

WINTER/SPRING 2024

Course Catalog

SENIOR COLLEGE

@ BSUSeniorCollege@bridgew.edu

(508) 531-1052



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



College of Continuing Studies
Moakley 211
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Visit us on Facebook

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

SENIOR COLLEGE

AT BRIDGEWATER STATE UNIVERSITY



BRIDGEWATER

STATE UNIVERSITY

COLLEGE OF CONTINUING STUDIES

SENIOR COLLEGE

Lifelong learning for curious adults.

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

All are welcome!

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

Welcome to Senior College

Dear Friend:

As we begin our 5th year for the Senior College at Bridgewater State University it brings me joy to introduce our Winter/Spring semester course catalog—our most expansive yet with a collection of 50 diverse courses. This achievement not only showcases our progress but also underscores the commitment and enthusiasm for lifelong learning that every member brings to our community.

In these unprecedented times, we recognize the challenges we face in navigating the complexities of our global and local landscapes. Many of our carefully curated courses are designed to help you make sense of world events, offering insights and perspectives that resonate both globally and within our own neighborhoods. Whether you prefer the convenience of virtual learning or the camaraderie of in-person gatherings, we have you covered. Many courses accessible via Zoom are also recorded allowing you to participate from the comfort of your own home—at a time that is convenient for you.

Finally, I also want to acknowledge and thank our community partners who host our in-person learning, they are true partners in every sense—the Bridgewater Public Library, the Bridgewater Senior Center, the Center for Active Living in Plymouth, and the Easton Council on Aging. We eagerly anticipate starting this upcoming learning adventure with you united by our common desire for knowledge.

Warmest regards,



Jennifer Reid
Director, Senior College

Contact us

BSUSeniorCollege@bridgew.edu

www.bridgew.edu/seniorcollege

www.facebook.com/BSUSeniorCollege

508.531.1052

Staying in Touch

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

Winter/Spring 2024 Registration

Registration for Winter/Spring 2024 is open and remains open on an ongoing basis until May 14, 2024. Courses begin on a rolling basis January through May.

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 365 members coming from southeastern Massachusetts and from seven other states across New England the U.S.

BSU's Senior College Registration Process

STEP ONE

Pay your \$95 registration fee by clicking this **link** (or copy this link in your browser).

https://secure.touchnet.com/C20026_ustores/web/product_detail.jsp?PRODUCTID=1998&SINGLESTORE=true

Please note: Due to increased demand and limited enrollment slots, 6 courses (out of the 50 courses we have planned this semester) now have a nominal course fee to ensure commitment and prioritize members who intend to attend the course.

STEP TWO

Once you pay the registration fee, you will receive an email from us (within 1-2 business days) with a link to an online form where you can select your courses. Remember you can enroll in as many courses as you like after you pay the single \$95 fee (excluding 6 courses that do have a nominal fee)!

Finally, you will receive access to a "members only" website where you can access the Zoom links.

OPTIONAL STEP

As a member of Senior College, you can access BSU's student amenities such as our

Thornburg Fitness Center, the Maxwell Library, and even a parking pass (at no cost to you). If you live near the campus and would like to take advantage of our on-campus amenities, then please complete the Continuing Studies Non-Credit Application [here](#).

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

Online Learning and Courses “On-Demand”!

Taking courses online is both convenient and accessible. There is no need to worry about parking or traffic. With Zoom, you have a front-row seat for all your courses. Additionally, many of our courses are recorded as a benefit of 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.

Recorded courses are noted via our Quick Glance schedule which you can find on our website: <https://www.bridgew.edu/ccs/seniorcollege>

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

In-Person Learning

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

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

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

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

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

Bridgewater State University – Main Campus
Various locations (will be shared with course members)

Inclement Weather Policy

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

In the event of inclement weather, power outages, or other emergency situations please visit the BSU website www.bridgew.edu or check your local radio or TV station. If BSU is closed for ANY reason, Senior College courses are also cancelled (at all of our in-person locations and even if they meet via Zoom). We will make every effort to make-up missed class meetings due to weather or other unexpected situations, but do not guarantee that cancelled sessions will be made up.

Course Selection

Our members can enroll in as many courses as they like. Occasionally, some of our courses do have enrollment limits and there is a nominal fee or a supply fee. If that is the case, those limits will be posted on the Quick Glance schedule and here in this catalog as well.

Membership Fee

The Senior College membership fee is \$95, paid each semester a member chooses to attend courses. If you are experiencing a financial hardship and still want to participate in Senior College, please email us. **We offer full scholarships to members who need one.**

Scholarship Support

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

Withdrawal/Refund Policy

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

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

Who can participate?

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

Are there tests or assignments?

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

learning experience.

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

You do NOT have to be an alum of BSU; the Senior College is open to anyone age 50 or older. You also do not need previous college experience—we are open for anyone who is curious and wants to learn.

Who takes classes with the Senior College?

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

Want to offer a course?

Senior College is always looking for new courses to add to our schedule. If you would like to propose a course, email a short course description and short biography about yourself to Jennifer Reid, Director, at j5reid@bridgew.edu. Proposals for Fall 2024 are due by May 15, 2024.

Classroom Conduct Policy

The Senior College at Bridgewater State University endeavors to create a positive and affirming environment that fosters learning and social connection. Members, instructors, and staff are asked to demonstrate mutual respect, kindness, and a commitment to civility. Senior College instructors are responsible for moderation of classroom discussions. Instructors have the prerogative of inviting questions and in-class conversation throughout the class or asking members to hold their questions and comments until the end of class or another designated time.

All members of Senior College are expected to adhere to the Bridgewater State University Student Code of Conduct which can be found [here](#).

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

Classroom Learning Needs

Bridgewater State University is committed to providing equal access to students with documented disabilities. To ensure your access to this course and the BSU community, students with disabilities are encouraged to collaborate with Student Accessibility Services (SAS). Through SAS, you may initiate the confidential process of requesting reasonable accommodations. SAS can be reached at Disability_Resources@bridgew.edu or 508.531.2194. If you are granted accommodations, please reach out to the director (Jennifer Reid, j5reid@bridgew.edu) confidentially to review how they will be applied in your Senior College courses.

