



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. Classes may end early but cannot extend past the scheduled time.

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

Spring 2025 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	10:00 - 11:30 am
January 20 – May 12 (15 Sessions)	
Understanding and Developing Personal Wellness	Brigitte Limontas
This is a course or workshop I designed almost 2 years ago with the intent to introduce, break down, illustrate, discuss, and teach comprehensive wellness. The goal is to provide context about proactive approaches to comprehensive wellness, especially decision-making.	
Hybrid - this class is available online and in person, No class on February 15	
Saturday	11:00 am – 1:30 pm
January 25 – February 22 (4 sessions)	
A History of the Broadway Musical	William Holt
This course will trace the development of American musical theater from its early sources and influences to its development as the Broadway Musical. Video clips of great performances will be included. (Hybrid class available online and in-person)	
Wednesday	10:00 am – 12:00 pm
April 16	

The Evergreens

309 Bridgeboro Rd, Moorestown, NJ 08057

Parenting From the Grave	Richard Weidner
Estate Planning from a Parental viewpoint	
Tuesday	10:00 - 11:30 am
May 6 – May 20 (3 Sessions)	

Lunch and Learn Series by the Credit Union of New Jersey

Lunch will be provided and the lectures will be on the RCBC Mt Laurel Campus

Understanding AI – using A.I. and how seniors can keep safe	11:30 am – 1:00 pm	February 5, 2025
Identity Theft - keeping yourself and your family safe from online and over-the-shoulder predators	11:30 am – 1:00 pm	March 5, 2025
Are you financially healthy? - questions you should be asking yourself to get ready for retirement and social security	12:00 am – 1:30 pm	May 6, 2024

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

Nervous system regulation and journaling workshop		Anita Brown
Students will bring a mat, journal, and pen for a 90-minute workshop exploring mind-body-spirit unity and the peace of the practice as survival stress is reduced in the community. This workshop is all levels but helpful if you can get up and down from the mat once or twice. There will be breathing components and relaxation at the end for integration.		
Thursday	January 16	4:30 – 6:00 pm
Hopeful Resilience		Anna Klinman
"Welcome to our exciting journey into the heart of what makes us truly human! In today's digital world, it's easy to feel overwhelmed by artificial intelligence and social media. However, research shows that focusing on our unique human qualities can lead to greater resilience, deeper connections, and ultimately, a happier, healthier life.		
In this course, we'll explore the essential traits that define us as human beings. Together, we'll uncover these qualities in our communities, our relationships, and within ourselves. We'll study inspiring individuals and movements that embody each trait, and you'll walk away with practical, hands-on ideas to incorporate these values into your daily life.		
From simple practices like starting a gratitude journal and performing random acts of kindness to more impactful actions like volunteering for causes you care about or trying your hand at cooking dishes from different cultures, we'll cover a range of engaging activities and interesting ideas.		
Each one-hour session will focus on three to four key human qualities, such as gratitude, authenticity, compassion, kindness, service, responsibility, balance, courage, integrity, hope, and honesty. All materials will be provided, so just bring your curiosity and enthusiasm!		
I can't wait to embark on this enriching adventure with you! Come as you can!		
Tuesday	January 21 – May 27 (19 sessions)	10:00 – 11:00 am
Basic Photography		Steve Walter
Basic photography covering composition and making photos more interesting		
Tuesday	January 21 – February 3 (3 sessions)	10:00 – 11:00 am
Introduction to A.I.		Sarah Spellman
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! This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms.		
Tuesday	January 21	11:00 – 12:00 pm
Life Insurance Basics		John C. Donch
An Introduction to Life Insurance		
Tuesday	January 21	2:30 – 3:30 pm
Military History		Roy Plummer
With Bob von Bargen USAF Retired Colonel, this session explores key aspects of our nation's military history. It includes engaging videos featuring compelling stories from area veterans, history-focused documentaries, and a special emphasis on the military heritage of New Jersey and its neighboring regions. This program is proudly presented by the Armed Forces Heritage Museum in Burlington, NJ, dedicated to preserving and honoring the service and contributions of military members.		
Wednesday	Jan 22, Feb. 26, Mar 26, April 23 (4 sessions)	2:00 – 3:00 pm

