We agree that learning is a lifelong process. ILR at FCC offers the opportunity to explore topics we did not have time to pursue before retirement – changing technology, international issues, creative arts, and so much more. Thank you ILR for many great learning options that help keep us “young.”

Philly & Telford Thomas, ILR Students
Institute for Learning in Retirement

Spark your curiosity! Learn something new about the world and yourself.

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

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

Table of Contents
Spring 2020 Courses ................................................................. 4
Instructor Bios ................................................................. 40
Registration Information .................................................. 44
Campus Map ................................................................. 45

Contact Us
ILR Online Registration .................................................. 301.624.2888
College Information Center ............................................. 301.846.2419
Services for Students with Disabilities ............... 301.846.2408

Please contact us with any questions.
301.846.2561

Kelli Ackiewicz,
ILR Program Manager
kackiewicz@frederick.edu

Cheryl Henman,
ILR Program Associate
chenman@frederick.edu

Registration now open!
ILRatFCC.com

Frederick Community College
11/2019
Dear Lifelong Learners,

“Nurture your great spirit for a great self.”

Those words from inspirational writer Lailah Gifty Akita speak to the importance of encouraging developmental growth within ourselves. When we take time to nurture our spirit, we improve ourselves in countless ways. We learn, we gain happiness, and we expand our knowledge through new experiences.

This spring, the Institute for Learning in Retirement (ILR) at FCC has a long list of courses and opportunities to help you nurture your spirit.

There are many health and wellness courses to choose from including “Mindfulness Made Easy – Stress and Pain Management,” taught by Nanette Tummers, and “Optimal Aging: Improving Memory with Brain Training,” led by Terry Leitma – both new this spring.

There are also opportunities to awaken or nurture your love of the arts. Featured instructor Vivian “Lynn” Fleming will look at the history of Broadway musicals and the famed Theater District in New York City during her course, “On Broadway!” Her other course, “Three Men and a Woman – 20th Century American Composer,” will examine modern-day equivalents to great composers such as Mozart and Beethoven.

You’ll also have the chance to get to know the Frederick Symphony Orchestra in a unique way through David Howard’s course. Participants will listen to recorded music as well as live demonstrations, and learn about the composers.

Traveling and exploring is a great way to nurture your sense of adventure and wonderment. Marcy Gouge and Kathy Barylski are leading three different travel planning courses that will give you tips on things like traveling solo, packing light, or planning your perfect summer vacation.

You can also take advantage of our popular Learning on Location trips. This spring, we’ll lead groups on exciting trips to Old Town Alexandria, Antietam, and the countryside of the Shenandoah Valley in and around Winchester, VA. Or, you can stay right here in Frederick County and experience our local geologic history with Chris Haugh, our resident award-winning researcher and documentarian.

However you spend your spring, we hope you find the time and energy to “nurture your great spirit for a great self.” Let ILR and our wonderful instructors help you do just that.

Sincerely,

Kelli Ackiewicz

301.846.2561 • ilr@frederick.edu
BEFORE YOU BEGIN ...

Questions? We’re here to help!
Contact the FCC Registration Office (301.624.2888) if you:
• Need help with class registration
• Need class dates, times, and locations
• Wish to update contact information
• Need to withdraw from a class and request a refund
Contact the ILR Program Office (301.846.2561) if you:
• Wish to suggest a class offering
• Wish to be placed on a wait list
• Want to inquire about teaching for the program
• Have specific questions pertaining to class content or an instructor

No Class Dates
Classes will not be held on the following days:
• Monday, January 20
• Spring Break, April 8 -10
• Monday, May 25

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

Instructor Bios 🧑‍🏫
Instructor bios are no longer listed with each class. They now have their own section on page 40 listed in alphabetical order by last name. Each class an instructor is teaching during Spring 2020 has been included.

Renovations
The Conference Center (Building E) will undergo renovations throughout the Spring 2020 semester.
We ask that you please be patient as we upgrade this space. As a result of the work, many ILR classes will have to be relocated to other locations around campus.

REGISTER FOR FCC ALERTS TODAY!
Stay informed about college closings, delays, and emergency information throughout the year.
Sign up to receive instant notices via text, email, or phone.
Registration is quick, simple, and free.
frederick.edu/current-students/fccalert.aspx

BE AN ILR INSIDER!
Join us online to see what’s new. Keep up with the latest ILR news and so much more.
To receive the ILR Newsletter, register at frederick.edu/ENews, or browse our classes and register online at ILRatFCC.com.

WEBSITE  FACEBOOK
ILRatFCC.com  facebook.com/ILRFCC
Featured Instructor, **Lynn Fleming**

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

I’ve been teaching ILR classes for three years and it brings me incredible joy! The people who attend classes here are vibrant and enthusiastic and bring so much to our classes. It is wonderful to have the freedom to explore topics of interest just for the sheer pleasure of learning something new. I am consistently inspired by the folks who teach and take classes through ILR.

---

**WHAT LYNN’S STUDENTS HAVE TO SAY**

“Lynn has a broad range of knowledge and her classes are informative and enjoyable.”
—Ruth Howell

“Lynn is a warm-hearted and gifted teacher who brings her love of music to the classroom. As a Juilliard graduate and orchestral bassist, she makes music education interesting, and easy to understand for students at all levels of experience.”
—Mark Farbman

“The recent class taken with Lynn Fleming was great! We enjoyed her perspectives and her knowledge so much!”
—Debra & Keith Horton
Spring 2020 ILR Courses

The Arts & Music

Three Men and a Woman - 20th Century American Composer ........................................ 3
On Broadway! ................................................................. 3
Classic Drawing ........................................................... 6
Introduction to Oil Painting .............................................. 6
Art Appreciation: Romanticism ....................................... 6
Exploring Watercolor Painting ......................................... 6
Introduction to Pastel 101 ................................................ 7
Continuing Pastel: Landscapes ......................................... 7
Acrylic Painting Techniques for Beginners ......................... 7
Painting in the Style of the Master Artists - Expressionism .... 7
Happy Little Trees: The Bob Ross Painting Class ................ 8
The Music of the Frederick Symphony Orchestra:
Mahler and Dvorak (Romantic Era) .................................. 8
The Music of the Frederick Symphony Orchestra:
Winners of the Young Soloist Competition ........................ 8

Computers & Technology

Making the Most of Your Android Smart Phone ..................... 9
iPhone* - Beginner ......................................................... 9
iPhone* - Advanced ....................................................... 9
The Cloud - Removing the Mystery: iPad/iPhone* version only 9
Using Your Smartphone for Digital Photography - Tips and Tricks 10
Navigating the Internet .................................................... 10

Health & Wellness

Optimal Aging: Improving Memory with Brain Training .......... 10
Tai Chi for Balance and Well Being .................................... 10
Just Try It! Beginning Yoga ............................................... 11
Trips and Tips for Women Traveling Solo in Retirement ........... 11
Secret to Aging with Less Aches and Pains .......................... 11
Medical Marijuana: Getting into the Weeds ......................... 11
Improve Your Posture with the Feldenkrais Method* ............... 12
Continuing Gentle Yoga .................................................. 12
Developing a Personal Strength Training Plan ..................... 12
Personal Self Defensive Tactics ......................................... 12
Mindfulness Made Easy-Stress and Pain Management ........... 12

Are You Medically Curious? Series

Medically Curious: Health Tips Part 2 .................................. 13
Medically Curious: Cardiovascular Disease ......................... 13
Medically Curious: Medical Aspects of Terrorism ................. 13
Medically Curious: Orthopedics for Seniors ....................... 13
Medically Curious: Senior Hearing and Vision ........................ 13

Prime-Time Health Series

Prime-Time Health: Open Your Internal Pharmacy .................. 14
Prime-Time Health: Make Health Your Hobby ...................... 14
Prime-Time Health: Move Waste From Your Waist .................. 14
Prime-Time Health: Live Without Pain and Inflammation .......... 14

TED Talks

Mornings With TED ....................................................... 16

History, Cultures & Current Issues

The Ordeal: George Washington's Presidency .......................... 15
A Survey of Medieval History ........................................... 15
Modern Russian History .................................................. 15
The Duke of Wellington vs. Emperor Napoleon ...................... 15
Foreign Aid: Friend or Foe? ............................................. 16
The Constitution and the Presidency .................................... 16
The Secrets of the C&O Canal ............................................ 16
World History: The Big Picture ......................................... 17
Eruption and Balance: The Presidency of John Adams .............. 17
The History of Potomac Navigation and the C&O Canal ............ 17
Frederick Town History Series .......................................... 17

Middle Eastern Studies

Palestine and Israel, Twice-Promised Land: An Exploration Through Film .................................. 18
Current Issues in the Middle East ....................................... 18

History Bites – Lunchtime/Dinnertime Series

Lunchtime: Roger Brooke Taney, Beyond Dred Scott .............. 19
Lunchtime: A Last Roll of the Dice, The Third Confederate
Invasion of the North ...................................................... 19
Lunchtime: Opening the Valley, The Battle of Cool Spring ........ 19
Dinnertime: Civil War Literature ......................................... 19
Dinnertime: Comparative Religion ....................................... 19
Dinnertime: The Second Party System of Antebellum Politics .... 19

The History of the U.S. Supreme Court Series

The Classical Courts: Fuller, White, and Taft .......................... 20
The Classical and Modern Courts: Hughes, Stone, and Vincent 20

Home & Hobby

DIY Home Maintenance 101 ............................................ 20
DIY Home Maintenance 102 ............................................ 20
DIY Woodworking - Side Table ........................................ 20
DIY Woodworking - Modern Planter ................................ 21
DIY Woodworking - Floating Shelves ................................. 21
DIY Spring Prepping Your Home ....................................... 21
DIY Electrical Wiring ...................................................... 21
DIY Plumbing .............................................................. 21
Introduction to Metalsmithing ......................................... 22
Mosaic Mirrors ............................................................ 22
The Joy of Candle Making ............................................... 22
Beginning Calligraphy: Italic ............................................. 22
Continuing Calligraphy ................................................... 22
Iris Paper Folding .......................................................... 22
Jewelry Soldering Workshop .......................................... 22
<table>
<thead>
<tr>
<th>Home &amp; Hobby continued ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>Planning Your Summer Adventure ................................................. 23</td>
</tr>
<tr>
<td>Wearable Flowers Workshop .......................................................... 23</td>
</tr>
<tr>
<td>Floral Design: Teacup Arrangement .................................................... 23</td>
</tr>
<tr>
<td>Introduction to Fold-forming Jewelry ................................................. 23</td>
</tr>
<tr>
<td>Metal Etching Jewelry Workshop ......................................................... 23</td>
</tr>
<tr>
<td>Glass Fusing Jewelry: Pendants, Bracelets and Pins ................................ 23</td>
</tr>
<tr>
<td>Garden Mosaics .................................................................................. 24</td>
</tr>
<tr>
<td>The Fool’s Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun ................................................................. 24</td>
</tr>
<tr>
<td>Fleeting Fancies: Spring’s Ephemeral Flowers ........................................ 24</td>
</tr>
<tr>
<td>Beginner Knitting - Waffle Scarf ......................................................... 24</td>
</tr>
<tr>
<td>Beginner Knitting - Spring Shawl ......................................................... 24</td>
</tr>
<tr>
<td>Crochet for Beginners ................................................................. 24</td>
</tr>
<tr>
<td>Travel Light, Travel Easy .................................................................. 24</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Life Planning &amp; Finances</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Frugal Kitchen ................................................................. 25</td>
</tr>
<tr>
<td>The Role of the Executor in Maryland .................................................. 25</td>
</tr>
<tr>
<td>Downsizing Simplified: Living Smaller and Loving it! ................................ 25</td>
</tr>
<tr>
<td>Advance Care Planning: Your Life, Your Plan ........................................ 25</td>
</tr>
<tr>
<td>Civic Academy: Is it Time to Make Your Voice Heard? .............................. 28</td>
</tr>
<tr>
<td>Investment Strategies for Seniors Through Options .................................... 28</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Learning on Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monsters of Rock Geology Mobile Workshop ......................................... 26</td>
</tr>
<tr>
<td>Old Town Alexandria Highlights .......................................................... 26</td>
</tr>
<tr>
<td>Walking Antietam: Part 3 - Burnside Bridge ............................................. 27</td>
</tr>
<tr>
<td>Discover Wonderful Winchester ............................................................. 27</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Literature, Theater &amp; Writing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Some Birds Weren’t Meant To Be Caged - Jail as a Metaphor in Film ................. 28</td>
</tr>
<tr>
<td>Humor, Satire, and Social Criticism in the Classical Greek Theater .................. 28</td>
</tr>
<tr>
<td>Writing Your Life Story: Tales for the Grandchildren .................................... 29</td>
</tr>
<tr>
<td>Solving American Detectives Short Stories ............................................... 29</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Discover a Season Series</th>
</tr>
</thead>
<tbody>
<tr>
<td>C&amp;O Canal at Nolan’s Ferry: Singing Frogs and Earliest Spring Flowers ................. 29</td>
</tr>
<tr>
<td>Fountain Rock Park: Turtles &amp; Trout, Watercress &amp; History ................................ 29</td>
</tr>
<tr>
<td>Gambrill High Knob: Spring Flowers, including Ladyslipper Orchids ..................... 29</td>
</tr>
<tr>
<td>Catoctin Creek Park: Purple Martins &amp; Babbling Brook .................................... 29</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Learn a Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Sign Language I ................................................................. 30</td>
</tr>
<tr>
<td>American Sign Language II - Intermediate ................................................ 30</td>
</tr>
<tr>
<td>Beginner French ................................................................................. 30</td>
</tr>
<tr>
<td>Continuing French ............................................................................... 30</td>
</tr>
<tr>
<td>Basic Conversational Spanish .............................................................. 31</td>
</tr>
<tr>
<td>Continuing Conversational Spanish ......................................................... 31</td>
</tr>
<tr>
<td>Advanced Spanish .............................................................................. 31</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Philosophy, Religion &amp; Exploration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Opening to Fear and Fearlessness: A Buddhist Approach ................................... 32</td>
</tr>
<tr>
<td>The Artist’s Way: Discovering &amp; Recovering Your Creative Self ........................... 32</td>
</tr>
<tr>
<td>World Religions Series: Models of Human Community ........................................ 32</td>
</tr>
<tr>
<td>The Ultimate Mobile Device: Meditation and Mindfulness .................................... 32</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Science &amp; Nature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Henrietta Lives On: The Powerful Intersection of Biology, DNA Mapping, and Ethics .............................................................. 33</td>
</tr>
<tr>
<td>In Search of Happiness: The Most Sought-After Human Emotion ........................... 33</td>
</tr>
<tr>
<td>Well, It’s About Time - Part II .................................................................... 33</td>
</tr>
<tr>
<td>Introduction to Birding .................................................................................. 33</td>
</tr>
<tr>
<td>Birds and Flowers in the Field ...................................................................... 33</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Food &amp; Cooking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese 101 ....................................................................................... 34</td>
</tr>
<tr>
<td>Maryland Whiskey 101 .......................................................................... 34</td>
</tr>
<tr>
<td>90 Minute Wine Expert: An Introduction to Understanding and Appreciating Wine ................................................................. 34</td>
</tr>
<tr>
<td>90 Minute Wine Expert: Fruit Wines ......................................................... 34</td>
</tr>
<tr>
<td>90 Minute Wine Expert: Dessert Wines ....................................................... 35</td>
</tr>
<tr>
<td>Raise Your Wine IQ: Spanish Wines from Navarra and Rioja Edition ..................... 35</td>
</tr>
<tr>
<td>Snack Attack I ...................................................................................... 35</td>
</tr>
<tr>
<td>Snack Attack II .................................................................................... 35</td>
</tr>
<tr>
<td>Mix it Up! ............................................................................................... 35</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Photography</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get To Know Your Nikon DSLR ................................................................... 36</td>
</tr>
<tr>
<td>Exploring the Creative Cloud ..................................................................... 36</td>
</tr>
<tr>
<td>In a Flash: Portrait Photography .................................................................. 36</td>
</tr>
<tr>
<td>Art in the Palm of your Hands .................................................................... 37</td>
</tr>
<tr>
<td>Natural Light Portraits ................................................................................ 37</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Writer’s Institute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creative Writing Workshop ................................................................. 37</td>
</tr>
<tr>
<td>Beginner’s Guide to Freelance Writing .................................................... 37</td>
</tr>
<tr>
<td>Writing Your Short Story or Novel ........................................................... 37</td>
</tr>
<tr>
<td>Manuscript Critique Workshop ................................................................. 39</td>
</tr>
<tr>
<td>Unemployed to Bestseller .......................................................................... 39</td>
</tr>
<tr>
<td>Self-Publishing Your Book ................................................................. 39</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FREE Spring Courses in the Community</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Turbulent Sixties ................................. 38</td>
</tr>
<tr>
<td>Six Innovations That Made the Modern World ............................................. 38</td>
</tr>
<tr>
<td>The Lives and Times of Charles and Ann Morrow Lindbergh .......................... 38</td>
</tr>
<tr>
<td>Dementia 101: A Three Part Series ............................................................. 38</td>
</tr>
<tr>
<td>Women and the Vote ......................................................... 39</td>
</tr>
<tr>
<td>Natural and Cultural Pictorial Tour of Bulgaria ........................................... 39</td>
</tr>
</tbody>
</table>
ACR161 Classic Drawing
5 sessions, 10 hours
Move beyond stick figures and explore the art of drawing. Drawing in pencil is a familiar and forgiving medium; it is quick to set up, easy to put away and requires no drying time or fancy equipment! Beginners are welcome. Join us to learn the building blocks of art. Art is for everyone - not just the talented few! A supply list will be provided to students prior to the first class.

*Instructor: Jodie Schmidt*
5-Digit Number: 19246
Mon, 1:00 - 3:00 p.m., 1/27 – 2/24
Location: Visual & Performing Arts Center/F130
Fee: $99

ACR167 Introduction to Oil Painting
5 sessions, 10 hours
Join us to enjoy an introduction to oil painting. Learn just how flexible this medium can be as you create a variety of effects from airy glazes to spontaneous brushwork. In this class, students will explore various oil painting techniques, develop an understanding of value and color mixing, learn to draw with pencil or brush, and compose two paintings! A supply list will be provided to students prior to the first class.

*Instructor: Jodie Schmidt*
5-Digit Number: 19457
Fri, 10:00 a.m. - 12:00 p.m., 1/24 – 2/21
Location: Visual & Performing Arts Center/F118
Fee: $99

ILR908 Art Appreciation: Romanticism
2 sessions, 4 hours
Explore Romanticism through pictures and discussion. This late 18th century European movement expressed dramatic emotions and individualism in art. This included an emphasis on nature, the aesthetic experience and an escape from the industrialization of society by capturing landscapes, gothic architecture, and freedom of imagination. Some artists who will inspire us include the American artists Thomas Cole and Albert Bierstadt, as well as European Eugene Delacroix and J.M.W. Turner. Please note that individual art projects will not be completed.

