

 Frederick Community College

INSTITUTE FOR LEARNING  
IN RETIREMENT

ILR



*Retired and Inspired*

Summer/Fall 2025 registration opens June 9.



# 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 (ILR) 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 retired adults.

### 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 9**

**ILRFCC.org**

.....

FAQs are on page 2.

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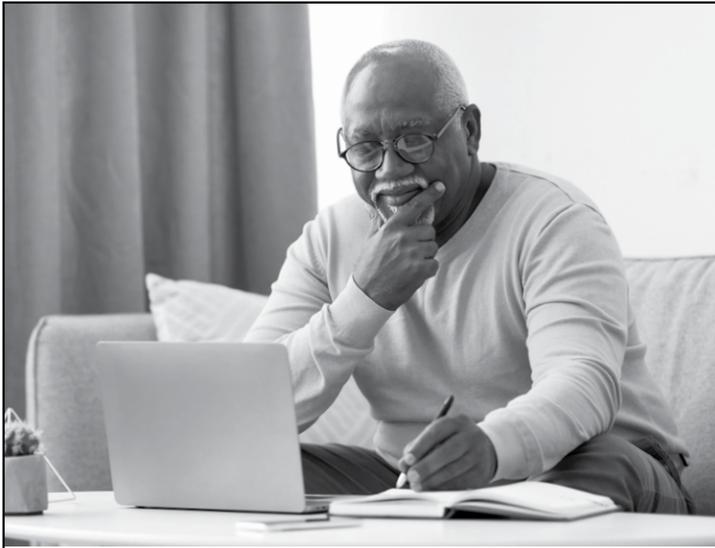
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### Contact Us

Registration .....	301.624.2888
Program Information .....	301.846.2561
College Information Center .....	301.846.2419
Disability Access Services (DAS) .....	301.846.2408
FCC Bookstore .....	301.846.2463

**Note:** All programming information is accurate at time of printing and subject to change. For details contact CEWD Registration at 301.624.2888 or ceinfo@frederick.edu.



# Personal ENRICHMENT

**Courses** and **experiences** for inquisitive minds.

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**Personal Enrichment classes** at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on lifelong learning, artistic growth, and self-discovery.

Subjects for summer/fall 2025 include:

- Arts & Crafts (Drawing & Painting)
- Food & Drink (Master Chef Demonstrations)
- Health & Wellness (Nutrition)
- Home & Hobby (Sewing and Genealogy)
- Learn a Language (Italian, French, and Spanish)
- Photography (Basic Photography)
- The Writer's Institute (Memoir Writing)

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

Learn more at [frederick.edu/PersonalEnrichment](https://frederick.edu/PersonalEnrichment)  
*Space is limited.*

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

WEBSITE

ILR

[ILRFCC.org](https://ILRFCC.org)

FACEBOOK



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

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

## NEW! CAMPUS PUBLIC SAFETY OMNILERT APP

Download the Campus Safety App to contact FCC Security immediately to share safety concerns and access College Safety Resources. The app also serves as a panic button, crime tip line, and more.

[frederick.edu/FCCAlert](https://frederick.edu/FCCAlert)

LEARN TO

RIDE

Register for a Frederick Community College  
**2025 Motorcycle Safety Course** and get licensed to ride.



[frederick.edu/motorcycle](https://frederick.edu/motorcycle)  
301.624.2727 • [motorcycle@frederick.edu](mailto:motorcycle@frederick.edu)

 Frederick Community College

## BEFORE YOU BEGIN ...

### Questions?

#### We're here to help!

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

- Need help with class registration
- Need class dates, times, and locations
- Wish to update contact information?  
[frederick.edu/registrationforms](http://frederick.edu/registrationforms)
- Need to withdraw from a class and request a refund?  
[frederick.edu/CEWDrefund](http://frederick.edu/CEWDrefund)

Contact the ILR Program Office at 301.846.2561 or [ILR@frederick.edu](mailto:ILR@frederick.edu) if you:

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



### No Class Dates

Classes will not be held on the following days:

- **Fri., July 4 - Sat., July 5**  
(Independence Day)
- **Sat., August 30 - Mon., September 1**  
(Labor Day)
- **Wed., November 26 - Sat., November 29**  
(Thanksgiving Day)
- **Mon., December 22 - Fri., January 2**  
(Winter Closure)

### FAQs

#### Who is eligible to take ILR Classes?

ILR classes (ILR, LIR, SEN) are geared towards retirees; however, anyone 16+ is welcome to join us for a fabulous learning experience through both the ILR and the FCC Personal Enrichment courses (ACR, ENG, HEA, HOM, REC, FOR, PHO).

#### Can ILR benefit me?

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

#### What kinds of classes does ILR offer?

We offer casual classes with engaging curriculum. Our classes are designed to help you explore a range of subjects like History, Health & Wellness, Arts & Music, and Nature.

#### 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 [ILRFCC.org](http://ILRFCC.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 Centers and in brochure racks at the FCC Conference Center. To receive a schedule by mail, please complete our online Schedule Request Form at [ILRFCC.org](http://ILRFCC.org), or contact our ILR staff and we will add you to the course schedule mailing list.

# PRICE UPDATE

We changed how the course price appears, but the final course price has not changed. All tuition waivers will still be applied for eligible courses. For non-eligible courses, the fees have been reduced by \$10 to account for the new \$10 tuition charge.

## ILR123 American History (Example)

Old Tuition	\$0	New Tuition	\$10.00
Old Fees	\$119.00	New Fees	\$109.00
Old Total Price	\$119.00	New Total Price	\$119.00



### 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.



### 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.



### Instructor Bios

Instructor bios are now online! Learn more about our incredible ILR instructors and view their bios at [ILRFCC.org](http://ILRFCC.org).

16+

18+

21+

### Age Requirement

This schedule contains courses not only from the ILR program but also courses from the Personal Enrichment program. Not retired yet? Good news! Anyone can take courses from either program as long as you are at least 16 years of age.



### Senior Citizen Tuition Waiver

Tuition on select eligible courses is waived for Maryland residents 60 years of age and older. Associated course fees may still apply and are due at the time of registration. Eligible courses are identified by the "SW" icon following course descriptions. Please contact us at 301.624.2888 for assistance or additional information.

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## ACR172 Introduction to Voiceovers (SR)

1 session, 1.5 hours | **18+** | 

“Wow, you have a great voice!” Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, “I could do that!” 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 your instructor, a professional, working voice actor from the voice acting training company, Voices For All, in a one-on-one, personalized video chat setting. Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. In this one-time, 90-minute, introductory class, you’ll also learn about the different types of voiceovers and the tools you’ll need to find success. Your instructor will record you as you read a real script, and then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance and create a professional voiceover evaluation delivered to you in a follow-up call. After the class, you will have the knowledge necessary to help you decide if this is something you’d like to pursue. You owe it to yourself to finally explore the possibilities of this fun and rewarding field. Upon registration, you will be contacted by VFA to schedule your class for a day and time of your convenience. Students must be at least 18 years old to register for this class.

**Note: The course date and time is scheduled at your convenience. Someone will contact you no later than a week from the date you register to arrange a date and time for your one-on-one course. This Structured Remote Course is entirely online. The course does meet as a real-time online session during the class time scheduled with the instructor. You must be able to access the course from your own computer/tablet using a link that will be emailed to you 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.**

**Instructor:** Voices For All

5-Digit Number: 29171 | Schedule at your convenience, 6/9 - 12/31  
 Location: Online  
 Tuition: \$10 | Fee: \$39 | Total: \$49

## ACR434 The Fundamentals of Portrait Drawing

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

Capture the likeness of a person through this beginner-friendly portrait drawing class. This course introduces the essential concepts and techniques of traditional portrait drawing. You’ll learn about facial proportions, composition, and the importance of value and tone while exploring a variety of materials such as charcoal, graphite, and pastel. This class also offers a brief overview of the history of portraiture, tips for success, and common mistakes to avoid, helping you develop your skills and refine your technique. Drawing will be done from references in lieu of a live model. Whether you're new to drawing or looking to enhance your abilities, this course will equip you with the skills and confidence to create portraits with greater realism. This 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: This course will meet on campus in an in-person environment.**

**Instructor:** Jennifer Dennis

5-Digit Number: 28952 | Thu 6:00 - 8:00 p.m., 8/7 - 9/25  
 Location: Visual & Performing Arts Center/F131  
 Tuition: \$10 | Fee: \$139 | Total: \$149

## 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: This course will meet on campus in an in-person environment.**

**Instructor:** Jeanne McDermott

5-Digit Number: 28947 | Fri 9:30 - 11:30 a.m., 8/22 - 9/12  
 Location: Visual & Performing Arts Center/F131  
 Tuition: \$10 | Fee: \$79 | Total: \$89



**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.

## LIR104 Exploring Watercolor Painting - Open Studio for Intermediate and Advanced Painters

8 sessions, 24 hours

Cath Howard is offering a summer "Open Studio" for intermediate and advanced watercolor students. Students can bring new inspirations to work on or a pile of unfinished paintings to complete. Come and enjoy painting together. Prerequisites: Two 12-week sessions with Cath or similar experience.

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

**Instructor:** Catherine Howard

5-Digit Number: 28940 | Tue 9:00 a.m. - 12:00 p.m., 7/8 - 8/26

Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$179 | Total: \$189

## SEN450 Exploring Watercolor Painting - Multilevel Including Beginners Watercolor Class

12 sessions, 24 hours

Artist Cath Howard invites you into a relaxing environment to learn the medium of watercolor and to improve your confidence. Learn about composition, mixing colors, values, saving white, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover new content and instruction. Students will be emailed a list of supplies needed before the course. Supply costs are \$75- \$100. Most of the supplies are reusable.

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

**Instructor:** Catherine Howard

5-Digit Number: 28938 | Tue 9:00 - 11:00 a.m., 9/2 - 12/2

No Class: 10/14, 11/25 | Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$179 | Total: \$189

## LIR104 Exploring Watercolor Painting - Advanced

12 sessions, 24 hours

Artist Cath Howard invites you to grow your confidence in watercolor painting. She will encourage your unique style and niche. Her syllabus reflects the interests of the class. Students are welcome to substitute personal projects they are working on. An enlarged pallet is encouraged. It is a class where we enjoy each other's work and learn from each other. Students will be emailed a list of supplies needed before the course. Supply costs are approximately \$100. Prerequisite: Exploring Watercolor Painting - Multilevel , including Beginners Watercolor Class.

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

**Instructor:** Catherine Howard

5-Digit Number: 28939 | Tue 12:00 - 2:00 p.m., 9/2 - 12/2

No Class: 10/14, 11/25 | Location: Monroe Center/MC129

Tuition: \$10 | Fee: \$179 | Total: \$189



## ACR182 Introduction to Watercolor

2 sessions, 5 hours | **16+** | 🌙

Students will explore watercolor through experimenting with Prang watercolors. At the end of this course, students will know the importance of watercolor paper and two watercolor techniques, by creating a sunset, tree, and flower. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

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

**Instructor:** Samantha Snyder

5-Digit Number: 28950 | Mon 5:30 - 8:00 p.m., 9/8 - 9/15

Location: Visual & Performing Arts Center/F131

Tuition: \$10 | Fee: \$74 | Total: \$84



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



## 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:** This course will meet on campus in an in-person environment.

**Instructor:** Samantha Snyder

5-Digit Number: 28951 | Mon 5:30 - 7:30 p.m., 9/22 - 9/29

Location: Visual & Performing Arts Center/F131

Tuition: \$10 | Fee: \$54 | Total: \$64

## ACR166 Acrylic Painting Techniques for Beginners

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

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques, 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 during class. All supplies are included.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 28948 | Fri 9:30 - 11:30 a.m., 10/3 - 10/24

Location: Visual & Performing Arts Center/F131

Tuition: \$10 | Fee: \$129 | Total: \$139

## 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:** This course will meet on campus in an in-person environment.

**Instructor:** Jeanne McDermott

5-Digit Number: 28949 | Fri 9:30 - 11:00 a.m., 11/7 - 11/21

Location: Visual & Performing Arts Center/F131

Tuition: \$10 | Fee: \$79 | Total: \$89

## ACR180 Designer Greeting Cards

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

Design cards so stunning that your friends and family will want to frame them. We'll use ribbons and die cuts and other materials to make the cards. The cards don't require a great deal of skill but they do require a good design, quality materials, and your creativity. You'll go home with several completed cards plus patterns so you can make more at home. All supplies are included.

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

**Instructor:** Kathy Barylski

**Fall Themed:** 5-Digit Number: 28953 | Thu 10:00 a.m. - 12:00 p.m., 10/30

**Holidays:** 5-Digit Number: 28954 | Thu 10:00 a.m. - 12:00 p.m., 11/20

Location: Conference Center/E125

Tuition: \$10 | Fee: \$24 | Total: \$34

## ILR908 Art Appreciation: Visionary Artists

1 session, 2 hours

Explore the concept of a visionary artist and what it means to be one. We'll learn how they use their own spiritual, mystical, and inner experiences to create art that is unique, sometimes whimsical, and soulful. We will use both past and present examples from the Visionary Art Museum of Baltimore and other museums to provide insight. Over 15 artists' voices will be heard as we examine their work.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 28943 | Fri 9:30 - 11:30 a.m., 9/19

Location: Conference Center/E134

Tuition: \$10 | Fee: \$14 | Total: \$24

## LIR255 How to Listen to Jazz

6 sessions, 9 hours |

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:** This course will meet on campus in an in-person environment.

**Instructor:** Howard Burns

5-Digit Number: 28941 | Mon 10:00 - 11:30 a.m., 8/25 - 10/6

No Class: 9/1 | Location: Conference Center/E125

Tuition: \$20 | Fee: \$79 | Total: \$99

## LIR312 19th Century Russian Composers - Tchaikovsky

4 sessions, 8 hours |

Tchaikovsky, arriving towards the end of the 19th, was influenced by the sound of the "Mighty Handful," a group of five Russian musical nationalists. In this course, you'll learn about Tchaikovsky's influences and composers who were influenced by him, including John Williams. We'll also discuss the history and culture of the time as it relates to the music.

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

**Instructor:** Lynn Fleming

5-Digit Number: 28942 | Mon 1:00 - 3:00 p.m., 9/8 - 9/29

Location: Conference Center/E126A

Tuition: \$20 | Fee: \$84 | Total: \$104



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



## LIR322 Beginner Guitar for Cognitive Health

6 sessions, 9 hours |

Music is a total brain workout. This beginner class is designed to improve your mental alertness and memory while learning to play guitar in a relaxed, enjoyable environment. You'll learn basic information about the guitar and its parts, including how to tune an instrument and change strings. You'll then move on to learning how to play basic chords and sing simple songs. Students are not required to know how to read sheet music. Students will need to bring a guitar, acoustic or electric (an amplifier will be available), or be willing to acquire one after the first class with advice from the instructor. Having an opportunity to try out your new skills and play with other students will be the highlight of the class.

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

**Instructor:** Joe Williams

5-Digit Number: 29021 | Wed 1:00 - 2:30 p.m., 9/10 - 10/15

Location: Conference Center/E134

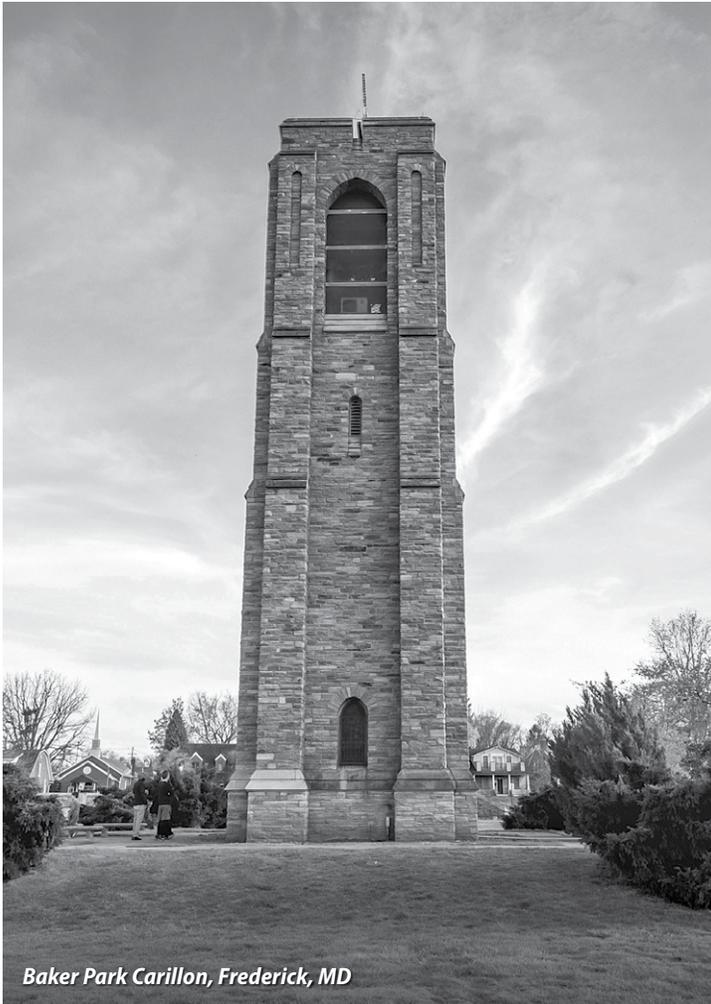
Tuition: \$20 | Fee: \$84 | Total: \$104



Lessons, Classes, and Ensembles for Ages 6+

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[fccmusic@frederick.edu](mailto:fccmusic@frederick.edu)



Baker Park Carillon, Frederick, MD

### ILR966 The Music and History of the Baker Park Carillon

1 session, 1 hour | 🌤️

Explore the inside of Baker Park's Joseph Dill Baker Memorial Carillon in Frederick. The class will be led by City Carillonneur John Widmann, who will give you a history of the carillon as an instrument and how it came to be in Baker Park. Widmann will also show playing techniques including welcoming you to try playing a bell or two. There is also a practice keyboard at the base of the tower, which will be part of the tour. The carillon is located a short distance off North Bentz Street within Baker Park. There is a 50-step spiral staircase that participants will need to climb to the playing chamber.

