

**ILR** 55+

INSTITUTE FOR LEARNING IN RETIREMENT

WINTER/SPRING 2024

*Retired  
and  
Inspired*





**Registration opens  
Monday, December 4**

**ILRFCC.org**

.....

FAQs are on page 2.

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# Institute for Learning in Retirement

Retired and inspired!  
Learn something new about the world and yourself.

## THE ILR MISSION

The Institute for Learning in Retirement (ILR55+) provides quality and accessible opportunities for intellectual stimulation and personal enrichment. ILR offers a breadth of diverse courses to fulfill the intellectual, social, spiritual, and physical interests of adults ages 55 and older.

## THANK YOU!

This course schedule was developed from suggestions provided on course evaluations as well as input from ILR students who listen to the ideas and interests of the community. The ILR staff and curriculum team are pleased to present this exciting schedule with the goal of offering something for everyone. Your comments and suggestions are always welcome.

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## Contact Us

Registration .....	301.624.2888
Program Information .....	301.846.2561
College Information Center .....	301.846.2419
Disability Access Services (DAS) .....	301.846.2408
FCC Bookstore .....	301.846.2463

**Note:** All programming information is accurate at time of printing and subject to change. For details contact CEWD Registration at 301.624.2888 or ceinfo@frederick.edu.



# Lifelong LEARNING

**Courses and experiences** for inquisitive minds.

.....

**Lifelong Learning classes** at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on personal enrichment, artistic growth, and self-discovery.

Subjects for Spring 2024 include:

- Arts & Crafts (Drawing & Painting)
- Food & Drink (Asian Cuisine and Beer & Whiskey)
- Health & Wellness (Vance Stance)
- Home & Hobby (Sewing and Calligraphy)
- Learn a Language (Italian, French, and Spanish)
- Photography (Basic Photography)
- The Writer's Institute (Fiction Writing)

Get ready to participate in classes designed to build your knowledge and expand your horizons.

Learn more and sign up at [frederick.edu/Lifelong](https://frederick.edu/Lifelong)  
*Space is limited.*

[lifelonglearning@frederick.edu](mailto:lifelonglearning@frederick.edu) • 301.624.2727

WEBSITE

**ILR** 55+

[ILRFCC.org](https://ILRFCC.org)

FACEBOOK



[facebook.com/ILRFCC](https://facebook.com/ILRFCC)

**BE AN ILR INSIDER!** Additional courses may be added mid-term so check online to keep up with the latest news. To receive the ILR Newsletter, register at [frederick.edu/ENews](https://frederick.edu/ENews), or browse our classes and register online at [ILRFCC.org](https://ILRFCC.org).



## REGISTER FOR FCC ALERTS TODAY!

Stay informed about college closings, delays, and emergency information throughout the year. Sign up to receive instant notices via text, email, or phone. Registration is quick, simple, and free.

[frederick.edu/FCCAlert](https://frederick.edu/FCCAlert)

Frederick Community College  
**LEARN TO  
RIDE**

**FREDERICK.EDU/MOTORCYCLE**  
301.624.2727 • [motorcycle@frederick.edu](mailto:motorcycle@frederick.edu)

## BEFORE YOU BEGIN ...

### Questions?

#### We're here to help!

Contact the FCC Registration Office at 301.624.2888 or CEInfo@frederick.edu if you:

- Need help with class registration
- Need class dates, times, and locations
- Wish to update contact information\*
- Need to withdraw from a class and request a refund\*

*\*Email request required in order to process.*

Contact the ILR Program Office at 301.846.2561 or ILR@frederick.edu if you:

- Wish to suggest a class offering
- Want to inquire about teaching for the program
- Have specific questions pertaining to class content or an instructor



### No Class Dates

Classes will not be held on the following days:

- Mon., January 15 (MLK Day)
- Wed., April 3 - Sat., April 6 (Spring Break)
- Mon., May 27 (Memorial Day)
- Wed., June 19 (Juneteenth)

### FAQs

#### Who is eligible to take ILR Classes?

ILR 55+ classes (ILR, LIR, SEN) are geared towards the 55 and over crowd, however, anyone 16+ is welcome to join us for a fabulous learning experience through both the ILR 55+ and the FCC Lifelong Learning courses (ACR, HEA, HOM, REC, FOR, PHO).

#### Can ILR benefit me?

Research shows continued learning strengthens the brain, improves memory and increases quality of life. ILR 55+ offers fun, intelligent ways to keep mind and body vitally engaged within a professional educational environment.

#### What kinds of classes does ILR offer?

Our casual classes are designed with you in mind. Explore courses and learning on location programs in a range of subjects.

#### How do ILR classes differ from other college courses?

Our classes are designed by and for adults. There are no tests or grades given and no experience or specific education is required for participation. There is plenty of opportunity for discussion and humor in this shared learning environment.

#### Who teaches ILR classes?

ILR programs are taught by passionate experts with a lifetime experience as well as a specific talent for facilitating the learning process among adults.

#### How can I learn more about becoming an ILR instructor?

We are always welcoming new instructors from a range of subject areas. If you or someone you know is interested, please contact the Community Education Program Manager, Kelli Ackiewicz, at 301.624.2732 or go to ILRFCC.org and submit an ILR Course Proposal Form.

#### How can I request a printed copy of upcoming ILR courses?

Course schedules are available at the FCC Welcome Center and in brochure racks at the FCC Conference Center. To receive a schedule by mail, please complete our online Schedule Request Form, or contact our ILR staff and we will add you to the course schedule mailing list.



### **In-Person Courses**

In-Person Courses meet face-to-face and are taught at designated locations during scheduled times.



### **Structured Remote Courses (SR)**

Structured Remote Courses meet as real-time online sessions during the scheduled class time. These courses are offered in an online format only. Students must be able to access the course from a computer/tablet using a link that will be emailed at least one business day prior to the course start. FCC will not be able to provide individual technical support to students during the class sessions. Should you experience difficulties and not be able to access the course, please contact the program office. Only students who have paid the course fee and are officially on the class roster may join the online class session.



### **Evening Classes**

Not yet retired? We offer some classes during evening hours to better suit your schedule. The icon (left) will identify evening classes throughout this course schedule.



### **Instructor Bios**

Instructor Bios are now online! Learn more about our incredible ILR instructors and view their bios at [ILRFCC.org](http://ILRFCC.org).

**16+**

**18+**

**21+**

**55+**

### **Age Requirement**

This schedule contains courses not only from the ILR program but also courses from the Lifelong Learning program. Do you have a friend who is not aged 55+ yet? Good news! They can take the courses from either program as long as they are at least 16 years of age.

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## ACR172 Introduction to Voiceovers

1 session, 1.5 hours | **18+** | 

“Wow, you have a great voice!” Have you heard that more times than you can count? Or you listen to audiobooks, commercials, or cartoon characters and think, “I could do that!” Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. Discover current trends and how easy and affordable it can be to learn, set up and work from home. In this introductory class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. After the class, you will have the knowledge necessary to help you decide if this is something you’d like to pursue.

**Note:** The course date and time is scheduled at your convenience. Someone will contact you no later than a week from the date you register to arrange a date/time for your one-on-one course. This Structured Remote Course is entirely online. Students must be able to access the course from your own computer/tablet using a link that will be emailed to you prior to the course start. FCC will not be able to provide individual technical support to students during the class sessions.

**Instructor:** Voices For All

5-Digit Number: 26384 | Schedule at your convenience

Location: Online

Tuition: \$10 | Fee: \$39 | Total: \$49

## LIR255 How to Listen to Jazz

6 sessions, 9 hours | **55+**

Join saxophonist, flutist, drummer, and educator Howard Burns as he guides you through an exciting in-person course focusing on how to approach listening to jazz. He’ll walk you through the role of the rhythm section, the approaches songwriters and improvisers use when they write and perform melodies, and he’ll show you how the different parts of bands all interact together. Finally, you’ll put your listening skills to work in the final day of class, when Howard will be joined by fellow jazz artists to give you an educational performance in action.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Howard Burns

5-Digit Number: 26268 | Mon 10:00 - 11:30 a.m., 1/22 - 2/26

Location: Conference Center/E125

Tuition: \$20 | Fee: \$79 | Total: \$99 | *MD residents age 60+ pay fee only*



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 3 for details.



## ILR281 What’s Opera, Doc?

4 sessions, 8 hours | **55+**

When you learn about opera, you will find that you know more of the music than you imagined. There is a joy in discovering familiar melodies and in learning about vocal techniques that span many eras. This course will begin with the operas of the 1600’s and bring us to the operas of today.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Lynn Fleming

5-Digit Number: 26367 | Mon 1:00 - 3:00 p.m., 4/1 - 4/22

Location: Conference Center/E125

Tuition: \$20 | Fee: \$79 | Total: \$99 | *MD residents age 60+ pay fee only*

## ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours | **55+**

Examine the music of an upcoming Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO. Please check our webpage for the exact concert dates and themes as they were not yet available when registration opened.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** David Howard

**Theme 1:** 5-Digit Number: 26266 | Fri 11:00 a.m. - 12:30 p.m., 3/1

**Theme 2:** 5-Digit Number: 26267 | Fri 11:00 a.m. - 12:30 p.m., 6/7

Location: Visual & Performing Arts Center/F132

Tuition: \$10 | Fee: \$6 | Total: \$16 | *Check ILRFCC.org for symphony themes*

## LIR254 Evolution of the Symphony

6 sessions, 9 hours | **55+**

The symphony, one of the most important genres of orchestral music, has endured and evolved from its first appearance in the early 1700’s. Throughout the classical, romantic, and post-romantic eras, composers have explored and exploited the symphonic form to create some of history’s most beautiful music. In this course we will listen to and talk about symphonies by several composers including Haydn, Mozart, Beethoven, Mahler, and Shostakovich.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** David Howard

5-Digit Number: 26323 | Mon 11:00 a.m. - 12:30 p.m., 4/29 - 6/10

No Class: 5/27 | Location: Conference Center/E125

Tuition: \$18 | Fee: \$74 | Total: \$92 | *MD residents age 60+ pay fee only*

## ACR614 Beginner Pen and Ink Drawing

3 sessions, 4.5 hours | **16+**

Learn how to use pen and ink to create drawings. Explore different techniques and understand that different drawing tips, or nibs, create a variety of effects. Tips and suggestions will be provided. This course is meant for true beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. We welcome repeat students looking to add to their skill list and new comers. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26369 | Fri 9:30 - 11:00 a.m., 5/31 - 6/14

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$64 | Total: \$74

## ACR170 Drawing for Beginners: Inspired by Spring

4 sessions, 8 hours | **16+**

Basic drawing techniques will be taught, including shading, perspective, use of light and darkness (value), and composition and texture. You will learn about pencil types and paper as well. This course will show you that drawing is both fun and therapeutic. This course is meant for true beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26281 | Fri 9:30 - 11:30 a.m., 2/2 - 2/23

Location: Conference Center/E125

Tuition: \$10 | Fee: \$74 | Total: \$84

## ACR184 Intermediate Drawing

4 sessions, 8 hours | **16+**

Expand your drawing skills in the form of landscapes, still lifes, and flora and fauna. We will explore depth and perspective, shading, value, and pattern. Also we will discover the effects of different pencil types and erasers, and the use of blending techniques. This course is meant as a follow up to Drawing for Beginners or for those who already have some basic drawing skills. This course is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26282 | Fri 9:30 - 11:30 a.m., 3/8 - 3/29

Location: Conference Center/E125

Tuition: \$10 | Fee: \$79 | Total: \$89



## ILR908 Art Appreciation - Cubism and Surrealism

2 sessions, 4 hours | **55+** |

Both modern art movements, Cubism and Surrealism are similar in many ways but are also very different. Cubism rejects traditions and focuses on fragmented compositions. Surrealism explores the subconscious and embraces illusion. Artists we will explore include Dali, Picasso, Rene Magritte and others.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26265 | Mon 5:00 - 7:00 p.m., 6/3 - 6/10

Location: Conference Center/E138

Tuition: \$10 | Fee: \$34 | Total: \$44



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.

**FCC Music**  
Youth | College | Community

Lessons, Classes, and Ensembles for ages 6+

[frederick.edu/fccmusic](https://frederick.edu/fccmusic)  
301.624.2727 • [fccmusic@frederick.edu](mailto:fccmusic@frederick.edu)

## Arts and Culture Exploration

These courses will focus on events, history, people, and expression as it relates to artistic culture around the world.



### LIR282 Arts and Culture Exploration: The Lady and the Unicorn Tapestries

The delightful and intriguing story behind these 500-year-old tapestries help us to understand the culture and philosophies of the Medieval period.

5-Digit Number: 26390 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m. 3/18 - 3/22 | Location: Conference Center/E123



### LIR282 Arts and Culture Exploration: Chanel and Dior - Fashion Visionaries

Their unique visions of how a woman should dress for everyday activities, as well as for glamorous events, reveal much about their philosophies and life experiences.

5-Digit Number: 26391 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m. 4/8 - 4/12 | Location: Conference Center/E138



### LIR282 Arts and Culture Exploration: Famous Art Heists

Examine the curious world of art theft. Many thieves have stolen famous paintings despite museums having guards and cameras.

5-Digit Number: 26393 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m. 5/6 - 5/10 | Location: Conference Center/E126B

All Arts and Culture classes will meet on campus in an in-person environment.

#### For all classes:

3 session, 6 hours | **55+** | **Instructor:** Marcy Gouge  
Tuition: \$10 | Fee: \$59 | Total: \$69

*MD residents age 60+ pay fee only*

### ACR180 Designer Greeting Cards: Valentine's Day

1 session, 2 hours | **16+**

Design cards so stunning that your friends and family will want to frame them. We'll use ribbons and die cuts and other materials to make the cards. The cards don't require a great deal of skill but they do require a good design, quality materials, and your creativity. You'll go home with several completed cards plus patterns so you can make more at home. All supplies are included.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Kathy Barylski

5-Digit Number: 26370 | Tue 1:00 - 3:00 p.m., 2/6

Location: Conference Center/E125

Tuition: \$10 | Fee: \$24 | Total: \$34

### ACR166 Acrylic Painting Techniques for Beginners: Still Lifes and Landscapes

5 sessions, 10 hours | **16+**

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques, brushstrokes, demonstrations, and practice, we will complete at least one finished piece on canvas. We'll explore topics pertaining to acrylics such as painting texture, mixing colors, and overall tips and suggestions. Works by master artists will be shown as a source of inspiration. This course is meant for true beginners and is a project-based course. Whether or not you fully complete the project during class will depend on your skill development during class. All supplies are included.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Jeanne McDermott

5-Digit Number: 26283 | Fri 9:30 - 11:30 a.m., 4/12 - 5/10

Location: Conference Center/E125

Tuition: \$10 | Fee: \$116 | Total: \$126



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).

## SEN450 Exploring Watercolor Painting - Beginner/Intermediate

12 sessions, 24 hours | **55+**

Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover all-new content and instruction. Students will be emailed a list of supplies needed prior to the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Catherine Howard

5-Digit Number: 26263 | Tue 9:00 - 11:00 a.m., 2/6 - 4/23

Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$164 | Total: \$174

## LIR104 Exploring Watercolor Painting - Advanced

12 sessions, 24 hours | **55+**

Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Students will be emailed a list of supplies prior to the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased. Prerequisite: Exploring Watercolor Painting, SEN450. For the Advanced class, some students may be able to attend the class online with permission from the instructor. Please contact the program office for more information.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Catherine Howard

5-Digit Number: 26264 | Tue 12:00 p.m. - 2:00 p.m., 2/6 - 4/23

Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$164 | Total: \$174

## ACR182 Introduction to Watercolor

4 sessions, 8 hours | **16+** | 

Students will explore the world of watercolor through experimenting with various watercolor mediums. At the end of this course, students will walk away feeling confident in their ability to create a sunset, tree, and some flowers. This course is meant for true beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Samantha Snyder

5-Digit Number: 26460 | Mon 5:30 - 7:30 p.m., 6/3 - 6/24

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$86 | Total: \$96

## ACR185 Introduction to Oil Pastels

2 sessions, 4 hours | **16+** | 

Get acquainted with oil pastels while creating a still life of fruit. You will learn to develop basic drawing skills in this course. This course is meant for true beginners and is a project-based course. Whether or not you complete the still life project will depend on your level of skill. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Samantha Snyder

5-Digit Number: 26461 | Tue 5:30 - 7:30 p.m., 6/4 - 6/11

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$49 | Total: \$59

## ACR187 Continuing Oil Pastels

2 sessions, 4 hours | **16+** | 

Continue the exciting journey of discovery that you began when you took your first oil pastels course. We'll use skills we have learned to create something special while we explore color and techniques. Taking Introduction to Oil Pastels is highly recommended before taking this course because it sets the foundational skills for beginning techniques in pastels. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Samantha Snyder

5-Digit Number: 26462 | Tue 5:30 - 7:30 p.m., 6/18 - 6/25

Location: Visual & Performing Arts Center/F118

Tuition: \$10 | Fee: \$49 | Total: \$59



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.

