



Learning is for Everyone

Rowan College at Burlington County

LIFE offers adults 50 years or older the opportunity to pursue informal educational goals. All LIFE classes are taught by volunteers.

Membership

A LIFE membership entitles members to take as many courses as they wish during the eligible semesters. A membership year runs from September 1 to August 31. The cost of membership is \$80. A Summer-only (June 1 through August 31) membership is reduced to \$55. Membership fees are payable to RCBC/LIFE, and mailed to the LIFE program coordinator at LIFE, Rowan College at Burlington County, 900 College Circle, Mt. Laurel, NJ 08054.

Barons Pass

To protect the safety of our community, RCBC will begin Barons Pass for most college buildings in the fall of 2024. Students, faculty, and staff will use pass cards (their college IDs) to enter academic and staff buildings starting Monday, Sept. 16.

Directions – please bring your ID, and a copy of an email from the LIFE program such as your registration to Public Safety.

Public safety is available in the Student Success Center (building 1) and Evans Hall (building 8).

Refund Policy -

No refunds for LIFE membership are given after the first class of the semester session. Under mitigating circumstances, new members may petition a request for a refund if they have not attended any LIFE courses.

Classes

All LIFE classes are taught by volunteers. In most cases, there should be a minimum of ten (10) students to conduct a class; the instructor sets the maximum. When course registration dips as low as five members, there may be times when no one shows up for class. LIFE instructors will often set their minimum and maximum class sizes.

Absence and Attendance Policy

Attendance has been a problem for some classes, the instructors respectfully ask that you read and accept the following policy. Our volunteers work hard to gather, research, and present meaningful content. The instructors must know if they are preparing for 10 or 30 students.

Class Attendance - A LIFE Member is expected to attend all class sessions they register for. Please only register for classes that you will attend.

If for any reason, a LIFE Member cannot attend a class or session, they are responsible for notifying the instructor(s), in writing before the start of class. Instructor emails are provided along with the LIFE coordinator's email on class communications.

Inclement weather – the Life Coordinator will send an email message to the class and instructor.

Registration

Members can click the following link [Life Course Registration](#) or visit rcbc.edu/life

For additional information, please contact:

Michele Hogan

856-242-5354

life@rcbc.edu

Fall 2024 Course Offerings by Location

Online

(Students will receive login information from the instructor)

From the Left

Isabelle Addis

Are you a Liberal? Join fellow "Lefties" in a discussion of current events.

Monday

September 16 - November 18, 2024 (10 Sessions)

10:00 - 11:30 am

The Operetta Era-1850 to 1950

William Holt

Starting in about 1850 and for the next 100 years, operetta was the leading ingredient in Musical Theater- We'll review the great songs and great shows of the era. This is a hybrid course – available online or in-person.

Wednesday

October 16, 2024

10:00 - 12:00 pm

RCBC Mount Laurel Campus
900 College Circle, Mount Laurel, NJ 08054

Science in the News Laura Roselli
In this course we will discuss current biological discoveries and medical advances that are newsworthy. Students will introduce news from TV, newspaper, internet, or radio. Topics may cover nutrition, disease, medical treatments and beyond. The instructor will explain the science behind the headlines - without the jargon. Come curious...leave smarter.
Wednesday September 4 – 25, 2024 (4 sessions) 11:30 am – 12:30 pm

Introduction to Computers Cat Wishnfsky
Learn the basics of operating a computer, from key vocabulary to using a mouse and a keyboard, to helpful shortcuts. This class is perfect for beginners who have never used a computer and those who might be rusty on the basics. Laptops are provided during class or you can bring your own computer. Note – This is the same class that was offered in the summer, so no need to sign up if you already took the class, unless you'd like to repeat it. (10 seats)
Wednesday September 4 – 11, 2024 (2 Sessions) 10:00 – 11:30 am