*Instructor: Jeanne McDermott*
5-Digit Number: 19297
Fri, 9:00 - 11:00 a.m., 1/24 – 1/31
Location: Student Center/H217
Fee: $42

SEN450 Exploring Watercolor Painting
8 sessions, 16 hours
Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover all-new content and instruction. A list of supplies is provided prior to the start of the first class.

*Instructor: Catherine Howard*
5-Digit Number: 19290
Tue, 10:00 a.m. - 12:00 p.m., 2/4 – 3/24
Location: Frederick Senior Center
OR
5-Digit Number: 19292
Fri, 1:00 - 3:00 p.m., 3/20 – 5/15 | No Class: 4/10
Location: Visual & Performing Arts Center/F141
Fee: $115
ACR153 Introduction to Pastel 101
5 sessions, 10 hours
Do you remember the joy that you experienced as a child while drawing in your coloring book? Everything else seemed to fade away and you could escape into a world of creativity and fun. You can recapture that joy again by learning the basic techniques of pastel drawing. This drawing medium is very forgiving and it doesn’t require complicated tools, drying time, or dangerous solvents. Pastel creates vibrant drawings which you can create with just a few simple tools, your fingers, pastel sticks, and paper. A list of supplies will be provided prior to class start date.

Instructor: Jodie Schmidt
5-Digit Number: 19247
Thu, 1:00 - 3:00 p.m., 3/5 – 4/2
Location: Visual & Performing Arts Center/F130
Fee: $99

ACR168 Continuing Pastel: Landscapes
5 sessions, 10 hours
Expand on the foundations learned in our Introduction to Pastel Drawing class. Capture beautiful landscapes which lend themselves to artistic license. In this course, students will apply advanced techniques of pastel, such as blocking in, broken color, building up, edge qualities, and accenting, while composing two projects. Intro to Pastel is highly recommended before taking this course. A supply list will be provided prior to the class start.

Instructor: Jodie Schmidt
5-Digit Number: 19458
Thu, 1:00 - 3:00 p.m., 4/16 – 5/14
Location: Visual & Performing Arts Center/F130
Fee: $99

ACR166 Acrylic Painting Techniques for Beginners
4 sessions, 8 hours
Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques and brushstrokes, demonstrations, and practice, we will complete 1-2 finished pieces 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. All materials will be provided.

Instructor: Jeanne McDermott
5-Digit Number: 19245
Fri, 9:00 - 11:00 a.m., 3/6 – 3/27
Location: Visual & Performing Arts Center/F118
Fee: $99

ILR547 Painting in the Style of the Master Artists - Expressionism
5 sessions, 10 hours
You don’t have to spend years as an apprentice to learn how to paint your own masterpiece. Trade secrets of the great masters are uncovered in this class. Using acrylic paint, students will create up to 1-2 paintings capturing the brush stroke, style, and techniques of master artists. Some drawing or painting experience (in any medium) is highly recommended. Supplies are included with your fee. This class will capture the techniques of masters of Expressionism; an avant garde style that appeared before WWI and originated in Germany. Artists may include: Vincent van Gogh, Edvard Much, Wassily Kandinsky, Paul Klee, and Egon Schiele.

Instructor: Jeanne McDermott
5-Digit Number: 19301
Fri, 9:00 - 11:00 a.m., 4/3 – 5/1 | No Class: 4/10
Location: Visual & Performing Arts Center/F118
Fee: $96
ACR600 Happy Little Trees: The Bob Ross Painting Class
1 session, 5 hours
You’ve seen him before. He’s the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big, house painting-type brushes while cooing soothing “you can do it” to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. This spring you can join in on the fun at FCC. Although Bob Ross is no longer with us, a Bob Ross Certified Instructor will teach you the magic behind painting happy little trees when you recreate one of Bob’s masterpieces in this 5 hour class. All materials including brushes, Bob Ross paints, and canvases will be provided. Class will take a lunch break so be sure to bring a packed lunch.

Instructor: Denise Sullivan
5-Digit Number: 19440
Sat, 10:00 a.m. - 4:00 p.m., 2/15
OR
5-Digit Number: 19441
Sat, 10:00 a.m. - 4:00 p.m., 3/14
OR
5-Digit Number: 19442
Sat, 10:00 a.m. - 4:00 p.m., 4/25
OR
5-Digit Number: 19443
Sat, 10:00 a.m. - 4:00 p.m., 5/16
Location: Visual & Performing Arts Center/F118
Fee: $89

ILR966 The Music of the Frederick Symphony Orchestra - Mahler and Dvorak (Romantic Era)
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 at a discounted rate. Just let the box office know that you took this ILR course. Concert date is March 15.

Instructor: David Howard
5-Digit Number: 19284
Fri, 11:00 a.m. - 12:30 p.m., 3/6
Location: Visual & Performing Arts Center/F132
Fee: $16

ILR966 The Music of the Frederick Symphony Orchestra - Winners of the Young Soloist Competition
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 at a discounted rate. Just let the box office know that you took this ILR course. Concert date is May 2.

Instructor: David Howard
5-Digit Number: 19286
Fri, 11:00 a.m. - 12:30 p.m., 4/17
Location: Visual & Performing Arts Center/F132
Fee: $16

NEW MUSIC LESSONS
FCC is now offering monthly voice and instrument lessons taught by expert musicians. Lesson offerings include:

- piano
- voice
- strings
- flute
- percussion
- brass
- jazz
- winds

Performance and needs-based scholarships available to students of all ages and abilities thanks to the generous support of the George L. Shields Scholarship Fund and other donors through the FCC Foundation.

New 30, 45, and 60-minute sessions begin every month.
4 Lessons · 4 Weeks · 30 Minutes · $130

frederick.edu/Cadence
cadence@frederick.edu
ILR899 Making the Most of Your Android Smart Phone
3 sessions, 6 hours

Got a new Android based smartphone and not sure about the many things you can do with it? This course will acquaint you with the features that come standard with your new phone. You will learn that it is much more than just for phone calls. It is a full communications device that includes texting, emailing and video phone communication. Organize your life by using a smartphone calendar. Customize your device by adding additional “apps” (applications) to make your life easier. Configure your email to keep in touch with your friends and family. Take a picture and share them as well. Come to this class with questions that you might have about your new smartphone.

Instructor: William O’Neal
5-Digit Number: 19311
Tue, 1:00 - 3:00 p.m., 1/28 – 2/11
Location: Braddock Hall/B114
Tuition: $20 | Fee: $59 | Total: $79 | MD residents age 60+ pay fee only

ILR397 iPhone® - Beginner
3 sessions, 6 hours

So you decided to upgrade your mobile phone to a smart phone from Apple®. Now that you have this new product, what do you need to know to initially set it up? This class will take you through the use of the technology so that you can make it work for you. We will focus on the Settings to connect to the cell phone network and using WiFi and Bluetooth where available. The course will also walk you through the process of creating and using an Apple ID to acquire Apps from The App Store, music and videos from the iTunes Store as well as the initial setup of the iCloud® and its advantages. There will also be a discussion about email considerations and text messaging using SMS and iMessage.

Instructor: William O’Neal
5-Digit Number: 19309
Wed, 1:00 - 3:00 p.m., 2/26 – 3/11
Location: Conference Center/E106
Tuition: $20 | Fee: $59 | Total: $79 | MD residents age 60+ pay fee only

ILR396 iPhone® - Advanced
3 sessions, 6 hours

Now that your iPhone® is setup, let’s explore the default Apps that come with the Apple® operating system, or IOS, such as Calendar, Contacts, camera, iMessage, and Facetime. Learn how to share information with other iPhone® users. Also, learn how to acquire popular Apps from The App Store to help you better organize your phone so that it works well for you. There will be a discussion on the various cloud services that allow you to share information with your other Apple and non-Apple devices. Finally, we will learn how to effectively manage storage on the iPhone®. This class will be customized to address individual questions and use of your new smart phone.

Instructor: William O’Neal
5-Digit Number: 19310
Wed, 1:00 - 3:00 p.m., 3/18 – 4/1
Location: Conference Center/E106
Tuition: $20 | Fee: $59 | Total: $79 | MD residents age 60+ pay fee only

ILR857 The Cloud - Removing the Mystery: iPad/iPhone® version only
3 sessions, 6 hours

Wouldn’t it be great to be able to find your emails, photographs, appointments and contact lists on all your Apple® devices instead of just one? With “the cloud” you can! Information you save on one device (computer, laptop, tablet, smart phone) can be viewed on all of them. Learn what iCloud® is and how to safely interface between your devices. Make a change on one device and have it show up on other Apple® devices. Optionally, share your calendar and contacts with other family members. Learn how you can bring it all together with the iCloud®.

Instructor: William O’Neal
5-Digit Number: 19365
Wed, 1:00 - 3:00 p.m., 4/15 – 4/29
Location: Conference Center/E109
Tuition: $20 | Fee: $59 | Total: $79 | MD residents age 60+ pay fee only

Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 40.
ILR730 Using Your Smartphone for Digital Photography - Tips and Tricks
3 sessions, 6 hours

Today’s smartphone cameras take excellent quality photos that rival your point and shoot camera. In fact, with the great photo taking and additional photo-enhancement features on your phone, you may not need to carry an additional camera. Your phone is right at hand when you need it! Learn how to use the camera and explore how the camera interfaces with other applications on the phone. Topics include: taking photos with the smartphone, how to enhance and share photos, apps to modify photos, printing photos from your phone, and other apps that use the camera. You might be surprised just what your camera can do.

Instructor: William O’Neal
5-Digit Number: 19360
Thu, 1:00 - 3:00 p.m., 4/16 – 4/30
Location: Catoctin Hall/C202
Fee: $59

ILR597 Navigating the Internet
6 sessions, 12 hours

The course begins with a short introduction to how computers work and how to keep your work organized on a computer. Learn what the internet is and how to use browsers, search engines, email applications, and social media. You’ll also learn methods to keep safe while browsing, communicating, and shopping online.

Instructor: John Zeminski
5-Digit Number: 19308
Thu, 10:00 a.m. - 12:00 p.m., 4/30 – 6/4
Location: Student Center/H261
Tuition: $40 | Fee: $109 | Total: $149 | MD residents age 60+ pay fee only

ILR970 Optimal Aging: Improving Memory with Brain Training
6 sessions, 12 hours

Would you like to have a sharp mind and a strong memory as you age? Learn how to use the brain’s natural ability to adapt and change (i.e., neuroplasticity) to improve your memory through brain training exercises, enhance your ability to learn new information, and increase your cognitive abilities. Specific topics include: memory terminology, memory neurophysiology, lifestyle factors that impact memory, how technology affects memory, and brain training exercises.

Instructor: Terry Leitma
5-Digit Number: 19432
Tue, 10:00 a.m. - 12:00 p.m., 1/28 – 3/3
Location: Student Center/H111
Tuition: $30 | Fee: $99 | Total: $129 | MD residents age 60+ pay fee only

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
5-Digit Number: 19341
Fri, 12:30 - 2:00 p.m., 1/31 – 4/3
Location: Athletics Center/D129
Fee: $99

Thrive!

Frederick Community College is proud to offer a variety of on-campus programs designed to promote social, physical, and emotional well-being for adults with intellectual disabilities. These unique non-credit classes are specifically created to develop skills for increased independence at home, at work, and in the community. Fun and creative activities include mathematics, reading and comprehension, creative arts, health and fitness, technology basics, and more!

frederick.edu/Thrive • 301.846.2661 • thrive@frederick.edu
ILR700 Just Try It! Beginning Yoga
5 sessions, 7.5 hours
Yoga will help you feel good. It’s a fun activity that can produce powerful results, wake up your body, sharpen your mind, and clarify your spirit. This course introduces you to the basic movements and poses of yoga so you may begin the process of transforming the way you look, feel, and move as you proceed safely and at your own pace. Through your practice, you will discover a new level of physical, energetic, and emotional consciousness, all the while building strength, flexibility and improved range of motion. All poses will be carefully modified for each student’s needs and abilities. Bring a yoga mat and other props, if you have them, or two rolled up bath towels.

Instructor: Linda Franklin
5-Digit Number: 19346
Wed, 3:30 - 5:00 p.m., 2/5 – 3/4
Location: Athletics Center/D129
Fee: $69

ILR86 Secret to Aging with Less Aches and Pains
6 sessions, 12 hours
Why let aches and pains diminish your lifestyle when there’s a good chance you can do something about them? This is your chance to learn from a doctoral level physical therapist about methods to minimize pain and maximize mobility. Learn about the common disorders of the spine, neck, shoulders, back, hips, and knees and what can be done to live more fully in spite of the condition. Topics addressed include osteoporosis, degenerative joint diseases, spinal stenosis, bursitis, and other common ailments and what you can do to cope, compensate, and/or recover. Course content is adapted to student interests. Life is short; feel better.

Instructor: Carol Zehnacker
5-Digit Number: 19307
Wed, 12:00 - 2:00 p.m., 2/19 – 3/25
Location: Braddock Hall/B112
Tuition: $42 | Fee: $102 | Total: $144 | MD residents age 60+ pay fee only

ILR766 Trips and Tips for Women Traveling Solo in Retirement
2 sessions, 6 hours
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: 19390
Wed, 3:00 - 6:00 p.m., 2/5 – 2/12
Location: Seward Hall
Tuition: $10 | Fee: $52 | Total: $62 | MD residents age 60+ pay fee only

ILR476 Medical Marijuana: Getting into the Weeds
1 session, 2 hours
Medical Marijuana is now legal in Maryland and people are flocking to the dispensaries to make their first legal purchase. More than 111 million Americans over the age of 50 use marijuana with an expected rise of another 7% by 2022. Cannabis is used for pain, muscles spasms, seizures, glaucoma, anxiety, stress, insomnia and more. Learn about our own internal cannabinoid system and the receptors its affects.

Instructor: Helen Kerr
5-Digit Number: 19354
Tue, 1:30 - 3:30 p.m., 2/25
Location: Conference Center/E106
Fee: $20
ILR530 Improve Your Posture with the Feldenkrais Method®
8 sessions, 12 hours
Everyone wants good posture, but how do we achieve it? In this Feldenkrais® series you will be guided through developmental movement patterns that you did as an infant and experience how swiftly your system can spontaneously re-align for being upright with pleasure and ease. Participants must be able to lie on a mat. This class requires the use of a special mat that allows for sliding (no yoga mats). If participants do not own the proper mat, they can purchase one from the FCC bookstore.

Instructor: Hannah Vo-Dinh
5-Digit Number: 19348
Wed, 6:00 - 7:30 p.m., 3/4 – 4/29 | No Class: 4/8
Location: Student Center/H205
Fee: $120

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: 19306
Mon, 2:00 - 5:00 p.m., 4/13
Location: Conference Center/E106
Fee: $32

ILR798 Continuing Gentle Yoga
5 sessions, 7.5 hours
This enjoyable floor yoga course will help you increase your strength, especially for transitioning from standing to sitting and from floor to standing. You will move at a gentle pace with emphasis on balance, strength, and breathing. It’s designed to meet the student as the student’s level of physical ability. Expect improved balance and tools for continuing the practice of yoga at home. This course is for students with prior yoga experience.

Instructor: Linda Franklin
5-Digit Number: 19347
Thu, 1:30 - 3:00 p.m., 3/19 – 4/23 | No Class: 4/9
Location: Athletics Center/D129
Fee: $69

ILR707 Developing a Personal Strength Training Plan
7 sessions, 14 hours
Improve your balance, increase your strength, and become more flexible. Learn from a licensed physical therapist and certified personal trainer to safely and effectively use the Swiss Ball, dumbbells, and Theraband. Instruction includes the rationale to lessen the effects of postural change that often accompanies the aging process. All students must have mobility to move between standing and floor positions without assistance. Course is limited to 10 students.

Instructor: Carol Zehnacker
5-Digit Number: 19340
Fri, 2:00 - 4:00 p.m., 3/27 – 5/8
Location: Athletics Center/D129
Fee: $102

Evening Offering | Classes offered 5:00 p.m. or later.
Are You Medically Curious?

Register for all seven Medically Curious sessions by registering for ILR448 OR pick and choose individual sessions.

5-Digit Number for all seven sessions: 19355

**ILR448 Are You Medically Curious?**

7 sessions, 14 hours

Are you ever skeptical of internet medical advice and TV drug company ads? Do you search for “Evidence Based Medicine,” presented so a layman can understand it? Welcome to “Are You Medically Curious?” The sessions are interactive, highlighted with Dr. R’s learning “toys,” and aimed at understanding your amazing body - when it works, and when it doesn’t.

5-Digit Number: 19355 | Thu, 10:00 a.m. - 12:00 p.m., 2/6 – 3/19
Location: Student Center/H203
Tuition: $32 | Fee: $114 | Total: $146 | MD residents age 60+ pay fee only

**ILR903 Medically Curious - Health Tips Part 2**

1 session, 2 hours

Simple topics you thought you understood including wound “no-no’s,” flu shots, finding your car, and opening medicine bottles.

5-Digit Number: 19356 | Thu, 10:00 a.m. - 12:00 p.m., 2/6
Location: Student Center/H203
Fee: $20

**ILR903 Medically Curious - Medical Aspects of Terrorism**

1 session, 2 hours

Learn what would happen if just one nuclear weapon went off. What about a dirty bomb? And is Botox made from the world’s deadliest poison?

5-Digit Number: 19357 | Thu, 10:00 a.m. - 12:00 p.m., 3/5
Location: Student Center/H203
Fee: $20

**ILR903 Medically Curious - Orthopedics for Seniors**

1 session, 2 hours

Strained or sprained? Broken or fractured? What about the “itis” family - arthritis, bursitis, and tendonitis.

5-Digit Number: 19358 | Thu, 10:00 a.m. - 12:00 p.m., 3/12
Location: Student Center/H203
Fee: $20

**ILR903 Medically Curious - Senior Hearing and Vision**

1 session, 2 hours

Chances are your hearing and vision aren’t much better than your knees and your back. Understand their basic anatomy and why you hear mumbling and see glare.

5-Digit Number: 19359 | Thu, 10:00 a.m. - 12:00 p.m., 3/19
Location: Student Center/H203
Fee: $20

**ILR903 Medically Curious - Cardiovascular Disease**

3 sessions, 6 hours

Learn how to separate the myths from the facts and discover ways to keep your heart strong in this three topic cardiovascular course. Learn about blood and oxygen and why they are important to your heart. Then learn about heart attacks and heart disease and why it is taking so long for a cure. Finally, learn about strokes, a huge cause of death and disability. Heart, lungs, blood, and oxygen - who does what and why. Heart attacks are still our #1 killer. Strokes are our #4 cause of death but our #1 cause of disability and are often treated when its too late to do much.

