

ILR

 Frederick Community College

INSTITUTE FOR LEARNING
IN RETIREMENT



Retired and Inspired

Winter/Spring 2026 registration opens December 1.



Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

**Registration opens
Monday, December 1**

ILRFCC.org

FAQs are on page 2.

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Contact Us

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

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



Personal ENRICHMENT

Courses and **experiences** for inquisitive minds.

.....

Personal Enrichment classes at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on lifelong learning, artistic growth, and self-discovery.

Subjects for winter/spring 2026 include:

- Arts & Crafts (Drawing & Painting)
- Food & Drink (Master Chef Demonstrations)
- Health & Wellness (Herbalism)
- Home & Hobby (Sewing and Genealogy)
- Learn a Language (Italian, French, and Spanish)
- Photography (Basic Photography)
- The Writer's Institute (Memoir Writing)

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

Learn more at **frederick.edu/PersonalEnrichment**
Space is limited.

personalenrichment@frederick.edu • 301.624.2727

WEBSITE

ILR

ILRFCC.org

FACEBOOK



facebook.com/ILRFCC

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



REGISTER FOR FCC ALERTS TODAY!

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

NEW! CAMPUS PUBLIC SAFETY OMNILERT APP

Download the Campus Safety App to contact FCC Security immediately to share safety concerns and access College Safety Resources. The app also serves as a panic button, crime tip line, and more.

frederick.edu/FCCAlert

LEARN TO RIDE

Register for a Frederick Community College
2026 Motorcycle Safety Course and get licensed to ride.



frederick.edu/motorcycle
301.624.2727 • motorcycle@frederick.edu

 Frederick Community College

Questions?

We're here to help!

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

- Need help with class registration
- Need class dates, times, and locations
- Wish to update contact information?
frederick.edu/registrationforms
- Need to withdraw from a class and request a refund?
frederick.edu/CEWDrefund

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

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

No Class Dates

Classes will not be held on the following days:

- Sat., December 20 - Sun., January 4
(Winter Break)
- Mon., January 19 (MLK Day)
- Sat., April 4 - Sun., April 12 (Spring Break)
- Mon., May 25 (Memorial Day)
- Fri., June 19 (Juneteenth)

Offsite Locations

Fred Astaire Dance Studios
5500 Buckeystown Pike #615, Frederick, MD 21703

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

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

FAQs

Who is eligible to take ILR Classes?

ILR classes (ILR, LIR, SEN) are geared towards retirees; however, anyone 16+ is welcome to join us for a fabulous learning experience through both the ILR and the FCC Personal Enrichment courses (ACR, ENG, HEA, HOM, REC, FOR, PHO).

Can ILR benefit me?

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

What kinds of classes does ILR offer?

We offer casual classes with engaging curriculum. Our classes are designed to help you explore a range of subjects like History, Health & Wellness, Arts & Music, and Nature.

How do ILR classes differ from other college courses?

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

Who teaches ILR classes?

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

How can I learn more about becoming an ILR instructor?

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

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

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



NEW ILR MERCHANDISE AVAILABLE!

View clothing choices at www.business.landsend.com

Email **Kimberly Madden** (kmadden@frederick.edu) with your selection and note that it is for ILR. Include item name, number, size, and color.



Evening Classes

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



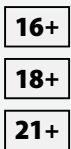
Structured Remote Courses (SR)

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.



Instructor Bios

Instructor bios are now online! Learn more about our incredible ILR instructors and view their bios at ILRFCC.org.



Age Requirement

This schedule contains courses not only from the ILR program but also courses from the Personal Enrichment program. Not retired yet? Good news! Anyone can take courses from either program as long as you are at least 16 years of age.



Senior Citizen Tuition Waiver

Tuition on select eligible courses is waived for Maryland residents 60 years of age and older. Associated course fees may still apply and are due at the time of registration. Eligible courses are identified by the "SW" icon following course descriptions. Please contact us at 301.624.2888 for assistance or additional information.

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ACR172 Introduction to Voiceovers (SR)1 session, 1.5 hours | **18+** | 

"Wow, you have a great voice!" Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. In this one-time, 90-minute, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. You'll get a comprehensive introduction into the voice over industry. You'll learn through real life accounts of jobs your instructor has booked and a getting an inside look at their experience. You will also be able to gather information through the lecture part of the 90-minute session which will closely follow the outline provided for the class. Then it's time to perform a script and receive some coaching and performance ideas. Your instructor will take notes on your reads and create a professional voiceover evaluation delivered to you in a follow up call after the class. This class will provide the knowledge necessary to help you decide if this is something you'd like to pursue. Learn more: <http://www.voicesforall.com/ooo>. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Students must be at least 18 years old to register for this class.

Note: The course date and time is scheduled at your convenience. Someone will contact you no later than a week from the date you register to arrange a date and time for your one-on-one course. This Structured Remote Course is entirely online.

Instructor: Voices For All

5-Digit Number: 30144 | Schedule at your convenience, 12/1 - 6/30

Location: Online

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



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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

LIR255 How to Listen to Jazz6 sessions, 9 hours | **SW**

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

Instructor: Howard Burns

5-Digit Number: 29985 | Mon 10:00 - 11:30 a.m., 1/26 - 3/2

Location: Conference Center/E125

Tuition: \$20 | Fee: \$79 | Total: \$99

**LIR312 The History of American Rock and Roll**4 sessions, 8 hours | **SW**

Rock and Roll emerged in the mid-1950's and over time has influenced both American culture and music world-wide. It was and remains a catalyst for social change and rebellion. Join us as we trace the roots of rock to its evolution today. And enjoy a well-remembered blast from the past and a view to the future.

Instructor: Lynn Fleming

5-Digit Number: 29970 | Mon 1:00 - 3:00 p.m., 3/9 - 3/30

Location: Student Center/H202

Tuition: \$20 | Fee: \$89 | Total: \$109

LIR322 Beginner Guitar for Cognitive Health6 sessions, 9 hours | **SW**

Music is a total brain workout. This beginner class is designed to improve your mental alertness and memory while learning to play guitar in a relaxed, enjoyable environment. You'll learn basic information about the guitar and its parts, including how to tune an instrument and change strings. You'll then move on to learning how to play basic chords and sing simple songs. Students are not required to know how to read sheet music. Students will need to bring a guitar, acoustic or electric (an amplifier will be available), or be willing to acquire one after the first class with advice from the instructor. Having an opportunity to try out your new skills and play with other students will be the highlight of the class.

Instructor: Joe Williams

5-Digit Number: 29969 | Wed 1:00 - 2:30 p.m., 2/11 - 3/18

Location: Student Center/H209

Tuition: \$20 | Fee: \$84 | Total: \$104



LIR338 Guitar Jam Sessions for Cognitive Health

8 sessions, 12 hours | **SW**

Music is a total brain workout that improves your mental alertness and memory. This next level class is designed to provide an opportunity for guitar players with at least a basic knowledge of guitar to play with others in a fun, relaxed environment. Students will need to bring their own guitar (acoustic or electric) and know basic chords and EADGBE tuning. It will not be necessary for a student to be able to read musical notation, but it will be helpful to read chord charts. Song sheets with lyrics and chords (diagrams) will be provided and strums will be discussed. The chord progression used in blues, country, and popular songs will be discussed including how to change keys to accommodate a singers vocal range. Students should have already taken a basic guitar course before taking this class.

Instructor: Joe Williams

5-Digit Number: 30093 | Fri 1:00 - 2:30 p.m., 2/13 - 4/3

Location: Visual & Performing Arts Center/F132

Tuition: \$25 | Fee: \$109 | Total: \$134

ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours

Examine the music of an upcoming Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO. Please check their webpage for the exact concert details including dates and location.

Instructor: David Howard

Shostakovich 5 and Young Artists' Showcase:

5-Digit Number: 29997 | Fri 11:00 a.m. - 12:30 p.m., 3/13

Location: Visual & Performing Arts Center/F132

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

Nordic Dreams:

5-Digit Number: 29998 | Fri 11:00 a.m. - 12:30 p.m., 6/5

Location: Visual & Performing Arts Center/F132

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



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

ILR966 The Music and History of the Baker Park Carillon

1 session, 1 hour |

Explore the inside of Baker Park's Joseph Dill Baker Memorial Carillon in Frederick. The class will be led by City Carillonneur John Widmann, who will give you a history of the carillon as an instrument and how it came to be in Baker Park. Widmann will also show playing techniques including welcoming you to try playing a bell or two. There is also a practice keyboard at the base of the tower, which will be part of the tour. The carillon is located a short distance off North Bentz Street within Baker Park. There is a 50-step spiral staircase that participants will need to climb to the playing chamber. Once in the chamber there is no seating available. Participants will be required to stand during the class.

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

Instructor: John Widmann

5-Digit Number: 29971 | Tue 6:00 - 7:00 p.m., 4/28

Location: Off Campus

Tuition: \$10 | Fee: \$4 | Total: \$14



Frederick Community College

FCC Music

Youth | College | Community



Lessons, Classes, and Ensembles for Ages 6+

frederick.edu/fccmusic

fccmusic@frederick.edu

ACR180 Designer Greeting Cards

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

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

Instructor: Kathy Barylski

Valentine's Day:

5-Digit Number: 30070 | Thu 10:00 a.m. - 12:00 p.m., 1/29

Location: Conference Center/E125

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

Mother's Day and More:

5-Digit Number: 30071 | Thu 10:00 a.m. - 12:00 p.m., 4/16

Location: Conference Center/E125

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

SEN450 Exploring Watercolor Painting - Multilevel Including Beginners Watercolor Class

12 sessions, 24 hours

Artist Cath Howard invites you into a relaxing environment to learn the medium of watercolor and to improve your confidence. Learn about composition, mixing colors, values, saving white, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover new content and instruction. Students will be emailed a list of supplies needed before the course. Supply costs are \$75- \$100. Most of the supplies are reusable.

Instructor: Catherine Howard

5-Digit Number: 29967 | Tue 9:00 - 11:00 a.m., 2/3 - 4/28

No Class: 4/7 | Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$184 | Total: \$194

LIR104 Exploring Watercolor Painting - Open Studio for Intermediate and Advanced Painters

8 sessions, 24 hours

Cath Howard is offering a summer "Open Studio" for intermediate and advanced watercolor students. Students can bring new inspirations to work on or a pile of unfinished paintings to complete. Come and enjoy painting together. Prerequisites: Two 12-week sessions with Cath or similar experience

Instructor: Catherine Howard

5-Digit Number: 30052 | Tue 9:00 a.m. - 12:00 p.m., 7/7 - 8/25

Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$184 | Total: \$194

LIR104 Exploring Watercolor Painting - Advanced

12 sessions, 24 hours

Artist Cath Howard invites you to grow your confidence in watercolor painting. She will encourage your unique style and niche. Her syllabus reflects the interests of the class. Students are welcome to substitute personal projects they are working on. An enlarged pallet is encouraged. It is a class where we enjoy each other's work and learn from each other. Prerequisite: Exploring Watercolor Painting - Multilevel, including Beginners Watercolor Class.

Instructor: Catherine Howard

5-Digit Number: 29968 | Tue 12:00 - 2:00 p.m., 2/3 - 4/28

No Class: 4/7 | Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$184 | Total: \$194

ACR182 Introduction to Watercolor

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

Students will explore watercolor through experimenting with Prang watercolors. At the end of this course, students will know the importance of watercolor paper and two watercolor techniques, by creating a sunset, tree, and flower. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

Instructor: Samantha Snyder

5-Digit Number: 30068 | Mon 5:30 - 8:00 p.m., 6/8 - 6/15

Location: Visual & Performing Arts Center/F130

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



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

ACR614 Beginner Pen and Ink Drawing

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

Learn how to use pen and ink to create drawings. Explore different techniques and understand that different drawing tips, or nibs, create a variety of effects. Tips and suggestions will be provided. This course is meant for true beginners, or it can be a refresher for those with some experience. It is a skills-based course, whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

Instructor: Jeanne McDermott

5-Digit Number: 30067 | Sat 10:00 - 11:30 a.m., 2/7 - 2/21

Location: Visual & Performing Arts Center/F130

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

ACR170 Drawing for Beginners

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

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

Instructor: Jeanne McDermott

5-Digit Number: 30064 | Fri 9:30 - 11:30 a.m., 2/13 - 3/6

Location: Conference Center/E125

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

ACR184 Intermediate Drawing

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

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

Instructor: Jeanne McDermott

5-Digit Number: 30065 | Fri 9:30 - 11:30 a.m., 3/13 - 4/3

Location: Conference Center/E125

Tuition: \$10 | Fee: \$102 | Total: \$112



ILR908 Art Appreciation: A Celebration of Maryland Artwork

2 sessions, 3 hours

Discover the art of Maryland, including paintings, sculptures and decorative objects. This class includes both artists and artwork from the past and present. We will view paintings of nautical seascapes, Chesapeake fishermen, Assateague ponies, Maryland symbols, monuments, portraits, and landmarks. Baltimore and Frederick will be represented, as well as other areas of Maryland. Maryland history will also be included.

Instructor: Jeanne McDermott

5-Digit Number: 29986 | Fri 9:30 - 11:00 a.m., 4/17 - 4/24

Location: Visual & Performing Arts Center/F132

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



ACR617 Stylized Painting: Whimsical Expression on Canvas

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

Discover your unique artistic voice in this fun, beginner-friendly acrylic painting class focused on expressive and stylized art. Guided by local artist Juliet Gilden, students will be led through a step-by-step painting process designed to encourage creativity, bold choices, and personal interpretation. Rather than aiming for realism, this class celebrates playful color, whimsical themes, and the joy of painting from intuition, expression and imagination. Whether you're new to painting or looking to loosen up your style, you'll leave with a completed canvas and a better sense of your own creative approach. Beginners and experienced painters are welcome. All supplies are included. Each class will be unique; you'll paint something different each time. You can take one class or take them all for a different experience each time.

Consider the following free companion course: LIR345 (Iconic Women: Portraits & Conversation).

Instructor: Juliet Gilden

Option 1: 5-Digit Number: 30090 | Wed 2:00 - 4:00 p.m., 4/22

Option 2: 5-Digit Number: 30091 | Thu 2:00 - 4:00 p.m., 5/21

Option 3: 5-Digit Number: 30092 | Thu 2:00 - 4:00 p.m., 6/25

Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$65 | Total: \$75

ACR166 Acrylic Painting Techniques for Beginners4 sessions, 8 hours | **16+**

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

Instructor: Jeanne McDermott

5-Digit Number: 30066 | Fri 9:30 - 11:30 a.m., 5/29 - 6/26

No Class: 6/19 | Location: Conference Center/E125

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

ACR185 Introduction to Oil Pastels2 sessions, 4 hours | **16+** | 

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

Instructor: Samantha Snyder

5-Digit Number: 30069 | Mon 5:30 - 7:30 p.m., 6/22 - 6/29

Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$54 | Total: \$64

**LIR263 Introduction to Google Docs**

2 sessions, 4 hours

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 30034 | Thu 2:00 - 4:00 p.m., 1/22 - 1/29

Location: Conference Center/E137

Tuition: \$10 | Fee: \$42 | Total: \$52

**LIR263 Introduction to Google Sheets**

2 sessions, 3 hours

Google Sheets is similar to Microsoft Excel; but without subscription fees. This class will present the basics of using Google Sheets to keep records, prepare a budget, organize information, take inventory, and do simple math. The class will also go over formatting the sheet so it looks the way you would like it to look.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 30035 | Thu 9:30 - 11:00 a.m., 1/22 - 1/29

Location: Conference Center/E139

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



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



LIR280 Artificial Intelligence Dilemmas: How to Thrive and Be at Peace in an AI- Enabled World During Retirement

1 session, 1.5 hours | **SW**

From smart devices to digital assistants, AI is reshaping everyday life, even for those who don't actively use it. In this session we explore how to stay grounded, confident, and connected in a world that's increasingly AI-enabled. Learn how to think critically, adapt with confidence, and protect your sense of purpose and identity in a rapidly shifting world, whether you use AI or not. No technical skills required -this is a class about people, not machines. This class is a lecture; no computers will be used during class.

