

# ILR 55+ *Spring 2022*

Offering 30+ new classes,  
in-person and online.

**Register today!**







# 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.

**Registration  
now open!**  
**ILRatFCC.com**

*Please contact us with any questions.*  
301.846.2561

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*ILR Program Associate*  
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College Information Center .....	301.846.2419
Disability Access Services (DAS) .....	301.846.2408
FCC Bookstore .....	301.846.2463

## A LETTER FROM THE ILR PROGRAM MANAGER

Dear Lifelong Learner,

It's a new year and a new semester, which means new opportunities for you to explore passions and interests at FCC. Our Institute for Learning in Retirement (ILR) is committed to offering both in-person and online courses so that all our lifelong learners find experiences that engage them while meeting them at their comfort level.

*Some of our in-person courses include:*

**Secrets of Superagers** – Join us as we discuss lifestyle practices of people from the famous “blue zone” countries around the world who live the longest. We'll examine the latest longevity research studies and learn practical strategies from superagers that we can apply to our daily lives.

**American History as Seen Through Female Eyes** – A look at our country's history from the 16th to the 20th century through the female experience. We'll identify the female role in the development of the country, differentiate between racial experiences, discuss laws that impacted women, and consider the validity of the “separate sphere” ideology.

**Intriguing, Unusual, and Interesting Tales of Downtown Frederick Walking Tour** – In this fun tour, learn about the “curse” of the Courthouse, the cure for Carroll Creek, a favorite fashion designer from the fifties, and many more fascinating facts about our beloved city. The tour includes both past and present tidbits of history, a touch of Civil War trivia, and a hint of some hauntings.

**Raise Your Wine IQ - Southern Italy Edition** – Come learn why \$1.3 billion of Italian wine was imported to the United States last year, double the amount imported from France. We'll discuss the historical role played by Italy while tasting some of the most interesting Italian wine varietals.

*Some of our online courses include:*

**Sleep Your Way to Better Brain Health** – We'll analyze the critical need for sleep and the essential role it plays in brain health and functioning. We'll look at groundbreaking research from bestselling author Matthew Walker, Ph.D., on how sleep impacts every aspect of our lives, including decision-making, emotional regulation, immune system functioning, appetite, and more.

**When Things Fall Apart** – We as individuals and collectively as a society experience uncertainty and anxiety at many times in our lives, especially during national and global turmoil. We'll look at “When Things Fall Apart: Heart Advice for Difficult Times,” a best-selling book written by Pema Chodron, a Buddhist nun. Pema presents a path where we can learn to be with our fears and come to experience more kindness towards others and ourselves as well as more freedom.

Whether you're ready to join us on campus or prefer to take our courses virtually, we're looking forward to welcoming you to ILR this spring for an exciting semester of exploration and connection together.

Best,



Kelli Ackiewicz



## BEFORE YOU BEGIN ...

### Questions?

#### We're here to help!

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

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

### No Class Dates

Classes will not be held on the following days:

- **Monday, January 17** (Martin Luther King, Jr. Day)
- **Wednesday, March 30 - Saturday, April 2** (College Spring Break)
- **Saturday, May 28 - Monday, May 30** (Memorial Day Weekend)

### COVID-19 Update

Frederick Community College is working to increase the number of in-person classes while continuing to comply with public health and safety standards. The College is open and face masks are required in all indoor spaces. Vaccines are encouraged for all FCC students, administration, and staff. Course offerings included in this schedule remain subject to change.



### 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.



### In-Person Courses

In-Person Courses meet face-to-face and are taught at designated locations during scheduled times. While on campus or attending an in-person class, face masks are mandatory while indoors for FCC students and staff as of August 2, 2021.



### Evening Classes

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



### Instructor Bios

Instructor Bios are located on page 30 listed in alphabetical order by last name. Each class an instructor is teaching during Spring 2022 has been included.



## LIR121 Drop-In Online Tutorial Sessions

Thinking about taking an online ILR or Lifelong Learning course but curious about how it would work? Call us at 301.846.2561 to schedule a free 20-minute tutorial session.

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. 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.



## Lifelong LEARNING

**Events** and **experiences** for inquisitive minds.

**In Person and Online Self-Paced Lifelong Learning classes** at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on personal enrichment, artistic growth, and self-discovery. Subjects include:

- Arts & Crafts (Drawing)
- Learn a Language (French, Speed Spanish, Italian and Sign Language)
- Home & Hobby (Interior Design)
- Photography
- The Writer's Institute

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

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

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

WEBSITE

**ILR** 55+

[ILRatFCC.com](https://ILRatFCC.com)

FACEBOOK



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

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

# ILR Courses **Spring 2022**

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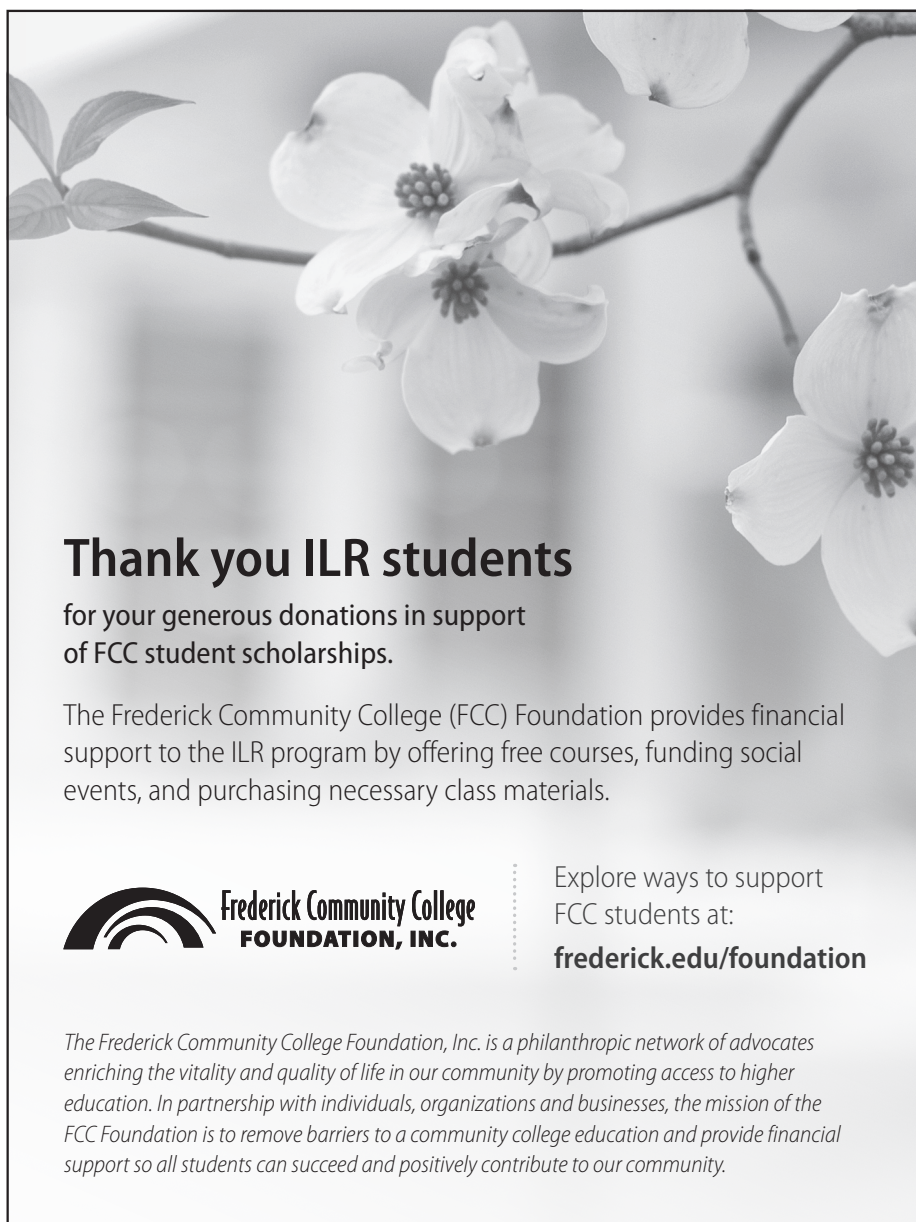
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## Thank you ILR students

for your generous donations in support of FCC student scholarships.

The Frederick Community College (FCC) Foundation provides financial support to the ILR program by offering free courses, funding social events, and purchasing necessary class materials.

**Frederick Community College  
FOUNDATION, INC.**

Explore ways to support FCC students at:  
**[frederick.edu/foundation](https://frederick.edu/foundation)**

*The Frederick Community College Foundation, Inc. is a philanthropic network of advocates enriching the vitality and quality of life in our community by promoting access to higher education. In partnership with individuals, organizations and businesses, the mission of the FCC Foundation is to remove barriers to a community college education and provide financial support so all students can succeed and positively contribute to our community.*



## ILR TRAVEL CLUB | WORK WITH US!

ILR is seeking individuals with diverse backgrounds in international travel to research and cultivate a multi-year plan of recommended trips and experiences. A stipend will be paid.

**Please contact [ilr@frederick.edu](mailto:ilr@frederick.edu) if interested in this opportunity.**

## SEN450 Exploring Watercolor Painting – Beginner/Intermediate

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. 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 course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR). All students will be taught by the same instructor during the same scheduled class time.

**Instructor:** Cath Howard

Fri, 10:00 a.m. – 12:00 p.m., 2/4 – 4/29, No Class: 4/1 | Fee: \$165

### Option 1: In-Person

5-Digit Number: 22946

Location: Visual & Performing Arts Center/F131

OR

### Option 2: Structured Remote (SR)

5-Digit Number: 22947 | Location: Online

## LIR104 Exploring Watercolor Painting - Advanced

12 sessions, 24 hours

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. A list of supplies will be provided to the students prior to class.

**Prerequisite:** Exploring Watercolor Painting, SEN450

**Note:** This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR). All students will be taught by the same instructor during the same scheduled class time.

**Instructor:** Cath Howard

Tue, 10:00 a.m. – 12:00 p.m., 2/1 – 4/19 | Fee: \$165

### Option 1: In-Person

5-Digit Number: 22948 | Location: Monroe Center/MC144

OR

### Option 2: Structured Remote (SR)

5-Digit Number: 22949 | Location: Online



## LIR183 Wild and Crazy Guys – An Inside Look at Two Famous Composers from Vienna

6 sessions, 12 hours

Franz Joseph Haydn and Wolfgang Amadeus Mozart were friends despite being a generation apart. In this course, we will explore the music, the myths, and the genius of these two master composers and if and how they influenced each other. We will also examine the profound effect they had on music that developed after their time.

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

**Instructor:** Lynn Fleming

5-Digit Number: 22950 | Mon, 1:00 – 3:00 p.m., 2/28 – 4/4

Location: Conference Center/E140

Tuition: \$20 | Fee: \$99 | Total: \$119 | MD residents age 60+ pay fee only



## ILR908 Art Appreciation: Scandalous and Shocking - Art that Caused Controversy

2 sessions, 3 hours

Explore a wide range of art that was considered scandalous for its time. From European to American art, we will discuss how different types of art that emerged was misunderstood, volatile, or debatable for its content and quality. Reasons for its shock value will be explained in this intriguing and often humorous class.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 22951 | Thu, 9:30 – 11:00 a.m., 3/10 – 3/17

Location: Conference Center/E125 | Fee: \$42



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



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



## ACR172 Introduction to Voiceovers

1 session, 1.5 hours

"Wow, you have a great voice!" Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. Discover the current trends in the industry and how they make it easy and affordable for just about anyone to get involved. In this one-time, 90-minute, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. Your instructor will record you as you read a real script, then offer coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. After the class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue.

**Note: This Structured Remote Course (SR) is entirely online. This is an open-ended course meaning the course date and time is scheduled at your convenience. You will be contacted no later than a week from the date you register to arrange a date and time for your one-on-one course.**

**Instructor:** Voices for All Instructor

5-Digit Number: 22914 | Scheduled at your convenience  
Location: Online | Fee: \$49



## ACR175 Whimsical Landscapes

1 session, 2 hours

Do you enjoy coloring in adult coloring books? Have you ever wanted to draw your own designs to color but don't know how? In this course, we'll explore the fun world of folk art, through creating a fun, imaginative, and whimsical landscape. Supply kit is included.

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

**Instructor:** Samantha Snyder

5-Digit Number: 23038 | Thu, 6:00 - 8:00 p.m., 3/24  
Location: Conference Center/E125 | Fee: \$24



Evening Offering



## ACR177 Drawing from Nature

4 sessions, 6 hours

Focus on the outside world by drawing natural and organic forms as you learn the basics of drawing. Lessons include landscapes, natural still lifes, wildlife and plant life. This course requires using graphite and colored pencils. A supply list will be provided to you prior to the beginning of class.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 23036 | Thu, 9:30 - 11:00 a.m., 4/7 - 4/28  
Location: Conference Center/E125 | Fee: \$62



## ACR176 Conquer the Apple - The Cezanne Way

1 session, 3 hours

Do you want to be an artist but don't know where to begin? In this course, you will explore the techniques of Paul Cezanne by producing your own still life of apples using oil pastels. Supply kit is included.

