



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 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. You will need to sign in through email or QR code.

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

Summer Course Offerings by Location

Online Classes

Course Title	Instructor	Days	Dates	Time
<p>From the Left Are you a Liberal? Join fellow Lefties for a discussion of Current Events. Differing opinions are welcome.</p>	Isabelle Addis	Monday	6/15/2026 - 7/27/2026 7 sessions	10:00 AM - 11:30 AM
<p>Matt Grace and the National Sobriety Tour Addiction continues to devastate millions of families across the country, and transformation recovery expert Matt Grace is taking his grassroots movement, The National Sobriety Tour, on the road to provide compassion, education, and real-world tools for healing. This initiative of hope and healing is a traveling recovery platform created to reach people where they are: individuals battling substance use, families caught in the emotional crossfire, and communities searching for solutions. Through live events and candid conversations, Grace will share hard-earned lessons from lived experience while connecting audiences with recovery resources and support networks. Grace’s approach is grounded in empathy and realism. He speaks openly about the struggles that define addiction — fear, relapse, fractured relationships — while emphasizing resilience and the power of community. The events are structured to be accessible and judgment-free, welcoming anyone touched by substance use, whether personally or through someone they love.</p>	Matt Grace	Tuesday	6/16/2026	1:00 PM - 2:00 PM
<p>Broadway- The Great Musicals From The End Of The 20th Century. A presentation of the Broadway musicals that drew audiences, starting in 1970 and running through 1999. Video clips will illustrate the songs that made the shows famous. This class is available online and in person.</p>	William Holt	Wednesday	7/29/2026	10:00 AM - 11:30 AM

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

Course Title	Instructor	Days	Dates	Time
<p>From Medical Breakthroughs to the Genetic Negotiation of a Lifetime Discover how, for the health of all of us, American medicine must shift from reactive "healthcare" to proactive health. We'll first explore the critical need for primary care alongside game-changing innovations like AI and groundbreaking GLP-1 therapies.</p> <p>But the ultimate health breakthrough is already within you. We'll uncover the hopeful science of epigenetics. Your genes are not your destiny; they are an ongoing negotiation. You'll learn how everyday choices—sleep, movement, connection, and purpose—act as powerful levers to extend your healthspan through the epigenetic influences of your daily life decisions on the expression of “good” and “bad genes.” Discover how history’s "superagers" lived longer, richer lives without strict regimens, and learn how you, too, can master the daily art of negotiating with your genes for a vibrant life.</p>	Marschall Runge	Tuesday	8/4/2026	11:00 AM - 12:30 PM
<p>Student Loans Basics: What you should know Sending your child off to college is exciting—but the financial decisions you make right now can impact your family for decades.</p> <p>This course is designed specifically for parents who want to understand student loans before signing anything. We break down the confusing world of student loans into simple, real-life terms so you can make smart, confident decisions—not costly mistakes. You'll learn how student loans actually work, what options your child has, and how to avoid common traps that leave families overwhelmed with debt.</p>	Deirdre Bey	Saturday	6/20/2026	10:00 AM - 11:15 AM
<p>Broadway- The Great Musicals From The End Of The 20th Century. A presentation of the Broadway musicals that drew audiences, starting in 1970 and running through 1999. Video clips will illustrate the songs that made the shows famous. This class is available online and in person.</p>	William Holt	Wednesday	7/29/2026	10:00 AM - 11:30 AM

