

Fall 2019

ILR

55+

“I have taken ILR classes for the last 10 years. “Tales for Your Grandchildren” has been my favorite class. Hearing stories told by fellow students brings back many memories in my own life which is inspiring and helps me write my personal stories. The teachers are always dedicated and make sure you have an enjoyable and successful experience.”

Charlie Abell, ILR Student



**Registration
now open!**

ILRatFCC.com

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*Please contact us with any questions.
We're here to help!*

301.846.2561

Kelli Ackiewicz,
ILR Program Manager
kackiewicz@frederick.edu

Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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



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Contact Us

ILR Online Registration 301.624.2888

College Information Center 301.846.2419

Services for Students with Disabilities 301.846.2408



A LETTER FROM THE ILR PROGRAM MANAGER

Dear Lifelong Learner,

Often times in our busy lives, we forget to pause and appreciate the many wonderful things that surround us on a daily basis. Whether it's the vibrant colors that seem to suddenly appear in the fall, or the immense joy we get from catching up with a loved one, being able to appreciate the gifts around us is a gift in itself.

As famed French artist Henri Matisse once said, "There are always flowers for those who want to see them."

So what do you want to see? Our ILR program at FCC can help you discover a new passion, hone an existing skill, and above all, enjoy the journey of lifelong learning.

Some highlights this fall include opportunities to:

Appreciate Good Health through Movement | We hear that we should take 10,000 steps a day. However, if your gait is off, every step has the potential to wear down your joints, and put you at risk of falling. "Improve Your Gait with the Feldenkrais Method," led by Hannah Vo-Dinh, will teach you how to tap into your proprioceptive and kinesthetic senses to ensure walking and alignment.

Appreciate Good Stories | If you love mystery stories, "Sherlock Holmes – The Game's Afoot" course, led by Peg Mauzy, is for you. Learn about Sherlock's London settings, search for clues in his short stories, discover elements of a detective story, identify mystery resources, and learn background information on famous past and present mystery writers including Doyle, Poe, and Christie.

Appreciate Peace and Happiness | Join us for "Happier, Healthier, & Kinder: How to Meditate and Why," led by Dr. Carl Gregg. You'll gain experience with six mediation techniques - concentration, mindfulness, inquiry, heartfulness, awareness, and embodiment – from a pragmatic, westernized, twenty-first century perspective.

No matter what courses you choose to take this fall, we know you'll have the chance to appreciate the outstanding instructors who make ILR so special. You can read more about Linda Funsch, our featured instructor this semester, on page 5. Linda, one of our longest serving instructors, has taught fascinating courses on the history and culture of the Middle East for 17 years, gaining a high number of repeat students along the way.

We are grateful to Linda and all our incredible instructors who share their talents and passion with our community members each and every semester. They ensure the ILR program provides a plethora of opportunities to help us grow, form new friendships, and remain lifelong learners.

Sincerely,



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The Conference Center (Building E) will undergo renovations throughout Fall 2019 and Spring 2020 semesters.

We ask that you please be patient as we upgrade this space. As a result of the work, many ILR classes will have to be relocated to other locations around campus.

The ILR Curriculum Advisory Group

Do you take 2-3 ILR classes a year? Are you in contact with others who frequent FCC? Are you socially connected to the Frederick community and can serve as an ILR Ambassador?

Then we'd like to hear from you!

The ILR Curriculum Advisory Group advises on course development and program direction. We are looking for students who are interested in becoming a member of the group or joining one of the subcommittees.

Subcommittees will advise on day trips, international travel, and special events.



If interested, contact Kelli at 301.624.2732 for more information.



Featured Instructor, **Linda Pappas 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 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 popular speaker at scholarly symposia across the US, including Georgetown University, the World Bank, the National Council on US-Arab Relations, the National Defense University, and the Council on Foreign Relations, as well as the World Affairs Councils of Washington, D.C., 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.

"The very first class I took with ILR was one of Linda's classes. I was so impressed with her delivery and knowledge of the subject being taught. I am still impressed and amazed many years later and try to take most of her classes. I enjoy all of her classes and realize she is an asset to the college and all students of ILR." —Iris Norris, ILR Student

"Linda is the perfect teacher: unbelievably knowledgeable on the Middle East, gracious and caring to her students, and always well-prepared. She opened up a new dimension in our understanding of the current world." —George and Patricia Conly, ILR Students

NEW: Tuesday Sessions

SEN473 Current Issues in the Middle East

5 sessions, 10 hours

The Middle East is arguably one of the most newsworthy areas of the world. For the uninitiated, entrenched stereotypes and recurring sound-bites reduce the diversity of this vitally-important region to a simplistic "one-size-fits-all" monolith. "Current Issues in the Middle East," one of the longest-running and most popular courses in ILR's 55+ program, is an ongoing series, designed to uncover the mystique that is associated with this region. Each week the latest news from the Middle East is presented and analyzed. Among the issues under consideration for the 2019 fall term are escalating tensions between the United States and Iran, unprecedented turmoil within the Israeli government, the fall of ISIS and the so-called "caliphate," the Trump administration's Palestinian-Israeli "deal of the century," the escalation of authoritarian regimes in Egypt, Turkey, Saudi Arabia, and Syria, and the future of Yemen. In every discussion the role of the United States in the Middle East, both historically and currently, will be considered. Through lectures, selected readings, films, guest speakers, and group discussion, it is expected that after taking this course participants will be better equipped to understand and address, with a greater level of confidence, some of the most important issues of our time.

5-Digit Number: 18732 | Tue, 2:00 - 4:00 p.m., 10/1 – 10/29

Location: Sweadner Hall

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

ILR738 Focus on Arabia: The Gulf Cooperation Council

5 sessions, 10 hours

In its ongoing and ever-expanding program of Middle Eastern Studies, "Focus on Arabia: the Gulf Cooperation Council" will examine the countries of one of the world's most important sub-regional organizations. Founded in 1981, the GCC has emerged as a forum for the predominantly Sunni Arab monarchies which, blessed with abundant hydrocarbon resources, have not only accomplished a staggering transformation to modernity in less than three generations but also managed to preserve their hold on hereditary power. However, the past two years have witnessed fissures within this privileged fraternity. As the combined profile of Saudi Arabia and the U.A.E has grown, neighboring Qatar has withstood a draconian blockade by its former allies. An ongoing war in Yemen has wrought massive devastation and human suffering. As Oman and Kuwait stand poised to mediate tensions among its neighbors, the future of the GCC, and its original objectives hang in the balance. Join us as we explore the complexities of this strategically significant corner of the Middle East mosaic through lectures, selected readings, films, guest speakers, and group discussion.

5-Digit Number: 18733 | Tue, 2:00 - 4:00 p.m., 11/5 – 12/3

Location: Sweadner Hall

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

ILR547 **Painting in the Style of the Master Artists: Impressionists**

4 sessions, 8 hours

You don't have to spend years as an apprentice to learn how to paint your own masterpiece. Trade secrets of the great masters are uncovered in this class. Using acrylic paint, students will create up to 1-2 paintings capturing the brush stroke, style, and techniques of Master Artists. Some drawing or painting experience (in any medium) is highly recommended. The artists we cover will vary each term. Supplies are included with your fee. This class will capture the techniques of famous Impressionists. Artists may include: Claude Monet, Alfred Sisley, and Berthe Morisot.

Instructor: Jeanne McDermott has a Master's Degree in Art Education from the College of Notre Dame of Maryland and worked over 7 years as a floral designer for Radebaughs in Towson. She has over 10 years teaching experience for FCPS.

5-Digit Number: 18652

Fri, 9:00 - 11:00 a.m., 10/11 – 11/1

Location: Visual & Performing Arts Center/F118

Fee: \$99

NEW ILR908 **Art Appreciation: The Renaissance**

2 sessions, 4 hours

Explore the Renaissance through pictures and discussion. We'll learn terminology and come to understand the meaning of this art era by viewing paintings, religious icons, mosaics, and frescoes from Europe including influences from Greece and Rome. Master artists such as Raphael, da Vinci, Michelangelo, Veronese, and van Eyck will be covered. Please note that individual art projects will not be completed.

Instructor: Jeanne McDermott (see above for bio)

5-Digit Number: 18651

Fri, 9:00 - 11:00 a.m., 11/22 – 12/6

No Class: 11/29

Location: Conference Center/E124A

Fee: \$39



ILR924 **Richard Strauss- Tone Poem Music in the Late 1800's**

4 sessions, 8 hours

Richard Strauss was a triple-threat. By writing songs, opera, and orchestral music, he took "program music" to a new level. Richard is known for his brilliant tone poems- exciting stories that are "seen" through the music. Much of his work will be recognizable to listeners as his music has been used in many movies.

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

5-Digit Number: 18650

Mon, 1:00 - 3:00 p.m., 10/28 – 11/18

Location: Linganore Hall/L112

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



REGISTER FOR FCC ALERTS TODAY!

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

Sign up to receive instant notices via text, email, or phone.

Registration is quick, simple, and free.

frederick.edu/current-students/fccalert.aspx

SEN450 Exploring Watercolor Painting

8 sessions, 16 hours

If you have always wanted to try your hand (or brush) at watercolor painting, or expand your artistic abilities by learning new techniques in painting, this is the class for you. Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about mixing colors, composition, techniques of shading, reflections, and more. Explore a rewarding activity and the satisfaction of expanding your creative talents. In addition to beginning, students who've taken Cath's classes previously are welcome to return and will find new content this term. A list of supplies will be provided prior to class start date.

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

5-Digit Number: 18648

Tue, 10:00 a.m. - 12:00 p.m., 9/17 - 11/5

Location: Frederick Senior Center

Fee: \$114

OR

5-Digit Number: 18649

Fri, 10:00 a.m. - 12:00 p.m., 9/20 - 11/8

Location: Visual & Performing Arts Center/F118

Fee: \$114

ACR418 Continuing Watercolor: Realistic

6 sessions, 15 hours

This course is created to provide a strong knowledge of realistic watercolor theory and practice through discussion, demonstration, and practice. Through carefully guided practice, students will become familiar with the process of creating a realistic watercolor painting from photo to finish. A list of supplies will be provided prior to class start date.

Instructor: Jennifer Littleton

5-Digit Number: 18866

Thurs, 3:30 - 6:00 p.m., 9/12 - 10/17

OR

5-Digit Number: 18864

Thurs, 3:30 - 6:00 p.m., 10/24 - 12/12

No Class: 10/31 & 11/28

Location: Visual & Performing Arts Center/F118

Fee: \$149

ACR153 Introduction to Pastel 101

5 sessions, 10 hours

Do you remember the joy that you experienced as a child while drawing in your coloring book? Everything else seemed to fade away and you could escape into a world of creativity and fun. You can recapture that joy again by learning the basic techniques of pastel drawing. This drawing medium is very forgiving and it doesn't require complicated tools, drying time, or dangerous solvents. Pastel creates vibrant drawings which you can create with just a few simple tools, your fingers, pastel sticks, and paper. A list of supplies will be provided prior to class start date.

Instructor: Jodie Schmidt

5-Digit Number: 18513

Wed, 12:00 - 2:00 p.m., 10/23 - 11/20

Location: Visual & Performing Arts Center/F130

Fee: \$99



ACR161 Classic Drawing

5 sessions, 10 hours

Move beyond stick figures and explore the art of drawing. Drawing in pencil is familiar and forgiving medium, it is quick to set up, easy to put away and requires no drying time or fancy equipment! Beginners are welcome. Join us to learn the building blocks of art. Art is for everyone - not just the talented few! A supply list will be provided to students prior to the first class.

Instructor: Jodie Schmidt

5-Digit Number: 18501

Mon, 10:00 a.m. - 12:00 p.m., 9/9 - 10/7

Location: Visual & Performing Arts Center/F118

Fee: \$99



ACR166 Acrylic Painting Techniques for Beginners

4 sessions, 8 hours

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

Instructor: Jeanne McDermott (see page 6 for bio)

5-Digit Number: 18645

Fri, 9:00 - 11:00 a.m., 9/6 - 10/4

No Class: 9/20

Location: Visual & Performing Arts Center/F118

Fee: \$89

ACR600 Happy Little Trees: The Bob Ross Painting Class

1 sessions, 6 hours

You've seen him before. He's the soft spoken guy who paints happy clouds, mountains and trees in about twenty-six television minutes, using big, house painting-type brushes while cooing soothing "you can do it"s to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. This summer you can join in on the fun at FCC. Although Bob Ross is no longer with us, a Bob Ross Certified Instructor will teach you the magic behind painting happy little trees when you recreate one of Bob's masterpieces in this 5 hour class. All materials including brushes, Bob Ross paints, and canvases will be provided.

Instructor: Denise Sullivan

5-Digit Number: 18497

Sat, 10:00 a.m. - 4:00 p.m., 9/28

OR

5-Digit Number: 18498

Sat, 10:00 a.m. - 4:00 p.m., 11/2

OR

5-Digit Number: 18499

Sat, 10:00 a.m. - 4:00 p.m., 12/7

Location: Visual & Performing Arts Center/F118

Fee: \$89

COMPUTERS & TECHNOLOGY



ILR950 What is the Cloud and Should I Use It?

3 sessions, 6 hours

The cloud is all about sharing information among all your devices and with others. Is the cloud something that I should use? What are the advantages of storing information in it? Is it a safe place to store personal data? These are some of the questions addressed in this course. There are many free cloud services available. We will explore some of these services including Microsoft One Drive, Dropbox, and Google Drive. The class is designed for PC users and the two major smart phone platforms, Android and iPhone.

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

5-Digit Number: 18691

Mon, 1:00 - 3:00 p.m., 12/2 - 12/16

Location: Catoctin Hall/C211A

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

ILR638 Using Microsoft® Windows 10

4 sessions, 8 hours

If you have an existing computer with Windows 7 or 8 and you are thinking of upgrading to Windows 10, this course will teach you everything you need to get the free upgrade and get started using the new features of Microsoft's latest operating system. Learn how to configure your computer, install new apps and organize items on your computer so that you can easily find them. This course will cover the features that are common to Windows 7, 8 and 10 plus the new features of Windows 10. Recommended textbook (not required) will be available at the FCC Bookstore prior to the start of class.

