to deal with illness, facilitation from recovery, decreased depressive symptoms, and improved

general health. If you're ready to learn more about mindfulness and take your next giant leap forward into wellness, this experiential course is for you. This 8-week course will provide vital information to the inner workings of your mental, emotional, and physical processes. You will learn strategies to skillfully work with thoughts, emotions, and sensations, while developing your capacity to enhance mind-body awareness of present-moment experiences. These strategies are based on scientific theory and research in the field of mindfulness. You will learn the tenets of a meditation practice, develop your own meditation practice, and how to apply mindfulness principles to daily life. No prior experience is necessary. Beginners are welcomed and those who wish to refine their practice. Each 60-minute class will consist of a didactic teaching, a meditation, and a Q&A session.

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.

India: Ancient Civilization and Modern

Wonder

Medha Bhattacharyya

Monday, 9/20, 9/27, 10/4, 10/18, 10/25, 11/1, 11/8, 11/15, 9:10-10:10am

The course will be held in-person (indoors) at the Bridgewater Public Library, 15 South St. Subject to all current public health protocols.

This course provides a native perspective from our visiting scholar Dr. Medha Bhattacharyya from India as an introduction to India as a magnificent

civilization and modern nation. The course will highlight many aspects of history, literature, culture, dance, art, media, technology, democracy, and migration of its peoples. The instructor will provide plenty of examples and wisdom to enhance our understanding of the diversity and splendor of Indian civilization and its legacy to the world.

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.

Shaking the Tree: An Introduction to Genealogy Research

Cynthia Ricciardi

Tuesday, 9/28, 10/5, 10/12, 10/19, 1:15-2:15pm

The first workshop series introduces participants to the basics of genealogical research: where and how to begin; planning and setting research goals; keeping records and staying organized; understanding accepted proof standards; and using and evaluating sources, both “analog” and digital. Sessions are presented synchronously in an informal lecture format over visual examples and other illustrative images, with a healthy quantity of general discussion. These sessions will not be recorded. Handouts for establishing effective research and record-keeping standards will be available.

Cynthia B. Ricciardi has been collecting leaves on her family tree for more than five decades, beginning with the discovery of a Civil War soldier, and following the branches back to the founding of Plymouth (MA), Jamestown (VA), elsewhere in the Old Colony, and beyond. A Bridgewater alumna and a visiting lecturer with the English Dept., Cynthia also worked for the General Society of Mayflower Descendants for several years as a verifying genealogist. She has served as the

President of the Old Colony Historical Society/Museum in Taunton, MA, where she is currently a member of the board of directors, and volunteers as the museum's “genealogist in residence.” She is delighted to share her extra-curricular research obsession with Senior College participants and looks forward to introducing them to their ancestors.

Becoming Anti-Racist

Jenny Olin Shanahan

Tuesday, 9/14, 9/21, 9/28, 10/5, 4:30-5:30pm

The idea of *anti-racism* has received a lot of attention recently, especially in conversations about the Black Lives Matter movement and other responses to racist and other discriminatory violence. Anti-racism implies *actively working* against bigotry, as opposed to just passively or privately disapproving of intolerant behavior. This course is taught by a white woman who served on BSU's 2020-2021 Racial Justice Task Force and is committed to collaborating with others to build more equitable relationships, institutions, and communities. The most important course requirements are *curiosity, self-reflection, humility, and compassion* to ourselves and each other. That's because it's often emotionally challenging to talk about racial issues. Many of us fear making a mistake, saying the wrong thing, and even being shamed for our ideas and experiences. We can change that dynamic—and make meaningful differences in the world—through open-minded and respectful learning and discussion, in this course and beyond.

Jenny Olin Shanahan is the Associate Provost for High Impact Practices at Bridgewater State University. She is committed to fostering excellence in higher education; ensuring equitable access to high-impact practices; supporting faculty with high-quality professional development; building interdisciplinary and interdivisional collaborations; and developing, implementing, and assessing innovative curricula and programs. Dr.

Olin Shanahan holds a Bachelor of Arts degree in English from Saint Mary's College of California, a Master of Arts in English from San Francisco State University and a Ph.D. in English from Marquette University.