<p>BookSmiles - A Local NJ Non-Profit I will be speaking all about BookSmiles. We are the largest children's book bank of its kind in the entire nation. I will give a presentation about our history, our programs, and ways people can help and get involved! Please feel free to bring any and all books you would like to donate.</p>	Carter Fichter	Monday	6/1/2026	10:30 AM - 11:30 AM
<p>Tour of the World: No Passport Required Join us as we explore the world! In this course, we take a trip around the globe, exploring every continent. Learn about the history, culture, and geography of countries on each continent. In this fun and interactive class, we'll cover places most have never even heard of!</p>	Alison Mason	Monday	6/1/2026 - 7/6/2026 5 sessions	12:00 PM - 1:30 PM
<p>Did you ever read? The Declaration of Independence Celebrating America's 250th, we will read and discuss our amazing founding documents and the rights they confer on all of us lucky enough to be here. Although I am a lawyer, this course is meant for the layperson who wants to understand how our government works and why we should read the documents that make it work. Tangential documents will begin with the Ten Commandments, through the Magna Carta, and conclude with the UN Human Rights Convention....It's all connected. Documents will be provided. Bring an inquisitive mind and lots of questions.</p>	Marianne Mele	Wednesday	6/3/2026	1:00 PM - 2:15 PM
<p>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 for us each week. 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.</p>	Various	Thursday	6/4/2026 - 8/27/2026 13 sessions	2:00 PM - 4:00 PM
<p>How to Enjoy Renaissance Faires Dressing up, Jousting Competitions, Exotic Foods, Shows, Vendors. Learn everything you need to know about preparing for, attending, and enjoying the many Ren Faires around the area. The class will try to schedule a field trip to one of the many in the area.</p>	Rand McGee	Monday	6/8/2026	2:00 PM - 4:00 PM
<p>Nonverbal Communication and Culture In this class, we will explore the many ways non-verbal communication is a reflection of culture. Everything from the aspects of our language (kinetics, proxemics, chronemics, sensorics, para-</p>	Rand McGee	Tuesday	6/9/2026 - 6/16/2026 2 sessions	2:00 PM - 4:00 PM

language/linguistics), Appearance (clothing, jewelry, body modifications, soma-types), Arts (music, literature, movies), Artifacts, Objects, Traditions, Customs.				
<p>Did you ever read? The US Constitution</p> <p>Celebrating America's 250th, we will read and discuss our amazing founding documents and the rights they confer to all of us lucky enough to be here. Although I am a lawyer, this course is meant for the layperson who wants to understand how our government works and why we should read the documents that make it work. Tangential documents will begin with the Ten Commandments, through the Magna Carta, and conclude with the UN Human Rights Convention....It's all connected. Documents will be provided. Bring an inquisitive mind and lots of questions.</p>	Marianne Mele	Wednesday	6/10/2026	1:00 PM - 2:15 PM
<p>Intro to Table Top Role Playing Games</p> <p>Participants will come to learn all about the world of Table Top Role Playing Games (TTRPGs). A short history of TTRPGs will be given as well as a general overview of how the games are played. The event ends with each participant getting to create their own D&D character from scratch!</p>	Garrett Wilson	Wednesday	6/10/2026	2:00 PM - 4:00 PM
<p>The Many Uses of Herbs & Essential Oils</p> <p>We often think of Herbs and Spices as only things we cook with and help make meals taste amazing. Did you know that these morsels of taste and aromas can be used for so much more? Many of them can be grown in a pot, a backyard garden, or can be found just around in Nature. Including Culinary Enhancements, Medicinal & Health Purposes, Aromatherapy & Fragrance, Household and Natural Care, Natural Dyes, Pest Control.</p>	Rand McGee	Thursday	6/11/2026 - 7/2/2026 4 sessions	12:00 PM - 1:30PM
<p>Did you ever read? The Bill of Rights</p> <p>Celebrating America's 250th, we will read and discuss our amazing founding documents and the rights they confer to all of us lucky enough to be here. Although I am a lawyer, this course is meant for the layperson who wants to understand how our government works and why we should read the documents that make it work. Tangential documents will begin with the Ten Commandments, through the Magna Carta, and conclude with the UN Human Rights Convention....It's all connected. Documents will be provided. Bring an inquisitive mind and lots of questions.</p>	Marianne Mele	Wednesday	6/17/2026	1:00 PM - 2:15 PM

