



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. Register online and send payment to the LIFE coordinator. You will not receive class information until payment is received.

Registration

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

Barons Pass

Barons Pass is part of your RCBC ID card. Use it to swipe into buildings for the safety of our students, faculty, staff, and guests. Students, faculty, and staff will use pass cards (their college IDs) to enter academic and staff buildings. Directions – please bring your ID, and a copy of an email from the LIFE program such as your registration to Public Safety. Students/Volunteers may replace a lost card for a \$20 fee by visiting Public Safety on the Mount Laurel Campus during business hours. Public safety is available in 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 all class communications.

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

For additional information, please contact:

Michele Hogan

856-242-5354

life@rcbc.edu

Spring Course Offerings by Location

Online Classes

Course Title	Instructor	Days	Dates	Time
From the Left Are you a Liberal? Join fellow "Lefties" in a discussion of current events. Differing opinions are welcome.	Isabelle Addis	Monday	January 19 – May 11 17 Sessions	10:00 - 11:30 am
The Benefits of Strength Training for Life's Journey Join Vivo CEO and Founder, Eric Levitan, for a 60-minute webinar to learn about the science of strength training as we age. Learn how staying strong boosts mood, sleep, and memory, and discover key strategies for success, including the role of protein, and everyday ways to incorporate strength training into your life. There will be an opportunity to participate in a short demonstration and time for questions and answers.	Eric Levitan	Friday	February 27	1:00- 2:00 pm
Broadway Musicals Part 4 The shows for 1954 to 1984- We will review the shows that were the top s of the period, with video clips. This class is available in-person and online.	Bill Holt	Wednesday	April 22 1 session	10:00 - 11:30 am

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

Course Title	Instructor	Days	Dates	Time
Trivia Bring your love of learning and laughter to our weekly Trivia Session! Each week contains a fresh batch of unique and interesting trivia challenges. Various group members create and present each session. While all members are encouraged to "host" a session, it is NOT a requirement. If you just want to play - come on down! We play in teams - so no pressure. Just a friendly group of people, getting together to have fun and gain new knowledge. Please join us. Guest Hosts are also welcome!	Various	Thursday	January 15 - May 28 16 Sessions	2:00- 4:00 pm
Fraud Watch: Government Imposter Scams- 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. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 30 minutes	Maryann D'Agostino	Tuesday	January 13	2:00- 3:00 pm
Scrapbooking for Beginners Scrapbooking for beginners is a class to learn the art of scrapbooking to start a new project or continue with a previous project you have started. Students should bring their own scrapbooks and any specific stickers or pages they may want. There will be some scrapbooking paper, scissors, embellishments, and double-stick tape available. (Session 1 of 2) No class February 3.	Diann Murphy	Tuesday	January 13 – March 17 9 sessions	5:00- 7:00 pm
Sears Roebuck Homes The presentation covers the reason 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 catalogue 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	Judy Gaunt	Wednesday	January 14	10:00- 11:00 am
Making Cents of Caregiving This presentation introduces caregivers to essential information and resources needed to more easily manage some of the financial complexities of caregiving. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 30 minutes	Sarah Spellman	Wednesday	January 14	2:00- 3:00 pm

Nature Spirituality An introductory study on the basics of the nature of spirituality and Sabbats. The course will introduce you to the Wheel of the Year and explore the 8 nature holidays of Samhain, Yule, Imbolc, Ostara, Beltane, Litha, Lammas, and Mabon. During the course, students will learn the meaning and correspondences associated with the hear holiday and how it connects back to nature through ritual and active participation in class projects. The correspondences will include colors, herbs, stones, moon cycle, and more. There will be an optional one-page assignment due for each class.	Randall McGee	Wednesday	January 14 – May 27 19 Sessions	3:00- 4:00 pm
The State of the U.S. Economy and Society This course will provide a thorough update on how the U.S. economy is doing, as well as an analysis of our demographics and social welfare measures.	Edward Dodson	Thursday	January 15 – April 30 15 Sessions	10:30- 12:00 pm
Getting to know your Smartphone (iPhone) 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. Duration: 45 minutes	James Sunderhauf	Thursday	January 15	11:00- 12:00 pm
Crafting Made Easy There will be a different craft every week. If participants want to share a craft with the class, we will set specific weeks for each to do so. I will also have multiple crafts that can be done by beginners.	Diann Murphy	Friday	January 16 – February 27 6 sessions	11:00- 12:30 pm
AI All Around If it seems like AI is showing up everywhere, it's not just you! From searching the web to attending a Zoom meeting, AI tools are now available to help with most online tasks. In this lecture, we'll explore many of the digital platforms and websites generative AI is now available. We'll discuss how the tools try to make tasks easier and go over privacy considerations to keep in mind when using them. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 minutes	James Sunderhauf	Tuesday	January 20	2:00- 3:00 pm

