

College of Continuing Studies
Moakley 211
100 Burrill Avenue
Bridgewater, MA 02325

Welcome to Senior College

Dear Friend:

Greetings and a warm welcome to the Fall 2023 semester for the Senior College at Bridgewater State University! As we embark on another exciting semester of exploration and enrichment, I am thrilled to extend a heartfelt invitation to our valued participants who have made this journey with us since our inception in 2019 and to those who are joining us for the first time.

It is your enthusiasm and engagement that continue to inspire us. We are honored to provide a diverse range of thought-provoking courses that cater to your interests and inquisitive minds. Whether you prefer the convenience of virtual learning or the camaraderie of in-person gatherings, we have you covered. Many courses accessible via Zoom are also recorded allowing you to participate from the comfort of your own home—at a time that is convenient for you.

Finally, I also want to sincerely thank our community partners who host our in-person learning, they are true partners in every sense—the Bridgewater Public Library, the Bridgewater Senior Center, the Center for Active Living in Plymouth, and the Easton Council on Aging. We look forward to embarking on this new learning journey with you this Fall, united by a common desire for knowledge and a shared passion for lifelong learning.

Warmest regards,



Jennifer Reid
Director, Senior College

Contact us

BSUSeniorCollege@bridgew.edu

www.bridgew.edu/seniorcollege

www.facebook.com/BSUSeniorCollege

508.531.1052

Staying in Touch

When you join the Senior College mailing list, you will receive our newsletters and eblasts with up-to-date information on upcoming events, special workshops, and course registration details. Sign up [here](#) and you can unsubscribe anytime.

Fall 2023 Registration

Registration for Fall 2023 is open and remains open on an ongoing basis until the end of early November 2023. Courses begin on a rolling basis September through November.

Our Mission

The Senior College at Bridgewater State University seeks to engage lifelong learners to foster the well-being of our members through diverse educational opportunities and socialization.

Our History

The Senior College at Bridgewater State University opened in September 2019 under the direction of the College of Continuing Studies. Since then, we have grown from a community of less than 60 members to as high as 270 members coming from southeastern Massachusetts and from seven other states across New England the U.S.

BSU's Senior College Registration Process

STEP ONE

Pay your \$85 registration fee by clicking this [link](#) to pay (or copy this link in your browser).
https://secure.touchnet.com:443/C20026_ustores/web/product_detail.jsp?PRODUCTID=1967&FROMQRCODE=true&SINGLESTORE=true

STEP TWO

Once you pay the registration fee, you will receive an email from us (within 1-2 business days) with a link to an online form where you can select your courses. Remember you can enroll in as many courses as you like after you pay the single \$85 fee!

Finally, you will receive Zoom links or directions for all courses via email prior to the start of each course via email.

OPTIONAL STEP

Please note: if you were a member of Senior College previously and have completed the “non-credit application” you do not need to complete it again.

Online Learning and Courses “On-Demand”!

Taking courses online is both convenient and accessible. There is no need to worry about parking or traffic. With Zoom, you have a front-row seat for all your courses. Additionally, as a benefit to your membership, you will receive a link to our member-only viewing library so you can view the “on-demand” class meeting recordings at your leisure. Some of our courses are not recorded, but many are—please view the course descriptions to see which courses will be recorded this semester. Some online courses are recorded for enrollees to watch later. You can even enroll in a course to only watch the recordings.

Recorded courses are noted via our Quick Glance schedule which you can find on our website: <https://www.bridgew.edu/ccs/seniorcollege>

Zoom Links: Once you register, the Zoom links for your courses will be emailed to you.