## ILR942 Going Paperless

3 sessions, 6 hours | **55+**

Papers. We've all got them. Small stacks and large stacks of tax, car, school, and family records including photos. In addition, we also receive monthly utility bills, bank statements, and other documents in our email and through the post office. Let's get rid of this mountain of paper and go paperless. In this class, we'll discuss the pros and cons of paperless filing. We'll talk about scanning existing documents and accessing documents you might not have realized are available online. We'll discuss putting your documents into an online cloud system and keeping the important originals at your disposal. Finally, we'll explore various tools to make these tasks easy. By the end of this course, you will have developed a plan and have started on your mission to paperless management.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Leah Arnold

5-Digit Number: 26322 | Wed 11:00 a.m. - 1:00 p.m., 4/10 - 4/24

Location: Conference Center/E137

Tuition: \$10 | Fee: \$49 | Total: \$59 | *MD residents age 60+ pay fee only*

## LIR184 Computers for Scaredy Cats

3 sessions, 4.5 hours | **55+**

Computers have become essential for everyday living. We use computers to create budgets, send a document to someone, and bank and shop online. Using a computer for the first time can seem overwhelming and never mind keeping up with technology changes. This course starts with the very, very basics. You'll learn about the major parts of a computer including the keyboard and mouse. Then you'll build on your skills as you learn the basics of Windows, how to open a document, and use the internet. Your increased comfort will prepare you for other basic classes such as Word and Excel.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 26331 | Thu 9:30 - 11:00 a.m., 2/29 - 3/14

Location: Conference Center/E137

Tuition: \$10 | Fee: \$39 | Total: \$49 | *MD residents age 60+ pay fee only*

## LIR192 Social Networking for Beginners

2 sessions, 3 hours | **55+**

Are you curious about social networking? Wondering about that idea your friend found on Instagram? How do you find a job on LinkedIn? What is a tweet? Why are some social media sites more popular than others? Learn the basics, including how to stay safe on all these sites.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 26332 | Tue 9:30 - 11:00 a.m., 3/5 - 3/12

Location: Conference Center/E137

Tuition: \$10 | Fee: \$32 | Total: \$42

## LIR234 Understanding Wireless Technology

4 sessions, 6 hours | **55+**

Designed to help you better understand technologies that surround us and impact our lives (such as Bluetooth, Wi-Fi and cellular phones). We will explain in easy-to-understand terms the fundamental concepts behind wireless communications and review its history and milestones. Equipped with that knowledge we will dive into explaining Bluetooth, Wi-Fi, 3G/4G/5G, etc., also in simple terms and review their benefits, limitations, and challenges. Students will learn the many ways in which these technologies help, but they will also develop much more realistic expectations about what they can and cannot do. We will also look at applications that are in place and examine what may lie in the future as the technology continues to evolve. Technical aspects including individual device pairing information will be kept to a minimum but a certain amount of technical content is inherent to this topic.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Guillermo Warley

5-Digit Number: 26422 | Thu 1:00 - 2:30 p.m., 4/25 - 5/16

Location: Conference Center/E138

Tuition: \$15 | Fee: \$54 | Total: \$69 | *MD residents age 60+ pay fee only*



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).

## LIR237 Windows to Word

3 sessions, 6 hours | **55+**

Learn the basics of Microsoft Windows and Word. We'll use Windows as the foundation of your computer work. Learn to customize your Desktop. Use Word to create, save, and format documents; cut, copy, and paste; make bulleted or numbered lists, undo actions, and more.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 26333 | Thu 9:30 - 11:30 a.m., 3/21 - 4/11

No Class: 4/4 | Location: Conference Center/E137

Tuition: \$15 | Fee: \$59 | Total: \$74 | *MD residents age 60+ pay fee only*

## LIR263 Introduction to Google Docs

2 sessions, 3 hours | **55+**

Google Docs allows you to write your paper, report, or document without purchasing Microsoft Word. This class will show you how to type and save a document; format it; save it in the cloud or on your own computer; and access it wherever you use the Internet. All students must create and be able to access a Google/Gmail account before class begins.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 26334 | Tue 9:30 - 11:00 a.m., 4/9 - 4/16

Location: Conference Center/E137

Tuition: \$10 | Fee: \$26 | Total: \$36

## LIR264 Internet and Email for Beginners

2 sessions, 4 hours | **55+**

Feel like the internet parade has passed you by? Do you struggle with email? Learn how to navigate the World Wide Web when searching for information including moving from one website to another. Also learn how to safely receive, send, and manage email. You'll learn in language you understand, from a patient instructor who remembers what it was like to learn these skills.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 26335 | Tue 9:30 - 11:30 a.m., 3/19 - 3/26

Location: Conference Center/E137

Tuition: \$10 | Fee: \$39 | Total: \$49



## LIR280 Artificial Intelligence Overview, Applications and Ethical Dilemmas

4 sessions, 6 hours | **55+**

Explore artificial intelligence (AI) from a historical perspective. This introduction course will discuss the technologies behind the tremendous advances of AI in recent years. We'll also examine AI potential applications, including advantages, disadvantages, limitations, and challenges. Our overview will include a brief look at applications like ChatGPT, Google Image Net, and others for image generation. Finally, we'll discuss ethical considerations that should guide AI research, development, and legislation. Is AI a boom or a bust for human creativity, education, and the job market? Similar questions will be addressed and framed within a realistic context without marketing embellishments.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Guillermo Warley

5-Digit Number: 26421 | Mon, Tue 1:00 - 2:30 p.m., 1/22 - 1/30

Location: Conference Center/E123

Tuition: \$15 | Fee: \$59 | Total: \$74 | *MD residents age 60+ pay fee only*

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## A Taste of Asia

Join us as we travel the Far East and are introduced to various Asian cuisines from China, Japan, Thailand, Malaysia, and Vietnam. Focus will be on traditional dishes with new flavors but using standard sauce ingredients. Chef Woo Can will demonstrate how easy and simple these Asian dishes are to make. Hearty meals that taste good using ingredients from your local markets specifically "H Mart" in Frederick. We'll venture into new types of vegetables, frozen goodies, learn about stir frying, what goes into making hot chili oil sauces, and cutting and slicing techniques. And we'll learn some facts about Asian food. Chef Woo Can will share his experiences in the food industry and his passion for cooking. Each session will include the recipe being made including all ingredients and sauces used for your future reference. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

### REC135 A Taste of Asia - Cantonese Tilapia and General Tso's Sauce

5-Digit Number: 26286 | Sat 11:00 a.m. - 1:00 p.m., 2/17

### REC135 A Taste of Asia - Salt and Pepper Crispy Pork and Bok Choy Stir Fry

5-Digit Number: 26287 | Sat 11:00 a.m. - 1:00 p.m., 3/23

### REC135 A Taste of Asia - California Maki Roll and Spicy Fire Beef

5-Digit Number: 26288 | Sat 11:00 a.m. - 1:00 p.m., 4/20

### REC135 A Taste of Asia - Korean Short Ribs, Red Curry Mussels, and Clams with Lemongrass Sauce

5-Digit Number: 26289 | Sat 11:00 a.m. - 1:00 p.m., 5/18

All Taste of Asia classes will meet on campus in an in-person environment.

#### For all classes:

1 session, 2 hours | **16+** | **Instructor:** Chef Stuart Woo

Location: Conference Center/E125

Tuition: \$10 | Fee: \$32 | Total: \$42

### REC139 Aged Vinegar: Surprising Ways to Dip, Dress, or Drink

1 session, 1.5 hours | **16+** | 

Come join us as we team up with Leberz Oil & Vinegar Emporium for an in-depth look at the joy of true, aged balsamic vinegars as well as wine and honey vinegars. Enjoy a comparative tasting and explanation followed by a sampling of mocktails and appetizers that can be made with unique vinegars.

**Note:** Course will meet off campus in an in-person environment.

**Instructor:** Leberz Oil & Vinegar Emporium

5-Digit Number: 26290 | Wed 5:30 - 7:00 p.m., 4/17

Location: Leberz Oil & Vinegar Emporium

Tuition: \$10 | Fee: \$36 | Total: \$46

### REC126 Liquid Gold: The Olive Oil Class

1 session, 1.5 hours | **16+** | 

Come join us for an in-depth look at the importance of fresh olive oil at Leberz Oil & Vinegar Emporium. From learning about transparency in your groves to the health benefits of fresh, quality olive oil, enjoy a fun-filled evening in beautiful, historic downtown Frederick. Participants will enjoy a comparative olive oil tasting, while also learning new ways to snack, dip, and dress.

**Note:** Course will meet off campus in an in-person environment.

**Instructor:** Leberz Oil & Vinegar Emporium

5-Digit Number: 26291 | Wed 5:30 - 7:00 p.m., 5/15

Location: Leberz Oil & Vinegar Emporium

Tuition: \$10 | Fee: \$36 | Total: \$46

### REC120 Maryland Whiskey 101

1 session, 2 hours | **21+** | 

We're teaming up with McClintock Distilling to give you a beginner guide to everyone's favorite nutty, oaky, and smoky spirit – whiskey! You'll learn how whiskey is made, the different types, and the history of the barrel aging process. This class will have a special focus on Maryland Rye Whiskey and what makes it so special.

**Note:** Must be 21 to register. This course will meet off campus in an in-person environment.

**Instructor:** McClintock Distilling

**Option 1:** 5-Digit Number: 26452 | Thu 7:00 - 9:00 p.m., 3/21

**Option 2:** 5-Digit Number: 26453 | Thu 7:00 - 9:00 p.m., 5/16

Location: McClintock Distilling

Tuition: \$10 | Fee: \$24 | Total: \$34

## REC136 Know Your Beer

1 session, 2 hours |  | 

It used to be that the only choice you ever had to make while ordering a beer was whether you wanted it served in a bottle or a glass. But as the craft brewing movement grew so did our choices. There are different categories and styles, and never mind color, body and ABV. Any self-respecting beer drinker needs to know the difference before ordering their perfect pour. The expert brewers at the family-owned Steinhardt Brewing Company will teach you the beer basics as you taste your way through this course. After all, the best beer to drink is the one that you'll enjoy the most.

**Note: Must be 21 to register. This course will meet off campus in an in-person environment.**

**Instructor:** Steinhardt Brewing

**Option 1:** 5-Digit Number: 26450 | Tue 4:00 - 6:00 p.m., 3/12

**Option 2:** 5-Digit Number: 26451 | Tue 4:00 - 6:00 p.m., 6/4

Location: Steinhardt Brewing

Tuition: \$10 | Fee: \$24 | Total: \$34

## REC137 Gin 101

1 session, 2 hours |  | 

Students will learn about the history and production process of making gin at the historic McClintock Distilling production facility. Afterwards students will get a chance to sample six different styles of gins from throughout history and the world. Students will also learn about the different botanicals and herbs that are used to make gin and finally, will be able to make their own custom gin blend of botanicals to take home and make their own compound gin.

**Note: Must be 21 to register. This course will meet off campus in an in-person environment.**

**Instructor:** McClintock Distilling

5-Digit Number: 26454 | Thu 7:00 - 9:00 p.m., 4/18

Location: McClintock Distilling

Tuition: \$10 | Fee: \$24 | Total: \$34

## ILR889 Raise Your Wine IQ - Wines of New Zealand

1 session, 1.5 hours | 

The setting for the Lord of the Rings series, New Zealand is breathtakingly majestic. From snow-capped mountains and hot springs to the wind-shaped coastlines, this is a place of beauty. New Zealand is divided into two islands, the South Island and the North Island. Wine growing conditions on the North Island and the South Island are very different in many important ways. Though known for its Sauvignon Blanc, New Zealand produces many other world-class whites, such as sparkling wines, Chardonnay, Pinot Gris, Riesling, and complex reds like Pinot Noir, Syrah, and Cabernet Sauvignon. Join us on a journey to Middle Earth to discover the diversity of this country's fine wines. Wine tasting included.

**Note: Must be 21 to register. This course will meet off campus in an in-person environment.**

**Instructor:** Jacqueline Rogers

5-Digit Number: 26304 | Wed 1:30 - 3:00 p.m., 5/8

Location: Spin the Bottle Wine Company

Tuition: \$10 | Fee: \$18 | Total: \$28

## REC141 Mixology: The Basics of Cocktail Tools, Ingredients and Recipe Development

1 session, 2 hours |  | 

Learn from Tenth Ward Distilling Company's mixology experts and become a cocktail aficionado from home. By the end of this interactive two hour course, participants will be able to use and identify standard mixology tools such as shakers, strainers, jiggers and more; know the building blocks of a standard cocktail; understand how cocktail ingredients such as simple syrups and garnishes are prepared; and identify a number of classic cocktails. Participants will also have the opportunity to craft and enjoy their own cocktail and taste and learn about a number of complex cocktails developed by the Tenth Ward team.

**Note: Must be 21 to register. This course will meet off campus in an in-person environment.**

**Instructor:** Tenth Ward Distilling Co.

5-Digit Number: 26375 | Wed 7:00 - 9:00 p.m., 3/27

Location: Tenth Ward Distilling Company

Tuition: \$10 | Fee: \$24 | Total: \$34



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.

## ILR707 Developing a Personal Strength Training Plan

6 sessions, 9 hours | **55+**

Maintaining muscle mass as we age is very important in maintaining quality of life. Walking and other aerobic exercise, though also important, is not enough. Improve your balance, increase your strength, and become more flexible. Learn from a kinesiologist and functional aging specialist to safely and effectively use light handheld weights and a resistance band. This course includes the rationale to lessen the effects of postural change that often accompanies the aging process. Students of all fitness levels are welcome. The course is taught in both a standing and seated position. You will not be required to get on the floor.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Nanette Tummers

5-Digit Number: 26272 | Mon 1:00 - 2:30 p.m., 1/22 - 2/26  
Location: Conference Center/E126A | Tuition: \$10 | Fee: \$79 | Total: \$89

## SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours | **55+**

Terrific for adults of all fitness levels and abilities, Tai Chi Ch'uan has been practiced for fitness and health for hundreds of years. The slow, graceful movements and fluid natural postures can help improve balance, coordination, muscle tone, posture, breathing, and concentration.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Toni Minkel

5-Digit Number: 26271 | Tue 2:30 - 4:00 p.m., 1/23 - 3/26  
Location: Visual & Performing Arts Center/F141 |  
Tuition: \$10 | Fee: \$102 | Total: \$112

## HEA211 The Vance Stance: Posture, Awareness, and Flexibility

6 sessions, 12 hours | **16+**

Eliminate chronic pain and learn the root of misalignment and stiffness that can cause scoliosis, bunions, sciatica, back and neck pain, premature aging, and more. Learn the Vance Stance® by Vance Bonner, PhD. In this course, you'll learn how to stand, walk, sit, sleep, and drive in harmony with gravity. This will increase your alignment and flexibility. Students should wear comfortable clothing and be prepared to participate bare footed on a carpeted surface. Bring a towel to class.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Vance Bonner

5-Digit Number: 26292 | Wed 12:00 p.m. - 2:00 p.m., 5/8 - 6/12  
Location: Conference Center/E123 | Tuition: \$24 | Fee: \$96 | Total: \$120  
*MD residents age 60+ pay fee only*



## HEA132 Usui Reiki 1st Degree

4 sessions, 8 hours | **16+** |

Usui Reiki is a Japanese technique that treats body, emotion, mind, and spirit creating many beneficial effects that include relaxation and feelings of peace, security and well-being. It can promote healing in a natural and safe way. Its use is not dependent on one's intellectual capacity or spiritual development. It has been successfully taught to thousands of people of all ages and backgrounds. Reiki is administered by a laying-on or hovering above of hands. Reiki first degree consists of three instruction classes and an attunement class. This is a certification class. In order to receive your attunement and certification, you must attend all four class sessions.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Rhonda Russo

5-Digit Number: 26378 | Wed 6:00 - 8:00 p.m., 6/5 - 7/3  
No Class: 6/19 | Location: Conference Center/E138  
Tuition: \$10 | Fee: \$99 | Total: \$109

## ILR489 Blueprint for Successful Aging in Place: Staying Independent in Your Home

2 sessions, 3 hours | **55+**

Do I stay in my current home or go elsewhere post retirement? Planning to age in place requires making a series of decisions for this important do it yourself project. Learn to evaluate the level of safety and adaptability of your home. Find the age friendly rating of your current neighborhood. Compare the costs of staying in place or moving. Learn to critically review all of the emerging housing options for maintaining your independence. This course will focus on making informed choices and developing an action plan regarding housing.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Teresa Lemere

5-Digit Number: 26270 | Wed 10:00 - 11:30 a.m., 2/21 - 2/28  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$19 | Total: \$29



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.