Trivia Various
We meet weekly to challenge ourselves with trivia. We work in groups so no one needs to know everything. Participants are invited to take turns creating questions; if you would like to volunteer to organize a session, please sign up by emailing life@rcbc.edu for more information. No class Nov/ 28, 2024
Thursday September 5 – December 19, 2024 (17 sessions) 2:00 - 3:30 pm

Never too late to be finance savvy: Tips and Tricks for financial success Loriea M. Kannatt, CFE
Are you ready to take control of your financial goals? Join us for an interactive and engaging course led by a Certified Fraud Examiner and Financial Coach for Know Your Worth Coaching. Gain valuable insights and effective strategies for smart money management as we explore how to assess your financial situation, create a practical budget, minimize debt, and grow your savings. Bring an open mind and a positive attitude as we work together toward financial success. Please bring a pen and paper to each session. No class on 9/20 and 9/27
Friday September 6 – October 25, 2024 (6 sessions) 1:30– 3:00 pm

Smartphone Basics Cat Wishnfsky
Learn the basic functions of your smartphone, essential gestures for touchscreen navigation in Apple and Android, and a variety of useful apps for everyday tasks and entertainment. Students should bring their smartphones to class. Having an email address is helpful but not required. Note – This is the same class that was offered in the summer. If you already took this class, it will not be different from the summer class, but you are welcome to repeat it. (10 seats)
Friday September 6 – 13, 2024 (2 sessions) 1:30– 3:00 pm

Downsizing and Decluttering: You Can't Take It with You Thomas Phair
Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches practice, and easy-to-follow tips on downsizing and decluttering.
Tuesday September 10, 2024 11:00 am - 12:00 pm

Stress-Busting Program for Family Caregivers (SBP) Andrew Biederman
The Stress-Busting for Family Caregivers is a 9-week program that consists of weekly, 90-minute sessions with a small group of caregivers. During these sessions, caregivers will learn many new skills, including information about the disease process, stress management techniques, and a variety of other content. These sessions also provide caregivers with an opportunity to share their experiences and learn from each other. It is designed to improve the quality of life for family caregivers who provide care for persons with Alzheimer's disease, other related dementias, and chronic illnesses. This program helps caregivers manage their stress and cope better with their lives. 8 seats
Wednesday September 10 -November 6, 2024 (9 sessions) 10:30 – 12:00 pm

Fraud Watch Network the Scam Landscape Thomas Phair
This presentation helps empower individuals in the fight against fraud with proven resources and tools to help you spot and avoid identity theft and other fraud.
Thursday September 12, 2024 11:00 am - 12:00 pm

