

WINTER-SPRING 2023

Course Catalog

SENIOR COLLEGE

@ BSUSeniorCollege@bridgew.edu

(508) 531-1052

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



SENIOR COLLEGE

AT BRIDGEWATER STATE UNIVERSITY



BRIDGEWATER

STATE UNIVERSITY

COLLEGE OF CONTINUING STUDIES

SENIOR COLLEGE

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

Visit us on Facebook

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

Lifelong learning for curious adults.

Six-week in-person and Zoom courses that foster creativity, self-discovery, and learning.

All are welcome!

Thank you to our partners—
the Bridgewater Public Library, the Bridgewater Senior Center,
the Center for Active Living in Plymouth, and the Easton Council on Aging!

Welcome to Senior College

Dear Community Member:

I would like to offer a warm welcome to new members and to those of you who are **rejoining** the Senior College at Bridgewater State University from across Massachusetts, New England, and beyond!

This winter/spring semester we are offering a wide array of courses that are entertaining, informative, and educational. This is our largest semester to date! We have 46 courses planned—16 in-person courses (and special events) and 30 fully online courses offered via Zoom.

I want to extend my sincere appreciation to our instructors who give so generously of their time and effort to create new courses that are timely and engaging. Our instructors are truly the backbone of this program dedicated to lifelong learning through engagement with each member of Senior College. I also want to sincerely thank our community partners who host our in-person learning, they are true partners in every sense—the Bridgewater Public Library, the Bridgewater Senior Center, the Center for Active Living in Plymouth, and our newest partner the Easton Council on Aging.

Our courses are offered in a variety of formats. We have discussion-based courses, hands-on art and technology instruction, and lecture-based courses. I hope that you will join us in our engaged learning community that never stops being curious.

Best regards,



Jennifer Reid
Director, Senior College

Contact us

www.bridgew.edu/seniorcollege

BSUSeniorCollege@bridgew.edu

www.facebook.com/BSUSeniorCollege

508.531.1052

Staying in Touch

When you join the Senior College mailing list, you will receive our newsletters and eblasts with up-to-date information on upcoming events, special workshops, and course registration details. Sign up [here](#) and you can unsubscribe anytime.

Winter/Spring 2022 Registration

Registration for Winter/Spring 2023 courses opens on Thursday, January 5, 2023 and remains open—on an ongoing basis until the end of May 2023.

Our Mission

The Senior College at Bridgewater State University seeks to engage lifelong learners to foster the well-being of our members through diverse educational opportunities and socialization.

Our History

The Senior College at Bridgewater State University opened in September 2019 under the direction of the College of Continuing Studies. Since then, we have grown from a community of less than 60 members to as high as 230 members coming from southeastern Massachusetts and beyond!

BSU's Senior College Three Step Registration Process

STEP ONE

Pay your \$85 registration fee by clicking this link to pay (or copy this link in your browser). https://secure.touchnet.com/C20026_ustores/web/product_detail.jsp?PRODUCTID=1912&SINGLESTORE=true

STEP TWO (Optional)

As a member of Senior College, you can access BSU's student amenities such as our Thornburg Fitness Center, the Maxwell Library, and even a parking pass (at no additional cost to you). If you live near the campus and would like to take advantage of our on-campus amenities, then please complete the Continuing Studies Non-Credit Application here:

[Noncredit Application](#)

Please note: if you were a member of Senior College previously and have completed the “non-credit application,” you do not need to complete it again.

STEP THREE

Once you pay the registration fee, you will receive an email from us (within 1-2 business

days) with a link to an online form where you can select your courses. Remember you can enroll in as many courses as you like after you pay the single \$85 fee!

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

Online Learning and courses “On-Demand”!

Taking courses online is both convenient and accessible. There is no need to worry about parking or traffic. With Zoom, you can participate from the comfort of your own home. Additionally, as a benefit to your membership, you will receive a link to our member-only viewing library so you can view the “on-demand” class meeting recordings at your leisure. Some of our courses are not recorded, but many are—please view the course descriptions to see which courses will be recorded this semester.

Some online courses are recorded for you to watch later. You can even enroll in a course to *only* watch the recordings.

Recorded courses are marked with the recording icon: **[● REC]**

Zoom Links: Once you register, the Zoom links for your courses will be emailed to you.

In-Person Learning

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

Bridgewater Public Library
15 South Street, Bridgewater, MA 02324
(508) 697-3331

Bridgewater Senior Center
10 Wally Krueger Way, Bridgewater, MA 02324
(508) 697-0929

Center for Active Living Plymouth
44 Nook Road, Plymouth, MA 02360
(508) 830-4230

Easton Council on Aging
Frothingham Hall Community Center
15 Barrows Street, North Easton, MA 02356
(508) 230-0690

Bridgewater State University – Main Campus
Dana Mohler-Faria Science and Mathematics Center, Room 285

24 Park Avenue, Bridgewater, MA 02324
(508) 531-1052

Bridgewater State University – Attleboro Campus
Room 209
11 Field Road, Attleboro, MA 02703
(508) 531-3896

Inclement Weather Policy

In the event of inclement weather, power outages, or other emergency situations please visit BSU's website. <https://www.bridgew.edu/>

If BSU is officially closed for ANY reason, Senior College class meetings are also cancelled (both in-person and virtual). We will make every effort to make up missed class meetings due to weather or other unexpected official university closings.

Course Selection

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

Membership Fee

The Senior College membership fee is \$85, paid each semester a member chooses to attend courses. If you are experiencing a financial hardship and still want to participate in Senior College, please email us. We offer full scholarships to members who need one.

Scholarship Support

Senior College courses are accessible to all who have a passion for lifelong learning. Thanks to the College of Continuing Studies at Bridgewater State University scholarship support is available to those who may not otherwise be able to attend. For information, please email Jennifer Reid at j5reid@bridgew.edu to ask for a community membership. All requests are confidential.

Withdrawal and Refund Policy

Refunds are not available for membership dues. Senior College offers an open enrollment model so our participants can enroll in as many courses as they like.

If a Senior College member is experiencing a medical situation that prohibits them from attending any courses in the semester, then a refund will be issued.

Who can participate?

