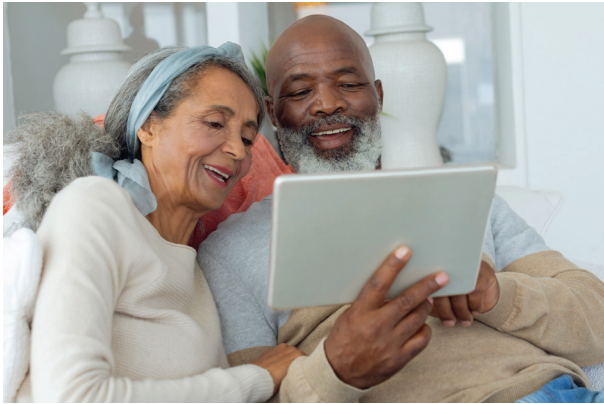


ILR *55+* Fall 2020

Now offering new online
learning opportunities.
Register today!





**Registration
now open!**

ILRatFCC.com

.....

Please contact us with any questions.
301.846.2561

Kelli Ackiewicz,
ILR Program Manager
kackiewicz@frederick.edu

Cheryl Henman,
ILR Program Associate
chenman@frederick.edu

Institute for Learning in Retirement

Spark your curiosity!
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 virtually everyone. Your comments and suggestions are always welcome.

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Contact Us

ILR Online Registration	301.624.2888
College Information Center	301.846.2419
Services for Students with Disabilities	301.846.2408
FCC Bookstore	301.846.2463

A LETTER FROM THE ILR PROGRAM MANAGER

Dear ILR and Lifelong Learning Students,

Since early spring, our country has been dealing with an unprecedented pandemic that has changed our lives in countless ways. Not being able to see and hug some of our family members and friends has been difficult for us – but something we know is necessary to keep all of us safe.

The same goes for our beloved ILR and Lifelong Learning students and instructors. We miss being able to come together for lively discussions, fun explorations, and above all, meaningful connections with one another, but the health and safety of our students and instructors is our top priority.

In an effort to keep us all safe, most fall ILR and Lifelong Learning courses will be offered online. We are committed to ensuring our students still have access to unique and stimulating learning experiences through our many courses. We are here to help you with any questions along the way.

If you're interested in taking an ILR or Lifelong Learning course this semester, but have questions about how an online course will work, you can register for one of our free 30-minute tutorial sessions. During the online session, you'll be connected with one of our staff members, as well as other curious students, to help familiarize you with the online platform and work out any issues before deciding to register for an online course.

As always, our courses this semester have a little bit of something for everyone with courses including How to Use Your DNA Matches for Your Genealogy Research, Separating Fact and Fiction in this Election Cycle, The Art of Art Interpretation, Lincoln, Indians, and the West, and more.

If you're looking for ways to stay hopeful and positive these days, you may be interested in Barbara Angleberger's course, "Finding Happiness During Challenging Times." This course will examine the multi-faceted aspects of happiness, including the need for sadness in our lives. It will touch on teachings from Aristotle, who believed everything we do in life stems from our motivation to attain happiness, as well as The Dalai Lama, who said happiness is contingent upon our actions toward others and how we live our life on a day-to-day basis.

We hope you all find happiness in one or more of our courses, which each offer the chance to connect and engage with others from the safety of your own home. We are excited for another semester of enriching courses, and we look forward to the day we can all be together again. In the meantime, we hope you continue learning – while staying safe and healthy.

Best,



BEFORE YOU BEGIN ...

Questions? We're here to help!

Contact the FCC Registration Office (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

Contact the ILR Program Office (301.846.2561) if you:

- Wish to suggest a class offering
- Wish to be placed on a wait list
- 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:

- Monday, September 7
- Thursday, November 26 and Friday, November 27
- Monday, December 21 - Sunday, January 3, 2021

Evening Classes

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

Instructor Bios

Instructor bios are located in their own section on page 22 listed in alphabetical order by last name. Each class an instructor is teaching during Fall 2020 has been included.

Response to COVID-19

An important message regarding ILR class start dates is located on page 33. FCC continues to follow a gradual and safe recovery plan to ensure the health and safety of our College community.



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/current-students/fccalert.aspx



WEBSITE



ILRatFCC.com

FACEBOOK

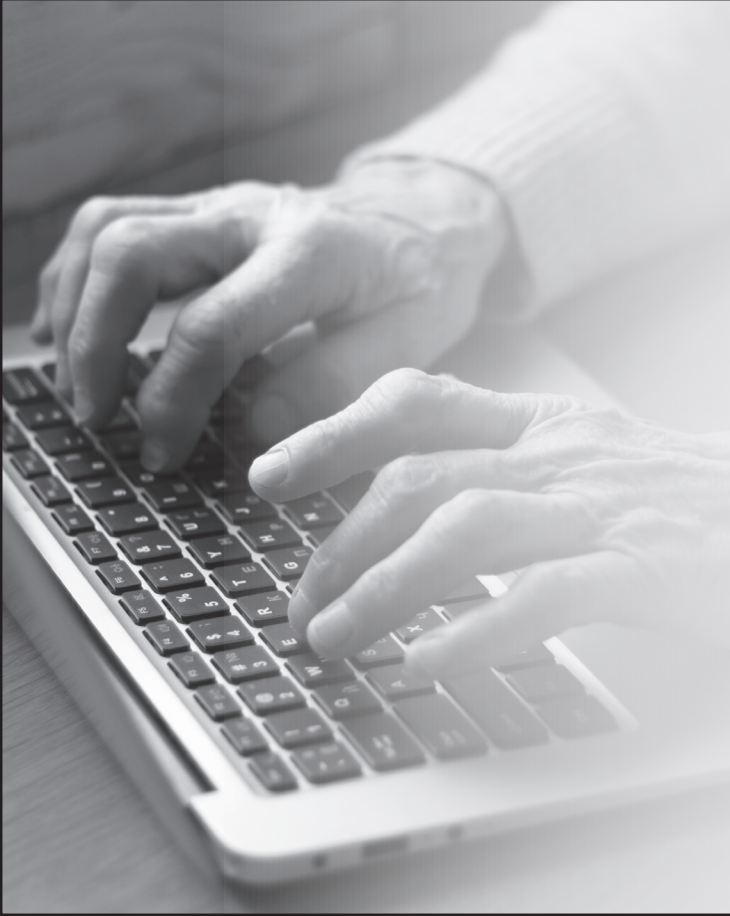


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BE AN ILR INSIDER!

Join us online to see what's new. Keep up with the latest ILR news and so much more.

To receive the ILR Newsletter, register at frederick.edu/ENews, or browse our classes and register online at ILRatFCC.com.

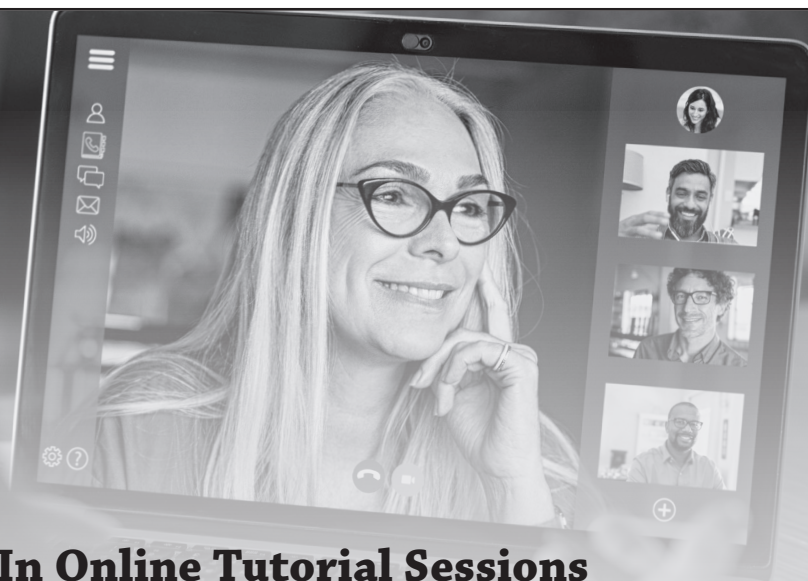


Structured Remote Courses (SR)



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.

Note: All ILR classes other than Learning on Location will be conducted with a structured remote format for fall 2020.



LIR121 Drop-In Online Tutorial Sessions

Thinking about taking an online ILR or Lifelong Learning course but curious about how it would work? Register for one of our free 30 minute tutorial sessions. We'll send you a link one day in advance of your session. Click on the link to enter the course and you'll join up with someone from the program and a small group of other curious students. We'll help familiarize you with the platform. You'll also have a chance to work out any issues you might have before deciding whether or not to register for an online course. Check our website for the latest dates. We are always adding more.

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LIR134 Dynamic Duos in Art History

4 sessions, 4 hours

Who influenced whom, and how? Using the lens of art history, this course will utilize art and narrative to explore famous pairings of visual artists with writers, poets, musicians, and other artists. Examples include Picasso & Stein, Basquiat & Warhol, Smith & Mapplethorpe, and more. No prior knowledge of art history (or the people previously mentioned) required.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Jennifer Schero

5-Digit Number: 20789 | Mon, 6:30 - 7:30 p.m., 9/14 – 10/5

Location: Online | Fee: \$35

Evening Offering



ILR988 The Art of Art Interpretation – How to View and Understand It

2 sessions, 2 hours

Whether in a museum, gallery, or on the internet, how does one view and understand art to gain a full appreciation of it? In this course, we learn ways to approach art, to delve into its meaning using the context of art history, symbolism, influences at the time it was created, and the intent of the artist. Learn how to interpret art in a more meaningful way.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Jeanne McDermott

5-Digit Number: 20722 | Wed, 9:00 - 10:00 a.m., 10/7 – 10/14

Location: Online | Fee: \$18

LIR104 Exploring Watercolor Painting – Advanced

12 sessions, 24 hours

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.

Note: This Structured Remote Course (SR) is entirely online.

Previous experience in watercolor painting is highly recommended for this course. A list of supplies is provided prior to the start of the first class.

Instructor: Catherine Howard

5-Digit Number: 20721 | Tue, 10:00 a.m. - 12:00 p.m., 9/15 – 12/8

No Class: 11/3

Location: Online | Fee: \$155

SEN450 Exploring Watercolor Painting

8 sessions, 16 hours

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. A list of supplies is provided prior to the start of the first class.

Note: This Structured Remote Course (SR) is entirely online.

A list of supplies is provided prior to the start of the first class.

Instructor: Catherine Howard

5-Digit Number: 20720 | Fri, 10:00 a.m. - 12:00 p.m., 9/18 – 11/6

Location: Online | Fee: \$105



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



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.