**Note:** This course will meet in person. 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:** John Widmann

5-Digit Number: 28945 | Tue 6:00 - 7:00 p.m., 9/30

Location: Off Campus

Tuition: \$10 | Fee: \$4 | Total: \$14

**NEW** LIR330 The Mass, Sacred Words Set to Music

6 sessions, 9 hours | **SW**

The Mass is a sacred composition that sets the Christian Eucharistic Liturgy to music. Throughout history, composers, whether Catholic or otherwise, have been inspired to express their piety through the Mass. In this class, we will listen to and discuss Masses written over the last seven centuries, from the earliest extant Mass composed in the 1400's by Guillaume de Machaut, to contemporary composer John Rutter's "Mass of the Children". This class will be an opportunity to explore the long history of Church music in the Western European tradition.

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

**Instructor:** David Howard

5-Digit Number: 29018 | Mon 11:00 a.m. - 12:30 p.m., 10/13 - 11/17

Location: Conference Center/E126B

Tuition: \$20 | Fee: \$84 | Total: \$104

### ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours

Examine the music of an upcoming Frederick Symphony Orchestra (FSO) 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.

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

**Instructor:** David Howard

**Fall Concert:** 5-Digit Number: 29019

Fri 11:00 a.m. - 12:30 p.m., 10/10

Location: Visual & Performing Arts Center/F132

Tuition: \$10 | Fee: \$6 | Total: \$16

**Christmas Concert:** 5-Digit Number: 29020

Fri 11:00 a.m. - 12:30 p.m., 12/5

Location: Visual & Performing Arts Center/F132

Tuition: \$10 | Fee: \$6 | Total: \$16



## LIR327 Digital Literacy 101

4 sessions, 8 hours | **SW**

This course introduces learners to fundamental digital skills, helping them confidently navigate computers, the internet, email, and basic document creation. Participants will explore social media as a tool for connection and communication while learning responsible engagement. Emphasizing digital inclusion, this course ensures that all learners—regardless of experience—can fully participate in today’s digital world. The course concludes with one-on-one support to assist participants with their own devices.

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

**Instructor:** Geneva Blackmer

5-Digit Number: 29068 | Tue, Thu 1:00 - 3:00 p.m., 8/5 - 8/14

Location: Student Center/H207

Tuition: \$20 | Fee: \$74 | Total: \$94



## LIR335 Digital Literacy 102

4 sessions, 8 hours | **SW**

Expanding on foundational skills learned in the Level 101 course, this course focuses on online safety, protecting personal information, and identifying scams, mis/dis-information, and digital threats. Learners will refine their abilities in word processing, spreadsheets, and advanced social media usage, with an emphasis on privacy and ethical participation. Promoting digital citizenship, this course will adapt to the learner and empower them to engage responsibly and inclusively in an increasingly connected world. The course concludes with personalized one-on-one support to help participants with their own devices.

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

**Instructor:** Geneva Blackmer

5-Digit Number: 29286 | Tue, Thu 1:00 - 3:00 p.m., 8/19 - 8/28

Location: Conference Center/E137

Tuition: \$20 | Fee: \$74 | Total: \$94

## LIR263 Introduction to Google Docs

2 sessions, 4 hours

Google Docs allows you to write your paper, report, or document without purchasing Microsoft Word. This class will show you how to type 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: This course will meet on campus in an in-person environment.**

**Instructor:** Elizabeth Davis-Reinhold

5-Digit Number: 29070 | Thu 9:30 - 11:30 a.m., 8/14 - 8/21

Location: Conference Center/E139

Tuition: \$10 | Fee: \$42 | Total: \$52



## LIR205 Computer Security

3 sessions, 6 hours | **SW**

We live in an age of technology. Almost everything is run by it. Unfortunately, many cybercriminals want to use technology to take advantage of us. This class will teach basic online safety. You'll learn how to identify various scams, including online, phone and phishing scams, and malware. You will learn how to safely use social media, email, text, and the cloud including the importance of using antivirus software and creating strong passwords. By the end of this course, you will feel more confident about how to secure your phone, tablet, and computer and avoid online threats.

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

**Instructor:** Leah Arnold

5-Digit Number: 29067 | Wed 12:00 - 2:00 p.m., 9/10 - 9/24

Location: Conference Center/E137

Tuition: \$10 | Fee: \$59 | Total: \$69



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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

**ILR942 Going Paperless**3 sessions, 6 hours | **SW**

Papers. We've all got them. Small stacks and large stacks of tax, car, school, and family records including photos. In addition, we also receive monthly utility bills, bank statements, and other documents in our email and through the post office. Let's get rid of this mountain of paper and go paperless. In this class, we'll discuss the pros and cons of paperless filing. We'll talk about scanning existing documents and accessing documents you might not have realized are available online. We'll discuss putting your documents into an online cloud system and keeping the important originals at your disposal. Finally, we'll explore various tools to make these tasks easy. By the end of this course, you will have developed a plan and have started on your mission to paperless management.

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

**Instructor:** Leah Arnold

5-Digit Number: 29066 | Thu 12:00 - 2:00 p.m., 10/9 - 10/23

Location: Catocin Hall/C211B

Tuition: \$10 | Fee: \$59 | Total: \$69

**NEW** **LIR333 Topics on AI and Other Modern Technologies**

6 sessions, 9 hours | **SW**

This class covers a variety of technologies that are part of our everyday life, and that are rapidly changing and affecting more and more of our interactions online, with businesses, and even socially. The specific topics may vary from one term to another, to adapt to this constantly changing and evolving field. Typical discussions include Artificial Intelligence, wireless communications, alternative sources of energy, and others. These technologies are explained in non-technical terms and do not require any type of technical background to understand. When appropriate, ethical or social implications of these technologies will be discussed, and examples and interesting cases of the uses of these technologies will be presented.

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

**Instructor:** Guillermo Warley

5-Digit Number: 29065 | Wed 1:00 - 2:30 p.m., 10/29 - 12/10

No Class: 11/26 | Location: Conference Center/E138

Tuition: \$20 | Fee: \$84 | Total: \$104

**REC142 African Cooking - Chef's Choice Vegan Dishes**4 sessions, 8 hours | **16+**

In the 50's most Africans were vegan, not by choice but because meat was not affordable. Women made the food so tasty there was no real desire to add meat. Today, in Africa, there is a growing trend of veganism as a lifestyle. French speaking Africa has adopted the herbes de Provence and made seasoning blends with exotic herbs and spices from the rain forests. These local spices are unknown to the rest of the world. The spice blends have been adapted by this new African vegan movement. African vegan dishes are the new food trend thanks to social media. All of the dishes in this course can be adapted to add meat, fish, chicken, and wild game. Let me tell you a story and let me show you how to make these dishes. This course is mostly a demonstration course with some interactive cooking.

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

**Instructor:** Sabina Jules

5-Digit Number: 29016 | Wed 9:00 - 11:00 a.m., 8/13 - 9/3

Location: Conference Center/E125

Tuition: \$10 | Fee: \$109 | Total: \$119

**REC139 Aged Vinegar: Surprising Ways to Dip, Dress, or Drink**1 session, 1.5 hours | **16+** | 

Come join us as we team up with Leberherz 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:** This course will meet off campus in an in-person environment.

**Instructor:** Leberherz Oil & Vinegar Emporium

5-Digit Number: 29014 | Wed 5:30 - 7:00 p.m., 9/3

Location: Leberherz Oil & Vinegar Emporium

Tuition: \$10 | Fee: \$44 | Total: \$54



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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

## REC126 Liquid Gold: The Olive Oil Class

1 session, 1.5 hours | 16+ | 🌿

Come join us for an in-depth look at the importance of fresh olive oil at Lebherz Oil & Vinegar Emporium. From learning about transparency in your groves to the health benefits of fresh, quality olive oil, enjoy a fun-filled evening in beautiful, historic downtown Frederick. Participants will enjoy a comparative olive oil tasting, while also learning new ways to snack, dip, and dress.

**Note:** This course will meet off campus in an in-person environment.

**Instructor:** Lebherz Oil & Vinegar Emporium

5-Digit Number: 29015 | Wed 5:30 - 7:00 p.m., 10/29

Location: Lebherz Oil & Vinegar Emporium

Tuition: \$10 | Fee: \$44 | Total: \$54

## 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. This course will meet off campus in an in-person environment.

**Instructor:** Tenth Ward Distilling Co.

5-Digit Number: 29036 | Wed 7:00 - 9:00 p.m., 10/8

Location: Tenth Ward Distilling Company

Tuition: \$10 | Fee: \$24 | Total: \$34

## **NEW** REC148 Wine Boot Camp

1 session, 3 hours | 21+ | 🌿

Learn how to better appreciate and evaluate wines. We'll cover the wine basics including grape types and growing areas with an expert sommelier. White, red, rose, oh my. Tastings will be included. Students must be 21 to register.

**Note:** Must be 21 to register. This course will meet on campus in an in-person environment.

**Instructor:** Angela Morales

5-Digit Number: 29035 | Tue 6:00 - 9:00 p.m., 9/30

Location: Monroe Center/MC116

Tuition: \$10 | Fee: \$54 | Total: \$64



## Hearty Soup Series



In this series of soul-soothing soups from around the world, we will focus on pairing diverse soups with breads inspired by global traditions. Warm up with the comforting flavors of the season as we explore both classic soups and unexpected vibrant flavors filled with spices. We'll also savor fragrant vegetarian soups. To round out the experience, we'll prepare fresh, globally inspired bread to complement these delicious bowls of warmth. Perfect for an afternoon of cozy cooking and delightful eating. This course is mostly a demonstration course with some interactive cooking.



### REC149 Hearty Soup Series - Chicken Matzo Ball Soup and Challah Bread

5-Digit Number: 29010 | Sat 9:00 a.m. - 12:00 p.m., 9/6



### REC149 Hearty Soup Series - Moroccan Harira Soup Recipe (Vegetarian & Gf) with Flatbread/Focaccia

5-Digit Number: 29011 | Sat 9:00 a.m. - 12:00 p.m., 11/8

**Note:** All Hearty Soup Series courses will meet on campus in an in-person environment.

#### For all classes:

1 session, 3 hours | 16+ | **Instructor:** Caren Spungen

Location: Conference Center/E125

Tuition: \$10 | Fee: \$34 | Total: \$44



## A Taste of Asia

Join us as we travel the Far East and are introduced to various Asian cuisines from China, Japan, Thailand, Malaysia, and Vietnam. The focus will be on traditional dishes with new flavors but using standard sauce ingredients. Chef Woo Can will demonstrate how easy and simple these Asian dishes are to make. Hearty meals that taste good using ingredients from your local markets, specifically "H Mart" in Frederick. We'll venture into new types of vegetables, frozen goodies, learn about stir frying, what goes into making hot chili oil sauces, and cutting and slicing techniques. And we'll learn some facts about Asian food. Chef Woo Can will share his experiences in the food industry and his passion for cooking. Each session will include the recipe being made including all ingredients and sauces used for your future reference. This course is mostly a demonstration course with some interactive cooking. Remember, "If Chef Woo Can, You Can Too."

### REC135 A Taste of Asia - Korean Kimchi Fried Rice and Sweet & Sour Red Snapper

5-Digit Number: 28960 | Sat 11:00 a.m. - 1:00 p.m., 8/16

### REC135 A Taste of Asia - Dan Dan Noodles and Fried Shrimp Baguette

5-Digit Number: 28961 | Sat 11:00 a.m. - 1:00 p.m., 9/20

### REC135 A Taste of Asia - Cantonese Style Steamed Pork Meatloaf with Shitake Mushroom & Chinese Sausage and Vietnamese Spring Rolls

5-Digit Number: 28962 | Sat 11:00 a.m. - 1:00 p.m., 10/18

### REC135 A Taste of Asia - Thai Lemongrass Chicken Soup and Vietnamese Beef Grape Leaves Wrap

5-Digit Number: 28963 | Sat 11:00 a.m. - 1:00 p.m., 11/15

**Note:** All above A Taste of Asia courses will meet on campus in an in-person environment.

**For all above classes:**

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

Location: Conference Center/E125

Tuition: \$10 | Fee: \$39 | Total: \$49

### REC135 A Taste of Asia - Dim Sum Lunch Trip in Rockville

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

Enjoy a Dim Sum lunch with Chef Woo at Bob's Shenghai 66 restaurant in Rockville. Following the lunch, Chef Woo will take you on a walk through the Lotte Plaza Market (similar to H Mart). He'll offer tips and suggestions for purchasing food for your own kitchen creations. Perhaps you'll find something new to try. This field trip includes the price of a dim sum lunch. You are required to drive yourself to the restaurant and then to the market which is less than three miles away.

**Note:** Students are 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. This course will meet off campus in an in-person environment.

**Instructor:** Chef Stuart Woo

5-Digit Number: 28964 | Fri 11:30 a.m. - 2:30 p.m., 8/8

Location: Off Campus

Tuition: \$10 | Fee: \$44 | Total: \$54



**ILR889 Raise Your Wine IQ - The Basics**

2 sessions, 3 hours | **21+**

This course is designed to help you enhance your knowledge and enjoyment of wine. Learn how to “swirl and sniff” and choose wines to serve at your dinner or cocktail party. After learning a brief history of wine and how it is made, you’ll learn how to taste it and how to identify what it is about a wine that you like. Through these tastings, you will be able to identify the characteristic components of wine. Putting your wine knowledge to work you’ll explore the basic principles of wine and food pairing, buying, storing, serving, and evaluating wine. Please Note: As the sense of smell is a major factor in tasting wine, please refrain from wearing any scented lotions, perfumes, aftershaves, etc.

**Note: Must be 21 to register. This course will meet on campus in an in-person environment.**

**Instructor:** Jacqueline Rogers

5-Digit Number: 28977 | Wed 2:00 - 3:30 p.m., 9/10 - 9/17

Location: Monroe Center/MC105

Tuition: \$10 | Fee: \$62 | Total: \$72

**ILR889 Raise Your Wine IQ - Wines of Northern Spain**

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

Located on the Iberian Peninsula, Spain is the most widely planted wine producing region in the world, producing wine for over 5,000 years. It is the second largest producer, after Italy and before France and the United States. Spain has an abundance of native grapes with over 400 varietals planted throughout its many diverse wine regions. We will be tasting wines of Northern Spain, predominantly the Rioja and Navarra regions near the Pyrenees, areas enjoyed by Cervantes, Hemingway, and Gehry. Learn about modern wine facilities that share the land with centuries-old castles and chapels. Today it is one of the great bargains of the wine world waiting for you to discover.

**Note: Must be 21 to register. This course will meet on campus in an in-person environment.**

**Instructor:** Jacqueline Rogers

5-Digit Number: 28976 | Wed 2:00 - 3:30 p.m., 11/12

Location: Monroe Center/MC105

Tuition: \$10 | Fee: \$29 | Total: \$39



**Bread, Pastries, and Cookies Series**



Learn how to bake items that you can share with family and friends. Each class will focus on understanding how to make something different including yeasted breads, fancy pastries, and cookies. Specific themes might include babka, soft pretzels, cinnamon rolls, scones, muffins, and the best chocolate chip cookies you ever had. This course is mostly a demonstration course with some interactive cooking.

**REC145 Bread, Pastries, and Cookies Series - Soft Pretzels/Puerto Rican Sweet Rolls**

5-Digit Number: 29013 | Sat 9:00 a.m. - 12:00 p.m., 10/11

**REC145 Bread, Pastries, and Cookies Series - Cake/Brownies/Cookies**

5-Digit Number: 29012 | Sat 9:00 a.m. - 12:00 p.m., 12/13

**Note: All Bread, Pastries, and Cookies Series courses will meet on campus in an in-person environment.**

**For all classes:**

1 session, 3 hours | **16+** | **Instructor:** Caren Spungen

Location: Conference Center/E125

Tuition: \$10 | Fee: \$34 | Total: \$44

**REC147 An Introduction to Healthy Living**4 sessions, 6 hours |  |  | 

Chef4Health is inspiring a healthy lifestyle through whole food cuisine. This four-week program provides an overview of the individual “WHY”s for being or becoming healthier and how a nutritious, easy to prepare eating plan can be a key component to lifestyle change. We’ll go over what healthy is and is not, how to navigate the grocery store, kitchen basics, sick care, and more including suggested reading lists.

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

**Instructor:** David Rolls

5-Digit Number: 29038 | Tue 6:30 - 8:00 p.m., 9/9 - 9/30

Location: Conference Center/E138

Tuition: \$10 | Fee: \$49 | Total: \$59

**HEA134 Introduction to Herbalism**3 sessions, 4.5 hours |  | 

Dive into the fascinating world of herbalism in this introductory course designed for beginners. This three-part class explores the roots of herbal medicine, a comprehensive study of traditional herbs, and ends with a plant walk around the campus. You'll discover how to harness the power of plants for health and wellness through reconnecting with nature.