5-Digit Number: 19395 | Thu, 10:00 a.m. - 12:00 p.m., 2/13 – 2/27
Location: Student Center/H203
Tuition: $22 | Fee: $52 | Total: $74 | MD residents age 60+ pay fee only

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Instructor for series: Dr. Larry Romane

Instructor Bios | Instructor Bios can be found on page 40.
Prime-Time Health Series

Register for all four Prime-Time Health Series sessions by registering for ILR914 OR pick and choose individual sessions.
5-Digit Number for all four sessions: 19349

**ILR914 Prime-Time Health Series**
4 sessions, 6 hours
In this course series, students will learn the science behind their body’s internal systems. They will learn how the body works and focus on making good choices for every day health. They will be able to identify common toxins and learn how to eliminate these health-harming chemicals. Lastly, they will explore the primary causes and ways to reduce inflammation throughout the body in order to maintain health.
5-Digit Number: 19349 | Mon, 10:30 a.m. - 12:00 p.m., 4/13 – 5/4
Location: Conference Center/E106
Tuition: $12 | Fee: $50 | Total: $62 | MD residents age 60+ pay fee only

**ILR915 Prime-Time Health: Make Health Your Hobby**
1 session, 1.5 hours
Understand how the body works and focus on making good choices for great health every day.
5-Digit Number: 19352 | Mon, 10:30 a.m. - 12:00 p.m., 4/20
Location: Conference Center/E106 | Fee: $15

**ILR915 Prime-Time Health: Open Your Internal Pharmacy**
1 session, 1.5 hours
Learn about the keys, and the science behind your body's internal pharmacy. You can help your body produce these custom-made medicines and be in charge of your health.
5-Digit Number: 19353 | Mon, 10:30 a.m. - 12:00 p.m., 4/13
Location: Conference Center/E106 | Fee: $15

**ILR915 Prime-Time Health: Move Waste From Your Waist**
1 session, 1.5 hours
Waist size is a strong indicator of our overall health. Find out how to remove toxic waste and eliminate the health-harming chemicals that are produced by belly fat.
5-Digit Number: 19351 | Mon, 10:30 a.m. - 12:00 p.m., 4/27
Location: Conference Center/E106 | Fee: $15

**ILR915 Prime-Time Health: Live Without Pain and Inflammation**
1 session, 1.5 hours
Inflammation literally means the body’s immune system is on fire. Learn the primary causes, and ways to reduce inflammation throughout the body.
5-Digit Number: 19350 | Mon, 10:30 a.m. - 12:00 p.m., 5/4
Location: Conference Center/E106 | Fee: $15

**Instructor for series:** Kimberly Burdette
ILR744 The Ordeal: George Washington's Presidency
6 sessions, 12 hours

George Washington was the first of two Federalist presidents of the United States. This course will cover his and other Federalist beliefs, and how the American Revolution helped mold these beliefs. Understand the four-point program of Treasury Secretary Alexander Hamilton to create a strong economy. Assess how the implementation of this program helped cause the western Whiskey Rebellion and the formation of the Democratic-Republican Party of Thomas Jefferson and James Madison. See how the French Revolution and their ensuing war with England contributed to Jefferson splitting from the Washington administration. Finally, the course will cover relations with Great Britain, particularly in regard to Washington’s Old Northwestern Indian War and the controversial Jay’s Treaty, designed to avert another war with England.

Instructor: Roger Swartz
5-Digit Number: 19381
Mon, 9:30 - 11:30 a.m., 2/10 – 3/16
Location: Student Center/H202
Tuition: $40  |  Fee: $99  |  Total: $139  |  MD residents age 60+ pay fee only

ILR896 Modern Russian History
6 sessions, 12 hours

This course will offer an overview of main political and social events between 1991 and modern day Russia. Learn about the developments that led to and that transpired after the Soviet Union ceased to exist. The course will focus on post-breakup economic and political developments, the new Russian Constitution, freedom of the press, creation of new political parties, free elections, and independent judiciary. The course will also review the role of Boris Yeltsin in modern Russian history, the 1998 financial crisis, and the new class of oligarchs. Finally, we will discuss successful Russian and U.S. cooperation, the fate of the free press, the role of the internet, the opposition, and finally Russia’s role in other countries.

Instructor: Pavel Reznikov
5-Digit Number: 19398
Thu, 1:30 - 3:30 p.m., 2/13 – 3/19
Location: Conference Center/E106
Tuition: $30  |  Fee: $99  |  Total: $129  |  MD residents age 60+ pay fee only

ILR964 A Survey of Medieval History
3 sessions, 6 hours

From the middle ages and the arrival of the monastic systems to the literature and paintings of the early Renaissance period, students in this class will examine events, movements, and historical figures of the medieval period. Every day life in the peasantry and the nobility will be reviewed.

Instructor: Lois Jarman
5-Digit Number: 19375
Mon, 4:00 - 6:00 p.m., 2/10 – 2/24
Location: Conference Center/E104
Tuition: $20  |  Fee: $52  |  Total: $72  |  MD residents age 60+ pay fee only

ILR757 The Duke of Wellington vs. Emperor Napoleon
6 sessions, 12 hours

Arthur Wellesley, the Duke of Wellington is arguably one of the greatest military leaders in British history. This class focuses on how he overcame political obstructionism at home, a largely hostile English print media, disloyalty among the officer corps, incompetence among his senior colleagues, uncomfortable relationships with his allies and a disgraceful track record among his predecessors, and led his “allied” army through eight years of unbroken victories to the culmination of the Napoleonic era in Europe. Explore how Wellesley’s successes quieted his critics, and how his army’s performance was a source of great motivation to the monarchs of Europe dedicated to the defeat of the colossus Napoleon Bonaparte.

Instructor: James Hubbard
5-Digit Number: 19367
Wed, 1:00 - 3:00 p.m., 2/19 – 3/25
Location: Conference Center/E104
Tuition: $40  |  Fee: $82  |  Total: $122  |  MD residents age 60+ pay fee only

 Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 40.
ILR972 The Constitution and the Presidency
4 sessions, 8 hours

The Constitutional Convention debated the powers of the presidency, with George Washington setting the standard for limited presidential power. As Congressional war powers eroded and rule by executive order increased, we saw the emergence of a more imperial presidency, including cases for impeachment and the eventual passing of the 25th Amendment. Is it possible to restore the Founders ideal of separation of powers and checks and balances?

**Note:** This course will be conducted remotely by the instructor. Students will join the course by meeting in a classroom during the session and interacting with the instructor through the use of Skype.

**Instructor:** Jeffrey Steinberg
5-Digit Number: 19366
Wed, 10:00 a.m. - 12:00 p.m., 3/4 – 3/25
Location: Student Center/H203
Tuition: $22  |  Fee: $72  |  Total: $94  |  MD residents age 60+ pay fee only

ILR560 The Secrets of the C&O Canal
4 sessions, 6 hours

The Chesapeake and Ohio Canal runs along the Potomac River from Cumberland, Md., to Georgetown in the District of Columbia. It is a 184 mile-long engineering marvel that has 11 aqueducts, 86 locks, and one tunnel. Its history spans the 19th century and is filled with mishaps, crimes, secrets, and drama. Learn the stories of the people and locations on the C&O Canal including its connection with the creation of U.S. Constitution, the solution to a legendary murder on the canal that happened far differently than we are told, and the connection between the canal and the JFK assassination.

**Instructor:** James Rada
5-Digit Number: 19422
Wed, 5:00 - 6:30 p.m., 3/11 – 4/1
Location: Emmitsburg Senior Center
Tuition: $20  |  Fee: $52  |  Total: $72  |  MD residents age 60+ pay fee only

Evening Offering

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**ILR956 Foreign Aid: Friend or Foe?**
6 sessions, 9 hours

Foreign assistance is a complex, multi-billion dollar global industry, in which the U.S. plays the largest role. It is an industry but what, exactly, are the returns? Examine the different types of assistance the U.S. provides and our position in the global picture.

Students are encouraged to read *Dead Aid: Why Aid is Not Working and How There is a Better Way to Help Africa* by Dambisa Moyo prior to the start of the course. Other recommended readings will be provided on the first day of class.

**Instructor:** Paulette Lee
5-Digit Number: 19376
Thu, 1:30 - 3:00 p.m., 2/20 – 3/26
Location: Braddock Hall/B222
Tuition: $20  |  Fee: $74  |  Total: $94  |  MD residents age 60+ pay fee only

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Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 40.
ILR812 World History: The Big Picture
6 sessions, 9 hours
Any other history you may have studied will make more sense when you understand the fundamental overarching concepts that become clear with a “big picture” perspective. Based on the book, This Fleeting World - A Short History of Humanity by David Christian, this discussion-oriented course offers a global view of human history in one sweeping 250 thousand year panorama. Topics include: the engine that drives human history, how the adoption of agriculture led to the modern world, global differences in change and advancement, the rise and fall pattern of states, and the path of knowledge from the ancient to the modern world. This unique approach to history provides a context and framework into which all other studies of history fit.

Instructor: Ernest O’Roark
5-Digit Number: 19374
Tue, 10:00 - 11:30 a.m., 3/31 – 5/5
Location: Linganore Hall/L112
Tuition: $40  |  Fee: $82  |  Total: $122  |  MD residents age 60+ pay fee only

ILR791 Eruption and Balance: The Presidency of John Adams
6 sessions, 12 hours
John Adams’ 4-year tenure as president was a highly contentious period in American history. The evolution of the newly-formed political parties, the partisanship of the press, and the rejection of President Adams by Vice-President Jefferson impacted the presidency greatly. The war, and peace, with France as well as the war within the Federalist Party will be explored. The course will also touch upon the Alien & Sedition Acts and Fries Rebellion of German settlers in southeastern Pennsylvania. It will end with the eventual election of Jefferson and the emergence of John Marshall, Chief Justice of the Supreme Court. Throughout the course, we’ll discover how the personal traits of John Adams impacted his policies and the history of the early republic.

Instructor: Roger Swartz
5-Digit Number: 19380
Mon, 9:30 - 11:30 a.m., 4/13 – 5/18
Location: Student Center/H202
Tuition: $40  |  Fee: $99  |  Total: $139  |  MD residents age 60+ pay fee only

ILR977 The History of Potomac Navigation and the C&O Canal
4 sessions, 10 hours
From colonial settlement days to 1924, the upper Potomac (i.e. the river above tidewater) was used for water transportation. This course tells that story, beginning with the Patowmac Company, including the complex eras and history of the Chesapeake & Ohio Canal, and concluding with an account of the making of the C&O Canal National Historical Park. The politics, engineering, economics, and culture of Potomac navigation in its various periods, and especially the people and events essential to that story are discussed. Karen Gray’s classes include a 2 hour PowerPoint illustrated presentation with a 10 minute break in the middle, followed by a half hour discussion period.

Instructor: Karen Gray
5-Digit Number: 19449
Tue, 10:00 a.m. - 12:30 p.m., 4/14 – 5/5
Location: Church of Transfiguration/Memorial Hall
Tuition: $40  |  Fee: $99  |  Total: $139  |  MD residents age 60+ pay fee only

ILR806 Frederick Town History Series
3 sessions, 4.5 hours
This series is based on the award winning documentary series Frederick Town. Selections of the documentary are embedded into the course along with additional content, “show and tell” and discussion. This documentary was produced to commemorate the 1745 founding of Frederick in the backlands of the Maryland colony. Featuring more than a dozen on-camera historians and commentators, Frederick's story is presented through vintage artwork, photographs and artifacts, scenic mood footage and quotes and diary passages. The documentary covers the 1700s through the present day to include Native American and colonist history including early trade and the pursuit of riches.

Note: The spring session series will focus solely on the 1900s to the present.

Instructor: Christopher Haugh
5-Digit Number: 19379
Tue, 3:00 - 4:30 p.m., 4/28 – 5/12
Location: Sweadner Hall
Tuition: $10  |  Fee: $54  |  Total: $64  |  MD residents age 60+ pay fee only

Evening Offering | Classes offered 5:00 p.m. or later.
ILR378 Palestine and Israel, Twice-Promised Land - An Exploration Through Film
5 sessions, 12.5 hours

This course provides a rare opportunity to examine one of the most important and contentious issues of our time. For more than seven decades, the Palestine-Israel conflict, the “most fundamental fault line” in the Middle East, has stood at the epicenter of political debate in the region --- and beyond. The persistent failure to resolve the competing visions of the inhabitants of a land that is sacred to three great religious traditions is a tragedy of the modern age, not only for Arabs and Jews but also, by extension, for peoples and governments around the world. In many ways, the Palestine-Israel conflict has become a lightning rod --- a measure by which the efficacy of public policy and respect for international law are measured and evaluated.

Through classroom lecture, discussion, handouts, guest speakers, and the medium of film --- including interviews, documentary and dramatic films --- participants will explore the context of this conflict, analyze its historic roots, untangle the complex and deeply-held convictions of protagonists on both sides of this issue, examine widely-held misconceptions, analyze the effects of policies that impact the inhabitants of the Holy Land, and consider the role and implications of U.S. foreign policy in the Middle East as it relates to this conflict, including the impact of Christian Zionism.

Student participation, including the sharing of individual perceptions and insights, will enrich the conversation. Please be advised that while all opinions and points of view are welcome, it is expected that classroom discussion will be characterized by measured discourse and mutual respect.

Instructor: Linda Pappas Funsch
5-Digit Number: 19497
Wed, 2:30 - 5:00 p.m., 3/4 – 4/1
Location: Sweadner Hall
Tuition: $40 | Fee: $109 | Total: $149 | MD residents age 60+ pay fee only

SEN473 Current Issues in the Middle East
5 sessions, 10 hours

The Middle East is arguably one of the most newsworthy areas of the world. For the uninitiated, entrenched stereotypes and recurring sound-bites reduce the diversity and dynamism of this fascinating region to a simplistic “one-size-fits-all” monolith. Current Issues in the Middle East, one of the longest-running and most popular courses in ILR’s 55+ program, is an ongoing series, designed to uncover the mystique that is associated with this vitally important area of the world.

Each week’s class will present and analyze the latest news from the Middle East. The instructor, a recognized area specialist, will highlight current issues as they unfold, framing them in a historical context, identifying key players, exploring the tangled web of interrelationships, and analyzing their impact on regional dynamics and the international order.

Among the issues under consideration for the spring of 2020 is the fate of ISIS after the death of its self-proclaimed “caliph,” the entrenchment of authoritarian rule in Egypt and Turkey, growing popular protests on the “Arab street,” saber-rattling by partisans on both sides of the Saudi Arabia: Iran debate, the evolving dynamics of Israel’s government, shifting political alliances, the future of the Kurds in Syria, and the growing profile of Russia and China in the Middle East. In every discussion the role of the United States in the region, both historically and currently --- particularly in a presidential election year ---- will be considered.

Through lectures, selected readings, films, guest speakers, and group discussion, it is expected that after taking this course participants will be better equipped to understand and address, with a greater level of confidence, some of the most compelling issues of our time.

Note: New content is discussed each term.

Instructor: Linda Pappas Funsch
5-Digit Number: 19498
Wed, 2:30 - 4:30 p.m., 4/15 – 5/13
Location: Sweadner Hall
Tuition: $40 | Fee: $109 | Total: $149 | MD residents age 60+ pay fee only

This spring, the Middle Eastern course lineup has moved to Wednesday afternoons.
History Bites - Lunchtime/Dinnertime Series

Bring lunch, dinner, snacks, or dessert and listen to a one-hour history talk. Topics vary each session and there will be time after the talk for questions and discussion.

ILR941 History Bites - Lunchtime History Series:
Roger Brooke Taney, Beyond Dred Scott
1 session, 1.5 hours
Instructor: Matthew Borders
5-Digit Number: 19371 | Wed, 11:30 a.m. - 1:00 p.m., 2/5
Location: Student Center/H202 | Fee: $12

ILR941 History Bites - Lunchtime History Series:
A Last Roll of the Dice, The Third Confederate Invasion of the North
1 sessions, 1.5 hours
Instructor: Matthew Borders
5-Digit Number: 19372 | Wed, 11:30 a.m. - 1:00 p.m., 2/12
Location: Student Center/H202 | Fee: $12

ILR941 History Bites - Lunchtime History Series:
Opening the Valley, The Battle of Cool Spring
1 sessions, 1.5 hours
Instructor: Matthew Borders
5-Digit Number: 19373 | Wed, 11:30 a.m. - 1:00 p.m., 2/19
Location: Student Center/H202 | Fee: $12

ILR973 History Bites - Dinnertime History Series:
Civil War Literature
1 sessions, 1.5 hours
Instructor: Tami Roch
5-Digit Number: 19368 | Wed, 6:00 - 7:30 p.m., 2/19
Location: Sweadner Hall | Fee: $12

ILR973 History Bites - Dinnertime History Series:
Comparative Religion
1 sessions, 1.5 hours
Instructor: Tami Roch
5-Digit Number: 19369 | Wed, 6:00 - 7:30 p.m., 3/18
Location: Sweadner Hall | Fee: $12

ILR973 History Bites - Dinnertime History Series:
The Second Party System of Antebellum Politics
1 sessions, 1.5 hours
Instructor: Tami Roch
5-Digit Number: 19370 | Wed, 6:00 - 7:30 p.m., 4/22
Location: Sweadner Hall | Fee: $12

Evening Offering | Classes offered 5:00 p.m. or later.
The History of the United States Supreme Court

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

ILR947 The History of the United States Supreme Court - The Classical Courts: Fuller, White, and Taft
6 sessions, 9 hours
5-Digit Number: 19378
Mon, 2:00 - 3:30 p.m., 1/27 – 3/2
Location: Student Center/H202
Tuition: $40  |  Fee: $82  |  Total: $122
MD residents age 60+ pay fee only

ILR947 The History of the United States Supreme Court Series - The Classical and Modern Courts: Hughes, Stone, and Vincent
6 sessions, 9 hours
5-Digit Number: 19377
Mon, 2:00 - 3:30 p.m., 3/16 – 4/20
Location: Student Center/H202
Tuition: $40  |  Fee: $82  |  Total: $122
MD residents age 60+ pay fee only

Instructor for series: James Baer

HOME & HOBBY

NEW HOM137 DIY Home Maintenance 101
1 session, 3 hours
If you live under a roof and four walls, this class is a must! Join us to learn the DIY maintenance skills everyone should master! Learn how to locate studs, hang pictures, anchor weighted items like towel bars, install new locks, rekey your front door and so much more! No experience needed. All materials and tools provided!

Instructor: James Thuman
5-Digit Number: 19463  |  Sat, 9:00 a.m. - 12:00 p.m., 1/25
Location: Monroe Center/MC144  |  Fee: $59

NEW HOM138 DIY Home Maintenance 102
1 session, 3 hours
Build on your skills and master basic drywall repair, fix common door problems, complete furnace and water heater maintenance, and so much more! No experience needed. All materials and tools provided.

Instructor: James Thuman
5-Digit Number: 19464  |  Sat, 9:00 a.m. - 12:00 p.m., 2/8
Location: Monroe Center/MC144  |  Fee: $59

NEW HOM134 DIY Woodworking - Side Table
1 session, 3 hours
Learn the basics of woodworking in this hands-on, project-focused class. In this building class, students will explore the basic concepts of woodworking, the tools needed to construct simple pieces, and the skills necessary to complete future projects on their own. Students will build their own project to keep. All materials included in the course cost. Join us to get building!

