

# ILR

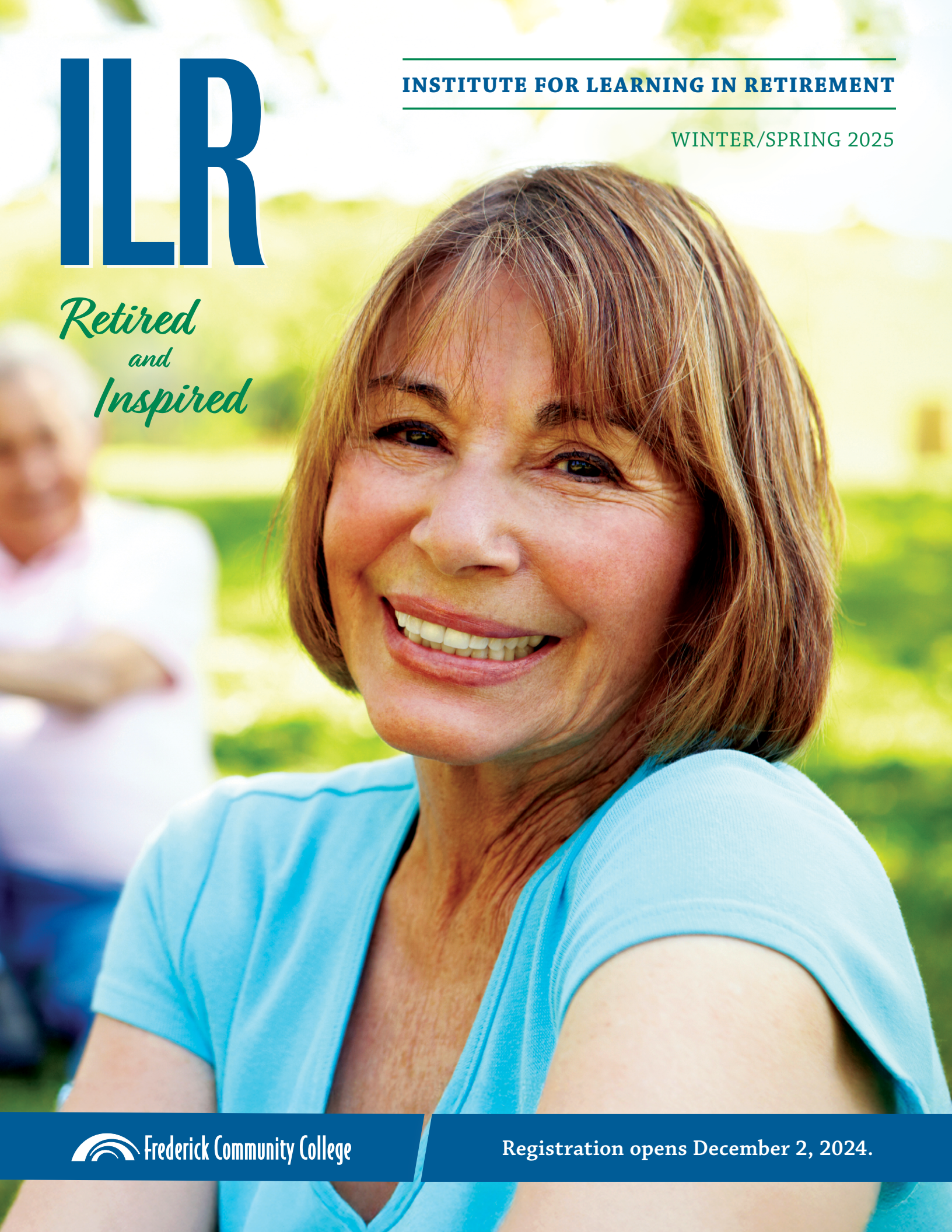
*Retired  
and  
Inspired*

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**INSTITUTE FOR LEARNING IN RETIREMENT**

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WINTER/SPRING 2025





**Registration opens  
Monday, December 2**

**ILRFCC.org**

.....

FAQs are on page 2.

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# 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.

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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 winter/spring 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).



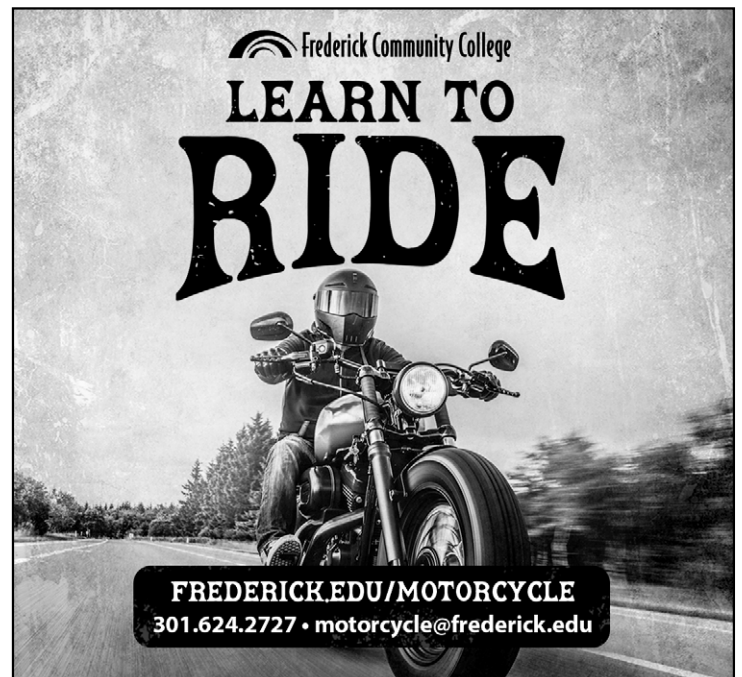
## REGISTER FOR FCC ALERTS TODAY!

