



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.

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 on the RCBC Campus will be capped at 24 students. Register early to secure your seat*****

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:

life@rcbc.edu

Summer 2024 Course Offerings by Location

Online

(Students will receive login information from the instructor)

From the Left

Various

Are you a Liberal? Join fellow "Lefties" in a discussion of current events. This course will be led by Marsha Cavender, Alan Thornton, and Isabelle Addis

Monday

June 3 - 24, 2024

10:00 am - 11:30 am

All American Opera

William Holt

A look at four operas that are all about our own American experience, one per session. Operas will include Nixon in China, Marnie, The Girl of the Golden West, Porgy and Bess

This is a hybrid course. Available online and in-person

Thursday

June 6 and 27, August 1 and 22

6:30– 8:30 pm

The Evergreens

309 Bridgeboro Rd, Moorestown, NJ 08057

Parenting from the Grave

Richard H. Weidner

Your overall estate plan is the last opportunity you have to exercise your parental control for the benefit of your children and grandchildren. Find out the potential pitfalls and possible solutions.

Wednesday

June 5 – June 19, 2024

10:30 – 11:30 am

White Hill Mansion

217 Burlington Street, Fieldsboro, NJ 08505

White Hill Mansion Tour

Richard H. Weidner

We will also look at the multi-century architecture, prehistoric archeological studies, and other generations at White Hill including a prohibition-era speakeasy (that's still there). This class is a field trip to the site. RCBC LIFE is not responsible for students during this tour.

Tuesday

July 23, 2024

11:00 – 12:30

Lunch and Learn Series by the Credit Union of New Jersey

All lectures will be on the RCBC Mount Laurel Campus from 11:30 am – 1:00 pm

Psychology of Spending Lunch and Learn

June 17, 2024

Identity Theft Lunch and Learn

June 27, 2024

Women and Money Lunch and Learn

July 17, 2024

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

Chronic Disease Self-Management Program (CDSMP) Dept of Human Services

The Chronic Disease Self-Management Program (CDSMP) was developed by Stanford University's Patient Education Resource Center and has been successfully implemented throughout the United States and around the world.

The program is a fun and practical course that helps people with chronic conditions and/or their caregivers overcome daily challenges and maintain an active and fulfilling life.

Participants learn strategies for managing symptoms, working with health care professionals, setting weekly goals, problem-solving, relaxing, handling difficult emotions, eating well, and exercising safely and easily. (Limited to 14 seats)

Tuesday June 4 – July 9, 2024 10:00 am – 12:30 pm

Smartphone Basics Cat Wishnfsky

Learn the basic functions of your smartphone, essential gestures for touchscreen navigation in Apple and Android, and a variety of useful apps for everyday tasks and entertainment. Students should bring their smartphones to class. Having an email address is helpful but not required.

Tuesday June 4 – June 11, 2024 10:00 – 11:30 am

Trivia Various

We meet weekly to challenge ourselves with trivia. Group members take turns creating questions. We work in groups so no one needs to know everything. Leadership is on a rotational basis, but purely voluntary.

Tuesday June 4 – August 20 2:00 – 3:30 pm

Introduction to Computers Cat Wishnfsky

Learn the basics of operating a computer, from key vocabulary to using a mouse and a keyboard, to helpful shortcuts. This class is perfect for beginners who have never used a computer and those who might be rusty on the basics. Laptops are provided during class or you can bring your own computer.

Wednesday June 5 – 12, 2024 2:00 3:30 pm

Practical Religion - An Elementary Study of Islam Jason Elsea

An Elementary Study of Islam is an introduction to the basic beliefs of the world's fastest-growing religion. Based on the book "An Elementary Study of Islam" by Hadhrat Mirza Tahir Ahmad (ABA). By seeking to clear up misconceptions and highlight similarities with other faiths, the author and presenter hope to establish a framework for mutual understanding and global peace.

Wednesday June 5 – June 26, 2024 4:00 pm – 5:30 pm

All American Opera William Holt

A look at four operas that are all about our own American experience, one per session. Operas will include Nixon in China, Marnie, The Girl of the Golden West, Porgy and Bess

This is a hybrid course. Available online and in-person

Thursday June 6 and 27, August 1 and 22 6:30– 8:30 pm

LIFE Flute Ensemble Myra Lewinter Malamut

Whether you're up to snuff or haven't played for years, enjoy duets, trios, and more. Bring your flute, music stand, flute mask(if possible), pencil, and the *John Philip Sousa March Collection* duets, edited by Ricky Lombardo, available online.