Instructor: William O'Neal (see above for bio)

5-Digit Number: 18705

Mon, 1:00 - 3:00 p.m., 11/4 - 11/25

Location: Catoctin Hall/C211A

Tuition: \$30 | Fee: \$79 | Total: \$109 | MD residents age 60+ pay fee only

NOTES

When an instructor teaches more than one course, their biography can be found under their first course listed in this schedule.

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Classes will not be held on the following days:

Monday, September 2

Wednesday - Friday, November 27 - 29

Winter Break begins Friday, December 20 and extends through Wednesday, January 2

ILR649 Apple's Incredible iPad®: What's in it for You?

4 sessions, 8 hours

Apple's multi-functional iPad is revolutionizing personal computing and making information, communications, photographs and music readily accessible to everyday folks whether they are on the go or on the sofa. And it's so easy to use! This course introduces you to the iPad's touch screen technology that lets you expand and contract images and text on the screen (great for those of us with vision problems) and to easily navigate the product's many functionalities. Learn to access the Internet, take and store high quality photos, use GPS maps, keep contact lists, manage music files and so much more. You will also learn to access the Apple Store to download music and any of thousands of "apps" for use on the iPad, many of them for free. Whether you are considering purchasing an iPad, have already purchased one, or just want to know what all the hoopla is about, this class will be well worthwhile.

Instructor: William O'Neal (see page 8 for bio)

5-Digit Number: 18704

Wed, 1:00 - 3:00 p.m., 10/30 – 11/20

Location: Student Center/H217

Tuition: \$30 | Fee: \$79 | Total: \$109 | MD residents age 60+ pay fee only

ILR397 iPhone® - Beginner

3 sessions, 6 hours

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

Instructor: William O'Neal (see page 8 for bio)

5-Digit Number: 18694

Wed, 1:00 - 3:00 p.m., 9/11 – 9/25

Location: Conference Center/E106

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



ILR942 Going Paperless

3 sessions, 6 hours

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

Instructor: William O'Neal (see page 8 for bio)

5-Digit Number: 18689

Mon, 1:00 - 3:00 p.m., 10/7 – 10/21

Location: Catocin Hall/C211A

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

ILR616 Introduction to Computers

6 sessions, 12 hours

This class is a comprehensive course for beginners that will lead to comfortable efficient users. You will no longer have to ask your grandkids how to perform basic computer tasks like cutting and pasting. We will learn how computers work and how to keep all of your documents organized. We will master how to personalize your computer and begin creating word processing documents. The class ends with an introduction to the internet.

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

5-Digit Number: 18687

Thu, 10:00 a.m. - 12:00 p.m., 9/19 – 10/24

Location: Conference Center/E107

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

ILR396 iPhone® - Advanced

3 sessions, 6 hours

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

Instructor: William O'Neal (see page 8 for bio)

5-Digit Number: 18695

Wed, 1:00 - 3:00 p.m., 10/9 - 10/23

Location: Conference Center/E107 through 10/16,
Conference Center/E126B starting 10/23

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

ILR899 Making the Most of Your Android® Smart Phone

3 sessions, 6 hours

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

Instructor: William O'Neal (see page 8 for bio)

5-Digit Number: 18696

Mon, 1:00 - 3:00 p.m., 9/9 - 9/23

Location: Conference Center/E109

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

ILR476 Medical Marijuana: Getting into the Weeds

1 session, 2 hours

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

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

5-Digit Number: 18671

Tue, 1:00 - 3:00 p.m., 10/22

Location: Student Center/H202

Fee: \$19

*Evening Offering*

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

ILR549 Feldenkrais for Better Balance

8 sessions, 12 hours

Fear of falling is one of the greatest concerns for us as we age. Dr. Moshe Feldenkrais, a physicist, judo master and pioneer in neuroplasticity, developed a system of heightening self-awareness through extraordinarily gentle and subtle movement. Research demonstrates that Feldenkrais® is an easy, effective way to improve balance and mobility, and an added benefit is improved cognition. Participants report feeling taller, younger and more steady on their feet. This class requires the use of a special mat that allows for sliding (no yoga mats). If participants do not own the proper mat, they can purchase one from the FCC bookstore.

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

5-Digit Number: 18836

Wed, 10:00 a.m. - 11:30 p.m., 9/25 – 11/13

Location: Linganore Hall/L210

Fee: \$119



ILR926 Improve Your Gait with the Feldenkrais Method®

8 sessions, 12 hours

We hear that we should take 10,000 steps a day. But if your gait is off, every step has the potential to wear down your joints and you are also at risk of falling. In this class we will improve walking/running from a developmental perspective: rolling, rocking, creeping, and crawling. We will refine balance while “walking” laying on a mat and sitting in a chair. Our proprioceptive and kinesthetic senses will improve with heightened awareness of our feet and ankles, the carriage of our head, and our eye movements. This class requires the use of a special, inexpensive mat that allows for sliding (no yoga mats). If participants do not own the proper mat, they can purchase one from the FCC bookstore.

Instructor: Hannah Vo-Dinh (*see left for bio*)

5-Digit Number: 18669

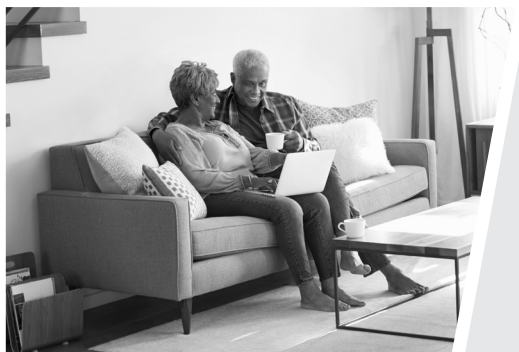
Wed, 6:00 - 7:30 p.m., 9/25 – 11/13

Location: Linganore Hall/L210

Fee: \$119



Evening Offering



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

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

WEBSITE



ILRatFCC.com

FACEBOOK



facebook.com/ILRFCC

Blueprint for Successful Aging in Place Series

ILR487 Blueprint for Successful Aging in Place Series

5 sessions, 15 hours

Aging in place is defined as the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level. This series will provide you with all of the details that you need to be successful whether its for personal planning or planning for a friend or family member. Starting the process early is key.

5-Digit Number: 18681 | Wed, 1:00 - 4:00 p.m., 10/23 - 11/20 | Location: Conference Center/E126C | Fee: \$109

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You may take the series for a discount which includes all 4 topics or pick the topic that is most relevant to your need.

ILR491 Blueprint for Successful Aging in Place: General Overview

2 sessions, 6 hours

When asked, everyone quickly says "Don't put me in a nursing home!". You want to age with dignity and remain living independently as long as you can, but what are you doing to plan for the problems that you will encounter? This 2 day Survey Class will provide basic information about a variety of decisions and actions that you will need to make in order to safely "age in place". You will learn about options and programs in Frederick County that can assist you, and there will be opportunities for discussion and self-evaluation of readiness for extended independent living. Students are encouraged to take this Survey class, and then consider taking one or more of the additional three hour "Intensives" addressing key topics related to successful independent living.

Instructor: 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, Federal Benefits, etc. She also has extensive experience providing Continuing Education training to adults.

5-Digit Number: 18683 | Wed, 1:00 - 4:00 p.m., 10/23 - 10/30
Location: Conference Center/E126C | Fee: \$39

ILR489 Blueprint for Successful Aging in Place: Staying Independent in Your Home

1 session, 3 hours

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

Instructor: Mary Wark, M. Ed, CRC, CAPS is a Certified Aging in Place Specialist (CAPS), Mary has chosen Frederick as the answer to her own plan to age in place. Her blog at [https://waystostay.org/A Boomer's Plan to Age in Place](https://waystostay.org/A_Boomer's_Plan_to_Age_in_Place), explores all the diverse aspects of maintaining your independence as you age. Mary has over 40 years of counseling experience in disability management and behavioral health.

5-Digit Number: 18684 | Wed, 1:00 - 4:00 p.m., 11/6
Location: Conference Center/E126C | Fee: \$29

ILR488 Blueprint for Successful Aging in Place: Maintaining Health and Wellness

1 session, 3 hours

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

Instructor: Thea Uhlig-Ruff, R.N., B.S., M.G.A. recently retired from an extensive career in the health care industry. She has spoken on health-related topics specializing in mental health issues and gerontology including dementia care, issues in long-term care and hospice care. Ms. Ruff brings a unique perspective as she has also been a family caregiver for both her parents and her husband of 25 years. Presently she serves as a member of the Frederick County Commission of Aging, chairing their committee on Aging in Place as well as serving on the Local Health Improvement Plan Committee on Seniors.

5-Digit Number: 18685 | Wed, 1:00 - 4:00 p.m., 11/13
Location: Conference Center/E126C | Fee: \$29

ILR490 Blueprint for Successful Aging in Place: Legal Concerns

1 session, 3 hours

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

Instructor: Marcy Gouge (see left for bio)

5-Digit Number: 18686 | Wed 1:00 - 4:00 p.m., 11/20
Location: Conference Center/E126C | Fee: \$29

ILR700 Just Try It! Beginning Yoga

5 sessions, 7.5 hours

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

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

5-Digit Number: 18663
Wed, 2:00 - 3:30 p.m., 9/18 - 10/16
Location: Athletics Center/D126
Fee: \$69

ILR798 Continuing Gentle Yoga

5 sessions, 7.5 hours

This enjoyable floor yoga course will help you increase your strength, especially for transitioning from standing to sitting and from floor to standing. You will move at a gentle pace with emphasis on balance, strength, and breathing. It's designed to meet the student as the student's level of physical ability. You will have the opportunity to practice yoga moves/techniques learned in beginner yoga courses. Expect improved balance and tools for continuing the practice of yoga at home. This course is for students with prior yoga experience.

Instructor: Linda Franklin (see above for bio)

5-Digit Number: 18665
Wed, 2:00 - 3:30 p.m., 10/23 - 11/20
Location: Monroe Center/MC124
Fee: \$69

ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

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

5-Digit Number: 18655

Tue, 1:00 - 4:00 p.m., 9/17

Location: Conference Center/E106

Fee: \$29

ILR886 Secret to Aging with Less Aches and Pains

6 sessions, 12 hours

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

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

5-Digit Number: 18660

Wed, 12:00 - 2:00 p.m., 10/16 – 11/20

Location: Conference Center/E126A

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

SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

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

5-Digit Number: 18666

Fri, 12:30 - 2:00 p.m., 9/20 – 11/22

Location: Athletics Center/D129

Fee: \$99

REC223 Golf

8 sessions, 16 hours

Learn to golf! Class includes orientation, instruction and participation in specific skills, rules and etiquette of the sport. A \$20 fee is to be paid at the golf site. This course is also offered for credit as PHED125. For more information see the credit schedule of classes.

Instructor: Janet Sholes

5-Digit Number: 18289

Wed, 5:00 - 7:00 p.m., 8/28 – 10/16

Location: Athletics Center/D126

Tuition: \$120 | Fee: \$34 | Total: \$154 | *MD residents age 60+ pay fee only*

 *Evening Offering*

REC224 Tennis I

15 sessions, 18.75 hours

Presents orientation, instruction and participation in specific skills, rules and etiquette of the sport. This course is also offered for credit as PHED122. For more information see the credit schedule of classes.

Instructor: Janet Sholes

5-Digit Number: 18244

Mon/Wed, 11:00 a.m. - 12:15 p.m., 8/26 – 10/16

No Class: 9/2

Location: Athletics Center/D100

Tuition: \$120 | Fee: \$34 | Total: \$154 | *MD residents age 60+ pay fee only*

REC236 Volleyball

8 sessions, 16 hours

Includes orientation, instruction and participation in specific skills, rules and etiquette of the sport. This course is also offered for credit as PHED110. For more information see the credit schedule of classes.

Instructor: Continuing Education Instructor

5-Digit Number: 18243

Mon, 8:30 - 10:30 a.m., 10/21 – 12/9

Location: Athletics Center/D100

Tuition: \$120 | Fee: \$34 | Total: \$154 | *MD residents age 60+ pay fee only*

REC501 Elementary Fencing

7 sessions, 14 hours

Introduces the history, safety, rules and etiquette of fencing. Teaches basic skills required to participate in a fencing match, as well as skills in directing and scoring a match Fees based on actual rental costs and to be paid at site. This course is also offered for credit as PHED105. For more information see the credit schedule of classes.

Instructor: Janet Sholes

5-Digit Number: 18242

Wed, 1:00 - 3:00 p.m., 10/23 – 12/11

No Class: 11/27

Location: Athletics Center/D100

Tuition: \$120 | Fee: \$34 | Total: \$154 | *MD residents age 60+ pay fee only*

ILR707 Developing a Personal Strength Training Plan

6 sessions, 12 hours

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

Instructor: Dr. Carol Hamilton Zehnacker (*see page 14 for bio*)

5-Digit Number: 18661

Fri, 2:00 - 4:00 p.m., 9/6 – 10/11

Location: Athletics Center/D129

Fee: \$99

Mornings with TED

ILR431 Mornings with TED

5 sessions, 7.5 hours

Grab a cup of coffee and wake up with TED. Don't know TED? Allow ILR to introduce you: TED short videos, pulled from the highly respected TED conferences, feature some of the world's most fascinating thinkers and doers who are challenged to give the "talk of their lives" in 18 minutes or less. The subjects of TED talks range from technology, entertainment, and design to science, global issues, humanity and more. Their mission? Spreading Ideas. The series invites you to watch a short, hand-picked TED video (via TED.com) at each class and share your own ideas with your fellow students in a lively discussion of the topic.