Instructor Appreciation

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

20 or more courses

Nan Loggains (21)

5 or more courses

Cynthia Ricciardi (9)

Michael Kryzanek (8)

Sandra Mondykowski Temple (8)

Ronald Aakjar (8)

Jim Kirkcaldy (8)

Ronald Reynolds (7)

John Winters (7)

Ray Ajemian (5)

JANUARY COURSES

Gender: Changing Constructs and Tools for Understanding and Support

Suzanne Buglione

Monday

1/22, 1/29, 2/5, 2/12, 2/26, 3/4

3:30-4:50pm

Zoom (not recorded)

This course on gender will explore the many changes in definitions along the gender spectrum, the history of gender roles, and about gender expression and experiences. The course will use a variety of readings, shared with participants, to guide our conversations, as we explore our own experiences, the intersectionality of gender with other identities, and the many ways in which gender impacts our well-being. We will additionally learn tools for understanding and supporting loved ones in our families, communities and in society.

Dr. Suzanne Buglione is an Associate Professor of Higher Education at Johnson & Wales University, and a consultant at CommunityBuild. Suzanne holds a doctorate in higher education from the University of Massachusetts - Boston and has expansive experience in public and community practices. Her work is grounded in education for social justice and her research includes the study of adult learners.

Introduction to Tai Chi: Structure and Movement

David Chosid

Monday

1/22, 1/29, 2/5, 2/12, 2/26

5:00-6:20pm

Zoom (recorded)

This course will include one optional in-person meeting in the Bridgewater area, the date, time, & location will be scheduled with the instructor and class participants during the first session.

Tai chi is an internal art that improves health, vitality, strength, balance, posture, flexibility and circulation, as well as providing stress reduction and a number of other benefits. Often called a moving meditation, tai chi is characterized by its slow, intentional movements that are performed with complete relaxation. The art's philosophy mainly comes from Taoist principles; the lessons from class can be applied to the everyday world. In this course, we will use a form to explore the principles of a relaxed body structure, and "silk reeling" movements.

David Chosid has been practicing tai chi and qi gong since 1998. He specializes in the Guang Ping Yang style of tai chi or "old style Yang" as a 7th generation practitioner from the Wen Wu School and Peter Kwok's Kung Fu Academy with further training in other Chinese arts. He is currently the president of the Guang Ping Yang Tai Chi Association, a national non-profit organization and has been teaching since 2011 in Dartmouth, MA at his school, Yulong Tai Chi Chuan.

Getting Ready to Grow!

Ron Aakjar

Tuesday

1/23, 1/30, 2/6, 2/13, 2/20, 2/27

4:00-5:20pm

Zoom (recorded)

Back by popular demand 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.

Exploring Modern Ireland through Literature

Paul Pelan

Thursday

1/25, 2/1, 2/8, 2/15, 2/22, 2/29

6:30-7:50pm

Zoom (recorded)

In this course on modern Ireland, students will embark on an exploration of contemporary Ireland through the lens of renowned Irish writers. Participants will explore a curated selection of three impactful books, each offering a unique perspective on the cultural, social, and historical fabric of modern Ireland. Among the compelling works to be read and discussed are "Reading in the Dark" by Seamus Deane, delving into the complexities of identity and memory; "Angela's Ashes" by Frank McCourt, an evocative memoir portraying the struggles of a working-class Irish family; and "Trespases" by Louise Kennedy, a novel illuminating the intricacies of human relationships.

Paul Pelan is an Adjunct Professor at Bridgewater State University in the English Department since 2017 and has taught classes in Irish Literature and Irish Politics. He has also been teaching classes at Boston University and in the Boston University Prison Program since 2003 in the Arts and Humanities. Paul holds a Master's degree in Irish Politics from Queen's University, Belfast.

Jim Crow: Yesterday and Today

Nan Loggains

Tuesday

1/30, 2/6, 2/13, 2/20, 2/27, 3/5

10:00-11:20am

Zoom (recorded)

This six-week class offers an examination of the history and legacy of the Jim Crow laws in the United States. Spanning from the Reconstruction era to present-day implications, it aims to delve into the policies, practices, and social norms that enforced racial segregation and discrimination. We will discuss the roots of systemic racism, resistance movements, and the ongoing struggle for civil rights.

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.

FEBRUARY COURSES

Myth and Culture: A Cross-Cultural Journey through Space and Time

Curtiss Hoffman

Friday

2/2, 2/9, 2/16, 2/23, 3/1, 3/8, 3/15, 3/22

(8 week course)

9:00-10:20am

Zoom (recorded)

This course is an introduction to the peculiar and often fascinating world of myth, as seen from a cross-cultural perspective. We shall concentrate on illustrating the ways in which myths represent expressions, devised by cultures everywhere in the world, of general truths about the human condition, many of which are still applicable in today's world and to our own individual lives. The course will demonstrate ways to interpret and understand myths, using Dr. Hoffman's, *The Seven Story Tower: A Mythic Journey through Space and Time* as a springboard for class discussion. *The Seven Story Tower* should be acquired in advance, it is available on Amazon in various formats from \$8-\$20.

Dr. Curtiss Hoffman is professor emeritus of Anthropology at Bridgewater State University, where he taught full-time from 1978 – 2018. He is the author of numerous articles on archaeology and anthropology in journals and anthologies, as well as five books. He currently serves on the Conference Advisory Committee and as chair of the Student Awards Committee for the International Association

for the Study of Dreams. He continues to teach part-time at Bridgewater State.

**Introduction to the Art of Drawing:
Foundations and Techniques (Part2)**

Laurie J. Ferrini Halls

Saturday

2/3, 2/10, 2/17, 3/2, 3/16, 3/23

10:30-11:50am

Course capped at 18 participants

Course fee: \$10 (supplies are not included).

Location: Bridgewater State University

This course is offered as a “part 2” for members who enrolled in Introduction to Drawing in the Fall of 2023 and invites new members to explore the foundations of drawing. Weekly lessons will cover: Portrait drawing-creating 3/4 and profile views. Proportion in figure drawing and movement. Perspective drawing using vanishing points when drawing interiors as well as landscapes. Learning different techniques to create Animal drawings. Students will develop skills to help build confidence and find their own personal style as well. Class participants will also have fun trying out different supplies such as charcoal and conte’ crayons on textured papers, to show light and negative/positive space.