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

**Instructor:** Samantha Snyder

5-Digit Number: 23039 | Thu, 6:00 - 9:00 p.m., 4/28  
Location: Visual & Performing Arts Center/F118 | Fee: \$39

## ACR166 Acrylic Painting Techniques for Beginners

4 sessions, 8 hours

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques and brushstrokes, demonstrations, and practice, we will complete 1-2 finished pieces on canvas. We'll explore topics pertaining to acrylics such as painting texture, mixing colors, and overall tips and suggestions. Works by master artists will be shown as a source of inspiration. All class materials will be provided.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 23037 | Thu, 9:30 - 11:30 a.m., 5/5 - 5/26  
Location: Monroe Center/MC144 | Fee: \$99



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.

# Bob Ross Landscape Technique Series .....

Using Bob Ross techniques, you'll be given the opportunity to focus on fewer skills with these shorter sessions. Concentrate on a specific technique and then practice it between sessions for better results as you work towards completing your painting. Care of equipment will be taught. Students will be provided a list of supplies prior to class. Easel and canvas will be provided. Take the series instead of individual classes for a discount.

## ACR174 Bob Ross Landscape Technique Series

5 sessions, 10 hours

**Option 1: Afternoon** | 5-Digit Number: 23046 | Mon, 1:00 - 3:00 p.m., 3/14 - 4/18 | No Class: 4/11

**Option 2: Evening** | 5-Digit Number: 23047 | Mon, 5:00 - 7:00 p.m., 3/14 - 4/18 | No Class: 4/11

Location: Visual & Performing Arts Center/F118 | Fee: \$199

## ACR173 Bob Ross Landscape Technique: Skies

1 session, 2 hours

**Option 1: Afternoon**

5-Digit Number: 23048 | Mon, 1:00 - 3:00 p.m., 3/14

**Option 2: Evening**

5-Digit Number: 23049 | Mon, 5:00 - 7:00 p.m., 3/14

 *Evening Offering*

Location: Visual & Performing Arts Center/F118 | Fee: \$44

## ACR173 Bob Ross Landscape Technique: Mountains

1 session, 2 hours

**Option 1: Afternoon**

5-Digit Number: 23050 | Mon, 1:00 - 3:00 p.m., 3/21

**Option 2: Evening**

5-Digit Number: 23051 | Mon, 5:00 - 7:00 p.m., 3/21

 *Evening Offering*

Location: Visual & Performing Arts Center/F118 | Fee: \$44

## ACR173 Bob Ross Landscape Technique: Trees, Foliage, and Grass


1 session, 2 hours

**Option 1: Afternoon**

5-Digit Number: 23052 | Mon, 1:00 - 3:00 p.m., 3/28

**Option 2: Evening**

5-Digit Number: 23053 | Mon, 5:00 - 7:00 p.m., 3/28

 *Evening Offering*

Location: Visual & Performing Arts Center/F118 | Fee: \$44

## ACR173 Bob Ross Landscape Technique: Water, Reflections, and Buildings


1 session, 2 hours

**Option 1: Afternoon**

5-Digit Number: 23054 | Mon, 1:00 - 3:00 p.m., 4/4

**Option 2: Evening**

5-Digit Number: 23055 | Mon, 5:00 - 7:00 p.m., 4/4

 *Evening Offering*

Location: Visual & Performing Arts Center/F118 | Fee: \$44

## ACR173 Bob Ross Landscape Technique: Simple Painting Using Techniques Learned

1 session, 2 hours


**Note:** This class will allow the student to practice the techniques learned in the previous sessions. It is not recommended as a stand-alone class until the student has taken all four technique classes.

**Option 1: Afternoon**

5-Digit Number: 23056 | Mon, 1:00 - 3:00 p.m., 4/18

**Option 2: Evening**

5-Digit Number: 23057 | Mon, 5:00 - 7:00 p.m., 4/18

 *Evening Offering*

Location: Visual & Performing Arts Center/F118 | Fee: \$44

.....  
**Note:** All Bob Ross Landscape Technique courses will be taught In-Person at a designated, on-campus location during a scheduled time.

**Instructor for all courses:** Denise Sullivan



## THE ARTS & MUSIC

### ACR600 Happy Little Trees: The Bob Ross Painting Class

1 session, 6 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 soothing "you can do it's" 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.

**Note: This In-Person Course will meet on campus in an in-person environment. This class will take a lunch break so be sure to bring a packed lunch.**

**Instructor:** Dee Sullivan

5-Digit Number: 23040 | Sat, 10:00 a.m. - 4:00 p.m., 2/26

OR

5-Digit Number: 23041 | Sat, 10:00 a.m. - 4:00 p.m., 3/26

OR

5-Digit Number: 23042 | Sat, 10:00 a.m. - 4:00 p.m., 4/23

OR

**Special Floral Class!**

5-Digit Number: 23044 | Sat, 10:00 a.m. - 4:00 p.m., 4/30

OR

5-Digit Number: 23045 | Sat, 10:00 a.m. - 4:00 p.m., 5/21

Location: Visual & Performing Arts Center/F118 | Fee: \$99

## COMPUTERS & TECHNOLOGY



### LIR184 Computers for Scaredy Cats

3 sessions, 3 hours

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

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

**Instructor:** Beth Davis-Reinhold

5-Digit Number: 23015 | Wed, 10:00 - 11:00 a.m., 4/13 - 4/27

Location: Conference Center/E137 | Fee: \$32



### LIR192 Social Networking for Beginners

2 sessions, 4 hours

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

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

**Instructor:** Beth Davis-Reinhold

5-Digit Number: 23034 | Tue, 9:30 - 11:30 a.m., 5/17 - 5/24

Location: Conference Center/E138 | Fee: \$39



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



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**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.

# FREE Spring Courses .....

ILR is proud to present **four free courses this spring**. Join us for engaging classes focusing on history, health, and religion. **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 40.



## LIR166 Sleep Your Way to Better Brain Health

5 sessions, 6.25 hours

Based on the New York Times bestseller, *Why We Sleep*, by Matthew Walker, PhD, we will examine the critical need for sleep and the essential role it plays in brain health and functioning. As the director of the Center for Human Sleep Science, Walker's groundbreaking research demonstrates how sleep impacts every aspect of our lives from decision-making to emotional regulation, immune system functioning, regulating our appetite, and more. Students may purchase the book to read but it is not a requirement for the course.

**Note: This Structured Remote Course (SR) is entirely online. Hosted by the Frederick Senior Center. Upon registration, students may need to fill out a form with the Senior Center.**

**Instructor:** Barbara Angleberger

5-Digit Number: 23016 | Wed, 1:30 - 2:45 p.m., 2/9 - 3/9

Location: Online

## LIR181 Comparing Religions: Coming to Terms

6 sessions, 9 hours

Explore the promises and perils of different comparative practices in the history of the world's religions and how they can help us navigate and understand our globalized, pluralistic, postmodern world. For this course, we highly recommend that you read *Comparing Religions* by Jeffrey J. Kripal, available in both print and e-reader forms.

**Note: This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR).**

**Instructor:** Carl Gregg

Tue, 10:00 - 11:30 a.m., 3/8 - 4/12

### Option 1: In-Person

5-Digit Number: 23010 | Location: Conference Center/E125

OR

### Option 2: Structured Remote (SR)

5-Digit Number: 23011 | Location: Online

## ILR897 The Appalachian Trail: 10 Things You May Not Know

2 sessions, 4 hours

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. The first session is in the classroom and the second session is a hike to see some iconic sights on this famous footpath. The hike is 2 miles with moderate elevation change. Prepare to walk on rocky, uneven surfaces.

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.

**Rain Date:** Tuesday, May 10

**Note: This In-Person Course will meet on and off campus in an in-person environment.**

**Instructor:** Tara Gettig

5-Digit Number: 23018

Tue, 9:30 - 11:00 a.m. & Tue, 9:30 a.m. - 12:00 p.m., 4/26 & 5/3

Location: Conference Center/E125 & Off Campus

## LIR189 Frederick County Sports History

4 sessions, 8 hours

From Carlton Molesworth, the county's first major league baseball player in 1895, to a current-day NFL player, Frederick County has produced some amazing athletes. Learn about these accomplished athletes as well as the circumstances that have helped foster such a robust sports community.

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

**Instructor:** Sheldon Shealer

5-Digit Number: 23017 | Tue, 11:00 a.m. - 1:00 p.m., 5/3 - 5/24

Location: Braddock Hall/B106



## ILR700 Just Try It! Beginning Yoga

5 sessions, 7.5 hours

This 90-minute, introductory gentle yoga class explores the basics of yoga to relax and rejuvenate your body. You will learn to breathe more deeply, discover new strength and flexibility while honoring your limits, strengthen your concentration/ focus, and relax your nervous system. Taught in a non-competitive environment, each class includes warm-ups, postures, breathing, and a final relaxation. Options are offered to stay safely within your pain-free range of motion. All ages and flexibility levels can benefit from this class. Students should be able to get down to and up from the floor. Please bring your own yoga mat, two blocks, a blanket or towel, and a flat pillow to each class.

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

**Instructor:** Mary Koster

5-Digit Number: 23059 | Wed, 1:00 - 2:30 p.m., 1/26 - 2/23

Location: Athletics Center/D129 | Fee: \$69

## ILR798 Continuing Gentle Yoga

5 sessions, 7.5 hours

This 90-minute, continuing gentle yoga class builds on basic yoga postures and breathing to relax and rejuvenate your body. Continue your yoga journey to breathe more deeply, discover new strength and flexibility while honoring. Continue your yoga journey to breathe more deeply, discover new strength and flexibility while honoring your limits, strengthen your concentration/focus, and relax your nervous system. Taught in a non-competitive environment, each class includes warm-ups, postures, breathing, and a final relaxation. Options are offered throughout the class to stay safely within your pain-free range of motion. All ages and flexibility levels can benefit from this class. Students should be able to get down to and up from the floor. Some prior yoga experience is helpful. Please bring your own yoga mat, two blocks, a blanket or towel, and a flat pillow to each class.

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

**Instructor:** Mary Koster

5-Digit Number: 23060 | Wed, 1:00 - 2:30 p.m., 3/2 - 4/6

No Class: 3/30

Location: Athletics Center/D129 | Fee: \$69

## SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

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

**Instructor:** Toni Minkel

5-Digit Number: 22958 | Mon, 2:30 - 4:00 p.m., 2/7 - 4/11

Location: Athletics Center/D129 | Fee: \$99

## 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.

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

**Instructor:** Terry Leitma

5-Digit Number: 23070 | Mon, 11:00 a.m. - 1:00 p.m., 2/14 - 3/21

Location: Conference Center/E123

Tuition: \$30 | Fee: \$99 | Total: \$129 | MD residents age 60+ pay fee only



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.

**ILR914 Prime-Time Health Series**

4 sessions, 6 hours

In this course series, students will learn the science behind their body's internal systems. They will learn how the body works and focus on making good choices for every day health. They will be able to identify common toxins and learn how to eliminate these health-harming chemicals. Lastly, they will explore the primary causes and ways to reduce inflammation throughout the body in order to maintain health.

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

**Instructor:** Kimberly Burdette

5-Digit Number: 22959 | Wed, 10:30 a.m. - 12:00 p.m., 3/2 - 3/23

Location: Conference Center/E125

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

**HEA129 Nutrition, Sustainability, and Weight from College through Retirement**

3 sessions, 4.5 hours

Creating a healthy eating plan at any age is important. Learn how to sift through Keto, Paleo, Vegetarian, Flexitarian, and Auto Immune diets. Explore using food to boost your immune system and improve your health. By the end of the course, you'll be able to create a nutrition program to meet your specific dietary needs.

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

**Instructor:** Susan Williams

5-Digit Number: 23058 | Wed, 6:00 - 7:30 p.m., 3/9 - 3/23

Location: Conference Center/E123

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



Evening Offering



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



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

**ILR476 Medical Marijuana: Getting Into the Weeds**

1 session, 2 hours

Medical Marijuana is now legal in Maryland and people are flocking to the dispensaries to make their first legal purchase. More than 111 million Americans over the age of 50 use marijuana with an expected rise of another 7% by 2022. Cannabis is used for pain, muscles spasms, seizures, glaucoma, anxiety, stress, insomnia and more. Learn about our own internal cannabinoid system and the receptors it affects. Updated content based on the latest information.

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

**Instructor:** Helen Kerr

5-Digit Number: 22957 | Tue, 1:00 - 3:00 p.m., 3/29

Location: Conference Center/E138 | Fee: \$20

**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 In-Person Course will meet on campus in an in-person environment.

**Instructor:** Kirby Maybush

5-Digit Number: 22952 | Wed, 1:00 - 4:00 p.m., 4/27

Location: Conference Center/E138 | Fee: \$32

**ILR834 Dementia 101 - A Three Part Series**

3 sessions, 6 hours

Dementia 101 will provide a basic understanding of dementia. This class will define the term and discuss the difference between normal aging and dementia. We will also investigate the difference between reversible and irreversible forms of dementias and look at the risk factors. Then we'll discuss the process for diagnosing dementias and explore the symptoms of various forms of dementia.