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

5-Digit Number: 18808

Wed, 10:30 a.m. - 12:00 p.m., 10/23 – 11/20

Location: Building B-C Knuckle/KC100 | Fee: \$79

WHO DO I CALL?

Contact the FCC Registration Office (301.624.2888) if you:

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

Contact the ILR Program Office (301.846.2561) if you:

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

ILR539 Ireland: Small Island - Big History

4 sessions, 6 hours

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

Instructor: 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.

5-Digit Number: 18672

Mon, 1:00 - 2:30 p.m., 9/9 – 9/30

Location: Country Meadows Retirement Communities

Tuition: \$20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only

ILR750 The Secrets of Catoctin Mountain

4 sessions, 6 hours

Catoctin Mountain is best known because it is home to Camp David, the presidential retreat. That is just the tip of the iceberg, though. Learn the stories of the people and locations on Catoctin Mountain. Learn about the secret spy training camp located there during WWII and the county's largest moonshining operation during the Great Depression. From the 1700s to the 1960s, these stories will unveil the secrets of Catoctin Mountain.

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

5-Digit Number: 12598

Thu, 6:00 - 7:30 p.m., 9/5 – 9/26

Location: Emmitsburg Senior Center

Tuition: \$20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only

 Evening Offering

ILR806 Frederick Town History Series - The 1800's

3 sessions, 4.5 hours

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

Note: The fall session will focus solely on the 1800s.

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

5-Digit Number: 18760

Fri, 3:00 - 4:30 p.m., 11/1 – 11/15

Location: Sweadner Hall

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



Evening Offering

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

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

6 sessions, 12 hours

The Constitution, the framework with which we govern ourselves, has lasted for over 200 years. How did the Founding Fathers do it? In this course we examine the economic and cultural conditions of the country following the American Revolution and the Articles of Confederation and these document's perceived weaknesses in addressing the country's problems. We will then investigate the issues facing those attending the Constitutional Convention in Philadelphia during the summer of 1787 and how both Philadelphia itself, as well as the founding fathers attention to "team building process issues," contributed to the convention's success. We will discuss the key compromises that derived from the constitutional debates: small vs. large states, north vs. south, slavery, economics, representation issues, and the "worthy against the licentious." We will then analyze why and how the Constitution was ratified in state conventions. Course concludes with discussion of why the Constitution has endured.

Instructor: Colonial historian Roger G. Swartz received national acclaim for his two books covering the frontiers of the American Revolution. In 2004, he was chosen, along with 2 others, 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.

5-Digit Number: 18693

Mon, 9:30 - 11:30 a.m., 11/4 – 12/9

Location: Visual & Performing Arts Center/F109

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

ILR894 World War II – Part I: The Rise and Fall of Nazi Germany

6 sessions, 12 hours

This course will offer learners the opportunity to explore a broad overview of Germany's turbulent political history from 1918 to 1945. This offering is part one of a two part series beginning with the origins of totalitarianism in Europe and Germany, the trauma of German military defeat and economic ruin from the aftermath of World War I. Also discussed is the rise of Adolph Hitler and the political context of the early Nazi party, which includes the Beerhall Putsch and its aftermath as well as the cracks in the Weimar Republic. Finally, an investigation into the breakdown of Germany's Parliamentary democracy and the consolidation of power will be discussed. Part II of this series will be offered later in the semester, which will include topics such as life in Nazi Germany, Hitler's foreign policy, the invasion of Poland, Blitzkrieg: the expansion of Nazi power, a new racial order in Europe, and the defeat of Nazi Germany.

Instructor: Landon Scott Port holds a Master of Education degree in Teaching and Learning (History) with high distinction from Liberty University. His interest in history began at a young age, and has taken him to hundreds of U.S. National Historical Landmarks from all periods of American history throughout U.S. Mr. Port served in the U.S. Army for 33 years including military service in Iraq and Afghanistan. His passion for teaching began early and has continued throughout his life by presenting at conferences throughout the mid-Atlantic region. After retiring, Mr. Port taught Adult Basic Education (English, math and reading) classes at Hagerstown Community College and Anne Arundel Community College.

5-Digit Number: 18773

Wed, 2:00 - 4:00 p.m., 9/18 – 10/23

Location: Conference Center/E124B

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



Thrive!

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

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

Learn a Language

FOR100 Basic Conversational Spanish

8 sessions, 16 hours

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

Instructor: Angelina Garcia

5-Digit Number: 18530

Tue/Thu, 6:00 - 8:00 p.m., 9/10 – 10/3

OR

5-Digit Number: 18839

Tue/Thu, 6:00 - 8:00 p.m., 11/19 – 12/17

Location: Student Center/H210

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

MD residents age 60+ pay fee only

 Evening Offering

FOR101 Continuing Conversational Spanish

8 sessions, 16 hours

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

Instructor: Angelina Garcia

5-Digit Number: 18531

Tue/Thu, 6:00 - 8:00 p.m., 10/15 – 11/7

No Class: 11/28

Location: Student Center/H210

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

MD residents age 60+ pay fee only

 Evening Offering

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 as well survival signs through demonstration. This course uses a textbook A Basic Course in American Sign Language (ISBN 978-0932666420) which will be available for purchase in the FCC bookstore. This textbook is good for FOR300 and FOR303.

Instructor: Martha B. Pugh holds a master's degree in Secondary Deaf Education from Gallaudet University and a bachelor's degree in English Education from Boston University. She has over 20 years of experience in teaching Introductory ASL classes.

5-Digit Number: 18528

Mon, 6:00 - 8:30 p.m., 9/30 – 11/4

Location: Visual & Performing Arts Center/F109

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

MD residents age 60+ pay fee only

 Evening Offering

FOR303 American Sign Language II - Intermediate

6 sessions, 15 hours

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

Instructor: Martha Pugh (see above for bio)

5-Digit Number: 18529

Mon, 6:00 - 8:30 p.m., 11/11 – 12/16

Location: Visual & Performing Arts Center/F109

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

MD residents age 60+ pay fee only

 Evening Offering

FOR403 Beginner French

10 sessions, 15 hours

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

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

5-Digit Number: 18526

Tue/Thu, 1:30 - 3:00 p.m., 9/17 – 10/17

Location: Student Center/H256

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

MD residents age 60+ pay fee only

FOR404 Continuing French

10 sessions, 15 hours

Améliorez vos compétences en français. Have you taken French for the Beginner and are impressed with what you now know? Do you have a working knowledge of French and wish to improve grammar, vocabulary, and communication skills? Continue your journey within this elegant language.

Instructor: Richard Bender (*see above for bio*)

5-Digit Number: 18527

Tue/Thu, 1:30 - 3:00 p.m., 10/22 – 11/21

Location: Student Center/H256

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

MD residents age 60+ pay fee only



ILR896 Modern Russian History

6 sessions, 12 hours

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

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

5-Digit Number: 18766

Thu, 1:30 - 3:30 p.m., 10/17 – 11/21

Location: Student Center/H202

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



ILR930 The Northern Plains Indian Wars, 1866-1890

6 sessions, 12 hours

The Northern Plains Indians were a nomadic culture resistant to domination by the government and military forces. In this course, we'll learn about their culture and spiritual beliefs. There will be a focus on the history of their interaction with the United States Army, specifically Custer and the 7th Cavalry from Washita River to Wounded Knee and Red Cloud's War. We'll also take an in depth look at Custer's defeat at Little Bighorn. Finally, we'll learn how the United States reservation policy caused these wars and suppressed Native American traditional culture.

Instructor: Roger Swartz (*see page 17 for bio*)

5-Digit Number: 18692

Mon, 9:30 - 11:30 a.m., 9/16 – 10/21

Location: Visual & Performing Arts Center/F109

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



ILR931 The Lives and Times of Charles and Ann Morrow Lindbergh

4 sessions, 6 hours

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

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

5-Digit Number: 18762

Thu, 10:00 - 11:30 a.m., 10/31 - 11/21

Location: Catoctin Hall/C119

Tuition: \$12 | Fee: \$49 | Total: \$61 | MD residents age 60+ pay fee only



ILR932 World War II – Part 2: The Rise and Fall of Nazi Germany

6 sessions, 12 hours

This course will offer learners the opportunity to explore a broad overview of Germany's turbulent political history from 1933 to 1945. This offering is Part 2 of a two part series to include topics such as life in Nazi Germany, Hitler's foreign policy, the invasion of Poland, Blitzkrieg: the expansion of Nazi power, a new racial order in Europe, and the defeat of Nazi Germany.

Instructor: Landon Port (see page 17 for bio)

5-Digit Number: 18774

Wed, 2:00 - 4:00 p.m., 10/30 - 12/11

No Class: 11/27

Location: Conference Center/E124B

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



ILR933 The Turbulent Sixties

5 sessions, 10 hours

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

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

5-Digit Number: 18749

Thu, 10:00 a.m. - 12:00 p.m., 9/19 - 10/17

Location: Conference Center/E126C

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



ILR940 Castles of Western Europe

4 sessions, 8 hours

Explore the history and features of castles in Western Europe. Specifically, this course will focus on castles of France, the Netherlands, Belgium, Spain, and England. Learn about the people who lived in the castles and the structural functions of the castle.

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

5-Digit Number: 18765

Mon, 4:00 - 6:00 p.m., 9/23 - 10/14

Location: Conference Center/E123

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

Evening Offering

CLASS FULL?

Call 301.846.2561 to be placed on the wait list.



ILR946 Listening to the People of Frederick: An Introduction to the Practice of Oral History

4 sessions, 8 hours

Throughout the 20th and 21st century, oral history, or sound recordings of interviews with people, has been an important tool for documenting local history and genealogy. Because of the work completed by family historians, college students, and local history organizations, Frederick County oral history projects have gained national recognition. Learn about the various organizations that have worked together to document the county's story using this method including how these organizations have helped others understand the people of Frederick County. Instruction in oral history best practices and how to apply them to family and community documentary efforts will be covered. Class participants will be able to experience oral history from the perspective of an interviewer, an interviewee, and a public history practitioner.

Note: Guest speakers to include Chris Haugh, local historian, and Terry Johnsen, oral history expert.

Instructor: Mary Mannix is currently the Maryland Room Manager of the C. Burr Artz Public Library of the Frederick County Public Libraries. She is very active in MARAC (the Mid-Atlantic Regional Archives Conference). She has been involved in the History Section of RUSA and was the 2011 winner of the Genealogical Publishing Company Award. In 2015, she was given the Martha Washington Medal from the Sergeant Lawrence Everhart Chapter of the Maryland Society of Sons of the American Revolution. She has taught genealogy librarianship at the University of Maryland and public history courses at Hood College.

5-Digit Number: 18761

Tue, 9:30 - 11:30 a.m., 11/5 – 11/26

Location: Country Meadows Retirement Communities

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



ILR948 Xi Jinping and China's Third Communist Revolution

1 session, 3 hours

Cover three main periods of Communist Party Rule in China since 1949. Begin with Mao Zedong, founding father of the People's Republic of China, and the Great Leap Forward. Then discuss Deng Xiaoping and the modernization of China. Finish with Xi Jinping as China emerges as a global power and a competitor to the United States.

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

Instructor: Jeffrey Steinberg is both an analyst and practitioner of U.S. national security policy. He has been an investigative journalist for more than 40 years, written for a range of international newsletters and magazines, and has participated in various advisory capacities for U.S. government officials on a wide range of national security issues, from strategic defense policy, to the war on terrorism, to the war on illegal narcotics, to the economic dimensions of national security. Steinberg is the author and/or co-author of hundreds of articles on a wide range of national security issues, current affairs, and history.

5-Digit Number: 18755

Wed, 10:00 a.m. - 1:00 p.m., 10/16

Location: Conference Center/E123

Fee: \$25

Extended class time!



ILR949 History of NASA and the Space Program

3 sessions, 6 hours

Join us for an overview of the history of NASA from its inception under President Eisenhower, to its present projects, and plans for the future. The course will focus on the beginnings of the program, the era of manned spaceflights, and current and future projects, including telescopes and mars exploration.

Instructor: Robert (Bob) Rubock 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. His courses require no math or formal scientific training, but a good sense of humor is mandatory. Bob's other passion is rock climbing, having traveled around the U.S. and Europe in its pursuit.

5-Digit Number: 18713

Mon, 10:00 a.m. - 12:00 p.m., 10/7 – 10/21

Location: Conference Center/E123 through 10/14,

Conference Center/E126B starting 10/21

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



Evening Offering

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

NEW

History Bites - Lunchtime Series

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

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

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

1 session, 1.5 hours

5-Digit Number: 18746 | Wed, 11:30 a.m. - 1:00 p.m., 10/30
Location: Catoctin Hall/C112 | Fee: \$12

ILR941 History Bites - Lunchtime History Series: The Maryland Campaign of 1862

1 session, 1.5 hours

5-Digit Number: 18747 | Wed, 11:30 a.m. - 1:00 p.m., 11/6
Location: Catoctin Hall/C112 | Fee: \$12

ILR941 History Bites - Lunchtime History Series: The Spy Game in Maryland During the Civil War

1 sessions, 1.5 hours

5-Digit Number: 18748 | Wed, 11:30 a.m. - 1:00 p.m., 11/13
Location: Catoctin Hall/C112 | Fee: \$12

NEW

The History of the U.S. Supreme Court

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

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

ILR947 The History of the United States Supreme Court Series - Origins of the Supreme Court and the Heroic Courts: The Jay, Ellsworth and Marshall Courts

6 sessions, 9 hours

This session covers the following topic: Origins of the Supreme Court and the Heroic Courts: The Jay, Ellsworth and Marshall Courts

5-Digit Number: 18763 | Mon, 2:00 - 3:30 p.m., 9/16 - 10/21
Location: Student Center/H263
Tuition: \$40 | Fee: \$79 | Total: \$119
MD residents age 60+ pay fee only

ILR947 The History of the United States Supreme Court Series - The Heroic Courts and the Advent of the Classical Courts: Taney, Chase, and Waite

6 sessions, 9 hours

This session will cover the Heroic Courts and the Advent of the Classical Courts: Taney, Chase and Waite

5-Digit Number: 18764 | Mon, 2:00 - 3:30 p.m., 10/28 - 12/9
No Class: 11/25 | Location: Student Center/H263
Tuition: \$40 | Fee: \$79 | Total: \$119
MD residents age 60+ pay fee only



ILR951 The History of Maryland: Everything You Should Know

4 sessions, 8 hours

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? This survey course will discuss the factors, peoples, and communities that created today's Old Line State. Is Maryland really "America in Miniature." These and other questions will be answered.