Instructor: Justin Gruber
5-Digit Number: 19459  |  Wed, 6:00 - 9:00 p.m., 1/29
Location: Monroe Center/MC144  |  Fee: $99

Evening Offering

Evening Offering
**NEW** HOM135 **DIY Woodworking - Modern Planter**  
1 session, 3 hours  
Learn the basics of woodworking in this hands-on, project-focused class. In this building class, students will explore the basic concepts of woodworking, the tools needed to construct simple pieces, and the skills necessary to complete future projects on their own. Students will build their own project to keep. All materials included in the course cost. Join us to get building!  
*Instructor:* Justin Gruber  
5-Digit Number: 19460 | Mon, 6:00 - 9:00 p.m., 2/24  
Location: Monroe Center/MC144 | Fee: $79

**NEW** HOM136 **DIY Woodworking - Floating Shelves**  
1 session, 3 hours  
Learn the basics of woodworking in this hands-on, project-focused class. In this building class, students will explore the basic concepts of woodworking, the tools needed to construct simple pieces, and the skills necessary to complete future projects on their own. Students will build their own project to keep. All materials included in the course cost. Join us to get building!  
*Instructor:* Justin Gruber  
5-Digit Number: 19461 | Tue, 6:00 - 9:00 p.m., 5/19  
Location: Monroe Center/MC144 | Fee: $69

**NEW** HOM139 **DIY Spring Prepping Your Home**  
1 session, 3 hours  
Spring is right around the corner, and as winter comes to a close, learn how to get your home warm-weather ready! Change your HVAC filters, clean your dryer vent, inspect washer connections, clean your pump filter, replace screens, turn on the water to your exterior spigot, and so much more! No experience needed. All materials and tools provided.  
*Instructor:* Mitchell DeLashmutt  
5-Digit Number: 19465 | Sat, 9:00 a.m. - 12:00 p.m., 2/22  
Location: Monroe Center/MC144 | Fee: $59

**HUL155 **DIY Electrical Wiring**  
1 session, 5 hours  
Still trying to figure out how to make that 2-way switch work in your hallway? This Do-It-Yourself class will teach homeowners electrical wiring basics to tackle projects around the home. Course will cover the methods for safely installing outlets, switches and fixtures. This workshop is the perfect gift for new homeowners! No experience necessary. All materials provided. Class will take a 30 minute lunch break so be sure to bring a packed lunch.  
*Instructor:* Mitchell DeLashmutt  
5-Digit Number: 19425 | Sat, 9:00 a.m. - 2:30 p.m., 3/21  
Location: Monroe Center/MC129 | Fee: $99

**HUL157 **DIY Plumbing**  
1 session, 5 hours  
Knowing what to do in a plumbing emergency can save time and money, and there are things that you can learn to do yourself safely. In this class we’ll focus on common plumbing problems like unclogging a toilet or garbage disposal, fixing a leaky faucet, shutting off water at the main valve, installing new plumbing fixtures, or soldering pipes. This class will help you figure out when you should call a plumber and when you really can Do-It-Yourself. Class will take a 30 minute lunch break so be sure to bring a packed lunch.  
*Instructor:* Mitchell DeLashmutt  
5-Digit Number: 19426 | Sat, 9:00 a.m. - 2:30 p.m., 4/18  
Location: Monroe Center/MC129 | Fee: $119

**ACR158 **Introduction to Metalsmithing**  
1 session, 5 hours  
Master the basics of metalsmithing in this 1-day workshop. Learn how to use a torch, sawing, hammering plus other texture techniques to apply and finish copper jewelry (to take home)! Workshop includes lecture, demonstration, hands on practice and one on one instruction in the creation of your own unique designs. All tools and materials are provided. No experience necessary. Class will take a 30 minute lunch break so be sure to bring a packed lunch.  
*Instructor:* Georgina Copanzzi  
5-Digit Number: 19254 | Sat, 9:00 a.m. - 2:30 p.m., 1/25  
OR  
5-Digit Number: 19476 | Sat, 9:00 a.m. - 2:30 p.m., 5/2  
Location: Monroe Center/MC147 | Fee: $79
ACR164 Mosaic Mirrors
1 session, 3 hours
Mosaic is the art of creating images with small pieces of colored glass, stone, or other materials known as tesserae. Small pieces, normally roughly cubic and made of stone or glass of different colors are used to create a pattern or picture. Learn this unique art form as you create your own mosaic piece. All supplies included in the course price. No experience required!

Instructor: Patricia Stein
5-Digit Number: 19249  |  Sat, 9:00 a.m. - 12:00 p.m., 2/1
Location: Visual & Performing Arts Center/F118  |  Fee: $74

HOM143 The Joy of Candle Making
3 sessions, 6 hours
In this three part course, students will learn all of the basics of candle making, including the history, theory, and of course - practice of making their very own candles. Students will cover the equipment used, different types of wax, candle dyes and fragrances available, while also learning about wicks, the process, and troubleshooting. Students will leave with the candles they make each session, plus a workbook for continued fun! All materials included.

Instructor: Celia Baula
5-Digit Number: 19468  |  Tue, 6:30 - 8:30 p.m., 2/4 – 2/18
Location: Visual & Performing Arts Center/F118  |  Fee: $129

HOM126 Beginning Calligraphy: Italic
8 sessions, 16 hours
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 list of supplies will be provided prior to class start date.

Instructor: Jodie Lide
5-Digit Number: 19265  |  Fri, 10:00 a.m. - 12:00 p.m., 2/7 – 3/27
Location: Visual & Performing Arts Center/F141  |  Fee: $119

HOM132 Continuing Calligraphy
8 sessions, 16 hours
Take your calligraphy skills to the next level! In this class, students will learn how to mix and apply colors, italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces! A list of supplies will be provided prior to class start date.

Instructor: Jodie Lide
5-Digit Number: 19266
Fri, 10:00 a.m. - 12:00 p.m., 4/17 – 6/12  |  No Class: 5/29
Location: Visual & Performing Arts Center/F141  |  Fee: $119

HOM102 Iris Paper Folding
1 session, 2 hours
Iris Paper Folding is a wonderful technique that may look difficult, but is fairly easy to master! From gorgeous greetings cards to custom works of art, it can be incorporated into scrapbooking and a wide variety of crafts. All materials are included in the course fee and directions are provided to you so you can create additional projects on your own.

Instructor: Kathy Barylski
5-Digit Number: 19262  |  Thu, 10:00 a.m. - 12:00 p.m., 2/13
Location: Monroe Center/MC117  |  Fee: $29

ACR154 Jewelry Soldering Workshop
1 session, 5 hours
Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the “how” and “why” of jewelry soldering by combining an overview of the tools, techniques and process + hands-on practice. Each student will fabricate textured stacking rings or bangles.

Safety Requirements (No Exceptions): Closed-toed, low-heeled or no-heeled shoes • Comfortable “play-clothes.” No flowing sleeves or bulky fabrics • Long hair must be worn in a bun or ponytail • Protective eyewear must be worn.

Instructor: Georgina Copanzzi
5-Digit Number: 19255  |  Sat, 9:00 a.m. - 2:30 p.m., 2/15
Location: Monroe Center/MC147  |  Fee: $79

Instructor Bios
Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 40.
**NEW** ILR62 Planning Your Summer Adventure  
2 sessions, 4 hours

Hoping to have a memorable summer vacation? This workshop is all about planning your idea of a great adventure. Whether you’re thinking of relaxing on a beach in the Carolinas, exploring the Maine coast, or discovering the Rocky Mountains, allow us to walk you through the planning stages and options to make it all happen.

**Instructor:** Kathy Barylski  
5-Digit Number: 19388  |  Tue, 10:00 a.m. - 12:00 p.m., 2/18 – 2/25  
Location: Student Center/H203  |  Fee: $42

**NEW** HOM145 Wearable Flowers Workshop  
1 session, 2 hours

Join us to make wearable floral art! In this floral jewelry class, students will be introduced to the tools and techniques needed to create their own flower cuffs. Beginners welcome! All supplies & materials provided. Students can bring an existing bracelet or form a new one using decorative wire.

**Instructor:** Shelly Evans  
5-Digit Number: 19606  |  Wed, 6:00 - 8:00 p.m., 2/12  
Location: Visual & Performing Arts Center/F118  |  Fee: $69

**NEW** ILR552 Floral Design: Teacup Arrangement  
1 session, 2.5 hours

Create a teacup arrangement using silk or dried flowers. Learn the basics of floral design by discussing art concepts, viewing examples, and using hands on experience to create cheerful arrangements of either fresh, dried, or artificial flowers. This course is for beginners or as a continuation for those who took other floral design offerings. Each offering will feature a different design. Supplies are included in your course cost.

No refunds 3 business days prior to class start.

**Instructor:** Jeanne McDermott  
5-Digit Number: 19419  |  Fri, 9:00 - 11:30 a.m., 2/21  
Location: Linganore Hall/L112  |  Fee: $70

**NEW** HOM144 Introduction to Fold-forming Jewelry  
1 session, 5 hours

Fold-forming was invented by Charles Lewton-Brain in the late 1980s as a completely new way of forming, folding and unfolding sheet metal quickly into wonderful 3-D shapes and textures. In this 5 hour Fold-forming Basics workshop, you’ll work hands-on with the torch, hammer and anvil to learn to fold, shape and texture metal to create a unique cuff bracelet, earrings or pendant from copper sheet metal. Heat patinas will also be discussed and applied to some of your pieces. All supplies included in the course cost. No experience needed! Class will take a 30 minute lunch break so be sure to bring a packed lunch.

**Instructor:** Georgina Copanzzi  
5-Digit Number: 19477  |  Sat, 9:00 a.m. - 2:30 p.m., 4/4  
Location: Monroe Center/MC147  |  Fee: $79

**ACR165 Metal Etching Jewelry Workshop**  
1 session, 5 hours

Join instructor Gina Copanzzi to explore etching metal using an illustration. You will learn how to make a transfer, and how to etch copper. Students will complete a few pieces of finished copper jewelry. This class will include lecture, demonstration, hands on practice and one on one instruction in the creation of your own unique designs. All tools and materials are provided. No experience necessary. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

**Instructor:** Georgina Copanzzi  
5-Digit Number: 19256  |  Sat, 9:00 a.m. - 2:30 p.m., 3/7  
Location: Monroe Center/MC147  |  Fee: $79

**ACR326 Glass Fusing Jewelry: Pendants, Bracelets and Pins**  
1 session, 3 hours

Create gorgeous, one-of-a-kind pendants, wine bottle stoppers, bracelets, and pins for yourself or as gifts for family and friends. Using fusible glass, dichroic glass, frit, and mosaic pieces, learn the basics of fusing, how to cut and grind glass, clean pieces, and assemble pieces. Create multiple unique, stunning pieces during this three hour session. Finished items are then fused in a kiln and returned the following week for pick up. Glass cutting experience is not required.

**Instructor:** Patricia Stein  
5-Digit Number: 19251  |  Sat, 1:00 - 4:00 p.m., 2/1  
OR  
5-Digit Number: 19252  |  Sat, 1:00 - 4:00 p.m., 4/4  
Location: Visual & Performing Arts Center/F118  |  Fee: $74
ACR159 **Garden Mosaics**  
1 session, 3 hours  
Create a beautiful stepping stone paver for your garden using broken ceramic tile/glass. Glass, tile, adhesive, and grout are all provided. Students are required to bring a concrete paver (12x12) or two regular sized bricks of their choosing to class.  
*Instructor:* Patricia Stein  
5-Digit Number: 19250 | Sat, 9:00 a.m. - 12:00 p.m., 4/4  
Location: Visual & Performing Arts Center/F118 | Fee: $59

**ILR919 The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun**  
2 sessions, 6 hours  
In today's world, Tarot is no longer simply the tool of fortune tellers but is used by many for personal growth and creativity. This class will discuss what tarot is and isn't. You will learn how a deck is arranged and obtain an overview of card meanings. Attendees will get hands-on experience reading throughout the two classes. A deck of cards will be available for class use.  
*Instructor:* Mary Mannix  
5-Digit Number: 19446 | Tue, 9:00 a.m. - 12:00 p.m., 4/14 – 4/21  
Location: Catoctin Hall/C212 | Fee: $65

**HOM103 Fleeting Fancies: Spring's Ephemeral Flowers**  
1 session, 2 hours  
What do Squirrel Corn, Bloodroot, and Trout Lily have in common? They are all spring ephemeral flowers, blooming for just a few weeks in early spring, then quickly fading. Frederick County has great locations for these beauties, so join us for a field trip to find these treasures. Students must provide their own transportation.  
*Instructor:* Kathy Barylski  
5-Digit Number: 19342 | Fri, 12:00 - 2:00 p.m., 4/24  
Location: Student Center/H256 | Fee: $29

**HOM128 Beginner Knitting - Waffle Scarf**  
2 sessions, 4 hours  
In this class, we team up with The Knot House in downtown Frederick where you’ll learn to cast on, knit, purl, and read a pattern. Explore a new hobby as you learn to knit a cozy waffle scarf. Students will be sent a supply list prior to class and are welcome to come early to class to purchase supplies!  
*Instructor:* Cathy Baucom  
5-Digit Number: 19263 | Wed, 6:00 - 8:00 p.m., 1/29 – 2/5  
Location: The Knot House | Fee: $59

**HOM128 Beginner Knitting - Spring Shawl**  
2 sessions, 4 hours  
In this class, we team up with The Knot House in downtown Frederick where you’ll learn to cast on, knit, purl, and read a pattern. Explore a new hobby as you learn to knit a spring shawl. Students will be sent a supply list prior to class and are welcome to come early to class to purchase supplies!  
*Instructor:* Cathy Baucom  
5-Digit Number: 19264 | Wed, 6:00 - 8:00 p.m., 4/22 – 4/29  
Location: The Knot House | Fee: $59

**HOM129 Crochet for Beginners**  
3 sessions, 6 hours  
There's something magical about being able to take some yarn and create something beautiful. Crochet provides an excellent method to create almost endlessly - and it's highly portable, relaxing and fun! Come learn how with these beginner lessons. Students will be sent a supply list prior to class.  
*Instructor:* Kathy Barylski  
5-Digit Number: 19343 | Mon, 6:30 - 8:30 p.m., 2/10 – 2/24  
Location: Student Center/H210 | Fee: $59

**ILR870 Travel Light, Travel Easy**  
1 session, 2.5 hours  
No matter your mode of transportation, traveling light makes the journey easier. Learn the tricks to packing carry-on only for your next destination. You'll learn how to meet carry-on standards, dress for easy travel, and develop a personal packing list. This interactive workshop will allow time to explore many packing and travel tools.  
*Instructor:* Kathy Barylski  
5-Digit Number: 19387 | Thu, 6:00 - 8:30 p.m., 6/4  
Location: Braddock Hall/B102 | Fee: $26

**Evening Offering**
ILR958 The Frugal Kitchen
2 sessions, 4 hours

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

Instructor: Kathy Barylski
5-Digit Number: 19384
Thu, 1:00 - 3:00 p.m., 1/30 – 2/6
Location: Braddock Hall/B111 | Fee: $42

ILR860 Downsizing Simplified: Living Smaller and Loving it!
3 sessions, 4.5 hours

Overwhelmed by stuff and the work it takes to maintain it? This course will provide a starting 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 & Sharon Scarbough
5-Digit Number: 19383
Wed, 10:00 - 11:30 a.m., 3/4 – 3/18
Location: Student Center/H202
Tuition: $20 | Fee: $42 | Total: $62 | MD residents age 60+ pay fee only

ILR965 The Role of the Executor in Maryland
2 sessions, 6 hours

Learn how to be an executor for a loved one or designate the responsibilities as part of your own estate plan. Understand the legal responsibilities of the role, and discuss required general competencies, while understanding the potential consequences for incorrect performance. Learn to organize tasks in advance, and get tips for reducing stress when handling the responsibilities.

Instructor: Marcy Gouge
5-Digit Number: 19386
Tue/Thu, 3:00 - 6:00 p.m., 2/25 – 2/27
Location: Conference Center/E104
Tuition: $12 | Fee: $54 | Total: $66 | MD residents age 60+ pay fee only

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

Instructor: Sharon Smith
5-Digit Number 19399
Thu, 9:30 - 11:30 a.m., 3/19
Location: Conference Center/E106 | Fee: $19

Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 40.
Learning on Location

**ILR741 Monsters of Rock Geology Mobile Workshop**
1 session, 6 hours

You won’t want to miss this Learning on Location opportunity as we set out on an exploration of Frederick County’s geologic history with Chris Haugh. This is the perfect complement to Chris’ June, 2015 ILR class offering entitled “The Prehistory of Frederick County,” based on his earlier 1999 video documentary Monocacy. The award-winning researcher/documentarian will employ a light approach in helping students understand geologic events of our past through the context and environs of Frederick County. Participants will explore present-day examples and traces of earth-shaping events that occurred millions of years ago. Be sure to bring your walking shoes for some easy to manage mini-hikes off the bus. This particular trip will include a collection of site stops in Frederick County. We are keeping these exciting stops a surprise but if you can’t stand the suspense just give us a call and we’ll whisper the stop list in your ear.

**Note:** Dress for the weather; moderate walking spread throughout the tour including a possible 1 mile or more hike; lunch is included. No refunds after close of business on March 23.

**Instructor:** Christopher Haugh
5-Digit Number: 19299
Mon, 9:00 a.m. - 5:00 p.m., 4/6
Location: Various Frederick County Locations
Tuition: $10 | Fee: $99 | Total: $109 | MD residents age 60+ pay fee only

**NEW**

**ILR974 Old Town Alexandria Highlights**
1 session, 9.5 hours

Founded in 1749 as a tobacco port, Alexandria is marked by cobblestone streets and 18th century townhouses. Walk the same streets that George Washington walked while enjoying this charming waterfront town. We’ll visit the dramatic George Washington Masonic National Memorial and take a docent-led tour that is sure to intrigue with unique displays about our first president, American history, and the Masonic heritage. Experience the Lee-Fendall House Museum & Garden through the lives of the people who lived and worked on the property from 1785-1969. We’ll also explore the Torpedo Factory Art Center, a former World War II era munitions factory turned art studio with more than 80 painters, sculptors, and jewelers. The tour allows for a generous lunch break so you can find the perfect place to eat and shop for treasures.

**Note:** Dress for the weather; moderate walking and standing including walking on some uneven areas and climbing steps; lunch is on your own with time to explore. No refunds after close of business on April 2.