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)



## BEFORE YOU BEGIN ...

### Questions? We're here to help!

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

- Need help with class registration
- Need class dates, times, and locations
- Wish to update contact information?  
[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 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., December 20 - Wed., January 1 (Winter Break)
- Mon., January 20 (MLK Day)
- Wed., April 2 - Sat., April 5 (Spring Break)
- Mon., May 26 (Memorial Day)
- Thu., June 19 (Juneteenth)

### 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 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, 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.



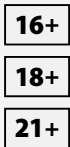
### Structured Remote Courses (SR)

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).



### 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

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.**

**Instructor:** Voices For All

5-Digit Number: 28181 | Schedule at your convenience, 12/2/24 - 6/30  
Location: Online  
Tuition: \$10 | Fee: \$39 | Total: \$49

## ACR180 Designer Greeting Cards: Valentine's Day 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

5-Digit Number: 27996 | Wed 6:30 - 8:30 p.m., 1/29  
Location: Conference Center/E125  
Tuition: \$10 | Fee: \$24 | Total: \$34

## 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: 27991 | Fri 9:30 - 11:00 a.m., 1/31 - 2/14  
Location: Visual & Performing Arts Center/F131  
Tuition: \$10 | Fee: \$79 | Total: \$89

## ACR166 Acrylic Painting Techniques for Beginners

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

Learn the basics of painting in this affordable and versatile art medium. Through the use of various techniques, 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: 27990 | Sat 1:00 - 3:00 p.m., 2/1 - 3/1  
Location: Visual & Performing Arts Center/F118  
Tuition: \$10 | Fee: \$139 | Total: \$149



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



## 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: 27931 | Tue 9:00 - 11:00 a.m., 2/4 - 4/29  
No Class: 4/1 | 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. Prerequisite: Exploring Watercolor Painting, SEN450.

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

**Instructor:** Catherine Howard

5-Digit Number: 27932 | Tue 12:00 - 2:00 p.m., 2/4 - 4/29  
No Class: 4/1 | Location: Monroe Center/MC129  
Tuition: \$10 | Fee: \$179 | Total: \$189

## 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: 27984 | Fri 9:30 - 11:30 a.m., 2/21 - 3/14  
Location: Visual & Performing Arts Center/F131  
Tuition: \$10 | Fee: \$74 | Total: \$84

## ACR184 Intermediate Drawing

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

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

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

**Instructor:** Jeanne McDermott

5-Digit Number: 27989 | Fri 9:30 - 11:30 a.m., 3/21 - 4/18  
No Class: 4/4 | Location: Visual & Performing Arts Center/F132  
Tuition: \$10 | Fee: \$99 | Total: \$109



## 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 course is a skills-based course. Whether or not you complete an entire project during the class will depend on your level of skill. All supplies are included.

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


**Instructor:** Jennifer Dennis

5-Digit Number: 27994 | Thu 6:00 - 8:00 p.m., 2/6 - 3/27  
Location: Visual & Performing Arts Center/F118  
Tuition: \$10 | Fee: \$139 | Total: \$149



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

## 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: 27992 | Mon 5:30 - 8:00 p.m., 6/2 - 6/9  
 Location: Visual & Performing Arts Center/F118  
 Tuition: \$10 | Fee: \$74 | Total: \$84

## 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: 27993 | Mon 5:30 - 7:30 p.m., 6/16 - 6/23  
 Location: Visual & Performing Arts Center/F118  
 Tuition: \$10 | Fee: \$54 | Total: \$64

## LIR282 Arts and Culture Exploration: The Lady and the Unicorn Tapestries

3 sessions, 6 hours | **SW**

At the Musee de Cluny in Paris there are colorful, wall-sized tapestry panels depicting life in Medieval France. Several of the panels show a well-dressed woman interacting with a unicorn. The delightful and intriguing story behind these 500-year-old tapestries help us to understand the culture and philosophies of the Medieval period.

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

**Instructor:** Marcy Gouge

5-Digit Number: 27966 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 3/10 - 3/14  
 Location: Conference Center/E138  
 Tuition: \$10 | Fee: \$59 | Total: \$69

## LIR255 How to Listen to Jazz

6 sessions, 9 hours | **SW**

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: 27934 | Mon 10:00 - 11:30 a.m., 1/27 - 3/3  
 Location: Conference Center/E126B  
 Tuition: \$20 | Fee: \$79 | Total: \$99



## LIR312 Exploring Music Genres and History - The Surprising Roots of the Banjo

4 sessions, 8 hours | **SW**

Study music history by exploring a diverse range of genres from different time periods and cultures. This course series offers a journey through time, examining the origins, evolution, and cultural significance of classical, modern, and pop culture genres. Students will learn about the social influences that shaped the genre, as well as key artists and iconic works that defined it. Our spring offering will focus on the roots of the banjo. "She'll be coming 'round the mountain when she comes" - the banjo is indeed a part of our American heritage. It has a richer history than ever imagined. This course will include a fascinating video of the famous Bela Fleck and other well-known artists. Be prepared to change everything you thought you knew about this unusual instrument.

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

**Instructor:** Lynn Fleming

5-Digit Number: 27995 | Mon 1:00 - 3:00 p.m., 3/3 - 3/24  
 Location: Conference Center/E138  
 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.

## ILR966 The Music of the Frederick Symphony Orchestra - Dona Nobis Pacem Concert

1 session, 1.5 hours

Examine the music of an upcoming Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO. Please check their webpage for the exact concert details including dates and location.

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

**Instructor:** David Howard

5-Digit Number: 28239 | Fri 11:00 a.m. - 12:30 p.m., 3/14

Location: Visual & Performing Arts Center/F112

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

## ILR966 The Music of the Frederick Symphony Orchestra - Alpine Vistas Concert

1 session, 1.5 hours

Examine the music of an upcoming Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert. Tickets can be purchased directly through the FSO. Please check their webpage for the exact concert details including dates and location.