History of Burlington Island The Lenni-Lenape called the island Matinicum - today it's Burlington Island, located between Burlington City and Bristol Borough on the Delaware River. It's the oldest European settlement in New Jersey, dating to 1624, and its history reflects the battle scars of occupation by the Lenape, the Dutch, the Swedes, and the English. In the early 20th century, it hosted one of the largest amusement parks on the East Coast, then became a dumping ground for river dredge materials, a sand and gravel pit, and summer homes for 85 families. Since 1978, the island has been vacant, with half dedicated to New Jersey open space. Learn how the Friends of Burlington Island has jump-started future planning to open the island to the public.	Judy Gaunt	Wednesday	January 21	10:00- 11:00 am
Military History (1 of 4) Various military history topics and guest speakers relating their military service stories, as well as military-related documentaries of interest	Roy Plummer	Wednesday	January 21	2:00- 3:00 pm
Ancient Ancestors: The Incredible Spread of the Indo-Europeans Ancient Ancestors: The Incredible Spread of the Indo-Europeans. They spread their language, culture, and DNA to the farthest corners of Western Europe and, to the East, as far as India and China. Who were they, where did they come from, and how did they influence societies extending all the way from the British Isles to the Indus Valley? Until recently, the history of these people has not been adequately explored. *Rescheduled from Fall 2025	Vincent Trainor	Friday	January 23 - January 30 2 Sessions	10:30- 12:00 pm
Fraud Watch: The Scam Landscape AARP Fraud Watch Network works to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. The Fraud Watch Network Series includes: The Scam Landscape: Staying Safe an Overview of Fraud Trends, How We React, Prevention Strategies and Resources, Vigilance Against Cybercrime, Government Imposter Scams, and Online Romance Scams.	Thomas Phair	Monday	January 26	11:00- 12:00 pm
Passwords, Passkeys, and More Protecting your online accounts starts with strong password practices. In this lecture, we'll review password basics before exploring options like single sign-on, passkeys, multi-factor authentication, and password managers. Learn why these password alternatives are safe ways to simplify your digital life and keep your personal information secure. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Wanda Flowers Peacock	Tuesday	January 27	11:00- 12:00 pm

EMS Demystified: What happens after you call 911? I'm a paramedic and would like to talk about what happens when you call 911 and things to do ahead of an emergency to help make the situation less stressful for everyone involved. Topics to discuss would include: EMS roles - dispatch, Basic-EMT, Advanced-EMT-Paramedic. Information to have on hand - medication lists, advance directives. Hospital choices - what facilities in the area have which specialties, i.e., cardiac catheterization centers, comprehensive stroke centers, trauma centers, burn centers. (Will be repeated on April 27)	Maryann Correll	Monday	February 2	9:30 – 10:30 am
Introduction to AI Curious about A.I.? Want to know more about ChatGPT? 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. Duration: 45 min.	Sarah Spellman	Wednesday	February 4	2:00- 3:00 pm
Great Lovers in Art Series: Frida & Diego, Picasso, O'Keeffe & Stieglitz, Lee Miller & Man Ray, Egyptian Queens & their Pharaohs, among others (1 of 2) This series will include individual lectures on famous artists/lovers, discussing their stories and placing them in historical & contemporary contexts, including our new visions of them today--a minor theme within this series will be on new trends in Art History in the 21st century. Topics will include Frida & Diego, Picasso's Women, O'Keeffe & Stieglitz, and other great photographers/lovers, such as Lee Miller & Man Ray (among others). Another topic will cover Egyptian Queens & their Pharaohs (Nefertiti, Cleopatra & others). Please come to class with love in your hearts and any suggestions you have for additional great artists/lovers.	Jayne Yantz	Friday	February 6	1:00- 3:00 pm
Downsizing and Decluttering: You Can't Take It with You 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, 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. Duration: 45 min.	James Sunderhauf	Tuesday	February 10	11:00- 12:00 pm
Social Isolation Social isolation has reached epidemic proportions and has a negative impact on our emotional and physical health. This program is more of a workshop than a lecture that raises awareness around social isolation and loneliness, transforms the way in which community members view social connections, and empowers 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 more fulfilling and avoid isolation. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Maryann D'Agostino	Tuesday	February 10	2:00- 3:00 pm