**Instructor:** Marsha Adelson
5-Digit Number: 19435
Thu, 8:00 a.m. - 6:00 p.m., 4/16
Location: Alexandria, Virginia
Fee: $92

**Transportation** | All trips depart from FCC; exact departure location and trip details will be provided one week prior to the trip date.
NEW ILR598 Walking Antietam: Part 3 - Burnside Bridge
1 session, 6 hours

Burnside Bridge is Antietam’s most iconic image. The graceful three-arch stone span, original to its core, has endured war, floods and millions of tourists. But few understand its real role in America’s bloodiest battle. Join Civil War historian and Antietam scholar Dennis Frye for a stroll about the bridge, discovering its hidden mysteries and the falsehoods surrounding its legends. Dennis is renowned for challenging conventional history, and in this case, he will tackle the near impossible - redeeming Burnside’s reputation! Following a morning beside the bridge, we will explore the fields (a newer NPS acquisition) where General Lee’s army faced near extinction.

Note: Bring your walking shoes as we expect to walk a total distance of 3 miles, spread throughout the day, over gentle undulating terrain. Lunch is included in your fee. No refunds after close of business on April 30.

Instructor: Dennis Frye
5-Digit Number: 19421
Thu, 8:00 a.m. - 5:30 p.m., 5/7
Location: Antietam National Battlefield
Fee: $89

NEW ILR980 Discover Wonderful Winchester
1 session, 7.75 hours

The verdant countryside of the Shenandoah Valley is one of the most beautiful landscapes in the United States. We will spend the day exploring its history and bounty in and around Winchester, Virginia. Our day will begin with the Museum of the Shenandoah Valley—comprised of 7 acres of formal gardens, a museum with four gallery spaces that detail Valley history, European & American fine and decorative arts, a miniatures collection, and special exhibitions, as well as the circa 1794 Glen Burnie house. We will enjoy guided tours of the museum and gardens, and then head to historic old town Winchester for lunch. Old town has a plethora of restaurant options, from farm to table, Jamaican, French, and beyond—choose what you’d like to savor and enjoy the historic architecture. After lunch, we will visit award-winning Valerie Vineyards, which produces Bordeaux-style vintages that you can enjoy in their circa 1807 Federalist style manor, set on 18 lush acres of beautiful Shenandoah Valley countryside. Savor art, history, gardens, and wine on this lovely excursion.

Note: This tour involves moderate walking while on a guided museum tour. Lunch will be on your own at the restaurant of your choice in downtown Winchester. Wine tasting fee is not included in the course fee but can be purchased on your own. No refunds after close of business on May 29.

Instructor: Christine Rai
5-Digit Number: 19450
Fri, 8:30 a.m. - 4:30 p.m., 6/5
Location: Winchester, Virginia
Fee: $69
ILR905 Civic Academy: Is it Time to Make Your Voice Heard?  
4 sessions, 10 hours

Do you watch the news and wonder why “someone” doesn’t do something? Could that “someone” be you? Seniors can be a powerful voice to create change in their neighborhoods, communities, and state. This practical course will help you find your voice, sharpen your passions, and create an action plan to create lasting change in your community. Each class will provide opportunity for education, reflection, and discussion as to how you can become a super hero for change.

_Instructor_: Marcy Gouge  
5-Digit Number: 19385  
Tue/Thu, 3:00 - 5:30 p.m., 3/24 – 4/2  
Location: Sweadner Hall  
Fee: $99

ILR871 Investment Strategies for Seniors Through Options  
4 sessions, 8 hours

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

_Instructor_: Richard Bender  
5-Digit Number: 19382  
Mon/Wed, 6:00 - 8:00 p.m., 4/27 – 5/6  
Location: Conference Center/E106  
Fee: $89

ILR955 Humor, Satire, and Social Criticism in the Classical Greek Theater  
4 sessions, 10 hours

There may be a no more entertaining way to visit Ancient Greece than through its plays in which the ancient playwrights portrayed the politics, people, and events of their time with humor, satire, and keen critical analysis. In this series of PowerPoint-illustrated presentations, Dr. Karen Gray draws on the works of dramatists from Aeschylus to Aristophanes to demonstrate the role of the theater as critic and commentator, as well as compelling storyteller in the 4th and 5th Century BCE. Classical Greek drama will be examined and compared to contemporary theater including unique characteristics that reinforce the cultural diversity it contained.

_Instructor_: Karen Gray  
5-Digit Number: 19391  
Fri, 10:00 a.m. - 12:30 p.m., 3/6 – 3/27  
Location: Sweadner Hall  
Tuition: $40 | Fee: $99 | Total: $139 | MD residents age 60+ pay fee only
SEN491 Writing Your Life Story: Tales for the Grandchildren
7 sessions, 14 hours
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: 19394
Wed, 1:00 - 3:00 p.m., 3/18 – 5/6 | No Class: 4/8
Location: Braddock Hall/B105
Tuition: $40 | Fee: $79 | Total: $119 | MD residents age 60+ pay fee only

ILR957 Solving American Detectives Short Stories
4 sessions, 8 hours
Enjoy reading American mystery stories and the sleuthing experience? Like to figure out “whodunit” before the ending? Learn the history of American mystery fiction, background of authors from Edgar Allan Poe to current authors, and multiple strategies on how to find clues for solving the mysteries. You will read American detective mysteries, receive a variety of resources, including handouts and websites, and discuss the short stories in class. The American Mystery book will be given out at the first class and is free of charge to students.

Instructor: Peggy Mauzy
5-Digit Number: 19392
Fri, 1:00 - 3:00 p.m., 4/17 – 5/8
Location: Conference Center/E106
Tuition: $20 | Fee: $72 | Total: $92 | MD residents age 60+ pay fee only

Discover a Season Series

ILR967 Discover Spring Series
4 sessions, 8 hours
Discover the progression of a season across Frederick County. Every aspect of nature progresses at its own pace. We’ll meet on-site at a different location for each class to learn how to identify common plants and flowers on sight and based on their family characteristics and relatedness. You’ll also learn to identify common local birds based on appearance and song and local fauna based on appearance and habitat during the season. Wear proper shoes and dress for the weather. During this course, you will walk about one mile over easy terrain. Students are required to provide their own transportation to the trail walk site.

Instructor for series: Kathy Barylski

NEW Note for Discover a Season Series: Exact location will be provided about a week prior to the start of the class.
Learn a Language

FOR300  American Sign Language I
6 sessions, 15 hours
Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class. This course uses a textbook: A Basic Course in American Sign Language (ISBN 978-0932666420) which will be available for purchase in the FCC bookstore. This textbook is good for FOR300 and FOR303.

Instructor: Martha Pugh
5-Digit Number: 19276
Mon, 6:00 - 8:30 p.m., 1/27 – 3/2
Location: Student Center/H205

OR
5-Digit Number: 19278
Mon, 6:00 - 8:30 p.m., 5/4 – 6/15 | No Class: 5/25
Location: Braddock Hall/B110
Tuition: $40 | Fee: $129 | Total: $169 | MD residents age 60+ pay fee only

Evening Offering

FOR303  American Sign Language II - Intermediate
6 sessions, 15 hours
Students will continue to learn and practice conversation skills used in ASL I. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture. This course uses a textbook: A Basic Course in American Sign Language (ISBN 978-0932666420) which will be available for purchase in the FCC bookstore. This textbook is good for FOR300 and FOR303.

Instructor: Martha Pugh
5-Digit Number: 19277
Mon, 6:00 - 8:30 p.m., 3/16– 4/20
Location: Student Center/H205
Tuition: $40 | Fee: $129 | Total: $169 | MD residents age 60+ pay fee only

Evening Offering

FOR403  Beginner French
10 sessions, 15 hours
Parlez-vous français? If you have never studied the French language or if you have not used your previous knowledge of French for some time, this is the course for you. You will build a solid foundation for conversational French through a visual and immersion technique used by the military. This is an excellent course if you have an upcoming trip to a French speaking country.

Instructor: Richard Bender
5-Digit Number: 19274
Tue/Thu, 1:30 - 3:00 p.m., 2/11 – 3/12
Location: Braddock Hall/B111
Tuition: $40 | Fee: $129 | Total: $169 | MD residents age 60+ pay fee only

Evening Offering

FOR404  Continuing French
11 sessions, 15 hours
Améliorez vos compétences en français. Have you taken French for the Beginner and are impressed with what you now know? Or, do you have a working knowledge of French and wish to improve grammar, vocabulary, and communication skills? Continue your journey within this elegant language by taking Continuing French.

Instructor: Richard Bender
5-Digit Number: 19275
Tue/Thu, 1:30 - 3:00 p.m., 3/24 – 4/28 | No Class: 4/9
Location: Braddock Hall/B111
Tuition: $40 | Fee: $129 | Total: $169 | MD residents age 60+ pay fee only

Evening Offering | Classes offered 5:00 p.m. or later.
FOR100 Basic Conversational Spanish
8 sessions, 16 hours

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

Instructor: Angelina Garcia

5-Digit Number: 19279
Tue/Thu, 6:00 - 8:00 p.m., 2/4 – 2/27
Location: Student Center/H203
Tuition: $50  |  Fee: $119  |  Total: $169  |  MD residents age 60+ pay fee only

Evening Offering

FOR101 Continuing Conversational Spanish
8 sessions, 16 hours

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

Instructor: Angelina Garcia

5-Digit Number: 19280
Tue/Thu, 6:00 - 8:00 p.m., 3/10 – 4/2
Location: Student Center/H203
Tuition: $40  |  Fee: $129  |  Total: $169  |  MD residents age 60+ pay fee only

Evening Offering

NEW FOR121 Advanced 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: Basic Conversational Spanish and Continuing Conversational Spanish or advanced knowledge of Spanish.

Instructor: Angelina Garcia

5-Digit Number: 19453
Tue/Thu, 6:00 - 8:00 p.m., 4/21 – 5/14
Location: Student Center/H203
Tuition: $40  |  Fee: $129  |  Total: $169  |  MD residents age 60+ pay fee only

Evening Offering

Instructor Bios | Interested to learn more about an instructor? ILR Instructor Bios are now located in their own section on page 40.
ILR961 Opening to Fear and Fearlessness: A Buddhist Approach  
4 sessions, 8 hours

The practice of working with fear in the Buddhist tradition allows one to enter the present more fully. Everyone experiences times of bravery and cowardice. Rather than developing a cocoon of protection and removing oneself from the present situation, it is only through staying with the fear that one can attain fearlessness. This is not a religious course, but it is about studying and working with these traditional and time proven meditational techniques and exercises that allow one to enter the now of everyday life.

Note: Students should purchase the following books prior to class: Smile at Fear: Awakening the True Heart of Bravery by Chogyam Trungpa and Natural Bravery, Fear and Fearlessness as a Direct Path of Awakening by Gaylon Ferguson. Books can be purchased online or at most bookstores.

Instructor: Jerry Webster  
5-Digit Number: 19364  
Tue, 12:30 - 2:30 p.m., 2/18 – 3/10  
Location: Braddock Hall/B222  
Tuition: $20 | Fee: $72 | Total: $92 | MD residents age 60+ pay fee only

ILR976 The Artist’s Way: Discovering & Recovering Your Creative Self  
6 sessions, 9 hours

As children, we are all naturally creative. Using concepts from the book The Artist’s Way, learn to release your creativity from a variety of blocks, and instead replace them with greater confidence and productivity. Find a deeper connection to process and purpose by opening up opportunities for self-growth and self-discovery.

Note: Students should purchase the following book prior to class: The Artist’s Way by Julia Cameron. The book can be purchased online or at most bookstores for under $12.

Instructor: James Gregg  
5-Digit Number: 19363  
Tue, 10:00 - 11:30 a.m., 3/24 – 4/28  
Location: Linganore Hall/L110  
Tuition: $30 | Fee: $74 | Total: $104 | MD residents age 60+ pay fee only

ILR971 World Religions Series: Models of Human Community  
5 sessions, 10 hours

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

Instructor: Timothy Dissmeyer  
5-Digit Number: 19401  
Tue, 1:30 - 3:30 p.m., 3/31 – 4/28  
Location: Frederick Senior Center  
Tuition: $30 | Fee: $84 | Total: $114 | MD residents age 60+ pay fee only

ILR670 The Ultimate Mobile Device: Meditation and Mindfulness  
5 sessions, 7 hours

It has been said that “Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively.” This course will be an introduction to meditation or a refresher course for those acquainted with meditation and mindfulness. The teaching motif will be didactic, experiential, and reflective and include opportunities for group discussion and sharing. The sessions will enable participants to be more centered through a greater sense of self-awareness, relaxation, self-acceptance, compassion and healing through an exposure to a variety of meditative techniques.

Instructor: Lawrence Neumark  
5-Digit Number: 19362  
Thu, 10:30 a.m. - 12:00 p.m., 4/2 – 5/7 | No Class: 4/9  
Location: Conference Center/E106  
Tuition: $30 | Fee: $69 | Total: $99 | MD residents age 60+ pay fee only
ILR952 Henrietta Lives On: The Powerful Intersection of Biology, DNA Mapping, and Ethics
5 sessions, 10 hours

Her name was Henrietta Lacks, but scientists know her as code name HeLa. She was a poor black tobacco farmer whose cells were taken without her knowledge in 1951. They became one of the most important tools in medicine as they were vital for developing the polio vaccine, cloning, and gene mapping.

Note: This course involves reading and discussing the book *The Immortal Life of Henrietta Lacks*. A copy of the book will be given to students on the first day of class.

Instructor: Marta Kikena de Matto
5-Digit Number: 19314 | Tue, 11:00 a.m. - 1:00 p.m., 1/21 – 2/18
Location: Student Center/H215
Tuition: $30 | Fee: $96 | Total: $126 | MD residents age 60+ pay fee only

ILR595 In Search of Happiness: The Most Sought-After Human Emotion
6 sessions, 12 hours

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

Instructor: Barbara Angleberger
5-Digit Number: 19312 | Mon, 1:00 - 3:00 p.m., 2/24 – 3/30
Location: Conference Center/E104
Tuition: $32 | Fee: $100 | Total: $132 | MD residents age 60+ pay fee only

ILR416 Well, It's About Time - Part II
6 sessions, 12 hours

What is time? Although we experience it, use it, and depend on it, we rarely consider exactly what it is. This course explores the true nature of time; from the scientific, to the cosmological, to the human experience and point of view. This course picks up where Bob left off in Part I of this series last fall. While part one of this course is not a prerequisite, it will be helpful in discussing the topics raised in this continuation class.

Instructor: Robert Rubock
5-Digit Number: 19313 | Mon, 10:00 a.m. - 12:00 p.m., 3/30 – 5/4
Location: Visual & Performing Arts Center/F106
Tuition: $32 | Fee: $104 | Total: $136 | MD residents age 60+ pay fee only

NEW ILR959 Introduction to Birding
2 sessions, 4 hours

Maryland has over 400 species of birds. Discover warblers and vireos, waders, and dippers. With just one class, you'll learn the various families of birds, where to watch for them, and the many ways to identify them. We'll have binoculars and field guides for your use.

Note: This class is specifically scheduled so you can enjoy the last birds of winter and the spring migrations. Students are required to provide their own transportation to the class site, which will be determined at a later date.

Instructor: Kathy Barylski
5-Digit Number: 19319
Thu, 10:00 a.m. - 12:00 p.m., 3/26 – 4/2
Location: Linganore Hall/L112
Fee: $42

NEW ILR960 Birds and Flowers in the Field
1 session, 5 hours

Maryland is awash in color in spring as migratory birds arrive and the flowers bloom. We'll take a leisurely stroll on the C&O, keeping watchful eyes for birds on the water and in the trees. Colorful wood ducks often arrive in April to nest on the stream banks, while warblers flit in the trees. All along the woodland floor and pathways, flowers in blues and pinks, violet and white are blooming. We'll provide transportation to the C&O in nearby Washington County using an FCC van. Be prepared for some moderate walking (up to 2 miles).

Note: Dress for weather, moderate walking along an even trail; lunch is on your own at Bonnie's Country Kitchen or you may bring a brown bag. No refunds after close of business on April 16.

Instructor: Kathy Barylski
5-Digit Number: 19317
Thu, 10:00 a.m. - 3:00 p.m., 4/23
Location: C&O Canal
Fee: $69
**Food & Cooking**

**REC552 Cheese 101**  
1 session, 2 hours  
Calling all cheese lovers! This fun course is held on location at a local cheese shop. So, yes, there will be tastings! Learn about the types of milk used, seasonality of cheeses, raw milk cheese vs pasteurized cheese, cheese styles, how to slice cheese and how to build the perfect cheese plate.  
*Instructor:* Sharon Crisafulli  
5-Digit Number: 19296  
Thu, 6:30 - 8:30 p.m., 1/23  
Location: Crisafulli’s Cheese Shop  
Fee: $35

**REC120 Maryland Whiskey 101**  
1 session, 2 hours  
We’re teaming up with mcclintockdistilling.com to give you a beginner guide to everyone’s favorite nutty, oaky, and smoky spirit – whiskey! You’ll learn how whiskey is made, the different types, and the history of the barrel aging process. This class will have a special focus on Maryland Rye Whiskey and what makes it so special.  
*Note:* Must be 21 to register.  
*Instructor:* Braeden Bumpers  
5-Digit Number: 19289  
Thu, 7:00 - 9:00 p.m., 1/30  
Location: McClintock Distilling  
Fee: $34

**REC118 90 Minute Wine Expert: An Introduction to Understanding and Appreciating Wine**  
1 session, 1.5 hours  
Do you want to learn how to better appreciate and evaluate wines? Viticulture and Small Fruit Specialist, Dr. Joseph Fiola, will demonstrate how to better appreciate the nuances of wines by using the 5Ss of wine evaluation. In this class Dr. Fiola will challenge students’ skills and teach them to how to discern the levels of acid, sweetness, alcohol, and tannins in wines. This course will change forever how you taste and evaluate wines and make it a much more enjoyable experience!  
*Note:* Must be 21 to register.  
*Instructor:* Joe Fiola  
5-Digit Number: 19288  
Wed, 7:00 - 8:30 p.m., 2/5  
Location: President’s Dining Room (Student Center/H111)  
Fee: $49

**REC131 90 Minute Wine Expert: Fruit Wines**  
1 session, 1.5 hours  
When most people think of wine they think of grape wines; however, in the Eastern US there are many high quality wines made from fruit other than grapes, including strawberries, raspberries, cherries, blueberries, apples, etc. Fruit wines are best when they come close to matching the true flavor and sweetness of the fresh fruit so they typically are somewhat sweet. Dr. Fiola has earned 12 patents for new fruit variety development and has been making fruit wines for over 30 years. He has also won many awards for his dessert wines, including “Ice” wines and “Port” wines. This course will give you a chance to sample some of the best fruit and dessert wines available!  
*Note:* Must be 21 to register.  
*Instructor:* Joe Fiola  
5-Digit Number: 19466  
Wed, 7:00 - 8:30 p.m., 4/1  
Location: President’s Dining Room (Student Center/H111)  
Fee: $49

**Off Campus Locations**  
Class location information can be found on page 53.
NEW REC133 90 Minute Wine Expert: Dessert Wines
1 session, 1.5 hours
Think beyond dry, dinner wines and explore the many high quality specialty dessert wines made in specific regions around the world. Specific grape growing and winemaking technology has developed and prospered and involves special treatment or techniques in the vineyard or winery. In this course you will learn about Late Harvest and Ice wines, Vin Santos and Sauternes, as well as fortified examples including Sherry, Madeira, and Port. Of course you will get a chance to sample some of the best dessert wines available and learn about matching them with specific foods and desserts!