ACR418 Foundation of Watercolor

6 sessions, 15 hours

This course is created to provide students knowledge of realistic watercolor theory and practice through discussion, demonstration and practice. Students will be carefully guided through a step by step process. Students will learn how to select an appropriate image to paint from and how to do an accurate preliminary drawing. They will learn how to transfer the drawing onto the watercolor paper and how to pre-wet it. In addition, they will execute extensive test sheets of flat washes with flat and round brushes. While utilizing these skills, students will complete one monochromatic painting. Returning students will continue to learn and develop their color theory skills through demonstrations and exercises while completing a full color painting. A list of supplies will be provided prior to class start date.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Jennifer Littleton

5-Digit Number: 20799 | Thu, 3:30 - 6:00 p.m., 10/29 – 12/20

No Class: 11/26

Location: Online | Fee: \$149

**LIR107 A Serious History of the Silly Symphonies**

4 sessions, 8 hours

Learn the history behind Disney's fully animated and musically synchronized "shorts". Several of these shorts became Academy Award Winners, including one that introduced the world to the now famous Mickey Mouse. It's not just the art of animation, it's also the art of good synchronization.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Vivian Fleming

5-Digit Number: 20750 | Mon, 1:00 - 3:00 p.m., 10/12 – 11/2

Location: Online

Tuition: \$26 | Fee: \$62 | Total: \$88 | *MD residents age 60+ pay fee only*

ILR397 iPhone® – Beginner

3 sessions, 6 hours

So you decided to upgrade your mobile phone to a smart phone from Apple. This class will take you through the use of the technology so that you can make it work for you. We will focus on the Settings to connect to the cell phone network and using WiFi and Bluetooth where available. The course will also walk you through the process of creating and using an Apple ID to use on The App Store and iTunes Store as well as the initial setup of the iCloud and its advantages. There will also be a discussion about email considerations and text messaging using SMS and iMessage.

This course requires that you use two devices to view and participate in the course. Example: if the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: William O'Neal

5-Digit Number: 20743 | Tue, 1:00 - 3:00 p.m., 9/8 – 9/22

Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74 | *MD residents age 60+ pay fee only*

ILR396 iPhone® – Advanced

3 sessions, 6 hours

Now that your iPhone® is setup, let's explore the default Apps that come with the Apple operating system, or IOS, such as Calendar, Contacts, camera, iMessage, and Facetime. Learn how to share information with other iPhone® users. There will be a discussion on the various cloud services that allow you to share information with your other Apple and non-Apple devices.

Finally, we will learn how to effectively manage storage on the iPhone®. This class will be customized to address individual questions and use of your new smart phone. **This course requires that you use two devices to view and participate in the course. Example: if the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone.**

Note: This Structured Remote Course (SR) is entirely online.

Instructor: William O'Neal

5-Digit Number: 20744 | Tue, 1:00 - 3:00 p.m., 10/6 – 10/20

Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74 | *MD residents age 60+ pay fee only*



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

ILR899 Making the Most of Your Android Smart Phone

3 sessions, 6 hours

Got a new Android based smartphone and not sure about the many things that you can do with it? This course will acquaint you with the features that come standard with your new phone. Organize your life by using a smartphone calendar, customize your device by adding additional apps to make your life easier, configure your email to keep in touch with friends and family, and take a picture and share them as well. Come to this class with questions that you might have about your new smartphone. **This course requires that you use two devices to view and participate in the course. Example: if the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone.**

Note: This Structured Remote Course (SR) is entirely online.

Instructor: William O'Neal

5-Digit Number: 20745 | Thu, 1:00 - 3:00 p.m., 9/10 – 9/24

Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74 | *MD residents age 60+ pay fee only*

ILR857 The Cloud – Removing the Mystery: iPad/iPhone version only

3 sessions, 6 hours

Wouldn't it be great to be able to find your emails, photographs, appointments and contact lists on all your Apple® devices instead of just one? Learn what iCloud® is and how to safely interface between your devices. Make a change on one device and have it show up on other Apple® devices. **This course requires that you use two devices to view and participate in the course. Example: if the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone. Vice versa if the course is about how to use your computer.**

Note: This Structured Remote Course (SR) is entirely online.

Prerequisite: Basic understanding of each device that you want to share information on.

Instructor: William O'Neal

5-Digit Number: 20766 | Tue, 1:00 - 3:00 p.m., 12/1 – 12/15

Location: Online

Tuition: \$20 | Fee: \$54 | Total: \$74 | *MD residents age 60+ pay fee only*

ILR707 Developing a Personal Strength Training Plan

6 sessions, 12 hours

Improve your balance, increase your strength, and become more flexible. Learn from a licensed physical therapist and certified personal trainer to safely and effectively use the Swiss Ball, dumbbells, and Theraband. Dr. Zehnacker's instruction includes the rationale to lessen the effects of postural change that often accompanies the aging process. All students must have mobility to move between standing and floor positions without assistance. Course is limited to 10 students.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Carol Zehnacker

5-Digit Number: 20725 | Thu, 2:00 - 4:00 p.m., 10/15 – 11/19

Location: Online | Fee: \$92



LIR108 Vibrant Sexuality in Middle and Late Adulthood: You Can Achieve It!

6 sessions, 12 hours

It is assumed and even expected that one's sex life has the potential to be extremely fulfilling and satisfying in the first few decades of life. However, as people approach their fifth decade of life, that optimistic attitude is often replaced with one of negativism, due to the widely held stereotypes that have been perpetuated in our society about the physiological and psychological changes that occur as people age. This course proudly challenges the common misconceptions regarding the sexual desires and abilities of middle-aged and older adults, which are that they experience a sharp decline in both their desire for sex and their ability to engage in it.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Terry Leitma

5-Digit Number: 20754 | Mon, 10:00 a.m. - 12:00 pm., 9/14 – 10/19

Location: Online

Tuition: \$30 | Fee: \$89 | Total: \$119 | *MD residents age 60+ pay fee only*



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.



ILR975 Mindfulness Made Easy - Stress and Pain Management

3 sessions, 4.5 hours

Research establishes the positive effects of mindfulness practices on older adult's (active aging) health and well-being. Can these benefits be obtained from shorter bouts of practice and encourage long-term adherence? Designed specifically for older adults, "Mindfulness Made Easy" includes user-friendly mindfulness practices with an emphasis on stress and pain management that are all 10 minutes or less. Included in this three class format will be an introduction to mindfulness for stress and pain management and why it is the cornerstone of health and wellness. Learn what is mindfulness and what it is not through weaving the most current research with the pragmatic application to physical, intellectual, emotional, and spiritual well being.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Nanette Tummers

5-Digit Number: 20726 | Wed, 2:00 - 3:30 p.m., 9/30 – 10/14

Location: Online

Tuition: \$12 | Fee: \$34 | Total: \$46 | *MD residents age 60+ pay fee only*

Blueprint for Successful Aging in Place



LIR122 Blueprint for Successful Aging in Place: Staying Independent in Your Home

2 sessions, 4 hours

Post retirement; do I stay in my current home or do I go elsewhere? Planning to age in place requires making a series of decisions. 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. This course will focus on making informed choices and developing an action plan regarding housing.

Instructor: Mary Wark

5-Digit Number: 20752

Wed, 1:00 - 3:00 p.m., 9/30 – 10/7

Location: Online

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



LIR123 Blueprint for Successful Aging in Place: Maintaining Health and Wellness

2 sessions, 4 hours

Successful aging in your home means planning and identifying specific aspects that are most important to you. This course will provide information about factors that affect aging, understanding normal aging versus chronic/acute conditions, health concerns that affect your ability to age in place, and recognizing how your psychological wellbeing and your health are closely linked as you age.

Instructor: Thea Uhlig-Ruff

5-Digit Number: 20753

Thu, 2:30 - 4:30 p.m., 11/12 – 11/19

Location: Online

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

Note: All Blueprint for Successful Aging in Place courses are Structured Remote (SR) and entirely online.



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

ILR886 Secret to Aging with Less Aches and Pains

6 sessions, 12 hours

Why let aches and pains diminish your lifestyle when there's a good chance you can do something about them? This is your chance to learn from a doctoral level physical therapist about methods to minimize pain and maximize mobility. Learn about the common disorders of the spine, neck, shoulders, back, hips, and knees and what can be done to live more fully in spite of the condition. Topics addressed include osteoporosis, degenerative joint diseases, spinal stenosis, bursitis, and other common ailments and what you can do to cope, compensate, and/or recover. Course content is adapted to student interests. Life is short; feel better

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Carol Zehnacker

5-Digit Number: 20724 | Wed, 2:00 - 4:00 p.m., 9/9 – 10/14

Location: Online

Tuition: \$42 | Fee: \$92 | Total: \$134 | *MD residents age 60+ pay fee only*



LIR110 The Psychology of Food and Weight Control

6 sessions, 12 hours

This course evaluates the psychological, socio-cultural, and genetic factors contributing to the ability to either maintain a normal, healthy weight or experience weight problems such as overweight or mild or morbid obesity. It also explores different weight control theories, such as the set-point theory, fat-cell size, mood and food cravings, and food addiction. Various methods of assessing normal vs. overweight and mildly and morbidly obese individuals will be discussed. Treatment approaches for the mildly and morbidly obese will be presented, and strategies for lifetime weight control for both normal and overweight individuals will be emphasized.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Terry Leitma

5-Digit Number: 20757 | Wed, 10:00 a.m. - 12:00 p.m., 9/16 – 10/21

Location: Online

Tuition: \$30 | Fee: \$89 | Total: \$119 | *MD residents age 60+ pay fee only*

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.

ILR903 Medically Curious - The Evil Triplets: Overweight, Diabetes, & Hypertension

1 session, 1 hour

5-Digit Number: 20751 | Tue, 10:00 - 11:00 a.m., 10/6

Location: Online | Fee: \$11

ILR903 Medically Curious - Our Opioid Epidemic

1 session, 1 hour

5-Digit Number: 20755 | Tue, 10:00 - 11:00 a.m., 10/13

Location: Online | Fee: \$11

ILR903 Medically Curious - Medical Marijuana

1 session, 1 hour

5-Digit Number: 20756 | Tue, 10:00 - 11:00 a.m., 10/20

Location: Online | Fee: \$11

Note: All Medically Curious courses are Structured Remote (SR) and entirely online.