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

**Instructor:** Amy Boldt

5-Digit Number: 29037 | Thu 6:00 - 7:30 p.m., 9/18 - 10/2

Location: Conference Center/E125

Tuition: \$10 | Fee: \$34 | Total: \$44

**LIR315 Introduction to Ballroom Dancing**

10 sessions, 10 hours

Let us help you take your first steps onto the dance floor as we experience the basic elements of social dancing. Students of this course will be introduced to the basics for the most common ballroom and social dances including waltz, tango, foxtrot, Chacha, rumba, swing, salsa, bachata, and merengue. The goal is to introduce you to the dances, not make you proficient. This class will not only be fun, but it is also a great way to stay active and maintain and improve your health. No previous experience or partner required.

**Note:** This course will meet off campus in an in-person environment.

**Instructor:** Fred Astaire Dance Studio

5-Digit Number: 28946 | Wed 2:00 - 3:00 p.m., 9/3 - 11/5

Location: Fred Astaire Dance Studios

Tuition: \$10 | Fee: \$140 | Total: \$150

**SEN153 Tai Chi for Balance and Well Being**

10 sessions, 15 hours

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

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

**Instructor:** Toni Minkel

**Option 1:** 5-Digit Number: 28972 | Tue 1:00 - 2:30 p.m., 9/2 - 11/4

**Option 2:** 5-Digit Number: 28973 | Thu 1:00 - 2:30 p.m., 9/4 - 11/6

Location: Visual & Performing Arts Center/F141

Tuition: \$10 | Fee: \$109 | Total: \$119

**ILR707 Strength Training for Seniors**

6 sessions, 9 hours

Maintaining muscle mass as we age is very important in maintaining quality of life. Walking and other aerobic exercise, though also important, is not enough. Improve your balance, increase your strength, and become more flexible. Learn from a kinesiologist and functional aging specialist to safely and effectively use light handheld weights and a resistance band. This course includes the rationale to lessen the effects of postural change that often accompanies the aging process. Students of all fitness levels are welcome. The course is taught in both a standing and seated position. You will not be required to get on the floor.

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

**Instructor:** Brigid Stokes

5-Digit Number: 29017 | Mon 9:00 - 10:30 a.m., 9/8 - 10/20

No Class: 10/6 | Location: Conference Center/E123

Tuition: \$10 | Fee: \$89 | Total: \$99



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



## Medically Curious

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



### **ILR903 Medically Curious - Crashes, Falls, & Bullets**

5-Digit Number: 28966 | Tue 10:00 - 11:30 a.m., 8/12  
Location: Conference Center/E138

### **ILR903 Medically Curious - Senior Hearing**

5-Digit Number: 28967 | Tue 10:00 - 11:30 a.m., 9/16  
Location: Conference Center/E138

### **ILR903 Medically Curious - Vitamins, Minerals & Supplements**

5-Digit Number: 28968 | Thu 10:00 - 11:30 a.m., 10/16  
Location: Conference Center/E126A

### **ILR903 Medically Curious - Medical Myths**

5-Digit Number: 28969 | Wed 10:00 - 11:30 a.m., 11/19  
Location: Conference Center/E138

**Note: All Medically Curious courses will meet on campus in an in-person environment.**

#### **For all above classes:**

1 session, 1.5 hours | **16+** | **Instructor:** Dr. Larry Romane  
Tuition: \$10 | Fee: \$8 | Total: \$18



## Reiki Healing

### HEA132 Usui Reiki 1st Degree

3 sessions, 6 hours

Usui Reiki is a Japanese technique that treats body, emotion, mind, and spirit creating many beneficial effects that include relaxation and feelings of peace, security, and well-being. It can promote healing in a natural and safe way. Its use is not dependent on one's intellectual capacity or spiritual development. It has been successfully taught to thousands of people of all ages and backgrounds. Reiki is administered by a laying-on or hovering above of hands. Reiki first degree consists of two instruction classes and an attunement class. This is a certification class. In order to receive your attunement and certification, you must attend all three class sessions. Please dress comfortably for this class.

5-Digit Number: 29039 | Wed 6:00 - 8:00 p.m., 8/6 - 8/20  
Tuition: \$10 | Fee: \$69 | Total: \$79

### HEA133 Animal Reiki Healing

1 session, 2 hours

Reiki is a channeled spiritual healing method that connects to your chakra energy and can speed up physical, mental, or emotional healing. Animal Reiki is a gentle, non-invasive alternative energy healing method that provides healing support for your pet. It provides support for your pet's health on all levels, balancing your pet's energy, reducing stress and anxiety, and healing physical and emotional pain. Must be a Reiki 1st Degree practitioner to take this class. Please dress comfortably for this class.

5-Digit Number: 29040 | Wed 6:00 - 8:00 p.m., 9/10  
Tuition: \$10 | Fee: \$19 | Total: \$29

**Note: All Reiki Healing courses will meet on campus in an in-person environment.**

#### For all classes:

 |  | **Instructor:** Rhonda Russo

Location: Conference Center/E138

### ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

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

**Instructor:** Kirby Maybush

5-Digit Number: 28965 | Tue 1:00 - 4:00 p.m., 10/7  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$24 | Total: \$34

### ILR834 Dementia 101

3 sessions, 4.5 hours | **SW**

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: This course will meet on campus in an in-person environment.**

**Instructor:** Lynda Janet

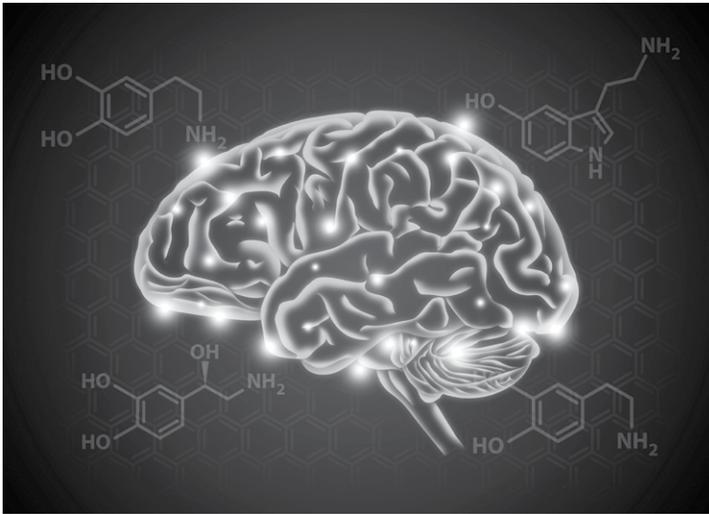
5-Digit Number: 28970 | Tue 10:00 - 11:30 a.m., 10/7 - 10/21  
Location: Conference Center/E126B  
Tuition: \$10 | Fee: \$39 | Total: \$49



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



**NEW** **ILR903 Hormones and Brain Health**

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

As we age, our hormone levels change, and so does our brain health. This course is designed to explore the intricate relationship between hormones and brain function. Students will learn how hormonal fluctuations affect memory, mood, cognition, and overall mental well-being. The course will delve into key hormones and their impact on the brain and will also explore practical strategies to manage hormonal health, improve brain function, and reduce the risk of cognitive decline. Whether you're looking to boost your mental clarity, manage stress, or better understand the physical changes in your body, this course will provide you with the tools and knowledge to take control of your brain and hormonal health.

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

**Instructor:** Lindsey McCormick

5-Digit Number: 28974 | Fri 10:00 a.m. - 12:00 p.m., 8/1

Location: Conference Center/E140

Tuition: \$10 | Fee: \$9 | Total: \$19

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

2 sessions, 3 hours

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 critically review all of the emerging housing options for maintaining your independence. This course will focus on making informed choices and developing an action plan regarding housing.

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

**Instructor:** Teresa Lemere

5-Digit Number: 28971 | Wed 10:00 - 11:30 a.m., 10/29 - 11/5

Location: Conference Center/E138

Tuition: \$10 | Fee: \$19 | Total: \$29

**LIR304 Shinrin-yoku - Forest Therapy, Classroom Session and Walk**

2 sessions, 4 hours

Shinrin-yoku, coined by the Japanese, can be defined as "forest bathing" or "taking in the forest atmosphere." It is part of a holistic approach to health that emphasizes the therapeutic benefits of connecting with the natural world. Shinrin-yoku can lower cortisol levels, boost the immune system, and enhance mental clarity. During this course, participants will be invited to connect with all of their senses, the forest & surroundings, and the more than human world. This guided outdoor healing practice is unlike a guided nature walk or hike, forest therapy deliberately sets a slow pace and invites people to experience the pleasures of nature through all of their senses. Each walk ends with an offering of light refreshments including snacks and a tea service (wild foraged when possible). This course includes both a classroom lecture about forest therapy and an outdoor walk in Baker Park during the 2nd session Shinrin-yoku experience. The walk will be less than 1 mile.

**Note: This course will meet on campus and on location in an in-person environment. Students will be required to provide their own transportation to the meeting location.**

**Instructor:** Jamie Burton

5-Digit Number: 29063

Thu 1:00 - 3:00 p.m. & Fri 1:00 - 3:00 p.m., 8/21 - 8/22

Location: Conference Center/E138 and Off Campus

Tuition: \$10 | Fee: \$36 | Total: \$46

## LIR282 Arts and Culture Exploration: Chanel and Dior: Fashion Visionaries

3 sessions, 6 hours | **SW**

This course will focus on events, history, people, and expression as it relates to artistic culture around the world. Coco Chanel and Christian Dior shaped the world's understanding of a "fashionable woman" from the early 1920's throughout the turbulent 20th Century. Their unique visions of how a woman should dress for everyday activities, as well as for glamorous events, reveal much about their philosophies and life experiences. Learn about the intense rivalry between these two fashion icons and explore the magnificent clothing that each created.

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

**Instructor:** Marcy Gouge

5-Digit Number: 29049 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 7/7 - 7/11

Location: Visual & Performing Arts Center/F132

Tuition: \$10 | Fee: \$59 | Total: \$69

## LIR271 The History of the United States Supreme Court: 2024-25 Term Summary

3 sessions, 4.5 hours

This series will cover the history of the Supreme Court of the United States from its creation in 1789 to today. In addition to the historical aspect of this branch of government, the series will also analyze the political, sociological, and economic forces that concern the Court. Each segment will cover specific eras and will be free standing.

There is no prerequisite requirement; students may enjoy the entire series or separate courses.

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

**Instructor:** James Baer

5-Digit Number: 29028 | Mon 2:00 - 3:30 p.m., 7/14 - 7/28

Location: Conference Center/E138

Tuition: \$10 | Fee: \$44 | Total: \$54

## ILR984 Jamestown: The Colony that Almost Wasn't

3 sessions, 4.5 hours | **SW**

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

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

**Instructor:** Tracy Lewis

5-Digit Number: 29057 | Fri 10:00 - 11:30 a.m., 8/1 - 8/15

Location: Conference Center/E138

Tuition: \$12 | Fee: \$42 | Total: \$54



## LIR282 Introduction to Fashion History

4 sessions, 6 hours | **SW**

This course will focus on events, history, people, and expression as it relates to artistic culture around the world. This course is a survey of fashion history from the 19th century to present, exploring the evolution of clothing styles while discussing significant fashion movements and designers. We will also consider the social, political, artistic, and cultural influences on fashion.

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

**Instructor:** Kelly White

5-Digit Number: 29047 | Thu 10:00 - 11:30 a.m., 9/4 - 9/25

Location: Conference Center/E126A

Tuition: \$10 | Fee: \$59 | Total: \$69



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



## LIR329 From Isolation to Global Leadership: The Evolution of the American Century (SR)

6 sessions, 12 hours | **SW** |

World War II marked a turning point in the role of the United States in world affairs, prompting Walter Lippman to declare "the American Century." How did the United States go from isolationism in the 1930s to become the "reluctant superpower" at the close of World War II? We'll look at the critical evolution from FDR through Truman and Eisenhower, the decline of the British Empire, and the emergence of the postwar global institutions from the UN and Bretton Woods to NATO.

**Note:** This Structured Remote Course is entirely online.

**Instructor:** Jeffrey Steinberg

5-Digit Number: 29033 | Wed 10:00 a.m. - 12:00 p.m., 9/3 - 10/8

Location: Online

Tuition: \$35 | Fee: \$129 | Total: \$164



## LIR247 Armchair Travel: Exploring the Land of the Red Dragon - Wales, United Kingdom

3 sessions, 6 hours

Through this series, you'll discover the world without having to deal with the hassles of travel. We will bring the locations to you. The country of Wales, a part of the United Kingdom, is full of history, myths and mysteries. From the ethereal beauty of Snowdonia to the working-class towns of Wrexham and Cardiff, the people and culture of this ancient area are fascinating. Join us as we travel across the land, peeking into ancient castles, herding sheep, and trying to understand why there are so many letters in Welsh words. Part history class and part travel story, this class will draw you to this unique part of the world.

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

**Instructor:** Marcy Gouge

5-Digit Number: 29048 | Thu 10:00 a.m. - 12:00 p.m., 9/11 - 9/25

Location: Conference Center/E138

Tuition: \$10 | Fee: \$59 | Total: \$69



## History Bites

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

### ILR941 History Bites - Guadalcanal: The Decisive Campaign in the Pacific Theater During World War

**Instructor:** Blane Amphor

5-Digit Number: 29022 | Tue 11:00 a.m. - 12:15 p.m., 7/22

### ILR941 History Bites - PT Boats: The World War II Weapon That Saved a General and Made a President

**Instructor:** Blane Amphor

5-Digit Number: 29023 | Tue 11:00 a.m. - 12:15 p.m., 9/23

### ILR941 History Bites - Behind the Headstones: Amazing Stories of Heroes Buried at San Antonio National Cemetery

**Instructor:** Blane Amphor

5-Digit Number: 29024 | Tue 11:00 a.m. - 12:15 p.m., 10/14

### ILR941 History Bites - Little Known Presidential Sites Near Frederick

**Instructor:** Thomas Slater

5-Digit Number: 29025 | Thu 11:00 a.m. - 12:30 p.m., 11/13

**Note:** All History Bites courses will meet on campus in an in-person environment.

#### For all classes:

1 session, 1.25 hours

Location: Conference Center/E138

Tuition: \$10 | Fee: \$6 | Total: \$16

## LIR260 Footsteps in Frederick: Beloved Female Artists of Frederick's Past

1 session, 1.5 hours

This series focuses on famous people who have visited or lived in Frederick. We'll learn interesting facts and trivia about them and their time in Frederick. This class will feature Florence Doub, a prominent Frederick resident, educator, and artist; Virginia McLaughlin, a mural painter; Helen Smith, landscape and portrait artist; and other female artists of the past.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 29032 | Fri 12:30 - 2:00 p.m., 9/19

Location: Conference Center/E138

Tuition: \$10 | Fee: \$8 | Total: \$18

## ILR424 Democracy in America Forum (SR)

5 sessions, 10 hours | **SW** | 

In 2015, the Economist Intelligence Unit downgraded the US from "full democracy" to "flawed democracy." How healthy is American democracy today? In this interactive forum, we'll assess potential threats to American democracy as well as potential safeguards and solutions. We'll examine capitalism, neoliberalism, dark money, the social safety net, wokeness, cultural diversity, the role of religion in politics, American exceptionalism, and more. We'll discuss a few of the tools that keep democracy running smoothly: civic engagement, education, critical thinking, information literacy, inclusiveness, and quality conversation. This class is open to people of all political persuasions and works best when a variety of perspectives are represented. Respect and consideration will be required from all students at all times. All are welcome and all will be heard.

**Note: This Structured Remote Course is entirely online.**

**Instructor:** Julie Castillo

5-Digit Number: 29034 | Fri 10:00 a.m. - 12:00 p.m., 9/19 - 10/17

Location: Online

Tuition: \$20 | Fee: \$99 | Total: \$119



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



## LIR167 Interesting Facts About Frederick

1 session, 1.5 hours

Interesting facts you might not have known about Frederick! This includes trivia, history, curious inventions, entrepreneurs, architectural details, important buildings, Civil War facts, colorful characters and notable citizens, famous visitors, and weather calamities. This is a fun and informative class.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 29031 | Fri 9:30 - 11:00 a.m., 9/26

Location: Conference Center/E134

Tuition: \$10 | Fee: \$9 | Total: \$19



## LIR331 Project 2025: A Conservative Proposal for the Reimagining of The Federal Government

5 sessions, 7.5 hours | **SW**

Explore the substance and possible effects of the plan for implementation of the Project 2025 initiative and policy proposals. Each proposal and the reasoning behind it will be covered.

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

**Instructor:** James Baer

5-Digit Number: 29029 | Mon 2:00 - 3:30 p.m., 9/29 - 10/27

Location: Conference Center/E138

Tuition: \$20 | Fee: \$84 | Total: \$104



## LIR328 History of the Army of the Potomac

5 sessions, 5 hours | **SW**

The primary Federal army in the eastern theater of the American Civil War, the Army of the Potomac, was built from scratch and underwent significant changes as well as multiple commanders throughout the war. From George McClellan to George Meade, and several commanders in between, the Army of the Potomac was constantly in the public eye and thus constantly under scrutiny by Washington DC. How the army was developed, the men who fought in its ranks, and its commanders will be discussed in this series of classes. We will also look at some of its most famous engagements during the war and how it fought against its primary adversary, the Confederate Army of Northern Virginia.