HomeFit 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. Duration: 30 minutes	Sarah Spellman	Wednesday	February 11	2:00- 3:00 pm
AI & Disinformation Disinformation refers to false information created to mislead people, and it’s nothing new. But today’s AI-powered tools and social media have made it easier and faster to create and spread disinformation. In this lecture, we’ll explore how AI is used to create convincing deepfakes and clone voices, making it challenging to distinguish between real and fake content. We’ll also review best practices for evaluating information and explore tech tools that can help identify content created with AI. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Thomas Phair	Monday	February 16	11:00- 12:00 pm
Hospice: The Crash Course Nobody Asked For (But Everyone Should Take) Hospice is often not fully understood, and because of that, many people wait far too long to learn about it or to consider it as an option. But understanding hospice early can help families make well-educated, compassionate choices that prioritize comfort, dignity, and quality of life. This guide is designed to help you understand the ins and outs of hospice, the questions to ask, the myths that aren't true, and how hospice differs from palliative care. The more we talk about it, the less scary it becomes!	Briana Carrasca	Tuesday	February 17	10:30- 11:30 am
Military History (2 of 4) Various military history topics and guest speakers relating their military service stories, as well as military-related documentaries of interest	Roy Plummer	Wednesday	February 18	2:00- 3:00 pm
Caregiving for your Family, Friends, and Loved Ones Caring for a family member or close friend is one of the most important roles you’ll ever play. Everyone’s caregiving journey is unique, and regardless of where your role falls on the wide spectrum of caregiving tasks and responsibilities, we want to make it easier. Whether you anticipate future family caregiving or are currently taking care of a loved one, during this session, we will help you get organized, determine your loved one’s needs and resources, create your caregiving plan – including how to care for yourself - and find help. You will also have the opportunity to connect with other family caregivers to exchange support, tips, and advice. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 60 minutes	Wanda Flowers Peacock	Tuesday	February 24	11:00- 12:00 pm

Understanding Developmental Disabilities - what are they, how might they impact my family members? An introduction to the federal definition of developmental disabilities, examples that are most common, and ways they may manifest. In the second session we will explore the Alphabet Soup of acronyms/terms and why they matter at different ages and stages of development.	Pat Gerke	Friday	February 27 and April 17 2 sessions	11:00- 12:30 pm
Intro to Real Estate and Investing What is Real Estate, how does it work, intro to investing	Robert Strzalka	Monday	March 2	6:00- 7:30 pm
Wearables at a Glance From fitness trackers to smart glasses, wearable technology is here to stay! Whether you're a tech enthusiast or a tech newbie, there's something for everyone. Come to this lecture to learn about the health, wellness, and personal safety benefits of wearable technology. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Thomas Phair	Monday	March 2	11:00- 12:00 pm
Crafting for beginners There will be a different craft every week. If participants want to share a craft with the class, we will set specific weeks for each to do so. I will also have multiple crafts that can be done by beginners.	Diann Murphy	Friday	March 6 – April 24 8 sessions	11:00- 12:30 pm
Introduction to Managing Your Privacy Concerned about privacy? Unsure about accepting cookies? Come learn about some essential privacy tips! In this introductory lecture, we'll review how ads target us online, how to limit tracking, where to find browser settings and extensions to better control how our information is shared. We'll also discuss some of the key features of password managers and why they're a safe and secure option. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Maryann D'Agostino	Tuesday	January 13	2:00- 3:00 pm
Social Security: We Earned It Social Security has been a stable and popular program since its inception. But the program faces a long-term financial shortfall. If Congress doesn't act to protect Social Security in the next 10 years, payments could be cut. In this presentation, we'll review the most common proposals to ensure that Social Security can pay the full payments Americans have earned. AARP is advocating to protect Social Security, and we're here to help you understand each of the proposed solutions. After all, Social Security is your money — you earned it through a lifetime of hard work. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 minutes	Sarah Spellman	Wednesday	January 14	2:00- 3:00 pm

