

ROWAN COLLEGE at Gloucester County

ACADEMY^{of} Lifelong Learning



Spring/Summer 2017 Course Guide

Look Inside For New Workshops



Workforce and Professional Development Institute

1492 Tanyard Rd., Sewell, NJ 08080
856-415-2216 • RCGC.edu/workforce

The Academy of Lifelong Learning is an initiative unique to Rowan College at Gloucester County to facilitate education, workforce development and personal enrichment to individuals who are at least 50 years of age.

For an annual fee of **\$90**, individuals will receive an all-access membership with benefits to the college.



Membership Benefits

- Free Academy of Lifelong Learning classes
- 15% discount for Workforce and Professional Development Institute courses
- Access to campus resources such as the Career and Academic Planning Center, computer labs and library services
- Degree completion assistance
- Volunteer activities

The Plus 50 Encore Completion Program is a national effort put forth by the AACC to retain more than 10,000 baby boomers for new positions in health care, education and social service industries. This grant-funded educational opportunity allows returning students to select from professional-development certificate courses of study.

Terrified of Computers

This basic-skills class teaches students everything they need to know about computers, from turning on the machine, to working with desktop files. You will learn the basics of word processing.

Free ALL-TEC-101

Tue., May 16 & 23, 2:15–4:15 pm

Beginner Computers

This introductory course conveys computer terms and explains basic skills such as surfing the Internet, sending emails and attaching documents.

Free ALL-TEC-109-01

Mon., June 5 & 12, 6–8 pm

Email Basics

Create a web-based email account and learn how to send, save and forward messages. Proper email etiquette and attaching files, photos and more are among topics covered. Students who currently have an email account should bring their address and password to class to participate in how-to exercises and tutorials.

Free ALL-TEC-102-01

Thur., July 13, 2:15–4:15 pm

Emailing with Attachments

Acquire skills to send and receive email attachments such as files and photos. Proficiencies range from opening, viewing and saving attachments, to sharing website links within email messages. Students practice their skills by sending and receiving attachments in class.

Free ALL-TEC-103-01

Thur., Aug. 10, 2:15–4:15 pm

Internet Basics: Surfin' the "Net"

A wealth of information is a click away thanks to the Internet. After studying basic Internet terminology, students use Web browsers, addresses and search engines to obtain information.

Free ALL-TEC-124-02

Wed., Aug. 16, 6–8 pm

Intro to Word Processing

This class centers on creating, editing, revising, saving and printing documents using WordPad. Students navigate spellcheck, thesaurus, formatting and auto-correct program tools.

Free ALL-TEC-105-01

Thur., Aug. 24 2:15–4:15 pm

**If you are planning to take
any Computer classes, please bring
your own USB flash drive.**



Twitter 101

Twitter is a form of social media that enables users to post information in 140 characters or less. It is a useful Web platform for staying connected to loved ones and the current events that matter most. This simple and engaging tutorial shows students various ways to use Twitter to enhance their lives.

Free ALL-TEC-200-01

Thur., June 22, 2:15–4:15 pm



Introduction to LinkedIn

LinkedIn, a social media platform, is dedicated solely to professional networking. It is a website that enables prospective workers and employers to interact through connections and job postings. We will help you make your profiles stand out and provide you with tips and strategies on how to better promote yourself on LinkedIn.

Free ALL-TEC-208-01

Thur., June 8, 2:15–4:15 pm



Pinterest 101

Pinterest is a popular social media website for creating virtual pin boards to share with friends and family. Users can create pin boards on any subject of their choosing, from vintage cars and favorite recipes, to funny cat videos and artwork. Students join the fun and see what other people are pinning.

Free ALL-TEC-213-01

Thur., June 1, 2:15–4:15 pm



Skype

Skype allows users to make video calls in real time as well as send instant messages to friends and family. Users can also obtain a phone number and make calls to anyone around the world at an affordable rate. Come and explore the Skype platform and discover new ways to stay connected to those who matter most.

Free ALL-TEC-216-02

Wed., May 10, 6–8 pm



Facebook 101

This course teaches students how to create, use and maintain a Facebook profile. Additional topics center on the complex Facebook privacy policies, security settings and features.

Free ALL-TEC-204-01

Thur., June 15, 2:15–4:15 pm



Canvas Painting Class: Mother's Day

Get in touch with your inner Picasso and unleash your creativity. The instructor will provide step-by-step directions to ensure you leave with an acrylic on canvas masterpiece you may proudly display. Artistic ability is not required. Success and fun are guaranteed. Beverages and snacks are included.

