REGISTRATION AND CHECKS WILL BE ACCEPTED BY HARMONY CHAPTER ON MONDAY, DECEMBER 11 FROM 11:30AM – 1:00PM

PLEASE NOTE:
- Only paid-up members for July 2017 – June 2018 can register.
- Membership dues of $60 must be paid prior to registration.
- If you have NOT YET USED your $5 vouchers which are valid through June 30, 2018, you may use them now. Vouchers cannot be used for trips and special events. These vouchers may be used for the following events only: Mah Jongg; Line Dancing; Low Impact Exercise; Create Colorful Collage Placemats; Create a Fused Glass Plate or Frame; Flix; Diets Don’t Work; TED Talks; Create a Garden Stepping Stone; The Ethicist; Handbuilding a Wall Pocket; Book Discussion-This Is How It Always Is, Take A Hike.

FOLLOW THESE STEPS TO REGISTER FOR EVENTS LISTED IN THIS GUIDE
1. Select your events. Write a separate check for each individual event. Clearly write the event name, number (and session letter, if applicable) in the memo section at the bottom of each check. PLEASE MAKE ALL CHECKS PAYABLE TO BRANDEIS UNIVERSITY.
2. Place each check in a separate envelope. Clearly label each envelope with the event name and number (and session letter, if applicable). If using a voucher, write the name of the study group on it along with your name and place it in the envelope with your check.

Repeat steps 1 and 2 for each event you choose to sign up for. If you select 5 activities, you should write out 5 checks and have 5 envelopes to turn in. At registration, you will place each envelope (with a check enclosed) in a bag identified with the name and number of the activity. At 1:00PM LOTTERY drawings will be taken from each bag. You will be advised only if you do NOT get into the event you requested. If you cannot attend registration, friends can bring in your envelopes or deliver them the next day to Ruth Pashkin at 31 Portchester Court. Please note that some events may be full at that time.

PLEASE SIGN THE BUS RISK ACKNOWLEDGEMENT FORM WHICH IS INCLUDED IN THIS GUIDE AND SUBMIT AT REGISTRATION

TRIPS AND SPECIAL EVENTS WILL BE ADVERTISED AND PAID FOR SEPARATELY. WATCH YOUR E-MAIL FOR ANNOUNCEMENTS ABOUT THESE EVENTS.

No credit/refund will be given for any event, trip or special event unless cancelled by BNC. If an event is rescheduled and you are unable to attend the rescheduled date, then, at your request, reimbursement will be issued in the form of your original payment (cash or credit voucher). Requests for reimbursement must be made within 14 days of the notification of the change.

Please note the procedure for selling tickets if you can’t attend an event with a value of $10 or more. Please contact Gae Maurer at gmmarino@aol.com to see if there is a wait list. If there is no wait list, you can sell your ticket to a Brandeis member only. Gae will send out a weekly E-mail to help you sell your ticket. Please contact the facilitator to advise him/her about the change.

REMEMBER:
- Use the attached Registration Summary sheet to serve as a reminder of the activities you signed up for. Mark your personal calendars with these dates.
- Check the BNC monthly calendar listing upcoming activities on your E-mail.
1  LINE DANCING – BACK BY POPULAR DEMAND!
Nancy Carole, dancer, instructor and choreographer, will return with her Line Dancing classes! Get ready for some good music, fun and exercise. No experience necessary. You will be given a risk acknowledgment form to sign prior to taking the class. **IMPORTANT:** Please register for each session separately and please label each envelope with the session and the day of the week (Tuesdays or Thursdays).

**JANUARY-FEBRUARY SESSION:** Please pick Tuesdays OR Thursdays
1A. Tuesdays – Jan. 9,16,23,30, Feb. 6,13,20,27 (10:30–11:30AM)
1B. Thursdays – Jan. 4,11,18,25, Feb. 1,8,15,22 (10:30–11:30AM)
Cost: $45 per session (Sessions 1A & 1B are each 8 classes) Limit: 15

**MARCH-APRIL SESSION:** Please pick Tuesdays OR Thursdays
1C. Tuesdays – March 6,13,20,27, Apr. 3,10,17 (10:30–11:30AM)
Cost: $40 (Session 1C is 7 classes) Limit: 15
1D. Thursdays – March 1,8,15,22, April 5,12,19,26 (10:30–11:30AM)
Cost: $45 (Session 2D is 8 classes) Limit: 15

**MAY-JUNE SESSION:** Please pick Tuesdays OR Thursdays
1E. Tuesdays – May 1,8,22,29, June 12,19,26 (10:30–11:30AM)
Cost: $40 (Session 1E is 7 classes) Limit: 15
1F. Thursdays – May 3,10,17,24,31, June 7,14,21 (10:30–11:30AM)
Cost: $45 (Session 1F is 8 classes) Limit: 15
Facilitators: Denise DiPace • 732-414-2626 Beverly Grush • 732-928-7085

2  LOW-IMPACT EXERCISE TO MUSIC!!
Yes, exercise can be fun! Join us for an enjoyable exercise class designed for almost all levels. Nancy Carole will be conducting a low-impact exercise class which can be done standing or sitting in a chair. There will be no choreography or fancy footwork, just stretching and easy movements to great music - something our minds, muscles and joints will thank us for. You will be given a risk acknowledgment form to sign prior to taking the class. **IMPORTANT:** Please register for each session separately and please label each envelope with the session and the day of the week (Tuesdays or Thursdays).