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

**Instructor:** David Howard

5-Digit Number: 28240 | Fri 11:00 a.m. - 12:30 p.m., 4/18

Location: Visual & Performing Arts Center/F112

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

## 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.

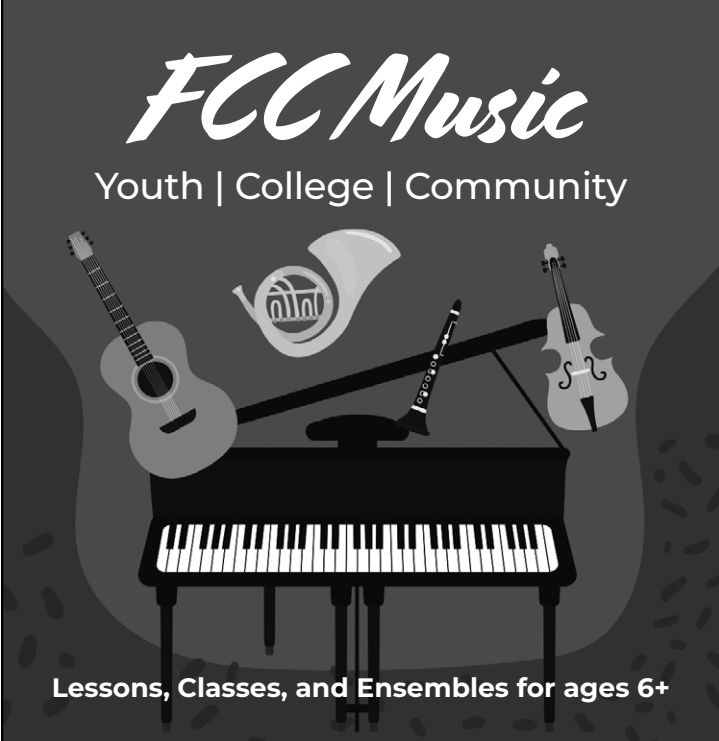
**Note:** Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

**Instructor:** John Widmann

5-Digit Number: 27933 | Tue 6:00 - 7:00 p.m., 4/29

Location: Off Campus

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



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

**LIR280 Artificial Intelligence: An Introduction**4 sessions, 6 hours | **SW**

Explore artificial intelligence (AI) from a historical perspective. This introduction course will discuss the technologies behind the tremendous advances of AI in recent years. We'll also examine AI potential applications, including advantages, disadvantages, limitations, and challenges. Our overview will include a brief look at applications like ChatGPT, Google Image Net, and others for image generation. Finally, we'll discuss ethical considerations that should guide AI research, development, and legislation. Is AI a boom or a bust for human creativity, education, and the job market? Similar questions will be addressed and framed within a realistic context without marketing embellishments.

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

**Instructor:** Guillermo Warley

5-Digit Number: 28242 | Wed 1:00 - 2:30 p.m., 2/19 - 3/12

Location: Conference Center/E134

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

**LIR234 Understanding Wireless Technology**4 sessions, 6 hours | **SW**

Designed to help you better understand technologies that surround us and impact our lives (such as Bluetooth, Wi-Fi and cellular phones). We will explain in easy-to-understand terms the fundamental concepts behind wireless communications and review its history and milestones. Equipped with that knowledge we will dive into explaining Bluetooth, Wi-Fi, 3G/4G/5G, etc., also in simple terms and review their benefits, limitations, and challenges. Students will learn the many ways in which these technologies help, and they will also develop much more realistic expectations about what they can and cannot do. We will also look at applications that are in place and examine what may lie in the future as the technology continues to evolve. Technical aspects including individual device pairing information will be kept to a minimum but a certain amount of technical content is inherent to this topic.

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

**Instructor:** Guillermo Warley

5-Digit Number: 27988 | Tue 1:00 - 2:30 p.m., 4/8 - 4/29

Location: Conference Center/E140

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

**CHECK OUT OUR FREE COURSES!**

Go to our Free Courses section on page 43 for a class on Going Paperless.

**ILR889 Raise Your Wine IQ -The Basics**3 sessions, 4.5 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: 27948 | Wed 2:00 - 3:30 p.m., 2/26 - 3/12

Location: Monroe Center/MC105

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

**ILR889 Raise Your Wine IQ -Sparkling Wines**1 session, 1.5 hours | **21+**

Learn how the winemaker gets those glorious little bubbles into the bottle. Join us as we explore the history of Champagne and the primary methods of making sparkling wine - Methode Traditional and Charmat. We will taste sparkling wines from around the world made in different styles and non-traditional varietals, such as Viognier or Pinot Blanc. Roughly one-quarter of all American adults are sparkling wine consumers. Perhaps you will discover your new favorite.

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

**Instructor:** Jacqueline Rogers

5-Digit Number: 27947 | Wed 2:00 - 3:30 p.m., 5/7

Location: Monroe Center/MC105

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

**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.

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

**Instructor:** Angela Morales

5-Digit Number: 28040 | Wed 6:00 - 9:00 p.m., 4/9

Location: Monroe Center/MC103

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

## 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.

**Option 1:** 5-Digit Number: 28035 | Wed 7:00 - 9:00 p.m., 2/26

**Option 2:** 5-Digit Number: 28036 | Wed 7:00 - 9:00 p.m., 6/4

Location: Tenth Ward Distilling Company

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

## REC120 Maryland Whiskey 101

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

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

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

**Instructor:** McClintock Distilling

5-Digit Number: 28030 | Thu 7:00 - 9:00 p.m., 3/13

Location: McClintock Distilling

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



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.



