

ILR

55+

INSTITUTE FOR LEARNING IN RETIREMENT

SUMMER/FALL 2023

*Retired
and
Inspired*





Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

**Registration opens
Monday, June 5**

FCCILR.org

FAQs are on page 2.

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Contact Us

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



Lifelong LEARNING

Courses and **experiences** for inquisitive minds.

.....

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

Subjects for Fall 2023 include:

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

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

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

lifelonglearning@frederick.edu • 301.624.2727

WEBSITE

ILR 55+

FCCILR.org

FACEBOOK



facebook.com/ILRFCC


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



REGISTER FOR FCC ALERTS TODAY!


Stay informed about college closings, delays, and emergency information throughout the year. Sign up to receive instant notices via text, email, or phone. Registration is quick, simple, and free.

frederick.edu/FCCAlert



LEARN TO RIDE

- 2023 CLASSES -



FREDERICK.EDU/MOTORCYCLE

301.624.2727 • motorcycle@frederick.edu

Questions?

We're here to help!

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

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

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

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

No Class Dates

Classes will not be held on the following days:

- Mon., June 19 (Juneteenth)
- Tue., July 4 (Independence Day)
- Mon., September 4 (Labor Day)
- Thu., November 23 - Fri., November 24 (Thanksgiving Holiday)
- Sat., December 16 (Winter Break begins)

COVID-19 Update

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

FAQs

Who is eligible to take ILR Classes?

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

Can ILR benefit me?

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

What kinds of classes does ILR offer?

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

How do ILR classes differ from other college courses?

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

Who teaches ILR classes?

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

How can I learn more about becoming an ILR instructor?

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

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

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



Structured Remote Courses (SR)

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



In-Person Courses

In-Person Courses meet face-to-face and are taught at designated locations during scheduled times. As of May 21, 2022, face masks are optional while on campus or attending an in-person class for FCC students and staff. Masks should still be worn by people with symptoms of Covid-19, a positive Covid-19 test, or exposure to someone with Covid-19.



Evening Classes

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



Instructor Bios

Instructor Bios are now online! Learn more about our incredible ILR instructors and view their bios at FCCILR.org.

16+

55+

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

ILR SOCIAL

Connect with fellow ILR students and teachers for a fun afternoon at **Oscar's Ale House**.

Tuesday, June 20 • 2:00 - 4:00 pm.

Monocacy Village Shopping Center
906 N. East St, Frederick, MD 21701

Please RSVP at FCCILR.org



ILR Courses **Summer/Fall 2023**

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LIR255 How to Listen to Jazz

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

Join saxophonist, flutist, drummer, and educator Howard Burns as he guides you through an exciting in-person course focusing on how to approach listening to jazz. He'll walk you through the role of the rhythm section, the approaches songwriters and improvisers use when they write and perform melodies, and he'll show you how the different parts of bands all interact together. Finally, you'll put your listening skills to work in the final day of class, when Howard will be joined by fellow jazz artists to give you an educational performance in action.

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

Instructor: Howard Burns

5-Digit Number: 25628 | Mon, 10:00 - 11:30 a.m., 7/31 - 9/11

No Class: 9/4 | Location: TBA

Tuition: \$20 | Fee: \$79 | Total: \$99 | *MD residents age 60+ pay fee only*



LIR269 Good Music ... Lost in the Noise

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

A lot of modern music is enhanced with electronics and special effects. Exceptional music is often "lost in the noise." Video sharing, like YouTube, and social media platforms have provided musicians with opportunities to showcase talent when they might have otherwise been ignored. Listen to and discuss extraordinary musical talent that is just a click away. This course is designed by an enthusiast as a way to expose participants to various genres such as a cappella groups, classical talent, and jazz. Music history and theory will not be the focus. Class discussions and the sharing of insights will be encouraged.

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

Instructor: Robert Rubock

5-Digit Number: 25753 | Tue, 10:00 a.m. - 12:00 p.m., 8/15 - 8/29

Location: Conference Center/E138 | Fee: \$72



LIR254 Evolution of the Symphony

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

The symphony, one of the most important genres of orchestral music, has endured and evolved from its first appearance in the early 1700's. Throughout the classical, romantic, and post-romantic eras, composers have explored and exploited the symphonic form to create some of history's most beautiful music. In this course we will listen to and talk about symphonies by several composers including Haydn, Mozart, Beethoven, Mahler, and Shostakovich.

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

Instructor: David Howard

5-Digit Number: 25672 | Mon, 11:00 a.m. - 12:30 p.m., 10/9 - 11/13

Location: TBA

Tuition: \$18 | Fee: \$74 | Total: \$92 | *MD residents age 60+ pay fee only*

ILR966 The Music of the Frederick Symphony Orchestra

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

Examine the music of an upcoming Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO. Please check our webpage for the exact concert dates and themes as they were not yet available when registration opened.

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

Instructor: David Howard

Theme 1:

5-Digit Number: 25668 | Fri, 11:00 a.m. - 12:30 p.m., 10/6

Location: Visual & Performing Arts Center/F132 | Fee: \$18

Theme 2:

5-Digit Number: 25670 | Fri, 11:00 a.m. - 12:30 p.m., 11/17

Location: Visual & Performing Arts Center/F132 | Fee: \$18

Check FCCILR.org for symphony fall themes!



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



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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now online at FCCILR.org.



ACR614 Beginner Pen and Ink Drawing

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

Learn how to use pen and ink to create drawings. Explore different techniques and understand that different drawing tips, or nibs, create a variety of effects. Tips and suggestions will be provided. This course is meant for true beginners and is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

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

Instructor: Jeanne McDermott

5-Digit Number: 25651 | Mon 5:00 - 6:30 p.m., 9/18 - 10/2

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

ACR170 Drawing for Beginners

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

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

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

Instructor: Jeanne McDermott

5-Digit Number: 25490 | Fri, 9:30 - 11:30 a.m., 9/15 - 10/6

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

ACR184 Intermediate Drawing

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

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

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

Instructor: Jeanne McDermott

5-Digit Number: 25491 | Fri, 9:30 - 11:00 a.m., 10/13 - 11/3

Location: Conference Center/E125 | Fee: \$89

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

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

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

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

Instructor: Jodie Schmidt

5-Digit Number: 25495 | Fri, 10:00 a.m. - 1:00 p.m., 11/3 - 12/15

No Class: 11/24 | Location: Visual & Performing Arts Center/F130

Fee: \$169

ACR181 Drawing and Painting: A Mixed Media Survey Course

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

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

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

Instructor: Jodie Schmidt

5-Digit Number: 25493 | Wed, 6:00 - 8:00 p.m., 11/8 - 12/13

No Class: 11/22 | Location: Visual & Performing Arts Center/F131

Fee: \$99

ACR166 Acrylic Painting Techniques for Beginners

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

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques and brushstrokes, demonstrations, and practice, we will complete at least one finished piece on canvas. 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. This course is meant for true beginners and is a project-based course. Whether or not you fully complete the project during class will depend on your skill development. All supplies are included.

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

Instructor: Jeanne McDermott

5-Digit Number: 25492 | Mon, 5:00 - 7:00 p.m., 8/7 - 9/11
No Class: 9/4 | Location: Visual & Performing Arts Center/F118
Fee: \$126

SEN450 Exploring Watercolor Painting – Beginner/Intermediate

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

Artist Cath Howard invites you to move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover all-new content and instruction. Students will be emailed a list of supplies needed prior to the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased.

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

Instructor: Catherine Howard

5-Digit Number: 25393 | Tue, 9:00 - 11:00 a.m., 9/5 - 11/28
No Class: 9/19
Location: Monroe Center/MC144 | Fee: \$174



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



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

LIR104 Exploring Watercolor Painting – Advanced

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

Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Students will be emailed a list of supplies prior to the course. Supply costs vary from \$25 to \$100 depending on the quality and number of supplies purchased.

Prerequisite: Exploring Watercolor Painting, SEN450

Note: Course will meet on campus in an in-person environment. For the Advanced class, some students may be able to attend the class online with permission from the instructor. Please contact the program office for more information.

Instructor: Catherine Howard

5-Digit Number: 25394 | Tue, 12:00 - 2:00 p.m., 9/5 - 11/28
No Class: 9/19 | Location: Monroe Center/MC144 | Fee: \$174

ACR182 Introduction to Watercolor

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

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

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

Instructor: Samantha Snyder

5-Digit Number: 25762 | Mon, 5:30 - 7:30 p.m., 10/9 - 10/30
Location: Visual & Performing Arts Center/F118 | Fee: \$86

ACR185 Introduction to Oil Pastels

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

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

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

Instructor: Samantha Snyder

5-Digit Number: 25763 | Mon, 5:30 - 7:30 p.m., 8/21 - 8/28
Location: Visual & Performing Arts Center/F130 | Fee: \$59

ACR167 Introduction to Oil Painting

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

Working with oil paints can be very flexible. This amazing medium can create a variety of effects from airy glazes to spontaneous brushwork. Oil paintings remain wet for several days, allowing you to make adjustments and corrections at your own pace. And oil paints have been reformulated to mix with water, so you do not need to work with harmful solvents. Clean-up is much easier. This course will focus on exploring fundamental oil painting techniques and ideas within the context of landscapes. This course is a skills-based course meant for beginners and those with some skills. Whether or not you complete an entire project during the class will depend on your level of skill. A supply list will be provided to the students at least one week prior to the start of the course. Supplies costs may vary but could average \$100/student.

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

Instructor: Jodie Schmidt

5-Digit Number: 25494 | Mon, 10:00 a.m. - 12:00 p.m., 9/11 - 10/9

Location: Visual & Performing Arts Center/F130 | Fee: \$99

ACR187 Continuing Pastels with Landscapes

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

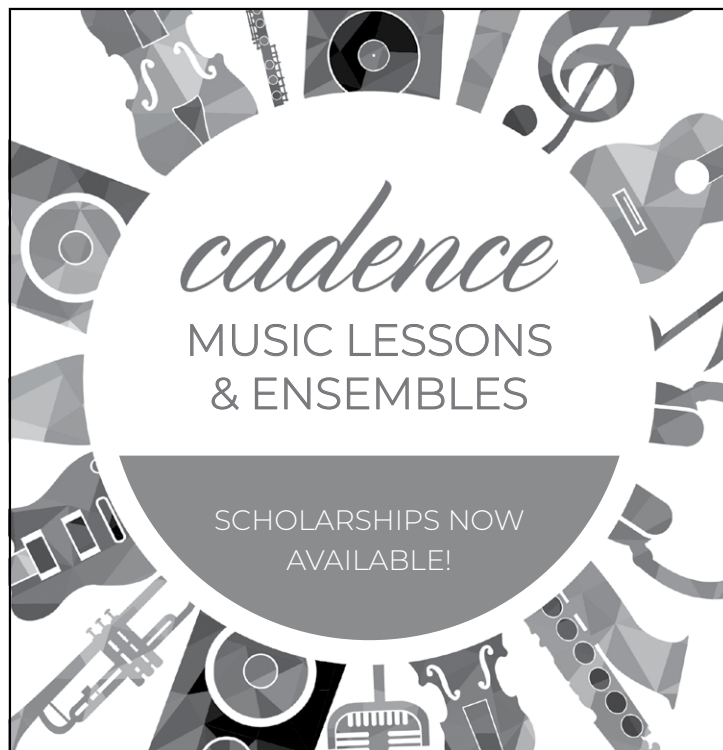
Continue the exciting journey of discovery that you began when you took your first pastels course. You can capture beautiful landscapes, which lend themselves to artistic license, utilizing the four seasons to explore color and value in this context. Introduction to Oil Pastels is highly recommended before taking this course because it sets the foundational skills for beginning techniques in pastels. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$55 depending on the quality of the supplies purchased.

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

Instructor: Jodie Schmidt

5-Digit Number: 25496 | Sat, 10:00 a.m. - 1:00 p.m., 9/16 - 10/14


Location: Visual & Performing Arts Center/F131 | Fee: \$139



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

THE ARTS & MUSIC

ACR188 Iris Paper Folding – Fall Designs

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

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

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

Instructor: Kathy Barylski

5-Digit Number: 25500 | Mon, 1:00 - 3:00 p.m., 10/23

Location: Braddock Hall/B102 | Fee: \$32



ILR908 Art Appreciation: The American Farmer and Harvest

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

Examine paintings, sculptures, and drawings that represent American agriculture as we honor the Thanksgiving holiday. These works tell the story of how farmers made our country thrive and how vital and important the rural countryside is through its depictions in art through the centuries.