Consider the following companion class: LIR333 (Topics on AI and Other Modern Technologies).

Instructor: Maru Willson

5-Digit Number: 29977 | Thu 10:00 - 11:30 a.m., 2/5

Location: Conference Center/E138

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



LIR356 Essential Digital Literacy Skills: Click with Confidence

6 sessions, 9 hours | **SW**

Learn the essential skills for making your computer work for you. This course builds confidence with device functions, file and photo management, internet navigation, email, online platforms, and troubleshooting common issues. Explore how to browse safely, evaluate information and communications, and recognize AI tools and scam attempts in everyday encounters. Practice using digital platforms to communicate, connect, and create while developing habits that keep you and your information secure. The goal is to make technology less frustrating and more supportive in daily life.

Instructor: Molly Sherman

5-Digit Number: 30125 | Thu 10:00 - 11:30 a.m., 2/12 - 3/19

Location: Conference Center/E139

Tuition: \$25 | Fee: \$119 | Total: \$144

LIR942 Going Paperless

3 sessions, 6 hours | **SW**

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

Instructor: Leah Arnold

5-Digit Number: 30033 | Wed 11:00 a.m. - 1:00 p.m., 4/15 - 4/29

Location: Student Center/H239

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

LIR333 Topics on AI and Other Modern Technologies

6 sessions, 9 hours | **SW**

This class covers a variety of technologies that are part of our everyday life, and that are rapidly changing and affecting more and more of our interactions online, with businesses, and even socially. The specific topics may vary from one term to another, to adapt to this constantly changing and evolving field. Typical discussions include Artificial Intelligence, wireless communications, alternative sources of energy and others. These technologies are explained in non-technical terms and do not require any type of technical background to understand. When appropriate, ethical or social implications of these technologies will be discussed, and examples and interesting cases of the uses of these technologies will be presented.

Consider the following companion class: LIR280 (Artificial Intelligence Dilemmas).

Instructor: Guillermo Warley

5-Digit Number: 30032 | Wed 1:00 - 2:30 p.m., 5/13 - 6/17

Location: Student Center/H202

Tuition: \$20 | Fee: \$84 | Total: \$104



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



REC150 Olive Oil & Vinegar: The Perfect Pair

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

Come enjoy our double feature class presenting the health and taste benefits of the perfect pair - olive oil & vinegar. Enjoy learning in-depth knowledge of both of these delicious condiments, while watching food demonstrations and tasting along the way. Bring your appetite and leave with the recipes to try at home.

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 30105 | Wed 5:30 - 7:30 p.m., 2/25

Location: Lebherz Oil & Vinegar Emporium

Tuition: \$10 | Fee: \$44 | Total: \$54



REC246 Treat Your Body with L.O.V.E.

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

Join us for an evening of pampering at Lebherz Oil & Vinegar Emporium. If you thought fresh olive oil was just for eating, think again. Come learn how to make a nourishing olive oil sugar scrub, olive oil lip balm, and a beautiful olive oil lamp; all while sipping on a bubbly balsamic spritzer. Learn the health benefits of olive oil inside and out, and why fresh is always best.

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 30108 | Wed 5:30 - 7:00 p.m., 4/29

Location: Lebherz Oil & Vinegar Emporium

Tuition: \$10 | Fee: \$44 | Total: \$54

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

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

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

Note: Must be 21 to register.

Instructor: Tenth Ward Distilling Co.

Option 1: 5-Digit Number: 30190 | Wed 7:00 - 9:00 p.m., 3/4

Option 2: 5-Digit Number: 30191 | Wed 7:00 - 9:00 p.m., 5/20

Location: Tenth Ward Distilling Company

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

ILR889 Raise Your Wine IQ - Wines of Southern Italy

1 session, 1.5 hours | **21+**

Southern Italy welcomes us to some of the most beautiful and popular sites in the world: the Amalfi Coast, Naples, the island of Capri, Pompeii, and the famous active volcano Mt. Etna. A land that is well-known for its cooking offers us some of the most interesting Italian varietals such as Primitivo, Aglianico, Vermentino, and Falanghina. The early Romans imported wine, and viticulture was a small part of their agriculture. Eventually grapes became a major economic crop. As the Roman Empire expanded, they took their wine with them and subsequently their vines, thus spreading the fine vitas vinifera grapes throughout the Mediterranean and beyond. We will discuss the historical role played by Italy while we taste some of the interesting wines from this rich cultural area. In 2024, 70% of the wine imported to the United States came from Italy and France, with Italy being the leader in volume and France in dollar value. Our interest in Italian wines continues to grow. Please Note: This class includes wine tastings. As the sense of smell is a major factor in tasting, please refrain from wearing any scented lotions, perfumes, aftershaves, etc.

Note: Must be 21 to register.

Instructor: Jackie Rogers

5-Digit Number: 29991 | Wed 2:00 - 3:30 p.m., 5/13

Location: Monroe Center/MC105

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



New! Health meets Food: Community Adult Series

Join FCC's Hospitality, Culinary & Tourism Institute to learn about healthy cooking and how to make terrific, delicious food that just happens to be good for you!

HCT122

Health meets Food: Community Adult Beginner Series

In-Person • Fri., March 6 - 27 • 8:00 a.m. - 12:00 p.m.

HCT123

Health meets Food: Community Adult Advanced Series

In-Person • Tue., May 26 - June 16 • 8:00 a.m. - 12:00 p.m.

HCT142

Health meets Food: Baking with Alternative Ingredients

In-Person • Thu., February 5 - 26 • 5:30 - 9:30 p.m.

HEALTH meets FOOD.

The American College of Culinary Medicine™

Learn more and register: frederick.edu/HCTCommunityEd



A Taste of Asia

Join us as we travel the Far East and are introduced to delicious flavors from all over Asia including Thai, Vietnamese, Japanese, and Korean. Our focus will be on saving money while you learn to cook classic take out dishes that are simple and easy to make. Chef Woo will use ingredients you can find at the local "H Mart" in Frederick. You'll learn some facts about Asian food and Chef Woo will share his experiences in the food industry and his passion for cooking. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

REC135 A Taste of Asia - Hot & Sour Soup and Chicken Stir Fry with Shitake

5-Digit Number: 30096 | Sat 11:00 a.m. - 1:00 p.m., 2/7

REC135 A Taste of Asia - Vietnamese Beef Grape Leaves and Pad Thai with Shrimp

5-Digit Number: 30098 | Sat 11:00 a.m. - 1:00 p.m., 3/21

REC135 A Taste of Asia - Walnut Shrimp and Chinese Beef and Broccoli

5-Digit Number: 30099 | Sat 11:00 a.m. - 1:00 p.m., 5/2

For all above classes:

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

Location: Conference Center/E125

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



REC135 A Taste of Asia - Korean Barbeque Lunch Trip

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

Enjoy the ultimate Korean Barbeque lunch with Chef Woo at the Gogi Go Korean BBQ in Frederick. Following the lunch, Chef Woo will take you on a walk through the local H-Mart. He'll offer tips and suggestions for purchasing food for your own kitchen creations. Perhaps you'll find something new to try. This field trip includes the price of a premium BBQ lunch. You are required to drive yourself to the restaurant and then to H-Mart which is less than one mile away.

Note: Students are required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date. This course will meet off campus in an in-person environment.

Instructor: Chef Stuart Woo

5-Digit Number: 30087 | Wed 11:30 a.m. - 1:30 p.m., 4/15

Location: Off Campus

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

**REC142 African Cooking**1 session, 2 hours | **16+**

In the 50's, most Africans were vegan, not by choice but because meat was not affordable. Using exotic herbs and spices from the rain forests and adopted spice blends like herbes de Provence, women made the food so tasty there was no real desire to add meat. Today, in Africa and the here in the United States, there is a growing trend of veganism as a lifestyle. Learn how a dish is traditionally made and then learn how to adapt it to include meat, fish, chicken, and wild game if desired. Stories will be told as the dish is made during class. This course is mostly a demonstration course with some interactive cooking.

Instructor: Sabina Jules**Vegan Jollof Rice and Curry Stew:**

5-Digit Number: 30341 | Wed 9:00 - 11:00 a.m., 3/25

Location: Conference Center/E125

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

Vegan Okra Stew and Yam Fufu:

5-Digit Number: 30342 | Wed 9:00 - 11:00 a.m., 5/6

Location: Conference Center/E125

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

**REC151 Culinary Creations**1 session, 3 hours | **16+**

In this series, we'll celebrate the ultimate comfort foods that bring joy to every table. From handmade pizzeria favorites made just the way you like them to brunch classics, we'll explore the simple pleasures that never go out of style. This course is mostly a demonstration with a touch of hands-on cooking, perfect for anyone who loves cozy, satisfying food and wants to enjoy a delicious, relaxed learning experience.

Instructor: Caren Spungen**Sweet and Savory Brunch Favorites:**

5-Digit Number: 30102 | Sat 9:00 a.m. - 12:00 p.m., 3/7

Location: Conference Center/E125

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

Homemade Pizza, Calzone and Stromboli:

5-Digit Number: 30103 | Sat 9:00 a.m. - 12:00 p.m., 4/18

Location: Conference Center/E125

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

**Bread, Pastries, and Cookies Series**

Learn how to bake items that you can share with family and friends. Each class will focus on understanding how to make something different including yeasted breads, fancy pastries, and cookies. Specific themes might include babka, soft pretzels, cinnamon rolls, scones, muffins, and the best chocolate chip cookies you ever had. This course is mostly a demonstration course with some interactive cooking.

REC145 Bread, Pastries, and Cookies Series - Cinnamon/Sticky Buns and Danish Pastries

5-Digit Number: 30088 | Sat 9:00 a.m. - 12:00 p.m., 2/21

REC145 Bread, Pastries, and Cookies Series - Fruit Tarts and Angel Food Cakes

5-Digit Number: 30089 | Sat 9:00 a.m. - 12:00 p.m., 5/16

For all classes:1 session, 3 hours | **16+** | ***Instructor:*** Caren Spungen

Location: Conference Center/E125

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

SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

Instructor: Toni Minkel

Option 1: 5-Digit Number: 29988 | Tue 1:00 - 2:30 p.m., 1/27 - 3/31

Option 2: 5-Digit Number: 29989 | Thu 1:00 - 2:30 p.m., 1/29 - 4/2

Location: Visual & Performing Arts Center/F141

Tuition: \$10 | Fee: \$119 | Total: \$129

LIR315 Introduction to Ballroom Dancing

10 sessions, 10 hours

Let us help you take your first steps onto the dance floor as we experience the basic elements of social dancing. Students of this course will be introduced to the basics for the most common ballroom and social dances including waltz, tango, foxtrot, chacha, rumba, swing, salsa, bachata, and merengue. The goal is to introduce you to the dances, not make you proficient. This class will not only be fun, but it is also a great way to stay active and maintain and improve your health. No previous experience or partner required.

Instructor: Fred Astaire Dance Studios

5-Digit Number: 29987 | Wed 2:00 - 3:00 p.m., 2/4 - 4/15

No Class: 4/8 | Location: Fred Astaire Dance Studios

Tuition: \$10 | Fee: \$140 | Total: \$150



LIR166 Sleep Your Way to Better Brain Health

5 sessions, 7.5 hours | **SW**

Based on the New York Times bestseller, *Why We Sleep*, by Matthew Walker, PhD, we will examine the critical need for sleep and the essential role it plays in brain health and functioning. As a professor of neuroscience and psychology at UC Berkeley, and the director of the Center for Human Sleep Science, Walker's groundbreaking research demonstrates how sleep impacts every aspect of our lives from decision-making to emotional regulation, immune system functioning, regulating our appetite, and more.

Instructor: Barbara Angleberger

5-Digit Number: 29972 | Tue 1:30 - 3:00 p.m., 3/3 - 3/31

Location: Conference Center/E138

Tuition: \$15 | Fee: \$69 | Total: \$84



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



HEA134 Introduction to Herbalism

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

Dive into the fascinating world of herbalism in this introductory course designed for beginners. This three-part class explores the roots of herbal medicine, a comprehensive study of traditional herbs, and ends with a plant walk around the campus. You'll discover how to harness the power of plants for health and wellness through reconnecting with nature.

Instructor: Amy Boldt

5-Digit Number: 30111 | Thu 6:00 - 7:30 p.m., 4/16 - 4/30

Location: Conference Center/E125

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

LIR304 Shinrin-yoku - Forest Therapy, Classroom Session and Walk

2 sessions, 4 hours

Shinrin-yoku, coined by the Japanese, can be defined as "forest bathing" or "taking in the forest atmosphere." It is part of a holistic approach to health that emphasizes the therapeutic benefits of connecting with the natural world. Shinrin-yoku can lower cortisol levels, boost the immune system, and enhance mental clarity. During this course, participants will be invited to connect with all of their senses, the forest & surroundings, and the more than human world. This guided outdoor healing practice is unlike a guided nature walk or hike, forest therapy deliberately sets a slow pace and invites people to experience the pleasures of nature through all of their senses. Each walk ends with an offering of light refreshments including snacks and a tea service (wild foraged when possible). This course includes both a classroom lecture about forest therapy and an outdoor walk in Baker Park during the 2nd session Shinrin-yoku experience. The walk will be less than 1 mile. Walk Rain Date - 4/30

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

Instructor: Jamie Burton

5-Digit Number: 30030 | Tue & Wed 1:00 - 3:00 p.m., 4/28 - 4/29

Location: Conference Center/E136 and Off Campus

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



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

ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

Instructor: Kirby Maybush

5-Digit Number: 29973 | Wed 1:00 - 4:00 p.m., 5/20

Location: Conference Center/E138

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



ILR903 Senior Care Options: A Guide to Navigating the Journey

1 session, 1 hours

Finding the right senior care solutions can feel overwhelming. This class is designed to simplify the journey, providing you with the clarity and peace of mind you deserve by using a proven 3-step process. 1. Discovery: Understand the essential questions to ask to evaluate the specific needs, preferences, and financial considerations of your loved one. 2. Explore Care Options: Get an overview of the various types of senior care including independent living, assisted living, memory care, and in-home services and how local advisors pre-screen and present the top community matches for you. 3. Care Decision: Gain practical tips to confidently evaluate options and make an informed choice, with a focus on ensuring the best fit for today and the future. This course will empower you with the knowledge and tools to ensure your loved one receives the dignified and appropriate care they deserve. This class will be taught by an expert in the field of senior-focused care.

Instructor: Margie McWilliams

5-Digit Number: 30014 | Tue 1:00 - 2:00 p.m., 5/19

Location: Conference Center/E138

Tuition: \$10 | Fee: \$4 | Total: \$14



Medically Curious ...