## 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 - Pastries

5-Digit Number: 28027 | Sat 9:00 a.m. - 12:00 p.m., 2/8



### REC145 Bread, Pastries and Cookies Series - Yeast Breads/Breads

5-Digit Number: 28028 | Sat 9:00 a.m. - 12:00 p.m., 3/8



### REC145 Bread, Pastries and Cookies Series - Cakes and Cookies

5-Digit Number: 28029 | Sat 9:00 a.m. - 12:00 p.m., 4/26

**Note: All Bread, Pastries, and Cookies Series classes 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 - Crispy Pork Belly and Thai Crispy Spicy Pork

5-Digit Number: 28022 | Sat 11:00 a.m. - 1:00 p.m., 2/15

### REC135 A Taste of Asia - Vietnamese Spring Rolls and Korean Jap Chae (Sweet Potato Noodles)

5-Digit Number: 28023 | Sat 11:00 a.m. - 1:00 p.m., 3/15

### REC135 A Taste of Asia - Ketchup Shrimp and Wonton Soup

5-Digit Number: 28024 | Sat 11:00 a.m. - 1:00 p.m., 4/12

### REC135 A Taste of Asia - Chow Fun (Beef with Wide Rice Noodles) and Malaysian Chicken Satay

5-Digit Number: 28025 | Sat 11:00 a.m. - 1:00 p.m., 5/3

**Note:** All above Taste of Asia classes 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 - Korean Barbeque Lunch Trip

Enjoy the ultimate Korean Barbeque lunch with Chef Woo at the Gogigo Korean Barbeque Grill in Frederick. Following the lunch, Chef Woo will take you on a walk through the local 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 top of line BBQ lunch. You are required to drive yourself to the restaurant and then to H-Mart which is less than one mile away.



5-Digit Number: 28026 | Wed 12:15 - 2:15 p.m., 3/26


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

Location: Off Campus

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

**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.

**REC137 Gin 101**

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

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

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

**Instructor:** McClintock Distilling

5-Digit Number: 28031 | Thu 7:00 - 9:00 p.m., 4/24

Location: McClintock Distilling

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

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

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

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

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

**Instructor:** Lebherz Oil & Vinegar Emporium

5-Digit Number: 28032 | Wed 5:30 - 7:00 p.m., 4/30

Location: Lebherz Oil & Vinegar Emporium

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

**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 on campus in an in-person environment.**

**Instructor:** Lebherz Oil & Vinegar Emporium

5-Digit Number: 28033 | Wed 5:30 - 7:00 p.m., 6/25

Location: Lebherz Oil & Vinegar Emporium

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



**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: 28034 | Thu 10:00 a.m. - 12:00 p.m., 3/6 - 3/27

Location: Conference Center/E125

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



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

**ILR707 Developing a Personal Strength Training Plan**

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:** Nanette Tummers

5-Digit Number: 27943 | Mon 1:15 - 2:45 p.m., 2/3 - 3/10

Location: Visual/Performing Arts Center/F141

Tuition: \$10 | Fee: \$84 | Total: \$94

**NEW 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:** Dave Rolls

5-Digit Number: 28092 | Tue 6:30 - 8:00 p.m., 2/4 - 2/25

Location: Braddock Hall/B104

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

**NEW 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. 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 on campus in an in-person environment.

**Instructor:** CE Instructor

5-Digit Number: 27997 | Wed 2:00 - 3:00 p.m., 2/5 - 4/16

No Class: 4/2 | Location: Fred Astaire Dance Studios Room

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

**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: 27944 | Wed 10:00 - 11:30 a.m., 2/19 - 2/26

Location: Conference Center/E123

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



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



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



## ILR834 Dementia 101

3 sessions, 4.5 hours |  |  | 

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.

**Instructor:** Lynda Janet

**Option 1, In-Person:** 5-Digit Number: 27941

Fri 10:00 - 11:30 a.m., 3/7 - 3/21

Location: Conference Center/E140

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

**Option 2, Online:** 5-Digit Number: 27942

Mon 6:00 - 7:30 p.m., 4/7 - 4/21

Location: Online

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

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

## 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

5-Digit Number: 27945 | Thu 1:00 - 2:30 p.m., 3/13 - 5/22

No Class: 4/3 | Location: Visual & Performing Arts Center/F141

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



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



## 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 1-hour lecture followed by a Q&A session.

### ILR903 Medically Curious - Healthy Tips and Tricks

5-Digit Number: 27936 | Wed 10:00 - 11:30 a.m., 1/29

Location: Conference Center/E138

### ILR903 Medically Curious - Blood Clots - Good or Bad?

5-Digit Number: 27937 | Thu 10:00 - 11:30 a.m., 2/20

Location: Conference Center/E138

### ILR903 Medically Curious - Our Opioid Epidemic - Why?

5-Digit Number: 27938 | Wed 10:00 - 11:30 a.m., 3/26

Location: Conference Center/E138

### ILR903 Medically Curious - Translating "Medicalese"

5-Digit Number: 27939 | Wed 10:00 - 11:30 a.m., 4/23

Location: Conference Center/E123

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

**For all above classes:**

1 session, 1.5 hours | **Instructor:** Dr. Larry Romane

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

### ILR903 Medically Curious - Chronic Pain - 2 Session Class

5-Digit Number: 27940 | Wed 10:00 - 11:30 a.m., 5/21 - 5/28

Location: Conference Center/E138

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

2 sessions, 3 hours | **Instructor:** Dr. Larry Romane

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



## Reiki Healing .....



### HEA132 Usui Reiki 2nd Degree

4 sessions, 8 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. The 2nd degree is long distance healing, so you can treat clients via the internet, phone, or even by a photo. You will be able to scan their aura long distance. Learn the ability to send Reiki across a room or across the world. This is a certification class. In order to receive certification, you must attend all four class sessions. Students should dress in light colored clothing that is comfortable. Bring a notepad, pen, and pendulum or borrow one of ours. Must be a Reiki 1st Degree practitioner to take this class.