**JANUARY-FEBRUARY SESSION:** Please pick Tuesdays OR Thursdays
2A. Tuesdays – Jan. 9,16,23,30, Feb. 6,13,20,27 (11:40–12:25PM)
Cost: $40 per session (Sessions 2A & 2B are each 8 classes) Limit: 15

**MARCH-APRIL SESSION:** Please pick Tuesdays OR Thursdays
2C. Tuesdays – March 6,13,20,27, Apr. 3,10,17 (11:40–12:25PM)
Cost: $35 (Session 2C is 7 classes) Limit: 15
2D. Thursdays – March 1,8,15,22, April 5,12,19,26 (11:40–12:25PM)
Cost: $40 (Session 2D is 8 classes) Limit: 15

**MAY-JUNE SESSION:** Please pick Tuesdays OR Thursdays
2E. Tuesdays – May 1,8,22,29, June 12,19,26 (11:40–12:25PM)
Cost: $35 (Session 2E is 7 classes) Limit: 15
2F. Thursdays – May 3,10,17,24,31, June 7,14,21 (11:40–12:25PM)
Cost: $40 (Session 2F is 8 classes) Limit: 15
Facilitators: Denise DiPace • 732-414-2626 Beverly Grush • 732-928-7085
3 MAH JONGG
Learn how to play the game. You will learn the rules and actually play. Please bring a 2017 Mah Jongg card.
**Fridays – January 5, 12 & 19 at 10AM**
Cost: $10 for all three sessions
Facilitator: Julie Greenberg • 732-833-1319

4 CREATE COLORFUL COLLAGE PLACEMATS
Home décor at its finest - handcrafted by you! Create four collage placemats for your kitchen table from colorful scraps of unique paper, decorative sparkles and your own sense of creativity. No artistic skills necessary. If you can hold a pair of scissors and use glue you will succeed! All supplies will be provided; however, you may have some special scrapbooking papers at home that you would like to use.
**Monday, January 22 from 10AM to 1PM**
Cost: $10
Facilitator: Hope Eisman • 732-961-3599

5 OUTSIDER ART
*DESIGNATED EVENT*
Outsider art is art created by self-taught or naive art makers. Typically, those labeled as outsider artists have little or no contact with the mainstream art world. Often outsider art illustrates extreme mental states, unconventional ideas or elaborate fantasy worlds. Our very own resident artist, Doug Eisman, will explore this fascinating subject, sharing filmed interviews and documentaries. Also, a brief presentation will be made by one of our Brandeis members regarding a family member’s artwork. In addition, Doug will also share pieces from his own collection of outsider art with us.
**Wednesday, January 24 at 1PM**
Cost: $8
Limit: 35
Facilitator: Doug Eisman • 732-961-3599

6 A TOUR OF SCOTLAND
*DESIGNATED EVENT*
HRG and Paul White will take you for a tour of Scotland from the southern Borderlands to the northern Highlands. Along the way Paul will reintroduce such Scottish luminaries as William Wallace, Robert Burns and Bonnie Prince Charles and his Jacobite rebellion followers. Join us for a "bonnie" good time, especially if you are a fan of the historical series Outlander or have read the novels by Diana Gabaldon.
**Friday, February 9 from 1:30 - 3PM**
Cost: $10
Limit 35
Facilitators: Diane Ireland • 732-483-4414      Lu Certo • 732-428-7262
7 CREATE A FUSED GLASS PLATE OR PICTURE FRAME
We will return to Make It Glass, a hands-on art glass studio in Lakewood specializing in the field of glass fusion. A demonstration on how to work with glass will be presented, at which point you can begin your project - a colorful 7 inch round plate or a 5” x 7” picture (or mirror) frame. All materials will be provided and the staff will offer guidance as you create a beautiful piece of art glass! Transportation on your own.

**Monday, February 12 at 10AM**
Location: Make It Glass Studio, 40 Chestnut Street, Lakewood, NJ
Cost: $28  Limit: 25
Facilitator: Marcy Kupferman • 732-928-2866

8 FLIX
Join us for a wonderful selection of films. Inspired by her childhood, a Korean filmmaker recounts the emotional journey of a little girl abandoned by her father in an orphanage in *A Brand New Life*. *Landfillharmonic* is the true story of an unlikely orchestra made out of recycled trash and the transformative power of music. In 1945 Poland, a young French Red Cross doctor who is sent to assist the survivors of German camps discovers several nuns in advanced stages of pregnancy during his visit to a nearby convent in *The Innocents*.

