

ILR

55+

INSTITUTE FOR LEARNING IN RETIREMENT

SPRING 2023

*Retired
and
Inspired*

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

 Frederick Community College

Registration opens Monday, December 5, 2022.



Institute for Learning in Retirement

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

THE ILR MISSION

The Institute for Learning in Retirement (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 everyone. Your comments and suggestions are always welcome.

**Registration opens
December 5, 2022**

ILRatFCC.com

FAQs are on page 2.

Kelli Ackiewicz,
Community Education Program Manager
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chenman@frederick.edu

Table of Contents

Spring 2023 Courses	4
Instructor Bios	33
Registration Information	44
Campus Map & Locations.....	45

Contact Us

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



Lifelong LEARNING

Courses and **experiences** for inquisitive minds.

.....

In Person 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 for Spring 2023 include:

- Arts & Crafts (Drawing & Painting)
- Food & Drink (Asian Cuisine and Beer & Whiskey)
- Health & Wellness (Hypnosis & Vance Stance)
- Home & Hobby (Sewing, Iris Paper Folding, & Calligraphy)
- Learn a Language (Italian, French, Spanish, & ASL)
- Photography (Basic Photography)
- The Writer's Institute (Fiction Writing)

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

Learn more and sign up at frederick.edu/Lifelong
Space is limited.

lifelonglearning@frederick.edu • 301.624.2727

WEBSITE

ILR 55+

ILRatFCC.com

FACEBOOK



facebook.com/ILRFCC

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

2023

LEARN TO RIDE

CLASSES

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

Questions?

We're here to help!

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

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

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

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

No Class Dates

Classes will not be held on the following days:

- Monday, January 16 (MLK)
- Wed., March 22 - Sat., March 25 (Spring Break)
- Monday, May 29 (Memorial Day)
- Monday, June 19 (Juneteenth)

COVID-19 Update

FCC is offering mostly in-person classes while still continuing to comply with public health and safety standards. The College is open and face masks are optional. Vaccines are encouraged for all FCC students, administration, and staff. Course offerings included in this schedule remain subject to change. Visit frederick.edu/Covid-19 for more information.

FAQs

Who is eligible to take ILR Classes?

ILR 55+ classes (ILR, LIR, SEN) are geared towards the 55 and over crowd, however, anyone 16+ is welcome to join us for a fabulous learning experience through both the ILR and the FCC Lifelong Learning courses (ACR, HEA, HOM, REC, FOR, PHO).

Can ILR benefit me?

Research shows continued learning strengthens the brain, improves memory and increases quality of life. ILR 55+ offers fun, intelligent ways to keep mind and body vitally engaged within a professional educational environment.

What kinds of classes does ILR offer?

Our casual classes are designed with you in mind. Explore courses and learning on location programs in a range of subjects.

How do ILR classes differ from other college courses?

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

Who teaches ILR classes?

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

How can I learn more about becoming an ILR instructor?

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

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

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



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. As of May 21, 2022, face masks are optional while on campus or attending an in-person class for FCC students and staff. Masks should still be worn by people with symptoms of Covid-19, a positive Covid-19 test, or exposure to someone with Covid-19.



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 32 listed in alphabetical order by last name. Each class an instructor is teaching during Spring 2023 has been included.

16+

55+

This schedule contains courses not only from the ILR program but also courses from the Lifelong Learning program. Do you have a friend who is not aged 55+ yet? Good news! They can take the courses from either program as long as they are at least 16 years of age.

Love the ILR program? Become a student ambassador.

We are looking for student ambassadors to represent Frederick Community College and the ILR program. Student ambassadors will have the ability to share valuable information and show enthusiasm about the ILR program to current and potential students.

Think you might be interested in serving in this role? Contact Kelli Ackiewicz, Community Education Program Manager, at kackiewicz@frederick.edu for more information.



ILR Courses **Spring 2023**

ARTS & MUSIC

The Music of the Frederick Symphony Orchestra: Musical Feature by the Winner of the Young Artist Competition.....	6
Inspired by Beethoven.....	6
Introduction to Voiceovers.....	6
Exploring Watercolor Painting	
Beginner/Intermediate.....	6
Advanced.....	7
Introduction to Watercolor.....	7
Introduction to Oil Pastels.....	7
Introduction to Oil Painting.....	7
Continuing Pastels with Landscapes.....	7
Art Appreciation: Art and Emotion.....	8
Acrylic Painting Techniques for Beginners.....	8
Drawing for Beginners: Inspired by Spring.....	8
Intermediate Drawing.....	8
Advanced Drawing: How to Build a Portrait Using Face Mapping.....	8
Painting in the Style of the Master Artists: Focus on Light.....	8
Drawing and Painting: A Mixed Media Survey Course.....	10
Iris Paper Folding	
Valentines.....	10
Flowers.....	10

COMPUTERS & TECHNOLOGY

Cyber Awareness: Internet Safety.....	10
Computers for Scaredy Cats.....	10
Social Networking for Beginners.....	10
Windows to Word.....	11
Android Phone – Beginner.....	11

HEALTH & WELLNESS

Tai Chi for Balance and Well Being.....	11
Just Try It – Beginner Gentle Yoga.....	11
Continuing Gentle Yoga.....	11
Better Body – Better Brain.....	12
Self-Hypnosis for Personal Development.....	12
The Vance Stance: Posture, Awareness, and Flexibility.....	13
Nutrition, Sustainability, and Weight from College through Retirement.....	13
Dementia 101.....	13
Improve Your Memory: From Mnemonics through Music.....	13
Part 2.....	13

Medically Curious

Arthritis.....	12
Type 2 Diabetes.....	12
Low Back Pain.....	12
Gut Health.....	12

HISTORY, CULTURES & CURRENT ISSUES

Salem Witch Trials of 1692.....	14
Hell: A History.....	14
The Outer Hebrides: The Wild Atlantic Islands of Northern Scotland.....	14
The Spy Trial in Frederick Town.....	14
The Early History of Maryland, 1634-1861.....	14
The History of Maryland: Everything You Should Know.....	16
The Constitution Today – The Federal Executive Power.....	16
Challenging Myths about Alexander Hamilton – How His Ideas Shaped the World....	16
Principles and Challenges of U.S. National Security.....	16
Jamestown: The Colony that Almost Wasn't.....	16

Middle Eastern Studies

History of the Modern Middle East – Part I....	15
History of the Modern Middle East – Part II ...	15

History Bites

The Spy Game in Maryland.....	17
The Gamble of 1862: The Maryland Campaign.....	17
Faces of Union Soldiers at South Mountain and Harpers Ferry.....	17
Faces of Union Soldiers at Antietam.....	17
McClellan's Last Campaign: The Loudon Valley Campaign of 1862.....	17
Face of Union Soldiers at Fredericksburg.....	17

HOME & HOBBY

Turquoise Inlay Ring.....	17
Jewelry Soldering Workshop.....	17
Introduction to Metalsmithing.....	18
Beginning Calligraphy: Italic.....	18
Continuing Calligraphy.....	18
Crochet for Beginners.....	18
Start Sewing in a Nutshell.....	18
Basic Sewing Techniques.....	19
Decipher A Sewing Pattern.....	19

Basic Quilting Techniques.....	19
Travel Light, Travel Easy.....	19
Genealogy In Action.....	19
How to Use Your DNA Matches for your Genealogy Research.....	20
Advanced DNA Tools for Genealogy Research ...	20
The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun.....	20
DIY Home Maintenance for Beginners.....	20

LIFE PLANNING & FINANCES

Preparing Important Documents for a Life Event.....	21
Advance Care Planning: Your Life, Your Plan.....	21
Investment Strategies for Seniors Through Options.....	21

LEARNING ON LOCATION

Intriguing, Unusual, and Interesting Tales of Downtown Frederick Walking Tour	
Trains, Trolleys, and Automobiles.....	22
Southeast District.....	22
C&O Canal: History and Nature.....	22
Hillwood Estate, Museum and Gardens.....	23
In Lincoln's Footsteps.....	23
Antietam: As Seen from The Antietam.....	23

LITERATURE, THEATER, WRITING

Dante and His Divine Comedy.....	24
Women Poets.....	24
Writing Your Life Story: Tales for the Grandchildren.....	24
Mythology Made New.....	24

PHILOSOPHY, RELIGION & EXPLORATION

Mindfulness and Meditation Literary Series: Zen Koan Study That Can Change Your Life.....	24
God is With Us: War in the Bible.....	24
Universal Symbols Across Religions.....	25

Lifting the Veil, Paranormal Roundtable

Divination: Pathways for the Soul.....	25
Numerology.....	25
Connecting with Your Guides.....	25

SCIENCE & NATURE

The Aging Brain: It's Not All Bad News	25
Well, It's About Time – Part I.	25
On Gossamer Wings: The Magic of Butterflies and Moths	25
Butterflies in the Field.	26
Beginning Birding	26
Discover a Season	
Spring Birds	26
Fleeting Flowers of Spring	26

FOOD & DRINK

Mixology: The Basics of Cocktail Tools, Ingredients and Recipe Development	26
Spirits Sensory Class	26

Wine, Whiskey, Gin & Beer

Raise Your Wine IQ – Wines of Portugal	27
Maryland Whiskey 101	27
Gin 101.	27
Know Your Beer.	27

Aged Vinegar: Surprising Ways to Dip, Dress, or Drink.	28
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Taste of Asia

Cantonese Beef with Tomatoes and Japanese California Roll	28
Thai Pineapple Fried Rice and Vietnamese Fried Chicken Wings	28
Malaysian Chicken Satay and Korean Sweet Potato Translucent Noodles	28

LEARN A LANGUAGE

French Conversation and Basic Communication	28
Basic Conversational Spanish.	28
Continuing Conversational Spanish.	28
Introduction to the Italian Language.	29
American Sign Language I	29

PHOTOGRAPHY

Get the Best From Your Digital Camera.	29
Getting From Good to Great.	29
Mastering Exposure	30

Digital Photo Management for Photographers ..	30
Introduction to Family and Child Photography ..	30
Introduction to Editing Your Photos without Adobe Software	30
Portrait Basics	30

THE WRITER'S INSTITUTE

The Art of Worldbuilding in Fiction	31
Amherst Writers and Artists Workshop	31

FREE CLASSES

They Came Across South Mountain.	31
Catoctin's Enslaved	31
Russian History: The Big Picture.	32
Armchair Escape Series: Indoor "Walking Tour" of Downtown Frederick.	32
Armchair Escape Series: Shakespeare and Company, A Parisian Bookstore.	32
Downsizing Simplified: Living Smaller and Loving It.	32
Understanding Wireless Technology	32

CO-LISTED CLASSES FOR ILR STUDENTS

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

def: a co-listed class gives the student an option to choose either credit or continuing education (noncredit) status. Each section will include both credit and noncredit students. The expectations for attendance, participation, and effort are the same for all students.

ACR236 Improvisation I

Tue/Thu, 12:30 - 1:45 p.m., 1/24 - 5/11

REC223 Golf

Wed, 5:00 - 7:00 p.m., 3/15 - 5/10

REC224 Tennis I

Mon/Wed, 11:00 a.m. - 12:00 p.m.,
3/15 - 5/10

REC236 Volleyball

Wed, 8:30 - 11:00 a.m., 3/15 - 5/10

REC501 Elementary Fencing

Wed, 1:00 - 3:00 p.m., 1/25 - 3/8

FOR419 American Sign Language I

Tue/Thu, 6:00 - 7:15 p.m., 2/7 - 5/11

FOR421 Introductory Spanish I

Tue/Thu, 11:00 a.m. - 12:15 p.m.,
1/24 - 5/11

FOR422 Introductory Spanish II

Mon/Wed, 11:00 a.m. - 12:15 p.m.,
1/23 - 5/10

To learn more about the courses, visit frederick.edu/colisted for details and registration information.

ILR966 The Music of the Frederick Symphony Orchestra: Musical Feature by the Winner of the Young Artist Competition

1 session, 1.5 hours | **55+**

Examine the music of a Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s), ask questions, and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. The concert date is Saturday, March 18 and tickets can be purchased directly through the FSO.

Note: Course will meet on campus in an in-person environment.

Instructor: David Howard

5-Digit Number: 24490 | Fri, 11:00 a.m. - 12:30 p.m., 3/3

Location: Visual & Performing Arts Center/F132 | Fee: \$16

More sessions coming this spring!



LIR243 Inspired by Beethoven

4 sessions, 6 hours | **55+**

Discover great musical geniuses of today that were inspired by Beethoven. Our musical journey takes us into less charted territories as we explore music from Golijov, Glass, and Bernstein. Never watch a TV show or commercial the same way again as you observe this expanded musical element in your life.

Note: Course will meet on campus in an in-person environment.

Instructor: Lynn Fleming

5-Digit Number: 24489 | Mon, 12:00 - 1:30 p.m., 3/27 - 4/17

Location: Braddock Hall, First Floor/KC100

Tuition: \$15 | Fee: \$59 | Total: \$74 | MD residents age 60+ pay fee only



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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



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

ACR172 Introduction to Voiceovers

1.5 hours | **16+**

Have you heard, "Wow, you have a great voice!"? Or listen to audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with a professional voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized, video chat setting. Discover current trends and how easy and affordable it can be to learn, set up and work from home. In this introductory class, learn different types of voiceovers and the tools to find success. After class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue.

Note: The course date and time is scheduled at your convenience. You will be contacted no later than a week after registration to arrange a date/time for your one-on-one course. This Structured Remote Course (SR) is entirely online.

Instructor: Voices For All

5-Digit Number: 24518 | Schedule at your convenience

Location : Online | Fee: \$49

SEN450 Exploring Watercolor Painting – Beginner/Intermediate

12 sessions, 24 hours | **55+**

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 needed will be provided to you prior to the start of the course. Supply costs vary from \$25 - \$100 depending on the quality and number of supplies purchased.

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: Catherine Howard

Fri, 10:00 a.m. - 12:00 p.m., 2/3 - 4/28 | No Class: 3/24

Option 1: In-Person

5-Digit Number: 24527 | Location: Monroe Center/MC144 | Fee: \$174

OR

Option 2: Structured Remote (SR)

5-Digit Number: 24530 | Location: Online | Fee: \$174

LIR104 Exploring Watercolor Painting – Advanced Emphasis on Portraits

12 sessions, 24 hours | **55+**

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 needed will be provided to you prior to the start of the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased.

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: Catherine Howard

Tue, 10:00 a.m. - 12:00 p.m., 2/7 - 4/25

Option 1: In-Person

5-Digit Number: 24603 | Location: Monroe Center/MC144 | Fee: \$174

OR

Option 2: Structured Remote (SR)

5-Digit Number: 24604 | Location: Online | Fee: \$174

ACR182 Introduction to Watercolor

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

Students will explore the world of watercolor through experimenting with various watercolor mediums. At the end of this course, students will walk away feeling confident in their ability to create a sunset, tree, and some flowers. This course is meant for true beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$25 depending on the quality of the supplies purchased. Watercolor paper will be provided by the college.

Note: Course will meet on campus in an in-person environment.

Instructor: Samantha Snyder

5-Digit Number: 24337 | Mon, 5:00 - 7:00 p.m., 5/1 - 5/22

Location: Conference Center/E125 | Fee: \$86



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 33.



ACR185 Introduction to Oil Pastels

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

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

Note: Course will meet on campus in an in-person environment.