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

**Instructor:** Thea Uhlig-Ruff

5-Digit Number: 22960 | Thu, 2:00 - 4:00 p.m., 5/5 - 5/19

Location: Online | Fee: \$64



## Are You Medically Curious?

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

### LIR120 Medically Curious – Cancer Overview, Types, and Treatments

3 sessions, 3 hours

5-Digit Number: 22953 | Wed, 10:00 - 11:00 a.m., 2/2 - 2/16

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

### ILR903 Medically Curious – Crashes, Falls, and Bullets

1 session, 1 hour

5-Digit Number: 22954 | Wed, 10:00 - 11:00 a.m., 5/4

Location: Conference Center/E138 | Fee: \$11

### ILR903 Medically Curious – Basic Lab Tests

1 session, 1 hour

5-Digit Number: 22955 | Wed, 10:00 - 11:00 a.m., 5/11

Location: Conference Center/E138 | Fee: \$11

### ILR903 Medically Curious – Medical Myths

1 session, 1 hour

5-Digit Number: 22956 | Wed, 10:00 - 11:00 a.m., 5/18

Location: Conference Center/E138 | Fee: \$11

**Note: All Medically Curious courses are In-Person and taught at a designated, on-campus location during a scheduled time.**

**Instructor for all courses:** Dr. Larry Romane

## Health and Wellness Series



Explore a diverse range of topics in this health and wellness series. Topics are meant to engage the interests of adults ages 55 and older.

### LIR105 Health and Wellness Series – The New Vital Signs of Healthy Aging

1 session, 2 hours

5-Digit Number: 23074 | Mon, 11:00 a.m. - 1:00 p.m., 1/24

Location: Conference Center/E138 | Fee: \$19

### LIR105 Health and Wellness Series – The Microbiome: Key to Total Body Wellness

1 session, 2 hours

5-Digit Number: 23075 | Mon, 11:00 a.m. - 1:00 p.m., 1/31

Location: Conference Center/E138 | Fee: \$19

### LIR105 Health and Wellness Series – Gender Differences in Susceptibility to Illness & Life-Expectancy

1 session, 2 hours

5-Digit Number: 23076 | Mon, 11:00 a.m. - 1:00 p.m., 2/7

Location: Conference Center/E138 | Fee: \$19

**Note: All Health and Wellness courses are In-Person and taught at a designated, on-campus location during a scheduled time.**

**Instructor for all courses:** Terry Leitma



## LEARN TO RIDE

2022 CLASSES

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

## 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: 23031 | Thu, 7:30 - 9:00 p.m., 1/6 - 1/27

Location: Online

Tuition: \$15 | Fee: \$49 | Total: \$64 | MD residents age 60+ pay fee only



Evening Offering

## LIR157 Social Implications of Technology Innovations: An Overview and Examples

5 sessions, 7.5 hours

Discuss the concepts of technology and innovation and frame some of the ethical dilemmas they present. Look at the role of technology in the COVID-19 pandemic and examine its impact on society and its unintended consequences. The concepts of Artificial Intelligence and Deep Learning, and their presence in our lives, will be introduced in plain language, as well as their challenges, limitations, and the ethical concerns they bring about. The basic principles, classification, and state-of-the-art of the technology behind Autonomous Vehicles (self-driving cars), Unmanned Aerial Vehicles (drones), and Assistive Technology (for people with physical or mental disabilities and the elderly) will be examined, with examples and discussion of legal and ethical considerations of each one. Along the class lectures, we will engage in interactive discussions about the impact and potential of these technologies.

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

**Instructor:** Guillermo Warley

5-Digit Number: 23032 | Thu, 12:00 - 1:30 p.m., 2/17 - 3/17

Location: Conference Center/E138

Tuition: \$20 | Fee: \$59 | Total: \$79 | MD residents age 60+ pay fee only



## LIR185 American Crises, 1781-1786

6 sessions, 12 hours

There were international and domestic events that preceded the constitutional convention in Philadelphia. This program addresses those events, from the European powers in 1781 threatening to partition the rebelling American colonies to the failure of the Annapolis Convention in 1786 to address interstate commerce issues. Learn how Spain impeded the U.S. from using the Mississippi River; how Great Britain's allied Indian nations thwarted settlement west of the Ohio River; and why Shays Rebellion broke out in New England.

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

**Instructor:** Roger Swartz

5-Digit Number: 22987 | Mon, 9:30 - 11:30 a.m., 2/21 - 3/28

Location: Conference Center/E138

Tuition: \$40 | Fee: \$109 | Total: \$149 | MD residents age 60+ pay fee only



## LIR117 Why We Need Alexander Hamilton's Thinking Today

4 sessions, 6 hours

Contrary to myth, Alexander Hamilton was not the founder of "crony capitalism," but would be the harshest critic of Wall Street today. That's because he founded the American System of economics, whose principles were the foundation for our nation's growth. We will start with Hamilton's masterwork, the Report on Manufactures, and trace its background and implementation. The course will take us up to the Civil War and introduce you to key thinkers whose roles in building our nation have been largely ignored.

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

**Instructor:** Nancy Spannaus

5-Digit Number: 23000 | Tue, 1:00 - 2:30 p.m., 3/1 - 3/22

Location: Conference Center/E138

Tuition: \$20 | Fee: \$52 | Total: \$72 | MD residents age 60+ pay fee only



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



### LIR188 American History as Seen Through Female Eyes

4 sessions, 8 hours

Commemorate Women's History Month through this survey course. Look at our country's history from the 16th to the 20th century through the female experience. U.S. History is many layered and it's important to be aware of it to truly understand the past and the present. We'll identify the female role in the development of the country and differentiate between racial experiences. We'll also discuss good and bad laws that impacted women and the validity of the "separate sphere" ideology.

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

**Instructor:** Mary Mannix

5-Digit Number: 22996 | Wed, 9:00 - 11:00 a.m., 3/2 - 3/23

Location: Conference Center/E123

Tuition: \$20 | Fee: \$69 | Total: \$89 | *MD residents age 60+ pay fee only*



### LIR947 The History of the United States Supreme Court Series – The Modern Courts 1987-2021

6 sessions, 9 hours

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

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

**Instructor:** James Baer

5-Digit Number: 23003 | Mon, 2:00 - 3:30 p.m., 3/7 - 4/11

Location: Conference Center/E138

Tuition: \$40 | Fee: \$82 | Total: \$122 | *MD residents age 60+ pay fee only*



### LIR977 The History of Potomac Navigation and the C&O Canal

4 sessions, 10 hours

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

**Note: This class will be conducted on location at Memorial Hall at the Church of Transfiguration (address on page 41). An email will be sent with details one week prior to the course date.**

**Instructor:** Karen Gray

5-Digit Number: 23062 | Fri, 10:00 a.m. - 12:30 p.m., 3/18 - 4/8

Location: Memorial Hall (*address on page 41*)

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

### LIR193 The Lives and Times of Charles and Ann Morrow Lindbergh

5 sessions, 7.5 hours

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

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

**Instructor:** Gerard Blake

5-Digit Number: 23063 | Fri, 1:00 - 2:30 p.m., 3/18 - 4/22

No Class: 4/1 | Location: Conference Center/E138

Tuition: \$15 | Fee: \$64 | Total: \$79 | *MD residents age 60+ pay fee only*



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.



# Middle Eastern Studies .....

FOR NEWCOMERS AND VETERANS ALIKE

## **ILR269 Middle East Mosaic: People and Culture**

5 sessions, 10 hours

Whether you are new to Middle East studies or a veteran student who would welcome an updated refresher course on the basics of land, history, and society in one of the most fascinating regions in the world, Middle East Mosaic: People and Culture, is the course for you.

This revised, foundational course surveys the dynamics of a region whose culture is often stereotyped as singular, static, and monolithic. Join us as we examine the astonishing diversity that marks this region in terms of religion, ethnicity, language, race, and worldview. Employing an interdisciplinary approach, the class focuses primarily on the history, geography, anthropology, and ethnography of the “cradle of civilization” and birthplace of the three Abrahamic faiths. Lectures focus on the ways in which both physical environment and specific historical events have influenced societies and institutions of the Middle East.

Weekly presentations will include prepared lectures enhanced by audio-visual aids and selected readings, as well as field notes, observations and original photographs culled from the instructor’s numerous visits to the region spanning five decades.

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

**Instructor:** Linda Pappas Funsch

5-Digit Number: 23140 | Tues, 1:30 - 3:30 p.m., 2/22 - 3/22

Location: Sweadner Hall

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

NEW CONTENT EACH TERM

## **SEN473 Current Issues in the Middle East**

5 Sessions, 10 hours

The Middle East is arguably one of the most historic, compelling, and newsworthy areas of the world. Revised and updated each term, “Current Issues in the Middle East” is designed to unravel the mystique that surrounds this region, particularly in the Western mind. Drawing upon a plethora of resources, both domestic and international, breaking news from the Middle East is presented and analyzed each week. Highlighting current events as they unfold, the instructor will frame them in a historical context, identify key players, explore the tangled web of interrelationships, and analyze their impact on regional dynamics and the world order.

The objective of this series is not to solve the problems of the region. Its primary objective is to foster an appreciation of the complex dynamics of an area of the world that, like all others, is continually evolving. Among the subjects for consideration during the 2022 spring term are the Palestinian-Israeli conflict, the entrenchment of autocratic regimes in societies yearning for greater freedoms, shifting regional alliances, the war in Yemen, the disintegration of the Lebanese state, and the effects of the COVID-19 pandemic on the societies and economies of the Middle East.

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

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

**Instructor:** Linda Pappas Funsch

5-Digit Number: 23141 | Tues, 1:30 - 3:30 p.m., 4/12 - 5/10

Location: Sweadner Hall

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

*MD residents age 60+  
pay fee only for all Middle  
Eastern Studies courses.*

## ILR585 National Security Current Issues

6 sessions, 12 hours

Take an in-depth look at some of the ideas and issues covered in Jeff's previous course, Principles of National Security. Examine how U.S. National Security decision-making is taking place today in all of the major conflict regions around the globe. You'll discuss current situations especially where the United States has a deep national security engagement. Extended course with all new material - new administration, new national security challenges, new solutions.

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

**Instructor:** Jeffrey Steinberg

5-Digit Number: 23043 | Tue, 10:00 a.m. - 12:00 p.m., 4/5 - 5/10

Location: Online

Tuition: \$40 | Fee: \$109 | Total: \$149 | *MD residents age 60+ pay fee only*

## ILR329 Russian History: The Big Picture

4 sessions, 6 hours

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

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

**Instructor:** Ernest O'Roark

5-Digit Number: 23007 | Thu, 2:00 - 3:30 p.m., 4/7 - 4/28

Location: Conference Center/E138

Tuition: \$20 | Fee: \$59 | Total: \$79 | *MD residents age 60+ pay fee only*



## LIR186 John Brown, Puritanism, and the Secret Six

3 sessions, 6 hours

In 1858, the Secret Six postponed John Brown's first planned raid into the South (Harpers Ferry) and instead sent him back to Kansas. Then in 1859, incriminating letters implicating members of the Secret Six were found at the Kennedy Farm House after the failed raid at Harpers Ferry. Learn who the "Six" were and how Brown was radicalized. Also learn about Brown's military reputation that gained support in the Northeast and why and how the "Six" supported Brown's abolitionist militancy to end slavery.

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

**Instructor:** Roger Swartz

5-Digit Number: 22989 | Mon, 9:30 - 11:30 a.m., 5/2 - 5/16

Location: Conference Center/E138

Tuition: \$20 | Fee: \$52 | Total: \$72 | *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 that include Captain John Smith. The course concludes with a discussion about the current research efforts at the James Fort site by "Jamestown Rediscovery" archaeologists to reclaim the colony's past.

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

**Instructor:** Tracy Lewis

5-Digit Number: 23009 | Fri, 10:00 - 11:30 a.m., 5/13 - 5/27

Location: Conference Center/E138

Tuition: \$12 | Fee: \$39 | Total: \$51 | *MD residents age 60+ pay fee only*



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**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.

# History Bites

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

## ILR941 History Bites: Presidents in Unexpected Places in the Nation's Capital

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

**Instructor:** Ralph Buglass

5-Digit Number: 23025 | Fri, 12:00 - 1:30 p.m., 1/28

Location: Online | Fee: \$12

## ILR941 History Bites: Roger Brooke Taney – Beyond Dred Scott

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

**Instructor:** Matthew Borders

5-Digit Number: 23028 | Wed, 12:00 - 1:30 p.m., 2/2

Location: Conference Center/E138 | Fee: \$12

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

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

**Instructor:** Matthew Borders

5-Digit Number: 23029 | Wed, 12:00 - 1:30 p.m., 2/9

Location: Conference Center/E138 | Fee: \$12

## ILR941 History Bites: 10 Remarkable Residences in Montgomery County

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

**Instructor:** Ralph Buglass

5-Digit Number: 23026 | Fri, 12:00 - 1:30 p.m., 2/11

Location: Online | Fee: \$12

## ILR941 History Bites: The Gamble of 1862 – The Maryland Campaign

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

**Instructor:** Matthew Borders

5-Digit Number: 23030 | Wed, 12:00 - 1:30 p.m., 2/16

Location: Conference Center/E125 | Fee: \$12

## ILR941 History Bites: 10 Montgomery County Museums Worth the Trip

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

**Instructor:** Ralph Buglass

5-Digit Number: 23027 | Fri, 12:00 - 1:30 p.m., 2/25

Location: Online | Fee: \$12

ILRatFCC.com

Visit our website for courses that may be added to our Spring 2022 schedule.



