

ILR 55+

Spring 2021

**Now offering 20+ new classes.
Register today!**





Registration now open!

ILRatFCC.com

.....

Please contact us with any questions.
301.846.2561

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Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

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Contact Us

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

A LETTER FROM THE ILR PROGRAM MANAGER

Dear ILR and Lifelong Learning Students,

We are getting ready for the start of a new term again. This year has been a challenging one in many ways, but it has also taught us new lessons and reminded us what is important in life.

We all miss the benefits of not being able to hold in-person classes, but we are grateful for the ability to gather together virtually, communicate with one another, and learn from each other. I know many of you may have been nervous to try an online course for the first time, but that didn't stop you from giving it a shot. As T.S. Eliot said, "If you aren't in over your head, how do you know how tall you are?"



We are all learning how tall we are. We are discovering what works best for you, our ILR and Lifelong Learning students, in this virtual world. We have had to be flexible and adapt along the way. We know you have too, and we are grateful for your patience and understanding as together, we find the best ways to continue the learning and companionship our programs provide.

With a new term comes new excitement and new opportunity. As always, we have a variety of new courses for you this spring. We hope you'll find ones that speak to your passion, excite your intellect, and ultimately, challenge you.

For an especially relevant and timely history lesson, "Boccaccio's Decameron – Quarantined Entertainment" will give you a glimpse into how a group of young men and women entertained themselves secluded in a shelter outside Florence to escape the Black Death that plagued Europe and other continents in the mid-1300s.

For other ways to entertain yourself, we invite you to experience the 1920s in our course, "F. Scott Fitzgerald and the Roaring 20s," or the beauty of 14th century art in "Art Appreciation – The Renaissance Part 2."

We also have new courses that provide "An Introduction to the Wonder, Curiosity, and Adventure of Studying World Religions," "Improve Your Posture" or help you with "Living Beautifully With Uncertainty and Change."

We look forward to learning with you again this term and are here to support you in any way we can. In the midst of the challenges we face today, we strive to offer you the opportunity to take time for yourself and gain new experiences and knowledge.

Wishing you a new year filled with the good kind of challenges,

A handwritten signature in black ink, reading "Kelli Ackiewicz". The signature is fluid and cursive.

BEFORE YOU BEGIN ...

Questions? We're here to help!

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

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

Contact the ILR Program Office (301.846.2561) if you:

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

No Class Dates

Classes will not be held on the following days:

- Monday, January 18
- Wednesday, March 31 - Friday, April 2
- Monday, May 31

Evening Classes

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

Instructor Bios

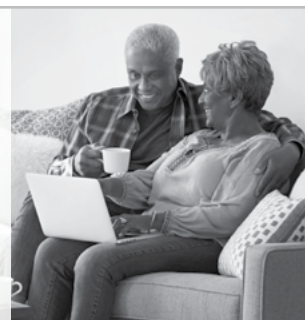
Instructor bios are located on page 23 listed in alphabetical order by last name. Each class an instructor is teaching during spring 2021 has been included.

Response to COVID-19

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

Spring Virtual Meet & Greet with ILR Instructors

Details coming soon at ILRatFCC.com.



REGISTER FOR FCC ALERTS TODAY!

Stay informed about college closings, delays, and emergency information throughout the year.

Sign up to receive instant notices via text, email, or phone. Registration is quick, simple, and free.

frederick.edu/FCCAlert



WEBSITE



ILRatFCC.com

FACEBOOK




facebook.com/ILRFCC

BE AN ILR INSIDER!

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

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



Structured Remote Courses (SR)



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



LIR121 Drop-In Online Tutorial Sessions

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

ILR Courses **Spring 2021**

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ILR908 Art Appreciation: Renaissance Part 2

2 sessions, 3 hours

Continue exploring the Renaissance through pictures and discussion. After Michelangelo and da Vinci (which is High Renaissance), we move to Late Renaissance art from about 1520-1600. We will view and discuss a variety of Italian, German, Spanish, and Dutch painters and their styles. Artists who may be covered include Titian, El Greco, Paolo Veronese, Guiseppe Arcimboldo, Albrecht Durer, and Hans Holbein. Please note that individual art projects will not be completed.

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

Instructor: Jeanne McDermott

5-Digit Number: 21248 | Fri, 9:00 - 10:30 a.m., 3/5 - 3/12

Location: Online | Fee: \$36



LIR140 Art History Lite

4 sessions, 4 hours

Explore art history in large sweeps, filled with anecdotes and discussions of interpretations as we virtually visit major museum collections - all from home! No prior knowledge of art history required.

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

Instructor: Jennifer Schero

5-Digit Number: 21247 | Wed, 4:00 - 5:00 p.m., 4/7 - 4/28

Location: Online | Fee: \$35



LIR143 Great Broadway Heists and Beyond

4 sessions, 8 hours

An entertaining look at Broadway musicals that were "borrowed" from classic operas. We'll take a closer look at Miss Saigon and Rent and explore the newer genres including Hamilton.

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

Instructor: Vivian (Lynn) Fleming

5-Digit Number: 21246 | Mon, 1:00 - 3:00 p.m., 3/8 - 3/29

Location: Online

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

SEN450 Exploring Watercolor Painting

8 sessions, 16 hours

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

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

Instructor: Catherine Howard

5-Digit Number: 21282 | Fri, 10:00 a.m. - 12:00 p.m., 2/5 - 3/26

Location: Online | Fee: \$105

LIR104 Exploring Watercolor Painting – Advanced

12 sessions, 24 hours

Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Previous experience in watercolor painting is highly recommended for this course. A list of supplies is provided prior to the start of the first class.

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

Instructor: Catherine Howard

5-Digit Number: 21283 | Tue, 10:00 a.m. - 12:00 p.m., 2/2 - 4/20

Location: Online | Fee: \$155



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



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

ACR418 Foundations of Watercolor

6 sessions, 15 hours

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

Note: This Structured Remote Course (SR) is entirely online. To learn more about class and instructor, please visit the website www.JMLittletonart.com

Instructor: Jennifer Littleton

5-Digit Number: 21319 | Thu, 3:30 - 6:00 p.m., 4/8 - 5/13

Location: Online | Fee: \$149

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 26 television minutes using big, house painting-type brushes while cooing "you can do it" to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. 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 five-hour class. All materials including brushes, Bob Ross paints, and canvases will be provided. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Dee Sullivan

5-Digit Number: 21404 | Sat, 10:00 a.m. - 4:00 p.m., 2/13

Location: Visual & Performing Arts Center/F118 | Fee: \$89

OR

5-Digit Number: 21405 | Sat, 10:00 a.m. - 4:00 p.m., 3/13

Location: Visual & Performing Arts Center/F118 | Fee: \$89



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



ACR170 Drawing for Beginners

3 sessions, 4.5 hours

Basic drawing techniques will be taught, including shading, perspective, use of light and darkness (value), and composition and texture. You will learn about pencil types and paper as well. Students will be required to purchase special pencils and paper prior to the start of the course. Specifics will be provided one week prior to the beginning of the course. This course will show you that drawing is both fun and therapeutic.

Note: This Hybrid Remote (HYR) course is primarily online, but with required periodic meetings at the main campus or Monroe Center during scheduled class times.

Instructor: Jeanne McDermott

5 Digit Number: 21403 | Fri, 9:00 - 10:30 a.m., 5/7 - 5/21

Location: Online | Fee \$44

COMPUTERS & TECHNOLOGY

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

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

Instructor: William O'Neal

5-Digit Number: 21272 | Tue, 1:00 - 3:00 p.m., 1/12 - 1/26

Location: Online

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

ILR396 iPhone – Advanced

3 sessions, 6 hours

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

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

Instructor: William O'Neal

5-Digit Number: 21271 | Tue, 1:00 - 3:00 p.m., 2/9 - 2/23

Location: Online

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

ILR809 iPad Workshop

2 sessions, 4 hours

Do you already know how to use your iPad for searching the internet and sending emails? Need to move to the next step and learn all about the many apps available through the App Store? Everyone has their own individual needs for their iPad. This workshop opens the door to customize your iPad so it works for you. Unlike a standard class, this workshop will be more dynamic in structure, allowing the student to determine the direction of the sessions. Time will be provided for addressing individual questions and concerns. Due to the nature of this workshop, the number of attendees is limited. Have your questions ready! This course requires that you use two devices to view and participate in the course. Example: If the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone. Vice versa if the course is about how to use your computer.

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

Instructor: William O'Neal

5-Digit Number: 21265 | Tue, 1:00 - 3:00 p.m., 4/6 - 4/13

Location: Online | Fee: \$44

ILR899 Making the Most of Your Android Smart Phone

3 sessions, 6 hours

Got a new Android-based smartphone and not sure about the many things that you can do with it? This course will acquaint you with the features that come standard with your new phone. 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 to make your life easier. Configure your email to keep in touch with your friends and family. Take pictures and share them as well. Come to this class with questions that you might have about your new smartphone. This course requires that you use two devices to view and participate in the course. Example: If the course is about how to use your phone, then you would have to view the course on a personal computer so you can follow along on your phone. Vice versa if the course is about how to use your computer.