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

**Instructor:** Matthew Borders

5-Digit Number: 29051 | Wed 12:00 - 1:00 p.m., 10/1 - 10/29

Location: Conference Center/E138

Tuition: \$10 | Fee: \$49 | Total: \$59



## LIR325 Introduction to Law and Legal Systems

4 sessions, 6 hours | **SW**

This course provides a foundational understanding of the legal system, exploring the origins, purpose, and functioning of laws in society. Students will examine key legal concepts, the structure of legal cases, and the roles of various participants in the legal process. The course will also cover malpractice. By the end of this course, students will have a basic but comprehensive understanding of the legal system and its key components, enabling them to engage critically with legal topics and principles.

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

**Instructor:** Paul Weisenfeld

5-Digit Number: 29056 | Thu 11:00 a.m. - 12:30 p.m., 10/2 - 10/23

Location: Conference Center/E138

Tuition: \$10 | Fee: \$59 | Total: \$69

## LIR293 Journey Through Aviation History - Women in Aviation

1 session, 1.5 hours | **SW**

Women have made significant contributions to aviation throughout history, despite facing numerous challenges and barriers in a male-dominated field. Their achievements range from pioneering flights to breaking records, advocating for gender equality, and contributing to technological advancements.

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

**Instructor:** Michael Low

5-Digit Number: 29052 | Thu 2:00 - 3:30 p.m., 10/9

Location: Conference Center/E140

Tuition: \$10 | Fee: \$6 | Total: \$16

## LIR293 Journey Through Aviation History - US Wings of War (WWI and WWII)

1 session, 1.5 hours | **SW**

Trace the development and impact of aviation during the times of war and what impact aircraft had on the outcomes of war.

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

**Instructor:** Michael Low

5-Digit Number: 29053 | Thu 2:00 - 3:30 p.m., 10/23

Location: Conference Center/E140

Tuition: \$10 | Fee: \$6 | Total: \$16

## LIR316 From the Brink to Brilliant: The Revitalization of Downtown Frederick

3 sessions, 6 hours | **SW**

By the late 1960s, Downtown Frederick was on the brink of "closing up shop." Malls and highways were luring customers away from businesses on Market and Patrick streets. Then in 1976, just as a group of dedicated volunteers were beginning to turn things around, a major flood threatened all of their efforts. Learn how visionary leaders, tireless volunteers and dogged determination allowed Downtown Frederick to overcome these challenges to become the award-winning destination it is today.

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

**Instructor:** Kate McDermott

5-Digit Number: 29046 | Mon, Wed, Fri 9:30 - 11:30 a.m., 10/20 - 10/24

Location: Conference Center/E126A

Tuition: \$15 | Fee: \$59 | Total: \$74

## ILR539 Ireland: Small Island - Big History

4 sessions, 6 hours | **SW**

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

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

**Instructor:** Ernest O'Roark

5-Digit Number: 29026 | Mon 9:00 - 10:30 a.m., 10/27 - 11/17

Location: Conference Center/E138

Tuition: \$20 | Fee: \$59 | Total: \$79



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



## LIR324 George Washington's Dream: The Potomac Company

2 sessions, 4 hours

Everyone knows something about the 1828 C&O Canal which runs along the Maryland side of the Potomac River. But do you know that George Washington created a company in 1785 to make the Potomac River navigable? The purpose of the company was not to build a canal but to "get the rocks out of the way" so that the ever-increasing farm products of the Potomac River valley and its tributaries would find their way to the port at Georgetown and out to the rest of the world. All of this took place over 200 years ago but there are still ruins we can examine and, in many cases, wonder at. The field trip involves walking up to 2 miles on mostly flat, well-maintained trails. Students are to provide their own transportation to the meet up location for the hike. Please note that Great Falls has a \$20 National Park admission fee per vehicle.

Walk Rain Date - 11/20

**Note: This course will meet on campus and on location in an in-person environment. Students are to provide their own transportation to the meet up location for the hike.**

**Instructor:** Paul Kreingold

**Lecture and Hike:** 5-Digit Number: 29055

Thu 11:00 a.m. - 1:00 p.m. & Thu 11:00 a.m. - 1:00 p.m., 10/30 - 11/6

Location: Conference Center/E138 and Off Campus

Tuition: \$10 | Fee: \$34 | Total: \$44

**Lecture Only:** 5-Digit Number: 29054

Thu 11:00 a.m. - 1:00 p.m., 10/30

Location: Conference Center/E138

Tuition: \$10 | Fee: \$12 | Total: \$22

## LIR188 American History as Seen Through Female Eyes - Many More Layers

4 sessions, 8 hours | **SW**

We'll continue examining the many layers of our country's history from the 16th to the 20th century through the female experience. As we seek more information about this period of history, it's important to be aware of it to truly understand the past and the present. Expanding upon the earlier class, we'll identify additional female roles in the development of the country and differentiate between racial experiences. We'll also discuss good and bad laws that impacted women and the validity of the "separate sphere" ideology. Former students and new students are welcome to join.

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

**Instructor:** Mary Mannix

5-Digit Number: 29050 | Tue 10:00 a.m. - 12:00 p.m., 11/4 - 12/2

No Class: 11/25 | Location: Conference Center/E138

Tuition: \$20 | Fee: \$69 | Total: \$89

## LIR337 An Early History of Maryland - Part 2, 1763-1861

3 sessions, 4.5 hours | **SW**

Part 2 of this Maryland history course picks up after the end of the French and Indian War and ends with the beginning of the Civil War. We'll learn about Maryland's involvement in the revolutionary effort, including the denunciation of the infamous Stamp Act. We'll also discuss Maryland's involvement in the War of 1812 as well as the state's position as a border state in the Civil War. This course will highlight the region that will become Frederick County and is the second in a two-part series.

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

**Instructor:** Tracy Lewis

5-Digit Number: 29289 | Fri 10:00 - 11:30 a.m., 11/7 - 11/21

Location: Conference Center/E138

Tuition: \$12 | Fee: \$42 | Total: \$54



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



# Middle Eastern Studies

## LIR336 Exploring Perceptions: Introduction to Middle East

4 sessions, 6 hours |

Wondering what all the buzz is about the success of the ever popular and continually expanding Middle Eastern Studies program at FCC's Institute for Learning in Retirement? If you are curious about this field of inquiry, but daunted by its seeming complexity, this is the course for you! Take the plunge and join us for a series of four short introductory seminars designed to examine a select range of topics relating to the Middle East, a fascinating, if complex, region that is characterized by both great diversity and cultural cohesion. Over the span of four sessions, the instructor, a veteran educator and specialist in Middle Eastern studies and Islamic history, will guide participants through an exploration of selected topics pertaining to the history and societies of that fascinating region, including People and Culture, Empires and Nation States, The Religious Dimension, and Women and Gender. These sessions will serve as an indispensable foundation from which to better appreciate the wide repertoire of courses offered in this program, enabling lifelong learners to explore a range of timely subjects highlighting the rich history, civilization, and politics of one of the world's most vitally important and intriguing areas.

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

**Instructor:** Linda Pappas Funsch

5-Digit Number: 29288 | Tue, Thu 1:30 - 3:00 p.m., 9/9 - 9/18

Location: Sweadner Hall

Tuition: \$12 | Fee: \$54 | Total: \$66



## SEN473 Current Issues in the Middle East

5 sessions, 10 hours |

**NEW CONTENT EACH TERM!** The Middle East is one of the most fascinating and newsworthy areas of the world. For the uninitiated, entrenched stereotypes and recurring soundbites reduce the diversity and complexity of this vitally important area to a simplistic "one-size-fits-all" monolith. This course is designed to unravel the complexities associated with this historic region. The latest news from the region will be presented and contextualized. The instructor, an educator and area specialist, will frame the news in a historical context, identify key players, explore interrelationships, and analyze their impact on regional dynamics and the world order. Among those being considered for discussion this term are prospects for peace in the Holy Land, the impact of the war in Gaza on its neighbors, the future of regional alliances forged by the Abraham Accords, the restoration of diplomatic ties between Saudi Arabia and Iran, the fragile truce in Yemen, the growing importance of the monarchies of the Persian Gulf, and the dynamics of multilateral relations among Middle Eastern countries with the United States, Russia, and China. Several thematic questions will be considered, including population displacement and refugee movement, climate change and water security, economic diversification, and the stability of entrenched regimes. Through lectures, selected readings, regional media, films, guest speakers, and group discussion, it is expected that after taking this course participants will be better equipped to understand and address some of the most critical issues of our time with a greater level of confidence.

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

**Instructor:** Linda Pappas Funsch

5-Digit Number: 29287 | Tue 1:00 - 3:00 p.m., 10/28 - 11/25

Location: Sweadner Hall

Tuition: \$20 | Fee: \$89 | Total: \$109



**NEW** **LIR323 Frederick History 101 - From Wilderness Settlement to Crossroads of History: 1700s & 1800s**

1 session, 5 hours | **SW**

Frederick, Maryland's 275-year-old story is presented by an award-winning historian and documentarian. Students will learn about the city's 1745 founding in the backlands of the Maryland colony up through its standing today as one of the top residential and tourist destinations in the US. Based on the 1995 documentary "Frederick Town," the instructor will lead a passionate exploration through the 18th, 19th and 20th centuries with colorful storytelling and an array of multi-media elements. Participants are guaranteed to gain a better understanding and appreciation of Frederick and past citizens and events, while enjoying this immersive experience on the 30th anniversary by viewing parts of an award-winning documentary. There will be a 1-hour lunch break during this class. Please plan accordingly.

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

**Instructor:** Christopher Haugh

5-Digit Number: 29165 | Fri 9:00 a.m. - 3:15 p.m., 11/21

Location: Sweadner Hall

Tuition: \$15 | Fee: \$59 | Total: \$74

**NEW** **LIR323 Frederick History 101 - Main Street USA to a Magnificent Renaissance: 1900s to Present Day**

1 session, 5 hours | **SW**

Frederick, Maryland's 275-year-old story is presented by an award-winning historian and documentarian. Students will learn about the city's 1745 founding in the backlands of the Maryland colony up through its standing today as one of the top residential and tourist destinations in the US. Based on the 1995 documentary "Frederick Town," the instructor will lead a passionate exploration through the 18th, 19th and 20th centuries with colorful storytelling and an array of multi-media elements. Participants are guaranteed to gain a better understanding and appreciation of Frederick and past citizens and events, while enjoying this immersive experience on the 30th anniversary by viewing parts of an award-winning documentary. There will be a 1-hour lunch break during this class. Please plan accordingly.

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

**Instructor:** Christopher Haugh

5-Digit Number: 29167 | Fri 9:00 a.m. - 3:15 p.m., 12/5

Location: Sweadner Hall

Tuition: \$15 | Fee: \$59 | Total: \$74

**NEW** **LIR162 Vintage Christmas: Sleigh Bells, Church Bells, and Christmas Bells**

1 session, 2 hours

Discover the history of the bells and spires of Frederick County and how the City of Frederick obtained its Clustered Spires nickname. We'll also learn about the carillon of Baker Park and the history of some of the oldest spires, bells, and bell towers in Frederick. Finally, we'll learn about the use of horse and sleighs with jingle bells in the county.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 29030 | Fri 9:30 - 11:30 a.m., 12/5

Location: Conference Center/E125

Tuition: \$10 | Fee: \$14 | Total: \$24



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

**HOM198 Introduction to Podcasting**10 sessions, 20 hours | **16+** | **SW** | 

Learn the building blocks of how to create your own podcast whether it be just for your own personal enjoyment or for publication on popular streaming platforms online. This course will focus on the consistent, themed, and multi-episode style podcast with a consistent audio brand. Production, recording, editing, and software will be covered. Practice equipment will be provided to all students for the duration of the class.

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

**Instructor:** Biju Pandit

5-Digit Number: 29041 | Tue, Thu 6:30 - 8:30 p.m., 10/7 - 11/6

Location: Conference Center/E137

Tuition: \$70 | Fee: \$299 | Total: \$369

**HOM126 Beginning Calligraphy: Italic**8 sessions, 16 hours | **16+**

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

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

**Instructor:** Jodie Lide

5-Digit Number: 29043 | Fri 10:00 a.m. - 12:00 p.m., 8/8 - 9/26

Location: Visual & Performing Arts Center/F112

Tuition: \$10 | Fee: \$149 | Total: \$159

**HOM132 Continuing Calligraphy**8 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 Beginning Calligraphy: Italic as a pre-requisite or have some basic experience with calligraphy and the italic hand. A supply list will be provided to the students at least one week prior to the start of the course. Supply costs vary but average \$90.

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

**Instructor:** Jodie Lide

5-Digit Number: 29044 | Fri 10:00 a.m. - 12:00 p.m., 10/10 - 12/5

No Class: 11/28 | Location: Visual & Performing Arts Center/F112

Tuition: \$10 | Fee: \$149 | Total: \$159

**HOM129 Crochet for Beginners**5 sessions, 10 hours | **16+** | 

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

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

**Instructor:** Kathy Barylski

5-Digit Number: 29156 | Thu 6:30 - 8:30 p.m., 10/23 - 11/20

Location: Conference Center/E125

Tuition: \$10 | Fee: \$119 | Total: \$129



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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

**HOM196 Chickenology**5 sessions, 10 hours | **16+** | **SW** | 

This course provides an in-depth exploration of the essential aspects of poultry management, from understanding breed characteristics to fostering sustainable practices. Students will develop a comprehensive understanding of poultry breeds, their backgrounds, and intended uses. The course will also cover critical considerations in poultry housing, protection, and predator management. Food sources for poultry including feed ingredients will be discussed. Practical care strategies will be emphasized to help students recognize and prevent common injuries, illnesses, and diseases in their flock. Students will also learn how to generate income through poultry management, including harvesting as a food source. This course is ideal for both beginner and experienced poultry keepers looking to enhance their knowledge and ensure the success and sustainability of their flock.

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

**Instructor:** Carol Zegarski

5-Digit Number: 29042 | Tue 6:00 - 8:00 p.m., 10/7 - 11/4

Location: Conference Center/E125

Tuition: \$20 | Fee: \$79 | Total: \$99

**HOM184 Introduction to Apiculture: BEEginner Beekeeping**6 sessions, 12 hours | **16+** | **SW** | 

Return to the roots of homesteading and savor the sweet, natural taste of honey. Beginning beekeeping will help you learn the basics. Explore the world of beekeeping from equipment to the rules and regulations that "swarm" around starting and managing a colony. You'll learn about honey production and processing; and floral sources for healthy bees. USDA Breeder and Propagator, John Klapac will lead the class. There is potential for a field trip. The instructor recommends that you purchase Honey Bee Biology And Beekeeping by Larry Connor and Dewey Caron. Price is \$90. It is not a required purchase. More information about the book will be provided by the instructor during class.

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

**Instructor:** John Klapac

5-Digit Number: 29045 | Wed 6:00 - 8:00 p.m., 10/15 - 11/19

Location: Conference Center/E125

Tuition: \$20 | Fee: \$99 | Total: \$119

**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:** This course will meet on campus in an in-person environment.

**Instructor:** Mary Mannix

5-Digit Number: 29157 | Tue 10:00 a.m. - 12:00 p.m., 8/12 - 8/26

Location: Conference Center/E125

Tuition: \$10 | Fee: \$69 | Total: \$79

**HOM250 Continuing the Fool's Journey: Taking Your Tarot Practice to a Deeper Level**4 sessions, 8 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:** This course will meet on campus in an in-person environment.

**Instructor:** Mary Mannix

5-Digit Number: 29158 | Tue 10:00 a.m. - 12:00 p.m., 10/7 - 10/28

Location: Conference Center/E126A

Tuition: \$10 | Fee: \$89 | Total: \$99



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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

## HOM166 Start Sewing in a Nutshell

2 sessions, 4 hours | 16+ | 

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

**Option 1:** 5-Digit Number: 29164 | Mon, Tue 6:00 - 8:00 p.m., 9/22 - 9/23

**Option 2:** 5-Digit Number: 29166 | Tue, Thu 1:00 - 3:00 p.m., 10/21 - 10/23

Tuition: \$10 | Fee: \$59 | Total: \$69

## HOM193 Reading a Sewing Pattern - Basic Shirt Making Project

3 sessions, 9 hours | 16+

Learn how to read and follow a commercial sewing pattern and basic shirt making principles. There's no pressure in this class, because this shirt is too small to fit you. This adorable button-down shirt is full of learning opportunities that you can apply to other garments, including how to select the right size pattern for you, selecting the right fabric and sewing supplies, and finishing details for the best results. You will develop basic garment construction skills: sew the right size buttonholes, sew on buttons by machine, set-in sleeves, construct a collar and band, patch pocket, and more. The benefits of making a miniature-sized shirt are priceless, because there are no expectations, just learning opportunities. The knowledge you will gain in this class will last a lifetime, and give you confidence to make clothing sized just for you. Students will be emailed a list of supplies needed prior to the course. Supply costs vary from \$25-\$50 depending on the exact items purchased.