New Topics Each Term! 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 Medically Curious. The sessions are interactive, highlighted with learning props, and aimed at understanding your amazing body - when it works, and when it doesn't. Each session will focus on a different topic with a one-hour lecture followed by a Q&A session.

ILR903 Medically Curious - Vaccines

5-Digit Number: 29974 | Thu 10:00 - 11:30 a.m., 1/29

Location: Conference Center/E138

ILR903 Medically Curious - Common Lab Tests

5-Digit Number: 29975 | Thu 10:00 - 11:30 a.m., 2/26

Location: Conference Center/E125

ILR903 Medically Curious - Understanding Diabetes

5-Digit Number: 29976 | Thu 10:00 - 11:30 a.m., 3/26

Location: Conference Center/E125

For all above classes:

1 session, 1.5 hours | **16+** | **Instructor:** Dr. Larry Romane

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



ILR800 Frederick History Explorations: Prehistory of Frederick County

3 sessions, 6 hours | **SW**

This class rocks! Based on his documentary entitled “Monocacy: The pre-history of Frederick County, Maryland,” Chris Haugh takes students on a 1.2-billion-year journey to better understand and appreciate the cataclysmic events that shaped our local landscape of piedmont, mountains and rivers. Explore the earliest lifeforms from marine organisms, dinosaurs, mammoths to native-aboriginal man. Bite-sized portions of geology, meta-geography, biology, archeology, and anthropology will be introduced within a multi-media presentation of video excerpts, power point-lecture and touch object “show and tell.”

Instructor: Christopher Haugh

5-Digit Number: 30017 | Tue 2:00 - 4:00 p.m., 4/28 - 5/12

Location: Conference Center/E138

Tuition: \$10 | Fee: \$69 | Total: \$79

ILR819 Broken Promises and Compromises: From the Articles of the Confederation to the Constitution

6 sessions, 12 hours | **SW**

How did the U.S. Constitution, our framework of government for over 200 years, last so long? This course will explore that question by examining the economic and cultural climate after the American Revolution and analyzing the failures of the Articles of Confederation. We will then investigate the issues facing the delegates at the Constitutional Convention in Philadelphia during the summer of 1787, focusing on how the city and the founders' team-building skills contributed to its success. Key compromises from the constitutional debates will be discussed, including those regarding small versus large states, North versus South, slavery, economics, representation, and the conflict between “the worthy and the licentious.” The course will conclude with an analysis of the ratification process and its lasting effects, such as the rise of political parties and the addition of the Bill of Rights.

Instructor: Roger Swartz

5-Digit Number: 30010 | Mon 9:30 - 11:30 a.m., 2/9 - 3/16

Location: Conference Center/E138

Tuition: \$30 | Fee: \$139 | Total: \$169

ILR884 Russian History: The Big Picture

4 sessions, 6 hours | **SW**

In many ways, Russia is unique in both geography and history. A study in contrasts, the story of Russia's people is one of great achievements set against unbearable tragedies. This “Big Picture” survey of Russia's long history brings to light the patterns, trends, and key events that have brought us to the Russia of today and the world view of its people.

Instructor: Ernest O'Roark

5-Digit Number: 29984 | Wed 9:00 - 10:30 a.m., 2/11 - 3/4

Location: Conference Center/E138

Tuition: \$15 | Fee: \$74 | Total: \$89



LIR355 Navigating the Maryland General Assembly: Your Voice in Action

3 sessions, 3.75 hours

This course empowers Maryland residents to understand, track, and influence the legislative process from start to finish. Participants will explore each step of how laws are made in Maryland—from the birth of an idea, through drafting, hearings, debates, and final votes—gaining insight into where and how citizens can make an impact. You'll learn to set up and use a MyMGA account to monitor bills, connect with legislators, and access key legislative information. We'll also discuss interpreting legislative materials, crafting persuasive written testimony, and delivering compelling oral statements for both virtual and in-person settings. By the end of the course, you'll have the tools and confidence to be both an informed citizen and an effective advocate in shaping Maryland's laws. This class is strictly non-partisan and informs on procedure only; political discussion on specific issues will not be allowed. It's recommended, but not required, that you bring a tablet or internet capable phone with you so you can practice utilizing the resources that will be mentioned during the class.

Instructor: Richard Kaplowitz

5-Digit Number: 30110 | Fri 2:00 - 3:15 p.m., 1/23 - 2/6

Location: Conference Center/E125

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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



LIR339 The American Experience in Vietnam: 1945-1975

6 sessions, 9 hours | **SW**

The overriding reason for America's involvement in the Vietnam War was to contain communism and its threat to the American way of life. Each subsequent step deepened American engagement and made it harder to admit failure and reverse direction. This course will explore the American ethos using the Vietnam War as a case study. By examining the events that led to the U.S. involvement in Vietnam, we hope to gain an introspective on how America behaves on the world stage. We will cover how America entered the war, the subsequent escalation, and the eventual disengagement. The focus will be on the key events and resultant choices that America made. The descent into the struggle for Vietnam is a direct reflection of what it is to be American.

Instructor: Christian Cunningham

5-Digit Number: 30097 | Wed 1:00 - 2:30 p.m., 1/21 - 2/25

Location: Conference Center/E138

Tuition: \$20 | Fee: \$84 | Total: \$104



LIR340 Trials and Tribulations of International Development

5 sessions, 10 hours | **SW**

We'll critically analyze the framework of international development by looking at key concepts such as poverty, sustainability, and other development issues encountered on both a global level and in Sub-Saharan Africa. The course will also discuss ethical considerations in international development practices. Contemporary case studies of issues in international development, e.g. upheavals in overseas development assistance such as the elimination of USAID and drastic reductions in European funding will be analyzed for their impact on international development.

Instructor: Joseph Mugore

5-Digit Number: 30106 | Tue 10:00 a.m. - 12:00 p.m., 2/3 - 3/3

Location: Student Center/H261

Tuition: \$20 | Fee: \$99 | Total: \$119

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

3 sessions, 6 hours

The destruction of Washington in 1814 by the invading British challenged President Monroe and Benjamin Latrobe with the task of rebuilding the edifices which had been destroyed. They understood that the principal buildings of the government were not mere offices but symbols of the aspirations of the Republic. They had to be functional but also classically beautiful. The preferred building material was marble. Potomac marble, which exists in abundance on both sides of the Potomac River, was used as the building material. In this course, we will also learn about the invasion of 1814 and the methods the British used to burn stone buildings. And then, during the last session of the course, we will visit the actual quarry used by Latrobe and lost to history for years until rediscovered by Kreingold. Hike Rain Date - 2/24

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

Instructor: Paul Kreingold

Option 1, Lecture & Hike: **SW**

5-Digit Number: 30007 | Tue 11:00 a.m. - 12:30 p.m. & Tue 11:00 a.m. - 2:00 p.m., 2/3 - 2/17

Location: Conference Center/E140 and Off Campus

Tuition: \$15 | Fee: \$59 | Total: \$74

Option 2, Lecture Only: No Senior Waiver (SW) for Lecture Only.

5-Digit Number: 30008 | Tue 11:00 a.m. - 12:30 p.m., 2/3 - 2/10

Location: Conference Center/E140

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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



LIR346 American Law of Torts Series

5 sessions, 7.5 hours | **SW**

In this series, we'll examine the American Law of Torts. We'll explore various topics that may include the concepts of Negligence, the creation of certain Privileges and the prohibition of Intentional Interference. Each 5-week segment will cover specific topics and will be free standing. There is no prerequisite requirement; students may enjoy the entire series or separate courses.

Instructor: James Baer

Getting Your Just Desserts - Negligence, Privileges, and Intentional Interference:

5-Digit Number: 30100 | Mon 2:00 - 3:30 p.m., 1/26 - 2/23

Location: Conference Center/E138

Tuition: \$20 | Fee: \$89 | Total: \$109

Who Baked the Bad Pastry - Proximate Cause, Duty of Care and Damage:

5-Digit Number: 30101 | Mon 2:00 - 3:30 p.m., 3/9 - 4/13

No Class: 4/6 | Location: Conference Center/E138

Tuition: \$20 | Fee: \$89 | Total: \$109

LIR294 Law and Racism

5 sessions, 6.25 hours | **SW**

The U.S. continues to struggle with racial controversies concerning education, employment, voting, law enforcement, and other matters which impact daily life. In this course we will consider how U.S. law imbedded anti-Black racism in the nation's birth and growth, then examine how the legal system has sought to ban racial discrimination. We will discuss today's issues in terms of two conflicting legal principles - strict colorblindness and diversity/equity.

Instructor: Stephan Haimowitz

5-Digit Number: 30012 | Thu 1:00 - 2:15 p.m., 2/5 - 3/5

Location: Conference Center/E138

Tuition: \$15 | Fee: \$59 | Total: \$74



LIR341 The French and Indian War: Prelude to a Revolution

4 sessions, 6 hours | **SW**

Europeans call it the Seven-Years' War, but the conflict we know as the French and Indian War had an impact in North America long after the Treaty of Paris was signed in 1763. This course will examine the causes and events of the war, with a detailed look at what occurred in Maryland. It will focus on the American colonists' role in the conflict and how the war led to the unification of the colonies against Great Britain.

Instructor: Tracy Lewis

5-Digit Number: 30115 | Fri 10:00 - 11:30 a.m., 2/6 - 2/27

Location: Conference Center/E138

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

LIR293 Journey Through Aviation History - Aviation Safety

1 session, 1.5 hours | **SW**

Flying is very safe. Peak behind the scenes of the US aviation system and see how the culture of safety makes our aviation transportation system safer than driving a car.

Instructor: Michael Low

5-Digit Number: 30005 | Thu 2:00 - 3:30 p.m., 2/12

Location: Conference Center/E123

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

LIR293 Journey Through Aviation History - Charles Lindberg and Spirit of St. Louis

1 session, 1.5 hours | **SW**

Learn how the son of a Minnesota Congressman ignited a worldwide aviation frenzie in 1927 when he flew across the Atlantic in just 33 and 1/2 hours.

Instructor: Michael Low

5-Digit Number: 30006 | Thu 2:00 - 3:30 p.m., 2/26

Location: Conference Center/E123

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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

LIR278 Local African American History of All Saints Street

4 sessions, 6 hours |  | 

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

Instructor: Sonja Brown-Jenkins

5-Digit Number: 30011 | Wed 6:30 - 8:00 p.m., 2/11 - 3/4

Location: Conference Center/E138

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

LIR247 Armchair Escape Series: Sunny Joy de Vive of Southern France

3 sessions, 7.5 hours

Through this series, you'll discover the world without having to deal with the hassles of travel. We will bring the locations to you. Fields of fragrant lavender and sunny beaches. Come along as we travel by train from Paris to Nice, and then through the French Riviera to Monaco. Take a meandering path through ancient towns while we learn about the history, culture and famous people that created this magical part of France. Part history class and part cultural travelogue, this class will make you want to speak French.

Instructor: Marcy Gouge

5-Digit Number: 30018 | Fri 1:30 - 4:00 p.m., 3/6 - 3/20

Location: Conference Center/E138

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



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



History Bites

Join us for a quick bite of history. Topics vary each session and there will be time after the talk for questions and discussion.

ILR941 History Bites - Japan and the End Of World War II: How Did It Really Happen?

Instructor: Blane Amphor

5-Digit Number: 29980 | Tue 11:00 a.m. - 12:15 p.m., 2/10

ILR941 History Bites - Behind the Headstones: Amazing Stories of Heroes Buried at Arlington National Cemetery, Part 2

Instructor: Blane Amphor

5-Digit Number: 29982 | Tue 11:00 a.m. - 12:15 p.m., 4/14

ILR941 History Bites - Little Known Presidential Sites Near Frederick

Instructor: Thomas Slater

5-Digit Number: 29992 | Thu 11:00 a.m. - 12:15 p.m., 4/23

ILR941 History Bites - The American Revolution: More to The Story Than You Learned In School, Part 2

Instructor: Blane Amphor

5-Digit Number: 29981 | Tue 11:00 a.m. - 12:15 p.m., 6/9

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For all classes:

1 session, 1.25 hours

Location: Conference Center/E138

Tuition: \$10 | Fee: \$4 | Total: \$14



African American History Lecture Series

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



LIR198 Treasured Voices

1 session, 2 hours

The wisdom, the struggles, the joys, and the sorrows -all life experiences of the newest group of 90+ year old African American seniors in Frederick County. From their segregated one room schools to living to see the 1st Black President elected, their memories are etched in the foundation of the county's history. This class is a follow up to Tale of the Lion and is a mix of lecture, video clips, and student discussion. All are welcome. You do not need to have taken a Tale of the Lion to join or enjoy this class.

Instructor: Barbara Thompson

5-Digit Number: 30054 | Thu 10:00 a.m. - 12:00 p.m., 2/5

Location: Conference Center/E123

This is a free course.*



LIR198 Finding Kin: Hints and Tips for African American Genealogy

1 session, 2 hours

In this offering you will be introduced to the basics of genealogy and family history research. We'll explore tools, strategies, and tips on how to research a family's past. Practical tips for overcoming common challenges for African American family research will be offered. The class will also demonstrate research techniques used in a recent case study.

Instructor: Carol Ann Ambush Wright

5-Digit Number: 30055 | Thu 1:00 - 3:00 p.m., 2/19

Location: Conference Center/E123

This is a free course.*

LIR198 Frederick During the Civil Rights Movement

1 session, 2 hours | 

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

Instructor: Grace Schofield

5-Digit Number: 30053 | Wed 6:00 - 8:00 p.m., 4/15

Location: Conference Center/E123

This is a free course.*

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Note: The following programs are made possible with financial support from the FCC Foundation, a nonprofit organization established to receive private gifts from individuals and organizations. Programs supported include complimentary courses, ILR socials, the Curious Traveler's Club programming, honorariums, group meetings, and event sponsorships. The FCC Foundation is a nonprofit, 501 c 3 organization. Tax id no 52-1231768. www.frederick.edu/foundation. Please consider making a donation.

**For free courses, a \$15 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 students has not enrolled in any other classes during the period.*

See pages 21 and 36 for more courses on African American history and experiences.



LIR352 Founding Frederick County: It Wasn't Just the Germans

4 sessions, 8 hours | **SW**

Historians and genealogists put great emphasis on the Germanics who settled and populated Frederick County, and rightfully so, but they were not the only Europeans who impacted the early development of our community. Learn about the English, the French, and other people, including transplants from other parts of the American colonies, who left an imprint on what has become today's Frederick County. While not the focus of the course, we will also cover Native Americans, and African Americans, both free and enslaved, who played a role in creating Western Maryland.

Instructor: Mary Mannix

5-Digit Number: 30107 | Tue 10:00 a.m. - 12:00 p.m., 3/10 - 3/31

Location: Conference Center/E138

Tuition: \$20 | Fee: \$99 | Total: \$119

LIR283 The American Civil War

8 sessions, 14 hours | **SW**

Students will learn about the American Civil War and how it was the defining event of the nation's history besides the very founding of the country itself. They will learn that this four-year struggle was the most violent period of what has become known as the Civil War Era. In this course, they will review the troubled founding of the nation, how the seeds of civil war were planted, and how the turbulent years of the 19th century set the stage for America's bloodiest conflict. The terrible years of 1861-1865 will be looked at, as will the tenuous peace that followed. Students will also learn that although the nation had been saved, it was imperfectly stitched back together with repercussions still felt today.