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

Instructor: William O'Neal

5-Digit Number: 21269 | Tue, 1:00 - 3:00 p.m., 3/9 - 3/23

Location: Online

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

ILR942 Going Paperless

3 sessions, 6 hours

Are you tired of the mountain of paperwork that we receive every month in the mail? Bank and credit card statements, utility bills, Explanation of Benefits (EOB) from insurance companies, and mortgage statements are just a few. What do you do with all this paperwork and how long should you keep it? Do you know that all of these documents are available online? You can view and search through them securely to find exactly what you are looking for and even print them if necessary. This class will show you how to set up these convenient accounts and access this information from your computer. This course requires that you use two devices to view and participate in the course.

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

Instructor: William O'Neal

5-Digit Number: 21267 | Thu, 1:00 - 3:00 p.m., 4/15 - 4/29

Location: Online

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

ILR530 Improve Your Posture With the Feldenkrais Method®

8 sessions, 8 hours

Everyone wants good posture, but how do we achieve it? The conventional directives like “sit up straight,” “shoulders back and down,” “chest high and chin up” add layer upon layer of tension to a system that already knows how to be upright. 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.

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

Instructor: Hannah Vo-Dinh

5-Digit Number: 21250 | Tue, 6:00 - 7:00 p.m., 1/19 - 3/9

Location: Online | Fee: \$72



Evening Offering

ILR886 Secret to Aging With Less Aches and Pains

6 sessions, 12 hours

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

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

Instructor: Dr. Carol Zehnacker

5-Digit Number: 21284 | Wed, 2:00 - 4:00 p.m., 1/20 - 2/24

Location: Online

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

**LIR141 Gratitude & Mindfulness Workshop**

1 session, 2 hours

This workshop changes how we view our complicated, imperfect, and seemingly ordinary daily lives through the practice of opening to, looking for, and sincerely appreciating all the abundance in our everyday moments. In this experiential workshop, participants will practice the skills of gratitude and mindfulness in a relaxed and supportive atmosphere. Participants will be provided with materials to start this journey and sustain their practices.

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

Instructor: Dr. Nanette Tummers

5-Digit Number: 21254 | Tue, 2:00 - 4:00 p.m., 2/2

Location: Online | Fee: \$15

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. The greatest increase in cannabis use was observed among those in the older adult population 50 years or older with an expected rise in the next few years. Cannabis is used for pain, anxiety, stress, muscle spasms, seizures, insomnia, and more. Learn about our own internal cannabinoid system, its receptors, and how cannabis affects the body.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Helen Kerr

5-Digit Number: 21258 | Thu, 1:00 - 3:00 p.m., 3/18

Location: Conference Center/E123 | Fee: \$20



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



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



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

Blueprint for Successful Aging in Place

ILR490 Blueprint for Successful Aging in Place: Legal Concerns

2 sessions, 3 hours

You've made the decision that you want to remain living independently in your own home as you age, but have you created the critical documents to ensure that your wishes will be followed in the event of your physical or mental inability to manage your own health care? And what do you do if you have no family or friends to help you advocate for your desires?

Instructor: Marcy Gouge | 5-Digit Number: 21255 | Wed, 2:00 - 3:30 p.m., 1/13 - 1/20 | Location: Online | Fee: \$25

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

2 sessions, 4 hours

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

Instructor: Mary Wark | 5-Digit Number: 21257 | Wed, 1:00 - 3:00 p.m., 3/10 - 3/17
Location: Online | Tuition: \$10 | Fee: \$29 | Total: \$39 | *MD residents age 60+ pay fee only*

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

2 sessions, 4 hours

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

Instructor: Thea Uhlig-Ruff | 5-Digit Number: 21256 | Wed, 2:00 - 4:00 p.m., 5/5 - 5/12
Location: Online | Tuition: \$10 | Fee: \$29 | Total: \$39 | *MD residents age 60+ pay fee only*

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

Are You Medically Curious?

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

ILR903 Medically Curious – Heart, Lungs, Blood & Oxygen

5-Digit Number: 21251 | Tue, 9:00 - 10:00 a.m., 2/9
Location: Online | Fee: \$11

ILR903 Medically Curious – Heart Attack & Heart Failure

5-Digit Number: 21252 | Tue, 9:00 - 10:00 a.m., 2/16
Location: Online | Fee: \$11

ILR903 Medically Curious – Stroke – Losing an Essential Part of You

5-Digit Number: 21253 | Tue, 9:00 - 10:00 a.m., 2/23
Location: Online | Fee: \$11

Note: All Medically Curious courses are Structured Remote (SR) and entirely online. All courses are 1 session, 1 hour.

Instructor for all courses: Dr. Larry Romane

FREE Spring Courses

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

Registration information is located on page 32.



LIR151 An Introduction to the Wonder, Curiosity, and Adventure of Studying World Religions

3 sessions, 3 hours

Religious tolerance, bigotry, skepticism, and resistance—every human society, culture, and tradition has had a religious dimension. Even those who reject being religious have responded to religious influences. So how may we appreciate the diverse contributions of religion while still critiquing the excesses and mistakes? This question is worthy of our consideration. We'll explore a fresh overview of some of the world's major religions. We'll share our own struggles, breakthroughs, affirmations, and concerns.

Instructor: Rev. Dr. Timothy Dissmeyer

5-Digit Number: 21406 | Wed, 2:00 - 3:00 p.m., 1/6 - 1/20



LIR142 Secrets of Superagers: How to Live to 100 & Beyond

6 sessions, 12 hours

Learn about the people from the famous "blue zone" countries around the world who live the longest and let them inspire you with their lifestyle practices and wisdom. Examine what the latest longevity research studies tell us about who lives the longest and why from the leading researchers studying superagers. Learn practical strategies from superagers and apply them to your daily life so that you, too, can become a superager.

Instructor: Terry Leitma

5-Digit Number: 21280 | Mon, 10:30 a.m. - 12:30 p.m., 1/25 - 3/1

ILR590 Living Beautifully With Uncertainty and Change

4 sessions, 8 hours

We live in difficult times with uncertainty. Why shouldn't we cling to familiar patterns and habits if they provide us some degree of certainty? Because, as Pema Chodron teaches, that kind of fear-based clinging keeps us from the infinitely more satisfying experience of being completely alive. The teachings presented in this course, known as the three commitments, which are based on the original teachings of the Buddha, provide a path to enter more fully into one's life through meditation exercises. The true purpose of meditation is to be present in one's life more fully, being present on the dot rather than being riveted according to one's hopes and fears. It is about being open to whatever arises in one's life. It is only by fully living in the present that one can truly live one's life. Each week during the class students will have the opportunity to introduce a new commitment in their life. Meditation practice between classes is highly encouraged.

Instructor: Dr. Jerry Webster

5-Digit Number: 21278 | Wed, 10:00 a.m. - 12:00 p.m., 2/10 - 3/3

ILR941 History Bites – Lunchtime History Series: Dred Scott to Secession: The Coming of the Civil War

1 session, 1.5 hours

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

Instructor: Matthew Borders

5-Digit Number: 21290 | Wed, 12:00 - 1:30 p.m., 2/10

ILR941 History Bites – Lunch Time History Series: The Maryland Campaign of 1862

1 session, 1.5 hours

Instructor: Matthew Borders

5-Digit Number: 21291 | Wed, 12:00 - 1:30 p.m., 2/24

Note: All free spring courses are Structured Remote (SR) and entirely online.

ILR707 Developing a Personal Strength Training Plan

6 sessions, 12 hours

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

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

Instructor: Dr. Carol Zehnacker

5-Digit Number: 21285 | Thu, 2:00 - 4:00 p.m., 3/4 - 4/15, No Class: 4/1
Location: Online | Fee: \$92

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.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Kirby Maybush

5-Digit Number: 21249 | Wed, 1:00 - 4:00 p.m., 5/26
Location: Conference Center/E123 | Fee: \$32

**LIR147 From Spear to Gunpower: Warfare From Ancient Greece to Napoleon**

4 sessions, 6 hours

While the nature of warfare has not changed, the tools of this bloody profession have evolved throughout the millennia. See the European battlefields through the eyes of the Greeks, the Romans, Medieval knights, and Napoleon. Study battles whose names echo throughout the ages such as Thermopylae, Cannae, Hastings, and Waterloo. We'll look into the evolution of strategy, equipment, and generalship throughout the ages. We'll also discuss what was the cause of victory or defeat by entering the minds of Alexander the Great, Julius Caesar, William the Conqueror, and Napoleon Bonaparte.