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

- Drawing paper- 9 x12 pad wirebound version allows you to tear out pages
- Drawing pencils- a set of graphite that includes 2H, HB, 2B, 4B, 8B
- Kneaded eraser and a White eraser - avoid pink pearl they can rip paper

Laurie Jean Ferrini Halls, a local artist and educator who offers both group and individual art lessons for all age groups. With a diverse background encompassing Fine Arts, Graphic Arts, and Education, she earned her BFA from Emmanuel College in Boston. Laurie has undertaken commissioned illustration projects for various local businesses and nonprofits. Currently, she is actively engaged in teaching art and literature classes for the nonprofit Triumph, Inc. Additionally, Laurie conducts adult drawing and watercolor classes in senior centers across the area, as well as hosts art workshops at local libraries and the Old Colony History Museum. She serves as the current art instructor at Bridgewater State University's Senior College and holds the position of an art instructor for Easterseals at the Bridge Center in Bridgewater.

**Journey Through Poetry: Exploring English-
Language Poems Across Centuries**

Susan Levasseur

Monday

2/5, 2/12, 2/26, 3/4, 3/18, 3/25, 4/1, 4/8

1:00-2:20pm

Course meets 8 times

Zoom (recorded)

Back for its fourth semester, the philosophy behind this course is simple: we appreciate poetry best when we examine it closely, with other attentive readers. Our community combines returning members, working poets, and poetry lovers with diverse life experiences. First timers are always welcome to bring new perspectives and should feel free to join those who simply “listen in” on our discussions. Over the course of our eight meetings together we will work to fully appreciate 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 contemporary, 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 on Zoom. Members will be provided with copies of poems and supporting materials in advance of class through email. They will be encouraged to share their discoveries about each poem, while remaining open to contributions from other group members. Our goal will be to work towards a richer understanding of each poem *together*.

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

Yoga, Meditation, and the Science of Wellness

Jody Weber

Wednesday

2/7, 2/14, 2/21, 2/28, 3/6, 3/13, 3/20, 3/27

8:00-9:00am

Course meets 8 times

Zoom (not recorded)

Each class will begin by introducing the latest peer reviewed research supporting the profound effects of yoga and contemplative practices on both mental and physical health. The class will continue with a gentle yoga practice that evolves over the 8 weeks. At the end of each class, students will learn simple, easily repeatable meditations they can incorporate into their life. These techniques improve cognition, decrease anxiety, and generate a centered mind body state conducive to health and well-being. Both new and practiced yogis welcome!

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

Political Discussion: Issues of the Day

Nan Loggains

Wednesday

**2/7, 2/14, 2/21, 2/28, 3/6, 3/20, 3/27, 4/3,
4/10, 4/17, 4/24, 5/1**

10:00-11:20am

Course meets 12 times (no class on 3/13)

Zoom (not recorded)

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

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

State/Blue State: The Great American Divide, and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

Between the Lines Book Club with Nan

Nan Loggains

Thursday

2/8, 3/7, 4/11

10:00-11:30am

Course meets 3 times

Course capped at 22 participants

Course fee: \$10

Zoom (not recorded)

This Winter/Spring, the Senior College book group continues with our very popular leader Nan! In this course you will read and discuss three books. All sessions will be on Zoom. The first book will be *The Chaos Machine* by Max Fisher. The remaining two books will be announced during the first session of the group. Nan Loggains has led book groups for the past 25 years.

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

and an ongoing Political Discussion course. Nan also works as a senior special programs coordinator on the Attleboro campus.

Why? Explaining the Holocaust

Jim Kirkcaldy

Monday

2/12, 2/26, 3/4, 3/11, 3/18, 3/25

9:45-11:05am

Location: Bridgewater Public Library

Despite the outpouring of books, movies, museums, and courses, a coherent explanation of the why such ghastly carnage erupted in the heart of civilized Europe in the twentieth century still seems elusive". This a quote from Peter Hayes book *Explaining the Holocaust* which is the inspiration for this seminar where we will examine the many questions dealing with the Holocaust. Why the Jews? Why the Germans? Why a transition from murder to genocide? Could more have been done to prevent the Holocaust? Why was Jewish resistance ineffectual? Why such limited help from the outside? Finally, we conclude with the legacy of the Holocaust and its lessons for us today.

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.

A Decade in Flux: Navigating the Turbulent 1960s

Ray Ajemian

Monday

2/12, 2/26, 3/4, 3/11, 3/18, 3/25

11:25am-12:45pm

Location: Bridgewater Public Library

The 1960s ushered in profound transformations within the United States—both positive and negative. This course is designed to explore the key themes that defined the 60s, ranging from the realms of politics and war to the dynamics of social change. The instructional approach will primarily consist of lectures, accompanied by PowerPoint slides to enhance the learning experience. The course content is organized into distinct sections, delving into pivotal periods and topics such as the post-World War II era leading up to the election of John F. Kennedy, Cold War politics spanning the presidencies from Kennedy to Nixon, the enduring conflict of Vietnam, the various civil rights movements for Blacks, Women, Native Americans, and Gays, the influential youth movement, and the consequential technological and social changes shaping the period and leaving lasting effects on the nation.

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.

Bonjour Français! Freshen Up Your French! 1

Édouard Priest

Monday

2/12, 2/26, 3/4, 3/11, 3/18, 3/25

1:05-2:25pm

Location: Bridgewater Public Library

Looking for a FUN way to learn or “freshen up” your French? Look no further! Join our beginner’s French course where we’ll immerse ourselves in the language and culture through engaging conversations, interactive games, and delightful songs. This is a FULL PARTICIPATION CLASS, meaning you’ll actively participate and experience the joy of speaking French right from the start. Forget about extensive note-taking and overwhelming grammar studies. Instead, we’ll embrace a natural learning approach, prioritizing using French from day one. Our philosophy revolves around the belief that language proficiency is more about what you can do with the language rather than simply what you know about it. So, come aboard, and let’s embark on an exciting journey of acquiring French in the most enjoyable and effective way possible!

Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College, which included a year living and studying in Paris, France! He was a Massachusetts certified teacher of French and successfully taught both High School French and Middle School French for a total of 30 years. As a teacher of teachers, Ed has also given multiple concerts and conducted workshops in French and Spanish for MaFLA –

the Massachusetts Foreign Language Association.