Instructor: Mary Mannix (see page 21 for bio)

5-Digit Number: 18785

Tue, 9:00 - 11:00 a.m., 9/10 – 10/1

Location: Memorial Hall, Church of Transfiguration, Braddock Heights

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



ILR953 Six Innovations That Made the Modern World

5 sessions, 10 hours

Watch and discuss a PBS series based on the bestselling book by Steven Johnson titled How We Got To Now: Six Innovations That Made the Modern World. Do you take Cold, Time, Sound, Glass, Light, and Cleanliness (each a topic) for granted? Well, no more after this class that takes a look at the slow genius and strokes of luck that intersected with modern necessity that delivered these marvels.

Note: A copy of the book will be given to students on the first day of class.

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

5-Digit Number: 18799

Tue, 1:30 - 3:30 p.m., 9/24 – 10/22

Location: Conference Center/E126C

Tuition: \$30 | Fee: \$96 | Total: \$126 | MD residents age 60+ pay fee only

LIFE PLANNING & FINANCES

ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours

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

Note: A Legal Disclaimer will be offered to students by instructor at beginning of course.

Instructor: Richard Bender (see page 19 for bio)

5-Digit Number: 18690

Mon/Wed, 6:00 - 8:00 p.m., 9/30 – 10/9

Location: Conference Center/E106

Fee: \$99

Evening Offering



ILR872 Math for 55+

4 sessions, 6 hours

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

Instructor: Nick Diaz taught mathematics for 30 years in the Frederick County Public School System. He currently serves as Mathematics Enrichment Consultant. He also conducts informal sessions and seminars with elementary school teachers to enhance their knowledge and understanding of mathematics. He has been recognized with numerous awards including the Washington Post Agnes Meyer Outstanding Teacher Award. Nick currently serves on the Frederick Community College Board of Trustees.

5-Digit Number: 18688

Wed, 9:30 - 11:00 a.m., 10/30 – 11/20

Location: Braddock Hall/B101

Tuition: 20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only

Learning on Location



ILR598 Walking Antietam: Part 2 - Bloody Lane and the Mumma and Roulette Farms

1 session, 6.5 hours

Take a new look at the battlefield as we join famed historian, Dennis Frye, for a narrated walk through the battle grounds of Antietam. We'll provide transportation via the FCC shuttle bus to meet up with your guide. Spend the morning walking in the footsteps of the soldiers, both blue and gray. Discover Bloody Lane by seeing it from different perspectives. We'll eat lunch at a local restaurant. Then we'll head back to the battlefield to stroll the Mumma and Roulette farms in the center of the battlefield and learn how the war brought disaster to innocent civilians. Hear Dennis' gripping and personal story of the discovery of soldiers' remains in an unmarked grave site, where you will "feel" the tragedy of our Civil War. We will follow established NPS trails, which will give you a feel for the terrain and the ebb and flow of the battles.

Note: Bring your walking shoes as we expect to walk a total distance of 3 miles, spread throughout the day, over gentle undulating terrain. Lunch is included in your fee. No refunds after close of business on 9/10.

Instructor: 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 many books and is a nationally recognized preservationist.

5-Digit Number: 18662

Tue, 8:00 a.m. - 5:30 p.m., 9/24

Location: Antietam Battlefield

Fee: \$89



ILR936 Glenstone's Amazing Art and Landscapes

1 session, 7.25 hours

Set in the rolling hills of Potomac, Glenstone Museum is a world class collection of iconic post-WWII modern art pieces, but is so much more than just a typical museum. Glenstone seamlessly integrates art, architecture, and landscape into a serene and contemplative environment. It's an immersive and transportive art and environmental experience like no other. We'll begin our visit with a brief intro to Glenstone, spend the morning exploring the collection and grounds, and break for lunch on your own at the locally sourced and seasonally driven cafe. After lunch, we'll depart for Sugarloaf Mountain Vineyard, set in Montgomery County's Agricultural Reserve, for an overview of Maryland wine and, if you choose, to sample some of their French-style vintages. This day will be an autumn experience to savor!

Note: Bring your walking shoes as this tour does involve moderate walking. The museum is a mix of indoor and outdoor exhibits; being outdoors is unavoidable so please dress for the weather. Please go to www.glenstone.org to view information on accessibility and other policies. Also be aware that Glenstone does not accept cash; only credit cards. No refunds after close of business on 9/20.

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

5-Digit Number: 18670

Fri, 8:45 a.m. - 4:30 p.m., 10/4

Location: Glenstone Museum

Fee: \$59

All trips depart from FCC; exact departure location and trip details will be provided one week prior to the trip date.

(right) Image taken during the Summer 2019 trip to the Gettysburg National Military Park.



ILR937 The Life, Times, and Death of Thomas Johnson, Jr.

1 session, 7.5 hours

Thomas Johnson, Jr. (1732-1819) has one of the most impressive resumes in the annals of Frederick County history. In addition to being elected our state’s first governor, he was a successful lawyer and businessman, member of the immortal Continental Congress, led troops in the Revolutionary War, served as one of the first Supreme Court Justices, and helped layout our nation’s capital. Join us for a one day trek through Frederick County as we visit sites connected to his life, family, and times. Sites include Rose Hill Manor, Catoctin Furnace and Mount Olivet Cemetery among others. The timeliness of the tour comes from the fact that October 26th, 2019 marks the 200th anniversary of Johnson’s death.

Note: Tour involves light walking and includes a boxed lunch. No refunds after close of business on 10/17/19.

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

5-Digit Number: 18667
Thu, 9:00 a.m. - 5:00 p.m., 10/24
Location: Frederick County Tour
Fee: \$99



ILR938 Capitol Hill Highlights

1 session, 9 hours

Capitol Hill is one of the most storied and visited sites in Washington DC. Our tour begins with a docent lead tour of the U.S. Capitol Building to see the Crypt, Rotunda, and National Statuary Hall. Then we head to the Library of Congress for a guided walking tour of the historic Thomas Jefferson Building, where you’ll marvel at the symbolic art and architecture. Finally, we head to the Botanic Conservatory to view living treasures of the world. This part of the tour is self-guided. Lunch is on your own at the U.S. Capitol Cafeteria.

Note: This tour does not include visiting the Senate and House Galleries and involves moderate walking and standing. No refunds after close of business on 10/15.

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

5-Digit Number: 18664
Tue, 8:00 a.m. - 5:30 p.m., 10/29
Location: Capitol Hill, Washington, D.C.
Fee: \$69



NEW

ILR927 Famous Films of the 1970s

4 sessions, 8 hours

Explore the great films of a pivotal decade of film history. Directors Francis Ford Coppola, Martin Scorsese, George Lucas, and Stephen Spielberg changed the way films were seen, and the business of Hollywood was altered dramatically. Come study some of the great films with a close examination, along with insights into the craft of film.

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

5-Digit Number: 18674

Tue, 9:00 - 11:00 a.m., 10/1 – 10/22

Location: Conference Center/E126C

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

NEW

ILR928 CREATRICS Senior®

6 sessions, 9 hours

A unique, interactive workshop for seniors adapting theatrical games, exercises, and techniques from improvisational comedy (ever see the TV show, "Whose Line Is It Anyway?") to build self-confidence, improve concentration, enhance communication skills, develop emotional and physical awareness, and encourage creativity and self-expression. Participants do NOT have to have any theatrical training or experience. The workshop is gently physical (walking, standing, easy body movement) and a good time is guaranteed.

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

5-Digit Number: 18676

Thu, 2:00 - 3:30 p.m., 9/26 – 10/31

Location: Conference Center/E125

Tuition: \$20 | Fee: \$74 | Total: \$94 | MD residents age 60+ pay fee only

NEW

ILR929 Three Faiths and the Revival of Aristotle's Thought

4 sessions, 10 hours

In the 12th century a spark was lighted that would produce a vast shift in the West toward analytic and scientific thinking, and ultimately would be a major force in the emergence of the renaissance and enlightenment. This course recounts the story of that shift, and introduces the three of the greatest minds in this remarkable story: Averroes, a Muslim; Maimonides, a Jew; and Aquinas, a Christian. In heavily illustrated PowerPoint presentations, Dr. Gray introduces this great philosophical tradition in a manner understandable whether the student has formally studied philosophy or not. The two-hour lectures have a break midway and a half hour discussion period at the end.

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

5-Digit Number: 18679

Fri, 10:00 a.m. - 12:30 p.m., 10/4 – 10/25

Location: Visual & Performing Arts Center/F109

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

NEW

ENG238 Unemployed to Bestseller

6 sessions, 12 hours

Are you lost when it comes to promoting your book? Do you dream of writing a book but don't know how to get started? In this course, learn the dos and don'ts of social media marketing, what to do after a writers conference, how to engage with your readers and other authors, and offers a road map through the world of writing and getting published.

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

5-Digit Number: 18868 | Tues, 1:00 - 3:00 p.m., 11/5 – 12/10

Location: Braddock Hall/B113 | Fee: \$119



ILR939 Sherlock Holmes - The Game's Afoot!

4 sessions, 8 hours

Do you love to read mystery stories? Solve fictional and/or real mysteries? Admire Sherlock Holmes' deductive thinking skills? Come to learn about Sherlock's London settings, search for clues in his short stories, discover elements of a detective story, identify mystery resources/websites/bookstores/etc., and learn background information on famous "past and present" mystery writers including Doyle, Poe, and Christie.

Note: A Sherlock Holmes short story book will be given out at the first class. Happy Sleuthing!

Instructor: Before her retirement, Peg Mauzy was the FCC International Education Coordinator and an English Instructor. Peg has visited London 25 times where she met Sherlock Holmes in person - he frequently loiters outside the Baker Tube Station. She loves the "hunt" for clues to solving crimes (real and fictional). Come share Peg's enthusiasm to enhance your own mystery solutions by solving Sherlock Holmes' short stories while learning about other famous British and American mystery writers (past and present)!

5-Digit Number: 18675

Fri, 1:00 - 3:00 p.m., 10/4 - 10/25

Location: Conference Center/E124A

Tuition: \$20 | Fee: \$74 | Total: \$94 | MD residents age 60+ pay fee only

SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours

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

Instructor: Dorothy O'Neal was hand-picked by the creator and long-time teacher of this course, Shirley Sandage, as the facilitator of one of ILR's most popular courses. She was a student of Shirley's in this course for many years and continues to write her own life story.

5-Digit Number: 18673

Wed, 1:00 - 3:00 p.m., 9/18 - 10/30

Location: Catoctin Hall/C212

Tuition: \$40 | Fee: \$79 | Total: \$139 | MD residents age 60+ pay fee only



ILR553 The Haunted View's Paranormal Roadshow Series

3 sessions, 9 hours

The Haunted View team, with their abilities to connect with spirits, ghosts, angels and the use of divination and electronic ghost hunting equipment, is taking it on the road offering a discussion forum of the paranormal. This is a learning event as the team will discuss their abilities and techniques on how they connect with spirits. This is also a "ghost show and tell" for people who have had experiences that they can't explain and would like to share so that they may seek advice. Each session will feature a different topic. Students may register for the series or separate sessions.

Instructor: Rhonda Russo has been a paranormal investigator for over 20 years and is founder of "Bump In The Night Investigations" paranormal investigation group. Born a Sensitive/Empath/Intuitive, she has been seeing, hearing and sensing spirits/ghosts all of her life. Rhonda partners with two other Mediums in the area to form an online paranormal talk show and investigative team called "The Haunted View". Rhonda also puts her empathy and intuitive skills to work as a Reiki Master/Teacher. She is also the author of the book *Bump In The Night Investigations: Beginner Ghost Hunting Book*.

5-Digit Number: 18756 | Tue, 9:00 a.m. - 12:00 p.m.

Thu 6:00 - 9:00 p.m. • Tue, 6:00 - 9:00 p.m., 9/17 - 11/12

Fee: \$89

ILR574 The Haunted View's Paranormal Roadshow - Learning to Contact Your Spirit Guide and Guardian Angel

1 session, 3 hours

5-Digit Number: 18757 | Tue, 9:00 a.m. - 12:00 p.m., 9/17

Location: Conference Center/E106 | Fee: \$32

ILR574 The Haunted View's Paranormal Roadshow - Investigation Case Study

1 session, 3 hours

5-Digit Number: 18758 | Thu, 6:00 - 9:00 p.m. - 10/17

Location: Student Center/H217 | Fee: \$32

ILR574 The Haunted View's Paranormal Roadshow - Victorian Spiritualism

1 session, 3 hours

5-Digit Number: 18759 | Tue, 6:00 - 9:00 p.m., 11/12

Location: Conference Center/E124B | Fee: \$32

ILR593 **Meditating with the Masters: Their Lives, Their Practices, Their Impacts**

4 sessions, 6 hours

Ever wonder about meditation and some of its leading teachers? How did their lives influence their practices and impact our culture? Explore diverse meditation practices via Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, and Thich Nhat Hahn. Evaluate which practice relates best to your needs and goals.