5-Digit Number: 29169 | Mon, Wed 1:00 - 4:00 p.m., 11/10 - 11/17  
Tuition: \$10 | Fee: \$149 | Total: \$159



## HOM171 Basic Sewing Techniques

4 sessions, 12 hours | 16+ | 

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

5-Digit Number: 29168 | Tue, Thu 6:00 - 9:00 p.m., 11/11 - 11/20  
Tuition: \$10 | Fee: \$189 | Total: \$199

**Note:** All Sewing courses will meet on campus in an in-person environment.

**For all classes:**

***Instructor:*** Michelle Umlauf

**Location:** Conference Center/E134

**HOM181 Genealogy Basics: A Deeper Appreciation**

4 sessions, 8 hours | 16+ | SW

This course will cover the in-depth basic records that all genealogists should investigate as cornerstones of their lifetime of research. Learn how to best utilize the census, vital records, newspapers, and published histories. You'll look deeply at online resources, and also discuss the "real" places that should be visited and why.

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

**Instructor:** Mary Mannix

5-Digit Number: 29162 | Tue 10:00 a.m. - 12:00 p.m., 9/9 - 9/30

Location: Conference Center/E126A

Tuition: \$20 | Fee: \$89 | Total: \$109

**HOM182 How to Use Your DNA Matches for Your Genealogy Research**

2 sessions, 4 hours | 16+ | 🌙

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

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

**Instructor:** Linda Frydl

5-Digit Number: 29163 | Tue 6:00 - 8:00 p.m., 10/14 - 10/21

Location: Conference Center/E134

Tuition: \$10 | Fee: \$32 | Total: \$42



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



**Master Gardener Series**



Design a garden that fits your space and needs. In this series, we'll discuss different topics that will help you plan, plant, and maintain a garden. Each session is a different topic. Join us for all of the topics or pick the topics most important to you.

**HOM192 Master Gardener Series - Fall Veggies**

5-Digit Number: 29172 | Wed 1:00 - 2:30 p.m., 9/3

**HOM192 Master Gardener Series - Shrubs and Trees - Pruning and Taking Cuttings**

5-Digit Number: 29173 | Wed 1:00 - 2:30 p.m., 9/10

**HOM192 Master Gardener Series - Winterizing Your Veggie Garden**

5-Digit Number: 29174 | Wed 1:00 - 2:30 p.m., 9/17

**Note: All Master Gardener Series courses will meet on campus in an in-person environment.**

**For all classes:**

1 session, 1.5 hours | 16+ | **Instructor:** Tiger Waddell

Location: Conference Center/E125

Tuition: \$10 | Fee: \$6 | Total: \$16

## FOR221 Introductory Latin

8 sessions, 16 hours |  | 

Introduces classical Latin language. Presents the study of Latin grammar and vocabulary through reading a story in Latin that progresses through the language. The text uses a combination of pictures and marginal notes to make the meaning of the text obvious. The text used is Lingua Latina Per Se Illustrata Pars I: Familia Romana. It is recommended that students have their own text, but printouts will be provided. The text can be purchased online or through most bookstores.

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

**Instructor:** Bryant Raisch

5-Digit Number: 29159 | Mon, Wed, Fri 1:00 - 3:00 p.m., 7/28 - 8/13  
Location: Braddock Hall/B215  
Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR155 Korean Language - Beginner

8 sessions, 16 hours |  | 

In this introductory Korean language course, students will learn the basics of reading and writing the Korean written language, common phrases in Korean and elements of Korean culture. Practice what you are learning by participating in class conversations.

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

**Instructor:** Sa Im Park

5-Digit Number: 29160 | Mon, Thu 3:00 - 5:00 p.m., 8/4 - 8/28  
Location: Braddock Hall/B113  
Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR156 French Language Lab - Conversational Practice

4 sessions, 8 hours |  | 

This group is for students who have either taken a Basic French and/or Continuing Conversational French or feel confident in their conversational language skills. This course will allow you to continue to meet with an instructor where you may practice your conversation skills while learning new skills. Topics will vary as there is no set syllabus and the course can be guided by the needs of the student. You may learn new grammar structure, words, or facts about French speaking culture. Most instruction and discussions will be in French.

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

**Instructor:** Collins Ze Essono

5-Digit Number: 29178 | Mon 6:00 - 8:00 p.m., 8/4 - 8/25  
Location: Conference Center/E138  
Tuition: \$10 | Fee: \$64 | Total: \$74

## FOR423 French Conversation and Basic Communication

8 sessions, 16 hours |  |  | 

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

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

**Instructor:** Paige Spangler

5-Digit Number: 29177 | Mon 5:00 - 7:00 p.m., 9/8 - 10/27  
Location: Conference Center/E138  
Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR124 Introduction to the Italian Language and Culture - Part 1

8 sessions, 16 hours |  | 

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

**Note: Students are required to purchase the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included). This course will meet on campus in an in-person environment.**

**Instructor:** Dora Jaar

5-Digit Number: 29179 | Fri 10:00 a.m. - 12:00 p.m., 9/19 - 11/14  
No Class: 10/10 | Location: Conference Center/E125  
Tuition: \$42 | Fee: \$138 | Total: \$180



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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

**FOR224 Introduction to Italian Language & Culture - Part 2**

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

Continue to develop your Italian language skills with practice conversations, videos, etc. which will help with day-to-day interactions with Italian speakers. The course will also include further insight into Italian customs, traditions, food and geography from the north to the south. Italy is a very diverse country with thousands of years of history and so much to explore. Completion of homework assignments from textbook is highly recommended.

**Note: Students are required to purchase the following book: Italian Made Easy Level 1: An Easy Step-By-Step Approach to Learn Italian for Beginners (Textbook + Workbook Included). This course will meet on campus in an in-person environment.**

**Instructor:** Dora Jaar

5-Digit Number: 29180 | Wed 10:00 a.m. - 12:00 p.m., 9/17 - 11/12  
 No Class: 10/8 | Location: Conference Center/E125  
 Tuition: \$42 | Fee: \$138 | Total: \$180

**FOR431 American Sign Language Advanced: True+Way**

10 sessions, 15 hours | **16+** | **SW** | 

Students will continue to learn, build on, and practice conversation skills used in American Sign Language Beginner and Intermediate level classes. This course will focus on recognition and demonstration of more sophisticated grammatical features focusing on increasing fluency and accuracy, vocabulary, expressive and receptive fluency, mouth morphemes, and learning about deaf and hard-of-hearing culture. Students will practice what is covered in the class. There is an optional purchase of an optional digital curriculum platform called True+Way. Students will learn more about this platform on the first day of class including how to purchase it, how it works, and how you might use it as a supplemental curriculum. This course is meant for students who have taken both the Beginner (FOR300) and Intermediate (FOR303) ASL level classes. The Beginner and Intermediate classes will be offered again in the spring.

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

**Instructor:** Gloria Dunham-White

**Units 5&6:** 5-Digit Number: 29393  
 Tue, Thu 6:00 - 7:30 p.m., 9/16 - 10/16  
 Location: B/C Knuckle/KC100. *This room is on the first floor of Braddock Hall, just before the stairs leading up to Catoctin Hall.*  
 Tuition: \$42 Fee: \$138 Total: \$180

**Units 7&8:** 5-Digit Number: 29394  
 Tue, Thu 6:00 - 7:30 p.m., 10/28 - 12/4 | No Class: 11/25, 11/27  
 Location: B/C Knuckle/KC100. *This room is on the first floor of Braddock Hall, just before the stairs leading up to Catoctin Hall.*  
 Tuition: \$42 Fee: \$138 Total: \$180

**FOR100 Basic Conversational Spanish**

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

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: This course will meet on campus in an in-person environment.**

**Instructor:** Jennifer Books

5-Digit Number: 29175 | Tue, Thu 5:30 - 7:30 p.m., 10/21 - 11/13  
 Location: Student Center/H250  
 Tuition: \$42 | Fee: \$138 | Total: \$180

**FOR101 Continuing Conversational Spanish**

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

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: This course will meet on campus in an in-person environment.**

**Instructor:** Jennifer Books

5-Digit Number: 29176 | Tue, Thu 5:30 - 7:30 p.m., 11/18 - 12/18  
 No Class: 11/25, 11/27 | Location: Student Center/H250  
 Tuition: \$42 | Fee: \$138 | Total: \$180



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



## Learning on Location *(Continues on page 34)*

### **LIR167 Fascinating and Forgotten: Walking Tour: West 3rd and Rockwell Terrace**

1 session, 1.5 hours

This easy walking tour includes the amazing variety of architecture of West 3rd Street, from Victorian to Federal, as well as Rockwell Terrace. We will see the home of Claire McCardell, famous Frederick fashion designer, and learn about her life. On our way back, we will pass through Memorial Park and honor our veterans, learn about Baker Park and the bandshell, and we will cover parts of West 2nd Street, as well if time permits. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace. Rain Date - 9/13, 9:30 - 11:00 a.m.

**Note: This tour will be conducted in downtown Frederick. 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

5-Digit Number: 29091 | Sat 10:00 - 11:30 a.m., 9/6

Location: Off Campus

Tuition: \$10 | Fee: \$9 | Total: \$19



### **LIR332 Folger Shakespeare Library and the Supreme Court**

1 session, 7.5 hours

Begin the day at the Folger Shakespeare Library where you can enjoy the best in art, history, and literature as you explore the world's largest Shakespeare collection. Lunch will be on your own at the Quill & Crumb café located in the Great Hall or you can bring a lunch and enjoy it in one of the gardens located on site. We'll then walk next door to the Supreme Court for a self-guided tour, where you will view the John Marshall statue, portraits and busts, and self-supporting marble staircases. Exploring both places involves moderate walking and standing with areas for sitting.

**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:** Marcy Gouge

5-Digit Number: 29094 | Wed 9:15 a.m. - 4:45 p.m., 9/10

Location: Off Campus

Tuition: \$10 | Fee: \$89 | Total: \$99

### **LIR182 Intriguing, Unusual, and Interesting Tales of Downtown Frederick Walking Tour: Southeast District**

1 session, 1.5 hours

In this easy walking tour, we will explore the southeast area of downtown Frederick including parts of Carroll Creek. Learn about historic buildings, former businesses and trades including tanneries, the flood and restoration project, and the famous Trompe-l'œil bridge. We'll also walk along All Saints Street where we will explore African American history, see historic homes, and learn about important members of the community. Listening devices will be provided so participants can hear the guide over the noises of downtown. Students will be required to provide their own transportation to the meeting location. An email will be sent with trip details one week prior to the course date. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace. Rain Date - 9/27

**Note: This tour will be conducted in downtown Frederick. 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

5-Digit Number: 29090 | Sat 10:00 - 11:30 a.m., 9/20

Location: Off Campus

Tuition: \$10 | Fee: \$9 | Total: \$19

### **LIR302 Tree Tour of Baker Park**

1 session, 2 hours

Baker Park boasts a wide variety of trees, including some particularly big, impressive specimens and even several "champion" trees. During this walking tour we'll visit a variety of trees, explain what makes for a champion tree, and offer some tips on identifying different tree species. This walking tour involves walking on mostly flat walkways over 1.5-2 miles at a slow pace. Rain Date – Tuesday, 10/14.

**Note: This tour will be conducted in Baker Park. Listening devices will be provided so participants can hear the guide over outdoor noises. 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:** Ralph Buglass

5-Digit Number: 29096 | Fri 10:00 a.m. - 12:00 p.m., 10/10

Location: Off Campus

Tuition: \$10 | Fee: \$12 | Total: \$22

## Learning on Location *(Continued from page 33)*



PHOTO COURTESY OF CONGRESSIONAL CEMETERY FACEBOOK PAGE

### LIR317 Cemetery Sojourns - Congressional Cemetery

1 session, 7.75 hours

Congressional Cemetery bills itself as the only American “cemetery of national memory” founded before the Civil War. Join award-winning local documentarian, author and historian Chris Haugh for a walking tour through one of Washington D.C.’s most historic burial grounds, Congressional Cemetery. Located on E Street in Southeast on the west bank of the Anacostia River, this burying ground was established in 1807 and hosts over 65,000 interments, including many individuals who helped form the nation and nations’ capital in the early 19th century. We will visit the graves of Matthew Brady, J. Edgar Hoover, George Hadfield, Cokie Roberts, John Philip Sousa and others. More importantly for this tour, our guide will point out, and discuss in full, decedents buried here having direct ties to Frederick County such as Robert Mills and McClintock Young, Sr. Bring your walking shoes as we plan to cover a few miles through the hilly terrain and pathways of the cemetery. The tour will last until 1 pm. We will then head to Potomac Park in Montgomery County where you will be able to enjoy a late lunch on your own at one of the many restaurants located in this new and vibrant neighborhood.

**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:** Christopher Haugh

5-Digit Number: 29087 | Thu 8:30 a.m. - 4:15 p.m., 9/25

Location: Off Campus

Tuition: \$10 | Fee: \$79 | Total: \$89

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**FCC Shuttle Bus: Shuttle bus with air conditioning; no lavatory or Wi-Fi.**



### LIR326 Mt Vernon Baltimore: History, Culture, and Art Tour

1 session, 8 hours

We will begin our day at the Maryland Center for Culture and History with a guided tour. This museum houses a collection of historical and cultural objects, visuals, and artifacts. Next, our guide will take us on a walking tour of the Mt Vernon neighborhood of Baltimore. We’ll see the Washington Monument of Maryland, the exteriors and architecture of historic mansions, a Gothic church, and the Peabody Institute. We will also learn about famous people of Mt. Vernon including George Peabody. Lunch will be on your own at the food court in Mt. Vernon Marketplace. We will then spend the afternoon in the extensive Walters Art Gallery, home to over 36,000 objects from around the world and over seven millennia. This tour involves moderate walking up to 2 miles and standing throughout the day including walking on uneven pavement at times.

**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:** Jeanne McDermott

5-Digit Number: 29089 | Thu 8:30 a.m. - 4:30 p.m., 10/9

Location: Off Campus

Tuition: \$10 | Fee: \$79 | Total: \$89



### ILR923 Gettysburg: Art Forged from Battle

1 session, 7.25 hours

No outdoor space in America has more monuments than the Gettysburg National Battlefield. Many of these memorials are works of art, representing the triumphant and tragic memories of veterans North and South. Stone and bronze statuary commemorates the Civil War’s “Highwater Mark,” transforming the battleground into a landscape of visual retrospection. We will visit select memorials that reflect the triumphs and sacrifices of the First, Second and Third Days of Gettysburg and ruminate on their meanings today. The tour will mostly be via bus with tour stops and walking up to 2 miles spread throughout the day. A sit-down lunch at a local restaurant is included in the fee.

**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: 29088 | Wed 8:45 a.m. - 4:00 p.m., 10/22

Location: Off Campus

Tuition: \$10 | Fee: \$99 | Total: \$109

## LIR158 Hiking Safety and Leave No Trace

1 session, 3 hours

The seven Leave No Trace Principles (LNT) are not only good for the natural resources we love, but they are an integral part of having a safe, comfortable and uneventful hike. We will learn the seven LNT principles and see how they apply to every outing. By the end of this course, participants will have a better understanding of how to plan and prepare for safe outdoor activity. As we hike, we will stop periodically to discuss various topics. We will be hiking on the iconic Appalachian Trail, on an out-and-back hike to a trail shelter. This course is entirely held outdoors. Rain date -10/30.

**Note: 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:** Tara Gettig

5-Digit Number: 29097 | Thu 9:30 a.m. - 12:30 p.m., 10/23

Location: Off Campus

Tuition: \$10 | Fee: \$24 | Total: \$34

## ILR578 Experience Edgar Allan Poe

1 session, 7 hours

Join us for an exploration of Edgar Allan Poe's Baltimore. Our day will begin with a tour of his former residence, now a National Historic Landmark and museum. Then, enjoy a lunch of your choosing at the famous Lexington Market. Next, we will head over to Westminster Hall for a guided tour of the burial ground and catacombs, and to see Poe's gravesite and memorial. We'll hear about the mysterious "Poe Toaster" (someone in disguise who leaves cognac and roses for the author on his birthday), as well as the rich history of the site. All entry fees are included, but lunch is on your own. Please note that the Poe house is not handicapped accessible and requires a walk-up steep stairs. Walking for this tour is very minimal.

**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:** Kierstin Klimas

5-Digit Number: 29093 | Thu 9:30 a.m. - 4:30 p.m., 10/30

Location: Off Campus

Tuition: \$10 | Fee: \$79 | Total: \$89



## LIR332 The Lincoln Assassination: On Site at Ford's Theatre

1 session, 6 hours

Travel back to 1865 Washington. During our bus ride into DC, we'll talk about the plot to assassinate Abraham Lincoln and how it grew out of a plan to abduct the President and hold him as a pawn to negotiate the release of Confederate prisoners of war. We'll drive by sites made relevant by the Civil War including John Wilkes Booth's house and the famed Surratt Boarding House where the fatal plot was formed. We'll then head to Ford's Theatre and tour the museum. You'll see the faces of the conspirators, and important artifacts, including the most valuable gun in history. Proceeding up to the balcony level, we'll be treated to a presentation by one of the National Park Service rangers. Then head across the street to the Petersen boarding house where the President died after the fatal shot. A boxed sandwich lunch is included in the fee. Moderate walking is expected both inside the museum and outside for up to 3 blocks. All areas are accessible to individuals with limited disabilities.