\$35 ALL-CAC-103-02

Tue., April 25, 6–8 pm

Digital Photography — Your Camera Made Easy

Gain a better understanding of today's digital technology. Students learn how to easily operate their cameras, which results in great photos of grandchildren, family members, friends and all the places to which they travel. This is a hands-on class, so students must bring their cameras, owner's manuals, charged batteries and memory cards.

\$29 ALL-DIG-101

Sat., April 1 & 8, 10 am–1 pm

Beginning Sign Language

Learn Basic Sign Language. American Sign Language is a complete consisting of hand movements, facial expressions and posturing. American Sign Language is one of several communication options available to people who are either deaf or with hearing problems. ASL can be used to communicate across all spectrums of life. This class would be excellent for educators and parents who are interested in teaching their own children a second language.

\$129 PRO-120-01

Wed., April 12 – May 17, 6–8 pm

Sea Glass Mason Jar

Decorate a plain mason jar with beautiful tumbled glass. Everything you need will be provided, but feel free to bring your own found treasures for further customization. The finished jar can be filled with string lights or a candle to make it glow from within. Leave this one-day workshop with your completed masterpiece!

\$25 ALL-MS-107

Wed., March 22, 6–9 pm



Like Us on FACEBOOK:

FACEBOOK.COM/RCGCWORKFORCE



Drawing I + II

Think drawing is a natural gift that only artists possess? Think again. Students practice their skills and develop their artistic eyes with the help of a skilled instructor.

Free ALL-DR-101

Mon., April 17 – Aug. 20, 10 am–12 pm

ALL-DR-102

Tues., April 18 – Aug. 21, 10 am–12 pm

Keyboarding / Beginner Piano

Learn to read and write music in this basic beginner keyboarding course. Designed for the beginner, please bring your keyboard, music stand and love of music!

Free ALL-MUS-101

Wed., May 3 – June 28, 10 am–12 pm

Crochet

Come learn the beautiful and traditional art of crocheting, arm knitting and ruffle scarfs. You can make great things to wear, give as gifts and decorate your home. Beginner to advance, all are welcome! You will be able to pick your project by your skill level.
**Bring your own crochet hook (J) and one light colored skein of yarn (worsted weight).

*Please note that this class is held **every other week** due to independent projects.*

\$15 ALL-CR-100-01

Wed., April 5 – June 6, 6–8 pm

ALL-CR-100-02

Wed., June 28 – Sept. 13, 6–8 pm

Resin Window

Create your own sea life scene using your choice of shells, sea glass, starfish, pebbles, sand and more. The beautiful materials will be encased in a clear resin then framed to create a lasting piece of art from the sea!

\$25 ALL-MSC-100

Wed., April 12 & 19, 6–9 pm

Mah Jongg

Come learn and try to master the ancient tile game of Mah Jongg. If you like playing cards, you will love this challenging game. No experience is required. Learn to play by the National Mah Jongg League's rules.

Free ALL-MAJ-101

Mon., June 5 –26, 5:30–7:30 pm

(\$10 book fee. Payment due at registration.)

Drawing For the First Time!

Absolute Beginner Drawing Course! First-time participants are inviting to this drawing course. You might be surprised to see that drawing is a skill that can be developed with practice. Attend our drawing workshops to learn how to draw with proper techniques utilizing lines, shapes and colors.

Free ALL-DRW-101

Wed., March 1 – Aug. 23, 10 am–12 pm

Landscaping Naturally with Native Plants

Each week of this course a different theme gardens will be featured including: silver and white Moon Garden, Butterfly Garden, Kitchen Gardens, Cottage Gardens, Winter Gardens, Shade Gardens and Native Plant Garden. Discover simple techniques to improve soil preparation and choosing the right plants to have a continuous show of color all year long.

\$89 PLN-100-01

Wed., March 22 – April 12, 6:30–8:30 pm

Sat., TBD

Harvesting and Using Herbs

What are you going to do with all these herbs you planted last spring? Come learn the many ways herbs can be used in cooking, teas and crafts (potpourri, baskets, etc.) You will learn to make a fresh herbal arrangement, grow herbs indoor for winter and harvest herbs and create a small herb wreath. Dried herbs will be available at a minimal cost for the craft projects. Additional cost for plants to make a winter pot (optional).

\$89 PRO-253-01

Wed., April 19 – May 17, 6:30–8:30 pm

Sat., TBD

The Wines of France

France is the undisputed master of the origin and production of more and varied quality wine than anywhere else in the world. Not only it is the home of the most expensive wine in the world, but it is the prodigious producer of quality wine at all price points. This course will introduce students to the most import wine regions of France: Bordeaux, Burgundy, Alsace, Champagne, Lorie and Rhone Valley as well as the Languedoc-Roussillon.