## New Series Coming Soon! African American History

Visit ILRatFCC.com for information about this upcoming series.





**HOM126 Beginning Calligraphy: Italic**

8 sessions, 16 hours

Join us to discover the basics of the Italic hand. In this course, students will become familiar with the tools and methods of hand lettering while gaining knowledge of basic letter forms through hands-on experience. Learn the tools of the trade, practice basic lettering strokes, and leave with your own finished calligraphy piece at the end of the class. A list of supplies will be provided prior to class start date.

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

**Instructor:** Jodie Lide

5-Digit Number: 22912 | Fri, 10:00 a.m. - 12:00 p.m., 1/28 - 3/18

Location: Visual & Performing Arts Center/F141 | Fee: \$149

**HOM132 Continuing Calligraphy**

8 sessions, 16 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 In-Person Course will meet on campus in an in-person environment.

**Instructor:** Jodie Lide

5-Digit Number: 22913 | Fri, 10:00 a.m. - 12:00 p.m., 4/8 - 5/27

Location: Visual & Performing Arts Center/F141 | Fee: \$149

**HOM166 Start Sewing in a Nutshell**

1 session, 2 hours

Sewing is a lifelong learning skill, and this class covers the fundamentals so you can operate a sewing machine with confidence. You will learn everything you need to know to get started including selecting the right needle and thread; winding a bobbin; threading a machine; stitch settings; tension adjustments; trouble shooting common problems; and best practices. A basic sewing machine will be provided for you to use in this class, and you will be able to apply what you learn to any sewing machine that you own. This class will prepare you to make your own projects whether you like to craft, make a quilt, sew garments, or create home décor projects. All supplies will be provided.

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

**Instructor:** Michelle Umlauf

5-Digit Number: 23078 | Tue, 6:00 - 8:00 p.m., 2/1

Location: Conference Center/E138 | Fee: \$22



*Evening Offering*

**HOM167 Creative Sewing Project: Un-knitted Scarf Making by Machine**

1 session, 3 hours

Don't know how to knit or crochet? Learn how to make an upscale boutique scarf with a sewing machine. You will learn how wash away stabilizers can help you successfully sew yarn together to make a beautiful scarf. Bring your own yarn, even the ones that are almost too difficult to knit. This project is incredibly easy and little to no sewing experience is required as this project is very forgiving. A basic sewing machine will be provided to use in this class, and you will be able to apply what you learn to any sewing machine that you own.

**Note:** This In-Person Course will meet on campus in an in-person environment. All levels of skill are welcome but the student should know the fundamentals of how to use a sewing machine. Students are required to bring the following: 4-5 skeins of yarn that are suitable for knitting or crocheting (nothing excessively thick) and one spool of decorative threads to match the scarf.

**Instructor:** Michelle Umlauf

5-Digit Number: 23079 | Tue, 6:00 - 9:00 p.m., 3/8

Location: Conference Center/E138 | Fee: \$39



*Evening Offering*

**HOM102 Iris Paper Folding – Valentines**

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. Students will need to pick up the Paper Folding kit from FCC Main Campus. The kit can be picked up starting two weeks before the start of class. Students will be emailed more information as the date gets closer.

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

**Instructor:** Kathy Barylski

5-Digit Number: 22908 | Mon, 1:30 - 3:30 p.m., 2/7

Location: Online | Fee: \$29



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.

**HOM102 Iris Paper Folding – Springtime & 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 In-Person Course will meet on campus in an in-person environment.

**Instructor:** Kathy Barylski

5-Digit Number: 22909 | Fri, 10:30 a.m. - 12:30 p.m., 4/8

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

**HOM164 Creating a Family Emergency Plan**

1 session, 3 hours

Hurricanes, civil unrest, global pandemics. There has never been a better time to develop an emergency plan for you and your family. Learn how to create a customized emergency plan. Topics will include how to plan, prepare, and respond to different types of emergencies and disasters, what types of supplies are necessary, how to make the decision between when to shelter in place or evacuate, and how to acquire supplies and create an effective plan on a budget. Attendees will be given both templates and supply lists and will work on their individualized plan during the course.

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

**Instructor:** Matthew Lynch

5-Digit Number: 22910 | Thu, 6:00 - 9:00 p.m., 2/10

Location: Conference Center/E138 | Fee: \$29

 Evening Offering

**LIR190 Advanced DNA Tools for Genealogy Research**

1 session, 2.5 hours

Dig deeper into your DNA matches using two tools which will help you visualize your DNA matches in a whole new way. Autoclusters and Chromosome "Painting" create colorful charts that separate matches into groups that cluster around one of your ancestral lines.

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

**Instructor:** Linda Frydl

5-Digit Number: 22964 | Wed, 9:30 a.m. - 12:00 p.m., 2/23

Location: Conference Center/E138 | Fee: \$26

**HOM165 DIY Basic Vehicle Maintenance**

1 session, 3 hours

Learn the basics of vehicle maintenance including why it is so important. You'll learn how to check your vehicle's fluids, check and determine proper tire pressure, locate and identify a burnt fuse, change wipers blades, and other basic maintenance tasks. We'll also teach you how to correctly jump start a vehicle. Bring the owner's manual to your gas or diesel vehicle and your questions.

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

**Instructor:** Matthew Lynch

5-Digit Number: 23061 | Thu, 6:00 - 9:00 p.m., 3/24

Location: Monroe Center/MC144 | Fee: \$36

(Address on page 41)

 Evening Offering

**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.

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

**Instructor:** James Thuman

5-Digit Number: 22911 | Sat, 9:30 a.m. - 3:00 p.m., 4/30

Location: Monroe Center/MC129 | Fee: \$99

(Address on page 41)



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



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



# Practical Sustainability

We no longer live in a time when we can be totally self-sufficient, we can only be “practically” self-sufficient and sustainable. This multi course series is designed to prepare a family to “practically” provide sufficient food from a medium sized suburban home garden, a not-for-profit homestead, or a small farm. The series includes elements of composting, food preservation, caring for small animals, reducing energy consumption, and living a lifestyle in a more responsible way. The single topics will address many of the questions and issues you may have in pursuing such a lifestyle.

## **HOM163 The Homesteading Series: Garden Planning**

1 session, 2 hours

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

**Instructor:** Don Ludke

5-Digit Number: 22918 | Thu, 6:30 - 8:30 p.m., 1/20

Location: Conference Center/E125 | Fee: \$19

## **HOM163 The Homesteading Series: Seed Starting and Plant Propagation**

1 session, 2 hours

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

**Instructor:** Don Ludke

5-Digit Number: 22919 | Thu, 6:30 - 8:30 p.m., 2/17

Location: Conference Center/E125 | Fee: \$19

## **HOM163 The Homesteading Series: Raising Chickens**

1 session, 2 hours

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

**Instructor:** Don Ludke

5-Digit Number: 22921 | Thu, 6:30 - 8:30 p.m., 3/3

Location: Conference Center/E125 | Fee: \$19

## **HOM163 The Homesteading Series: Soil Preparation, Composting, and Garden Management**

1 session, 1 hour

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

**Instructor:** Don Ludke

5-Digit Number: 22920 | Wed, 6:30 - 7:30 p.m., 3/23

Location: Conference Center/E125 | Fee: \$10

## **HOM163 The Homesteading Series: Integrated Pest Management**

1 session, 1 hour

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

**Instructor:** Don Ludke

5-Digit Number: 22922 | Wed, 6:30 - 7:30 p.m., 4/13

Location: Conference Center/E125 | Fee: \$10

## **HOM163 The Homesteading Series: Small Fruit**

1 session, 2 hours

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

**Instructor:** Don Ludke

5-Digit Number: 22923 | Thu, 6:30 - 8:30 p.m., 5/19

Location: Conference Center/E125 | Fee: \$19

## **HOM163 The Homesteading Series: Field Trip to Homesteading Farm**

1 session, 2 hours

**Note:** This tour will be conducted on location at a farm near Union Bridge, MD. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

**Instructor:** Don Ludke

5-Digit Number: 22924 | Tue, 6:30 - 8:30 p.m., 6/7

Location: Off Campus | Fee: \$19

**All Practical Sustainability take place in the evening.**





# Learn a Language .....

## FOR100 Basic Conversational Spanish

8 sessions, 16 hours

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

**Instructor:** Angelina Garcia

5-Digit Number: 22915 | Tue, Thu 6:00 - 8:00 p.m., 3/1 - 3/24

Location: Conference Center/E134

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



Evening Offering

## FOR101 Continuing Conversational Spanish

8 sessions, 16 hours

Continue to develop skills needed to communicate with your Spanish-speaking audience. Emphasis is placed on more advanced listening comprehension, speaking skills, pronunciation, and vocabulary acquisition.

**Prerequisite:** Spanish Conversation I or basic knowledge of Spanish.

**Instructor:** Angelina Garcia

5-Digit Number: 22916 | Tue, Thu 6:00 - 8:00 p.m., 4/26 - 5/19

Location: Conference Center/E134

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



Evening Offering

## FOR124 Introduction to the Italian Language

8 sessions, 16 hours

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

**Note:** Students are required to purchase the following book: *Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition* by Marcel Danesi (ISBN 978-1260463194).

**Instructor:** Dora Jaar

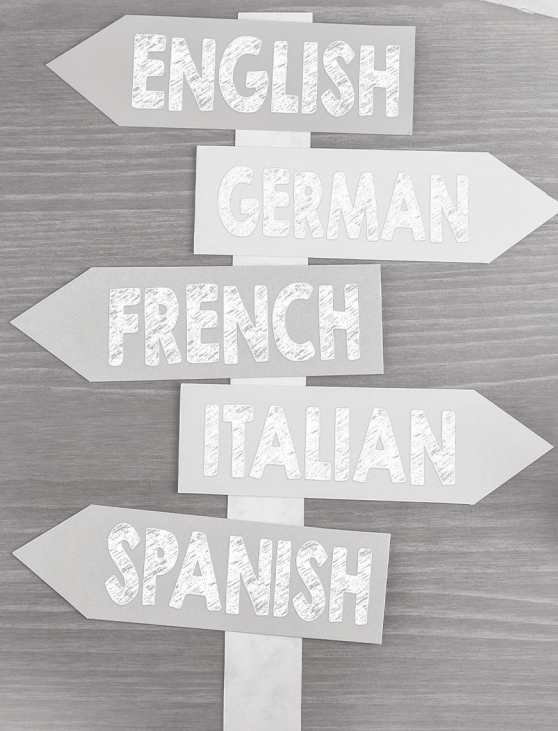
5-Digit Number: 22917 | Fri, 10:00 a.m. - 12:00 p.m., 3/18 - 5/13

No Class: 4/1 | Location: Conference Center/E123

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

All Learn a Language courses are In-Person and taught at a designated, on-campus location during a scheduled time.

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



## ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours

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

**Note:** This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR).

**Instructor:** Richard Bender

### Option 1: Structured Remote (SR)

5-Digit Number: 22971 | Mon, Wed 6:00 - 8:00 p.m., 2/21 - 3/2  
Location: Online | Fee: \$89



OR

### Option 2: In-Person

5-Digit Number: 22972 | Mon, Wed 1:30 - 3:30 p.m., 5/16 - 5/25  
Location: Conference Center/E125 | Fee: \$89

## ILR860 Downsizing Simplified: Living Smaller and Loving it

3 sessions, 4.5 hours

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

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

**Instructor:** Stacy Reno and Sharon Scarborough

5-Digit Number: 22969 | Wed, 10:00 - 11:30 a.m., 3/2 - 3/16  
Location: Braddock Hall/B223

Tuition: \$20 | Fee: \$42 | Total: \$62 | MD residents age 60+ pay fee only

## ILR909 Planning Your Great Adventure

1 session, 2.5 hours

Do you dream of taking a trip to an amazing location? Want to take your own trip and not be limited by a tour group? Whether for a week, a few weeks, or even longer, this course will help you plan and prepare for your adventure.

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

**Instructor:** Kathy Barylski

5-Digit Number: 22970 | Tue, 1:30 - 4:00 p.m., 4/5  
Location: Conference Center/E138 | Fee: \$25

## ILR965 The Role of the Executor in Maryland

2 sessions, 6 hours

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

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

**Instructor:** Marcy Gouge

5-Digit Number: 22967 | Tue, Thu 5:30 - 8:30 p.m., 4/5 - 4/7  
Location: Conference Center/E125

Tuition: \$11 | Fee: \$54 | Total: \$65 | MD residents age 60+ pay fee only



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



**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 30.

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

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

**Instructor:** Sharon Smith

5-Digit Number: 22966 | Thu, 10:00 a.m. - 12:00 p.m., 4/14  
Location: Conference Center/E138 | Fee: \$19

### ILR872 Math for 55+

4 sessions, 6 hours

This course will re-introduce you to basic mathematical principles including algebra. The goal of this course is to simplify matters so you can again feel confident using math in your everyday life. Principles you will learn include number theory, rules of divisibility, mental computation, and most importantly, why things work the way they do. You may even find yourself able to help your children or grandchildren with the modern math concepts taught in schools today that seem so unusual to many of us who were taught math decades ago.