In-Person Learning

We are pleased to have partnerships with the Bridgewater Public Library, Bridgewater Senior Center, the Center for Active Living in Plymouth, and the Easton Council on Aging. Our in-person courses take place at the following locations:

Bridgewater Public Library
15 South Street, Bridgewater, MA 02324
(508) 697-3331

Bridgewater (Cole-Yeaton) Senior Center
10 Wally Krueger Way, Bridgewater, MA 02324
(508) 697-0929

Center for Active Living Plymouth
44 Nook Road, Plymouth, MA 02360
(508) 830-4230

Easton Council on Aging
Frothingham Hall Community Center
15 Barrows Street, North Easton, MA 02356
(508) 230-0690

Bridgewater State University – Main Campus
Various locations will be shared with course members

Inclement Weather Policy

Do you have to be an alum of Bridgewater State University to attend the Senior College?

You do NOT have to be an alum of BSU; the Senior College is open to anyone age 50 or older. You also do not need previous college experience—we are open for anyone who is curious and wants to learn.

Who takes classes with the Senior College?

Active, intellectually curious adults with flexible hours take Senior College classes. Courses and activities are designed for people who seek continuing education, academic challenges, and social connections.

Want to offer a course?

Senior College is always looking for new courses to add to our schedule. If you would like to propose a course, email a short course description and short biography about yourself to Jennifer Reid, Director, at j5reid@bridgew.edu. Proposals for Winter/Spring 2024 are due by October 13, 2023.

Classroom Conduct Policy

The Senior College at Bridgewater State University endeavors to create a positive and affirming environment that fosters learning and social connection. Members, instructors, and staff are asked to demonstrate mutual respect, kindness, and a commitment to civility. Senior College instructors are responsible for moderation of classroom discussions. Instructors have the prerogative of inviting questions and in-class conversation throughout the class or asking members to hold their questions and comments until the end of class or another designated time.

All members of Senior College are expected to adhere to the Bridgewater State University Student Code of Conduct which can be found [here](#).

Senior College instructors, staff, and members are encouraged to contact the director (Jennifer Reid, j5reid@bridgew.edu) if they observe behavior that is a violation of the classroom conduct policy.

Classroom Learning Needs

Bridgewater State University is committed to providing equal access to students with documented disabilities. To ensure your access to this course and the BSU community, students with disabilities are encouraged to collaborate with Student Accessibility Services (SAS). Through SAS, you may initiate the confidential process of requesting reasonable accommodations. SAS can be reached at Disability_Resources@bridgew.edu or 508.531.2194. If you are granted accommodations, please reach out to the director (Jennifer Reid, j5reid@bridgew.edu) confidentially to review how they will be applied in your Senior College courses.

Instructor Appreciation

The Senior College at Bridgewater State University is fortunate to have instructors who have taught many courses with us. While we appreciate every instructor, we offer this

special recognition to instructors who reach 5+ and 10+ courses taught.
Congratulations—our community is enhanced by your engagement with our members!

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10 or more courses

Nan Loggains (17)

5 or more courses

Michael Kryzanek (7)

Sandra Mondykowski Temple (6)

Ronald Aakjar (6)

Jim Kirkcaldy (5)

Ronald Reynolds (5)

John Winters (5)

SEPTEMBER COURSES

Ukulele Unleashed: Mastering the Basics and Meeting New Friends

Paula Bishop

9/5, 9/12, 9/19, 9/26, 10/3, 10/10

Tuesday

12:00-1:20pm

Bridgewater Public Library

Discover the joy of playing the ukulele while meeting new people! Whether you're a complete beginner or already familiar with the ukulele, this course offers a fantastic opportunity to learn and grow together. No prior experience or instrument is required – just bring your enthusiasm, and let's make beautiful music together!

Paula Bishop teaches music at Bridgewater State University. She leads the ukulele jams on campus and has conducted ukulele workshops in other locations. Paula enjoys helping people find their inner musician and experience the joy

evaluation of immigration reform policy proposals.

European History was his integration of western art into his courses. For Jim art wasn't

Dr. Feodor (Fed) Gostjev is an associate professor of Criminal Justice and the coordinator of the Criminal Justice graduate program at Bridgewater State University.