OCTOBER COURSES

The Civil War and Reconstruction

Gary Hylander

Monday, 10/4, 10/18, 10/25, 11/1, 10:25-11:55am

The course will be held in-person (indoors) at the Bridgewater Public Library, 15 South St. Subject to all current public health protocols.

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?

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.

Deja-Vu and Tricks of the Mind

Caroline Stanley

Monday, 10/4, 10/18, 10/25, 11/1, 11:30am-12:30pm

This course is back by extremely popular demand!

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.

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.

Whales in Your Backyard: An Introduction to Your Ocean Neighbors

Monica Pepe

Tuesday, 10/5, 10/12, 10/19, 10/26, 10-11am

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 in Plymouth, is a leading global charity dedicated to the protection of whales and dolphins. During this four-part lecture series 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 understand some of the issues they face and ways that you can take action to help protect them.

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 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.

Duck and Cover: A Brief History of the Early Cold War Years

Nan Loggains

Tuesday, 10/5, 10/12, 10/19, 10/26, 11:15am-12:15pm

This course will provide participants with a brief overview of the early Cold War years. Topics covered include McCarthyism, the Cuban Missile Crisis, and a few famous spies.

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). Last fall, she introduced another new course on campus: Social Science 260: Election 2020. Nan also works as an academic adviser and a special programs coordinator on the Attleboro campus.

Choreographing and Performing Identity

Luis Paredes

Tuesday, 10/5, 10/12, 10/19, 10/26, 5:30-6:30pm

Culture is rooted in the experiences of the body. Dance and the meanings associated with the performing body are difficult signifiers to discern. The senses developed or traced to any performing body are subjective. This difficulty is embedded in the nonverbal nature of dance and requires external analysis, albeit performances becoming records of short-lived events, exposing various interpretations. Employing theories from Anthropology, Sociology, and Cultural Studies, this course analyzes identity performances by emphasizing African diasporic studies in Latin America. In the process of performing national identity reinventions and revivals, students will examine the black body, performativity, race-representations, gender, and the transnationalization of blackness.

Dr. Paredes is the Director of the Office of Institutional Diversity and a Visiting Associate Professor in the School of Social Work at Bridgewater State University. He is a cultural anthropologist and researches how the performance of marginalized and oppressed bodies conveys identity, embodied memory, and cultural history.

Debunking Myths Surrounding Senior Nutrition **Kathleen Laquale**

Wednesday, 10/6, 10/13, 10/20, 10/27, 10-11am

Aging from a physiological perspective is linked to a variety of changes in the body, including muscle loss, thinner skin, and less stomach acid. Some of these changes can make you prone to nutrient deficiencies, while others can affect your immune system and quality of life. Subsequently, consumption of a high-quality diet is critical in maintaining one's health. However, there is a plethora of misinformation in the media that professes "the best" method to improve the quality of one's diet. How can seniors know if the nutrition information presented in the media is

valid? Each week, some of the more common myths surrounding senior nutrition will be debunked and accurate information to help support health and wellbeing will be provided.

Dr. Laquale is a licensed dietitian, a licensed athletic trainer and has been a nationally certified athletic trainer since 1976. She received her master's degree from Indiana State University and completed her doctoral work in food science and nutrition at URI. She was the Head Women's Athletic Trainer at Providence College (1977-1984) and Head Athletic Trainer at RI College (1984-1997). Since 1976, she has volunteered as an athletic trainer at local, district, national and international athletic competitions including the 1996 and 2000 Olympic Games. Dr. Laquale has been a professor at Bridgewater State University (BSU) since 1997. During that time, she served as the Athletic Training Program Director and taught numerous athletic training courses from 1999 to 2007. Dr. Laquale created the first nutrition minor at BSU (2012), and currently serves as the coordinator for the minor. Dr. Laquale's interest areas include nutrition, sports nutrition, and sports medicine. Within those disciplines, she has provided over 650 lectures (local, district, national and international level) and she has been well-published as an author of peer/non-peer-reviewed journal publications, book chapters, and position statements.