**Fridays - February 23, April 27 and June 22 at 11AM**
Cost: $12 for three sessions
Facilitators: Ruth Pashkin • 732-833-1565  Beverly Sankovsky • 732-833-2026
Martie Ross • 732-534-6386

9 BUSBY BERKELEY  *DESIGNATED EVENT*
Who was Busby Berkeley? He was the most creative choreographer of our time. Our resident historians, Jack McNicholas and Stephen Schuh will enlighten and entertain us with their multimedia presentation of Busby Berkeley. Come see and enjoy Busby’s great works. Open to spouses and significant others.

**Monday, March 7 from 1 – 3PM**
Cost: $6
Any amount over $0 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator: Sandra Tilis • 732-792-3336

10 DIETS DON’T WORK
How many times have we tried to lose those extra pounds using fad or extreme diets only to fail and gain back all the weight that we fought so hard to lose? Susan Ruderman, former owner of the Calorie Gallery, is a certified weight loss counselor who has been involved in health and weight loss since 1980. She will focus on practical ideas for healthy eating, losing weight and maintenance.

**Mondays – March 12, 19, 26, April 2, 9 from 10 – 11AM**
Cost: $15 for 5 sessions  Limit: 15
Facilitator: Bev Grush • 732-928-7085
11 TED TALKS - and we learn
Welcome to TED Talks (Technology, Entertainment and Design); short videos from expert speakers on a wide variety of “ideas worth spreading.” We will discuss the process and inspiration behind this popular phenomenon and treat you to a morning of funny, inspiring and courageous talks. Since brain power needs to be fueled, refreshments will be served during intermission.
**Wednesday, March 14 from 10AM - 1PM**
Cost: $10
Facilitator: Harriet Shapiro • 732-534-5924

12 CELEBRATE GREEK CULTURE AT ANEMOS GREEK CUISINE
*DESIGNATED EVENT*
Join us for a delicious luncheon at Anemos Greek Cuisine in Manalapan! Our feast will include spreads and bread, appetizers, a choice of 4 entrees, soft drinks, dessert and coffee. In addition, we will be welcomed by the chef who will speak to us about Greek culture and cuisine! Transportation on your own.
**Wednesday, March 21 at 12:30PM**
Location: 333 US Highway 9 South (Alexander Plaza), Manalapan, NJ
Cost: $32  Limit: 36
Any amount over $29 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitators: Marcy Kupferman • 732-928-2866  Wendy Rahn • 732-833-6808

13 FACE YOGA
*DESIGNATED EVENT*
Release tension, relax and combat fine lines and wrinkles with Face Yoga! It is possible to retrain the muscles of your face and regain a youthful and relaxed appearance. Face Yoga combines both active and passive movements designed to lift and tone the muscles of your face. You can reduce your wrinkles and ease the built up tension that contribute to the overall aging of our faces. The class combines self-massage and stimulation of acupressure points which will allow more oxygen and blood to flow to the muscles of the face, leaving your face healthy, fit and beautiful. Nicole Lucas, a licensed massage therapist, will lead an enjoyable and stress-free class!
**Friday, March 23 at 1PM**
Cost: $17  Limit: 25
Any amount over $14.50 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator: Marcy Kupferman • 732-928-2866

14 DISCOVER FOOT REFLEXOLOGY
*DESIGNATED EVENT*
Reflexology refers to the practice of applying pressure to the feet, hands and ears where each part of the body is reflected in a miniature map. Reflexologists believe that these reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the person’s health. Shelly Botwinick, our instructor, has a Masters degree in holistic health. She will discuss the diagrams of each reflexology system, the health and wellness benefits of reflexology and will teach us how to practice self-care techniques. Please wear socks as we will have a chance to use various reflexology tools.
**Thursday, March 29 at 10AM**
Cost: $8  Limit: 35
Any amount over $3.75 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator: Marcy Kupferman • 732-928-2866
15 **BEHOLD THE DREAMERS WORKSHOP** *DESIGNATED EVENT*

Join us as we consider the plight of the immigrants with temporary visas trying to gain employment, find housing and feed their families in a country that often stacks the odds against them. Our discussion will examine the personal and hurtful side of the immigration issue. We will view an insightful film, *The Visitor*, followed by a light lunch. After lunch we will engage in a stimulating discussion of the Oprah’s book recommendation *Behold the Dreamers* by Imbolo Mbue. The book details a remarkable story of migrants from Cameroon who are desperate to survive in America despite the odds against them. It’s not necessary to read the book, but if you do read it, you will not want to put it down. You don’t want to miss this thought provoking workshop!

**Wednesday, April 4 at 10AM**

Cost: $12

Any amount over $8 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.