Fed's research focuses on immigration, ethnic diversity, crime, and justice in the United States. His research examines how immigrant residential settlement patterns shape the geographic distribution of violent extremism, gang violence, and crime across America. Fed is an ethnic Russian from Ukraine, born and raised in Crimea, and immigrated to the United States in 2002

Appreciating Art: A Revolution in Western Art - Impressionism to Modernism

Jim Kirkcaldy

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

Thursday

11:00am-12:20pm

Plymouth Center for Active Living

This is the second of a three course series exploring the major characteristics of the European art movements, 1860s-1945. This covers the period do western art known as modernism and was a true revolution as to the role of art and how people responded to it. The prime focus of this seminar is to enhance the enjoyment of the participants in viewing art by identifying not only key characteristics of each art movement but also how to examine and analyze a painting.

Jim Kirkcaldy is a Bridgewater State alumnus and has spent 48 years teaching in the Hingham Public Schools. He was department director in Social Studies, ~~12~~ for 25 years. He is now retired but keeps busy as an adjunct professor at Bristol Community College. One of his most rewarding aspects of teaching

Paris, France! He was a Massachusetts certified teacher of French and successfully taught in both High School and Middle School for a total of 30 years. As a teacher of teachers, Ed has also given multiple lectures and conducted workshops in French and Spanish for MaFLA the Massachusetts Foreign Language Association.

Discovering Life: Exploring the Wonders of Biology for Lifelong Learners

Ron Aakjar

9/7, 9/14, 9/21, 9/28, 10/5, 10/12

Thursday

5:00-6:20pm

Zoom

This introduction to Biology is designed specifically for lifelong learners seeking a deeper understanding of the fascinating world of biology. This course provides a comprehensive overview of key biological concepts, exploring topics such as cellular structure and function, genetics, evolution, ecology, and human anatomy. Through interactive lectures, thought-provoking discussions, and hands-on activities, participants will gain insights into the intricate mechanisms of life, unlocking the mysteries of the natural world. With a focus on relevance to everyday life, this course aims to foster a sense of wonder and curiosity, empowering you to appreciate the wonders of biology and apply their newfound knowledge to your personal lives. Whether you are an avid nature enthusiast or simply curious about the intricacies of living organisms, this course offers a stimulating and accessible exploration of the foundations of biology.

Ron Aakjar Jr. is very interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State

University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to his position at BSU he worked as a Horticulturist at a private estate in Bridgewater, CT for nine years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.

The Language of Light

Jamie Kern

9/8, 9/15, 9/22, 9/29, 10/6*

Friday

11:00am-12:20pm

*This course meets 5 times on Zoom, with a 6th optional in-person observatory visit at a to be determined date.

Zoom & BSU

The universe speaks to us in the language of light: light from distant stars, cloudy nebulae, and galaxies of all shapes and sizes. Until we discover a way to reach these faroff places, all we on Earth can do is look outward, gather the light we receive, translate it, and read it like words on a page. Astronomers spend their lives doing this. In this course, we'll explore the many ways light delivers messages to Earth and some of the most meaningful and astounding things it has said. Topics will include the nature of light, blackbody radiation, colors of astronomical objects, atomic and stellar spectra, photometry, the doppler shift, and astrophotography—and what those things tell us! No prior experience with science or math is required. We will visit the BSU Observatory on an evening to be determined.

Jamie Kern is the Observatory Manager at Bridgewater State University and teaches in the department of Physics, Photonics, and Optical Engineering. She holds an M.S. in Physics and has been an observational astronomer for more than 20 years. She is passionate about astronomy outreach, providing experiential and financial opportunities for students, supporting education, and improving diversity, equity and inclusion in her field. She has received multiple teaching awards, mentored many students conducting astrophysics research, and runs astronomy outreach and astrophysics research teams at BSU.

Reading about Jail, Justice and More (Part I)

John Winters

9/8, 9/15, 9/22, 9/29, 10/6, 10/13

Friday

12:30-1:50pm

Zoom

America's carceral system is complex. This interdisciplinary reading course will look at the history, ethics, economics, racial disparities, and reality of locking people up.