5-Digit Number: 28037 | Wed 6:00 - 8:00 p.m., 5/7 - 5/28  
Tuition: \$10 | Fee: \$99 | Total: \$109



### HEA133 Animal Reiki Healing

1 session, 3 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.

5-Digit Number: 28038 | Wed 5:00 - 8:00 p.m., 6/18  
Tuition: \$10 | Fee: \$24 | Total: \$34


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

**For all classes:**

 |  | **Instructor:** Rhonda Russo

Location: Conference Center/E138

### HEA211 The Vance Stance®: Posture, Awareness, and Flexibility

6 sessions, 12 hours |  | 

Celebrating 50 years of The Vance Stance® with the creator! Eliminate chronic pain and learn the root of misalignment and stiffness that can cause scoliosis, bunions, sciatica, back and neck pain, pre-mature aging, and more. Learn The Vance Stance® by Vance Bonner, PhD. In this course, you'll learn how to stand, walk, sit, sleep, and drive in harmony with gravity. This will increase your alignment and flexibility. Students should wear comfortable clothing and be prepared to participate bare footed on a carpeted surface. Bring a towel to class. It's recommended but not necessary that you purchase The Vance Stance® by Vance Bonner, PhD as a companion to the course. The instructor will provide details on how to purchase the book during your first class. Returning students are welcome to attend.

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

**Instructor:** Vance Bonner

5-Digit Number: 28039 | Wed 12:00 - 2:00 p.m., 5/14 - 6/18  
Location: Braddock Hall/B104  
Tuition: \$24 | Fee: \$96 | Total: \$120

### 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: 27935 | Tue 1:00 - 4:00 p.m., 5/20  
Location: Conference Center/E125  
Tuition: \$10 | Fee: \$24 | Total: \$34



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

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

2 sessions, 5 hours | **SW**

Pristine powder white beaches, breathtaking scenery, wildlife, and spectacular coastlines. The Scottish Western Isles of the Outer Hebrides are a diverse chain of interconnected islands steeped in history, culture, and Gaelic language. Follow along the North Coast 500 highway, often called the most scenic “wild” highway in the world. Discover the special magic of local whiskeys and learn how the village crofters create authentic “Harris Tweed” on home looms. Experience the mysteries of the late-Neolithic Standing Stones at Callanish (where Claire in the TV series “Outlander” travels back in time) and peer into the turf-roofed “black houses” of early settlers. Part history lesson and part cultural travelogue, this class will give you an armchair look at this magical part of the world.

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

**Instructor:** Marcy Gouge

5-Digit Number: 27964 | Tue, Thu 10:00 a.m. - 12:30 p.m., 1/28 - 1/30

Location: Conference Center/E138

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

## LIR293 Journey Through Aviation History

5 sessions, 7.5 hours | **SW**

Embark on a captivating exploration of aviation history. Uncover the fascinating story of how the Wright brothers defied gravity and gave wings to human ambition with the invention of the flying machine. Delve into the intricate web of events that transformed a simple airmail stamp into the foundation of modern-day airlines, shaping the way we connect and traverse the globe. Peek behind the curtain of airline travel and discover the intricate dance of logistics, safety protocols, and technology that orchestrates seamless journeys for millions each day. Relive the riveting saga of America's race to the moon and the extraordinary efforts that culminated in the historic moment. Finally, we will discuss “The Miracle on the Hudson” when Flight 1549 safely landed in the river, saving everyone on board.

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

**Instructor:** Michael Low

5-Digit Number: 27970 | Thu 2:00 - 3:30 p.m., 1/30 - 2/27

Location: Conference Center/E140

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



## LIR309 American Women Who Found Freedom and Fame: Paris in the 1920s

3 sessions, 6 hours | **SW**

The American women who moved to Paris in the early part of the 20th century traveled there to change their lives, but they also changed the world. Among them were artists, writers, entertainers, and even rich society women who all had one thing in common: they sought freedom from traditional female roles and wanted to express themselves without society's restraints. In doing so they found fame and fortune and are still impacting our world today. Learn the complex and fascinating stories of Gertrude Stein, Josephine Baker, Isadora Duncan, among many others. Learn how history shaped their lives and how they, in turn, shaped history. As a supplement to this course, ILR has planned a bus trip to the National Portrait Gallery to view the “Brilliant Exiles: American Women in Paris, 1900-1939” display running through February 23, 2025. Please see ILR882 on page 34 for information on how to sign up for the bus trip.

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

**Instructor:** Marcy Gouge

5-Digit Number: 28000 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 2/3 - 2/7

Location: Conference Center/E138

Tuition: \$15 | Fee: \$64 | Total: \$79

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

2 sessions, 4 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. Our escapes are inspired by interesting locales and popular culture. Let's now head to Shakespeare and Company and open the store's archives to learn about those who have frequented this famous shop. This iconic Parisian bookstore is a mecca for tourists and has been a gathering place for literary greats, artists, and tourists for decades. Originally opened in 1919 on the Left Bank, the store saw authors such as Hemingway, Joyce, and Fitzgerald join weekly literary salons, creating an exciting era depicted in the 2011 movie “Midnight in Paris.” It has provided an unconventional hide-away for aspiring authors, called Tumbleweeds, who stay without cost for a night, or a year, to help run the bookstore while they write and experience the special light of Paris.

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

**Instructor:** Marcy Gouge

5-Digit Number: 27965 | Tue, Thu 2:00 - 4:00 p.m., 2/4 - 2/6

Location: Conference Center/E138

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



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

## LIR268 Wars that Defined History: World War I

8 sessions, 12 hours | **SW**

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

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

**Instructor:** Matthew Borders

5-Digit Number: 27968 | Wed 12:00 - 1:30 p.m., 2/5 - 3/26

Location: Conference Center/E138

Tuition: \$25 | Fee: \$109 | Total: \$134

## LIR278 Local African American History of All Saints Street

4 sessions, 6 hours | **SW** | 

All Saints Street in Frederick City was the mecca of Black American life post Emancipation. Learn the history of this important community by exploring what life was like as an African American on All Saints Street and come to appreciate the struggle, tenacity, and work of its residents.