The Senior College is geared towards adult learners 50 and older. However, we don't

verify your age. Most of our members are in their 60's, 70's, and 80's! Members do not need to have any formal education to attend. You also do not need previous college experience—we are open for anyone who is curious and wants to learn.

Are there tests or assignments?

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

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

You do NOT have to be an alum of BSU; the Senior College is open to anyone age 50 or older.

Who takes courses with the Senior College?

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

Want to offer a course?

Senior College is always looking for new courses to add to our schedule. If you would like to propose a course, email a short course description and short biography about yourself to Jennifer Reid, Director, at j5reid@bridgew.edu. **Proposals for Fall 2023 are due by April 3, 2023.**

Classroom Conduct Policy

The Senior College at Bridgewater State University endeavors to create a positive and affirming environment that fosters learning and social connection. Members, instructors, and staff are asked to demonstrate mutual respect, kindness, and a commitment to civility. Senior College instructors are responsible for moderation of classroom discussions. Instructors have the prerogative of inviting questions and in-class conversation throughout class session or may ask course members to hold their questions and comments until the end of class or another designated time. All Senior College members are asked to be considerate of the "air space" and not dominate or over talk in any particular class meeting.

All members of Senior College must adhere to the Bridgewater State University Student Code of Conduct which can be found here:

[https://catalog.bridgew.edu/content.php?catoid=16&navoid=1663#Academic Integrity and Classroom Conduct](https://catalog.bridgew.edu/content.php?catoid=16&navoid=1663#Academic_Integrity_and_Classroom_Conduct)

Senior College instructors, staff, and members are encouraged to contact the director (Jennifer Reid, j5reid@bridgew.edu) if they observe behavior that is a violation of the classroom conduct policy.

Classroom Learning Needs

Bridgewater State University is committed to providing equal access to students with documented disabilities. To ensure your access to this course and the BSU community, students with disabilities are encouraged to collaborate with Student Accessibility Services (SAS). Through SAS, you may initiate the confidential process of requesting reasonable accommodations. SAS can be reached at Disability_Resources@bridgew.edu or 508.531.2194.

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

Instructor Appreciation

The Senior College at Bridgewater State University is fortunate to have instructors who have taught many courses with us. While we appreciate every instructor, we offer this special recognition to instructors who reach 5+ and 10+ courses taught. Congratulations—our community is enhanced by your engagement with our members!

10 or more courses

Nan Loggains (13)

5 or more courses

Caroline Stanley (8)

Michael Kryzanek (6)

Sandra Mondykowski Temple (5)

JANUARY COURSES

Building Bridges and Finding Common Ground in 2023

Marianne Triplette

1/23, 1/30, 2/6, 2/13, 2/27, 3/6

Monday

9:00-10:20am

This course will take place via Zoom and will not be recorded.

This course focuses on understanding the dynamics of working with alternative perspectives, building coalitions, and the dynamics of extremism. Discussion will explore resources for understanding the core drivers of current issues and tools to fact check misinformation in media and social media. The focus will be on building bridges and (whenever possible) finding common ground for the common good. This is a discussion class with an emphasis on maintaining personal stability in what are bound to be challenging years.

Marianne has spent many years contributing to and studying these topics. She has more than three decades of experience as a professor, community leader, political consultant and business leadership and life coach. She has earned advanced degrees in individual and organizational behavior and group dynamics.

Inspired: Podcasts for Health, Wealth, and Happiness

Katy Whittingham

1/23, 1/30, 2/6, 2/13, 2/27, 3/6

Monday

1:00-2:20pm

This course will take place via Zoom and will be recorded. [● REC]

In this course, we will listen to and discuss podcasts that are informational and inspirational in promoting and supporting healthy lifestyle routines. We will also discuss the history and popularity of podcasts and how the medium is alike and different than other media. In addition to discussing the accessibility of podcasts (basically anyone who has a smart device can listen and even create their own podcast), we will briefly discuss the different platforms with an option of recording your own podcast episode through Zoom. There will be room for participants to share their own suggestions for listening and adapt discussions around our course choices as we go.

Katy Whittingham holds a BA and MFA in Creative Writing. She has worked in higher education teaching writing and literature for 20 years on both the east and west coast. Currently residing and teaching in Salt Lake City, Utah, she has multiple academic, creative, and journalistic publications in newspapers, literary magazines, and journals, along with a short fiction collection and a poetry collection. A true lover of podcasts, she believes podcasts represent the new "Golden Age" of radio and credits "True Crime" and "Self-Help" podcasts for helping her drive across the country six times in the last three years.

HIV/AIDS: Knowing is Everything

Boriana Marintcheva

1/23, 1/30, 2/6, 2/13, 2/27, 3/13

Monday

5:30-6:30pm

This course will take place via Zoom and will not be recorded.

The course provides an overview of HIV/AIDS and their impact on the global society through the last several decades. While HIV is still a deadly virus, HIV infection is no longer a death sentence thanks to the tremendous efforts to understand the biology and the public health of the virus. HIV origins and hallmarks of HIV biology will be discussed along with current strategies for prevention, treatment, and management of HIV infection. No prior science knowledge is expected.

Boriana Marintcheva is a molecular virologist passionate about promoting science, science education, and development of pedagogical tools to advance teaching and learning. She believes that it never hurts to be optimistic, even when viruses are involved, and is perpetually fascinated by the turns and twists they bring to science and technology.

Issues in Global Aging

Jing Tan

1/24, 1/31, 2/7, 2/14, 2/21, 2/28

Tuesday

9:00-10:20am

This course will take place via Zoom and will be recorded. [● REC]

The worldwide population is aging at an unprecedented rate. This course introduces contemporary issues and challenges surrounding the rapidly increasing number

and proportion of older adults around the world. We will also discuss diverse cultural perceptions toward older adults and aging-related issues since challenges are often intertwined with cultural aspects. This course will also explore the variation of strategies and policies that are already implemented in other countries to overcome certain challenges.