One of the best ways to understand it is through some of the powerful writing that has been done on this topic. Books for this first

session will include

Reason, and Right (Lexington Books, 2011). In
written for the Institute for Humane Studies,
Education, and he is a Senior Fellow at the
Fraser Institute. His main research includes
theories of rights, the ethics of market order,
the nature and justification of authority, and
virtue theory.

Exploring the Middle East: Geography, History, and Peoples

Raymond Ajemian

9/11, 9/18, 9/25, 10/2, 10/16, 10/23

Monday

11:25am-12:45pm

Bridgewater Public Library

Join us on a captivating journey through a
region of the world that might seem a bit
perplexing to most Americans. This course
offers a comprehensive exploration of the
geography, history, and diverse cultures that
shape this fascinating region called the Middle
East. While we'll employ a lecture format
using slides and open discussions to enhance
your learning experience. This course
commences with an insightful introduction to
the Geography, Peoples, Customs, and
Ancient History of the region, setting the
stage for a profound understanding. Over the
weeks, we'll delve into pivotal topics, starting
with The Ottoman Turks leading up to the end
of the 19th Century, followed by a
comprehensive look at World War I and the
making of the modern Middle East, and an in-
depth examination of The Arab-Israeli
Conflict. In the final stretch, we'll examine the
relationship between the United States and
the Middle East, shedding light on its
significance in today's world. And finally, we'll
engage in thoughtful discussions about the
future of the Middle East, exploring the

potential developments and challenges it may
face.

Ray Ajemian has a BA and MA from the
University of Michigan. His specialty is in
Middle Eastern and American history. More
than half of his career was in education,
teaching high school history and government
and community college. Ray's mother was a
survivor of the Armenian Genocide, and
because of this he became interested both in
the Armenian genocide and genocide in
general. He has conducted extensive reading
on the subject over the years.

Introduction to Birding: Exploring the Avian World

Bonnie Tate

9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Tuesday

9:00-10:20am

Zoom

Back by popular demand, our much-loved
birding course returns! Since the pandemic,
birdwatching has soared in popularity as a
delightful, active outdoor pastime. We'll start
by familiarizing you with the essential tools of

Bonnie Tate has been a birder and wildlife photographer for 10 plus years. She has a PhD in Biology and Chemistry and has also taught science at all levels. Bonnie is a member of the South Shore Bird Club, the Brookline Bird Club, Massachusetts Camera Naturalists, and the Hockomock Photography Club. She has shown her work on bird photography throughout her hometown of Easton and competes in the New England Camera Club Council. Combining her love of science, birds, the outdoors, and photography is her greatest joy! You can see her work and stories at her website <https://bonnietate.wixsite.com/website>

The Great Depression: From Hooverilles to the New Deal

Nan Loggains

9/12, 9/19, 9/26, 10/3, 10/10, 10/17

Tuesday

10:00-11:20am

Zoom

Join us for a captivating ~~six~~ week seminar delving into one of the most significant events

Geosciences at Bridgewater State University for 17 years. He has traveled intensively throughout the U.S. and eastern Canada and visited most of the western National Parks multiple times. Drawing on this experience he has published travel articles and photos. He has been an avid amateur photographer since 1961 and a life member of the Hockomock Digital Photographers.

Journey Through Poetry: Exploring English-Language Poems Across Centuries (course meets 8 times)

Susan Levasseur

9/18, 9/25, 10/2, 10/16, 10/23, 10/30, 11/6, 11/13

Monday

1:00-2:20pm

Zoom

The premise behind this course is simple: we enjoy poetry more—appreciate it more when we examine it closely with a community of careful readers. Over the course of our six weeks together we will work to fully appreciate short poems written in the English language from the Renaissance to this century. Emphasis will be placed on hearing diverse voices from various times, places, and standpoints: some famous, some recently rediscovered. We will read poems out loud while practicing our scansion skills, noting patterns of sound and rhythm. We will tease out possible interpretations of metaphors. We will discuss the historical and biographical context that frames each poet and poem. Why are some poems read over and over, delighting generations of readers? Why are some considered landmarks of social change? What do you enjoy in a poem?