LIFE Flute Ensemble 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 4/2.	Myra Lewinter Malamut	Thursday	March 12 – May 14 9 sessions	5:20 - 6:50 pm
Six Pillars of Brain Health This introductory 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.	Thomas Phair	Monday	March 16	11:00- 12:00 pm
Disrupt Aging in your Community Disrupt Aging, a book by former AARP CEO Jo Ann Jenkins, serves as a nationwide call to action, encouraging people to embrace a bold new path toward living their best life at every age. Building on this message, the Disrupt Aging in your Community is a dynamic program designed to challenge common perceptions of aging and highlight the personal relevance of our society's growing aging population. The program's learning objectives include understanding key demographic trends in aging, defining and identifying examples of ageism, recognizing older adults as complex, multidimensional individuals, and exploring opportunities to combat ageism while empowering individuals to live their fullest lives. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 1 hour.	Thomas Phair	Wednesday	March 18	2:00- 3:00 pm
Fraud Watch: Vigilance Against Cybercrime In today's fast-paced online environment, protecting your personal information is more crucial than ever. AARP's workshop: Vigilance Against Cybercrime is designed to empower you with the knowledge and tools to navigate the digital world safely. We'll cover how to stay safe in public, at home, when using social media, and when shopping and banking. We'll also look at common scams and how to avoid them. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 30-60 min.	Wanda Flowers Peacock	Tuesday	March 24	11:00- 12:00 pm
Scrapbooking for beginners Scrapbooking for beginners is a class to learn the art of scrapbooking to start a new project or continue with a previous project you have started. Students should bring their own scrapbooks and any specific stickers or pages they may want. There will be some scrapbooking paper, scissors, embellishments, and double-stick tape available. (Session 1 of 2) No class February 3.	Diann Murphy	Tuesday	March 24 – May 26 10 sessions	5:00- 7:00 pm
Military History (3 of 4) Various military history topics and guest speakers relating their military service stories, as well as military-related documentaries of interest	Roy Plummer	Wednesday	March 24	2:00- 3:00 pm

Navigating Medicare Resources Online Medicare is a complex topic, but there are online resources to help! In this lecture, we'll discuss ways to find information about Medicare online. We'll explore medicare.gov and an example private insurance website to learn about the tools and resources they offer. You'll learn how to navigate these websites confidently to find what you need, including using the search bar and Chat features. We'll also introduce the State Health Insurance Assistance Program, or shiphelp.org, which is a great resource for getting trusted 1:1 guidance on Medicare. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	James Sunderhauf	Thursday	March 25	11:00- 12:00 pm
Introduction to Real Estate and investing Introduction to Real Estate and investing	Robert Strzalka	Monday	April 6	2:00- 3:00 pm
Mindfulness in Nature It's no secret that time spent outdoors in green spaces has positive effects on both our physical and mental well-being. In our fast-paced world, full of too many distractions, let nature be your inspiration, guiding you towards being more present and engaged with both yourself and your surroundings. Taking inspiration from the Japanese practice of Shinrin Yoku (forest bathing), this presentation will emphasize the therapeutic effects of connecting with the outdoors and a few ways in which you can incorporate simple mindfulness practices into your everyday life.	Gina DiMaio	Wednesday	April 8	1:00- 2:30 pm
Healthcare & Tech at a Glance Curious how recent technological advances have changed healthcare? In this lecture, we'll explore how doctors are using cutting-edge tech, like AI and smart devices, to diagnose, monitor, and treat medical conditions. We'll also discuss how patients can use technology to manage and improve their health. We'll cover how to prepare for and what to expect from telehealth appointments, common healthcare wearables, and best practices for using AI for medical information. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Sarah Spellman	Wednesday	April 8	2:00- 3:00 pm
Introduction to Chatting with AI Curious about using ChatGPT or Gemini but not sure where to start? In this lecture, we'll explore tips for using generative AI chat programs so you can make them work for you. You'll learn how to write questions, or prompts, that are specific and effective at getting helpful responses. Whether you plan to use them at work, for personal projects, or just for fun, we'll show you how this tech can help you with all sorts of tasks. We'll also cover best practices for privacy and security so you can be a confident user. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 minutes	Thomas Phair	Wednesday	April 13	2:00- 3:00 pm