Instructor for all courses: Larry Romane



LIR114 Separating Fact & Fiction in this Election Cycle

1 session, 3.5 hours

Learn to better recognize propaganda, explore tools from psychology, neuroscience, anthropology, and the Socratic method to navigate bad faith arguments, and discover best practices for staying properly informed in our internet age.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Dr. Carl Gregg and Julie Castillo

5-Digit Number: 20759 | Tue, 9:00 a.m. - 12:30 p.m., 9/1

Location: Online

Tuition: \$10 | Fee: \$25 | Total: \$35 | *MD residents age 60+ pay fee only*



LIR117 Challenging Myths about Alexander Hamilton

4 sessions, 6 hours

Contrary to myth, Alexander Hamilton was not the founder of “crony capitalism,” but would be the harshest critic of Wall Street today. That’s because he developed an American system of economics, whose principles were the foundation for our nation’s growth. This course will elaborate on those principles and trace their implementation through American history, and some other nations as well. Lots of surprises are in store, as we uncover the hidden history of our nation’s growth.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Nancy Spannus

5-Digit Number: 20761 | Thu, 10:30 a.m. - 12:00 p.m., 9/17 – 10/8

Location: Online

Tuition: \$20 | Fee: \$44 | Total: \$64 | *MD residents age 60+ pay fee only*

ILR984 Jamestown: The Colony that Almost Wasn’t

3 sessions, 4.5 hours

Discover the story of Great Britain’s first permanent colony in North America from its inception in 1607 until the first meeting of the General Assembly in 1619. The course relates the trials of the first settlers and the fateful ship wreck that would save the colony through the eyes of a cast of characters that include Captain John Smith. The course concludes with a discussion about the current research efforts at the James Fort site by “Jamestown Rediscovery” archaeologists to reclaim the colony’s past.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Tracy Lewis

5-Digit Number: 20741 | Tue, 10:00 - 11:30 a.m., 9/8 – 9/22

Location: Online

Tuition: \$12 | Fee: \$34 | Total: \$46 | *MD residents age 60+ pay fee only*

LIR102 History of Rome: The Kings of Rome

4 sessions, 6 hours

Rome certainly was not built in a day. The rise of Rome, from its origins as a small settlement to a transcontinental empire, is a story steeped in myth and a history considered ancient before its most famous historians attempted to record it. In this course, we will explore the history of Rome’s establishment and the kings who ruled before the establishment of the Roman Republic.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Michael Newlin

5-Digit Number: 20760 | Thu, 3:00 - 4:30 p.m., 9/10 – 10/1

Location: Online

Tuition: \$20 | Fee: \$44 | Total: \$64 | *MD residents age 60+ pay fee only*



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



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.

ILR983 The Gettysburg Campaign

7 sessions, 14 hours

An overarching examination of the three day battle that took place in Gettysburg, Pennsylvania on July 1st, 2nd, and 3rd of 1863. This course aims to look at the Civil War just prior to Gettysburg, during the battle, and immediately after. We will be looking at why Gettysburg was so vital to the outcome of the American Civil War and how the town of Gettysburg was turned upside down. We will also briefly look at how a small, sleepy town in south central Pennsylvania transformed into a staple of American history and continues to radiate relevancy even today.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Michelle Petty

5-Digit Number: 20740 | Thu, 6:30 - 8:00 p.m., 10/1 – 11/12

Location: Online

Tuition: \$20 | Fee: \$64 | Total: \$84 | *MD residents age 60+ pay fee only*

 Evening Offering



LIR124 Navigating the New Paradigm in World Affairs

5 sessions, 10 hours

There are global economic, strategic, social, military, and digital implications that have been accelerated by the COVID-19 pandemic. Changes in policy were already underway but have now been accelerated. New ideas have been provoked by the challenges of defeating the virus. The United States, Europe, China, Japan, India, Russia and the developing world are altering their policies and relationships as a result of the crisis. What will be the “new normal” and how will policy-makers adjust? What will be the consequences for the U.S. elections?

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Jeffrey Steinberg

5-Digit Number: 20762 | Fri, 10:00 a.m. - 12:00 p.m., 10/2 – 10/30

Location: Online

Tuition: \$20 | Fee: \$72 | Total: \$92 | *MD residents age 60+ pay fee only*

ILR812 World History: The Big Picture

6 sessions, 9 hours

Any other history you may have studied will make more sense when you understand the fundamental overarching concepts that become clear with a “big picture” perspective. Based on the book, *This Fleeting World - A Short History of Humanity* by David Christian, this discussion-oriented course offers a global view of human history in one sweeping 250 thousand year panorama. Topics include: the engine that drives human history, how the adoption of agriculture led to the modern world, global differences in change and advancement, the rise and fall pattern of states, and the path of knowledge from the ancient to the modern world. This unique approach to history provides a context and framework into which all other studies of history fit.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Ernest O’Roark

5-Digit Number: 20736 | Thu, 10:00 - 11:30 a.m., 10/15 – 11/19

Location: Online

Tuition: \$40 | Fee: \$72 | Total: \$112 | *MD residents age 60+ pay fee only*



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



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.



ILR994 Lincoln, Indians and the West: Policy and Politics During the Civil War

3 sessions, 6 hours

Explore the policy and politics surrounding the Confederacy and Indian Territory during the Civil War. Topics will include the Sauntee Sioux Rebellion in Minnesota and the Indian War of 1864. We'll also examine corruption in the Bureau of Indian Affairs and Lincoln's interrelationships with the West and Indians as a way to maintain the Union.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Roger Swartz

5-Digit Number: 20731 | Mon, 9:30 - 11:30 a.m., 11/16 – 12/7

No Class: 11/23

Location: Online

Tuition: \$20 | Fee: \$46 | Total: \$66 | *MD residents age 60+ pay fee only*

History Bites: Lunchtime Series

Enjoy lunch while listening to a one-hour history talk. Topics vary each session and there will be time after the talk for questions and discussion.

ILR941 History Bites - Lunch Time History Series: McClellan's Last Campaign - The Loudoun Valley Campaign of 1862

1 session, 1.5 hours

5-Digit Number: 20737 | Wed, 12:00 - 1:30 p.m., 10/14

Location: Online | Fee: \$10

ILR941 History Bites - Lunch Time History Series: Faces of Union Soldiers at Antietam - The Men in the Ranks on American's Bloodiest Day

1 session, 1.5 hours

5-Digit Number: 20738 | Wed, 12:00 - 1:30 p.m., 10/21

Location: Online | Fee: \$10

ILR941 History Bites - Lunch Time History Series: The First Air War - The Men and Flying Machines of World War One

1 session, 1.5 hours

5-Digit Number: 20739 | Wed, 12:00 - 1:30 p.m., 10/28

Location: Online | Fee: \$10

Note: All History Bites courses are Structured Remote (SR) and entirely online.

Instructor for all courses: Matthew Borders



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

FREE Fall Courses

ILR is proud to present select free courses this fall. Join us for engaging classes focusing on history, literature, and health and wellness all from the convenience of your home. *Free classes are held in partnership with Frederick County Public Libraries and the Frederick Senior Center. Paid for by the Shirley Cruickshank Wolfe Fund.*

Registration information is located on page 32.

ILR834 Dementia 101 - A Three Part Series

3 sessions, 6 hours

Dementia 101 will provide a basic understanding of dementia. This class will define the term and discuss the difference between normal aging and dementia. We will also discuss the process for diagnosing dementias and explore the symptoms of various forms of dementia.

Instructor: Thea Uhlig-Ruff

5-Digit Number: 20770 | Wed, 2:00 - 4:00 p.m., 10/14 – 10/28
Location: Online

ILR945 Happier, Healthier, & Kinder: How to Meditate & Why

6 sessions, 9 hours

Beginning or strengthening a meditation practice can be much easier with the support of an instructor and classmates. Learn about meditation from a pragmatic, westernized, twenty-first century perspective. Gain experience with at least six techniques: concentration, mindfulness, inquiry, heartfulness, awareness, and embodiment.

Instructor: James Gregg

5-Digit mber: 20768 | Tue, 10:00 - 11:30 a.m., 9/8 – 10/13
Location: Online

ILR979 Women and the Vote

3 sessions, 4.5 hours

After a hard-fought series of votes in the U.S. Congress and in state legislatures, the Nineteenth Amendment became part of the U.S. Constitution on August 18, 1920. One hundred years later, join us for a review of the incredible and historic journey of women's suffrage, including a discussion on what it means for women today.

Instructor: Mary Mannix

5-Digit Number: 20792 | Wed, 2:00 - 3:30 p.m., 10/7 – 10/28
Location: Online

LIR101 World War II: Remembering the War By Those Who Fought

6 sessions, 9 hours

World War II remains the most total and destructive conflict in human history. It involved the major industrial countries and left an indelible mark on global memory. This class will analyze the cause, course, and aftermath of World War II. In addition to discussing the course of the war in both Europe and the Pacific, the class will consider topics such as roles of women and minority groups as well as the motivations and experiences on the battlefield. All these remembrances will be introduced by the men and women who served.

Instructor: Jessica Colon

5-Digit Number: 20773 | Fri, 5:00 - 6:30 p.m., 9/11 – 10/16
Location: Online

 Evening Offering

LIR103 Cultural Competency and Unconscious Bias

4 sessions, 8 hours

Implicit bias is the unconscious attribution of particular qualities to a member of a certain social group. Stereotypes are shaped by experience and based on learned associations between social categories including race and/or gender. Do you consider yourself biased? Learn how to recognize implicit (unconscious) bias, acknowledge it, and overcome it by reflecting on your own cultural perceptions and how they influence every aspect of life.

Instructor: Elizabeth Ljubic

5-Digit Number: 20769 | Mon, 4:00 - 6:00 p.m., 11/2 – 11/23
Location: Online

 Evening Offering

Note: All Free ILR Fall courses are Structured Remote (SR) and entirely online.

LIR137 Islam: A Historical Perspective

3 sessions, 4.5 hours

Designed for both veteran students and newcomers, “Islam: A Historical Perspective” will provide a context from which to understand and discuss a faith tradition that is embraced by almost two billion people. Despite its success as the fastest-growing religion on earth it remains woefully misunderstood, particularly in the west, a favorite target of sweeping stereotypes and vitriol, fueled, in large part, by misinformation, “Orientalist” biases, and politically-motivated agendas.

Through the long lens of history, these three short sessions will examine the origins of the faith, its basic tenets, and its unprecedented expansion, attracting people of many races, ethnicities, and languages on every continent and over the course of 1400 years, ultimately coalescing into a mosaic of cultures. It will explore popular perceptions of Islam and the Islamic mystique, relations with Jews and Christians, and divisions within the community of the faithful as well as Islam’s enduring cultural, scientific, intellectual, and artistic legacy in Europe, South Asia, Africa, and the western hemisphere – from the Alhambra and other iconic monuments of Islamic Spain to the Taj Mahal, that supreme paean to love commissioned by a bereaved Mughal ruler.