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

**Instructor:** Sonja Brown-Jenkins

5-Digit Number: 28152 | Wed 6:30 - 8:00 p.m., 2/5 - 2/26

Location: Conference Center/E138

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

## LIR250 The Spy Trial in Frederick Town

4 sessions, 6 hours | **SW**

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

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

**Instructor:** Howard Cox

5-Digit Number: 27961 | Fri 10:00 - 11:30 a.m., 2/7 - 2/28

Location: Conference Center/E140

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



## LIR318 Benedict Arnold and the Invasion of Canada, 1775-1776

4 sessions, 8 hours | **SW**

In the American Revolution, the U.S. tried to gain the support of British Canada. The attempt failed, but it produced a new American hero: Benedict Arnold. We'll examine the reasons for the attempt and why it failed. We'll also explore the U.S. military's offensive against Montreal and Quebec and their eventual retreat including, Arnold's march through the Maine wilderness and his counter-offense against the British at Valcour Island. Finally, we'll explore Benjamin Franklin's diplomatic mission to Canada with Maryland delegates and its impact on the movement toward independence.

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

**Instructor:** Roger Swartz

5-Digit Number: 28150 | Mon 9:30 - 11:30 a.m., 2/17 - 3/10

Location: Braddock Hall/B103

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



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



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



## LIR310 Calling All Book Lovers

3 sessions, 6 hours | **SW**

Enjoy spending hours in a bookstore or library? Join us as we explore the fascinating origins of libraries and hear captivating stories from those who have dedicated their lives to preserving and curating collections of books. Embark on a journey through renowned bookstores around the globe, uncovering the reasons behind their widespread admiration. We'll also explore book festivals and book towns and celebrate the magic of books themselves. Each session will include time for participants to share their favorite "book about books". By the end of the course, you'll have an extensive "to be read" list and a deeper appreciation for the joy that books bring to readers everywhere.

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

**Instructor:** Marcy Gouge

5-Digit Number: 28002 | Mon, Wed, Fri 10:00 a.m. - 12:00 p.m., 2/17 - 2/21

Location: Conference Center/E138

Tuition: \$15 | Fee: \$64 | Total: \$79

## ILR812 World History: The Big Picture

6 sessions, 9 hours | **SW**

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

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

**Instructor:** Ernest O'Roark

5-Digit Number: 27960 | Tue 9:00 - 10:30 a.m., 2/18 - 3/25

Location: Conference Center/E138

Tuition: \$30 | Fee: \$99 | Total: \$129



## 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 - The Southern Campaign: Where the American Revolutionary War Was Won

5-Digit Number: 27957 | Wed 11:00 a.m. - 12:15 p.m., 2/5

Location: Student Center/H205

### ILR941 History Bites - The Great Atlantic Speed Race of the Early 20th Century Ocean Liners

5-Digit Number: 27956 | Wed 11:00 a.m. - 12:15 p.m., 3/19

Location: Catocin Hall/C112

### ILR941 History Bites - USS Enterprise: America's Most Decorated Warship

5-Digit Number: 27958 | Tue 11:00 a.m. - 12:15 p.m., 4/22

Location: Conference Center/E138

### ILR941 History Bites - The Indianapolis 500: History, Tradition, and the Greatest Spectacle in Racing

5-Digit Number: 27959 | Tue 11:00 a.m. - 12:15 p.m., 5/20

Location: Conference Center/E138

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

#### For all classes:

1 session, 1.25 hours | **Instructor:** Blane Amphor

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



# African American History Lecture Series

The African American History lecture series, which was organized for FCC and is presented by instructors from the African American Resources-Cultural and Heritage (AARCH) Society, offers opportunities to expand the knowledge and understanding of the students about present-day Frederick by learning about the history of African Americans in Frederick County. The lectures provide both regional and national perspectives ranging from 18th-century Enslavement to Genealogy as well as perspectives on contemporary life in the county. The Society identifies, collects, preserves, and makes publicly accessible, through its programs and services, the objects, artifacts, and stories about the history, rich heritage and culture and the contributions of African Americans in Frederick County past and present and in doing so educates, enriches, and enlightens this and future generations. Through its programs, services, research, and activities, the Society also recognizes and celebrates the extraordinary resiliency of African Americans in the County.

## LIR198 Tale of the Lion

The award-winning documentary "The Tale of the Lion" was based on interviews with Living Treasures, African American citizens of Frederick County who are 90 years and older. Their perspectives on growing up in a segregated society and how it affected their daily lives give a very personal account that reflects the history of Frederick County. The documentary "The Tale of the Lion" will be screened, followed by a brief introduction and a Q & A.

**Instructor:** Barbara Thompson

5-Digit Number: 28061 | Thu 9:00 - 11:00 a.m., 2/13

Location: Conference Center/E138

This is a free course.\*



## LIR198 The Black Catholic Experience in America

The history of black Catholics presents us with a wondrous but too often forgotten cloud of witnesses. Black Catholics desperately need and want a sense of identity. Could it be that the lives of these saints challenge many of us in ways that strike too uncomfortably close to home? We'll explore the relationship, past and present, between the Catholic Church and black Communities, beginning with the expansion of Christianity in West Africa. Black American bishops, religious orders, and Pioneer parishes will be discussed, and we'll look specifically to the contributions of Black Catholics to the Frederick County community.