Broadway Musicals Part 4 The shows for 1954 to 1984 We will review the shows that were the top s of the period, with video clips. This class is available in-person and online.	Bill Holt	Wednesday	April 22 1 session	10:00 - 11:30 am
Military History (4 of 4) Various military history topics and guest speakers relating their military service stories, as well as military-related documentaries of interest	Roy Plummer	Wednesday	April 22	2:00- 3:00 pm
EMS Demystified: What happens after you call 911? I'm a paramedic and would like to talk about what happens when you call 911 and things to do ahead of an emergency to help make the situation less stressful for everyone involved. Topics to discuss would include: EMS roles - dispatch, Basic-EMT, Advanced-EMT-Paramedic. Information to have on hand - medication lists, advance directives. Hospital choices - what facilities in the area have which specialties, i.e., cardiac catheterization centers, comprehensive stroke centers, trauma centers, burn centers. (repeat)	Maryann Correll	Monday	April 27	9:30 – 10:30 am
Understanding Fraud & Scams The ability to spot a scam is an essential digital skill. In this lecture, we'll review some of the most common scams, offer tips for avoiding them, and go over what to do if you do get scammed. We'll look at sample emails, texts, and deepfakes to see how AI contributes to the increased spread and complexity of scams. We'll also provide helpful resources for staying informed about the latest scams. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 30 minutes	Wanda Flowers Peacock	Tuesday	April 28	11:00- 12:00 pm
Tips for Being News Savvy Online 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. Duration: 45 min.	Sarah Spellman	Wednesday	May 6	2:00- 3:00 pm
Theories of Consciousness How do we perceive the external world? Where do our thoughts and emotions come from? Is the Brain the Same as the Mind? Explaining the subjective experience of consciousness is referred to as the "hard problem," and there is no single, universally accepted scientific theory about it, though many different theories exist. We'll explore some of these theories from scientific and philosophical perspectives in decidedly non-scientific terms.	Vincent Trainor	Friday	May 8 – May 15 2 Sessions	10:30- 12:00 pm

Technology for Aging in Place In this lecture, you'll learn how home assistants, smart appliances, and wearables can save you time and money, help you manage health conditions, and even give you greater peace of mind. We'll also discuss best practices for maintaining your privacy and security when using this technology. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 minutes	Wanda Flowers Peacock	Tuesday	May 12	11:00- 12:00 pm
Everyday Uses of AI Everyone is talking about AI. Come to this class to be a part of the conversation! This lecture will show you the ways AI is already present in everyday tasks and how it is used in everything from voice assistants to customer service and healthcare. We'll look at common applications of AI across multiple industries and discuss ways you too can take advantage of this influential technology. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 min.	Thomas Phair	Monday	May 18	11:00- 12:00 pm
Great Lovers in Art Series: Frida & Diego, Picasso, O'Keeffe & Stieglitz, Lee Miller & Man Ray, Egyptian Queens & their Pharaohs, among others (2 of 2) This series will include individual lectures on famous artists/lovers, discussing their stories and placing them in historical & contemporary contexts, including our new visions of them today--a minor theme within this series will be on new trends in Art History in the 21st century. Topics will include Frida & Diego, Picasso's Women, O'Keeffe & Stieglitz, and other great photographers/lovers, such as Lee Miller & Man Ray (among others). Another topic will cover Egyptian Queens & their Pharaohs (Nefertiti, Cleopatra & others). Please come to class with love in your hearts and any suggestions you have for additional great artists/lovers.	Jayne Yantz	Friday	May 22	1:00- 3:00 pm
Tech Basics for Caregiving Caregiving is challenging in different ways for both the caregivers and the recipients of care. Thankfully, there are a variety of tech tools that can make caregiving easier for both and allow people to do more on their own. In this lecture, we'll explore ways to integrate technology into your daily routine: from scheduling reminders with your phone or home assistant to accessing self-care resources and making the most of telehealth appointments. We'll also explore options for ordering and receiving essential items like groceries and prescription drugs from the comfort of your home. This presentation, brought to you by AARP NJ, is designed to empower you to live your life on your own terms. Duration: 45 minutes	Wanda Flowers Peacock	Tuesday	May 26	11:00- 12:00 pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1	2	3
4	5	6	7	8 2pm - Trivia	9	10
11	12	13 2pm - Fraud Watch: 5pm - Scrapbooking for	14 10am - Sears Roebuck 2pm - Making Cents of 3pm - Nature Spirituality	15 10:30am - The State of the 11am - Getting to know 2pm - Trivia	16 11am - Crafting Made	17
18	19 10am - From the Left	20 2pm - AI All Around 5pm - Scrapbooking for	21 10am - History of 2pm - Military History 3pm - Nature Spirituality	22 10:30am - The State of the 2pm - Trivia	23 10:30am - Ancient 11am - Crafting Made	24
25	26 10am - From the Left 11am - Fraud Watch: The	27 11am - Passwords, 5pm - Scrapbooking for	28 3pm - Nature Spirituality	29 10:30am - The State of the 2pm - Trivia	30 11am - Crafting Made	31