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

Instructor: Antonio Salinas

5-Digit Number: 21288 | Thu, 6:30 - 8:00 p.m., 1/28 - 2/18
Location: Online

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



Evening Offering

LIR117 Challenging Myths About Alexander Hamilton, Part 2

4 sessions, 6 hours

Contrary to myth, Alexander Hamilton founded the American System of economics which was responsible for our nation's periods of dramatic growth in prosperity. We pick up the implementation of his principles by discussing the Lincoln Administration's ambitious Hamiltonian program. We will then explore the deliberate spread of the program internationally, and its revival in the administration of "Jeffersonian" Franklin Roosevelt. Lots of surprises are in store, as we uncover the hidden history of our nation's growth.

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

Instructor: Nancy Spannaus

5-Digit Number: 21264 | Thu, 2:00 - 3:30 p.m., 2/18 - 3/11
Location: Online

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



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



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



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

ILR911 The Future is Fluid: Understanding Gender & Sexuality From Different Generational Perspectives

4 sessions, 6 hours

Language and ideas around diverse populations have changed a lot over the past 20 years. This can sometimes feel especially true around issues of gender and sexuality/sexual orientation. Sometimes it is hard keeping up! Lesbian, gay, bisexual, transgender, gender non-conforming, gender creative parenting, LGBT, LGBTQIA+, and the list goes on! This is even more complex when interacting with members of our families and communities who might be of a different generation than us or identity than us. This course will talk about how understandings of gender and sexuality have shifted, how to interrupt the biases in ourselves and others, and how to connect across differences.

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

Instructor: Dr. Beth Douthirt-Cohen

5-Digit Number: 21360 | Mon/Wed 1:30 - 3:00 p.m., 3/8 - 3/17

Location: Online

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

ILR984 Jamestown: The Colony That Almost Wasn't

3 sessions, 4.5 hours

Jamestown: The Colony That Almost Wasn't tells the story of Great Britain's first permanent colony in North America from its inception in 1607 until the first meeting of the General Assembly in 1619. The course relates the trials of the first settlers and the fateful ship wreck that would save the colony through the eyes of a cast of characters, including Captain John Smith. The course concludes with a discussion about the current research efforts at the James Fort site by "Jamestown Rediscovery" archaeologists to reclaim the colony's past.

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

Instructor: Tracy Lewis

5-Digit Number: 21263 | Fri, 10:00 - 11:30 a.m., 5/7 - 5/21

Location: Online

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

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

3 sessions, 6 hours

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

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

Instructor: Roger Swartz

5-Digit Number: 21262 | Mon, 9:30 - 11:30 a.m., 3/15 - 3/29

Location: Online

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

ILR833 The Making of Modern China – China in Transition Under Xi Jinping

6 sessions, 12 hours

Under the autocratic leadership of President Xi Jinping, China has gone through a significant political restructuring. This has altered China's posture in the Indo-Pacific region and globally. While these changes have their roots in Chinese imperial history, they pose new and significant challenges on the regional and global stage. These new developments and their implications will be a focus of this semester course. All new material.

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

Instructor: Jeffrey Steinberg

5-Digit Number: 21266 | Wed, 10:00 a.m. - 12:00 p.m., 3/3 - 4/14

No Class: 3/31 | Location: Online

Tuition: \$40 | Fee: \$99 | Total: \$139 | *MD residents age 60+ pay fee only*

ILR539 Ireland: Small Island – Big History

4 sessions, 6 hours

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

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

Instructor: Ernest O'Roark

5-Digit Number: 21289 | Thu, 10:00 - 11:30 a.m., 2/25 - 3/18

Location: Online

Tuition: \$20 | Fee: \$44 | Total: \$66 | *MD residents age 60+ pay fee only*



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



LIR149 Lavender and Humanity

1 session, 1.5 hours

The history of lavender is the history of humanity, spanning civilizations, centuries, and continents. Our connection is vast, universal, and ancient, primal yet affirmed by modern science. In this lively session, we will explore humanity's special relationship with this soothing and healing plant through art, folklore, literature, and more.

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

Instructor: Christine Rai

5-Digit Number: 21323 | Fri, 10:00 - 11:30 a.m., 2/19

Location: Online | Fee: \$14

LIR138 Current Issues in the Middle East

3 sessions, 4.5 hours

Please join us as we continue our exploration of all that is new and newsworthy in the Middle East. Through the modern miracle of Zoom, "Current Issues in the Middle East" will take participants behind the scenes, albeit remotely, with discussion and analyses of breaking stories in one of the most vitally important regions of the world. The instructor, a career professional, educator, and author, will highlight and examine, through the lens of history, both the headlines and the people behind the stories that dominate mainstream media coverage. In addition, she will introduce equally important, if underreported, information that is relevant to current developments in the Middle East. The objective of this timely series is to gain a deeper understanding of a variety of interrelated forces that affect the lives and destinies of the inhabitants of this "crossroads of civilizations," representing a mosaic of languages, religions, and cultures, in a region that boasts strategically-positioned land masses, critical waterways, and massive hydrocarbon reserves. While the international headlines of spring 2021 will largely inform the choice of topics, it is anticipated that they will include the shifting trajectory of US foreign policy and alliances in the Middle East, the effects of the COVID-19 pandemic on the societies and economies, continued tension in the Holy Land, ongoing wars in Syria and Yemen, political and economic collapse in Lebanon, the entrenchment of authoritarian regimes in Egypt and Turkey, and the high-stakes race for regional hegemony between Saudi Arabia and Iran.

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

Instructor: Linda Funsch

5-Digit Number: 21366 | Tues, 1:00 - 2:30 p.m., 3/9 - 3/23

Location: Online

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

LIR136 How to Use Your DNA Matches for Your Genealogy Research

2 sessions, 4 hours

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

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

Instructor: Linda Frydl

5-Digit Number: 21261 | Wed, 10:00 a.m. - 12:00 p.m., 1/20 - 1/27

Location: Online | Fee: \$34



LIR148 Searching Afar From Near - Overseas Genealogy

4 sessions, 8 hours

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

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

Instructor: Mary Mannix

5-Digit Number: 21286 | Tue, 9:00 - 11:00 a.m., 4/6 - 4/27

Location: Online

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

ACR158 Introduction to Metalsmithing

1 session, 5 hours

Master the basics of metalsmithing in this one-day workshop. Learn sawing, hammering, how to use a torch, 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.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Georgina Copanzzi

5-Digit Number: 21327 | Sat, 9:00 a.m. - 2:30 p.m., 1/16

Location: Monroe Center/MC147 | Fee: \$79

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 with hands-on practice. Each student will fabricate textured stacking rings or bangles. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

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.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Georgina Copanzzì

5-Digit Number: 21324 | Sat, 9:00 a.m. - 2:30 p.m., 2/20

Location: Monroe Center/MC147 | Fee: \$79

ACR165 Metal Etching Jewelry Workshop

1 session, 5 hours

Join instructor Gina Copanzzì 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.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Georgina Copanzzì

5-Digit Number: 21325 | Sat, 9:00 a.m. - 2:30 p.m., 3/20

Location: Monroe Center/MC147 | Fee: \$79

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 five-hour fold-forming basics workshop, you’ll work hands-on with the torch, hammer, and anvil to learn to fold, shape, and texture metal to create a unique cuff bracelet, earrings, or pendant from copper sheet metal. Heat patinas will also be discussed and applied to some of your pieces. All supplies included in the course cost. No experience needed. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Georgina Copanzzì

5-Digit Number: 21326 | Sat, 9:00 a.m. - 2:30 p.m., 4/24

Location: Monroe Center/MC147 | Fee: \$79

HOM102 Iris Paper Folding – Valentine’s Day

1 session, 2 hours

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

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Kathy Barylski

5-Digit Number: 21321 | Tue, 2:00 - 4:00 p.m., 2/9

Location: Conference Center/E125 | Fee: \$29



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



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

HOM102 Iris Paper Folding – Easter

1 session, 2 hours

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

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: Kathy Barylski

5-Digit Number: 21322 | Thu, 2:00 - 4:00 p.m., 3/25

Location: Conference Center/E125 | Fee: \$29

HOM132 Continuing Calligraphy

4 sessions, 8 hours

This class will provide an opportunity to take your calligraphy skills to the next level. You will learn to mix and apply colors, Italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces.

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

Instructor: Jodie Lide

5-Digit Number: 21328 | Fri, 10:00 a.m. - 12:00 p.m., 3/5 - 3/26

Location: Online | Fee: \$129



HOM147 A Beginner's Guide to Machine Sewing

3 sessions, 6 hours

Sewing is not only incredibly money-saving, but it also provides a tremendous sense of self-satisfaction, knowing that you did it yourself. It all starts with knowing the basics. In this introductory course, you will learn the basic information required to operate a sewing machine for both practical and creative projects. Students will need a sewing machine. A list of supplies will be provided prior to the first class.