During this virtual journey we will seek to uncover the wide appeal of Islam – as both faith and society – while discussing the cultural nuances and political imperatives that underlie the western narrative of “clash of civilizations.” As the history, evolution, and complexity of this last, major monotheistic faith are explored, it is hoped that participants will gain an understanding of the fundamentals of Islam, its growth, and its place among the family of Abrahamic traditions.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Linda Pappas Funsch

5-Digit Number: 20950 | Tue, 1:00 - 2:30 p.m., 10/6 – 10/20

Location: Online

Tuition: \$10 | Fee: \$54 | Total: \$64 | *MD residents age 60+ pay fee only*

LIR138 Current Issues in the Middle East

3 sessions, 4.5 hours

Who would have imagined that “Current Issues in the Middle East” would be a welcome diversion from the unprecedented international and domestic crises that have raged for much of 2020? While no country, including those in the Middle East, has escaped the wrath of COVID19, each nation has dealt with the pandemic in different ways – and with varying results. As the virus has encircled the globe, its effects on traditional behaviors, economic welfare, and development projects have been sweeping and profound.

In the fall of 2020, the Middle East, as we knew it, is a different place. Amidst the disruptions caused by a world-wide health emergency, the combined effect of the collapse in oil pricing and reduction in production threatens to undermine the decades-old social contract between national leaders and their young, increasingly restive, citizens. While some states teeter on the brink of economic and political collapse, the stability of others are threatened by alarming humanitarian issues – hunger, poverty and the erosion of civil rights.

Meanwhile, the eyes of the world are riveted on the US presidential election on November 3. While recent administrations have “pivoted” toward redefining American leadership abroad, seeking to distance themselves from traditional alliances and policies, the peoples of the Middle East (and elsewhere) continue to view US leadership as critical to maintaining international order. What policies and priorities are the next “leader of the free world” likely to adopt?

This course will discuss the latest news concerning one of the most vitally-important regions on earth, highlighting current issues and concerns, framing them in a historical context, identifying key players, and analyzing their impact, both at home and abroad.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Linda Pappas Funsch

5-Digit Number: 20951 | Tue, 1:00 - 2:30 p.m., 11/10 – 11/24

Location: Online

Tuition: \$10 | Fee: \$54 | Total: \$64 | *MD residents age 60+ pay fee only*



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



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.

**LIR136 How to Use Your DNA Matches for your Genealogy Research**

2 sessions, 4 hours

A beginner's guide on how to get started using DNA matches as a tool to help fill in your family tree. Learn to categorize and analyze DNA matches. Also learn how to use shared DNA matches to determine tree branch and strategies to use if a DNA match does not have a tree.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Linda Frydl

5-Digit Number: 20791 | Wed, 10:00 a.m. - 12:00 p.m., 8/19 – 8/26

Location: Online | Fee: \$16

ILR918 Searching Not Asking: Mastering Online Genealogy

3 sessions, 6 hours

While online resources are only a small percentage of the records that family historians should investigate, they are an important part of one's genealogy practice, especially if you cannot travel to pursue your research. This course, designed for genealogists of all levels of experience, will discuss how to make the most of the well-known resources, FamilySearch, HeritageQuest, and Ancestry, as well as how to locate unique websites and online sources. Improve your genealogy journey as you learn to "search" the internet, not just "ask" the web.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Mary Mannix

5-Digit Number: 20793 | Tue, 9:30 - 11:30 a.m., 11/3 – 11/17

Location: Online

Tuition: \$15 | Fee: \$44 | Total: \$59 | *MD residents age 60+ pay fee only*

 Evening Offering

ILR870 Travel Light, Travel Easy

1 session, 2.5 hours

No matter your mode of transportation, traveling light makes the journey easier. Learn the tricks to packing carry-on only for your next trip. You'll learn how to meet carry-on standards, dress for easy travel, and develop a personal packing list. This interactive workshop will allow time to explore many packing and travel tools.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Kathy Barylski

5-Digit Number: 20728 | Tue, 2:00 - 4:30 p.m., 10/6

Location: Online | Fee: \$22

HOM102 Iris Paper Folding

1 session, 2 hours

Iris Paper Folding is a wonderful technique that looks difficult but is fairly easy to master. It makes gorgeous greetings cards and can be incorporated into scrapbooking and other crafts. All materials are included in the course fee and directions are provided to you so you can create additional projects on your own.

Note: This Structured Remote Course (SR) is entirely online.

Supply pick up will be arranged directly with the student prior to the start of class.

Instructor: Kathy Barylski

5-Digit Number: 20899 | Tue, 10:00 a.m. - 12:00 p.m., 11/17

Location: Online | Fee: \$29



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



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



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.

Languages

FOR300 American Sign Language I

6 sessions, 15 hours

Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class. **This course uses a textbook: *A Basic Course in American Sign Language* (ISBN 978-0932666420) which will be available for purchase from the FCC bookstore. This textbook is good for FOR300 and FOR303.**

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Martha Pugh

5-Digit Number: 20794 | Mon, 6:00 - 8:30 p.m., 9/14 – 10/19
Location: Online
Tuition: \$40 | Fee: \$129 | Total: \$169

 Evening Offering

FOR303 American Sign Language II, Intermediate

6 sessions, 15 hours

Students will continue to learn and practice conversation skills used in ASL I. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture. **This course uses a textbook: *A Basic Course in American Sign Language* (ISBN 978-0932666420) which will be available for purchase from the FCC bookstore. This textbook is good for FOR300 and FOR303.**

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Martha Pugh

5-Digit Number: 20796 | Mon, 6:00 - 8:30 p.m., 11/2 – 12/7
Location: Online
Tuition: \$40 | Fee: \$129 | Total: \$169

 Evening Offering

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 based on the textbook exercises. This is a class for those who need to communicate in Spanish and understand Spanish culture.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Angelina Garcia

5-Digit Number: 20867 | Tue/Thu, 6:00 - 8:00 p.m., 9/22 – 10/15
Location: Online
Tuition: \$40 | Fee: \$129 | Total: \$169

 Evening Offering

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: This Structured Remote Course (SR) is entirely online.

Instructor: Angelina Garcia

5-Digit Number: 20898 | Tue/Thu, 6:00 - 8:00 p.m., 10/27 – 11/19
Location: Online
Tuition: \$40 | Fee: \$129 | Total: \$169

 Evening Offering

MD residents age 60+ pay fee only for all ILR Language courses.

Note: Purchase required books and learn about FCC Bookstore services at bookstore.frederick.edu.



LIR128 Car Buying Essentials

2 sessions, 4 hours

Car buying has changed so much in the last 20 years, but you wouldn't know that from internet searches. All the how to's still talk about figuring out how much you can afford in a car loan, buying new from a dealer, and negotiating on price. But buying a car shouldn't start with any of those things. This course will provide you with the process you need to determine the kind of car you need, the year, make and model, insurance coverage, and whether to go to a dealer or private seller. This course will save yourself a ton of headaches and money.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Kathy Barylski

5-Digit Number: 20758 | Tue, 6:30 - 8:30 p.m., 10/6 - 10/13

Location: Online | Fee: \$34

Evening Offering

ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours

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 (SR) is entirely online.

Instructor: Richard Bender

5-Digit Number: 20729 | Mon/Wed, 6:00 - 8:00 p.m., 9/14 - 9/23

Evening Offering

OR

5-Digit Number: 20730 | Mon/Wed, 1:30 - 3:30 p.m., 12/7 - 12/16

Location: Online | Fee: \$79



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

Learning on Location



LIR131 Fun with Fungi

1 session, 2 hours

The kingdom of organisms known as fungi have shaped the world since before humans existed. Enjoy a crash course presentation on their biology and the important roles they play in ecosystems around the world, followed by a hands on look at different fungi growing in the landscape at Fox Haven. The course includes a mushroom tasting.

Note: Students will provide their own transportation to the farm. No refunds after close of business on September 17.

Instructor: Christine Rai

5-Digit Number: 20777 | Fri, 10:00 a.m. - 12:00 p.m., 9/25

Location: Fox Haven Farm | Fee: \$39



LIR132 Monocacy Aqueduct and Lock 27 Walk

1 session, 2.5 hours

The Monocacy Aqueduct is one of two major structures on the C&O Canal and one of the most remarkable 19th century canal aqueducts in the nation because of its size and use of masonry throughout. It's location at the mouth of the Monocacy River was for a long time a small community of that name, and the ruins of its important granary can still be seen. Just 3/4 of a mile downstream from the aqueduct is Lock 27, of special interest as the last built to the original lock design and one of 14 locks lengthened in the early 1880s to accommodate two boats at a time.

Note: This tour involves moderate walking on flat terrain. Students should provide their own water and food (bringing a lunch is encouraged) and their own transportation to the tour location. There is ample parking available on site. No refunds after close of business on September 28.

Instructor: Karen Gray

5-Digit Number: 20782 | Thu, 10:00 a.m. - 12:30 p.m., 10/1

Location: Monocacy Aqueduct | Fee: \$26

Be sure to register early as these courses will have limited enrollment to adhere to physical distancing guidelines.



LIR133 South Mountain Stroll

1 session, 3 hours

Join Civil War historian Dennis Frye as he shares stories of South Mountain from Turner's Gap to Fox's Gap - a landscape that transformed from boulders into battlefield and blood-soaked soil. The 3-hour walk is leisurely and gentle, most following historic road traces atop the mountain. Minimal climbing as you'll be parking on the mountain crest.

Note: Bring your walking shoes as we expect to walk a total distance of 3 miles, over gentle undulating terrain. Bring water and a lunch or snack as it is not included in your fee. No refunds after close of business on October 9. Park at the Appalachian Trail parking near South Mountain Inn.

Instructor: Dennis Frye

5-Digit Number: 20783 | Fri, 9:00 a.m. - 12:00 p.m., 10/16
Location: Boonsboro, Maryland | Fee: \$42.00

ILR897 The Appalachian Trail: 10 Things You May Not Know

1 session, 3 hours

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore portions of the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. This course is entirely held outdoors and involves a hike to an Appalachian Trail shelter. We'll start the day with a 30 minute lecture near the trail head.

Note: The hike is 2 miles with moderate elevation change. Prepare to walk on rocky, uneven surfaces. Students should bring a foldable chair for the opening lecture. Students are to provide their own transportation to the trail head which is located at Gathland State Park, 900 Arnoldtown Rd, Jefferson, MD 21755. Please dress for the weather, bring water, and a snack. No refunds after close of business on October 22.

Instructor: Tara Gettig

5-Digit Number: 20780 | Thu, 9:00 a.m. - 12:00 p.m., 10/29
Location: Off Campus Location | Fee: \$26



LIR125 All the Leaves Are Gone

1 session, 2 hours

Is that a redbud or a pawpaw? Maryland is home to many trees. In summer, we can tell one tree from another by their leaves but after the leaves have fallen, we have to focus of the many textures of bark, shape of the tree, and branch details to identify it. Wow your friends with your new tree identification skills. This class is conducted entirely outside so dress for the weather. Your meet up location will be provided a week prior to the class start date.