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

Instructor: Jeanne McDermott

5-Digit Number: 25439 | Fri, 9:30 - 11:30 a.m., 11/10 - 11/17

Location: Conference Center/E138 | Fee: \$44

ILR988 The Art of Art Interpretation – How to View and Understand It

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

Whether in a museum, gallery, or on the internet, how does one view and understand art to gain a full appreciation of it? In this course, we learn ways to approach art, to delve into its meaning using the context of art history, symbolism, influences at the time it was created, and the intent of the artist. Learn how to interpret art in a more meaningful way.

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

Instructor: Jeanne McDermott

5-Digit Number: 25440 | Mon, 9:30 - 11:00 a.m., 7/10 - 7/17

Location: Conference Center/E138 | Fee: \$34



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

COMPUTERS & TECHNOLOGY



LIR263 Introduction to Google Docs

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

Google Docs allows you to write your paper, report, or document without purchasing Microsoft Word. This class will show you how to type and save a document; format it; save it in the cloud or on your own computer; and access it wherever you use the Internet. All students must create and be able to access a Google/Gmail account before class begins.

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 25643 | Thu, 1:00 - 2:30 p.m., 11/16 - 11/30

No Class: 11/23 | Location: Conference Center/E137 | Fee: \$36



LIR264 Internet and Email for Beginners

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

Feel like the internet parade has passed you by? Do you struggle with email? Learn how to navigate the World Wide Web when searching for information including moving from one website to another. Also learn how to safely receive, send, and manage email. You'll learn in language you understand, from a patient instructor who remembers what it was like to learn these skills.

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 25644 | Thu, 9:30 - 11:30 a.m., 11/16 - 11/30

No Class: 11/23 | Location: Conference Center/E137 | Fee: \$49

LIR184 Computers for Scaredy Cats

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

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

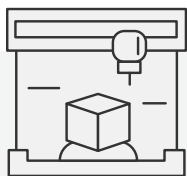
Note: Course will meet on campus in an in-person environment.

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 25471 | Tue, 9:30 - 11:00 a.m., 10/24 - 11/7

Location: Conference Center/E137

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



3D Printing

Explore the fundamentals of 3D printing at the FCC Monroe Center. Our fully-equipped Makerspace facility offers a variety of new technology and specialized tools. This learning environment allows both new and experienced makers to work on real and personally meaningful projects.

For all classes:

Instructor: Glenn Mossy | Location: Monroe Center/MC135

MKR105 Discover 3D Printing

4 hours | **16+**

This course provides an introduction to 3D printing.

5-Digit Number: 25323 | Sat, 9:30 a.m. - 2:00 p.m., 9/16

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

MKR104 3D Printing and Prototyping

6 hours | **16+**

This course provides an introduction to designing objects for 3D printing using Tinkercad.

5-Digit Number: 25322 | Sat, 9:30 a.m. - 4:00 p.m., 9/30

Tuition: \$60 | Fee: \$19 | Total: \$79 | *MD residents age 60+ pay fee only*

MKR117 Designing Smart Textiles: Arduino meets 3D Printing

6 hours | **16+**

Wearable, or fashion electronics, are smart electronic devices with microcontrollers that can be incorporated into clothing or worn on the body as implants or accessories.

5-Digit Number: 25324 | Sat, 9:30 a.m. - 4:00 p.m., 10/14

Tuition: \$60 | Fee: \$19 | Total: \$79 | *MD residents age 60+ pay fee only*

Basic computer skills are required to take these courses. For questions regarding these classes, please contact the program at 301.624.2756 or CEBusiness@frederick.edu

LIR234 Understanding Wireless Technology

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

Designed to help you better understand technologies that surround us and impact our lives (such as Bluetooth, Wi-Fi and cell phones). In easy-to-understand terms, learn the fundamental concepts behind wireless communications and review its history. Develop realistic expectations about what these technologies can and cannot do. Technical aspects including individual device pairing information will be kept to a minimum but a certain amount of technical content is inherent to this topic.

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

Instructor: Guillermo Warley

5-Digit Number: 25473 | Wed, 3:00 - 4:30 p.m., 10/25 - 11/15

Location: Conference Center/E136

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

LIR192 Social Networking for Beginners

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

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

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 25470 | Thu, 9:30 - 11:00 a.m., 10/26 - 11/2

Location: Conference Center/E137 | Fee: \$42

LIR237 Windows to Word

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

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

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

Instructor: Elizabeth Davis-Reinhold

5-Digit Number: 25472 | Tue, 9:30 - 11:30 a.m., 11/14 - 11/28

Location: Conference Center/E137

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

LIR205 Cyber Awareness: Internet Safety

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

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

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


Instructor: Kimberly Perna

5-Digit Number: 25469 | Wed, 12:00 - 2:00 p.m., 11/15 - 11/29

Location: Online

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

REC138 120 Minute Wine Expert: An Introduction to Understanding and Appreciating Wine

1 session, 2 hours | **21+** | 

Do you want to learn how to better appreciate and evaluate wines? University of Maryland Viticulture Specialist, Dr. Joe Fiola, will demonstrate how to better appreciate the nuances of wines by using the 5 S's of wine evaluation. Dr. Fiola will challenge students' skills and teach them to how to discern the levels of acid, sweetness, alcohol, and tannins in wines, and how to objectively evaluate a wine. This course will change forever how you taste and critique wines and make it a much more enjoyable experience.

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

Instructor: Dr. Joe Fiola

5-Digit Number: 25755 | Tue, 7:00 - 9:00 p.m., 10/17

Location: Student Center/H111 (*President's Dining Room*) | Fee: \$49

Taste of Asia

Join us as we travel the Far East and are introduced to various Asian cuisines from China, Japan, Thailand, Malaysia, and Vietnam. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

REC135 Chef's Choice Family Style Dishes

Option 1:

5-Digit Number: 25546 | Sat, 11:00 a.m. - 1:00 p.m., 8/12

Option 2:

5-Digit Number: 25547 | Sat, 11:00 a.m. - 1:00 p.m., 9/30

Option 3:

5-Digit Number: 25548 | Sat, 11:00 a.m. - 1:00 p.m., 11/4

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

For all classes:

1 session, 2 hours | **16+** | **Instructor:** Chef Stuart Woo

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

REC119 Wines of Maryland and the World

1 session, 2 hours | **21+** | 

Join Dr. Joe Fiola to learn 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.

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

Instructor: Dr. Joe Fiola

5-Digit Number: 25756 | Wed, 7:00 - 9:00 p.m., 11/15

Location: Student Center/H111 (*President's Dining Room*) | Fee: \$49

ILR889 Raise Your Wine IQ – Wines of South America

1 session, 1.5 hours | **21+**

Although South American countries have been making wine since the 1500s, just 35 years ago they were a mere curiosity in America. Argentina, using grapes brought by the Spanish, has become the sixth largest exporter of wine to the United States; while Chile, with classic varieties from Bordeaux and other regions of Europe, is seventh. These two regions are setting an excellent example for their South American neighbors. Learn how a land of great geographic and climatic extremes can provide the easel for creating delicious wines at such reasonable prices.


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

Instructor: Jacqueline Rogers

5-Digit Number: 25520 | Wed, 1:30 - 3:00 p.m., 11/8

Location: Spin the Bottle Wine Company | Fee: \$28

REC139 Aged Vinegar: Surprising Ways to Dip, Dress, or Drink

1 session, 1.5 hours | **16+** | 

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

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

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 25509 | Wed, 5:30 - 7:00 p.m., 10/4

Location: Lebherz Oil & Vinegar Emporium | Fee: \$46

REC136 Know Your Beer

1 session, 2 hours | **21+** | 

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

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

Instructor: Steinhardt Brewing Co.

Option 1: 5-Digit Number: 25501 | Tue, 4:00 - 6:00 p.m., 8/8

Option 2: 5-Digit Number: 25502 | Tue, 4:00 - 6:00 p.m., 10/10

Location: Steinhardt Brewing Co. | Fee: \$34

REC120 Maryland Whiskey 101

1 session, 2 hours | **21+** | 

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

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


Instructor: McClintock Distilling

Option 1: 5-Digit Number: 25503 | Thu, 7:00 - 9:00 p.m., 7/20

Option 2: 5-Digit Number: 25504 | Thu, 7:00 - 9:00 p.m., 10/12

Location: McClintock Distilling | Fee: \$34

REC137 Gin 101

1 session, 2 hours | **21+** | 

Learn about the history and production process of making gin at the historic McClintock Distilling production facility. Afterwards students may sample six different styles of gins from throughout history and the world. Discover the different botanicals and herbs used to make gin and make their own custom gin blend of botanicals to take home and make their own compound gin.

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

Instructor: McClintock Distilling

Option 1: 5-Digit Number: 25505 | Thu, 7:00 - 9:00 p.m., 8/31

Option 2: 5-Digit Number: 25506 | Thu, 7:00 - 9:00 p.m., 11/16

Location: McClintock Distilling | Fee: \$34

REC140 Distilled Spirits Sensory Class

1 session, 2 hours | **21+** | 

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

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

Instructor: McClintock Distilling

Option 1: 5-Digit Number: 25507 | Thu, 7:00 - 9:00 p.m., 9/21

Option 2: 5-Digit Number: 25508 | Thu, 7:00 - 9:00 p.m., 12/7

Location: McClintock Distilling | Fee: \$34

REC141 Mixology: The Basics of Cocktail Tools, Ingredients and Recipe Development

1 session, 2 hours | **21+** | 

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

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

Instructor: Tenth Ward Distilling Co.

Option 1: 5-Digit Number: 25510 | Wed, 7:00 - 9:00 p.m., 8/23

Option 2: 5-Digit Number: 25511 | Wed, 7:00 - 9:00 p.m., 11/8

Location: McClintock Distilling | Fee: \$34

Addresses for classes located off campus can be found on page 41.



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



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

HEA211 The Vance Stance: Continuing the Process6 sessions, 12 hours | **16+**

Continue the process of strengthening your posture and flexibility. Eliminate chronic pain and learn the root of misalignment and stiffness that can cause scoliosis, bunions, sciatica, back and neck pain, pre-mature aging, and more. Learn the Vance Stance with its originator, Vance Bonner, PhD. Continue to work on movements that allow you to stand, walk, sit, sleep, and drive in harmony with gravity. Students should wear comfortable clothing and be prepared to participate bare footed on a carpeted surface. Bring a towel to class. It's recommended but not necessary that you purchase *The Vance Stance* as a companion to the course. The instructor will provide details on how to purchase the book. It's suggested that you take The Vance Stance: Posture, Awareness, and Flexibility course prior to enrolling but not necessary as all levels, including beginner, are welcome into either course.

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

Instructor: Continuing Education Instructor

5-Digit Number: 25512 | Wed, 12:00 - 2:00 p.m., 7/12 - 8/23

No Class: 8/2 | Location: Student Center/H210

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

LIR256 Brain Health Breakthroughs4 sessions, 6 hours | **55+** | 

This class will discuss the latest in brain health research. In the past 10 years, the pace of brain research has sped up in all areas, from understanding cognitive decline to identifying steps we can take to reduce our risk of dementia to developing new treatments for Alzheimer's. We will discuss epigenetic factors that affect brain health including nutrition, exercise, sleep, stress and gut health, and how optimizing these factors can assist in the prevention and potential reversal of cognitive decline.

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

Instructor: Lindsey McCormick

5-Digit Number: 25629 | Thu, 6:00 - 7:30 p.m., 8/3 - 8/24

Location: Conference Center/E138

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



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



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

ILR489 Blueprint for Successful Aging in Place: Staying Independent in Your Home2 sessions, 3 hours | **55+**

Do I stay in my current home or go elsewhere post retirement? Planning to age in place requires making a series of decisions for this important 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 review all of the emerging housing options for maintaining your independence. We will focus on making informed choices and developing an action plan regarding housing.