Instructor: Samantha Snyder

5-Digit Number: 24478 | Mon, 5:00 - 7:00 p.m., 3/6 - 3/13

Location: Conference Center/E125 | Fee: \$54

ACR167 Introduction to Oil Painting

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

Working with oil paints can be very flexible. This amazing medium can create a variety of effects from airy glazes to spontaneous brushwork. This course will focus on exploring fundamental oil painting techniques and ideas within the context of landscapes. This skills-based course is meant for beginners and those with some skills. Whether or not you complete an entire project during the class will depend on your level of skill. A supply list will be provided to the students at least one week prior to the start of the course. Supplies costs may vary but could average \$100/student.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Schmidt

5-Digit Number: 24339 | Wed, 10:00 a.m. - 12:00 p.m., 3/15 - 4/19

No Class: 3/22 | Location: Visual & Performing Arts Center/F130

Fee: \$99

ACR187 Continuing Pastels with Landscapes

5 sessions, 15 hours | **16+**

Continue the exciting journey of discovery that you began when you took your first pastels course. You can capture beautiful landscapes, which lend themselves to artistic license, utilizing the four seasons to explore color and value in this context. Introduction to Oil Pastels is highly recommended before taking this course because it sets the foundational skills for beginning techniques in pastels. This is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$55 depending on the quality of the supplies purchased.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Schmidt

5-Digit Number: 24479 | Fri, 1:00 - 4:00 p.m., 5/5 - 6/2

Location: Visual & Performing Arts Center/F118 | Fee: \$139

ILR908 Art Appreciation: Art and Emotion

2 sessions, 4 hours | **55+**

In this course, you will explore folk art that emphasizes the glory and celebration of the young United States, found in decorative, hand made household objects popular to our culture. Please note that this course is an art appreciation course; individual art projects will not be completed.

Note: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 24446 | Thu, 9:30 - 11:30 a.m., 4/20 - 4/27

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

ACR166 Acrylic Painting Techniques for Beginners

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

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 at least one finished piece on canvas. Explore topics pertaining to acrylics such as painting texture, mixing colors, and overall tips and suggestions. This course is meant for true beginners and is project-based. Whether or not you fully complete the project during class will depend on your skill development. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 24336 | Fri, 9:00 - 11:00 a.m., 4/21 - 5/12

Location: Conference Center/E125 | Fee: \$99

ACR170 Drawing for Beginners: Inspired by Spring

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

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

Note: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 24335 | Fri, 9:30 - 11:30 a.m., 1/20 - 2/10

Location: Conference Center/E125 | Fee: \$84



ACR184 Intermediate Drawing

4 sessions, 6 hours | **16+**

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

Note: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 24470 | Fri, 9:30 - 11:00 a.m., 2/24 - 3/17

Location: Conference Center/E125 | Fee: \$69

ACR434 Advanced Drawing: How to Build a Portrait Using Face Mapping

6 sessions, 18 hours | **16+**

Learn how to build a human face and head with a few simple tools. Using basic shapes and the face mapping method, described by artist and author, Pam Carriker, students will build an accurate sketch of the human head/face. The inclusion of shading will help to create the illusion of three-dimensional forms. This course is designed for students with previous drawing experience. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Schmidt

5-Digit Number: 24340 | Tue, 10:00 a.m. - 1:00 p.m., 4/18 - 5/23

Location: Visual & Performing Arts Center/F141 | \$169

ACR183 Painting in the Style of the Master Artists: Focus on Light

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

You don't have to spend years as an apprentice to learn how to paint your own masterpiece. Using acrylic paint, students will create one or two paintings capturing the brush stroke, style, and techniques of master artists. Though this is considered a beginner course, some drawing or painting experience (in any medium) is highly recommended. We suggest taking Drawing for Beginners (ACR170) and Acrylic Painting Techniques for Beginners (ACR166) first. Whether or not you fully complete the project during class will depend on your skill development. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 24476 | Fri, 9:30 - 11:30 a.m., 5/19 - 6/9

Location: Conference Center/E125 | Fee: \$115



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



cadence

MUSIC LESSONS

New 30, 45, and 60-minute sessions
begin every month.

4 Lessons • 4 Weeks

30 minutes, \$148 | 45 minutes, \$224
60 minutes, \$300

frederick.edu/Cadence
301.624.2727 • cadence@frederick.edu

Thrive!

Unique non-credit courses developed for adults with
intellectual disabilities to support their ability to function
independently at home, work, and in the community.

Topics include:



ACADEMIC SKILLS



ART & MUSIC EXPLORATION



FOOD & COOKING



LIFE & SOCIAL SKILLS



RECREATIONAL ACTIVITIES

frederick.edu/Thrive
301.846.2661 • thrive@frederick.edu

ACR181 Drawing and Painting: A Mixed Media Survey Course

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

Journey into the world of mixed media art, introducing you to pencil, watercolor, acrylic, ink pens, collage, and pastel. Some of the projects may include mixed media techniques, such as combining watercolor, crayon and paper collage, while others will focus on just one media, such as acrylic painting. The projects are inspired by a wide range of artists and assignments can be used as jumping off points for your own inspiration, using your own photos, book illustrations, or magazine photos to create your own composition. Or you can use the art demonstrations as a guide to help you feel more comfortable with the specific media. This is a class for those who want to study a variety of subjects, such as landscapes, imaginary landscapes, and still life. This course is a skills-based course meant for beginners and those with some skills. Whether or not you complete an entire project during the class will depend on your level of skill. A supply list will be provided to the students at least one week prior to the start of the course. Supplies costs may vary but could average \$100/student.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Schmidt

5-Digit Number: 24338 | Thu, 10:00 a.m. - 12:00 p.m., 6/15 - 7/13

Location: Monroe Center/MC144 | Fee: \$99

ACR188 Iris Paper Folding

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

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: Course will meet on campus in an in-person environment.

Instructor: Kathy Barylski

Option 1: Valentines

5-Digit Number: 24480 | Thu, 1:30 - 3:30 p.m., 2/9

Location: Student Center/H239 | Fee: \$29

Option 2: Flowers

5-Digit Number: 24481 | Tue, 1:30 - 3:30 p.m., 5/2

Location: Student Center/H239 | Fee: \$29



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

LIR205 Cyber Awareness: Internet Safety

3 sessions, 6 hours | **55+** |

In this course students will learn how to identify online threats such as email scams, phone scams, phishing, and malware. Learn how to keep yourself safe while using social media platforms, email, text and the cloud. Students will understand the importance of using strong passwords and how to keep your personal information safe while using a phone, tablet or computer.

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

Instructor: Kimberly Perna

Option 1: 5-Digit Number: 24547 | Tue, 3:00 - 5:00 p.m., 2/7 - 2/21

Option 2: 5-Digit Number: 24602 | Tue, 3:00 - 5:00 p.m., 5/9 - 5/23

Location: Online

Tuition: \$19 | Fee: \$49 | Total: \$68 | *MD residents age 60+ pay fee only*

LIR184 Computers for Scaredy Cats

3 sessions, 4.5 hours | **55+**

Computers have become essential for everyday living. We use computers to create budgets, send documents, 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: Course will meet on campus in an in-person environment.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 24549 | Tue, 9:30 - 11:00 a.m., 4/11 - 4/25

Location: Conference Center/E139

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

LIR192 Social Networking for Beginners

2 sessions, 4 hours | **55+**

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: Course will meet on campus in an in-person environment.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 24548 | Tue, 12:30 - 2:30 p.m., 4/11 - 4/18

Location: Conference Center/E139 | Fee: \$42

LIR237 Windows to Word3 sessions, 6 hours | **55+**

Learn the basics of Microsoft Windows and Word. We'll use Windows as the foundation of your computer work. Learn to customize your Desktop; create, save, and format documents; cut, copy, and paste; make bulleted or numbered lists, undo actions, and more.

Note: Course will meet on campus in an in-person environment.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 24550 | Tue, 9:30 - 11:30 a.m., 5/2 - 5/16

Location: Conference Center/E139

Tuition: \$15 | Fee: \$59 | Total: \$74 | *MD residents age 60+ pay fee only*

LIR208 Android Phone – Beginner2 sessions, 4 hours | **55+**

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

Note: Course will meet on campus in an in-person environment.

Instructor: Linda Frydl

Option 1: 5-Digit Number: 24551 | Wed, 1:00 - 3:00 p.m., 2/8 - 2/15

Location: Conference Center/E125

Tuition: \$10 | Fee: \$34 | Total: \$44 | *MD residents age 60+ pay fee only*

Option 2: 5-Digit Number: 24552 | Wed, 1:00 - 3:00 p.m., 5/3 - 5/10

Location: Student Center/H239

Tuition: \$10 | Fee: \$34 | Total: \$44 | *MD residents age 60+ pay fee only*



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 33.

SEN153 Tai Chi for Balance and Well Being10 sessions, 15 hours | **55+**

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: Course will meet on campus in an in-person environment.

Instructor: Toni Minkel

Option 1: 5-Digit Number: 24449 | Thu, 2:00 - 3:30 p.m., 1/12 - 3/16

Location: Athletics Center/D129 | Fee: \$104

Option 2: 5-Digit Number: 24450 | Thu, 3:30 - 5:00 p.m., 4/6 - 6/8

Location: Athletics Center/D129 | Fee: \$104

ILR700 Just Try It – Beginner Gentle Yoga5 sessions, 7.5 hours | **55+**

This introductory class explores the basics of yoga to relax and rejuvenate your body. Learn to breathe more deeply, discover new strength and flexibility, strengthen your concentration/focus, and relax your nervous system. 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: Course will meet on campus in an in-person environment.

Instructor: Linda Franklin

5-Digit Number: 24448 | Wed, 2:00 - 3:30 p.m., 2/8 - 3/8

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

ILR798 Continuing Gentle Yoga5 sessions, 7.5 hours | **55+**

This continuing gentle yoga class builds on basic yoga postures. Continue your yoga journey to breathe more deeply, discover new strength and flexibility, 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. 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: Course will meet on campus in an in-person environment.

Instructor: Linda Franklin

5-Digit Number: 24447 | Wed, 2:00 - 3:30 p.m., 3/29 - 4/26

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

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.

ILR903 Medically Curious – Arthritis

1 session, 1 hour | **55+**

5-Digit Number: 24455 | Thu, 10:00 - 11:00 a.m., 3/2

Location: Conference Center/E125

ILR903 Medically Curious – Type 2 Diabetes

1 session, 1 hour | **55+**

5-Digit Number: 24456 | Thu, 10:00 - 11:00 a.m., 3/9

Location: Conference Center/E125

ILR903 Medically Curious – Low Back Pain

1 session, 1 hour | **55+**

5-Digit Number: 24457 | Thu, 10:00 - 11:00 a.m., 3/16

Location: Conference Center/E125

ILR903 Medically Curious – Gut Health

1 session, 1 hour | **55+**

5-Digit Number: 24458 | Thu, 10:00 - 11:00 a.m., 6/22

Location: Conference Center/E138

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All Medically Curious classes will meet on campus in an in-person environment.

For all classes:

Instructor: Dr. Larry Romane

Fee: \$12

HEALTH & WELLNESS

LIR214 Better Body – Better Brain

6 sessions, 9 hours | **55+**

Research is emerging to support what is good for your body is good for your brain. The American Academy of Neurology in 2018 reviewed the best practices for aging related decline in cognitive functioning. No medications were found effective but they highly recommended movement. This program is designed for active aging and evidence based for cognitive as well as emotional and physical health. Each week we'll review a new tidbit of information and then apply it in a meaningful way. The class can be done seated without having to get on the floor. All levels are encouraged and welcome. Bring a towel and some water.

Note: Course will meet on campus in an in-person environment.

Instructor: Nanette Tummers

5-Digit Number: 24454 | Wed, 1:00 - 2:30 p.m., 1/25 - 3/1

Location: Braddock Hall/B103 | Fee: \$104



HEA131 Self-Hypnosis for Personal Development

3 sessions, 6 hours | **16+**

Experience and learn how to achieve self-hypnosis. Hypnosis is presently used to help people achieve personal goals and allow for heightened connections. It is nothing to fear. Through the instructor's guidance, learn how develop your ability. Students will receive a certificate of completion if all three sessions are attended. No prior experience is necessary and a volunteer will be hypnotized during the course.

Note: Course will meet on campus in an in-person environment.

Instructor: Sharon Galloway-Donohue

5-Digit Number: 24682 | Thu, 1:00 - 3:00 p.m., 4/20 - 5/4

Location: Conference Center/E138

Tuition: \$15 | Fee: \$59 | Total: \$74 | *MD residents age 60+ pay fee only*



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 33.



HEA211 The Vance Stance: Posture, Awareness, and Flexibility

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

Eliminate chronic pain and learn the root of misalignment and stiffness that can cause scoliosis, bunions, sciatica, back and neck pain, pre-mature aging, and more. Learn the Vance Stance® by Vance Bonner, PhD. In this course, you'll learn how to stand, walk, sit, sleep, and drive in harmony with gravity. This will increase your alignment and flexibility. Students should wear comfortable clothing and be prepared to participate bare footed on a carpeted surface. Bring a towel to class. It's recommended but not necessary that you purchase *The Vance Stance by Vance Bonner, Ph.D.* as a companion to the course. The instructor will provide details on how to purchase the book.

Note: Course will meet on campus in an in-person environment.

Instructor: Vance Bonner, Ph.D.

5-Digit Number: 24654 | Wed, 12:00 - 2:00 p.m., 5/10 - 6/14

Location: Conference Center/E138

Tuition: \$24 | Fee: \$96 | Total: \$120 | *MD residents age 60+ pay fee only*

A continuing version of this course will be offered in July.

HEA129 Nutrition, Sustainability, and Weight from College through Retirement

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

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: Course will meet on campus in an in-person environment.

Instructor: Susan Williams

5-Digit Number: 24515 | Wed, 6:00 - 7:30 p.m., 2/1 - 2/15

Location: Conference Center/E138

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



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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

ILR834 Dementia 101

3 sessions, 4.5 hours | **55+**

Dementia 101 will provide a basic understanding of dementia. This class will define the term dementia and discuss the difference between normal aging and dementia. We will investigate the difference between reversible and irreversible forms of dementias, as well as examining dementia risk factors. We will explore the symptoms of various types of dementia, the dementia diagnostic process, and current research.

Note: Course will meet on campus in an in-person environment.

Instructor: Lynda Janet

5-Digit Number: 24648 | Wed, 10:00 - 11:30 a.m., 3/1 - 3/15

Location: Conference Center/E126B

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

LIR199 Improve Your Memory: From Mnemonics through Music

3 sessions, 6 hours | **55+**

How can we retain and improve learning and memory recall as we age? We will cover environmental factors, including music and stress, that impact memory recall. We will practice recognized memory systems that work for both the "left brainer" and "right brainer." Our instructor wrote a book about this topic for an international medical publishing company and has had sponsors on this subject content in business, healthcare, and educational organizations.

Note: Course will meet on campus in an in-person environment.

Instructor: Roger Swartz

5-Digit Number: 24452 | Mon, 9:30 - 11:30 a.m., 4/17 - 5/1

Location: Conference Center/E126B

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

LIR199 Improve Your Memory: From Mnemonics through Music – Part 2

3 sessions, 6 hours | **55+**

Part 2 of this course involves the same program as the original Improve Your Memory course but elaborates on the material exercises as well as provides additional information relative to creating a learning environment in the home.

Note: Course will meet on campus in an in-person environment.