**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:** Jim Garrett

5-Digit Number: 29095 | Wed 9:00 a.m. - 3:00 p.m., 11/5

Location: Off Campus

Tuition: \$10 | Fee: \$89 | Total: \$99



## LIR332 The People's Museum

1 session, 6.5 hours

Your day will begin with a bus ride into DC. We'll drop you near the real White House where you will have time to explore the immediate area and eat lunch on your own. Then we'll walk to The People's House, A White House Experience. It's a new cutting-edge educational experience located just one block from the White House. The educational museum tells the story of the Executive Mansion, its inhabitants and the people who have dedicated their careers to its functions. We'll start your tour with a short lecture called The Working White House which will examine staff roles and people behind the scenes. You will then have the afternoon to explore the immersive exhibits before we return to the campus. This tour involves moderate walking at your own pace throughout the day. This tour does not involve a visit to the actual White House.

**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:** Continuing Education Instructor

5-Digit Number: 29092 | Tue 9:15 a.m. - 4:30 p.m., 11/11

Location: Off Campus

Tuition: \$10 | Fee: \$32 | Total: \$42

## LIR221 Preparing Important Documents for a Life Event

1 session, 2 hours

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:** This course will meet on campus in an in-person environment.

**Instructor:** Karen R Smith

**Option 1:** 5-Digit Number: 28978 | Thu 10:00 a.m. - 12:00 p.m., 7/24

**Option 2:** 5-Digit Number: 28979 | Mon 1:00 - 3:00 p.m., 11/17

Location: Conference Center/E138

Tuition: \$10 | Fee: \$12 | Total: \$22

## ILR965 The Role of the Executor in Maryland

2 sessions, 5 hours | **SW**

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

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

**Instructor:** Marcy Gouge

5-Digit Number: 28980 | Tue, Thu 10:00 a.m. - 12:30 p.m., 7/29 - 7/31

Location: Conference Center/E138

Tuition: \$15 | Fee: \$59 | Total: \$74

## ILR969 Advance Care Planning: Your Life, Your Plan

1 session, 2 hours

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

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

**Instructor:** Sharon Smith

5-Digit Number: 28982 | Wed 10:00 a.m. - 12:00 p.m., 8/20

Location: Conference Center/E138

Tuition: \$10 | Fee: \$12 | Total: \$22

## ILR871 The Advantages of Trading Options (SR)

4 sessions, 8 hours |  | 

In this fun and interactive class for any age level, you will learn the skills of trading options for weekly profits. With proper use, options can provide a much higher rate of return on investment, at extremely lower risk, than other stock market investments. This class will show you how to increase dividends on stock you already own, buy stock at a discount over market rates, develop a weekly income stream and turn a potential loss into a profit when the market goes against you by managing option positions to your advantage. You will trade live on a paper trading account (play money) during class that will enable you to see the strength and profits of weekly options trading.

**Note:** This Structured Remote Course is entirely online.

**Instructor:** Richard Bender

5-Digit Number: 28981 | Mon, Wed 6:00 - 8:00 p.m., 9/8 - 9/17

Location: Online

Tuition: \$10 | Fee: \$79 | Total: \$89



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. 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.



**LIR334 Theology of Aging: Embracing the Sacred Pilgrimage of Life**

4 sessions, 8 hours | **SW**

Aging is a sacred journey, a pilgrimage from birth to life. It is a time of spiritual depth, wisdom, and evolving vocation. While aging may present its challenges, it also invites deep reflection on divine purpose, wisdom, and new opportunities to serve. In this course, we will explore aging through a biblical worldview, examining the role of elders in Ancient Near Eastern societies, the call to spiritual maturity, and the potential for new vocations later in life. Central to our discussion will be how the biblical perspective actively counters ageism in the church, advocating for the honor and inclusion of older adults. We will explore the call to value the wisdom and experiences of our elders, emphasizing the importance of intergenerational relationships and community that respects and empowers people at every stage of life. Through Scripture, theological reflection, and discussion, participants will develop a vision of aging that is rich with purpose, wisdom, and ongoing opportunities for growth, while acknowledging the real challenges of aging and the need for support and community. This course on the theology of aging is designed to explore the concept of aging from a scholarly biblical studies and theological perspective. It is not intended to proselytize or require participants to hold any specific religious beliefs, nor is being a Christian a prerequisite for participation. Rooted in academic exploration, ideas can be discussed, questioned, and challenged in an open and respectful environment.

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

**Instructor:** Geneva Blackmer

5-Digit Number: 29059 | Wed 1:00 - 3:00 p.m., 8/6 - 8/27

Location: Conference Center/E125

Tuition: \$15 | Fee: \$74 | Total: \$89



# Thrive

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



Academic Skills • Art & Music • Food • Social Skills • Recreational Activities

[frederick.edu/Thrive](https://frederick.edu/Thrive)

301.846.2661 • [thrive@frederick.edu](mailto:thrive@frederick.edu)



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



# Lifting the Veil: Paranormal & Ghost Hunting

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 Lifting the Veil with Rhonda - Opening Your Psychic Ability

5-Digit Number: 29062 | Wed 6:00 - 8:00 p.m., 10/22

## LIR195 Lifting the Veil with Rhonda - Psychometry

Bring in objects from loved ones who have passed. Place them in a bag so they can't be viewed by others.

5-Digit Number: 29061 | Wed 6:00 - 8:00 p.m., 11/5

**For above classes:** 1 session, 2 hours | | **Instructor:** Rhonda Russo

**Note:** Above Lifting the Veil courses will meet on campus in an in-person environment.

Location: Conference Center/E138 | Tuition: \$10 | Fee: \$14 | Total: \$24

## LIR195 Lifting the Veil with Rhonda - Tillie Pierce House Inn, Gettysburg Investigative Field Trip

1 session, 3 hours |

This investigative field trip involves the use of ghost hunting equipment and takes place in the early evening hours. Only students who have attended a Ghost Hunting Equipment session or are familiar with ghost hunting equipment are permitted to attend the investigation. Portions of the investigation will occur in the dark. The group size will be kept small. Students are to provide their own transportation to the Tillie Pierce House Inn in Gettysburg and they are also encouraged to bring ghost hunting equipment if they desire. An email with additional details will be sent one week prior to the course date. The Inn will also provide a special rate to all registered students if you would like to spend the night. To arrange accommodations, please contact the inn directly at 717.398.2847 and mention that you are part of this special investigation.

**Note:** Students will be required to provide their own transportation. An email with additional information will be sent one week prior to the course date.

**Instructor:** Rhonda Russo

5-Digit Number: 29060 | Fri 7:00 - 10:00 p.m., 11/7

Location: Off Campus

Tuition: \$10 | Fee: \$89 | Total: \$99



PHOTO COURTESY OF TILLIEPIERCE.COM

Matilda J. "Tillie" Pierce



## PHO135 Managing & Archiving Cell Phone Photographs

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

A review of best practices for managing and archiving your cell phone's photography collection. Computer software for Windows OS and MacOS will be demonstrated. We'll also explore methods to connect iPhone and Android cell phones to a computer.

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

**Instructor:** Walter Calahan

5-Digit Number: 28958 | Sat 9:30 a.m. - 12:30 p.m., 8/23

Location: Conference Center/E139

Tuition: \$10 | Fee: \$19 | Total: \$29



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

## PHO120 Lightroom Classic

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

Learn to edit your digital photos using the powerful Lightroom Classic from Adobe Creative Suite including how to organize and manage your photos by creating a master photo file, importing your organized photos into the Lightroom Library module and creating Smart Collections in Lightroom so you can quickly locate topics and favorites. Then learn how to make basic edits, such as cropping and adjusting the exposure, and more advanced edits including fixing camera distortions, and more. Finally, you will use the tools in Lightroom to export your edited photos for various purposes, including printing and posting on social media. There will be time during class to edit photos. Please bring your own laptop (Windows OS or Apple MacOS) so you can customize the software and save changes to your own workspace. Prior to the first class, you will have to license a copy of Adobe Lightroom Classic (NOT the Adobe Lightroom version - you need the Classic version) from Adobe Creative Suite and download and install it on your own computer. Check for student discounts. It is also highly recommended that you bring an external drive, 1tb or larger, on which to save their work and build their photo file.

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

**Instructor:** Walter Calahan

5-Digit Number: 29181 | Sat 9:30 a.m. - 12:30 p.m., 9/6 - 9/27

Location: Conference Center/E138

Tuition: \$10 | Fee: \$109 | Total: \$119

## PHO131 Camera and Photography Basics

2 sessions, 7 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 (aperture, shutter speed, and ISO) which is an essential part of understanding basic photography. This course will include a combination of lecture, live demonstration, and hands-on components. 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: This course will meet on campus in an in-person environment.**

**Instructor:** Walter Calahan

5-Digit Number: 28955 | Sat 9:30 a.m. - 1:00 p.m., 10/11 - 10/18

Location: Conference Center/E140

Tuition: \$10 | Fee: \$64 | Total: \$74

### PHO134 Tabletop Photography - How to Photograph Small Collectables, Family Heirlooms

1 session, 4 hours | 16+

Tabletop photography is placing small objects like antiques, family heirlooms, gadgets, cosmetics, on a flat surface for the most striking photo. Learn and apply simple post-processing techniques to bring your photographs to life. Discover which type of lighting works best for your subject and what photography equipment to obtain on a tight budget.

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

**Instructor:** Walter Calahan

5-Digit Number: 28959 | Sat 9:30 a.m. - 1:30 p.m., 10/25

Location: Conference Center/E125

Tuition: \$10 | Fee: \$29 | Total: \$39

### 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: This course will meet on campus in an in-person environment.**

**Instructor:** Walter Calahan

5-Digit Number: 28957 | Sat 9:30 a.m. - 1:30 p.m., 11/1

Location: Conference Center/E140

Tuition: \$10 | Fee: \$29 | Total: \$39



### ILR968 Discover a Season: Autumn Nature Walk

1 session, 2 hours

There's nothing like a mid-autumn stroll. The changing leaves will let us admire the diverse shapes and barks of many tree species. October is also an active season for birds as the last of our summer birds move south and the earliest of the winter birds arrive. Bald Eagles are year-round residents but October is our most likely time to observe them. We'll also keep our eyes out for native mammals like muskrat, beaver, and even the elusive fisher. There's plenty to see on a nature walk. Be prepared for moderate walking up to one mile. Dress for the weather.

**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: 29064 | Tue 10:00 a.m. - 12:00 p.m., 10/21

Location: Off Campus

Tuition: \$10 | Fee: \$12 | Total: \$22

## ENG240 Amherst Writers and Artists Workshop

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

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: This course will meet on campus in an in-person environment.**

**Instructor:** Sherri Philpott

5-Digit Number: 29161 | Mon 1:00 - 3:00 p.m., 9/29 - 11/17

Location: Conference Center/E125

Tuition: \$30 | Fee: \$169 | Total: \$199

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

7 sessions, 14 hours | **SW**

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.

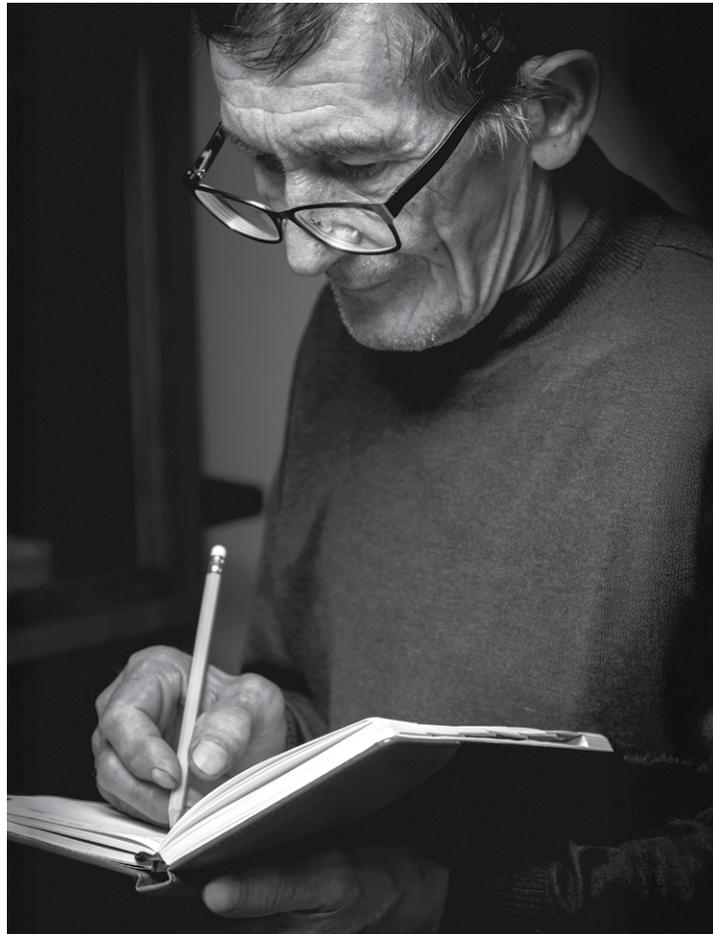
**Note: This course will meet on campus in an in-person environment.**

**Instructor:** Dorothy O'Neal

5-Digit Number: 28975 | Wed 1:00 - 3:00 p.m., 10/1 - 11/12

Location: Conference Center/E125

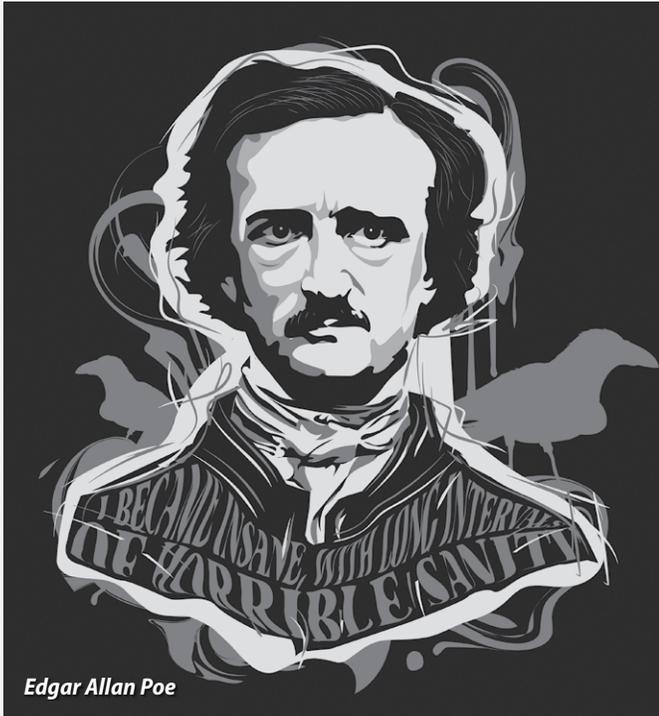
Tuition: \$40 | Fee: \$104 | Total: \$144



**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.

# FREE Fall Courses

The following programs are made possible with financial support from the FCC Foundation, a nonprofit organization established to receive private gifts from individuals and organizations. Programs supported include complimentary courses, ILR socials, the Curious Traveler's Club programming, honorariums, group meetings, and event sponsorships. The FCC Foundation is a nonprofit, 501 c 3 organization. Tax id no 52-1231768. [www.frederick.edu/foundation](http://www.frederick.edu/foundation). Please consider making a donation.



## LIR168 The Life & Writings of Edgar Allan Poe (SR)

6 sessions, 9 hours | **SW** |  | 

Mystery, tragedy, horror - these words often first come to mind when thinking of Edgar Allan Poe. While Poe is most famously known as an iconic Father of Horror, a deeper dive into his personal and professional life reveals brilliant contributions to literary genres like science fiction, the modern detective story, and even medical fiction. Explore the intersections of history and humanity presented in the life and writings of Edgar Allan Poe.

**Note:** This Structured Remote Course is entirely online.

**Instructor:** Kierstin Klimas

5-Digit Number: 29085 | Thu 6:00 - 7:30 p.m., 9/18 - 10/23

Location: Online

Tuition: This is a free course\*



## LIR295 Threads Throughout History

4 sessions, 8 hours

Women have used textiles, sewing, and needlework for centuries to express their emotions and tell of their life circumstances. This class will examine inspiring chronicles showing how cloth and hand stitching can hold cultural memories, tell powerful stories, celebrate life's beauty, and even scream protest to remember injustice. By witnessing these stories, these textiles hold hope for the future. This class will be fascinating for needlework and history buffs alike, as well as those struggling with how to express their emotions in a chaotic world. Class will be based on the book *Threads of Life: A History of the World through the Eye of a Needle* by Clare Hunter.

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

**Instructor:** Marcy Gouge

5-Digit Number: 29086 | Mon, Wed 10:00 a.m. - 12:00 p.m., 9/22 - 10/1

Location: Conference Center/E138

Tuition: This is a free course\*

## LIR294 Law and Racism

5 sessions, 6.25 hours | **SW**

The U.S. continues to struggle with racial controversies concerning education, employment, voting, law enforcement, and other matters which impact daily life. In this course we will consider how U.S. law imbedded anti-Black racism in the nation's birth and growth, then examine how the legal system has sought to ban racial discrimination. We will discuss today's issues in terms of two conflicting legal principles - strict colorblindness and diversity/equity.

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

**Instructor:** Stephan Haimowitz

5-Digit Number: 29074 | Thu 1:00 - 2:15 p.m., 9/25 - 10/23

Location: Conference Center /E138

Tuition: This is a free course\*

\*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 this period. \*\*Beginning July 1, 2025, the annual registration fee will increase to \$15 per student.