Dr. Jing Tan came to the field of social work by serendipity, as she originally thought she wanted to be a lawyer. As a first-generation social work undergraduate in China, she fell in love with the profession of social work and pursued a master's degree. After graduating from Peking University in 2002, she discovered her passion for social work education and decided to enter a doctoral degree program in social work. However, at that time, there wasn't a social work doctoral program in China, so she had to go abroad if she wanted a PhD in social work. She was the first in her family to attend college and had never left China before. In 2003, she came to the United States alone with two big suitcases to study for her PhD in social work at Washington University in St. Louis. Her dissertation was focused on health service utilization among older Asian immigrants. She graduated in 2009 and joined the School of Social Work faculty at BSU. She teaches undergraduate and graduate courses, including data analysis/statistics, research methods and social welfare policy. Her research focus is aging and immigration, racial/ethnic minority elders, and health and mental health service utilization among the older population. She also has a passion for undergraduate research and served as director of Undergraduate Research at BSU.

Always Here—Native Peoples in Southern New England

Joyce Rain Anderson

1/25, 2/1, 2/8, 2/15, 2/22, 3/1

Wednesday

9:00-10:20am

This course will take place via Zoom and not be recorded.

In this course we will begin with an examination of the Doctrine of Discovery and will look at what occurred in New England prior to the 1620 arrival of the English. From there we will learn about the changes to the land and lifeways of the Natives as more settler colonialists arrived. We will explore the formation of praying towns, English laws, Native petitions and resistance, King Philip's War, and survivance. What happened in New England created a template for what would come for Native Nations across the country.

*Joyce Rain Anderson is a Professor of Rhetoric and Composition in the English Department. She is the mother of two and grandmother of four. Guided by Indigenous principles of relationality, respect, responsibility, reciprocity, her focus is on decolonial pedagogies and embedding Indigenous ways of knowing into interdisciplinary frameworks. In addition to teaching first-year writing, cultural rhetorics, Indigenous rhetorics and a variety of other courses in Writing and Writing Studies, she coordinates Native American and Indigenous Studies and is the Faculty Associate for the Pine Ridge Partnership. The award-winning collection *Survivance, Sovereignty, and Story: Teaching American Indian Rhetorics* (2015 Utah State Press) was co-edited with Lisa King and Rose Gubele. Her chapter "Walking with Relatives: Indigenous Bodies of Protest" was published in *Unruly**

Rhetorics (2018 Pittsburgh Press). In late summer 2022, her preface "To Listen You Must Silence Yourself" is in *Decolonial Conversations in Posthuman and New Material Rhetorics* (Ohio State University Press). Forthcoming is a chapter, "Listening with a Good Heart" in *Decolonial Possibilities* (2023 SWR Series).

Endurance: Lessons Learned from Ernest Shackleton's Expedition

Tyra Hatcher Mitchell

1/25, 2/1, 2/8, 2/15, 2/22, 3/1

Wednesday

4:30-5:50pm

This course will take place via Zoom and will be recorded. [● REC]

Feel the cold shiver through your body as we unpack the survival story of Sir Ernest Henry Shackleton's Trans Antarctic Expedition. Be inspired as we glean life lessons of the human experience relevant even in our modern times. The story of the *Endurance* and its crew has been studied widely by historians, risk managers, leadership educators, adrenaline junkies and lovers of a captivating story. In dissecting the major events of the 497-day harrowing journey, we will examine lessons about leadership, instinct, risk assessment, resiliency, adversity, courage, and more. How can we apply these findings in our personal and professional lives?

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

Foreign Service with the Department of State.

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

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

Understanding Health Insurance and Medicare

Scott Hokanson

1/26, 2/2, 2/9, 2/16, 2/23, 3/2

Thursday

3:30-4:50pm

This course will take place via Zoom and will be recorded. [● REC]

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

Scott Hokanson is a 27-year health insurance and Medicare expert and Plymouth resident. Scott offered this course this past semester at the Center for Active Living in Plymouth and the course was widely praised. One of the course members commented:

"I signed up for the course looking for basic information on how to sign up for Medicare. The course turned out to be that and so much more. Understanding our health insurance system in general is valuable, and also helps me retain the Medicare 'mechanics' better than I would had I just received the raw instructions. Plus, Scott made it a fun and engaging hour each week."

Getting Ready to Grow

Ron Aakjar

1/26, 2/2, 2/9, 2/16, 2/23, 3/2

Thursday

5:00-6:20pm

This course will take place via Zoom and will be recorded. [● REC]

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.

Ron Aakjar Jr. is very interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to his position at BSU he worked as a Horticulturist at a private estate in Bridgewater, CT for nine years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.

Reading Poetry Together: The Conversation Continues!

Susan Levasseur

1/30, 2/6, 2/13, 2/27, 3/6, 3/13

Monday

1:00-2:20pm

This course will take place via Zoom and will be recorded. [● REC]

The premise behind this course is simple: we enjoy poetry more—appreciate it more--when we examine it closely with a community of careful readers. Over the course of our six weeks together we will work to fully appreciate short poems written in the English language from the Renaissance to this century. Emphasis will be placed on hearing diverse voices from various times, places, and standpoints: some famous, some recently rediscovered. We will read poems out loud while practicing our scansion skills, noting patterns of sound and rhythm. We will tease out possible interpretations of metaphors. We will discuss the historical and biographical context that frames each poet and poem. Why are some poems read over and over, delighting generations of readers? Why are some considered landmarks of social change? What do you enjoy in a poem?

This class will be taught in a Group Discussion style. Members will be provided with copies of poems in advance of class and will be expected to come to class with notes, ready to share their discoveries about each poem, but open to contributions from other group members. Our goal will be to work towards a richer understanding of each poem together.

Susan Levasseur earned degrees in literature at the University of New Hampshire and the University of New Mexico before earning her

Ph.D. in English at Temple University in Philadelphia. A part-time instructor in the English and Communication Studies departments at BSU for eight years, she teaches college-writing classes focused on novel-to-film adaptations, poetry, and gender communication. Having taught many poetry appreciation classes to students meeting a requirement, she looks forward to discussing poetry with eager, enthusiastic, and curious students.

a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

Modern American Conspiracies and Hoaxes: From the Moon Landing to QAnon

Nan Loggains

1/31, 2/7, 2/14, 2/21, 2/28, 3/7

Tuesday

10:00-11:20am

This course will take place via Zoom and will be recorded. [● REC]

This class will explore a number of conspiracies and hoaxes including the JFK assassination, the Moon Landing, Pizzagate, #StoptheSteal, and 5G chips in the COVID-19 vaccine. We will also examine what makes some of us more gullible than others. The format for the course will be primarily lecture, but there will be ample time for questions and class discussion.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught

FEBRUARY COURSES

Political Discussion: Topics of the Day

Nan Loggains

(12-week course)

2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/22, 3/29,
4/5, 4/12, 4/19, 4/26

Wednesday

10:20-11:40am

This course will take place via Zoom and will not be recorded.