Thursday June 6 – 27, 2024 5:20 pm- 6:50 pm

Oh, Hell: Part Two Vincent Trainor

In Oh, Hell: Part Two, things start to heat up as views of the afterlife change radically. Ideas of good and evil, and final judgment give rise to Tartarus, Hell, and other imaginative forms of eternal punishment. We'll talk about how the Egyptian Book of the Dead gave the elite a great advantage in the pursuit of eternity. Should be a devilishly good time.

Thursday June 13, 2024 10:30 am - 12:00 pm

Flying Heavy	Jack Gardner
Flying Heavy, The Story of the C5-a Aircraft. United States Air Force, largest military transport ever built. This workshop will take you through the design, development and mission capabilities of this massive airframe as told by 50 mission Air Crew Member Jack Gardner, USAF, Retired.	
Tuesday	June 26, 2024 6:30 - 8:00 pm
The loss of meaningful relationships and strategies to reclaim a healthier life.	Mildred Johnson
The focus of this course will be looking at our feelings and how the loss of a relationship plays a significant role in our emotional, social, and spiritual well-being. Relationship changes and challenges can be stressful and have an overwhelming impact on our happiness and will speed up our aging clock. We will learn simple steps and strategies to increase our capacity of coping skills to live a happier, healthier and longer social life. The goal is to obtain a stronger future.	
Tuesday	June 25 – August 8, 2024 6:00 pm - 8:00 pm
Learn how you can benefit from the Inflation Reduction Act	Martin Levin and Ila Vassallo
How to Be Comfortable and a Climate Hero, Too - with the new Inflation Reduction Act. Details about how the credits and rebates work and tools to help you maximize your savings and impact on the environment.	
Tuesday	June 25, 2024 2:00 – 3:30 pm
Introduction to the Internet	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	June 26, 2024 10:00 – 11:30 am
The Time to Hear is Here	Ron Gottardi
Hear about surprising new data on the prevalence of hearing problems among the elderly, why health insurance, including Medicare should cover hearing aids, and the latest advances in hearing technology.	
Monday	July 1, 2024 10:00 – 11:30 am
Introduction to Email	Cat Wishnefsky
Learn the basics of email, from setting up an account and sending emails to adding and downloading attachments, organizing messages, and searching within your inbox. There will be time after class for questions and one-on-one help. Note: If you already have an email account, please bring your username and password information. If you do not have an email address, we will create one in class. Laptops are provided during class or you can bring your own device. Required skills for this class: Computer basics – mouse and keyboard	
Wednesday	July 10, 2024 2:00 – 3:30 pm
Learn how to transform life challenges to live your best life through the Japanese philosophy of Kaizen	Steve Walter
Discussion on obstacles that have shaped and hindered the ability to achieve and maintain inner peace, happiness, and freedom The Japanese philosophy of Kaizen was popularized in the business world and often associated with the leadership of the car manufacturer Toyota. Toyota successfully transformed from a textile company to a car manufacturer and achieved what seems like a radical overhaul by focusing on Kaizen, which can be translated as "good change". It's all about taking what seems unsurmountable and making it manageable through this life-changing practice. We'll learn practical and effective approaches to apply to your own personal goals This is more than just a class it's an interactive journey toward boosting your quality of life by gradually unlocking your true potential for "good change".	
Wednesday	July 10, 2024 4:30 – 6:00 pm
The Widow at White Hill	Vincent Trainor
How did Mary Field, a well-connected widow, whose husband died under mysterious circumstances, survive the American Revolution? Sitting on a bluff looking over the Delaware River sits White Hill Mansion. There, the British, Hessian, and the American military all visited. Commodore John Barry, known as the father of the American Navy, gave credit to Mary Field for saving his life. Two American Navy ships were sent to White Hill to hide from the British. We will also look at the multi-century architecture, prehistoric archeological studies, and other generations at White Hill including a prohibition-era speakeasy (that's still there). This class will also include a field trip to the site	
Tuesday	July 16 - 23 2024 11:00 – 12:30