Instructor: Roger Swartz

5-Digit Number: 24453 | Mon, 9:30 - 11:30 a.m., 6/5 - 6/26

No Class: 6/19 | Location: Conference Center/E138

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

ILR825 Salem Witch Trials of 1692

6 sessions, 12 hours | **55+**

During the Salem Witch Trials fourteen women and five men were executed. These trials have been described as our “national crackup” enroute to the US Constitution (Stacy Schiff, *The Witches: Salem*, 1992, 2015). It is one of the few seminal events in which females play the central role. The roles played by religion and Puritanism, economics, culture, and war as possible background causes to the trials will be explored, as well as the advantages that witchcraft offers to a society.

Note: Course will meet on campus in an in-person environment.

Instructor: Roger Swartz

5-Digit Number: 24499 | Mon, 9:30 - 11:30 a.m., 2/13 - 3/20

Location: Conference Center/E138

Tuition: \$42 | Fee: \$112 | Total: \$154 | *MD residents age 60+ pay fee only*

LIR239 Hell: A History

5 sessions, 7.5 hours | **55+**

Trace the concept of Hell from the ancient Mesopotamians, through the Egyptians, the Greeks and Romans through the Divine Comedy, and as it is conceived today by the world's religions and peoples.

Note: Course will meet on campus in an in-person environment.

Instructor: James Baer

5-Digit Number: 24509 | Mon, 2:00 - 3:30 p.m., 3/6 - 4/3

Location: Conference Center/E138

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

LIR244 The Outer Hebrides: The Wild Atlantic Islands of Northern Scotland

2 sessions, 5 hours | **55+**

Pristine powder white beaches, breathtaking scenery, wildlife, and spectacular coastlines. The Scottish Western Isles of the Outer Hebrides are a diverse chain of interconnected islands steeped in history, culture, and Gaelic language. Experience the mysteries of the late-Neolithic Standing Stones at Callanish (where Claire in the TV series “Outlander” travels back in time) and peer into the turf-roofed “black houses” of early settlers. Part history lesson and part cultural travelogue, this class will give you an armchair look at this magical part of the world.

Note: Course will meet on campus in an in-person environment.

Instructor: Marcy Gouge

5-Digit Number: 24582 | Tue/Thu, 1:00 - 3:30 p.m., 2/7 - 2/9

Location: Conference Center/E138

Tuition: \$10 | Fee: \$46 | Total: \$56 | *MD residents age 60+ pay fee only*

LIR250 The Spy Trial in Frederick Town

4 sessions, 6 hours | **55+**

Examine the life of one of the most notorious traitors in American history: General James Wilkinson. Wilkinson, a Frederick native, rose to the highest levels of the American military, by betraying everyone he worked for, with, or near. Wilkinson betrayed each of the first four presidents of the United States, worked as a spy for Spain, conspired with Aaron Burr to break the country apart, then betrayed Burr to remain in command of the American army. Wilkinson led the army to its greatest peacetime disaster and commanded a failed invasion of Canada during the War of 1812. He was court-martialed in Frederick and won an acquittal through the efforts of Roger Taney.

Note: Course will meet on campus in an in-person environment.

Instructor: Howard Cox

5-Digit Number: 24535 | Fri, 10:00 - 11:30 a.m., 2/3 - 2/24

Location: Conference Center/E138

Tuition: \$12 | Fee: \$54 | Total: \$66 | *MD residents age 60+ pay fee only*

LIR240 The Early History of Maryland, 1634-1861

3 sessions, 4.5 hours | **55+**

Learn the history of Maryland from settlement in 1634 until the beginning of the Civil War in 1861. Along with the events that shaped the colony and later the state, the course will explore social issues such as religion, the role of women, slavery, and the English's relationship with Native Americans. It will also discuss the relationship between Maryland and its neighbors Virginia and Pennsylvania. The history of the Frederick County region will be highlighted in the course.

Note: Course will meet on campus in an in-person environment.

Instructor: Tracy Lewis

5-Digit Number: 24511 | Fri, 10:00 - 11:30 a.m., 3/31 - 4/14

Location: Conference Center/E138

Tuition: \$12 | Fee: \$42 | Total: \$54 | *MD residents age 60+ pay fee only*



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 33.

Middle Eastern Studies | *Back by popular demand!*

From the Advent of Islam to the Present: Interested in the Middle East but don't know where to start? This series is designed for newcomers to the ILR Middle East program as well as long-time students who want to "fill in the blanks." Updated material and a companion text provide participants with a foundation upon which to understand today's rapidly unfolding events in the region with greater clarity. While either course can be taken alone participants will benefit from the continuity of both.

ILR348 History of the Modern Middle East – Part I

5 sessions, 2 hours | **55+**

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

Note: Course will meet on campus, in-person.

Instructor: Linda Funsch

5-Digit Number: 24750 | Wed, 1:00 - 3:00 p.m., 3/8 - 4/12

No Class: 3/22 | Location: Sweadner Hall

Tuition: \$40 | Fee: \$119 | Total: \$159

ILR349 History of the Modern Middle East – Part II

5 sessions, 2 hours | **55+**

Our journey through the history and culture of the modern Middle East resumes at the end of the First World War. The collapse of the Ottoman Empire and the partitioning of the region into European spheres of influence will provide historic context for many current conflicts. From ambiguous post-war treaties to the creation of new states in the Holy Land, Iraq, Lebanon, Arabia, and elsewhere, the seeds of today's discontent were sown. Participants will trace the emergence of the United States as a political force in the Middle East, the rise of Arab nationalism, the sequence of Arab-Israeli conflicts/treaties/and accords, the role of oil as a political and economic force, and the emergence of political Islam in its various manifestations. The rapid development and modernization of the Persian Gulf states, the legacy of U.S. intervention in Iraq and Afghanistan, the meaning of the ayatollahs' 1979 takeover in Iran, hegemonic competition between Iran and Saudi Arabia and its surrogates, the rise of Turkey, Russia, and China in their quest for regional influence, and shifting alliances with the United States are among the topics to be explored in an effort to better understand this fascinating and dynamic region.

Note: Course will meet on campus, in-person.

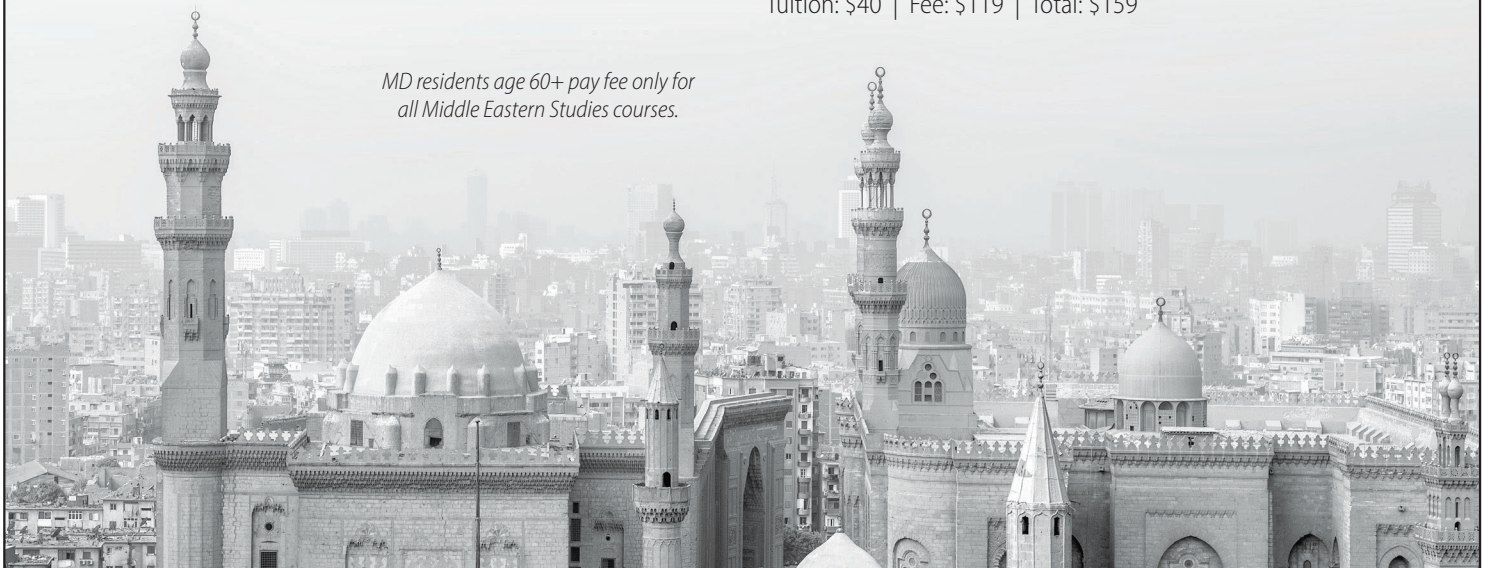
Instructor: Linda Funsch

5-Digit Number: 24751 | Wed, 1:00 - 3:00 p.m., 4/26 - 5/24

Location: Sweadner Hall

Tuition: \$40 | Fee: \$119 | Total: \$159

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





ILR951 The History of Maryland: Everything You Should Know

4 sessions, 8 hours | **55+**

How much do you really understand about this southern state with a northern sensibility? Or is it a northern state with a southern sensibility? What in its history makes it unique from the other original colonies? These and other questions will be answered. This survey course will discuss the factors, peoples, and communities that created today's Old Line State.

Note: Course will meet on campus in an in-person environment.

Instructor: Mary Mannix

5-Digit Number: 24524 | Wed, 10:00 a.m. - 12:00 p.m., 4/5 - 4/26

Location: Conference Center/E126B

Tuition: \$26 | Fee: \$79 | Total: \$105 | MD residents age 60+ pay fee only



LIR222 The Constitution Today – The Federal Executive Power

5 sessions, 7.5 hours | **55+**

This course explores the United States Constitution and its interpretation by the Supreme Court of the United States. Each class section will cover one of the parts of the constitution. This is an interactive course which thrives on the active participation of members of the class. Each student will receive a pocket-sized copy of the Constitution for reference during class.

Note: Course will meet on campus in an in-person environment.

Instructor: James Baer

5-Digit Number: 24510 | Mon, 2:00 - 3:30 p.m., 1/23 - 2/20

Location: Conference Center/E138

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

LIR117 Challenging Myths about Alexander Hamilton – How His Ideas Shaped the World

4 sessions, 6 hours | **55+**

Alexander Hamilton was one of the most influential political figures in U.S. history and his impact was global. He founded the American System of economics, whose principles were the foundation for our nation's growth. But today, few Americans truly understand these principles. Review the basics, emphasizing his masterwork, Report on Manufactures, and the extraordinary impact Hamilton's ideas had far beyond his lifetime taking us through the civil war and the building of our nation. His ideas are still relevant today.

Note: Course will meet on campus in an in-person environment.

Instructor: Nancy Spannaus

5-Digit Number: 24532 | Thu, 10:00 - 11:30 a.m., 2/23 - 3/16

Location: Braddock Hall/B103

Tuition: \$22 | Fee: \$74 | Total: \$96 | MD residents age 60+ pay fee only

ILR838 Principles and Challenges of U.S. National Security

6 sessions, 12 hours | **55+** |

National security issues are a hot topic these days. This course is a basic introduction to the theory and practice of national security policy by the United States in the 21st century setting, drawing upon real-world situations that are widely discussed in the national media. The course will be comprised of the following topics: 1. Principles of national security including neo-conservative, humanitarian interventionist, neo-isolationist, and some historical American national security policies. 2. The role of the military in U.S. national security policy including NATO and Constitutional provisions of how the United States government "goes to war." 3. The role of diplomacy in national security policy versus the use of military power. 4. The role of economic policy in shaping U.S. national security policy.

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

Instructor: Jeffrey Steinberg

5-Digit Number: 24534 | Tue, 10:00 a.m. - 12:00 p.m., 4/4 - 5/9

Location: Online

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

ILR984 Jamestown: The Colony that Almost Wasn't

3 sessions, 4.5 hours | **55+**

This course 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" archeologists to reclaim the colony's past.

Note: Course will meet on campus in an in-person environment.

Instructor: Tracy Lewis

5-Digit Number: 24714 | Fri, 10:00 - 11:30 a.m., 5/12 - 5/26

Location: Conference Center/E134

Tuition: \$12 | Fee: \$42 | Total: \$54 | MD residents age 60+ pay fee only



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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

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. All History Bites classes will meet on campus in an in-person environment.

ILR941 The Spy Game in Maryland

5-Digit Number: 24502 | Wed, 12:00 - 1:30 p.m., 3/29

ILR941 The Gamble of 1862: The Maryland Campaign

5-Digit Number: 24504 | Wed, 12:00 - 1:30 p.m., 4/5

ILR941 Faces of Union Soldiers at South Mountain and Harpers Ferry

5-Digit Number: 24505 | Wed, 12:00 - 1:30 p.m., 4/12

ILR941 Faces of Union Soldiers at Antietam

5-Digit Number: 24506 | Wed, 12:00 - 1:30 p.m., 4/19

ILR941 McClellan's Last Campaign: The Loudon Valley Campaign of 1862

5-Digit Number: 24507 | Wed, 12:00 - 1:30 p.m., 4/26

ILR941 Face of Union Soldiers at Fredericksburg

5-Digit Number: 24508 | Wed, 12:00 - 1:30 p.m., 5/3

For all classes:

1 session, 1.5 hours | **55+** | **Instructor:** Matthew Borders

Location: Conference Center/E125 | Fee: \$15

HOME & HOBBY

ACR179 Turquoise Inlay Ring

1 session, 5 hours | **16+**

Learn the art of creating a beautiful turquoise inlay on a ring band and discover techniques to file, shape, add inlay, and polish. Basic techniques will be covered, and all tools and materials will be provided as you are walked through the process step by step. No experience necessary. Class will take a 30-minute lunch break so be sure to bring a packed lunch. All supplies are included.

Note: Please register early. We order rings to size and need to close register one week in advance to place the order. We will contact you for your ring size. Course will meet on campus in an in-person environment.

Instructor: Georgina Copanzz

5-Digit Number: 24519 | Sat, 9:30 a.m. - 2:30 p.m., 4/15

Location: Monroe Center/MC147 | Fee: \$69

ACR154 Jewelry Soldering Workshop

1 session, 5 hours | **16+**

This class was created for students to become comfortable with a torch and the curriculum combines an overview of the tools, techniques, and process plus hands-on practice. Each student will fabricate textured stacking rings or bangles. All tools and materials will be provided. No experience necessary. Class will take a 30-minute lunch break so be sure to bring a packed lunch. **Safety requirements include:** closed-toes, low or no-heeled shoes, comfortable "play clothes" without flowing sleeves and no bulky fabrics, long hair must be worn in a bun or ponytail, and protective eyewear will be provided and must be worn. No exceptions.

Note: Course will meet on campus in an in-person environment.

Instructor: Georgina Copanzz

5-Digit Number: 24521 | Sat, 9:30 a.m. - 2:30 p.m., 5/20

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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 33.

ACR158 Introduction to Metalsmithing1 session, 5 hours | **16+**

Master the basics of metalsmithing and learn how to use a torch, sawing, hammering plus other texture techniques to apply and finish copper jewelry (to take home.) Workshop includes lecture, demonstration, hands on practice and one on one instruction in the creation of your own unique designs. All tools and materials are provided. No experience necessary. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Note: Course will meet on campus in an in-person environment.