Instructor: Matthew Borders

5-Digit Number: 30338 | Wed 12:00 - 1:45 p.m., 3/11 - 5/6

No Class: 4/8 | Location: Conference Center/E138

Tuition: \$40 | Fee: \$139 | Total: \$179

LIR316 From the Brink to Brilliant: The Revitalization of Downtown Frederick

3 sessions, 6 hours | **SW**

By the late 1960s, Downtown Frederick was on the brink of "closing up shop." Malls and highways were luring customers away from businesses on Market and Patrick streets. Then in 1976, just as a group of dedicated volunteers were beginning to turn things around, a major flood threatened all of their efforts. Learn how visionary leaders, tireless volunteers and dogged determination allowed Downtown Frederick to overcome these challenges to become the award-winning destination it is today.

Instructor: Kate McDermott

5-Digit Number: 30003 | Mon, Wed, Fri 9:00 - 11:00 a.m., 3/16 - 3/20

Location: Student Center/H239

Tuition: \$15 | Fee: \$59 | Total: \$74



LIR354 The Kennedy Assassination: What We Know, What We Think We Know & What We Will Never Know

6 sessions, 9 hours | **SW**

The assassination of our 35th president has left an indelible scar on the history of the 1960's. We'll examine the events from the lead up to the current release of information held at the National Archives. We'll review the official report, the theories, and the many side stories and rabbit holes that have grown out of the most shocking event of that decade.

Instructor: Jim Garrett

5-Digit Number: 30160 | Mon 10:00 - 11:30 a.m., 3/23 - 5/4

No Class: 4/6 | Location: Conference Center/E138

Tuition: \$20 | Fee: \$82 | Total: \$102



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



LIR351 The Hidden History of United States Intelligence From the Revolution Through to Today (SR)

6 sessions, 12 hours | | **SW**

From shadowy operatives in the streets of colonial America to high-tech cyber operations of the 21st century, U.S. intelligence work has shaped our nation's history in ways often hidden from public view. This course explores the evolution of America's intelligence community, revealing little-known stories of the people, organizations, and events that operated behind the scenes. We will trace the role of civilian spies during the American Revolution, uncover the 19th-century secret missions of prominent American writers and artists, and examine how the Army Engineering Corps doubled as a nationwide spy network during the Civil War. We'll learn about Franklin Roosevelt's private intelligence group, "The Room," and its absorption into Naval Intelligence, leading to the official postwar creation of the CIA, NSA, and 14 other U.S. intelligence agencies. The course will conclude with an analysis of major intelligence successes, failures, and challenges from the Cold War to the present day.

Note: This Structured Remote Course is entirely online.

Instructor: Jeffrey Steinberg

5-Digit Number: 30104 | Wed 10:00 a.m. - 12:00 p.m., 4/1 - 5/13

No Class: 4/8 | Location: Online

Tuition: \$25 | Fee: \$139 | Total: \$164



LIR167 Fascinating and Forgotten: Major Storms and Their Impact on Frederick

1 session, 1.5 hours

Take a fascinating journey through Frederick's stormy past. This presentation explores how the people of Frederick have weathered nature's extremes from the 1800s to the present day. Discover the powerful snowstorms that brought the city to a standstill including the historic blizzard of 2010 and the devastating floods that shaped local life, from 19th-century deluges to the flood of 1976. Learn how the powerful storms left their mark on the community including the development of flood control along Carroll Creek, the toll of droughts on agriculture, and the use of sleds during snowstorms. Through stories of resilience and innovation, this presentation reveals how weather has helped shape the identity of Frederick across generations.

Instructor: Jeanne McDermott

5-Digit Number: 30000 | Fri 9:30 - 11:00 a.m., 5/1

Location: Conference Center/E123

Tuition: \$10 | Fee: \$10 | Total: \$20



LIR344 Robert Rogers & Rogers' Rangers

4 sessions, 8 hours | **SW**

Rogers was a hard drinker, a profligate, accused of treason, dismissed from command, and imprisoned for debt. Yet he and his ranger corps—a renowned group of colonial frontiersmen who fought for the British during the French and Indian War—became the precursors to the United States Army Rangers. We'll explore the group's role in the French and Indian War and during Pontiac's War. We'll also examine Rogers' command at Michilimackinac, his treason trial in Montreal, and his successes and eventual dismissal during the American Revolution.

Instructor: Roger Swartz

5-Digit Number: 30112 | Mon 9:30 - 11:30 a.m., 5/4 - 6/1

No Class: 5/25 | Location: Conference Center/E125

Tuition: \$20 | Fee: \$104 | Total: \$124

LIR202 Jamestowne - The Sequel, 1624-1699

3 sessions, 4.5 hours | **SW**

"Jamestowne - The Sequel, 1624-1699" picks up the story of the first permanent British colony in America where "Jamestowne: The Colony that Almost Wasn't" ended. Virginia has become a royal colony and faces a whole new set of challenges, in particular Bacon's Rebellion in 1676. This course will discuss those challenges and how they led to the eventual abandonment of Jamestowne in 1699.

Instructor: Tracy Lewis

5-Digit Number: 30013 | Fri 10:00 - 11:30 a.m., 5/8 - 5/22

Location: Conference Center/E138

Tuition: \$12 | Fee: \$46 | Total: \$58



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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



ILR348 History of the Modern Middle East - Part I

5 sessions, 10 hours | **SW**

The first of this two-part course introduces students to the history and culture of the modern Middle East from the dawn of Islam in the 7th century to the eve of World War I in the early 20th century. Participants will come to appreciate the diversity of a region that is often dismissed as monolithic by examining both contrasts in the physical landscape and distribution of resources as well as the intricate mosaic of ethnicities, religions, and languages. Part I will trace the rise of Islam and its impact on the peoples and cultures of the Middle East, including an unprecedented expansion that resulted in a multicultural and intellectually robust empire spanning three continents. We will explore the rise and fall of the Ottoman Empire and Safavid Persia and examine the legacies of successive incursions from the West, beginning with the European Crusades and continuing under the imperial banners of Britain and France. This series will end with an exploration of competing 19th and 20th century nationalism, leading to fallen empires, broken promises, and current hostilities.

Note: Take either course or both. The instructor will recommend a companion text that covers the content of both Parts I and II.

Instructor: Linda Pappas Funsch

5-Digit Number: 30339 | Wed 1:00 - 3:00 p.m., 2/4 - 3/4

Location: Sweadner Hall

Tuition: \$20 | Fee: \$89 | Total: \$109

ILR349 History of the Modern Middle East - Part II

5 sessions, 10 hours | **SW**

Our journey through the history and culture of the modern Middle East resumes at the end of the First World War. The collapse of the Ottoman Empire and the partitioning of the region into European spheres of influence will provide historic context for many current conflicts. From vague post-war treaties to the creation of new states to British-mandated Palestine (a "twice-promised land"), the seeds of discontent, experienced today, were sown. Participants will trace the emergence of the United States as a political force in the Middle East, the rise of Arab nationalism, the sequence of Arab-Israeli conflicts/treaties/and accords, the oil crisis of the 70's, and the return to political Islam in its many manifestations. The rapid development and modernization of the Persian Gulf states, sub-regional schisms within the Gulf Cooperation Council, the competition for hegemony between Iran and Saudi Arabia, the return of Russian influence, and the legacy of U.S. intervention in Iraq and Afghanistan are among the topics to be explored in an effort to better understand this fascinating, if volatile, region.

Note: Take either course or both. The instructor will recommend a companion text that covers the content of both Parts I and II.

Instructor: Linda Pappas Funsch

5-Digit Number: 30340 | Wed 1:00 - 3:00 p.m., 3/11 - 4/15

No Class: 4/8 | Location: Sweadner Hall

Tuition: \$20 | Fee: \$89 | Total: \$109





Textiles and History



LIR295 Preserving the Past: Caring for Vintage and Antique Clothing

1 session, 1.5 hours

Learn the basics of the care and preservation of vintage and antique garments, from proper storage and handling to recognizing when professional care is needed. Perfect for collectors, vintage enthusiasts, or anyone looking to protect treasured textiles.

Instructor: Kelly White

5-Digit Number: 30004 | Fri 11:00 a.m. - 12:30 p.m., 3/6

Location: Conference Center/E138

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



LIR282 Arts and Culture Exploration: One Dress, Eight Stories

3 sessions, 3 hours | **SW**

This course will focus on events, history, people, and expression as it relates to artistic culture around the world. Learn the fascinating history of one c. 1910 wedding dress created in New York City for a bride headed to Santa Barbara, CA. This course will look at eight women associated with the dress - 2 dressmakers, 4 brides, an antique dealer, and one mother of a bride.

Instructor: Debbie Farthing

5-Digit Number: 29999 | Wed 10:00 - 11:00 a.m., 4/22 - 5/6

Location: Conference Center/E126A

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

LIR357 Threads Throughout History

3 sessions, 7.5 hours | **SW**

Women have used textiles, sewing, and needlework for centuries to express their emotions and tell of their life circumstances. This class will examine inspiring chronicles showing how cloth and hand stitching can hold cultural memories, tell powerful stories, celebrate life's beauty, and even scream protest to remember injustice. By witnessing these stories, these textiles hold hope for the future. This class will be fascinating for needlework and history buffs alike, as well as those struggling with how to express their emotions in a chaotic world. Class will be based on the book *Threads of Life: A History of the World through the Eye of a Needle* by Clare Hunter.

Instructor: Marcy Gouge

5-Digit Number: 30343 | Mon, Wed, Fri 9:30 a.m. - 12:00 p.m., 6/1 - 6/5

Location: Conference Center/E138

Tuition: \$15 | Fee: \$99 | Total: \$114



See page 34 for Learning on Location course
LIR322 Textile Museum at George Washington University, DC.

See page 29 for Personal Enrichment sewing courses.



Baker Park, Frederick, MD



LIR260 Footsteps in Frederick: Fabulous Fredericktonians

1 session, 1.5 hours

Discover the lives and legacies of Frederick's most influential citizens. This class explores the lives and lasting contributions of remarkable individuals who helped shape the community for the better. Through compelling facts and memorable stories, learn what made these men and women truly unique and admirable. Featured figures include Joseph Dill Baker, Marshall Etchison, Jacob Engelbrecht, Lord Nickens, Ron Young, Jacob Byerly, Esther Grinnage, and Emma Smith. Come celebrate the spirit of Frederick through the lives of those who made a lasting difference.

Instructor: Jeanne McDermott

5-Digit Number: 30001 | Fri 9:30 - 11:00 a.m., 5/15

Location: Conference Center/E123

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



LIR353 United States History: Reconstruction to the 1960s

5 sessions, 10 hours | **SW**

Step back into the second half of your high school history "survey class" as we explore American history from Reconstruction through the post-World War II era. Together, we'll trace the nation's journey from the aftermath of the Civil War into the Gilded Age, through the Great War and the Great Depression, and into the sweeping changes of World War II. We'll examine the enduring legacy of the Greatest Generation and the rise of the Baby Boomers. These hundred years shaped the United States we know today—its politics, culture, and identity—through events whose impact still echoes in our lives.

Instructor: Mary Mannix

5-Digit Number: 30109 | Tue, Fri 10:00 a.m. - 12:00 p.m., 6/2 - 6/16

Location: Conference Center/E123

Tuition: \$25 | Fee: \$104 | Total: \$129

LIR282 Arts and Culture Exploration: Famous Art Heists

3 sessions, 6 hours | **SW**

This course will focus on events, history, people, and expression as it relates to artistic culture around the world. Examine the curious world of art theft. Many thieves have stolen famous paintings and jewels despite museums having guards and cameras. We'll explore who does it, why they do it, and what happens to the art they steal including how it gets sold even when it is a well-known piece. Learn about the bizarre stories of how some of the most famous art in the world has been stolen and how some of it has been recovered.

Instructor: Marcy Gouge

5-Digit Number: 30019

Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 6/8 - 6/12

Location: Conference Center/E138

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

ILR585 Current National Security Challenges (SR)

4 sessions, 8 hours | | **SW**

Examine how U.S. National Security decision-making is taking place today in all of the major conflict regions around the globe. You'll discuss current challenges especially where the United States has engagement with changing situations like Russia, China, the Middle East, and also on our own home front following the election and change in administration. New content each term will be provided.

Note: This Structured Remote Course is entirely online.

Instructor: Jeffrey Steinberg

5-Digit Number: 30051 | Wed 10:00 a.m. - 12:00 p.m., 7/8 - 7/29

Location: Online

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



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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



HOM205 Manifest Your Dreams: Vision Board Workshop

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

Design your life, set your intentions, create your future. Join us for an inspiring and creative session where you'll bring your goals, dreams, and intentions to life through a powerful vision board. In this fun, hands-on workshop, you'll create a poster-sized visual roadmap for the months ahead—whether you're focused on career, wellness, travel, relationships, or personal growth. No artistic skills needed—just a willingness to dream big. All supplies are included.

Instructor: Margaret Coan

5-Digit Number: 30114 | Thu 3:00 - 5:00 p.m., 1/22 - 1/29

Location: Conference Center/E125

Tuition: \$10 | Fee: \$44 | Total: \$54

HOM126 Beginning Calligraphy: Italic

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

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

Instructor: Jodie Lide

5-Digit Number: 30113 | Fri 2:00 - 4:00 p.m., 2/6 - 3/27

Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$154 | Total: \$164

HOM199 Searching Afar from Near - Overseas Genealogy

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

All our families are from somewhere else in the world. Researching information from other countries can be frustrating, largely because we are not there, record keeping practices are different, and there are usually language barriers. We will work on planning out a research methodology and discuss where to look for records, both online and in print, for following your family history to another land. We will plan the class around the research needs of the people in the course.

Instructor: Mary Mannix

5-Digit Number: 30124 | Tue 10:00 a.m. - 12:00 p.m., 2/3 - 2/24

Location: Conference Center/E123

Tuition: \$20 | Fee: \$99 | Total: \$119

HOM180 Breaking Down Genealogy Brick Walls: Family History Troubleshooting

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

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

Instructor: Mary Mannix and Linda Frydl

5-Digit Number: 30128 | Tue 10:00 a.m. - 12:00 p.m., 5/5 - 5/26

Location: Conference Center/E123

Tuition: \$20 | Fee: \$94 | Total: \$114



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



HOM203 The Sewing Machine: Operation, Troubleshooting & Maintenance

2 sessions, 5 hours | **16+** | **SW**

Overcome your fears and challenges. Don't quit a project because your sewing machine jams and you are frustrated. This class is great for the beginner or novice who wants to learn how to properly use a sewing machine. Once you learn the how's and why's to set up, adjust and use a sewing machine, you will be stitching with confidence. You will learn how to set up, troubleshoot, correct, and maintain a sewing machine for peak performance. You will also learn how to manage a sewing machine's tension and demystify how to select the right thread and needle for a project. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

5-Digit Number: 30129 | Tue, Thu 3:00 - 5:30 p.m., 1/20 - 1/22
Tuition: \$15 | Fee: \$89 | Total: \$104



HOM204 Intro to Sewing

2 sessions, 5 hours | **16+** | **SW**

This course is designed specifically for beginners but also ideal for those who want to brush up on their skills. You'll learn the fundamental skills of sewing—measure, mark, cut, press, pin, and sew—ensuring precision and accuracy. Discover the latest sewing notions that help make tasks enjoyable. Then put your new skills to the test. You'll amaze yourself by making a charming 4-patch quilted pillow. Whether you've never picked up a needle and thread or just want to refresh your skills, this class will empower you with the knowledge and confidence needed to produce beautiful results. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

5-Digit Number: 30131 | Mon, Wed 3:00 - 5:30 p.m., 1/26 - 1/28
Tuition: \$15 | Fee: \$79 | Total: \$94



HOM193 Reading a Sewing Pattern - Basic Shirt Making Project

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

Learn how to read and follow a commercial sewing pattern and basic shirt making principles. There's no pressure in this class, because this shirt is too small to fit you. This adorable button-down shirt is full of learning opportunities that you can apply to other garments, including how to select the right size pattern for you, selecting the right fabric and sewing supplies, and finishing details for the best results. You will develop basic garment construction skills: sew the right size buttonholes, sew on buttons by machine, set-in sleeves, construct a collar and band, patch pocket, and more. The benefits of making a miniature-sized shirt are priceless, because there are no expectations, just learning opportunities. The knowledge you will gain in this class will last a lifetime, and give you confidence to make clothing sized just for you. Students will be emailed a list of supplies needed prior to the course. Supply costs vary from \$25-\$50 depending on the exact items purchased.