Instructor: Kathy Barylski

5-Digit Number: 20767 | Thu, 2:00 - 4:00 p.m., 11/19
Location: Off Campus Location | Fee: \$19

All Learning on Location courses are Face to Face (F2F) and are taught at designated locations during scheduled times. Students will be required to provide their own transportation.

An email will be sent with trip details one week prior to the course date.

Learning on Location courses are subject to change as a result of COVID-19.

ILR students participating in Learning on Location courses must abide by Maryland Governor Larry Hogan's Executive Order requiring the use of face coverings, issued July 29, 2020. Face coverings are required in the public spaces of all businesses and in outdoor public areas, whenever it is not possible to maintain physical distancing.

LITERATURE, THEATER & WRITING

ILR639 **The Little Prince and World War II**

6 sessions, 12 hours

Examine the French Resistance during World War II through the text of Antoine de St. Exupery's *The Little Prince*. Students will read St. Exupery's world renowned literary work and examine the events in the author's life that preceded his work. The novel is filled with philosophical ideas, such as the wisdom from the fox, "that which is essential is invisible to the eyes." These and other ideas will be explored and discussed as students learn how the author's reaction to the invasion of his beloved France became the impetus for his literary work. **Student must have a copy of the book; book can be purchased online or from most bookstores.**

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Lois Jarman

5-Digit Number: 20727 | Thu, 4:00 - 6:00 p.m., 9/3 – 10/8

Location: Online

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

 Evening Offering

PHILOSOPHY, RELIGION & EXPLORATION



LIR115 **Spiritual Memoirs of Two Contemporary Masters**

4 sessions, 8 hours

Contemplative writing and mindful meditation require techniques that tap into deep and vast dimensions of human existence. This class will explore the powerful combination of meditation and writing in the memoirs of one American Zen Buddhist and one American Trappist practitioner, Joan Halifax and Thomas Merton. These two spiritual practitioners have explored the contemplative mind and heart in order to reshape the schemata of values in their daily lives. Both memoirs combine great storytelling with probing investigations into the purpose of existence. In addition to analyzing the readings, this course will introduce participants to basic meditative techniques as practiced by these teachers.

Note: This Structured Remote Course (SR) is entirely online.

Students should purchase the following books prior to class: *The Asian Journal by Thomas Merton* and *The Fruitful Darkness by Joan Halifax*. Books can be purchased online or at most bookstores.

Instructor: Jerry Webster

5-Digit Number: 20763 | Wed, 12:30 - 2:30 p.m., 9/30 – 10/21

Location: Online

Tuition: \$20 | Fee: \$62 | Total: \$82 | *MD residents age 60+ pay fee only*



ILR971 **World Religions Series: Models of Human Community**

5 sessions, 10 hours

Every national and religious endeavor has included an expression of human community. How people relate to one another within and beyond their familiar social boundaries has always been vital to human survival. From small family groups to larger tribes, there are many different kinds of human social patterns. We'll look at social structures within Judaism, Christianity, Islam, and Buddhism with a focus how they strengthen bonds, prepare youth for the future, and enable people to deal with change.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Timothy Dissmeyer

5-Digit Number: 20764 | Tue, 1:30 - 3:30 p.m., 10/6 – 11/3

Location: Online

Tuition: \$30 | Fee: \$74 | Total: \$104 | *MD residents age 60+ pay fee only*



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



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



Instructor Bios | Interested to learn more about an instructor? ILR instructor bios are now located in their own section on page 23.

ILR730 Using Your Smartphone for Digital Photography - Tips and Tricks

3 sessions, 6 hours

Today's smartphone cameras take excellent quality photos that rival your point and shoot camera. In fact, with the great photo taking and additional photo-enhancement features on your phone, you may not need to carry an additional camera. Your phone is right at hand when you need it! Learn how to use the camera and explore how the camera interfaces with other applications on the phone. Topics include: taking photos with the smartphone, how to enhance and share photos, apps to modify photos, printing photos from your phone, and other apps that use the camera. You might be surprised just what your camera can do. **This course requires that you use two devices to view and participate in the course. Example: if the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone. Vice versa if the course is about how to use your computer.**

Note: This Structured Remote Course (SR) is entirely online.

Instructor: William O'Neal

5-Digit Number: 20746 | Thu, 1:00 - 3:00 p.m., 11/5 – 11/19
Location: Online | Fee: \$54

PHO115 Natural Light Portraits

2 sessions, 4 hours

Working with available, "natural" light, we'll learn how to take compelling portraits. Class topics will include finding great locations, understanding and working with available light, choosing the right background, simple posing techniques, and choosing a lens and setting for your camera. All cameras are welcome, including camera phones and DSLR's. The class consists of two sessions: the first will be lecture with Q&A and the second will be a review and critique of the photos you've taken after the first class.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Robert Sullivan

5-Digit Number: 20798 | Wed, 6:30 - 8:30 p.m., 9/30 – 10/7
Location: Online
Tuition: \$10 | Fee: \$59 | Total: \$69 | MD residents age 60+ pay fee only

 Evening Offering

Visit ILRatFCC.com for more photography classes.

Food & Cooking

REC120 Maryland Whiskey 101

1 session, 2 hours

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. **Must be 21 to register.**

Note: This Structured Remote Course (SR) is entirely online. Students will need to pick up the whiskey tasting kit from McClintock Distilling. The kit can be picked up starting two weeks before the start of class. Please contact 202.557.9914 to arrange pickup.

Instructor: Braeden Bumpers

5-Digit Number: 20797 | Thu, 7:00 - 9:00 p.m., 10/22 | Location: Online | Fee: \$34

 Evening Offering

LIR118 Sustainability: Pursuing a Balance

2 sessions, 4 hours

Sustainability is a buzzword capturing much attention these days. But “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 EPA and its meshing with industry and the Department of Energy. We will also delve into the social, economic, and environmental impacts of our standard of living and energy dependence. The issues are both global and local.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Mark Sankey

5-Digit Number: 20765 | Wed, 7:00 - 9:00 p.m., 9/30 – 10/7

Location: Online

Tuition: \$10 | Fee: \$26 | Total: \$36 | *MD residents age 60+ pay fee only*

 Evening Offering



LIR130 Finding Happiness During Challenging Times

4 sessions, 8 hours

Aristotle purposed that everything we do in life stems from our motivation to attain happiness. The Dalai Lama believed that happiness is contingent upon our actions toward others and how we live our life on a day-to-day basis. Psychologists have studied this state of being for centuries, only to conclude that happiness ranks as one of our most sought-after goals. In this course, we will examine the multi-faceted aspects of happiness, including the need for sadness in our lives.

Note: This Structured Remote Course (SR) is entirely online.

Instructor: Barbara Angleberger

5-Digit Number: 20771 | Tue, 2:00 - 4:00 p.m., 10/20 – 11/10

Location: Online

Tuition: \$20 | Fee: \$44 | Total: \$64 | *MD residents age 60+ pay fee only*



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



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

Instructor Bios

Barbara Angleberger

Barbara Angleberger has a master's in counseling psychology, with over 40 years experience in education. She was a counselor with FCPS and served as an adjunct faculty member and Foreign Language Coordinator at FCC before transitioning to a full-time psychology position for 27 years. During that time, she chaired the Social Sciences Department. The courses she taught include: General Psychology, Abnormal Psych., Social Psych, Human Growth and Development, and Psych of Adolescence.

Finding Happiness During Challenging Times22

Kathy Barylski

From outdoors, to crafting, to travel, to finance, Kathy Barylski has expertise in them all. She is an ardent naturalist who has led the local Frederick County butterfly count at Catoctin Creek Park and has traveled in search of more species of butterflies while documenting her travels through photography. Kathy also is an extensive crafter and crocheter, creating with fiber, fabrics, and paper.

Travel Light, Travel Easy.....16

Car Buying Essentials.....18

All the Leaves Are Gone19

Richard Bender

For over 17 years, Richard Bender has been teaching courses at the Rockville Senior Center in Maryland. He has taught French after living and working in France for seven years. He has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry. He also specializes in teaching the proper methods of earning weekly income through options investments.

Investment Strategies for Seniors Through Options18

Matthew Borders

Matthew Borders has a bachelor's degree in United States history and a master's in historic preservation with a focus in battlefield interpretation. He was a seasonal ranger for the National Park Service at Antietam National Battlefield and a historian with the National Park Service's American Battlefield Protection Program personally surveying over 100 different American Civil War battlefields. Later he became involved with the Frederick County Civil War Round Table. He continues to work with Antietam National Battlefield as a volunteer and Certified Battlefield Guide, as well as a Certified Guide for Harpers Ferry National Historical Site. Currently Matthew is a park ranger at Monocacy National Battlefield in Frederick, Maryland.

History Bites: McClellan's Last Campaign.....13

History Bites: Faces of Union Soldiers at Antietam13

History Bites: The First Air War.....13

Jessica Colon

Jessica Colon holds a master's degree in military history from Norwich University. Her research centered around the United States Marine Corps and their tactics and training implementation during World War II. During her graduate research, she learned and performed critical skills such as the development of research methods using primary and secondary sources, utilizing archives both online and at research facilities, and presenting her research in a multitude of professional settings. Jessica has presented at the Perspectives on World War II Roundtable at Norwich University and at the Northern Great Plains History Conference. She is currently a teacher at New Life Christian School in the subject area of English.

World War II: Remembering the War By Those Who Fought.....14

Timothy Dissmeyer

Rev. Dr. Tim Dissmeyer is retired clergy and current adjunct faculty in world religions, with 10 years of field experience with the Ecumenical Institute: Chicago, 20 years of parish service in Maryland and Washington, D.C., and 15 years of involvement in interfaith dialogue. His lively, open-minded and inquisitive approach to religion and spirituality continues to inspire ILR students.

World Religions Series: Models of Human Community20

Vivian Fleming

Lynn Fleming is currently principal bassist with the National String Symphonia. Additionally, she has conducted a number of orchestras and has participated in the InterHarmony Music Festival in Italy. She is currently the director and conductor of the Frederick Community College String Ensemble. A graduate of the Juilliard School of Music, Ms. Fleming spent 10 years teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Ms. Fleming eventually joined the faculty of the Juilliard School Music Advancement Program where she taught double bass and performed with some of the premier ensembles in NYC and the surrounding area.

A Serious History of the Silly Symphonies.....7

Linda Frydl

Linda Frydl has a master's degree in creative writing. She works in Adult Services at the public library and has taught classes to adults and seniors on computer basics, Microsoft office, knitting, and geocaching. Linda also teaches creative writing classes for teens.