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

5-Digit Number: 18706 | Thu, 10:30 a.m. - 12:00 p.m., 10/3 – 10/24

Location: Catocin Hall/C119

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

NEW ILR934 **Contemplative Writing - Wandering Beyond the Known**

4 sessions, 8 hours

Contemplative writing and mindful meditation require techniques that tap into deep and vast dimensions of human existence. Explore the powerful combination of meditation and writing in the works of two Western Zen Buddhist writers: Maura O'Halloran and Robert M. Pirsig. These artists have explored the contemplative mind and heart in order to reshape the schemata of values in their daily lives. In addition to analyzing the readings, this course will introduce participants to basic meditative techniques and writing techniques as practiced by these writers.

Note: Students should purchase the following books prior to class: (1) *Pure Heart, Enlightened Mind: The Life and Letters of an Irish Zen Saint* by Maura O'Halloran and (2) *Zen and the Art of Motorcycle Maintenance: An Inquiry into Values* by Robert M. Pirsig. Books can be purchased online or at most bookstores.

Instructor: Jerry Webster, Ph. D., has taught numerous courses in literature for UMD and in multiculturalism for Montgomery County Public Schools. He serves as the Shastri, or head teacher, with the Shambhala Buddhist Center in Washington, D.C. He regularly teaches courses for FCC, the Johns Hopkins Odyssey Program, and the D.C. Politics & Prose Bookstore.

5-Digit Number: 18708 | Mon, 10:00 a.m. - 12:00 p.m., 9/9 – 9/30

Location: Conference Center/E123

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



ILR943 **World Religions Series: Sacred Spaces, Sacred Places, Sacred Faces**

5 sessions, 10 hours

"Not all who wander are lost" said J.R.R. Tolkien, challenging us to travel, search, and rediscover ourselves. For millennia, humanity has transfigured unique locations into special places to worship, live, and work. What has resulted are a vast array of religious and secular spaces where people were convinced life was more than what can be seen or felt. Examples include Buddhist stupas, Christian cathedrals, and indigenous grounds. This course is an opportunity to explore some of these countless religious and secular sacred places with ample opportunity to share personal travel experiences.

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

5-Digit Number: 18717

Tue, 1:30 - 3:30 p.m., 10/1 – 10/29

Location: Frederick Senior Center

Tuition: \$30 | Fee: \$84 | Total: \$114 | *MD residents age 60+ pay fee only*



ILR945 **Happier, Healthier, & Kinder: How to Meditate and Why**

6 sessions, 9 hours

Beginning or strengthening a meditation practice can be much easier with the support of an instructor and classmates. Learn about meditation from a pragmatic, westernized, twenty-first century perspective. Gain experience with at least six techniques: concentration, mindfulness, inquiry, heartfulness, awareness, and embodiment.

Instructor: Rev. Dr. Carl Gregg is the minister of the Unitarian Universalist Congregation of Frederick. A native of Florence, South Carolina, Carl is a graduate of Furman University where he received a BA in Religion and Philosophy. He has also earned a Master's of Divinity from Brite Divinity School and a Doctor of Ministry from San Francisco Theological Seminary. He has previously taught Introduction to the Hebrew Bible as an adjunct professor at the University of Louisiana at Monroe.

5-Digit Number: 18707

Tue, 10:00 - 11:30 a.m., 10/1 – 11/5

Location: Linganore Hall/L110

Tuition: \$30 | Fee: \$74 | Total: \$104 | *MD residents age 60+ pay fee only*

ILR413 Well, It's About Time - Part I

6 sessions, 12 hours

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; “Does Anybody Really Know What Time it Is”- Chicago) to literature (“It Was the Best of Times, It Was the Worst of Times”- Charles Dickens) to sports (“Time Out;” “Overtime”) to television (“Real Time with Bill Maher”...), 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 and point of view, time is as pervasive in our lives as breathing.

Instructor: Robert Rubock (*see page 21w for bio*)

5-Digit Number: 18712

Mon, 10:00 a.m. - 12:00 p.m., 9/30 – 11/4

Location: Conference Center/E126, 9/30 – 10/7

Conference Center/E124B, 10/14

Conference Center/E126C, 10/21 – 10/28

Conference Center/E126A, 11/4

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

ILR575 Butterflies in the Field

1 session, 4 hours

Enjoy the magic of butterflies in the field! Early fall is still a great time to see butterflies in Maryland. With cooperative weather, we may see a dozen or more species including several only seen in the autumn season. Expect up close viewing and plan to take plenty of pictures. We'll provide transportation (using an FCC van) to a locale in the Montgomery-Frederick-Washington County area. The exact location will be determined at a later date. Please bring your own lunch and be prepared for some moderate walking.

Note: Rain date is scheduled for September 20.

Instructor: Kathy Barylski is a leading butterfly researcher in the state and has a passion for spreading the love of butterflies. She coordinates annual butterfly counts in Frederick County, teaches classes about butterflies, and participates in research projects for the State and with other lepidopterists. She is the owner and founder of Incite Ecology, a business launched to help ignite people's passion for the environment.

5-Digit Number: 18769

Fri, 11:00 a.m. - 3:00 p.m., 9/13

Location: Van will depart from Buckingham's Choice

Fee: \$54

ILR788 Nature Walks 101 - Flora and Fauna

4 sessions, 8 hours

If you think you would enjoy knowing the names and stories behind some of our common flora and fauna, you'll enjoy this course. In this field-based course, we will learn to identify common plants and flowers on sight, plants based on similar characteristics, and local birds by appearance and song. We will discuss complex relationships between plants, animals, and the environment. During the class we will take nature walks around campus and meet off-campus twice at the Monocacy Battlefield to enjoy some of the trails located within the park. Wear proper shoes and dress for the weather please. All walks are considered easy and gentle. Students are required to provide their own transportation to the trail walk site.

Note: This course involves walking along a trail.

Instructor: Bethany Dellagnello has a bachelor's degree in zoology and has been a Frederick County Public School science teacher for 23 years, teaching both life and physical sciences in both middle and high school. She has been certified as a Master Gardener and also has a small business, creating and selling her one-of-a-kind jewelry.

5-Digit Number: 18711

Wed, 9:00 - 11:00 a.m., 9/11 – 10/2

Location: Conference Center/E106

Tuition: \$30 | Fee: \$69 | Total: \$99 | *MD residents age 60+ pay fee only*

ILR850 On Gossamer Wings: The Magic of Butterflies and Moths

3 sessions, 6 hours

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.

Instructor: Kathy Barylski (*see left for bio*)

5-Digit Number: 18768

Thu, 1:00 - 3:00 p.m., 9/26 – 10/10

Location: Buckingham's Choice

Fee: \$59

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

2 sessions, 5 hours

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. The first session is in the classroom and the second session is a hike to see some iconic sights on this famous footpath. Hike is about 1 mile with a small climb. Prepare to walk on rocky, uneven surfaces. FCC will provide transportation to the trail head via a van. We will depart from FCC. Plan about 4 hours for the 2nd class from departure to return.

Instructor: Tara Gettig worked as an educator for Pennsylvania State Parks where she developed and facilitated programs and she also taught geography at Shippensburg University. Sharing her love of outdoor recreation is a passion. In her free time, she has organized hikes for women, families and kids. Tara is particularly passionate about the Appalachian Trail and has hiked 900 miles of it. You can find her on the trails of Frederick County with her husband and 2 children.

5-Digit Number: 18715

Wed, 9:30 - 11:00 a.m. & Wed, 9:30 - 1:30 p.m., 9/18 – 9/25

Location: Appalachian Trail, 1st session Conference Center/E123

Fee: \$59



ILR935 **Personality: Putting the Pieces of the Puzzle Together**

6 sessions, 12 hours

Personality can be defined as “the unique way in which each individual thinks, acts, and feels throughout life” (Ciccarelli, 2015). From the earliest perspectives of Greek and Roman philosophers, to the construction of psychodynamic, behavioral, humanistic, social cognitive, trait, and biopsychosocial theories, these paradigms attempt to explain the essence of our being. We'll examine the theoretical models and discuss how the influence of family, friends, and major life events help to shape our personality. We will also review the more commonly used personality tests and conduct an individual personality assessment. Lastly, we will explore the symptoms and criteria used by psychologists and psychiatrists to diagnose personality disorders and their impact on interpersonal relationships.

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

5-Digit Number: 18714

Mon, 1:00 - 3:00 p.m., 10/7 – 11/11

Location: Linganore Hall/L110

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



ILR952 **Henrietta Lives On: The Powerful Intersection of Biology, DNA Mapping, and Ethics**

5 sessions, 10 hours

Her name was Henrietta Lacks, but scientists know her as code name HeLa. She was a poor black tobacco farmer whose cells were taken without her knowledge in 1951. They became one of the most important tools in medicine as they were vital for developing the polio vaccine, cloning, gene mapping, and more. Ironically, her family has struggled to gain access to the very health care advances their mother's cells helped make possible. This course involves reading and discussing the book *The Immortal Life of Henrietta Lacks*.

Note: A copy of the book will be given to students on the first day of class.

Instructor: Marta Kikena de Matto (see page 23 for bio)

5-Digit Number: 18786

Tue, 11:00 a.m. - 1:00 p.m., 9/24 – 10/22

Location: Conference Center/E126C

Tuition: \$30 | Fee: \$96 | Total: \$126 | MD residents age 60+ pay fee only



Evening Offering

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

Food & Cooking

REC118 90 Minute Wine Expert: An Introduction to Understanding and Appreciating Wine

1 session, 1.5 hours

Do you want to learn how to better appreciate and evaluate wines? Viticulture and Small Fruit Specialist, Dr. Joseph Fiola, will demonstrate how to better appreciate the nuances of wines by using the 5Ss of wine evaluation. In this class Dr. Fiola will challenge students' skills and teach them to how to discern the levels of acid, sweetness, alcohol, and tannins in wines.

Note: This course will change forever how you taste and evaluate wines and make it a much more enjoyable experience! Students must be 21 to register.

Instructor: Dr. Joe Fiola

5-Digit Number: 18775 | Thu, 7:00 - 8:30 p.m., 10/24

Location: Student Center/H111, President's Dining Room | Fee: \$39

REC119 Wines of Maryland and the World

1 sessions, 1.5 hours

Join Dr. Joe Fiola, Viticulture Specialist for the University of Maryland, to learn about grape variety names, what kind of wines they make, and which wines match with what foods! Dr. Fiola will walk you through the process of understanding grape variety names, what they could be called in other wine countries of the world, and what kind of wine they make here in Maryland. This course will give you more confidence to navigate the sometimes threatening aisles of your favorite wine shop and make it a much more enjoyable experience. Must be 21 to register and enjoy tastings of classic variety examples.

Instructor: Dr. Joe Fiola

5-Digit Number: 18776 | Thu, 7:00 - 8:30 p.m., 11/14

Location: Student Center/H111, President's Dining Room | Fee: \$39

REC120 Maryland Whiskey 101

1 session, 2 hours

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

Instructor: Braeden Bumpers

5-Digit Number: 18737 | Thu, 7:00 - 9:00 p.m., 11/7

Location: McClintock Distilling | Fee: \$34

NEW

REC128 Mix it Up!

1 session, 1 hour

Come join us as we team up with Leberz Oil & Vinegar Emporium to learn how to make three delicious, easy, and nutritious seasonal salad dressings! Each participant goes home with (3) 60mL bottles of our creations.

Instructor: Maggie Leberz

5-Digit Number: 18701 | Thu, 6:00 - 7:00 p.m., 12/12

Location: Leberz Oil & Vinegar Emporium | Fee: \$34

NEW

REC129 Snack Attack I

1 session, 1.5 hours

Join us at Leberz Oil & Vinegar Emporium to learn how fresh olive oil can make all the difference in your comfort food! Come learn how to revamp your snacks with a healthy spin. We'll show you how to make a crunchy grilled cheese, popcorn 2 ways, and a summer staple- fresh pesto.

Instructor: Maggie Leberz

5-Digit Number: 18702 | Thu, 6:30 - 8:00 p.m., 10/10

Location: Leberz Oil & Vinegar Emporium | Fee: \$34

NEW

REC130 Snack Attack II

1 session, 1.5 hours

Join us at Leberz Oil & Vinegar Emporium to learn how fresh olive oil can make all the difference in your comfort food! Come learn how to revamp your snacks with a healthy spin. We'll show you how to make spicy roasted almonds, fresh hummus and olive tapenade.

Instructor: Maggie Leberz

5-Digit Number: 18800 | Thu, 6:30 - 8:00 p.m., 11/14

Location: Leberz Oil & Vinegar Emporium | Fee: \$34

See page 45 for location information

 Evening Offerings | All Food & Cooking courses

ACR154 Jewelry Soldering Workshop

1 session, 5 hours

Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the “how” and “why” of jewelry soldering by combining an overview of the tools, techniques and process + hands-on practice. Each student will fabricate textured stacking rings or bangles. Safety Requirements (No Exceptions): • Closed-toed, low-heeled or no-heeled shoes • Comfortable “play-clothes”. No flowing sleeves or bulky fabrics • Long hair must be worn in a bun or ponytail • Protective eyewear must be worn. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Instructor: Georgina Copanzzì

5-Digit Number: 18520

Sat, 9:00 a.m. - 2:30 p.m., 10/19

Location: Monroe Center/MC147

Fee: \$79

ACR326 Glass Fusing Jewelry: Pendants, Bracelets and Pins

1 session, 3 hours

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

Instructor: Patricia Stein has been working with glass (stained glass, fused glass and mosaics) for over 15 years. She started her glass career by taking stained glass classes at a local college working with stained glass, foiling and soldering. She has studied under nationally renowned artists, Michael Dupille, Lisa Vogt, Kerry Tanstrum and Dan Streifel. In 2012, Pat began working heavily in mosaics and has added classes in mosaic mirrors, as well as garden mosaic art using both glass and tile.