5-Digit Number: 30133 | Mon, Wed 3:00 - 6:00 p.m., 2/2 - 2/11
Tuition: \$10 | Fee: \$174 | Total: \$184

For all classes:

Instructor: Michelle Umlauf | **Location:** Conference Center/E134

HOM196 Chickenology (SR)

5 sessions, 10 hours | | | |

This course provides an in-depth exploration of the essential aspects of poultry management, from understanding breed characteristics to fostering sustainable practices. Students will develop a comprehensive understanding of poultry breeds, their backgrounds, and intended uses. The course will also cover critical considerations in poultry housing, protection, and predator management. Food sources for poultry including feed ingredients will be discussed. Practical care strategies will be emphasized to help students recognize and prevent common injuries, illnesses, and diseases in their flock. Students will also learn how to generate income through poultry management, including harvesting as a food source. This course is ideal for both beginner and experienced poultry keepers looking to enhance their knowledge and ensure the success and sustainability of their flock.

Note: Check back for more information on a soon to be added Advanced Chickenology class. This Structured Remote Course is entirely online.

Instructor: Carol Zegarski

5-Digit Number: 30197 | Tue 6:00 - 8:00 p.m., 3/10 - 4/14

No Class: 4/7 | Location: Online

Tuition: \$20 | Fee: \$79 | Total: \$99

**HOM197 Open Studio Pottery**

10 sessions, 30 hours | |

Develop techniques and experiment with new ideas and forms by spending time creating pottery in a state-of-the-art ceramics' facility. Enrolling in open studio hours allows you to work in a creative energetic environment that will foster the development of your artwork. There will be no formal instruction, but supervision will be provided. Students are required to have taken a prior pottery class (preferably Pottery I at FCC) and be familiar with the studio environment. Clay will be purchased through the bookstore either online or in person with a maximum purchase of 50 lbs. All orders will be stored in the studio. Please plan to show proof of purchase during the first session. Students will also have access to decorative, consumable items available in the studio. Consumable items will be available to you at no additional cost.

Instructor: Sam Martin

Option 1: 5-Digit Number: 30136 | Mon 5:00 - 8:00 p.m., 1/26 - 3/30

Option 2: 5-Digit Number: 30198 | Tue 1:00 - 4:00 p.m., 6/2 - 8/4

Location: Visual & Performing Arts Center/F120

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

FOR423 French Basic Communication and Conversation for Beginners

8 sessions, 16 hours | | |

Develop ability to communicate orally and in writing in French. Practice what you are learning by participating in class conversations and completing classroom assignments. In each class, we will also discover some aspects of the French culture such as food, music, history, movies, celebrations and more. This class is for those who have the desire or need to communicate in French as well as understand the basics of French culture. This class is designed to accommodate both true beginners and those who already have some basic skills but need first level practice. Repeat students are welcome.

Instructor: Erin Brooks

5-Digit Number: 30139 | Mon 5:00 - 7:00 p.m., 1/26 - 3/16

Location: Conference Center/E125

Tuition: \$44 | Fee: \$145 | Total: \$189

FOR300 American Sign Language for Beginners

10 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. There is an optional purchase of the digital curriculum platform True+Way. You will learn more about this platform on the first day of class including how to purchase it, how it works, and how you might use it as a supplemental curriculum.

Instructor: Gloria Dunham-White

True+Way Units 1-2:

5-Digit Number: 30345 | Tue, Thu 6:00 - 7:30 p.m., 2/3 - 3/5

Location: Conference Center/E138

Tuition: \$44 | Fee: \$145 | Total: \$189

True+Way Units 3-4:

5-Digit Number: 30346 | Tue, Thu 6:00 - 7:30 p.m., 3/17 - 4/23

No Class: 4/7, 4/9 | Location: Conference Center/E126A

Tuition: \$44 | Fee: \$145 | Total: \$189



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.

FOR124 Introduction to the Italian Language & Culture - Part 1

8 sessions, 16 hours |  | 

Explore Italian culture by learning proper basic grammar, pronunciation, vocabulary, customary greetings, and levels of formality Italian style. The course includes insight into the customs and traditions, holidays, and cultural nuances of Italy including food and meal etiquette. Also receive sightseeing recommendations and explore the country's geography and beauty from North to South. Practice what you are learning by participating in class conversations and completing classroom and homework assignments based on textbook exercises. Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included). The book should be purchased prior to the class and is available for purchase both online or through the bookstore.

Note: Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included).

Instructor: Dora Jaar

5-Digit Number: 30140 | Fri 10:00 a.m. - 12:00 p.m., 3/6 - 5/1

No Class: 4/10 | Location: Conference Center/E140

Tuition: \$44 | Fee: \$145 | Total: \$189

FOR224 Introduction to Italian Language & Culture - Part 2

8 sessions, 16 hours |  | 

Continue to develop your Italian language skills with practice conversations, videos, and other exercises. Practice will help with day-to-day interactions with Italian speakers. The course will also include further insight into Italian customs, traditions, food and geography from the north to the south. Italy is a very diverse country with thousands of years of history and so much to explore. You will be required to complete classroom and homework assignments based on textbook exercises. Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included). The book should be purchased prior to the class and is available for purchase both online or through the bookstore. This class is not considered an advanced course but is a continuation of the beginner Part 1 course that is offered. All students must take Part 1 prior to taking Part 2.

Note: Students are required to have the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included).

Instructor: Dora Jaar

5-Digit Number: 30141 | Wed 10:00 a.m. - 12:00 p.m., 3/4 - 4/29

No Class: 4/8 | Location: Conference Center/E126B

Tuition: \$44 | Fee: \$145 | Total: \$189

FOR100 Basic Conversational Spanish

8 sessions, 16 hours |  |  | 

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

Instructor: Continuing Education Instructor

5-Digit Number: 30137 | Tue, Thu 5:30 - 7:30 p.m., 5/5 - 5/28

Location: Conference Center/E125

Tuition: \$44 | Fee: \$145 | Total: \$189

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.

Instructor: Continuing Education Instructor

5-Digit Number: 30138 | Tue, Thu 5:30 - 7:30 p.m., 6/2 - 6/25

Location: Conference Center/E125

Tuition: \$44 | Fee: \$145 | Total: \$189



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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



Learning on Location

ILR897 The Appalachian Trail Experience

2 sessions, 4 hours

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore 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. The first session is in the classroom and the second session is a hike to see some iconic sights on this famous footpath. Students are to provide their own transportation to the meet up location.

Rain Date for the hike - 4/1

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

Instructor: Tara Gettig

5-Digit Number: 30049 | Tue 9:30 - 11:00 a.m. & Tue 9:30 a.m. - 12:00 p.m., 3/24 - 3/31

Location: Off Campus

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



LIR332 Meridian Hill Park Walk

1 session, 7.75 hours

Join us for a visit to Meridian Hill Park, one of Washington, D.C.'s most historic and unique green spaces. Located along 16th Street NW, this 11-acre park has a fascinating past that stretches back to 1819, when John Porter built a mansion here and named the site "Meridian Hill." Former President John Quincy Adams even lived on the property after leaving the White House. During the Civil War, the famed 54th Massachusetts Regiment, the first all-African American regiment, encamped on these grounds under Colonel Robert Gould Shaw, namesake of D.C.'s Shaw neighborhood. In the early 20th century, the federal government transformed the land into a formal Italian-style garden, complete with sweeping terraces, elegant stonework, and grand fountains. Today, the park is home to the spectacular cascading fountain, one of the longest of its kind in North America, as well as several notable statues, including the only equestrian statue of a woman in D.C. - Joan of Arc. You'll also see memorials honoring figures such as Dante, President James Buchanan, and the graceful Serenity statue. On this trip, we'll stroll the beautifully designed grounds, admire the Renaissance-inspired landscape, and learn about the park's role as both a democratic gathering place and an experimental site for innovative stonework. Relax, explore, and enjoy one of D.C.'s true hidden gems! A boxed sandwich

lunch is included in the fee. Moderate walking on mostly flat surfaces with some steps for up to 1 mile with stops.

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

Instructor: Alexandra Tyron-Hopko

5-Digit Number: 30044 | Wed 9:15 a.m. - 5:00 p.m., 3/25

Location: Off Campus

Tuition: \$10 | Fee: \$84 | Total: \$94



LIR317 Cemetery Sojourns - Old Saint Paul's Cemetery and Westminster Hall Burying Ground, Baltimore

1 session, 6.5 hours

Join award-winning local documentarian, author, and historian Chris Haugh for another walking tour through some of Baltimore's most historic graveyards. Located near Oriole Park at Camden Yards, Old Saint Paul's Cemetery opened in 1800 under the purview of Saint Paul's Protestant Episcopal Church. This cemetery is fairly small, encompassing only a few acres of ground surrounded by brick walls and open by appointment only. It is noted for the large number of historical figures and prominent families interred in its grounds. Here you will find buried noted politicians, businessmen, war heroes and the son of the founder of Frederick. It once even held the mortal remains of Francis Scott Key before he was moved to Frederick in 1866. We will visit gravesites and then walk a few short blocks to Westminster Hall and its surrounding burying ground. Dating back to 1787, this graveyard of the First Presbyterian Church of Baltimore is the final resting place (hopefully) of writer Edgar Allan Poe, and Philip Barton Key, son of Francis Scott Key, who died tragically in 1859. Chris writes a blog entitled "Stories in Stone" and serves as Preservation Manager and Historian of Frederick's historic Mount Olivet Cemetery. Bring your walking shoes as we expect to walk less than 2 miles on level terrain. Following the tour, we will head to the oldest public market in the United State, the famous Lexington Market, where you can enjoy a late lunch on your own at one of the many food stands located in this historic space.

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

Instructor: Christopher Haugh

5-Digit Number: 30039 | Thu 9:00 a.m. - 3:30 p.m., 4/16

Location: Off Campus

Tuition: \$10 | Fee: \$84 | Total: \$94



LIR332 Arlington National Cemetery: An Insider's Tour

1 session, 6.75 hours

Arlington National Cemetery is one of the most famous cemeteries in the world, best known for the Tomb of the Unknown Soldier and as the final resting place of President John F. Kennedy. On this journey, you will explore all aspects of the cemetery—from its connection to America's first family, to its origins, traditions, and rich, colorful history. Few people understand how the cemetery operates or the protocols behind its daily activities. Perhaps most fascinating are the stories and personal histories of the service members who will spend eternity here in honored glory. A boxed sandwich lunch is included in the fee. Extensive walking is expected along undulating pathways and hills for approximately 2.5 miles with breaks. All areas are accessible to individuals with limited disabilities.

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

Instructor: Jim Garrett

5-Digit Number: 30047 | Tue 9:00 a.m. - 3:45 p.m., 4/21

Location: Off Campus

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



LIR326 Baltimore and Ohio Railroad History Tour

1 session, 7.5 hours

Travel to Baltimore to visit the B&O Railroad Museum. During a guided tour, we'll learn about the history of the historic engines, finishing the tour with a Mile One Express train ride. You will also have time to explore the museum on your own. Lunch will be on your own at the nearby Lexington Market, the oldest continuously running market in the United States, where there are a variety of food vendors to satisfy every taste. As we head back west, we'll stop at Baltimore & Ohio Ellicott City Train Museum for a glimpse inside. Built in 1831, it is the oldest station in America and provided a link to Frederick. This tour involves walking short distances at a time and standing throughout the day including walking on possible uneven pavement while in Ellicott City.

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

Instructor: Jeanne McDermott

5-Digit Number: 30041 | Thu 9:00 a.m. - 4:30 p.m., 5/7

Location: Off Campus

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



Harpers Ferry, WV

LIR224 Soles to Souls: Harpers Ferry's Footprints

1 session, 8.25 hours

Few places have as many square feet of history as Harpers Ferry. Crammed between two rivers and sheltered within three mountains, Harpers Ferry represents layers of America's stories, from John Brown through the Civil War to the inception of Civil Rights. We will walk in the footsteps of people who transformed America while also engaging in the bountiful beauty of Harpers Ferry in the fall. Areas explored include: Camp Hill, Bolivar Heights Battlefield, School House Ridge Battlefield, and Chambers/Murphy Farm Battlefield. This bus tour involves walking on moderate terrain for up to 3.5 miles spread over the course of the day. Lunch will be on your own in Harper's Ferry.

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

Instructor: Dennis Frye

5-Digit Number: 30040 | Wed 8:15 a.m. - 4:30 p.m., 5/13

Location: Off Campus

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

FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or Wi-Fi.

(Continues on page 34)

Learning on Location *(Continued from page 33)*

NEW

LIR167 Fascinating and Forgotten: Walking Tour: East and West Patrick Street and It's Hidden Secrets

1 session, 1.5 hours

This easy walking tour will cover the architecture and history of Patrick Street. We'll walk by some famous landmarks including the Weinburg Theatre and the Francis Scott Key Hotel. We'll also learn about notable houses like the Barbara Fritchie House, buildings, and former retail shops that line this important Frederick street. Civil War history will be included. Discover a former bowling alley, car dealership, and a hardware store dating back to the late 1700's. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace. Rain Date - 5/30

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

Instructor: Jeanne McDermott

5-Digit Number: 30042 | Sat 10:00 - 11:30 a.m., 5/16

Location: Off Campus

Tuition: \$10 | Fee: \$10 | Total: \$20

NEW

LIR167 Fascinating and Forgotten: Walking Tour: All About the South - Bentz and West South Streets

1 session, 1.5 hours

This easy walking tour includes the interesting architecture of South Bentz and South West Streets. We'll discover some lesser known buildings including a former jail. The history behind the street names will be uncovered and African American history will be presented. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace. Rain Date - 6/13

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

Instructor: Jeanne McDermott

5-Digit Number: 30043 | Sat 10:00 - 11:30 a.m., 6/6

Location: Off Campus

Tuition: \$10 | Fee: \$10 | Total: \$20

NEW

LIR332 Textile Museum at George Washington University, DC

1 session, 7.75 hours

Over one hundred years ago George Hewitt Myers established The Textile Museum, positioning it as a world leader in the study and appreciation of textiles. This unusual collection includes more than 21,000 examples of handmade textile art representing five continents and five millennia. Students will participate in a docent-led tour then have free time to explore both permanent and special exhibits. Lunch will be on your own at "The Square", a nearby premier food hall and market offering diverse restaurants and a vibrant atmosphere for all price points. Exploring the museum and food market involves moderate walking and standing with areas for sitting.