Each week the members of this discussion group will gather to discuss important political topics in the news. Each session includes two to three topics. We begin each topic with a brief overview prior to discussion. All viewpoints are welcome, and discussions will be conducted in a friendly and respectful manner.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

Exploring the Irish American Experience Through Literature

Beth O'Leary Anish

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

Wednesday

6:00-7:20pm

This course will take place via Zoom and will be recorded. [● REC]

The years following the end of World War II saw an outpouring of fiction by Irish American writers that reconstructed the neighborhoods of their youth. Populated by fictionalized versions of the authors' immigrant grandparents and other elders, these novels can be viewed as artifacts of a changing community. The years after the war saw Irish Americans moving out of concentrated ethnic areas and heading to the suburbs. At the same time, fewer Irish immigrants were entering the country than they had from the 1840s-1920s. This was a major turning point as Irish Americans had to decide who they were going to be with less of an attachment to the urban ethnic neighborhoods they had known, and without a steady stream of immigrants to maintain a connection with Ireland. As the immigrant grandparent generation was replaced by 3rd and 4th generation Irish Americans, these authors expressed concerns about what was being lost and what remained of Irish American identity. This course will consider the communities imagined by New England authors such as Mary Doyle Curran (Holyoke, MA), Edward McSorley (Providence, RI), and Edwin O'Connor (Woonsocket, RI and Boston). We will examine what they have to say about Irish America of the 1910-20s when the authors and their characters were coming of age, the 1940s-50s when they were writing, and our own current day.

Class sessions will primarily be discussion of the texts we are reading and how they tie into our own communal memories of Irish American or other immigrant communities. The instructor will provide some historical and theoretical background to kick off the conversations. The novels we will cover can be found at the Bridgewater State or Bridgewater public library, or can be bought used online: Mary Doyle Curran, *The Parish and The Hill*; Edward McSorley, *Our Own Kind*; and Edwin O'Connor, *The Edge of Sadness*.

Beth O'Leary Anish is an English Professor at the Community College of Rhode Island. She holds a PhD in English from the University of Rhode Island, where she wrote her dissertation on Irish American communal memory in fiction and memoir. She is president of the New England region of the American Conference for Irish Studies. Her book Irish American Fiction from World War II to JFK: Anxiety, Assimilation, and Activism was published by Palgrave Macmillan in 2021.

Sleeping and Dreaming

Caroline Stanley

(4-week course)

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

Thursday

11:00am-12:00pm

This course will take place via Zoom and 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.

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.

Useful and Beautiful Origami

Andrea Plate

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

Thursday

12:00-1:20pm

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

Shortly after paper was invented (~105 AD) people began folding, exploring both its useful applications and its beauty. That exploration continues and in more recent years origami has had an impact in science, medicine, fashion, housing, art and much more. Origami is much more than child's play!

This class will give you a chance to experience the amazing things that can be made with origami as we fold a Flower Bowl with Legs, a Shell Box, a fascinating Tessellated Bowl and more. Are you a new folder? Andrea will offer a zoom class to teach some basics prior to the start of this BSU class. Come fold with us!

Supplies for Class:

- 9-10 inch origami paper (kami) (color on one side, white on the other side). This can be hard to find so here are examples from Amazon:
 - Toyo 9.4 single sided - [Option 1](#)
 - Aitoh 9.75 single sided - [Option 2](#)
- A bone folder (an old credit card could be used)
- Scissors, rulers, a round chopstick or double pointed knitting needle, toothpicks, small craft clips ([Example](#))

Andrea Plate is a retired math teacher who used origami as a teaching tool. She has studied with internationally known origami master, Michael LaFosse, tessellation master Madonna Yoder, at conventions in New York City, Cambridge, MA, conventions worldwide through zoom and continues to explore independently. Her work is periodically displayed at the Plymouth Center for the Arts. She is passionate about sharing the joy and health benefits found with origami and teaches all ages both in person and on zoom.

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

Jim Kirkcaldy

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

Thursday

1:40-3:00pm

This course will take place at the Center for Active Living in Plymouth 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.

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.

Conversations with Cultures Around the World

Wing-kai To

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

Friday

8:00-9:00am

This course will take place via Zoom and will be recorded. [● REC]

Global engagement is one of the educational priorities of Bridgewater State University by connecting students with world cultures through academic coursework, study abroad and interaction with international students. For this Senior College class, we offer a window for participants to experience international cultures through virtual exchange with international members from BSU and international colleagues in different parts of the world. Each of the six weeks will cover international cultures in different parts of the world with guests zooming in from near and afar. We will discuss both the similarities and differences between US and international cultures and address issues of common concern in supporting our global citizenship for peace and friendship.

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.

Journey Through the Chakras (8-week course)

Laura DeSimone

2/6, 2/13, 2/27, 3/6, 3/13, 3/20, 3/27, 4/3

Monday

6:45-8:05pm

This course will take place via Zoom and will be recorded. [● REC]

Have you ever had a life experience and thought to yourself "Why did that happen? What does it mean?" Have you ever experienced a physical sensation in your body which coincided with an emotional reaction? Welcome to the merging of mind, body, and spirit. Understanding this union and the energy centers that govern our life experiences is paramount to our growth.

If you answered "yes" to any of the questions above and would like to know more about the "why" of these experiences, join me in a Journey Through the Chakras. This class will be a rich, experiential deep dive into these seven amazing energy centers in our bodies. Specifically, you will learn characteristics of each chakra and will connect physical earthly experiences to energetic center energies. You will also experience the essence of each chakra while learning how to journal, meditate, chant, use yogic breathing, music, and crystals associated with chakras. We have much to explore and learn, both in

conversations and in practice. Come prepared to open, receive, and grow.