\$189 WIN-700-01

Wed., March 15 – 29, 7–9 pm

The Wines of Spain

This two week course will focus on six quality wine producing areas of Spain: Rias Baixas, Ribera del Duero, La Rioja, Catalonia, Penedes and Priorato. Astonishing financial investment has made this region a juggernaut. The Spanish habit of releasing wine when it is ready to drink rather than when is ready to sell explains its enormous popularity, along with its competitive prices, which are the envy of other countries.

\$126 WIN-701-01

Thur. April 27 & May 4, 7–9 pm

To register online, visit: RCGC.edu/workforce or call 856-415-2216.

Understanding Sherry

This one- night course will be an amazing, tasting treat and make you wonder why it is not more popular. Sherry is a fortified wine made from vineyards in the south of Spain. You will be introduced to several styles of Sherry: Fino, Manzanilla, Amontillado, Palo Contado, Oloroso, Pedro Ximenez and Cream.

\$89 WIN-702-01

Thur., May 18, 7–9 pm

Natural Ways of Healing

Have you ever wondered if there is a natural way to stay healthy? Of course there is! It involves combining ancient traditional therapies with today's modern methods. We will explore the use of herbs, aromatherapy, antioxidants, hormones, energy healings, Tai Chi, body therapies and balancing the body, mind and spirit. Come join us for a fun and informative class.

Free ALL-WEL-107

Mon., April 3 –May 8, 1–3 pm



Brain Power

Do you want to enhance brain functioning? Come explore the 3 lb. Universe – the human brain! Learn about neuroplasticity, neurogenesis and the latest in brain health. Find out how to live longer and the importance of sleep, play and lifestyle. Discover ways to become happier, have better relationships and protect your memory.

Free **ALL-BP-101**

Thur., March 2 & 9, 1–3 pm

Mindfulness

This is more than just being in the present moment. What do the thoughts and feelings you are having in the moment mean? Do you ever think, “Why does this always happen to me? Why am I feeling angry or conflicted?”

Learn how to go from sadness, anger or disappointment to compassion, fulfillment, balance, creativity, inspiration and joy. Through awareness, we realize that our thoughts, feelings, attitudes and emotions are expressions of ourselves that can be acted upon consciously and changed at any time if we so desire.

\$5 **ALL-WEL-103**

Thur., March 23, 1–3:30 pm

Tai Chi I

Tai Chi will increase your energy through gentle movements to help improve your quality of life. The movements are safe and easily adjusted for the degree of exertion, making it suitable for all levels of ability. The practice of Tai Chi can effectively help relieve pain, increase energy and strengthen the mind. Beginners are welcome.

\$49 **ALL-TAI-01**

Thur., Feb. 2 – April 6, 12–1 pm

Tai Chi II

Movements are refined from Tai Chi I and new movements are learned. Up your energy and improve your health. You must have taken Tai Chi I.

\$49 **ALL-TAI-02**

Thur., Feb. 2 – April 6, 1–2 pm

Body Toning

Want to get rid of those love handles and firm up problem areas? This class centers on toning every muscle in the body. Students firm their lovely, lower halves and abdominal regions. Students challenge themselves with strength and conditioning moves in a class atmosphere. Students should bring a set of 2–5 lb. (each) dumbbells, towel and exercise mat to class.

\$69 **HST-204-01**

Thur., March 30 – May 18, 6:30–7:30 pm

HST-204-02

Thur., June 15 – Aug. 3, 6:30–7:30 pm



Pilates and Yoga

Adding Pilates and yoga to any fitness routine will increase strength and flexibility. This course provides eight sessions for improving balance, stability and flexibility.

\$69 HST-203-01

Mon., March 27 – May 15, 6:30–7:30 pm

HST-203-02

Mon., June 12 – July 31, 6:30–7:30 pm

Cardio Toning

Cardio Sculpt is a combination of cardio and sculpting moves. This one-hour cardiovascular strength-training exercise class shapes and tones the entire body and helps prevent osteoporosis. Students should bring a set of 2–5 lb. (each) dumbbells, towel and exercise mat to class.

(This accommodates beginner to advanced fitness levels.)