How to Use Your DNA Matches for your Genealogy Research.....16

Instructor Bios *continued*

Dennis Frye

Dennis E. Frye has spent nearly 50 years studying and writing about Antietam. As a native of the battlefield region and an actual “Dunker,” his distant relatives owned much of the ground where the battle occurred. Dennis retired from the National Park Service after more than a three-decade career, including 20 years as Chief Historian at Harpers Ferry National Historical Park. Dennis has written ten books and 102 articles, his most recent entitled: *Antietam Shadows: Mystery, Myth & Machination*. Dennis is a nationally recognized preservationist, as co-founder and past president of both the American Battlefields Trust and the Save Historic Antietam Foundation.

South Mountain Stroll..... 19

Linda Pappas Funsch

Linda Pappas Funsch is a career specialist in modern Middle Eastern history and Islamic studies. With a master’s degree in Near Eastern Studies from New York University, she has studied, worked, and traveled extensively throughout the region. A freelance writer, consultant, and author, Ms. Funsch’s latest book, “Oman Reborn: Balancing Tradition and Modernization,” was published 2015 and has been translated into Arabic. She has taught at both Hood College and Mount Saint Mary’s University. She is a frequent speaker at scholarly symposia across the US, including Georgetown University, the University of Illinois, Champaign/Urbana, the World Bank, the National Council on US-Arab Relations, the National Defense University, and the Council on Foreign Relations, Santa Fe, NM, as well as the World Affairs Councils of Washington, DC, Albuquerque, NM, and Brookings, SD. Ms. Funsch is a frequent leader of small-group “learning on location” study visits to the Middle East, including Egypt, Lebanon, Morocco, and Oman.

Islam: A Historical Perspective..... 15

Current Issues in the Middle East..... 15

Angelina Garcia

Basic Conversational Spanish..... 17

Continuing Conversational Spanish..... 17

Tara Gettig

Tara worked as an educator for Pennsylvania State Parks where she developed and facilitated programs and she also taught geography at Shippensburg University. Sharing her love of outdoor recreation is a passion. In her free time, she has organized hikes for women, families and kids. Tara is particularly passionate about the Appalachian Trail and has hiked 900 miles of it. You can find her on the trails of Frederick County with her husband and two children.

The Appalachian Trail: 10 Things You May Not Know..... 19

Karen Gray

Raised in Spokane, Washington, Karen Gray earned her BA from Whitworth University, an STB (a 3-year post graduate degree) from the Harvard Divinity School, and her PhD in religious philosophy from the University of Edinburgh, Scotland. For 20 years she created educational tours in the mid-Atlantic region for the Smithsonian Institution’s educational outreach program. Since her youth she has been an intensive student of philosophy, religion, history, and literature, and since retiring to Hagerstown in 2001 she has taught courses in these areas for regional lifelong learning programs. In 1977 while living in DC, she began to also study the C&O Canal’s history and engineering and she has served as a volunteer historian for the C&O Canal National Historical Park with an office at the park’s headquarters since 2005.

Monocacy Aqueduct and Lock 27 Walk..... 18

James Gregg

The Rev. Dr. Carl Gregg is the minister of the Unitarian Universalist Congregation of Frederick. A native of Florence, South Carolina, Carl is a Phi Beta Kappa graduate of Furman University in Greenville, South Carolina, where he received a Bachelor of Arts in Religion and Philosophy in 2000. He has also earned a Master’s of Divinity from Brite Divinity School in Fort Worth, Texas, and a Doctor of Ministry from San Francisco Theological Seminary. He has previously taught Introduction to the Hebrew Bible as an adjunct professor at the University of Louisiana at Monroe.

Separating Fact & Fiction in this Election Cycle..... 11

Happier, Healthier, & Kinder: How to Meditate & Why..... 14

Chris Haugh

Chris Haugh is an Emmy award-winning documentary film maker and regional historian. For nearly 25 years, Chris has researched, produced and published numerous award-winning presentations on Frederick County history. He has also taught both video production and public history courses for FCC, Hood College, and Towson University.

Learning on Location Walking Tour..... 31

Catherine Howard

Cath Howard began her art instruction at a very young age at the Atlas Art Studio in Westfield, NJ, and continued her art studies at Covenant College on Lookout Mt., TN. She studied watercolor with Skip Lawrence in Laurel, MD, with Phyllis Reif in Philadelphia, PA, and locally with Rebecca Pearl.

Exploring Watercolor Painting - Advanced..... 6

Exploring Watercolor Painting..... 6

Lois Jarman

Dr. Lois Jarman has been a world language educator for more than 17 years. She has taught English, French, Spanish, and Latin on a secondary and post-secondary level. Lois received her doctoral degree in second language acquisition and currently is the director of the Intensive English Language Program at Shepherd University. Lois has been a Frederick Memorial Hospital Auxiliary member and volunteer for more than 17 years. She is a mentor with Woman to Woman Mentoring and is pleased to be a member of the Frederick County Commission for Women. Lois has been a resident of Frederick County for more than 30 years.

The Little Prince and World War II20

Terry Leitma

Terry Leitma has a master's degree in Human Development Education from the University of Maryland. She also completed all of the necessary coursework toward her Ph.D. in Health Education at UMD. Terry has been an adjunct college instructor for 20 years at various colleges including Montgomery College. She considers herself to be a passionate and dedicated psychologist/health educator who wants to motivate and empower people to have the highest quality of health (both mental and physical) as they age. She does this by teaching knowledge about health and the aging process so one may achieve a high level of wellness.

Vibrant Sexuality in Middle and Late Adulthood:

You Can Achieve It! (SR) 8

The Psychology of Food And Weight Control..... 10

Tracy Lewis

Tracy Lewis is a recent graduate with master's degrees in American History and Library Science, concentrating in Archival Studies. She wrote her thesis on Elizabeth Bayley Seton and her impact on female education in the early 19th century. Her areas of interest are Early National America and women's and religious history. She works part-time as a tour guide at the National Shrine of St.

Jamestowne: The Colony that Almost Wasn't..... 11

Elizabeth Ljubic

Besty Ljubic teaches Basic ESL and Targeted ESL classes at Frederick Community College.

Cultural Competency and Unconscious Bias 14

Mary Mannix

Mary Mannix is currently the Maryland Room Manager of the C. Burr Artz Public Library of the Frederick County Public Libraries. She is very active in MARAC (the Mid-Atlantic Regional Archives Conference). She has been involved in the History Section of RUSA and was the 2011 winner of the Genealogical Publishing Company Award. In 2015, she was given the Martha Washington Medal from the Sergeant Lawrence Everhart Chapter of the Maryland Society of Sons of the American Revolution. She has taught genealogy librarianship at the University of Maryland and public history courses at Hood College. Mary is also a professional tarot educator and reader for over five years. She read and held classes at The Owl Nest, Frederick's former premier metaphysical store. She has taught "101 courses" and hosted "meet-ups". Mary strives to not only interpret the cards during a reading, but to also help her querents understand the history and symbolism of the cards they are dealt.

Women and the Vote 14

Searching Not Asking: Mastering Online Genealogy 16

Jeanne McDermott

Jeanne has a master's degree in Art Education from the College of Notre Dame of Md. and worked over seven years as a floral designer for Radebaughs in Towson, Md. She has over 10 years teaching experience for FCPS.

The Art of Art Interpretation - How to View and Understand It 6

Michael Newlin

Michael Newlin received his master's in history from George Mason University. He currently works at Lord Fairfax Community College.

History of Rome: The Kings of Rome 12

William O'Neal

Bill O'Neal has been teaching with ILR and designing its computer curriculum since 1998. He has thirty plus years' experience at FCC where he has taught in various credit and continuing education programs. Prior to FCC, he was an adjunct in the Hood College graduate program. Bill is retired from a 34-year career with the Federal Government in information management, where most recently he was a manager in the Directorate of Information Management at Fort Detrick.

iPhone - Beginner 7

iPhone - Advanced 7

Making the Most of Your Android Smart Phone 8

The Cloud - Removing the Mystery: iPad/iPhone version only 8

Using Your Smartphone for Digital Photography -

Tips and Tricks 21

Instructor Bios *continued*

Ernest O’Roark

Ernest O’Roark was a writer and team member for the World History for Us All curriculum project, working with David Christian, author of *Maps of Time* and *This Fleeting World*, as well as a number of other leading scholars in the field of World History. Ernie taught middle school in Montgomery County for 32 years.

World History: The Big Picture 13

Michelle Petty

Michelle Petty has a history degree from Drexel University. After living outside Gettysburg for most of her life, she developed an unwavering passion for history and the American Civil War. She took many advanced classes that allowed her access to a variety of archives and experts and was able to complete a lengthy thesis on the Salem Witch Trials as well as the Gettysburg Campaign. She has also visited several historical sites and museums designed to educate on the war and its aftershocks. Today she continues to practice her love of history and visits Gettysburg annually for the reenactment.

The Gettysburg Campaign 12

Christine Rai

Christine Rai is an assistant professor of English at FCC with a passion for food studies and experiential learning. An FCC alum, Professor Rai earned a bachelor’s from Towson University and her master’s from Loyola College. As an educator she is known for incorporating active learning including field trips, service learning, and cultural cooking demonstrations. Inspired by her love of travel, she designed a global scholar course and led an FCC group abroad to France in May 2016 and Italy in January 2020. She writes about teaching, traveling, and food at www.christinera.com.

Fun with Fungi 18

Larry Romane

Dr. Larry Romane is board certified in Emergency Medicine and spent 35 years as an ER doctor. After retiring, he served as a physician volunteer at a free clinic for the uninsured. He’s the author of two medical books and loves teaching. His courses give current medical information at a high school reading level. Look for Dr. Romane’s book, *R U Medically Curious? Common Topics – Simply Explained*, online and on Kindle.

Medically Curious: The Evil Triplets 10

Medically Curious: Our Opioid Epidemic 10

Medically Curious: Medical Marijuana 10

Mark Sankey

Mark Sankey has over 40 years of experience in the energy sector with a specialty in air pollution control. Opportunity with Engineers Without Borders (EWB) provided international exposure, and membership in ASME’s Research Committee on Energy Environment and Waste and the Frederick County Sustainability Commission maintain national and local perspectives. As he is aware of the need for electric grid reliability, he hopes to promote sound energy policy and educate the public on responsible use of all available sources of electric power in a highly-politicized culture.

Sustainability: Pursuing a Balance 22

Jennifer Schero

Jennifer Schero is currently a doctoral candidate in art education, and has taught preK-adult art making and art history for two decades. She worked at the Brooklyn Museum, the Chrysler Museum of Art, and the Virginia Museum of Contemporary Art before moving to Maryland to teach for FCPS.

