

SPRING 2026 FILL CLASS LISTINGS

(Jan. 3, 2026 version)

schedule subject to change

Please report errors to bpeabody@fdu.edu

MONDAY CLASSES

M01. 10:00a-11:15a Basics of Elder Law Ershow-Levenberg Meeting Dates: 2/2, 2/9. Zoom/online only class. Instructor email: linda@fre-l.com

Description: Class 1: Elder Law and the rules of Principal and Agent – Legal Authority to act on behalf of another person [powers of attorney, guardianship proceedings, and problems of trying to do things when there is no legal authority). Class 2: Elder Law – Medicaid eligibility to pay for long-term care [rules, procedures and asset preservation techniques]

M02. 10:00a-11:15a Life Writing Coakley Meeting Dates: 2/2, 2/16, 3/2, 3/16. In person class. Instructor email: brigidhcoakley@gmail.com

Description: NOTE: Class dates do not interfere or overlap with Bernards Township Library Leisure Learning program. As time goes by, do you wish you knew more about the history of your own family? Do your children and grandchildren know their legacy, the details of your life and history? Life is about storytelling. In Life Writing, we work from an exhaustive list of ideas and questions, picking and choosing, to gather material you can use to tell your story. Write for yourself, for your family, for history! This group creates a safe space for ideas and suggestions. There is no need to share but lots of support to write what and how you want with the perfect subject: YOU!

M03. 10:00a-11:15a Nonfiction Book Discussion Group Coakley Meeting Dates: 1/26, 2/9, 2/23, 3/9. In person class. Instructor email: brigidhcoakley@gmail.com

Description: NOTE: limited to 15; dates of this class will not interfere or overlap with Bernards Township Library Leisure Learning program. Group members will

collaborate in choosing several nonfiction books to discuss over the course of the semester. We will pick from our collective interests in memoir, history, social science, nature, biography, and current events. There will be at least two weeks between classes to allow time to read the books. NOTE: limited to 15; dates of this class will not interfere or overlap with Bernards Township Library Leisure Learning program.

M04. 10:00a-11:15a Privacy (Something You Remember) and Surveillance (Something You Would Like to Forget) Klass Meeting Dates: 4/6, 4/13, 4/20, 4/27. In person class. Instructor email: rickklass1@gmail.com

Description: Concepts of Privacy have changed dramatically over the years, as a result of technology and post 9/11 government practices. There are also generational differences in attitudes towards personal privacy that we will both examine and share our experiences. We will also discuss our "digital footprints", and the various ways we are being "observed."

M05. 10:00a-11:15a Symposium on diverse and engaging topics of interest. Srikantan Meeting Dates: 2/2, 2/9, 2/16, 3/2, 3/9, 3/23, 3/30, 4/6, 4/20, 4/27. Zoom/online only class. Instructor email: hsrikantan@aol.com

Description: Explore movements, traditions, cross-cultural comparisons. Discuss ethical dilemmas, metaphysical concepts, or influential philosophical works. Examine religious / interfaith / spirituality in modern society. Analyze current events, or historical movements.

M06. 11:30a-12:45p Music of the Heart Ogens Meeting Dates: 2/9, 2/16, 3/2, 3/9, 3/23, 3/30. In person class. Instructor email: bandit29@aol.com

Description: This semester we will look at "Music of the Heart." Songs have a remarkable ability to express human emotions, acting as a powerful medium for both artists and listeners to connect with and explore feelings. We will listen to a wide range of music from the 1940 to today with some of the songs bringing back memories while others will be new to you. Many were number one hits.

Songs will be sung by various artists some you may not be familiar with and some considered the greatest performers of all time including Tony Bennett, Barbara Streisand, Billie Eilish, Pink Floyd, Marc Cohn and Dolly Parton. Many different genres of music will be used. There will be 6 categories of songs; Love, Breakup, Inspirational, Love About a Child, Growing Up and Getting Older. In each class we will listen to approximately 7 songs, 42 songs in total. Before each class session, I will send an email listing the 7 songs to be played and include a brief biography of the singer and/or songwriter which will include interesting facts, trivia and stories. In class, I will first introduce the singer and song and briefly explain the background for writing it. Then we will watch a video performance which in many cases was produced with the release of the song. The lyrics of each song will be shown as it is playing. I will then discuss the lyrics and analyze its meaning. I encourage questions and any other information pertinent about the songs.

M07. 11:30a-12:45p Understanding Medicare Harper Meeting Dates: 2/23. In person class. Instructor email: harperfamlynj@icloud.com

Description: This course is for anyone who wants to feel more confident navigating Medicare. Whether you're approaching enrollment for the first time or already have coverage and want to understand it better, this session will break down the basic components of Medicare, enrollment timelines, costs, how to make changes to your coverage, and common pitfalls. You will leave with a stronger understanding of how Medicare works, what choices you have, and how to make informed decisions that fit your health needs and budget.