The Salem Witch Trials of 1692

Lynne Moulton

Wednesday, 10/6, 10/13, 10/20, 10/27, 2:30-3:30pm

The 4-session class will be part lecture, part discussion. We will take a look at the causes of the 1692 Salem Witch Hysteria (disputes among neighbors, strict Calvinist religion, recent smallpox epidemic, new Massachusetts Bay Colony charter, Native American attacks on the Puritan villagers). We will also take a look at other witchcraft accusations in New England and why

women were more vulnerable to charges of witchcraft. We will also delve into the events of the trials as well as the aftermath. Lastly, we will discuss some of the strange legends and hauntings that have occurred in Salem's past and allegedly still occur in 2021.

Lynne Moulton, MSW, LICSW is a licensed psychotherapist as well as an actor. Lynne holds a BA in history from the University of New England and Master's Degree in Social Work from Boston University. She received acting training at Trinity Repertory Conservatory. Lynne has acted and lectured at the Salem Witch Dungeon Museum for 30 years and has also lectured on the witch trials at Tufts University and on The Fox Americana Series. She is the founder and Artistic Director of Delvena Theatre Company and has performed multiple roles in the company's Salem Witch Hysteria show. She also performs as Julia Child, Eleanor Roosevelt and Lizzie Borden for the company. She was nominated for an Independent Reviewers of New England award for her performance as Martha in 'Who's Afraid of Virginia Woolf?'.

Making the Dream Work in Teamwork

Chris Ferraro

Wednesday, 10/6, 10/13, 10/20, 10/27, 7-8pm

Do you work on or lead a team whether it be for volunteering, a membership organization, or small business? Come join an exploration of fundamentals of group dynamics to help yours soar to new heights! Examine core concepts that include how a team develops, creating a shared purpose, and accountability. The course will create a supportive atmosphere where students will aid in each other's reflection & success.

Christopher F. Ferraro has been an Assistant Director in the Office of Residence Life & Housing

at Bridgewater State University since July 2016. He holds a Masters of Business Administration in Human Resource Management from Towson University & the University of Baltimore, a Masters of Education in Psychology from Springfield College, & a Bachelors of Arts in History from the University of Connecticut. Chris is a Society for Human Resource Management Certified Professional & has led numerous teams in higher education for over 9 years. His career passions center on organizational culture, leadership, & development.

Resilience for Seniors: What Helps Us Cope and Thrive at Any Age

Connie Hillman

Thursday, 10/7, 10/14, 10/21, 10/28, 11am-noon

For the past 20+ years, psychology has studied what goes *right* in life rather than just what goes wrong (mental illness, trauma, etc.). What helps us cope with adversity? What factors contribute to our health, our sense of well-being—and even longevity? These studies have become known as Positive Psychology (PP). This course will be interactive, promoting discussion in class. Optional readings, resources such as website links and a bibliography will be distributed.

Connie DiStasi Hillman, MSW, Retired LICSW, is a clinical social worker and pastoral psychotherapist specializing in Positive Psychology. She graduated from Boston College's joint degree program with Masters degrees in Social Work and Pastoral Ministry. She has worked in out-patient clinics, in-patient psychiatric hospitals and in Emergency Rooms. She did extensive training in Positive Psychology in a Life Coaching program and has lectured at numerous professional conferences and workshops.

How the Earth Works!

Ronald Reynolds

Thursday, 10/7, 10/14, 10/21, 10/28, 2-3pm

This course will explore the historical background on how forces work and how on earth (pardon the pun) we figured out that the earth is spherical (Pythagoras) and earth's size (Eratosthenes) long before the space program. We will examine motions in the heavens (Ptolemy, Copernicus, Kepler) and will look at humans in space.

Ronald spent 42 years teaching high school chemistry and physics in Massachusetts, New Hampshire and Rhode Island including 4 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 for Excellence in Math & Science Teaching and was a National Institutes of Health Centennial Teacher in 1987.