¡Hola Español! Conversational Spanish for Beginners 1

Eduardo Priest

Thursday

2/15, 2/22, 2/29, 3/7, 3/14, 3/21

11:00am-12:20pm

Location: Plymouth Center for Active Living

Welcome back to our highly requested course! Building on the knowledge gained from our successful Feb/March 2023 classes, this session is open to both returning attendees and those who have studied Spanish in the past and are eager to immerse themselves in a delightful Spanish experience filled with engaging conversations, interactive games, and delightful songs. Emphasizing a hands-on approach, this is a FULL PARTICIPATION CLASS, ensuring that everyone can actively engage and make the most out of their Spanish learning journey while having a great time!

Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from University of Lowell, and a M.A. in French from Middlebury College in Paris. He holds teaching certifications in Spanish and French and has taught French for 30 years, with the last 20 teaching Spanish as well. Ed has an irrefutable love for the Spanish language and culture and since 2009 has spent his summers playing in and around Cuernavaca, Morelos, México with his Mariachi band “Los Charros de Morelos.” He is thrilled to share his expertise with students through immersive learning.

Let's Learn the Uke! Beginner Ukulele 1

Ed Priest

Thursday

2/15, 2/22, 2/29, 3/7, 3/14, 3/21

12:40-2:00pm

Location: Plymouth Center for Active Living

Pre-requisites: 1. No experience, or very little. 2. A ukulele, and a clip-on tuner or app. 3. Ability to have FUN! Want to have fun with an easy-to-learn musical instrument? This class is for you, whether you are a complete beginner, or somewhat familiar with the ukulele. In this 6-week course we will begin at the very beginning, with teacher-provided chord charts, songsheets and reference materials, as well as useful free online websites. EVERYTHING you need to have FUN with the ukulele! In class we will be making beautiful music together from the very first class. By the end of this course you will be able to play several dozen popular folk songs and popular rock songs as well.

As a professional musician, Ed Priest has been performing for decades in concerts, nightclubs, colleges, schools, campgrounds, churches, senior centers and private functions. In 2019, he retired from 30 years of teaching French and Spanish, using music as a daily part of his high school and middle school teaching. Ed earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College in Paris, France. In addition to playing guitar, ukulele, and banjolele in his stage act, he has taught beginning and advanced ukulele classes at the Circle of Music Week at Ferry Beach in Saco, Maine every year since 2013.

American Art Scene: 1877 to Present

Jim Kirkcaldy

Thursday

2/15, 2/22, 2/29, 3/7, 3/14, 3/21

2:20-3:40pm

Location: Plymouth Center for Active Living

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.

Exploring and Preserving Your Legacy

Victoria Bacon

Thursday

2/22, 2/29, 3/7, 3/14, 3/21, 3/28

2:00-3:20pm

Zoom (recorded)

“Legacy is about life and living. It’s about learning from the past, living in the present, and building for the future” (Bosak, 2021). Join us to learn about various ways to explore and preserve your legacy. You will learn about online and on the ground tools and strategies for conducting genealogy research, about beneficial cemetery information, visiting National Archives and repositories, as well as searching for state and local records.

Preservation methods like memoir writing, recording oral histories, building a memory box or blanket, creating digital and photo albums, or possibly collecting recipes for a family cookbook. A resource booklet will be provided to participants to help with exploring and preserving your legacy.

Victoria L. Bacon is a licensed psychologist with 42 years’ experience of clinical practice, teaching, providing workshops and writing. She is Professor Emeritus from the Department of Counselor Education at Bridgewater State University where she educated and trained counselors for 27 years. Her most recent publication is “Conducting Wellness Groups for Veterans and Older Adults: The Legacy Model” (2023).

Let's Get Gardening

Ron Aakjar

Thursday

2/22, 2/29, 3/7, 3/14, 3/21, 3/28

4:00-5:20pm

Zoom (recorded)

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

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.

Introduction to Calligraphy: Exploring the Basics and Your Own Personal Artistry

Mendy Garon

Monday

2/26, 3/4, 3/11, 3/18, 3/25, 4/1

6:00-7:20pm

Zoom (recorded)

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

Philosophy of Ancient China: Wisdom and Well-being in the Eastern Zhou Period (770–256 BCE)

Matthew Dasti

Tuesday

2/27, 3/5, 3/12, 3/19, 3/26, 4/2

12:00-1:20pm

Location: Bridgewater Public Library

This course introduces students to the major thinkers and issues that shape Chinese thought in its formative period, called the Eastern Zhou (770–256 BCE). We reflect on the importance of ethics and daily rituals with Confucius, flowing with life and cultivating simplicity with Daoists, and, in general, how to live the best life possible, as debated by the thinkers who follow them. All of the philosophers we study were acutely concerned with living well: both how to be *happy* but also how our search for happiness must properly integrate with our *social and political responsibilities*. Students will likely be surprised by how much these ancient thinkers from a distant culture still speak to our lives.

Matthew R. Dasti is Professor of Philosophy at BSU. He has written, co-written, or edited 5 books and many articles on philosophy in ancient India. His research focuses on debates over topics like God and selfhood between classical Hindus and Buddhists, as well as specific philosophical issues like the nature of knowledge and personal agency. He teaches a wide range of courses on non-Western philosophies as well as classical Greek thought and contemporary issues of belief and knowledge.

The Great American Musical – Tony Award Nominees and Winners in the 21st Century

Lisa Rafferty

Tuesday

2/27, 3/12, 3/19, 3/26, 4/2

1:40-3:15pm

Note: no class on 3/5 & this class meets for an hour and 35 minutes.

Location: Bridgewater Public Library

This class will explore examples of the obvious and the unexpected nominees and winners of the Tony Award for Best Musical from 2000 – 2023. Each week will include lecture, discussion, and Q&A on the history, leading artists and collaborators on those Broadway shows. Links will be shared to videos of shows and documentaries. The Tony Awards have celebrated musical genres from pop, rock, country, hip hop, Motown, and operetta. Together we will celebrate this incredible art form which has spread joy, opened worlds, and created a community of theater fans the world over.

Playwright, director and producer Lisa Rafferty creates documentary plays which celebrate heroic women and men and writes comedies about motherhood, seen around the United States and around the world. She is the producing director of the Elliot Norton Awards, via the Boston Theatre Critics Association, and a proud member of the Dramatists Guild and the Stage Directors and Choreographers Society. She loves teaching and working with the finest students around in her wonderful theater classes at BSU. Most recent production: MOMologues The Musical which appeared at 54 Below in NYC in May 2023

with an outstanding cast from Broadway and beyond.