5-Digit Number: 18517

Sat, 9:00 a.m. - 12:00 p.m., 11/9

Location: Visual & Performing Arts Center/F118

Fee: \$74

ACR158 Introduction to Metalsmithing

1 session, 5 hours

Master the basics of metalsmithing in this 1-day workshop. Learn how to use a torch, sawing, hammering plus other texture techniques to apply and finish copper jewelry (to take home!) Workshop includes lecture, demonstration, hands on practice and one on one instruction in the creation of your own unique designs. All tools and materials are provided. No experience necessary. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Instructor: Georgina Copanzzì

5-Digit Number: 18518 | Sat, 9:00 a.m. - 2:30 p.m., 9/21

OR

5-Digit Number: 18519 | Sat, 9:00 a.m. - 2:30 p.m., 11/16

Location: Monroe Center/MC147

Fee: \$79

ACR160 Woodburning Jewelry

1 session, 5 hours

Learn artful techniques to create your own unique jewelry. Using woodburning tools, students will create one-of-a-kind wood pieces and more! All tools and materials are provided. No experience necessary. Class will take a 30 minute lunch break so be sure to bring a packed lunch.

Instructor: Courtney Prael

5-Digit Number: 18643

Sat, 9:00 a.m. - 2:30 p.m., 10/5

Location: Monroe Center/MC147

Fee: \$79

**ACR165 Metal Etching Jewelry Workshop**

1 session, 5 hours

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

Instructor: Georgina Copanzzì

5-Digit Number: 18644

Sat, 9:00 a.m. - 2:30 p.m., 12/14

Location: Monroe Center/MC147

Fee: \$79

HOM126 Beginning Calligraphy: Italic

6 sessions, 12 hours

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

Instructor: Jodie Lide

5-Digit Number: 18522

Fri, 10:00 a.m. - 12:00 p.m., 9/6 – 10/18

No Class: 9/20

Location: Visual & Performing Arts Center/F141

Fee: \$119

HOM127 DIY Home Maintenance for Beginners

1 session, 5 hours

If you live under a roof and four walls, this class is a must! Join us to learn the DIY maintenance skills everyone should master! Learn how to do simple drywall repair, hang a perfectly straight picture, mount a TV, locate a stud, fix leaky faucets, toilets, and drains, master the use of common tools, and SO much more!

Instructor: James Thuman

5-Digit Number: 18781

Sat, 9:00 a.m. - 2:30 p.m., 9/28

Location: Monroe Center/MC147

Fee: \$99

HOM129 Crochet for Beginners

2 sessions, 4 hours

There's something magical about being able to take some yarn and create something beautiful. Crochet provides an excellent method to create almost endlessly - and it's highly portable, relaxing and fun! Come learn how with these beginner lessons. Students will be sent a supply list prior to class.

Instructor: Kathy Barylski (see page 29 for bio)

5-Digit Number: 18521

Mon, 6:30 - 8:30 p.m., 11/4 – 11/11

Location: Conference Center/E124A

Fee: \$49

 Evening Offering



HOM131 Celebrate Diwali with Paper Embroidery Mandala

1 session, 2 hours

Diwali, or the Celebration of Lights, is the most celebrated holiday in India. Families decorate the front door stoop with Rongoli – patterns of colored sand and flowers. Mandalas can be simple or complex patterns, emanating from a central point. Paper Embroidery involves creating complex looking designs similar to string art. In this class, use embroidery floss which allows an extraordinary range of color combinations for gorgeous designs. And, unlike the sand Rongoli, our paper embroidery mandalas provide long-lasting beauty!

Instructor: Kathy Barylski (see page 29 for bio)

5-Digit Number: 18697

Thu, 10:00 a.m. - 12:00 p.m., 10/21

Location: Visual & Performing Arts Center/F118

Fee: \$34



HOM132 Continuing Calligraphy

6 sessions, 12 hours

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

Instructor: Jodie Lide

5-Digit Number: 18647

Fri, 10:00 a.m. - 12:00 p.m., 10/25 – 12/6

No Class: 11/29

Location: Visual & Performing Arts Center/F141

Fee: \$119



HOM162 Exploring Printmaking

1 session, 3 hours

Printmaking is the artistic process of transferring images from one matrix to another to transform still images into works of art. Learn the basic principles of carving linoleum plates and hand-pulled prints and discover how to use found objects to create collagraph and relief prints. These unique pieces can be used for artwork, handmade cards, and more!

Instructor: Courtney Prah

5-Digit Number: 18646

Tue, 6:00 - 9:00 p.m., 10/8

Location: Visual & Performing Arts Center/F130

Fee: \$49

 Evening Offering



HUL105 Fused Holiday Ornaments

1 session, 3 hours

Join us to discover how to create one-of-a-kind ornaments in fused glass to decorate your house this holiday season. Bring your own patterns or choose from patterns available in the class. Cut glass in holiday shapes and decorate them. All pieces will be fired and returned to students within a week or two following the class. No glass cutting experience is required! Sign up with a friend and learn together. All supplies are included in the course cost.

Instructor: Patricia Stein (see page 32 for bio)

5-Digit Number: 18533

Sat, 1:00 - 4:00 p.m., 11/9

Location: Visual & Performing Arts Center/F118

Fee: \$74

HUL155 DIY: Electrical Wiring

1 session, 5 hours

Still trying to figure out how to make that 2-way switch work in your hallway? This Do-It-Yourself class will teach homeowners electrical wiring basics to tackle projects around the home. Course will cover the methods for safely installing outlets, switches and fixtures. This workshop is the perfect gift for new homeowners! No experience necessary. All materials provided.

Instructor: Continuing Education Instructor

5-Digit Number: 18780

Sat, 9:00 a.m. - 2:30 p.m., 10/19

Location: Monroe Center/MC129

Fee: \$99

HUL157 DIY: Plumbing

1 session, 5 hours

Knowing what to do in a plumbing emergency can save time and money, and there are things that you can learn to do yourself safely. In this class we'll focus on common plumbing problems like unclogging a toilet or garbage disposal, fixing a leaky faucet, shutting off water at the main valve, installing new plumbing fixtures, or soldering pipes. This class will help you figure out when you should call a plumber and when you really can Do-It-Yourself.

Instructor: Continuing Education Instructor

5-Digit Number: 18779

Sat, 9:00 a.m. - 2:30 p.m., 11/9

Location: Monroe Center/MC129

Fee: \$119

ILR552 Floral Design: Dried Wreath Centerpiece

1 session, 2.5 hours

Create a festive dried wreath that can be used as a centerpiece with a candle or hung on the wall. Learn the basics of floral design by discussing art concepts, viewing examples, and using hands on experience to create cheerful arrangements of either fresh, dried, or artificial flowers. This course is for beginners or as a continuation for this who took other floral design offerings. Supplies are included in your course cost.

Note: No refunds 3 business days prior to class start.

Instructor: Jeanne McDermott (see page 6 for bio)

5-Digit Number: 18678

Fri, 9:00 - 11:30 a.m., 11/15

Location: Conference Center/E124A

Fee: \$70

ILR552 Floral Design: Winter Greenery Floral Arrangement

1 session, 3 hours

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

Note: No refunds 3 business days prior to class start.

Instructor: Jeanne McDermott (see page 6 for bio)

5-Digit Number: 18682

Fri, 9:00 a.m. - 12:00 p.m., 12/13

Location: Visual & Performing Arts Center/F118

Fee: \$70

ILR870 Travel Light, Travel Easy - Greece Trip Edition

1 session, 2.5 hours

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

Instructor: Kathy Barylski (see page 29 for bio)

5-Digit Number: 18680

Thu, 1:00 - 3:30 p.m., 9/5

Location: Braddock Hall/B223

Fee: \$25

PHO100 Explore Your EOS Canon DSLR

1 session, 6 hours

Unleash your creativity by mastering the technical aspects of your Canon EOS Digital SLR. This class will help you get to know your camera system and go beyond the “automatic” setting! Move from the “Basic Zone” to the “Creative Zone.” Acquire a clear understanding of all the buttons and menu items on your camera. Learn how to creatively use exposure, composition, flash, and a variety of lenses. This is a hands-on class. We will take a short lunch break (lunch not included). Bring your camera, manual, battery and a tripod if you have one.

Instructor: Robert McMillan

5-Digit Number: 18525

Sat, 9:00 a.m. - 3:30 p.m., 11/2

Location: Visual & Performing Arts Center/F105

Fee: \$89

PHO102 Get To Know Your Nikon DSLR

1 session, 6 hours

Have you been using your Nikon DSLR like a point-and-shoot and long to move out of your comfort zone? Start by learning what all those buttons and dials can do to improve your photographs. Then, learn about the different lenses and when to use them. Explore the features and get the most out of your Nikon camera. Please bring your camera and a fully charged battery, a clean memory card, your camera’s manual, and a bagged lunch to class.

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

5-Digit Number: 18523 | Sat, 9:00 a.m. - 3:30 p.m., 9/14

OR

5-Digit Number: 18524 | Sat, 9:00 a.m. - 3:30 p.m., 12/7

Location: Braddock Hall/B223

Fee: \$89

PHO109 Exploring the Creative Cloud

4 sessions, 12 hours

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

Instructor: Cam Miller (*see left for bio*)

5-Digit Number: 18532

Tue, 6:00 - 9:00 p.m., 9/17 – 10/8

Location: Conference Center/E106

Fee: \$159

 Evening Offering

PHO112 Nikon Field Session

1 session, 3 hours

Join instructor, Cam Miller, out in the field as you explore your Nikon in action! Class location will be at the Gambrill Mill, part of the Monocacy Battlefield. Topics include getting sharp focus, using Live View, composing the shot, controlling depth of field, and using a tripod and the remote and/or timer function. Students will have a chance to try out different lenses. A tripod is recommended. Student must provide their own transportation.

Instructor: Cam Miller (*see left for bio*)

5-Digit Number: 18108

Sat, 9:00 a.m. - 12:00 p.m., 8/31

Location: Catoctin Hall/C208

Fee: \$39



PHO113 Creative Vision in Photography

1 session, 6 hours

Transform your photographs! Express your ideas, interests, passion, and uniqueness through creative vision. In this class, students will discuss and illustrate good composition, critically examine photographs, explore the elements of a photographer's "toolbox," and examine different exercises to stimulate creativity.

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

5-Digit Number: 18778

Sat, 9:00 a.m. - 3:30 p.m., 10/19

Location: Visual & Performing Arts Center/F105

Fee: \$89



PHO114 Holiday Lights Photo Tour

3 sessions, 8 hours

Join us as we capture the wonder of the holiday season! Downtown Frederick is known for its gorgeous decorations and beautifully lit displays. In this three part class, you will first learn how to get the best possible shots with just your mobile phone using various camera apps and settings. Then, students will take a two hour evening field trip downtown and along Carroll Creek to practice their skills. Finally, in the third class, you will learn how to edit the shots to make them dazzle. This class will require the downloading and purchase of recommended apps and the use of a tripod and phone attachment. Equipment and apps information will be sent to participants before class begins, but costs should be under \$30. Students are responsible for providing their own transportation.

Instructor: Cam Miller (see page 35 for bio)

5-Digit Number: 18653

Tue, 6:00 - 9:00 p.m., 12/3

Thu, 5:00 - 7:00 p.m., 12/5

Tue, 6:00 - 9:00 p.m., 12/10

Location: Conference Center/E124A, E124B

Fee: \$99

Evening Offering



PHO115 Natural Light Portraits

1 session, 4 hours

Working with available, "natural" light, we'll learn how to take compelling portraits. Class topics will include finding great locations, understanding and working with available light, choosing the right background, simple posing techniques, composition, and choosing a lens and setting your camera. All cameras are suitable, as much of what we discuss is as relevant to your camera phone as it is to a DSLR.

Instructor: Robert Sullivan (see left for bio)

5-Digit Number: 18698

Sat, 9:00 a.m. - 1:00 p.m., 9/28

Location: Conference Center/E104

Tuition: \$10 | Fee: \$59 | Total: \$69 | MD residents age 60+ pay fee only



PHO116 Portrait Editing with Lightroom

1 session, 3 hours

Learn to use the features available in Adobe's Lightroom software to edit your portrait photography. In addition to ensuring that the overall light and exposure are good, there are tools to enhance eyes, remove blemishes, soften skin, whiten teeth, and more. Students may elect to use their own laptops if they have Lightroom installed, but the class will be taught in a lab. Students should supply their own portrait images to be edited in the class by saving them to either a camera memory card or a flash drive.

Instructor: Cam Miller (see page 33 for bio)

5-Digit Number: 18699

Sat, 9:00 a.m. - 12:00 p.m., 10/5

Location: Visual & Performing Arts Center/F108

Fee: \$59



PHO117 Art in the Palm of your Hand

4 sessions, 12 hours

Create incredible works of art - straight from your mobile phone! In this class, students will learn how to make the most of the camera that comes with their smartphone, as well as some of the specialized camera apps available for your model! First, learn to use apps to edit your shots and bring out the best qualities of each image. Then, learn how to create artistic images from your photos, like watercolors, oil paintings, black and white, and stylized images. No painting or drawing ability is needed. Any type of phone camera is suitable for this class. Free and purchased apps will need to be downloaded either to your phone or tablet for further editing. iPads and other tablets are encouraged!

Instructor: Cam Miller (see page 33 for bio)

5-Digit Number: 18700

Fri, 9:00 a.m. - 12:00 p.m., 10/25 - 11/15

Location: Braddock Hall/B105

Fee: \$119

ENG218 Beginner's Guide to Freelance Writing

3 sessions, 6 hours

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

Instructor: James Rada (see page 16 for bio)

5-Digit Number: 18735

Mon, 2:30 - 4:30 p.m., 9/9 – 9/23

Location: Braddock Hall/B113

Tuition: \$20 | Fee: \$49 | Total: \$69 | MD residents age 60+ pay fee only

ENG226 Self-Publishing Your Book

3 sessions, 6 hours

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

Instructor: James Rada (see page 16 for bio)

5-Digit Number: 18736

Wed, 6:00 - 8:00 p.m., 10/23 – 11/6

Location: Conference Center/E126A

Tuition: \$30 | Fee: \$59 | Total: \$89 | MD residents age 60+ pay fee only

 Evening Offering

NEW WRITING CLASS

ENG238 Umemployed to Bestseller

See full course description and details on page 26.