**Instructor:** David Owens

5-Digit Number: 28062 | Wed 12:00 - 2:00 p.m., 2/26

Location: Conference Center/E130

This is a free course.\*

## LIR198 Frederick During the Civil Rights Movement



In Frederick, segregation was the way of life before the Civil War well into the mid-twentieth century. Although small towns like Frederick were not always recognized nationally in the Black freedom struggle, the stories from their citizens are important for a true understanding of the local and regional impact of the Civil Rights Movement. This class will include stories and a Panel Discussion from local Civil Rights activists, focusing on their lasting influence on the Frederick community.

**Instructor:** Grace Schofield

5-Digit Number: 28059 | Thu 6:00 - 8:00 p.m., 3/6

Location: Conference Center/E140

This is a free course.\*

**Note: All African American History Lecture Series courses are made possible with financial support from the FCC Foundation. These courses will meet on campus in an in-person environment.**

**For all classes:** 1 session, 2 hours

*\* A \$9 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during the period.*



## ILR833 The Making of Modern China: Can America and China Avoid the Thucydides Trap?

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

China is a civilizational state, unlike the nation states of the West. It is a country with 5,000 years of history with contradictions between ancient traditions, including the system of governance designed by Confucius over 2,000 years ago and modern Western ideas as Marxist Communism. All of these factors have contributed to the emergence of modern China as a global force. We'll pick up from the 19th century era of the Opium Wars and other foreign occupations, through the 20th century Civil War, which overlapped with World War II, the era of Mao Zedong, the Great Leap Forward and Cultural Revolution, and the post-Mao extraordinary economic advances under Deng Xiaoping and his successors. China entered a new phase in its history in 2012 when Xi Jinping became Party General Secretary and President and launched China on a new course of global expansion, economic investment in the Global South, and partnership with Russia in a challenge to the post-World War II domination by the trans-Atlantic powers. China is currently going through a period of internal economic challenges. How the leadership responds to these challenges along with increased friction and competition with the West will determine the next chapter in the China story. The course instructor, Jeff Steinberg, has traveled to China more than 15 times since 2010 on academic exchanges and lectures.

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

**Instructor:** Jeffrey Steinberg

5-Digit Number: 28073 | Wed 10:00 a.m. - 12:00 p.m., 2/19 - 3/26

Location: Online

Tuition: \$25 | Fee: \$134 | Total: \$159

## LIR277 Historic Context of the Russian-Ukrainian War

3 sessions, 6 hours | **SW**

The Russian invasion of Ukraine started in early 2022 and was preceded by prolonged fighting in the Donbas region of Ukraine, as well as by the annexation of Crimea by Russia in 2014. Historically, Russia has always considered these territories to be subject to its rule and jurisdiction. The formation of Ukrainian statehood became a thorn in the side of Russian elites. Was the war inevitable or could it have been avoided? We'll discuss the historical context of the Russian-Ukrainian conflict, as well as the events leading up to it. Potential ways to end it from both the Russian and Ukrainian perspectives will also be reviewed.

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

**Instructor:** Pavel Reznikov

5-Digit Number: 27971 | Tue 1:00 - 3:00 p.m., 2/25 - 3/11

Location: Conference Center/E138

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

## 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: 27972 | Thu 6:00 - 7:15 p.m., 2/27 - 3/27

Location: Conference Center/E138

Tuition: \$15 | Fee: \$54 | Total: \$69



## LIR311 The Germanic Heritage of Frederick County

4 sessions, 8 hours | **SW**

Historic Frederick County was heavily settled by individuals from the Germanic states and nearby countries. The culture of these "hard working Germans" left a strong cultural footprint on all of Maryland, especially Western Maryland. They changed the nature of farming in Frederick County and it is believed that up to World War I some form of German was still spoken in families and could be heard on the streets of Frederick. Today two different Oktoberfests are celebrated in Frederick and the City of Frederick has two German "Sister Cities". We'll learn about these early German Americans, why they settled here, and the legacy they left behind.

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

**Instructor:** Mary Mannix

5-Digit Number: 28003 | Thu 10:00 a.m. - 12:00 p.m., 3/6 - 3/27

Location: Conference Center/E138

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



**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.

**NEW** **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: 27999 | Mon, Wed, Fri 9:30 - 11:30 a.m., 3/17 - 3/21

Location: Conference Center/E138

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

**LIR240 An Early History of Maryland - Part 1,  
1634-1763**

3 sessions, 4.5 hours | **SW**

Learn the history of Maryland from settlement in 1634 until the end of the French and Indian War in 1763. We'll discuss the origins and expansion of the colony including the impact of religion; the colony's relationship with enslaved people, Native Americans, and neighboring colonies; and finally, the impact of war on the area. The class highlights the history of the region that will become Frederick County. This course is the first of a two-part series.

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

**Instructor:** Tracy Lewis

5-Digit Number: 27974 | Fri 10:00 - 11:30 a.m., 4/11 - 4/25

Location: Conference Center/E140

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

**NEW** **LIR313 Orphanages, Schools, and  
Educators of Frederick's Past**

2 sessions, 3 hours

Focusing on the rich educational heritage of Frederick County, we'll explore the history of several notable institutions, including the Loats Female Orphan Asylum, the Visitation Academy, the Maryland School for the Deaf, and the early days of Hood College. We'll delve into what public and private education looked like for both boys and girls in Frederick, with particular attention to the African American community of All Saints Street. Additionally, we'll discuss the significance of one-room schoolhouses and highlight some of the well-known educators from Frederick's past.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 27998 | Fri 9:30 - 11:00 a.m., 4/25 - 5/2

Location: Conference Center/E138

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

**NEW** **LIR319 The American Revolution:  
How the British Lost the War**

5 sessions, 10 hours | **SW**

This course will focus upon England and the inherent problems the British encountered during the American Revolution. This seldom-discussed subject includes King George III's government, his Cabinet, administrative departments, and organizational and logistical problems. You'll learn about the Howe brothers and their contradictions in motivation and formal instructions. We'll also discuss the Saratoga campaign and its implications on French, Spanish, Dutch, Russian, and British strategy. And, finally, you'll learn about the myths and realities of British loyalists in America.