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

Instructor: Terri Lemere

5-Digit Number: 25450 | Wed, 10:00 - 11:30 a.m., 10/25 - 11/1

Location: Conference Center/E126A | Fee: \$29

ILR834 Dementia 1013 sessions, 4.5 hours | **55+**

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

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

Instructor: Lynda Janet

5-Digit Number: 25517 | Wed, 10:00 - 11:30 a.m., 11/1 - 11/15

Location: Conference Center/E126B

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

LIR214 Better Body – Better Brain6 sessions, 9 hours | **55+**

Research is emerging to support what is good for your body is good for your brain. The American Academy of Neurology in 2018 reviewed the best practices for aging related decline in cognitive functioning and they highly recommended movement. This program is designed for active aging and evidence based for cognitive as well as emotional and physical health. The class can be done seated without getting on the floor. All levels are encouraged and welcome. Bring a towel and some water.

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

Instructor: Nanette Tummers

5-Digit Number: 25519 | Mon, 1:00 - 2:30 p.m., 9/11 - 10/16

Location: Conference Center/E126B

Tuition: \$20 | Fee: \$84 | Total: \$104 | *MD residents age 60+ pay fee only*

ILR837 Personal Self Defensive Tactics

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

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

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

Instructor: Kirby Maybush

5-Digit Number: 25386 | Tue, 1:00 - 4:00 p.m., 8/1
Location: Braddock Hall/B102 | Fee: \$32

ILR700 Just Try It – Beginner Gentle Yoga

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

This introductory class explores the basics of yoga to relax and rejuvenate your body. Learn to breathe more deeply, discover new strength and flexibility, strengthen your concentration/focus, and relax your nervous system. Options are offered to stay safely within your pain-free range of motion. All ages and flexibility levels can benefit from this class. Students should be able to get down to and up from the floor. Please bring your own yoga mat, two blocks, a blanket or towel, and a flat pillow to each class..

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

Instructor: Linda Franklin

5-Digit Number: 25665 | Tue, 2:00 - 3:30 p.m., 9/12 - 10/10
Location: TBA | Fee: \$76

ILR798 Continuing Gentle Yoga

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

This continuing gentle yoga class builds on basic yoga postures. Continue your yoga journey to breathe more deeply, discover new strength and flexibility, strengthen your concentration/focus, and relax your nervous system. Taught in a non-competitive environment, each class includes warm-ups, postures, breathing, and a final relaxation. Some prior yoga experience is helpful. Please bring your own yoga mat, two blocks, a blanket or towel, and a flat pillow to each class..

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

Instructor: Linda Franklin

5-Digit Number: 25666 | Tue, 2:00 - 3:30 p.m., 10/24 - 11/21
Location: TBA | Fee: \$76

SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours | **55+**

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

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

Instructor: Toni Minkel

5-Digit Number: 25570 | Mon, 3:00 - 4:30 p.m., 9/11 - 11/13
Location: TBA | Fee: \$114

Are You Medically Curious?

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

ILR903 Medically Curious – Medical Marijuana

5-Digit Number: 25383 | Thu, 10:00 - 11:00 a.m., 9/14

ILR903 Medically Curious – Supplements

5-Digit Number: 25384 | Thu, 10:00 - 11:00 a.m., 9/21

ILR903 Medically Curious – Simple Infections

5-Digit Number: 25385 | Thu, 10:00 - 11:00 a.m., 9/28

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

For all classes:

1 session, 1 hour | **55+** | **Instructor:** Dr. Larry Romane
Location: Braddock Hall/B102 | Fee: \$12

LIR202 Jamestowne – The Sequel, 1624-1699

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

“Jamestowne – The Sequel, 1624-1699” picks up the story of the first permanent British colony in America where “Jamestowne: The Colony that Almost Wasn’t” ended. Virginia has become a royal colony and faces a whole new set of challenges, in particular Bacon’s Rebellion in 1676. This course will discuss those challenges and how they led to the eventual abandonment of Jamestowne in 1699.

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

Instructor: Tracy Lewis

5-Digit Number: 25448 | Fri, 10:00 - 11:30 a.m., 7/28 - 8/11

Location: Conference Center/E138

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



LIR257 The Lees of Stratford Hall

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

The Lees lived in northern Virginia from 1640-1807. Thomas Lee, builder of Stratford Hall, contributed to England’s war with France through his economic activities. His sons helped drive the colonies’ movement toward independence in 1776 and an alliance with France. Henry “Light Horse Harry” Lee was a successful military commander in the South during the Revolution and the father of Civil War Confederate general, Robert E. Lee. Explore the political beliefs, military tactics, and leadership styles of the Lee family.

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

Instructor: Roger Swartz

5-Digit Number: 25631 | Mon, 9:30 - 11:30 a.m., 9/11 - 9/25

Location: Conference Center/E126A

Tuition: \$15 | Fee: \$69 | Total: \$84 | *MD residents age 60+ pay fee only*

LIR175 Pirates in the Chesapeake Bay

New content for Fall 2023!

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

“Pirates of the Chesapeake” tells the stories of the pirates and privateers who cruised the waters of the Chesapeake Bay during the early history of the United States. The course begins by relating the history of colonial British America, then continues to the history of piracy. Specific topics include the Golden Age of Piracy and the use of privateers during wartime. The class discusses the pirates who roamed the bay and their impact on the Chesapeake region.

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

Instructor: Tracy Lewis

5-Digit Number: 25449 | Fri, 10:00 - 11:30 a.m., 11/3 - 11/17

Location: Conference Center/E136

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

LIR222 The Constitution Today

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

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

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

Instructor: James Baer

Privileges and Immunities:

This class will cover the basic concept and application of the Bill of Rights to the State, the Due Process Clause of the 14th Amendment, and the application of the Constitution to private conduct.

5-Digit Number: 25446 | Mon, 2:00 - 3:30 p.m., 10/2 - 10/30

Location: Conference Center/E138

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

Equal Protection:

This class will cover the Constitutional framework, rational basis, reasonable relationship, and applicability to race and national origin.

5-Digit Number: 25447 | Mon, 2:00 - 3:30 p.m., 11/6 - 12/4

Location: Conference Center/E138

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



LIR259 The War of 1812 in Maryland

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

Maryland played a significant role in America’s “forgotten war.” This course will explore Maryland’s involvement in the War of 1812 on land, but particularly by sea where privateers hounded British ships from the Chesapeake Bay to the British Isles.

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

Instructor: Tracy Lewis

5-Digit Number: 25637 | Fri, 10:00 - 11:30 a.m., 9/15 - 9/29

Location: Conference Center/E136

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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now online at FCCILR.org.

Middle Eastern Studies

ILR378 Palestine and Israel, Twice-Promised Land: An Exploration Through Film

5 sessions, 12.5 hours | **55+**

This course provides a rare opportunity to examine one of the most important and contentious issues of our time.

For more than seven decades, the Palestine-Israel conflict, the “most fundamental fault line in the Middle East,” has stood at the epicenter of political debate in the region and beyond. The 2020 “deal of the century” notwithstanding, peace continues to elude the Holy Land. The persistent failure to resolve the competing visions held by the inhabitants of a land that is sacred to three great religious traditions is a tragedy of the modern age, not only for Arabs and Jews, but also for international stability. This conflict has become a lightning rod, a measure by which the efficacy of public policy and respect for international law are measured and evaluated.

This course will explore the historic roots of this intractable issue, untangle the deeply held convictions of protagonists on both sides, examine popular misconceptions, analyze the effects of policies that impact the inhabitants of the Holy Land, and consider the role of the United States in the Middle East as it relates to this conflict, including the influence of Christian Zionism in American foreign policy.

Instructor: Linda Pappas Funsch

5-Digit Number: 25757 | Tue, 1:00 - 3:30 p.m., 9/19 - 10/17

Location: Sweadner Hall

Tuition: \$10 | Fee: \$49 | Total: \$59 | *MD residents age 60+ pay fee only*

ILR738 Focus on Arabia: The Gulf Cooperation Council

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

The Gulf Cooperation Council (GCC) is a subregional organization consisting of the six petroleum-rich Arab monarchies of the Middle East: Saudi Arabia, Kuwait, Qatar, Bahrain, the United Arab Emirates (UAE), and Oman. Located along the most important geopolitical axis in the world and blessed with extensive hydrocarbon resources, the countries of the GCC are critical to the global economy.

Their dramatic transformation to modernity in less than three generations is unparalleled in modern history. While the economies of these traditional societies have soared, so, too, have the challenges that accompany staggering affluence, rapid globalization, and increased international scrutiny.

Among topics discussed will be the role of the Kingdom of Saudi Arabia vis-à-vis its neighbors, including its costly and prolonged entanglement in Yemen, its unique relationship with the UAE, and its rapprochement with Qatar. Of special interest is the diminution of the role of the United States vis-à-vis the countries of the GCC as growing Chinese and Russian influence continue to challenge historic assumptions between America and its major partners in the region.

Instructor: Linda Pappas Funsch

5-Digit Number: 25758 | Tue, 1:00 - 3:00 p.m., 10/31 - 11/28

Location: Sweadner Hall

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

Note: Special pricing for these offerings is made possible by a generous donation from the Cruickshank Wolfe Fund. Courses will meet on campus in an in-person environment.



LIR270 Exploring Perceptions: A Middle East Roundtable

New to the Middle East Program!

1 session, 1.5 hours | **55+** | Fee: \$29

For the first time ever, veterans and newcomers to the Middle East Studies program are invited to participate in one or more of three discussion-based seminars designed to explore a wide range of questions about the modern Middle East, a fascinating, if complex, region characterized by elements of cultural cohesion as well as great diversity. The instructor, a veteran educator and specialist in Middle Eastern studies and Islamic history, will lead informal discussions on select topics.

People and Culture:

5-Digit Number: 25759

Tue, 1:00 - 2:30 p.m., 9/5

Location: Conference Center/E138

The Religious Dimension:

5-Digit Number: 25760

Thu, 1:00 - 2:30 p.m., 9/7

Location: Conference Center/E138

Empires and Nation States:

5-Digit Number: 25761

Tue, 1:00 - 2:30 p.m., 9/12

Location: Conference Center/E138



LIR258 The History of Frederick County through Transportation

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

Frederick County has been called the crossroads of history. Many people came through the area on their way elsewhere. The development of the county was greatly influenced by the roads that carried these people to other parts of the country. New transportation technology and its greater infrastructure, such as the B&O Railroad, impacted Frederick along with the growth of the trolley system and the building of the C&O Canal. We will study the history of Frederick County through the various modes of transportation, their growth, and at times, their decline.

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

Instructor: Mary Mannix

5-Digit Number: 25635 | Tue, 10:00 a.m. - 12:00 p.m., 9/5 - 9/26

Location: Conference Center/E138

Tuition: \$20 | Fee: \$79 | Total: \$99 | *MD residents age 60+ pay fee only*

LIR218 Abraham Lincoln and His Legacy: A President for a Time of Crisis

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

Can our Republic survive? Abraham Lincoln asked this question more than two decades before the Civil War. In this class, Nancy Spannaus, author of *Hamilton Versus Wall Street*, will focus on the thoughts, policies, and experiences that defined Lincoln's approach to the nation's crisis. Special focus will be given to key Lincoln speeches, which students will be encouraged to read and discuss. There's lots to learn from this Hamiltonian President.

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

Instructor: Nancy Spannaus

5-Digit Number: 25445 | Thu, 10:00 a.m. - 12:00 p.m., 9/7 - 9/28

Location: Conference Center/E138

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



LIR268 Wars that Defined History: World War I

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

World War I, the Great War, the War to End All Wars, was the defining event of the 20th Century. It ended the 19th Century and launched the world into the modern era. Though greater conflicts were still to come in the 20th Century, the First World War set the stage for the world as it is today. By its end the globe had been redrawn, empires had fallen, and war on a terrifying industrial scale, had been unleashed. Look into the world that was, how the Great War ended that world, and how nearly everything we know today comes out of the bloody fighting of 1914-1918 and its immediate aftermath.

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

Instructor: Matthew Borders

5-Digit Number: 25638 | Tue, 12:00 - 1:30 p.m., 10/10 - 11/28

Location: Conference Center/E123

Tuition: \$25 | Fee: \$109 | Total: \$134 | *MD residents age 60+ pay fee only*



LIR260 Footsteps in Frederick: Patsy Cline

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

This series focuses on a famous person who has visited or lived in Frederick. We'll learn interesting facts and trivia about the person and their time in Frederick. This lecture will focus on Patsy Cline who once lived and sang in Frederick County.