ENG237 Manuscript Critique Workshop

4 sessions, 8 hours

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

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

5-Digit Number: 18739

Tue, 6:00 - 8:00 p.m., 9/24 – 10/15

Location: Braddock Hall/B113

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

 Evening Offering

ENG236 Writing Your Short Story or Novel

8 sessions, 16 hours

Learn the elements of storytelling and how they work together to form a cohesive, well-written and meaningful story. Each session will analyze samples of one of a group of elements to determine their individual purposes and their relationship to the story.

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

5-Digit Number: 18777

Thu, 12:30 - 2:30 p.m., 9/12 – 10/31

Location: Visual & Performing Arts Center/F145

Tuition: \$50 | Fee: \$129 | Total: \$179 | MD residents age 60+ pay fee only

FREE Are You Medically Curious?

ILR448 Are You Medically Curious?

7 sessions, 14 hours

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

5-Digit Number: 18716

Wed, 10:00 a.m. - 12:00 p.m., 9/11 – 10/23

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*Register for all seven “Medically Curious” sessions using information above **or** register for individual sessions below and right. **All sessions will be held at Thurmont Public Library.***

ILR903 Medically Curious - Health Tips

1 session, 2 hours

This session’s topics is Health Tips. In this class, you will learn about the following: A dozen simple topics you thought you understood including earwax, cell phones, TV drug ads, radiation, and fevers.

5-Digit Number: 18738 | Wed, 10:00 a.m. - 12:00 p.m., 9/11

ILR903 Medically Curious - Vitamins & Minerals

1 session, 2 hours

This session’s topic is Vitamins & Minerals. Americans spend over \$15 billion annually to take at least one every day. You know the claims but what does the scientific evidence say?

5-Digit Number: 18740 | Wed, 10:00 a.m. - 12:00 p.m., 9/18

ILR903 Medically Curious - Diabetes: Sugar, Sugar Everywhere

1 session, 2 hours

This session’s topic is Diabetes: Sugar, Sugar Everywhere. Diabetes is not a sugar disease. What’s the difference between Type 1 and Type 2. Why high blood sugar is such a big deal.

5-Digit Number: 18741 | Wed, 10:00 a.m. - 12:00 p.m., 9/25

ILR903 Medically Curious - Crashes, Falls, and Bullets

1 sessions, 2 hours

This session’s topic is Crashes, Falls, and Bullets: Injury still kills about a quarter million Americans every year. The truth about TV violence, gun deaths, motor vehicle accidents, and falling down.

5-Digit Number: 18742 | Wed, 10:00 a.m. - 12:00 p.m., 10/2

ILR903 Medically Curious - Medical Marijuana & Hemp Oil

1 sessions, 2 hours

This session’s topic is Medical Marijuana & Hemp Oil. Learn the difference between THC and CBD. Does any of it really work and will CVS be carrying it?

5-Digit Number: 18743 | Wed, 10:00 a.m. - 12:00 p.m., 10/9

ILR903 Medically Curious - Translating “Medicalese”

1 sessions, 2 hours

This session’s topic is Translating Medicalese. In this class you will learn about the following: how to understand your diagnosis, medical short hand terms, learning to speak doctor’s language.

5-Digit Number: 18744 | Wed, 10:00 a.m. - 12:00 p.m., 10/16

ILR903 Medically Curious - Common Lab Tests and Dietary Supplements

1 sessions, 2 hours

This session’s topic is Common Lab Tests and Dietary Supplements. Learn about medical tests including false positives, false negatives, BUN, Urine Dip, and Liver Enzymes. Also, nutrition stores have a supplement for just about everything.

5-Digit Number: 18745 | Wed, 10:00 a.m. - 12:00 p.m., 10/23

See page 45 for location information

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

FREE Fall Courses in the Community

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

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

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

ILR528 Art Appreciation: Early American Folk Art and Functional Decorative Object

10 sessions, 10 hours

In this course, you will learn to identify and appreciate functional folk art including common household objects. You'll come to understand how and why early American life produced this distinctive art and what its role was in society. Please note that this course is an art appreciation course; individual art projects will not be completed.

Instructor: Jeanne McDermott

5-Digit Number: 18783 | Thu, 1:00 - 2:00 p.m., 9/19 – 11/21

Location: Daybreak Adult Day Services



ILR944 On Broadway!

3 sessions, 6 hours

An exciting look at Broadway Musicals including a history of the Theater District in NYC and development of musical theater in the United States.

Instructor: Lynn Fleming

5-Digit Number: 18721 | Thu, 1:30 - 3:30 p.m., 9/19 – 10/3

Location: Frederick Senior Center

ILR860 Downsizing Simplified: Living Smaller and Loving it!

3 sessions, 4.5 hours

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

Instructor: Stacy Reno and Sharon Scarborough

5-Digit Number: 18710 | Tue, 4:30 - 6:00 p.m., 9/24 – 10/8

Location: C. Burr Artz Public Library

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

4 sessions, 4 hours

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.

Instructor: Barbara Angleberger

5-Digit Number: 18709 | Wed, 11:30 a.m. - 12:30 p.m.,

10/23 – 11/20 | No Class: 11/6

Location: Walkersville Public Library

ILR852 Survey of French History

3 sessions, 6 hours

From the prehistoric caves of Lascaux to the opulence of Versailles, this course offers a survey of French history across several thousand years. Students will interpret various written texts and works of art pertaining to French history. Significant political, social events, and institutions that have affected French history will be examined.

Instructor: Lois Jarman

5-Digit Number: 18677 | Mon, 4:00 - 6:00 p.m., 10/28 – 11/18

No Class: 11/11

Location: Myersville Public Library

See page 45 for location information

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 LABOR DAY	3	4	5 <u>1:00 Travel Light, Travel Easy</u> 6:00 Secrets of Catoctin Mountain	6 9:00 Developing a Training Plan 9:00 Acrylic Painting - Beginners 10:00 Beginning Calligraphy
9 10:00 Contemplative Writing 10:00 Classic Drawing 1:00 Your Android Smart Phone 1:00 Ireland: Small Island 2:30 Freelance Writing	10 9:00 The History of Maryland <u>2:00 ILR Social</u> 6:00 Basic Convers. Spanish	11 9:00 Nature Walks 101 <u>10:00 Med. Curious - Health Tips</u> 1:00 iPhone - Beginner	12 12:30 Writing Your Short Story 3:30 Continuing Watercolor 6:00 Secrets of Catoctin Mountain 6:00 Basic Convers. Spanish	13 9:00 Developing a Training Plan 9:00 Acrylic Painting - Beginners <u>11:00 Butterflies in the Field</u>
16 9:30 Northern Plains Indian Wars 10:00 Contemplative Writing 10:00 Classic Drawing 1:00 Your Android Smart Phone 1:00 Ireland: Small Island 2:00 U.S. Supreme Court #1 2:30 Freelance Writing	17 9:00 The History of Maryland 10:00 Exploring Watercolor <u>9:00 Haunted View - Contact</u> <u>1:00 Personal Self Defense</u> 1:30 Beginner French 6:00 Basic Convers. Spanish 6:00 Exploring Creative Cloud	18 9:00 Nature Walks 101 9:30 The Appalachian Trail <u>10:00 Med. Curious - Vitamins</u> 1:00 iPhone - Beginner 2:00 Beginning Yoga 2:00 World War II, Part I 1:00 Writing Your Life Story	19 10:00 Intro to Computers 10:00 The Turbulent Sixties 12:30 Writing Your Short Story 1:00 Art Appreciation: Folk Art 1:30 Beginner French 1:30 On Broadway! 3:30 Continuing Watercolor 6:00 Secrets of Catoctin Mountain 6:00 Basic Convers. Spanish	20 9:00 Developing a Training Plan 10:00 Exploring Watercolor 12:30 Tai Chi for Balance
23 9:30 Northern Plains Indian Wars 10:00 Contemplative Writing 10:00 Classic Drawing <u>1:00 Your Android Smart Phone</u> 1:00 Ireland: Small Island 2:00 U.S. Supreme Court #1 <u>2:30 Freelance Writing</u> 4:00 Castles of W. Europe	24 8:00 Walking Antietam: Part 2 9:00 The History of Maryland 10:00 Exploring Watercolor 11:00 Henrietta Lives On 1:30 Beginner French 1:30 Six Innovations 4:30 Downsizing Simplified 6:00 Exploring Creative Cloud 6:00 Basic Convers. Spanish 6:00 Manuscript Critique	25 9:00 Nature Walks 101 <u>9:30 The Appalachian Trail</u> 10:00 Improve Your Gait <u>10:00 Med. Curious - Diabetes</u> <u>1:00 iPhone - Beginner</u> 1:00 Writing Your Life Story 2:00 Beginning Yoga 2:00 World War II, Part I 6:00 Better Balance	26 10:00 Intro to Computers 10:00 The Turbulent Sixties 12:30 Writing Your Short Story 1:00 Art Appreciation: Folk Art 1:00 On Gossamer Wings 1:30 Beginner French 1:30 On Broadway! 2:00 CREATRICS Senior® 3:30 Continuing Watercolor <u>6:00 Secrets of Catoctin Mountain</u> 6:00 Basic Convers. Spanish	27 9:00 Developing a Training Plan 9:00 Acrylic Painting - Beginners 10:00 Beginning Calligraphy 10:00 Exploring Watercolor 12:30 Tai Chi for Balance