Facilitators: Pat Emmerman • 732-492-1060    Ilene Garlock • 732-928-9571

16 **YOUR SHOW OF SHOWS** *DESIGNATED EVENT*

Black and white TVs, rabbit ear antennae, horizontal and vertical knobs, no remotes - remember the golden age of television and watching Sid Caesar on *Your Show of Shows*? Barry Jacobsen, working as an assistant to Max Liebman (creator and producer of the show) in the mid 1970’s, became an expert on the production and history of the show. He will share his expertise, stories, show kinescopes of some of the best comedy skits ever produced for television and showcase his trove of artifacts and memorabilia such as scripts, signed autographs, awards and production notes. This will be a walk down memory lane. Open to spouses and significant others.

**Tuesday, April 10 at 7PM**

Cost: $8

Any amount over $1.25 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.

Facilitator: Sandra Tilis • 732-792-3336

17 **DISCOVER AQUAPONICS!** *DESIGNATED EVENT*

Drop the Beet Farms grows aquaponic greens and herbs onsite at Calgo Gardens. Similar to hydroponics, aquaponics uses fish to supply organic nutrients to its crops. Their state of the art facility grows premium greens on floating rafts in a 15,000 gallon recirculating ecosystem that is fertilized by an indoor koi pond. This balance creates sustainable produce that is chemical-free, dirt-free, and disease-free. Cody Parker, the facility’s director, will give us a tour of this fascinating project. Then we will have lunch at the Tulip Tree Café in Calgo’s farmhouse. They utilize Drop the Beet’s fresh greens, herbs and oyster mushrooms in their delicious and healthy creations!! Of course, there will be opportunities to shop in Calgo’s wonderful Barn/gift shop where we will receive a 15% discount for the day!

**Wednesday, April 11 at 11AM**

Location: Calgo Gardens, 462 Adelphia Road, Freehold

Cost: $26    Limit: 25

Any amount over $23 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.

Facilitator: Marcy Kupferman • 732-928-2866
18  CREATE A GARDEN STEPPING STONE
Design a concrete stepping stone with embellishments during this hands-on workshop. Materials will be supplied but you may wish to add your own personal touches! Come ready to create!
Location: Marcy Kupferman’s home at 4 Gables Way.
**Friday, April 13 from 1 - 4PM**
Cost: $18  Limit: 12
Facilitator: Marcy Kupferman • 732-928-2866

19  THE ETHICIST
Join us for a delicious breakfast at the Park 9 Diner in Freehold. We will discuss questions from the New York Times column, “The Ethicist,” as well as other ethical issues in the news. You can register separately for each session.
**19A. Monday, April 16 from 10AM – 12 noon**
**19B. Monday, June 4 from 10AM – 12 noon**
Location: Park 9 Diner, Route 9 and Elton-Adelphia Rd., Freehold
Cost: $4 per session + cost of breakfast  Limit: 25
Facilitator: June Gerstman • 732-833-6996

20  WOLVES IN JACKSON – OH YES!  *DESIGNATED EVENT*
HOWLING WOODS FARM is an Animal Rescue and Wolfdog education center in Jackson - yes, Jackson. It is located on a 10-acre pinewood forest in the Pinelands National Reserve on Veterans Highway. Since 2005 they have helped with the rescue and placement of abandoned and surrendered domestic breed wolfdog hybrids and northern breeds. They provide a safe haven and loving environment for these amazing majestic animals while giving an on-site learning experience in order to dispel the myths about wolves. Wolfdogs are sensitive animals. They are not aggressive to people; they're actually fearful of people. This is your opportunity to interact with the wolfdogs, take selfies and receive kisses! Please join us on this incredible journey.
**Friday, April 20 at 1PM**
Location: 1371 West Veterans Hwy., Jackson
Cost: $18  Limit: 30
Facilitator: Joyce DeSiena • 732-534-6764
Any amount over $15 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.

21  CELEBRATE NEW JERSEY – The Diner Capital of the World  *DESIGNATED EVENT*
Join us for an informative luncheon on the “History of New Jersey Diners”. Author Michael Gabriele offers a delicious history of diners collected from interviews with owners and patrons. He shares many of his fond memories of diners in our state including his favorite on Route 3 in Clifton. The luncheon will take place at the Park 9 Diner in Freehold. The menu includes: soup, choice of sandwiches or a salad, choice of desserts, and coffee, tea, or soda.
**Tuesday, April 24 from 11AM - 2PM**
Location: Park 9 Diner, Route 9 and Elton-Adelphia Rd., Freehold
Cost: $25  Limit: 40
Facilitators: Ilene Garlock • 732-928-9571  Joyce DeSiena • 732-534-6764
Any amount over $21 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
22  **HANDBUILDING A WALL POCKET WITH CLAY**

Make a beautiful piece of pottery you can be proud of! An experienced potter at the Creative Arts Center in Lincroft will give us an overview of handbuilding techniques. With this knowledge we will use the clay to create an embellished wall pocket (like a sconce) that you can use to display dried flowers or small plants. We will then choose a glaze color and our pieces will be fired for us. Transportation on your own.