How to become an actor later in Life	Kim George
If you look at most commercials and print ads, there is typically an actor/model that is 50+. With a growth in pharmaceutical sales and the Baby Boomer generation aging, there is plenty of paid work out there for more mature men and women. Find out how to break into the industry!	
Monday	September 16 – October 7, 2024 (4 sessions) 6:00 – 7:00 pm
Healthcare Advocacy 101	Linda Pernia
In this 2-hour workshop, participants will gain a foundational understanding of how the healthcare system works, including the various types of healthcare providers, healthcare settings, and patient rights. They will learn essential communication strategies to enhance their interactions with healthcare providers, such as how to ask the right questions and express concerns effectively. The course will introduce practical tools and local resources, including planning templates, checklists, and support services, to aid in managing their health. Additionally, attendees will begin building the confidence needed to advocate for their health and well-being, empowering them to make informed decisions and seek the care they need.	
Tuesday	September 17, 2024 10:00 am - 12:00 pm
Fraud Watch Government Imposter Scams	Thomas Phair
Scammers are becoming more and more savvy in their efforts to take your money and/or identity, especially by pretending to be from a government agency. Stay up to date on impostor scams to understand the top ways to spot and avoid them.	
Tuesday	September 17, 2024 11:00 am - 12:00 pm
Inventions that changed the world	Bernie Garofalo
Inventions have shaped our world and transformed our lives. Who invented them and when? How did they happen?	
Wednesday	September 18 - 25, 2024 (2 sessions) 2:00 - 3:30 pm
Yoga and Your Mental Health	Anita Brown
Yoga is an ancient path to wholeness and healing. Join Anita Grace Brown for one powerful introduction experiencing firsthand what nervous system regulation feels like in the body and mind after just a brief practice of yoking mind and body via the breath. No prior experience-- all bodies will be able to participate and enjoy the benefits of internally organized peace.	
Thursday	September 19 – 26, 2024 (2 sessions) 6:30 - 8:00 pm
LIFE Flute Ensemble	Myra Lewinter Malamut
Whether you're up to snuff or haven't played for years, enjoy flute duets, trios, quartets, and more. Bring your flute, music stand, flute mask if possible, pencil, and <i>Quick Study Quartets: 10 Intermediate Pieces for 4 C Flutes</i> , arr. by Judy Nishimura, Alry Publications, available online. No Class on October 3, October 10, and November 28	
Thursday	September 19 – December 12, 2024 (10 sessions) 5:20 - 6:50 pm
Fraud Watch Network Your ID: Staying Connected and Protected	Sarah Spellman
As many ways as there are for fraudsters to poach your identity, there are also many simple steps you can take to help keep them at bay. This workshop helps review your ID protection checklist with simple steps you can start using today to protect your identity.	
Thursday	September 19, 2024 11:00 – 12:00 pm
Fraud Watch Online Romance Scams	Joseph Assalone
Scammers are eager to take advantage of people looking for love and connection online. This presentation will teach you how to spot the warning signs and protect yourself while connecting with others online.	
Tuesday	September 24, 2024 11:00 – 12:00 pm
The ABC and Myths about Cannabis	Karen Guest
A pharmacist with a master's degree and over 40 years of experience. Many areas of expertise include long-term care, PBM, retail, consultant, and certified Cannabis professional. Some topics discussed: where it all started, different forms, uses, dosing, terpenes, cannabinoids, and fun interesting facts about cannabis. Classes are for beginners to more advanced. Everyone is welcome; no prior knowledge is needed. It is a time to sit back and relax.	
Tuesday	October 1 - 22, 2024 (4 sessions) 10:00 – 11:00 am

HomeFit	James Sunderhauf
Older adults want to remain in their current homes and communities for as long as possible. Yet barely one percent of the nation's housing supply contains any "universal design" elements — such as single story living or a sink that can be reached from a wheelchair. That's where AARP HomeFit comes in. Based on the free AARP HomeFit Guide, this presentation can help individuals and families make their current or future residence – or that of a loved one – their "lifelong home."	
Tuesday	October 1, 2024 11:00 – 12:00 pm
Introduction to Microsoft Word	Cat Wishnefsky
Join us to explore Microsoft Word. Build your word processing and text editing skills and learn the many facets that make Word an essential tool to work with. Required skills for this class: Computer basics – mouse and keyboard. Laptops are provided during class or you can bring your own computer.	
Wednesday	October 2, 2024 10:00 – 11:30 am
Making Cents of Caregiving	Sarah Spellman
This presentation introduces caregivers to essential information and resources needed to more easily manage some of the financial complexities of caregiving.	
Thursday	October 3, 2024 11:00 – 12:00 pm
Art and Culture of Northwest Coast and Far North/Arctic Indigenous Peoples	Jayne Yantz
As part of the course on Native American Art and Culture, this lecture will focus on the Arts and beliefs of indigenous people of the Northwest Coast and Far North. Discussions will include totem poles, family crests and mythology, Tricksters (like Raven), the Potlatch, art's relationship to the environment and shamanism.	
Monday	October 7, 2024 1:00 – 3:00 pm
Making a Flyer in Microsoft Publisher	Cat Wishnefsky
In this class, we will practice creating a flyer in Microsoft Publisher. We will practice creating a visually appealing document! Basic computer skills are required for this class. Laptops are provided during class or you can bring your own computer.	
Wednesday	October 9, 2024 1:30 – 3:00 pm
Military History Presented by Armed Forces Heritage Museum	Roy Plummer
An introduction to New Jersey regional military history that features veterans who have served with distinction. Additional opportunity to tour our military museum at the historic Captain James Lawrence House in Burlington City (Tour Dates TBD)	
Thursday	October 9, 2024 2:00 – 3:00 pm
Prepare to Care	Sarah Spellman
This presentation focuses on helping individuals make plans to care for friends, family members or loved ones, using the Prepare to Care Guide.	
Thursday	October 10, 2024 11:00 – 12:00 pm
Public Benefits for Older Adults	Sarah Spellman
This presentation will demonstrate how you or a loved one can help supplement your income and decrease your spending by securing the essentials, eligible benefits, discounts, and crucial refunds. We'll cover the Supplemental Nutrition Assistance Program, Affordable Connectivity Program, Low-Income Home Energy Assistance Program, Medicare Savings Programs, and the Medicare Extra Help Plan. You'll walk away with easy access to resources that you can use to apply for these programs.	
Tuesday	October 15, 2024 11:00 – 12:00 pm