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.

Intro to Spanish

Edward Priest

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

Tuesday

Noon-1:20pm

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

Have you been wanting to express yourself in Spanish? In this beginning set of classes we will have FUN in SPANISH through conversations, games, and songs. This is a full participation class! We will not be "studying" Spanish, we will be using it from day one in class to have fun and acquire it naturally - following the philosophy that what you can DO with a language is more important than what you KNOW about the language.

Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from University of Lowell, and a M.A. in French from Middlebury College in Paris. He holds teaching certifications in Spanish and French and has taught French for 30 years, with the last 20 teaching Spanish as well. Ed has an irrefutable

love for the Spanish language and culture and spends his summers playing in a mariachi band in Morelos, Mexico. He is thrilled to share his expertise with students through immersive learning.

Learn to Play the Ukulele

Paula Bishop

(5-week course)

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

Tuesday

1:40-3:00pm

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

Learn to play the ukulele! If you already know how to play, join us to freshen up your skills and/or support others as they learn to play this fun instrument. No experience or instrument needed.

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

Examining Presidential and Congressional Relations in the Next Congress

Brian Frederick

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

Tuesday

6:00-7:00pm

This course will take place via Zoom and will be recorded. [● REC]

This course will examine presidential/executive relations in the 118th Congress including: the new congressional leadership, congressional polarization between a divided House and Senate, judicial and other executive branch nominations, the Biden legislative agenda and congressional oversight of the executive branch.

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.

Gardening for Life: Exploring the Lifelong Benefits of Gardening

Tyra Hatcher Mitchell

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

Friday

12:00-1:20pm

This course will take place via Zoom and will be recorded. [● REC]

Are you a green thumb hopeful, a skilled, lifelong gardener, or currently surrounded by failed plant experiments? No matter your gardening experience or lack thereof, there are lifelong benefits to nurturing a love of gardening. Engaging research-based readings will guide explorations into topics such as surprising health benefits of gardening, the positive effects of gardening on mental health, and the spirituality of gardening. Broader discussions to include the impact of home gardening on the environment and the growing trends of community gardens.

This course does not assume prior knowledge in plant science.

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

Returning to her Native Maine, Tyra built a successful real estate practice helping individuals, families, and investors imagine and achieve their housing and investment goals. Recognizing that for every success story, there are stories of struggle around housing and food insecurity, Tyra studied to

become a volunteer Master Gardener and Master Food Preserver. Her volunteer projects include offering gardening classes, teaching children how to plant and harvest for their school cafeteria and working with community gardens to donate produce to local food pantries. A curious lifelong learner, avid biography reader, and intrepid traveler, Tyra's dream is to explore Antarctica.

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.

Anxiety Disorders

Caroline Stanley

(4-week course)

2/27, 3/13, 3/20, 3/27

Monday

11:00am-12:00pm

This course will take place via Zoom and will not be recorded.

How do psychologists “draw the line” between anxiety and anxiety disorders? Along with describing basic anxiety, this course covers generalized anxiety disorder, panic disorder, phobias, and obsessive-compulsive disorder. This course will also explore the causes and treatments for anxiety disorders. It will cover questions such as the following: How do psychologists “draw the line” between anxiety and anxiety disorders? How do psychologists conceptualize anxiety disorders? What is panic disorder and what is generalized anxiety disorder? How do cognitive psychologists explain and treat these disorders? What is a phobia? How do phobias differ from typical fears? What are the most common phobias and how do behavioral psychologists treat them? What is obsessive-compulsive disorder (OCD)? What are some OCD-related disorders and how do psychologists treat them?

Dr. Caroline Stanley is a clinical psychologist and professor at Bridgewater State University.

MARCH COURSES

American Songwriting in 12 Records

John Winters

3/6, 3/13, 3/20, 3/27, 4/3, 4/10

Monday

11:00am-12:20pm

This course will be capped at 18 students.

This course will take place via Zoom and will not be recorded.

What makes a great song? How were some of the best songs of recent decades written? This course, for both listeners and burgeoning songwriters, will look at twelve different songs and examine what makes them work, both lyrically and musically. There is no need to be a musician or have an understanding of music theory, as we will be discussing lyrics, themes, mood, dynamics, the recording process, and the cultural milieu each song was released into. Songs from artists as diverse as Jackson Browne, Bob Dylan and Aretha Franklin will be discussed.

John Winters, G'11, is at work on the first comprehensive biography of Angela Davis, Long Road to Freedom. He previously published Sam Shepard: A Life (2017) and has taught at BSU as an adjunct since 2011. He limits his teaching these days to college courses within the Rhode Island prison system.

Between the Lines Book Club with Nan!

Nan Loggains

(3-week course)

3/9, 4/13, 6/1

Thursday

10:00-11:20am

This course will take place via Zoom and will not be recorded.

This course will be capped at 18 participants.

This spring, a Senior College book group is forming. We will read and discuss three books. All sessions will be on Zoom. Our first book will be *The Other Wes Moore: One Name, Two Fates*. Wes Moore was elected governor of Maryland this past November. The book compares the lives of two men who share a name but wound up on very different paths. The group will help decide the other two books that we will discuss later in the spring. Nan Loggains has led book groups for the past 25 years.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course.

Nan also works as a senior special programs coordinator on the Attleboro campus.

Let's Get Gardening

Ron Aakjar

3/9, 3/16, 3/23, 3/30, 4/6, 4/13

Thursday

5:00-6:20pm

This course will take place via Zoom and will be recorded. [● REC]

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.

Ron Aakjar Jr. is very interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to his position at BSU he worked as a Horticulturist at a private estate in Bridgewater, CT for nine years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.

Yoga, Pranayama, and Meditation for Wellness

Jody Weber

3/13, 3/20, 3/27, 4/3, 4/10, 4/24

Monday

9:00-10:20am

This course will take place via Zoom and will not be recorded.

This course investigates both ancient and contemporary yoga, meditation and breathing techniques that increase overall health and well-being. Students will explore yoga, meditation, and pranayama breathing techniques experientially. Each class will begin with a pranayama practice followed by yoga asanas and conclude with a meditation. The course will also share research on how contemplative practices improve cognition, decrease anxiety and generate a centered mind body state conducive to health and well-being.