## LIR261 Understanding Spiritual Experiences: Angels, Paranormal, Marian Apparitions, Hallucinogens, Charismatic Movement

4 sessions, 6 hours |  

Studies indicate that 70 percent of the population have one or more spiritual experiences. They are often not well understood, and experiencers often feel unable to share their experience with anyone for fear of being misunderstood. We will look at a few of the different kinds of experiences, beginning with the experience of angels. Marian Apparitions are associated with locations where people go to be healed. We will briefly examine the similarity between hallucinogens and spiritual experiences, and Houston Smith's warning that the former does not replace religion. Paranormal includes a wide variety of different experiences, less likely to be spiritually transformative, but nevertheless significant. The emphasis is on understanding. This is not a class about dogma or beliefs. We will discuss recent and historical research and the various organizations devoted to studying these and other forms of spiritual experiences. And of course, sharing experiences is an important part of the course.

**Note:** This class is offered in a Hy-Flex format. Class meets both in person and online. Students can choose their mode of attendance each week. The Zoom link will be emailed by ILR staff the Friday before the class begins.

**Instructor:** Sara Towe

5-Digit Number: 29073 | Mon 11:00 a.m. - 12:30 p.m., 10/6 - 10/27

Location: Conference Center/E138

Tuition: This is a free course\*

## LIR297 The Unimaginable Journey of Peter Ertel - Film Screening and Director Discussion

1 session, 3 hours

In the midst of great evil, it is the courageous man or woman who refuses to succumb, and Peter Ertel was one such man. Forced to serve in the German army despite his open contempt for the Nazis and his refusal to kill the enemy, Ertel would not only miraculously survive World War II but would also be regarded as family by his Jewish employers. THE UNIMAGINABLE JOURNEY OF PETER ERTEL is a riveting, award-winning account of the life of a man who defied insurmountable odds in an unforgiving environment and who later found peace in America. This film combines archive footage – much of which has never before been shown – with Ertel's own brave telling of his extraordinary odyssey. A true story so bold, brave, and beautiful it will restore your faith that humanity can survive even the darkest of days. Winner of the "David Ponce Best of the Fest Award" at the 2017 Chagrin Documentary Film Festival, the "Founders' Choice Award" at the 2016 G.I. Film Festival, and the "Local Heroes Competition" at the 2017 Cleveland International Film Festival. Students will first screen the 104-minute film. Following a short break, students will then have an opportunity to have a conversation with the director via Zoom.

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

**Instructor:** Joe Cahn

5-Digit Number: 29084 | Fri 9:30 a.m. - 12:30 p.m., 10/31

Location: Sweadner Hall

Tuition: This is a free course\*



## LIR287 Protect Your Nest Egg (SR)

1 session, 1.5 hours | 

Never stop learning, especially when it comes to protecting your hard-earned money. In this course, you'll learn investing basics and how to monitor your accounts and add a "trusted contact". We'll also discuss how fees impact your investments and what is the best way to research investments and investment professionals, including how to spot and avoid scams. Finally, we'll show you steps to plan for illnesses, especially if you need to tap into your nest egg.

**Note:** This Structured Remote Course is entirely online.

**Instructor:** Tom Manganello

5-Digit Number: 29072 | Wed 10:00 - 11:30 a.m., 11/19

Location: Online

Tuition: This is a free course\*

**SW**

**Senior Tuition Eligible** | Course tuition is eligible to be waived for MD residents 60+ years. Details on page 3.



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



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

# 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. Students will be required to sign into Blackboard to access instructor information, course orientation, and learning materials.

FOR419 **American Sign Language I**

FOR421 **Introductory Spanish I**

FOR429 **American Sign Language II**

FOR422 **Introductory Spanish II**

FOR430 **American Sign Language III**

FOR412 **Introductory German I**

FOR406 **Introductory French I**

FOR418 **Introductory Arabic I**

To learn more about the courses, visit [frederick.edu/colisted](https://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

ILR871 **The Advantages of Trading Options**

LIR216 **Understanding Spiritual Experiences:  
Angels, Paranormal, Marian Apparitions,  
Hallucinogens, Charismatic Movement  
(Hy-Flex)**

LIR329 **From Isolation to Global Leadership:  
The Evolution of the American Century**

LIR168 **The Life & Writings of Edgar Allan Poe**

ILR424 **Democracy in America Forum**

LIR287 **Making Smart Investment Decisions:  
Protect Your Nest Egg**

ACR172 **Introduction to Voiceovers**

ILR SUMMER/FALL 2025 CALENDAR • MONDAY - FRIDAY \_\_\_\_\_

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>  INDEPENDENCE DAY NO CLASSES
<b>7</b> 10:00 Arts & Culture, Chanel & Dior	<b>8</b> 9:00 Watercolor Painting, Int. & Adv.	<b>9</b> 10:00 Arts & Culture, Chanel & Dior	<b>10</b>	<b>11</b> <u>10:00 Arts &amp; Culture, Chanel &amp; Dior</u>
<b>14</b> 2:00 Hist. of the U.S. Supreme Court	<b>15</b> 9:00 Watercolor Painting, Int. & Adv.	<b>16</b>	<b>17</b>	<b>18</b>
<b>21</b> 2:00 Hist. of the U.S. Supreme Court	<b>22</b> 9:00 Watercolor Painting, Int. & Adv. <u>11:00 History Bites, Guadalcanal</u>	<b>23</b>	<b>24</b> 10:00 Prep. Docs for a Life Event	<b>25</b>
<b>28</b> 1:00 Introductory Latin <u>2:00 Hist. of the U.S. Supreme Court</u>	<b>29</b> 9:00 Watercolor Painting, Int. & Adv. 10:00 Role of the Executor in Md	<b>30</b> 1:00 Introductory Latin	<b>31</b> <u>10:00 Role of the Executor in Md</u>	

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

# ILR SUMMER/FALL 2025 CALENDAR • MONDAY - FRIDAY

## August 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> <u>10:00 Hormones and Brain Health</u> <b>10:00 Jamestown: The Colony</b> 1:00 Introductory Latin
<b>4</b> 1:00 Introductory Latin <b>3:00 Korean Language – Beginner</b> <b>6:00 French Language Lab</b>	<b>5</b> 9:00 Watercolor Painting, Int. & Adv. <b>1:00 Digital Literacy 101</b>	<b>6</b> 1:00 Introductory Latin <b>1:00 Theology of Aging</b> <b>6:00 Usui Reiki 1st Degree</b>	<b>7</b> 1:00 Digital Literacy 101 3:00 Korean Language – Beginner <b>6:00 Fund. of Portrait Drawing</b>	<b>8</b> <b>10:00 Begin. Calligraphy: Italic</b> 10:00 Jamestown: The Colony <b>11:30 A Taste of Asia, Lunch Trip</b> 1:00 Introductory Latin
<b>11</b> 1:00 Introductory Latin 3:00 Korean Language – Beginner 6:00 French Language Lab	<b>12</b> 9:00 Watercolor Painting, Int. & Adv. <b>10:00 The Fool's Journey</b> <b>10:00 Med. Curious, Crashes, Falls</b> 1:00 Digital Literacy 101	<b>13</b> <b>9:00 Afr. Cooking, Vegan Dishes</b> <u>1:00 Introductory Latin</u> 1:00 Theology of Aging 6:00 Usui Reiki 1st Degree	<b>14</b> <b>9:30 Introduction to Google Docs</b> <u>1:00 Digital Literacy 101</u> 3:00 Korean Language – Beginner 6:00 Fund. of Portrait Drawing	<b>15</b> 10:00 Begin. Calligraphy: Italic <u>10:00 Jamestown: The Colony</u>
<b>18</b> 3:00 Korean Language – Beginner 6:00 French Language Lab	<b>19</b> 9:00 Watercolor Painting, Int. & Adv. 10:00 The Fool's Journey <b>1:00 Digital Literacy 102</b>	<b>20</b> 9:00 Afr. Cooking, Vegan Dishes <b>10:00 Adv. Care Planning</b> 1:00 Theology of Aging <u>6:00 Usui Reiki 1st Degree</u>	<b>21</b> <u>9:30 Introduction to Google Docs</u> 1:00 Digital Literacy 102 <b>1:00 Shinrin-yoku, Forest Therapy</b> 3:00 Korean Language – Beginner 6:00 Fund. of Portrait Drawing	<b>22</b> <b>9:30 Drawing for Beginners</b> 10:00 Begin. Calligraphy: Italic <u>1:00 Shinrin-yoku, Forest Therapy</u>
<b>25</b> <b>10:00 How to Listen to Jazz</b> 3:00 Korean Language – Beginner <u>6:00 French Language Lab</u>	<b>26</b> 9:00 Watercolor Painting, Int. & Adv. <u>10:00 The Fool's Journey</u> 1:00 Digital Literacy 102	<b>27</b> 9:00 Afr. Cooking, Vegan Dishes <u>1:00 Theology of Aging</u>	<b>28</b> <u>1:00 Digital Literacy 102</u> <u>3:00 Korean Language – Beginner</u> 6:00 Fund. of Portrait Drawing	<b>29</b> 9:30 Drawing for Beginners 10:00 Begin. Calligraphy: Italic

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

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p>LABOR DAY NO CLASSES</p>	<p><b>2</b> 9:00 Watercolor Painting, Multi. &amp; Beg. 12:00 Watercolor Painting, Adv. 1:00 Tai Chi, Balance &amp; Well Being</p>	<p><b>3</b> 9:00 Afr. Cooking, Vegan Dishes 10:00 Isolation to Global Leadership <u>1:00 Mast. Gardener, Fall Veggies</u> 2:00 Intro. to Ballroom Dancing <u>5:30 Aged Vinegar, Dip, Dress, or Drink</u></p>	<p><b>4</b> 10:00 Intro. to Fashion History 1:00 Tai Chi, Balance &amp; Well Being 6:00 Fund. of Portrait Drawing</p>	<p><b>5</b> 9:30 Drawing for Beginners 10:00 Begin. Calligraphy: Italic</p>
<p><b>8</b> 9:00 Strength Training for Seniors 10:00 How to Listen to Jazz 1:00 Russ. Composers, Tchaikovsky 5:00 French Con. &amp; Basic Comm. 5:30 Introduction to Watercolor 6:00 Adv. of Trading Options</p>	<p><b>9</b> 9:00 Watercolor Painting, Multi. &amp; Beg. 10:00 Genealogy Basics, Apprec. 12:00 Watercolor Painting, Adv. 1:00 Tai Chi, Balance &amp; Well Being 1:30 Expl. Perceptions, Mid. East 6:30 Intro. to Healthy Living</p>	<p><b>10</b> <u>9:15 Folger Sha. Library &amp; Sup. Ct.</u> 10:00 Isolation to Global Leadership 12:00 Computer Security 1:00 Guitar for Cognitive Health <u>1:00 Mast. Gardener, Shrubs &amp; Trees</u> 2:00 Intro. to Ballroom Dancing 2:00 Raise Your Wine IQ, The Basics 6:00 Adv. of Trading Options <u>6:00 Animal Reiki Healing</u></p>	<p><b>11</b> 10:00 Armchair Travel: Wales, UK 10:00 Intro. to Fashion History 1:00 Tai Chi, Balance &amp; Well Being 1:30 Expl. Perceptions, Mid. East 6:00 Fund. of Portrait Drawing</p>	<p><b>12</b> 9:30 Drawing for Beginners 10:00 Begin. Calligraphy: Italic</p>
<p><b>15</b> 9:00 Strength Training for Seniors 10:00 How to Listen to Jazz 1:00 Russ. Composers, Tchaikovsky 5:00 French Con. &amp; Basic Comm. <u>5:30 Introduction to Watercolor</u> 6:00 Adv. of Trading Options</p>	<p><b>16</b> 9:00 Watercolor Painting, Multi. &amp; Beg. 10:00 Genealogy Basics, Apprec. <u>10:00 Med. Curious, Senior Hearing</u> 12:00 Watercolor Painting, Adv. 1:00 Tai Chi, Balance &amp; Well Being 1:30 Expl. Perceptions, Mid. East <b>6:00 ASL Adv. Units 5&amp;6</b> 6:30 Intro. to Healthy Living</p>	<p><b>17</b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 10:00 Isolation to Global Leadership 12:00 Computer Security 1:00 Guitar for Cognitive Health <u>1:00 Mast. Gardener, Winterizing</u> 2:00 Intro. to Ballroom Dancing <u>2:00 Raise Your Wine IQ, The Basics</u> <u>6:00 Adv. of Trading Options</u></p>	<p><b>18</b> 10:00 Armchair Travel: Wales, UK 10:00 Intro. to Fashion History 1:00 Tai Chi, Balance &amp; Well Being <u>1:30 Expl. Perceptions, Mid. East</u> 6:00 ASL Adv. Units 5&amp;6 6:00 Fund. of Portrait Drawing <b>6:00 Introduction to Herbalism</b> <b>6:00 Life &amp; Writings, Edgar Allan Poe</b></p>	<p><b>19</b> <u>9:30 Art Apprec., Visionary Artists</u> 10:00 Begin. Calligraphy: Italic <b>10:00 Democracy in America Forum</b> <b>10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</b> <u>12:30 Frederick, Female Artists</u></p>
<p><b>22</b> 9:00 Strength Training for Seniors 10:00 How to Listen to Jazz <b>10:00 Threads Throughout History</b> 1:00 Russ. Composers, Tchaikovsky 5:00 French Con. &amp; Basic Comm. <b>5:30 Introduction to Oil Pastels</b> <b>6:00 Start Sewing in a Nutshell</b></p>	<p><b>23</b> 9:00 Watercolor Painting, Multi. &amp; Beg. 10:00 Genealogy Basics, Apprec. <u>11:00 History Bites, PT Boats</u> 12:00 Watercolor Painting, Adv. 1:00 Tai Chi, Balance &amp; Well Being 6:00 ASL Adv. Units 5&amp;6 <u>6:00 Start Sewing in a Nutshell</u> 6:30 Intro. to Healthy Living</p>	<p><b>24</b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 10:00 Isolation to Global Leadership 10:00 Threads Throughout History 12:00 Computer Security 1:00 Guitar for Cognitive Health 2:00 Intro. to Ballroom Dancing</p>	<p><b>25</b> <u>8:30 Cemetery Sojourns, Congress.</u> <u>10:00 Armchair Travel: Wales, UK</u> <u>10:00 Intro. to Fashion History</u> <b>1:00 Law and Racism</b> 1:00 Tai Chi, Balance &amp; Well Being 6:00 ASL Adv. Units 5&amp;6 <u>6:00 Fund. of Portrait Drawing</u> 6:00 Introduction to Herbalism 6:00 Life &amp; Writings, Edgar Allan Poe</p>	<p><b>26</b> <u>9:30 Inter. Facts About Frederick</u> <u>10:00 Begin. Calligraphy: Italic</u> 10:00 Democracy in America Forum 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</p>
<p><b>29</b> 9:00 Strength Training for Seniors 10:00 How to Listen to Jazz 10:00 Threads Throughout History <b>1:00 Amherst Writ. &amp; Artists Wksp.</b> <u>1:00 Russ. Composers, Tchaikovsky</u> <b>2:00 Project 2025, Federal Gov.</b> 5:00 French Con. &amp; Basic Comm. <u>5:30 Introduction to Oil Pastels</u></p>	<p><b>30</b> 9:00 Watercolor Painting, Multi. &amp; Beg. <u>10:00 Genealogy Basics, Apprec.</u> 12:00 Watercolor Painting, Adv. 1:00 Tai Chi, Balance &amp; Well Being 6:00 ASL Adv. Units 5&amp;6 <u>6:00 Mus. &amp; Hist., Baker Pk. Carillon</u> <b>6:00 Wine Boot Camp</b> <u>6:30 Intro. to Healthy Living</u></p>			