Cape Cod Camino Way: Walks to explore Racial and Social Justice

Peggy Jablonski

Friday, 10/8, 10/15, 10/22, 10/29, 9-10am

The Cape Cod Camino Way Project offers the opportunity to explore issues of social justice through the lens of walking all the towns on Cape Cod. We will examine the history and stories of historically marginalized groups such as the Wampanoags, Cape Verdeans, Blacks and other people of color past and present. The Cape Camino Way was created in 2020 as a way to walk and experience issues such as colonization, racism,

the Triangle Trade, the economy, health care, the environment, and so much more. You think you know Cape Cod? Come "walk" with me over the course of four weeks and hear remarkable stories and "see" places and issues from a different perspective. Come be challenged to raise your awareness of peoples and issues around you, and be in conversation with others to support your learning. And we will have some fun!

Margaret (Peggy) Jablonski, Ed.D has served more than thirty-five years as a higher education administrator and faculty member, including as Vice Chancellor for Student Affairs at UNC Chapel Hill and Dean for Campus Life at Brown University. Peggy pursued teaching at the graduate level full time in the School of Education at the University of Massachusetts, serving on the committee to develop a new doctoral curriculum in educational leadership. Dr. Jablonski also held adjunct faculty positions during her time in North Carolina at UNC Chapel Hill and NC State and currently is a part-time instructor at Bridgewater State University.

What Matters Most? Creating our Healthy Aging and End-of-Life Plans

Cheryl Botieri

Friday, 10/8, 10/15, 10/22, 10/29, 1-2pm

Together, we will explore four days that will help us to discern What Matters Most. Today, Tomorrow, Last Day, and Good-Bye Day. Through a series of questions, stories, and exercises students will develop their own Healthy Aging, End-of-Life plans.

- Class One-Today-*How is my overall wellbeing in the areas of Mind, Body, Spirit, Heart?*
- Class Two-Tomorrow-*What is on my "Live List" that I would still like to experience or accomplish?*

- Class Three-Last Day-*None of us knows when our last day will be, but everyone WILL have a last day, what would a good last day be?*
- Class Four-Good-Bye Day-*How do you want to be remembered? What would you like your legacy to be?*

For each class, you will need some paper and a pen to write notes—and may even want to have a journal with folders to keep your notes and reflections in.

Cheryl T. Botieri, MS, End-of-Life Family Support Specialist. Cheryl helps individuals and families create healthy aging and end-of-life plans, so we can identify what matters most as we live and age. Cheryl has her BA in Communications from Bridgewater State University, and her MS in Family Support and Education from Wheelock College. She is an End-of-Life Family Support Specialist, who is devoted to helping people live a meaningful life until their last day, hour, and breath.

21-Day Equity Challenge

Jenny Shanahan

Tuesday, 10/12, 10/19, 10/26, 11/2, 4:30-5:30pm

This course was designed with students in mind who took Dr. Jenny Shanahan's *Becoming Antiracist* course and would like to continue their racial equity and justice work in the context of a class community. However, this *21-Day Equity Challenge* course does not depend on the previous course content. Anyone with an interest in building more equitable relationships, institutions, and communities is welcome! The most important course requirements for *21-Day Equity Challenge* are the same as for *Becoming Antiracist*: curiosity, self-reflection, humility, and compassion to ourselves and each other.

The goals of the course are for each of us to become more knowledgeable, compassionate, and effective in the pursuit of racial equity and social justice. We will endeavor toward those goals by doing 10-15 minutes of “equity work” on a daily basis (or nearly so) for 21 days. That work comprises reading articles and poetry; listening to podcasts, interviews, and TED talks; and writing down (privately) our individual reflections. Day 1 is October 13 (after our first class meeting on October 12). Day 21 is the last day of class on November 2. It is no problem if you cannot complete all of the short, daily assignments—or if you need to double up on them some days. While the daily habit can be valuable, the most important objective is to learn at your own pace. This course is taught by a white woman who served on BSU’s 2020-2021 Racial Justice Task Force and is committed to collaborating with others in antiracist learning and action.

Jenny Olin Shanahan is the Associate Provost for High Impact Practices at Bridgewater State University. She is committed to fostering excellence in higher education; ensuring equitable access to high-impact practices; supporting faculty with high-quality professional development; building interdisciplinary and interdivisional collaborations; and developing, implementing, and assessing innovative curricula and programs. Dr. Olin Shanahan holds a Bachelor of Arts degree in English from Saint Mary’s College of California, a Master of Arts in English from San Francisco State University and a Ph.D. in English from Marquette University.