Note: Must be 21 to register.

Instructor: Joe Fiola
5-Digit Number: 19467
Wed, 7:00 - 8:30 p.m., 5/13
Location: President’s Dining Room (Student Center/H111)
Fee: $49

NEW ILR889 Raise Your Wine IQ - Spanish Wines from Navarra and Rioja Edition
1 session, 1.5 hours
Located on the Iberian Peninsula, Spain is the most widely planted wine producing region in the world with a total of 2.9 million acres. It is the third largest producer, after Italy and France. Spain has an abundance of native grapes with over 400 varietals planted throughout its many diverse wine regions. We will be tasting wines of Northern Spain, predominantly the Rioja and Navarra regions in the foothills of the Pyrenees, the land of Hemingway and the avant garde architecture of Frank Gehry. Come take a tasting tour with us through the modern wine facilities that share the land with centuries-old castles and chapels. This beautiful country has been producing wine for over 5,000 years. Today it is one of the great bargains of the wine world waiting for you to discover.

Note: Must be 21 to register.

Instructor: Jacqueline Rogers
5-Digit Number: 19389
Wed, 1:00 - 2:30 p.m., 4/29
Location: Spin the Bottle
Fee: $25

REC129 Snack Attack I
1 session, 1.5 hours
Join us at Lebherz Oil & Vinegar Emporium to learn how fresh olive oil can make all the difference in your comfort food! Come learn how to revamp your snacks with a healthy spin. We’ll show you how to make a crunchy grilled cheese, popcorn 2 ways, and a summer staple- fresh pesto.

Instructor: Maggie Lebherz
5-Digit Number: 19293
Thu, 6:30 M - 8:00 p.m., 2/20
Location: Lebherz Oil & Vinegar Emporium
Fee: $34

REC130 Snack Attack II
1 session, 1.5 hours
Join us at Lebherz Oil & Vinegar Emporium to learn how fresh olive oil can make all the difference in your comfort food! Come learn how to revamp your snacks with a healthy spin. We’ll show you how to make spicy roasted almonds, fresh hummus and olive tapenade.

Instructor: Maggie Lebherz
5-Digit Number: 19294
Thu, 6:30 - 8:00 p.m., 3/26
Location: Lebherz Oil & Vinegar Emporium
Fee: $34

REC128 Mix it Up!
1 session, 1 hour
Join us at Lebherz Oil & Vinegar Emporium to learn how to make three delicious, easy, and nutritious seasonal salad dressings. Each participant goes home with (3) 60mL bottles of our creations.

Instructor: Maggie Lebherz
5-Digit Number: 19291
Thu, 6:00 - 7:00 p.m., 4/30
Location: Lebherz Oil & Vinegar Emporium
Fee: $34
PHO102 Get To Know Your Nikon DSLR
1 session, 6 hours
Have you been using your Nikon DSLR like a point-and-shoot and long to move out of your comfort zone? Start by learning what all those buttons and dials can do to improve your photographs. Then, learn about the different lenses and when to use them. Explore the features and get the most out of your Nikon camera. Please bring your camera and a fully charged battery, a clean memory card, your camera’s manual, and a bagged lunch to class.

**Instructor:** Carolyn Miller
5-Digit Number: 19271
Sat, 9:00 a.m. - 3:30 p.m., 1/18
OR
5-Digit Number: 19272
Sat, 9:00 a.m. - 3:30 p.m., 4/25
Location: Braddock Hall/B105
Fee: $89

PHO109 Exploring the Creative Cloud
4 sessions, 12 hours
Learn to edit your digital photos using the powerful combination of Lightroom and Photoshop, commonly known as the Creative Cloud from Adobe software. In this four part class you will learn how to organize and manage your photos, import them into the Lightroom Library module, apply key words, and more. In the Develop Module, you will learn how to make not only basic, but more advanced edits to your images, including cropping, adjusting highlights and shadows, changing to black and white, fixing camera distortions, etc. Some photos will need further editing in Photoshop, where you will learn to use the basic tools, add layers, resize the image to specific proportions, and to remove unwanted objects. Finally, you will use Lightroom to export your edited photos for various purposes, including printing and posting on social media. For this class, all students will need their own laptops, because you will be customizing the software in each class, and saving changes and settings to your own workspace. It is also highly recommended that students have an external drive, 2GB or larger, on which to save their work and build their photo file. Prior to the first class, students will be contacted with information about how to download and install the Creative Cloud on their own computers.

**Instructor:** Carolyn Miller
5-Digit Number: 19273
Tue, 6:00 - 9:00 p.m., 1/28 – 2/18
Location: Linganore Hall/L202
Fee: $159

PHO118 In a Flash: Portrait Photography
1 session, 4 hours
With a single flash, you can create a variety of different looks. This class will cover basic lighting principles and strategies, and show you how - using just one light - you can take headshots, dramatic portraits, family photos, and more. The instructor will supply flash, simple radio controls, and light-modification tools - umbrellas, softboxes, and reflectors.

**Note:** Students must have a camera with a hot shoe (a metal bracket at the top of the camera with electrical contact points). Most DSLR’s and many mirror-less cameras have this; most compact cameras (and cell phones) do not.

**Instructor:** Robert Sullivan
5-Digit Number: 19462
Sat, 9:00 a.m. - 1:00 p.m., 2/8
Location: Visual & Performing Arts Center/F105
Fee: $69
**PHO117 Art in the Palm of your Hands**
4 sessions, 12 hours
Create incredible works of art - straight from your mobile phone! In this class, students will learn how to make the most of the camera that comes with their smartphone, as well as some of the specialized camera apps available for your model! First, learn to use apps to edit your shots and bring out the best qualities of each image. Then, learn how to create artistic images from your photos, like watercolors, oil paintings, black and white, and stylized images. No painting or drawing ability is needed. Any type of phone camera is suitable for this class. There will be free apps and some purchased apps that you will need to download either to your phone or tablet for further editing. iPads and other tablets are encouraged!

**Instructor:** Carolyn Miller
5-Digit Number: 19270
Sat, 9:00 a.m. - 12:00 p.m., 2/22 – 3/14
Location: Braddock Hall/B105
Fee: $119

**PHO115 Natural Light Portraits**
1 session, 4 hours
Working with available, “natural” light, we’ll learn how to take compelling portraits. Class topics will include finding great locations, understanding and working with available light, choosing the right background, simple posing techniques, composition, and choosing a lens and setting your camera. All cameras are suitable, as much of what we discuss is as relevant to your camera phone as it is to a DSLR.

**Instructor:** Robert Sullivan
5-Digit Number: 19268
Sat, 9:00 a.m. - 1:00 p.m., 5/2
Location: Braddock Hall/B105
Tuition: $10 | Fee: $59 | Total: $69 | MD residents age 60+ pay fee only

**ENG253 Creative Writing Workshop**
8 sessions, 16 hours
In this eight-week course, participants will explore the origins, function and format of storytelling. Elements such as plot structure, character development, and conflict and resolution will be discussed in an open environment with in-class exercises and group participation. The course will conclude with a brief discussion of the writer’s market, and the opportunity for participants to have a sample of their personal project critiqued by the group.

**Instructor:** Jason (J.P.) Sloan
5-Digit Number: 19281
Tue, 1:00 - 3:00 p.m., 1/21 – 3/10
Location: Student Center/H202
Tuition: $50 | Fee: $129 | Total: $179 | MD residents age 60+ pay fee only

**ENG218 Beginner’s Guide to Freelance Writing**
3 sessions, 6 hours
Take your writing to the next level. This class will show you how to get started as a freelance writer taking on web and magazine articles, press releases, advertising copy and more. Find out how to identify the clients who need writers and approach them in a way that will increase your chances. Learn the differences between articles, press releases and advertisements and which type best fits your writing styles. Learn tips to get editors to come to you with work and increase the number of projects you get. This is a great way to practice your writing and possibly get published.

**Instructor:** James Rada
5-Digit Number: 19285
Mon, 2:30 - 4:30 p.m., 1/27 – 2/10
Location: Conference Center/E106
Tuition: $20 | Fee: $49 | Total: $69 | MD residents age 60+ pay fee only

**ENG236 Writing Your Short Story or Novel**
8 sessions, 16 hours
Learn the elements of storytelling and how they work together to form a cohesive, well-written and meaningful story. Each session will analyze samples of one of a group of elements to determine their individual purposes and their relationship to the story.

**Instructor:** Judy Kelly
5-Digit Number: 19427
Wed, 10:30 a.m. - 12:30 p.m., 2/5 – 3/25
Location: Student Center/H260
Tuition: $50 | Fee: $129 | Total: $179 | MD residents age 60+ pay fee only
FREE Spring Courses in the Community

ILR is proud to present select courses in the community this spring. Join us for engaging classes focusing on history, literature, creative arts, and health and wellness in convenient locations across Frederick County.

Free classes made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.

Registration | To register, please contact the individual facility where you would like to attend a class. The staff at your location will provide details and confirm your participation.

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ILR931 The Lives and Times of Charles and Ann Morrow Lindbergh
4 sessions, 6 hours
A famous aviator marries an ambassador's daughter. They become a flying couple and together explore the world using some of the airline routes still in use today. Family life tragedies and world events ultimately move their lives in conflicting and life altering directions. Discover Charles and Anne Morrow Lindbergh's life of flight.

Instructor: Gerard Blake
5-Digit Number: 19444
Mon, 2:00 - 3:30 p.m., 4/6 – 4/27
Location: Myersville Community Library

ILR933 The Turbulent Sixties
5 sessions, 10 hours
The 1960's represents one of the most consequential decades in United States History. It was a period of monumental social and political change that would alter virtually every aspect of American life for generations to come. This course will utilize lecture, film, and classroom discussion to study and discuss the major events of the decade including the Civil Rights and other social movements, the Vietnam War, the Cold War, and the Cuban Missile Crisis. We will also profile the prominent men and women who shaped the history of this tumultuous period.

Instructor: Richard Carroll
5-Digit Number: 19445
Fri, 1:00 - 3:00 p.m., 1/10 – 2/7
Location: Brunswick Branch Library

ILR934 The Turbulent Sixties
5 sessions, 10 hours
The 1960's represents one of the most consequential decades in United States History. It was a period of monumental social and political change that would alter virtually every aspect of American life for generations to come. This course will utilize lecture, film, and classroom discussion to study and discuss the major events of the decade including the Civil Rights and other social movements, the Vietnam War, the Cold War, and the Cuban Missile Crisis. We will also profile the prominent men and women who shaped the history of this tumultuous period.

Instructor: Richard Carroll
5-Digit Number: 19445
Fri, 1:00 - 3:00 p.m., 1/10 – 2/7
Location: Brunswick Branch Library

ILR834 Dementia 101 - A Three Part Series
3 sessions, 6 hours
Dementia 101 will provide a basic understanding of dementia. This class will define the term and discuss the difference between normal aging and dementia. We will also investigate the difference between reversible and irreversible forms of dementias and look at the risk factors. Then we'll discuss the process for diagnosing dementias and explore the symptoms of various forms of dementia.

Instructor: Thea Uhlig-Ruff
5-Digit Number: 19302
Thu, 5:00 - 7:00 p.m., 5/7 – 5/21
Location: Frederick C Burr Artz Public Library

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ILR55+
Registration now open
After a hard-fought series of votes in the U.S. Congress and in state legislatures, the Nineteenth Amendment became part of the U.S. Constitution on August 18, 1920. It states, “The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex.” One hundred years later, join us for a review of the incredible and historic journey of women’s suffrage, including a discussion on what it means for women today.

**Instructor:** Mary Mannix & Teri Bisceglia

5-Digit Number: 19451

Wed, 9:30 - 11:00 a.m., 4/22 – 5/6
Location: Frederick Senior Center

Experience nearly 2000 years of human civilization including nature of this gorgeous Balkan nation. From Roman ruins to ancient monasteries to Medieval churches and their art, explore Bulgaria through pictures. The course will also include photos of rare flowers and butterflies from some of the most picturesque mountains in the world.

**Instructor:** Kathy Barylski

5-Digit Number: 19614

Tue, 1:00 - 2:00 p.m., 3/10 – 4/7 | No Class: 3/24
Location: Daybreak Adult Day

**ENG237 Manuscript Critique Workshop**

4 sessions, 8 hours

Working on the next great novel? Or perhaps just a short story for submittal? The Manuscript Critique Workshop gives participants the opportunity to review excerpts from one another’s current projects for honest feedback and outside perspectives. Proctored by a published author, this four-week course establishes critique skills and etiquette, giving participants the tools to find or create their own critique group toward furthering their writing careers.

**Instructor:** Jason (J.P.) Sloan

5-Digit Number: 19282

Tue, 1:00 - 3:00 p.m., 3/24 – 4/14
Location: Conference Center/E104
Tuition: $20 | Fee: $69 | Total: $89 | MD residents age 60+ pay fee only

**ENG238 Unemployed to Bestseller**

6 sessions, 12 hours

If you dream of writing a book and want to get your book in front of readers, but don’t know how to get started, join us on a fun and informative path led by instructor Lisa V. Proulx. It’s the one she followed to go from being an unemployed pet sitter to a bestselling author. Learn the dos and don’ts of social media marketing, what to do after a writers conference, how to engage with your readers and fellow authors, and discover a road map through the world of writing and getting published.

**Instructor:** Lisa V. Proulx

5-Digit Number: 19283

Tue, 9:00 - 11:00 a.m., 3/31 – 5/5
Location: Student Center/H239
Fee: $119

**ENG226 Self-Publishing Your Book**

3 sessions, 6 hours

Learn how to get your book published and available for sale in bookstores and online. Learn the pros and cons of self-publishing and whether it is appropriate for your work. You will also explore the differences between self-publishing, vanity publishing and lightning press. Find out how to make your book indistinguishable from a title published by a large press.

**Instructor:** James Rada

5-Digit Number: 19287

Wed, 6:00 - 8:00 p.m., 4/22 – 5/6
Location: Student Center/H239
Tuition: $30 | Fee: $59 | Total: $89 | MD residents age 60+ pay fee only
Instructor Bios

Marsha Adelson
Marsha Adelson is a retired Federal Employee who has spent the last 10+ years as a Licensed Professional Tour Guide in Washington, DC. She has over 20 years of experience teaching first aid, music and leadership skills as a volunteer for various organizations. She has lived in the Washington Metropolitan Area her whole life and enjoys sharing the beauty, history and uniqueness of our Nation’s Capital with others through tours and lectures.

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

James Baer
Jim Baer’s former students at Ursinus College called him “intelligent, motivating, friendly, very funny, very experienced,” and said he was, “the best teacher ever hired.” A graduate of The University of Virginia School of Law, Jim has been a member of the Maryland Bar since 1969 and was also a member of the Bar of the District of Columbia and the Bar of the Supreme Court of the United States of America. He was a trial lawyer in private practice until 2001 when he returned to his alma mater, Ursinus College, where he created the college’s Center for Legal Studies and taught a variety of courses utilizing a unique blend of Socratic Method and open class discussion.

Kathy Barylski
Kathy Barylski is a life-long crafter, beginning at age five with cross-stitch and expanding to crochet, sewing, string art, and many more crafts. Kathy loves to teach crafts to adults and youth, as a Girl Scout Trainer and continuing education instructor.

Cathy Baucom
Cathy Baucom
Beginner Knitting - Waffle Scarf ................................................................. 24
Beginning Knitting - Spring Shawl ............................................................... 24

Celia Baula
Celia Baula has over 17 years of experience working in the biopharmaceutical industry. She holds a degree in Biochemistry, went to medical school, and received her MBA from University of Maryland Smith School of Business. She has worked with local and global biopharmaceutical companies managing projects of different sizes, scope, and complexity. When not working on lifesaving technology, she uses her free time to read, develop organic products and a skin care line, attend trade shows and craft fairs, and work on her new book. She is the CEO of Green Papaya, LLC, which makes hand-poured 100% soy wax candles, tea lights, and wax melts (candlesbygreenpapaya.com).

Richard Bender
For over 17 years, Richard Bender has been teaching courses at the Rockville Senior Center in Maryland. He has taught French after living and working in France for 7 years. He has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry. He also specializes in teaching the proper methods of earning weekly income through options investments.

Gerard Blake
Gerard (Jerry) Blake has spent more than fifty years in the aviation world as pilot, flight engineer and mechanic. He has an insatiable thirst for aviation history. Before retiring he was the Program Manager of the Aviation Maintenance Technology Program at Frederick Community College.

Matthew Borders
Matthew Borders has a bachelor’s degree in U.S. History and a master’s in Historic Preservation with a focus in Battlefield Interpretation. He was a seasonal ranger for the National Park Service at Antietam National Battlefield and a historian with the National Park Service’s American Battlefield Protection Program personally surveying over 100 different American Civil War battlefields. Later he became involved with the Frederick County Civil War Round Table. He continues to work with Antietam as a volunteer and Certified Battlefield Guide, as well as a Certified Guide for Harpers Ferry National Historical Site. Currently Matthew is a Park Ranger at Monocacy National Battlefield in Frederick, Maryland.