*Dr. Jody Weber is the chairperson of Bridgewater State University's Dance Department where she teaches dance technique, composition, dance history and manages departmental productions. She has created over thirty original choreographic works through her professional dance company, Weber Dance, and has shared her artistry nationally and internationally. She is also the author of *The Evolution of Aesthetic and Expressive Dance in Boston* published in 2009 through Cambria Press. Dr. Weber is a certified yoga and meditation teacher and has been researching holistic methods of creating wellness for a fuller and richer life.*

Trending Issues on the Hill: A Conversation with Representative Mathew Muratore

Mathew Muratore

(5-week course)

3/17, 3/24, 3/31, 4/7, 4/28

Friday

Noon-1:20pm

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

This course provides an opportunity to explore issues that the Legislature will consider this political session with Mathew Muratore, State Representative for the First Plymouth District. Each week participants discuss the current legislative issues of the week and learn all sides of the issue. Group participation and conversation is encouraged.

Mathew Muratore, State Representative for the First Plymouth District, was first elected to the House of Representatives in November 2014. He served as a member of the Plymouth Select Board from May 2010-January 2015 and as Chairman of the Board from 2012-2014. Prior to his election to the Plymouth Select Board, Representative Muratore also served as a member of the Plymouth Advisory and Finance Committee and was Board Member and Chairman of the Plymouth Council on Aging.

A Plymouth resident since 2001, Representative Muratore grew up on the South Shore and graduated from Cardinal Spellman High School. He is a graduate of Northeastern University with a degree in Business Management. Representative Muratore began his career as a nursing home administrator in 1991 and is a member of the

Massachusetts Senior Care Association. He is co-owner and operator of Crayon College in Plymouth and Kingston.

Representative Muratore is active in various community organizations including Rotary (Paul Harris Fellow of Rotary International), Plymouth Youth Development Collaborative, Knights of Columbus, the Plymouth Area Chamber of Commerce, Plymouth Regional Economic Foundation, and the Plymouth Networking Group for Seniors. He also serves on the PACTV Board of Directors and is a member of the BIDLH-Plymouth Advisory Board.

History As I Write It!

Dave Kindy

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

Thursday

1:40-3:00pm

This course will take place 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.

Dave Kindy is a journalist, freelance writer and book reviewer who lives in Plymouth, Massachusetts. He writes about history, culture and other topics for Air & Space, the Boston Globe, Military History, World War II,

Vietnam, Aviation History, Providence Journal, the Washington Post, and the Smithsonian Magazine. You can read more of David's works here:

<https://www.smithsonianmag.com/author/david-kindy/>

Improving Your Digital Images

Ron Reynolds

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

Friday

10:00-11:20am

This course will take place via Zoom and will be recorded. [● REC]

In this class Ron will demonstrate how to improve photos you have already taken by reprocessing them with Photoshop Elements. In addition, he will discuss how to take better photos with digital cameras or smartphones. The class will share the photos they take and as a group and will look at what strengths are already in the image and ways that the photo may be improved.

Ron Reynolds is one of Senior College most popular instructors! He has offered courses with us in physics and geography. Ron has also been an avid photographer since he was appointed advisor to a high school camera club in 1961. He is a life member of the Hockomock Digital Photographers camera club, has published several photo essays and won awards for some of his images. He is a retired high school science teacher and was a Visiting Lecturer in Physics and Geosciences at BSU for 17 years during retirement.

The 1990's in America: From the Clinton Years to the Dotcom Bubble

Nan Loggains

3/21, 3/28, 4/4, 4/11, 4/18, 4/25

Tuesday

10:00-11:20am

This course will take place via Zoom and will be recorded. [● REC]

Enjoy time traveling back to the 1990s. Topics covered include the end of the Cold War, the first Gulf War, the election and impeachment of Bill Clinton, the Oklahoma City Bombing, and the Y2K bug. We'll also take time to remember the 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.

Nan Loggains has been teaching in the BSU Senior College since 2020 and loves getting to know her students. She spent eight years on active duty in the Army working in military intelligence. While in the Army, Nan spent time in Germany, Alabama, Texas, Arizona, and Monterey, California (along with a number of TDY - temporary duty assignments). Nan has been at Bristol Community College since 2010. She loves teaching and has taught a variety of history courses including all the foundation courses and several special topics courses (Vietnam War, Cold War, America's War on Terrorism, and The 1960s). She has also taught a series of courses on contemporary politics including Red State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

American Art: The Gilded Age to Present

Jim Kirkcaldy

3/21, 3/28, 4/4, 4/11, 4/18, 4/25

Tuesday

Noon-1:20pm

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

This will be the 3rd and final art seminar and focuses on American Art. The post-Civil War era coexisted with rise of American economic and political power, and this is reflected in the emerging American Art scene. However, the main focus of this seminar is the period from 1945 to present when the U.S. and the New York School supplanted Europe as the center of modern art. This seminar will stress all the major art movements from this period to the present day. It is not necessary to have taken the earlier seminars.

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.

Apartheid South Africa – Racism as Governing Policy

Vernon Domingo

3/21, 3/28, 4/4, 4/11, 4/18, 4/25

Tuesday

1:40-3:00pm

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

This course explores the features of South African apartheid – the “legalization” and full-bore implementation of racial separation and domination and its impact on the people of South Africa so that even with the end of formal apartheid, new forms of deep inequality exist today between the population groups. Topics include: The “Scramble for Africa”; European colonization; Apartheid’s origin and its implementation; External support for apartheid South Africa; challenges to the apartheid system; the role of Nelson Mandela; The downfall of apartheid; Post-apartheid South Africa.

Vernon Domingo, Ph.D. is faculty emeritus Professor of Geography at Bridgewater State University. His research interests include water supplies and water systems in both western societies as well as in developing nations.

Getting Started with Birding

Bonnie Tate

3/23, 3/30, 4/6, 4/13, 4/20, 4/27 (last class will meet in-person in the Plymouth area)

Thursday

9:00-10:20am

This course will take place via Zoom and will not be recorded, but class materials will be made available to students unable to attend the live sessions.