<p>Stieglitz and O'Keeffe</p> <p>This class covers Stieglitz, a major American photographer who influenced art and photography in America, and his wife, Georgia O'Keeffe, who was an influential figure in the development of modernism in American Art. We will examine the style of each artist, their importance to the world of art, and their relationship to each other. This talk is one in our series on Great Lovers in Art.</p>	Jayne Yantz	Monday	6/22/2026	1:00 PM - 3:00 PM
<p>Burlington County Sheriff's Office Defensive Driving Course</p> <p>The Sheriff's Office offers a 1 day, 6-hour course to all NJ-licensed drivers. All materials are presented by the National Safety Council and taught by certified instructors from the Burlington County Sheriff's Office. Participants may be eligible to receive up to a 5% discount and/or a 2-point New Jersey Division of Motor Vehicles reduction.</p> <p>FEE - A \$10 check or money order made payable to the BURLINGTON COUNTY SHERIFF'S OFFICE is required from each participant to receive a certificate and the discount/reduction.</p> <p>**NO CASH WILL BE ACCEPTED**</p> <p>CERTIFICATES</p> <p>Once a Defensive Driving Class has been completed, please expect to receive your certificate 3 to 4 weeks from the date of the class.</p> <p>**PLEASE NOTE THIS IS NOT A BEHIND THE WHEEL CLASS**</p>	Burlington County Sheriff's Office	Tuesday	6/23/2026	8:30 am - 3:30 pm
<p>Student Loans 101: What Families Need to Know</p> <p>This free educational session helps parents and students understand the basics of student loans before borrowing. Participants will learn the different types of student loans, how repayment works, common mistakes families make, and how student loans can affect long-term financial health. The goal is to provide clear, practical information so families can make informed decisions and avoid unnecessary debt.</p>	Deirdre Bey	Saturday	6/27/2026	6:30 PM - 8:00 PM
<p>What is Divination?</p> <p>What is divination? There are hundreds of types of divination. Come learn about a few of them and how to practice them on your own.</p>	Rand McGee	Tuesday	6/30/2026 - 7/28/2026 5 sessions	2:00 PM - 3:30 PM

<p>French Gardens- In and around Paris This program is a quick tour of several historic gardens in and around Paris, and some lesser-known ones within the city and in the Loire Valley. Among the sites visited are the Luxembourg Garden, the Bois de Vincennes, and the chateau of Chaumont-sur-Loire.</p>	Harry Fisher	Wednesday	7/8/2026	2:00 PM - 3:00 PM
<p>History of Virtua Mount Holly Hospital The history of the first hospital to open in South Jersey and the staff that made it one of the best hospitals in the State for many years.</p>	Judy Gauntt	Wednesday	7/15/2026	11:00 AM - 12:00 PM
<p>Home Security Free Home Security Program surveys and safety modifications provided to Seniors. Program includes Free Inspection, Free installation of deadbolt locks, door viewers, smoke detectors, carbon monoxide detectors, charley bars for sliding glass doors, emergency battery lights, and other additional items. The program</p>	Burlington County Sheriff's Office	Monday	08/03/2026	10:00 am - 11:30 am
<p>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, pencil, and <i>Quick Study Quartets: 10 Intermediate Pieces for 4 C Flutes</i>, arranged by Judy Nishimura, Alry Publications, available online.</p>	Myra Lewinter Malamut	Thursday	8/6/2026 - 8/27/2026 4 sessions	5:20 PM - 6:50 PM
<p>My Daily Piney- based on book series Discussion about nature writing, Japanese influence, and concept of Satoyama-The word is a combination of sato (里), meaning village or home, and yama (山), meaning mountain or forest. Inspiration garnered from time spent over a five-year period hiking in the New Jersey Pinelands. My Daily Piney: Heartfelt Stories Rooted in the Pine Barrens series description: Part Memoir, Part Nature Writing, and Part Regional Storytelling, Find calm, clarity, and inspiration in the heart of the New Jersey Pinelands. In My Daily Piney, author William J. Lewis shares hundreds of short, warm, and accessible reflections drawn from a lifetime spent close to nature. Each daily entry offers a quick moment of peace—guided by the seasons, rooted in real experience, and written to help you slow down, recharge, and reconnect with what matters. Perfect for readers who love simple wisdom, mindful living, and the everyday magic of the natural world, My Daily Piney is your invitation to start each morning grounded, grateful, and refreshed. This book completes the four-season themed two-book series.</p>	William Lewis	Friday	8/7/2026	10:30 AM - 11:30 AM