## Are You Medically Curious?

Are you ever skeptical of internet medical advice and drug company ads? Do you search for evidence based medicine presented so a layman can understand it? Welcome to Are You Medically Curious? The sessions are interactive, highlighted with learning props, and aimed at understanding your amazing body - when it works, and when it doesn't. Each session will focus on a different topic.

### ILR903 Medically Curious - Brain Health

5-Digit Number: 26274 | Tue 10:00 - 11:00 a.m., 1/30  
Location: Conference Center/E138

### ILR903 Medically Curious - Blood Pressure

5-Digit Number: 26276 | Tue 10:00 - 11:00 a.m., 2/13  
Location: Conference Center/E123

### ILR903 Medically Curious - Parkinson's Disease

5-Digit Number: 26277 | Tue 10:00 - 11:00 a.m., 2/20  
Location: Conference Center/E138

### ILR903 Medically Curious - Orthopedics

5-Digit Number: 26278 | Tue 10:00 - 11:00 a.m., 2/27  
Location: Conference Center/E123

**All Medically Curious classes will meet on campus in an in-person environment.**

#### For all classes:

1 session, 1 hour | **55+** | **Instructor:** Dr. Larry Romane  
Tuition: \$10 | Fee: \$2 | Total: \$12

### ILR834 Dementia 101

3 sessions, 4.5 hours | **55+**

Dementia 101 will provide a basic understanding of dementia. This class will define the term dementia and discuss the difference between normal aging and dementia. We will investigate the difference between reversible and irreversible forms of dementias, as well as examining dementia risk factors. We will explore the symptoms of various types of dementia, the dementia diagnostic process, and current research.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Lynda Janet

5-Digit Number: 26273 | Thu 10:00 - 11:30 a.m., 3/7 - 3/21  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$39 | Total: \$49

*MD residents age 60+ pay fee only*

### ILR837 Personal Self Defensive Tactics

1 session, 3 hours | **55+**

Rape/robbery/assault is not a selective crime, it has no regard for age, race, or social status. In this class, you will learn basic common sense rules that can be used to protect yourself before, during, and after an attack. Research shows that educated citizens are best equipped to protect themselves. The class has been described by some students as an insurance policy you never want to have to use but which is comforting to have. The class is designed for all ages and is strictly classroom based; this is not a physical class.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Kirby Maybush

5-Digit Number: 26279 | Wed 1:00 - 4:00 p.m., 5/8  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$22 | Total: \$32



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).



## LIR271 The History of the United States Supreme Court Series: The Court and Religion

5 sessions, 7.5 hours | 55+

This series will cover the history of the Supreme Court of the United States from its creation in 1789 to today. In addition to the historical aspect of this branch of government, the series will also analyze the political, sociological, and economic forces that concern the Court. This course is free-standing. There is no prerequisite requirement; students may enjoy the entire series or separate courses.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** James Baer

5-Digit Number: 26354 | Mon 2:00 - 3:30 p.m., 1/22 - 2/19

Location: Conference Center/E138

Tuition: \$20 | Fee: \$72 | Total: \$92

## LIR247 Armchair Escape Series: Indoor “Walking Tour” of the Bygone Retail, Hotel, and Restaurants of Frederick (SR)

1 session, 2 hours | 55+ |

Discover the world without having to deal with the hassles of travel. We will bring the locations to you. Our escapes are inspired by interesting locales and popular culture. Enjoy a “walking tour” of the retail, hotel, and restaurant mecca of downtown Frederick during the 1940’s and 50’s which shaped Frederick into the exciting hub of activity it is today. We’ll also discuss how the Great Depression, World War II, the post-war boom, and 1970s financial crisis affected Market Street. Included in this “tour” are former department stores, food markets and diners.

**Note: This Structured Remote Course is entirely online.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26341 | Fri 9:30 - 11:30 a.m., 1/26

Location: Online

Tuition: \$10 | Fee: \$12 | Total: \$22



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 3 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



## LIR283 The American Civil War

8 sessions, 14 hours | 55+

Learn about the American Civil War and how it was the defining event of the nation’s history after the founding of the country itself. This four-year struggle was the most violent period of what has become known as the Civil War Era. We’ll review the troubled founding of the nation, how the seeds of civil war were planted, and how the turbulent years of the 19th century set the stage for American’s bloodiest conflict. The terrible years of 1861-1865 will be looked at, as will the tenuous peace that followed.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Matthew Borders

5-Digit Number: 26412 | Wed 12:00 p.m. - 1:45 p.m., 2/7 - 3/27

Location: Conference Center/E138

Tuition: \$40 | Fee: \$129 | Total: \$169

*MD residents age 60+ pay fee only*



## LIR274 Rebuilding the Capitol After the Fires of 1814: Benjamin Latrobe & Potomac Marble

3 sessions, 6 hours | 55+

The destruction of Washington in 1814 by the invading British challenged President Monroe and Benjamin Latrobe with the task of rebuilding the edifices which had been destroyed. They understood that the principal buildings of the government were not mere offices but symbols of the aspirations of the Republic. They had to be functional but also classically beautiful. The preferred building material was Potomac marble. In this course, we will also learn about the invasion of 1814 and the methods the British used to burn stone buildings. And then, during the last session of the course, we will visit the actual quarry used by Latrobe and lost to history for years until rediscovered by Kreingold. Rain date - 2/22.

**Note: This hike totals 4 miles and mostly takes place on a flat C&O Canal trail however there is one steep decline and another incline to enter the quarry site. Students are to provide their own transportation to the meet up location for the hike.**

**Instructor:** Paul Kreingold

**Lecture & Hike:** 5-Digit Number: 26418

Tue 11:00 a.m. - 12:30 p.m., 2/6 - 2/13 | Location: Conference Center/E138

Tue 11:00 a.m. - 2:00 p.m., 2/20 | Location: Off Campus

Tuition: \$14 | Fee: \$52 | Total: \$66 | *MD residents age 60+ pay fee only*

**Lecture Only:** 5-Digit Number: 26419

Tue 11:00 a.m. - 12:30 p.m., 2/6 - 2/13 | Location: Conference Center/E138

Tuition: \$8 | Fee: \$26 | Total: \$34 | *MD residents age 60+ pay fee only*

# Middle Eastern Studies



## SEN473 Current Issues in the Middle East

5 sessions, 10 hours | **55+**

**NEW CONTENT EACH TERM!** The Middle East is one of the most fascinating and newsworthy areas of the world. For the uninitiated, entrenched stereotypes and recurring soundbites reduce the diversity and complexity of this vitally important area to a simplistic “one-size-fits-all” monolith. This course is designed to unravel the complexities associated with this historic region. The latest news from the region will be presented and contextualized. The instructor, an educator and area specialist, will frame the news in a historical context, identify key players, explore interrelationships, and analyze their impact on regional dynamics and the world order. Among those being considered for discussion this term are prospects for peace in the Holy Land, the impact of the war in Gaza on its neighbors, the future of regional alliances forged by the Abraham Accords, the restoration of diplomatic ties between Saudi Arabia and Iran, the fragile truce in Yemen, the growing importance of the monarchies of the Persian Gulf, and the dynamics of multilateral relations among Middle Eastern countries with the United States, Russia, and China. Several thematic questions will be considered, including population displacement and refugee movement, climate change and water security, economic diversification, and the stability of entrenched regimes. Through lectures, selected readings, regional media, films, guest speakers, and group discussion, it is expected that after taking this course participants will be better equipped to understand and address some of the most critical issues of our time with a greater level of confidence.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Linda Funsch

5-Digit Number: 26458 | Wed 1:00 - 3:00 p.m., 2/28 - 3/27

Location: Sweadner Hall

Tuition: \$40 | Fee: \$109 | Total: \$149

*MD residents age 60+ pay fee only*

## ILR584 Crossroads of Culture: The Enduring Legacy of the Moors

5 sessions, 10 hours | **55+**

Journey through the heart of romantic Andalucia as we trace the emergence and evolution of Moorish culture in Spain. Beginning 711 CE, Islamic forces from North Africa arrived in the Iberian Peninsula. During seven centuries of Moorish rule, Christians, Jews, and Muslims coexisted to a degree that would seem almost inconceivable in the context of today's global discourse. While much of medieval Europe was plunged into the “Dark Ages,” besieged by pestilence, famine, and wars, the Moorish cities of Cordoba, Granada, and Seville in Europe, reigned as advanced, cosmopolitan centers in which intellectual centers flourished and rich cultural traditions were born. Through the lens of history, this course will explore not only the unprecedented multiculturalism and interfaith cooperation that gave rise to such creativity but also the counterculture of the Reconquista that introduced a narrative of religious exclusivity that prevails to this day. We'll explore the significance of this compelling period in Spanish and Islamic history, including the lasting impact of the Moorish era on people, cultures, and traditions around the world. From Spain, we will continue across the Strait of Gibraltar to Morocco, a bridge between two continents, that shares a common heritage with its neighbors in Iberia. A colorful land of rich history, natural beauty, and architectural treasures, our examination of Morocco will be supplemented by film, photos, commentary, and travel anecdotes based on the instructor's travels including one in which she accompanied ILR participants on an extended “learning on location” tour.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Linda Funsch

5-Digit Number: 26459 | Wed 1:00 - 3:00 p.m., 4/10 - 5/8

Location: Sweadner Hall

Tuition: \$40 | Fee: \$109 | Total: \$149

*MD residents age 60+ pay fee only*





## LIR277 Historic Context of the Russian-Ukrainian War

3 sessions, 6 hours | **55+**

The Russian invasion of Ukraine started in early 2022 and was preceded by prolonged fighting in the Donbas region of Ukraine, as well as by the annexation of Crimea by Russia in 2014. Historically, Russia has always considered these territories to be subject to its rule and jurisdiction. The formation of Ukrainian statehood became a thorn in the side of Russian elites. Was the war inevitable or could it have been avoided? We'll discuss the historical context of the Russian-Ukrainian conflict, as well as the events leading up to it. Potential ways to end it from both the Russian and Ukrainian perspectives will also be reviewed.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Pavel Reznikov

5-Digit Number: 26413 | Tue 1:00 - 3:00 p.m., 2/20 - 3/5

Location: Conference Center/E138

Tuition: \$15 | Fee: \$54 | Total: \$69

*MD residents age 60+ pay fee only*



## LIR273 The Cathars: The Perfect Heresy and the Last Crusade

5 sessions, 7.5 hours | **55+**

At the beginning of the thirteenth century, the Cathars, a group of heretical Christians, thrived across what is now the Languedoc in southern France. The Cathars held revolutionary beliefs dating back to early Christianity that threatened the authority of the established Church. Between 1209 and 1229 the Church embarked upon the Great or Last Crusade against the Cathars. This course will consider the historical, religious and geographical impact of the group and the Crusade.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** James Baer

5-Digit Number: 26377 | Mon 2:00 - 3:30 p.m., 2/26 - 3/25

Location: Conference Center/E138

Tuition: \$20 | Fee: \$72 | Total: \$92

*MD residents age 60+ pay fee only*

## LIR240 An Early History of Maryland - Part 1, 1634-1763

3 sessions, 4.5 hours | **55+**

Learn the history of Maryland from settlement in 1634 until the end of the French and Indian War in 1763. We'll discuss the origins and expansion of the colony including the impact of religion; the colony's relationship with enslaved people, Native Americans, and neighboring colonies; and finally, the impact of war on the area. The class highlights the history of the region that will become Frederick County. This course is the first of a two-part series.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Tracy Lewis

5-Digit Number: 26316 | Fri 10:00 - 11:30 a.m., 3/8 - 3/22

Location: Conference Center/E138

Tuition: \$12 | Fee: \$42 | Total: \$54

*MD residents age 60+ pay fee only*

## LIR240 An Early History of Maryland - Part 2, 1763-1861

3 sessions, 4.5 hours | **55+**

Part 2 of this Maryland history course picks up after the end of the French and Indian War and ends with the beginning of the Civil War. We'll learn about Maryland's involvement in the revolutionary effort, including the denunciation of the infamous Stamp Act. We'll also discuss Maryland's involvement in the War of 1812 as well as the state's position as a border state in the Civil War. This course will highlight the region that will become Frederick County and is the second in a two-part series.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Tracy Lewis

5-Digit Number: 26317 | Fri 10:00 - 11:30 a.m., 5/10 - 5/24

Location: Conference Center/E138

Tuition: \$12 | Fee: \$42 | Total: \$54

*MD residents age 60+ pay fee only*



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).



### LIR260 Footsteps in Frederick: Governor Thomas Johnson at Rose Hill Manor

1 session, 1.5 hours | **55+**

This series focuses on a famous person who has visited or lived in Frederick. We'll learn interesting facts and trivia about the person and their time in Frederick. This lecture will focus on Thomas Johnson who was Maryland's first governor and resided at Rose Hill Manor in Frederick.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26313 | Fri 9:30 - 11:00 a.m., 5/17

Location: Conference Center/E123

Tuition: \$10 | Fee: \$8 | Total: \$18



### LIR276 Historical Industries of Frederick

2 sessions, 3 hours | **55+**

Discover past industries that made Frederick the booming town that it is today. We'll learn about the background and significance of Frederick's agriculture, textile, canning, glassware, and other industries. Discover how and why it made Frederick County such an important place in Maryland.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26379 | Fri 9:00 - 10:30 a.m., 6/21 - 6/28

Location: Conference Center/E138

Tuition: \$10 | Fee: \$26 | Total: \$36



### LIR278 Local African American History of All Saints Street

4 sessions, 6 hours | **55+** |

All Saints Street in Frederick City was the mecca of Black American life post Emancipation. Learn the history of this important community by exploring what life was like as an African American on All Saints Street and come to appreciate the struggle, tenacity, and work of its residents.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sonja Brown-Jenkins

5-Digit Number: 26414 | Wed 6:30 - 8:00 p.m., 3/6 - 3/27

Location: Conference Center/E123

Tuition: \$12 | Fee: \$54 | Total: \$66

*MD residents age 60+ pay fee only*



### LIR279 Indigenous and African American Experiential and Participatory Series: Hidden In Plain Sight -We're Still Here

1 session, 2 hours | **55+**

Acknowledge the legacy of Indigenous and African American people through experiential and participatory learning exercises that focus on a specific topic. By participating in the course, students are encouraged to embrace a more wholistic view of the land called the United States. Exercises are used to activate latent thoughts about equity and inclusion into deeds. Step onto the Red Road path of Indigenous People, landless Indians who still inhabit the East Coast Woodlands of Turtle Island. Step into their stories of moccasins, regalia, and powwow places still going on in Mary's land, Virginia, and Penn's Woods. Step up to the challenge of reclaiming and restoring the Red Road land. Get in step. This course is meant to be experiential with lots of gentle movement about the classroom including outdoors if weather permits.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Elayne Bond Hyman

5-Digit Number: 26415 | Tue 2:00 - 4:00 p.m., 4/2

Location: Conference Center/E138

Tuition: \$10 | Fee: \$12 | Total: \$22



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



## LIR275 Inherit the Monkey: The True Story of the Scopes Monkey Trial

1 session, 1.5 hours | 55+

In 1925, Tennessee substitute science teacher John Thomas Scopes was put on trial for teaching Charles Darwin's theory of evolution in a public-school classroom, in violation of a state law. The "Scopes Monkey Trial" pitted Religious Traditionalism against Scientific Modernism, and it created a national fire-storm and the first modern "media circus." Clashes in the "Religion versus Science Conflict" continue to this day in legislatures and courts. But the reality of the Scopes Trial is far more complicated and much of the public perception created by the trial is incomplete or wrong. This short course attempts to tease apart the conflicting versions of the trial and compare them to the historical record. We will also try to unravel internal conflicts within American religion, science, and law, and the points at which they eventually came into external conflict and continue to do so today.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Frank Sledge

5-Digit Number: 26380 | Thu 2:00 - 3:30 p.m., 4/18

Location: Conference Center/E138

Tuition: \$10 | Fee: \$6 | Total: \$16

## ILR539 Ireland: Small Island - Big History

4 sessions, 6 hours | 55+

Ireland has had an impact on the world history far greater than one would expect for such a small island on the western edge of Europe. A combination of early relative isolation, followed by centuries of turmoil has resulted in a unique cultural heritage shared by millions across the globe. In a "big picture" survey of Ireland's history we will trace this remarkable story from Neolithic times to the present day.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Ernest O'Roark

5-Digit Number: 26312 | Tue 9:00 - 10:30 a.m., 4/30 - 5/21

Location: Conference Center/E138

Tuition: \$20 | Fee: \$59 | Total: \$79

*MD residents age 60+ pay fee only*

## ILR842 A Republic If You Can Keep It (SR)

6 sessions, 12 hours | 55+ |

What were the key ideas that were debated and adopted at the Constitutional Convention and how did they shape the policies of the United States in the intervening 230 years? Learn about the Constitutional Convention and ratification process, and the economic system devised by the Founders including the first Treasury Secretary, Alexander Hamilton..."Learn to think continentally". Why did Washington and John Quincy Adams' warn against foreign entanglements? Explore the erosion of some of the core principles during the post-World War II, Cold War, and post-Cold War periods and efforts taken to reverse the degradation of these principles. The Constitution was created in 1787...is it still valid in the 21st century?