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	9:30am - EMS 10am - From the Left		2pm - Introduction to AI 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia	11am - Crafting Made 1pm - Great Lovers in Art	
8	9	10	11	12	13	14
	10am - From the Left	11am - Downsizing and 2pm - Social Isolation 5pm - Scrapbooking for	2pm - HomeFit 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia	11am - Crafting Made	
15	16	17	18	19	20	21
	10am - From the Left 11am - AI and	10:30am - Hospice: The 5pm - Scrapbooking for	2pm - Military History 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia	11am - Crafting Made	
22	23	24	25	26	27	28
	10am - From the Left	11am - Caregiving for your 5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia	11am - Crafting Made 11am - Understanding 1pm - The Benefits of	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	10am - From the Left 2pm - Wearable at a 6pm - Intro to Real Estate	5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia	11am - Crafting For	
8	9	10	11	12	13	14
	10am - From the Left	2pm - Introduction to 5pm - Scrapbooking for	2pm - Social Security We 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
15	16	17	18	19	20	21
	10am - From the Left 11am - Six Pillars of Brain	11am - Understanding 5pm - Scrapbooking for	2pm - Disrupt Aging in 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
22	23	24	25	26	27	28
	10am - From the Left	11am - Fraud Watch: 5pm - Scrapbooking for	2pm - Military History 2pm - Navigating 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
29	30	31	1	2	3	4
	10am - From the Left	5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
	10am - From the Left	5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
5	6	7	8	9	10	11
	10am - From the Left 2pm - Introduction to Real	5pm - Scrapbooking for	1pm - Mindfulness in 2pm - Healthcare and 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
12	13	14	15	16	17	18
	10am - From the Left 2pm - Introduction to	5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
19	20	21	22	23	24	25
	10am - From the Left	5pm - Scrapbooking for	10am - Broadway 2pm - Military History 3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
26	27	28	29	30	1	2
	9:30am - EMS 10am - From the Left	11am - Understanding 5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27	28	29	30	1	2
	9:30am - EMS 10am - From the Left	11am - Understanding 5pm - Scrapbooking for	3pm - Nature Spirituality	10:30am - The State of the 2pm - Trivia 5:20pm - LIFE Flute	11am - Crafting For	
3	4	5	6	7	8	9
	10am - From the Left	5pm - Scrapbooking for	2pm - Tips for Being News 3pm - Nature Spirituality	2pm - Trivia 5:20pm - LIFE Flute	10am - Theories of 11am - Crafting For	
10	11	12	13	14	15	16
	10am - From the Left	11am - Technology for 5pm - Scrapbooking for	3pm - Nature Spirituality	2pm - Trivia 5:20pm - LIFE Flute	10am - Theories of 11am - Crafting For	
17	18	19	20	21	22	23
	11am - Everyday Uses of	5pm - Scrapbooking for	3pm - Nature Spirituality	2pm - Trivia	11am - Crafting For 1pm - Great Lovers in Art	
24	25	26	27	28	29	30
		11am - Tech Basics for 5pm - Scrapbooking for	3pm - Nature Spirituality	2pm - Trivia		