Instructor: Georgina Copanzzi

5-Digit Number: 24522 | Sat, 9:30 a.m. - 2:30 p.m., 6/10

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

HOM126 Beginning Calligraphy: Italic8 sessions, 16 hours | **16+**

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

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Lide

5-Digit Number: 24516 | Fri, 10:00 a.m. - 12:00 p.m., 2/10 - 4/7

No Class: 3/24 | Location: Visual & Performing Arts Center/F141

Fee: \$149

HOM132 Continuing Calligraphy8 sessions, 16 hours | **16+**

Take your calligraphy skills to the next level! In this class, students will learn how to mix and apply colors, italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces. Students taking this course must take Beginner Calligraphy: Italics as a pre-requisite or request permission to register for the course. A supply list will be provided to the students at least one week prior to the start of the course. Supply costs vary but average \$90.

Note: Course will meet on campus in an in-person environment.

Instructor: Jodie Lide

5-Digit Number: 24517 | Fri, 10:00 a.m. - 12:00 p.m., 4/28 - 6/16

Location: Visual & Performing Arts Center/F130 | Fee: \$149

HOM129 Crochet for Beginners3 sessions, 6 hours | **16+** | 

There's something magical about being able to take some yarn and create something beautiful. Crochet provides an excellent method to create almost endlessly - and it's highly portable, relaxing and fun. Come learn how with these beginner lessons. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$10.

Note: Course will meet on campus in an in-person environment.

Instructor: Kathy Barylski

5-Digit Number: 24414 | Tue, 6:00 - 8:00 p.m., 3/7 - 3/21

Location: Conference Center/E125 | Fee: \$66

HOM166 Start Sewing in a Nutshell2 sessions, 4 hours | **16+** | 

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. You will practice some common sewing techniques so you will be well-prepared to tackle your sewing projects. This course is meant for the true beginner with little or no sewing experience. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Michelle Umlauf

Option 1: 5-Digit Number: 24656 | Wed, 6:00 - 8:00 p.m., 1/25 - 2/1

Location: Conference Center/E134 | Fee: \$54

Option 2: 5-Digit Number: 24657 | Mon/Wed, 6:00 - 8:00 p.m.,

5/1 - 5/3 | Location: Conference Center/E134 | Fee: \$54



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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

HOM171 Basic Sewing Techniques

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

Take your sewing skills to the next level. In this class you will learn professional tips and short cuts as you practice over 20 practical sewing techniques found in a variety of patterns from garment, home décor, quilting patterns, bag making, and more. You will learn to use several specialty presser feet that make these techniques easier, and the results better. You will create a sampler notebook containing your stitch outs and complete worksheets for future reference. Upon completing this class, you will have the knowledge, skills and confidence to follow a sewing pattern and make something on your own. Techniques covered include seams and finishes, hems, closures, casings and decorative applications. We suggest that you either take Sewing in a Nutshell as a pre-requisite or already have proficiency operating a sewing machine prior to taking this course. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Michelle Umlauf

Option 1: 5-Digit Number: 24658 | Wed, 6:00 - 9:00 p.m., 3/1 - 3/29
No Class: 3/22 | Location: Conference Center/E134 | Fee: \$139

Option 2: 5-Digit Number: 24659 | Tue/Thu, 6:00 - 9:00 p.m.,
6/13 - 6/22 | Location: Conference Center/E140 | Fee: \$139

HOM169 Decipher A Sewing Pattern

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

Students will discover the options available when choosing a pattern, and how to effectively select the correct size, the appropriate fabric, notions and trims. Learn how to decipher common sewing terminology, abbreviations and symbols found in a pattern, and work with the instructor as they decide which pattern pieces are needed, and how to lay them out on the fabric. Students will learn ways to transfer vital information from the pattern onto the fabric. Students will observe and engage with the instructor during the various steps involved to prepare to sew a garment and learn plenty of tips and tricks and valuable resources along the way. At the end of this class, students will feel more confident about selecting a pattern and starting their first project. Students will work along with a pattern provided by the instructor. This is a non-sewing course; sewing experience is not necessary.

Note: Course will meet on campus in an in-person environment.

Instructor: Michelle Umlauf

Option 1: 5-Digit Number: 24660 | Wed, 6:00 - 9:00 p.m., 4/5
Location: Conference Center/E134 | Fee: \$32

Option 2: 5-Digit Number: 24661 | Thu, 6:00 - 9:00 p.m., 5/4
Location: Conference Center/E134 | Fee: \$32

HOM170 Basic Quilting Techniques

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

Master the basic principles of making a quilt and you will be well on your way to creating treasured family heirlooms. This is a hands-on class where you get the opportunity to create a fun and easy trivet during class. You will learn general piecing and pressing guidelines as well as safety precautions when using a rotary cutter. Apply decorative stitching to add pizzazz and learn a simple way to bind the block like a pro. You will be inspired to apply what you learn into a larger project. We suggest that you either take Sewing in a Nutshell as a pre-requisite or already have proficiency operating a sewing machine prior to taking this course. All supplies are included.

Note: Course will meet on campus in an in-person environment.

Instructor: Michelle Umlauf

Option 1: 5-Digit Number: 24662 | Mon, 6:00 - 8:30 p.m., 2/6 - 2/13
Location: Conference Center/E134 | Fee: \$79

Option 2: 5-Digit Number: 24663 | Tue/Thu, 6:00 - 8:30 p.m.,
5/16 - 5/18 | Location: Conference Center/E134 | Fee: \$79

ILR870 Travel Light, Travel Easy

1 session, 2 hours | **55+** | 

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

Note: Course will meet on campus in an in-person environment.

Instructor: Kathy Barylski

5-Digit Number: 24461 | Tue, 6:00 - 8:00 p.m., 5/2
Location: Conference Center/E125 | Fee: \$26



LIR249 Genealogy In Action

4 sessions, 8 hours | **55+**

In this hands-on course, you will learn how to begin and manage genealogy research, with special emphasis on on-line resources. This class will move beyond theory to actual "work". It's perfect for beginners, as well as the more experienced who have hit "brick wall problems." This course is a genealogy lab class and will take place in a computer classroom.

Note: Course will meet on campus in an in-person environment.

Instructor: Mary Mannix

5-Digit Number: 24533 | Tue, 10:00 a.m. - 12:00 p.m., 2/28 - 3/21
Location: Conference Center/E137

Tuition: \$15 | Fee: \$79 | Total: \$94 | MD residents age 60+ pay fee only

LIR136 How to Use Your DNA Matches for your Genealogy Research2 sessions, 4 hours | **55+**

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

Note: Course will meet on campus in an in-person environment.

Instructor: Linda Frydl

5-Digit Number: 24462 | Wed, 1:00 - 3:00 p.m., 3/8 - 3/15

Location: Conference Center/E125 | Fee: \$39

LIR190 Advanced DNA Tools for Genealogy Research1 session, 2.5 hours | **55+**

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: Course will meet on campus in an in-person environment.

Instructor: Linda Frydl

5-Digit Number: 24463 | Wed, 1:00 - 3:30 p.m., 5/31

Location: Conference Center/E125 | Fee: \$26

HOM250 The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun3 sessions, 6 hours | **16+**

In today's world, Tarot is no longer simply the tool of fortune tellers but is used by many for personal growth and creativity. This class will discuss what tarot is and isn't. You will learn how a deck is arranged and obtain an overview of card meanings. Attendees will get hands-on experience reading throughout the two classes. No need to bring a deck of cards, they will be available for class use.

Note: Course will meet on campus in an in-person environment.

Instructor: Mary Mannix

5-Digit Number: 24523 | Thu, 10:00 a.m. - 12:00 p.m., 5/11 - 5/25

Location: Conference Center/E138 | Fee: \$79

HOM127 DIY Home Maintenance for Beginners1 session, 5.5 hours | **16+**

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. This class will take a lunch break so be sure to bring a packed lunch.

Note: Course will meet on campus in an in-person environment.

Instructor: James Thuman

5-Digit Number: 24655 | Sat, 9:30 a.m. - 3:00 p.m., 2/11

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



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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



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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 33.



LIR221 Preparing Important Documents for a Life Event

1 session, 2 hours | **55+**

Having the legal, financial, and insurance paperwork that you or your family needs in case of a life event (death, disability, job loss, etc.) is very important. Are they organized in such a way that your family could easily know where they are, who to contact, what accounts you have, and other important items? If the thought of getting your documents organized overwhelms you, this class will teach you the LEAP - Life Event Advanced Planning – Process, which is an easy way to gather, organize, record, store, and review your important documents, so that if and when a life event occurs, your paperwork is sufficient and easily accessed. Recommended (but not required) to purchase the following book: Didn't See That Coming! by Karen R. Smith, available for purchase online.

Note: Course will meet on campus in an in-person environment.

Instructor: Karen R. Smith

Option 1: 5-Digit Number: 24498 | Wed, 9:30 - 11:30 a.m., 2/15
Location: Braddock Hall, First Floor/KC100 | Fee: \$22

Option 2: 5-Digit Number: 24567 | Wed, 9:30 - 11:30 a.m., 2/22
Location: Braddock Hall, First Floor/KC100 | Fee: \$22

ILR969 Advance Care Planning: Your Life, Your Plan

1 session, 2 hours | **55+**

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: Course will meet on campus in an in-person environment.

Instructor: Sharon Smith

Option 1: 5-Digit Number: 24493 | Wed, 10:00 a.m. - 12:00 p.m., 3/1
Location: Braddock Hall/B103 | Fee: \$19

Option 2: 5-Digit Number: 24494 | Wed, 10:00 a.m. - 12:00 p.m., 5/17
Location: Conference Center/E125 | Fee: \$19

ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours | **55+** | |

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.

Legal Disclaimer offered to students by instructor at beginning of course: This options training program is strictly offered as an educational presentation. No claim is made that the options trading explanations and/or strategies presented in this workshop will result in profits and will not result in losses. Option trading may not be suitable for all participants of this program. All comments, trading strategies, techniques, concepts and methods shown within this class presentation are not and should not be construed as an offer to buy or sell stocks and/or options - they are opinions based upon market observation and personal experience. Therefore, the thoughts expressed are not guaranteed to produce profits in any way. All opinions are subject to change without notice. Each option trader/investor is responsible for his or her own actions, if any. You affirm that your attendance in this Options class presentation constitutes your agreement to this disclaimer and that you hold harmless the presenter and host facility from any liability or litigation of any form emanating from market trading on your part.

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

Instructor: Richard Bender

Option 1: 5-Digit Number: 24495 | Mon/Wed, 6:00 - 8:00 p.m., 2/13 - 2/22 | Location: Online | Fee: \$89

Option 2: 5-Digit Number: 24497 | Mon/Wed, 6:00 - 8:00 p.m., 6/5 - 6/14 | Location: Online | Fee: \$89

ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours | **55+**

Note: Course will meet on campus in an in-person environment.

Instructor: Richard Bender

5-Digit Number: 24496 | Mon/Wed, 1:30 - 3:30 p.m., 4/24 - 5/3
Location: Conference Center/E139 | Fee: \$89

Learning on Location



LIR182 Intriguing, Unusual, and Interesting Tales of Downtown Frederick Walking Tour: Trains, Trolleys, and Automobiles

1 session, 1.5 hours | **55+**

In this easy walking tour, we will explore the history of transportation in the downtown Frederick area. Learn about Abraham Lincoln's train visit and the importance of the railroad industry. We'll stop by the exteriors of former sites that reflect the automobile industry and trolley system and listen to stories about the locations. Learn what the horse and carriage meant to the area including its use for travel, tanneries, and Civil War hospitals. Facts about local history will be discussed as we stroll among the houses and buildings. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace.

Note: This tour will be conducted in downtown Frederick. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date.

Instructor: Jeanne McDermott

Option 1: 5-Digit Number: 24560 | Sat, 10:00 - 11:30 a.m., 4/29
Location: Off Campus | Fee: \$18

Option 2: 5-Digit Number: 24561 | Sat, 10:00 - 11:30 a.m., 5/6
Location: Off Campus | Fee: \$18

FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or WiFi.



LIR182 Intriguing, Unusual, and Interesting Tales of Downtown Frederick Walking Tour: Southeast Districts

1 session, 1.5 hours | **55+**

In this easy walking tour, we will explore the southeast area of downtown Frederick including parts of Carrol Creek. Learn about historic buildings, former businesses and trades including tanneries, the flood and restoration project, and the famous Trompe-l'œil bridge. We'll also walk along All Saints Street where we will explore African American history, see historic homes, and learn about important members of the community. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace.

Note: This tour will be conducted in downtown Frederick. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date.

Instructor: Jeanne McDermott

Option 1: 5-Digit Number: 24557 | Sat, 10:00 - 11:30 a.m., 6/3
Location: Off Campus | Fee: \$18

Option 2: 5-Digit Number: 24558 | Sat, 10:00 - 11:30 a.m., 6/10
Location: Off Campus | Fee: \$18

LIR220 C&O Canal: History and Nature

2 sessions, 3 hours | **55+**

The Chesapeake and Ohio Canal, a National Park, is a cherished outdoor spot by cyclists, hikers, and others. This course examines the canal's history, especially the varied engineering marvels of its time, and as a place of both recreation and natural beauty today. The first session will take place in the classroom and the second session will be a walking tour of a section of the canal. The walk is less than 2 miles with minimal elevation changes along a well-maintained pathway. Students are to provide their own transportation to the meet up location for the walk. Exact location will be determined at a later date.

Rain Date: Wednesday, April 19

Note: This course will meet on campus and on location in an in-person environment.

Instructor: Ralph Buglass

5-Digit Number: 24559 | Mon, 10:00 - 11:30 a.m., 4/10
& Mon, 10:00 - 11:30 a.m., 4/17

Location: Conference Center/E126B & Off Campus | Fee: \$34



LIR248 Hillwood Estate, Museum and Gardens

1 session, 8.5 hours | **55+**

Spend a day visiting the historic estate of Marjorie Merriweather Post, which contains the most comprehensive collection of Russian imperial art outside of Russia. Enjoy the distinguished 18th century French decorative art collection and stroll through acres of beautifully landscaped gardens and woodlands. The estate is now a museum designed to inspire and charm those who visit there. Hillwood's appeal comes from a combination of the historic and enchanting life of Marjorie Post, the beautiful mansion and gardens, and the chance to see one of the largest collections of Fabergé eggs in the world. This tour includes a sandwich lunch buffet at the estate. Commentary will be provided before arriving at our destination and there will be a docent lead tour at the estate followed by time to explore the gardens on your own. This bus tour involves moderate walking, some steps, and moderate standing throughout the day. No refunds after close of business on 4/20.

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

Instructor: Marsha Adelson

5-Digit Number: 24701 | Thu, 9:00 a.m. - 5:30 p.m., 4/27

Location: Off Campus | \$115



LIR253 In Lincoln's Footsteps

1 session, 8.5 hours | **55+**

President Lincoln personally commended his army following its great victory at Antietam. But not in Washington, but Washington County. Two weeks after the battle, Lincoln reviewed his troops and met with General McClellan and other Federal brass at sites still salient in the Antietam Valley. And the president posed for pictures too. Famous pictures, heretofore with locations unknown. Acclaimed Civil War author Dennis Frye has solved this mystery, and he will guide us into Lincoln Land right in our backyard. This bus tour will use the FCC Shuttle Bus and involves multiple tour stops with minimal walking. A sit down lunch is included in the tour fee.