In the last few years, Birding has become one of the most popular outdoor pastimes. This class is for anyone who's curious about birding and is looking for the tools to get started watching these fascinating creatures. We will cover topics including the tools of birding (such as useful apps and websites), bird anatomy, common bird types, typical and not so typical birds in our area, birding locations, hotspots, joining a bird club, and the basics of bird song. We will also try to touch on photography. Our last class will be a field trip in the Plymouth area where we will meet, via our own transportation, and practice what we have learned! There will be homework (fun!), with time for sharing at the beginning of each class, and a chance for questions at the end.

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

APRIL COURSES

Basic Computer Skills

Jeff Loisel

(4-week course)

4/1, 4/15, 4/22, 4/29

Saturday

10:00-11:30am

This course will take place at Bridgewater State University in the Dana Mohler-Faria Science and Mathematics Center (Room 285) and will not be recorded.

This course will be capped at 20 participants.

This course will cover the basics of modern computing. We'll learn Windows basics, web browsing, iOS (iPhone and iPad), staying in touch with family and friends safely and securely through social media, and we'll demonstrate and practice video conferencing (Facetime, Zoom, etc.).

Jeff Loisel currently serves as Director of Endpoint Services, where he manages all of Bridgewater State University's PCs, Macs, iPads, and Chrome devices. He has more than 15 years of experience managing computers and providing computer assistance and training in K12 and higher education. Jeff holds a Master's in Public Administration from Bridgewater State University.

Creative Writing

Shelley Leahy

4/3, 4/10, 4/24, 5/1, 5/8, 5/15

Monday

1:00-2:20pm

This course will take place at the Easton Council on Aging - Frothingham Hall and will not be recorded.

This class is designed for individuals who want to learn how to write both fiction and non-fiction brief stories. You will learn how to write and think creatively based on lifetime experiences, readings and visuals given in class. You must be willing to actively participate and engage in discussions. Constructive feedback will be given by both your peers and instructor.

Shelley Sandler Leahy holds a BA and M.Ed. in Psychology and Higher Education. She has worked in the college environment for almost 40 years; counseling and teaching students how to learn. Her love for journaling led her to teach workshops at various places. She believes journaling is a good outlet for writing down thoughts, words, book reviews or feelings.

The Russian Enigma: Putin and his Place in Russian History

Jim Kirkcaldy

(5-week course)

4/3, 4/10, 4/24, 5/1, 5/8

Monday

2:40-4:00pm

This course will take place at the Easton Council on Aging - Frothingham Hall and will not be recorded.

Vladimir Putin is a student of Russian History, and his fascination with his country's past has had a major impact on his views of the West and his foreign policy. This five-week seminar will briefly be an overview of Russian history, but Putin will always be the focus. How has Russia's turbulent history influenced the man and his policies, from 2000-2023?

Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, K-12 for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of his most rewarding aspects of teaching European History was his integration of western art into his courses. For Jim art wasn't just a way to utilize art to explain intellectual movements or for contextualization purposes, but a life skill. There is so much more enjoyment visiting a museum when we know the story behind the art, and the "tricks of the trade" artists use to make an impact on the viewer.

The Americans: A Profile of the Political Values and Viewpoints That Shape Our Country

Michael Kryzanek

4/5, 4/12, 4/19, 4/26, 5/3, 5/10

Wednesday

Noon-1:20pm

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

This course will seek to define and discuss the various socio-economic groupings in contemporary America as they interact with the political and governmental system in our democracy. During the course, groups such as women, men, Hispanics, African Americans, Evangelicals, Generation Zs, rural, urban and suburban residents, the professional and non-professional class and coastal elites will each be explored as to their values and views. The course will seek to explain the voting and policy impact of each of these groupings and their potential influence on future elections and governance.

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.

The History of American Protest

Ray Ajemian

4/5, 4/12, 4/19, 4/26, 5/3, 5/10

Wednesday

1:40-3:00pm

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

Americans at the barricades – this course will describe the major protest movements in American history. In this course, we will move in chronological order as we discuss pivotal protests that have shaped the United States on political, social, and economic levels. We will begin with colonial protests, the Constitution, and disputes in early America and work our way through history to the modern day. Each week will cover a different protest movement and its impact on American culture and legislature. Some of the movements that will be covered include anti-slavery & black rights, women's rights, labor & union movements, and the rights of indigenous people.

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.

Final Year: The Western Front in Europe 1944-1945

Frank Cook

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

Friday

12:00-1:20pm

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

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

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

African American Literature: The Memoir

John Winters

4/17, 4/24, 5/1, 5/8, 5/15, 5/22

Monday

11:00am-12:20pm

This course will take place via Zoom and will not be recorded.

This course will examine two key texts from African American literature, Maya Angelou's *I Know Why the Caged Bird Sings* and Richard Wright's *Black Boy*. Both describe coming of age in the Jim Crow south. Students will discuss aspects of each book and compare and contrast the stories, major themes, and historical lessons to be learned.

*John Winters, G'11, is at work on the first comprehensive biography of Angela Davis, *Long Road to Freedom*. He previously published *Sam Shepard: A Life* (2017) and has taught at BSU as an adjunct since 2011. He limits his teaching these days to college courses within the Rhode Island prison system.*

Deep Ecology and You: A Personal Search for Deeper Connections Between You and Our All-Sustaining World

Ronald Maribett

4/20, 4/27, 5/4, 5/11, 5/18, 5/25

Thursday

10:30-11:50am

This course will take place via Zoom and will be recorded with input from the classroom community.

In this course participants will explore ecology—the branch of biology that deals with the relations of organisms to one another and their physical surroundings. A discussion on the deeper connections that can be made between yourself and the sustaining world will occur from the origin of the term Ecology through Thoreau to Naomi Klein to Joanna Macy's contemporary work. Participants will also be encouraged to share their own testimonials of their approach to ecological awareness in their experiences. Course members will explore the role of deep ecological awareness and actions in mobilization of the world population around climate issues threatening the now (as of today) 8 billion people on Earth. The instructor will lead a discussion that will focus on what the Great Turning Point (Macy) might look like in our lives and that of those that follow us. Finally, participants will share the small successes they may experience on a daily basis. The instructor will lead a discussion that will focus on what the 'Great Turning' (Macy) might look like in our lives and that of those that follow us. Finally, participants will learn to share, in non-judgmental ways, whatever successes, on whatever scale, they may experience in their daily lives.