M08. 1:00p-2:15p Citizenship and Immigration: About the personal that is political Franz Meeting Dates: 2/9, 2/23, 3/9. In person class. Instructor email: bfranz@rider.edu

Description: This three-session course explores changes in citizenship law and practice in the United States and Europe. The first session introduces key concepts and frameworks for understanding citizenship as a multifaceted institution encompassing legal, political, and social aspects. The second session examines how citizenship has evolved historically, and the final session focuses

on recent changes in immigration policy, highlighting the economic logics underlying these shifts and their consequences for immigrants. Throughout the course, students are encouraged to connect legal and political structures of citizenship to everyday lived experiences and broader political-economic transformations.

M09. 1:15p-3:45p FILL Film Discussion Group Ogens & Ogens Meeting Dates: 2/2, 2/9, 2/16, 3/2, 3/9, 3/23, 3/30, 4/6, 4/20, 4/27, 5/4, 5/11. In person class. Instructor email: bandit29@aol.com

Description: This semester we will show a collection of films from a wide variety of categories that will be sure to please everybody. There will be drama, based on a true story, mystery, comedy, romantic, classics and some you never heard of. We will also show two movies honoring two great actors who passed away in 2025. So bring your treats and sit back and watch some very creative award-winning films and let your imagination run wild. At the start of each class I will spend about 10 minutes introducing the film and after each film is played, I will relate various aspects of the film from its creation, awards and facts about the actors. A discussion will follow so you can voice your opinion and add to or question facts about the film. Each film has an IMDb rating by viewers of 7.0 or higher. One week before the start of the first class, a complete list of films will be sent to everyone and then detailed facts about each film will be sent 3 days before the showing. And remember “A good movie can transport you to another time and place and take your mind off your daily routine.

M10. 4:00p-5:15p Clean-up your house and take care of your estate Hellner-Apelt Meeting Dates: 1/26, 2/2, and 2/9. In person class. Instructor email: katmagnolia@gmail.com

Description: Practical Tips for cleaning-up your house, for removing clutter, and for organizing the remainder

M11. 4:00p-5:15p Learning to Fly: An Introduction to Aviation Olcott Meeting

Dates: 4/6, 4/20, 4/27, 5/4, 5/11. In person class. Instructor email:

jack@general aerocompany.net

Description: Aviation is one of the modern wonders of the world. Large airliners can transport over 500 passengers nearly 10,000 statute miles at 650 miles per hour, linking continents and advancing commerce as well as quality of life.

Business aircraft enable corporations to pursue opportunities in locations not yet served frequently by the airlines, thereby augmenting transportation's role as an enabling technology for human progress. General Aviation offers the challenge and freedom of flight to the discretionary flyer. Have you ever wondered how we got here, and what it takes to fly and land an aircraft? In this new FILL course, your instructor will introduce the romance, ethos, challenges and rewards of flying. The course answers questions for the curious and provides direction for the individual seeking further exploration of flight. In five weeks we will explore such topics as the history of aviation (with emphasis on NJ's role), aviation as a centerpiece of U.S. transportation and economics, important differences in aircraft, pilots and airports, and fulfillment that individuals derive from flying. We will explore how aviation can be a window not only into engineering and technology but also problem-solving more broadly. In this introductory course you will learn from John Olcott, a Certified Flight Instructor with academic degrees in engineering and business administration as well as decades of aviation experience. His involvement with flight has facilitated a career in business, advisory service to government, aviation consultation in six of the world's seven continents and exposure to many leaders who played significant roles in air transportation. In addition to introducing material required by FAA regulation to be a certified Private Pilot, this course will include perspectives based upon practical applications of aviation as an avocation and career. Please join us on this journey!

TUESDAY CLASSES

Tu01. 10:00a-11:15a The Lives and Music of Mozart and Beethoven Spingarn

3/24; 3/31; 4/7; 4/14 In person class. Instructor email: kenspin@gmail.com

Description: The Mozart & Beethoven course will detail the lives and music of both composers, including their significant influences, differences, and their accomplishments. Musical examples of both will also be presented.

Tu02. 11:30a-12:45p Reading Jane Austen's Emma Ard Meeting Dates: 3/24, 3/31, 4/7, 4/14. In person class. Instructor email: ardedu@msn.com

Description: The 1995 movie Clueless is Emma transported to late twentieth century America. And if you've never seen Clueless, see it now! It's great fun. "Emma Woodhouse, handsome, clever, and rich, with a comfortable home and happy disposition seemed to unite some of the best blessings of existence: and had lived nearly twenty-one years in the world with very little to distress or vex her." It's that word "seemed" that should tip you off, as the clueless and snobby Emma is about to be, well, vexed. Austen created a heroine who, she knew, a lot of readers might not like. This is a mystery without a body, as much as it is a romance, as much as it is a story of how the industrial revolution in England was unsettling the class structure. Despite its age, most readers slip into Emma's world quite easily!