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

**Instructor:** Nick Diaz

5-Digit Number: 22968 | Tue, 9:30 - 11:00 a.m., 4/19 - 5/10  
Locations: Conference Center/E138  
Tuition: \$20 | Fee: \$49 | Total: \$69 | *MD residents age 60+ pay fee only*



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.

## Learning on Location .....



### LIR132 C&O Canal at the Point of Rocks Narrows

1 session, 2.5 hours

This walk Includes the history of the so-called "pivot bridge" across the canal at Point of Rocks and a walk through the Lower Point of Rocks narrows to Lock 28 and its lockhouse. The story of the legal battle and ultimate 1833 compromise between the C&O Canal Company and B&O Railroad Company for right of way through the narrow passage between the end of Catoctin Mountain and river is told in detail, with reference to the lore around the relationship of these two great transportation systems and the facts revealed in original sources. This tour involves moderate walking on flat terrain for about 1.5 miles.

**Note:** This tour will be conducted on location in Point of Rocks, MD. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

**Instructor:** Karen Gray

5-Digit Number: 23019 | Fri, 10:00 a.m. - 12:30 p.m., 4/22  
Location: Point of Rocks, MD | Fee: \$26

**Rain Date:** Wednesday, April 27

OR

5-Digit Number: 23020 | Fri, 10:00 a.m. - 12:30 p.m., 5/6  
Location: Point of Rocks, MD | Fee: \$26

**Rain Date:** Friday, May 13

**All Learning on Location courses are In-Person and taught at a designated location during a scheduled time.**



NEW

### LIR182 Intriguing, Unusual, and Interesting Tales of Downtown Frederick Walking Tour

1 session, 1.5 hours

In this fun tour, learn about the “curse” of the Courthouse, the cure for Carroll Creek, a favorite fashion designer from the fifties, and many more fascinating facts about our beloved city. The tour includes both past and present tidbits of history, a touch of Civil War trivia, and a hint of some hauntings. You will walk away with both amusement and insight. This tour involves walking in downtown Frederick on mostly flat sidewalks for no more than 10 blocks moving at a slow pace.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 23021 | Sat, 10:00 - 11:30 a.m., 4/23

Location: Frederick, MD | Fee: \$18

NEW

### LIR197 Marching with John Brown

1 session, 8.5 hours

War erupted in our own backyard with John Brown’s attack upon Harpers Ferry. We’ll follow in Brown’s footsteps, commencing with a visit to his remote headquarters tucked in the Maryland mountains. Then on to Harpers Ferry to relive his opening salvo and his plan doomed by his bloody capture. But did Brown fail? The Charles Town court house and execution site will finish our day as we ponder Brown’s legacy. This bus tour involves walking on moderate terrain for about 2 miles spread over the course of the day. Lunch will be on your own in Harpers Ferry.

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

**Instructor:** Dennis Frye

5-Digit Number: 23068 | Mon, 8:15 a.m. - 4:45 p.m., 4/25

Location: Harpers Ferry, WV | Fee: \$74

NEW

### ILR974 Old Town Alexandria Highlights

1 session, 9 hours

Founded in 1749 as a tobacco port, Alexandria is marked by cobblestone streets and 18th century townhouses. Walk the same streets that George Washington walked while enjoying this charming waterfront town. We’ll visit the dramatic George Washington Masonic National Memorial and take a docent-led tour that is sure to intrigue with unique displays about our first president, American history, and the Masonic heritage. Experience the Lee-Fendall House Museum & Garden through the lives of the people who lived and worked on the property from 1785-1969. We’ll also explore the Torpedo Factory Art Center, a former World War II era munitions factory turned art studio with more than 80 painters, sculptors, and jewelers. The tour allows for a generous lunch break so you can find the perfect place to eat and shop for treasures. Dress for the weather; moderate walking, some steps, and moderate standing spread throughout the tour; lunch is on your own with time to explore. No refunds after close of business on April 27. Due to COVID-19, the exact itinerary is subject to change.

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

**Instructor:** Marsha Adelson

5-Digit Number: 23035 | Wed, 8:00 a.m. - 6:00 p.m., 5/11

Location: Alexandria, VA | Fee: \$92



## LITERATURE, THEATER & WRITING



### LIR172 Dante and His Divine Comedy

6 sessions, 12 hours

Travel through the Inferno, Purgatorio, and Paradiso in this six-week study of Dante Alighieri's Divine Comedy. We will explore the three parts of Dante's famous narrative poem (Hell, Purgatory, and Paradise or Heaven) through readings, art, and the history of the work and its author. The mother-and-daughter instructors have studied the medieval and Renaissance periods in Master's degree programs and penned children's books set during those periods.

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

**Instructor:** Lois Jarman and Tiffany R. Jansen

5-Digit Number: 22961 | Thu, 4:00 - 6:00 p.m., 1/20 - 2/24

Location: Online

Tuition: \$20 | Fee: \$99 | Total: \$119 | *MD residents age 60+ pay fee only*



Evening Offering



### LIR191 Snow Poetry

2 sessions, 2 hours

Celebrate poetry by reading, analyzing, and discussing a variety of poems that focus on a theme. Explore elements of the poems such as theme, metaphor, rhyme, and imagery. We'll explore poets of the past and present.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 22963 | Thu, 9:30 - 10:30 a.m., 2/10 - 2/17

Location: Online | Fee: \$19

### SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours

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

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

**Instructor:** Dorothy O'Neal

5-Digit Number: 22962 | Wed, 1:00 - 3:00 p.m., 4/6 - 5/18

Location: Conference Center/E123

Tuition: \$40 | Fee: \$79 | Total: \$119 | *MD residents age 60+ pay fee only*

## PHILOSOPHY, RELIGION & EXPLORATION



### LIR187 Pema Chodron's "When Things Fall Apart"

4 sessions, 6 hours

Pema Chodron's "When Things Fall Apart: Heart Advice for Difficult Times" topped bestsellers lists. What are readers gaining from a book written by a Buddhist nun over two decades ago, that allows them to relate to their present lives more deeply? We as individuals and collectively as a society experience much uncertainty and anxiety, especially during times of national and global turmoil. Pema presents a path where we can learn to be with our fears and come to experience more kindness towards others and ourselves as well as more freedom. We highly recommend that you read *When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron, available in both print and e-reader forms.

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

**Instructor:** Jerry Webster

5-Digit Number: 23012 | Mon, 2:00 - 3:30 p.m., 3/21 - 4/11

Location: Online

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



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



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

# Lifting the Veil, a Paranormal Series

The supernatural is embedded in our culture. We celebrate Halloween. We watch scary movies. We hold superstitions and use crystals. Many are curious about the unexplained and seek out information that helps us make sense of it all. Each session will focus on a different topic. We hope we can “lift the veil” for you and satisfy your curiosity about the paranormal through this lecture series.

## LIR195 Paranormal Series – Hallmarks of a Haunted House

1 session, 2 hours

**Instructor:** Rhonda Russo & Terri Rodabaugh

5-Digit Number: 23097 | Wed, 2:00 - 4:00 p.m., 2/16  
Location: Conference Center/E138 | Fee: \$22

## LIR195 Paranormal Series – Chakra Aligning, Grounding, and Crystals

1 session, 2 hours

**Instructor:** Rhonda Russo & Terri Rodabaugh

5-Digit Number: 23098 | Tue, 2:00 - 4:00 p.m., 3/8  
Location: Conference Center/E123 | Fee: \$22

## LIR195 Paranormal Series – Portals and Crossing Entities

1 session, 2 hours

**Instructor:** Rhonda Russo & Terri Rodabaugh

5-Digit Number: 23099 | Wed, 2:00 - 4:00 p.m., 4/6  
Location: Conference Center/E138 | Fee: \$22

**All Paranormal Series courses will meet on campus  
in an in-person environment.**



## PHOTOGRAPHY

### PHO122 Get 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 major functions 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, and white balance. Also learn about techniques and accessories that can help produce even better photos. Students should review their camera's user manual prior to class and familiarize themselves with how to adjust settings since camera functions may vary between brands.

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

**Instructor:** Howard Clark

5-Digit Number: 22898 | Sat, 10:00 a.m. - 12:00 p.m., 1/8 - 1/22  
Location: Conference Center/E138 | Fee: \$69

### 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: 22899 | Tue, 7:00 - 9:00 p.m., 2/15 - 3/1  
No Class: 2/22 | Location: Online | Fee: \$39

 *Evening Offering*



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.

## 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 class.

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

**Instructor:** Howard Clark

5-Digit Number: 22901 | Tue, 7:00 - 9:00 p.m., 3/15

Location: Online | Fee: \$19



Evening Offering

## PHO126 Introduction to Editing Your Photos without Adobe Software

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: 22900 | Tue, 7:00 - 9:00 p.m., 4/5 - 4/19

No Class: 4/12 | Location: Online | Fee: \$39



Evening Offering



**Structured Remote Courses (SR)** | Courses offered in an online format only. See page 2 for details.



**Instructor Bios** | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 30.



## ILR959 Beginning Birding

3 sessions, 6 hours

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

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

**Instructor:** Kathy Baryliski

5-Digit Number: 23033 | Thu, 10:00 a.m. - 12:00 p.m., 2/17 - 3/3

Location: Student Center/H261 | Fee: \$64



## LIR196 Modern Physics

8 sessions, 16 hours

Einstein, Boltzmann, Heisenberg, and Whitten changed the way we think about the world in every conceivable way. Their discoveries paved the way for GPS, cooling refrigeration, cell phones, and theories on how to unify Relativity and Quantum Mechanics. This course will give you an idea of just how much physics plays a role in our day to day lives. We'll cover relativity, thermodynamics, quantum mechanics, and string theory. You'll learn easy to understand concepts that involve no math, formulas, or homework. Students should purchase and read the following books prior to class: *The Elegant Universe* and *The Hidden Reality* by Brian Greene. The books can be purchased online or at most bookstores.

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

**Instructor:** Robert Rubock

5-Digit Number: 23067 | Fri, 10:00 a.m. - 12:00 p.m., 3/11 - 5/6

No Class: 4/1 | Location: Conference Center/E138

Tuition: \$32 | Fee: \$129 | Total: \$161 | MD residents age 60+ pay fee only



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



**In-Person Courses** | Courses taught in-person, on location, with specific class times. Details on page 2.



## 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 In-Person Course will meet off campus in an in-person environment.

**Instructor:** McClintock Distilling

5-Digit Number: 22904 | Thu, 7:00 - 9:00 p.m., 3/10

Location: McClintock Distilling | Fee: \$34

(address on page 41)



## ILR889 Raise Your Wine IQ – Southern Italy Wines Edition

1 session, 1.5 hours

Southern Italy welcomes us to some of the most beautiful and popular sites in the world: the Amalfi Coast, Naples, the island of Capri, Pompeii, and the famous active volcano Mt. Etna. A land that is well-known for its cooking offers us some of the most interesting Italian varietals such as Primitivo, Aglianico, Vermentino, and Falanghina. The early Romans imported wine, and viticulture was a small part of their agriculture. Eventually grapes became a major economic crop. As the Roman Empire expanded, they took their wine with them and subsequently their vines, thus spreading the fine vitas vinifera grapes throughout the Mediterranean and beyond. We will discuss the historical role played by Italy while we taste some of the interesting wines from this rich cultural area. Let's discover why \$1.3 billion of Italian wine was imported to the United States last year, double the amount that we imported from France.

**Must be 21 to register.**

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

**Instructor:** Jacqueline Rogers

5-Digit Number: 22965 | Wed, 1:00 - 2:30 p.m., 4/6

Location: Spin the Bottle Wine Company | Fee: \$25

(address on page 41)



## A Taste of Asia

Join us as we travel the Far East and are introduced to various Asian cuisines from China, Japan, Thailand, Malaysia, and Vietnam both traditional and Americanized. Our chef will demonstrate how easy and simple these Asian dishes are to make. We'll venture into new types of vegetables and learn about stir frying, sauces, and cutting and slicing techniques. Students will also participate in Asian food trivia. This course is very interactive; our time together will fly by as you learn how to cook new dishes. A list of ingredients and other preparations will be provided during the class so you can recreate these dishes at home.

**This course is a cooking demonstration and is best experienced by watching the chef explain techniques and methods so that you may properly cook the dishes during another time rather than attempting to cook during the course.**

### REC135 A Taste of Asia – Chinese Sticky Rice and Spicy Kung Pao Chicken

1 session, 2 hours

5-Digit Number: 22902 | Tue 2:00 - 4:00 p.m., 1/25

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

### REC135 A Taste of Asia – Chinese Filet Mignon and Shanghai Bok Choy

1 session, 2 hours

5-Digit Number: 22903 | Wed, 2:00 - 4:00 p.m., 2/23

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

**Note:** All A Taste of Asia courses are In-Person and will meet on campus in an in-person environment.

**Instructor for all courses:** Chef Stuart Woo



# Instructor Bios

## Marsha Adelson

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

Old Town Alexandria Highlights ..... 25

## 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 Dept. Chair for 15 years, and for the last three years has taught several psychology-based courses for the ILR.