Senior Living and Home-Based Services Options		Sarah Spellman
A Primer for Current and Future Consumers		
As we age, it is likely that we, or someone we love, may require supportive services and/or possibly a different living arrangement in the future. Senior living and home-based services options can be overwhelming and complicated, especially during times of crisis. In this class, we will answer questions such as: What is the difference between home health and home care? What is a life care contract? What does long-term care insurance pay for? When is it time to sign up for hospice and what does that really mean? What is the difference between an assisted living facility and a nursing home? Who pays for custodial long-term care services? What does Medicare cover? Participants will become more informed consumers of services and will leave with a printed reference guide.		
Thursday	January 23	11:00 – 12:00 pm
Trivia		Various
Bring your curiosity and team spirit to our lively Weekly Trivia sessions! Each week, we tackle a fresh mix of fun and quirky questions. Group members take turns crafting questions, so every session offers something unique. We play in teams, so you don't have to know it all to join in—you just need a sense of humor and a readiness to learn. It's all about friendly competition, sharing laughs, and discovering new facts together. See you there!		
Thursday	January 23 – May 29 (22 sessions)	2:00 - 4:00 pm
How to Order Photo Prints from Your Phone		Cat Wishnefsky
Many of us have hundreds, if not thousands of photos on our smartphones! This class will review how to order prints of these photos right from your phone.		
Friday	January 24	1:30 – 3:00 pm
Understanding and Developing Personal Wellness		Brigitte Limontas
This is a course or workshop I designed almost 2 years ago with the intent to introduce, break down, illustrate, discuss, and teach comprehensive wellness. The goal is to provide context about proactive approaches to comprehensive wellness, especially decision-making.		
Hybrid - this class is available online and in person, No class on February 15		
Saturday	January 25 – February 22 (4 sessions)	11:00 am – 1:30 pm
Sears Roebuck Homes and how they contributed to the American Dream		Judy Gauntt
The program lasts about 30 minutes and usually, there are a lot of questions. The presentation covers why Sears went into the business that other companies had started and how this Amazon of its day designed, shipped, and financed hundreds of housing styles that enabled many people to afford a home for the first time. From catalog homes to kit homes followed by barns, silos and garages, and later neighborhoods, Sears Roebuck helped make the American Dream affordable to thousands of families.		
Monday	January 27	2:00 – 3:00 pm
Fraud Watch the Scam Landscape Staying Safe		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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)		
Tuesday	January 28	11:00 – 12:00 am
Digital Coupons		Thomas Phair
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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)		
Tuesday	February 4	11:00 – 12:00 am

Smartphone Basics	Cat Wishnefsky
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 fall. If you already took this class, you are welcome to repeat it.	
Wednesday	February 5 -12 (2 sessions)
1:30 am – 3:00 pm	
The Time to Hear is Here	Ron Gottardi
An important presentation for seniors about hearing health and help. Hear about surprising new scientific data on the prevalence of hearing problems among the elderly, why Medicare should cover hearing aids, remarkable new advances in hearing technology, helpful new cell phone apps, shopping and brand tips, getting organized, and more.	
Wednesday	February 5
2:00 – 3:00 pm	
Protecting Yourself from Online Romance Scams and Identity Theft	Thomas Phair
Fraudsters are constantly finding new ways to exploit personal connections and steal identities, but with the right tools, you can stay one step ahead. This workshop provides a practical ID protection checklist with simple, actionable steps you can take today to safeguard your identity.	
Learn how to recognize the warning signs of online romance scams and protect yourself while building connections online. Don't let scammers take advantage of your search for love—arm yourself with knowledge and strategies to stay safe. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms.	
Tuesday	February 11
11:00 – 12:00 pm	
Why We Walk – Black History	Deborah Price
African Americans have played a central and transformative role in shaping U.S. history. From the enduring struggles of slavery and its abolition to the Great Migration, the <i>iconic</i> civil rights movements, and significant contributions in the military, sciences, medical fields, arts, politics, and athletics, their influence is woven into the fabric of the nation. These achievements continue to inspire as we witness and explore key moments, milestones, and figures in Black history <i>even to this day</i> . This session outlines <i>Historical Walks</i> that celebrate, honor, and shine a light on contributors—both well-known and lesser-known—whose actions have helped stitch the threads of history. It also gives voice to the silenced, erased, and unarchived by sharing <i>his</i> stories, <i>her</i> stories, and <i>their</i> stories. Together, we uncover narratives often unknown to many, preserving the legacy of those who shaped the course of history.	
This presentation is proudly provided by a volunteer of the Underground Railroad Museum in Mount Holly, NJ, dedicated to honoring these vital contributions.	
Tuesday/Wednesday	February 11 – 12 (2 sessions)
1:00 am - 3:00 pm	
Inventions That Changed the World	Bernie Garofola
Who invented them, why were they invented and where were they invented?	
Wednesday	February 10 – 24 (3 sessions)
2:00 – 3:00 pm	
Getting To Know Your Smartphone	Sarah Spellman
Don't let your smartphone's settings stump you! Learn the basics in this workshop. During this hands-on workshop, we'll explore some of the common features of smartphones. You'll learn ways to interact with the touch screen, how to access important controls, and how to search for specific settings, including securing your phone. We'll also go over useful built-in voice assistant and accessibility features. This workshop will cover both iPhones and Android phones. You'll receive a step-by-step handout covering basic features to take home with you. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms.	
Thursday	February 13
11:00 – 12:00 pm	