Tu03. 11:30a-12:45p Writing Short Form Poems MacGowan. Meeting Dates: 4/21, 28, 5/5. In person class. Instructor email: marymacgowan60@gmail.com

Description: This course will explore the shortest forms of poems: Haiku, Tonka, Acrostic and, of course, the all-time favorite, Limericks. We'll write them together in class. You'll have a good time counting syllables, calling out ideas, hearing the ideas of others. Trying something new can help you feel more vibrant, more inventive, and more connected!

Tu04. 1:00p-2:15p Ekphrastic Poetry: Experience the Beneficial Effect of Poetry and Art. Gerrish, D. EDD, MFA. Meeting Dates: 2/17, 2/24, 3/3, 3/10, 3/24. Zoom/online only class. Instructor email: shakabee@comcast.net

Description: Poetry and the visual arts, and art in general, can have a therapeutic effect on us. Students will be inspired by reading poetry and viewing

works of art. Ekphrastic poems paired with paintings (the encounter between literary works and artworks) will be the springboard for telling our own stories as we respond and give voice to an actual work of art by Van Gogh, Matisse, Hopper, Rothko, and more. It was William Butler Yeats who once said, "The world is full of magic things, patiently waiting for our senses to grow sharper." And poet Muriel Rukeyser once said, "The universe is not made of atoms but of stories." May your imagination be enlightened by the poems and paintings of the great masters as well as the contemporary luminaries. Please join us for meaningful sessions chock full of enriching poetry and art! (You do not have to write since it is voluntary!)

Tu05. 1:00p-2:15p Let's Talk About Life & Mortality Over Lunch - Conversations Hellner-Apelt Meeting Dates: 2/3, 2/10. In person class. Instructor email: katmagnolia@gmail.com

Description: Guided conversations over lunch

Tu06. 1:00p-2:15p Mark Twain: The Divided Self Rose Meeting Dates: 4/14," In person class. Instructor email: danrose237@gmail.com

Description: Mark Twain: A Divided Self – Humorist, social critic, ruffian, socialite, outcast, celebrity, and tragic figure, Mark Twain – both in his life and his art – exhibited a series of fierce contradictions. To reveal some of the major themes and conflicts in his writings, this course will explore Twain's biography and how certain events were realized in the author's fiction and nonfiction: stories, novels, essays, memoirs, and quotations.

Tu07. 1:00p-2:30 Learn from the Author: Stage Frightened to Death Kamenetsky Meeting Dates: 4/21. In person class. Instructor email: kjkam75@gmail.com

Description: Join writer Karen Kamenetsky as she discusses her recent mystery, Stage Frightened to Death, that recounts the story of a thirty-something songwriter who stumbles into solving a murder. The author will read an excerpt from the book, perform several featured songs, and discuss the creative and

publishing process followed by Q&A. If you want to learn more about a cozy new mystery or about what it takes to be a book author, we hope you'll join us for a reading, discussion, and book signing!

Tu08. 2:30p-3:45p Fearless Story Writing Kohler-Pogash Meeting Dates: 2/24, 3/3, 3/10, 3/24, 3/31, 4/7. In person class. Instructor email: mrs.pogash@gmail.com

Description: Come to write for fun and without fear of negative judgement! This course is designed to provide participants with the opportunity to share an important event or character from their past which had a profound influence on them. There will be no pressure to present to an audience larger than our class. First, we will work in pairs and then in small groups for feedback on writing drafts. The process should be enjoyable, and the end product is meant to be a legacy to share with beloved family members and friends.

Tu09. 2:30p-3:45p What the Constitution Means to Me: Preview and Discussion. Salerno, Darden, & Peabody. Meeting Dates: 1/27. In person class. Instructor email: bpeabody@fdu.edu

Description: Join actor Mirian Salerno and Professors Gary Darden and Bruce Peabody for an on-campus preview and discussion of “What the Constitution Means to Me,” a play being performed at Fellowship Hall in Morristown from Jan. 31-Feb. 8, 2026. At this event Salerno will be introduced by Prof. Gary Darden (History), and Prof. Bruce Peabody will then lead a conversation about the play and its ongoing relevance in 2026. We will conclude with Q&A from audience. The play is the production of Pioneer Productions Company and is largely a one-person show performed in this instance by Salerno who also serves as the Director of External Affairs for Pioneer and is the Managing Director of the Public Outreach and Engagement Team at the Edward J. Bloustein School of Planning and Public Policy at Rutgers University. The play, written and originally performed by Heidi Schreck on Broadway, chronicles the author’s evolving and complicated relationship with our supreme law, and invites the audience to engage in a similar reflective exercise.

Tu10. 4:00p-5:15p Current Events Spencer Meeting Dates: 2/10, 2/24, 3/10, 3/24, 4/14, 4/28, 5/12. Zoom/online only class. Instructor email: spencerken1946@gmail.com

Description: Roundtable discussion of international, national and local non-political news, including a game show format of “What happened on this date in history in the USA”? Classes may include discussion of financial market trends, local community activities, Broadway shows, musicals, theaters, streaming movies, and health care matters for seniors. Recommended cocktail recipes will be discussed.