Sleep Your Way to Better Brain Health ..... 10

## James Baer

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

The History of the United States Supreme Court Series -

The Modern Courts 1987-2021 ..... 15

## 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 Kathy 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

Valentines ..... 19

Springtime & Easter ..... 20

Planning Your Great Adventure ..... 23

Beginning Birding ..... 28

## Richard Bender

Richard attended New York University (Economics) and Drake University Law School. He has been teaching French and Options Investments classes, the proper method of earning weekly income through options, at FCC since 2015. He has taught French after living and working in France for 7 years. Richard has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry.

Investment Strategies for Seniors Through Options ..... 23

## Gerard Blake

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

The Lives and Times of Charles and Ann Morrow Lindbergh ..... 15

## Matthew Borders

Matthew Borders has a bachelor's degree in U.S. History and a master's in Historic Preservation with a focus in Battlefield Interpretation. He was a 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, MD.

History Bites

Roger Brooke Taney - Beyond Dred Scott ..... 18

Dred Scott to Secession - The Coming of the Civil War ..... 18

The Gamble of 1862 - The Maryland Campaign ..... 18

## Ralph Buglass

Ralph Buglass is a frequent speaker for Montgomery History, our neighboring county's historical society, and an instructor at several lifelong learning programs in the metro DC area. In 2019, he was an invited speaker at the annual Frederick Docents Workshop. A retired communications professional and lifelong history buff, he has a BA in American history from Cornell University and an MA in journalism from American University. He volunteers as a docent at a one-room schoolhouse in Clarksburg, MD.

History Bites

Presidents in Unexpected Places in the Nation's Capital ..... 18

10 Remarkable Residences in Montgomery County ..... 18

10 Montgomery County Museums Worth the Trip ..... 18

### Kimberly Burdette

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

Prime-Time Health Series ..... 12

### Howard Clark

Howard Clark is a professional photographer with over 55 years of experience with “enthusiast” and professional level photographic equipment. He is an active participant in two camera clubs and two art associations. He has exhibited photos in galleries around D.C. including solo exhibits.

Get the Best From Your Digital Camera ..... 27  
Getting From Good to Great ..... 27  
Digital Photo Management for Photographers ..... 28  
Introduction to Editing Your Photos without Adobe Software ..... 28

### Beth Davis-Reinhold

Beth Davis-Reinhold taught job search and basic computer skills for Frederick County Workforce Services for over 20 years. She is an entertaining speaker who is skilled at explaining complicated concepts for the beginner.

Computers for Scaredy Cats ..... 9  
Social Networking for Beginners ..... 9

### Nick Diaz

Nick Diaz taught mathematics for 30 years in the Frederick County Public School system. He currently serves as Mathematics and Enrichment Consultant, and coordinates the middle school mathematics competition and high school Academic Tournament for the county. He has been recognized with numerous awards including the Washington Post Agnes Meyer Outstanding Teacher Award. Nick also served on the Frederick Community College Board of Trustees.

Math for 55+ ..... 24

### 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 Frederick Community College String Ensemble. A graduate of the Juilliard School of Music, she spent time teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Lynn 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.

Wild and Crazy Guys - An Inside Look at Two Famous  
Composers from Vienna ..... 6

### 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.

Advanced DNA Tools for Genealogy Research ..... 20

### Dennis Frye

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

Marching with John Brown ..... 25

### 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.

Middle East Mosaic: People and Culture ..... 16  
Current Issues in the Middle East ..... 16

### Angelina Garcia

Basic Conversational Spanish ..... 22  
Continuing Conversational Spanish ..... 22

### 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 hiked 900 miles (and counting).

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

# Instructor Bios *continued*

## 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.

The Role of the Executor in Maryland.....23

## Karen Gray

Raised in Spokane, Washington, Karen Gray earned her bachelor's degree from Whitworth University, an STB from the Harvard Divinity School, and her PhD 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.

The History of Potomac Navigation and the C&O Canal.....15

C&O Canal at the Point of Rocks Narrows.....24

## Carl Gregg

The Rev. Dr. Carl 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](http://patheos.com/blogs/carlgregg)).

Comparing Religions: Coming to Terms.....10

## Catherine Howard

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

Exploring Watercolor Painting - Beginner/Intermediate .....6

Exploring Watercolor Painting - Advanced .....6

## Dora Jaar

Born in Haiti from Italian parents, Dora speaks four languages fluently. She worked at the Italian Embassy in Haiti upon her return from studying Naples. She works as an interpreter for the Asian American Center and Frederick County Public Schools and was employed by FCPS in the English as a Learning Language Program for many years. She also teaches French for the Alliance Francaise of Frederick.

Introduction to the Italian Language .....22

## Lois Jarman

Dr. Lois Jarman has been a world language educator for more than 17 years. She has taught English, French, Spanish, and Latin on a secondary and post-secondary level. Lois received her doctoral degree in second language acquisition and currently is the Director of the 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 served on the Frederick County Board of Education.

Dante and His Divine Comedy .....26

## 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 - Part 2 with New Material.....12

## Mary Koster

Mary Koster, Registered Yoga Teacher (RYT-200) with Yoga Alliance, earned her yoga teaching certification from the Kripalu Center for Yoga & Health. She continued her studies with 75-hours of Dynamic Gentle Yoga training with Rudy Peirce. Mary's approach to yoga is accessible and inclusive. She enjoys exploring how to apply simple yogic concepts to modern life.

Just Try It - Beginner Gentle Yoga .....11

Continuing Gentle Yoga .....11

## 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 her doctoral coursework toward a 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.

Secrets of Superagers: How to Live to 100 & Beyond .....11

Health and Wellness Series

The New Vital Signs of Healthy Aging .....13

The Microbiome: Key to Total Body Wellness.....13

Gender Differences in Susceptibility to Illness & Life-Expectancy .....13



### 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.

Jamestowne: The Colony that Almost Wasn't..... 17

### Jodie Lide

Jodie learned calligraphy at a young age and was instantly hooked. After earning her degree from the University of Maryland, she began a career as a graphic designer and professional calligrapher. She taught calligraphy workshops and classes for the University of Maryland, Montgomery College, the Washington Calligraphers Guild, and currently for Frederick Community College. Her work has been displayed at galleries in D.C., Maryland, and Virginia. She's an active member of the Washington Calligraphers Guild, and continues to sharpen her skills by taking classes from master calligraphers.

Beginning Calligraphy: Italic..... 19

Continuing Calligraphy..... 19

### Don Ludke

Don Ludke is a retired teacher, Certified Master Gardener, experienced woodworker, dedicated food preserver, want-to-be farmer, and pretend Philosopher. He grew up on a dairy farm. In addition to milking cows, he tended to extensive gardens and canned or preserved most of what he ate. He has worked for the past 20 years establishing "Donnie's Farm" as a tribute to all of those 'real farmers' that helped make him who he is today.

Practical Sustainability - The Homesteading Series

Garden Planning.....21

Seed Starting and Plant Propagation.....21

Raising Chickens.....21

Soil Preparation, Composting, and Garden Management.....21

Integrated Pest Management.....21

Small Fruit.....21

Field Trip to Homesteading Farm.....21

### Matthew Lynch

Matt Lynch worked in law enforcement for over 23 years, where he was a member of a civil disturbance unit for 10 years. He has training and experience in emergency management and planning, civil unrest, radiation, and weapons of mass destruction.

Creating a Family Emergency Plan.....20

DIY Basic Vehicle Maintenance .....20

### 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. 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. 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.

American History as Seen Through Female Eyes ..... 15

### Kirby Maybush

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

Personal Self Defensive Tactics..... 12

### Jeanne McDermott

Jeanne McDermott has a master's degree in Art Education from the College of Notre Dame of Maryland and a bachelor's degree in Writing from Towson University. In addition to teaching youth for FCPS and Kids on Campus at FCC, she also instructs Adults in the ILR, Lifelong Learning, and Thrive Programs. Classes include drawing, acrylic painting, art history lectures, and tours of local downtown Frederick.

Art Appreciation: Scandalous and Shocking -

Art that Caused Controversy .....6

Drawing from Nature.....7

Acrylic Painting Techniques for Beginners.....7

Intriguing, Unusual, and Interesting Tales of Downtown

Frederick Walking Tour ..... 25

Snow Poetry..... 26

### Toni Minkel

Toni Minkel has trained in martial arts since 1985 and has received black belt rank from the World Taekwondo Federation and rank in Modern Arnis directly from Grandmaster Remy Presas. She received instructor certification in the gentle art of Tai Chi Chuan from the Baltimore Academy of Martial Arts. She is the founder of Mt. Airy Tai Chi and teaches classes in Yang Style Tai Chi, Qi Gong, and Taiji Kungfu Fan in Mt. Airy and Frederick and has been teaching Tai Chi for Balance and Well Being at ILR since the Fall of 2000.

Tai Chi for Balance and Well Being..... 11

# Instructor Bios *continued*

## Dorothy O'Neal

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

Writing Your Life Story: Tales for the Grandchildren..... 26

## 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.

Russian History: The Big Picture..... 17

## Stacy Reno & Sharon Scarborough

Stacy Reno and Sharon Scarborough are owners of Frederick's Premier Home Staging Company, Limelight Staged Homes. As Accredited Staging Professionals, they have helped homeowners prepare their homes to appeal to a wide range of buyers. They have also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to assist their clients with the downsizing process.

Downsizing Simplified: Living Smaller and Loving it!..... 23

## Terri Rodabaugh

Medium Terri Rodabaugh comes from a long line of intuitives. She resides in Gettysburg giving messages from loved ones who have passed and from guides and teachers in Spirit. Terri has been a practicing medium for over 30 years and brings a lot of experience to her trade. Along with connecting people to their loved ones in Spirit she also teaches tarot, angel communication and intuitive development courses.

Lifting the Veil, a Paranormal Series

Hallmarks of a Haunted House..... 27

Chakra Aligning, Grounding, and Crystals..... 27

Portals and Crossing Entities..... 27

## Jacqueline Rogers

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

Raise Your Wine IQ - Southern Italy Wines Edition..... 29

## 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.

Are You Medically Curious

Cancer Overview, Types, and Treatments..... 13

Crashes, Falls, and Bullets..... 13

Basic Lab Tests..... 13

Medical Myths..... 13

## Robert Rubock

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

Modern Physics..... 28

## Rhonda Russo

Rhonda Russo, Psychic Medium, has been a paranormal investigator for over 20 years and is founder of "Bump In The Night Investigations", as well as, "Rhonda Russo Psychic Medium". Born a Sensitive/Empath/Seer/Intuitive, spirits and ghosts have been drawn to her all of her life. Rhonda is also an animal intuitive. Rhonda partners with Psychic Medium, Terri Rodabaugh, and together have formed "Lifting The Veil with Terri & Rhonda" in which they offer gallery style spirit messages events. Rhonda has been on local radio shows, podcasts, television and has been featured in local newspapers. Rhonda offers workshops on various metaphysical and/or spiritual subjects and she is a Reiki Master/Teacher. She is the author of a beginner ghost hunting book and other books are in the works to be published.

Lifting the Veil, a Paranormal Series

Hallmarks of a Haunted House..... 27

Chakra Aligning, Grounding, and Crystals..... 27

Portals and Crossing Entities..... 27

## Antonio Salinas

Antonio Salinas is a Solider-Scholar with over twenty years of military service in both the United States Marine Corps and Army. He has served in combat in both Iraq as well as Afghanistan. He holds a Bachelors and Masters in History from Eastern Michigan University as well as a Masters 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..... 14

## Sheldon Shealer

Sheldon Shealer is a longtime sports journalist and local sports historian. He is a two-time national feature story award-winning journalist who has worked for the Frederick News-Post, the Hagerstown Herald-Mail, The Washington Post, and ESPN, among other stops. He currently works for a national sports syndicate and teaches at Mount St. Mary's University and Hood College.

Frederick County Sports History ..... 10

## Sharon Smith

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

Advance Care Planning: Your Life, Your Plan ..... 24

## Samantha Snyder

Samantha Snyder has a Master of Arts in Teaching from Mount Saint Mary's University. She studied art at Hood College where she received her Bachelors in Art and Archeology, with a studio art concentration. As an artist, Samantha considers herself a lifelong learner. In Samantha's classroom, everyone is an artist and it is her job to encourage their creativity.

Whimsical Landscapes ..... 7

Conquer the Apple - The Cezanne Way ..... 7

## Nancy Spannaus

Nancy Bradeen Spannaus is a retired journalist/editor who began studying Alexander Hamilton and American history in the 1970's. 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).