The Time to Hear is Here		Ron Gottardi
Hear about what's new in scientific studies of hearing health, such as: The number of seniors affected by hearing loss is much higher than previously thought, Not only does untreated hearing loss severely impact the quality of life, but it can also shorten life. This makes for a game-changing case for Medicare covering hearing aids. Let's press Congress to enact this. Hear about what's new in hearing technology, such as OTC (over-the-counter) hearing aids, and Auracast® by Bluetooth® systems for public venues; hear about what's new in cell phone apps to help hearing. Hear about what's new in recommended features, brands, and retailers, hearing aid shopping tips; how to organize for hearing health in your senior residence/55+ community, and more.		
Tuesday	October 15, 2024	2:00 - 3:00 pm
The Operetta Era-1850 to 1950 (Hybrid)		William Holt
Starting in about 1850 and for the next 100 years, operetta was the leading ingredient in Musical Theater- We'll review the great songs and great shows of the era. This is a hybrid course – available online or in-person		
Wednesday	October 16, 2024	10:00 - 12:00 pm
Basic Computer Security		Joseph Calloway
This course will provide basic information to secure your computer from hackers.		
Wednesday	October 16, 2024	9:00 – 12:00 pm
Six Pillars of Brain Health		Thomas Phair
This presentation is designed to empower participants to take charge of their brain health. Participants will learn about practical behaviors to support brain health.		
Thursday	October 17, 2024	11:00 – 12:00 pm
Samhain (Halloween) and Other Tales of the Celtic Spirit World		Vincent Trainor
The origins of what we now call Halloween and other stories of the Fae and the Sidhe.		
Tuesday	October 22 - 29, 2024 (2 Sessions)	1:00 – 2:30 pm
Learn how you can benefit from the Inflation Reduction Act (Oct)		Marty Levin Ila Vassallo
How to Be Comfortable and a Climate Hero, Too - with the Inflation Reduction Act. Details about how the credits and rebates work and tools to help you maximize your savings and impact on the environment.		
Tuesday	October 22, 2024	2:00 – 3:30 pm
Social Isolation		Joseph Assalone
Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health. This program is more a workshop than a lecture that: Raise awareness around social isolation and loneliness, transform the way in which community members view social connections, and empower older adults with tools and motivation to help build and maintain strong support networks and meaningful relationships. Attendees will put pen to paper to develop a plan to maintain and expand their social connections to make their lives fuller and avoid isolation.		
Tuesday	October 22, 2024	11:00 – 12:30 pm
Affordable Home Internet		Sarah Spellman
Having home internet can help you save money, look for a job, connect with others, make everyday tasks easier, and much more! This lecture goes over basic information you need to know when signing up for home internet service. You'll also learn about the Affordable Connectivity Program (ACP), a government program that helps qualifying low-income households pay for internet service and connected devices. In some cases, depending on your internet plan, the ACP discount may help you get home internet for free!		
Thursday	October 24, 2024	11:00 – 12:30 pm
The Widow Who Saved a Revolution		Alicia McShulkis
Just before the Battle of Trenton during the Revolutionary War a beautiful, young widow stopped the Hessians from returning to Trenton the day after Christmas. Who was she? Was she a spy sent by George Washington? Was her being in Mount Holly at the appointed date and time a happy accident? Family relations and actions serve as a basis for the 'widow' being in Mount Holly. Though no direct statements have been found so far, it is by noting the relationships between the many family members and comparing this to first and second-hand accounts of the persons involved, that it becomes possible to piece together the actions of the 'widow. Using clues and historical research this presentation will culminate in who the widow was.		
Monday	October 21, 2024	2:00 – 4:00 pm