**Note: This Structured Remote Course is entirely online.**

**Instructor:** Jeffrey Steinberg

5-Digit Number: 26314 | Wed 10:00 a.m. - 12:00 p.m., 3/20 - 5/1

No Class: 4/3 | Location: Online

Tuition: \$40 | Fee: \$109 | Total: \$149

*MD residents age 60+ pay fee only*



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 3 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.

## AFRICAN AMERICAN HISTORY LECTURE SERIES

This series is made possible by a generous donation from the Shirley Cruickshank Wolfe Fund. The African American History lecture series, which was organized for FCC and is presented by instructors from the African American Resource Cultural and Heritage (AARCH) Society, offer opportunities to expand the knowledge and understanding of the students about present-day Frederick by learning about the history of African Americans in Frederick County. The lectures provide both regional and national perspectives ranging from 18th century Enslavement to Genealogy as well as perspectives on contemporary life in the county. The Society identifies, collects, preserves, and makes publicly accessible, through its programs and services, the objects, artifacts, and stories about the history, rich heritage and culture and the contributions of African Americans in Frederick County past and present and in doing so educates, enriches, and enlightens this and future generations. Through its programs, services, research, and activities, the Society also recognizes and celebrates the extraordinary resiliency of African Americans in the County.



### LIR198 Frederick During the Civil Rights Movement

1 session, 2 hours | **55+** |

In Frederick, segregation was the way of life before the Civil War well into the mid-twentieth century. Although small towns like Frederick were not always recognized nationally in the Black freedom struggle, the stories from their citizens are important for a true understanding of the local and regional impact of the Civil Rights Movement. This class will include stories and a Panel Discussion from local Civil Rights activists, focusing on their lasting influence on the Frederick community.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Grace Schofield

5-Digit Number: 26425 | Wed 5:00 - 7:00 p.m., 2/7

Location: Conference Center/E138

This is a free course.



### LIR198 Back to Our Bygone Days

1 session, 2 hours | **55+**

AARCH Society will present their documentary "Back to Our Bygone Days," featuring the recollections of former students of Lincoln School, Frederick County's only secondary school for African Americans until the 1960's. Included is the history of the school building. Following the screening, there will be a Q & A session.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Barbara Thompson

5-Digit Number: 26426 | Thu 10:00 a.m. - 12:00 p.m., 2/8

Location: Conference Center/E138

This is a free course.



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).



### LIR198 Lecture Featuring Locations from the Frederick Maryland African American History Walking Tour

1 session, 1.5 hours | **55+** |

This lecture will highlight the places featured in the AARCH walking tour including the Old Hill Church, Asbury UMC, Sam Jenks Cafe, Pythian Castle, Elks Lodge, Lincoln High School, and establishments listed in the Greenbook.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sonja Brown-Jenkins

5-Digit Number: 26427 | Thu 6:30 - 8:00 p.m., 3/21

Location: Conference Center/E138

This is a free course.



### LIR198 A Story of Two Churches: Moving from the Past, Building a Better Future

1 session, 1.5 hours | **55+** |

"The Story of Two Churches: Moving from the Past, Building a Better Future," is a 2022 AARCH Society documentary. It explores the shared history of two of Frederick's oldest churches, an African American church, Asbury United Methodist, and a white church, All Saints' Episcopal. After looking at the period of enslavement and emancipation, the film looks at more recent history and how the two congregations have worked together in the last decade. The documentary ends with interviews of people who have taken part in community conversations, conveying a message of hope for race relations today. We will give a brief introduction, show the 30-minute documentary, and then have discussion and answer questions.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Joan Thomas

5-Digit Number: 26429 | Wed 6:00 - 7:30 p.m., 3/27

Location: Conference Center/E138

This is a free course.

## AFRICAN AMERICAN HISTORY LECTURE SERIES



### LIR198 African American Schools in Frederick County in the Reconstruction Era

1 session, 1.5 hours | 55+

After emancipation in Maryland in 1864, African Americans in Frederick County were eager to establish schools for their children. The first school opened in 1865 in Quinn Chapel AME Church in Frederick. With the assistance of the Freedmen's Bureau and philanthropic and religious organizations, at least 14 schools operated between 1865 to 1872 when the state of Maryland began public schooling for African Americans. This class will explore the challenges and achievements of this early chapter in African American education.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Dean Herrin

5-Digit Number: 26430 | Wed 3:00 - 4:30 p.m., 4/10

Location: Conference Center/E138

This is a free course.



### LIR198 The Black Catholic Experience in America

1 session, 1.5 hours | 55+

The history of black Catholics presents us with a wondrous but too often forgotten cloud of witnesses. Black Catholics desperately need and want a sense of identity. Could it be that the lives of these saints challenge many of us in ways that strike too uncomfortably close to home? We'll explore the relationship, past and present, between the Catholic Church and black Communities, beginning with the expansion of Christianity in West Africa. Black American bishops, religious orders, and Pioneer parishes will be discussed and we'll look specifically to the contributions of Black Catholics to the Frederick County community.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** David Owens

5-Digit Number: 26428 | Fri 9:00 - 10:30 a.m., 4/19

Location: Conference Center/E138

This is a free course.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.

## HOME & HOBBY

### LIR173 Researching the People and Communities of Western Maryland

4 sessions, 8 hours | 55+

"Western Maryland," which today consists of six separate counties, several of which would not be considered "western" by most, developed later than the rest of the state. Frederick County is considered the Mother of Western Maryland. Thousands of people, especially "Germans," migrated through. Develop an understanding of the region's history, along with the sources and institutions for both genealogy and local history research.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Mary Mannix

5-Digit Number: 26315 | Thu 10:00 a.m. - 12:00 p.m., 5/9 - 5/30

Location: Conference Center/E138 | Tuition: \$20 | Fee: \$79 | Total: \$99

MD residents age 60+ pay fee only

### LIR284 Breaking Down Your Genealogy Brick Walls: Family History Troubleshooting

4 sessions, 8 hours | 55+

Using both documents and DNA analysis, students will learn to develop useful methodologies for solving their genealogy research problems. This will be a hands-on class with group interaction. The instructors are experts in genealogy research and are looking forward to working with you as you plan the next steps of your family history journey.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Mary Mannix and Linda Frydl

5-Digit Number: 26368 | Tue 10:00 a.m. - 12:00 p.m., 4/9 - 4/30

Location: Conference Center/E123 | Tuition: \$20 | Fee: \$79 | Total: \$99

MD residents age 60+ pay fee only

### ACR158 Introduction to Metalsmithing

1 session, 5 hours | 16+

Master the basics of metalsmithing in this 1-day workshop. Learn how to use a torch, sawing, hammering plus other texture techniques to apply and finish copper jewelry (to take home) Workshop includes lecture, demonstration, hands on practice and one on one instruction in the creation of your own unique designs. All tools and materials are provided. No experience necessary. Class will take a short lunch break so be sure to bring a packed lunch.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Georgina Copanzzi

5-Digit Number: 26299 | Sat 9:30 a.m. - 2:30 p.m., 3/9

Location: Monroe Center/MC147 | Tuition: \$10 | Fee: \$89 | Total: \$99

## ACR154 Jewelry Soldering Workshop

1 session, 5 hours | **16+**

This class was created so students may become comfortable with a torch. The curriculum covers the “how” and “why” of jewelry soldering by combining an overview of the tools, techniques, and process + hands-on practice. Each student will fabricate textured stacking rings or bangles. Safety Requirements include: closed-toes, low or no-heeled shoes, comfortable “play clothes” without flowing sleeves and no bulky fabrics, long hair must be worn in a bun or ponytail, and protective eyewear will be provided and must be worn. No exceptions. Class will take a short lunch break so be sure to bring a packed lunch.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Georgina Copanzzi

5-Digit Number: 26298 | Sat 9:30 a.m. - 2:30 p.m., 4/13

Location: Monroe Center/MC147 | Tuition: \$10 | Fee: \$69 | Total: \$79

## ACR616 Introduction to Fold-Forming Jewelry

1 sessions, 5 hours | **16+**

Fold-forming was invented by Charles Lewton-Brain in the late 1980s as a completely new way of forming, folding and unfolding sheet metal quickly into wonderful 3-D shapes and textures. In this five-hour fold-forming basics workshop, you’ll work hands-on with the torch, hammer and anvil to learn to fold, shape and texture metal to create a unique cuff bracelet, earrings or pendant from copper sheet metal. Heat patinas will also be discussed and applied to some of your pieces. All supplies included in the course cost. No experience needed. Class will take a short lunch break so be sure to bring a packed lunch.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Georgina Copanzzi

5-Digit Number: 26300 | Sat 9:30 a.m. - 2:30 p.m., 5/18

Location: Monroe Center/MC147 | Tuition: \$10 | Fee: \$89 | Total: \$99

## HOM126 Beginning Calligraphy: Italic

8 sessions, 16 hours | **16+**

Join us to discover the basics of the Italic hand. In this course, students will become familiar with the tools and methods of hand lettering while gaining knowledge of basic letter forms through hands-on experience. Learn the tools of the trade, practice basic lettering strokes, and leave with your own finished calligraphy piece at the end of the class. A supply list will be provided to the students at least one week prior to the start of the course. Supplies costs vary but average \$65.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jodie Lide

5-Digit Number: 26293 | Fri 10:00 a.m. - 12:00 p.m., 2/2 - 3/22

Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$139 | Total: \$149

## HOM132 Continuing Calligraphy

8 sessions, 16 hours | **16+**

Take your calligraphy skills to the next level! In this class, students will learn how to mix and apply colors, italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces. Students taking this course must take Beginner Calligraphy: Italics as a pre-requisite or request permission to register for the course. A supply list will be provided to the students at least one week prior to the start of the course. Supplies costs vary but average \$90.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jodie Lide

5-Digit Number: 26294 | Fri 10:00 a.m. - 12:00 p.m., 4/19 - 6/7

Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$139 | Total: \$149

## HOM166 Start Sewing in a Nutshell

2 sessions, 4 hours | **16+** | 

Sewing is a lifelong learning skill, and this class covers the fundamentals so you can operate a sewing machine with confidence. You will learn everything you need to know to get started including selecting the right needle and thread; winding a bobbin; threading a machine; stitch settings; tension adjustments; trouble shooting common problems; and best practices. A basic sewing machine will be provided for you to use in this class, and you will be able to apply what you learn to any sewing machine that you own. This class will prepare you to make your own projects whether you like to craft, make a quilt, sew garments, or create home décor projects. You will practice some common sewing techniques so you will be well-prepared to tackle your sewing projects. This course is meant for the true beginner with little or no sewing experience. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Michelle Umlauf

**Option 1:** 5-Digit Number: 26385 | Tue, Thu 1:00 - 3:00 p.m., 1/23 - 1/25

**Option 2:** 5-Digit Number: 26386 | Tue, Thu 6:00 - 8:00 p.m., 6/11 - 6/13

Location: Conference Center/E136

Tuition: \$10 | Fee: \$49 | Total: \$59



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.

**HOM171 Basic Sewing Techniques**4 sessions, 12 hours |  | 

Take your sewing skills to the next level. In this class you will learn professional tips and short cuts as you practice over 20 practical sewing techniques found in a variety of patterns from garment, home décor, quilting patterns, bag making, and more. You will learn to use several specialty presser feet that make these techniques easier, and the results better. You will create a sampler notebook containing your stitch outs and complete worksheets for future reference. Upon completing this class, you will have the knowledge, skills and confidence to follow a sewing pattern and make something on your own. Techniques covered include seams and finishes, hems, closures, casings and decorative applications. We suggest that you either take Sewing in a Nutshell as a pre-requisite or already have proficiency operating a sewing machine prior to taking this course. All supplies are included.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Michelle Umlauf

**Option 1:** 5-Digit Number: 26387 | Tue, Thu 1:00 - 4:00 p.m., 5/7 - 5/16

**Option 2:** 5-Digit Number: 26388 | Tue, Thu 6:00 - 9:00 p.m., 5/7 - 5/16

Location: Conference Center/E136

Tuition: \$10 | Fee: \$176 | Total: \$186

 **HOM176 Multi-Purpose Ditty Bag**2 sessions, 6 hours |  | 

Enjoy the thought-provoking challenge of customizing a basic digital pattern to create a one-of-a-kind ditty bag to suit your individual needs. These bags are handy for storing just about everything from tools, toiletries, sewing supplies and more. They also make great gifts. Learn some techniques not taught in other classes, including a shortcut to inserting zippers and accented seam finishes. We suggest that you either take Sewing in a Nutshell as a pre-requisite or already have a proficiency operating a sewing machine prior to taking this course. Students will be required to bring 1/2 yard each of quilter's cotton fabric and coordinating quilter's cotton fabric. Further details on the fabric type will be provided to the students at least one week prior to the start of the course. Supply costs may vary based on the fabric choice but average less than \$20.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Michelle Umlauf

5-Digit Number: 26389 | Tue, Thu 6:00 - 9:00 p.m., 2/6 - 2/8

Location: Conference Center/E136

Tuition: \$10 | Fee: \$106 | Total: \$116

 **HOM177 Versatile Sewing Mat**2 sessions, 6 hours |  | 

In this class, students will learn the "secret ingredient" used to making heat-resistant sewing projects and how to make binding tape, sew mitered corners and join binding. The Versatile Sewing Mat is a decorative mat that will add flair to your sewing space yet protect your sewing machine when it's not in use. It can also be used as a pad for your machine that helps buffer noise and vibration. It features customized sewing pockets to secure your most used notions and it can also be used as a tabletop heat-resistant ironing surface. We suggest that you either take Sewing in a Nutshell as a pre-requisite or already have a proficiency operating a sewing machine prior to taking this course. Students will be required to bring 1 yard each of quilter's cotton fabric and coordinating quilter's cotton fabric. Further details on the fabric type will be provided to the students at least one week prior to the start of the course. Supply costs may vary based on the fabric choice but average less than \$20.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Michelle Umlauf

5-Digit Number: 26392 | Tue, Thu 6:00 - 9:00 p.m., 3/5 - 3/7

Location: Conference Center/E136

Tuition: \$10 | Fee: \$89 | Total: \$99

**HOM173 Learn to Knit**3 sessions, 6 hours |  | 

Knitting is based on just two simple stitches, the knit stitch and the purl stitch. In this class you'll learn those stitches along with how to cast on and bind off. Students will make two coasters (or washcloths if you want more practice), one in garter stitch and one in stockinette. They will also learn some basic pattern reading. Students will be required to bring one set of size 7 straight knitting needles and one skein of cotton Sugar and Cream 'dishcloth' yarn. Further details on required supplies will be provided to the students at least one week prior to the start of the course. Supply costs average \$12/student.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Sharon Emery

5-Digit Number: 26295 | Tue 6:00 - 8:00 p.m., 3/5 - 3/19

Location: Conference Center/E134

Tuition: \$10 | Fee: \$59 | Total: \$69



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



### HOM179 Knit a Hat

2 sessions, 5 hours | 16+ |

A stocking cap is a fun, functional project for the beginner knitter. As you make a hat you will learn to utilize both circular and double pointed knitting needles, as well as learn a stretchy cast on; and how to knit ribbing and make a decrease stitch. We suggest you either take Learn to Knit as a pre-requisite or already know how the knit stitch, purl stitch, and how to cast on in order to take this course. Students will be required to bring 16" circular knitting needles and double pointed knitting needles both in size 7 and one skein of worsted weight yarn made of animal or man-made fiber; please no cotton or plant fibers.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sharon Emery

5-Digit Number: 26382 | Tue 6:00 - 8:30 p.m., 4/9 - 4/23  
No Class: 4/16 | Location: Conference Center/E134  
Tuition: \$10 | Fee: \$29 | Total: \$39

### HOM174 Learn to Spin Yarn with a Drop Spindle

3 sessions, 6 hours | 16+ |

Join us to learn the basics of turning fluff into yarn using the simple, portable drop spindle. While learning to spin we'll talk about fibers, spinning tools, and some of the history of string and spinning. You'll have a skein or two of usable yarn by the end of the class. Students will be required to bring a drop spindle and at least four ounces of light colored combed top wool. Further details on required supplies will be provided to the students at least one week prior to the start of the course. Supply costs average \$39/student.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sharon Emery

5-Digit Number: 26296 | Tue 6:00 - 8:00 p.m., 5/7 - 5/21  
Location: Conference Center/E134 | Tuition: \$10 | Fee: \$74 | Total: \$84

