



**JCHC University**  
*WHERE LEARNING IS FOR LIFE!*

**Spring 2016**  
**Course Catalog**

To promote healthy aging and provide lifelong learning experiences to the residents of Jewish Community Housing Corporation by offering unique and interesting courses for personal and educational growth.

*A non accredited adult learning program*





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**We are pleased to announce that this Spring, Jewish Community Housing Corporation is offering residents a new and exciting series featuring highly creative individuals. This series of courses is entitled the JCHC University-BookWorms Semester.**

**The BookWorms Semester will comprise of notable guest speakers which are writers of books and/or blogs.**

**JCHC residents will be able to attend each of these lectures for free. Transportation will also be provided free of charge.**

Tuesday, May 31, 2016

2:00 p.m.

Location: Lester

**“Secular Guided Meditation”**

Presented by: Rick Heller

Rick Heller is the author of *Secular Meditation: 32 Practices for Cultivating Inner Peace, Compassion, and Joy — A Guide from the Humanist Community at Harvard*. A freelance journalist, he has reported for the *Lowell Sun* and other New England newspapers and been published in *Tikkun*, *Free Inquiry*, and *The Humanist*, magazines.

Rick has led meditations at the Humanist Community at Harvard since 2009. He holds a Bachelor of Science degree in electrical engineering from MIT, a Master in Public Policy degree from Harvard University, and a Master of Science degree in Journalism from Boston University.

**Course Description:**

*The author will discuss the history of meditation as a secular practice, from Dr. Herbert Benson’s Relaxation Response to Jon Kabat-Zinn’s Mindfulness-Based Stress Reduction. He will also lead attendees in a mindfulness meditation, with instructions on paying attention to one’s breath or paying attention to ambient sounds.*

Monday, June 6, 2016

1:00 p.m.

Location: Plaza

**“Mah Jong and Me”**

Presented by: Karen Gooen

A.B., Brown University; M.A. Teacher’s College, Columbia University

Karen Gooen has held various administrative jobs in hospitals and pharmaceutical corporations. She has also done freelance medical, sports and travel writing. She worked as Transportation Director for MetroWest Camp Deeny Riback in Flanders for several years, but she never found her true passion until she sat down at a mah jongg table. Karen has been teaching mah jongg for 4 years. Her first book, “Searching for Bubbe Fischer,” was a huge success—she has spoken at JCC, Sisterhood and Hadassah events all over the United States. She plans to take her second book, “Small World,” out on tour this Fall. She and her husband have been married 25 years. She lives in Morris County and has two daughters.

**Course Description:**

*Author and mah jongg instructor Karen Gooen will discuss her experiences writing and self-publishing two books about mah jongg: “Searching for Bubbe Fischer” and “Small World: A Mah Jongg Table Talk Tale.” She will tell stories from her adventures in tournaments and on her book tour, and hold a Q&A session about mah jongg.*

Monday, June 20, 2016

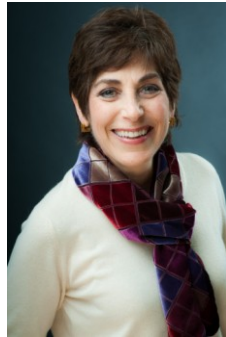
2:00 p.m.

Location: Village Apartments

**“The Copy Block Blog”**

Presented by: Caryn Starr-Gates

StarrGates Business Communications (and Media Consultants)



Caryn Starr-Gates is a professional copywriter working in advertising, marketing and public relations. She writes for all media, for a broad range of clients across many industries. Caryn launched StarrGates Business Communications in 2009; she and her team create promotional copy for ads (print, radio, TV, online), marketing materials, newsletters, articles/blog posts, press releases, websites, email marketing, and social media content as well as new product concepts. Her clients are small businesses, and boutique and larger marketing, PR and advertising agencies and their clients. Caryn is the writer on the JCHC account for Media Consultants, LLC, the organization’s agency of record, and helps keep our communities in front of the public.

**Course Description:**

*Attendees will learn what a blog is and why individuals, business owners and professionals of all types (as well as celebrities) create and write them. We’ll learn how to set one up, how to generate ideas for content, and share your posts.*



## JCHC University Spring 2016 Course Registration Form

**Please place a check mark next to events for which  
you wish to register:**

<b>Tue</b>	<b>May 31</b>	<b>Secular Guided Meditation</b>	<b>Lester</b>
		<b>Presenter: Rick Heller</b>	
<b>Mon</b>	<b>Jun 06</b>	<b>Mah Jong and Me</b>	<b>Plaza</b>
		<b>Presenter: Karen Gooen</b>	
<b>Mon</b>	<b>Jun 20</b>	<b>The Copy Block Blog</b>	<b>Village</b>
		<b>Caryn Starr-Gates</b>	

**Name:** \_\_\_\_\_

**JCHC Building:** \_\_\_\_\_

**Please complete the form for events that you wish to attend. Remit to  
your building's Activities Office.**

**There is no charge for transportation for the series.**

**RSVP BY MAY 20, 2016**