WEDNESDAY CLASSES

W01. 10:00a-11:15a Out and About - places to go and things to do. Ullman Meeting Dates: 2/4, 2/11, 2/18, 3/4. In person class. Instructor email: neil.ullman@gmail.com

Description: With spring on the horizon it is time to plan on venturing out. This class will give an exposure to the variety of places to explore. It is for both newcomers to the area as well as a refresher for those who are familiar with many of the relatively local venues. We will discuss museums, gardens, historical sites, concerts and other arts events, as well as share information about restaurants, various special activities, and the benefits of such things as your student ID. This is also a special year as we celebrate the 250th anniversary of the Declaration of Independence and we can expect a continuation of many activities related to the revolutionary period.

W02. 10:00a-11:15a Photography for Everyone Gribbin Meeting Dates: 3/11, 3/25, 4/01, 4/08. In person class. Instructor email: gribbinbreslin155@gmail.com

Description: This course is a follow-up to Photography for Everyone from the Fall semester. The goal is to help everyone become better at capturing that memorable image whether it be for the mantle or for National Geographic. Any camera will do. Two topics will be assigned for each class except the last class which will be open to all subjects (almost). You will email your images to me and I will put them up on the screen so that the class can critique (gently) and discuss

them. The emphasis will be on composition and not so much technical camera settings.

W03. 10:00a-11:15a Reading the Novel Gordon Meeting Dates: 2/25, 3/11, 3/25, 4/8, 4/29. In person class. Instructor email: dale.k.gordon@gmail.com

Description: The instructor and students will collaborate in developing a list of fiction books to discuss over the course of the semester prior to the first session. The instructor will provide discussion questions and links to reviews and author interviews (where available). There will be at least two weeks between classes to allow for adequate time to thoroughly read and digest each book prior to class.

W04. 11:30a-12:45p. Antony & Cleopatra: Love and Power, Exploration of Shakespeare Series. Weisstuch, M. Meeting Dates: 4/15, 4/22, 4/29, 5/6. In person class. Instructor email: mweisstuch@gmail.com

Description: Antony and Cleopatra is an intimate love story writ large, encompassing two continents and representing virtually the entire civilized world. The play is a kaleidoscope of scenes rapidly cutting between two clashing cultures, each pushed up against the other like two massive shifting tectonic plates that erupt when they converge. Each sphere views the other with disdain: Rome sees Egypt's leisure, boundless appetite and open expression of desire as decadent, debased and feckless; Egypt sees Rome's rigorous obedience to duty and order and its cult of masculinity as a corseted stolidity, cold, calculating and heartless. Antony & Cleopatra represent their respective cultures as they are each of them formidable personalities that operate on two levels—as leaders and as lovers. As leaders they possess strong wills which they exercise against their political opponents. As lovers their desires can become frighteningly volatile, exposing the manifold dimensions of their passionate love. In this colossal story of love, duty and power, Shakespeare searches to define a mature love that embraces intimate affection and sexual desire; outbursts of egotism and jealousy capped by remorse; the camaraderie of two mutually-suited minds; and the yearnings and affirmations of two people moved by strong human feelings for each other. He does so by interweaving the political and the romantic and showing us the public and private personas of his protagonists.

W05. 11:30a-12:45p New Jersey Innovation and Ingenuity Pomel Meeting Dates: 4/15, 4/22, 4/29, 5/6. In person class. Instructor email: dcmp@comcast.net

Description: New Jersey isn't just the Garden State; it's the "Innovation and Ingenuity state" too. New Jersey has long been the location where many universities, inventors and entrepreneurs have established hallmarks for discovery. From individuals like Thomas Edison to corporate "Idea Factories" like Bell Labs and businesses like Campbell soups (their Tomato Soup can became a Andy Warhol pop icon) and Johnson and Johnson to military installations like Fort Monmouth and Picatinny Arsenal. While New Jersey's history as an industrial and innovation state goes back to the colonial era, it is the inventor whose legacy exemplifies New Jersey's distinction as the place for ingenuity. What was most important was the spirit of teamwork - at times, there were numerous scientists, engineers and business people who worked with innovators that helped create the works that they are most famous for. For example, Bell Labs has more than 31,000 patents and their scientists and engineers have won EIGHT Nobel Prizes! This class will examine the legacy of New Jersey innovators that lives on today and several "new" incubator research ventures across the state that continues to foster New Jersey's spirit of invention while also inspiring the next generation of inventors and innovators.

W06. 11:30a-12:45p Singing Bowl Meditation Miller & Leigh Meeting Dates: 1/21, 1/28; 2/4, 2/11, 2/18; 3/25; 4/8. In person class. Instructor email: vsomaph44@gmail.com

Description: Seated meditation begins with 10 minutes of simple body relaxation stretches. A singing bowl gong will start a 10 minute session on meditation posture, hand-position, and breath. Followed by intervals of guided meditation and intervals of singing bowl sounds.