MARCH COURSES

The Middle East: An Introductory Exploration of Geography, History, Culture, and Conflict

Ray Ajemian

Tuesday

3/5, 3/12, 3/19, 3/26, 4/2, 4/9

9:00-10:20am

Location: Easton Council on Aging Frothingham Hall

In this course, we will delve into the intricate aspects of the geography, history, and diverse populations of a region that is confusing to many Americans. The instructional approach will be centered around lectures, incorporating slides to enhance the learning experience while also actively encouraging participant discussions. The course is structured into several key segments, starting with an introduction covering geography, peoples, customs, and ancient history. Subsequent sections will explore topics such as the Arabs, Persians, and Seljuk Turks, followed by an examination of the Ottoman Turks, World War I, and the consequential shaping of the modern Middle East. The Arab-Israeli Conflict will be a focal point, and we will also delve into the relationship between the United States and the Middle East. Lastly, we will contemplate the current state of the Middle East in the 21st century and engage in discussions about what the future may hold for the region.

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.

**Embark on a Transformative Writing Journey:
Discover the Power of Healing Through
Words**

Shelley Leahy

Tuesday

3/5, 3/12, 3/19, 3/26, 4/2, 4/9

10:40am-12:00pm

**Location: Easton Council on Aging
Frothingham Hall**

Join our popular instructor Shelley Leahy for a mindful expedition of self-discovery through the art of writing. "Healing through Words" offers a cathartic exploration filled with robust exercises delving into themes such as trauma, loss, heartache, love, healing, and self-celebration. All that's required to participate is a simple pen and journal in this reflective writing course. Be prepared to engage in enriching discussions and receive valuable feedback from your fellow classmates and your instructor as we collectively nurture our creative and healing spirits.

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.

**Intriguing Life of Isabella Stewart Gardner
and her collection**

Laurie J. Ferrini Halls

Tuesday

3/5, 3/12, 3/19, 3/26, 4/2, 4/9

11:10am-12:30pm

**A optional visit to the Isabella Stewart Gardner Museum in Boston will be scheduled with members of this course. Transportation to be arranged on your own, but ride sharing will be encouraged.
Zoom (recorded)**

This course will involve an in-depth examination and analysis of particular artworks housed in the Isabella Gardner Stewart Museum. Additionally, we will explore Isabella Gardner Stewart's collection of letters, providing insights into her relationships with artists and influential figures of her era. These connections played a pivotal role in shaping her notable art collection.

Laurie Jean Ferrini Halls, a local artist and educator who offers both group and individual art lessons for all age groups. With a diverse background encompassing Fine Arts, Graphic Arts, and Education, she earned her BFA from Emmanuel College in Boston. Laurie has undertaken commissioned illustration projects for various local businesses and nonprofits. Currently, she is actively engaged in teaching art and literature classes for the nonprofit Triumph, Inc. Additionally, Laurie conducts adult drawing and watercolor classes in senior centers across the area, as well as hosts art workshops at local libraries and the Old Colony History Museum. She serves as the current art instructor at Bridgewater State

University's Senior College and holds the position of an art instructor for Easterseals at the Bridge Center in Bridgewater.

Science with a Twist Book Club with Dr.

Bonnie Tate

Bonnie Tate

Wednesday

3/6, 3/20, 4/10

11:00am-12:20pm

Course capped at 15 participants.

Course fee: \$10

Zoom (recorded)

Do you enjoy reading and talking about books that include science and current issues? Well, bring your favorite beverage and meet in-person as we read and explore fiction or non-fiction books that involve some science as part of the plot. This is NOT a science course, but a means to pick up a little more information on any type of science in a user-friendly way as we delve into the three books that we are reading. The books chosen also address current issues that are ripe for discussion. The course is six weeks long, but we will be meeting only three times during the course to allow enough time to read the selections. The first book that we will be reading is the New York Times bestseller, *Mad Honey* (2023) by Jennifer Boylan and Jodi Picoult, followed by *The Seed Keeper* (2021) by Diane Wilson. We will pick our last book early in the course.

Besides being a Scientist and Wildlife Photographer, Bonnie Tate is an avid reader of fiction and nonfiction. She has a PhD in Biology and Chemistry and has taught science from elementary to the college level. Bonnie

belongs to and has led various book clubs, mostly at the Ames Free Library in Easton, and enjoys reading books with a bit of science and current issues that make her think.

Unveiling the Past: Exploring Historical Fiction as a Window to the Human Experience

Jennifer Turner

Wednesday

3/6, 3/20, 3/27, 4/3, 4/10, 4/17

1:00-2:20pm

Zoom (recorded)

Historical fiction is one of the oldest forms of storytelling (think ancient works such as *The Odyssey* or Shakespearean dramas like *Julius Caesar*), but did not emerge as a recognizable literary genre until the early 19th century. Since then, the genre has seen highs and lows, and produced everything from bodice-ripping romances to gritty tales of wartime espionage. What binds all historical fiction together, though, is the way it sheds light on the human condition by providing a window into the lives 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 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 readings. Although, I will provide an introductory lecture on the era that we are discussing for that week. For a six week course, we will read four books, including: *The Literary Undoing of Victoria Swan* by Virginia Pye and *The Girl in the Triangle* by Joyana Peters.

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. Currently, she is the Executive Director of The Robbins House: Concord's African American History Museum. She is still the harried mother of a toddler and a third grader. 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.

Introduction to Genealogy Research

Cynthia Ricciardi

Tuesday

3/12, 3/19, 3/26, 4/2, 4/9, 4/16

2:00-3:20pm

(Zoom) recorded

Discover the ins and outs of genealogical research, starting with the important question "where do I begin?" This course will introduce both digital/online and "old-fashioned" paper/printed genealogical resources. Course members will be introduced to recommended methodologies for effective research and meticulous documentation. Tips for how to conduct insightful family interviews, while also managing surprising revelations along the way will be offered.

Cynthia Ricciardi (BSU, '81) has been researching her family since she was ten years old. She has worked as a verifying genealogist at the Mayflower Society Headquarters in Plymouth, and currently volunteers as the "Genealogist in Residence" at the Old Colony History Museum in Taunton, Mass. She is a member of the Massachusetts Society of Genealogists/Bristol Chapter, The National Genealogical Society, The New England Historic Genealogical Society, and the American French Genealogical Society of Rhode Island. Dr. Ricciardi also teaches as an adjunct instructor with the BSU English Dept.