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

Instructor: Terry Leitma

5-Digit Number: 21329 | Wed, 10:30 a.m. - 12:30 p.m., 1/27 - 2/10

Location: Online | Fee: \$59



HOM148 Advanced Machine Sewing: Clothing Alterations & Repairs

3 sessions, 6 hours

Machine sewing is not only incredibly money-saving, but it also provides a tremendous sense of self-satisfaction, knowing that you did it yourself. In this class, which is a continuation of A Beginner's Guide to Machine Sewing, students will learn how to do the most common types of clothing alterations and repairs, which are taking in, letting out, shortening, lengthening, and hole darning. The instructor will guide students through the process of each of these types of alterations and repairs and give students step-by-step feedback as they attempt to do them in class. Students will need a sewing machine. A list of supplies will be provided prior to the first class.

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

A basic, working knowledge of machine sewing, or having completed A Beginner's Guide to Machine Sewing, is a prerequisite for this course.

Instructor: Terry Leitma

5-Digit Number: 21330 | Wed, 10:30 a.m. - 12:30 p.m., 2/17 - 3/3

Location: Online | Fee: \$59



HOM149 Advanced Machine Sewing: Home Decor & Gifts

3 sessions, 6 hours

Machine sewing is not only money-saving, but it also provides a tremendous sense of self satisfaction, knowing that you made it yourself. In this class, which is a continuation of A Beginner's Guide to Machine Sewing, the instructor will teach students how to sew different styles of decorative pillows, window valances, seat cushions with different types of trims, and a baby quilt. The emphasis in this course will be on a conceptual understanding of the creative process, rather than adhering to patterns, thereby allowing for self-expression. Students will be expected to apply that conceptual understanding to their chosen sewing project. The instructor will guide students through the process of their project, giving them step-by-step feedback along the way. Students will need a sewing machine. A list of supplies will be provided prior to the first class.

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

A basic, working knowledge of machine sewing, or having completed A Beginner's Guide to Machine Sewing, is a prerequisite for this course.

Instructor: Terry Leitma

5-Digit Number: 21331 | Mon, 10:30 a.m. - 12:30 p.m., 3/8 - 3/22

Location: Online | Fee: \$59

HOM127 DIY Home Maintenance for Beginners

1 session, 5 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 do simple drywall repair; hang a perfectly straight picture; mount a TV; locate a stud; fix leaky faucets, toilets, and drains; master the use of common tools; and so much more. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

Note: This Face to Face Course is taught at designated locations during scheduled times. An email will be sent prior to the first class with detailed course information and class details.

Instructor: James Thuman

5-Digit Number: 21359 | Sat, 9 a.m. - 2:30 p.m., 3/6

Location: Monroe Center/MC147 | Fee: \$99



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



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 Health Hospital Advance Care Planning Initiative. It always seems too early, until it's too late. Do it for yourself and your family.

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

Instructor: Sharon Smith

5-Digit Number: 21287 | Mon, 10:00 a.m. - 12:00 p.m., 4/12

Location: Online | Fee: \$19



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



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

Languages

FOR300 American Sign Language I

6 sessions, 15 hours

Learn the basic conversational skills used in American Sign Language (ASL). 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.

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

Instructor: Martha Pugh

5-Digit Number: 21337 | Mon, 6:00 - 8:30 p.m., 1/25 - 3/1

Location: Online

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

 *Evening Offering*

FOR303 American Sign Language II – Intermediate

6 sessions, 15 hours

Students will continue to learn and practice conversation skills used in American Sign Language 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.**

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

Instructor: Martha Pugh

5-Digit Number: 21338 | Mon, 6:00 - 8:30 p.m., 3/8 - 4/12

Location: Online

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

 *Evening Offering*

FOR100 Basic Conversational Spanish

8 sessions, 16 hours

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

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

Instructor: Angelina Garcia

5-Digit Number: 21332 | Tue/Thu, 6:00 - 8:00 p.m., 4/6 - 4/29

Location: Online

Tuition: \$50 | Fee: \$119 | Total: \$169

 *Evening Offering*

FOR101 Continuing Conversational Spanish

8 sessions, 16 hours

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


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

Instructor: Angelina Garcia

5-Digit Number: 21333 | Tue/Thu, 6:00 - 8:00 p.m., 5/4 - 5/27

Location: Online

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

 *Evening Offering*

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

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

LITERATURE, THEATER & WRITING



LIR145 Boccaccio's Decameron – Quarantined Entertainment

6 sessions, 12 hours

In 1349, following a bubonic plague epidemic that killed more than half the population of his native Florence, Italian writer Giovanni Boccaccio penned his Decameron using the plague as the backdrop for his story. Ten young people flee from Florence to a villa in the hills. There they spend 10 days filled with 10 stories. The storytelling enabled them to escape through the entertainment of the tales. With our modern day quarantine, join this study of Boccaccio's work and be entertained by its stories.

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

Instructor: Dr. Lois Jarman

5-Digit Number: 21260 | Thu, 4:00 - 6:00 p.m., 1/28 - 3/4

Location: Online

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



LIR144 F. Scott Fitzgerald & the Roaring 20s

6 sessions, 9 hours

What better way to celebrate the 100th anniversary of one of America's most iconic decades than by studying its patron author F. Scott Fitzgerald and the Roaring 20s? Through his writings, F. Scott Fitzgerald influenced, inspired, and inscribed an entire generation and defined a new period in American history. Join us in diving deeply into this distinguished era through the lens of Fitzgerald's classic stories, tumultuous life, and compelling career. Students should purchase the following three books prior to class: *Flappers and Philosophers* and *Tales of the Jazz Age*, *This Side of Paradise*, and *The Beautiful and Damned* by F. Scott Fitzgerald.

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

Instructor: Kierstin Klimas

5-Digit Number: 21259 | Wed, 5:00 - 6:30 p.m., 2/3 - 3/10

Location: Online

Tuition: \$25 | Fee: \$69 | Total: \$94 | MD residents age 60+ pay fee only



Evening Offering

PHILOSOPHY, RELIGION & EXPLORATION



LIR146 Wisdom From the World's Religions

6 sessions, 9 hours

How should we define religion? Who benefits and who decides? From a twenty-first century perspective, how can wisdom from the world's religions inspire us ethically and spiritually? Join us for an exploration of Daoism, Hinduism, Islam, Earth-centered spirituality, Religious Humanism, and more.

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

Instructor: Rev. Dr. James Gregg

5-Digit Number: 21268 | Tue, 10:00 - 11:30 a.m., 4/6 - 5/11

Location: Online

Tuition: \$30 | Fee: \$64 | Total: \$94 | MD residents age 60+ pay fee only



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

PHO122 Getting the Best From Your Digital Camera

3 sessions, 6 hours

In this class we will cover the fundamentals of how your camera works. We'll abandon the auto program modes and learn how the three major functions (aperture, shutter speed, and ISO settings) work. Particular attention will be given to how they influence one another and how you can determine which one is most important for getting the picture you want. We will review secondary level settings such as resolution, color space, metering modes, white balance, and more. You'll also learn about techniques and accessories that can help you produce even better photos.

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

Instructor: Howard Clark

5-Digit Number: 21334 | Tue, 6:30 - 8:30 p.m., 1/12 - 1/26

Location: Online | Fee: \$69

 Evening Offering

PHO124 Getting From Good to Great

2 sessions, 4 hours

This course illustrates how visible elements like composition or the effects of weather, the time of day, or your point of view can strengthen your photos. Ways your images can benefit from subjective elements like humor, mystery, or surprise will be explained. The first class ends with a look at high-quality images and a discussion by students on what elements may have contributed to the success of those photos. Later, students will submit photos that demonstrate the application of these elements and obtain a professional critique. The focus of this course is on capturing images, not on processing them.

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

Instructor: Howard Clark

5-Digit Number: 21335 | Tue, 6:30 - 8:30 p.m., 2/23 - 3/2

Location: Online | Fee: \$39

 Evening Offering

PHO125 Digital Photo Management for Photographers

1 session, 2 hours

Learn how to use file management software to import, name, arrange, and safely store thousands of images. Also learn how to add key words and other data that will allow you to find a particular image. Students will eventually need to acquire a commercial file management/editing application such as ACDSee Photo Studio, Corel AfterShot Pro, Skylum Luminar, or Adobe Lightroom. The various applications will be discussed during the first course.