W07. 11:30a-12:45p The Discovery and Historical Impact of the Nuestra Senora de Atocha Shipwreck Pomel Meeting Dates: 2/25, 3/4, 3/11. In person class. Instructor email: dcmp@comcast.net

Description: If you missed this presentation last semester, this class is for you! July, 2025 marked the 40th anniversary of the end of a sixteen-year search and the discovery of the 600-ton treasure galleon Nuestra Senora de Atocha by Mel Fisher. The Atocha was the vice-flagship of King Philip IV of Spain; a heavily armed treasure galleon that served as the almirante (rear guard) for the Spanish Fleet. She sank during a hurricane off Key West on September 5, 1622 and was never seen again until 1985. In this class we will begin with Spain's quest for gold in the "New World" and the history behind the treasure fleet that provided gold and silver to finance Spain's economy, wars and trade with China. Then we'll talk about the amazing story of the actual discovery of the Atocha shipwreck, that when found was one of the most valuable treasures ever discovered and examine some of the artifacts recovered from the Atocha that provided a snapshot of "17th century history frozen in time". After her sinking in 1622, the wreck of the Atocha was lost to history and was referred to as the "GHOST SHIP" of the Spanish Treasure Fleet until discovered in 1985. The search for the Atocha was a long and difficult adventure. Mel would keep his crew motivated by saying "Today's the Day" ...on July 20, 1985 the dream came true! Come join me for this fascinating story of the history and treasure of the Nuestra Senora de Atocha Shipwreck.'

W08. 11:30a-1:00p The Art and History of Meaningful Conversation and Irresistible Storytelling DeCicco Meeting Dates: 4/15. In person class. Instructor email: adcrealtorcoach@gmail.com

Description: In this single session course, learn the simple but not simplistic ingredients of a great conversation and memorable storytelling from famous and historical figures (Steve Jobs, Winston Churchill), communication consultants (Carmine Gallo - "If you can't tell it, you can't sell it" and Simon Sinek - "Start with Why") to an engaging Ted Talker (Celeste Headlee - 10 Ingredients of a Great Conversation). Having meaningful conversations is easier than you think when following a basic recipe. Whether your job hinges on how well you talk to people, or your social interactions do, it has little to do with small talk or a bubbly personality. By the end of the session, you will walk away with a checklist to engage listeners, relate a story to a situation, or pitch in an elevator.

W09. 1:00p-2:15p Countess Ada Lovelace: The World's First Computer Programmer Rose Meeting Dates: 3/25. In person class. Instructor email: danrose237@gmail.com

Description: In Victorian England, 100 years after computers were invented, Ada Lovelace wrote the 1st computer program. Who is Lady Lovelace? Infamous at birth, she was the only legitimate child of poet Lord Byron. Socialite, mathematician, logician, and “poetical scientist,” Ada Lovelace befriended Charles Dickens, Prince Albert, and Charles Babbage (father of the computer), who called her, the “Enchantress of Numbers”. Find out why and how her fame and influence have continued to grow since her death in 1852 at the age of 36.

W10. 1:00p-2:30 The Life and Art of Frida Kahlo Rose Meeting Dates: 5/13. In person class. Instructor email: danrose237@gmail.com

Description: Social activist, feminist, Mexican patriot, fashionista, and world-famous artist, Frida Kahlo was a survivor. Bedridden during childhood and adolescence, she overcame a life-altering disease and a devastating accident. In adulthood she endured psychological suffering. Through it all, she unflinchingly portrayed herself on canvas. Her life was as bold, colorful, and unconventional as her art, both of which invited surprise from both her admirers and detractors. Learn more about this unique and amazing woman, who's still making news today.

W11. 1:00p-4:00p Literature to Film: Short Stories Adapted to Film Eger Meeting Dates: 1/28, 2/4, 2/11, 2/18, 2/25, 3/4, 3/11. In person class. Instructor email: jegercatalogues@aol.com

Description: The course will consider a number of short stories that have been adapted to short films. Most of the stories are American and all are in English. Additional literary and cinematic surprises will be offered throughout the course. Each class will run about 3 hours. The class will consist of a discussion and analysis of the written story. Participants will be expected to have read the story before coming to class. Once the story in its written form has been thoroughly

discussed, a DVD of the film of the story will be shown. Then a second discussion would begin focusing on the cinematic version and the general and specific differences between literature and film. The expected outcome for each class would be to better understand the differences between the world of the printed word and the world of cinema. The course will require active participation of participants. It is not meant to be a lecture. Lively discussion will be encouraged. A selection of the stories by the following writers will be discussed: Herman Melville, Jack London, Robert Service, Donald Barthelme, Andy Weir, Roald Dahl, Isaac Baabel, Ernest Hemingway, and others to be announced. A focused selection of Academy Award winning short films will also be shown and discussed.

W12. 1:00p-4:00p Broadway Musicals Flanigan Meeting Dates: 4/22, 4/29, 5/6. In person class. Instructor email: flanigane@montclair.edu

Description: This toe-tapping course will keep you smiling while transporting you to the musical theater's fantasies and realities while staying right here at FDU watching and studying three wonderful shows.