Rain Date: Thursday, May 11

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

Instructor: Dennis Frye

5-Digit Number: 24768 | Thu, 8:15 a.m. - 4:45 p.m., 5/4

Location: Off Campus | Fee: \$99

LIR207 Antietam: As Seen from The Antietam

1 session, 4 hours | **55+**

Experience the Battle of Antietam from the vantage of the Antietam Creek. This 4-hour canoe trip will present the battle from a novel perspective, viewed and interpreted from the creek itself. You will "float" to places never seen and not accessible from the public battlefield. A Civil War adventure never to be forgotten. This trip requires that you have mobility to enter, exit, and paddle a 2-person canoe for the duration of the course. You could get wet as tipping your canoe is a possibility. Further details including where to meet will be emailed to students approximately 1-2 weeks prior to the course date. No refunds after close of business on May 30.

Rain Date: Thursday, June 8

Note: This tour will be conducted at a location to be determined closer to the course date. Students will be required to provide their own transportation. An email will be sent with trip details 1-2 weeks prior to the course date.

Instructor: Dennis Frye

5-Digit Number: 24556 | Tue, 1:00 - 5:00 p.m., 6/6

Location: Off Campus | Fee: \$129



Please continue to check **ILRatFCC.org** throughout the semester as we sometimes add additional courses, including new walking tours and seasonal classes.

LIR172 Dante and His Divine Comedy

6 sessions, 12 hours | **55+** | 

Travel through the Inferno, Purgatorio, and Paradiso in this study of Dante Alighieri's *Divine Comedy*. 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.

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

Instructor: Tiffany Jansen

5-Digit Number: 24491 | Wed 10:00 a.m. - 12:00 p.m., 2/1 - 3/8

Location: Online

Tuition: \$22 | Fee: \$104 | Total: \$126 | *MD residents age 60+ pay fee only*

LIR191 Women Poets

2 sessions, 2 hours | **55+**

Celebrate poetry by reading, analyzing, and discussing a variety of poems that focus on women poets. Poems from Emily Dickinson, Maya Angelou, Sylvia Plath, and Alice Walker will be read. Explore the meaning and context of their poems, common themes that female poets portrayed, and their poetic structure. Analyze why these poets' voices need to be heard and remembered. Celebrate poetry by 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: Course will meet on campus in an in-person environment.

Instructor: Jeanne McDermott

5-Digit Number: 24460 | Thu, 9:30 - 10:30 a.m., 2/23 - 3/2

Location: Conference Center/E134 | Fee: \$19

SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours | **55+**

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

Note: Course will meet on campus in an in-person environment.

Instructor: Dorothy O'Neal

5-Digit Number: 24459 | Wed, 1:00 - 3:00 p.m., 4/5 - 5/17

Location: Braddock Hall/B103

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

LIR241 Mythology Made New

4 sessions, 4 hours | **55+** |  | 

Explore the propagation of Greek mythology across popular culture. From mythological retellings and inspirations across literature, film, and theater, let's dive into what makes such ancient stories timelessly appealing and inspirational.

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

Instructor: Kierstin Klimas

5-Digit Number: 24492 | Mon, 6:30 - 7:30 p.m., 5/1 - 5/22

Location: Online | Fee: \$42

PHILOSOPHY, RELIGION & EXPLORATION

LIR246 Mindfulness and Meditation Literary Series: Zen Koan Study That Can Change Your Life

4 sessions, 6 hours | **55+**

Be more present in one's own life and the lives of others. This course will focus on a new work by Joan Sutherland: *Through Forests of Every Color: Awakening with Koans*. Take a deep dive beyond the Zen mystique to explain how koans work in and with our everyday trials, tribulations, and joys. Meditation techniques will be explored and practiced during the course. We highly recommend that you purchase *Through Forests of Every Color: Awakening the Koans* by Joan Sutherland. The book will be read during the course.

Note: Course will meet on campus in an in-person environment.

Instructor: Jerry Webster

5-Digit Number: 24536 | Wed, 10:00 - 11:30 a.m., 2/1 - 2/22

Location: Conference Center/E126B

Tuition: \$16 | Fee: \$56 | Total: \$72 | *MD residents age 60+ pay fee only*

LIR252 God is With Us: War in the Bible

5 sessions, 10 hours | **55+** |  | 

A look at organized violence in the Old and New Testaments, the context within which armies are imagined Biblically, and the literary means by which holy texts justify coercive power in the name of national cohesion.

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

Instructor: Logan Isaac

5-Digit Number: 24699 | Mon, 6:00 - 8:00 p.m., 2/6 - 3/6

Location: Online

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



LIR251 Universal Symbols Across Religions

4 sessions, 6 hours | **55+**

Some symbols and symbolic behaviors are nearly universal across religions. Water, fire, incense, prayer beads, swastikas can be found across cultures and religious traditions. Explore the various meanings of these general symbols and compare how they are used in different cultures/religions. Examine how religious symbols have changed over time and are viewed in contemporary society.

Note: Course will meet on campus in an in-person environment.

Instructor: Stephanie Curran

5-Digit Number: 24717 | Mon, 3:30 - 5:00 p.m., 4/10 - 5/1

Location: Conference Center/E138

Tuition: \$12 | Fee: \$54 | Total: \$66 | *MD residents age 60+ pay fee only*

Lifting the Veil, a Paranormal Roundtable



The supernatural is embedded in our culture. We celebrate Halloween, watch scary movies, use crystals and hold superstitions. Many are curious about the unexplained and seek information that will make sense of it all. Each session will focus on a different topic and students are encouraged to bring their experiences and questions. We hope we can "lift the veil" for you and satisfy your curiosity about the paranormal.

LIR195 Divination: Pathways for the Soul

Instructor: Rhonda Russo & Terri Rodabaugh

5-Digit Number: 24537 | Wed, 1:00 - 3:00 p.m., 3/15

LIR195 Numerology

Instructor: Terri Rodabaugh

5-Digit Number: 24538 | Wed, 1:00 - 3:00 p.m., 4/12

LIR195 Connecting with Your Guides

Instructor: Rhonda Russo & Terri Rodabaugh

5-Digit Number: 24539 | Wed, 1:00 - 3:00 p.m., 5/17

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All Paranormal Roundtable classes will meet on campus in an in-person environment.

For all classes: 1 session, 2 hours | **55+**

Location: Conference Center/E136 | Fee: \$25

SCIENCE & NATURE

ILR577 The Aging Brain: It's Not All Bad News

6 sessions, 12 hours | **55+**

This course will focus on the basic principles of learning, memory and cognition, with a special emphasis on the changes that occur from mid-life through older adulthood. We will also explore specific factors and lifestyle behaviors that could potentially accelerate the aging process, as well as those that may facilitate healthier brain functioning in our later years.

Note: Course will meet on campus in an in-person environment.

Instructor: Barbara Angleberger

5-Digit Number: 24540 | Tue, 1:30 - 3:30 p.m., 2/14 - 3/21

Location: Conference Center/E125

Tuition: \$35 | Fee: \$109 | Total: \$144 | *MD residents age 60+ pay fee only*

ILR413 Well, It's About Time - Part I

6 sessions, 12 hours | **55+**

It may come as a surprise, but "time" is the most frequently used word in the English language. From music ("Time is on My Side"- Rolling Stones); to literature ("It Was the Best of Times, It Was the Worst of Times"- Charles Dickens); to sports (time out and overtime); to movies ("Time Bandits"). You get the idea. But what is time really? Although we experience it, use it, and depend on it, we really never consider exactly what it is. This course explores the true nature of time from several viewpoints; from the scientific, to the cosmological, to the human experience. Time is as pervasive in our lives as breathing.

Note: Course will meet on campus in an in-person environment.

Instructor: Robert Rubock

5-Digit Number: 24541 | Thu, 10:00 a.m. - 12:00 p.m., 3/2 - 4/13

No Class: 3/23 | Location: Conference Center/E138

Tuition: \$34 | Fee: \$115 | Total: \$149 | *MD residents age 60+ pay fee only*

ILR850 On Gossamer Wings: The Magic of Butterflies and Moths

3 sessions, 6 hours | **55+**

With at least 70 species of butterflies and over a 1000 species of moths in Frederick County, we have much to explore. This introduction course will include classroom time to study lifecycles, anatomy, nomenclature and identification, and time outdoors (weather providing) to apply that knowledge.

Note: Course will meet on campus in an in-person environment.

Instructor: Kathy Barylski

5-Digit Number: 24544 | Wed, 2:00 - 4:00 p.m., 5/10 - 5/24

Location: Conference Center/E125 | Fee: \$59

ILR575 Butterflies in the Field1 session, 2 hours | **55+**

Summer is a great time to see butterflies in Maryland. With cooperative weather, we may see a dozen or more species. Expect up close viewing and plan to take plenty of pictures. Transportation will be provided by the student. Please bring your own water and be prepared for some moderate walking.

Rain Date: Friday, June 9

Note: This tour will be conducted at a location to be determined closer to the course date. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Kathy Barylski

5-Digit Number: 24545 | Wed, 2:00 - 4:00 p.m., 6/7

Location: Off Campus | Fee: \$22

ILR959 Beginning Birding3 sessions, 6 hours | **55+**

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: Course will meet on campus in an in-person environment.**Instructor:** Kathy Barylski

5-Digit Number: 24546 | Thu, 1:00 - 3:00 p.m., 3/2 - 3/16

Location: Conference Center/E138 | Fee: \$64

ILR968 Discover a Season1 session, 2 hours | **55+**

Discover the progression of a season across Frederick County. Every aspect of nature progresses at its own pace. We'll meet on-site at a different location for each class to experience a different aspect of the season. Wear proper shoes and dress for the weather. During the course, you will walk about one mile over easy terrain. Students are required to provide their own transportation to the trail walk site.

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

Instructor: Kathy Barylski**Option 1: Spring Birds**

5-Digit Number: 24542 | Thu, 10:00 a.m. - 12:00 p.m., 3/30

Location: Off Campus | Fee: \$22

Option 2: Fleeting Flowers of Spring

5-Digit Number: 24543 | Thu, 10:00 a.m. - 12:00 p.m., 4/6

Location: Off Campus | Fee: \$22

**REC141 Mixology: The Basics of Cocktail Tools, Ingredients and Recipe Development**1 session, 2 hours | **21+** |

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

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: Tenth Ward Distilling Co.**Option 1:** 5-Digit Number: 24500 | Wed, 7:00 - 9:00 p.m., 1/18

Location: Tenth Ward Distilling Co. | Fee: \$34

Option 2: 5-Digit Number: 24501 | Wed, 7:00 - 9:00 p.m., 5/17

Location: Tenth Ward Distilling Co. | Fee: \$34

**REC140 Spirits Sensory Class**1 session, 2 hours | **21+** |

Learn how the pros nose, taste and evaluate spirits. Students will be taught how to taste and smell whiskies, gins, and other liquors. They will also learn tricks and techniques to determine faults and know what makes a good bottle of spirit. Students will participate in a sensory analysis of two spirits and get to take home proprietary flavor wheels and evaluation techniques developed by some of the top experts in the industry.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: McClintock Distilling**Option 1:** 5-Digit Number: 24709 | Thu, 7:00 - 9:00 p.m., 2/16

Location: McClintock Distilling | Fee: \$34

Option 2: 5-Digit Number: 24710 | Thu, 7:00 - 9:00 p.m., 4/27



Location: McClintock Distilling | Fee: \$34



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

Wines & Whiskey

ILR889 Raise Your Wine IQ – Wines of Portugal

1 session, 1.5 hours |  | 


Portugal has a long tradition of wine making with a wide selection of often unpronounceable native varieties. The most famous and most copied wine of Portugal is Port; but with more than 250 varieties indigenous grapes, the country offers a wide variety of wines and has more native grapes per square mile than any other country in the world. Portugal is one of the top ten producers of wine in the world; and in the last ten years, their wine exports have grown an average of 3.3% in value. While global warming has caused problems for harvests around the world, Portugal's last two harvests increased as much as 14% in production. Come explore this lovely country which is steeped in winemaking tradition: a wine region often overlooked by many of us.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: Jacqueline Rogers

5-Digit Number: 24531 | Wed, 1:00 - 2:30 p.m., 5/10
Location: Spin the Bottle Wine Company | Fee: \$25

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.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: McClintock Distilling

Option 1: 5-Digit Number: 24705 | Thu, 7:00 - 9:00 p.m., 3/9
Location: McClintock Distilling | Fee: \$34

Option 2: 5-Digit Number: 24706 | Thu, 7:00 - 9:00 p.m., 5/18
Location: McClintock Distilling | Fee: \$34

Addresses for classes located off campus can be found on page 45.

Gin & Beer

REC137 Gin 101

1 session, 2 hours |  | 

Students will learn about the history and production process of making gin at the historic McClintock Distilling production facility. Afterwards students will get a chance to sample six different styles of gins from throughout history and the world. Students will also learn about the different botanicals and herbs that are used to make gin and finally, will be able to make their own custom gin blend of botanicals to take home and make their own compound gin.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: McClintock Distilling

Option 1: 5-Digit Number: 24707

Thu, 7:00 - 9:00 p.m., 4/6



Location: McClintock Distilling | Fee: \$34

Option 2: 5-Digit Number: 24708

Thu, 7:00 - 9:00 p.m., 6/15

Location: McClintock Distilling | Fee: \$34

REC136 Know Your Beer

1 session, 2 hours |  | 

It used to be that the only choice you ever had to make while ordering a beer was whether you wanted it served in a bottle or a glass. But as the craft brewing movement grew so did our choices. There are different categories and styles, and never mind color, body and ABV. Any self-respecting beer drinker needs to know the difference before ordering their perfect pour. The expert brewers at the family-owned Steinhardt Brewing Company will teach you the beer basics as you taste your way through this course. Afterall, the best beer to drink is the one that you'll enjoy the most.

Note: Must be 21 to register. Course will meet off campus in an in-person environment.

Instructor: Steinhardt Brewing Co.

Option 1: 5-Digit Number: 24412

Tue, 4:00 - 6:00 p.m., 3/14

Location: Steinhardt Brewing Co. | Fee: \$29

Option 2: 5-Digit Number: 24413

Tue, 4:00 - 6:00 p.m., 5/23

Location: Steinhardt Brewing Co. | Fee: \$29

REC139 Aged Vinegar: Surprising Ways to Dip, Dress, or Drink1 session, 1.5 hours | 16+ | 

Come join us as we team up with Lebherz Oil & Vinegar Emporium for an in-depth look at the joy of true, aged balsamic vinegars as well as wine and honey vinegars. Enjoy a comparative tasting and explanation followed by a sampling of mocktails and appetizers that can be made with unique vinegars.

Note: Course will meet off campus in an in-person environment.

Instructor: Lebherz Oil & Vinegar

Option 1: 5-Digit Number: 24693 | Wed, 5:30 - 7:00 p.m., 2/22
Location: Lebherz Oil & Vinegar Emporium | Fee: \$39

Option 2: 5-Digit Number: 24694 | Wed, 5:30 - 7:00 p.m., 5/10
Location: Lebherz Oil & Vinegar Emporium | Fee: \$39

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. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

REC135 Cantonese Beef with Tomatoes and Japanese California Roll

5-Digit Number: 24486 | Sat, 11:00 a.m. - 1:00 p.m., 2/18

REC135 Thai Pineapple Fried Rice and Vietnamese Fried Chicken Wings

5-Digit Number: 24487 | Sat, 11:00 a.m. - 1:00 p.m., 4/22

REC135 Malaysian Chicken Satay and Korean Sweet Potato Translucent Noodles

5-Digit Number: 24488 | Sat, 11:00 a.m. - 1:00 p.m., 6/10

All Taste of Asia classes will meet on campus in an in-person environment.