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

Instructor: Howard Clark

5-Digit Number: 21336 | Tue, 6:30 - 8:30 p.m., 3/30

Location: Online | Fee: \$19

 Evening Offering

PHO126 Introduction to Editing Your Photos Without Adobe Software

NEW

2 sessions, 4 hours

You've got a great camera, and you know how to use it. Still, many of your photos do not measure up to your expectations. What's the problem and how can you fix it? Often, the problem is that we do not photograph under ideal conditions, and the images suffer. The lighting may have been flat and the image lacks contrast. Something in the foreground needs to be removed. The horizon is tilted or cuts the picture in half. Oops, the picture is too dark. All of these problems and many more can be fixed with simple editing. This course will show you how it's done.

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

Instructor: Howard Clark

5-Digit Number: 21345 | Tue, 6:30 - 8:30 p.m., 4/20 - 4/27

Location: Online | Fee: \$39

 Evening Offering



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



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

Learning on Location

LIR132 Seneca Aqueduct Walk

1 session, 2.5 hours

The tour will include a discussion of Lift Lock #24 (Riley's Lock) and lockhouse, as well as the large basin that once existed here with a large granary and small community. The Seneca Aqueduct's unique relationship with the lock is explained as the group crosses the aqueduct to visit the Seneca Quarry area and ruins of the stone cutting mill. The group then walks 9/10ths of a mile down the canal to Lift Lock #23 (Violette's Lock) and Inlet/Guard Lock #2 as well as Dam #2. The importance of this area and its relationship to the 1875–1831 Potomac Company sluice on the Virginia side of the Potomac River is explained, as is the significance of the 22 miles of canal between this area both at the beginning of the canal's use in 1831 and after the canal was purchased by the government in 1938.

Note: *Rain date:* 4/8/21. This tour involves moderate walking on flat terrain. Students should provide their own water and food (bringing a lunch is encouraged) and their own transportation to the tour location. There is ample parking available on site. No refunds after close of business on 3/18/21.

Instructor: Dr. Karen Gray

5-Digit Number: 21279 | Thu, 10:00 a.m. - 12:30 p.m., 3/25
Location: Seneca Aqueduct | Fee: \$26

LIR132 Williamsport Aqueduct Walk

1 session, 2.5 hours

The Cushwa Warehouse and basin and the former trolley power house ("Trolley Barn") are discussed as well as a sawmill and furniture factory once located in the area. The canal is crossed on a new pedestrian bridge with a short flight of steps on both sides built on the RR lift bridge. On the towpath side of the canal, the restored Conococheague Aqueduct is toured. During the half mile walk down the towpath to Lock 44, the 1909 Rt. 11 bridge, 1923 RR lift bridge, and the 1879 Bollman Company bridge along with the history of its predecessors, are all discussed. At the lock, the once busy commercial area on the berm that included a mill and the Steffey and Findlay Company coal yards as well as the lock, bypass flume, creosote dip tank, and lockhouse are all discussed.

Note: *Rain date:* 4/22/21. This tour involves moderate walking on flat terrain and a pedestrian bridge with a short flight of steps (can drive around this part if necessary by using Bollman Company road bridge). Students should provide their own water and food (bringing a lunch is encouraged) and their own transportation to the tour location. There is ample parking available on site. No refunds after close of business on 4/8/21.

Instructor: Dr. Karen Gray

5-Digit Number: 21281 | Thu, 10:00 a.m. - 12:30 p.m., 4/15
Location: Williamsport Aqueduct | Fee: \$26

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

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

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

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

LIR133 South Mountain Stroll

1 session, 3 hours

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

Note: *Rain Date:* 5/25/21. Bring your walking shoes as we expect to walk a total distance of three miles, over gentle undulating terrain. Bring water and a lunch or snack as it is not included in your fee. No refunds after close of business on 5/11/21. Park at the Appalachian Trail parking near South Mountain Inn.

Instructor: Dennis Frye

5-Digit Number: 21277 | Tue, 9:00 a.m. - 12:00 p.m., 5/18

Location: Boonsboro, Maryland | Fee: \$42

ILR897 The Appalachian Trail Experience

1 session, 3 hours

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

Note: *Rain Date:* 4/28/21. The hike is two miles with moderate elevation change. Prepare to walk on rocky, uneven surfaces. Students should bring a foldable chair for the opening lecture. Students are to provide their own transportation to the trail head which is located at Gathland State Park, 900 Arnoldtown Rd, Jefferson, MD 21755. Please dress for the weather, bring water, and a snack. No refunds after close of business on 4/14/21.

Instructor: Tara Gettig

5-Digit Number: 21275 | Wed, 9:00 a.m. - 12:00 p.m., 4/21

Location: Off Campus Location | Fee: \$26

ILR968 Discover a Season – C&O Nolan's Ferry: Abundant Spring Wildflowers, Bluebells, and Squirrel Corn

1 session, 2 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 experience a different aspect of 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.

Note: *Rain Date:* 4/16/21. This tour involves moderate walking on flat terrain. Students should provide their own water and food (bringing a lunch is encouraged) and their own transportation to the tour location. There is ample parking available on site. No refunds after close of business on 4/2/21.

Instructor: Kathy Barylski

5-Digit Number: 21270 | Fri, 10:00 a.m. - 12:00 p.m., 4/9

Location: Off Campus Location | Fee: \$19

ILR968 Discover a Season – Catoctin Creek: Purple Martins and Babbling Brooks

1 session, 2 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 experience a different aspect of 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.

Note: *Rain Date:* 5/11/21. This tour involves moderate walking on flat terrain. Students should provide their own water and food (bringing a lunch is encouraged) and their own transportation to the tour location. There is ample parking available on site. No refunds after close of business on 4/27/21.

Instructor: Kathy Barylski

5-Digit Number: 21273 | Tue, 10:00 a.m. - 12:00 p.m., 5/4

Location: Off Campus Location | Fee: \$19

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



LIR112 Psychological Well-Being in Older Adults: Disorders of Aging and Cognition

5 sessions, 7.5 hours

Years ago, very little research focused on examining the mental health of older adults. However, as this segment of the population continues to grow, mental health professionals recognize the importance of addressing the psychological problems that often accompany the aging process. In this course, we will examine how some of the more common psychological disorders such as anxiety, depression, substance abuse, and neurocognitive disorders significantly impact the lives of both those struggling with a disorder, as well as their family members and care givers.

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

Instructor: Barbara Angleberger

5-Digit Number: 21274 | Tue, 1:00 - 2:30 p.m., 2/16 - 3/16

Location: Online

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



LIR118 Sustainability: Pursuing a Balance

2 sessions, 4 hours

Sustainability is a buzzword capturing much attention these days. But “It’s not easy being green!” – thank you Kermit. Ongoing concerns over natural disasters and the climate are stirring up passions and action groups. What are the real issues and what can we do? Since the industrial revolution, we have been dealing with the social and environmental ramifications of the growth of technology. We will look at the role of EPA and its meshing with industry and the Department of Energy. We will also delve into the social, economic, and environmental impacts of our standard of living and energy dependence. The issues are both global and local.

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

Instructor: Mark Sankey

5-Digit Number: 21276 | Wed, 7:00 - 9:00 p.m., 3/17 - 3/24

Location: Online

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

Evening Offering

Food & Drink

REC120 Maryland Whiskey 101

1 session, 2 hours

We’re teaming up with McClintock Distilling to give you a beginner guide to everyone’s favorite nutty, oaky, and smoky spirit – whiskey! You’ll learn how whiskey is made, the different types, and the history of the barrel aging process. This class will have a special focus on Maryland Rye Whiskey and what makes it so special. **Must be 21 to register.**

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

Instructor: Braeden Bumpers

5-Digit Number: 21320 | Thu, 7:00 - 9:00 p.m., 2/11 | Location: Online | Fee: \$34

Evening Offering



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



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

Instructor Bios

Barbara Angleberger

Barbara Angleberger is a retired FCC faculty member with over 40 years experience in education. She holds a master's degree in counseling psychology and taught numerous courses including: General Psychology, Honors Psychology, Abnormal Psychology, Social Psychology, Human Growth and Development, and Educational Psychology. She also served as Social Sciences Department Chair for 15 years, and for the last three years has taught several psychology-based courses for the ILR.

Psychological Well-Being in Older Adults:
Disorders of Aging and Cognition 22

Kathy Barylski

From outdoors to crafting to travel to finance, Kathy has expertise in them all. She is an ardent naturalist with specialization in butterflies, leading local butterfly counts and even traveling internationally in search of butterflies. Her travels have led her to develop expertise in travel planning and light packing. Kathy also crochets, embroiders, and does paper crafting. Kathy is also a trained financial coach with special emphasis on the needs of widows and in understanding the nuances of social security.

Iris Paper Folding – Valentine's Day 14
Iris Paper Folding – Easter 15
Discover a Season – C&O Nolan's Ferry:
Abundant Spring Wildflowers, Bluebells, and Squirrel Corn 21
Discover a Season – Catoctin Creek: Purple Martins and Babbling Brooks . 21

Matthew Borders

Matthew Borders has a bachelor's degree in United States history and a master's in historic preservation with a focus in battlefield interpretation. He was a ranger for the National Park Service at Antietam National Battlefield and a historian with 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. Currently Matthew is a Park Ranger at Monocacy National Battlefield in Frederick, Maryland.