22A. **Monday, April 30 at 1PM OR**
22B. **Monday, May 14 at 1PM**

Location: 805 Newman Springs Rd., Lincroft, NJ  
Cost: $23  
Facilitator: Marcy Kupferman • 732-928-2866  
Limit: 15 each class

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23  **SHINRIN-YOKU**  

*DESIGNATED EVENT*

Come for a walk with us! Our guided nature connection walk incorporates the Japanese practice of Shinrin-Yoku, which translates as "forest bathing." This practice reduces stress and promotes health and well-being through contact with nature. During our walk participants will learn to slow down in nature using sensory awareness and mindfulness activities. Shinrin-Yoku walks have been shown to reduce stress, lower blood pressure, elevate mood, boost the immune system and improve sleep. Bring water and wear appropriate attire. The walk is not strenuous at all. We move at a relaxed pace. Our leader will be Roni Detrick of Pinelands Pathways and will take place in the cranberry bog area of Whitesbog Village, approximately 45 minutes from Metedeconk. You will be given a risk acknowledgment form to sign prior to taking the class.

**Friday, May 4 from 10AM-12PM**

Location: Meet at Whitesbog Village General Store in Browns Mills, NJ  
Cost: $15  
Facilitator: Marcy Kupferman • 732-928-2866  
Limit: 18

Any amount over $12.50 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.

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24  **THREE WOMEN, THREE FAITHS**  

*DESIGNATED EVENT*

Eve, Hagar and Mary – what are their stories? What was their part in the three monotheistic religions and how have they impacted the role of women? Rabbi Adena Blum, graduate of Brandeis University, in her most fascinating and informative presentation, will bring to life these three important biblical women of three different faiths.

**Monday, May 7, 2018 at 1 PM**

Cost: $8  
Facilitator: Sandra Tilis • 732-792-3336

Any amount over $3 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
25  TEASE YOUR BRAIN  *DESIGNATED EVENT*
Does your memory need some aerobics???? Join Speech Pathologist and Brain Health Educator, Marilyn Abrahamson, for a class that will challenge the memory and mind with a variety of cognitive exercises aimed to work out the brain. The class will include riddles, logic challenges, problem solving and mind puzzles, word exercises and beat-the-clock activities.

**Wednesday, May 9 from 1 - 2:30PM**
Location:  CentraState Health Awareness Center
Cost:  $22  Limit:  40
Any amount over $19 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator:  Stephanie Isaac  •  732-833-7414

26  A MORNING OF MUSIC  *DESIGNATED EVENT*
Join us for an informative and enjoyable morning of lovely music with local pianist and music teacher, Alan Wasserman. At this time he will present a program that explores contrasting styles of musical composition. No stairs involved – recital on ground level.

**Wednesday, May 16 from 11:30 AM – 12:30 PM**
Location:  Freehold Music Center 4237 Rt. 9 North (Central Jersey Pools Strip Mall)
Cost:  $10  Limit:  25
Any amount over $5 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitators:  Sharon Weiss  •  732-928-2296    Linda Werner  •  732-276-5370

27  PETRA: THE ROSE RED CITY HALF AS OLD AS TIME  *DESIGNATED EVENT*
Take a guided virtual tour of the ancient “lost” city of Petra with Dr. Stephen Phillips, Curatorial Research Coordinator in the Egyptian Section of the University of Pennsylvania Museum of Archaeology and Anthropology. Utilizing photographs taken during his own archaeological excavation work, we will be transported to this wonder of the world. This is “Dr. Steve’s” second visit with us and we know we will be as intrigued as we were during his first. We just had to have him back! Open to spouses and significant others.

**Monday, May 21 from 1 - 3PM**
Cost:  $10
Any amount over $2 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator:  Sandra Tillis  •  732-792-3336

28  IMPOSSIBLE DREAMERS  *DESIGNATED EVENT*
Have you ever wondered what inspires some people to pursue their “impossible dream?” Join us for a showing of a recent documentary, “Impossible Dreamers,” which follows senior athletes as they train for competition. Following the film, we will present a speaker who will discuss the merits of staying fit at any age. Q&A will follow. Open to spouses and significant others.

**Wednesday, May 23 at 1PM**
Cost:  $8
Any amount over $2.50 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitators:  Ruth Pashkin  •  732-833-1565    Jan Thompson  •  732-276-5535
29 EYE OF THE BEHOLDER *DESIGNATED EVENT*

As sight diminishes, we see and record the world in a different light. Phyllis Rakow, author of Through the Eyes of an Artist, will help us explore, through her multimedia presentation, the vision defects of famous artists spanning the centuries from El Greco to the impressionists to Georgia O’Keefe. How have their impairments affected their paintings and sculptures?

**Friday, June 1 at 2 PM**
Cost: $10
Facilitator: Sandra Tilis • 732-792-3336
Any amount over $6 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.