Downsizing and Decluttering	Thomas Phair
Having too much stuff can impede people from relocating or getting health care in 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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (50 minutes)	
Tuesday	February 18 11:00 – 12:00 pm
Burlington County Park System Overview for Seniors	Jennifer Bulava
This presentation is all photograph-based and focuses on each Burlington County Park property, where they are located, the amenities each park has, the best times to visit, what types of programs are held throughout the year, and examples of plants and animals you may find there.	
Friday	February 28 1:00 – 2:30 pm
Annuity Basics	John C. Donch
An introduction to how annuities works for retirement.	
Friday	February 28 2:30 – 3:30 pm
Native Trees of South Jersey	Gina DiMaio
Join Burlington County Park Naturalist Gina DiMaio for an overview of some of the most common and important tree species in southern New Jersey. This presentation will explore not only how to identify these trees but also their ecological and cultural implications.	
Wednesday	March 4 10:00 – 11:30 am
Google Maps	Sarah Spellman
Visit sites around the world from the comfort of your home, get a bird's-eye-view of your childhood neighborhood, or simply get directions to your friend's house! Google Maps is a mapping application that offers satellite imagery, street maps, and street-view perspectives. It also has a route planner for your preferred transportation method, be it foot, car, bicycle or public transportation. During this lecture, you'll get an introduction to the platform and a demonstration of how to use it. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)	
Tuesday	March 4 11:00 – 12:00
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. Note: This is the same class that was offered in the fall, but you are welcome to repeat the class.	
Wednesday	March 5 – March 12 (2 sessions) 10:00 – 11:00 am
HomeFit	Sarah Spellman
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." This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (30 minutes)	
Thursday	March 6 11:00 am – 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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)	
Tuesday	March 11 11:00 am – 12:00 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> , arranged by Judy Nishimura, Alry Publications, available online. No class March 27, Apr 24 and May 1	
Thursday	March 13 – May 29 (9 sessions) 5:20 – 6:50 pm
Irish Art & Culture	Jayne Yantz
Irish Art & culture, an overview of Irish creativity from early prehistory to Aran sweaters. We will cover Irish metalwork, the Book of Kells, and the Celtic Revival. WEAR GREEN!	
Monday	March 17 1:00 – 3:00 pm
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! This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)	
Tuesday	March 18 11:00 am – 12:00 pm
Social Isolation	Thomas Phair
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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (40 minutes)	
Tuesday	March 25 11:00 am – 12:00 pm
Getting Started on Creating Your Family Tree	Guy Weston
This course is a basic introduction to family history research. We will discuss five steps to creating a family tree, including gathering information from elders, using popular databases, such as those provided via Ancestry.com and FamilySearch.com, resolving common pitfalls, DNA testing, and actual construction of a family tree. Participants are requested to bring approximate birth and death year and location of an ancestor if they would like to use their family as an example for an interactive classroom activity.	
Tuesday	March 25 – April 1 (2 sessions) 2:00 – 3:00 pm
Basic Computer Security	Joseph Calloway
To give the students information on how to secure their computers and smartphones. Also, to enable the students to be able to identify phishing emails and local scams.	
Wednesday	March 26 10:00 am – 1:00 pm
Medicare Basics	John C. Donch
Questions about Medicare answered by a retired Medicare Health Insurance Agent.	
Friday	March 28 2:30 - 3:30 pm
Podcasts	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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (45 min.)	
Tuesday	April 1 11:00 am – 12:00 pm