Consider the following companion classes as well: LIR282 (One Dress, Eight Stories), LIR295 (Threads Throughout History), and LIR295 (Preserving the Past; Caring for Vintage and Antique Clothing).

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

Instructor: Marcy Gouge

5-Digit Number: 30045 | Tue 9:00 a.m. - 4:45 p.m., 6/9

Location: Off Campus

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



See page 26 for History, Cultures, and Current Issues courses, Textiles and History.

FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or Wi-Fi.

LIR272 Downsizing Simplified: Living Smaller and Loving it

2 sessions, 3 hours

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

Instructor: Stacy Reno

5-Digit Number: 29979 | Wed 3:00 - 4:30 p.m., 3/4 - 3/11

Location: Conference Center/E138

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

ILR969 Advance Care Planning: Your Life, Your Plan

1 session, 2 hours

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

Instructor: Sharon Smith

5-Digit Number: 29978 | Wed 10:00 a.m. - 12:00 p.m., 3/18

Location: Conference Center/E125

Tuition: \$10 | Fee: \$14 | Total: \$24

ILR766 Trips and Tips for Women Traveling Solo in Retirement

2 sessions, 6 hours | **SW**

There's a big world out there--but if you don't have a travel companion, what do you do? This class will teach you the benefits (and concerns) about traveling solo in a post 9/11 world. Course will cover how to plan a great trip, pay for it, and then share it with others. Along the way we will talk about concerns such as safety, eating alone, and how to meet local people on your travels. You will even get some tips on great itineraries for older women. Don't miss out on the great experience of traveling just because you have no one to travel with!

Instructor: Marcy Gouge

5-Digit Number: 30016 | Mon, Wed 9:00 a.m. - 12:00 p.m., 4/13 - 4/15

Location: Conference Center/E125

Tuition: \$20 | Fee: \$79 | Total: \$99

LIR221 Preparing Important Documents for a Life Event

1 session, 2 hours

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

Instructor: Karen R Smith

5-Digit Number: 30015 | Thu 10:00 a.m. - 12:00 p.m., 4/30

Location: Conference Center/E123

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



LIR347 Wills and Estates - Important Information To Know

1 session, 2 hours

Learn the functions of the Register of Wills office and the importance of having a will. The class will also explain the process of opening an estate when a loved one passes. There will be time for questions and answers during the class.

Instructor: Mary Rolle

5-Digit Number: 30095 | Wed 9:00 - 11:00 a.m., 5/6

Location: Conference Center/E138

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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

ILR433 Being Human: Sex and Gender (SR)

4 sessions, 8 hours |  | **SW**

The American public is deeply divided these days over sex and gender and who gets to define them. In this class, we'll develop an understanding of this central aspect of human identity through the lenses of physical and cultural anthropology. We'll identify what's unique about human sexuality, examine the circumstances that led to the development of gender roles, and view sex and gender from a holistic perspective that includes data from around the world and across time.

Note: This Structured Remote Course is entirely online.

Instructor: Julie Castillo

5-Digit Number: 30002 | Tue 10:00 a.m. - 12:00 p.m., 2/17 - 3/10

Location: Online/Online

Tuition: \$15 | Fee: \$79 | Total: \$94



NEW LIR350 Janus: Paradoxes of Responsibility and Freedom

3 sessions, 4.5 hours

Moral life entails a struggle to reconcile responsibility and freedom. Complicating that struggle is the Janus-like nature of these two words. Each embody opposing, contradictory meanings, which are then compounded when paired in opposition to each other. Any virtue contains the seed of a corresponding vice, and it is sometimes hard to know which is which. How can we know the difference between holding people accountable and scapegoating them? Or the difference between liberty and license or self-confidence and narcissism. The upshot of this is that moral life is inescapably paradoxical. This course provides a framework for identifying moral paradoxes, along with some hints about how to convert bad paradoxes into good (or at least manageable) ones. Jokes, puns, and the adventures of Captain Horatio Hornblower will guide this project and help us talk with, rather than past, one another.

Instructor: Michael Harmon

5-Digit Number: 30117 | Thu 2:00 - 3:30 p.m., 3/5 - 3/19

Location: Conference Center/E136

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

NEW LIR342 The Black Catholic Experience

4 sessions, 6 hours |  | **SW**

Black Catholics want a sense of being Catholic, especially if they are converts; but they don't want to be cut off from their historical and cultural roots. They desperately need and want a sense of identity. Many were not able to tell their children about what it means to be Black Catholics or about Black saints or priests. This course provides a history and supports effective and cognitive recognition of the contributions of Black Catholics in America. With this background information, Black Catholics have good reason to be proud Catholics and not feel they have given up their Black culture.

Instructor: David Owens

5-Digit Number: 30116 | Tue, Thu 6:30 - 8:00 p.m., 3/17 - 3/26

Location: Conference Center/E136

Tuition: \$10 | Fee: \$54 | Total: \$64



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.



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



Psychic Development Series

In this series you'll explore psychic development, mediumship, and spiritual healing. Learn to strengthen your intuitive abilities, connect with spiritual energies, and explore various forms of psychic perception. Through lectures and guided exercises, you'll gain hands-on experience in communicating with spirit and facilitating healing. Emphasis is placed on ethical practice, personal growth, and developing trust in your inner guidance. This series provides a supportive space for spiritual expansion. Classes should be taken in sequence as they are meant to build upon each other and assist with psychic ability development however students do not need to take every class to enjoy or gain knowledge from the series. Bring a notebook to take notes during each session.



LIR348 Psychic Development Series: Connecting With Your Seer Guide

5-Digit Number: 30118 | Wed 6:00 - 8:00 p.m., 3/11



LIR348 Psychic Development Series: Chakra Balancing and Grounding

5-Digit Number: 30119 | Wed 6:00 - 8:00 p.m., 4/22



LIR348 Psychic Development Series: Divination Tools

Note: Bring a divination tool like a pendulum, dowsing rod, or tarot cards.

5-Digit Number: 30120 | Wed 6:00 - 8:00 p.m., 5/13



LIR348 Psychic Development Series: Trusting Your Intuition

5-Digit Number: 30121 | Wed 6:00 - 8:00 p.m., 6/17



LIR348 Psychic Development Series: Crystals

Note: Bring a crystal or stone to class.

5-Digit Number: 30122 | Wed 6:00 - 8:00 p.m., 7/15



LIR348 Psychic Development Series: Photo Reading

Note: Bring a personal photo to class to be read by other students. However, if the subject of the photo has passed, it could be difficult to read them.

5-Digit Number: 30123 | Wed 6:00 - 8:00 p.m., 8/5



For above classes: 1 session, 2 hours |  | **Instructor:** Rhonda Russo

Location: Conference Center/E138 | Tuition: \$10 | Fee: \$14 | Total: \$24



LIR288 Discover Your Past Lives

2 sessions, 3 hours |

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

Instructor: Brenda Thew

5-Digit Number: 30021 | Tue 6:00 - 7:30 p.m., 4/28 - 5/5

Location: Conference Center/E140

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

LIR296 Ghost Hunting 101

2 sessions, 4 hours |

Learn how to become a ghost hunter. This is a beginner class that will teach you how to find ghosts, obtain physical evidence, and/or have a personal experience. You'll learn how to safely ghost hunt both physically and psychically. This class will prep you for real ghost hunting trips.

Instructor: Rhonda Russo

5-Digit Number: 30028 | Wed 6:00 - 8:00 p.m., 2/18 - 2/25

Location: Conference Center/E125

Tuition: \$10 | Fee: \$16 | Total: \$26

LIR296 Ghost Hunting 101 - Historic Rainworth Lodge, Gettysburg Investigative Field Trip

1 session, 3 hours |

This investigative field trip involves the use of ghost hunting equipment and takes place in the evening hours. Only students who have attended the Ghost Hunting 101 class are permitted to attend the investigation. Portions of the investigation will occur in the dark. The group size will be kept small. Students are to provide their own transportation to the Historic Rainworth Lodge in Gettysburg, and they are also encouraged to bring ghost hunting equipment if they desire. The Lodge will be closed to the public until the following morning. Both the lodge and the 2.5-acre estate will be available for the investigation. All registered students may spend the night at the lodge if they desire though having private quarters cannot be guaranteed. An email with additional details will be sent one week prior to the course date.

Note: Students will be required to provide their own transportation. An email with additional information will be sent one week prior to the course date.

Instructor: Rhonda Russo

5-Digit Number: 30029 | Fri 8:00 - 11:00 p.m., 4/17

Location: Off Campus

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



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

PHO131 Camera and Photography Basics

2 sessions, 7 hours | **16+**

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

Instructor: Walter Calahan

5-Digit Number: 30078 | Sat 9:30 a.m. - 1:00 p.m., 3/7 - 3/14

Location: Conference Center/E134

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



PHO136 Photographic Composition

1 session, 3.5 hours | **16+**

The course will explore the foundational building blocks for quality photographic composition. The visual grammatical rules for arranging content within the camera's viewfinder are well known and can be applied within minutes of learning them. This course will explain the importance of directional light, rule of thirds, layering the geometry of objects within the photograph, as well as many other tools for making pictures more appealing. It is recommended that students complete a camera and photography basics class before enrolling. Bring your camera to class for hands on training.

Instructor: Walter Calahan

5-Digit Number: 30094 | Sat 9:30 a.m. - 1:00 p.m., 4/18

Location: Conference Center/E134

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

PHO129 Mastering Exposure

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

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

Instructor: Walter Calahan

5-Digit Number: 30080 | Sat 9:30 a.m. - 1:30 p.m., 4/25

Location: Conference Center/E134

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

PHO132 Cell Phone Photography

3 sessions, 9 hours | **16+**

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

Instructor: Walter Calahan

5-Digit Number: 30084 | Sat 9:30 a.m. - 12:30 p.m., 5/2 - 5/16

Location: Conference Center/E138

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

PHO135 Managing & Archiving Cell Phone Photographs

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

A review of best practices for managing and archiving your cell phone's photography collection. Computer software for Windows OS and MacOS will be demonstrated. We'll also explore methods to connect iPhone and Android cell phones to a computer.

Instructor: Walter Calahan

5-Digit Number: 30082 | Sat 9:30 a.m. - 12:30 p.m., 6/6

Location: Conference Center/E139

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



ILR968 Discover a Season: Spring Flowers and Birds

1 session, 2 hours

Experience the magic of spring as nature comes alive all around us. This guided walk invites you to witness the beauty of migratory birds returning to Maryland and the vibrant blooms emerging from the freshly thawed earth. With each step, you'll enjoy the sights and sounds of the season. Bring binoculars if you have them to get a closer look at our feathered visitors. This leisurely walk will cover up to 1 mile on mostly level or gravel paths—perfect for nature lovers of all experience levels.

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

Instructor: Kathy Barylski

5-Digit Number: 30031 | Tue 10:00 a.m. - 12:00 p.m., 4/14

Location: Off Campus

Tuition: \$10 | Fee: \$14 | Total: \$24



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



ENG243 Writing To Heal The Heart

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

This course will teach you how to connect more intimately to yourself, to others, and to your environment through writing. Writing will be the tool you use to seek the truth as you allow it to become your guiding light and provide a means of healing. The course will incorporate exploring multiple genres such as poetry, memoir, short stories, novels, and journals. The course is a hands-on experience. You will be given the opportunity to write in class and share your work.

Instructor: Margaret Coan

5-Digit Number: 30143 | Wed 1:00 - 3:00 p.m., 1/28 - 2/25

Location: Conference Center/E125

Tuition: \$20 | Fee: \$89 | Total: \$109

ENG240 Amherst Writers and Artists Workshop: Exploring Themes of Loss

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

As we move through life, we inevitably experience losses. Parents pass away, marriages end in divorce or death, children leave home, professional lives transition, and we face physical challenges as we age. Some losses can be a natural consequence of growing older, while others occur at a much earlier in life than expected. Writing about these experiences can help us process them and put them in perspective. We'll use the Amherst Writers and Artists method to explore themes of loss by writing poetry, prose, memoir, or other non-fiction. The writer will choose the form of expression. The instructor will use popular songs, poetry, and memoir prompts to inspire students' writing. While the AWA method may be therapeutic, it is not a substitute for therapy or bereavement counseling. If you have experienced a major loss in the past 12 months, this class may not be a good fit for you.

Instructor: Sherri Philpott

5-Digit Number: 30142 | Mon 1:00 - 3:00 p.m., 3/16 - 5/18

No Class: 4/6, 4/27 | Location: Conference Center/E125

Tuition: \$30 | Fee: \$174 | Total: \$204



SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours | **SW**

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

Instructor: Dorothy O'Neal

5-Digit Number: 30050 | Wed 1:00 - 3:00 p.m., 4/15 - 5/27

Location: Conference Center/E125

Tuition: \$40 | Fee: \$104 | Total: \$144



In Loving Memory

Howard Winfield Cox

ILR Instructor

Howard Winfield Cox died peacefully on July 28, 2025, in Frederick, Maryland. A highly regarded federal attorney, investigator, educator and author, Howard was 75. At the start of his career in the federal government, Howard pursued fraud, waste and abuse cases tied to government contracts



and services. As a young staff counsel on the U.S. Senate Permanent Subcommittee on Investigations, he helped co-author the Program Fraud Civil Remedies Act. Howard served as a criminal investigator, prosecutor and intelligence officer across a broad array of federal offices retiring from the Central Intelligence Agency as the Assistant Inspector General for Investigations. Earlier, at the Department of Justice, he served as Assistant Deputy Chief of the Computer Crime and Intellectual Property Section. His leadership earned him the Attorney General's Distinguished Service Award. Howard was also a U.S. Army Captain veteran. As an adjunct instructor for the ILR Program, he taught history classes. Howard made the most of his retirement, traveling the world with his wife Sharon and using his investigative skills to research and write his well-received book *American Traitor* (Georgetown University Press). Howard was a warm and witty man.

FREE Spring Courses

The following programs are made possible with financial support from the FCC Foundation, a nonprofit organization established to receive private gifts from individuals and organizations. Programs supported include complimentary courses, ILR socials, the Curious Traveler's Club programming, honorariums, group meetings, and event sponsorships. The FCC Foundation is a nonprofit, 501 c 3 organization. Tax id no 52-1231768. www.frederick.edu/foundation. Please consider making a donation.

LIR261 Understanding Spiritual Experiences: Shamanism, Wicca and Occult, Swedenborg, Healing

4 sessions, 6 hours | **SW**

Spiritual experiences are not well understood or discussed, but the majority of the population have one or more experiences. Spiritual experiences can happen in a religious settings or in a non-religious settings. This course will examine spiritual experiences in some of the non-traditional religious enclaves including shamanism, wicca and the occult. We will also examine descriptions of the world beyond from the writings of Swedenborg, Anthony Borgee, Eban Alexander and others. And we will look at the role of spirituality in healing and the relationship between spiritual phenomena and health. The emphasis is on understanding spiritual experiences and finding common characteristics. This is not a class about beliefs or dogma. We will discuss recent research and the various organizations devoted to the study of spirituality. And of course sharing experiences is an important part of the course.

Note: This course will meet on campus in an in-person format, with an option to attend virtually via Zoom. ILR staff will email the Zoom link directly to the students the day before the class start date.