Dynamic Duos in Art History 6

Nancy Spannus

Nancy Bradeen Spannaus is a retired journalist/editor who began studying Alexander Hamilton and American history in the 1970s. In 1977 she co-edited *The Political Economy of the American Revolution*, a collection of economic writings which influenced and reflected the American System. In 2017 she started the blog [americanssystemnow](http://americanssystemnow.com) and in 2019 published *Hamilton Versus Wall Street: The Core Principles of the American System of Economics*. She’s a graduate of Bryn Mawr College (BA) and Columbia University (MS).

Challenging Myths about Alexander Hamilton 11

Jeffrey Steinberg

Jeffrey Steinberg is both an analyst and practitioner of U.S. national security policy. He has been an investigative journalist for more than 40 years, serving since 1986 on the editorial board of a weekly publication, Executive Intelligence Review, and writing for a range of international newsletters and magazines. He has also participated in various advisory capacities for U.S. government officials on a wide range of national security issues, from strategic defense policy, to the war on terrorism, to the war on illegal narcotics, to the economic dimensions of national security. He has lectured internationally on issues related to national security. Steinberg is the author and/or co-author of hundreds of articles and special reports on a wide range of national security issues, current affairs, and history.

Navigating the New Paradigm in World Affairs 12

Roger Swartz

Colonial historian Roger G. Swartz received national acclaim for his two books covering the frontiers of the American Revolution. In 2004, he was chosen, along with two others, to be the educational coordinator for the 13-day bus tour sponsored by then National Elderhostel program for the 250th anniversary commemoration of the French & Indian War, 1754 – 1763.

Lincoln, Indians and the West: Policy and Politics
During the Civil War.....13

Nanette Tummers

Mindfulness Made Easy-Stress and Pain Management..... 9

Thea Uhlig-Ruff

Thea Uhlig-Ruff, R.N., M.G.A. is retired from an extensive career in the health care industry. She has spoken locally, state-wide, and nationally on health related topics specializing in mental health issues and gerontology including dementia care, issues in long term care, and hospice care. Ms. Ruff brings a unique perspective, as she has also been a family caregiver for both her parents and her husband of 25 years.

Blueprint for Successful Aging in Place: Maintaining Health
and Wellness..... 9
Dementia 101 - A Three Part Series.....14

Mary Wark

Mary Wark, M. Ed, CRC, CAPS is a Certified Aging in Place Specialist (CAPS). Her blog at <https://waystostay.org> explores all the diverse challenges of maintaining your independence as you age. Mary has over 40 years of counseling experience in disability management and behavioral health. She has chosen Frederick as her own answer to age in place.

Blueprint for Successful Aging in Place: Staying Independent
in Your Home..... 9

Jerry Webster

Jerry Webster, Ph. D., (Curriculum and Instruction, University of Maryland) has taught numerous courses in literature for UMD and in multiculturalism for Montgomery County Public Schools (MD). He has taught English full-time in public school systems for 40 years. He serves as the Shastri, or head teacher, with the Shambhala Buddhist Center in Washington, D.C. He regularly teaches courses for FCC, the Johns Hopkins Odyssey Program, and the D.C. Politics & Prose Bookstore.

Spiritual Memoirs of Two Contemporary Masters20

Carol Zehnacker

Dr. Carol Hamilton Zehnacker, D.P.T., (“Dr. Z”) is a physical therapist with over 30 years of experience, including as director of rehabilitation at Frederick Memorial Hospital, owner of a private practice, and lecturer and consultant to the Arthritis Foundation and the American Running Association.

Developing a Personal Strength Training Plan 8
Secret to Aging with Less Aches and Pains 10

August 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10	11	12	13	14
17	18	19 10:00 Use Your DNA Matches	20	21
24	25	26 <u>10:00 Use Your DNA Matches</u>	27	28

September 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUG 31	1 <u>9:00 Separating Fact & Fiction</u>	2	3 4:00 The Little Prince and WWII	4
7 LABOR DAY	8 10:00 Jamestowne 10:00 Happier, Healthier, Kinder 1:00 iPhone - Beginner	9 2:00 Secret to Aging	10 1:00 Your Android Smart Phone 3:00 History of Rome 4:00 The Little Prince and WWII	11 5:00 World War II
14 10:00 Vibrant Sexuality 6:00 ASL I 6:00 Investment Strategies 6:30 Dynamic Duos in Art History	15 10:00 Jamestowne 10:00 Happier, Healthier, Kinder 10:00 Explore Watercolor - Adv. 1:00 iPhone - Beginner	16 10:00 Psychology of Food 2:00 Secret to Aging 6:00 Investment Strategies	17 10:30 Myths, Alex Hamilton 1:00 Your Android Smart Phone 3:00 History of Rome 4:00 The Little Prince and WWII	18 10:00 Exploring Watercolor 5:00 World War II
21 10:00 Vibrant Sexuality 6:00 ASL I 6:00 Investment Strategies 6:30 Dynamic Duos in Art History	22 10:00 Jamestowne 10:00 Happier, Healthier, Kinder 10:00 Explore Watercolor - Advanced 1:00 iPhone - Beginner 6:00 Basic Conv. Spanish	23 10:00 Psychology of Food 2:00 Secret to Aging <u>6:00 Investment Strategies</u>	24 10:30 Myths, Alexander Hamilton <u>1:00 Your Android Smart Phone</u> 3:00 History of Rome 4:00 The Little Prince and WWII 6:00 Basic Conv. Spanish	25 10:00 Exploring Watercolor <u>10:00 Fun with Fungi</u> 5:00 World War II
28 10:00 Vibrant Sexuality 6:00 ASL I 6:30 Dynamic Duos in Art History	29 10:00 Happier, Healthier, Kinder 10:00 Explore Watercolor - Advanced 6:00 Basic Conv. Spanish	30 10:00 Psychology of Food 12:30 Spiritual Memoirs 1:00 Blueprint, Staying Ind. 2:00 Secret to Aging 2:00 Mindfulness Made Easy 7:00 Sustainability: Balance	OCT 1 <u>10:00 Monocacy Aqueduct Walk</u> 10:30 Myths, Alexander Hamilton <u>3:00 History of Rome</u> 4:00 The Little Prince and WWII 6:00 Basic Conv. Spanish 6:00 Gettysburg Campaign	OCT 2 10:00 Exploring Watercolor 10:00 Navigating World Affairs 5:00 World War II

Bold indicates first session of class

Underline indicates last session of class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 10:00 Vibrant Sexuality 6:00 ASL I <u>6:30 Dynamic Duos in Art History</u></p>	<p>6 10:00 Happier, Healthier, Kinder 10:00 Explore Watercolor - Advanced 10:00 Med. Curious, Evil Triplets 1:00 iPhone - Advanced 1:00 Islam: Historical Perspective 1:30 World Religions 2:00 Travel Light, Travel Easy 6:00 Basic Conv. Spanish 6:30 Car Buying Essentials</p>	<p>7 9:00 Art of Art Interpretation 10:00 Psychology of Food 12:30 Spiritual Memoirs <u>1:00 Blueprint, Staying Independent</u> 2:00 Secret to Aging 2:00 Mindfulness Made Easy <u>7:00 Sustainability: Balance</u></p>	<p>8 <u>10:30 Myths, Alexander Hamilton</u> <u>4:00 The Little Prince and WWII</u> 6:00 Basic Conv. Spanish 6:00 Gettysburg Campaign</p>	<p>9 10:00 Exploring Watercolor 10:00 Navigating World Affairs 5:00 World War II</p>
<p>12 10:00 Vibrant Sexuality 6:00 ASL I 1:00 History, Silly Symphonies</p>	<p>13 10:00 Happier, Healthier, Kinder 10:00 Explore Watercolor - Advanced 10:00 Med. Curious, Opioids 1:00 iPhone - Advanced 1:00 Islam: Historical Perspective 1:30 World Religions 6:00 Basic Conv. Spanish <u>6:30 Car Buying Essentials</u></p>	<p>14 <u>9:00 Art of Art Interpretation</u> 10:00 Psychology of Food 12:00 History Bites, McClellan 12:30 Spiritual Memoirs <u>2:00 Secret to Aging</u> <u>2:00 Mindfulness Made Easy</u> 2:00 Dementia 101</p>	<p>15 10:00 World History 2:00 Personal Strength Training <u>6:00 Basic Conv. Spanish</u> 6:00 Gettysburg Campaign</p>	<p>16 9:00 South Mountain Stroll 10:00 Exploring Watercolor 10:00 Navigating World Affairs <u>5:00 World War II</u></p>
<p>19 <u>10:00 Vibrant Sexuality</u> <u>6:00 ASL I</u> 1:00 History, Silly Symphonies</p>	<p>20 10:00 Explore Watercolor - Advanced 10:00 Happier, Healthier, Kinder 10:00 Med. Curious, Marijuana <u>1:00 iPhone - Advanced</u> <u>1:00 Islam: Historical Perspective</u> 1:30 World Religions 2:00 Finding Happiness</p>	<p>21 10:00 Psychology of Food 12:00 History Bites, Un. Soldiers <u>12:30 Spiritual Memoirs</u> 2:00 Dementia 101</p>	<p>22 10:00 World History 2:00 Personal Strength Training 6:00 Gettysburg Campaign</p>	<p>23 10:00 Exploring Watercolor 10:00 Navigating World Affairs</p>
<p>26 1:00 History, Silly Symphonies</p>	<p>27 10:00 Explore Watercolor - Advanced 10:00 Happier, Healthier, Kinder 1:30 World Religions 2:00 Finding Happiness 6:00 Continuing Conv. Spanish</p>	<p>28 12:00 History Bites, First Air War <u>2:00 Dementia 101</u></p>	<p>29 9:00 The Appalachian Trail 10:00 World History 2:00 Personal Strength Training 6:00 Gettysburg Campaign 6:00 Continuing Conv. Spanish</p>	<p>30 10:00 Exploring Watercolor <u>10:00 Navigating World Affairs</u></p>