<p>Preparing for Disaster Attendants will learn practical steps that seniors can take to better prepare for an emergency. Presented by the Burlington County Sheriff's Department.</p>	<p>Burlington County Sheriff's Office</p>	<p>Monday</p>	<p>08/10/2026</p>	<p>10:00 am - 11:30 am</p>
<p>Medical Vital Signs for Lay People: Knowing At Home This is a course on the introductory vital signs that every person should know so they can become familiar with their baseline when going to the doctor or for caring for a loved one.</p>	<p>Brigitte Piñero Limontas</p>	<p>Saturday</p>	<p>8/15/2026 - 8/29/2026 3 sessions</p>	<p>11:45 AM - 2:00 PM</p>

June

Date	Day	Time	Class
June 1	Monday	11:00 am - 12:00 pm	BookSmiles - Local NJ Non-Profit
June 1	Monday	12:00 pm - 1:30 pm	Tour of the World: No Passport Required
June 3	Wednesday	1:00 pm - 2:15 pm	Did you ever read? The Declaration of Independence
June 4	Thursday	2:00 pm - 4:00 pm	Trivia
June 8	Monday	2:00 pm – 4:00 pm	How to Enjoy Renaissance Faires
June 8	Monday	12:00 pm - 1:30 pm	Tour of the World: No Passport Required
June 9	Tuesday	2:00 pm - 4:00 pm	Non-Verbal Communication and Culture
June 10	Wednesday	1:00 pm - 2:15 pm	Did you ever read? The US Constitution
June 10	Wednesday	2:00 pm - 4:00 pm	Intro to Table Top Role-Playing Games
June 11	Thursday	12:00 pm - 1:30 pm	The Many Uses of Herbs & Essential Oils
June 11	Thursday	2:00 pm - 4:00 pm	Trivia
June 15	Monday	10:00 am - 11:30 am	From the Left
June 15	Monday	12:00 pm - 1:30 pm	Tour of the World: No Passport Required
June 16	Tuesday	1:00 pm - 2:00 pm	Matt Grace and the National Sobriety Tour
June 16	Tuesday	2:00 pm - 4:00 pm	Nonverbal Communication and Culture
June 17	Wednesday	1:00 pm - 2:15 pm	Did you ever read? The Bill of Rights
June 18	Thursday	12:00 pm - 1:30 pm	The Many Uses of Herbs & Essential Oils
June 18	Thursday	2:00 pm - 4:00 pm	Trivia
June 20	Saturday	10:00 am - 11:15 am	Student Loans Basics: What you should know
June 22	Monday	10:00 am - 11:30 am	From the Left
June 22	Monday	12:00 pm - 1:30 pm	Tour of the World: No Passport Required
June 22	Monday	1:00 pm – 3:00 pm	Stieglitz and O'Keefe
June 23	Tuesday	8:30 am - 3:30 pm	Burlington County Sheriff's Office Defensive Driving Course
June 24	Wednesday	11:00 am - 12:00 pm	Burlington Island
June 25	Thursday	12:00 pm - 1:30 pm	The Many Uses of Herbs & Essential Oils
June 25	Thursday	2:00 pm - 4:00 pm	Trivia
June 27	Saturday	6:30 pm - 8:00 pm	Student Loans 101: What Families Need to Know
June 29	Monday	10:00 am - 11:30 am	From the Left
June 29	Monday	12:00 pm - 1:30 pm	Tour of the World: No Passport Required
June 30	Tuesday	2:00 pm - 3:30 pm	What is Divination?

July

Date	Day	Time	Class
July 2	Thursday	12:00 pm - 1:30 pm	The Many Uses of Herbs & Essential Oils
July 2	Thursday	2:00 pm - 4:00 pm	Trivia
July 6	Monday	10:00 am - 11:30 am	From the Left
July 6	Monday	12:00 pm - 1:30 pm	Tour of the World: No Passport Required
July 7	Tuesday	2:00 pm - 3:30 pm	What is Divination?
July 8	Wednesday	2:00 pm - 2:30 pm	French Gardens- In and around Paris
July 9	Thursday	2:00 pm - 4:00 pm	Trivia
July 13	Monday	10:00 am - 11:30 am	From the Left
July 14	Tuesday	2:00 pm - 3:30 pm	What is Divination?
July 15	Wednesday	11:00 am - 11:30 am	History of Virtua Mount Holly Hospital
July 16	Thursday	2:00 pm - 4:00 pm	Trivia
July 20	Monday	10:00 am - 11:30 am	From the Left
July 21	Tuesday	2:00 pm - 3:30 pm	What is Divination?
July 23	Thursday	2:00 pm - 4:00 pm	Trivia
July 27	Monday	10:00 am - 11:30 am	From the Left
July 28	Tuesday	2:00 pm - 3:30 pm	What is Divination?
July 29	Wednesday	10:00 am - 11:30 am	Broadway- the great musicals from the end of the 20th century. (hybrid)
July 30	Thursday	2:00 pm - 4:00 pm	Trivia