This class will be taught in a group discussion style. Members will be provided with copies of poems in advance of class and will be

expected to come to class with notes, ready to share their discoveries about each poem, but open to contributions from other group members. Our goal will be to work towards a richer understanding of each poem together.

Susan Levasseur earned degrees in literature at the University of New Hampshire and the University of New Mexico before earning her Ph.D. in English at Temple University in Philadelphia. A part-time instructor in the English and Communication Studies departments at BSU for eight years, she teaches college writing classes focused on novel-to-film adaptations, poetry, and gender communication. Having taught many poetry appreciation classes to students meeting a requirement, she looks forward to discussing poetry with eager, enthusiastic, and curious students.

Yoga, Nature, & the Science of Wellness

Jody Weber

9/20, 9/27, 10/4, 10/11, 10/18, 10/25

Wednesday

8:00-9:00am

Zoom

This course investigates yoga practices that increase overall health and well-being. The course will also investigate research on contemplative practices in nature and their impact on wellness. These techniques improve cognition, decrease anxiety, and generate a centered mind body state conducive to health and well-being. The course will explore cutting-edge peer reviewed research that supports the power of these practices and defines the importance of mind/body coherence in wellness and mental and physical well-being. Each class will introduce a concept through a brief 15-minute

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Local artist and instructor Laurie Halls offers group and individual art lessons for all ages. Laurie has a background in Fine Arts, Graphic Arts and Education having earned her BFA from Emmanuel College, Boston. She has completed/commissioned illustration artwork for local businesses and nonprofits. She is currently teaching art and literature classes for the nonprofit Triumph, Inc., adult drawing and watercolors classes in area senior centers as well art workshops at local libraries and the Old Colony History Museum.

*Between the Lines Book Club with Nan!
(course meets 3 times)

Nan Loggains

10/12, 11/9, 12/7

Thursday

10:00-11:20am

Zoom

*This course will be capped at 18 participants

This fall, the Senior College book group continues! We will read and discuss three

See Andrea's full biography for her full course
which begins on October 30

The Victorians: The Politics, Culture, and Art
x-2 (,)-m

Diversity in Sports

Chanelle Melton

10/18, 10/25, 11/1, 11/8, 11/15, 11/29

Wednesday

1:00-2:20pm

Zoom

This course examines the role of diversity in sports and its impact on athletes, fans, and society at large. Students will explore how factors such as race, ethnicity, gender, sexual orientation, and disability influence access to and participation in sports, as well as the experiences of athletes and fans.

Topics covered in the course will include the history of diversity in sports, current issues and controversies related to diversity, the impact of diversity on athletic performance,

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Understanding Alzheimer's Disease and Dementias: Signs, Stages, and Caregiving
Robert Santulli

10/19, 10/26, 11/2, 11/9, 11/16, 11/30

Thursday

12:40-2:00pm

Plymouth Center for Active Living

Welcome to our comprehensive course on Alzheimer's disease and other dementias. Throughout this journey, we will delve into the details of these conditions, exploring their signs, symptoms, and different stages. Understanding the diagnosis process and available treatment options will be a key focus, as well as recognizing the vital role played by primary family caregivers in providing support and care. In addition to delving into the complexities of dementia, we will also shine a light on proactive measures that can be taken to reduce the risk of developing Alzheimer's disease and other cognitive disorders. Our aim is to empower individuals with knowledge and insights that can promote cognitive well-being. To further enhance your learning experience, recommended readings will be made available electronically. Together, let's embark on this enlightening journey, gaining a deeper understanding of dementia and its impact while uncovering ways to promote cognitive health and care for those affected.

A retired physician, Dr. Santulli was the Director of Geriatric Psychiatry and the Memory Clinic at the Dartmouth Hitchcock Medical Center and the Geisel School of Medicine at Dartmouth in New Hampshire.