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

Instructor: Jeanne McDermott

5-Digit Number: 25639 | Tue, 9:30 - 11:00 a.m., 7/18

Location: Conference Center/E138 | Fee: \$18



LIR245 The Human Factor in Espionage

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

This course will address the challenges and requirements for successful recruitment of spies and agents. We'll explore whether or not the spy game has lost value as the role of human intelligence in the digital era evolves. This course is based on a book by Col. W. Patrick Lang titled *The Human Factor: The Phenomenon of Espionage*. We'll explore aspects of the book that provide further insight into the subject.

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

Instructor: Jeffrey Steinberg

5-Digit Number: 25452 | Wed, 10:00 a.m. - 12:00 p.m., 7/5 - 7/26

Location: Online

Tuition: \$25 | Fee: \$74 | Total: \$99 | *MD residents age 60+ pay fee only*



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



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

ILR838 Principles and Challenges in US National Security – Focus on China and Russia

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

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

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

Instructor: Jeffrey Steinberg

5-Digit Number: 25451 | Wed, 10:00 a.m. - 12:00 p.m., 10/4 - 11/8

Location: Online

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

ILR812 World History: The Big Picture

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

Any other history you may have studied will make more sense when you understand the fundamental overarching concepts that become clear with a “big picture” perspective. Based on the book, *This Fleeting World - A Short History of Humanity* by David Christian, this discussion-oriented course offers a global view of human history in one sweeping 250 thousand year panorama. Topics include: the engine that drives human history, how the adoption of agriculture led to the modern world, global differences in change and advancement, the rise and fall pattern of states, and the path of knowledge from the ancient to the modern world. This unique approach to history provides a context and framework into which all other studies of history fit.

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

Instructor: Ernest O’Roark

5-Digit Number: 25522 | Mon, 10:00 - 11:30 a.m., 10/23 - 11/27

Location: Conference Center/E126B

Tuition: \$30 | Fee: \$89 | Total: \$119 | *MD residents age 60+ pay fee only*

LIR162 Vintage Christmas Celebrations During the Civil War

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

In this fun filled class we will explore customs, decorations, and holiday traditions that were popular during the Civil War with a focus on Frederick.

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

Instructor: Jeanne McDermott

5-Digit Number: 25456 | Fri, 9:30 - 11:30 a.m., 12/1

Location: Conference Center/E125 | Fee: \$22

History Bites

Join us for a quick bite of history.

Topics vary each session and there will be time after the talk for questions and discussion.

ILR941 Sugarloaf: A Little Mountain with Big History

5-Digit Number: 25453 | Thu, 10:30 a.m. - 12:00 p.m., 7/13

Location: Student Center/H205

ILR941 Remembering Schools Past: One-room Schoolhouses

5-Digit Number: 25454 | Wed, 10:30 a.m. - 12:00 p.m., 8/30

Location: Student Center/H205

ILR941 10 Montgomery County Museums Worth the Trip

5-Digit Number: 25455 | Wed, 10:30 a.m. - 12:00 p.m., 11/15

Location: Conference Center/E125

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

For all classes:

1 session, 1.5 hours | **55+** | **Instructor:** Ralph Buglass

Fee: \$15

**HOM175 Ikebana: Living with Flowers**3 sessions, 4.5 hours | **16+**

Learn the three basic forms of Ohara style Ikebana (flower arranging). The Ohara style focuses on promoting the natural beauty of the flower materials and creating a realistic scene. Through the lessons you will learn about the history, culture, and techniques used in the art form and be able to take your flower materials home with you, giving you a chance to appreciate the beauty of living with flowers. Students will complete three flower arrangements during the course. All supplies are included.

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

Instructor: Emma Thompson

5-Digit Number: 25700 | Sat, 10:30 a.m. - 12:00 p.m., 7/22 - 8/5

Location: Visual & Performing Arts Center/F130 | Fee: \$222

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

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

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

Instructor: Jodie Lide

5-Digit Number: 25513 | Fri, 10:00 a.m. - 12:00 p.m., 8/4 - 9/22

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

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

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

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

Instructor: Jodie Lide

5-Digit Number: 25514 | Fri, 10:00 a.m. - 12:00 p.m., 10/13 - 12/8

No Class: 11/24 | Location: TBA | Fee: \$149

**HOM173 Learn to Knit**3 sessions, 6 hours | **16+** |

Knitting is based on just two simple stitches, the knit stitch and the purl stitch. In this class you'll learn those stitches along with how to cast on and bind off. Students will make two coasters (or washcloths if you want more practice), one in garter stitch and one in stockinette. They will also learn some basic pattern reading. Students will be required to bring one set of size 7 straight knitting needles and one skein of cotton Sugar and Cream 'dishcloth' yarn. Further details on required supplies will be provided to the students at least one week prior to the start of the course. Supplies costs vary but average \$12.

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

Instructor: Sharon Emery

5-Digit Number: 25655 | Tue, 6:30 - 8:30 p.m., 8/8 - 8/22

Location: Conference Center/E136 | Fee: \$69

**HOM174 Learn to Spin Yarn with a Drop Spindle**3 sessions, 6 hours | **16+** |

Join us to learn the basics of turning fluff into yarn using the simple, portable drop spindle. While learning to spin we'll talk about fibers, spinning tools, and some of the history of string and spinning. You'll have a skein or two of usable yarn by the end of the class. Students will be required to bring a drop spindle and at least four ounces of light colored combed top wool. Further details on required supplies will be provided to the students at least one week prior to the start of the course. Supplies costs vary but average \$39.

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

Instructor: Sharon Emery

5-Digit Number: 25656 | Tue, 6:30 - 8:30 p.m., 9/12 - 9/26

Location: Conference Center/E136 | Fee: \$84



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



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

HOM129 Crochet for Beginners

3 sessions, 6 hours |  | 

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

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

Instructor: Kathy Barylski

5-Digit Number: 25515 | Thu, 6:30 - 8:30 p.m., 10/19 - 11/2

Location: Conference Center/E125 | Fee: \$82

HOM166 Start Sewing in a Nutshell

2 sessions, 4 hours |  | 

Sewing is a lifelong learning skill, and this class covers the fundamentals so you can operate a sewing machine with confidence. You will learn everything you need to know to get started including selecting the right needle and thread; winding a bobbin; threading a machine; stitch settings; tension adjustments; trouble shooting common problems; and best practices. A basic sewing machine will be provided for you to use in this class, and you will be able to apply what you learn to any sewing machine that you own. This class will prepare you to make your own projects whether you like to craft, make a quilt, sew garments, or create home décor projects. You will practice some common sewing techniques so you will be well-prepared to tackle your sewing projects. This course is meant for the true beginner with little or no sewing experience. Enrollment will be limited so the instructor can provide ample attention to each student. All supplies are included.

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

Instructor: Michelle Umlauf



Option 1: 5-Digit Number: 25549 | Tue/Thu, 6:00 - 8:00 p.m., 9/5 - 9/7

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

Option 2: 5-Digit Number: 25550 | Mon/Wed, 1:00 - 3:00 p.m.,

10/16 - 10/18 | Location: Conference Center/E125 | Fee: \$59

HOM171 Basic Sewing Techniques

4 sessions, 12 hours |  | 

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

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

Instructor: Michelle Umlauf

5-Digit Number: 25551 | Mon/Wed, 6:00 - 9:00 p.m., 11/6 - 11/15

Location: Conference Center/E136 | Fee: \$186

HOM169 Decipher A Sewing Pattern

1 session, 3 hours |  | 

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

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

Instructor: Michelle Umlauf

5-Digit Number: 25552 | Wed, 6:00 - 9:00 p.m., 12/6

Location: Conference Center/E125 | Fee: \$32



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now online at [FCCIIR.org](https://fcciir.org).



HOM172 Custom Pillowcases

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

Pillowcases are easy to make and have a professional finish that looks even better than anything you can buy in a store. Learn how to construct pillowcases that coordinate with your bedroom decor, team colors, or your favorite motifs. The fabric selection is limitless. You will learn how to make a standard size pillowcase but with the written instructions you'll receive you will be able to make any size you need for future projects or gifts. We suggest that you either take Sewing In A Nutshell as a pre-requisite or already have proficiency operating a sewing machine prior to taking the course. Students will be required to bring a non-directional quilter's cotton fabric of their choice. Further details on the fabric type will be provided to the students at least one week prior to the start of the course. Supply costs may vary based on fabric choice but average \$25.

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

Instructor: Michelle Umlauf

5-Digit Number: 25654 | Wed, 6:00 - 9:00 p.m., 12/13

Location: Conference Center/E136 | Fee: \$42

HOM170 Basic Quilting Techniques

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

Master the basic principles of making a quilt and you will be well on your way to creating treasured family heirlooms. This is a hands-on class where you will work on a simple quilt square during class. You will learn general piecing and pressing guidelines as well as safety precautions when using a rotary cutter. Apply decorative stitching to add pizzazz and learn a simple way to bind the block like a pro. You will be inspired to apply what you learn into a larger project.

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

Instructor: Michelle Umlauf

5-Digit Number: 25553 | Mon/Wed, 1:00 - 3:30 p.m., 12/4 - 12/6

Location: Conference Center/E125 | Fee: \$89



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



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

ACR616 Introduction to Fold-Forming Jewelry

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

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

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

Instructor: Georgina Copanzzi

5-Digit Number: 25657 | Sat, 9:30 a.m. - 2:30 p.m., 9/16

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

ACR178 Torch Fired Enamel Earrings

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

Learn to cut, shape, and finish copper earrings with torch fired enamel effects. Enameling is the technique of coating a metal surface with melted minerals that fuse to the surface giving you a professional finish with unique opaque and transparent colors and effects. Workshop includes lecture, demonstration, hands on practice, and one on one instruction in the creation of your own unique design. All tools and materials are provided. No experience necessary. Class will take a 30-minute lunch break so be sure to bring a packed lunch.

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

Instructor: Georgina Copanzzi

5-Digit Number: 25555 | Sat, 9:30 a.m. - 2:30 p.m., 10/21

Location: Monroe Center/MC147 | Fee: \$74

ACR158 Introduction to Metalsmithing

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

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 please bring a packed lunch.

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

Instructor: Georgina Copanzzi

5-Digit Number: 25556 | Sat, 9:30 a.m. - 2:30 p.m., 11/11

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

ACR172 Introduction to Voiceovers

1 session, 1.5 hours | **16+** | 

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

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

Instructor: Voices For All

5-Digit Number: 25608 | Schedule at your convenience

Location: Online | Fee: \$49

LIR136 How to Use Your DNA Matches for your Genealogy Research

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

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

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

Instructor: Linda Frydl

5-Digit Number: 25389 | Wed, 1:00 - 3:00 p.m., 9/20 - 9/27

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

LIR190 Advanced DNA Tools for Genealogy Research

1 session, 2.5 hours | **55+**

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

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

Instructor: Linda Frydl

5-Digit Number: 25390 | Wed, 1:00 - 3:30 p.m., 10/11

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

ILR867 Becoming Your Family Historian

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

Whether you tinkered with it years ago or have dreamed of starting, this class will put you on the path to taking genealogy seriously. We’ll cover basic genealogy methodology, print and electronic resources, establishing a research plan, and caring for your family’s documents and artifacts. Become not just a genealogist but your family’s historian.

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

Instructor: Mary Mannix

5-Digit Number: 25441 | Tue, 10:00 a.m. - 12:00 p.m., 11/7 - 11/14

Location: Conference Center/E138

Tuition: \$15 | Fee: \$39 | Total: \$54 | *MD residents age 60+ pay fee only*

HOM250 The Fool’s Journey: Tarot Cards for Divination, Brainstorming, Creativity, and Fun

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

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

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

Instructor: Mary Mannix

5-Digit Number: 25554 | Tue, 10:00 a.m. - 12:00 p.m., 10/10 - 10/24

Location: Conference Center/E126A | Fee: \$79



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

Learning on Location

LIR220 C&O Canal: History and Nature

2 sessions, 3 hours | 55+

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

Rain Date: Wednesday, September 13

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

Instructor: Ralph Buglass

5-Digit Number: 25478 | Tue, 10:30 a.m. - 12:00 p.m., 9/5 & Tue, 10:30 a.m. - 12:00 p.m., 9/12
Location: Conference Center/E126B & Off Campus | Fee: \$34

ILR897 The Appalachian Trail Experience

2 sessions, 4 hours | 55+

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. Students are to provide their own transportation to the meet up location. The first session is in the classroom and the second session is a hike to see some iconic sights on this famous footpath.