History Bites – Lunchtime History Series:
Dred Scott to Secession: The Coming of the Civil War 10
History Bites – Lunch Time History Series:
The Maryland Campaign of 1862..... 10

Rev. Dr. Timothy Dissmeyer

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

An Introduction to the Wonder, Curiosity, and Adventure
of Studying World Religions 10

Dr. Beth Douthirt-Cohen

Dr. Beth Douthirt-Cohen is currently the Executive Director of Diversity, Equity, and Inclusion at FCC. Previously, she was the deputy chief diversity officer at the University of Maryland, College Park (UMD), where she directed various bias reduction efforts, as well as training and educational initiatives to further social justice, including social justice intergroup dialogues between groups with historical tensions. She has degrees from Barnard College of Columbia University, Harvard University, and from UMD. Her scholarly research and graduate-level teaching at UMD examines how relatively privileged populations come to enact solidarity across identity differences like race, gender, sexuality, ability, and immigration status.

The Future is Fluid: Understanding Gender & Sexuality
From Different Generational Perspectives..... 12

Lynn Fleming

Lynn Fleming is currently principal bassist with the National String Symphonia. She has conducted orchestras and participated in the InterHarmony Music Festival in Italy. She is currently the director and conductor of the FCC String Ensemble. A graduate of the Juilliard School of Music, Ms. Fleming spent time teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Ms. Fleming 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.

Great Broadway Heists and Beyond.....5

Linda Frydl

Linda Frydl has a master's degree in English and creative writing. She works in adult services at the public library and has taught classes to adults and seniors on topics such as computer basics, knitting, writing, and geocaching. She has been a genealogist for over 20 years and is a member of the National Genealogical Society.

How to Use Your DNA Matches for Your Genealogy Research 13

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 10 books and 102 articles, his most recent entitled: Antietam Shadows: Mystery, Myth & Machination. Dennis is a nationally recognized preservationist, as co-founder and past president of both the American Battlefields Trust and the Save Historic Antietam Foundation.

South Mountain Stroll 21

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 2015 and has been translated into Arabic. She has taught at both Hood College and Mount Saint Mary's University. She is a frequent speaker at scholarly symposia across the US, including Georgetown University, the University of Illinois, Champaign/Urbana, the World Bank, the National Council on US-Arab Relations, the National Defense University, and the Council on Foreign Relations, Santa Fe, NM, as well as the World Affairs Councils of Washington, DC, Albuquerque, NM, and Brookings, SD. Ms. Funsch is a frequent leader of small-group "learning on location" study visits to the Middle East, including Egypt, Lebanon, Morocco, and Oman.

Current Issues in the Middle East 13

Tara Gettig

Tara Gettig worked as an educator for Pennsylvania State Parks where she developed and facilitated programs and also taught geography at Shippensburg University. She has a passion for sharing outdoor recreation in a safe and enjoyable manner. In her free time, she has organized hikes for women, families, and kids. Tara is particularly passionate about the Appalachian Trail, of which she has hiked 900 miles (and counting).

The Appalachian Trail Experience 21

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.

Blueprint for Successful Aging in Place: Legal Concerns 9

Dr. Karen Gray

Raised in Spokane, Washington, Dr. Karen Gray earned her bachelor's degree from Whitworth University, an STB from the Harvard Divinity School, and her Ph.D. in religious philosophy from the University of Edinburgh, Scotland. She has created educational tours in the mid-Atlantic region for the Smithsonian Institution's educational outreach program. Since her youth she has been an intensive student of philosophy, religion, history, and literature, and since retiring she has taught courses in these areas for regional lifelong learning programs. While living in DC, she began to also study the C&O Canal's history and engineering and she serves as a volunteer historian for the C&O Canal National Historical Park with an office at the park's headquarters.

Seneca Aqueduct Walk 20

Williamsport Aqueduct Walk 20

Rev. Dr. James Gregg

Rev. Dr. James Gregg has been the minister of the Unitarian Universalist Congregation of Frederick since 2012. He holds a Doctor of Ministry and a Diploma in the Art of Spiritual Direction from San Francisco Theological Seminary, a Master of Divinity from Brite Divinity School, and a Bachelor of Arts in Religion and Philosophy (cum laude, Phi Beta Kappa) from Furman University. He is a featured blogger on Patheos (patheos.com/blogs/carlgregg).

Wisdom From the World's Religions 18

Catherine Howard

Catherine 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 5

Exploring Watercolor Painting – Advanced 5

Dr. Lois Jarman

Dr. Lois Jarman has been a world language educator for more than 17 years. She has taught English, French, Spanish, and Latin on a secondary and post-secondary level. Lois received her doctoral degree in second language acquisition and currently is the director of international affairs at Shepherd University. She served as a mentor with Woman to Woman Mentoring, is a member of the Frederick County Commission for Women, and serves on the Frederick County Board of Education.

Boccaccio's Decameron – Quarantined Entertainment 18

Helen Kerr

Helen Kerr has been a pharmacist for 27 years, has her PharmD, is a Board Certified Geriatric pharmacist, has a specialty in anti-coagulation, and is now working as the clinical director of a local medical marijuana dispensary.

Medical Marijuana: Getting Into the Weeds.....8

Kierstin Klimas

Kierstin Klimas has a master's degree from Temple University in English, focusing on literary study and modernism, with a concentration in creative writing and two minors in theatre and French. She works as an AmeriCorps VISTA community resource liaison at Carroll Community College. She has previously served as a supervisor, trainer, and content tutor at Temple University's Writing Center, and held several administrative internships at a regional theatre and arts nonprofit. These experiences have impassioned Kierstin to teach and encourage others in their creative, academic, and literary explorations.

F. Scott Fitzgerald & the Roaring 20s 18

Terry Leitma

Terry Leitma has taught psychology and health education at several colleges in Maryland. She has a master's degree in human development education and completed all her doctoral coursework toward her Ph.D. in health education. Terry is a passionate and dedicated health educator who wants to motivate and empower people to take charge of both their physical and mental health as they age. Terry is also an accomplished seamstress, who has been artistically designing and machine sewing a variety of home decor, clothing, and gift items, as well as doing clothing alterations.

A Beginner's Guide to Machine Sewing..... 15

Advanced Machine Sewing: Clothing Alterations & Repairs..... 15

Advanced Machine Sewing: Home Decor & Gifts 16

Secrets of Superagers: How to Live to 100 & Beyond 10

Tracy Lewis

Tracy Lewis is an early American historian with master's degrees in American history and library science, concentrating in archival studies. She wrote her thesis on Elizabeth Bayley Seton and her impact on female education in the early 19th century. Her areas of interest are Early National America and women's and religious history. Tracy also studies and collects antique coverlets. She is a novice weaver and belongs to both the National Museum of the American Coverlet and the Weavers Guild of Greater Baltimore.

Jamestown: The Colony That Almost Wasn't..... 12

Jennifer Littleton

J. M. Littleton is a graduate of the Maryland Institute College of Art. She exhibits and has won awards at international competitions. She has taught watercolor workshops throughout the United States including the San Diego Watercolor Society, Hilton Head Art League, and Rhode Island Watercolor Society. She is a signature member of the Baltimore Watercolor Society and she founded the Littleton School of Art in Towson, MD. She has exhibited with the American Watercolor Society and the National Watercolor Society. She teaches in a "realistic watercolor" style.

Foundations of Watercolor.....6

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 the Mid-Atlantic Regional Archives Conference (MARAC). 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.

Searching Afar From Near – Overseas Genealogy 13

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 that not only were they able to prevent a sexual/physical assault, but it also increased their self-esteem and self-confidence, improved their personal lives, family ties, and work relationships.

Personal Self Defensive Tactics 11

Jeanne McDermott

Jeanne McDermott has a master's degree in art education from the College of Notre Dame of Maryland and worked for more than seven years as a floral designer for Radebaughs in Towson, MD. She has over 10 years teaching experience for FCPS.

Art Appreciation: Renaissance Part 2.....5

Drawing for Beginners6

Instructor Bios *continued*

William O'Neal

Bill O'Neal has designed and taught computer curriculum since 1998. He has more than 30 years of experience at FCC where he has taught in various credit and continuing education programs. Prior to FCC, he was an adjunct in the Hood College graduate program. Bill is retired from the federal government in information management, where most recently he was a manager in the Directorate of Information Management at Fort Detrick.

iPhone – Beginner.....	6
iPhone – Advanced.....	7
iPad Workshop.....	7
Making the Most of Your Android Smart Phone	7
Going Paperless	7

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.