Exploring Peculiar Phenomena in Plants

Donald Padgett

Thursday

3/14, 3/21, 3/28, 4/4, 4/11, 4/18*

10:40am-12:00pm

***This course includes an optional in-person visit to BSU's research level greenhouse on April 18, 2024 at 4pm.**

Zoom (recorded)

Learn about some unusual plant assemblages and their very unusual abilities as they adapt to their environments. The class will cover topics such as carnivorous plants, aquatic plants, plants that generate heat, bizarre pollination strategies, and novel means of dispersal.

Dr. Donald Padgett is a professional plant biologist. He has been a professor in the Biology Department at Bridgewater State University since 1999 where he studies aquatic

plants and teaches courses on invasive organisms and wetland ecology. Outside of BSU, he provides a botanical consulting service focusing mostly on the protection of endangered plant species to aid state agencies and private organizations.

Bob Dylan: Stages and Phases

John Winters

Friday

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

12:00-1:20pm

Zoom (recorded)

There have been many incarnations of this great American songwriter. This course will look at some of the various stages Dylan has gone through from Village folkie, to 60s “prophet,” to hitmaker, Christian proselytizer, and a fellow traveler who is also dealing with the complexities and fears of growing old. Textbook: *Why Dylan Matters* by Richard F. Thomas.

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

Earth Unveiled: Navigating the Layers of a Complex System

Misha Elashvili

Monday

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

5:00-6:20pm

Zoom (recorded)

In this course, students will be introduced to the Earth as a complex system, composed of multiple basic layers from Geology and Geophysics to Sociology and Anthropology. We will analyze how these, at first glance, completely diverse layers interact and form a unique inhabitable space. Students will be introduced to basic types of numerical models that govern the complex system of the earth. We will study the constraints for the sustainability of this system and the changes, both natural and man-made, it undergoes. Students will form a global picture of our living environment, its sustainability, and the changes earth as a system has undergone since its origin.

Born in 1976 in Tbilisi, within the Soviet Republic of Georgia, he earned both his BA and MSc in Mathematics. As a student he researched Earth Sciences and achieved a PhD in Geophysics by 2004. He held roles as the director of the Institute of Earth Sciences and later as the dean of the School of Engineering at Ilia State University in Tbilisi. Presently, he spearheads the Cultural Heritage and Environmental Research Center at IliaUni. He maintains active partnerships with universities in Cologne, Leipzig, Girona, and Tallinn on Environmental Studies. Since 2016, he has been closely collaborating with BSU on international undergraduate research initiatives.

Understanding the Digital Age: Social Media, Misinformation, Fake News, and Political Discourse

Nan Loggains

Tuesday

3/26, 4/2, 4/9, 4/16, 4/23, 4/30

10:00-11:20am

Zoom (recorded)

This course will explore the complexities of social media and how it has impacted modern American politics. The advent of social media platforms has brought forth both opportunities and challenges, including the spread of misinformation, the erosion of traditional media, and increased political polarization.

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.

APRIL COURSES

Exploring Nature Printing and Mixed Media Techniques (Section 1)

Ron Aakjar

Tuesday

4/2, 4/9, 4/16, 4/23, 4/30, 5/7

4:00-5:20pm

Course capped at 15

Enrollment cap: 15 participants

\$20 supply fee.

Location: Bridgewater State University

Exploring Nature Printing and Mixed Media Techniques (Section 2)

Ron Aakjar

Enrollment for this section will be opened if Section 1 is fully enrolled

Thursday

4/4, 4/11, 4/18, 4/25, 5/2, 5/9

4:00-5:20pm

Course capped at 15.

\$20 supply fee.

Location: Bridgewater State University

Come enjoy evenings of laid-back art instruction on techniques of utilizing natural materials, such as leaves, flower parts, and even fruits to create beautiful works of art. We will explore the art of Nature Printing and examine methods such as direct printing, indirect printing, gelli printing and even get out some of our artistic frustrations by performing flower pounding. We will be utilizing different media (paper, cloth) to create our works of art. Time permitting we may get into Eco dying and/or creating skeletonized leaves.

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 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. He has taken his love of plants and plant preservation and over the past 10 years has been creating several different types of art with the plants he preserves. Creating works of art either with the pressed plants directly or using various plant parts (leaves, stems, flowers, or fruits), along with various media (acrylic paint or printer's ink) and "painting" using the found items.

¡Hola Español! Conversational SPANISH for Beginners 2

Eduardo Priest

Thursday

4/4, 4/11, 4/18, 4/25, 5/2, 5/9

11:00am-12:20pm

Location: Plymouth Center for Active Living

Welcome back to our highly requested, FUN course! Building on the knowledge gained from our previous 6 week course, this session is open to both returning attendees and to those who have studied Spanish in the past and are eager to immerse themselves in a delightful Spanish experience filled with engaging conversations, interactive games, and delightful songs. Emphasizing a hands-on approach, this is a FULL PARTICIPATION

CLASS, ensuring that everyone can actively engage and make the most out of their Spanish learning journey while having a great time!

Ed Priest earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College in Paris. He has studied Spanish in Mexico, Spain, and Ecuador. Ed has held teaching certifications in Spanish and French and taught French for 30 years, with the last 20 teaching Spanish as well. He has an irrefutable love for the Spanish language and culture and since 2009 has spent summers playing in and around Cuernavaca, Morelos, México with his Mariachi band "Los Charros de Morelos." This semester Ed is thrilled to be sharing his love for Spanish with his third and fourth Spanish class with Bridgewater Senior College.

Let's Learn the Uke! Beginning Ukulele 2

Ed Priest

Thursday

4/4, 4/11, 4/18, 4/25, 5/2, 5/9

12:40-2:00pm

Location: Plymouth Center for Active Living

Pre-requisites: 1. Beginner Ukulele 1, or able to play the chords C, Am, Dm, Em, F, and G7.

2. A ukulele,

3. Ability to have FUN! Whether you want to continue our ukulele course from Beginner Ukulele 1 or pick up the ukulele that you played years ago and freshen up your playing – this course is for you!