Old Town Alexandria Highlights ................................................................. 26
The History of the United States Supreme Court Series ......................... 20
The Lives and Times of Charles and Ann Morrow Lindbergh .................. 38
The Joy of Candle Making ........................................................................ 22
In Search of Happiness: The Most Sought-After Human Emotion ............ 33
Investment Strategies for Seniors through Options ................................. 28
Beginner French .................................................................................... 30
Continuing French ................................................................................ 30
Beginner Knitting - Waffle Scarf ............................................................. 24
Beginner Knitting - Spring Shawl ............................................................. 24
Planning Your Summer Adventure ........................................................... 23
Crochet for Beginners .......................................................................... 24
Travel Light, Travel Easy ....................................................................... 24
The Frugal Kitchen .............................................................................. 25
Discover a Spring Series ....................................................................... 29
Introduction to Birding ......................................................................... 33
Birds and Flowers in the Field ............................................................... 33
Natural and Cultural Pictorial Tour of Bulgaria ..................................... 39
Instructor Bios
Braeden Bumpers
Maryland Whiskey 101 .....................................................................................................................34

Kimberly Burdette
For over a decade, Kim Burdette has advised individuals on optimal health, by recommending balanced nutrition, physical fitness, and stress management plans. Seeking and achieving a masters level degree, as well as distinction in a variety of specialty certifications, in the field of health and wellness has lead Kim to want to share the knowledge she has gained in hopes it will be of great benefit to people and communities.
Prime-Time Health Series ................................................................................................................14

Richard Carroll
Richard Carroll holds a Master's Degree in United States history from George Mason University. He was an adjunct professor at Northern Virginia Community College before relocating to Garrett County, MD, where he taught adult education classes at Garrett Community College. He also served for forty-two years as an Intelligence Officer within the U. S. Intelligence Community before retiring in 2005.
The Turbulent Sixties .........................................................................................................................38

Georgina Copanzzi
Introduction to Metalsmithing ......................................................................................................21
Jewelry Soldering Workshop .............................................................................................................22
Introduction to Fold-forming Jewelry ...............................................................................................23
Metal Etching Jewelry Workshop ......................................................................................................23

Sharon Crisafulli
Cheese 101 ........................................................................................................................................34

Mitchell DeLashmutt
DIY Spring Prepping Your Home ......................................................................................................21
DIY Electrical Wiring........................................................................................................................21
DIY Plumbing.......................................................................................................................................21

Timothy Dissmeyer
Rev. Dr. Tim Dissmeyer is a retired clergy and current adjunct faculty in world religions, with 10 years of field experience with the Ecumenical Institute: Chicago, 20 years of parish service in Maryland and Washington, D.C. and 15 years of involvement in interfaith dialogue. His lively, open-minded and inquisitive approach to religion and spirituality continues to inspire ILR students.
World Religions Series: Models of Human Community .................................................................32

Joe Fiola
Dr. Joseph Fiola, is a Viticulture Specialist for the University of Maryland and has over 30 years of academic experience in research and extension in grape growing and winemaking. Dr. Fiola’s R&E program concentrates on variety development and variety testing, including imported varieties, and he conducts small batch winemaking of the research. Joe is a certified wine judge, teaches wine judge training, wine appreciation and health benefits, and coordinates and judges in many commercial and amateur competitions. He has a personal wine cellar of 3000+ bottles and loves to match wine and food!
90 Minute Wine Expert: An Introduction to Understanding and Appreciating Wine ..................34
90 Minute Wine Expert: Fruit Wines ..............................................................................................34
90 Minute Wine Expert: Dessert Wines .........................................................................................35

Linda Franklin
Linda Franklin, RYT200, began practicing yoga in 2008 as a way to reduce stress and improve focus, while increasing fitness. She was so taken by the inclusive, gentle approach of her teacher, that she pursued and received her own teaching certification from the Kripalu Center for Yoga and Health in Lenox, Massachusetts, and Divine Sleep Yoga Nidra training from Jennifer Reis. Linda’s classes have a gentle touch, and focus on listening to and respecting the body’s messages - making yoga an experience that welcomes everybody.
Just Try It! Beginning Yoga ........................................................................................................11
Continuing Gentle Yoga ..................................................................................................................12

Dennis Frye
Dennis E. Frye has spent nearly 50 years studying and writing about Antietam. As a native of the battlefield region and an actual "Dunker," his distant relatives owned much of the ground where the battle occurred. Dennis retired from the National Park Service after more than a three-decade career, including 20 years as Chief Historian at Harpers Ferry National Historical Park. Dennis has written ten books and 102 articles, his most recent entitled: Antietam Shadows: Mystery, Myth & Machination. Dennis is a nationally recognized preservationist, as co-founder and past president of both the American Battlefields Trust and the Save Historic Antietam Foundation.
Walking Antietam: Part 3 - Burnside Bridge ................................................................................27
Instructor Bios continued

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

Palestine and Israel, Twice-Promised Land - An Exploration
Through Film ...................................................................................................................................18
Current Issues in the Middle East ...............................................................................................18

Angelina Garcia
Basic Conversational Spanish .......................................................................................................31
Continuing Conversational Spanish ............................................................................................31
Advanced Spanish .......................................................................................................................31

Marcy Gouge
Marcy Gouge is a licensed elder law attorney with 20 years litigation experience. She has a certificate in Gerontology and is the former National Director of National Legal Training Project which provided training to elder advocates on topics which impact older adults such as Elder Abuse, Guardianship and Federal Benefits. She has spent her retirement traveling the world for months at a time. She blogs regularly about traveling as a solo older woman, and contributes articles to online and print magazines about the joys of solo travel for women.

Trips and Tips for Women Traveling Solo in Retirement ................................................................11
The Role of the Executor in Maryland ..........................................................................................25
Civic Academy: Is it Time to Make Your Voice Heard? ................................................................28

Karen Gray
Karen Gray, Ph.D., received her S.T.B. degree from Harvard Divinity School and her Ph.D. from the University of Edinburgh where her thesis was on “Religious Atheism in Contemporary Western Thought: A Christian Problem and a Buddhist Perspective.” She recently retired after 20 years with the Smithsonian Associates designing adult study tours. She has had a lifelong fascination with the world’s religions which she approaches with openness and from a scholarly perspective.

The History of Potomac Navigation and the C&O Canal ................................................................17
Humor, Satire, and Social Criticism in the Classical Greek Theater ...........................................28

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

The Artist’s Way: Discovering & Recovering Your Creative Self .................................................32

Justin Gruber
DIY Woodworking - Side Table ..................................................................................................20
DIY Woodworking - Modern Planter ..........................................................................................21
DIY Woodworking - Floating Shelves ..........................................................................................21

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

Frederick Town History Series .....................................................................................................17
Monsters of Rock Geology Mobile Workshop ..............................................................................26

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

Exploring Watercolor Painting ......................................................................................................6

David Howard
David Howard was a member of the National Symphony Orchestra with which he performed until retiring in 2011. During those 41 years he also performed with various chamber groups, including The Foggy Bottom Chamber Ensemble, the Cameron String Quartet, and Eclipse Chamber Orchestra. He holds a Masters in Music Performance from Catholic University and a Masters in Education from George Washington University. Currently residing in Frederick, Maryland, David is a member of the Frederick Symphony Orchestra and teaches cello at Hood College.

The Music of the Frederick Symphony Orchestra:
Mahler and Dvorak (Romantic Era) ............................................................................................8
The Music of the Frederick Symphony Orchestra:
Winners of the Young Soloist Competition .................................................................................8
James Hubbard

James H. “Jim” Hubbard has had an enduring interest in military history for more than sixty years and enjoys sharing his passion with students. Jim is a retired federal employee who, after service in the United States Army, spent his entire civilian career in the field of National Intelligence.

The Duke of Wellington vs. Emperor Napoleon.........................................................15

Lois Jarman

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

A Survey of Medieval History .........................................................................................15

Judy Kelly

Judy Kelly is an award winning published author. Her novel, That Ever Died So Young, was a finalist in the Somerset Literary and Contemporary Fiction Award 2014. Her newest novel, Blessings and Curses, came out in December 2017. She has presented at the Fiction Writers Institute in Hagerstown and at Montgomery College. Judy taught writing through the continuing education program at George Mason University. She facilitates three writing groups and spends time as a Beta reader for a wide variety of writers and genres. She is also an instructor at Montgomery College where she teaches speech, reading, and English.

Writing Your Short Story or Novel ..................................................................................29

Helen Kerr

Helen Rozsics Kerr, BA, BSP, PharmD. Dr. Kerr has spent over twenty years working in the hospital setting as a pharmacist. She is Board Certified in geriatric pharmacy and a clinical anti-coagulation specialist. Dr. Kerr has been an adjunct professor at both the University of West Virginia and the University of Colorado. She has supervised and mentored many pharmacy students and interns in their clinical rotations. Recently she has taught basic pharmacology at FCC.

Medical Marijuana: Getting into the Weeds ....................................................................11

Marta Kikena de Matto

Professor Marta Kikena de Matto teaches in the areas of comparative health care systems, health care law and policy, international health, and cultural health. She is known for “flipping the classroom,” thus making class time more interactive, challenging, and engaging. Professor Kikena earned her Juris Doctor magna cum laude from the University of Maryland Francis King Carey School of Law, where she received its competitive Health Law & Policy. She was also selected for multiple leadership roles on the prestigious Journal of Health Care Law & Policy, where she and fellow Executive Board Members selected and edited cutting edge health law articles.

Henrietta Lives On: The Powerful Intersection of Biology, DNA Mapping, and Ethics .................................................................33

Six Innovations That Made the Modern World ................................................................38

Maggie Lebherz

Snack Attack I ..................................................................................................................35

Snack Attack II ..................................................................................................................35

Mix it Up! .............................................................................................................................35

Paulette Lee

Paulette Lee is a retired communications consultant and trainer, an award-winning community theater actress and director, and a former award-winning broadcast journalist. She based Creatrics © on her own theatrical experience (including having trained with the pre-eminent Los Angeles improvisational comedy troupe, The Groundlings) and has adapted it to serve various participant groups, including as a life skills training for incarcerated women, a peace building training for Iraqi women community leaders, and a community workshop for English speakers in central France.

Foreign Aid: Friend or Foe? .............................................................................................16

Terry Leitma

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

Optimal Aging: Improving Memory with Brain Training ...........................................10

Jodie Lide

Beginning Calligraphy: Italic ............................................................................................22

Continuing Calligraphy .....................................................................................................22

Mary Mannix

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

The Fool’s Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun .................................................................24

Women and the Vote ..........................................................................................................39

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The Fool’s Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun .................................................................24

Women and the Vote ..........................................................................................................39
Instructor Bios continued

Peggy Mauzy

Peg Mauzy is a former FCC English Professor and International Education Coordinator, and huge mystery fan. She enjoys giving students the opportunity to analyze and solve short mystery stories while using their brain cells. Peg loves mysteries/crimes - solving them, not committing them!

Solving American Detectives Short Stories .......................................................... 29

Kirby Maybush

Captain Kirby Lee Maybush retired from the Frederick County Sheriff’s Office with 45 years of law enforcement. He has taught self-defense/defensive tactics at police, sheriff, and correction academies and to military police and numerous organizations in the area. He has been on TV and radio in reference to the classes. Several women after attending CPT Maybush’s classes stated not only were they able to prevent a sexual/physical assault it also increased their self-esteem and self-confidence, improved their personal lives, family ties, and work relationships.

Personal Self Defensive Tactics .................................................................................. 12

Jeanne McDermott

Jeanne has a master’s degree in Art Education from the College of Notre Dame of Md. and worked over 7 years as a floral designer for Radebaughs in Towson, Md. She has over 10 years teaching experience for FCPS.

Art Appreciation: Romanticism .................................................................................. 6
Acrylic Painting Techniques for Beginners ................................................................. 7
Painting in the Style of the Master Artists - Expressionism ....................................... 7
Floral Design: Teacup Arrangement ............................................................................. 23

Carolyn Miller

Cam Miller is a retired educator turned professional fine art photographer who lives in New Market, Maryland. After living and teaching on the Eastern Shore of Maryland, she moved to Central Maryland, where she is fully engaged in the arts community. She is a member of several museums, arts councils, and photography organizations. Cam has won many awards for her photographs, the subjects of which include light paintings, still lifes, landscapes, and nature. Her work has been accepted into numerous juried exhibits and competitions. She teaches photography classes at Frederick Community College, as well as does private tutoring. To see more of her work, visit Cam’s website: camscamerashots.com.

Get To Know Your Nikon DSLR ............................................................................. 36
Exploring the Creative Cloud .................................................................................... 36
Art in the Palm of your Hands .................................................................................. 37

Toni Minkel

Toni Minkel has been teaching Tai Chi and fitness methods to seniors and others since 2000.

Tai Chi for Balance and Well Being ....................................................................... 10

Lawrence Neumark

With a background in higher education, Larry Neumark holds a B.A. (History major, Sociology minor), a Master’s in Theology and a Master’s in Counseling Psychology. A longtime contemplative person, seeker and student of life, he believes that the exploration, experience and practice of meditation and mindfulness can lead to greater self-awareness, compassion for others, and peace.

The Ultimate Mobile Device: Meditation and Mindfulness .................................... 32

Dorothy O’Neal

Dottie O’Neal was hand-picked by the creator and long-time Tales for the Grandchildren teacher, Shirley Sandage, as the new facilitator of ILR’s most popular writing course. Dottie was a student of Shirley’s for many years and continues to write her own life story.

Writing Your Life Story: Tales for the Grandchildren ........................................... 29

William O’Neal

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

Making the Most of Your Android Smart Phone ..................................................... 9
iPhone® - Beginner ................................................................................................. 9
iPhone® - Advanced ............................................................................................... 9
The Cloud - Removing the Mystery: iPad/iPhone® version only ......................... 9
Using Your Smartphone for Digital Photography - Tips and Tricks ..................... 10

Ernest O’Roark

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

World History: The Big Picture ............................................................................. 17

Lisa V. Proulx

Lisa V. Proulx is an award-winning and international bestselling author of 13 books, a feature writer and columnist, a speaker and storyteller, and a publishing consultant with Indie Author Promotions. She also served as President of the Maryland Writer’s Association, Frederick Chapter 2019.

Unemployed to Bestseller ..................................................................................... 39
Martha B. Pugh holds a master’s degree in Secondary Deaf Education from Gallaudet University and a bachelor’s degree in English Education from Boston University. She has over 20 years of experience in teaching Introductory ASL classes. Martha has also been working as an ASL interpreter for elementary, secondary, and post-secondary schools for the past 22 years. She enjoys sharing her love of ASL with all ages.

American Sign Language I .................................................... 30
American Sign Language II - Intermediate .......................... 30

James Rada

Jim Rada has written many works of historical fiction and non-fiction history, including three novels about the C&O Canal. He has also written a number of articles about the history of and events on the canal. Jim is a full-time freelance writer who has received numerous awards from the Maryland-Delaware-DC Press Association, Associated Press, Maryland State Teachers Association, Society of Professional Journalists, and Community Newspapers Holdings, Inc. for newspaper writing.

The Secrets of the C&O Canal .................................................. 16
Beginner’s Guide to Freelance Writing ................................. 37
Self-Publishing Your Book ..................................................... 39

Christine Rai

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

Discover Wonderful Winchester ............................................ 27

Ranetta Hardin, M.A., is a research scientist at a nonpartisan, social policy, consulting firm in Washington, D.C. She combines her deep interests in design and technology with her passion for asking “Why?” to craft, test, and deploy research instruments. She completed a B.A. in economics and political science from Lake Forest College, and an M.A. in higher and postsecondary education at the University of Michigan, Ann Arbor.

Mornings with TED ................................................................. 16

Eric Reickel

Eric Reickel taught high school English in Frederick County for 34 years. He has taught classes at FCC and McDaniel College. He is a lifelong reader of great literature. Additionally he created and taught a film class in Frederick County for 15 years.

Some Birds Weren’t Meant To Be Caged - Jail as a Metaphor in Film ................................................... 28

Stacy Reno & Sharon Scarborough created and opened Frederick’s Premier Home Staging Company, Limelight Staged Homes, in 2010. As Accredited Staging Professionals, they have helped homeowners prepare their homes to appeal to a wide range of buyers and to get the best price possible. They have also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to serve our clients to the highest degree. They specialize in giving homeowners steps and plans to make the downsizing process as stress-free as possible.

Downsizing Simplified: Living Smaller and Loving it! .......................................................... 25

Pavel Reznikov

Pavel Reznikov is a Russian linguist. He also holds a Juris Doctor and an LL.M. degree from Vermont Law School. He has acted as a senior subject matter expert and a quality control point person when it comes to the development of language industry standards. Before moving to Maryland, Mr. Reznikov worked as an interpreter and translator for the National Aeronautics and Space Administration (NASA). Prior to that, Mr. Reznikov worked in the legal field as a judicial extern, a prosecutorial aide, and an analyst. Born in the Soviet Union, Mr. Reznikov is an avid student of modern Russian history, specifically the Boris Yeltsin era, which he lived through before moving to the United States in 2002. He and his family currently live in Frederick, MD.

Modern Russian History .......................................................... 15

Tami Roch

Tami Roch served in the Southwest Asia Conflict, receiving a combat badge and various medals of achievement. Afterwards, she began her higher education journey by receiving an Associate’s in Arts, completing a Bachelor’s in History and a Minor in English, and later a Master’s in History and a Graduate Certificate in Civil War Studies. She graduated with Honors and is a member of APUS Historical Studies Honor Society and Pi Gamma Mu. Also a member of Phi Kappa Phi, Golden Key Honor Society, and Sigma Tau Delta where she actively participates in the chapters through volunteer work and fundraisers.

History Bites - Dinnertime History Series .................................. 19

Jacqueline Rogers

Jacquie grew up in the heart of the Long Island Wine Country, where she enjoyed a second career as Executive Assistant of the Long Island Wine Council. A life member of the American Wine Society, Jackie served as Program Chair of two national conferences. Jackie has given presentations on wine at libraries, organizations, and national conferences throughout the northeast. Her continued wine education includes the Certified Specialist of Wine Certification from the Society of Wine Educators; and becoming 1 of the only 75 worldwide Doppel Members of the Century Wine Club.

Raise Your Wine IQ - Spanish Wines from Navarra and Rioja Edition ........................................ 35

Larry Romane

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

Are You Medically Curious? Series .......................................... 13
Robert Rubock
Bob graduated with a BS in Electrical Engineering from Rensselaer and an MSEE from the University of Connecticut. He began his career in electronic warfare at United Aircraft but eventually turned to design of spacecraft for humanitarian purposes at NASA. Bob likes to say, “Engineering made the tough, Cosmology makes me go.” His courses require no math or formal scientific training, but a good sense of humor is mandatory. Bob believes that starting a class with good jokes improves the learning process. Bob's other passion is rock climbing, having traveled around the U.S. and Europe in its pursuit.

Well, It's About Time - Part II........................................................................................................33

Jodie Schmidt
Jodie Schmidt discovered her love of oil painting while earning a Bachelor of Fine Arts at McDaniel College in Westminster, Maryland. After graduating with honors, she continued studying art on her own and through classes with local artist and teacher, Rebecca Pearl. She studied watercolor, oil painting and pastel for several years before deciding to become a teacher. She recently joined the Institute for Learning in Retirement at Frederick Community College in 2019, as an art instructor, teaching pastel and drawing classes. Previously she worked as a short-term substitute art teacher at Buckingham’s Choice, in Adamstown, MD.

Classic Drawing ..........................................................................................................................6
Introduction to Oil Painting ........................................................................................................6
Introduction to Pastel 101 ...........................................................................................................7
Continuing Pastel: Landscapes .................................................................................................7

J.P. Sloan
J.P. Sloan is a speculative fiction author ... primarily of urban fantasy, horror and several shades between. His writing explores the strangeness in that which is familiar, at times stretching the limits of the human experience, or only hinting at the monsters lurking under your bed. A Louisiana native, Sloan relocated to the vineyards and cow pastures of Central Maryland after Hurricane Katrina, where he lives with his wife and son. He worked in the city of Baltimore for several years, a setting which inspires much of his writing.

Creative Writing Workshop ........................................................................................................37
Manuscript Critique Workshop ....................................................................................................39

Sharon Smith
Sharon has a B.A. in Speech Communication and English, an M.A. C. T. (Masters of Arts of College Teaching) in Speech Communication/Theatre with a secondary emphasis in English, and an M.A. in Thanatology. She has taught high school English and public speaking at FCC. Sharon is a member of the Frederick Memorial Hospital Advance Care Planning Committee and her role in the community is presenting on Advance Care Planning topics.