Ireland: Small Island – Big History	12
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Martha Pugh

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.....	17
American Sign Language II – Intermediate.....	17

Christine Rai

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

Lavender and Humanity	13
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Dr. Larry Romane

Medical questions? Dr. Larry Romane is a retired ER physician and the author of *R U Medically Curious?* and has a passion for teaching. His courses translate current, evidence-based medicine to a high school reading level for laymen.

Medically Curious – Heart, Lungs, Blood & Oxygen.....	9
Medically Curious – Heart Attack & Heart Failure	9
Medically Curious – Stroke – Losing an Essential Part of You.....	9

Antonio Salinas

Antonio Salinas is a soldier-scholar with over 20 years of military service in both the United States Marine Corps and Army. He has served in combat in both Iraq and Afghanistan. He holds a bachelor's and master's degree in history from Eastern Michigan University as well as a master's in Eurasian studies from National Intelligence University. Antonio also taught Military and European History at West Point. Antonio enjoys writing books and continues to serve in uniform at the Defense Intelligence Agency.

From Spear to Gunpower: Warfare from Ancient Greece to Napoleon.....	11
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Mark Sankey

Mark Sankey has over 40 years of experience in the energy sector with a specialty in air pollution control. His work with Engineers Without Borders (EWB) provided international exposure and membership in ASME's Research Committee on Energy Environment and Waste and the Frederick County Sustainability Commission. He hopes to promote sound energy policy and educate the public on responsible use of all available sources of electric power in a highly-politicized culture.

Sustainability: Pursuing a Balance	22
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Jennifer Schero

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

Art History Lite	5
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Sharon Smith

Sharon Smith has a bachelor's degree in speech communication and English, a M.A. C. T. (Master of Arts of College Teaching) in speech communication/theatre with a secondary emphasis in English, and a master's 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	16
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Nancy Spannaus

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

Challenging Myths About Alexander Hamilton, Part 2 11

Jeffrey Steinberg

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

The Making of Modern China – China in Transition Under Xi Jinping 12

Roger Swartz

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

Lincoln, Indians, and the West: Policy and Politics During the Civil War 12

Dr. Nanette Tummers

Dr. Nanette Tummers has been a writer, scholar, and educator in the health behavioral change field for over 35 years. Her specific areas of interest include: yoga, gratitude, and movement. She is an international speaker and author of four books.

Gratitude & Mindfulness Workshop 8

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. She brings a unique perspective, as she has also been a family caregiver for both her parents and her husband.

Blueprint for Successful Aging in Place:

Maintaining Health and Wellness 9

Hannah Vo-Dinh

Hannah Vo-Dinh is a Guild Certified Feldenkrais Practitioner, having completed 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. 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® 8

Mary Wark

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

Blueprint for Successful Aging in Place:

Staying Independent in Your Home 9

Dr. Jerry Webster

Dr. Jerry Webster, (Curriculum and Instruction, University of Maryland) has taught numerous courses in literature for UMD and in multiculturalism for Montgomery County Public Schools. He taught English full-time in public school systems for 40 years. He served as the Shastri, or head teacher, with the Shambhala Buddhist Center in Washington, D.C., for 10 years prior to retiring. He regularly teaches courses for FCC, the Johns Hopkins Odyssey Program, the Washington, D.C., Politics Prose Bookstore, and Shambhala Buddhist Meditation Centers.

Living Beautifully With Uncertainty and Change 10

Dr. 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 8

Developing a Personal Strength Training Plan 11

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6 2:00 Intro to World Religions	7	8
11	12 1:00 iPhone, Beginner 6:30 Best, Digital Camera	13 2:00 Blueprint: Legal Concerns 2:00 Intro to World Religions	14	15
18	19 1:00 iPhone, Beginner 6:00 Improve Your Posture 6:30 Best, Digital Camera	20 10:00 DNA Matches, Genealogy <u>2:00 Blueprint: Legal Concerns</u> <u>2:00 Intro to World Religions</u> 2:00 Secret to Aging	21	22
25 10:30 Secrets of Superagers 6:00 ASL I	26 1:00 iPhone, Beginner 6:00 Improve Your Posture <u>6:30 Best, Digital Camera</u>	27 10:00 DNA Matches, Genealogy 10:30 Beginner Machine Sewing 2:00 Secret to Aging	28 4:00 Boccaccio's Decameron 6:30 From Spear to Gunpower	29

February 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 Secrets of Superagers 6:00 ASL I	2 10:00 Exploring Watercolor: Adv. <u>2:00 Gratitude & Mindfulness</u> 6:00 Improve Your Posture	3 10:30 Beginner Machine Sewing 2:00 Secret to Aging 5:00 F. Scott Fitzgerald, 20s	4 4:00 Boccaccio's Decameron 6:30 From Spear to Gunpower	5 10:00 Exploring Watercolor
8 10:30 Secrets of Superagers 6:00 ASL I	9 <u>9:00 Med. Curious, Heart & Lungs</u> 10:00 Exploring Watercolor: Adv. 1:00 iPhone, Advanced <u>2:00 Iris Paper Fold, Valentine's</u> 6:00 Improve Your Posture	10 10:30 Beginner Machine Sewing 10:00 Living Beautifully 12:00 History Bites, Dred Scott 2:00 Secret to Aging 5:00 F. Scott Fitzgerald, 20s	11 4:00 Boccaccio's Decameron 6:30 From Spear to Gunpower <u>7:00 Maryland Whiskey 101</u>	12 10:00 Exploring Watercolor
15 10:30 Secrets of Superagers 6:00 ASL I	16 <u>9:00 Med. Curious, Heart Attack</u> 10:00 Exploring Watercolor: Adv. 1:00 iPhone, Advanced 1:00 Psychological Well-Being 6:00 Improve Your Posture	17 2:00 Secret to Aging 10:00 Living Beautifully 10:30 Adv. Sewing: Alterations 5:00 F. Scott Fitzgerald, 20s	18 2:00 Myths, Alexander Hamilton 4:00 Boccaccio's Decameron <u>6:30 From Spear to Gunpower</u>	19 10:00 Exploring Watercolor <u>10:00 Lavender & Humanity</u>
22 10:30 Secrets of Superagers 6:00 ASL I	23 <u>9:00 Med. Curious, Stroke</u> 10:00 Exploring Watercolor: Adv. 1:00 iPhone, Advanced 1:00 Psychological Well-Being 6:00 Improve Your Posture 6:30 Good to Great	24 2:00 Secret to Aging 10:00 Living Beautifully 10:30 Adv. Sewing: Alterations <u>12:00 History Bites, MD Camp.</u> 5:00 F. Scott Fitzgerald, 20s	25 10:00 Ireland: Small Island 2:00 Myths, Alexander Hamilton 4:00 Boccaccio's Decameron	26 10:00 Exploring Watercolor

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

March 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>10:30 Secrets of Superagers</u> <u>6:00 ASL I</u>	2 10:00 Exploring Watercolor: Adv. 1:00 Psychological Well-Being 6:00 Improve Your Posture <u>6:30 Good to Great</u>	3 <u>10:00 Living Beautifully</u> 10:00 Modern China <u>10:30 Adv. Sewing: Alterations</u> 5:00 F. Scott Fitzgerald, 20s	4 10:00 Ireland: Small Island 2:00 Myths, Alexander Hamilton 2:00 Personal Strength Plan <u>4:00 Boccaccio's Decameron</u>	5 9:00 Art Appreciation 10:00 Continuing Calligraphy 10:00 Exploring Watercolor
8 10:30 Adv. Sewing: Decor & Gifts 1:00 Great Broadway Heists 1:30 The Future is Fluid 6:00 ASL II, Intermediate	9 10:00 Exploring Watercolor: Adv. 1:00 Android Smart Phone 1:00 Current Issues, Middle East 1:00 Psychological Well-Being <u>6:00 Improve Your Posture</u>	10 10:00 Modern China 1:00 Blueprint: Independent 1:30 The Future is Fluid <u>5:00 F. Scott Fitzgerald, 20s</u>	11 10:00 Ireland: Small Island <u>2:00 Myths, Alexander Hamilton</u> 2:00 Personal Strength Plan	12 <u>9:00 Art Appreciation</u> 10:00 Continuing Calligraphy 10:00 Exploring Watercolor
15 9:30 Lincoln, Indians & the West 10:30 Adv. Sewing: Decor & Gifts 1:00 Great Broadway Heists 1:30 The Future is Fluid 6:00 ASL II, Intermediate	16 10:00 Exploring Watercolor: Adv. 1:00 Android Smart Phone 1:00 Current Issues, Middle East <u>1:00 Psychological Well-Being</u>	17 10:00 Modern China <u>1:00 Blueprint: Independent</u> <u>1:30 The Future is Fluid</u> 7:00 Sustainability: Balance	18 <u>10:00 Ireland: Small Island</u> 1:00 Medical Marijuana 2:00 Personal Strength Plan	19 10:00 Continuing Calligraphy 10:00 Exploring Watercolor
22 9:30 Lincoln, Indians & the West <u>10:30 Adv. Sewing: Decor & Gifts</u> 1:00 Great Broadway Heists 6:00 ASL II, Intermediate	23 10:00 Exploring Watercolor: Adv. <u>1:00 Android Smart Phone</u> <u>1:00 Current Issues, Middle East</u>	24 10:00 Modern China <u>7:00 Sustainability: Balance</u>	25 10:00 Seneca Aqueduct Walk 2:00 Personal Strength Plan 2:00 Iris Paper Fold, Easter	26 <u>10:00 Continuing Calligraphy</u> <u>10:00 Exploring Watercolor</u>
29 <u>9:30 Lincoln, Indians & the West</u> <u>1:00 Great Broadway Heists</u> 6:00 ASL II, Intermediate	30 10:00 Exploring Watercolor: Adv. 6:30 Digital Photo Management	31 SPRING BREAK	APR. 1 SPRING BREAK	APR. 2 SPRING BREAK