### HOM175 Ikebana: Living with Flowers

3 sessions, 4.5 hours | 16+

Learn the three basic forms of Ohara style Ikebana (flower arranging). The Ohara style of flower arranging focuses on promoting the natural beauty of the flower materials and creating a realistic scene. Through the lessons you will learn about the history, culture, and techniques used in the art form and be able to take your flower materials home with you, giving you a chance to appreciate the beauty of living with flowers. Students will complete three flower arrangements during the course. All supplies are included.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Emma Thompson

5-Digit Number: 26301 | Sat 10:30 a.m. - 12:00 p.m., 6/8 - 6/22  
Location: Conference Center/E125 | Tuition: \$10 | Fee: \$212 | Total: \$222



### HOM178 Car Camping 101

1 session, 2.5 hours | 16+

Car and van camping is on the rise for many reasons including flexibility, cost savings, and personal safety. This interactive workshop will include a hands-on opportunity to check out a car setup and the many tools and options that are available to make it a comfortable experience. We'll also spend time on how to find and choose locations for your overnight trips.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Kathy Barylski

5-Digit Number: 26381 | Sat 10:00 a.m. - 12:30 p.m., 4/27  
Location: Conference Center/E125  
Tuition: \$10 | Fee: \$22 | Total: \$32

### HOM250 The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun

3 sessions, 6 hours | 16+

In today's world, Tarot is no longer simply the tool of fortune tellers but is used by many for personal growth and creativity. This class will discuss what tarot is and isn't. You will learn how a deck is arranged and obtain an overview of card meanings. Attendees will get hands-on experience reading throughout the two classes. No need to bring a deck of cards, they will be available for class use.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Mary Mannix

5-Digit Number: 26297 | Thu 10:00 a.m. - 12:00 p.m., 2/8 - 2/22  
Location: Conference Center/E126A  
Tuition: \$10 | Fee: \$69 | Total: \$79



### HOM250 Continuing the Fool's Journey: Taking Your Tarot Practice to a Deeper Level

4 sessions, 8 hours | 16+

We will dive deeper into the meanings of each of the cards in the deck. We will also be integrating related fields such as numerology and astrology to broaden the tools we utilize when we interface with the cards. We will explore several different tarot spreads and dedicate a great deal of classroom time to reading for each other.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Mary Mannix

5-Digit Number: 26449 | Mon 10:00 a.m. - 12:00 p.m., 4/29 - 5/20  
Location: Conference Center/E126A  
Tuition: \$10 | Fee: \$89 | Total: \$99

# Learning on Location

## LIR158 Hiking Safety and Leave No Trace

1 session, 3 hours | **55+**

The seven Leave No Trace Principles (LNT) are not only good for the natural resources we love, but they are an integral part of having a safe, comfortable and uneventful hike. We will learn the seven LNT principles and see how they apply to every outing. By the end of this course, participants will have a better understanding of how to plan and prepare for safe outdoor activity. As we hike, we will stop periodically to discuss various topics. We will be hiking on the iconic Appalachian Trail, on an out-and-back hike to a trail shelter. This course is entirely held outdoors. Rain date - 3/25.

**Note: This tour will be conducted on site. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Tara Gettig

5-Digit Number: 26342 | Wed 9:30 a.m. - 12:30 p.m., 3/20

Location: Off Campus

Tuition: \$10 | Fee: \$24 | Total: \$34

## ILR579 Monuments by Moonlight

1 session, 8 hours | **55+** | 

Enjoy the DC Monuments when they look their most beautiful - lit up at night. We'll stop at the FDR, WWII, Lincoln, Korean, and Vietnam Memorials on the National Mall including the Jefferson and Martin Luther King Memorials along the Tidal Basin. We'll also drive by the U.S. Capitol, Washington Monument, and White House. Not only will we view the monuments, but we'll learn about the design, architecture, and historical significance of each monument. This tour includes a dinner stop (purchased on your own) at the Ronald Reagan Building and International Trade Center food court.

**Note: Transportation will be provided by the FCC Shuttle Bus. All bus trips depart from FCC. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Marsha Adelson

5-Digit Number: 26416 | Tue 3:00 - 11:00 p.m., 4/16

Location: Off Campus

Tuition: \$10 | Fee: \$74 | Total: \$84

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**FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or WiFi.**



## LIR289 Baltimore Art Museums

1 session, 9 hours | **55+**

Enjoy a day touring two very different art museums in Baltimore. We'll start the day at the Baltimore Museum of Art. BMA has assembled a very impressive collection of 18th, 19th, and 20th century art including works by Matisse and Picasso. Lunch will be on your own at a local market in Federal Hill. Then we'll walk over to the American Visionary Art Museum. This museum will be a departure from the collection you viewed at BMA as it specializes in the preservation and display of outsider art. We'll tour thematic exhibitions that seamlessly combine art, science, philosophy, humor, and social justice. Fee includes entrance to the museums. This bus tour involves moderate walking up to a mile, possible steps, and some standing throughout the day.

**Note: Transportation will be provided via the FCC Shuttle Bus. All bus trips depart from FCC. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Jeanne McDermott

5-Digit Number: 26447 | Thu 8:30 a.m. - 5:30 p.m., 5/2

Location: Off Campus

Tuition: \$10 | Fee: \$94 | Total: \$104

## LIR220 C&O Canal: History and Nature - Catoctin Aqueduct Walk

1 session, 1.5 hours | **55+**

The Chesapeake and Ohio Canal--built as a commercial waterway through Frederick County alongside the unnavigable Potomac River when the nation was young--was doomed almost from the start by the railroad, and then put out of business altogether by river floods. Now a National Park, it is a cherished outdoor spot by cyclists, hikers, and others. This walking class examines the canal's history, especially the varied engineering marvels of its time, and as a place of both recreation and natural beauty today. This walking tour will take place at the Catoctin Aqueduct section of the canal. The walk is less than 2 miles with minimal elevation changes along a well-maintained pathway. Students are to provide their own transportation to the meet up location for the walk. Rain date 5/13.

**Note: Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Ralph Buglass

5-Digit Number: 26417 | Fri 10:30 a.m. - 12:00 p.m., 5/10

Location: Off Campus

Tuition: \$10 | Fee: \$9 | Total: \$19

## ILR598 Antietam: Antietam Shadows: Mystery, Myth & Machination

1 session, 8.75 hours | **55+**

Dennis Frye loves to challenge conventional history and dares to question traditional historians. Titled after his latest book, Dennis will present Antietam - his favorite battlefield - in a way you've not experienced it before. Come prepared to be provoked. This tour involves moderate walking and standing on mostly flat, grassy surfaces. Expect to walk up to a distance of 2 miles spread throughout the day. A sit down lunch at a local restaurant is included in the fee.

**Note: Transportation will be provided by the FCC Shuttle Bus. All bus trips depart from FCC. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Dennis Frye

5-Digit Number: 26336 | Thu 8:00 a.m. - 4:45 p.m., 5/16

Location: Off Campus

Tuition: \$10 | Fee: \$114 | Total: \$124 | *MD residents age 60+ pay fee only*

## LIR167 Fascinating and Forgotten: Glimpses of the Past: Northside of Downtown Frederick

1 session, 1.5 hours | **55+**

This easy walking tour moves along Carroll Creek with a focus on new development and the history of the textile industry in Frederick. The tour includes learning about the Union Mills Public House and fashion designer Claire McCardell. We will also explore the history of other mills and factories in the area that shaped Frederick's industry and economy. This tour involves walking along Carrol Creek in downtown Frederick on mostly flat walkways with some elevation changes for about 1.5 miles moving at a slow pace. Rain date - 6/1.

**Note: This tour will be conducted in downtown Frederick. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Jeanne McDermott

**Option 1:** 5-Digit Number: 26337 | Sat 10:00 - 11:30 a.m., 5/11

**Option 2:** 5-Digit Number: 26338 | Sat 10:00 - 11:30 a.m., 5/18

Location: Off Campus

Tuition: \$10 | Fee: \$8 | Total: \$18



## LIR167 Fascinating and Forgotten: Glimpses of the Past: Baker Park, Memorial Park, and Courthouse Square

1 session, 1.5 hours | **55+**

This easy walking tour includes Baker Park, Frederick Memorial Park that commemorates Frederick soldiers from every war, a portion of West 2nd Street, and Courthouse Square. We'll learn about the history of the area including significant buildings and churches and their architecture. You'll also hear a few Civil War stories. This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with some elevation changes for about 1.5 miles moving at a slow pace. Rain date - 6/29.

**Note: This tour will be conducted in downtown Frederick. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date.**

**Instructor:** Jeanne McDermott

**Option 1:** 5-Digit Number: 26339 | Sat 10:00 - 11:30 a.m., 6/15

**Option 2:** 5-Digit Number: 26340 | Sat 10:00 - 11:30 a.m., 6/22

Location: Off Campus

Tuition: \$10 | Fee: \$8 | Total: \$18

## FOR100 Basic Conversational Spanish

8 sessions, 16 hours |  | 

Develop skills needed to communicate orally and in writing using basic Spanish. Practice what you are learning by participating in class conversations and completing classroom and homework assignments. This is a class for those who need to communicate in Spanish and understand Spanish culture.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jennifer Books

5-Digit Number: 26517 | Tue, Thu 5:00 - 7:00 p.m., 3/5 - 3/28

Location: Conference Center/E140

Tuition: \$42 | Fee: \$134 | Total: \$176 | *MD residents age 60+ pay fee only*

## FOR101 Continuing Conversational Spanish

8 sessions, 16 hours |  | 

Continue to develop skills needed to communicate with your Spanish-speaking audience. Emphasis is placed on more advanced listening comprehension, speaking skills, pronunciation, and vocabulary acquisition. Prerequisite: Spanish Conversation I or basic knowledge of Spanish.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jennifer Books

5-Digit Number: 26554 | Tue, Thu 5:00 - 7:00 p.m., 4/9 - 5/2

Location: Conference Center/E136

Tuition: \$42 | Fee: \$134 | Total: \$176 | *MD residents age 60+ pay fee only*

## FOR124 Introduction to Italian Language & Culture - Part 1

8 sessions, 16 hours | 

Explore Italian culture by learning proper basic grammar, pronunciation, vocabulary, customary greetings, and levels of formality Italian style. The course includes insight into the customs and traditions, holidays, and cultural nuances of Italy including food and meal etiquette. Also receive sightseeing recommendations and explore the country's geography and beauty from North to South. Practice what you are learning by participating in class conversations and completing classroom and homework assignments based on textbook exercises.

**Note: Students are required to purchase the following book: Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition by Marcel Danesi (ISBN 978-1260463194). This course will meet on campus in an in-person environment.**

**Instructor:** Dora Jaar

5-Digit Number: 26302 | Fri 10:00 a.m. - 12:00 p.m., 3/8 - 5/3

No Class: 4/5 | Location: Conference Center/E134

Tuition: \$42 | Fee: \$134 | Total: \$176 | *MD residents age 60+ pay fee only*

## FOR224 Introduction to Italian Language & Culture - Part 2

8 sessions, 16 hours | 

Continue to develop your Italian language skills with practice conversations, videos, etc. which will help with day-to-day interactions with Italian speakers. The course will also include further insight into Italian customs, traditions, food and geography from the north to the south. Italy is a very diverse country with thousands of years of history and so much to explore. Completion of homework assignments from textbook is highly recommended.

**Note: Students are required to purchase the following book: Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition by Marcel Danesi (ISBN 978-1260463194). This course will meet on campus in an in-person environment.**

**Instructor:** Dora Jaar

5-Digit Number: 26303 | Wed 10:00 a.m. - 12:00 p.m., 3/6 - 5/1

No Class: 4/3 | Location: Conference Center/E125

Tuition: \$42 | Fee: \$134 | Total: \$176 | *MD residents age 60+ pay fee only*

## FOR423 French Conversation and Basic Communication

8 sessions, 16 hours |  | 

Develop ability to communicate orally and in writing in French. Practice what you are learning by participating in class conversations and completing classroom assignments. In each class, we will also discover some aspects of the French culture such as food, music, history, movies, celebrations and more. This class is for those who have the desire or need to communicate in French as well as understand the basics of French culture.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jessica McClain

5-Digit Number: 26383 | Mon 6:00 - 8:00 p.m., 2/19 - 4/8

Location: Conference Center/E126A

Tuition: \$42 | Fee: \$134 | Total: \$176 | *MD residents age 60+ pay fee only*



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.

## ILR965 The Role of the Executor in Maryland

2 sessions, 5 hours | **55+** | 

Learn how to be an executor for a loved one or designate the responsibilities as part of your own estate plan. Understand the legal responsibilities of the role and discuss required general competencies, including personal traits, while understanding the potential consequences for incorrect performance. Learn to organize tasks in advance, minimize errors, be compensated for the work, reduce stress, and recognize when to engage a professional.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Marcy Gouge

5-Digit Number: 26420 | Mon 6:30 - 9:00 p.m., 2/5 - 2/12

Location: Conference Center/E138

Tuition: \$10 | Fee: \$49 | Total: \$59 | *MD residents age 60+ pay fee only*

## ILR958 The Frugal Kitchen

2 sessions, 4 hours | **55+** | 

Many of us honed our frugal shopping skills when we had kids at home, but the skills that worked well then don't always serve us after the kids have left the house. This workshop will explore ways to have healthful, varied foods on a reasonable budget. The emphasis will be traditional fare with discussions on special dietary needs. "Superfoods" and the hottest trends will not be covered. While we'll be avoiding many pre-packaged and prepared foods, we won't spend much time talking about soaking beans or gathering dandelion greens.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Kathy Barylski

5-Digit Number: 26309 | Tue 6:30 - 8:30 p.m., 2/13 - 2/20

Location: Conference Center/E138

Tuition: \$10 | Fee: \$32 | Total: \$42

## LIR212 Introduction to Social Security

2 sessions, 4 hours | **55+** | 

Social Security retirement benefits can confuse almost anyone. And that confusion could cost the recipient a lot of money in retirement. Make the most of your retirement by learning essential information about retirement, spousal, and survivor benefits so wise decisions can be made. The class will also cover tax issues when receiving Social Security retirement benefits.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Kathy Barylski

5-Digit Number: 26310 | Tue 6:30 - 8:30 p.m., 3/5 - 3/12

Location: Conference Center/E138

Tuition: \$12 | Fee: \$42 | Total: \$54 | *MD residents age 60+ pay fee only*

## ILR871 Investment Strategies for Seniors Through Options (SR)

4 sessions, 8 hours | **55+** |  | 

Ever wonder how options trading works? In this fun and interactive course you will learn the skills you need to become your own options trader. Options can help you develop a weekly stream of income with little risk, double or triple the dividends on stock you already own, turn a loss into a gain when the market goes against you, and reduce the cost basis on stock you already own. You will work live on an actual paper trading account during class. Don't worry, no money involved as you put your new skills to work.

**Note: This Structured Remote Course is entirely online.**

**Instructor:** Richard Bender

5-Digit Number: 26306 | Mon, Wed 6:00 - 8:00 p.m., 3/4 - 3/13

Location: Online

Tuition: \$10 | Fee: \$79 | Total: \$89

## ILR969 Advance Care Planning: Your Life, Your Plan

1 session, 2 hours | **55+**

Advance Care Planning is making decisions about the type of care you would like if you are ever unable to speak for yourself. This course provides information and answers questions about how to make a deliberate plan to think about and complete your advance care planning decisions, sharing those decisions with those who will be in the position of making determinations for you, explaining what's important to you and why, and initiating this decision-making conversation with your parents or other family members/friends for whom you may be the one making the determinations. It also introduces the Frederick Health Advance Care Planning Initiative. It always seems too early, until it's too late. Do it for yourself and your family.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sharon Smith

5-Digit Number: 26280 | Wed 10:00 a.m. - 12:00 p.m., 3/13

Location: Conference Center/E126A

Tuition: \$10 | Fee: \$12 | Total: \$22



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 3 for details.