Trending Current Geology	Ramesh Venkatakrisnan
As we have done before, each lecture session will examine on-going geologic events from around the globe. Topics may include advances in plate tectonics, volcanoes and seismic activity. We will cover in some detail the groundwater resources and hydrogeology of our area and New Jersey in general.	
Wednesday	July 17 – August 21, 2024 1:00 – 2:30 pm
Riace Warriors, Ancient Greek Masterpieces Salvaged from the Sea	Jayne Yantz
This course will focus on Greek art and culture from the Classical period in Ancient Greece, including a look at how ancient art was originally colored and displayed. We will investigate how these statues were found, what their subject might be, and how they reflect ideals of the Classical Greek world. We will also have an opportunity to examine other bronze works salvaged through underwater archaeology.	
Monday	July 22, 2024 1:00 – 3:00 pm
Learn how you can benefit from the Inflation Reduction Act	Martin Levin and Ila Vassallo
How to Be Comfortable and a Climate Hero, Too - with the new Inflation Reduction Act. Details about how the credits and rebates work and tools to help you maximize your savings and impact on the environment.	
Tuesday	July 30, 2024 2:00 – 3:30 pm
Burlington Island: Past, Present and Future	Judy Gauntt, Jim McCreary
One hour Presentation on the history of Burlington Island starting about 1660 to the present. Q&A at the end. The Friends of Burlington Island presents the rich history of one of the largest islands on the Delaware River. The presentation reveals the story of the first European settlement in 1624 and how the island was at the center of the struggle for control of the new land. It also tells of how the island continues to be so important to the river towns on either side of it today.	
Thursday	July 25, 2024 7:00 – 8:30 pm
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 (or iPads/Android tablets) to class. Having an email address is helpful but not required.	
Tuesday	August 6 – 13, 2024 10:00 – 11:30 am
Michelangelo and Renaissance Italy	Jayne Yantz
This course will discuss the art and life of Michelangelo and the world in which he lived. This class will cover Michelangelo's most important sculptures, paintings, and architecture, such as the Pieta, the Sistine Chapel paintings, and the Capitoline Hill design. We will examine Michelangelo's personal life, the culture in which he lived and worked, and issues of censorship associated with Michelangelo's art.	
Monday	August 12, 2024 1:00 – 3:00 pm
Home Security	Burlington County Sheriff's Office
The program goal is to provide increased security for senior citizen's homes located in the County of Burlington. Additional information will be provided on the programs offered by Sheriff's Office such as Senior IDs, 911 cell phones, and Persons at Risk. https://www.co.burlington.nj.us/155/Community-Outreach-Unit	
Monday	August 19, 2024 10:00 am – 12:00 pm
Preparing for Disaster	Burlington County Sheriff's Office
Attendants will learn practical steps that seniors can take to better prepare for an emergency	
Monday	August , 2024 10:00 am – 12:00 pm

June	Time	Class
3	10:00 – 11:30 am	From the Left
4	10:00 – 12:30 am	Chronic Disease Self-Management Program (CDSMP)
4	10:00 – 11:30 am	Smartphone Basics
4	2:00 – 3:30 pm	Trivia
5	10:30 – 11:30 am	Parenting from the Grave
5	2:00 – 3:30 pm	Introduction to Computers
5	4:00 – 5:30 pm	Practical Religion - An Elementary Study of Islam
6	5:20 – 6:50 pm	LIFE Flute Ensemble
6	6:30 – 8:30 pm	All American Opera
10	10:00 – 11:30 am	From the Left
11	10:00 – 12:30 am	Chronic Disease Self-Management Program (CDSMP)
11	10:00 – 11:30 am	Smartphone Basics
11	2:00 – 3:30 pm	Trivia
12	10:30 – 11:30 am	Parenting from the Grave
12	4:00 – 5:30 pm	Practical Religion - An Elementary Study of Islam
13	10:30 am – 12:00 pm	Oh, Hell: Part Two
13	5:20 – 6:50 pm	LIFE Flute Ensemble
17	10:00 – 11:30 am	From the Left
17	11:00 am – 1:30 pm	Psychology of Spending Lunch and Learn
18	10:00 – 12:30 am	Chronic Disease Self-Management Program (CDSMP)
18	2:00 – 3:30 pm	Trivia
19	10:30 – 11:30 am	Parenting from the Grave
19	4:00 – 5:30 pm	Practical Religion - An Elementary Study of Islam
20	5:20 – 6:50 pm	LIFE Flute Ensemble
24	10:00 – 11:30 am	From the Left
25	10:00 am – 12:30 pm	Chronic Disease Self-Management Program (CDSMP)
25	2:00 – 3:30pm	Learn how you can benefit from the Inflation Reduction Act
25	6:00 – 8:00 pm	The loss of meaningful relationships and strategies to reclaim
25	2:00 – 3:30 pm	Trivia
26	10:00 – 11:30 am	Introduction to the Internet
26	4:00 – 5:30 pm	Practical Religion - An Elementary Study of Islam
26	6:30 – 8:00 pm	Flying Heavy
27	11:00am – 1:30pm	Identity Theft Lunch and Learn
27	5:20 – 6:50pm	LIFE Flute Ensemble
27	6:00 – 8:00 pm	The loss of meaningful relationships and strategies to reclaim
27	6:30 – 8:30pm	All American Opera