\$69 HST-202-01

Wed., March 29 – May 17, 6–7 pm

HST-202-02

Wed., June 14 – Aug. 2, 6–7 pm

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Favorite Reads Book Club

Prepare by reading — “The Great Gatsby” by F. Scott Fitzgerald
Published by Simon & Schuster
ISBN: 9780743203173

Enjoy the universal appeal of love and hate, trust and deceit, innocence and treachery. No, we are not talking about the American presidential election, but rather one of the greatest novels of American culture. Come read and discuss what makes a great story . . . great. Let's read and talk about the Roaring '20s and the American Dream, and what turned out to be a nightmare for many.

Free FAV-100-01

Tue., April 4 – May 2, 10–11:30 am



Workforce Learning Link



The Workforce Learning Link is a program developed by the New Jersey Department of Labor and Workforce Development to provide adult learners with instruction in reading, mathematics, computer skills, communication, English language skills, HSE preparation, financial literacy and employability skills. The goal of the program is to increase participants' overall readiness to enter the workforce. Services offered at Workforce Learning Link locations are funded by the Gloucester County Workforce Development Board and the State of New Jersey Department of Labor and Workforce Development.

Services at the Workforce Learning Links are available free of charge to help Gloucester County residents enhance their skills that are needed to compete in today's labor market.

Learning Link Locations:

Thorofare One-Stop
Career Center
215 Crown Point Rd.
Thorofare, NJ 08086

Rowan College at Gloucester County
Workforce and Professional
Development Institute
1492 Tanyard Rd.
Sewell, NJ 08080

St. Matthews Comm./
Rec. Center
Route 322-Glassboro Rd.
Williamstown, NJ 08094

For more information, please call 856-384-3700

Join the Gloucester County Library System

for the

NEA Big Read

“The Great Gatsby”

Kick-off event: Sat. April 1

Sketch Club Players: Sun. April 9

Maureen Corrigan: Sat. April 29

More information to follow in the coming months

Please visit us online at gcls.org/calendar or call 856-223-6060

NEA Big Read is a program of the National Endowment for the Arts
in partnership with Arts Midwest.



The Gloucester County Library System (GCLS) complies with all state and federal rules and regulations and does not discriminate on the basis of age, race, creed, color, national origin, ancestry, marital status, affectional or sexual orientation, gender identity or expression, disability, nationality or sex in admission to, or operations of its programs, services, activities or in its employment practices. In addition, GCLS encourages the participation of people with disabilities in its programs and activities and offers special services to all county residents 60 years of age and older. Inquires regarding compliance may be directed to ADA@gcls.org.

Get Paid to Talk

Ever wonder where audio books and documentaries, children's material, commercials and animation get their voice? This single evening class will introduce attendees to the expanding world of voice overs. Everyone attending will get to record a short commercial. Designed as an upbeat and realistic introduction to the voice over field, this class is great for those who have been told that they have a good voice.

\$45 PRO-294-01 Wed., April
19, 6:30–9 pm

Beginning Sign Language

Learn basic sign language. This class is excellent for both educators and parents who are interested in teaching their own children a second language.

\$129 PRO-120-01
Wed., April 12 – May 17, 6–8 pm

The Naturalist Program

If you enjoy the outdoors and would like to share your love of Nature, then this is for you. This program at Scotland Run Park is a great introduction to Nature and will include: bird walk, insect safari, lake study/watersheds, plant and animal identification, kayaking/canoeing, camping and many more activities. Great for retired teachers, amateur naturalists and anyone interested in learning more about the outdoors. Must be 15 or older.

This program takes place at the Scotland Run Park Nature Center at 980 East Academy St., Clayton, NJ.

Programs at Scotland Run Park Nature Center are a service of the Gloucester County Board of Chosen Freeholders.

Free ALL-NAT-01
Sat., March 4 – May 13, 1:30–4:30 pm

Are you 60 years young?

Are you now engaged in volunteer work?

Would you like to be?

If your answer to any one of these questions is “YES,” the SENIOR CORPS Community Service program would like to hear from you.

Please call 856-468-1742 or visit us on our website at RCGC.edu/workforce/communityservice

1400 Tanyard Road, Sewell, New Jersey 08080
856-468-5000 • RCGC.edu

Sponsored by RSVP, the United Way of Gloucester County,
Rowan College at Gloucester County and the Gloucester County Department on Aging



Medicare and You

Led by a Certified State Health Insurance Medicare Counselor, this workshop brings students up to speed on everything they need to know about Medicare.

Prescription Plan D, the Medicare system and purchasing additional insurance are among topics covered.