What and Where is Timbuctoo in Burlington County?	Guy Weston
Timbuctoo in Westampton Township was settled in 1826 by formerly enslaved and free Black people with the assistance of Quakers. Today the only above-ground evidence of Timbuctoo's history is a cemetery, where the oldest gravestone is dated 1847. Come hear Guy Weston, who came to Timbuctoo in 1829, talk about his research in this community, where his mother still lives, 198 years later. Visit www.TimbuctooNJ.com for more information	
Monday	October 28, 2024 2:00 – 3:00 pm
Introduction to PowerPoint	Cat Wishnefsky
Learn how to make presentations with Microsoft PowerPoint. Students will learn the basics of PowerPoint and pick up fun tricks like adding transitions between slides and inserting photos. Required skills for this class: Computer basics – mouse and keyboard. Laptops are provided during class or you can bring your own computer.	
Tuesday	October 29, 2024 10:00 – 11:30 am
Digital Coupon Tools	Sarah Spellman
If you like saving money on groceries and everyday items, then this lecture is for you! We'll introduce you to the world of digital couponing and a variety of tools to help you get started. You'll learn about coupon websites, apps, and databases as well as tips for getting the best deals	
Tuesday	October 29, 2024 11:00 – 12:30 pm
How to Choose a New Computer	Sarah Spellman
Looking for a new computer? This informational session addresses some of the most common questions surrounding how to choose a new computer: Where to start? What's a reliable brand? How much should you budget? What technical specifications? We will also cover operating systems and compare alternatives to the traditional computer, e.g., tablets and Chromebooks.	
Tuesday	November 5, 2024 11:00 – 12:30 pm
Life Insurance Basics	John C. Donch, PE, PLS, CPE. MS
What are the benefits of having Life Insurance? What are the different types of Life Insurance that will fit your needs? Can Life Insurance be used with Long Term Care Insurance? Can Life Insurance be used for Tax-Free Income in retirement?	
Tuesday	November 5, 2024 1:00 – 2:00 pm
Genetics for Beginners	Laura Roselli
Explore the fascinating world of genetics in this course, where we delve into the fundamental principles of genes and their role in various aspects of life. Begin by unraveling the mysteries of genes and their crucial connections to disease as well as the latest advancements in genetic research. In addition, you will learn how genetic information can reveal ancestral heritage, assist in solving criminal investigations, and contribute to personalized medical approaches. No class on November 27, 2024.	
Wednesday	November 6 – December 4, 2024 (4 Sessions) 11:30 – 12:30 pm
Introduction to A.I.	Joseph Assalone
Curious about A.I.? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how A.I. is being used today, what its current limitations are, and how it will shape the future!	
Thursday	November 7, 2024 11:00 – 12:30 pm
Medicare Basics	John C. Donch, PE, PLS, CPE. MS
There are two options in Medicare and this course will explain what the different options are and how they relate to each situation. A needs analysis should be made to ascertain which option may be the best for you individually. There will also be an introduction to the New Jersey benefit of Pharmaceutical Assistance to Aged and Disabled (PAAD) and what the required qualifications are for this benefit.	
Friday	November 8, 2024 10:00 – 11:00 am
Story of Legendary Hessian	William Lewis
From new book South Jersey's Legends & Lore :This American Revolutionary War period story is taken right out of the author's new book South Jersey Legends & Lore. In Chapter 25 is a historical telling of the Legendary Hessian Island In The Pines. The author tells the story of a local oral tradition while wearing colonial dress that fits the character. John Bacon notorious Pine Robber and Land Pirate only loyal to the king is tied to Hessian Island. It is the only hideout discovered by the Patriots during the American Revolutionary War period to date. The new book is a collection of 30 short stories both tall tales and historical footnotes in time.	
Monday	November 11, 2024 1:00 – 2:30 pm