July	Time	Class
2	10:00 am – 12:30 pm	Chronic Disease Self-Management Program (CDSMP)
2	2:00 – 3:30 pm	Trivia
9	10:00 am – 12:30 pm	Chronic Disease Self-Management Program (CDSMP)
9	2:00 – 3:30 pm	Trivia
10	2:00 – 3:30 pm	Introduction to Email
10	4:30 – 6:00 pm	Learn how to transform life challenges
11	4:30 – 6:30 pm	The loss of meaningful relationships and strategies to reclaim a healthier life.
16	11:30 am – 12:30 pm	The Widow at White Hill
16	2:00 – 3:30 pm	Trivia
17	11:30 am – 1:30 pm	Women and Money Lunch and Learn
17	1:00 – 2:30 pm	Trending Current Geology
17	4:30 – 6:00 pm	Learn how to transform life challenges
18	4:30 – 6:00 pm	The loss of meaningful relationships and strategies to reclaim a healthier life.
22	1:00 – 3:00 pm	Riace Warriors, Ancient Greek Masterpieces Salvaged from the Sea
23	11:00 am – 12:30 pm	White Hill Mansion tour for the LIFE Program (Bordentown)
23	2:00 – 3:30 pm	Trivia
24	1:00 – 2:30 pm	Trending Current Geology
24	4:30 – 6:00 pm	Learn how to transform life challenges
25	4:30 – 6:00 pm	The loss of meaningful relationships and strategies to reclaim a healthier life.
25	7:00 – 8:30 pm	Burlington Island: Past, Present, and Future
30	2:00 – 3:30 pm	Learn how you can benefit from the Inflation Reduction Act
30	2:00 – 3:30 pm	Trivia
31	1:00 – 2:30 pm	Trending Current Geology
31	4:30 – 6:00 pm	Learn how to transform life challenges

August	Time	Class
1	2:00 – 3:30 pm	Learn how you can benefit from the Inflation Reduction Act
1	6:30 – 8:30 pm	All American Opera
6	10:00 – 11:30 am	Smartphone Basics
6	2:00 – 3:30 pm	Trivia
7	1:00 – 2:30 pm	Trending Current Geology
7	4:30 – 6:00 pm	Learn how to transform life challenges
8	4:30 – 6:00 pm	The loss of meaningful relationships and strategies to reclaim a healthier life.
12	1:00 – 3:00 pm	Michelangelo and Renaissance Italy
13	10:00 – 11:30 am	Smartphone Basics
13	2:00 – 3:30 pm	Trivia
14	1:00 – 2:30 pm	Trending Current Geology
14	4:30 – 6:00 pm	Learn how to transform life challenges
15	4:30 – 6:00 pm	The loss of meaningful relationships and strategies to reclaim a healthier life.
19	10:00 – 12:00 pm	Home Security
20	2:00 – 3:30 pm	Trivia
21	1:00 – 2:30 pm	Trending Current Geology
22	6:30 – 8:30 pm	All American Opera
26	10:00 am – 12:00 pm	Disaster Preparation