For all classes:

1 session, 2 hours | 16+ | **Instructor:** Chef Stuart Woo
Location: Conference Center/E125 | Fee: \$36

**FOR423 French Conversation and Basic Communication**8 sessions, 16 hours | 16+ | 

Develop ability to communicate orally and in writing in French. Practice what you are learning by participating in class conversations and completing classroom assignments. In each class, we will also discover some aspects of the French culture such as food, music, history, movies, celebrations and more. This class is for those who have the desire or need to communicate in French as well as understand the basics of French culture.

Note: Course will meet on campus in an in-person environment.

Instructor: Angelina Garcia

5-Digit Number: 24680 | Tue/Thu, 6:00 - 8:00 p.m., 1/10 - 2/2
Location: Conference Center/E134

Tuition: \$42 | Fee: \$134 | Total: \$176 | MD residents age 60+ pay fee only

FOR100 Basic Conversational Spanish8 sessions, 16 hours | 16+ | 

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

Note: Course will meet on campus in an in-person environment.

Instructor: Angelina Garcia

5-Digit Number: 24526 | Tue/Thu, 6:00 - 8:00 p.m., 2/7 - 3/2
Location: Conference Center/E138

Tuition: \$42 | Fee: \$134 | Total: \$176 | MD residents age 60+ pay fee only

FOR101 Continuing Conversational Spanish8 sessions, 16 hours | 16+ | 

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


Note: Course will meet on campus in an in-person environment.

Instructor: Angelina Garcia

5-Digit Number: 24528 | Tue/Thu, 6:00 - 8:00 p.m., 3/7 - 4/4
No Class: 3/23/23 | Location: Conference Center/E138

Tuition: \$42 | Fee: \$134 | Total: \$176 | MD residents age 60+ pay fee only

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

Note: Course will meet on campus in an in-person environment.

Instructor: Dora Jaar

5-Digit Number: 24525 | Fri, 10:00 a.m. - 12:00 p.m., 3/10 - 5/5

No Class: 3/24 | Location: Conference Center/E134

Tuition: \$42 | Fee: \$134 | Total: \$176 | MD residents age 60+ pay fee only

FOR300 American Sign Language I

6 sessions, 15 hours |  

Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class. This course will use the digital curriculum platform True+Way ASL. Information on how to purchase the curriculum will be provided to you a few days prior to your first class. The cost is expected to be less than \$100 depending on the units that the instructor chooses for the course.

Note: Course will meet on campus in an in-person environment.

Instructor: Racquel Roulit

5-Digit Number: 24681 | Tue, 6:00 - 8:30 p.m., 4/4 - 5/9

Location: Conference Center/E134

Tuition: \$42 | Fee: \$134 | Total: \$176 | MD residents age 60+ pay fee only

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 three major functions (aperture, shutter speed and ISO settings) work. Particular attention will be given to how they influence one another and how you can determine which one is most important for getting the picture you want. We will review secondary level settings such as resolution, color space, metering modes, white balance and more. You'll also learn about techniques and accessories that can help you produce even better photos. 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. This course is not appropriate for point and shoot or phone cameras. Students must bring a DSLR or mirrorless camera to class.

Note: Course will meet on campus in an in-person environment.

Instructor: Howard Clark

5-Digit Number: 24341 | Sat, 10:00 a.m. - 12:00 p.m., 1/14 - 1/28

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 or creating images; not on processing them.

Note: Course will meet on campus in an in-person environment.

Instructor: Howard Clark

5-Digit Number: 24482 | Tue, 7:00 - 9:00 p.m., 2/7 - 2/21

No Class: 2/14 | Location: Conference Center/E125 | Fee: \$39



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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 33.



PHO129 Mastering Exposure

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

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

Note: Course will meet on campus in an in-person environment.

Instructor: Cat Simmons

5-Digit Number: 24484 | Mon, 5:00 - 9:00 p.m., 3/6

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

PHO125 Digital Photo Management for Photographers

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

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, Skylulm Luminar, or Adobe Lightroom. These applications will be discussed during the class.

Note: Course will meet on campus in an in-person environment.

Instructor: Howard Clark

5-Digit Number: 24483 | Tue, 7:00 - 9:00 p.m., 3/14

Location: Conference Center/E134 | Fee: \$19



PHO130 Introduction to Family and Child Photography

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

Family and child photography is a popular genre within today's photographic profession. Having the skills and knowledge offered in this class will equip students towards taking technically and aesthetically solid family and child photographs. Some of the topics covered include camera settings, lens choices, focus modes, posing, and tricks to overcoming difficult situations. Whether you are an aspiring professional or a hobbyist simply wanting to take better photographs of your own family and friends, this class will offer a starting point to make that a reality.

Note: Course will meet on campus in an in-person environment.

Instructor: Cat Simmons

5-Digit Number: 24485 | Mon, 4:00 - 7:00 p.m., 4/3

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

PHO126 Introduction to Editing Your Photos without Adobe Software

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

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: Course will meet on campus in an in-person environment.

Instructor: Howard Clark

5-Digit Number: 24347 | Tue, 7:00 - 9:00 p.m., 4/11 - 4/18

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



PHO128 Portrait Basics

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

Students will learn the basics of portraiture in the areas of camera settings, lens choices, natural and artificial lighting, composition, posing, and working with subjects. Topics such as using the histogram and a gray card are also covered with a brief Lightroom Demo showing how to use the gray card to correct white balance. Content is taught through both a lecture and hands-on practice approach. Comprehensive notes are distributed to set students up for continued success at home. Participants would need to have access to their own DSLR or mirrorless cameras.

Note: Course will meet on campus in an in-person environment.

Instructor: Cat Simmons

5-Digit Number: 24344 | Mon, 5:00 - 9:00 p.m., 4/24

Location: Conference Center/E125 | Fee: \$44



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 3.



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



ENG239 The Art of Worldbuilding in Fiction

6 sessions, 12 hours | 16+

A reader enters the world of the story the moment they open a book and begin reading. The novelist's job is to entice them to stay by plunging them into a world so immersive that it becomes as real to them as the world in which they live. This course will look at the essential elements for creating a believable world that offers the reader an experience as well as a story. We will discuss the use of these worldbuilding elements using examples from familiar stories from both literature and television/film such as Lord of the Rings, Star Wars, The Hunger Games, and The Lion, The Witch, and the Wardrobe. Only a well-built world can convince a reader to believe in it, stay in it, want to learn more about it, and, hopefully, return to it again and again. The goal of this course is to arm writers with tools for building immersive worlds, no matter where (or when) their stories take place.

Note: Course will meet on campus in an in-person environment.

Instructor: Tiffany Jansen

5-Digit Number: 24520 | Tue, 10:00 a.m. - 12:00 p.m., 1/17 - 2/21

Location: Braddock Hall/B103

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



ENG240 Amherst Writers and Artists Workshop

8 sessions, 16 hours | 16+

This workshop follows the Amherst Writers and Artists (AWA) format, meaning each participant is recognized as a writer with a unique voice. The facilitator offers the group writing prompts, participants write for a specific period of time and then share their writing. Group feedback focuses only on what is strong, memorable and working in the piece shared. Participants have the option to choose an alternate topic if the prompt offered does not appeal. The AWA method requires deep listening and the ability to enter the writer's world.

Note: Course will meet on campus in an in-person environment.

Instructor: Sherri Philpott

5-Digit Number: 24679 | Thu, 1:00 - 3:00 p.m., 3/30 - 5/18

Location: Conference Center/E125

Tuition: \$30 | Fee: \$129 | Total: \$159 | MD residents age 60+ pay fee only

FREE Spring Courses

ILR is proud to present seven free courses this spring. Join us for engaging classes focusing on history, literature, and religion.

Registration information is located on page 44.



LIR198 The African American History Lecture Series

1 session, 1.5 hours | 55+

The African American History lecture series, which was organized for FCC and is presented by instructors from the African American Resources-Cultural and Heritage (AARCH) Society, offer opportunities to expand the knowledge and understanding of the students about present-day Frederick by learning about the history of African Americans in Frederick County.

They Came Across South Mountain

A uniquely Maryland work in progress, learn about one writer's journey from family genealogist to published author of a love story, a novel based on four generations of a family of free people of color, who migrated from Washington County to Frederick County and beyond in search of a better life for themselves and their future generations.

Note: Course will meet on campus, in-person.

Instructor: Elayne Bond Hyman

5-Digit Number: 24711 | Tue, 2:00 - 3:30 p.m., 1/24

Location: Conference Center/E136

Catoctin's Enslaved

This is the story of the enslaved Africans who were brought to the Catoctin Iron Furnace to work for the early Europeans who owned them and the furnace. Participants will be invited to interact with the texts, to discuss archeological findings and explore how this legacy continues to impact the present day. Recommended Reading: *Catoctin SlaveSpeak*. All students will be offered a free copy of this book prior to the start of the course. Please stop by the Conference Center/E101 on campus to pick up your copy.

Note: Course will meet on campus, in-person.

Instructor: Elayne Bond Hyman

5-Digit Number: 24712 | Tue, 2:00 - 3:30 p.m., 1/31

Location: Conference Center/E138

Additional free courses on page 32 →

FREE Spring Courses *continued* ...

The courses in this section were made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.

ILR329 Russian History: The Big Picture

4 sessions, 5 hours | **55+** | 

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: Course hosted by the Frederick Senior Center. This Structured Remote Course (SR) is entirely online. An email will be sent prior to the first class with detailed course information and class details. Upon registration, students may be advised that they also need to fill out a form with the Senior Center.


Instructor: Ernest O'Roark

5-Digit Number: 24553 | Wed, 1:30 - 2:45 p.m., 1/4 - 1/25

Location: Online



LIR247 Armchair Escape Series: Indoor "Walking Tour" of Downtown Frederick

1 session, 2 hours | **55+** | 

Discover the world without having to deal with the hassles of travel. We will bring the locations to you. Our escapes are inspired by interesting locales and popular culture. From the comfort of your own home, enjoy a "walking tour" of downtown Frederick. Jeanne will provide you with some fascinating facts about our beloved city. The "tour" includes both past and present tidbits of history that will provide both amusement and insight. This class is a great review for those that participated in previous downtown walking tours and fun for those that missed them.

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

Instructor: Jeanne McDermott

5-Digit Number: 24700 | Fri, 9:30 - 11:30 a.m., 1/13

Location: Online

View full course descriptions
at ILRatFCC.com



LIR247 Armchair Escape Series: Shakespeare and Company, A Parisian Bookstore

2 sessions, 4 hours | **55+**

Let's head to Shakespeare & Company and learn about those who have frequented this famous shop. This iconic Parisian bookstore originally opened in 1919 on the Left Bank, the store saw authors such as Hemingway, Joyce, and Fitzgerald join weekly literary salons. It has provided an unconventional hide-away for aspiring authors, called Tumbleweeds, who stay while they write and experience the special light of Paris.

Note: Course will meet on campus, in-person.

Instructor: Marcy Gouge

5-Digit Number: 24554 | Tue/Thu, 1:00 - 3:00 p.m., 4/11 - 4/13

Location: Conference Center/E138

ILR860 Downsizing Simplified: Living Smaller and Loving It

3 sessions, 4.5 hours | **55+**

Overwhelmed by stuff? 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: Course will meet on campus, in-person.

Instructor: Stacy Reno

5-Digit Number: 24569 | Tue, 2:00 - 3:30 p.m., 3/7 - 3/21

Location: Conference Center/E138

LIR234 Understanding Wireless Technology

4 sessions, 6 hours | **55+**

Designed to help you better understand technologies that surround us and impact our lives. Learn easy-to-understand terms and discover the many ways technologies help, but also develop more realistic expectations about what they can and cannot do. Technical aspects will be kept to a minimum but a certain amount of technical content is inherent to this topic.

Note: Course will meet on campus, in-person.

Instructor: Guillermo Warley

5-Digit Number: 24605 | Thu, 1:00 - 2:30 p.m., 3/30 - 4/20

Location: Student Center/H210

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 Metro Area her whole life and enjoys sharing the beauty, history, and uniqueness of our Nation's Capital with others through tours and lectures.

Hillwood Estate, Museum and Gardens..... 23

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.

The Aging Brain: It's Not All Bad News..... 25

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.

Hell: A History 14

The Constitution Today - The Federal Executive Power 16

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..... 10

Iris Paper Folding: Flowers..... 10

Crochet for Beginners..... 18

Travel Light, Travel Easy..... 19

On Gossamer Wings: The Magic of Butterflies and Moths..... 25

Butterflies in the Field 26

Beginning Birding 26

Discover a Season: Spring Birds 26

Discover a Season: Fleeting Flowers of Spring..... 26

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..... 21

Elayne Bond Hyman

Elayne Bond Hyman is a mixed-blood woman of many nations. She is of Native, African, and European descent. She integrated the all-female student body of Stephens College, in Columbia MO graduating with honors in 1964. She subsequently graduated from Howard University in 1966, Phi Beta Kappa, Dobroe Slovo, and Cum Laude with a BA in Russian, and a double minor in English and French. She holds graduate degrees from the University of Pittsburgh, Pittsburgh Theological Seminary, where she received the Homiletics Prize. She taught undergraduate courses in the Humanities program at Howard University, namely "Individual In Society" through the literary lens of African-American Women, and Montgomery Community College, English as a second language courses. She is honorably retired, after 25 years of ministry in the Presbyterian Church USA 1980-2004. She has been published in literary genres of poetry and personal essay including Laurel Holliday's Children of the Dream. She has performed her poetry collection Catoctin SlaveSpeak locally for live audiences and on-camera videos. Ms. Hyman is semi-retired from AFTRA and SAG but occasionally appears in PSA's and regional commercials.

They Came Across South Mountain..... 31

Catoctin's Enslaved 31

Vance Bonner, PhD

Dr. Vance Bonner has been teaching posture, body mechanics, kinesiology, and exercise therapy to athletes, dancers, trainers, and thousands of people with chronic pain. She has taught her Bonner System of Structural Reprograming internationally and nationally since 1974. She divides her time between Frederick and Bend, OR.

The Vance Stance: Posture, Awareness, and Flexibility 13

Instructor Bios *continued*

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.

History Bites

The Spy Game in Maryland.....	17
The Gamble of 1862: The Maryland Campaign.....	17
Faces of Union Soldiers at South Mountain and Harpers Ferry.....	17
Faces of Union Soldiers at Antietam.....	17
McClellan's Last Campaign: The Loudon Valley Campaign of 1862.....	17
Face of Union Soldiers at Fredericksburg.....	17

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.

C&O Canal: History and Nature.....	22
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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.....	29
Getting From Good to Great.....	29
Digital Photo Management for Photographers.....	30
Introduction to Editing Your Photos without Adobe Software.....	30

Georgina Copanzzi

Turquoise Inlay Ring.....	17
Jewelry Soldering Workshop.....	17
Introduction to Metalsmithing.....	18

Howard Cox

Howard Cox has over 20 years of experience in course development and presentation for the Graduate School USA and as an adjunct professor at George Washington University. For the last ten years, he has been responsible for course development and instruction at the Federal Law Enforcement Training Center.