30 BOOK DISCUSSION – THIS IS HOW IT ALWAYS IS

We will be reading and discussing the book This Is How It Always Is by Laurie Frankel. Join us as we share a literary journey as parents facing a real life dilemma - how to react when a child expresses the desire to change genders. The issue of being transgender scares people but presents an interesting challenge to discuss how we would handle the day to day complexities of living with a transgender child. What is the impact on a family of keeping a secret? What are the mental health implications? Participants should read the book beforehand. We will also discuss the ramifications of being transgender in our present political climate.

**Thursday, June 7 from 1 – 3PM**
Cost: $6 Limit: 35
Facilitators: Pat Emmerman • 732-492-1060 Michele Sweifach • 732-928-1345

31 TAKE A HIKE

Enjoy the peace, quiet and natural beauty of Perrineville Lake Park, a 1,237-acre site in rural Millstone, as we walk/hike with our naturalist friend Sam Skinner. At members’ request, this experience will be a little longer and a little more rugged. We will walk two trails - The Lakeside Loop which is 1.5 mile trail and the Pine Creek trail which is a mile of unpaved surface. Sam insists we all wear appropriate footwear….good sneakers or hiking boots….since the terrain can be muddy and uneven. He also suggests water, long pants and bug spray to avoid bug bites. We hope you will join us for this healthy event!

**Friday, June 15 at 10AM**
Location: Perrineville Lake Park (exact meeting place will be announced)
Cost: $8
Facilitator: Steffi Isaac • 732-833-7414

32 INDEPENDENT CINEMA IN ASBURY PARK *DESIGNATED EVENT*

Join us at the dynamic ShowRoom Cinema, Asbury Park’s premier arts cinema, for a private screening of a film followed by a staff-led discussion. Tea, coffee, and delicious cookies from the bakery of the Culinary Education Center of Monmouth County will precede the film. You may wish to have lunch at one of the many Asbury Park restaurants after the program and browse the creative shops in town. Transportation on your own.

**Monday, June 18 at 10:30AM**
Location: ShowRoom Cinema, 707 Cookman Ave., Asbury Park
Cost: $15 Limit: 65
Any amount over $11.10 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator: Marcy Kupferman • 732-928-2866
**CIVILIZATION! WHAT IS OUR FUTURE? *DESIGNATED EVENT***

How has Western European civilization come to dominate the globe? Why is it always the West vs. the rest? What are the six powerful concepts that enabled this to happen in a relatively short space of time? Does the future of the world, as we know it, depend upon our continued dominance? How will we survive in the Age of Non-Western Civilization? Our wonderful scholar and teacher, Susan Addelston, is back to help us answer these most important questions and pose many more. Open to spouses/significant others.

**Monday, June 25 at 10AM**
Cost: $6 plus cat or dog food
Any amount over $1.25 is a charitable contribution to Brandeis National Committee to be designated for Science Faculty Research in Neurodegenerative Diseases.
Facilitator: Sandra Tilis • 732-792-3336

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We want to thank the members who worked so diligently to put together our fabulous Harmony Chapter offerings. We also would like to recognize our dedicated members who facilitated our programs.

Please help us plan our future Harmony Chapter events. Tell us if you have a talent, interest or personal connections you’d like to share. Since we always work as a team, you’ll have support and guidance in your endeavors.

Looking forward to hearing from you,

Marcy Kupferman and Ilene Garlock
SAVE THE DATE FOR THESE ADDITIONAL EVENTS!!
WATCH FOR DETAILS AT A LATER DATE

January 15 – WINTER DOLDRUMS GAMES. By popular demand, we are again holding the Winter Doldrums Games. Relax playing card or tile games with friends and enjoy a light lunch as well.

March 11 – THEATER TRIP TO AXELROD PAC to see Ragtime. Timely and entertaining, the story portrays turn of the century social issues as they affect three stratas of New York City’s society: the African-American, the newly emigrated and the upper class. Provocative, yet thoroughly enjoyable. Come sing along with us!

April 9 – SPRING GAMES. Spend a great afternoon playing your favorite card and tile games and enjoy a light lunch.

April 18 – THEATER TRIP TO TWO RIVER THEATER to see Dancing at Lughnasa. Loosely based on the playwright’s own family, Dancing at Lughnasa presents an intricate character analysis of women and their internal struggle towards self-realization as well as their economic struggle to survive. Set in the 1930’s, three Irish sisters and a brother deal with religious beliefs, women’s roles and the effects of their town’s economic state on their livelihoods. Join us for this production and leave with much to discuss.

May 15 – DOOLAN’S SHORE CLUB, Spring Lake. Spend an entertaining, fun-filled afternoon with wine and cocktails, lunch and a “Legends in Music” variety show featuring tunes from Patsy Cline, Judy Garland and Neil Diamond. A comedian will stop by and dancing will top off the afternoon.