Why We Need Alexander Hamilton's Thinking Today ..... 14

## 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.

National Security Current Issues ..... 17

## Denise Sullivan

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

Bob Ross Landscape Technique Series

Skies ..... 8

Mountains ..... 8

Trees, Foliage, and Grass ..... 8

Water, Reflections, and Buildings ..... 8

Simple Painting Using Techniques Learned ..... 8

Happy Little Trees: The Bob Ross Painting Class ..... 9

## 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.

American Crises, 1781-1786 ..... 14

John Brown, Puritanism, and the Secret Six ..... 17

## James Thuman

DIY Home Maintenance for Beginners ..... 20

## 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.

Dementia 101 - A Three Part Series ..... 12

## Michelle Umlauf

Michelle Umlauf has made a career for herself in the sewing industry working as an independent educator representing herself and companies such as Sulky of America, Clover Needlecraft, Baby Lock, and Pam Damour, the Decorating Diva. She served as the Maryland Chapter President of the American Sewing Guild and founded Sewing Online with Sulky, on online webinar. Michelle teaches classes at national and international expos, quilt shops and guilds. She hosts UFO Friday, a weekly online Zoom meeting. Visit her website at <https://SewingMachineArtistry.com>.

Start Sewing in a Nutshell ..... 19

Creative Sewing Project: Un-knitted Scarf Making by Machine ..... 19

## Instructor Bios *continued*

### Guillermo Warley

Guillermo Warley is an Electrical Engineer with degrees in electronics and signal processing. He has more than 30 years of experience designing products that use some of the technologies discussed in the class. He is a Senior Life Member of the IEEE (Institute for Electrical and Electronics Engineers), and a member of the SSIT (Society for the Social Implications of Technology). He has previously taught this class at the OSHER programs of Shepherd University, Johns Hopkins University, Anne Arundel Community College, and Towson University.

Social Implications of Technology Innovations:  
An Overview and Examples ..... 14

### 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.

Pema Chodron's "When Things Fall Apart" ..... 26

### Susan Williams

Sue Williams earned her doctorate in Naturopathic Medicine in 2001. Over her career as a Health and Wellness Coach she has guided many individuals in their endeavors to improve their health through nutritional recommendations, mindfulness, and botanical therapies. Sue has created courses for Massage Therapist, taught in a Medical Assisting program, instructed HIV and Virology to medical students, and ran a student clinic at SW Center for HIV AIDS for Naturopathic Medical students

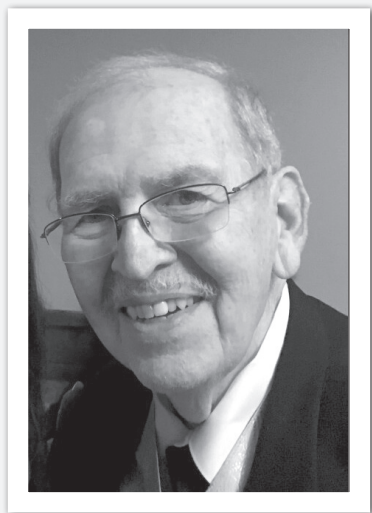
Nutrition, Sustainability, and Weight from College through Retirement..... 12

### Stuart Woo

Chef Woo always had a fascination with cooking. He would watch his grandma cook huge feasts for the family. He later went to work for his uncle in New York's Chinatown where he learned all aspects of the kitchen. The experience taught him that there is a reason that you do things a certain way. He brings this experience to all his classes.

A Taste of Asia - Chinese Sticky Rice and Spicy Kung Pao Chicken ..... 29

A Taste of Asia - Chinese Filet Mignon and Shanghai Bok Choy..... 29



## IN MEMORIAM

**William O'Neal** | April 3, 1944 - September 28, 2021

Bill was retired from the Federal Government where he worked for the Food and Drug Administration as an Information Technology Specialist. Bill had the honor of being one of ILR's most veteran instructors as well as teaching credit courses at the college prior to joining the ILR program. Bill taught computer and technology classes including the very popular iPhone and Android phone courses for the program. Bill was an active participant in his local church. He had a passion for travel and visited every state in the United States as well as Canada, Mexico, and Ireland. His greatest delight was his loved ones, both immediate and extended, as well as the many friends who he came to consider an extension of his family. He was a delight to many and will be deeply missed by his students.



*We are saddened to hear of Bill's passing. We enjoyed taking his classes, he was a good advocate for the ILR concept and program, and we will miss him.*

-David & Sharon Denton, ILR Students



# ILR SPRING 2022 CALENDAR • MONDAY - FRIDAY

January 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> 7:30 From Spear to Gunpower	<b>7</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b> 7:30 From Spear to Gunpower	<b>14</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 4:00 Dante & His Divine Comedy <u>6:30 Sustainability: Garden Plan</u> 7:30 From Spear to Gunpower	<b>21</b>
<b>24</b> <u>11:00 Health: New Vital Signs</u>	<b>25</b> <u>2:00 Asia: Chinese Sticky Rice</u>	<b>26</b> 1:00 Just Try It - Beginner Yoga	<b>27</b> 4:00 Dante & His Divine Comedy <u>7:30 From Spear to Gunpower</u>	<b>28</b> 10:00 Beginning Calligraphy: Italic <u>12:00 History Bites: Presidents</u>

February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JAN 31</b> <u>11:00 Health: The Microbiome</u>	<b>1</b> 10:00 Exploring Watercolor, Adv. <u>6:00 Start Sewing in a Nutshell</u>	<b>2</b> 10:00 Med. Curious: Cancer Ovw. <u>12:00 History Bites: Roger Taney</u> 1:00 Just Try It - Beginner Yoga	<b>3</b> 4:00 Dante & His Divine Comedy	<b>4</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Begin
<b>7</b> <u>11:00 Health: Gender Differences</u> <u>1:30 Iris Paper Fold: Valentines</u> 2:30 Tai Chi for Balance	<b>8</b> 10:00 Exploring Watercolor, Advanced	<b>9</b> 10:00 Med. Curious: Cancer Overview <u>12:00 History Bites: Dred Scott</u> 1:00 Just Try It - Beginner Yoga 1:30 Sleep, Better Brain Health	<b>10</b> 9:30 Snow Poetry 4:00 Dante & His Divine Comedy <u>6:00 Creating an Emergency Plan</u>	<b>11</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Beginner <u>12:00 History Bites: Residences</u>
<b>14</b> 11:00 Secrets of Superagers 2:30 Tai Chi for Balance	<b>15</b> 10:00 Exploring Watercolor, Advanced 7:00 Getting From Good to Great	<b>16</b> <u>10:00 Med. Curious: Cancer Overview</u> <u>12:00 History Bites: Gamble, 1862</u> 1:00 Just Try It - Beginner Yoga 1:30 Sleep, Better Brain Health <u>2:00 Paranormal: Haunted House</u>	<b>17</b> 9:30 Snow Poetry 10:00 Beginning Birding 12:00 Social Implications of Tech 4:00 Dante & His Divine Comedy <u>6:30 Sustainability: Seed/Plant</u>	<b>18</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Beginner
<b>21</b> 9:30 American Crises, 1781-1786 11:00 Secrets of Superagers 2:30 Tai Chi for Balance 6:00 Investment Strategies	<b>22</b> 10:00 Exploring Watercolor, Advanced 1:30 Middle East Mosaic	<b>23</b> <u>9:30 Advanced DNA Tools</u> 1:00 Just Try It - Beginner Yoga 1:30 Sleep, Better Brain Health <u>2:00 Asia: Filet and Bok Choy</u> 6:00 Investment Strategies, Seniors	<b>24</b> 10:00 Beginning Birding 12:00 Social Implications of Tech 4:00 Dante & His Divine Comedy	<b>25</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Beginner <u>12:00 History Bites: Museums</u>

# ILR SPRING 2022 CALENDAR • SATURDAY

January 2022

SATURDAY
<b>8</b> 10:00 Get the Best From Your Digital Camera

February 2022

SATURDAY
<b>26</b> 10:00 Happy Little Trees: The Bob Ross Painting Class

March 2022

SATURDAY
<b>26</b> 10:00 Happy Little Trees: The Bob Ross Painting Class

April 2022

SATURDAY
<b>23</b> 10:00 Happy Little Trees: The Bob Ross Painting Class 10:00 Intriguing/Unusual Tales of Frederick Tour
<b>30</b> 9:30 DIY Home Maintenance for Beginners 10:00 Happy Little Trees: The Bob Ross Painting Class

May 2022

SATURDAY
<b>21</b> 10:00 Happy Little Trees: The Bob Ross Painting Class

**Bold indicates first session of class**

Underline indicates last session of class

March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>FEB 28</b> 9:30 American Crises, 1781-1786 11:00 Secrets of Superagers <b>1:00 Wild and Crazy Guys</b> 2:30 Tai Chi for Balance 6:00 Investment Strategies, Seniors	<b>1</b> 10:00 Exploring Watercolor, Advanced <b>1:00 Hamilton's Thinking Today</b> 1:30 Middle East Mosaic <u>7:00 Getting From Good to Great</u> <b>6:00 Basic Conv. Spanish</b>	<b>2</b> <b>9:00 American Hist., Female Eyes</b> <b>10:00 Downsizing Simplified</b> <b>10:30 Prime-Time Health Series</b> <b>1:00 Continuing Gentle Yoga</b> 1:30 Sleep, Better Brain Health <u>6:00 Investment Strategies, Seniors</u>	<b>3</b> <u>10:00 Beginning Birding</u> 12:00 Social Implications of Tech 6:00 Basic Conversational Spanish <b>6:30 Sustainability: Chickens</b>	<b>4</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Beginner
<b>7</b> 9:30 American Crises, 1781-1786 11:00 Secrets of Superagers 1:00 Wild and Crazy Guys 2:30 Tai Chi for Balance <b>2:00 History U.S. Supreme Court</b>	<b>8</b> 10:00 Exploring Watercolor, Advanced <b>10:00 Comparing Religions</b> 1:00 Hamilton's Thinking Today 1:30 Middle East Mosaic 6:00 Basic Conversational Spanish <u>2:00 Paranormal: Chakra/Crystals</u> <u>6:00 Creative Sewing Project</u>	<b>9</b> 9:00 American History, Female Eyes 10:00 Downsizing Simplified 10:30 Prime-Time Health Series 1:00 Continuing Gentle Yoga <u>1:30 Sleep, Better Brain Health</u> <b>6:00 Nutrition/Weight</b>	<b>10</b> <b>9:30 Art Appreciation: Scandalous</b> 12:00 Social Implications of Tech 6:00 Basic Conversational Spanish <b>7:00 Maryland Whiskey 101</b>	<b>11</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Beginner <b>10:00 Modern Physics</b>
<b>14</b> 9:30 American Crises, 1781-1786 11:00 Secrets of Superagers 1:00 Wild and Crazy Guys <b>1:00 Bob Ross Series</b> <u>1:00 Bob Ross: Skies</u> 2:00 History U.S. Supreme Court 2:30 Tai Chi for Balance <b>5:00 Bob Ross Series</b> <u>5:00 Bob Ross: Skies</u>	<b>15</b> 10:00 Exploring Watercolor, Advanced 10:00 Comparing Religions 1:00 Hamilton's Thinking Today 1:30 Middle East Mosaic 6:00 Basic Conversational Spanish <u>7:00 Digital Photo Mangement</u>	<b>16</b> 9:00 American History, Female Eyes <u>10:00 Downsizing Simplified</u> 10:30 Prime-Time Health Series 1:00 Continuing Gentle Yoga 6:00 Nutrition/Weight	<b>17</b> 9:30 Art Appreciation: Scandalous <u>12:00 Social Implications of Tech</u> 6:00 Basic Conversational Spanish	<b>18</b> 10:00 Beginning Calligraphy: Italic 10:00 Exploring Watercolor, Beginner 10:00 Modern Physics <b>10:00 History of Potomac Nav.</b> <b>10:00 Intro. to Italian Language</b> <b>1:00 Lives/Times of Charles/Ann</b>
<b>21</b> 9:30 American Crises, 1781-1786 <u>11:00 Secrets of Superagers</u> 1:00 Wild and Crazy Guys 1:00 Bob Ross Series <b>1:00 Bob Ross: Mountains</b> 2:00 History U.S. Supreme Court <b>2:00 When Things Fall Apart</b> 2:30 Tai Chi for Balance 5:00 Bob Ross Series <u>5:00 Bob Ross: Mountains</u>	<b>22</b> 10:00 Exploring Watercolor, Advanced 10:00 Comparing Religions <u>1:00 Hamilton's Thinking Today</u> <u>1:30 Middle East Mosaic</u> 6:00 Basic Conversational Spanish	<b>23</b> <u>9:00 American History, Female Eyes</u> <u>10:30 Prime-Time Health Series</u> 1:00 Continuing Gentle Yoga 6:00 Nutrition/Weight <b>6:30 Sustainability: Soil Prep</b>	<b>24</b> <u>6:00 Basic Conversational Spanish</u> <b>6:00 Whimsical Landscapes</b> <b>6:00 DIY Basic Vehicle Maint.</b>	<b>25</b> 10:00 Exploring Watercolor, Beginner 10:00 Modern Physics 10:00 History of Potomac Navigation 10:00 Intro. to Italian Language 1:00 Lives/Times of Charles/Ann
<b>28</b> 9:30 American Crises, 1781-1786 1:00 Wild and Crazy Guys 1:00 Bob Ross Series <b>1:00 Bob Ross: Trees/Foliage</b> 2:00 History U.S. Supreme Court 2:00 When Things Fall Apart 2:30 Tai Chi for Balance 5:00 Bob Ross Series <u>5:00 Bob Ross: Trees/Foliage</u>	<b>29</b> 10:00 Exploring Watercolor, Advanced 10:00 Comparing Religions <b>1:00 Medical Marijuana</b>	<b>30</b>  SPRING BREAK NO CLASSES	<b>31</b>  SPRING BREAK NO CLASSES	<b>APR 1</b>  SPRING BREAK NO CLASSES