W13. 4:00p-5:15p Exploring Your Heart's Intelligence to Reduce Stress & Stay in the Balance Iorio Meeting Dates: 2/4, 2/11, 2/18, 2/25. Zoom/online only class. Instructor email: nursecathy101@aol.com

Description: In a small group zoom setting with a maximum of ten students, a four-week session will be offered centered on 'The HeartMath® Experience, a 90-minute interactive video program providing simple techniques to help one navigate unpredictable and challenging times. Prior to each class, chapters that will be explored along with accompanying handouts will be e-mailed. An inspiring experiential course that will offer new insights and practical techniques to help you respond to everyday challenges with more ease and composure. You will learn how to activate heart qualities of love, kindness, and compassion to help enhance your immune system, health, and self-security. Cathryn respectfully requests the student register with a commitment to attend all four classes albeit emergencies. This course will be offered again in the spring semester. It is asked to print out all handouts prior to class for class activities. Cathryn Iorio looks

forward bringing current, reliable and scientifically validated tools and research from the HeartMath® Institute as an independent Certified HeartMath® Coach showing how our hearts can help shift the emotional landscape of worry, anger, frustration, helplessness and anxiety to a place of peace, calm, clarity and discernment in meeting the everyday challenges today-one person, one group, one community at a time.

THURSDAY CLASSES

Th01. 10:00a-12:45p Introduction to Watercolor Shoshkes Meeting Dates: 2/5, 2/12, 2/19, 3/12, 3/26, 4/2, 4/9, 4/23. In person class. Instructor email: annshoshkes@gmail.com

Description: After an introduction to the materials that we will use we will then master fundamental techniques such as wet on wet (applying wet paint to a wet surface) and dry brushing, color mixing and theory, composition and value, and hands on practice with weekly projects. Materials list will be provided upon registration.

Th02. 10:00a-11:15a A Brief History of the 20th Century Goldstein Meeting Dates: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9. Zoom/online only class. Instructor email: arnoldmgoldstein@aol.com

Description: A Brief History of the 20th Century: The 20th century was one of remarkable change in essentially all aspects of the human experience. This multi-semester, online course explores the major themes and events that made the 20th century unique in recorded history. Major events of the 20th century include, but are not limited to: World War I (called “The Great War” or “War to End All Wars” by those who witnessed it, led to the destruction of four empires, the deaths of 10 million young men and the wounding of more than 20 million others); the Treaty of Versailles that ended World War I and set the stage for World War II; the influenza pandemic of 1918-1920; the Stock Market Crash of 1929 and the Great Depression of the 1930’s; the Russian Revolutions of 1917 and the rise of Communism; the rise of totalitarianism in Europe and Asia; World War II and its aftermath the Cold War; the Nuclear Age; the destruction of European colonialism and the rise of new nation-states in Africa and Asia; the role of the United States as the global “sheriff”; the proxy wars fought between the United States and the Soviet Union and their allies, including armed conflicts in Korea and Vietnam; the resurrection of China as a world power and the collapse of the Soviet Union and Communism. We will focus on the causes of these events and on the interactions between them and the current day. The class will be taught on-line via Zoom teleconferencing

Th03. 10:00a-11:15a Crypto for Dummies Geltman Meeting Dates: 4/16. In person class. Instructor email: lgeltman@gmail.com

Description: Ever wonder what the buzz about crypto is? Want to find out more about it? What is it used for? Should you invest in it?

Th04. 10:00a-11:15a Great Literary Works of the Twentieth Century Castro Meeting Dates: 1/29, 2/12, 2/26, 3/12, 3/26, 4/16, 4/30. In person class. Instructor email: drncastro@gmail.com

Description: In our previous sessions, we made an attempt at defining what makes great literature and why some novels seem to exist outside of the constraints of time and place while others, some well received by critics and worthy of praises and prizes, lose their attraction and fall into oblivion or, sometimes don't even make it outside of a small and rarefied circle of literati. This coming semester, we will read 7 novels, one for each of our biweekly meetings. We will each share the titles of three major novels of the 20th century we have read and admired and the group will chose which amongst them will be read by all and discussed in class.

Th05. 11:30a-12:45p Tips and Tricks for Mastering Your Apple Devices Goldfaden Meeting Dates: 3/5, 3/12, 3/19, 3/26, 4/2, 4/9. Zoom/online only class. Instructor email: debragoldfaden@me.com

Description: We will explore, through demonstrations, the newest features and changes to the Apple ecosystem as updates to apps and the operating systems enable us to do more with our devices (iPhone/iPad/Mac/Apple Watch). It can be perplexing how to use our devices especially since many elements have been hidden in different menus with each update! Keep current and learn what has changed. We will spend time reviewing with time for Q&A in each session. For those new to Apple devices, please bring your questions! Step by step instructions are provided along with video recordings of each session to peruse at your own speed.