Internet Skills	Cat Wishnefsky
Learn the basics of using the internet, from web browsers to search engines with plenty in between. Students will learn different functions in a web browser, how to upload and download documents, and various tools and strategies for searching. Laptops are provided during class or you can bring your own device. Required skills for this class: Computer basics – mouse and keyboard	
Wednesday	April 2 10:00 – 11:30 am
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	April 2 – 30 (5 sessions) 1:00 – 2:30 pm
Streaming and 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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)	
Tuesday	April 8 11:00 am – 12:00 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!	
Tuesday	April 14 -21 (2 sessions) 1:00 – 3:00 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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (30 minutes)	
Tuesday	April 15 11:00 am – 12:00 pm
Human Evolution in Two Parts	Vincent Trainor
Part 1: How we got here. A brief, non-technical overview of human evolution to date Part 2: Where does humanity go from here? Pure speculation! Bring your wildest ideas!	
Tuesday	April 15 -22 (2 sessions) 1:00 – 2:00 pm
A History of the Broadway Musical	William Holt
This course will trace the development of American musical theater from its early sources and influences to its development as the Broadway Musical. Video clips of great performances will be included. (Hybrid class available online and in-person)	
Wednesday	April 16 10:00 am – 12:00 pm
How to choose a new computer	Thomas Phair
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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms.	
Tuesday	April 22 11:00 am – 12:00 pm

Reverse Mortgage Basics	John C. Donch
A Reverse Mortgage is not for everyone. Find out if it is good or bad for you.	
Friday	April 25 2:30 – 3:30 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! This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)	
Tuesday	April 29 11:00 am – 12:00 pm
Mobile Health Apps	Thomas Phair
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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (45 min)	
Tuesday	May 6 11:00 am – 12:00 pm
A.I. Basics	Cat Wishnefsky
Come learn about the basics of AI! AI, also known as artificial intelligence, is a new technology used in many ways. This class will focus on what AI is, and how it works, and offer hands-on technology demonstrations. If you are interested in finding out what AI is or if you have questions, this is the class for you!	
Required skills for this class: Computer basics – mouse and keyboard	
Wednesday	May 7 10:00 – 11:30 am
Virtual Museum Tours	Sarah Spellman
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! This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. (1 hour)	
Tuesday	May 13 11:00 am – 12:00 pm
Jefferson, Monticello, and the Indian Hall	Jayne Yantz
The class concludes our course on Native American art and culture with a look at Colonial America, Jefferson, his designs for Monticello and his ideas about Native American culture and art.	
Monday	May 19 1:00 – 3:00 pm
Remembering The Past - Riverton 1940s and 1950s	Lenore Layton
PowerPoint presentation and discussion by presenters about their experience of growing up from 1940 to 1950s in small town Riverton NJ.	
Wednesday	May 21 11:00 – 12:30 pm
AARP Today	Thomas Phair
While you might know a lot about what AARP offers, this topic will provide information that may surprise you and help you get more from membership in AARP. (40 minutes)	
Tuesday	May 27 11:00 am – 12:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2 2pm - Trivia	3	4
5	6	7	8	9 2pm - Trivia	10	11
12	13	14	15	16 2pm - Trivia 4:30pm - Nervous system	17	18
19	20 10am - From The Left	21 10am - Basic 10am - Hopeful 11am - Intro to AI 2:30pm - Life Insurance	22 2pm - Military History	23 11am - Senior Living and 2pm - Trivia	24 1:30pm - How to Order	25 11am - Understanding
26	27 10am - From The Left 2pm - Sears Roebuck	28 10am - Basic 10am - Hopeful 11am - Fraud Watch The	29	30 2pm - Trivia	31	1 11am - Understanding