April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 6:00 ASL II, Intermediate	6 9:00 Searching Afar from Near 10:00 Exploring Watercolor: Adv. 10:00 Wisdom, World's Religions 1:00 iPad Workshop 6:00 Basic Conv. Spanish	7 10:00 Modern China 4:00 Art History Lite	8 2:00 Personal Strength Plan 3:30 Foundations of Watercolor 6:00 Basic Conv. Spanish	9 <u>10:00 Discover: C&O Nolan's Ferry</u>
12 10:00 Advance Care Planning <u>6:00 ASL II, Intermediate</u>	13 9:00 Searching Afar from Near 10:00 Exploring Watercolor: Adv. 10:00 Wisdom, World's Religions <u>1:00 iPad Workshop</u> 6:00 Basic Conv. Spanish	14 <u>10:00 Modern China</u> 4:00 Art History Lite	15 10:00 Williamsport Aqueduct <u>2:00 Personal Strength Plan</u> 1:00 Going Paperless 3:30 Foundations of Watercolor 6:00 Basic Conv. Spanish	16
19	20 9:00 Searching Afar from Near <u>10:00 Exploring Watercolor: Adv.</u> 10:00 Wisdom, World's Religions 6:00 Basic Conv. Spanish 6:30 Intro to Editing Photos	21 9:00 Appalachian Trail Exp. 4:00 Art History Lite	22 1:00 Going Paperless 3:30 Foundations of Watercolor 6:00 Basic Conv. Spanish	23
26	27 <u>9:00 Searching Afar from Near</u> 10:00 Wisdom, World's Religions 6:00 Basic Conv. Spanish <u>6:30 Intro to Editing Photos</u>	28 <u>4:00 Art History Lite</u>	29 <u>1:00 Going Paperless</u> 3:30 Foundations of Watercolor <u>6:00 Basic Conv. Spanish</u>	30

ILR SPRING 2021 CALENDAR • MONDAY - FRIDAY

May 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4 10:00 Wisdom, World's Religions <u>10:00 Discover: Catoctin Creek</u> 6:00 Continuing Conv. Spanish	5 2:00 Blueprint: Maintain Health	6 3:30 Foundations of Watercolor 6:00 Continuing Conv. Spanish	7 9:00 Drawing for Beginners 10:00 Jamestown
10	11 10:00 Wisdom, World's Religions 6:00 Continuing Conv. Spanish	12 2:00 Blueprint: Maintain Health	13 3:30 Foundations of Watercolor 6:00 Continuing Conv. Spanish	14 9:00 Drawing for Beginners 10:00 Jamestown
17	18 9:00 South Mountain Stroll 6:00 Continuing Conv. Spanish	19	20 6:00 Continuing Conv. Spanish	21 9:00 Drawing for Beginners <u>10:00 Jamestown</u>
24	25 6:00 Continuing Conv. Spanish	26 1:00 Personal Self Defensive	27 6:00 Continuing Conv. Spanish	28

ILR SPRING 2021 CALENDAR • SATURDAY

January 2021

SATURDAY
16 9:00 Intro to Metalsmithing

February 2021

SATURDAY
13 10:00 Happy Little Trees
20 9:00 Jewelry Soldering

March 2021

SATURDAY
6 9:00 DIY Home Maintenance
13 10:00 Happy Little Trees
20 9:00 Metal Etching Jewelry

April 2021

SATURDAY
24 9:00 Fold-Forming Jewelry

Bold indicates first session of class

Underline indicates last session of class

Happy and Healthy: Staying Well in Winter

Do more than just bundle up this winter. Join ILR instructors to stay engaged and maintain healthy habits when the cold weather sets in.

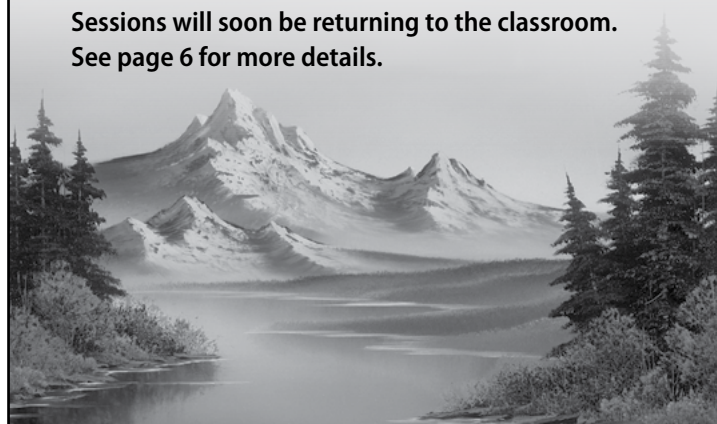
Visit ILRatFCC.com for information about winter wellness opportunities.



Bob Ross Painting: Happy Little Trees

Learn the magic behind painting happy little trees when you recreate one of Bob's masterpieces this spring from a Bob Ross certified instructor.

Sessions will soon be returning to the classroom. See page 6 for more details.



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

New ILR and Lifelong Learning courses may be added throughout the spring 2021 semester. Visit us online at ILRatFCC.com for the most accurate class information.

Learning on Location: Tours

Join our traveling classrooms and enjoy some physically distanced learning outside.

See page 20 for spring course offerings.

Additional trips may be added throughout the spring.

Visit ILRatFCC.com for up-to-date information.



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

History: Middle Eastern Studies

Join Linda Pappas Funsch for **Current Issues in the Middle East**, one of the longest running and most popular ILR courses.

See page 13 for course details.

An additional Middle Eastern Studies course is in the works—visit at ILRatFCC.com for information coming soon!



How to Register for ILR55+ Classes



ONLINE

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

NEED HELP REGISTERING?

- All spring 2021 CEWD registration services are currently being conducted remotely and in-person registration is not available. For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888.

Waiting List

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

Important Notes

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

Drop a Class

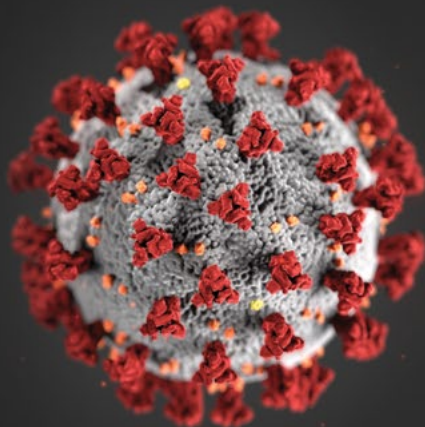
- Students who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least two business days before the beginning date of the class. Trips and some classes may have a different refund policy; trips and classes with a different full refund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

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

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs, please call 301.846.2408. To request a sign language interpreter, please call 240.629.7819 or 301.846.2408 (Voice) or email Interpreting@frederick.edu. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least two weeks in advance. Requests made less than two weeks in advance may not be able to be provided.

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COVID-19 UPDATE



Important Message Regarding ILR Class Start Dates

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

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

For the most current information
regarding class start dates, visit

ILRatFCC.com



For important FCC updates and
COVID-19 information, visit

frederick.edu/coronavirus



“It’s important to never stop learning.
— *Renae & Jerry Winnan, ILR Students*
(pictured left)

Although I’m almost 80 years old,
I challenge my mind by taking
excellent courses offered by ILR.”
— *Dave Bandy, ILR Student*
(pictured right)



Frederick Community College

Institute for Learning in Retirement

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Welcome to ILR 55+ Online Learning

Spring 2021 Registration is Open

ILR spring 2021 online classes are designed to provide you with a collection of unique online learning opportunities. Structured Remote Courses (SR) meet as real-time online sessions during the scheduled class time.

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

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