The Spy Trial in Frederick Town.....	14
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Stephanie Curran

Stephanie Curran has taught humanities and religion classes for over 25 years. Her specialization is in World Religions and she has written a textbook entitled *One World, Many Faiths* published through Kendall Hunt.

Universal Symbols Across Religions.....	25
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Elizabeth 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.....	10
Social Networking for Beginners.....	10
Windows to Word.....	10

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, Ms. Fleming spent time teaching and performing in Venezuela with the Maracaibo Symphony Orchestra. Ms. Fleming joined the faculty of the Juilliard School Music Advancement Program where she taught double bass and performed with some of the premier ensembles in NYC and the surrounding area.

Inspired by Beethoven.....	6
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Linda Franklin

Dr. Linda Franklin is a longtime ILR teacher. She is a 200-h Kripalu yoga instructor certified through Yoga Alliance who has completed additional professional training in Integrative Yoga for Seniors at the Duke Health Integrative Medicine Center, and is also a teacher of Dynamic Gentle Yoga and Divine Sleep Yoga Nidra. Linda also rings with the FCC Handbell Choir and conducts choirs at two local churches and the BC Ringers at Buckingham's Choice. She has especially enjoyed working with mature-aged choirs made up of both beginning music readers and seasoned ringers having conducted classes with the Handbell Musicians of America.

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

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.

Android Phone - Beginner.....	11
How to Use Your DNA Matches for your Genealogy Research.....	20
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.

In Lincoln's Footsteps	23
Antietam: As Seen from The Antietam	23

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.

History of the Modern Middle East - Part I	15
History of the Modern Middle East - Part II	15

Sharon Galloway-Donohue

Sharon Galloway-Donohue CHt, is an American Hypnotist Guild certified hypnotherapist. She has experience in past life recall, psychic mediumship, holistic pain management, trance healing, and remote viewing.

Self-Hypnosis for Personal Development	12
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Angelina Garcia

French Conversation and Basic Communication	28
Basic Conversational Spanish	28
Continuing Conversational Spanish	28

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 Outer Hebrides: The Wild Atlantic Islands of Northern Scotland	14
Armchair Escape Series: Shakespeare and Company, A Parisian Bookstore	32

David Howard

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

The Music of the Frederick Symphony Orchestra: Musical Feature by the Winner of the Young Artist Competition	6
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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	7

Logan Isaac

Logan Isaac, HoSM, served six years in the US Army as a forward observer in the 82nd Airborne and 25th Infantry (Light) divisions. Upon his discharge, he used the GI Bill to earn degrees from Hawaii Pacific University, Duke University, and the University of St Andrews. He has been a college professor since 2013 and has presented academic research at conferences in the United States, Greece, Italy, Denmark, and Great Britain.

God is With Us; War in the Bible	24
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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	29
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Instructor Bios *continued*

Lynda Janet

Lynda Janet is a certified professional Gerontologist with the National Association for Professional Gerontologists, and a certified Dementia Practitioner with the National Council of Certified Dementia Practitioners. She has managed and designed memory care units in assisted living and skilled nursing facilities. Lynda is the Activity Director with Montessori-based programming for Dementia/Alzheimer's residents. She also actively volunteers with the Greater Western Chapter of the Alzheimer's Association in the areas of community outreach, program facilitation, advocacy, and fundraising.

Dementia 101 13

Tiffany Jansen

Tiffany R. Jansen is a freelance writer with work published in The Atlantic, Parents, Hemispheres, Saveur, and others. She holds an MFA in Creative Writing from Reinhardt University and is working on her first novel; a work of historical fiction she describes as The Girl With the Pearl Earring meets Netflix's Medici the Magnificent. She lives in Georgia with her husband, daughter, and two crazy cats.

Dante and His Divine Comedy 24

The Art of Worldbuilding in Fiction 31

Kierstin Klimas

Kierstin is a lifetime lover of literature with a master's degree in English, focusing on literary study and Modernism, with a Concentration in Creative Writing and Minors in Theatre and French. She has over four years of work experience in student support & success within higher education, as well as experience with regional theatre and the arts. She primarily loves to study the connections and overlays between life, history, culture, literature, and all the other forms story-telling can take. These interests and experiences have impassioned Kierstin to teach and encourage others in all their creative, academic, and literary explorations.

Mythology Made New 24

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.

The Early History of Maryland, 1634-1861 14

Jamestown: The Colony that Almost Wasn't 16

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 the current Vice President of the Washington Calligraphers Guild, and continues to sharpen her skills by taking classes from master calligraphers.

Beginning Calligraphy: Italic 18

Continuing Calligraphy 18

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. She has taught "101 courses" and hosted "meet-ups." Mary strives to not only interpret the cards during a reading, but to also help her querents understand the history and symbolism of the cards they are dealt.

The History of Maryland: Everything You Should Know 16

Genealogy In Action 19

The Fool's Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun 20

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: Art and Emotion 8

Acrylic Painting Techniques for Beginners 8

Drawing for Beginners: Inspired by Spring 8

Intermediate Drawing 8

Painting in the Style of the Master Artists: Focus on Light 8

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

Trains, Trolleys, and Automobiles 22

Walking Tour: Trains, Trolleys, and Automobiles 22

Women Poets 24

Armchair Escape Series: Indoor "Walking Tour" of Downtown Frederick 32

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

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..... 24

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..... 32

Kimberly Perna

Kimberly Perna has worked in Information Technology for over 20 years. She is currently the Deputy Chief Technology Officer at the University of Redlands. Kimberly regularly teaches workshops and supports faculty, staff, and students in the use of technology specifically, Microsoft Office, Windows 10, mobile devices, videoconferencing, cybersecurity, cloud computing, and social media platforms.

Cyber Awareness: Internet Safety..... 10

Sherri Philpott

Sherri Philpott has spent most of her professional life as a licensed clinical social worker; however, she has always considered yourself a writer at heart. Her existence spins around my husband, her one and only daughter, who is mostly away at college, and four entertaining cats. Listening as others' creative voices emerge is something she enjoys in her workshop.

Amherst Writers and Artists Workshop..... 31

Stacy Reno

Stacy Reno is the owner of Frederick's Premier Home Staging Company, Limelight Staged Homes. As an Accredited Staging Professional, she has helped homeowners prepare their homes to appeal to a wide range of buyers. She has also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to assist her clients with the downsizing process.

Downsizing Simplified: Living Smaller and Loving It..... 32

Terri Rodabaugh & Rhonda Russo

Terri and Rhonda partner to form a podcast show entitled "Lifting The Veil with Terri and Rhonda". They also do live gallery mediumship messages performance events, as well as virtual gallery messages, spirit circles, and one on one readings. Terri and Rhonda can often be heard on the WFRE Radio station giving live caller messages. They do free paranormal investigating for folks in need as a way of giving back to the community. Terri Rodabaugh is a medium that 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 mediumship 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. Rhonda has over 20 years of experience investigating the paranormal, and was born a seer, sensitive and empath, and has turned those abilities into becoming a Psychic Medium and Animal Intuitive. She is also a Reiki Master/Teacher and enjoys certifying people in the Usui Reiki method so that they can heal themselves or others. Rhonda is the author of a book that she wrote for her ghost hunting classes; "Bump In The Night Investigations" Beginner Ghost Hunting Book.

Lifting the Veil, a Paranormal Roundtable

Numerology..... 25

Divination, Pathways to the Soul..... 25

Connecting with Your Guides..... 25

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 - Wines of Portugal..... 27

Larry Romane

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

Medically Curious

Arthritis..... 12

Type 2 Diabetes..... 12

Low Back Pain..... 12

Gut Health..... 12

Racquel Roult

American Sign Language I..... 29

Instructor Bios *continued*

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.

Well, It's About Time - Part I 25

Jodie Schmidt

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

Introduction to Oil Painting 7
Continuing Pastels with Landscapes 7
Advanced Drawing: How to Build a Portrait Using Face Mapping 8
Drawing and Painting: A Mixed Media Survey Course 10

Cat Simmons

Cat Simmons is a photographer specializing in studio and environmental portraiture. She holds a Master of Fine Arts in Photography from Savannah College of Art and Design and currently enjoys a variety of photography related interests such as teaching, creating portraits, and volunteering her time in her local camera club.

Mastering Exposure 30
Introduction to Family and Child Photography 30
Portrait Basics 30

Karen R. Smith

Karen R. Smith is a certified life coach, speaker, and was an owner and employee of a local accounting business for 30 years. Her husband's sudden and unexpected death before the age of 50 made her realize that even though they were knowledgeable about finances, they were not prepared for this unexpected life event. That experience led her to author her book, "I Didn't See That Coming!" which includes worksheets and an easy 4-step process to organize, record, review and store the important legal, financial and insurance documents that have a significant impact on the after-effects of a Life Event.

Preparing Important Documents for a Life Event 21

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 Health 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 21

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.

Introduction to Watercolor 7
Introduction to Oil Pastels 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).

Challenging Myths about Alexander Hamilton - How His Ideas Shaped the World 16

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.

Principles and Challenges of U.S. National Security 16

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.

Improve Your Memory: From Mnemonics through Music.....	13
Improve Your Memory: From Mnemonics through Music - Part 2.....	13
Salem Witch Trials of 1692.....	14

James Thuman

DIY Home Maintenance for Beginners	20
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Nanette Tummers

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

Better Body - Better Brain	12
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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, an 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.....	18
Basic Sewing Techniques.....	19
Decipher A Sewing Pattern.....	19
Basic Quilting Techniques.....	19

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.

Understanding Wireless Technology	32
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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.

Mindfulness and Meditation Literary Series: Zen Koan Study That Can Change Your Life	24
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Susan Williams

Creating a healthy eating plan at any age is important. Learn how to sift through Keto, Paleo, Vegetarian, Flexitarian, and Auto Immune diets. We'll 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.

Nutrition, Sustainability, and Weight from College through Retirement.....	13
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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	
Cantonese Beef with Tomatoes and Japanese California Roll	28
Thai Pineapple Fried Rice and Vietnamese Fried Chicken Wings.....	28
Malaysian Chicken Satay & Korean Sweet Potato Translucent Noodles.....	28

January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4 1:30 Russian History	5	6
9	10 6:00 French Conversation	11 1:30 Russian History	12 2:00 Tai Chi for Balance 6:00 French Conversation	13 <u>9:30 Armchair Escape Series</u>
16 MLK, JR. DAY NO CLASSES	17 10:00 The Art of Worldbuilding 6:00 French Conversation	18 1:30 Russian History <u>7:00 Mixology: Cocktail Basics</u>	19 2:00 Tai Chi for Balance 6:00 French Conversation	20 9:30 Drawing for Beginners
23 2:00 The Constitution Today	24 10:00 The Art of Worldbuilding <u>2:00 They Came Across S. Mtn</u> 6:00 French Conversation	25 1:00 Better Body - Better Brain <u>1:30 Russian History</u> 6:00 Start Sewing in a Nutshell	26 2:00 Tai Chi for Balance 6:00 French Conversation	27 9:30 Drawing for Beginners
30 2:00 The Constitution Today	31 10:00 The Art of Worldbuilding <u>2:00 Catocin's Enslaved</u> 6:00 French Conversation	FEB 1 10:00 Dante/Divine Comedy 10:00 Mindfulness & Meditation 1:00 Better Body - Better Brain <u>6:00 Start Sewing in a Nutshell</u> 6:00 Nutrition/Sustainability	FEB 2 2:00 Tai Chi for Balance <u>6:00 French Conversation</u>	FEB 3 9:30 Drawing for Beginners 10:00 Ex. Watercolor/Beginner 10:00 The Spy Trial

February 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 2:00 The Constitution Today 6:00 Basic Quilting Techniques 6:00 God is With Us	7 10:00 The Art of Worldbuilding 10:00 Ex. Watercolor/Advanced 1:00 The Outer Hebrides 3:00 Cyber Awareness 6:00 Basic Conv. Spanish 7:00 Good to Great	8 10:00 Dante/Divine Comedy 10:00 Mindfulness & Meditation 1:00 Better Body - Better Brain 1:00 Android Phone/Beginner 2:00 Just Try It/Gentle Yoga 6:00 Nutrition/Sustainability	9 1:00 The Outer Hebrides <u>1:30 Iris Paper/Valentines</u> 2:00 Tai Chi for Balance 6:00 Basic Conv. Spanish	10 <u>9:30 Drawing for Beginners</u> 10:00 Ex. Watercolor/Beginner 10:00 The Spy Trial 10:00 Beginning Calligraphy
13 9:30 Salem Witch Trials 2:00 The Constitution Today <u>6:00 Basic Quilting Techniques</u> 6:00 God is With Us 6:00 Investment Strategies	14 10:00 The Art of Worldbuilding 10:00 Ex. Watercolor/Advanced 1:30 The Aging Brain 3:00 Cyber Awareness 6:00 Basic Conv. Spanish	15 <u>9:30 Documents/Life Event</u> 10:00 Dante/Divine Comedy 10:00 Mindfulness & Meditation 1:00 Better Body - Better Brain <u>1:00 Android Phone/Beginner</u> 2:00 Just Try It/Gentle Yoga <u>6:00 Nutrition/Sustainability</u> 6:00 Investment Strategies	16 2:00 Tai Chi for Balance 6:00 Basic Conv. Spanish <u>7:00 Spirits Sensory Class</u>	17 10:00 Ex. Watercolor/Beginner 10:00 The Spy Trial 10:00 Beginning Calligraphy
20 9:30 Salem Witch Trials <u>2:00 The Constitution Today</u> 6:00 God is With Us 6:00 Investment Strategies	21 <u>10:00 The Art of Worldbuilding</u> 10:00 Ex. Watercolor/Advanced 1:30 The Aging Brain <u>3:00 Cyber Awareness</u> 6:00 Basic Conv. Spanish <u>7:00 Good to Great</u>	22 <u>9:30 Documents/Life Event</u> 10:00 Dante/Divine Comedy <u>10:00 Mindfulness & Meditation</u> 1:00 Better Body - Better Brain 2:00 Just Try It/Gentle Yoga <u>5:30 Aged Vinegar</u> <u>6:00 Investment Strategies</u>	23 9:30 Women Poets 10:00 Myths/A. Hamilton 2:00 Tai Chi for Balance 6:00 Basic Conv. Spanish	24 9:30 Intermediate Drawing 10:00 Ex. Watercolor/Beginner 10:00 The Spy Trial 10:00 Beginning Calligraphy
27 9:30 Salem Witch Trials 6:00 God is With Us	28 10:00 Ex. Watercolor/Advanced 10:00 Genealogy In Action 1:30 The Aging Brain 6:00 Basic Conv. Spanish	MAR 1 10:00 Dante/Divine Comedy 10:00 Dementia 101 10:00 Advance Care Planning <u>1:00 Better Body - Better Brain</u> 2:00 Just Try It/Gentle Yoga 6:00 Basic Sewing Techniques	MAR 2 <u>9:30 Women Poets</u> 10:00 Myths/A. Hamilton <u>10:00 Med. Curious/Arthritis</u> <u>10:00 Well, It's About Time</u> 1:00 Beginning Birding 2:00 Tai Chi for Balance <u>6:00 Basic Conv. Spanish</u>	MAR 3 9:30 Intermediate Drawing 10:00 Ex. Watercolor/Beginner 10:00 Beginning Calligraphy <u>11:00 The Music of the FSO</u>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 9:30 Salem Witch Trials 2:00 Hell: A History 5:00 Intro. to Oil Pastels 5:00 Mastering Exposure <u>6:00 God is With Us</u>	7 10:00 Ex. Watercolor/Advanced 10:00 Genealogy In Action 1:30 The Aging Brain 2:00 Downsizing Simplified 6:00 Crochet for Beginners 6:00 Continuing Conv. Spanish	8 <u>10:00 Dante/Divine Comedy</u> 10:00 Dementia 101 1:00 DNA Matches/Genealogy 1:00 History of Middle East, P.1 <u>2:00 Just Try It/Gentle Yoga</u> 6:00 Basic Sewing Techniques	9 10:00 Myths/A. Hamilton 10:00 Well, It's About Time 10:00 Med. Curious/Diabetes 1:00 Beginning Birding 2:00 Tai Chi for Balance 6:00 Continuing Conv. Spanish 7:00 Maryland Whiskey 101	10 9:30 Intermediate Drawing 10:00 Ex. Watercolor/Beginner 10:00 Beginning Calligraphy 10:00 Intro. Italian Language
13 9:30 Salem Witch Trials 2:00 Hell: A History <u>5:00 Intro. to Oil Pastels</u>	14 10:00 Ex. Watercolor/Advanced 10:00 Genealogy In Action 1:30 The Aging Brain 2:00 Downsizing Simplified 4:00 Know Your Beer 6:00 Crochet for Beginners 6:00 Continuing Conv. Spanish 7:00 Digital Photo Mgmt.	15 <u>10:00 Dementia 101</u> 1:00 DNA Matches/Genealogy 1:00 History of Middle East, P.1 1:00 Paranormal/Divination 6:00 Basic Sewing Techniques	16 <u>10:00 Myths/A. Hamilton</u> 10:00 Well, It's About Time 10:00 Intro. to Oil Painting 10:00 Med. Curious/Back Pain <u>1:00 Beginning Birding</u> <u>2:00 Tai Chi for Balance</u> 6:00 Continuing Conv. Spanish	17 <u>9:30 Intermediate Drawing</u> 10:00 Ex. Watercolor/Beginner 10:00 Beginning Calligraphy 10:00 Intro. Italian Language
20 <u>9:30 Salem Witch Trials</u> 2:00 Hell: A History	21 10:00 Ex. Watercolor/Advanced <u>10:00 Genealogy In Action</u> <u>1:30 The Aging Brain</u> <u>2:00 Downsizing Simplified</u> 6:00 Crochet for Beginners 6:00 Continuing Conv. Spanish	22 SPRING BREAK NO CLASSES	23 SPRING BREAK NO CLASSES	24 SPRING BREAK NO CLASSES
27 12:00 Inspired by Beethoven 2:00 Hell: A History	28 10:00 Ex. Watercolor/Advanced 6:00 Continuing Conv. Spanish	29 12:00 History Bites: Spy Game 1:00 History of Middle East, P.1 2:00 Continuing Gentle Yoga <u>6:00 Basic Sewing Techniques</u>	30 10:00 Well, It's About Time 10:00 Intro. to Oil Painting 10:00 Disc. Season/Birds 1:00 Amherst Writers Wksp 1:00 Understanding Wireless 6:00 Continuing Conv. Spanish	31 10:00 Ex. Watercolor/Beginner 10:00 Beginning Calligraphy 10:00 Intro. Italian Language 10:00 Early History of MD