Excel Basics	Cat Wishnefsky
Get started with Microsoft Excel. Students will learn the basics of Excel, from getting familiar with the interface to using premade templates to setting up spreadsheets with simple functions and visual styling. Basic computer skills are required for this class. Laptops are provided during class or you can bring your own computer.	
Tuesday, Wednesday	November 12-13, 2024 (2 Sessions) 10:00 – 11:30 am
Introduction to Booking Vacation Stays Online	Sarah Spellman
Do you love to travel but miss the comforts of home when you're away? Thanks to a variety of websites and apps, you can find your perfect home away from home almost anywhere in the world! This lecture introduces popular vacation rental sites, their common features, and how to find great deals. Additionally, you'll learn how to choose your vacation rental wisely and stay safe while traveling. Need to travel on a budget? We'll also discuss alternatives to rentals, such as online platforms for home exchanges and housesitting!	
Tuesday	November 12, 2024 11:00 – 12:30 pm
Learn how you can benefit from the Inflation Reduction Act	Marty Levin and Ila Vassallo
(November) How to Be Comfortable and a Climate Hero, Too - with the Inflation Reduction Act. Details about how the credits and rebates work and tools to help you maximize your savings and impact on the environment.	
Tuesday	November 12, 2024 2:00 – 3:30 pm
Mobile Health Apps	Sarah Spellman
Did you know that your smartphone is also a powerful health tool? This lecture introduces common health apps, like the iPhone's built-in app and the Google Fit app. You'll learn about using the app's step counter, as well as integrating information from other popular health and fitness apps. You'll also learn the benefits of saving your medical ID.	
Tuesday	November 14, 2024 11:00 – 12:30 pm
Tech Help Q&A – Bring Your Own Device	Cat Wishnefsky
Bring your device for a casual conversation about tech questions. We will try to solve the problems as a class and learn from one another!	
Friday	November 15, 2024 1:00 – 3:00 pm
Wildlife in Winter	Jennifer Bulava
Learn about the special adaptations of local wildlife and plants in winter. Discover the strategies that insects, birds, amphibians, reptiles, mammals, and fish use to survive the winter, as well as adaptations of deciduous and evergreens.	
Tuesday	November 19, 2024 10:00 – 11:30 am
Podcasts at a Glance	Sarah Spellman
Podcasts are an increasingly popular form of entertainment and a great source of information on all kinds of topics. In this lecture, you'll learn more about these audio programs available on the internet: why people listen to them, where you can find them, and what the most popular ones are.	
Tuesday	November 19, 2024 11:00 – 12:30 pm
Streaming & Smart TVs	Thomas Phair
Every day, more and more people are “cutting the cord” and canceling their cable subscriptions. Instead, they’re using free or low-cost streaming services like YouTube, Netflix, and Hulu to watch their favorite shows and movies online. This presentation will introduce streaming: what it is, how to use it, and the variety of content available. You’ll also learn how to watch live TV without cable and how smart TVs and streaming devices can let you watch videos from the Internet on your television.	
Thursday	November 21, 2024 11:00 – 12:30 pm
Art and Culture of Native North America: A Wrap	Jayne Yantz
This lecture will conclude the course on Native American Art and culture. It will cover important materials we missed in other talks, such as Dream Catchers, Kachinas/Katsinam, California baskets, Navajo blankets, Peyote and other drugs, The Barnes Collection of Desert Southwestern materials, and a summary conclusion.	
Monday	November 25, 2024 1:00 – 3:00 pm
Tips for Being News-Savvy Online	Sarah Spellman
Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news sources and review helpful fact-checking sites. You'll learn why it's important to read and check your sources before sharing!	
Tuesday	November 26, 2024 11:00 – 12:30 pm