To register call: 856-468-1742

Free for Everyone

Thur., March 23, 2–4 pm

Thur., April 27, 2–4 pm

Thur., May 25, 2–4 pm

Thur., June 22, 2–4 pm

Thur., July 27, 2–4 pm

Thur., Aug. 24, 2–4 pm

Canine Body Language

Learn all about the subtleties and complexities of the way that canines communicate through physical posturing and movement that affects their daily behavior. Observe how almost every aspect of a canine's body language conveys a message. Learn to "speak canine" by observing, understanding and even mimicking certain stances and postures. Discover how understanding the context of canine body language allows you to communicate in a positive way. This can result in more positive behavior eliminate or recondition negative behavior.

\$15 PIP-01-01

Wed., April 5, 7–9 pm

PIP-01-02

Wed., May 24, 7–9 pm

Canine Aggression

This class analyzes the many aspects and causes of various types of canine aggressive behavior; how it can be rehabilitated and in many cases even averted. We will look at it from both a behavioral standpoint and the canine perspective to understand why the negative behavior is the last resource for the dog. This seminar will offer ways to help you and your dog remain safe. It can avert biting behavior altogether. This seminar is a must for anyone caring for, or working with, dogs.

\$15 PIP-02-01

Wed., April 12, 7–9 pm

PIP-02-02

Wed., May 31, 7–9 pm

Canine's Uses of Scent, Energy, Posturing and Vocalization

A follow up on the Body Language seminar this class expands on how canines fully communicate with us and with each other. You will learn how, when and why they use these particular skills, how we can learn to read their signals and how to communicate with them in ways they can understand. This will fully accomplish our goals in achieving more positive behaviors.

\$15 PIP-04-01

Wed., April 26, 7–9 pm

PIP-04-02

Wed., June 14, 7–9 pm

Canine Cognition, Emotion and Social Behavior

How smart is your best friend? More research is being done to determine the amount of intelligence our dogs truly possess. Studies may surprise you! Learn just how intelligent your dog really is. Discover how utilizing this information can help you achieve a better bond with your dog, as well as more positive behavior. Also, learn the importance of the emotional and social life of canines and how it greatly affects their interaction with us, each other and their environment. It is interesting to note that they are the only species that can truly focus on a human. Learn how this, as well as their social order, affects their overall behavior.

\$15 PIP-03-01
Wed., April 19, 7–9 pm

PIP-03-02
Wed., June 7, 7–9 pm

Canine's Compulsive/Phobic Behaviors

This class defines and restructures certain behaviors that are anomalies in the canine world brought on by extreme stress, fear, trauma, confusion or overexcitement. Rehabilitation is essential to return to a normal life for the canine. This is useful for anyone living or working with a dog with severe anxiety disorders. This seminar has been widely taken by veterinary techs and other industry professionals.

\$15 PIP-05-01
Wed., May 3, 7–9 pm
PIP-05-02
Wed., June 21, 7–9 pm

**Classes fill
quickly so
Register Today!**

Is Medicare Costing You Too Much?

MIPPA of Gloucester County
(Medicare Improvements for Patient & Provider Act)



Can Help You

Programs available:

SLMB/QI, PAAD, Senior Gold

Free Medicare counseling available

**For more information call
856-468-1742**



Rowan College
at GLOUCESTER COUNTY

1400 Tanyard Road, Sewell, NJ 08080

Academy of Life Long Learning Membership Form

Registration is Easy!

Simply complete the form below and return it to the Division of Continuing Education. The Academy of Lifelong Learning annual membership fee is \$90. Proof of age is required for all members.

Please return this form with your check — payable to *Rowan College at Gloucester County* — by mail or in person to: **Rowan College at Gloucester County**, Continuing Education Center, 1492 Tanyard Road, Sewell, NJ 08080

Personal Information

Name: _____

Address: _____

City: _____

State: _____ ZIP: _____

Phone Day: _____ Evening: _____

Email: _____ Birth Year: _____

How did you hear about the program?

☐ Course guide ☐ Friend ☐ Flyer ☐ Other _____

Course Registration

Code	Course Title	Tuition
ALL-100-01	Academy of Lifelong Learning Membership Fee	\$90
TOTAL		

Payment

Checks: Please make checks payable to **Rowan College at Gloucester County**

Credit Cards: All information must be complete and accurate before your registration will be processed

Card # _____ Exp. date _____ 3- or 4-digit Security Code _____

Check: ☐ M/C ☐ VISA ☐ DISCOVER ☐ American Express

Signature _____

Refund/Withdrawal Policy

The Academy for Lifelong Learning (ALL) is a membership organization that offers courses specifically designed for active adults, age 50+.

No refunds are given for yearly Academy for Lifelong Learning membership fees. Regarding classes, members must officially withdraw before class begins to receive a refund for the course fee. Otherwise, no refund will be given.



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Development Institute**
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