Political Discussion: Issues of the Day

Nan Loggains

Wednesday, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8, 11:15am-12:15pm

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.

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). Last fall, she introduced another new course on campus: Social Science 260: Election 2020. Nan also works as an academic adviser and a special programs coordinator on the Attleboro campus.

Why Does My Dog Do That?

Mary Ellis

Thursday, 10/14, 10/21, 10/28, 11/4, 6:30-7:30pm

Have you ever wondered why your dog does certain things? Some behaviors may be a curious habit, or perhaps an instinct ingrained into the breed history/job, maybe a behavior is something that came about because of a trauma, or maybe it is just your dog being a dog! We will look at some of the funny, strange, dangerous, and sometimes gross and embarrassing things dogs do because, well, they are dogs. While this is not a course to “cure” your dog’s behavioral problems, it may leave you with a better understanding of WHY they act the way they do!

Mary Ellis is the Assistant Administrative Dean of Undergraduate Studies at Bridgewater State University where she has also worked a freshmen advisor as well as part time faculty for a combined 18 years. She has been involved in the sport of showing dogs both in confirmation and

performance events for almost 40 years with her beloved Siberian Huskies. Before working in Higher Education, she was a professional dog groomer who competed and was awarded medals in grooming competitions. She looks forward to sharing her love of dogs and extensive knowledge of the canine species with you.

Playful Bookbinding: Origami and the Zhen Xian Bao thread book

Andrea Plate

Monday, 10/18, 10/25, 11/1, 11/8, 10-11am

Imagine “turning the pages” of a little book and, rather than finding a story, finding a labyrinth of beautiful boxes. This is the Zhen Xian Bao thread book. An ingenious example of origami folk art, it was originally designed to hold little pieces of thread, needles and other small things. In this class you will learn the basic structure of the Zhen Xian Bao and the origami techniques needed to make it. This class is appropriate for both new and experienced origamists. Supplies Required: (1) Duo (color or pattern on both sides) 6 inch origami paper (kami) (2) 8 sheets of flexible (not too rigid) scrapbook paper. Color on both sides is optimal. (3) A bone folder or OLD credit card for making sharp folds. (4) Optional - double-sided tape

Andrea Plate has practiced origami for over 10 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 participating in online workshops and by attending origami conventions. Her passion is sharing the beauty, benefits, and joy of folding with others. She has successfully remodeled her classes to the Zoom environment.

NOVEMBER COURSES

Genealogy Next Steps: Climbing Higher **Cynthia Ricciardi**

Tuesday, 11/2, 11/9, 11/16, 11/23, 1:15-2:15pm

The second workshop series guides participants to expand their scope of research options—on the internet and elsewhere; offers a closer look at “ethnic” heritage sources; presents an overview of lineage and heritage societies; and addresses the “brick wall” phenomenon. These sessions are presented synchronously in an informal lecture format over visual examples and other illustrative images, with a healthy quantity of general discussion. These sessions will not be recorded. Handouts for continuing effective research and record-keeping standards will be available.

Cynthia B. Ricciardi has been collecting leaves on her family tree for more than five decades, beginning with the discovery of a Civil War soldier, and following the branches back to the founding of Plymouth (MA), Jamestown (VA), elsewhere in the Old Colony, and beyond. A Bridgewater alumna and a visiting lecturer with the English Dept., Cynthia also worked for the General Society of Mayflower Descendants for several years as a verifying genealogist. She has served as the President of the Old Colony Historical Society/Museum in Taunton, MA, where she is currently a member of the board of directors, and volunteers as the museum’s “genealogist in residence.” She is delighted to share her extra-curricular research obsession with Senior College participants and looks forward to introducing them to their ancestors.

Introduction to Calligraphy

Mendy Garron

Tuesday, 11/2, 11/9, 11/16, 11/23, 6-7pm

This four-week course will introduce students to the practice of calligraphy by reviewing the basic set-up and needed tools to begin in calligraphy

practice. After learning the basic foundation strokes, students will practice and create a unique calligraphy alphabet based on his/her individually developed style. By the end of the course students will create a calligraphy project using multiple words or a saying, such as a greeting card or quote. A list of suggested supplies will be provided to you when you register for this course.