Annuity Basics	John C. Donch, PE, PLS, CPE. MS
Annuities come in many forms. They are used for retirement income and come with many different "Riders" that can enhance the benefits of an Annuity.	
Tuesday	November 26, 2024 2:30 – 3:30 pm
Virtual Museum Tours	Thomas Phair
Tour world-famous museums from the comfort of your home! Did you know many of the world's leading museums have been making their collections and exhibits available to view virtually? In this lecture we'll explore some of these virtual galleries, as well as digital tools that help bring art, architecture, and history to life!	
Monday	December 2, 2024 11:00 – 12:30 pm
Is a Reverse Mortgage Right for You?	John C. Donch, PE, PLS, CPE. MS
An introductory explanation of how a Reverse Mortgage may or may not be appropriate for your individual situation.	
Tuesday	December 10, 2024 10:00 – 11:00 am

September 2024

Wed Sep 4, 2024

10 am - 11:30 am Introduction to Computers

11:30 am - 12:30 pm Science in the News

AlFri Sep 6, 2024

1:30 pm - 3 pm Never too late to be finance savvy: Tips and Tricks for financial success

1:30 pm - 3 pm Smartphone Basics

Tue Sep 10, 2024

11 am - 12 pm Downsizing and Decluttering: You Can't Take It with You

Wed Sep 11, 2024

10 am - 11:30 am Introduction to Computers

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

11:30 am - 12:30 pm Science in the News

Thu Sep 12, 2024

2 pm - 3:30 pm Trivia

Fri Sep 13, 2024

1:30 pm - 3 pm Never too late to be finance savvy: Tips and Tricks for financial success

1:30 pm - 3 pm Smartphone Basics

Mon Sep 16, 2024

10 am - 11:30 am From the Left

6 pm – 7 pm How to become an actor later in Life

Tue Sep 17, 2024

10 am - 12 pm Healthcare Advocacy 101

Wed Sep 18, 2024

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

11:30 am - 12:30 pm Science in the News

2 pm - 3 pm Inventions that changed the world

Thu Sep 19, 2024

10 am - 11:30 am Women's History

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

6:30 pm – 8 pm Yoga and Your Mental Health

Mon Sep 23, 2024

10 am - 11:30 am From the Left

6 pm – 7 pm How to become an actor later in Life

Wed Sep 25, 2024

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

11:30 am - 12:30 pm Science in the News

2 pm - 3 pm Inventions that changed the world

Thu Sep 26, 2024

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

6:30 pm – 8 pm Yoga and Your Mental Health

Mon Sep 30, 2024

10 am - 11:30 am From the Left

6 pm – 7 pm How to become an actor later in Life

OCTOBER 2024

Tue Oct 1, 2024

10 am - 11 am The ABC and Myths about Cannabis

Wed Oct 2, 2024

10 am - 11:30 am Introduction to Microsoft Word

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

Thu Oct 3, 2024

2 pm - 3:30 pm Trivia

Fri Oct 4, 2024

1:30 pm - 3 pm Never too late to be finance savvy: Tips and Tricks for financial success

Mon Oct 7, 2024

10 am - 11:30 am From the Left

1 pm - 3 pm Art and Culture of Northwest Coast and Far North/Arctic Indigenous Peoples

6 pm - 7 pm How to become an actor later in Life

Tue Oct 8, 2024

10 am - 11 am The ABC and Myths about Cannabis

2 pm - 3 pm The Time to Hear is Here

Wed Oct 9, 2024

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

1:30 pm - 3 pm Making a Flyer in Microsoft Publisher

2 pm - 3 pm Military History

Thu Oct 10, 2024

2 pm - 3:30 pm Trivia

Fri Oct 11, 2024

1:30 pm - 3 pm Never too late to be finance savvy: Tips and Tricks for financial success