Professor Maribett owns and operates with his wife Connie a small, organic fruit and vegetable farm and egg business in Kingston, MA. He has served as an adjunct professor and visiting lecturer for over 40 years in various public and private colleges and universities. He earned a master's degree in Education, from the Harvard Graduate School of Education and a Bachelor of Arts in Comparative Literature from the University of Massachusetts, including two years study in Barcelona, Spain. Mr. Maribett has served in a career of public service in the state and federal environmental agencies. His certification in Permaculture Design Principles from "Sowing Solutions inc." in 2012, helped prepare him for an intimate look at the world beneath our feet, and beyond our skin, and how our connections to it matter.

American Midnight by Adam Hochschild: An Instructor Led Book Conversation Group

Sandra Mondykowski Temple

4/24, 5/1, 5/8, 5/15, 5/22, 6/5

Monday

9:30-10:50am

This course will take place via Zoom and will be recorded. [● REC]

In the past few years, we have faced war in Europe, the continuing effects of a global pandemic, and a threatening rise in antisemitism and extremism. We approach a Presidential election in a deeply divided country where both Democrats and Republicans believe that our democracy is threatened. But we have been here before and prevailed. As the Washington Post wrote, Adam Hochschild's latest history book, *American Midnight*, "describes vividly a time

when racism, white nationalism, and anti-foreign and anti-immigrant sentiment was rampant. Reading it is almost therapeutic. Realizing ...that American democracy survived that dark moment and a decade later began half a century of democratic renewal.” It should give us hope that we can survive our current dark times. Join us as we explore the tumultuous years during and just after WWI and learn the lessons from our past that can prevent us from succumbing to another Midnight. In the first half hour of classes historical perspectives will be presented, followed by a guided class discussion.

Week One: Introduction – No Ordinary Times - Ever hear of the Philippine War? What was the Progressive Era? Chapters 1 and 2

Week Two: End of the Progressive Era, the Great Migration, the Postmaster General suppresses freedom of the Press and the American Protective League hunts disloyalty. Chapters 3 to 7

Week Three: A skilled mole, the Water “cure,” attacking all things German, and another kind of war -the 1918 influenza. Chapters 8 to 13

Week Four: Armistice, “America First,” the “red’ labor unrest, a world on fire, anarchists strike, the Red Scare, and the Red Summer. Chapters 14-17

Week Five: An incapacitated president, fierce battle to succeed Wilson, anti-immigrant crusaders, Chapters 18- 20

Week Six: Aftermath: Albert Johnson works to close the “Golden Door,” Louis F. Post survives and defies J Edgar Hoover. Chapters 20-24

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.

MAY COURSES

A Night at the Easel

Monica Gillet

5/2

Tuesday

4:30-7:00pm

A \$30 materials fee is payable directly to the instructor

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

This event will be capped at 30 participants.

Join artist Monica Gillet for ***A Night at the Easel*** paint party. This is an opportunity for you to have a social outing with your Senior College friends while creating a painting from start to finish. In this relaxed atmosphere Monica will teach you step-by-step how to create a painting that you can enjoy at home with you when you are done. There is no need to be an "artist" to participate in A Night at the Easel! Every painter is unique, so the best part of these nights is experimenting and witnessing the different outcomes of all the masterpieces. “Paint Night” events have become really

popular over the past few years—it is a great way for you to unleash your creativity in a safe and supportive way while enjoying the experience alongside friends, both new and old!

Monica Gillet is the artist behind the successful “A Night at the Easel.” She has offered painting social events throughout southeastern Massachusetts and Cape Cod. She supplies everything from the canvas, to paints, brushes, and the inspiration! Monica frequently partners with local cultural councils and community organizations to bring hands-on art to people of all ages and skill levels.

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

Kathryn Evans

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

Thursday

2:00-3:20pm

This course will take place via Zoom and will be recorded. [● REC]

The course will begin by offering some context on “the other side”; to that end, you’ll be invited to access a compendium of resources developed by the instructor (available on the Web at tinyurl.com/ms8j328h). This compendium, like the course itself, covers signs and synchronicities, near-death experiences, deathbed visions, mediumship, and a type of grief therapy called induced after-death communication (IADC). In addition to discussing these topics, we’ll watch TED talks by doctors sharing their views on crossing 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, she notes, can ask for and receive signs. We’ll discuss some strategies Jackson recommends for inviting (and recognizing) signs from deceased loved ones—and course participants will have ample opportunity to share any signs they might have received from loved ones who have crossed over.

The course will also briefly 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).

Please join us as we open ourselves up to listening in a new way. We have much to hear, not only from our deceased loved ones but also from each other!

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!

Writing Your Life: Crafting a Narrative Legacy

Kathryn Evans

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

Thursday

4:00-5:30pm

This course will take place via Zoom and will be recorded. [● REC]

Participants will craft a creative nonfiction narrative describing a memory, making it come to life so that it might be shared with children, grandchildren, and/or friends. As a reference to support you in your writing, you're welcome to peruse "Writing Creative Nonfiction," a how-to guide developed by the instructor (available at on the Web at tinyurl.com/yc29ypu9).

In the initial meeting, we'll discuss samples of narratives that illustrate key elements of creative nonfiction, including strong pacing, characterization, and use of sensory detail. At the end of this initial class, participants will be invited to sign up for a date on which to share their own writing with the group (optional); these sharing sessions will enable interested participants to get feedback from each other and from the instructor.

The length of the narratives shared by participants will depend on the number of people who want to share. Regardless of whether or not you share your work, you'll have the opportunity to read many fine examples of creative nonfiction—and our discussion of these pieces will deepen your insight into how to craft a meaningful narrative of your own.

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A Night at the Easel

Monica Gillet

5/23

Tuesday

4:00-6:30pm

A \$30 materials fee is payable directly to the instructor

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

This event will be capped at 30 participants.

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