Advance Care Planning: Your Life, Your Plan ...........................................................................25

Patricia Stein
Pat Stein has been working with glass for over 15 years and has created many commissioned pieces. She started her glass career by taking stained glass classes at a local college working with stained glass, foiling and soldering. After attending an expo in Allentown, Pennsylvania, she found a new love and passion for glass - FUSING. To further her knowledge and skill set in fusing, she attended a fused glass symposium in Corning, New York in 2007. She has studied under nationally renowned artists, Michael Dupille, Lisa Vogt, Kerry Tanstrum and Dan Streifel. In 2012, Pat began working heavily in mosaics and has added classes in mosaic mirrors, as well as glass mosaic art using both glass and tile. She recently participated in a mosaic workshop/class with a local Maryland artist, Yulia Hanenson to study layered mosaics. Pat is currently teaching classes at: Cecil College, Frederick Community College, Harford Community College, Howard Community College and the Bowie Senior Center through Prince Georges Community College’s SAGE program. Pat has also been a guest artist at The Baltimore Museum of Art and is a recurring guest mosaic artist at The Loading Dock in Baltimore teaching DIY classes in tile mosaics. Check out her Facebook Page - Pat Stein Glass Art - to see some of Pat’s work as well as her students’ creations.

Mosaic Mirrors ..........................................................................................................................22
Glass Fusing Jewelry: Pendants, Bracelets and Pins ...............................................................23
Garden Mosaics .........................................................................................................................24

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

The Constitution and the Presidency ..................................................................................16

Denise Sullivan
Dee Sullivan wasn’t just soothed by Bob Ross “You can do it.” In 1995, Dee found her own Joy of Painting and became a Bob Ross certified instructor. First in landscapes, Dee went on to become certified in Florals in 1996, and Wildlife in 2000. Though her focus at the time was raising a family and working as a nurse, since retirement in 2013, Dee found teaching helped fulfill her lifetime dream of becoming an artist. The Bob Ross technique inspired Dee to put brush to canvas and her goal is to help bring students the same courage, confidence and fulfillment painting “Happy Little Trees” brought her.

Happy Little Trees: The Bob Ross Painting Class ....................................................................8
Robert Sullivan

Robert Sullivan is an award-winning photographer based in Baltimore. He loves to tell a good story, through his photographs, better than just about anything else. He also photographs the urban landscape, the Eastern Shore, people and portraits, and corporate and non-profit events. He conducts photography tours and workshops, and provides private instruction. His work has been selected for numerous juried exhibitions, and displayed in galleries and museums. Please see workingimagephotography.com for more information.

In a Flash: Portrait Photography ...................................................36
Natural Light Portraits ..................................................................37

Roger Swartz

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

The Ordeal: George Washington’s Presidency ................................15
Eruption and Balance: The Presidency of John Adams .............17

James Thuman

DIY Home Maintenance 101 ......................................................20
DIY Home Maintenance 102 ......................................................20

Nanette Tummers

Nanette Tummers recently retired (Professor Emeritus) from 27 years in higher education as an expert in sustainable health behavior. Her personal goal is motivating older adults to embrace lifelong holistic health choices that are meaningful and enjoyable. She has been honored to bring the gifts of yoga/meditation to college students, older adults, and several at risk groups. She has authored several books including “Stress Management: A Wellness Approach”. Nanette received a Doctorate of Education in Health Promotion and Kinesiology from the University of Northern Colorado. She has presented at the International Council on Active Aging on Mindfulness.

Mindfulness Made Easy-Stress and Pain Management .............12

Thea Uhlig-Ruff

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

Dementia 101 - A Three Part Series ........................................38

Hannah Vo-Dinh

Hannah Vo-Dinh is a Guild Certified Feldenkrais Practitioner, having completed 4 years of training in the Feldenkrais Method®. She has taught classes at All Saints’ Episcopal, Unitarian Universalist Congregation of Frederick, Common Market and the Frederick County Public Libraries. In addition, she organized the Frederick Feldenkrais Festivals, and has been a guest instructor at the Baltimore and DC Feldenkrais festivals. She is the owner of Mind Body Sense, LLC and works privately with clients to improve posture, balance and mobility.

Improve Your Posture with the Feldenkrais Method® ...............12

Jerry Webster

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

Opening to Fear and Fearlessness: A Buddhist Approach .......32

Carol Zehnacker

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

Secret to Aging with Less Aches and Pains .........................11
Developing a Personal Strength Training Plan ....................12

John Zeminski

Mr. John Zeminski, BA, M.A. Ed. has been teaching older adults to comfortably and efficiently use computers since his retirement from public education in 2014. He has been an educator for 40 years. Many of these years were devoted entirely to instructing others how to make the best use of the technology available to them. He has worked in an educational technical capacity for Carroll County Public Schools, Carroll County Community College, McDaniel College and the National Security Agency.

Navigating the Internet ..........................................................10
### January 2020

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<td>6:00 Knitting - Waffle Scarf</td>
<td>1:00 The Frugal Kitchen</td>
<td>9:00 Appreciation: Romanticism</td>
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<td>1:00 The Frugal Kitchen</td>
<td>10:00 Intro to Oil Painting</td>
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<td>2:00 The Classical Courts</td>
<td>1:00 Android Smart Phone</td>
<td>6:00 Woodworking - Side Table</td>
<td>7:00 Maryland Whiskey 101</td>
<td>12:30 Tai Chi</td>
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<td>10:00 Beginning Calligraphy</td>
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<td>6:00 Basic Conversational Spanish</td>
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<td>10:00 Beginning Calligraphy</td>
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<td>10:00 Cardiovascular Disease</td>
<td>9:00 Floral Design: Teacup</td>
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<td>10:00 Intro to Oil Painting</td>
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<td>6:00 Civil War Literature</td>
<td>6:00 American Sign Language I</td>
<td></td>
</tr>
<tr>
<td>6:30 Crochet for Beginners</td>
<td>3:00 Executive Role in Maryland</td>
<td>6:00 Civil War Literature</td>
<td>6:30 Crochet for Beginners</td>
<td></td>
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</table>

Registration now open
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>9:30 The Ordeal</td>
<td>9:00 Jail as a Metaphor in Film</td>
<td>10:00 Constitution/Presidency</td>
<td>10:00 Medical Aspects of Terrorism</td>
</tr>
<tr>
<td>1:00 In Search of Happiness</td>
<td>10:00 Optimal Aging</td>
<td>10:00 Downsizing Simplified</td>
<td>10:00 Introduction to Pastel 101</td>
<td></td>
</tr>
<tr>
<td>2:00 The Classical Courts</td>
<td>10:00 Exploring Watercolor</td>
<td>11:00 Innovations/Modern World</td>
<td>1:00 Orthopedics for Seniors</td>
<td></td>
</tr>
<tr>
<td>6:00 American Sign Language</td>
<td>12:30 Fear and Fearlessness</td>
<td>12:00 Secret to Aging</td>
<td>1:00 Introduction to Pastel 101</td>
<td></td>
</tr>
<tr>
<td>1:00 Discover Spring #1</td>
<td>1:00 Creative Writing Workshop</td>
<td>10:00 Writing Short Story</td>
<td>1:00 Beginner French</td>
<td></td>
</tr>
<tr>
<td>1:30 Beginner French</td>
<td>1:00 Pictorial Tour of Bulgaria</td>
<td>11:00 Innovations/Modern World</td>
<td>1:30 Beginner French</td>
<td></td>
</tr>
<tr>
<td>6:00 Continuing Spanish</td>
<td>12:00 Secret to Aging</td>
<td>12:00 Secret to Aging</td>
<td>1:30 Modern Russian History</td>
<td></td>
</tr>
<tr>
<td>1:00 Duke vs. Emperor</td>
<td>1:00 Duke vs. Emperor</td>
<td>1:00 iPhone - Beginner</td>
<td>1:30 Foreign Aid: Friend or Foe?</td>
<td></td>
</tr>
<tr>
<td>5:00 Secrets of the C&amp;O Canal</td>
<td>1:00 iPhone - Advanced</td>
<td>2:30 Palestine/Israel - Film</td>
<td>6:00 Continuing Spanish</td>
<td></td>
</tr>
<tr>
<td>6:00 Improve Your Posture</td>
<td>2:00 Just Try It! Beginning Yoga</td>
<td>5:00 Secrets of the C&amp;O Canal</td>
<td></td>
<td></td>
</tr>
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<td>1:00 Creative Writing Workshop</td>
<td>1:00 iPhone - Beginner</td>
<td>1:30 Continuing Gentle Yoga</td>
<td></td>
</tr>
<tr>
<td>1:00 Pictorial Tour of Bulgaria</td>
<td>1:00 Discover Spring #1</td>
<td>1:00 iPhone - Beginner</td>
<td>6:00 Continuing Spanish</td>
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</tr>
<tr>
<td>6:00 Continuing Spanish</td>
<td>1:30 Beginner French</td>
<td>1:00 iPhone - Beginner</td>
<td>6:00 Comparative Religion</td>
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<tr>
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<td></td>
<td></td>
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</tbody>
</table>

**Bold indicates first session of class**

**Underline indicates last session of class**
### ILR SPRING 2020 CALENDAR • MONDAY - FRIDAY

**April 2020**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAR. 30</td>
<td>10:00 Well, It's About Time 1:00 In Search of Happiness 2:00 Classical &amp; Modern Courts 6:00 American Sign Language II</td>
<td>MAR. 31</td>
<td>9:00 Unemployed to Bestseller 10:00 The Artist’s Way 10:00 The Big Picture 1:00 Manuscript Workshop 1:00 Pictorial Tour of Bulgaria 1:30 Continuing French 1:30 World Religions Series 3:00 Civic Academy 6:00 Continuing Spanish</td>
<td>1</td>
</tr>
<tr>
<td>6</td>
<td>9:00 Monsters of Rock 10:00 Well, It's About Time 2:00 Classical &amp; Modern Courts 2:00 Charles Lindbergh 6:00 American Sign Language II</td>
<td>7</td>
<td>9:00 Unemployed to Bestseller 10:00 The Artist’s Way 10:00 The Big Picture 1:00 Manuscript Workshop 1:00 Pictorial Tour of Bulgaria 1:30 Continuing French 1:30 World Religions Series</td>
<td>8</td>
</tr>
<tr>
<td>13</td>
<td>9:30 Eruption and Balance 10:00 Well, It's About Time 10:30 Open Your Intl Pharmacy 2:00 Classical &amp; Modern Courts 2:00 Charles Lindbergh 2:00 Personal Self Defensive 6:00 American Sign Language II</td>
<td>14</td>
<td>9:00 Unemployed to Bestseller 9:00 The Fool's Journey 10:00 The Artist’s Way 10:00 The Big Picture 10:00 Potomac Navigation/C&amp;O 1:00 Manuscript Workshop 1:30 Continuing French 1:30 World Religions Series</td>
<td>15</td>
</tr>
<tr>
<td>20</td>
<td>9:30 Eruption and Balance 10:00 Well, It's About Time 10:30 Make Health Your Hobby 2:00 Classical &amp; Modern Courts 2:00 Charles Lindbergh 6:00 American Sign Language II</td>
<td>21</td>
<td>9:00 Unemployed to Bestseller 9:00 The Fool’s Journey 10:00 The Artist’s Way 10:00 The Big Picture 10:00 Potomac Navigation/C&amp;O 1:00 Discover Spring #3 1:30 Continuing French 1:30 World Religions Series 6:00 Advanced Spanish</td>
<td>22</td>
</tr>
<tr>
<td>27</td>
<td>9:30 Eruption and Balance 10:00 Well, It's About Time 10:30 Move Waste From Waist 2:00 Charles Lindbergh 6:00 Investment Strategies</td>
<td>28</td>
<td>9:00 Unemployed to Bestseller 10:00 The Artist’s Way 10:00 The Big Picture 10:00 Potomac Navigation/C&amp;O 1:30 Continuing French 1:30 World Religions Series 3:00 Frederick Town History 6:00 Advanced Spanish</td>
<td>29</td>
</tr>
<tr>
<td>31</td>
<td>SPRING BREAK</td>
<td>1</td>
<td>SPRING BREAK</td>
<td>10</td>
</tr>
</tbody>
</table>

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**Underline indicates last session of class**
### ILR SPRING 2020 CALENDAR • SATURDAY

#### January 2020
- **4**
  - 10:30 Mornings With TED
- **11**
  - 9:00 Get To Know Your Nikon
  - 10:30 Mornings With TED
- **18**
  - 9:00 Get To Know Your Nikon
  - 10:30 Mornings With TED
- **25**
  - 9:00 DIY Home Maint. 101
  - 9:00 Intro to Metalmithing
  - 10:30 Mornings With TED

#### February 2020
- **1**
  - 9:00 Mosaic Mirrors
  - 9:30 Eruption and Balance
  - 10:00 The Big Picture
  - 10:30 Live Without Pain
  - 6:00 Investment Strategies
  - 6:00 American Sign Language I
- **5**
  - 9:00 Unemployed to Bestseller
  - 10:00 The Big Picture
  - 10:30 Introduction to Metalsmithing
  - 3:00 Frederick Town History
  - 6:00 Advanced Spanish
- **6**
  - 9:30 Start a Novel
  - 9:30 Women and the Vote
  - 10:00 Morning With TED
  - 1:00 Writing Your Life Story
  - 2:30 Middle East
  - 6:00 Self-Publishing Your Book
  - 6:00 Investment Strategies
- **7**
  - 8:00 Walking Antietam
  - 10:00 Navigating the Internet
  - 10:30 Meditation & Mindfulness
  - 1:00 Continuing Pastel
  - 5:00 Dementia 101
  - 6:00 Advanced Spanish
- **8**
  - 10:00 Exploring Watercolor
  - 10:00 Continuing Calligraphy

#### March 2020
- **1**
  - 9:00 Mosaic Mirrors
  - 10:30 Mornings With TED
  - 9:00 Glass Fusing Jewelry
- **8**
  - 9:00 DIY Home Maint. 102
  - 9:00 Portrait Photography
- **15**
  - 9:00 Jewelry Soldering Wks p.
  - 10:00 Happy Little Trees
- **22**
  - 9:00 DIY Spring Prep
  - 9:00 Art, Palm of your Hands
- **29**
  - 9:00 Art, Palm of your Hands

#### April 2020
- **4**
  - 9:00 Intro. to Fold Jewelry
  - 9:00 Garden Mosaics
  - 1:00 Glass Fusing Jewelry
- **14**
  - 9:00 Portraits Photography
  - 10:00 Happy Little Trees
- **18**
  - 9:00 DIY Plumbing
- **25**
  - 9:00 Get To Know Your Nikon
  - 10:00 Happy Little Trees

#### May 2020
- **11**
  - 9:30 Eruption and Balance
  - 6:00 American Sign Language I
- **12**
  - 1:00 Discover Spring #4
  - 3:00 Frederick Town History
  - 6:00 Advanced Spanish
- **13**
  - 2:30 Middle East
  - 7:00 Wine Expert: Dessert Wines
- **18**
  - 9:00 DIY Plumbing
- **25**
  - 9:00 Get To Know Your Nikon
  - 10:00 Happy Little Trees
How to Register for ILR55+ Classes

ONLINE

- Go to frederick.edu/ILR
- Click Login/Create Account in the left menu
- Enter username and password or choose Create Account.
  (Be sure to select Yes to email preference as class confirmations and receipts are provided via email.)
  
  Note: If you registered for a class since June 2014 an online profile is reserved in your name. Please do not create a new profile. Call 301.624.2888 to complete the set-up process.
- Click Browse, then ILR55+ Programs to view available classes.
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and complete your registration.

IN PERSON

- Visit us in the Registration Office located in Jefferson Hall to complete a registration form and submit payment in full (cash, check, money order or credit card).

Hours of Operation

Monday ......................................................... 8:30 a.m. - 6:00 p.m.
Tuesday-Thursday ........................................ 8:30 a.m. - 4:30 p.m.
Friday ............................................................. 10:00 a.m. - 4:30 p.m.

Waiting List

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

Important Notes

- Out-of-County students (residing outside of Frederick County) are charged an additional $5 fee per class. Out-of-State students (residing outside of Maryland) are charged a $10 fee per class.
- An $8 one-time-per-year, non-refundable registration fee is due at the time of registration. The registration fee will increase to $9 on or about January 1, 2020. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during the period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

Drop a Class

- Students who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least two business days before the beginning date of the class. Trips and some classes may have a different refund policy; please refer to the class information for specific details. Students electing to drop a class can do so by completing the CEWD Drop/Transfer form available at frederick.edu/QuickEnroll under the Registration Office link. This form must be submitted to the CEWD Registration Office (located on the first floor of Jefferson Hall), or by email at CREquest@frederick.edu. Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the Associate Vice President of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.
FCC Main Campus
7932 Opossumtown Pike
Frederick, MD 2170

The Monroe Center, FCC Campus
200 Monroe Avenue
Frederick, MD 21701
240.629.7900

Main Campus Locations
A – Annapolis Hall
B – Braddock Hall
C – Catoctin Hall
D – Athletics Center
F – Visual & Performing Arts Center
G – Gambrill Hall
H – Student Center
J – Jefferson Hall
L – Linganore Hall
M – The Carl & Norma Miller Center
P – Plant Operations
S – Sweadner Hall
K – Mercer-Akre Kiln

Visit frederick.edu for complete directions.

Off Campus Locations
Brunswick Branch Library
915 North Maple Ave., Brunswick, MD 21716
301.600.7250

C. Burr Artz Public Library
110 E. Patrick St., Frederick, MD 21701
301.600.1630

Crisaulli’s Cheese Shop
8 E. 2nd Street, #104, Frederick, MD 21701
301.631.2439

Daybreak Adult Day Services
7819 Rocky Springs Rd., Frederick, MD 21702
301.696.0808

Emmitsburg Senior Center
300 S. Seton Ave., Emmitsburg, MD 21727
301.600.6350

Frederick Senior Center
1440 Taney Ave., Frederick, MD 21702
301.600.3525

The Knot House
129 E. Patrick St., Frederick, MD 21701
334.707.0528

Lebherz Oil & Vinegar Emporium
214 N. Market St., Frederick, MD 21701
301.228.3996

McClimont Distilling
35 S. Carroll St., Frederick, MD 21701
240.815.5259

Memorial Hall, Church of Transfiguration,
Braddock Heights
6909 Maryland Ave., Frederick, MD 21703
301.371.7505

Myersville Community Library
8 Harp Place, Myersville, MD 21773
301.600.7560

Spin the Bottle
9 W. Patrick St., Frederick, MD 21701
301.732.5800

Urbana Regional Library
9020 Amelung St., Frederick, MD 21704
301.600.7000
Mingle with instructors and students while learning about the program. Heavy hors d’oeuvres will be served and a cash bar will be available.

Oscar’s Alehouse • Tuesday, January 21 • 2:00 - 4:00 p.m.
906 N. East Street, Frederick, MD 21701