



Please contact: [life@rcbc.edu](mailto:life@rcbc.edu) or  
(609)-894-7229 for more information

## LIFE SPRING 2022 CLASSES

### **Mah Jongg I/II**

A game that will strengthen your memory and improve your powers of recall while you enjoy competing against other players. All skill levels are welcome, including beginners. New members must order a card and Mah Jongg Made Easy Instruction.

April 7-May 26  
Location: Willingboro JFK Senior Center

Thursdays 1:00 pm - 3:30 pm  
Instructors: Ida Williamsmoore &  
C. Terry Morrissey-Leach

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### **From The Left**

Are you a Liberal? Join fellow "Lefties" in a discussion of current events. Please obtain a free Gmail email address to participate.

January 10-May 16  
Location: Online

Mondays 10:00 -11:30 am  
Instructors: Isabelle Addis, Irene  
Mosesson, Bob Gervasoni

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### **Rummikub**

Come out and play a "rummy" type of game using tiles. Not only is it easy to learn, but there are strategies in the game that stimulate the eyes and the mind. It is played in groups of four. If you have a game, please feel free to bring it along.

January 28-May 27, no class 3/11/22 or 4/15/22  
Location: RCBC Mt. Laurel

Fridays 1:30-3:30 pm  
Instructors: Mary Jane Jones &  
Mary Ellen DeLussey

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**Series: Shining a Light on Her(story)**

**Instructor: Jacquelin Agostini, Ph.D.**

**“My Name is Pauli Murray” & Honoring Louise Calloway**

Join Dr. Agostini and special guests for the documentary “My Name is Pauli Murray”. We will also be honoring our own Louise Calloway, who has ably followed in Pauli’s footsteps with her lifelong dedication to black history through her Underground Railroad Museum.

Saturday, April 30 at 1:00 pm (this is the revised date)

Location: Burlington County Library Auditorium, Westampton (5 Pioneer Blvd.)

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**Shirley Chisholm “Unbought and Unbossed”**

We will show the documentary Shirley Chisholm “Unbought and Unbossed”. Shirley was one gutsy woman, who in 1972 became the first black person to run for President in a major party. We will also explore other women who had the courage to break ground politically.

Wednesday February 23 at 1:00 pm

Location: TBD

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**“Why Woman Need to Climb Mountains: On a Journey Through the Life and Wisdom of Gerda Lerner”**

We will show the documentary “Why Woman Need to Climb Mountains: On a Journey Through the Life and Wisdom of Gerda Lerner”. Dr. Agostini hopes to have a contest to engage young people to write an essay to nominate a woman in their lives who inspires them to reach to the heights.

Saturday, March 12 at 1:00 pm

Location: Burlington County Library, Westampton (5 Pioneer Blvd.)

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**Indigenous Women**

This session will feature the story of Indigenous Women, especially in South Jersey. I always encourage class members to do presentations on the important women that they have discovered including their own ancestors.

Wednesday, April 6 at 1:00 pm

Location: Burlington County Library, Westampton (5 Pioneer Blvd.)

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## **The Civil War and Its Causes 1/1/1830 to 12/31/1862**

Review the lead up to the war, and the war's progress up to the Emancipation Proclamation.

February 1 - March 15 (no class 3/8/22)

Location: RCBC Mt. Laurel Campus

Tuesdays 2:00 - 3:00 pm

Instructor: Alan Thornton

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## **Basic Photography**

Learn the basics of composition to improve your photos.

February 8-February 22

Location: RCBC Mt. Laurel

Tuesdays 10:00 am

Instructor: Steve Walter

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## **Discussion with a Touch of Psychology**

Topics for discussion will be taken from the class. Please bring a written topic to the first class. The last half hour is optional and is for Meditation/Mind Control. "Meet with the Shrink and leave in the Pink."

February 8-March 1

Location: Evergreens\* (please see note about Evergreens)

Tuesdays 10:00 am-12:00 pm

Instructor: Dr. Elvira DiCola

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## **Science in the News: Biology Based**

The wonders of science are all around us. As a community it is critical we understand the science that impacts our environment, health and everyday lives - without the jargon, complicated graphs and overwhelming detail. Each week we will discuss new advances in medicine, dietary science and all things biology - as they are published online, in newspapers and magazines. Students are encouraged to bring articles into class for explanation and discussion. Our goal is to become better-informed when walking in the doctor's office or the grocery store - as you strive for a healthier you!