Rain Date: Wednesday, September 20

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

Instructor: Tara Gettig

5-Digit Number: 25483 | Mon, 9:30 - 11:00 a.m., 9/11 & Mon, 9:30 a.m. - 12:00 p.m., 9/18
Location: Conference Center/E126B & Off Campus | Fee: \$44

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

LIR167 Fascinating and Forgotten: Glimpses of the Past: Northside of Downtown Frederick

1 sessions, 1.5 hours | 55+

This easy walking tour includes North Markets, 3rd, and 4th streets. We'll explore alleys with secrets, a historic cemetery, and view Civil War, retail, and industry history. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace.

Rain Date: (1) Saturday, September 23; (2) Saturday, October 7

Note: Listening devices will be provided. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date.

Instructor: Jeanne McDermott

Option 1: 5-Digit Number: 25480 | Sat, 10:00 - 11:30 a.m., 9/16
Location: Off Campus | Fee: \$18

Option 2: 5-Digit Number: 25481 | Sat, 10:00 - 11:30 a.m., 9/30
Location: Off Campus | Fee: \$18

ILR465 Maritime and Industrial History of Baltimore

1 session, 7 hours | 55+

We're going to Balmer hon. Explore and learn about the maritime history of Baltimore and why it is a significant city for trade. Our morning includes an easy walking tour of the famous former ship building area known as Fell's Point. Enjoy lunch at the historic and recently renovated Broadway Market. After lunch head back on the bus and catch a glimpse of the port of Baltimore and understand why Baltimore is such a thriving and unique city. We finish the day at the fascinating Baltimore Museum of Industry for an indoor tour of the trades that made the city prosperous, from the oyster canning industry to the garment factories. Tour guide is a native of Baltimore. Fee includes admission to the museum. Lunch is on your own. This bus tour involves moderate walking including areas with cobblestones, possible steps, and moderate standing throughout the day.

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

Instructor: Jeanne McDermott

5-Digit Number: 25524 | Tue, 8:00 a.m. - 4:30 p.m., 9/26
Location: Off Campus
Tuition: \$20 | Fee: \$89 | Total: \$109 | MD residents age 60+ pay fee only

ILR938 Capitol Hill Highlights

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


Capitol Hill is one of the most storied and visited sites in Washington DC. Our tour begins with a docent led 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 Supreme Court for a first and second floor tour to view the John Marshall statue, portraits and busts, and self-supporting marble staircases. This part of the tour is self-guided. Lunch is on your own at the U.S. Capitol Cafeteria. Please note that this tour does not include visiting the Senate and House Galleries and the Supreme Court courtroom. This tour involves moderate walking and standing.

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

Instructor: Marsha Adelson

5-Digit Number: 25479 | Wed, 8:00 a.m. - 5:30 p.m., 10/18
Location: Off Campus | Fee: \$79

LIR265 Riding with Mosby: The Adventures of the Gray Ghost

1 session, 9.75 hours | **55+** 

"Mosby!" No word injected more fear in a Yankee soldier. The Confederate guerrilla chieftain could strike anywhere at any time; and no matter the number of Federals chasing him, he always escaped. Mosby electrified Southern morale and demoralized Union forces operating in Northern Virginia and the Shenandoah Valley. We'll visit sites of the Gray Ghost's most famous exploits and explore portions of "horse country" in Loudoun and Fauquier counties with the glory of fall colors as our backdrop. This tour involves light walking up to a mile and standing throughout the day. Lunch is included and will be at the historic and quaint Hunter's Head Tavern.

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

Instructor: Dennis Frye

5-Digit Number: 25646 | Thu, 7:15 a.m. - 6:00 p.m., 10/26
Location: Off Campus | Fee: \$124

LEARN A LANGUAGE

FOR300 American Sign Language for Beginners

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

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

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


Instructor: Racquel Roulit

5-Digit Number: 25609 | Mon, 6:00 - 8:30 p.m., 11/6 - 12/11

Location: Conference Center/E123

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

FOR100 Basic Conversational Spanish

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

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

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


Instructor: Jennifer Books

5-Digit Number: 25698 | Tue/Thu, 6:00 - 8:00 p.m., 9/5 - 9/28

Location: Braddock Hall/B102

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

FOR101 Continuing Conversational Spanish

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

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

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

Instructor: Jennifer Books

5-Digit Number: 25699 | Tue/Thu, 6:00 - 8:00 p.m., 10/3 - 10/26

Location: Braddock Hall/B102

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

FOR124 Introduction to the Italian Language and Culture8 sessions, 16 hours | **16+**

Explore Italian culture by learning basic grammar, pronunciation, vocabulary, and customary greetings. Course includes insight into the customs and traditions, holidays, and cultural nuances of Italy. Receive sightseeing recommendations and explore the country's geography and beauty. Practice what you are learning in class conversations and completing assignments. Students are required to purchase the following book: *Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition* by Marcel Danesi.

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

Instructor: Dora Jaar

5-Digit Number: 25558 | Wed, 10:00 a.m. - 12:00 p.m., 9/27 - 11/15

Location: Braddock Hall/B112

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

**FOR224 Introduction to the Italian Language and Culture – Part 2**8 sessions, 16 hours | **16+**

Continue to develop your Italian language skills with practice conversations, videos, etc. The course includes further insight into Italian customs, traditions, food and geography. Completion of assignments from textbook is highly recommended. Students are required to purchase the following book: *Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition* by Marcel Danesi.

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

Instructor: Dora Jaar

5-Digit Number: 25660 | Fri, 10:00 a.m. - 12:00 p.m., 9/29 - 11/17

Location: Braddock Hall/B102

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

FOR423 French Conversation and Basic Communication8 sessions, 16 hours | **16+** |

Develop the ability to communicate orally and in writing in French. Participate in class conversations and complete assignments. In each class, discover some aspects of the French culture such as food, music, history, movies, celebrations and more. This class is for those who have the desire or need to communicate in French as well as understand the basics of French culture.

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

Instructor: Jessica McClain

5-Digit Number: 25557 | Mon, 6:00 - 8:00 p.m., 9/25 - 11/13

Location: Conference Center/E138

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

LIR221 Preparing Important Documents for a Life Event1 session, 2 hours | **55+**

Having the legal, financial, and insurance paperwork that you or your family needs in case of a life event (death, disability, job loss, etc.) is very important. Are they organized in such a way that your family could easily know where they are, who to contact, what accounts you have, and other important items? If the thought of getting your documents organized overwhelms you, this class will teach you the LEAP - Life Event Advanced Planning – Process, which is an easy way to gather, organize, record, store, and review your important documents, so that if and when a life event occurs, your paperwork is sufficient and easily accessed.

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

Instructor: Karen R. Smith

Option 1: 5-Digit Number: 25396 | Wed, 1:00 - 3:00 p.m., 7/12

Location: Conference Room/E136 | Fee: \$22

Option 2: 5-Digit Number: 25397 | Sat, 9:00 - 11:00 a.m., 11/11

Location: Conference Room/E123 | Fee: \$22

ILR965 The Role of the Executor in Maryland2 sessions, 5 hours | **55+** |

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

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

Instructor: Marcy Gouge

5-Digit Number: 25398 | Tue/Thu, 6:30 - 9:00 p.m., 7/11 - 7/13

Location: Conference Room/E138

Tuition: \$10 | Fee: \$49 | Total: \$59 | MD residents age 60+ pay fee only




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



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

ILR871 Investment Strategies for Seniors Through Options

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

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

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

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

Instructor: Richard Bender

5-Digit Number: 25395 | Mon/Wed, 6:00 - 8:00 p.m., 8/14 - 8/23
Location: Conference Room/E139 | Fee: \$89

LIR212 Introduction to Social Security

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

Social Security retirement benefits can confuse almost anyone. And that confusion could cost the recipient a lot of money in retirement. Make the most of your retirement by learning essential information about retirement, spousal, and survivor benefits so wise decisions can be made. The class will also cover tax issues when receiving Social Security retirement benefits.

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

Instructor: Kathy Barylski

5-Digit Number: 25416 | Wed, 6:30 - 8:30 p.m., 10/18 - 10/25
Location: Conference Room/E125
Tuition: \$12 | Fee: \$42 | Total: \$54 | MD residents age 60+ pay fee only

ILR869 Don't Be a Victim of Frauds and Scams

1 session, 3 hours | **55+**

What are frauds and scams that thieves use to steal our money and property from us? What type of people are the most vulnerable to scammers, and how do they get us to fall for their tricks? Most importantly, how can we protect our own information and assets so that we will not be the next victim of a cunning thief? Learn how to be a "Fraud Fighter" for yourself and for your loved ones, and to shut down potential scams before they hit you.

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

Instructor: Marcy Gouge

5-Digit Number: 25399 | Tue, 1:00 - 4:00 p.m., 11/7
Location: Conference Room/E138 | Fee: \$34

ILR860 Downsizing Simplified: Living Smaller and Loving it

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

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

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

Instructor: Stacy Reno

Option 1: 5-Digit Number: 25414 | Wed, 2:00 - 3:30 p.m., 7/19 - 8/2

Option 2: 5-Digit Number: 25415 | Wed, 2:00 - 3:30 p.m., 10/11 - 10/25

Location: Conference Room/E138
Tuition: \$12 | Fee: \$42 | Total: \$54 | MD residents age 60+ pay fee only

ILR766 Trips and Tips for Women Traveling Solo in Retirement

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

If you don't have a travel companion, what do you do? Learn the benefits (and concerns) about traveling solo in a post 9/11 world. Cover how to plan a great trip, pay for it, and share it with others. We'll talk about concerns such as safety, eating alone, and how to meet local people on your travels. You will even get some tips on great itineraries for older women.

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

Instructor: Marcy Gouge

5-Digit Number: 25521 | Tue/Thu, 1:00 - 4:00 p.m., 10/31 - 11/2
Location: Conference Room/E138
Tuition: \$12 | Fee: \$62 | Total: \$74 | MD residents age 60+ pay fee only

LIR191 Women Poets – Part 2

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

In this continuation of Women Poets, we'll celebrate poetry by reading, analyzing, and discussing a variety of poems that focus on women poets. Poems from Adrienne Rich, Edna St. Vincent Millay, Frances Ellen Watkins Harper, and Gwendolyn Brooks will be read. Explore the meaning and context of their poems, common themes that female poets portrayed, and their poetic structure. We will analyze why these poets' voices need to be heard and remembered.

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

Instructor: Jeanne McDermott

5-Digit Number: 25388 | Fri, 9:30 - 11:00 a.m., 7/21 - 7/28

Location: Braddock Hall/B102 | Fee: \$29

LIR266 Terrifying & Terrific: Unmasking the Monsters of Literature

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

Just in time for Halloween, we will investigate the cultural relevance and literary origins of some of our society's most revered, and even beloved, horror icons. We will take a closer look at Frankenstein's Creature, Dracula and other vampires, and the Headless Horseman, among others that go bump in the night. Join us, if you dare ...

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

Instructor: Kierstin Klimas

5-Digit Number: 25630 | Wed, 6:30 - 7:30 p.m., 9/13 - 9/27

Location: Online | Fee: \$29

SEN491 Writing Your Life Story: Tales for the Grandchildren

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

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

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

Instructor: Dorothy O'Neal

5-Digit Number: 25387 | Wed, 1:00 - 3:00 p.m., 10/4 - 11/15

Location: KC100

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

PHILOSOPHY, RELIGION & EXPLORATION

LIR219 Introduction to Biblical Literature

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

This course introduces students to the scholarly study of Biblical texts as a way of exploring their enduring significance. We are separated from the Bible by language, time, culture, and by our own assumptions about what the Bible says. We will use various scholarly approaches to read the biblical texts in a way that honors their unique, original meaning. We will ask the following of selected passages: What does the text say in its literary context? What did the text mean in its context? Why is the text important to us today as we reflect upon the Bible's continuing theological relevance?