Bold indicates first session of class

Underline indicates last session of class

ILR FALL 2020 CALENDAR • MONDAY - FRIDAY

November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <u>1:00 History, Silly Symphonies</u> 2:00 Cultural Competency/Bias 4:00 Cultural Competency/Bias 6:00 ASL II	3 10:00 Happier, Healthier, Kinder <u>1:30 World Religions</u> 2:00 Finding Happiness 6:00 Continuing Conv. Spanish	4 9:00 Art Apprec.: Impressionism	5 10:00 World History 1:00 Your Smartphone, Photo. 2:00 Personal Strength Training 6:00 Gettysburg Campaign 6:00 Continuing Conv. Spanish	6 <u>10:00 Exploring Watercolor</u>
9 2:00 Cultural Competency/Bias 4:00 Cultural Competency/Bias 6:00 ASL II	10 10:00 Explore Watercolor – Advanced 10:00 Happier, Healthier, Kinder 1:00 Current Issues, Middle East <u>2:00 Finding Happiness</u> 6:00 Continuing Conv. Spanish	11 <u>9:00 Art Appreciation: Impressionism</u>	12 10:00 World History 1:00 Your Smartphone, Photography 2:00 Personal Strength Training 2:30 Blueprint, Health & Wellness <u>6:00 Gettysburg Campaign</u> 6:00 Continuing Conv. Spanish	13
16 9:30 Lincoln, Indians 2:00 Cultural Competency/Bias 4:00 Cultural Competency/Bias 6:00 ASL II	17 10:00 Explore Watercolor – Advanced 10:00 Happier, Healthier, Kinder 1:00 Current Issues, Middle East 6:00 Continuing Conv. Spanish	18	19 <u>10:00 World History</u> <u>1:00 Your Smartphone, Photography</u> <u>2:00 Personal Strength Training</u> 2:00 All the Leaves Are Gone <u>2:30 Blueprint, Health & Wellness</u> <u>6:00 Continuing Conv. Spanish</u>	20
23 <u>2:00 Cultural Competency/Bias</u> <u>4:00 Cultural Competency/Bias</u> 6:00 ASL II	24 10:00 Explore Watercolor – Advanced <u>10:00 Happier, Healthier, Kinder</u> <u>1:00 Current Issues, Middle East</u>	25	26 THANKSGIVING BREAK	27 THANKSGIVING BREAK

December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 30 9:30 Lincoln, Indians 6:00 ASL II	1 10:00 Explore Watercolor – Advanced 1:00 The Cloud, Mystery	2	3	4
7 <u>9:30 Lincoln, Indians</u> 1:30 Investment Strategies 6:00 ASL II	8 <u>10:00 Explore Watercolor – Advanced</u> 1:00 The Cloud, Mystery	9 1:30 Investment Strategies	10	11
14 1:30 Investment Strategies	15 <u>1:00 The Cloud, Mystery</u>	16 <u>1:30 Investment Strategies</u>	17 5:00 Searching Not Asking	18
21 WINTER BREAK	22 WINTER BREAK	23 WINTER BREAK	24 WINTER BREAK	25 WINTER BREAK
28 WINTER BREAK	29 WINTER BREAK	30 WINTER BREAK	31 WINTER BREAK	JANUARY 1, 2021

Bold indicates first session of class

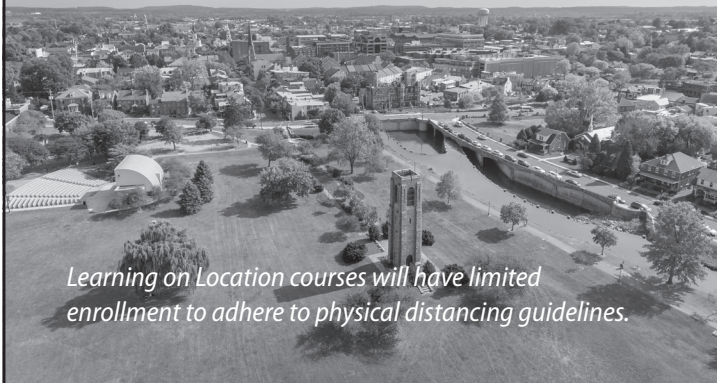
Underline indicates last session of class

New ILR and Lifelong Learning courses may be added throughout the fall 2020 semester. Visit us online at ILRatFCC.com for the most accurate class information.

Learning on Location: Walking Tour

Enjoy a walking tour with Chris Haugh, award-winning documentary film maker and regional historian.

Class information coming soon!

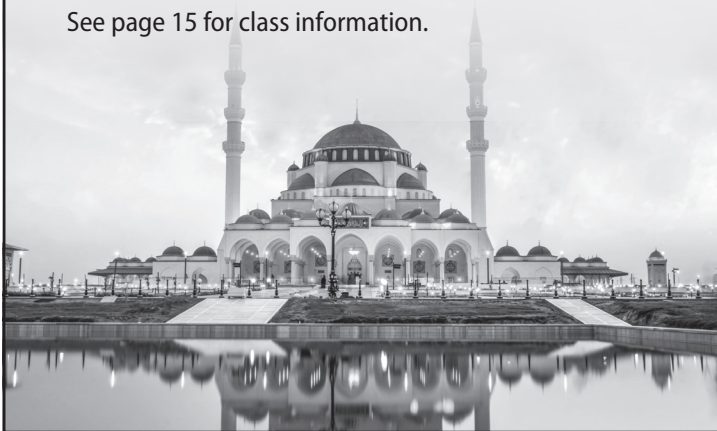


Learning on Location courses will have limited enrollment to adhere to physical distancing guidelines.

History: Middle Eastern Studies

Join Linda Pappas Funsch for **Current Issues in the Middle East**, one of the longest running and most popular ILR courses, or discover her new course, **Islam: A Historical Perspective**.

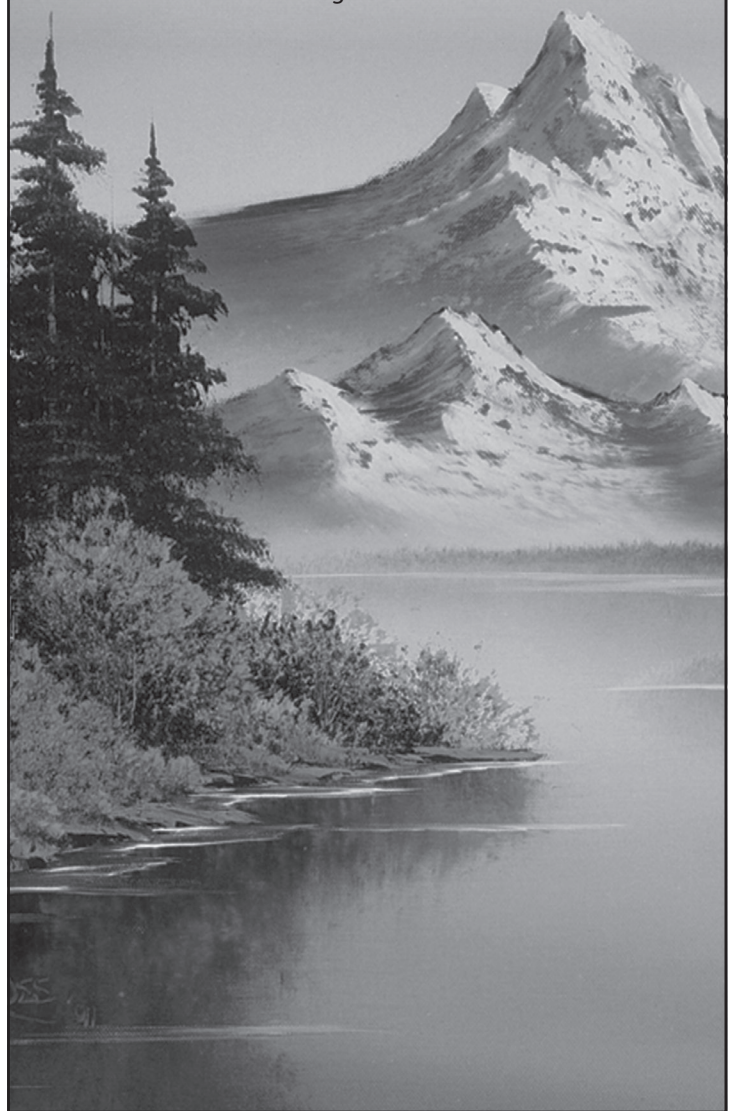
See page 15 for class information.



Bob Ross Painting: Happy Little Trees

Although Bob Ross is no longer with us, a Bob Ross certified instructor will teach you the magic behind painting happy little trees when you recreate one of Bob's masterpieces this fall. Discover the techniques that inspired millions while creating your own work of art to enjoy for years to come.

Class information coming soon!



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?

- All fall 2020 CEWD registration services are currently being conducted remotely and in-person registration is not available. For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888.

Waiting List

Please note - if the class in which you wish to participate is full, please contact us at 301.846.2561. We may be able to make arrangements to accommodate additional students and we also offer wait lists for individual sessions.

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.
- An \$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.

Drop a Class

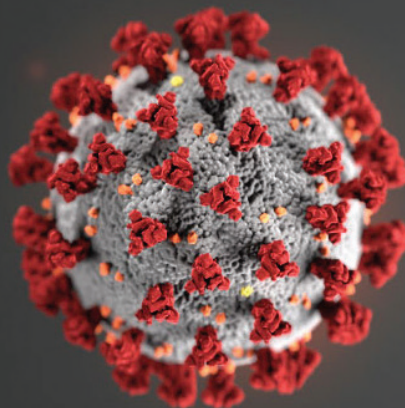
- Students who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least two business days before the beginning date of the class. Trips and some classes may have a different refund policy; trips and classes with a different full refund period will be noted in the shopping cart during checkout. Students electing to drop a class can do so by completing the CEWD Drop/Transfer form available at frederick.edu/QuickEnroll under the Registration Office link. This form must be submitted to the CEWD Registration Office by email at CEInfo@frederick.edu. Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the Associate Vice President of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.

Frederick Community College – 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, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or email Interpreting@frederick.edu. 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 two weeks in advance. Requests made less than two weeks in advance may not be able to be provided.

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COVID-19 UPDATE



Important Message Regarding ILR Class Start Dates

We thank our students for all they have done during this difficult time related to the coronavirus (COVID-19). Student success remains our top priority.

Please note that as we continue to follow the recommendations outlined by the State of Maryland and the Frederick County Health Department to ensure the health and safety of our College community, the course dates included in this schedule remain subject to change.

For the most current information regarding class start dates, visit

ILRatFCC.com



For important FCC updates and COVID-19 information, visit

frederick.edu/coronavirus



“It’s important to never stop learning.

— *Renaë & Jerry Winnan, ILR Students*
(pictured left)

Although I’m almost 80 years old, I challenge my mind by taking excellent courses offered by ILR.”

— *Dave Bandy, ILR Student*
(pictured right)



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Welcome to ILR 55+ Online Learning

Fall 2020 registration is open

ILR fall 2020 online classes are designed to provide you with a collection of unique online learning opportunities. Structured Remote Courses (SR) meet as real-time online sessions during the scheduled class time.

Thinking about taking an online ILR or Lifelong Learning course but curious about how it would work? We offer a free 30-minute tutorial session to help familiarize you with the program platform.

Register today at ILRatFCC.com
CEInfo@frederick.edu • 301.624.2888

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details inside