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 10am - From The Left 2pm - Sears Roebuck	28 10am - Basic 10am - Hopeful 11am - Fraud Watch The	29	30 2pm - Trivia	31	1 11am - Understanding
2	3 10am - From The Left	4 10am - Basic 10am - Hopeful 11am - Digital Coupons	5 11:30am - Understanding 1:30pm - Smartphone 2pm - The Time to Hear is	6 2pm - Trivia	7	8 11am - Understanding
9	10 10am - From The Left 2pm - Inventions that	11 10am - Hopeful 11am - Online Romance 1pm - Black History -	12 1pm - Black History - 1:30pm - Smartphone	13 11am - Getting to know 2pm - Trivia	14	15 11am - Understanding
16	17 10am - From The Left 2pm - Inventions that	18 10am - Hopeful 11am - Downsizing and	19	20 2pm - Trivia Guest Nature	21	22
23	24 10am - From The Left 2pm - Inventions that	25 10am - Hopeful	26 2pm - Military History	27 2pm - Trivia	28 1pm - Burlington County 2:30pm - Annuity Basics	1

Sun	Mon	Tue	Wed	Thu	Fri	Sat
23 10am - From The Left 2pm - Inventions that	24 10am - Hopeful	25 2pm - Military History	26 2pm - Trivia	27 1pm - Burlington County 2:30pm - Annuity Basics	28	1
2 10am - From The Left	3 10am - Hopeful 10am - Native Trees of 11am - Google Maps 11:30am - Identity Theft	4 10am - Excel Basics 11:30am - Identity Theft	5 11am - HomeFit 2pm - Trivia	6	7	8
9 10am - From The Left	10 10am - Hopeful 11am - Six Pillars of Brain	11 10am - Excel Basics	12 11am - Six Pillars of Brain 2pm - Trivia 5:20pm - LIFE Flute	13	14	15
16 10am - From The Left 1pm - Irish Art & Culture	17 10am - Hopeful 11am - Introduction to	18	19 2pm - Trivia 5:20pm - LIFE Flute	20	21	22
23 10am - From The Left	24 10am - Hopeful 11am - Social Isolation 2pm - Getting Started on	25 10am - Basic Computer 2pm - Military History	26 2pm - Trivia	27 2:30pm - Medicare	28	29
30 10am - From The Left	31 10am - Hopeful 11am - Podcast at a 2pm - Getting Started on	1 10am - Internet Skills 12pm - Are you 1pm - Science In The	2 11am - HomeFit 2pm - Trivia 5:20pm - LIFE Flute	3	4	5

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 10am - From The Left	1 10am - Hopeful 11am - Podcast at a 2pm - Getting Started on	2 10am - Internet Skills 12pm - Are you 1pm - Science In The	3 11am - HomeFit 2pm - Trivia 5:20pm - LIFE Flute	4	5
6	7 10am - From The Left	8 10am - Hopeful 11am - Streaming and	9 1pm - Science In The	10 2pm - Trivia 5:20pm - LIFE Flute	11 1pm - Tech Help Q&A -	12
13	14 10am - From The Left	15 10am - Hopeful 11am - Public Benefits 1pm - Human Evolution in	16 10am - A History of the 1pm - Science In The	17 2pm - Trivia 5:20pm - LIFE Flute	18	19
20	21 10am - From The Left	22 10am - Hopeful 11am - How to choose a 1pm - Human Evolution in	23 1pm - Science In The 2pm - Military History	24 2pm - Trivia	25 2:30pm - Reverse	26
27	28 10am - From The Left	29 10am - Hopeful 11am - Tips for Being	30 1pm - Science In The	1 2pm - Trivia	2	3

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 10am - From The Left	29 10am - Hopeful 11am - Tips for Being	30 1pm - Science In The	1 2pm - Trivia	2	3
4	5 10am - From The Left	6 10am - Hopeful 10:30am - Parenting 11am - Mobile Health	7 10am - AI Basics	8 2pm - Trivia 5:20pm - LIFE Flute	9	10
11	12 10am - From The Left	13 10am - Hopeful 10:30am - Parenting 11am - Virtual Museum	14	15 2pm - Trivia 5:20pm - LIFE Flute	16	17
18	19 1pm - Jefferson,	20 10am - Hopeful 10:30am - Parenting	21 11am - Remembering the	22 2pm - Trivia 5:20pm - LIFE Flute	23	24
25	26	27 10am - Hopeful 11am - AARP Today	28	29 2pm - Trivia 5:20pm - LIFE Flute	30	31