Mendy Garron has been a lifelong artist, drawing and doing creative lettering from a young age. Mendy has formal training and background in wildlife biology and conservation, but recently she has expanded on her love for art by combining her passion for wildlife with art and lettering. After completing a formal course in calligraphy in 2020, Mendy launched her own calligraphy business, Seaside Calligraphy and Art Company, based on the Northshore.

Free Speech, Banned Books and Censorship

Pamela Hayes-Bohanan

Wednesday, 11/3, 11/10, 11/17, 12/1, 6-7pm

Recent news events have put issues of free speech in the spotlight - and in new contexts. In this course we will explore the protections and limitations of the First Amendment, book banning, and "Cancel Culture." Topics covered in this course include free speech, the First Amendment, and journalists, banned books, how schools and libraries respond to book challenges, internet speech, and cancel culture and academic freedom.

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

The Power of Film

Chris Ferraro

Wednesday, 11/3, 11/10, 11/17, 12/1, 7:10-8:10pm

Do you remember the first movie you saw? What about your favorite film that you cannot help but watch when it is on? Well grab your popcorn and come enjoy a history and exploration of the impact of movie on us as individuals with other moviegoers! Beyond this exploration will be a primarily group discussion-based course format exploring impactful films across the genres!

Christopher F. Ferraro has been an Assistant Director in the Office of Residence Life & Housing at Bridgewater State University since July 2016. He holds a Masters of Business Administration in Human Resource Management from Towson University & the University of Baltimore, a Masters of Education in Psychology from Springfield College, & a Bachelors of Arts in History from the University of Connecticut. Although not a tough critic, Chris is an avid film fan enjoying comedies, science fiction, and action films to name a few genres! More than enjoying films, Chris loves to chat with other movie fans!

Resilience for Seniors: Setting Goals and The Process of Change

Connie Hillman

Thursday, 11/4, 11/18, 12/2, 12/9, 11-noon

Conventional wisdom says many personal attributes and attitudes are set, static. But positive psychology studies have found that many are "learned" and subject to change with conscious effort. Optimism is one (as is a sense of gratitude). Some "stuck" multigenerational patterns have been attributed to "learned helplessness." You will learn how attitudes can become habits and how to be optimistic. This course will also explain how we change, and how we go about it. We will review a multi-stage model of change and discuss how it

applies to changes in our own lives. This course will also examine how to go about setting goals.

Connie DiStasi Hillman, MSW, Retired LICSW, is a clinical social worker and pastoral psychotherapist specializing in Positive Psychology. She graduated from Boston College's joint degree program with Masters degrees in Social Work and Pastoral Ministry. She has worked in out-patient clinics, in-patient psychiatric hospitals and in Emergency Rooms. She did extensive training in Positive Psychology in a Life Coaching program and has lectured at numerous professional conferences and workshops.

It Happened in Bridgewater

David R. Moore

Thursday, 11/4, 11/18, 12/2, 12/9, 3:30-4:30pm

Bridgewater Massachusetts history will be explored through the presentation and discussion of slides of Bridgewater's past from 1600 through the present. Reference materials will be provided electronically to facilitate further self-exploration prior to and after the classes.

David is a long-time member of the Bridgewater Historical Commission and Old Bridgewater Historical Society. He began presenting Bridgewater history with his father, columnist and local Historian Ken Moore in 1975. As a student of local history he welcomes "new" old stories on Bridgewater especially for 1950 on. David follows in the footsteps of his grandfather James R. Moore, Chief of Police in Bridgewater 1921-1952 and his dad James "Ken" Moore, Town Historian, and columnist in the Bridgewater Independent 1943-1995 with a passion for Bridgewater history. Working with his father, they began presenting Bridgewater history in 1976 to various groups around town. He is a lifelong resident of the town who has served on the Historical Commission since 1983 and was a teacher at Bridgewater Raynham Reg. H.S. from 1972-1990.