**LIR221 Preparing Important Documents for a Life Event**1 session, 2 hours | **55+**

Having the legal, financial, and insurance paperwork that you or your family needs in case of a life event (death, disability, job loss, etc.) is very important. Are they organized in such a way that your family could easily know where they are, who to contact, what accounts you have, and other important items? If the thought of getting your documents organized overwhelms you, this class will teach you the LEAP - Life Event Advanced Planning – Process, which is an easy way to gather, organize, record, store, and review your important documents, so that if and when a life event occurs, your paperwork is sufficient and easily accessed.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Karen R. Smith

**Option 1:** 5-Digit Number: 26307 | Mon 1:00 - 3:00 p.m., 2/26

Location: Conference Center/E125

**Option 2:** 5-Digit Number: 26308 | Mon 9:00 - 11:00 a.m., 4/22

Location: Conference Center/E138

Tuition: \$10 | Fee: \$12 | Total: \$22

**LIR272 Downsizing Simplified: Living Smaller and Loving it**2 sessions, 3 hours | **55+**

Don't be overwhelmed by stuff and the work it takes to maintain it. This course will provide a jumping off point to living smaller and will cover all the major steps of the downsizing process. Expect group discussions addressing the challenges of sorting and parting with sentimental items. Expect to bring clarity to the variety of steps and time involved in downsizing a household. Live in comfort; not clutter.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Stacy Reno

5-Digit Number: 26376 | Wed 2:00 - 3:30 p.m., 3/6 - 3/13

Location: Conference Center/E123

Tuition: \$10 | Fee: \$22 | Total: \$32

**SEN491 Writing Your Life Story: Tales for the Grandchildren**7 sessions, 14 hours | **55+**

ILR's longest running course returns! Weekly handouts and discussion guide you in writing your family history, recording its unique culture, folklore, and values for future generations. By preserving both personal and family stories, you can provide a good sense of self-identification and belonging to those who come after you. Whether you are a beginning or experienced writer, you will benefit from class discussions as you write at least seven stories during the seven sessions of the class. Course is limited to 12 participants, so register early.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Dorothy O'Neal

5-Digit Number: 26269 | Wed 1:00 - 3:00 p.m., 4/10 - 5/22

Location: Conference Center/E125

Tuition: \$40 | Fee: \$104 | Total: \$144 | *MD residents age 60+ pay fee only*



**Evening Offering** | Not yet retired? We offer classes during evening hours to better suit your schedule.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).



**LIR261 Understanding Spiritual Experiences and Phenomena, Part II**

4 sessions, 6 hours | **55+**

Spiritual experiences are not well understood, but studies indicate that 70 percent of the population have one or more experiences. This is Part II of this fascinating topic – it is not necessary to have Part I to take this course. We will continue to examine common experiences including the enclaves of spiritual experiences found in Marian Apparitions, Charismatics, the paranormal – including the work of JB Rhine, and IONS, communication with the dead and apparitions, and the work of Emanuel Swedenborg. As in the first semester, the emphasis will be on understanding experiences and finding common characteristics. This is not a class about beliefs or dogma. We will discuss recent research and the various organizations devoted to studying this dimension. And of course sharing experiences is an important part of the course. This course may be taken without having taken Part I.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sara Towe

5-Digit Number: 26318 | Mon 11:00 a.m. - 12:30 p.m., 2/5 - 2/26  
 Location: Conference Center/E138  
 Tuition: \$12 | Fee: \$54 | Total: \$66 | *MD residents age 60+ pay fee only*

**LIR246 Mindfulness and Meditation Literary Series: 10% Happier**

4 sessions, 6 hours | **55+**

Dan Harris, a Nightline and Good Morning, America anchor led the ABC network in reporting on religion, especially evangelicalism. As part of this work, he ventured into Buddhism and unexpectedly found a path to meditation. It helped him overcome his often traumatic and overreactive nature driven by the occupational hazard of being a newscaster/journalist. We will discuss what Harris finds and reflects in his #1 New York Times Bestseller, 10% Happier. He offers his view of the path's hazards and rewards and provides accounts from his encounters with meditation leaders Eckart Tolle, Tara Brach, Joseph Goldstein, and the Dalai Lama. Meditation techniques will be explored and practiced during the course. We highly recommend that you purchase 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works – A True Story by Dan Harris, available in both print and e-reader forms. The book will be read during the course.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Jerry Webster

5-Digit Number: 26324 | Thu 10:00 - 11:30 a.m., 2/8 - 2/29  
 Location: Conference Center/E123  
 Tuition: \$16 | Fee: \$56 | Total: \$72 | *MD residents age 60+ pay fee only*



**LIR288 Discover Your Past Lives**

2 sessions, 3 hours | **55+**

Discuss theories on reincarnation, choices before birth that guide your life, soul mates, patterns in past lives and the time between lives. Explore ways to uncover past lives through hints in your everyday routine, dreams and meditation. Class will include an exercise to recall several past lives and the opportunity to share impressions.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Brenda Thew

5-Digit Number: 26448 | Tue 2:00 - 3:30 p.m., 4/23 - 4/30  
 Location: Conference Center/E138  
 Tuition: \$10 | Fee: \$19 | Total: \$29

**Lifting the Veil, a Paranormal Roundtable**

We hope we can "lift the veil" for you and satisfy your curiosity about the paranormal.

**LIR195 Lifting the Veil, a Paranormal Roundtable - Laws of Karma**

5-Digit Number: 26325 | Wed 6:00 - 8:30 p.m., 2/28  
 Location: Conference Center/E138

**LIR195 Lifting the Veil, a Paranormal Roundtable - Victorian Death Customs**

5-Digit Number: 26326 | Wed 6:00 - 8:30 p.m., 3/27  
 Location: Conference Center/E126A

**LIR195 Lifting the Veil, a Paranormal Roundtable - Signs, Postcards From Heaven**

5-Digit Number: 26327 | Wed 6:00 - 8:30 p.m., 4/24  
 Location: Conference Center/E138

**LIR195 Lifting the Veil, a Paranormal Roundtable - Exploring Necromancy**

5-Digit Number: 26328 | Wed 6:00 - 8:30 p.m., 5/22  
 Location: Conference Center/E138

**Check back for an exciting ghost investigation opportunity.**

**The classes listed above will meet on campus, in-person. For these four classes:**

1 session, 2.5 hours | **55+** | | **Instructor:** Rhonda Russo  
 Tuition: \$10 | Fee: \$14 | Total: \$24

## PHO130 Introduction to Family Photography (SR)

1 session, 3 hours | **16+** | 

Family photography is a popular genre within today's photographic profession. Learn the craft of photographing families in an environmental setting. Having the skills and knowledge offered in this class will equip students towards taking technically and aesthetically solid family and child photographs. Some of the topics covered include camera settings, lens choices, focus modes, posing, and tricks to overcoming difficult situations (i.e.: stubborn kids, large group families, bad lighting). Whether you are an aspiring professional or a hobbyist simply wanting to take better photographs of your own family and friends, this class will offer a starting point to make that a reality.

**Note: This Structured Remote Course is entirely online.**

**Instructor:** Catherine Simmons

5-Digit Number: 26558 | Fri 9:00 a.m. - 12:00 p.m., 2/16

Location: Online

Tuition: \$10 | Fee: \$22 | Total: \$32

## PHO128 Portrait Basics

1 session, 4 hours | **16+**

Students will learn the basics of portraiture in the areas of camera settings, lens choices, natural and artificial lighting, composition, posing, and working with subjects. Topics such as using the histogram and a gray card are also covered with a brief Lightroom Demo showing how to use the gray card to correct white balance. Content is taught through both a lecture and hands-on practice approach. Comprehensive notes are distributed to set students up for continued success at home. Participants would need to have access to their own DSLR or mirrorless cameras.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Catherine Simmons

5-Digit Number: 26557 | Fri 9:00 a.m. - 1:00 p.m., 3/15

Location: Conference Center/E136

Tuition: \$10 | Fee: \$34 | Total: \$44



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 3 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 3.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now online at [ILRFCC.org](http://ILRFCC.org).

## PHO125 Image Management for Photographers

1 session, 3 hours | **16+**

Designed to help those in need of developing a system for managing and storing digital image files. Participants will be instructed on one solid way to organize their files but will be offered multiple considerations so that everyone can make choices that best suit their sensibilities. Concepts covered will include file organization, external vs. internal hard drives, key wording, image rating, understanding metadata and file extensions (jpeg, NEF, CR2, Tiff, etc.), and a very brief introduction to Adobe Creative Suite as it relates to cataloguing.

**Note: This class will take place in a computer lab but students are encouraged to bring their own laptop with images already loaded or they may bring a USB flash drive, or external drive with images. This course will meet on campus in an in-person environment.**

**Instructor:** Walter Calahan

5-Digit Number: 26505 | Sat 9:30 a.m. - 12:30 p.m., 4/27

Location: Conference Center/E137

Tuition: \$10 | Fee: \$22 | Total: \$32

## PHO129 Mastering Exposure

1 session, 4 hours | **16+**

This course is an intermediate level course designed to reinforce and promote mastery of manual exposure settings on DSLR and mirrorless cameras. Content will be presented as a hybrid mix of short lecture, live demonstration, and hands on practice for those wanting to work fluently in Aperture Priority, Shutter Priority, and Manual Modes. Students should have basic knowledge of aperture, shutter speed, and ISO.

**Note: Course will meet on campus in an in-person environment.**

**Option 1: Instructor:** Walter Calahan

5-Digit Number: 26508 | Sat 9:30 a.m. - 1:30 p.m., 3/30

Location: Conference Center/E138

**Option 2: Instructor:** Catherine Simmons

5-Digit Number: 26556 | Fri 9:00 a.m. - 1:00 p.m., 6/7

Location: Conference Center/E136

Tuition: \$10 | Fee: \$29 | Total: \$39

**PHO131 Camera and Photography Basics**1 session, 3.5 hours | **16+**

Designed to help students demystify the complexity of their DSLR and mirrorless cameras so they can begin to use them with understanding and intent. Participants will be introduced to their camera's symbols, buttons, and controls while also exploring the basics of the exposure triangle (aperture, shutter speed, and ISO) which is an essential part of understanding basic photography. This course will include a combination of lecture, live demonstration, and hands-on components. Students will receive a detailed packet of notes to ensure success beyond the classroom. Students should bring a DSLR camera, charged battery, memory card, and camera manual to class.

**Note: Course will meet on campus in an in-person environment.**

**Option 1: *Instructor:*** Walter Calahan

5-Digit Number: 26507 | Sat 9:30 a.m. - 1:00 p.m., 2/3

Location: Conference Center/E138

**Option 2: *Instructor:*** Catherine Simmons

5-Digit Number: 26555 | Fri 9:00 a.m. - 12:30 p.m., 4/19

Location: Conference Center/E136

Tuition: \$10 | Fee: \$26 | Total: \$36

**PHO132 Cell Phone Photography**3 sessions, 9 hours | **16+**

Cell phones and tablets are changing the face of photography. Whether Apple or Android, beginner or experienced, this course will help you understand the breadth and limits of cell phone technology for capturing an image with light, focus, composition and meaning. We'll learn to demystify settings for panoramic, low light, and high dynamic range (HDR) photography. You'll discover alternative camera apps to increase your fun and artistic expressions. Bring your own cell phone and wear comfortable walking shoes to travel around the campus trying what you've learned.

**Note: Course will meet on campus in an in-person environment.**

***Instructor:*** Walter Calahan

5-Digit Number: 26506 | Sat 9:30 a.m. - 12:30 p.m., 5/4 - 5/18

Location: Conference Center/E138

Tuition: \$10 | Fee: \$79 | Total: \$89

**ILR850 Introduction to Lepidoptera: Butterflies and Moths**2 sessions, 4 hours | **55+**

Get ready for the amazing beauty and diversity of our local moths and butterflies. You'll learn about their life cycles, how to tell the difference between butterflies and moths, how to identify them, and where to find butterflies and moths. All in a fun and interactive environment.

**Note: Course will meet on campus in an in-person environment.**

***Instructor:*** Kathy Barylski

5-Digit Number: 26330 | Tue 10:00 a.m. - 12:00 p.m., 4/30 - 5/7

Location: Conference Center/E126A

Tuition: \$10 | Fee: \$36 | Total: \$46

**ILR959 Introduction to Birding**2 sessions, 4 hours | **55+**

This class will equip you with the knowledge and resources to get started on the wonderful hobby of birding. Spring is the perfect time to learn about bird watching. Be ready to stalk some warblers, enjoy the trapping woodpeckers, and admire our raptors.

**Note: Course will meet on campus in an in-person environment.**

***Instructor:*** Kathy Barylski

5-Digit Number: 26329 | Tue 10:00 a.m. - 12:00 p.m., 2/27 - 3/5

Location: Conference Center/E138

Tuition: \$10 | Fee: \$32 | Total: \$42

**ILR935 Who Do You Think You Are? Understanding Your Personality Traits**5 sessions, 10 hours | **55+**

Most theorists define personality as "the unique way in which individuals think, act, and feel throughout life". (Ciccarelli, 2015). From the earliest perspectives of Greek and Roman philosophers, to the construction of psychodynamic, behavioral, humanistic, social cognitive, trait, and biopsychosocial theories, these paradigms attempt to explain the essence of our being and help us better understand our unique traits and characteristics. In this course we will examine those theoretical models, and explore how the influence of significant others, (family, friends, etc.) and major life events help shape our personality. We will also discuss the use of personality assessments, and their role in developing a deeper understanding of self, and those struggling with personality disorders.

**Note: Course will meet on campus in an in-person environment.**

***Instructor:*** Barbara Angleberger

5-Digit Number: 26321 | Tue 1:00 - 3:00 p.m., 2/27 - 3/26

Location: Conference Center/E123

Tuition: \$25 | Fee: \$89 | Total: \$114 | MD residents age 60+ pay fee only

### LIR118 Sustainability: Pursuing an Energy and Environmental Balance

3 sessions, 4.5 hours | 55+

"It's not easy being green!"- thank you Kermit. Ongoing concerns over natural disasters and the climate are stirring up passions and action groups. What are the real issues and what can we do? Since the industrial revolution, we have been dealing with the social and environmental ramifications of the growth of technology. We will look at the role of industry, government, and private citizens in communication and cooperation. We will also delve into the social, economic, and environmental impacts of our standard of living and energy dependence. Important issues such as the impact of data centers, alternative energy sources fuel, and solid waste management will be discussed. On the last session, we will tour a waste management facility. The facility will be within a 45-minute drive of the campus.

**Note: Course will meet on campus and on location in an in-person environment. Students will be required to provide their own transportation to the meeting location.**

**Instructor:** Mark Sankey

5-Digit Number: 26466

Fri 1:00 - 2:30 p.m., 4/12 - 4/19 | Location: Conference Center/E138

Fri 1:00 - 2:30 p.m., 4/26 | Location: Off Campus

Tuition: \$10 | Fee: \$42 | Total: \$52 | MD residents age 60+ pay fee only



### LIR286 Nature Connection and the Ecology of Place

6 sessions, 10 hours | 55+

Strengthen your knowledge of the natural world. Engage in hands-on activities to identify plant species and gain insights into local ecosystems. Participants will not only expand their ecological knowledge but also develop deeper roots in their local environment. Embark on a transformative exploration of the vibrant ecosystem that surrounds us all. Two of the class sessions will take place outside and involve both standing and easy walking of no more than 1 mile over some uneven terrain. Wheelchairs can be accommodated. Meet up location will be provided at a later date. It's also recommended that students bring a journal for notes and purchase the Petersen's Guide to Venomous Animals and Poisonous Plants and the Readers Digest to North American Wildlife. The books are available in bookstores or online.

**Note: Course will meet on campus and on location in an in-person environment. Students will be required to provide their own transportation to the meeting location.**

**Instructor:** John Canan

5-Digit Number: 26465

Thu 10:00 - 11:30 a.m., 4/11 - 5/2 | Location: Conference Center/E138

Thu 10:00 - 12:00 a.m., 5/9 - 5/16 | Location: Off Campus

Tuition: \$20 | Fee: \$89 | Total: \$109 | MD residents age 60+ pay fee only

### ENG240 Amherst Writers and Artists Workshop

8 sessions, 16 hours | 16+

This workshop follows the Amherst Writers and Artists (AWA) format; each participant is recognized as a writer with a unique voice. The facilitator offers the group writing prompts, participants write for a specific period of time and then share their writing. Group feedback focuses only on what is strong, memorable and working in the piece shared. Participants have the option to choose an alternate topic if the prompt offered does not appeal. The AWA method requires deep listening and the ability to enter the writer's world.

**Note: Course will meet on campus in an in-person environment.**

**Instructor:** Sherri Philpott

5-Digit Number: 26305 | Mon 1:00 - 3:00 p.m., 3/25 - 5/13

Location: Conference Center/E134

Tuition: \$30 | Fee: \$169 | Total: \$199 | MD residents age 60+ pay fee only

## Discover a Season

*Join us for enjoyment in nature.*

Topics vary each session and there will be time after the talk for questions and discussion.

### ILR968 Discover a Season: Frogs

Let's celebrate Leap Day with our leaping amphibian friends.

5 Digit Number: 26583 | Thu 10:00 a.m. - 12:00 p.m., 2/29

### ILR968 Discover a Season: Early Spring Birds

This bird walk is designed for beginners.

5-Digit Number: 26320 | Tue 10:00 a.m. - 12:00 p.m., 3/12

### ILR968 Discover a Season: Spring Nature Walk

Every nature walk is different and full of possibilities.

5-Digit Number: 26319 | Fri 10:00 a.m. - 12:00 p.m., 4/19

Tour location is pending. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

#### For all classes:

1 session, 2 hours | 55+ | **Instructor:** Kathy Barylski

Location: Off Campus | Tuition: \$10 | Fee: \$12 | Total: \$22

# FREE Spring Courses

ILR is proud to present **four free courses this winter/spring**. Join us for engaging classes focusing on planning, history, and psychology. The courses in this section were made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.