Bold indicates first session of class

Underline indicates last session of class

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SEPT. 30</p> <p>9:30 Northern Plains Indian Wars 10:00 <u>Contemplative Writing</u> 10:00 Classic Drawing 10:00 Well, It's About Time - Part I 1:00 <u>Ireland: Small Island</u> 2:00 U.S. Supreme Court #1 4:00 Castles of W. Europe 6:00 Investment Strategies 6:00 Sign Language I</p>	<p>1 9:00 <u>The History of Maryland</u> 9:00 Famous Films - 1970s 10:00 Exploring Watercolor 10:00 How to Meditate 11:00 Henrietta Lives On 1:30 Beginner French 1:30 Six Innovations 1:30 World Religions Series 2:00 Current Issues, Middle East 4:30 <u>Downsizing Simplified</u> 6:00 Exploring Creative Cloud 6:00 Basic Convers. Spanish 6:00 Manuscript Critique</p>	<p>2 9:00 <u>Nature Walks 101</u> 10:00 <u>Improve Your Gait</u> 10:00 Med. Curious - Crashes 1:00 Writing Your Life Story 2:00 Beginning Yoga 2:00 World War II, Part I 6:00 Better Balance 6:00 Investment Strategies</p>	<p>3 10:00 Intro to Computers 10:00 The Turbulent Sixties 10:30 Meditating Masters 12:30 Writing Your Short Story 1:00 Art Appreciation: Folk Art 1:00 On Gossamer Wings 1:30 Beginner French <u>1:30 On Broadway!</u> 2:00 CREATRICS Senior® 3:30 Continuing Watercolor <u>6:00 Basic Convers. Spanish</u></p>	<p>4 8:45 Glenstone's Amazing Art 9:00 Developing a Training Plan <u>9:00 Acrylic Painting - Beginners</u> 10:00 Beginning Calligraphy 10:00 Exploring Watercolor 10:00 Three Faiths - Aristotle 12:30 Tai Chi for Balance 1:00 Sherlock Holmes</p>
<p>7 9:30 Northern Plains Indian Wars 10:00 Classic Drawing 10:00 Well, It's About Time - Part I 10:00 History of NASA 1:00 Going Paperless 1:00 Personality - Puzzle 2:00 U.S. Supreme Court #1 4:00 Castles of W. Europe 6:00 Investment Strategies 6:00 Sign Language I</p>	<p>8 9:00 Famous Films - 1970s 10:00 Exploring Watercolor 10:00 How to Meditate 11:00 Henrietta Lives On 1:30 Beginner French 1:30 Six Innovations 1:30 World Religions Series 2:00 Current Issues, Middle East <u>4:30 Downsizing Simplified</u> <u>6:00 Exploring Creative Cloud</u> 6:00 Manuscript Critique 6:00 Exploring Printmaking</p>	<p>9 10:00 <u>Improve Your Gait</u> 10:00 Med. Curious - Marijuana 1:00 Writing Your Life Story 1:00 iPhone - Advanced 2:00 Beginning Yoga 2:00 World War II, Part I 6:00 Better Balance <u>6:00 Investment Strategies</u></p>	<p>10 10:00 Intro to Computers 10:00 The Turbulent Sixties 10:30 Meditating Masters 12:30 Writing Your Short Story 1:00 Art Appreciation: Folk Art <u>1:00 On Gossamer Wings</u> 1:30 Beginner French 2:00 CREATRICS Senior® 3:30 Continuing Watercolor 6:30 Snack Attack I</p>	<p>11 <u>9:00 Developing a Training Plan</u> 9:00 Paintings: Impressionists 10:00 Beginning Calligraphy 10:00 Exploring Watercolor 10:00 Three Faiths - Aristotle 12:30 Tai Chi for Balance 1:00 Sherlock Holmes</p>
<p>14 9:30 Northern Plains Indian Wars 10:00 Well, It's About Time - Part I 10:00 History of NASA 1:00 Going Paperless 1:00 Personality - Puzzle 2:00 U.S. Supreme Court #1 <u>4:00 Castles of W. Europe</u> 6:00 Sign Language I</p>	<p>15 9:00 Famous Films - 1970s 10:00 Exploring Watercolor 10:00 How to Meditate 11:00 Henrietta Lives On 1:30 Beginner French 1:30 Six Innovations 1:30 World Religions Series 2:00 Current Issues, Middle East <u>6:00 Manuscript Critique</u> 6:00 Continuing Convers. Spanish</p>	<p>16 10:00 <u>Improve Your Gait</u> 10:00 Med. Curious - Medicaless 10:00 Xi Jinping and China 12:00 Secret to Aging 1:00 Writing Your Life Story 1:00 iPhone - Advanced <u>2:00 Beginning Yoga</u> 2:00 World War II, Part I 6:00 Better Balance</p>	<p>17 10:00 Intro to Computers <u>10:00 The Turbulent Sixties</u> 10:30 Meditating Masters 12:30 Writing Your Short Story 1:00 Art Appreciation: Folk Art <u>1:30 Beginner French</u> 1:30 Modern Russian History 2:00 CREATRICS Senior® <u>3:30 Continuing Watercolor</u> 6:00 Haunted View - Investigate 6:00 Continuing Convers. Spanish</p>	<p>18 9:00 Paintings: Impressionists <u>10:00 Beginning Calligraphy</u> 10:00 Exploring Watercolor 10:00 Three Faiths - Aristotle 12:30 Tai Chi for Balance 1:00 Sherlock Holmes</p>
<p>21 8:30 Volleyball 9:00 Diwali: Paper Mandala 9:30 Northern Plains Indian Wars 10:00 Well, It's About Time - Part I <u>10:00 History of NASA</u> <u>1:00 Going Paperless</u> 1:00 Personality - Puzzle <u>2:00 U.S. Supreme Court #1</u> 6:00 Sign Language I</p>	<p>22 <u>9:00 Famous Films - 1970s</u> 10:00 Exploring Watercolor 10:00 How to Meditate <u>11:00 Henrietta Lives On</u> <u>1:30 Six Innovations</u> 1:30 World Religions Series 1:30 Medical Marijuana 1:30 Continuing French 2:00 Current Issues, Middle East 6:00 Continuing Convers. Spanish</p>	<p>23 10:00 <u>Improve Your Gait</u> 10:00 Med. Curious - Dietary 10:30 Mornings With Ted 11:30 The Aging Brain 12:00 Secret to Aging 12:00 Intro to Pastel 101 1:00 Writing Your Life Story <u>1:00 iPhone - Advanced</u> 1:00 Successful Aging: Overview 1:00 Elementary Fencing <u>2:00 World War II, Part I</u> 2:00 Continuing Gentle Yoga 6:00 Better Balance 6:00 Self-Publishing Your Book</p>	<p>24 9:00 Thomas Johnson, Jr. <u>10:00 Intro to Computers</u> <u>10:30 Meditating Masters</u> 12:30 Writing Your Short Story 1:00 Art Appreciation: Folk Art 1:30 Modern Russian History 1:30 Continuing French 2:00 CREATRICS Senior® 3:30 Continuing Watercolor 6:00 Continuing Convers. Spanish 7:00 90 Minute Wine Expert</p>	<p>25 9:00 Paintings: Impressionists 9:00 Art in Your Hand 10:00 Exploring Watercolor <u>10:00 Three Faiths - Aristotle</u> 10:00 Continuing Calligraphy 12:30 Tai Chi for Balance <u>1:00 Sherlock Holmes</u></p>
<p>28 8:30 Volleyball 10:00 Well, It's About Time - Part I 1:00 Personality - Puzzle 1:00 Richard Strauss- Music 2:00 U.S. Supreme Court #2 4:00 Survey of French History 6:00 Sign Language I</p>	<p>29 8:00 Capitol Hill Highlights 10:00 Exploring Watercolor 10:00 How to Meditate <u>1:30 World Religions Series</u> 1:30 Continuing French <u>2:00 Current Issues, Middle East</u> 6:00 Continuing Convers. Spanish</p>	<p>30 9:30 Math for 55+ 10:00 <u>Improve Your Gait</u> 10:30 Mornings With Ted 11:30 The Aging Brain 11:30 History Bites Series #1 12:00 Secret to Aging 12:00 Intro to Pastel 101 <u>1:00 Writing Your Life Story</u> <u>1:00 Successful Aging: Overview</u> 1:00 Elementary Fencing 1:00 Apple's Incredible iPad 2:00 Continuing Gentle Yoga 2:00 World War II - Part 2 6:00 Better Balance 6:00 Self-Publishing Your Book</p>	<p>31 10:00 Times of Lindbergh <u>12:30 Writing Your Short Story</u> 1:00 Art Appreciation: Folk Art 1:30 Modern Russian History 1:30 Continuing French <u>2:00 CREATRICS Senior®</u> 3:30 Continuing Watercolor 6:00 Continuing Convers. Spanish</p>	<p>NOV. 1 <u>9:00 Paintings: Impressionists</u> 9:00 Art in Your Hand 10:00 Continuing Calligraphy 10:00 Exploring Watercolor 12:30 Tai Chi for Balance 3:00 Frederick History Series</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 8:30 Volleyball 9:30 Broken Promises <u>10:00 Well, It's About Time – Part I</u> 1:00 Personality – Puzzle 1:00 Richard Strauss- Music 1:00 Microsoft Windows 10 2:00 U.S. Supreme Court #2 4:00 Survey of French History 6:00 Sign Language I 6:30 Crochet for Beginners</p>	<p>5 9:30 People of Frederick <u>10:00 Exploring Watercolor</u> <u>10:00 How to Meditate</u> 1:00 Unemployed to Bestseller 1:30 Continuing French 2:00 Focus on Arabia 6:00 Continuing Convers. Spanish</p>	<p>6 9:30 Math for 55 10:00 Improve Your Gait 10:30 Mornings With Ted 11:30 The Aging Brain 11:30 History Bites Series #2 12:00 Secret to Aging 12:00 Intro to Pastel 101 1:00 Elementary Fencing 1:00 Apple's Incredible iPad 1:00 Successful Aging: Staying 2:00 Continuing Gentle Yoga 2:00 World War II – Part 2 6:00 Better Balance 6:00 Self-Publishing Your Book</p>	<p>7 10:00 Times of Lindbergh 1:00 Art Appreciation: Folk Art 1:30 Modern Russian History 1:30 Continuing French 3:30 Continuing Watercolor <u>6:00 Continuing Convers. Spanish</u> 7:00 Maryland Whiskey 101</p>	<p>8 9:00 Art in Your Hand <u>10:00 Exploring Watercolor</u> 10:00 Continuing Calligraphy 12:30 Tai Chi for Balance 3:00 Frederick History Series</p>
<p>11 8:30 Volleyball 9:30 Broken Promises <u>1:00 Personality – Puzzle</u> 1:00 Richard Strauss- Music 1:00 Microsoft Windows 10 2:00 U.S. Supreme Court #2 4:00 Survey of French History 6:00 Sign Language II <u>6:30 Crochet for Beginners</u></p>	<p>12 9:30 People of Frederick 1:00 Unemployed to Bestseller 1:30 Continuing French 2:00 Focus on Arabia 6:00 Haunted View - Victorian</p>	<p>13 9:30 Math for 55+ <u>10:00 Improve Your Gait</u> 10:30 Mornings With Ted 11:30 The Aging Brain 11:30 History Bites Series #3 12:00 Secret to Aging 12:00 Intro to Pastel 101 1:00 Elementary Fencing 1:00 Apple's Incredible iPad 1:00 Successful Aging: Wellness 2:00 Continuing Gentle Yoga 2:00 World War II – Part 2 6:00 Better Balance</p>	<p>14 10:00 Times of Lindbergh 1:00 Art Appreciation: Folk Art 1:30 Modern Russian History 1:30 Continuing French 3:30 Continuing Watercolor 6:30 Snack Attack II 7:00 Wines of Maryland</p>	<p>15 <u>9:00 Art in Your Hand</u> 9:00 Floral Design 10:00 Continuing Calligraphy 12:30 Tai Chi for Balance <u>3:00 Frederick History Series</u></p>
<p>18 8:30 Volleyball 9:30 Broken Promises <u>1:00 Richard Strauss- Music</u> 1:00 Microsoft Windows 10 2:00 U.S. Supreme Court #2 <u>4:00 Survey of French History</u> 6:00 Sign Language II</p>	<p>19 9:30 People of Frederick 1:00 Unemployed to Bestseller 1:30 Continuing French 2:00 Focus on Arabia 6:00 Basic Convers. Spanish</p>	<p>20 <u>9:30 Math for 55+</u> <u>10:30 Mornings With Ted</u> <u>11:30 The Aging Brain</u> <u>12:00 Secret to Aging</u> <u>12:00 Intro to Pastel 101</u> 1:00 Elementary Fencing <u>1:00 Apple's Incredible iPad</u> 1:00 Successful Aging: Legal <u>2:00 Continuing Gentle Yoga</u> 2:00 World War II – Part 2</p>	<p>21 <u>10:00 Times of Lindbergh</u> <u>1:00 Art Appreciation: Folk Art</u> <u>1:30 Modern Russian History</u> <u>1:30 Continuing French</u> 3:30 Continuing Watercolor 6:00 Basic Convers. Spanish</p>	<p>22 9:00 Art: Renaissance 10:00 Continuing Calligraphy <u>12:30 Tai Chi for Balance</u></p>
<p>25 8:30 Volleyball 9:30 Broken Promises <u>1:00 Microsoft Windows 10</u> 6:00 Sign Language II</p>	<p>26 <u>9:30 People of Frederick</u> 1:00 Unemployed to Bestseller 2:00 Focus on Arabia 6:00 Basic Convers. Spanish</p>	<p>27 THANKSGIVING BREAK</p>	<p>28 THANKSGIVING BREAK</p>	<p>29 THANKSGIVING BREAK</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 8:30 Volleyball 9:30 Broken Promises 1:00 What is the Cloud? 2:00 U.S. Supreme Court #2 6:00 Sign Language II</p>	<p>3 1:00 Unemployed to Bestseller <u>2:00 Focus on Arabia</u> 6:00 Basic Convers. Spanish 6:00 Holiday Lights Photo Tour</p>	<p>4 1:00 Elementary Fencing 2:00 World War II – Part 2</p>	<p>5 3:30 Continuing Watercolor 5:00 Holiday Lights Photo Tour 6:00 Basic Convers. Spanish</p>	<p>6 <u>9:00 Art: Renaissance</u> <u>10:00 Continuing Calligraphy</u></p>
<p>9 8:30 Volleyball <u>9:30 Broken Promises</u> 1:00 What is the Cloud? <u>2:00 U.S. Supreme Court #2</u> 6:00 Sign Language II</p>	<p>10 <u>1:00 Unemployed to Bestseller</u> 6:00 Basic Convers. Spanish <u>6:00 Holiday Lights Photo Tour</u></p>	<p>11 <u>1:00 Elementary Fencing</u> <u>2:00 World War II – Part 2</u></p>	<p>12 <u>3:30 Continuing Watercolor</u> 6:00 Basic Convers. Spanish 6:00 Mix it Up!</p>	<p>13 9:00 Floral Design</p>
<p>16 <u>1:00 What is the Cloud?</u> 6:00 Sign Language II</p>	<p>17 <u>6:00 Basic Convers. Spanish</u></p>	<p>18</p>	<p>19</p>	<p>20 WINTER BREAK</p>
<p>23 WINTER BREAK</p>	<p>24 WINTER BREAK</p>	<p>25 WINTER BREAK</p>	<p>26 WINTER BREAK</p>	<p>27 WINTER BREAK</p>

August 2019

SATURDAY	
31	<u>9:00 Nikon Field Session</u>

September 2019

SATURDAY	
14	<u>9:00 Get To Know - Nikon DSLR</u>
21	9:00 Intro to Metalsmithing
28	9:00 DIY: Home Maintenance 9:00 Natural Light Portraits <u>10:00 Happy Little Trees</u>

October 2019

SATURDAY	
5	9:00 Woodburning Jewelry <u>9:00 Portrait Editing</u>
19	9:00 Jewelry Soldering Wksp 9:00 DIY: Electrical Wiring <u>9:00 Creating Vision</u>

November 2019

SATURDAY	
2	9:00 Explore - EOS Canon DSLR <u>10:00 Happy Little Trees</u>
9	9:00 Glass Fusing Jewelry 9:00 DIY: Plumbing <u>1:00 Fused Holiday Ornaments</u>
16	9:00 Intro to Metalsmithing

December 2019

SATURDAY	
7	9:00 Get To Know - Nikon DSLR <u>10:00 Happy Little Trees</u>
14	9:00 Metal Etch Jewelry Wksp

Bold indicates first session of class

Underline indicates last session of class

Frederick Community College is now offering monthly voice and instrument lessons taught by expert musicians. Lesson offerings include:

*piano • voice • strings • flute
percussion • brass •
jazz • winds*

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

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

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MUSIC LESSONS

How to Register for ILR55+ Classes



ONLINE

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



IN PERSON

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

Waiting List

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

Important Notes

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

Drop a Class

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

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

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

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FCC Main Campus
 7932 Opossumtown Pike
 Frederick, MD 2170

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

Main Campus Locations

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

Visit frederick.edu for complete directions.



Off Campus Locations

Buckingham's Choice
 Retirement Community
 3200 Baker Circle
 Adamstown, MD 21710
 888.204.8298

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

Country Meadows
 Retirement Community
 5955 Quinn Orchard Road
 Frederick, MD 21704
 301.228.2249

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

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

Frederick Senior Center
 1440 Taney Avenue
 Frederick, MD 21702
 301.600.3525

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

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

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

Myersville Community Library
 8 Harp Place
 Myersville, MD 21773
 301.600.7560

Thurmont Regional Library
 76 E Moser Road
 Thurmont, MD 21788
 301.600.7200

Walkersville Branch Library
 57 W. Frederick Street
 Walkersville, MD 21793
 301.600.8200


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

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ILR SOCIAL

Mingle with instructors and students while learning about the program.
Heavy hors d'oeuvres will be served and a cash bar will be available.

Oscar's Alehouse • Tuesday, September 10 • 2:00 - 4:00 p.m.

906 N. East Street, Frederick, MD 21701