Th06. 11:30a-1:00p* Beginner's Mah Jongg Friedman & Quinn Meeting Dates: 1/29, 2/5, 2/12, 2/19, 2/26,* 3/5*. In person class. Instructor email: daria_friedman@verizon.net

Description: Let's learn the basics! You will become familiar with the tiles, the rules, and the Mah Jongg card for playing this exciting game. We will provide the foundation for your future enjoyment. We will be using the 2025 Mah Jongg Card. If you already have the card, please bring it to class. If not, we will provide you with the 2025 card.

Th07. 1:00p-2:15p Improving interpersonal communication skills. White Meeting Dates: 3/26, 4/2, 4/9. In person class. Instructor email: jimdiv@aol.com

Description: In this communication course we will look at such areas as listen skills, affirmation skills, dealing with conflict, body language, and other areas of practical interest to make students more effective communicators in all aspects of their lives.

Th08. 1:00p-2:15p The Powerful Messages our Homes Send as Home Sellers or Home Dwellers DeCicco Meeting Dates: 2/26, 3/5, 3/12. In person class. Instructor email: adcrealtorcoach@gmail.com

Description: In this series, leverage Home Selling for a Premium (Home Staging Strategies); or, Home Dwelling in Style and Comfort (DIY Strategies); plus, Price Targeting & Negotiating for Home Value. Three-session course focuses on the messages our homes are sending to the observer – neighbor, visitor, home buyer – that as owners we have stopped hearing. As Dwellers, learn how to implement DIY strategies to live in style and comfort. As Sellers, learn how to capitalize on 3 essentials that pay a Home Seller a Premium: Setting a Price (Comparative, Auction, Retail - and the one that leaves money on the table); Condition (decluttering, furniture editing & home staging); and Negotiation (counter-offer, multiple-offer, compelling and complex terms, and market shifts). Walk away with 1) DIY strategies for selling or dwelling to avoid the common reaction home sellers have once their home is staged, "why didn't I do this before!" · 2) an understanding of the local market, its customs, nuances and recent regulatory changes before deciding whether to "age in place" or "make a lifestyle move."

Th09. 1:00p-3:00p: Columbo in the Classroom Stanley Meeting Dates: 2/12, 2/19, 2/26, 3/5, 3/12. In person class. Instructor email: perryscafe@gmail.com

Description: Attention Columbo fans! It's time for some comfort TV and what could be more comforting than watching Lieutenant Columbo solve a murder? We will watch and talk about some of the best Columbo episodes from its second season. And just one more thing...these are newly restored complete episodes with no commercials!

Th10. 1:00p-3:45p. Musical Icons in Film: Their Stories, Their Songs" Kaffel, J. Meeting Dates: 4/16, 4/23, 4/30, 5/7. In person class. Instructor email: blueparakeet943@aol.com

Description: Four biographical dramas of legendary musical icons will be screened. In addition to having the opportunity to listen to the artists perform, we will gain insight into their successes, hardships and tragedies. Thoughtful discussion will follow each film.

Th11. 2:30p-5:15p Advanced Watercolor Projects Shoshkes Meeting Dates: 2/5, 2/12, 2/19, 3/12, 3/26, 4/2, 4/9, 4/23. In person class. Instructor email: annshoshkes@gmail.com

Description: This class is for students with some experience using watercolor who want to build on their skills and learn more advanced techniques. We will introduce salt, plastic wrap, scoring, masking fluid, sponges, watercolor pencils and crayons in our paintings. Weekly inspiration and demonstrations will be provided with new topics introduced each week.

Th12. 4:00p-5:30p Historical Context of Russia's War against Ukraine: An Update Rifkin Meeting Dates: 2/26. In person class. Instructor email: b.rifkin@fd.edu

Description: In this presentation, Dr. Benjamin Rifkin, FDU's Provost and a specialist on Eastern Europe, will describe the historical context of Russia's War against Ukraine and update our community on recent developments in that war.

FRIDAY CLASSES

F01. 10:00a-11:15a The state of voting in the US in 2026 Uptegrove Meeting

Dates: 3/27, 4/10, 4/17, 4/24, 5/1. In person class. Instructor email: ebuptegrove@yahoo.com

Description: In this class we will discuss various issues related to the current state of voting in the US, emphasizing voting at the federal level, including:

- Gerrymandering
- Voting Systems, including Ranked Choice voting, Runoff elections, Approval voting
- The Supreme Court's role in voting
- Election observers
- The Electoral College
- Whatever is in the news at the time

F02. 11:30a-1:30p FILL Family Fridays Spencer Meeting Dates: 2/13, 2/27, 3/13,

3/27, 4/17, 5/1. In person class. Instructor email: marjoriespencer1949@gmail.com

Description: Get to meet and greet your fellow FILL students over lunch in the main FDU cafeteria on Fridays. We will meet and discuss classes, hobbies, current events and local activities and meet and make new FILL friends.