Winter Gardening: Mother Nature Never Rests!

Ron Aakjar

10/19, 10/26, 11/2, 11/9, 11/16, 11/30

Thursday

5:00-6:20pm

Zoom

Come learn about how we can garden throughout the entire year! The class will cover topics such as extending the gardening season, gardening in the winter, creating gardens with winter interest, utilizing perennial crops and how we can get ready for winter gardening.

Ron Aakjar Jr. is very interested in plant biology and has worked professionally in roles focused on plant biology. He currently works in the Biology Department at Bridgewater State University as a Staff Associate who is responsible for teaching General Biology Labs for undergraduate Biology majors. He is also the temporary greenhouse caretaker at BSU. He teaches several different seminars and a summer course on identifying plants. Prior to his position at BSU he worked as a Horticulturist at a private estate in Bridgewater, CT for nine years. He offers many presentations and field walks on plant biology for the State of Connecticut, National Audubon Society, and local garden clubs and libraries.

Appreciating Art: Renaissance to the
Romantics
Jim Kirkcaldy
10/23, 10/30, 11/6, 11/13, 11/20, 11/27

Unveiling Ageism: Challenging Stereotypes
and Cultivating Inclusive Communities

Suzanne Buglione

10/23, 10/30, 11/6, 11/13, 11/27, 12/4

Monday

4:00-5:20pm

Zoom

This course on Ageism will explore the roots, myths, and stereotypes of this often invisible, yet pervasive, phenomenon. It occurs at every level of society, from the systemic to the interpersonal, and the World Health Organization reports that one out of every two people is ageist. The course will use the book, *This Chair Rocks: A Manifesto Against Ageism* by Jane P. Murray, as we explore our own experiences, the intersectionality of age with other identities, intergenerational connections, and engaging in activism.

Dr. Suzanne Buglione is an Associate Professor of Higher Education at Johnson & Wales University, and a consultant at CommunityBuild. Suzanne holds a doctorate in higher education from the University of Massachusetts Boston and has expansive experience in public and community practices. Her work is grounded in education for social

relationship with the natural world, and finally, the gifts we bring in our relationship with others. Last July, she and Rich moved to Bridgewater to be near their son Dave and his family. After a few months of settling in, Pat gave an introductory workshop at the Bridgewater Senior Center. She is most eager to empower others through this course.

for 17 years. He has traveled intensively

Exploring the Wonders of the Western
United States: A Virtual Travelogue
Ronald Reynolds
10/27, 11/3, 11/17, 12/1, 12/8, 12/15
Friday
9:30-10:50am
Zoom

Welcome to our exciting travelogue adventure, where participants will embark on virtual journeys to captivating destinations across the western United States. Prepare to explore a mix of hidden gems and renowned sites, creating unforgettable memories along the way. Our itinerary will lead us to enchanting places like the Palouse in Washington, Valley of Fire in Nevada, and the captivating Custer State Park in South Dakota. Additionally, we'll traverse the well-trodden paths of Yellowstone and Yosemite, marveling at their natural splendor. Throughout our explorations, we'll dive into what each location has to offer, delving into the unique features and cultural highlights that make them so special. From picturesque landscapes to historical landmarks, we'll uncover the essence of each destination. Moreover, we'll address practical aspects like travel logistics and lodging options, ensuring you have all the information you need to plan your future adventures.

After teaching high school science for 42 years Ron Reynolds taught Physics and Geosciences at Bridgewater State University

Unfolding the Art of Origami: Exploring
Worthy Models
Andrea Plate
10/30, 11/6, 11/13, 11/27, 12/4, 12/11
Monday
11:25am-12:45pm
Bridgewater Public Library

Origami is a captivating art form with a wide array of techniques and styles. In this course, we'll choose to fold models based on a variety of themes. In this course, we'll choose to fold models based on a variety of themes.

NOVEMBER COURSE