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

# ILR SUMMER/FALL 2025 CALENDAR • MONDAY - FRIDAY

## October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 10:00 Isolation to Global Leadership <u>10:00 Threads Throughout History</u> <b>12:00 Hist., Army of the Potomac</b> 1:00 Guitar for Cognitive Health <b>1:00 Writing Your Life Story</b> 2:00 Intro. to Ballroom Dancing</p>	<p><b>2</b> <b>11:00 Intro. to Law and Legal Sys.</b> 1:00 Law and Racism 1:00 Tai Chi, Balance &amp; Well Being 6:00 ASL Adv. Units 5&amp;6 <u>6:00 Introduction to Herbalism</u> 6:00 Life &amp; Writings, Edgar Allan Poe</p>	<p><b>3</b> <b>9:30 Acrylic Painting Tech., Begin.</b> 10:00 Democracy in America Forum 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</p>
<p><b>6</b> <u>10:00 How to Listen to Jazz</u> <b>11:00 Spiritual Experiences</b> 1:00 Amherst Writ. &amp; Artists Wksp. 2:00 Project 2025, Federal Gov. 5:00 French Con. &amp; Basic Comm.</p>	<p><b>7</b> 9:00 Watercolor Painting, Multi. &amp; Beg. <b>10:00 Continuing the Fool's Journey</b> <b>10:00 Dementia 101</b> 12:00 Watercolor Painting, Adv. <b>1:00 Self Defensive Tactics</b> 1:00 Tai Chi, Balance &amp; Well Bein 6:00 ASL Adv. Units 5&amp;6 <b>6:00 Chickenology</b> <b>6:30 Introduction to Podcasting</b></p>	<p><b>8</b> <u>10:00 Isolation to Global Leadership</u> 12:00 Hist., Army of the Potomac 1:00 Guitar for Cognitive Health 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing <b>7:00 Mixology, The Basics</b></p>	<p><b>9</b> <b>8:30 MtVern. Balt., Hist., Cult., &amp; Art Tour</b> 11:00 Intro. to Law and Legal Sys. <b>12:00 Going Paperless</b> 1:00 Law and Racism 1:00 Tai Chi, Balance &amp; Well Being <b>2:00 Aviation History, Women</b> 6:00 ASL Adv. Units 5&amp;6 6:00 Life &amp; Writings, Edgar Allan Poe 6:30 Introduction to Podcasting</p>	<p><b>10</b> 9:30 Acrylic Painting Tech., Begin. <b>10:00 Continuing Calligraphy</b> 10:00 Democracy in America Forum <b>10:00 Tree Tour of Baker Park</b> <b>11:00 FSO, Fall Concert</b></p>
<p><b>13</b> 9:00 Strength Training for Seniors 11:00 Spiritual Experiences <b>11:00 Mass, Sac. Words Set to Music</b> 1:00 Amherst Writ. &amp; Artists Wksp. 2:00 Project 2025, Federal Gov. 5:00 French Con. &amp; Basic Comm.</p>	<p><b>14</b> 10:00 Continuing the Fool's Journey 10:00 Dementia 101 <b>11:00 History Bites, S. Ant. Nat. Cem.</b> 1:00 Tai Chi, Balance &amp; Well Being 6:00 ASL Adv. Units 5&amp;6 6:00 Chickenology <b>6:00 Use DNA Matches, Gen. Research</b> 6:30 Introduction to Podcasting</p>	<p><b>15</b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 12:00 Hist., Army of the Potomac <u>1:00 Guitar for Cognitive Health</u> 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing <b>6:00 Apicology: BEEginner Beekeeping</b></p>	<p><b>16</b> <b>10:00 Med. Curious - Vit., Min., &amp; Sup.</b> 11:00 Intro. to Law and Legal Sys. 12:00 Going Paperless 1:00 Law and Racism 1:00 Tai Chi, Balance &amp; Well Being <u>6:00 ASL Adv. Units 5&amp;6</u> 6:00 Life &amp; Writings, Edgar Allan Poe 6:30 Introduction to Podcasting</p>	<p><b>17</b> 9:30 Acrylic Painting Tech., Begin. 10:00 Continuing Calligraphy <u>10:00 Democracy in America Forum</u> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</p>
<p><b>20</b> 9:00 Strength Training for Seniors <b>9:30 Revital. of Downtown Frederick</b> 11:00 Spiritual Experiences 11:00 Mass, Sac. Words Set to Music 1:00 Amherst Writ. &amp; Artists Wksp. 2:00 Project 2025, Federal Gov. 5:00 French Con. &amp; Basic Comm.</p>	<p><b>21</b> 9:00 Watercolor Painting, Multi. &amp; Beg. 10:00 Continuing the Fool's Journey 10:00 Dementia 101 <b>10:00 Discover a Season, Nature Walk</b> 12:00 Watercolor Painting, Adv. <b>1:00 Start Sewing in a Nutshell</b> 1:00 Tai Chi, Balance &amp; Well Being <b>5:30 Basic Conversational Spanish</b> 6:00 Chickenology <u>6:00 Use DNA Matches, Gen. Research</u> 6:30 Introduction to Podcasting</p>	<p><b>22</b> <b>8:45 Gettysburg: Art from Battle</b> 9:30 Revital. of Downtown Frederick 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 12:00 Hist., Army of the Potomac 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing 6:00 Apicology: BEEginner Beekeeping <b>6:00 Lifting the Veil, Psychic Ability</b></p>	<p><b>23</b> <b>9:30 Hiking Safety and Leave No Trace</b> <u>11:00 Intro. to Law and Legal Sys.</u> <u>12:00 Going Paperless</u> <u>1:00 Law and Racism</u> <u>1:00 Start Sewing in a Nutshell</u> 1:00 Tai Chi, Balance &amp; Well Being <b>2:00 Aviation History, US Wings of War</b> 5:30 Basic Conversational Spanish <u>6:00 Life &amp; Writings, Edgar Allan Poe</u> <b>6:30 Crochet for Beginners</b> 6:30 Introduction to Podcasting</p>	<p><b>24</b> 9:30 Acrylic Painting Tech., Begin. 9:30 Revital. of Downtown Frederick 10:00 Continuing Calligraphy 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</p>
<p><b>27</b> <b>9:00 Ireland: Small Island, Big History</b> 11:00 Spiritual Experiences 11:00 Mass, Sac. Words Set to Music 1:00 Amherst Writ. &amp; Artists Wksp. <u>2:00 Project 2025, Federal Gov.</u> <u>5:00 French Con. &amp; Basic Comm.</u></p>	<p><b>28</b> 9:00 Watercolor Painting, Multi. &amp; Beg. <u>10:00 Continuing the Fool's Journey</u> 12:00 Watercolor Painting, Adv. 1:00 Tai Chi, Balance &amp; Well Being <b>1:00 Current Issues in the Middle East</b> 5:30 Basic Conversational Spanish <b>6:00 ASL Adv. Units 7&amp;8</b> 6:00 Chickenology 6:30 Introduction to Podcasting</p>	<p><b>29</b> <b>10:00 Successful Aging in Place</b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 12:00 Hist., Army of the Potomac <b>1:00 AI and Other Modern Tech.</b> 1:00 Writing Your Life Story 2:00 Intro. to Ballroom Dancing <b>5:30 Liquid Gold: The Olive Oil Class</b> 6:00 Apicology: BEEginner Beekeeping</p>	<p><b>30</b> <b>9:30 Experience Edgar Allan Poe</b> <b>10:00 Designer Greeting Cards, Fall</b> <b>11:00 Geor. Wash. Dream, Potomac Co.</b> 1:00 Tai Chi, Balance &amp; Well Being 5:30 Basic Conversational Spanish 6:00 ASL Adv. Units 7&amp;8 6:30 Crochet for Beginners 6:30 Introduction to Podcasting</p>	<p><b>31</b> <b>9:30 Peter Ertel, Film and Discussion</b> 10:00 Continuing Calligraphy 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</p>

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

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9:00 Ireland: Small Island, Big History 11:00 Mass, Sac. Words Set to Music 1:00 Amherst Writ. &amp; Artists Wksp.</p>	<p><b>4</b> 9:00 Watercolor Painting, Multi. &amp; Beg. <b>10:00 Amer. Hist., Female Eyes</b> 12:00 Watercolor Painting, Adv. 1:00 Current Issues in the Middle East <u>1:00 Tai Chi, Balance &amp; Well Being</u> 5:30 Basic Conversational Spanish 6:00 ASL Adv. Units 7&amp;8 <u>6:00 Chickenology</u> 6:30 Introduction to Podcasting</p>	<p><b>5</b> <b><u>9:00 Lincoln Assa., On Site Ford's Theatre</u></b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2 <u>10:00 Successful Aging in Place</u> 1:00 AI and Other Modern Tech. 1:00 Writing Your Life Story <u>2:00 Intro. to Ballroom Dancing</u> 6:00 Apicology: BEEginner Beekeeping <b>6:00 Lifting the Veil, Psychometry</b></p>	<p><b>6</b> 11:00 Geor. Wash. Dream, Potomac Co. <u>1:00 Tai Chi, Balance &amp; Well Being</u> 5:30 Basic Conversational Spanish 6:00 ASL Adv. Units 7&amp;8 6:30 Crochet for Beginners <u>6:30 Introduction to Podcasting</u></p>	<p><b>7</b> <b>9:30 Beginner Pen &amp; Ink Drawing</b> 10:00 Continuing Calligraphy <b>10:00 Early Hist. of Md, Pt. 2</b> 10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1 <b>7:00 Lifting the Veil, Field Trip</b></p>
<p><b>10</b> 9:00 Ireland: Small Island, Big History 11:00 Mass, Sac. Words Set to Music 1:00 Amherst Writ. &amp; Artists Wksp. <b>1:00 Sewing, Basic Shirt Making</b></p>	<p><b>11</b> 9:00 Watercolor Painting, Multi. &amp; Beg. <b>9:15 The People's Museum</b> 10:00 Amer. Hist., Female Eyes 12:00 Watercolor Painting, Adv. 1:00 Current Issues in the Middle East 5:30 Basic Conversational Spanish 6:00 ASL Adv. Units 7&amp;8 <b>6:00 Basic Sewing Techniques</b></p>	<p><b>12</b> <u>10:00 Intro. Ital. Lang. &amp; Cult., Pt. 2</u> 1:00 AI and Other Modern Tech. 1:00 Sewing, Basic Shirt Making <u>1:00 Writing Your Life Story</u> <b>2:00 Raise Your Wine IQ, N. Spain</b> 6:00 Apicology: BEEginner Beekeeping</p>	<p><b>13</b> <b>11:00 History Bites, Pres. Sites Near Fred.</b> <u>5:30 Basic Conversational Spanish</u> 6:00 ASL Adv. Units 7&amp;8 6:00 Basic Sewing Techniques 6:30 Crochet for Beginners</p>	<p><b>14</b> 9:30 Beginner Pen &amp; Ink Drawing 10:00 Continuing Calligraphy 10:00 Early Hist. of Md, Pt. 2 <u>10:00 Intro. Ital. Lang. &amp; Cult., Pt. 1</u></p>
<p><b>17</b> 9:00 Ireland: Small Island, Big History 11:00 Mass, Sac. Words Set to Music <u>1:00 Amherst Writ. &amp; Artists Wksp.</u> <b>1:00 Prep. Imp. Docs for a Life Event</b> <u>1:00 Sewing, Basic Shirt Making</u></p>	<p><b>18</b> 9:00 Watercolor Painting, Multi. &amp; Beg. 10:00 Amer. Hist., Female Eyes 12:00 Watercolor Painting, Adv. 1:00 Current Issues in the Middle East <b>5:30 Cont. Conversational Spanish</b> 6:00 ASL Adv. Units 7&amp;8 6:00 Basic Sewing Techniques</p>	<p><b>19</b> <b>10:00 Med. Curious, Medical Myths</b> <b>10:00 Protect Your Nest Egg</b> 1:00 AI and Other Modern Tech. <u>6:00 Apicology: BEEginner Beekeeping</u></p>	<p><b>20</b> <b>10:00 Greeting Cards, Holidays</b> 5:30 Cont. Conversational Spanish 6:00 ASL Adv. Units 7&amp;8 6:00 Basic Sewing Techniques <u>6:30 Crochet for Beginners</u></p>	<p><b>21</b> <b>9:00 Fred. Hist. 101, 1700s &amp; 1800s</b> <u>9:30 Beginner Pen &amp; Ink Drawing</u> 10:00 Continuing Calligraphy <u>10:00 Early Hist. of Md, Pt. 2</u></p>
<p><b>24</b></p>	<p><b>25</b> <u>1:00 Current Issues in the Middle East</u></p>	<p><b>26</b></p> <p style="text-align: center;">THANKSGIVING BREAK NO CLASSES</p>	<p><b>27</b></p>	<p><b>28</b></p>

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

# ILR SUMMER/FALL 2025 CALENDAR • MONDAY - FRIDAY \_\_\_\_\_

## December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	<b>2</b> <u>9:00 Watercolor Painting, Multi. &amp; Beg.</u> 10:00 Amer. Hist., Female Eyes <u>12:00 Watercolor Painting, Adv.</u> 5:30 Cont. Conversational Spanish 6:00 ASL Adv. Units 7&8	<b>3</b> 1:00 AI and Other Modern Tech.	<b>4</b> 5:30 Cont. Conversational Spanish <u>6:00 ASL Adv. Units 7&amp;8</u>	<b>5</b> <u>9:00 Fred. Hist. 101, 1900s to Pres.</u> <u>9:30 Vintage Christmas</u> 10:00 Continuing Calligraphy <u>11:00 FSO, Christmas Concert</u>
<b>8</b>	<b>9</b> 5:30 Cont. Conversational Spanish	<b>10</b> <u>1:00 AI and Other Modern Tech.</u>	<b>11</b> 5:30 Cont. Conversational Spanish	<b>12</b>
<b>15</b>	<b>16</b> 5:30 Cont. Conversational Spanish	<b>17</b>	<b>18</b> <u>5:30 Cont. Conversational Spanish</u>	<b>19</b>
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
WINTER BREAK NO CLASSES				
<b>29</b>	<b>30</b>	<b>31</b>		

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

July 2025

SATURDAY	
<b>5</b>	INDEPENDENCE DAY WEEKEND, NO CLASSES

August 2025

SATURDAY	
<b>16</b>	<u>11:00 A Taste of Asia - Korean Kimchi Fried Rice and Sweet &amp; Sour Red Snapper</u>
<b>23</b>	<u>9:30 Managing &amp; Archiving Cell Phone Photographs</u>
<b>30</b>	LABOR DAY WEEKEND, NO CLASSES

September 2025

SATURDAY	
<b>6</b>	<u>9:00 Hearty Soup Series - Chicken Matzo Ball Soup and Challah Bread</u> 9:30 Lightroom Classic <u>10:00 Fascinating and Forgotten: Walking Tour: West 3rd and Rockwell Terrace</u>
<b>13</b>	9:30 Lightroom Classic
<b>20</b>	9:30 Lightroom Classic <u>10:00 Intriguing, Unusual, &amp; Interesting Tales, Downtown Frederick Walking Tour, Southeast District</u> <u>11:00 A Taste of Asia - Dan Dan Noodles and Fried Shrimp Baguette</u>
<b>27</b>	9:30 Lightroom Classic

October 2025

SATURDAY	
<b>11</b>	<u>9:00 Bread, Pastries, and Cookies Series - Soft Pretzels/Puerto Rican Sweet Rolls</u> 9:30 Camera and Photography Basics
<b>18</b>	9:30 Camera and Photography Basics <u>11:00 A Taste of Asia - Cantonese Style Pork Meatloaf with Mushroom &amp; Sausage, and Spring Rolls</u>
<b>25</b>	<u>9:30 Tabletop Photography - How to Photograph Small Collectables, Family Heirlooms</u>

November 2025

SATURDAY	
<b>1</b>	<u>9:30 Mastering Exposure</u>
<b>8</b>	<u>9:00 Hearty Soup Series - Moroccan Harira Soup Recipe (Vegetarian &amp; Gf) with Flatbread/Focaccia</u>
<b>15</b>	<u>11:00 A Taste of Asia - Thai Lemongrass Chicken Soup and Vietnamese Beef Grape Leaves Wrap</u>
<b>29</b>	THANKSGIVING DAY WEEKEND, NO CLASSES

December 2025

SATURDAY	
<b>13</b>	<u>9:00 Bread, Pastries, and Cookies Series - Cake/Brownies/Cookies</u>
<b>27</b>	WINTER BREAK, NO CLASSES

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# How to Register for ILR Classes .....

## ONLINE

- Go to Frederick.edu/ILR
- Click Login/Create Account in the green menu bar below the FCC logo.
- 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 ILR Programs to view available classes.
- On a class page, click Add to Cart to begin and then View Cart to continue the registration process.
- Check Agree to Refund Policy.
- Click Check Out to submit payment and complete your registration.



## NEED HELP REGISTERING?

### CEWD Registration Office – Jefferson Hall For in-person registration.



- 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 (January, July, and 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 this period. \*Beginning July 1, 2025, the annual registration fee will increase to \$15 per student.
- 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:

1. 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.
2. 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 [frederick.edu/CEWDrefund](https://frederick.edu/CEWDrefund). 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

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 this period. \*Beginning July 1, 2025, the annual registration fee will increase to \$15 per student.

### 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](https://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.



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

### FCC Main Campus

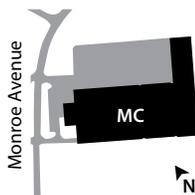
7932 Opossumtown Pike  
Frederick, MD 21702

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

- Parking Lot  
 Accessible Parking

### Monroe Center (MC)

200 Monroe Avenue  
Frederick, MD 21701



### Offsite Locations

**Fred Astaire Dance Studios**  
5500 Buckeystown Pike #615  
Frederick, MD 21703

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

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

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

↑ To Additional Athletic Fields



**Frederick Community College, ILR Summer/Fall 2025** – 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 affected 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 (FCC) 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. Under the ADA and Section 504, FCC makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. For FCC employees needing accommodations, including interpreting, please email [humanresources@frederick.edu](mailto:humanresources@frederick.edu). For students and others with accommodation needs or questions, please call 301.846.2408, or to request sign language interpreter services, please email [interpreting@frederick.edu](mailto:interpreting@frederick.edu). Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. Requests must be made at least five workdays before a scheduled event to guarantee accommodations. 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](mailto:DisabilityServices@frederick.edu)  
**Coordinator for Interpreting Services** | 301.846.2476 or via email at [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu)

**Board of Trustees** – Theodore M. Luck, *Chair* • Tom Lynch, *Vice Chair* • Jan H. Gardner • Carolyn Kimberlin • Tracey McPherson • Dr. William Reid • Myrna Whitworth  
Dr. Annesa Cheek, *FCC President/Secretary-Treasurer* • Janice Spiegel, *Director of Education and Special Initiatives/Office of the County Executive*



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

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# THE CURIOUS TRAVELER 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. 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. Meetings will be July - December. Check online for the meeting location and format.

Please check [ILRFCC.org](http://ILRFCC.org) for the most up to date meeting schedule, topics, and where to meet.



**Register today! Scan the QR code or visit [ILRFCC.org](http://ILRFCC.org)**