An Introduction to Historical Fiction

Jennifer Turner

Friday, 11/5, 11/12, 11/19, 12/3, 10-11am

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 four-week course, we will read two to three works of historical fiction: *Hotel on the Corner of Bitter and Sweet* by Jamie Ford, *The Boy Who Loved Anne Frank: A Novel of Remembering and Forgetting*, and *Caroline: Little House Revisited* by Sarah Miller.

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.

Excavation and Interpretation of Ancient Egyptian Skeletons and Cemeteries

Jerome Rose

Friday, 11/5, 11/12, 11/19, 12/3, 11:30am-12:30pm

This course will review excavations and analyses of ancient Egyptian skeletons and cemeteries from 3200 to 1250 BCE representing the formation of the first cities through the New Kingdom and the height of Egyptian empire. The instructor will use his quarter century of experience doing research in Egypt to illustrate the methods used to excavate and study the burials and skeletons from three sites widely separated in time. The cemeteries, graves and artifacts provide information on how the common people lived and how their societies were structured. Analysis of the skeletons provides information about what people ate, how nutritious was their diet, how hard they worked, what diseases were common, and what was their overall quality of life. The course illustrates how the development of complex societies places a great burden on the commoners, while failure of empire can improve overall quality of life. Diseases discussed range from common infections to the spread of an epidemic between empires. This course will be taught over four sessions, use numerous slides, and nontechnical language.

Jerry Rose, recently retired from the University of Arkansas, holds the title of University Professor Emeritus of Anthropology. He earned his BA in Anthropology from the University of Colorado Boulder in 1969 and his PhD from the University of Massachusetts, Amherst in 1973. He taught at the University of Alabama in Birmingham from 1973 to 1976 before moving to the University of

Arkansas, Fayetteville (1976 to 2019). His research focused on the analysis of ancient human skeletons from Arkansas and surrounding states, and since 1990 he conducted research on sites in Egypt. He had a 30-year career performing forensic analyses of human remains for medical examiners and private individuals. He has written and edited 10 books, published 92 articles and book chapters, and presented numerous papers at national and international professional meetings.

Grandparenting for the 21st Century

Margaret Rozek

Tuesday, 11/9, 11/16, 11/30, 12/7, 3-4pm

We will look at grandparenting as a personal experience and social role. Each session will include ample time for participants to discuss their experiences of and questions about being a grandparent. The focus of our sessions will vary depending on the interests of group members. Topics we'll explore include: roles of grandparents, trends in child development research and child-rearing practice, navigating relationships with adult children and their partners, and cultivating that special relationship with your grandchild(ren).

Margaret has a Ph.D. in psychology from Boston University and learned early on that she loves to teach. She has taught people from preschool to graduate school, in settings as diverse as a nature center, ski mountain, college, and literacy center. In her last job she taught teenagers preparing for their high school equivalency test. She is the mother of three grown children and grandmother of one.

Mindful Based Stress Reduction

Mary Ellis

Thursday, 11/18, 12/2, 12/9, 12/16, 6:30-7:30pm

Feeling stressed? Disconnected? Uneasy? You are not alone. Join me in learning how to quiet your mind and settle your senses learning to embrace techniques of mindfulness. Now is a good time to allow yourself to become more grounded and in

touch with yourself and the experience of the world around you. You will learn techniques of the practice of meditation and learn to become more present in the moment as well as learning breathing techniques to quiet the mind. Practices of gratitude will also be discussed and encouraged. Give yourself the gift of self-care and inner peace. While not required, you may wish to purchase a journal if you wish to work on a gratitude journal or think that writing may be a technique that will help you work on mindfulness.

Mary Ellis is the Assistant Administrative Dean of Undergraduate Studies at Bridgewater State University where she has also worked a freshmen advisor as well as part time faculty for a combined 18 years. She has also worked as a part time faculty member in the Movement Arts, Health Promotion, and Leisure Studies where she has taught freshmen seminars as well as Health and Wellness. She aided the Health Science faculty in developing the newly added Health Science major at Bridgewater State University. She has always had an interest in holistic health for folks of all ages and earned her undergraduate degree in Health Psychology.