Instructor: Sara Towe

5-Digit Number: 30038 | Mon 11:00 a.m. - 12:30 p.m., 2/2 - 2/23

Location: Conference Center/E126A

This is a free course.*



LIR205 Computer Security and Cyber Threats

3 sessions, 6 hours | **SW**

We live in an age of technology. Almost everything is run by it. Unfortunately, many cybercriminals want to use technology to take advantage of us. This class will teach basic online safety. You'll learn how to identify and protect your internet-connected devices, identify various types of scams, and use social media, email, and text messages securely. You'll also understand why antivirus software and strong passwords matter. By the end of this course, you will feel more confident about how to protect your devices and avoid online threats.

Instructor: Leah Arnold

5-Digit Number: 30037 | Wed 11:00 a.m. - 1:00 p.m., 3/4 - 3/18

Location: Langanore Hall/L117

This is a free course.*

** For free courses, a \$15 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 this period.*

ILR903 Hormones and Brain Health

1 session, 2 hours

As we age, our hormone levels change, and so does our brain health. This course is designed to explore the intricate relationship between hormones and brain function. Students will learn how hormonal fluctuations affect memory, mood, cognition, and overall mental well-being. The course will delve into key hormones and their impact on the brain and will also explore practical strategies to manage hormonal health, improve brain function, and reduce the risk of cognitive decline. Whether you're looking to boost your mental clarity, manage stress, or better understand the physical changes in your body, this course will provide you with the tools and knowledge to take control of your brain and hormonal health.

Instructor: Lindsey McCormick

Date and location coming soon. Please check ILRFCC.org for more information.

This is a free course.*

LIR287 Protect Your Nest Egg (SR)

1 session, 1.5 hours | 

Never stop learning, especially when it comes to protecting your hard-earned money. After reviewing investing basics such as risk and return, you'll learn about the latest changes from SECURE Act 2.0, and how diversification can reduce the risk of investing. This workshop will also discuss how to monitor investment accounts, how to research investments and investment professionals, and how to add a "trusted contact" to a brokerage account. Attendees will also learn how to spot the red flags of scams, especially the rising trend of relationship investment scams that begin with seemingly accidental texts or social media contacts and can lead to devastating losses and repeat victimization.

Note: This Structured Remote Course is entirely online.

Instructor: Tom Manganello

5-Digit Number: 30036 | Thu 10:00 - 11:30 a.m., 3/12

Location: Online

This is a free course.*



LIR343 From Colonies to Country: How Americans Drew the Map of the United States

3 sessions, 4.5 hours

Explore how the United States grew from thirteen colonies of the British empire to fifty states of an independent nation that stretches across North America into the Pacific Ocean and Arctic. Students will learn about the origins of states, the states that never came to be, and the people who created this country's borders.

Instructor: Tracy Lewis

5-Digit Number: 30127 | Fri 10:00 - 11:30 a.m., 4/17 - 5/1

Location: Conference Center/E138

This is a free course.*



LIR345 Iconic Women: Portraits & Conversation

1 session, 2 hours

Join local artist Juliet Gilden for a unique lecture and discussion series that celebrates iconic women, past and present, who have helped shape culture, politics, and the arts. In each session, Juliet will share a selection of her original painted portraits of these women and speak about the creative choices behind each piece, from symbolism and color to gesture and mood. Together, the group will explore the lives and legacies of these women, engage in meaningful conversation, and reflect on the power of visual storytelling in honoring history and empowering future generations. No art experience necessary. Consider the following companion class: ACR617 (Stylized Painting: Whimsical Expression on Canvas).

Instructor: Juliet Gilden

5-Digit Number: 30126 | Tue 2:00 - 4:00 p.m., 4/14

Location: Conference Center/E138

This is a free course.*



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



Senior Tuition Eligible | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

CO-LISTED CLASSES FOR ILR STUDENTS

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

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

FOR419 **American Sign Language I**

FOR421 **Introductory Spanish I**

FOR429 **American Sign Language II**

FOR422 **Introductory Spanish II**

FOR432 **American Sign Language IV**

FOR409 **Introductory Latin I**

FOR406 **Introductory French I**

FOR407 **Introductory Russian I**

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

ONLINE COURSES BY ILR COURSE TITLE

LIR351 **The Hidden History of United States Intelligence From the Revolution Through to Today**

LIR261 **Understanding Spiritual Experiences: Shamanism, Wicca and Occult, Swedenborg, Healing (Hy-Flex)**

ILR585 **Current National Security Challenges**

HOM196 **Chickenology**

ILR433 **Being Human: Sex and Gender**

ACR172 **Introduction to Voiceovers**

LIR287 **Protect Your Nest Egg**

ILR WINTER/SPRING 2026 CALENDAR • MONDAY - FRIDAY

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 NEW YEAR'S DAY NO CLASSES	2
5	6	7	8	9
12	13	14	15	16
19 MLK DAY NO CLASSES	20 3:00 The Sewing Machine	21 1:00 Am. Exp., Vietnam: 1945-1975	22 9:30 Introduction to Google Sheets 2:00 Introduction to Google Docs 3:00 Dreams: Vision Board Workshop <u>3:00 The Sewing Machine</u>	23 2:00 Navi. the Md Gen. Assembly
26 10:00 How to Listen to Jazz 2:00 Am. Law of Torts Series: feat 1 3:00 Intro to Sewing 5:00 French for Beginners 5:00 Open Studio Pottery	27 1:00 Tai Chi, Option 1	28 1:00 Am. Exp., Vietnam: 1945-1975 1:00 Writing To Heal The Heart <u>3:00 Intro to Sewing</u>	29 9:30 Introduction to Google Sheets <u>10:00 Greeting Cards, Valentine's Day</u> <u>10:00 Med. Curious - Vaccines</u> 1:00 Tai Chi, Option 2 <u>2:00 Introduction to Google Docs</u> <u>3:00 Dreams: Vision Board Workshop</u>	30 2:00 Navi. the Md Gen. Assembly

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

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 How to Listen to Jazz 11:00 Spiritual Experiences 2:00 Am. Law of Torts Series: feat 1 3:00 Basic Shirt Making 5:00 French for Beginners 5:00 Open Studio Pottery	3 9:00 Watercolor, Multi. & Begin. 10:00 Overseas Genealogy 10:00 Tri. & Trib., International Dev. 11:00 Rebuild. Capitol, 1814, Lecture 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 6:00 ASL Beginners, Units 1 & 2	4 1:00 Am. Exp., Vietnam: 1945-1975 1:00 Hist. Mod. Middle East, Pt. 1 1:00 Writing To Heal The Heart 2:00 Intro. to Ballroom Dancing 3:00 Basic Shirt Making	5 <u>10:00 African Am. Lecture Series, Treasured Voices</u> <u>10:00 A.I. Dilemmas, How to Thrive</u> 1:00 Law and Racism 1:00 Tai Chi, Option 2 6:00 ASL Beginners, Units 1 & 2	6 10:00 French and Indian War 2:00 Beginning Calligraphy: Italic <u>2:00 Navi. the Md Gen. Assembly</u>
9 9:30 Articles of Confed. to Constit. 10:00 How to Listen to Jazz 11:00 Spiritual Experiences 2:00 Am. Law of Torts Series: feat 1 3:00 Basic Shirt Making 5:00 French for Beginners 5:00 Open Studio Pottery	10 9:00 Watercolor, Multi. & Begin 10:00 Overseas Genealogy 10:00 Tri. & Trib., International Dev. <u>11:00 History Bites - Japan and WWII</u> 11:00 Rebuild. Capitol, 1814, Lecture 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 6:00 ASL Beginners, Units 1 & 2	11 9:00 Russian History 1:00 Am. Exp., Vietnam: 1945-1975 1:00 Beginner Guitar, Cog. Health 1:00 Hist. Mod. Middle East, Pt. 1 1:00 Writing To Heal The Heart 2:00 Intro. to Ballroom Dancing <u>3:00 Basic Shirt Making</u> 6:30 Local Afr. Am. Hist., All Sts. St.	12 10:00 Digital Literacy Skills 1:00 Law and Racism 1:00 Tai Chi, Option 2 2:00 Aviation History - Avi. Safety 6:00 ASL Beginners, Units 1 & 2	13 9:30 Drawing for Beginners 10:00 French and Indian War 1:00 Guitar Jam Sessions, Cog. Health 2:00 Beginning Calligraphy: Italic
16 9:30 Articles of Confed. to Constit. 10:00 How to Listen to Jazz 11:00 Spiritual Experiences 2:00 Am. Law of Torts Series: feat 1 5:00 French for Beginners 5:00 Open Studio Pottery	17 9:00 Watercolor, Multi. & Begin 10:00 Being Human: Sex and Gender 10:00 Overseas Genealogy 10:00 Tri. & Trib., International Dev. <u>11:00 Rebuild. Capitol, 1814, Hike</u> 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 6:00 ASL Beginners, Units 1 & 2	18 9:00 Russian History 1:00 Am. Exp., Vietnam: 1945-1975 1:00 Beginner Guitar, Cog. Health 1:00 Hist. Mod. Middle East, Pt. 1 1:00 Writing To Heal The Heart 2:00 Intro. to Ballroom Dancing 6:00 Ghost Hunting 101 6:30 Local Afr. Am. Hist., All Sts. St.	19 10:00 Digital Literacy Skill 1:00 African Am. Lecture Series, Tips, African Am. Genealogy 1:00 Law and Racism 1:00 Tai Chi, Option 2 6:00 ASL Beginners, Units 1 & 2	20 9:30 Drawing for Beginners 10:00 French and Indian War 1:00 Guitar Jam Sessions, Cog. Health 2:00 Beginning Calligraphy: Italic
23 9:30 Articles of Confed. to Constit. 10:00 How to Listen to Jazz <u>11:00 Spiritual Experiences</u> <u>2:00 Am. Law of Torts Series: feat 1</u> 5:00 French for Beginners 5:00 Open Studio Pottery	24 9:00 Watercolor, Multi. & Begin 10:00 Being Human: Sex and Gender 10:00 Overseas Genealogy 10:00 Tri. & Trib., International Dev. 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 6:00 ASL Beginners, Units 1 & 2	25 9:00 Russian History 1:00 Am. Exp., Vietnam: 1945-1975 1:00 Beginner Guitar, Cog. Health 1:00 Hist. Mod. Middle East, Pt. 1 <u>1:00 Writing To Heal The Heart</u> 2:00 Intro. to Ballroom Dancing 5:30 Olive Oil & Vinegar <u>6:00 Ghost Hunting 101</u> 6:30 Local Afr. Am. Hist., All Sts. St.	26 10:00 Digital Literacy Skills 10:00 Med. Curious - Lab Tests 1:00 Law and Racism 1:00 Tai Chi, Option 2 2:00 Aviation History - Lindberg & Spirit of St. Louis 6:00 ASL Beginners, Units 1 & 2	27 9:30 Drawing for Beginners 10:00 French and Indian War 1:00 Guitar Jam Sessions, Cog. Health 2:00 Beginning Calligraphy: Italic

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

March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Articles of Confed. to Constit. 10:00 <u>How to Listen to Jazz</u> 5:00 French for Beginners 5:00 Open Studio Pottery	3 9:00 Watercolor, Multi. & Begin 10:00 Being Human: Sex and Gender <u>10:00 Tri. & Trib., International Dev.</u> 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 1:30 Sleep, Brain Health 6:00 ASL Beginners, Units 1 & 2	4 <u>9:00 Russian History</u> 10:00 Intro. Ital. Lang. & Cult., Pt. 2 11:00 Computer. Sec. & Cyber Threats 1:00 Beginner Guitar, Cog. Health <u>1:00 Hist. Mod. Middle East, Pt. 1</u> 2:00 Intro. to Ballroom Dancing 3:00 Downsizing Simplified <u>6:30 Local Afr. Am. Hist., All Sts. St.</u> <u>7:00 Mixology: The Basics, Opt. 1</u>	5 10:00 Digital Literacy Skills <u>1:00 Law and Racism</u> 1:00 Tai Chi, Option 2 2:00 Janus: Paradoxes and Freedom <u>6:00 ASL Beginners, Units 1 & 2</u>	6 <u>9:30 Drawing for Beginners</u> 10:00 Intro. Ital. Lang. & Cult., Pt. 1 11:00 Caring for Vintage Clothing 1:00 Guitar Jam Sessions, Cog. Health 1:30 Armchair Series: Sunny Joy de Vive 2:00 Beginning Calligraphy: Italic
9 9:30 Articles of Confed. to Constit. 1:00 History of Amer. Rock and Roll 2:00 Am. of Law Torts Series: feat 2 5:00 French for Beginners 5:00 Open Studio Pottery	10 9:00 Watercolor, Multi. & Begin <u>10:00 Being Human: Sex and Gender</u> 10:00 Founding Frederick County 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 1:30 Sleep, Brain Health 6:00 Chickenology	11 10:00 Intro. Ital. Lang. & Cult., Pt. 2 11:00 Computer. Sec. & Cyber Threats 12:00 The American Civil War 1:00 Beginner Guitar, Cog. Health 1:00 Hist. Mod. Middle East, Pt. 2 2:00 Intro. to Ballroom Dancing <u>3:00 Downsizing Simplified</u> <u>6:00 Psychic Dev. Series: Seer Guide</u>	12 10:00 Digital Literacy Skills <u>10:00 Protect Your Nest Egg (SR)</u> 1:00 Tai Chi, Option 2 2:00 Janus: Paradoxes and Freedom	13 9:30 Intermediate Drawing 10:00 Intro. Ital. Lang. & Cult., Pt. 1 11:00 FSO Concert 1 1:00 Guitar Jam Sessions, Cog. Health 1:30 Armchair Series: Sunny Joy de Vive 2:00 Beginning Calligraphy: Italic e
16 9:00 Revitalization of Dt Fred. <u>9:30 Articles of Confed. to Constit.</u> 1:00 Amherst Writ. and Artists Wksp 1:00 History of Amer. Rock and Roll 2:00 Am. of Law Torts Series: feat 2 5:00 French for Beginners 5:00 Open Studio Pottery	17 9:00 Watercolor, Multi. & Begin 10:00 Founding Frederick County 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 1:30 Sleep, Brain Health 6:00 ASL Beginners, Units 3 & 4 6:00 Chickenology 6:30 The Black Catholic Experience	18 9:00 Revitalization of Dt Fred. <u>10:00 Advance Care Planning</u> 10:00 Intro. Ital. Lang. & Cult., Pt. 2 <u>11:00 Computer. Sec. & Cyber Threats</u> 12:00 The American Civil War 1:00 Beginner Guitar, Cog. Health 1:00 Hist. Mod. Middle East, Pt. 2 2:00 Intro. to Ballroom Dancing	19 <u>10:00 Digital Literacy Skills</u> 1:00 Tai Chi, Option 2 <u>2:00 Janus: Paradoxes and Freedom</u> 6:00 ASL Beginners, Units 3 & 4 6:30 The Black Catholic Experience	20 <u>9:00 Revitalization of Dt Fred.</u> 9:30 Intermediate Drawing 10:00 Intro. Ital. Lang. & Cult., Pt. 1 1:00 Guitar Jam Sessions, Cog. Health <u>1:30 Armchair Series: Sunny Joy de Vive</u> 2:00 Beginning Calligraphy: Italic
23 10:00 The Kennedy Assassination 1:00 Amherst Writ. and Artists Wksp 1:00 History of Amer. Rock and Roll 2:00 Am. of Law Torts Series: feat 2 5:00 Open Studio Pottery	24 9:00 Watercolor, Multi. & Begin 9:30 The Appalachian Trail Experience 10:00 Founding Frederick County 12:00 Watercolor, Advanced 1:00 Tai Chi, Option 1 1:30 Sleep, Brain Health 6:00 ASL Beginners, Units 3 & 4 6:00 Chickenology 6:30 The Black Catholic Experience	25 9:00 African Cooking - Vegan Jollof Rice and Curry Chicken Stew 9:15 Meridian Hill Park Walk 10:00 Intro. Ital. Lang. & Cult., Pt. 2 12:00 The American Civil War 1:00 Hist. Mod. Middle East, Pt. 2 2:00 Intro. to Ballroom Dancing	26 10:00 Med. Curious - Diabetes 1:00 Tai Chi, Option 2 6:00 ASL Beginners, Units 3 & 4 <u>6:30 The Black Catholic Experience</u>	27 9:30 Intermediate Drawing 10:00 Intro. Ital. Lang. & Cult., Pt. 1 1:00 Guitar Jam Sessions, Cog. Health <u>2:00 Beginning Calligraphy: Italic</u>
30 10:00 The Kennedy Assassination 1:00 Amherst Writ. and Artists Wksp <u>1:00 History of Amer. Rock and Roll</u> 2:00 Am. of Law Torts Series: feat 2 <u>5:00 Open Studio Pottery</u>	31 9:00 Watercolor, Multi. & Begin 9:30 The Appalachian Trail Experience <u>10:00 Founding Frederick County</u> 12:00 Watercolor, Advanced <u>1:00 Tai Chi, Option 1</u> <u>1:30 Sleep, Brain Health</u> 6:00 ASL Beginners, Units 3 & 4 6:00 Chickenology			