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

Instructor: Logan Isaac

5-Digit Number: 25459 | Mon, 6:00 - 7:30 p.m., 7/3 - 8/21

Location: Online

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



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



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



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

Lifting the Veil, a Paranormal Roundtable

The supernatural is embedded in our culture. We celebrate Halloween. We watch scary movies. We hold superstitions and use crystals. Many are curious about the unexplained and seek out information that helps us make sense of it all. Each session will focus on a different topic. This course is presented as a roundtable discussion facilitated by instructors with experience in the topics. Students will be encouraged to participate. Bring your experiences and questions. We hope we can “lift the veil” for you and satisfy your curiosity about the paranormal.

LIR195 Ghosts and Spirits

5-Digit Number: 25461 | Wed, 6:00 - 8:00 p.m., 7/19

LIR195 Ghost Hunting Equipment

5-Digit Number: 25462 | Wed, 6:00 - 8:00 p.m., 8/16

LIR195 Real Investigation Report Out


5-Digit Number: 25463 | Wed, 5:00 - 7:00 p.m., 8/30

Note: Those not attending the investigation are welcome to register for the Report Out session and hear what students experienced.


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The classes listed above will meet on campus, in-person.

For these three classes:

1 session, 2 hours | **55+** |  | **Instructor:** Rhonda Russo
Location: Conference Center/E136 | Fee: \$25

LIR195 Paranormal Investigation and Follow Up Session – Frederick City

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

This investigative field trip takes place in the early evening and portions may occur in the dark. Students will also attend a follow up session several days later to discuss their experiences. Only students who have attended the Ghost Hunting Equipment session are permitted to attend the investigation. Students are to provide their own transportation and are encouraged to bring ghost hunting equipment. The exact location will be provided just prior to the date of the investigation via an email to students.

Note: Course will meet in-person off site and on campus.

Instructor: Rhonda Russo

5-Digit Number: 25460 | Sat, 6:00 - 9:00 p.m., 8/26, Off Campus
& Wed, 5:00 - 7:00 p.m., 8/30, On Campus
Location: Conference Center/E136 | Fee: \$86

LIR246 Mindfulness and Meditation Literary Series: Why Do We Meditate?

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

Daniel Goleman, New York Times bestselling author, and Tsoknyi Rinpoche, internationally renowned Tibetan Buddhist meditation teacher, have co-created a new approach to traditional meditative teachings and methods. Tsoknyi partnered with psychotherapists and neuroscientists to create a practical and soul-searching book to delve into how these teachings apply emotionally in our daily lives as is presented in their new book. Meditation techniques will be explored and practiced during the course. We highly recommend that you purchase *Why We Meditate: The Science and Practice of Clarity and Compassion* by Daniel Goleman and Tsoknyi Rinpoche. The book will be read during the course.

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

Instructor: Jerry Webster

5-Digit Number: 25457 | Thu, 10:00 - 11:30 a.m., 7/6 - 7/27

Location: Conference Center/E138

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

LIR246 Mindfulness and Meditation Literary Series: Being with Dying

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

Joan Halifax's work *Being with Dying* addresses the dying and those who are caretakers. Her Buddhist approach and experience provide great benefit to people of all traditions. In order to explore Halifax's teachings more deeply we will work with meditative practices and exercises as described in *Being with Dying*. Meditation techniques will be explored and practiced during the course. We highly recommend that you purchase *Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death* by Joan Halifax, available in both print and e-reader forms. The book will be read during the course.

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

Instructor: Jerry Webster

5-Digit Number: 25458 | Wed, 10:00 - 11:30 a.m., 9/13 - 10/4

Location: Conference Center/E126B

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

PHILOSOPHY, RELIGION & EXPLORATION



LIR261 Understanding Spiritual Experiences and Phenomena

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

Spiritual experiences are not well understood or discussed. Experiencers often fear being misunderstood or judged. Richard Bucke coined the term cosmic consciousness in the late 1800s and another early researcher, JB Rhine, set up an institute and coined the term extrasensory perception. Today, research is more common. Raymond Moody published his study of near-death experiences in his 1970s book *Life After Life*. In recent years, several organizations have been set up to study and understand these and other spiritual phenomena. This course will examine some of the enclaves of spiritual experiences including mysticism, angels, Marian apparitions, near death experiences, the paranormal, communication with the dead, and apparitions. The emphasis will be on understanding experiences and finding common characteristics. This is not a class about beliefs or dogma. We will discuss recent research and the various organizations devoted to studying this dimension.

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

Instructor: Sara Towe

5-Digit Number: 25640 | Mon, 11:00 a.m. - 12:30 p.m., 10/2 - 10/23

Location: Conference Center/E126A

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



LIR267 Dowsing with the Dead

1 session, 3 hours | **55+**

The loss of a loved one can create a lot of pain for people. Some turn to Mediums to help ease the pain; looking for reassurance from their loved one that their spirit is still around and well. This class will teach you how to connect to your departed loved ones. You'll learn how to use communication tools safely. You'll gain comfort knowing that your loved one is only a thought away.

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

Instructor: Rhonda Russo

5-Digit Number: 25641 | Thu, 5:00 - 8:00 p.m., 10/19

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

PHOTOGRAPHY

PHO129 Mastering Exposure

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

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

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

Instructor: Cat Simmons

Option 1: 5-Digit Number: 25541 | Tue, 5:00 - 9:00 p.m., 7/11

Location: Conference Center/E136 | Fee: \$39

Option 2: 5-Digit Number: 25542 | Thu, 10:00 a.m. - 2:00 p.m., 10/12

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



PHO131 Camera and Photography Basics

1 session, 3.5 hours | **16+**

Designed to help students demystify the complexity of their DSLR and mirrorless cameras so they can begin to use them with understanding and intent. Participants will be introduced to their camera's symbols, buttons, and controls while also exploring the basics of the exposure triangle which is an essential part of understanding basic photography. Students will receive a detailed packet of notes to ensure success beyond the classroom. Students should bring a DSLR camera, charged battery, memory card, and camera manual to class.

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

Instructor: Cat Simmons

5-Digit Number: 25652 | Tue, 5:30 - 9:00 p.m., 8/29


Location: Conference Center/E138 | Fee: \$36



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now online at FCCILR.org.



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

PHO128 Portrait Basics1 session, 4 hours | **16+** | 

Students will learn the basics of portraiture in the areas of camera settings, lens choices, natural and artificial lighting, composition, posing, and working with subjects. Topics such as using the histogram and a gray card are also covered with a brief Lightroom Demo showing how to use the gray card to correct white balance. Participants would need to have access to their own DSLR or mirrorless cameras.

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

Instructor: Cat Simmons

5-Digit Number: 25544 | Thu, 5:00 - 9:00 p.m., 9/14

Location: Conference Center/E126B | Fee: \$44

PHO130 Introduction to Family Photography1 session, 3 hours | **16+** | 

Family photography is a popular genre. Learn the craft of photographing families in an environmental setting. The skills and knowledge from this class will equip students towards taking technically and aesthetically solid photographs. Some topics include camera settings, lens choices, focus modes, posing, and tricks to overcoming difficult situations (i.e.: stubborn kids, bad lighting). Whether you are an aspiring professional or a hobbyist, this class will offer a starting point to make that a reality.

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

Instructor: Cat Simmons

5-Digit Number: 25545 | Thu, 6:00 - 9:00 p.m., 9/28

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

PHO125 Image Management for Photographers1 session, 3 hours | **16+** | 

Designed to help those in need of developing a system for managing and storing digital image files. Participants will be instructed on one solid way to organize their files but will be offered multiple considerations. Concepts covered will include file organization, external vs. internal hard drives, key wording, image rating, understanding metadata and file extensions, and a brief introduction to Adobe Creative Suite as it relates to cataloguing.

Note: Course will meet on campus in an in-person environment
Class will take place in a computer lab but students are encouraged to bring their own laptop with images already loaded or saved on an external drive.

Instructor: Walter Calahan

5-Digit Number: 25543 | Thu, 6:00 - 9:00 p.m., 11/16

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

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

Enjoy the magic of butterflies in the field. Summer is 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 summer season. Expect up close viewing and plan to take plenty of pictures. Please bring your own water and snacks and be prepared for some moderate walking.

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

Instructor: Kathy Barylski

5-Digit Number: 25466 | Mon, 10:00 a.m. - 12:00 p.m., 7/24

Location: Off Campus | Fee: \$22

ILR575 Butterflies in the Field – Moth Edition1 session, 2 hours | **55+** | 

Did you know that Maryland is home to over 1,500 moth species? Join us for this special nighttime adventure. With the help of a special light setup, we'll attract a variety of moths for close up looks. We'll also have time to talk about unique features of moths, new research, and differences between moths and butterflies. Please bring your own water, a flashlight, and be prepared for some minimal walking.

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

Instructor: Kathy Barylski

5-Digit Number: 25468 | Tue, 8:00 - 10:00 p.m., 7/25

Location: Off Campus | Fee: \$22



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



LIR262 The Role of Engineering in Solving Earth's Big Challenges: Air, Water, Climate and Poverty

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

The Earth faces some big challenges including air pollution in many parts of the world, water availability and quality, as well as sanitation issues, climate change and a growing gap between rich and poor populations. Although none of these challenges are likely to be news to anyone, we will examine them in more detail, quantify them and look at some projections for the future. We will specifically address the role of various engineering disciplines in providing solutions, leading us to the concept and academic programs known as Humanitarian Engineering.

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

Instructor: Guillermo Warley

5-Digit Number: 25642 | Wed, 3:00 - 4:30 p.m., 9/27 - 10/18

Location: Conference Center/E136

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

ILR968 Discover a Season – Fall Nature Walk

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

There's nothing like a stroll in Maryland in October. We'll see an array of colors as the leaves change along with our last flowers of the year. Many plants will have gone to seed, so this will be a good opportunity to admire the diverse way seeds are spread. And, we should be able to hear a nice selection of birds, from chickadees to woodpeckers.

Rain Date: Thursday, October 19

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

Instructor: Kathy Barylski

5-Digit Number: 25464 | Tue, 10:00 a.m. - 12:00 p.m., 10/10

Location: Off Campus | Fee: \$22



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



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

ENG240 Amherst Writers and Artists Workshop

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

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

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

Instructor: Sherri Philpott

5-Digit Number: 25516 | Mon, 1:00 - 3:00 p.m., 10/16 - 12/4

Location: Braddock Hall/B109

Tuition: \$30 | Fee: \$169 | Total: \$199 | *MD residents age 60+ pay fee only*

FREE Summer/Fall Courses

This course is made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.

ILR969 Advance Care Planning: Your Life, Your Plan

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

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

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

Instructor: Sharon Smith

5-Digit Number: 25476 | Wed, 10:00 a.m. - 12:00 p.m., 8/9

Location: Braddock Hall/B102

Armchair Escape Series

NEW

Through this series, you'll discover the world without having to deal with the hassles of travel. We will bring the locations to you. Our escapes are inspired by interesting locales and popular culture.

LIR247 Armchair Escape Series: Sunny Joy de Vive of Southern France

2 sessions, 5 hours | 55+

Fields of fragrant lavender and sunny beaches. Come along as we travel by train from Paris to Nice, and then through the French Riviera to Monaco. Take a meandering path through ancient towns while we learn about the history, culture and famous people that created this magical part of France. Part history class and part cultural travelogue, this class will make you want to speak French.

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

Instructor: Marcy Gouge

5-Digit Number: 25444 | Tue/Thu, 1:00 - 3:30 p.m., 11/14 - 11/16

Location: Conference Center/E138 | Fee: \$52

LIR247 Armchair Escape Series: Indoor "Walking Tour" of the Westside of Frederick

2 sessions, 5 hours | 55+

Enjoy a "walking tour" of the westside of downtown Frederick including Barbara Fritchie's home, Baker Park, and buildings along West 2nd, Patrick, and Church Street. The "tour" includes both past and present tidbits of history that will provide both amusement and insight. This class is a great review for those that participated in previous downtown walking tours and fun for those that missed them.

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

Instructor: Jeanne McDermott

5-Digit Number: 25482 | Fri, 9:30 - 11:30 a.m., 12/8

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

ILR is proud to present **three free courses this summer/fall**. Join us for engaging classes focusing on planning, history, and psychology. The courses in this section were made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.