June 5 – General Meeting/Registration

June 13 – ALL-DAY BUS TRIP TO QUEENS, NY. First stop is a guided tour of the Museum of the Moving Image in Astoria. Explore the history, art, and technology of the moving image in this huge, internationally-known institution. Then on to lunch in a local ethnic restaurant. We will then bus to the 1910 home of Louis and Lucille Armstrong, now a national historic landmark. The couple moved into the house in 1943 and remained there for the rest of their lives. The original furnishings remain, as well as collections of photos, sound recordings, letters, etc. Docent-led tours.

June 26 – GROUNDS FOR SCULPTURE SCAVENGER HUNT – Visit the fabulous Grounds for Sculpture in nearby Hamilton, NJ for a scavenger hunt.
BUS DAY TRIPS

ASSUMPTION OF RISK & RELEASE AGREEMENT

I give my voluntary consent to participate in the Harmony Chapter bus trips between January 1, 2018 and December 31, 2018.

I hereby acknowledge and understand that neither Brandeis University nor the Brandeis National Committee (BNC) and its Harmony Chapter assumes responsibility for my welfare, or for any injuries, claims, or losses arising from my participation in this event or travel to and from the event. I further acknowledge that I am aware of the risks to me of injury, property damage, or loss entailed in my participation in this program. On behalf of myself and my executors, heirs, administrators or assigns, I hereby release and forever discharge Brandeis University, its Trustees, officers, employees, agents, or volunteers and the BNC, its employees, agents and volunteers, from any and all claims or causes of action arising from my participation in this event.

I have read and understand this document and am signing it of my own free will in order to participate in the program.

Print Name ________________________________________

Date _________________________

Signature ____________________________________________
### Event Registration Grid

Please put a check mark next to the events you registered for and keep this for your reference only. This is not a registration form.