August

Date	Day	Time	Class
August 3	Monday	10:00 am - 11:30 am	Home Security
August 4	Tuesday	11:00 am - 12:30 pm	From Medical Breakthroughs to the Genetic Negotiation of a Lifetime
August 6	Thursday	2:00 pm - 4:00 pm	Trivia
August 6	Thursday	5:20 pm - 6:50 pm	LIFE Flute Ensemble
August 7	Friday	10:30 am - 11:30 am	My Daily Piney- based on book series
August 10	Monday	10:00 am - 11:30 am	Preparing for Disaster
August 13	Thursday	2:00 pm - 4:00 pm	Trivia
August 13	Thursday	5:20 pm - 6:50 pm	LIFE Flute Ensemble
August 15	Saturday	11:45 am - 2:00 pm	Medical Vital Signs for Lay People: Knowing at Home
August 20	Thursday	2:00 pm - 4:00 pm	Trivia
August 20	Thursday	5:20 pm - 6:50 pm	LIFE Flute Ensemble
August 22	Saturday	11:45 am - 2:00 pm	Medical Vital Signs for Lay People: Knowing at Home
August 27	Thursday	2:00 pm - 4:00 pm	Trivia
August 27	Thursday	5:20 pm - 6:50 pm	LIFE Flute Ensemble
August 29	Saturday	11:45 am - 2:00 pm	Medical Vital Signs for Lay People: Knowing at Home

Life Course Registration

A LIFE membership entitles members to take as many courses as they wish during the eligible semesters. A summer membership runs from June 1 to August 31. The cost of membership is \$55.

This form can be mailed with the membership fee. Membership fees are payable to RCBC/LIFE and mailed to the LIFE program coordinator at

LIFE, RCBC
900 College Circle
Mt. Laurel, NJ 08054

**Please skip this payment if you have already remitted payment for the September 2025–May 2026 period*

1. Email _____
2. First Name _____
3. Last Name _____
4. Phone Number: Please format your answer 555-555-5555 _____
5. Birthday: _____
6. Street Address: _____
7. City _____ State _____ Zip Code _____
8. Barons Pass (Yes, No, or ID Number) _____
9. Emergency Contact Information Name _____
10. Emergency Contact Phone Number _____
11. Was your check sent? _____

12. **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. It is important that they 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 is unable to 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. Do you agree to this policy?

- Yes
- No

On the next page, please check the classes you wish to attend

Life Course Registration Checklist

Name _____

Online Classes, you want to register for:

- From the Left
- Matt Grace and the National Sobriety Tour
- Broadway- the great musicals from the end of the 20th century.

Mount Laurel Campus Classes, you want to register for:

- BookSmiles - A Local NJ Non-Profit
- Tour of the World: No Passport Required
- Did you ever read? The Declaration of Independence
- Trivia
- How to Enjoy Renaissance Faires
- Nonverbal Communication and Culture
- Did you ever read? The US Constitution
- Intro to Table Top Role-Playing Games
- The Many Uses of Herbs & Essential Oils
- Did you ever read? The Bill of Rights.
- Student Loans Basics: What you should know
- Stieglitz and O'Keefe
- Defensive Driving Course
- Student Loans 101: What Families Need to Know
- What is Divination?
- French Gardens- In and around Paris
- History of Virtua Mount Holly Hospital
- Broadway- the great musicals from the end of the 20th century.
- Home Security
- From Medical Breakthroughs to the Genetic Negotiation of a Lifetime
- LIFE Flute Ensemble
- My Daily Piney- based on book series
- Preparing for Disaster
- Medical Vital Signs for Lay People: Knowing at Home