Mon Oct 14, 2024

10 am - 11:30 am From the Left

Tue Oct 15, 2024

10 am - 11 am The ABC and Myths about Cannabis

Wed Oct 16, 2024

9 am - 12 pm Basic Computer Security

10 am - 12 pm The operetta era-1850 to 1950

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

Thu Oct 17, 2024

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Fri Oct 18, 2024

1:30 pm - 3 pm Never too late to be finance savvy: Tips and Tricks for financial success

Mon Oct 21, 2024

10 am - 11:30 am From the Left

2 pm - 4 pm The Widow Who Saved a Revolution

Tue Oct 22, 2024

10 am - 11 am The ABC and Myths about Cannabis

1 pm - 2:30 pm Samhain (Halloween) and Other Tales of the Celtic Spirit World

2 pm - 3:30 pm Learn how you can benefit from the Inflation Reduction Act

Wed Oct 23, 2024

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

Thu Oct 24, 2024

11 am - 12:30 pm Affordable Home Internet

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Fri Oct 25, 2024

1:30 pm - 3 pm Never too late to be finance savvy: Tips and Tricks for financial success

Mon Oct 28, 2024

10 am - 11:30 am From the Left

2 pm - 3:0 pm What and Where is Timbuctoo in Burlington County?

Tue Oct 29, 2024

10 am - 11:30 am Introduction to PowerPoint

11 am - 12:30 pm Digital Coupon Tools

1 pm - 2:30 pm Samhain (Halloween) and Other Tales of the Celtic Spirit World

Wed Oct 30, 2024

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

Thu Oct 31, 2024

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

November 2024

Mon Nov 4, 2024

10 am - 11:30 am From the Left

Tue Nov 5, 2024

11 am - 12:30 pm How to Choose a New Computer

1 pm - 2 pm LIFE INSURANCE BASICS

Wed Nov 6, 2024

10:30 am - 12 pm Stress-Busting Program for Family Caregivers (SBP)

11:30 am - 12:30 pm Genetics for Beginners

Thu Nov 7, 2024

11 am - 12:30 pm Introduction to AI

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Fri Nov 8, 2024

10 am - 11 am MEDICARE BASICS

Mon Nov 11, 2024

10 am - 11:30 am From the Left

1 pm - 2:30 pm Story of Legendary Hessian from new book South Jersey's Legends & Lore

Tue Nov 12, 2024

10 am - 11:30 am Excel Basics

11 am - 12:30 pm Introduction to Booking Vacation Stays Online

2 pm - 3:30 pm Learn how you can benefit from the Inflation Reduction Act

Wed Nov 13, 2024

10 am - 11:30 am Excel Basics

11:30 am - 12:30 pm Genetics for Beginners

Thu Nov 14, 2024

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Fri Nov 15, 2024

1 pm - 3 pm Tech Help Q&A – Bring Your Own Device

Mon Nov 18, 2024

10 am - 11:30 am From the Left

Tue Nov 19, 2024

11 am - 12:30 pm Podcasts at a Glance

10 am - 11:30 am Wildlife in Winter

Wed Nov 20, 2024

11:30 am - 12:30 pm Genetics for Beginners

Thu Nov 21, 2024

11 am - 12:30 pm Streaming & Smart TVs

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Mon Nov 25, 2024

1 pm - 3 pm Art and Culture of Native North America: A Wrap

Tue Nov 26, 2024

11 am - 12:30 pm Tips for Being News Savvy Online

2:30 pm - 3:30 pm Annuity Basics

December 2024

Mon Dec 2, 2024

11 am - 12:30 pm Virtual Museum Tours

Wed Dec 4, 2024

11:30 am - 12:30 pm Genetics for Beginners

Thu Dec 5, 2024

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Tue Dec 10, 2024

10 am - 11 am IS A REVERSE MORTGAGE RIGHT FOR YOU?

Thu Dec 12, 2024

2 pm - 3:30 pm Trivia

5:20 pm - 6:50 pm LIFE Flute Ensemble

Thu Dec 19, 2024

2 pm - 3:30 pm Trivia