LIR250 The Spy Trial in Frederick Town

4 sessions, 6 hours | 55+

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


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

Instructor: Howard Cox

5-Digit Number: 25477 | Fri, 10:00 - 11:30 a.m., 9/8 - 9/29

Location: Conference Center/E138

ILR855 The Human Condition: Why I Do the Things I Do

5 sessions, 6.25 hours | 55+ | 

As human beings, we are social creatures surrounded by others who influence us in multiple ways through our work, play and daily interactions. We will explore how our basic assumptions, beliefs, values, decisions, and the way we perceive ourselves is impacted by others, and how our responses and reactions in turn, influence them.

Note: This Structured Remote Course is offered online and hosted by the Frederick Senior Center. However, there are a limited number of in-person seats available. You must email either the Senior Center or the ILR program office to request an in-person seat. Upon registration, students may be advised that they also need to fill out a form with the Senior Center.

Instructor: Barbara Angleberger

5-Digit Number: 25523 | Tue, 1:45 - 3:00 p.m., 10/10 - 11/7

Location: Off Campus

CO-LISTED CLASSES FOR ILR STUDENTS

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

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

ACR234 Foundation of Audio Technology

ACR235 Introduction to Acting

ACR236 Improvisation I

ACR237 Stagecraft

HCS202 The Civil Rights Movement

REC236 Volleyball

FOR418 Introductory Arabic I

FOR419 American Sign Language I

FOR420 Introductory Chinese I

FOR421 Introductory Spanish I

FOR406 Introductory French I

FOR407 Introductory Russian I

To learn more about the courses, visit frederick.edu/colisted for details and registration information.
Students will be required to sign into Blackboard to access instructor information, course orientation, and learning materials.

ONLINE COURSES BY ILR COURSE TITLE

LIR205 Cyber Awareness: Internet Safety

LIR219 Introduction to Biblical Literature

LIR245 Human Factor in Espionage

LIR266 Terrifying & Terrific: Unmasking the Monsters of Literature

ILR838 Principles and Challenges in US National Security: Focus on China and Russia

ILR855 The Human Condition: Why I Do the Things I Do



Dr. Karen Gray Memorial

Dr. Karen Gray, 81, died from cancer on January 1, 2023. Karen was born on August 13, 1941, in Big Valley, Alberta, Canada and was raised in Spokane, Washington. She received degrees from Whitworth University, Harvard Divinity School, and the University of Edinburgh in Scotland. She worked at the National Symphony Orchestra and the Smithsonian Institution's Associates Program, developing educational tours. Her relationship with the C&O Canal began when she hiked on the towpath. She then studied the canal's history and engineering and upon retiring she started volunteering for the C&O Canal National Historical Park's headquarters library. Karen also taught lifelong-learning classes at Hagerstown and Frederick community colleges. Her history, literature, and philosophy classes were loved by students and reflected her own continuing intensive study in these areas.

July 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 6:00 Intro to Biblical Literature	4 INDEPENDENCE DAY NO CLASSES	5 10:00 Human Factor, Espionage	6 10:00 Why Do We Meditate?	7
10 9:30 Art of Art Interpretation 6:00 Intro to Biblical Literature	11 <u>5:00 Mastering Exposure</u> 6:30 Role of the Executor, MD	12 10:00 Human Factor, Espionage 12:00 The Vance Stance <u>1:00 Preparing Docs, Life Event</u>	13 10:00 Why Do We Meditate? <u>10:30 History Bites, Sugarloaf</u> 6:30 Role of the Executor, MD	14
17 <u>9:30 Art of Art Interpretation</u> 6:00 Intro to Biblical Literature	18 <u>9:30 Footsteps in Frederick</u>	19 10:00 Human Factor, Espionage 12:00 The Vance Stance 2:00 Downsizing Simplified <u>6:00 Veil, Ghosts & Spirits</u>	20 10:00 Why Do We Meditate? <u>7:00 Maryland Whiskey 101</u>	21 9:30 Women Poets, Part 2
24 <u>10:00 Butterflies in the Field</u> 6:00 Intro to Biblical Literature	25 <u>8:00 Butterflies, Field, Moth</u>	26 10:00 Human Factor, Espionage 12:00 The Vance Stance 2:00 Downsizing Simplified	27 <u>10:00 Why Do We Meditate?</u>	28 <u>9:30 Women Poets, Part 2</u> <u>10:00 Jamestowne, The Sequel</u>

August 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 31 10:00 How to Listen to Jazz 6:00 Intro to Biblical Literature	1 <u>1:00 Personal Self Defensive</u>	2 <u>2:00 Downsizing Simplified</u>	3 6:00 Brain Health Breakthroughs	4 10:00 Jamestowne, The Sequel 10:00 Begin Calligraphy: Italic
7 10:00 How to Listen to Jazz 5:00 Acrylic Painting, Beginners 6:00 Intro to Biblical Literature	8 <u>4:00 Know Your Beer</u> 6:30 Learn to Knit	9 <u>10:00 Advance Care Planning</u> 12:00 The Vance Stance	10 6:00 Brain Health Breakthroughs	11 <u>10:00 Jamestowne, The Sequel</u> 10:00 Beginning Calligraphy: Italic
14 10:00 How to Listen to Jazz 5:00 Acrylic Painting, Beginners 6:00 Intro to Biblical Literature 6:00 Invest Strategies, Seniors	15 <u>10:00 Good Music</u> 6:30 Learn to Knit	16 12:00 The Vance Stance 6:00 Investment Strategies, Seniors <u>6:00 Veil, Ghost Hunting Eqmt</u>	17 6:00 Brain Health Breakthroughs	18 10:00 Beginning Calligraphy: Italic
21 10:00 How to Listen to Jazz 5:00 Acrylic Painting, Beginners 5:30 Intro to Oil Pastels <u>6:00 Intro to Biblical Literature</u> 6:00 Investment Strategies, Seniors	22 10:00 Good Music <u>6:30 Learn to Knit</u>	23 <u>12:00 The Vance Stance</u> <u>6:00 Investment Strategies, Seniors</u> <u>7:00 Mixology</u>	24 <u>6:00 Brain Health Breakthroughs</u>	25 10:00 Beginning Calligraphy: Italic
28 10:00 How to Listen to Jazz 5:00 Acrylic Painting, Beginners <u>5:30 Intro to Oil Pastels</u>	29 <u>10:00 Good Music</u> <u>5:30 Camera/Photo Basics</u>	30 <u>10:30 History Bites, Schoolhouses</u> <u>5:00 Veil, Investigation</u>	31 <u>7:00 Gin 101</u>	SEPT 1 10:00 Beginning Calligraphy: Italic

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

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 LABOR DAY NO CLASSES	5 9:00 Explore Watercolor, B/I 10:00 History Frederick, Transport 10:30 C&O Canal 12:00 Exploring Watercolor, Adv. <u>1:00 ME Roundtable, People</u> 6:00 Sewing in a Nutshell 6:00 Basic Conv. Spanish	6	7 10:00 Abraham Lincoln <u>1:00 ME Roundtable, Religious</u> <u>6:00 Sewing in a Nutshell</u> 6:00 Basic Conv. Spanish	8 10:00 Beginning Calligraphy: Italic 10:00 The Spy Trial
11 9:30 A.T. Experience 9:30 Lees of Stratford Hall 10:00 Intro to Oil Painting <u>10:00 How to Listen to Jazz</u> 1:00 Better Body, Better Brain 3:00 Tai Chi <u>5:00 Acrylic Painting, Beginners</u>	12 9:00 Exploring Watercolor, Beg/Inter 10:00 History Frederick, Transportation 10:30 C&O Canal 12:00 Exploring Watercolor, Advanced <u>1:00 ME Roundtable, Empires</u> 2:00 Just Try It, Gentle Yoga 6:00 Basic Conv. Spanish 6:30 Learn to Spin Yarn	13 10:00 Meditation: Being, Dying 6:30 Unmasking Monsters	14 10:00 Abraham Lincoln 10:00 <u>Med Curious, Med Mariju.</u> <u>5:00 Portrait Basics</u> 6:00 Basic Conv. Spanish	15 9:30 Drawing for Beginners 10:00 Beginning Calligraphy: Italic 10:00 The Spy Trial 10:00 War of 1812, Maryland
18 9:30 A.T. Experience 9:30 Lees of Stratford Hall 10:00 Intro to Oil Painting 1:00 Better Body, Better Brain 3:00 Tai Chi 5:00 Beginner Pen/Ink Draw	19 8:00 <u>Maritime/Industrial Bmore</u> 10:00 History Frederick, Transportation 1:00 Palestine and Israel 2:00 Just Try It, Gentle Yoga 6:00 Basic Conv. Spanish 6:30 Learn to Spin Yarn	20 10:00 Meditation: Being with Dying 1:00 DNA Matches, Genealogy 6:30 Unmasking Monsters	21 10:00 Abraham Lincoln 10:00 <u>Med Curious, Supplements</u> 6:00 Basic Conv. Spanish <u>7:00 Distilled Spirits</u>	22 9:30 Drawing for Beginners 10:00 Beginning Calligraphy: Italic 10:00 The Spy Trial 10:00 War of 1812, Maryland
25 9:30 Lees of Stratford Hall 10:00 Intro to Oil Painting 1:00 Better Body, Better Brain 3:00 Tai Chi 5:00 Beginner Pen/Ink Drawing 6:00 French Conver/Basic Comm	26 9:00 Exploring Watercolor, Beg/Inter 10:00 History Frederick, Transportation 12:00 Exploring Watercolor, Advanced 1:00 Palestine and Israel 2:00 Just Try It, Gentle Yoga 6:00 Basic Conv. Spanish <u>6:30 Learn to Spin Yarn</u>	27 10:00 Meditation: Being with Dying 10:00 Intro to Italian 3:00 Engineer, Earth's Challenges <u>1:00 DNA Matches, Genealogy</u> 6:30 Unmasking Monsters	28 10:00 Abraham Lincoln 10:00 <u>Med Curious, Infections</u> 6:00 Basic Conv. Spanish 6:00 Intro, Family Photography	29 9:30 Drawing for Beginners 10:00 The Spy Trial 10:00 War of 1812, Maryland 10:00 Intro to Italian, Part 2

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 Intro to Oil Painting 11:00 Spiritual Experiences 1:00 Better Body, Better Brain 2:00 The Constitution Today 3:00 Tai Chi <u>5:00 Beginner Pen/Ink Drawing</u> 6:00 French Conver/Basic Comm	3 9:00 Exploring Watercolor, Beg/Inter 12:00 Exploring Watercolor, Advanced 1:00 Palestine and Israel 2:00 Just Try It, Gentle Yoga 6:00 Continuing Conv. Spanish	4 <u>10:00 Meditation: Being with Dying</u> 10:00 Intro to Italian 10:00 US National Security 1:00 Writing Your Life Story 3:00 Engineering, Earth's Challenges <u>5:30 Aged Vinegar</u>	5 6:00 Continuing Conv. Spanish	6 <u>9:30 Drawing for Beginners</u> 10:00 Intro to Italian, Part 2 11:00 Music, FSO: Theme 1
9 <u>10:00 Intro to Oil Painting</u> 11:00 Spiritual Experiences 11:00 Evolution, Symphony 1:00 Better Body, Better Brain 2:00 The Constitution Today 3:00 Tai Chi 5:30 Intro to Watercolor 6:00 French Conver/Basic Comm	10 9:00 Exploring Watercolor, Beg/Inter 10:00 The Fool's Journey 10:00 Discover a Season 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI 1:00 Palestine and Israel 1:45 The Human Condition <u>2:00 Just Try It, Gentle Yoga</u> 4:00 Know Your Beer 6:00 Continuing Conv. Spanish	11 10:00 Intro to Italian 10:00 US National Security 1:00 Writing Your Life Story 1:00 Advanced DNA Tools 2:00 Downsizing Simplified 3:00 Engineering, Earth's Challenges	12 <u>10:00 Mastering Exposure</u> 6:00 Continuing Conv. Spanish <u>7:00 Maryland Whiskey 101</u>	13 9:30 Intermediate Drawing 10:00 Intro to Italian, Part 2 10:00 Continuing Calligraphy
16 <u>1:00 Better Body, Better Brain</u> 11:00 Spiritual Experiences 11:00 Evolution, Symphony 1:00 Amherst Writers 1:00 Sewing in a Nutshell 2:00 The Constitution Today 3:00 Tai Chi 5:30 Intro to Watercolor 6:00 French Conver/Basic Comm	17 9:00 Exploring Watercolor, Beg/Inter 10:00 The Fool's Journey 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI <u>1:00 Palestine and Israel</u> 1:45 The Human Condition 6:00 Continuing Conv. Spanish <u>7:00 120 Min. Wine Expert</u>	18 8:00 Capitol Hill Highlights 10:00 Intro to Italian 10:00 US National Security 1:00 Writing Your Life Story <u>1:00 Sewing in a Nutshell</u> 2:00 Downsizing Simplified <u>3:00 Engineering, Earth's Challenges</u> 6:30 Intro to Social Security	19 5:00 Dowsing with the Dead 6:00 Continuing Conv. Spanish 6:30 Crochet for Beginners	20 9:30 Intermediate Drawing 10:00 Intro to Italian, Part 2 10:00 Continuing Calligraphy
23 10:00 World History <u>11:00 Spiritual Experiences</u> 11:00 Evolution, Symphony 1:00 Amherst Writers 1:00 Iris Paper Folding 2:00 The Constitution Today 3:00 Tai Chi 5:30 Intro to Watercolor 6:00 French Conver/Basic Comm	24 9:00 Exploring Watercolor, Beg/Inter 9:30 Computers, Scaredy Cats <u>10:00 The Fool's Journey</u> 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI 1:45 The Human Condition 2:00 Continuing Gentle Yoga 6:00 Continuing Conv. Spanish	25 10:00 Intro to Italian 10:00 US National Security 10:00 Blueprint, Successful Aging 1:00 Writing Your Life Story <u>2:00 Downsizing Simplified</u> 3:00 Wireless Technology <u>6:30 Intro to Social Security</u>	26 7:15 Riding with Mosby 9:30 Social Networking <u>6:00 Continuing Conv. Spanish</u> 6:30 Crochet for Beginners	27 9:30 Intermediate Drawing 10:00 Intro to Italian, Part 2 10:00 Continuing Calligraphy