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

## April 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>4</b> 1:00 Wild and Crazy Guys 1:00 Bob Ross Series <b>1:00 Bob Ross: Water/Reflections</b> 2:00 History U.S. Supreme Court 2:00 When Things Fall Apart 2:30 Tai Chi for Balance 5:00 Bob Ross Series <b>5:00 Bob Ross: Water/Reflections</b>	<b>5</b> 10:00 Exploring Watercolor, Advanced 10:00 Comparing Religions <b>10:00 National Security</b> <b>1:30 Planning Great Adventure</b> <b>5:30 Role of Executor, Maryland</b> <b>7:00 Intro. Editing Photos</b>	<b>6</b> 1:00 Continuing Gentle Yoga <b>1:00 Raise Your Wine IQ</b> <b>1:00 Writing Your Life Story</b> <b>2:00 Paranormal: Portals</b>	<b>7</b> 9:30 Drawing from Nature <b>2:00 Russian History</b> 5:30 Role of Executor, Maryland	<b>8</b> 10:00 Exploring Watercolor, Beginner 10:00 Modern Physics 10:00 History of Potomac Navigation 10:00 Intro. to Italian Language <b>10:00 Continuing Calligraphy</b> <b>10:30 Iris Paper Fold: Spring</b> 1:00 Lives/Times of Charles/Ann
<b>11</b> 2:00 History U.S. Supreme Court 2:00 When Things Fall Apart 2:30 Tai Chi for Balance	<b>12</b> 10:00 Exploring Watercolor, Advanced 10:00 Comparing Religions 10:00 National Security <b>1:30 Current Issues, Middle East</b>	<b>13</b> 10:00 Computers, Scaredy Cats 1:00 Writing Your Life Story <b>6:30 Sustainability: Pest Mngt.</b>	<b>14</b> 9:30 Drawing from Nature <b>10:00 Advance Care Planning</b> 2:00 Russian History	<b>15</b> 10:00 Exploring Watercolor, Beginner 10:00 Modern Physics 10:00 Intro. to Italian Language 10:00 Continuing Calligraphy 1:00 Lives/Times of Charles/Ann
<b>18</b> 1:00 Bob Ross Series <b>1:00 Bob Ross: Simple Learned</b> 5:00 Bob Ross Series <b>5:00 Bob Ross: Simple Learned</b>	<b>19</b> 9:30 Math for 55+ 10:00 Exploring Watercolor, Advanced 10:00 National Security 1:30 Current Issues, Middle East 7:00 Intro. Editing Photos	<b>20</b> 10:00 Computers, Scaredy Cats 1:00 Writing Your Life Story	<b>21</b> 9:30 Drawing from Nature 2:00 Russian History	<b>22</b> 10:00 Exploring Watercolor, Beginner 10:00 Modern Physics 10:00 Intro. to Italian Language 10:00 Continuing Calligraphy <b>10:00 C&amp;O Canal, Point of Rocks</b> 1:00 Lives/Times of Charles/Ann
<b>25</b> 8:15 Marching with John Brown	<b>26</b> 9:30 Math for 55+ <b>9:30 Appalachian Trail</b> 10:00 National Security 1:30 Current Issues, Middle East <b>6:00 Continuing Conver. Spanish</b>	<b>27</b> 10:00 Computers, Scaredy Cats 1:00 Writing Your Life Story <b>1:00 Self Defensive Tactics</b>	<b>28</b> 9:30 Drawing from Nature 2:00 Russian History 6:00 Continuing Conver. Spanish <b>6:00 Conquer the Apple</b>	<b>29</b> 10:00 Exploring Watercolor, Beginner 10:00 Modern Physics 10:00 Intro. to Italian Language 10:00 Continuing Calligraphy

## May 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 John Brown/Puritanism	<b>3</b> 9:30 Math for 55+ 9:30 Appalachian Trail 10:00 National Security <b>11:00 Frederick Co. Sports History</b> 1:30 Current Issues, Middle East 6:00 Continuing Conver. Spanish	<b>4</b> 10:00 Med. Curious: Crashes/Falls 1:00 Writing Your Life Story	<b>5</b> 9:30 Acrylic Painting, Beginners <b>2:00 Dementia 101</b> 6:00 Continuing Conver. Spanish	<b>6</b> 10:00 Modern Physics 10:00 Intro. to Italian Language 10:00 Continuing Calligraphy <b>10:00 C&amp;O Canal, Point of Rocks</b>
<b>9</b> 9:30 John Brown/Puritanism	<b>10</b> 9:30 Math for 55+ 10:00 National Security 11:00 Frederick Co. Sports History 1:30 Current Issues, Middle East 6:00 Continuing Conver. Spanish	<b>11</b> 8:00 Old Town Alexandria <b>10:00 Med. Curious: Lab Tests</b> 1:00 Writing Your Life Story	<b>12</b> 9:30 Acrylic Painting, Beginners 2:00 Dementia 101 6:00 Continuing Conver. Spanish	<b>13</b> 10:00 Intro. to Italian Language 10:00 Continuing Calligraphy <b>10:00 Jamestowne: Almost Wasn't</b>
<b>16</b> 9:30 John Brown/Puritanism <b>1:30 Investment Strategies</b>	<b>17</b> 9:30 Social Networking, Beginners 11:00 Frederick Co. Sports History 6:00 Continuing Conver. Spanish	<b>18</b> 10:00 Med. Curious: Med. Myths 1:00 Writing Your Life Story 1:30 Investment Strategies, Seniors	<b>19</b> 9:30 Acrylic Painting, Beginners 2:00 Dementia 101 6:00 Continuing Conver. Spanish <b>6:30 Sustainability: Small Fruit</b>	<b>20</b> 10:00 Continuing Calligraphy 10:00 Jamestowne: Almost Wasn't
<b>23</b> 1:30 Investment Strategies, Seniors	<b>24</b> 9:30 Social Networking, Beginners 11:00 Frederick Co. Sports History	<b>25</b> 1:30 Investment Strategies, Seniors	<b>26</b> 9:30 Acrylic Painting, Beginners	<b>27</b> 10:00 Continuing Calligraphy 10:00 Jamestowne: Almost Wasn't

## June 2022

TUESDAY
<b>7</b> 6:30 Prac. Sustainability: Field Trip, Homesteading Farm

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

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



ONLINE	NEED HELP REGISTERING?
<ul style="list-style-type: none"> <li>Go to Frederick.edu/ILR.</li> <li>Click Login/Create Account in the left menu.</li> <li>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.)</li> <li>Click Browse, then ILR55+ Programs to view available classes.</li> <li>On a class page, click Add to Cart to begin and then View Cart to continue the registration process.</li> <li>Check Agree to Refund Policy.</li> <li>Click Check Out to submit payment and complete your registration.</li> </ul>	<p><b>CEWD Registration Office – Jefferson Hall</b>  <b>Now open for in-person registration.</b></p> <ul style="list-style-type: none"> <li>For questions or assistance, please email <a href="mailto:CEInfo@frederick.edu">CEInfo@frederick.edu</a> or call 301.624.2888 during normal business hours:  Monday: 8:30 a.m. - 6:00 p.m.  Tuesday - Friday: 8:30 a.m. - 4:30 p.m.</li> </ul>

## Waiting List

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

## Important Notes

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

## Drop a Class

- Students now have the ability to drop classes online with our new self-service cancellation feature, often referred to as the "Self-drop" option. Available on select classes up to 7 days prior to the class start date, this option is now accessible from your dashboard.
- To get started, sign into your account and go to your account dashboard. Select "cancel" from the left side of the screen and then click the Cancel tab. Classes eligible for self-drop will be displayed. From that list, click on the class you wish to drop, or remove, from your schedule, and follow the prompts to complete the transaction.
- 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](http://frederick.edu/QuickEnroll) under the Registration Office link. This form must be submitted to the CEWD Registration Office by email at [CEInfo@frederick.edu](mailto: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.

## Age Requirements

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

## College Policies & Procedures

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

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

FERPA, commonly known as the Buckley Amendment, was issued by the Department of Health, Education and Welfare in the 1976 Federal Register. The regulations were transferred to the Department of Education when it was established and codified in Part 99 of Title 34 of the Code of Federal Regulations.

The purpose of FERPA is to afford certain rights to students concerning their educational records. FERPA applies to all schools that receive funding under most programs administered by the Secretary of Education. Most post-secondary institutions, both public and private, generally receive such funding and must, therefore, comply with FERPA. FERPA applies to all education records maintained by a post-secondary institution, or by any party acting for the institution, which are directly related to the student. These include but are not limited to assessment test scores, academic standing, rosters, class schedule, or any information must contact the Enrollment Center (located on the first floor of Jefferson Hall) in writing with their request. Contact the Welcome Center for additional information.



## CAMPUS LOCATIONS

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

### Campus Locations

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

### Addresses

#### FCC Main Campus

7932 Opossumtown Pike, Frederick, MD 21702

#### The Monroe Center (MC)

200 Monroe Avenue, Frederick, MD 21701 • 240.629.7900

#### McClintock Distilling

35 S. Carroll Street, Frederick, MD 21701

#### Spin the Bottle Wine Company

9 W. Patrick Street, Frederick, MD 21701

#### Memorial Hall at the Church of Transfiguration

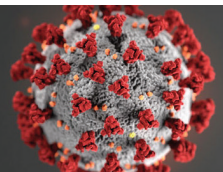
6906 Maryland Avenue, Braddock Heights, MD 21714

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



**COVID-19 UPDATE** | 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 offerings included in this schedule remain subject to change.

For important FCC updates and COVID-19 information, visit [frederick.edu/coronavirus](http://frederick.edu/coronavirus)



**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](mailto: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.

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

**Disability Access Services (DAS)** | 301.846.2408 • [DisabilityServices@frederick.edu](mailto:DisabilityServices@frederick.edu)

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

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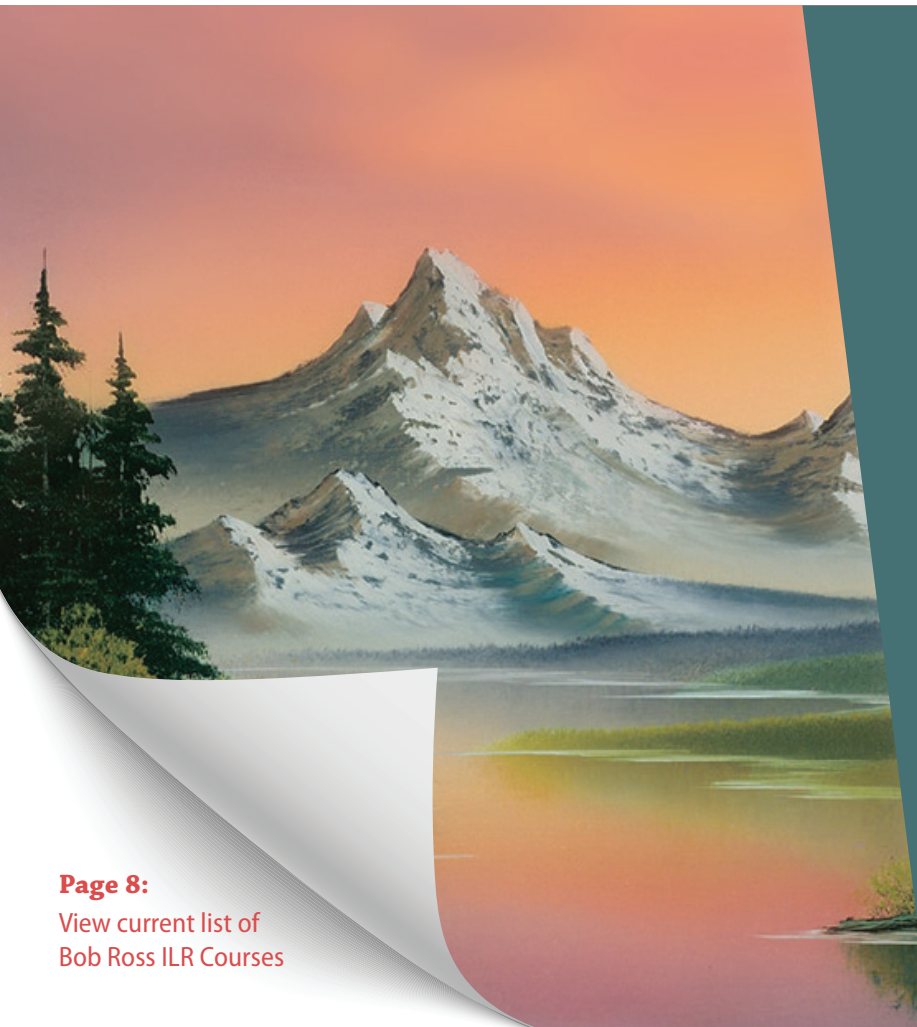
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Institute for Learning in Retirement

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