Building on what we learned from our first course, we will be learning to play in the Key of G, the Key of D, the Key of A, and the Key of F. We will have FUN exploring these new keys while expanding our repertoire of songs. "To

this day, if I ever meet grownups who play ukulele, I love 'em." – Paul McCartney

As a professional musician, Ed Priest has been performing for decades in concerts, nightclubs, colleges, schools, campgrounds, churches, senior centers and private functions. In 2019, he retired from 30 years of teaching French and Spanish, using music as a daily part of his high school and middle school teaching. Ed earned his B.A. in Psychology from Bridgewater State College, and later earned a B.A. in Music and French from the University of Lowell, and an M.A. in French from Middlebury College in Paris, France. In addition to playing guitar, ukulele, and banjolele in his stage act, he has taught beginning and advanced ukulele classes at the Circle of Music Week at Ferry Beach in Saco, Maine every summer since 2013.

The Bill of Rights

Mike Kryzanek

Thursday

4/4, 4/11, 4/18, 4/25, 5/2, 5/9

2:20-3:40pm

Location: Plymouth Center for Active Living

This popular course was offered previously in Bridgewater and we are thrilled to have Dr. Kryzanek in Plymouth for the first time! This course will explore the first ten amendments to the Constitution, often referred to as the Bill of Rights which enshrine the basic freedoms that we enjoy as citizens of the United States. While the First Amendment – freedom of religion, speech, press and assembly – is viewed as the key body of freedoms guaranteed to Americans, there are others that deal with gun ownership, criminal due process, speedy and fair trial, proper punishment, and state-federal relations. This

course will seek to discuss the various rights Americans possess and the controversies that have developed over these rights during our history. Because these rights were written in a broad manner, it has been the role of the Courts to determine how to properly define what these rights “mean,” therefore this course will examine the interpretive role of the Courts regarding the Bill of Rights, especially in most recent years.

Dr. Michael Kryzanek is currently the Special Assistant to the President of Bridgewater State University. Dr. Kryzanek’s areas of expertise are in American government, US foreign policy and comparative politics. He was Chair of the Political Science Department and was named as the Executive Director of the Minnock Center for International Engagement with responsibilities for all international programs at BSU.

Improving Digital Images: Fundamentals, Critiquing and Post-Processing

Ron Reynolds

Friday

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

9:30-10:50am

Zoom (recorded)

Although this course builds upon a class offered last fall; it is arranged such that new participants can join and fully participate. Designed both for those who use smart phones or dedicated cameras. We will review basic photographic fundamentals and qualities that create a “good” image. Students will be asked to submit photos for critiquing and constructive criticism by class members. Although the goal is to take the “perfect” photo in-camera we will see how to improve

images by post-processing using *Photoshop Elements*. It isn't essential that participants have that software on their computers in order to profit. Questions and comments are encouraged with lots of back-and-forth interaction by members of the class.

After teaching high school sciences for 42 years Ron Reynolds taught Physics and Geosciences at BSU for 17 years. He has traveled intensively throughout the U.S. and eastern Canada and visited most of the western National Parks multiple times. Drawing on this experience he has published travel articles and photos. He has been an avid amateur photographer since 1961 and a life member of the Hockomock Digital Photographers.

Exploring the Enneagram for Greater Personal and Relational Health

Deb Bellevue

Monday

4/8, 4/22, 4/29, 5/6, 5/13, 5/20

11:00am-12:20pm

Location: Bridgewater Public Library

There are nine Enneagram Personality Types, each of which has their own key motivations and fears that largely guide their actions and decisions. Understanding your primary type can be a powerful tool for self-knowledge and improvement in all areas of your life. Come to this course on your own or enroll with your partner or a friend to the adventure of exploring the Enneagram. The Enneagram is an ancient typology assessment tool for exploring personality. Our Soul's essence is expressed through our personality. In this course you will learn about the mechanisms and structures by which you are uniquely

“yourself” in relationship to others and the world around you. This class will explore: history and origins; the Nine Types along with Triads; tools for each style for dealing with relational health; better understanding of friends and family with other types.

Deb has spent the last 30 years of her life caring for people's spiritual and emotional health. She began as an elementary teacher in the West Bridgewater Public Schools and loved finding ways for her students to succeed. In 1997, she left teaching to become an ordained pastor. From there she went on to become certified in Spiritual Direction through Leadership Transformations “Selah” program and In Enneagram Evaluation through Cross Point. She is also certified in Clinical Meditation and Imagery through the Huntington Meditation and Imagery Center in New York City. Deb provides Spiritual Direction, soul care, counseling, and a wide variety of classes, workshops, and retreats that help individuals and groups experience spiritual and emotional growth and wholeness. Deb enjoys meeting with people from all backgrounds and walks of life.

Beyond the Basics: Ukulele Mastery - Part 2

Paula Bishop

Monday

4/8, 4/22, 4/29, 5/6, 5/13, 5/20

12:40-2:00pm

Location: Bridgewater State University

Discover the joy of playing the ukulele while meeting new people! This course is geared towards our many members who have already taken our introductory ukulele course with Dr. Bishop! This course offers a fantastic opportunity to learn and grow together. Beginners are also welcome (Dr. Bishop and your peers will help you get caught up). No

instrument is required (we have ones you can borrow for the duration of the course) – just bring your enthusiasm, and let's make beautiful music together!

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

Campaign 2024 Part 1—Parties, Primaries, Policy, Polls and Polarization

Michael Kryzanek

Tuesday

4/9, 4/16, 4/23, 4/30, 5/7, 5/14

12:00-1:20pm

Location: Bridgewater Public Library

The first stage of the campaigns for the White House, Congress and state governments begins this January with the Iowa caucuses and runs through the party conventions in July and August. This Senior College course will follow the first stage of the campaign process by examining the party primaries and conventions, the public policy issues that will drive voter turnout, the polling data that may reveal the views of the American electorate and the deep-seated polarization that continues to reside at the heart of national politics. Each section of the course will examine the role and impact that each of the key elements in the campaign process have on the potential outcome of the 2024 elections. Since this Senior College course is presented as “Part 1,” there will be a proposed “Part 2” that takes the campaign from the final steps of the electoral process beginning in

September and ending with the national elections on November 5th.

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.

Buongiorno, Italia: Conversational Italian for Beginners

Alfred Crudale

Tuesday

4/9, 4/16, 4/23, 4/30, 5/7, 5/14

1:40-3:00pm

Location: Bridgewater Public Library

Are you an Italophile? Do you want to know more about Italy and her beautiful language? Join us for our fun and engaging conversational course in the Italian language. Whether you are a complete beginner, speak some Italian, or just know a few curse words, at the completion of this course you will be able to greet people, talk about your family, tell time, talk about the weather, and discuss your hobbies. You will also learn about modern Italy through songs and stories. I look forward to meeting you and spending the semester with you as we explore the language and culture of *il bel paese*.