## LIR256 Brain Health Breakthroughs

4 sessions, 6 hours | **55+**

This class will discuss the latest in brain health research. In the past 10 years, the pace of brain research has sped up in all areas, from understanding cognitive decline to identifying steps we can take to reduce our risk of dementia to developing new treatments for Alzheimer's. We will discuss epigenetic factors that affect brain health including nutrition, exercise, sleep, stress and gut health, and how optimizing these factors can assist in the prevention and potential reversal of cognitive decline.

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Lindsey McCormick

5-Digit Number: 26423 | Mon 1:00 - 2:30 p.m., 4/15 - 5/6

Location: Conference Center/E138



## LIR287 Making Smart Investment Decisions

1 session, 1.5 hours | **55+** | 

Making smart investment decisions can make a big difference over your life-time and especially what you save for your retirement. With some basic understanding of investment products and risk and return, you can take steps to grow your nest egg. Discuss investment products, risk and return, volatility, and how fees can impact your portfolio. Learn the questions to ask before you invest, the red flags of fraud, and how to use the free resources on Investor.gov, the SEC's online portal for individual investors.

**Note:** This Structured Remote Course is entirely online.

**Instructor:** Securities & Exchange Commission

5-Digit Number: 26445 | Wed 12:00 p.m. - 1:30 p.m., 1/24

Location: Online



## LIR287 Making Smart Investment Decisions

1 session, 1.5 hours | **55+**

**Note:** Course will meet on campus in an in-person environment.

**Instructor:** Securities & Exchange Commission

5-Digit Number: 26446 | Thu 1:00 - 2:30 p.m., 2/29

Location: Conference Center/E138

## ILR903 Medically Curious - Internet Medical Searches

1 session, 1 hour | **55+**

Are you ever skeptical of internet medical advice and drug company ads? Do you search for evidence based medicine presented so a layman can understand it? Welcome to Are You Medically Curious? The sessions are interactive, highlighted with learning props, and aimed at understanding your amazing body - when it works, and when it doesn't. Each session will focus on a different topic.

**Note:** Course will meet in an in-person environment at the Frederick Senior Center. This course is hosted by the Frederick Senior Center. Upon registration, students may be advised that they also need to fill out a form with the Senior Center.

**Instructor:** Larry Romane

5-Digit Number: 26275 | Tue 10:00 - 11:00 a.m., 2/6

Location: Frederick Senior Center Room

## ILR144 Boston and The American Revolution

5 sessions, 10 hours | **55+**

Great Britain's revenue needs and their colonial taxation efforts set the stage for both the Boston Tea Party and eventually the Intolerable Acts of 1774. In this course, we'll learn about the revolutionary significance of Samuel Adams and Paul Revere and Lexington and Concord, including myths and realities. The course will also include the New England Army of Observation and Bunker Hill and the reasons why New England wanted the Continental Congress of Philadelphia to take-over New England's army.

**Note:** Course will meet in an in-person environment at the Frederick Senior Center. This course is hosted by the Frederick Senior Center. Upon registration, students may be advised that they also need to fill out a form with the Senior Center.

**Instructor:** Roger Swartz

5-Digit Number: 26424 | Mon 9:30 - 11:30 a.m., 2/19 - 3/18

Location: Frederick Senior Center Room

# CO-LISTED CLASSES FOR ILR STUDENTS

Want to dive more deeply into a subject? FCC now offers a selection of co-listed classes.

**def:** a co-listed class gives the student an option to choose either credit or continuing education (noncredit) status. Each section will include both credit and noncredit students. The expectations for attendance, participation, and effort are the same for all students. Students will be required to sign into Blackboard to access instructor information, course orientation, and learning materials.

**FOR419 American Sign Language I**

**FOR406 Introductory French I**

**FOR421 Introductory Spanish I**

**FOR429 American Sign Language II**

**FOR408 Introductory French II**

**FOR422 Introductory Spanish II**

**FOR409 Introductory Latin I**

To learn more about the courses, visit [frederick.edu/colisted](https://frederick.edu/colisted) for details and registration information. Students will be required to sign into Blackboard to access instructor information, course orientation, and learning materials.

# ONLINE COURSES BY ILR COURSE TITLE

**ILR871 Investment Strategies for Seniors Through Options**

**LIR287 Making Smart Investment Decisions**

**PHO130 Introduction to Family Photography**

**ILR842 A Republic If You Can Keep It**

**LIR247 Armchair Escape Series: Indoor “Walking Tour” of the Bygone Retail, Hotel, and Restaurants of Frederick**

**ACR172 Voices For All**

# ILR WINTER/SPRING 2024 CALENDAR • MONDAY - FRIDAY \_\_\_\_\_

## January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  NEW YEAR'S DAY NO CLASSES	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>15</b>  MLK DAY NO CLASSES	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<b>22</b> 10:00 How to Listen to Jazz 1:00 Artificial Intelligence 1:00 Strength Training Plan 2:00 History, U.S. Supreme Court	<b>23</b> 1:00 Artificial Intelligence 1:00 Sewing in a Nutshell 2:30 Tai Chi	<b>24</b> <u>12:00 Smart Invest Decisions (SR)</u>	<b>25</b> <u>1:00 Sewing in a Nutshell</u>	<b>26</b> <u>9:30 Armchair Escape Series</u>
<b>29</b> 10:00 How to Listen to Jazz 1:00 Artificial Intelligence 1:00 Strength Training Plan 2:00 History, U.S. Supreme Court	<b>30</b> <u>10:00 Med. Curious/Brain Health</u> 1:00 Artificial Intelligence 2:30 Tai Chi	<b>31</b>		

**Bold indicates first session of class • Underline indicates last session of class**

February 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b>	<b>2</b> 9:30 Drawing, Beginners 10:00 Beginning Calligraphy
<b>5</b> 10:00 How to Listen to Jazz <b>11:00 Spiritual Experiences, Part II</b> 1:00 Strength Training Plan 2:00 History, U.S. Supreme Court <b>6:30 Role of the Executor in MD</b>	<b>6</b> 9:00 Watercolor, Begin/Inter <b>10:00 Med. Curious/Internet</b> <b>11:00 Rebuilding the Capitol</b> <b>12:00 Watercolor, Advanced</b> <b>1:00 Designer Greeting Cards</b> 2:30 Tai Chi <b>6:00 Multi-Purpose Ditty Bag</b>	<b>7</b> 12:00 The American Civil War <u>5:00 Frederick Civil Rights</u>	<b>8</b> <u>10:00 Our Bygone Days</u> <b>10:00 The Fool's Journey</b> <b>10:00 Meditation Literary Series</b> <u>6:00 Multi-Purpose Ditty Bag</u>	<b>9</b> 9:30 Drawing, Beginners 10:00 Beginning Calligraphy
<b>12</b> 10:00 How to Listen to Jazz 11:00 Spiritual Experiences, Part II 1:00 Strength Training Plan 2:00 History, U.S. Supreme Court <u>6:30 Role of the Executor in MD</u>	<b>13</b> 9:00 Watercolor, Begin/Inter <u>10:00 Med. Curious/Blood</u> 11:00 Rebuilding the Capitol 12:00 Watercolor, Advanced 2:30 Tai Chi <b>6:30 The Frugal Kitchen</b>	<b>14</b> 12:00 The American Civil War	<b>15</b> 10:00 The Fool's Journey 10:00 Meditation Literary Series	<b>16</b> <b>9:00 Intro to Family Photography</b> 9:30 Drawing, Beginners 10:00 Beginning Calligraphy
<b>19</b> <b>9:30 Boston &amp; The American Rev.</b> 10:00 How to Listen to Jazz 11:00 Spiritual Experiences, Part II 1:00 Strength Training Plan <u>2:00 History, U.S. Supreme Court</u> <b>6:00 French Basic Comm.</b>	<b>20</b> 9:00 Watercolor, Begin/Inter <u>10:00 Med. Curious/Parkinson's</u> <u>11:00 Rebuilding the Capitol</u> 12:00 Watercolor, Advanced <b>1:00 Historic Context</b> 2:30 Tai Chi <u>6:30 The Frugal Kitchen</u>	<b>21</b> <b>10:00 Aging in Place</b> 12:00 The American Civil War	<b>22</b> <u>10:00 The Fool's Journey</u> 10:00 Meditation Literary Series	<b>23</b> <u>9:30 Drawing, Beginners</u> 10:00 Beginning Calligraphy
<b>26</b> 9:30 Boston & The American Rev. <u>10:00 How to Listen to Jazz</u> 11:00 Spiritual Experiences, Part II <b>1:00 Prep. Important Documents</b> <u>1:00 Strength Training Plan</u> <b>2:00 The Cathars</b> 6:00 French Basic Comm.	<b>27</b> 9:00 Watercolor, Begin/Inter <b>10:00 Introduction to Birding</b> <b>10:00 Med. Curious/Orthopedics</b> 12:00 Watercolor, Advanced 1:00 Historic Context <b>1:00 Personality Traits</b> 2:30 Tai Chi	<b>28</b> <u>10:00 Aging in Place</u> 12:00 The American Civil War <b>1:00 Middle East, Current Issues</b> <b>6:00 Paranormal/Karma</b>	<b>29</b> <b>9:30 Computers for Scaredy Cats</b> <b>10:00 Discover a Season, Theme 1</b> 10:00 Meditation Literary Series <b>1:00 Smart Investment Decisions</b>	

**Bold indicates first session of class • Underline indicates last session of class**

## March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <b>11:00 Music, FSO Theme 1</b> 10:00 Beginning Calligraphy
<b>4</b> 9:30 Boston & The American Rev. 2:00 The Cathars <b>6:00 Investment Strategies, Seniors</b> 6:00 French Basic Comm.	<b>5</b> 9:00 Watercolor, Begin/Inter <b>9:30 Social Networking, Beginners</b> <u>10:00 Introduction to Birding</u> 12:00 Watercolor, Advanced <u>1:00 Historic Context</u> 1:00 Personality Traits 2:30 Tai Chi <b>5:00 Basic Conversational Spanish</b> <b>6:00 Learn to Knit</b> <b>6:00 Versatile Sewing Mat</b> <b>6:30 Intro to Social Security</b>	<b>6</b> <b>10:00 Intro Italian Lang., Part 2</b> 12:00 The American Civil War 1:00 Middle East, Current Issues <b>2:00 Downsizing Simplified</b> 6:00 Investment Strategies, Seniors <b>6:30 History of All Saints St.</b>	<b>7</b> 9:30 Computers for Scaredy Cats <b>10:00 Dementia 101</b> 5:00 Basic Conversational Spanish <u>6:00 Versatile Sewing Mat</u>	<b>8</b> <b>9:30 Drawing, Intermediate</b> 10:00 Beginning Calligraphy <b>10:00 Early History of MD, Part 1</b> <b>10:00 Intro Italian Lang., Part 1</b>
<b>11</b> 9:30 Boston & The American Rev. 2:00 The Cathars 6:00 Investment Strategies, Seniors 6:00 French Basic Comm.	<b>12</b> 9:00 Watercolor, Begin/Inter <u>9:30 Social Networking, Beginners</u> <b>10:00 Discover a Season, Theme 2</b> 12:00 Watercolor, Advanced 1:00 Personality Traits 2:30 Tai Chi <b>4:00 Know Your Beer</b> 5:00 Basic Conversational Spanish 6:00 Learn to Knit <u>6:30 Intro to Social Security</u>	<b>13</b> <b>10:00 Advance Care Planning</b> 10:00 Intro Italian Lang., Part 2 12:00 The American Civil War 1:00 Middle East, Current Issues <u>2:00 Downsizing Simplified</u> 6:00 Investment Strategies, Seniors 6:30 AA History of All Saints St.	<b>14</b> 9:30 Computers for Scaredy Cats 10:00 Dementia 101 5:00 Basic Conversational Spanish	<b>15</b> <b>9:00 Portrait Basics</b> 9:30 Drawing, Intermediate 10:00 Beginning Calligraphy 10:00 Early History of MD, Part 1 10:00 Intro Italian Lang., Part 1
<b>18</b> 9:30 Boston & The American Rev. <b>10:00 The Lady and the Unicorn</b> 2:00 The Cathars 6:00 French Basic Comm.	<b>19</b> 9:00 Watercolor, Begin/Inter <b>9:30 Internet &amp; Email, Beginners</b> 12:00 Watercolor, Advanced 1:00 Personality Traits 2:30 Tai Chi 5:00 Basic Conversational Spanish <u>6:00 Learn to Knit</u>	<b>20</b> <b>9:30 Hiking Safety</b> <b>10:00 A Republic (SR)</b> 10:00 Intro Italian Lang., Part 2 10:00 The Lady and the Unicorn 12:00 The American Civil War 1:00 Middle East, Current Issues 6:30 AA History of All Saints St.	<b>21</b> <b>9:30 Windows to Word</b> <u>10:00 Dementia 101</u> <b>5:00 Frederick AAH Tour</b> 5:00 Basic Conversational Spanish <b>7:00 Maryland Whiskey 101</b>	<b>22</b> 9:30 Drawing, Intermediate <u>10:00 Beginning Calligraphy</u> <u>10:00 Early History of MD, Part 1</u> <u>10:00 The Lady and the Unicorn</u> 10:00 Intro Italian Lang., Part 1
<b>25</b> <b>1:00 Amherst Writers and Artists</b> <u>2:00 The Cathars</u> 6:00 French Basic Comm.	<b>26</b> 9:00 Watercolor, Begin/Inter <u>9:30 Internet &amp; Email, Beginners</u> 12:00 Watercolor, Advanced <u>1:00 Personality Traits</u> 2:30 Tai Chi 5:00 Basic Conversational Spanish	<b>27</b> 10:00 A Republic (SR) 10:00 Intro Italian Lang., Part 2 12:00 The American Civil War 1:00 Middle East, Current Issues <b>6:00 Story of Two Churches</b> <b>6:00 Paranormal/Victorian</b> <u>6:30 AA History of All Saints St.</u> <b>7:00 Mixology, Basic Cocktails</b>	<b>28</b> 9:30 Windows to Word <u>5:00 Basic Conversational Spanish</u>	<b>29</b> <u>9:30 Drawing, Intermediate</u> 10:00 Intro Italian Lang., Part 1

**Bold indicates first session of class • Underline indicates last session of class**

# ILR WINTER/SPRING 2024 CALENDAR • MONDAY - FRIDAY

## April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 1:00 Amherst Writers and Artists <b>1:00 What's Opera, Doc?</b> 6:00 French Basic Comm.	<b>2</b> 9:00 Watercolor, Begin/Inter 12:00 Watercolor, Advanced <u>2:00 AA Experiential Series</u>	<b>3</b>  SPRING BREAK NO CLASSES	<b>4</b>	<b>5</b>
<b>8</b> <b>10:00 Fashion Visionaries</b> 1:00 Amherst Writers and Artists 1:00 What's Opera, Doc? <u>6:00 French Basic Comm.</u>	<b>9</b> 9:00 Watercolor, Begin/Inter <b>9:30 Introduction to Google Docs</b> <b>10:00 Genealogy, Family History</b> 12:00 Watercolor, Advanced <b>5:00 Cont. Conversational Spanish</b> <b>6:00 Knit a Hat</b>	<b>10</b> 10:00 Fashion Visionaries 10:00 A Republic (SR) 10:00 Intro Italian Lang., Part 2 <b>11:00 Going Paperless</b> <b>1:00 Middle East, The Moors</b> <b>1:00 Writing Your Life Story</b> <u>3:00 African American Schools</u>	<b>11</b> <u>9:30 Windows to Word</u> <b>10:00 Nature Connection</b> 5:00 Cont. Conversational Spanish	<b>12</b> <b>9:30 Acrylic Painting, Beginners</b> <u>10:00 Fashion Visionaries</u> 10:00 Intro Italian Lang., Part 1 <b>1:00 Sustainability</b>
<b>15</b> 1:00 Amherst Writers and Artists <b>1:00 Brain Health Breakthroughs</b> 1:00 What's Opera, Doc?	<b>16</b> 9:00 Watercolor, Begin/Inter <u>9:30 Introduction to Google Docs</u> 10:00 Genealogy, Family History 12:00 Watercolor, Advanced <b>3:00 Monuments by Moonlight</b> 5:00 Cont. Conversational Spanish	<b>17</b> 10:00 A Republic (SR) 10:00 Intro Italian Lang., Part 2 11:00 Going Paperless 1:00 Middle East, The Moors 1:00 Writing Your Life Story <u>5:30 Aged Vinegar</u>	<b>18</b> <u>7:00 Gin 101</u> 10:00 Nature Connection <u>2:00 Scopes Monkey Trial</u> 5:00 Cont. Conversational Spanish	<b>19</b> <b>9:00 Black Catholic Exp.</b> 9:30 Acrylic Painting, Beginners <b>9:30 Camera and Photo Basics</b> <b>10:00 Continuing Calligraphy</b> <b>10:00 Discover a Season, Theme 3</b> 10:00 Intro Italian Lang., Part 1 1:00 Sustainability
<b>22</b> <b>9:00 Prep. Important Documents</b> 1:00 Amherst Writers and Artists 1:00 Brain Health Breakthroughs <u>1:00 What's Opera, Doc?</u>	<b>23</b> 9:00 Watercolor, Begin/Inter 10:00 Genealogy, Family History <u>12:00 Watercolor, Advanced</u> <b>2:00 Discover Your Past Lives</b> 5:00 Cont. Conversational Spanish <u>6:00 Knit a Hat</u>	<b>24</b> 10:00 A Republic (SR) 10:00 Intro Italian Lang., Part 2 <u>11:00 Going Paperless</u> 1:00 Middle East, The Moors 1:00 Writing Your Life Story <u>6:00 Paranormal/Signs</u>	<b>25</b> 10:00 Nature Connection <b>1:00 Wireless Technology</b> 5:00 Cont. Conversational Spanish	<b>26</b> 9:30 Acrylic Painting, Beginners 10:00 Continuing Calligraphy 10:00 Intro Italian Lang., Part 1 <u>1:00 Sustainability</u>
<b>29</b> 10:00 Cont. The Fool's Journey <b>11:00 Evolution of the Symphony</b> 1:00 Amherst Writers and Artists 1:00 Brain Health Breakthroughs	<b>30</b> <b>9:00 History, Ireland</b> <u>10:00 Genealogy, Family History</u> <b>10:00 Introduction to Lepidoptera</b> <u>2:00 Discover Your Past Lives</u> 5:00 Cont. Conversational Spanish			