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

ILR WINTER/SPRING 2026 CALENDAR • MONDAY - FRIDAY

April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10:00 Intro. Ital. Lang. & Cult., Pt. 2 10:00 The Hidden History of US Intel. 12:00 The American Civil War 1:00 Hist. Mod. Middle East, Pt. 2 2:00 Intro. to Ballroom Dancing	2 <u>1:00 Tai Chi, Option 2</u> 6:00 ASL Beginners, Units 3 & 4	3 <u>9:30 Intermediate Drawing</u> 10:00 Intro. Ital. Lang. & Cult., Pt. 1 <u>1:00 Guitar Jam Sessions, Cog. Health</u>
6	7	8	9	10
SPRING BREAK NO CLASSES				
13 9:00 Trips & Tips, Women Traveling Solo 10:00 The Kennedy Assassination 1:00 Amherst Writ. and Artists Wksp <u>2:00 Am. of Law Torts Series: feat 2</u>	14 9:00 Watercolor, Multi. & Begin <u>10:00 Dis. a Season: Flowers & Birds</u> <u>11:00 History Bites - Stories Pt. 2</u> 12:00 Watercolor, Advanced 2:00 Iconic Women 6:00 ASL Beginners, Units 3 & 4 6:00 Chickenology	15 9:00 Trips & Tips, Women Traveling Solo 10:00 Intro. Ital. Lang. & Cult., Pt. 2 10:00 The Hidden History of US Intel. 11:00 Going Paperless 11:30 A Taste of Asia - Lunch Trip 12:00 The American Civil War 1:00 Hist. Mod. Middle East, Pt. 2 1:00 Writing Your Life Story <u>2:00 Intro. to Ballroom Dancing</u> 6:00 African Am. Lecture Series, Fred. during Civil Rights Movement	16 9:00 Cemetery Sojourns - Baltimore 10:00 Greeting Cards: Mother's Day 6:00 ASL Beginners, Units 3 & 4 6:00 Intro. to Herbalism	17 9:30 Art Appreciation: MD Artwork 10:00 From Colonies to Country 10:00 Intro. Ital. Lang. & Cult., Pt. 1 <u>8:00 Ghost Hunting 101 - Field Trip</u>
20 10:00 The Kennedy Assassination 1:00 Amherst Writ. and Artists Wksp	21 <u>9:00 Arlington Nat. Cemetery</u> 9:00 Watercolor, Multi. & Begin 12:00 Watercolor, Advanced 6:00 ASL Beginners, Units 3 & 4	22 10:00 Arts & Cult.: 1 Dress, 8 Stories 10:00 Intro. Ital. Lang. & Cult., Pt. 2 10:00 The Hidden History of US Intel. 11:00 Going Paperless 12:00 The American Civil War 1:00 Writing Your Life Story 2:00 Stylized Painting: Option 1 6:00 Psychic Dev. Series: Chakra	23 <u>11:00 History Bites - Pres. Sites, Fred.</u> 6:00 ASL Beginners, Units 3 & 4 6:00 Intro. to Herbalism	24 <u>9:30 Art Appreciation: MD Artwork</u> 10:00 From Colonies to Country 10:00 Intro. Ital. Lang. & Cult., Pt. 1
27 10:00 The Kennedy Assassination	28 <u>9:00 Watercolor, Multi. & Begin</u> <u>12:00 Watercolor, Advanced</u> 1:00 Shinrin-yoku - Forest Therap 2:00 Prehistory of Frederick County 6:00 Discover Your Past Lives 6:00 Mus. & Hist., Baker Park Carillon	29 10:00 Arts & Cult.: 1 Dress, 8 Stories <u>10:00 Intro. Ital. Lang. & Cult., Pt. 2</u> 10:00 The Hidden History of US Intel. <u>11:00 Going Paperless</u> 12:00 The American Civil War 1:00 Writing Your Life Story 1:00 Shinrin-yoku - Forest Therapy <u>5:30 Treat Your Body with L.O.V.E.</u>	30 <u>10:00 Prep. Imp. Docs for a Life Event</u> <u>6:00 Intro. to Herbalism</u>	

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

ILR WINTER/SPRING 2026 CALENDAR • MONDAY - FRIDAY

May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <u>9:30 Major Storms & Impact on Fred.</u> <u>10:00 From Colonies to Country</u> <u>10:00 Intro. Ital. Lang. & Cult., Pt. 1</u>
4 9:30 Robert Rogers & Rogers' Rangers <u>10:00 The Kennedy Assassination</u> 1:00 Amherst Writ. and Artists Wksp	5 10:00 Family History Troubleshooting 2:00 Prehistory of Frederick County 5:30 Basic Conversational Spanish <u>6:00 Discover Your Past Lives</u>	6 9:00 <u>African Cooking - Vegan Okra Stew and Yam Fufu</u> 9:00 <u>Wills and Estates, Imp. Info.</u> 10:00 Arts & Cult.: 1 Dress, 8 Stories 10:00 The Hidden History of US Intel. <u>12:00 The American Civil War</u> 1:00 Writing Your Life Story	7 9:00 <u>B&O Railroad History Tour</u> 5:30 Basic Conversational Spanish	8 10:00 Jamestowne - 1624-1699
11 9:30 Robert Rogers & Rogers' Rangers 1:00 Amherst Writ. and Artists Wksp	12 10:00 Family History Troubleshooting 2:00 Prehistory of Frederick County 5:30 Basic Conversational Spanish	13 8:15 <u>Harpers Ferry's Footprints</u> <u>10:00 The Hidden History of US Intel.</u> 1:00 Topics on A.I. and Mod. Tech. 1:00 Writing Your Life Story 2:00 <u>Raise Your Wine IQ</u> <u>6:00 Psychic Dev. Series: Div. Tools</u>	14 5:30 Basic Conversational Spanish	15 <u>9:30 Fabulous Fredericktonians</u> 10:00 Jamestowne - 1624-1699
18 9:30 Robert Rogers & Rogers' Rangers <u>1:00 Amherst Writ. and Artists Wksp</u>	19 10:00 Family History Troubleshooting <u>1:00 Senior Care Options</u> 5:30 Basic Conversational Spanish	20 <u>1:00 Self Defensive Tactics</u> 1:00 Topics on A.I. and Mod. Tech. 1:00 Writing Your Life Story <u>7:00 Mixology: The Basics, Opt. 2</u>	21 <u>2:00 Stylized Painting: Option 2</u> 5:30 Basic Conversational Spanish	22 <u>10:00 Jamestowne - 1624-1699</u>
25 MEMORIAL DAY NO CLASSES	26 10:00 Family History Troubleshooting 5:30 Basic Conversational Spanish	27 1:00 Topics on A.I. and Mod. Tech. <u>1:00 Writing Your Life Story</u>	28 <u>5:30 Basic Conversational Spanish</u>	29 <u>9:30 Acrylic Painting Tech., Begin.</u>

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

ILR WINTER/SPRING 2026 CALENDAR • MONDAY - FRIDAY

June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>9:30 Robert Rogers & Rogers' Rangers</u> 9:30 Threads Throughout History	2 10:00 US Hist., Reconstruction 1960s 1:00 Open Studio Pottery 5:30 Cont. Conversational Spanish	3 9:30 Threads Throughout History 1:00 Topics on A.I. and Mod. Tech.	4 5:30 Cont. Conversational Spanish	5 9:30 Acrylic Painting Tech., Begin. <u>9:30 Threads Throughout History</u> 10:00 US Hist., Reconstruction 1960s <u>11:00 FSO Concert 2</u>
8 10:00 Arts & Cult.: Famous Art Heists 5:30 Introduction to Watercolor	9 <u>9:00 Textile Museum, GWU, D.C.</u> 10:00 US Hist., Reconstruction 1960s <u>11:00 History Bites - Am. Rev., Pt. 2</u> 1:00 Open Studio Pottery 5:30 Cont. Conversational Spanish	10 10:00 Arts & Cult.: Famous Art Heists 1:00 Topics on A.I. and Mod. Tech.	11 5:30 Cont. Conversational Spanish	12 9:30 Acrylic Painting Tech., Begin. <u>10:00 Arts & Cult.: Famous Art Heists</u> 10:00 US Hist., Reconstruction 1960s
15 <u>5:30 Introduction to Watercolor</u>	16 <u>10:00 US Hist., Reconstruction 1960s</u> 1:00 Open Studio Pottery 5:30 Cont. Conversational Spanish	17 <u>1:00 Topics on A.I. and Mod. Tech.</u> <u>6:00 Psychic Dev. Series: Intuition</u>	18 5:30 Cont. Conversational Spanish	19 . JUNETEENTH NO CLASSES
22 5:30 Introduction to Oil Pastels	23 1:00 Open Studio Pottery 5:30 Cont. Conversational Spanish	24	25 <u>2:00 Stylized Painting: Option 3</u> <u>5:30 Cont. Conversational Spanish</u>	26 <u>9:30 Acrylic Painting Tech., Begin.</u>
29 <u>5:30 Introduction to Oil Pastels</u>	30 1:00 Open Studio Pottery			

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

February 2026

SATURDAY	
7	10:00 Beginner Pen and Ink Drawing 11:00 <u>A Taste of Asia - Hot & Sour Soup and Chicken Stir Fry with Shitake</u>
14	10:00 Beginner Pen and Ink Drawing
21	9:00 Bread, Pastries, and Cookies Series - Cinnamon/Sticky Buns and Danish Pastries 10:00 Beginner Pen and Ink Drawing

March 2026

SATURDAY	
7	9:00 Culinary Creations - Sweet and Savory Brunch Favorites 9:30 Camera and Photography Basics
14	9:30 Camera and Photography Basics
21	11:00 A Taste of Asia - Vietnamese Beef Grape Leaves and Pad Thai with Shrimp

April 2026

SATURDAY	
4	SPRING BREAK, NO CLASSES
18	9:00 Culinary Creations - Homemade Pizza, Calzone and Stromboli 9:30 <u>Photographic Composition</u>
25	9:30 Mastering Exposure

May 2026

SATURDAY	
2	9:30 Cell Phone Photography 11:00 A Taste of Asia - Walnut Shrimp and Chinese Beef and Broccoli
9	9:30 Cell Phone Photography
16	9:00 Bread, Pastries, and Cookies Series - Fruit Tarts and Angel Food Cakes 9:30 Cell Phone Photography 10:00 Fascinating and Forgotten: Walking Tour: East and West Patrick Street and It's Hidden Secrets

June 2026

SATURDAY	
6	9:30 Managing & Archiving Cell Phone Photographs 10:00 Fascinating and Forgotten: Walking Tour: All About the South - Bentz and West South Streets

Frederick Community College, ILR Winter/Spring 2026 – 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 affected 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 (FCC) 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. Under the ADA and Section 504, FCC makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. For FCC employees needing accommodations, including interpreting, please email humanresources@frederick.edu. For students and others with accommodation needs or questions, please call 301.846.2408, or to request sign language interpreter services, please email interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. Requests must be made at least five workdays before a scheduled event to guarantee accommodations. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

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

Disability Access Services (DAS) | 301.846.2408 • DisabilityServices@frederick.edu

Coordinator for Interpreting Services | 301.846.2476 or via email at Interpreting@frederick.edu

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How to Register for ILR Classes

ONLINE

- Go to Frederick.edu/ILR
- Click Login/Create Account in the green menu bar below the FCC logo.
- 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 ILR Programs to view available classes.
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and complete your registration.



NEED HELP REGISTERING?

CEWD Registration Office – Jefferson Hall

For in-person registration.

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



Waiting List

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

Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional \$5 fee per class. Out-of-State students (residing outside of Maryland) are charged a \$10 fee per class.
- A \$15 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 this period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

Class Refund Policy

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

Drop/Refund Request within Refund Period

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

Students have two methods to drop a class:

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

Refund Request Outside of Refund Period

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

Approved Refunds

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

Registration Fee

A \$15 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 this period.

Age Requirements

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

College Policies & Procedures

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

Family Educational Rights & Privacy Act of 1974 (FERPA)

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



BUILDINGS

- 1 Annapolis Hall (A)
- 2 Athletics Center (D)
- 3 Braddock Hall (B)
- 4 Carl & Norma Miller Building (M)
- 5 Catoctin Hall (C)
- 6 Conference Center (E)
- 7 FCPS Career & Technology Center
- 8 Gambrill Hall (G)
- 9 Jefferson Hall (J)
- 10 Linganore Hall (L)
- 11 Mercer-Akre Kiln (K)
- 12 Plant Operations (P)
- 13 Student Center (H)
- 14 Sweadner Hall (S)
- 15 Visual & Performing Arts Center (F)
- 16 Monroe Center

ATHLETICS

- 17 Athletic Fields Facilities
- 18 Baseball Field
- 19 Practice Field
- 20 Soccer Field
- 21 Softball Field
- 22 Tennis Courts

PARKING

- 23 Parking Lot 1
- 24 Parking Lot 2
- 25 Parking Lot 3
- 26 Parking Lot 4
- 27 Parking Lot 5
- 28 Parking Lot 6
- 29 Parking Lot 7



- 30 Parking Lot 8
- 31 Parking Lot 9
- 32 Parking Deck
- 33 Staff Parking
- 34 Visitor Parking
- 35 Monroe Center Parking

See page 2 for offsite locations.





Institute for Learning in Retirement (ILR)
7932 Opossumtown Pike
Frederick, Maryland 21702

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THE CURIOUS TRAVELER CLUB

Free and open to all ILR students



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

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

Please check ILRFCC.org for the most up to date meeting schedule, topics, and where to meet.



Register today! Scan the QR code or visit ILRFCC.org