F03. 11:30a-12:45p Art Therapy Experiential MacGowan Meeting Dates: 4/10,"

In person class. Instructor email: marymacgowan60@gmail.com

Description: Have you always wondered what Art Therapists do? This is your chance to find out. Bring magic markers and a fun attitude. No artistic experience required, but you will be drawing scribble drawings and other kinds of art. I will assure every class member that once class begins, please rest assured that no one is required to make art or to speak up.

F04. 12:00p-1:45pm Exploring Mediterranean Cuisine and Culture Kander & Berlinsky Meeting Dates: 1/23, 1/30, 2/6, 2/13, 2/20, 2/27. In person class. Instructor email: deborahkb@gmail.com

Description: Class meets at designated reasonably priced Mediterranean restaurants, cafes, and delis in the local area. Eat, enjoy, and learn about Mediterranean culture and cuisine. The only requirement is a good appetite!

F05. 1:00p-2:15p Living Your Best Life Allotey Meeting Dates: 4/10, 4/24, 5/8, 5/15. In person class. Instructor email: adrian.allotey@yanaec.com

Description: Living Your Best Life is an uplifting and transformative class designed to help aging adults reconnect with who they are, who they have been, and who they are becoming. Through guided reflection, meaningful conversation, and practical tools, participants explore the experiences, interests, relationships, and beliefs that have shaped them throughout their lives. With compassionate support, the class encourages individuals to honor their stories, rekindle forgotten passions, and identify the emotional, mental, and spiritual needs that bring purpose, joy, and balance into everyday living. Participants learn to recognize and minimize common stressors of aging while enhancing their overall well-being with clarity and confidence. In this warm and engaging experience, learners also examine the deeper elements of family dynamics, legacy, communication, and personal decision-making. Together, we explore how family roles, lifelong patterns, and unspoken expectations influence daily life and develop strategies to create greater harmony and understanding. The class fosters empowered communication, intentional planning, and thoughtful self-advocacy, including gentle guidance around expressing emotional, spiritual, and transitional life wishes. By the end, participants walk away with renewed purpose, actionable life-enhancing steps, and a meaningful sense of how to show up fully in their own lives. Living Your Best Life offers a compassionate space to grow, reflect, and rediscover what it truly means to thrive at every stage of aging.

F06. 2:00p-3:00p Meet the FILL Directors! Peabody & Kattelman Meeting Dates: 1/30, "Zoom/online only class. Instructor email: bpeabody@fd.edu

Description: Come meet Kyle Kattelman and Bruce Peabody - the Directors of the FILL programs at our Metropolitan and Florham campuses (respectively). Bruce and Kyle will engage in an informal interview with one another followed by a general Q&A so you can learn more about their background and plans for FILL going forward!

F07. 2:00p-4:00p Living Your Best Life: An Online Introduction Allotey Meeting

Dates: 2/6. Zoom/online only class. Instructor email:

adrian.allotey@yanaec.com

Living Your Best Life is a one session introduction to an uplifting and transformative class designed to help aging adults reconnect with who they are, who they have been, and who they are becoming. Through guided reflection, meaningful conversation, and practical tools, participants explore the experiences, interests, relationships, and beliefs that have shaped them throughout their lives. With compassionate support, the class encourages individuals to honor their stories, rekindle forgotten passions, and identify the emotional, mental, and spiritual needs that bring purpose, joy, and balance into everyday living. Participants learn to recognize and minimize common stressors of aging while enhancing their overall well-being with clarity and confidence. In this warm and engaging experience, learners also examine the deeper elements of family dynamics, legacy, communication, and personal decision-making. Together, we explore how family roles, lifelong patterns, and unspoken expectations influence daily life and develop strategies to create greater harmony and understanding. The class fosters empowered communication, intentional planning, and thoughtful self-advocacy, including gentle guidance around expressing emotional, spiritual, and transitional life wishes. By the end, participants walk away with renewed purpose, actionable life-enhancing steps, and a meaningful sense of how to show up fully in their own lives. Living Your Best Life offers a compassionate space to grow, reflect, and rediscover what it truly means to thrive at every stage of aging.

F08. 2:30p-3:45p Home Gardening Tips and Tricks Hertzberg-Mayo Meeting

Dates: 4/10. Zoom/online only class. Instructor email: bpeabody@fdu.edu

Description: Join Connie Hertzberg Mayo, a master gardener, for an online session on tips and tricks for effective and successful home gardening. Hertzberg-Mayo grew up in Westchester County, NY, but came to Massachusetts to get a Literature degree from Tufts University and never ended up leaving. Her first book, *The Island of Worthy Boys*, was published in 2015 by She Writes Press and won an “IPPY” – the 2016 Gold Medal for Best Regional Fiction from the Independent Publisher Book Awards.

F09. 2:30p-5:15p Game Time Gilris Meeting Dates: 4/17, 4/24, 5/1, 5/8. In person class. Instructor email: imgilris@yahoo.com

Description: A session where we can enjoy a variety of games both older and newer ones. Participants can bring in a game.