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

April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 12:00 Inspired by Beethoven 2:00 Hell: A History 4:00 Intro. Family Photos	4 10:00 Ex. Watercolor/Advanced 10:00 U.S. National Security 6:00 Continuing Conv. Spanish 6:00 ASL I	5 10:00 The History of MD 12:00 History Bites: MD Camp. 1:00 Writing Your Life Story 1:00 History of Middle East, P.1 2:00 Continuing Gentle Yoga 6:00 Decipher/Sewing Pattern	6 10:00 Well, It's About Time 10:00 Intro. to Oil Painting 10:00 Disc. Season/Flowers 1:00 Amherst Writers Wksp 1:00 Understanding Wireless 3:30 Tai Chi for Balance 7:00 Gin 101	7 10:00 Ex. Watercolor/Beginner 10:00 Beginning Calligraphy 10:00 Intro. Italian Language 10:00 Early History of MD
10 10:00 C&O Canal 12:00 Inspired by Beethoven 3:30 Univ. Symbols/Religions	11 9:30 Computers for Scaredy Cats 10:00 Ex. Watercolor/Advanced 10:00 U.S. National Security 12:30 Social Networking 1:00 Armchair Escape Series 6:00 ASL I 7:00 Intro. Editing Photos	12 10:00 The History of MD 12:00 History Bites: S. Mtn. 1:00 Writing Your Life Story 1:00 History of Middle East, P.1 1:00 Paranormal/Numerology 2:00 Continuing Gentle Yoga	13 10:00 Well, It's About Time 10:00 Intro. to Oil Painting 1:00 Amherst Writers Wksp 1:00 Understanding Wireless 1:00 Armchair Escape Series 3:30 Tai Chi for Balance	14 10:00 Ex. Watercolor/Beginner 10:00 Intro. Italian Language <u>10:00 Early History of MD</u>
17 9:30 Improve Your Memory <u>10:00 C&O Canal</u> <u>12:00 Inspired by Beethoven</u> 3:30 Univ. Symbols/Religions	18 9:30 Computers for Scaredy Cats 10:00 Ex. Watercolor/Advanced 10:00 U.S. National Security 10:00 Advanced Drawing <u>12:30 Social Networking</u> 6:00 ASL I <u>7:00 Intro. Editing Photos</u>	19 10:00 The History of MD 12:00 History Bites: Antietam 1:00 Writing Your Life Story 2:00 Continuing Gentle Yoga	20 9:30 Art Appreciation <u>10:00 Intro. to Oil Painting</u> 1:00 Amherst Writers Wksp <u>1:00 Understanding Wireless</u> 1:00 Self-Hypnosis 3:30 Tai Chi for Balance	21 9:00 Acrylic Painting Techniques 10:00 Ex. Watercolor/Beginner 10:00 Intro. Italian Language
24 9:30 Improve Your Memory 1:30 Investment Strategies 3:30 Univ. Symbols/Religions 5:00 Portrait Basics	25 9:30 Computers for Scaredy Cats <u>10:00 Ex. Watercolor/Advanced</u> 10:00 U.S. National Security 10:00 Advanced Drawing 6:00 ASL I	26 10:00 The History of MD 12:00 History Bites: McClellan 1:00 Writing Your Life Story 1:00 History of Middle East, P.2 1:30 Investment Strategies <u>2:00 Continuing Gentle Yoga</u>	27 9:00 Hillwood Estate <u>9:30 Art Appreciation</u> 1:00 Amherst Writers Wksp 1:00 Self-Hypnosis 3:30 Tai Chi for Balance 7:00 Spirits Sensory Class	28 9:00 Acrylic Painting Techniques <u>10:00 Ex. Watercolor/Beginner</u> 10:00 Intro. Italian Language 10:00 Continuing Calligraphy

May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>9:30 Improve Your Memory</u> 1:30 Investment Strategies <u>3:30 Univ. Symbols/Religions</u> 5:00 Intro. to Watercolor 6:00 Start Sewing/Nutshell 6:30 Mythology	2 9:30 Windows to Word 10:00 U.S. National Security 10:00 Advanced Drawing 1:30 Iris Paper/Flowers 6:00 ASL I 6:00 Travel Light, Travel Easy	3 12:00 History Bites/Fred. 1:00 Writing Your Life Story 1:00 Android Phone/Beginner 1:00 History of Middle East, P.2 <u>1:30 Investment Strategies</u> <u>6:00 Start Sewing/Nutshell</u>	4 8:15 In Lincoln's Footsteps 1:00 Amherst Writers Wksp <u>1:00 Self-Hypnosis</u> 3:30 Tai Chi for Balance 6:00 Decipher/Sewing Pattern	5 9:00 Acrylic Painting Techniques <u>10:00 Intro. Italian Language</u> 10:00 Continuing Calligraphy 1:00 Continuing Pastels
8 5:00 Intro. to Watercolor 6:30 Mythology	9 9:30 Windows to Word <u>10:00 U.S. National Security</u> 10:00 Advanced Drawing 3:00 Cyber Awareness <u>6:00 ASL I</u>	10 12:00 The Vance Stance 1:00 Writing Your Life Story <u>1:00 Android Phone/Beginner</u> 1:00 Raise Your Wine IQ 1:00 History of Middle East, P.2 2:00 On Gossamer Wings 5:30 Aged Vinegar	11 10:00 The Fool's Journey 1:00 Amherst Writers Wksp 3:30 Tai Chi for Balance	12 <u>9:00 Acrylic Painting Techniques</u> 10:00 Continuing Calligraphy 10:00 Jamestowne 1:00 Continuing Pastels
15 5:00 Intro. to Watercolor 6:30 Mythology	16 <u>9:30 Windows to Word</u> 10:00 Advanced Drawing 3:00 Cyber Awareness 6:00 Basic Quilting Techniques	17 10:00 Advance Care Planning 12:00 The Vance Stance <u>1:00 Writing Your Life Story</u> 1:00 Paranormal/Your Guides 1:00 History of Middle East, P.2 2:00 On Gossamer Wings 7:00 Mixology: Cocktail Basics	18 10:00 The Fool's Journey <u>1:00 Amherst Writers Wksp</u> 3:30 Tai Chi for Balance <u>6:00 Basic Quilting Techniques</u> 7:00 Maryland Whiskey 101	19 9:30 Painting/Master Artists 10:00 Continuing Calligraphy 10:00 Jamestowne 1:00 Continuing Pastels
22 <u>5:00 Intro. to Watercolor</u> <u>6:30 Mythology</u>	23 <u>10:00 Advanced Drawing</u> <u>3:00 Cyber Awareness</u> 4:00 Know Your Beer	24 12:00 The Vance Stance <u>1:00 History of Middle East, P.2</u> <u>2:00 On Gossamer Wings</u>	25 <u>10:00 The Fool's Journey</u> 3:30 Tai Chi for Balance	26 9:30 Painting/Master Artists 10:00 Continuing Calligraphy 10:00 Jamestowne 1:00 Continuing Pastels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 29 MEMORIAL DAY NO CLASSES	MAY 30	MAY 31 12:00 The Vance Stance <u>1:00 DNA Tools/Genealogy</u>	1 3:30 Tai Chi for Balance	2 9:30 Painting/Master Artists 10:00 Continuing Calligraphy <u>1:00 Continuing Pastels</u>
5 9:30 Improve Your Memory, P.2 6:00 Investment Strategies	6 <u>1:00 Antietam</u>	7 12:00 The Vance Stance 2:00 Butterflies in the Field 6:00 Investment Strategies	8 <u>3:30 Tai Chi for Balance</u>	9 <u>9:30 Painting/Master Artists</u> 10:00 Continuing Calligraphy
12 9:30 Improve Your Memory, P.2 6:00 Investment Strategies	13 6:00 Basic Sewing Techniques	14 <u>12:00 The Vance Stance</u> <u>6:00 Investment Strategies</u>	15 10:00 Drawing & Painting 6:00 Basic Sewing Techniques 7:00 PM Gin 101	16 <u>10:00 Continuing Calligraphy</u>
19 JUNETEENTH NO CLASSES	20 6:00 Basic Sewing Techniques	21	22 10:00 Drawing & Painting 10:00 Med. Curious/Gut Health <u>6:00 Basic Sewing Techniques</u>	23
26 <u>9:30 Improve Your Memory, P.2</u>	27	28	29 10:00 Drawing & Painting	30

ILR SPRING 2023 CALENDAR • SATURDAY

January 2023

SATURDAY
14 10:00 Get the Best From Your Digital Camera
21 10:00 Get the Best From Your Digital Camera
28 <u>10:00 Get the Best From Your Digital Camera</u>

February 2023

SATURDAY
11 <u>9:30 DIY Home Maintenance for Beginners</u>
18 <u>11:00 A Taste of Asia - Cantonese Beef/California Roll</u>

April 2023

SATURDAY
15 <u>9:30 Turquoise Inlay Ring</u>
22 <u>11:00 A Taste of Asia - Pineapple Fried Rice/Fried Chicken</u>
29 <u>10:00 Intriguing, Unusual & Interesting Tales</u>

May 2023

SATURDAY
6 <u>10:00 Intriguing, Unusual & Interesting Tales</u>
20 <u>9:30 Jewelry Soldering Workshop</u>

June 2023

SATURDAY
3 <u>10:00 Intriguing, Unusual & Interesting Tales</u>
10 <u>9:30 Introduction to Metalsmithing</u> <u>10:00 Intriguing, Unusual & Interesting Tales</u> <u>11:00 A Taste of Asia - Chicken Satay/Noodles</u>

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"> Go to Frederick.edu/ILR. Click Login/Create Account in the left menu. Enter username and password or choose Create Account. (Be sure to select Yes to email preference, as class confirmations and receipts are provided via email.) Click Browse, then ILR55+ Programs to view available classes. On a class page, click Add to Cart to begin and then View Cart to continue the registration process. Check Agree to Refund Policy. Click Check Out to submit payment and complete your registration. 	<p>CEWD Registration Office – Jefferson Hall Now open for in-person registration.</p> <ul style="list-style-type: none"> For questions or assistance, please email CEInfo@frederick.edu or call 301.624.2888 during normal business hours: Monday: 8:30 a.m. - 6:00 p.m. Tuesday - Friday: 8:30 a.m. - 4:30 p.m.

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 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 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 under the Registration Office link. This form must be submitted to the CEWD Registration Office by email at CEInfo@frederick.edu. Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the associate vice president of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.

Age Requirements

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

College Policies & Procedures

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

Family Educational Rights & Privacy Act of 1974 (FERPA)

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

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

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 – Langanore 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
KC – B/C Knuckle (bottom of stairwell)	

Addresses

FCC Main Campus
7932 Opossumtown Pike
Frederick, MD 21702

The Monroe Center (MC)
200 Monroe Avenue
Frederick, MD 21701
240.629.7900

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

McClintock Distilling
35 S. Carroll Street
Frederick, MD 21701

Spin the Bottle Wine Company
9 W. Patrick Street
Frederick, MD 21701

Steinhardt Brewing
340 E. Patrick Street
Frederick, MD 21701

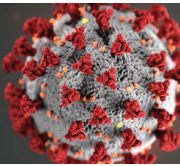
Tenth Ward Distilling Company
55 East Patrick Street
Frederick, MD 21701

Visit frederick.edu for directions and hours of operation.



COVID-19 UPDATE | Please note, course offerings included in this schedule remain subject to change. Frederick Community College continues to closely monitor the impact of COVID-19 on campus. Students will be asked to follow College Covid protocols in place at the time of their class, which may include masking.

For important FCC updates and COVID-19 information, visit frederick.edu/Covid-19



Frederick Community College, ILR Spring 2023 – 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 or questions, please call 301.846.2408. To request a sign language interpreter or if you have questions related to interpreting services, please email Interpreting@frederick.edu or call 301.846.2408. 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 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

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

Disability Access Services (DAS) | 301.846.2408 • DisabilityServices@frederick.edu • **Coordinator for Interpreting Services** | 301.846.2476 (Voice) • 240.575.1803 (VP) or via email at Interpreting@frederick.edu

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

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TRAVEL CLUB

Free and open to all ILR students

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

The club will be led by travel loving ILR instructor, Karen M. Smith. The January - March 2023 meetings will be offered online.

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



Register today! Scan the QR code or visit ILRatFCC.com.