March 2-March 23 (no class 3/9/22)

Location: RCBC Campus Mt. Laurel

Wednesdays 1:00 -2:30 pm

Instructor: Prof. Laura Roselli

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## **Series: Inner Guidance-Listening Within**

### **Part 1**

How do you perceive your inner guidance? Do you hear it, see it, feel it in your gut, get in your dreams, or just know it? Each of us has a unique connection and relationship with that “something” which is beyond us, whether you call it the universe, the Life Force, Holy Spirit, your higher self, God, or a spiritual guide. As we learn to recognize and listen to this inner wisdom, we begin to trust and strengthen our connection to this divine presence in our life.

This interactive class will explore how to recognize and listen to this inner voice and how to apply the guidance you receive. We will cover different ways we may experience inner guidance and offer creative techniques which can help us tune into it for protection, deeper awareness, and greater happiness in life. The perspectives offered in this class are based on the teachings of Eckankar, the Path of Spiritual Freedom, as a community service. This is the first of a three-part series. The second and third classes will be in person. Please obtain a free Gmail email address to participate.

March 3

Thursday 1:00 -2:30 pm

Location: Online

Instructor: Harold Huggins

### **Part 2**

In this class, we'll explore and discover ways to strengthen our connection to inner guidance. How can we ask for insights and spiritual direction in our lives? And how do we recognize it when it answers? Join us in this journey of personal discovery and learning to trust the most precious part of ourselves.

March 17

Thursday 1:00 -2:30 pm

Location: RCBC Mt. Laurel

Instructor: Paula Anderson

### **Part 3**

What benefits can we receive from asking, recognizing, and applying the insights that come from inner guidance? These are unique for each of us. In this class, we'll put into action what we've discovered, and discuss how to strengthen our inner listening and wisdom. Recommended but not required: attendance at March 3rd and March 17th classes.

March 24

Thursday 1:00 -2:30 pm

Location: RCBC Mt. Laurel

Instructor: Paula Anderson

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## **Surviving Our Adult Children's Problems**

Discussion and sharing on issues concerning adults, single adults, married adults. Topics to include money, grandchildren, housing and mental health issues.

March 15-May 15  
Location: RCBC Mt. Laurel

Tuesdays 11:00 am  
Instructor: Connie Moore, Ed.D.

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## **Trivia Bingo**

This is a trivia quiz class, set-up as "trivia bingo", to be played on an individual basis (no teams). Each person will receive a bingo card and pen. There is a trivia question for each box and two choices for the answer. Get the answer correct and check the box. Get 5 in a row and you have "bingo!" There will be 2 rounds, each round uses one bingo card. This is for fun! (Sorry, no prizes will be awarded.)

April 1-22 (3 sessions, no class 4/15)  
Location: RCBC Mt. Laurel Campus

Fridays 12:30-1:30 pm  
Instructor: Gary Warga

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## **Flute Ensemble**

Whether you're up to snuff or haven't played for years, enjoy duets, trios, more. Bring your flute, music stand, flute mask, pencil, and *Pop Trios for All* arr. by Michael Story, revised and updated, for flute/piccolo, 2008, Alfred Publishing Co.; available online.

March 24-May 19 (no class 4/14)  
Location: RCBC Mt. Laurel Campus

Thursdays 5:20-6:50 PM  
Instructor: Myra Lewinter Malamut

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## **Hinduism and Its Art**

The basic beliefs and practices of Hinduism and how they are reflected in art.

Date: TBD  
Location: RCBC Mt. Laurel Campus

Time: TBD  
Instructor: Jayne Yantz

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## **Zoroastrianism**

An early religion that introduces a moral dimension into religious beliefs and will influence later world religions.

Date: TBD  
Location: RCBC Mt. Laurel Campus

Time: TBD  
Instructor: Jayne Yantz

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## **Dining Experience TBD**

LIFE is tentatively planning a lunch meet-up at a local restaurant, COVID precautions permitting. Please register if you would like to receive updates regarding the event announcement.

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## **Fun & Games-Remote**

Fun & Games is currently being conducted remotely, with weekly quizzes being sent to participants via email or “snail mail”.

Instructor: Bob Waters

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**\*Special note about attending class at Evergreens:** The Evergreens requires visitors to check in at the new Welcome House to be screened. Visitors must answer a series of questions that will include vaccination status. Fully vaccinated individuals receive a special visitor badge and are not required to wear a mask, but are encouraged to do so. If a visitor is not fully vaccinated, they will need to provide proof of a negative COVID test result within 72 hours of that day of the visit, or they can receive a rapid test in the parking lot before entering (\$25.00 charge will apply). The rapid test must be scheduled in advance. Unvaccinated visitors are required to wear a mask while indoors.