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

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 30 10:00 World History 11:00 Evolution, Symphony 1:00 Amherst Writers <u>2:00 The Constitution Today</u> 3:00 Tai Chi <u>5:30 Intro to Watercolor</u> 6:00 French Conver/Basic Comm	OCT 31 9:00 Exploring Watercolor, Beg/Inter 9:30 Computers, Scaredy Cats 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI 1:00 Focus on Arabia 1:00 Women Traveling Solo 1:45 The Human Condition 2:00 Continuing Gentle Yoga	1 10:00 Intro to Italian 10:00 US National Security <u>10:00 Blueprint, Successful Aging</u> 10:00 Dementia 101 1:00 Writing Your Life Story 3:00 Wireless Technology	2 9:30 Social Networking <u>1:00 Women Traveling Solo</u> <u>6:30 Crochet for Beginners</u>	3 9:30 Intermediate Drawing 10:00 Intro to Italian, Part 2 10:00 Continuing Calligraphy 10:00 Advanced Drawing 10:00 Pirates, Chesapeake Bay
6 10:00 World History 11:00 Evolution, Symphony 1:00 Amherst Writers 2:00 The Constitution Today 3:00 Tai Chi 6:00 French Conver/Basic Comm 6:00 ASL, Beginners 6:00 Basic Sewing Techniques	7 9:00 Exploring Watercolor, Beg/Inter <u>9:30 Computers, Scaredy Cats</u> 10:00 Family Historian 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI 1:00 Focus on Arabia 1:00 Don't Be a Victim, Fraud <u>1:45 The Human Condition</u> 2:00 Continuing Gentle Yoga	8 10:00 Intro to Italian <u>10:00 US National Security</u> 10:00 Dementia 101 1:00 Writing Your Life Story 1:30 Raise Your Wine IQ 3:00 Wireless Technology 6:00 Basic Sewing Techniques 6:00 Drawing and Painting 7:00 Mixology	9 	10 9:30 Art Appreciation 10:00 Intro to Italian, Part 2 10:00 Continuing Calligraphy 10:00 Advanced Drawing 10:00 Pirates, Chesapeake Bay
13 10:00 World History <u>11:00 Evolution, Symphony</u> 1:00 Amherst Writers 2:00 The Constitution Today 3:00 Tai Chi <u>6:00 French Conver/Basic Comm</u> 6:00 ASL, Beginners 6:00 Basic Sewing Techniques	14 9:00 Exploring Watercolor, Beg/Inter 9:30 Windows to Word 10:00 Family Historian 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI 1:00 Focus on Arabia 1:00 Armchair Escape Series 2:00 Continuing Gentle Yoga 6:00 Image Management	15 10:00 Intro to Italian 10:00 Dementia 101 10:30 History Bites, Museums 12:00 Cyber Awareness 1:00 Writing Your Life Story 3:00 Wireless Technology <u>6:00 Basic Sewing Techniques</u> 6:00 Drawing and Painting 7:00 Wines of MD/World	16 9:30 Internet/Email, Beginners 1:00 Armchair Escape Series 1:00 Intro to Google Docs 7:00 Gin 101	17 <u>9:30 Art Appreciation</u> 10:00 Intro to Italian, Part 2 10:00 Continuing Calligraphy 10:00 Advanced Drawing 10:00 Pirates, Chesapeake Bay 11:00 Music, FSO: Theme 2
20 10:00 World History 1:00 Amherst Writers 2:00 The Constitution Today 6:00 ASL, Beginners	21 9:30 Windows to Word 12:00 Exploring Watercolor, Advanced 12:00 Historical Events: WWI 1:00 Focus on Arabia <u>2:00 Continuing Gentle Yoga</u>	22 12:00 Cyber Awareness	23 THANKSGIVING HOLIDAY NO CLASSES	24
27 <u>10:00 World History</u> 1:00 Amherst Writers 2:00 The Constitution Today 6:00 ASL, Beginners	28 9:00 Exploring Watercolor, Beg/Inter <u>9:30 Windows to Word</u> <u>12:00 Exploring Watercolor, Advanced</u> <u>12:00 Historical Events: WWI</u> 1:00 Focus on Arabia	29 <u>12:00 Cyber Awareness</u> 6:00 Drawing and Painting	30 9:30 Internet/Email, Beginners <u>1:00 Intro to Google Docs</u>	DEC 1 9:30 Vintage Christmas, Civil War 10:00 Continuing Calligraphy 10:00 Advanced Drawing

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

December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 1:00 Amherst Writers 1:00 Basic Quilting Techniques 2:00 The Constitution Today 6:00 ASL, Beginners	5	6 1:00 Basic Quilting Techniques 6:00 Drawing and Painting 6:00 Decipher, Sewing Pattern	7 7:00 Distilled Spirits	8 9:30 Armchair Escape Series 10:00 Continuing Calligraphy 10:00 Advanced Drawing
11 6:00 ASL, Beginners	12	13 6:00 Drawing and Painting 6:00 Custom Pillowcases	14	15 10:00 Advanced Drawing
18 WINTER BREAK – NO CLASSES	19	20	21	22

ILR SUMMER/FALL 2023 CALENDAR • SATURDAY

July 2023

SATURDAY
22 10:30 Ikebana: Living with Flowers
29 10:30 Ikebana: Living with Flowers

August 2023

SATURDAY
5 10:30 Ikebana: Living with Flowers
12 11:00 A Taste of Asia - Chef's Choice Family Style Dishes
26 6:00 Lifting the Veil, Paranormal Investig. - Frederick City

September 2023

SATURDAY
16 9:30 Introduction to Fold-Forming Jewelry 10:00 Continuing Pastels with Landscapes 10:00 Fascinating and Forgotten: Glimpses of the Past
23 10:00 Continuing Pastels with Landscapes
30 10:00 Continuing Pastels with Landscapes 10:00 Fascinating and Forgotten: Glimpses of the Past 11:00 A Taste of Asia - Chef's Choice Family Style Dishes



October 2023

SATURDAY
7 10:00 Continuing Pastels with Landscapes
14 10:00 Continuing Pastels with Landscapes
21 9:30 Torch Fired Enamel Earrings

November 2023

SATURDAY
4 11:00 A Taste of Asia - Chef's Choice Family Style Dishes
11 9:00 Preparing Important Documents for a Life Event 9:30 Introduction to Metalsmithing

How to Register for ILR55+ Classes

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

Waiting List

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

Important Notes

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

Class Refund Policy

Class Cancellations Initiated by the College. All students will be refunded 100% of class tuition and fees if a class is cancelled by the College.

Drop/Refund Request within Refund Period

Students who chose to drop a CEWD class will receive a full refund provided that they initiate the drop at least two (2) work days prior to the class start date. Other classes with a different full refund period will be noted in the shopping cart upon check-out. The class refund policy is also provided in the registration confirmation email.

Students have two methods to drop a class:

- Log into <https://frederick.edu/QuickEnroll> and following the directions under How to Drop a Class on the Payments & Refund page. Self-drops are available up to seven (7) days prior to the class start date.
- Email CEInfo@frederick.edu any time prior to the refund deadline. The drop/refund request must be initiated from the email address associated with the student's account.

Refund Request Outside of Refund Period

Students seeking a drop/refund for a class outside the refund period can initiate the request for extenuating circumstances by completing the Drop/Refund Request Form at www.frederick.edu/CEWDRerefund. Students will be asked to provide documentation supporting the student's request. Appropriate documentation may include electronic or hard-copy documents from medical providers, employers, child care providers, or others that can validate extenuating circumstances. The college reserves the right to approve a full, partial, or deny a refund request submitted outside the full period for the class.

Approved Refunds

Where possible refunds will be generated back to the original form of payment. Cash and money order payments will be refunded by check and mailed to the address on file. Please allow 10-14 business days to receive refunds.

Registration Fee

The annual registration fee of \$9 is only refundable when FCC cancels a course.

Age Requirements

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

College Policies & Procedures

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

Family Educational Rights & Privacy Act of 1974 (FERPA)

FERPA, commonly known as the Buckley Amendment, was issued by the Department of Health, Education and Welfare in the 1976 Federal Register. The regulations were transferred to the Department of Education when it was established and codified in Part 99 of Title 34 of the Code of Federal Regulations. The purpose of FERPA is to afford certain rights to students concerning their educational records. FERPA applies to all schools that receive funding under most programs administered by the Secretary of Education. Most post-secondary institutions, both public and private, generally receive such funding and must, therefore, comply with FERPA. FERPA applies to all education records maintained by a post-secondary institution, or by any party acting for the institution, which are directly related to the student. These include but are not limited to assessment test scores, academic standing, rosters, class schedule, or any information must contact the Enrollment Center (located on the first floor of Jefferson Hall) in writing with their request. Contact the Welcome Center for additional information.

CAMPUS LOCATIONS

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

Campus Locations

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

Addresses

FCC Main Campus
7932 Opossumtown Pike
Frederick, MD 21702

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

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

McClintock Distilling
35 S. Carroll Street
Frederick, MD 21701

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

Steinhardt Brewing
340 E. Patrick Street
Frederick, MD 21701

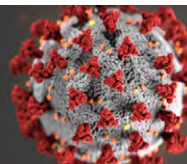
Tenth Ward Distilling Company
55 East Patrick Street
Frederick, MD 21701

Visit frederick.edu for directions and hours of operation.



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

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



Frederick Community College, ILR Summer/Fall 2023 – The information contained in this schedule is abbreviated for registration purposes. The provisions of this publication are not to be regarded as a contract between the student and Frederick Community College. Changes are effected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment. Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs or questions, please call 301.846.2408. To request a sign language interpreter or if you have questions related to interpreting services, please email Interpreting@frederick.edu or call 301.846.2408. Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event. If your request pertains to accessible transportation for a College-sponsored trip, please submit your request at least 21 calendar days in advance. Requests made less than 21 calendar days in advance may not be able to be guaranteed.

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

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

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Institute for Learning in Retirement
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TRAVEL CLUB

Free and open to all ILR students

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

The club will be led by travel loving ILR instructor, Marcy Gouge. The August - December 2023 meetings will be in person.

Please check **FCCILR.org** for the most up to date meeting schedule, topics, and where to meet.



Register today! Scan the QR code or visit FCCILR.org.