Alfredo Crudale teaches Italian at Bridgewater State University. He holds a Ph.D. in Italian Literature from the University of Connecticut.

His most recent book is entitled "The Voices of Italy: Italian Language Newspapers and Radio Programs in Rhode Island." He is Italian American and has a great passion for Italy, her language and culture. He enjoys sharing his love of Italy and Italian with everyone he meets.

Let Freedom Ring: Exploring the Intersection of Music and Justice in America

Feodor Gostjev

Tuesday

4/9, 4/16, 4/23/ 4/30, 5/7, 5/14

2:00-3:20pm

This course will also include an optional in-person gathering on the BSU campus in lieu of one of the virtual class sessions, date TBD. Zoom (recorded)

This course will explore some of the many interconnections between music and justice in America. We will examine how the criminal justice institutions shaped the lives of musicians, their performances, creative activity, and the content of their songs in different historical periods and how justice and movements for social change were in turn shaped by music and musicians. The class will focus on three historical periods and the music styles most associated with them – Jim Crow and Delta Blues; protest music of the 1960s; 1980s War on Drugs, Rap and Hip-Hop. Explicit Content Warning: Please note that some of the music and class materials used in this class may include profanity, disturbing imagery, and racist, sexist, and homophobic slurs.

Dr. Feodor (Fed) Gostjev is an associate professor of Criminal Justice and the coordinator of the Criminal Justice graduate

program at Bridgewater State University. Fed's research focuses on immigration, ethno-racial diversity, crime, and justice in the United States. His research examines how immigrant residential settlement patterns shape the geographic distribution of violent extremism, gang violence, and crime across America. Fed is an ethnic Russian from Ukraine, born and raised in Crimea, and immigrated to the United States in 2002.

History of Western Art: Impressionism to Abstract Expressionism

Jim Kirkcaldy

Tuesday

4/23, 4/30, 5/7, 5/14, 5/21, 5/28

8:50-10:10am

Location: Easton Council on Aging Frothingham Hall

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.

Watercolor Painting for Beginners

Laurie J. Ferrini Halls

Tuesday

4/23, 5/7, 5/14, 5/21, 5/28, 6/4

10:40am-12:00pm

Course capped at 12 people

Course fee: \$10 (does not include supplies).

**Location: Easton Council on Aging
Frothingham Hall**

In this course students will explore and learn fundamental watercolor techniques, such as dry brush, wet on wet, glazing and washes, color theory, and brushwork to build your confidence so you can create pieces that you will be proud of. No prior experience required, just bring your enthusiasm and creativity!

Supplies needed (can be purchased at Michaels, Jo-Anns, Ocean-State Job Lot, Walmart, Amazon)—watercolor paints-basic pan set or tubes with variety of colors, watercolor brushes- medium round, small round, and watercolor paper 9" x 12".

Culinary Chronicles: Exploring the Tapestry of Food, Culture, and Emigrant Experiences

Panteha Sanati

Tuesday

4/30, 5/7, 5/14, 5/21, 5/28, 6/4

2:00-3:20pm

Zoom (recorded)

Inspired by Food, Culture, and the Emigrant experience, participants discuss, read, and write about any and all things food and culture. This could include heritage, food memories, harvesting food, preserving food, cooking artifacts, recipes, shared foods, festive foods, stories about ancestral farmland, grandma's special treats, inherited cooking tools/vessels/equipment/recipes, “food and memory,” restaurant stories, etc. The sky is the limit with this genre, but the common denominator is how food binds us together and transcends any geographical, racial, perceptual, or cultural boundaries. Short stories will be shared to inspire participants to create their own food narrative.

Panteha Sanati is an English Professor who enjoys writing and publishing poetry and short stories about food-inspired topics. She has been teaching for over 17 years, but her sacred domain and creative spaces are in her art studio and the kitchen where anything is possible, and the results are something she can share with others as an introduction to her culture and open door to others' culture.

MAY COURSES

Reading about Jail, Justice, and More

John Winters

Friday

5/10, 5/17, 5/24, 5/31, 6/7, 6/14

12:00-1:20pm

Zoom (recorded)

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

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

Creative Writing Workshop

Kathryn Evans

Tuesday

5/14, 5/21, 5/28, 6/4, 6/11, 6/18

2:00-3:20pm

Course capped at 25 participants

Course fee: \$10

Zoom (recorded)

This class is an opportunity to develop your creative writing skills. Anyone who has written or would like to write fiction, creative

nonfiction, poetry, and plays/screenplays is invited (but not obligated!) to share their work and get feedback from the instructor and other participants. As we give participants feedback on their writing, we'll learn more about key elements of creative writing, including sensory detail, pacing, characterization, dialogue, and the use of scenes as the building blocks of the narrative.

In addition to having the opportunity to read and learn from each other's work, class participants will be provided with a brief guide to creative writing. The course is capped at 25 students.

*Kathryn Evans is the author of *Real Questions: Reading and Writing Genres* (Bedford / St. Martin's Press). She directs BSU's Writing Studio and has been a professor in the English department since 2004. She loves teaching writing courses, finding it a privilege to learn from her students and to help them grow as writers.*

Writing Your Life Workshop: Crafting a Narrative Legacy

Kathryn Evans

Tuesday

5/14, 5/21, 5/28, 6/4, 6/11, 6/18

4:20-5:40pm

Course capped at 25 participants

Course fee: \$10

Zoom (recorded)

Participants will be invited to craft a creative nonfiction narrative describing a memory, making it come to life so that it might be shared with friends and family.

In our initial meeting, we'll discuss examples that illustrate key elements of creative nonfiction, including sensory detail, pacing,

characterization, dialogue, and the use of scenes as the building blocks of the narrative. 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.

Participants will have the option of further refining their craft by perusing “Writing Creative Nonfiction,” a how-to guide written by the instructor.

Kathryn Evans is the author of Real Questions: Reading and Writing Genres (Bedford / St. Martin's Press). She directs BSU's Writing Studio and has been a professor in the English department since 2004. She loves teaching writing courses, finding it a privilege to learn from her students and to help them grow as writers.