<table>
<thead>
<tr>
<th>Prog #</th>
<th>Date/Time</th>
<th>Program</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1A</td>
<td>Tuesdays – Jan. 9,16,23,30, Feb 6,13,20,27 from 10:30-11:30AM</td>
<td>Line Dancing</td>
<td>$45</td>
</tr>
<tr>
<td>1B</td>
<td>Thursdays – Jan. 4,11,18,25, Feb. 1,8,15,22 from 10:30-11:30AM</td>
<td>Line Dancing</td>
<td>$45</td>
</tr>
<tr>
<td>1C</td>
<td>Tuesdays, March 6,13,20,27, Apr. 3,10,17 from 10:30-11:30AM</td>
<td>Line Dancing</td>
<td>$40</td>
</tr>
<tr>
<td>1D</td>
<td>Thursdays, March 1,8,15,22, Apr. 5,12,19,26 from 10:30-11:30AM</td>
<td>Line Dancing</td>
<td>$45</td>
</tr>
<tr>
<td>1E</td>
<td>Tuesdays, May 1,8,22,29, June 12,19,26 from 10:30-11:30AM</td>
<td>Line Dancing</td>
<td>$40</td>
</tr>
<tr>
<td>1F</td>
<td>Thursdays, May 3,10,17,24,31, June 7,14,21 from 10:30-11:30AM</td>
<td>Line Dancing</td>
<td>$45</td>
</tr>
<tr>
<td>2A</td>
<td>Tuesdays – Jan. 9,16,23,30, Feb 6,13,20,27 from 11:40AM-12:25PM</td>
<td>Low Impact Exercise to Music</td>
<td>$40</td>
</tr>
<tr>
<td>2C</td>
<td>Tuesdays, March 6,13,20,27, Apr. 3,10,17 from 11:40AM-12:25PM</td>
<td>Low Impact Exercise to Music</td>
<td>$35</td>
</tr>
<tr>
<td>2D</td>
<td>Thursdays, March 1,8,15,22, Apr. 5,12,19,26 from 11:40AM-12:25PM</td>
<td>Low Impact Exercise to Music</td>
<td>$40</td>
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<td>2F</td>
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<td>Low Impact Exercise to Music</td>
<td>$40</td>
</tr>
<tr>
<td>3</td>
<td>Fridays-Jan. 5,12,19 at 10AM</td>
<td>Mah Jongg</td>
<td>$10</td>
</tr>
<tr>
<td>4</td>
<td>Monday, January 22 from 10AM to 1PM</td>
<td>Colorful Collage Placemats</td>
<td>$10</td>
</tr>
<tr>
<td>5</td>
<td>Wednesday, January 24 at 1PM</td>
<td>Outsider Art</td>
<td>$8</td>
</tr>
<tr>
<td>6</td>
<td>Friday, Feb. 9 from 1:30-3PM</td>
<td>A Tour of Scotland</td>
<td>$10</td>
</tr>
<tr>
<td>7</td>
<td>Monday, February 12 at 10AM</td>
<td>Create Fused Glass</td>
<td>$28</td>
</tr>
<tr>
<td>8</td>
<td>Fridays-Feb.23, Apr. 27, June 22 at 11AM</td>
<td>Flix</td>
<td>$12</td>
</tr>
<tr>
<td>9</td>
<td>Monday, March 7 from 1-3PM</td>
<td>Busby Berkeley</td>
<td>$6</td>
</tr>
<tr>
<td>10</td>
<td>Mondays-March 12,19,26, Apr. 2,9 from 10-11AM</td>
<td>Diets Don't Work</td>
<td>$15</td>
</tr>
<tr>
<td>11</td>
<td>Wednesday, March 14 from 10AM-1PM</td>
<td>Ted Talks</td>
<td>$10</td>
</tr>
<tr>
<td>12</td>
<td>Wednesday, March 21 at 12:30PM</td>
<td>Celebrate Greek Culture</td>
<td>$32</td>
</tr>
<tr>
<td>13</td>
<td>Friday, March 23 at 1PM</td>
<td>Face Yoga</td>
<td>$17</td>
</tr>
<tr>
<td>14</td>
<td>Thursday, March 29 at 10AM</td>
<td>Foot Reflexology</td>
<td>$8</td>
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<tr>
<td>15</td>
<td>Wednesday, April 4 at 10AM</td>
<td>Behold the Dreamers book</td>
<td>$12</td>
</tr>
<tr>
<td>16</td>
<td>Tuesday, April 10 at 7PM</td>
<td>Your Show Of Shows</td>
<td>$8</td>
</tr>
<tr>
<td>17</td>
<td>Wednesday, April 11 at 11AM</td>
<td>Discover Aquaponics</td>
<td>$26</td>
</tr>
<tr>
<td>18</td>
<td>Friday, April 13 from 1 – 4PM</td>
<td>Create a Garden Stepping Stone</td>
<td>$18</td>
</tr>
<tr>
<td>19A</td>
<td>Monday, April 16 from 10AM – noon</td>
<td>The Ethicist</td>
<td>$4</td>
</tr>
<tr>
<td>19B</td>
<td>Monday, June 4 from 10AM – noon</td>
<td>The Ethicist</td>
<td>$4</td>
</tr>
<tr>
<td>Date</td>
<td>Time</td>
<td>Event Description</td>
<td>Cost</td>
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<tr>
<td>20</td>
<td>Friday, April 20 at 1PM</td>
<td>Wolves in Jackson</td>
<td>$18</td>
</tr>
<tr>
<td>21</td>
<td>Tuesday, April 24 from 11AM – 2PM</td>
<td>Celebrate NJ Diners</td>
<td>$25</td>
</tr>
<tr>
<td>22A</td>
<td>Monday, April 30 at 1PM</td>
<td>Handbuilding with Clay</td>
<td>$23</td>
</tr>
<tr>
<td>22B</td>
<td>Monday, May 14 at 1PM</td>
<td>Handbuilding with Clay</td>
<td>$23</td>
</tr>
<tr>
<td>23</td>
<td>Friday, May 4 from 10AM – 12 noon</td>
<td>Shinrin-Yoku</td>
<td>$15</td>
</tr>
<tr>
<td>24</td>
<td>Monday, May 7 at 1PM</td>
<td>Three Women, Three Faiths</td>
<td>$8</td>
</tr>
<tr>
<td>25</td>
<td>Wednesday, May 9 from 1 – 2:30PM</td>
<td>Tease Your Brain</td>
<td>$22</td>
</tr>
<tr>
<td>26</td>
<td>Wednesday, May 16 from 11:30AM – 12:30PM</td>
<td>A Morning of Music</td>
<td>$10</td>
</tr>
<tr>
<td>27</td>
<td>Monday, May 21 from 1 – 3PM</td>
<td>Petra: The Rose Red City</td>
<td>$10</td>
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<tr>
<td>28</td>
<td>Wednesday, May 23 at 1PM</td>
<td>Impossible Dreamers book</td>
<td>$8</td>
</tr>
<tr>
<td>29</td>
<td>Friday, June 1 at 1PM</td>
<td>Eye of the Beholder</td>
<td>$10</td>
</tr>
<tr>
<td>30</td>
<td>Thursday, June 7 from 1 – 3PM</td>
<td>This Is How it Always Is book</td>
<td>$6</td>
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<tr>
<td>31</td>
<td>Friday, June 15 at 10AM</td>
<td>Take A Hike</td>
<td>$8</td>
</tr>
<tr>
<td>32</td>
<td>Monday, June 18 at 10:30AM</td>
<td>Independent Cinema</td>
<td>$15</td>
</tr>
<tr>
<td>33</td>
<td>Monday, June 25 from 10AM – 12 noon</td>
<td>Civilization! What is our Future?</td>
<td>$6</td>
</tr>
</tbody>
</table>

ADDITIONAL SUPPLIES MAY NEED TO BE PURCHASED FOR SOME EVENTS