**Bold indicates first session of class • Underline indicates last session of class**

## May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 10:00 <u>A Republic (SR)</u> 10:00 <u>Intro Italian Lang., Part 2</u> 1:00 Middle East, The Moors 1:00 Writing Your Life Story	<b>2</b> <b>8:30 Baltimore Art Museums</b> 10:00 Nature Connection 1:00 Wireless Technology 5:00 <u>Cont. Conversational Spanish</u>	<b>3</b> 9:30 Acrylic Painting, Beginners 10:00 Continuing Calligraphy 10:00 <u>Intro Italian Lang., Part 1</u>
<b>6</b> 10:00 Cont. The Fool's Journey <b>10:00 Famous Art Heists</b> 11:00 Evolution of the Symphony 1:00 Amherst Writers and Artists <u>1:00 Brain Health Breakthroughs</u>	<b>7</b> 9:00 History, Ireland <u>10:00 Introduction to Lepidoptera</u> <b>1:00 Basic Sewing Techniques</b> <b>6:00 Basic Sewing Techniques</b> <b>6:00 Learn to Spin Yarn</b>	<b>8</b> 10:00 Famous Art Heists <b>12:00 The Vance Stance</b> <u>1:00 Middle East, The Moors</u> <b>1:00 Self Defensive Tactics</b> 1:00 Writing Your Life Story <b>1:30 Raise Your Wine IQ</b>	<b>9</b> 10:00 Nature Connection <b>10:00 Researching Western MD</b> 1:00 Basic Sewing Techniques 1:00 Wireless Technology 6:00 Basic Sewing Techniques	<b>10</b> <u>9:30 Acrylic Painting, Beginners</u> 10:00 Continuing Calligraphy <u>10:00 Famous Art Heists</u> <b>10:00 Early History of MD, Part 2</b> <b>10:30 C&amp;O Canal: Aqueduct Walk</b>
<b>13</b> 10:00 Cont. The Fool's Journey 11:00 Evolution of the Symphony <u>1:00 Amherst Writers and Artists</u>	<b>14</b> 9:00 History, Ireland 1:00 Basic Sewing Techniques 6:00 Basic Sewing Techniques 6:00 Learn to Spin Yarn	<b>15</b> 12:00 The Vance Stance 1:00 Writing Your Life Story <b>5:30 Liquid Gold, Olive Oil</b>	<b>16</b> <b>8:00 Antietam Shadows</b> <u>10:00 Nature Connection</u> 10:00 Researching Western MD <u>1:00 Basic Sewing Techniques</u> 1:00 Wireless Technology <u>6:00 Basic Sewing Techniques</u> <b>7:00 Maryland Whiskey 101</b>	<b>17</b> <b>9:30 Footsteps in Frederick</b> 10:00 Continuing Calligraphy 10:00 Early History of MD, Part 2
<b>20</b> 10:00 Cont. The Fool's Journey 11:00 Evolution of the Symphony	<b>21</b> <u>9:00 History, Ireland</u> <u>6:00 Learn to Spin Yarn</u>	<b>22</b> 12:00 The Vance Stance 1:00 Writing Your Life Story <b>6:00 Paranormal/Necromancy</b>	<b>23</b> 10:00 Researching Western MD	<b>24</b> 10:00 Continuing Calligraphy <u>10:00 Early History of MD, Part 2</u>
<b>27</b>  MEMORIAL DAY NO CLASSES	<b>28</b>	<b>29</b> 12:00 The Vance Stance	<b>30</b> <u>10:00 Researching Western MD</u>	<b>31</b> <b>9:30 Beg. Pen &amp; Ink Drawing</b> 10:00 Continuing Calligraphy

**Bold indicates first session of class** • Underline indicates last session of class

# ILR WINTER/SPRING 2024 CALENDAR • MONDAY - FRIDAY

## June 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 11:00 Evolution of the Symphony 5:00 Art Appreciation 5:30 Introduction to Watercolor	<b>4</b> 5:30 Introduction to Oil Pastels <u>4:00 Know Your Beer</u>	<b>5</b> 12:00 The Vance Stance 6:00 Usui Reiki 1st Degree	<b>6</b>	<b>7</b> 9:00 Mastering Exposure 9:30 Beg. Pen & Ink Drawing 10:00 Continuing Calligraphy <u>11:00 Music, FSO Theme 2</u>
<b>10</b> 11:00 Evolution of the Symphony <u>5:00 Art Appreciation</u> 5:30 Introduction to Watercolor	<b>11</b> 6:00 Sewing in a Nutshell <u>5:30 Introduction to Oil Pastels</u>	<b>12</b> 12:00 The Vance Stance 6:00 Usui Reiki 1st Degree	<b>13</b> 6:00 Sewing in a Nutshell	<b>14</b> 9:30 Beg. Pen & Ink Drawing
<b>17</b> 5:30 Introduction to Watercolor	<b>18</b> 5:30 Continuing Oil Pastels	<b>19</b>  JUNETEENTH NO CLASSES	<b>20</b>	<b>21</b> 9:00 History, Industries of Frederick
<b>24</b> <u>5:30 Introduction to Watercolor</u>	<b>25</b> <u>5:30 Continuing Oil Pastels</u>	<b>26</b> 6:00 Usui Reiki 1st Degree	<b>27</b>	<b>28</b> <u>9:00 History, Industries of Frederick</u>

## July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b>	<b>3</b> <u>6:00 Usui Reiki 1st Degree</u>	<b>4</b>  FOURTH OF JULY NO CLASSES	<b>5</b>

**Bold indicates first session of class • Underline indicates last session of class**

February 2024

SATURDAY	
<b>3</b>	<u>9:30 Camera and Photography Basics</u>
<b>17</b>	<u>11:00 A Taste of Asia, Theme 1</u>

March 2024

SATURDAY	
<b>9</b>	<u>9:30 Intro to Metalsmithing</u>
<b>23</b>	<u>11:00 A Taste of Asia, Theme 2</u>
<b>30</b>	<u>9:30 Mastering Exposure</u>

April 2024

SATURDAY	
<b>13</b>	<u>9:30 Jewelry Soldering</u>
<b>20</b>	<u>11:00 A Taste of Asia, Theme 3</u>
<b>27</b>	<u>9:30 Image Management for Photographers</u> <u>10:00 Car Camping 101</u>

May 2024

SATURDAY	
<b>4</b>	<u>9:30 Cell Phone Photography</u>
<b>11</b>	<u>9:30 Cell Phone Photography</u> <u>10:00 Fascinating and Forgotten, Theme 1</u>
<b>18</b>	<u>9:30 Cell Phone Photography</u> <u>9:30 Intro to Fold-Forming Jewelry</u> <u>10:00 Fascinating and Forgotten, Theme 1</u> <u>11:00 A Taste of Asia, Theme 4</u>

June 2024

SATURDAY	
<b>8</b>	<u>10:30 Ikebana: Living with Flowers</u>
<b>15</b>	<u>10:00 Fascinating and Forgotten, Theme 2</u> 10:30 Ikebana: Living with Flowers
<b>22</b>	<u>10:00 Fascinating and Forgotten, Theme 2</u> <u>10:30 Ikebana: Living with Flowers</u>



**Bold indicates first session of class** • Underline indicates last session of class

# How to Register for ILR55+ Classes .....

## ONLINE

- Go to Frederick.edu/ILR.
- Click Login/Create Account in the left menu.
- Enter username and password or choose Create Account. (Be sure to select Yes to email preference, as class confirmations and receipts are provided via email.)
- Click Browse, then ILR55+ Programs to view available classes.
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and complete your registration.



## NEED HELP REGISTERING?

### CEWD Registration Office – Jefferson Hall For in-person registration.



- For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888 during normal business hours:  
Monday: 8:30 a.m. - 6:00 p.m.  
Tuesday - Friday: 8:30 a.m. - 4:30 p.m.
- Peak Months (January, July, and August)  
Thursdays: open until 6:00 p.m.

### Waiting List

If the class in which you wish to participate is full, additions to the waiting lists can be done online by clicking "Add to Waiting List" when viewing a class.

### Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per class. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per class.
- A \$9 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during the period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

### Class Refund Policy

Class Cancellations Initiated by the College. All students will be refunded 100% of class tuition and fees if a class is cancelled by the College.

### Drop/Refund Request within Refund Period

Students who chose to drop a CEWD class will receive a full refund provided that they initiate the drop at least two (2) work days prior to the class start date. Other classes with a different full refund period will be noted in the shopping cart upon check-out. The class refund policy is also provided in the registration confirmation email.

Students have two methods to drop a class:

1. Log into <https://frederick.edu/QuickEnroll> and following the directions under How to Drop a Class on the Payments & Refund page. Self-drops are available up to seven (7) days prior to the class start date.
2. Email CEInfo@frederick.edu any time prior to the refund deadline. The drop/refund request must be initiated from the email address associated with the student's account.

### Refund Request Outside of Refund Period

Students seeking a drop/refund for a class outside the refund period can initiate the request for extenuating circumstances by completing the Drop/Refund Request Form at [www.frederick.edu/CEWDRrefund](http://www.frederick.edu/CEWDRrefund). Students will be asked to provide documentation supporting the student's request. Appropriate documentation may include electronic or hard-copy documents from medical providers, employers, child care providers, or others that can validate extenuating circumstances. The college reserves the right to approve a full, partial, or deny a refund request submitted outside the full period for the class.

### Approved Refunds

Where possible refunds will be generated back to the original form of payment. Cash and money order payments will be refunded by check and mailed to the address on file. Please allow 10-14 business days to receive refunds.

### Registration Fee

The annual registration fee of \$9 is only refundable when FCC cancels a course and the student has not enrolled in any other classes during the period.

### Age Requirements

Students should be at least 16 years of age to enroll in most continuing education courses, except for those courses specifically designated for younger students. Students under the age of 16 who have completed at least the seventh grade may be permitted to enroll on a case-by-case basis. Students will be considered for such admission if they demonstrate the ability to profit from instruction based on a set of specific criteria. For more information, call the counseling office (301.846.2471). Certain programs or courses of study include higher minimum age for participation when the College has determined that age is a factor necessary to the normal operation of the program or activity. Minimum age is used as a measure of approximation of the level of maturity, judgment, and social independence needed for successful participation in the program or activity in addition to academic skills. [Authority:34 CFR 110.12]

### College Policies & Procedures

All students agree to abide by the policies and procedures of FCC, including those concerning drug and alcohol abuse, weapons on campus, student conduct, classroom behavior, discrimination, grievance, and other policies and procedures. Students understand that not abiding by these policies and procedures will subject them to the penalties stated within. See [frederick.edu](http://frederick.edu) for student policies and procedures and the Student Code of Conduct.

### Family Educational Rights & Privacy Act of 1974 (FERPA)

FERPA, commonly known as the Buckley Amendment, was issued by the Department of Health, Education and Welfare in the 1976 Federal Register. The regulations were transferred to the Department of Education when it was established and codified in Part 99 of Title 34 of the Code of Federal Regulations. The purpose of FERPA is to afford certain rights to students concerning their educational records. FERPA applies to all schools that receive funding under most programs administered by the Secretary of Education. Most post-secondary institutions, both public and private, generally receive such funding and must, therefore, comply with FERPA. FERPA applies to all education records maintained by a post-secondary institution, or by any party acting for the institution, which are directly related to the student. These include but are not limited to assessment test scores, academic standing, rosters, class schedule, or any information must contact the Enrollment Center (located on the first floor of Jefferson Hall) in writing with their request. Contact the Welcome Center for additional information.

FCC classes are held on the main campus, at the Monroe Center, online, and offsite at various locations.

### FCC Main Campus

7932 Opossumtown Pike  
Frederick, MD 21702

- |  |   |
|--|---|
| A – Annapolis Hall                     | H – Student Center                              |
| B – Braddock Hall                      | J – Jefferson Hall                              |
| C – Catoctin Hall                      | L – Linganore Hall                              |
| D – Athletics Center                   | M – The Carl and Norma Miller Children's Center |
| E – Conference Center                  | P – Plant Operations                            |
| F – Visual & Performing Arts Center    | S – Sweadner Hall                               |
| G – Gambrell Hall                      | K – Mercer-Akre Kiln                            |
| KC – B/C Knuckle (bottom of stairwell) |   |

### The Monroe Center (MC)

200 Monroe Avenue  
Frederick, MD 21701

### Offsite Locations

**Frederick Senior Center**  
1440 Taney Avenue  
Frederick MD 21702

**Lebherz Oil & Vinegar Emporium**  
214 N. Market Street  
Frederick, MD 21701

**McClintock Distilling**  
35 S. Carroll Street  
Frederick, MD 21701

**Spin the Bottle Wine Company**  
9 W. Patrick Street  
Frederick, MD 21701

**Steinhardt Brewing**  
340 E. Patrick Street  
Frederick, MD 21701

**Tenth Ward Distilling Company**  
55 East Patrick Street  
Frederick, MD 21701

Visit [frederick.edu](http://frederick.edu) for directions and hours of operation.



- Evacuation Locations
- Accessible Parking
- Electric Car Charging

**Frederick Community College, ILR Winter/Spring 2024** – The information contained in this schedule is abbreviated for registration purposes. The provisions of this publication are not to be regarded as a contract between the student and Frederick Community College. Changes are effected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301.846.2408. To request a sign language interpreter or if you have questions related to interpreting services, please email [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu) or call 301.846.2408. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

The College provides support services to students with disabilities. The specific needs of each student are considered on an individual basis. Students with disabilities are encouraged to contact the Disability Access Services (DAS) Office as early as possible after applying for admission. Reasonable accommodations, based on student request and disability documentation submitted, may be approved for classes and placement testing, if applicable. Students in need of sign language interpreting services should contact the Coordinator for Interpreting Services a minimum of two weeks prior to the beginning of classes to ensure services are in place.

**Disability Access Services (DAS)** | 301.846.2408 • [DisabilityServices@frederick.edu](mailto:DisabilityServices@frederick.edu) • **Coordinator for Interpreting Services** | 301.846.2476 (Voice) • 240.575.1803 (VP) or via email at [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu)

**Board of Trustees** – Carolyn Kimberlin, *Chair* • Tom Lynch, *Vice Chair* • William Reid • Tracey McPherson • Theodore M. Luck • Dr. John Molesworth • Myrna Whitworth  
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Institute for Learning in Retirement  
7932 Opossumtown Pike  
Frederick, Maryland 21702

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# THE CURIOUS TRAVELER CLUB

Free and open to all ILR students

Each session will include either a short presentation by an instructor, a travel enthusiast, or a travel company. We hope to inspire you and introduce you to new travel opportunities. And this is a great way to meet fellow students who also enjoy traveling. Meetings will typically run monthly this spring. Happy travels!

The club will be led by travel loving ILR instructor, Marcy Gouge. Check online for the meeting location and format.

Please check [ILRFCC.org](http://ILRFCC.org) for the most up to date meeting schedule, topics, and where to meet.



**Register today! Scan the QR code or visit [ILRFCC.org](http://ILRFCC.org)**