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

**Instructor:** Roger Swartz

5-Digit Number: 28151 | Mon 9:30 - 11:30 a.m., 5/12 - 6/16

No Class: 5/26 | Location: Conference Center/E138

Tuition: \$20 | Fee: \$119 | Total: \$139



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





## LIR321 Oman: Jewel of Arabia

5 sessions, 10 hours | **SW**

**New this term!** For the first time, we are pleased to introduce “Oman: Jewel of Arabia,” a course that focuses on a country that challenges the popular narrative of a region characterized by war, sectarianism, and oppression. Indeed, the Sultanate of Oman stands out as an oasis of relative tranquility, a country at peace with itself and with the world. The history of Oman is replete with drama. This course will trace its vital role in antiquity as an exporter of copper and frankincense, its rise and fall as a great maritime empire with vast possessions in Africa, its decline and retreat from worldview and, finally, its dramatic 20th century rebirth led by a visionary ruler who catapulted his country from a backward, impoverished, and isolated medieval-style potentate to a dynamic, prosperous, and confident modern nation-state. The instructor, a published author and Middle East specialist with decades of experience including many trips to Oman, will endeavor to bring to life the myriad factors that have contributed to Oman’s evolution as a unique place among nations.

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

**Instructor:** Linda Pappas Funsch

5-Digit Number: 28241 | Wed 1:00 - 3:00 p.m., 1/29 - 2/26

Location: Sweadner Hall

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



*Interested in traveling to Oman with the instructor in the Fall 2025? This course will serve as a valuable introduction to the “Jewel of Arabia.”*

## LIR171 The Arts of Islam: Legacy to the World

5 sessions, 10 hours | **SW**

Join us as we journey through centuries and across continents to present some of the most iconic artistic treasures ever created. “The Arts of Islam: Legacy to the World” highlights the art and architecture of Islam throughout the ages. From the Alhambra in Spain to the Topkapi in Turkey and the Taj Mahal in India, be dazzled by the inspiration, ingenuity, and imagination of some of the most inspiring and sophisticated artistic achievements in modern civilization, frequently inspired by religion and characterized by both originality and innovation. Exploring a variety of art forms, architecture, glassware, and textiles, this course will examine the vast artistic legacy of incomparable beauty created within the Islamic milieu, a creative mosaic of races, religions, and ethnicities, crafted over the course of fourteen centuries. Participants will gain an appreciation of Islamic art as diverse as the people who have lived under Islamic empires and dynasties, from Spain to China, including Christians, Jews, Zoroastrians, Hindus, and others. The influence of Islamic art forms will be discussed and illustrated through lectures, discussion, and film.

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

**Instructor:** Linda Pappas Funsch

5-Digit Number: 28098 | Wed 1:00 - 3:00 p.m., 4/9 - 5/7

Location: Sweadner Hall

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



## LIR298 Murals of Frederick County - More Murals

1 session, 1.5 hours

Discover and discuss the beloved murals of Frederick County. We'll learn about the artists' intentions and their lives, supplies used, and how the artwork was created. We'll cover murals by Virginia McLaughlin, the New Spire Arts Theatre mural, a glass mural in Emmitsburg, and many more. This class will have all new content not covered in the Summer 2024 offering.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 27963 | Fri 9:30 - 11:00 a.m., 5/16

Location: Conference Center/E138

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

## LIR276 Historical Industries of Frederick - Part 2

2 sessions, 3 hours

Discover past industries that made Frederick the booming town that it is today. In this second offering of this course, we'll learn about the background and significance of Frederick's iron and aluminum, dairy, and agriculture industries; clocks and furniture companies; and bakeries that flourished in Frederick. We'll also cover specific businesses like Frederick Brick Works, the Everedy Company, and the Oxe Fiber Company. Discover how and why these industries and companies made Frederick County such an important place in Maryland and how they contributed to and benefitted from the development of transportation in the area. This course is a continuation of the course that was offered in Summer '24. All new content will be presented. Former students and new students are welcome to join.

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

**Instructor:** Jeanne McDermott

5-Digit Number: 27962 | Fri 9:30 - 11:00 a.m., 5/30 - 6/6

Location: Conference Center/E138

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

## ILR951 The History of Maryland: Everything You Should Know

4 sessions, 8 hours | **SW**

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

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


**Instructor:** Mary Mannix

5-Digit Number: 27967 | Tue 10:00 a.m. - 12:00 p.m., 6/3 - 6/24

Location: Conference Center/E138

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

## ILR585 Current National Security Challenges

4 sessions, 8 hours | 

Examine how U.S. National Security decision-making is taking place today in all of the major conflict regions around the globe. You'll discuss current challenges especially where the United States has engagement with changing situations like Russia, China, the Middle East, and also on our own home front following the election and change in administration.

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

**Instructor:** Jeffrey Steinberg

5-Digit Number: 28074 | Wed 10:00 a.m. - 12:00 p.m., 6/4 - 6/25

Location: Online

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.



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



## 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: 28182 | Tue 6:00 - 8:00 p.m., 1/28 - 2/25

Location: Conference Center/E140

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



## HOM189 Start Scrapbooking

1 session, 2.5 hours | **16+**

Learn to take your photos and turn them into memories. You will be taught how to enhance photos with paper, decorative embellishments, and stickers. You will also learn the important task of telling the story behind the photos. During the course, we will make an 8x8 paper album consisting of 12 pages filled with your photos. When finished, you will have something you can treasure, gift to someone else, or add to another album. Get hooked on scrapbooking! All supplies other than your personal photos are included.

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

**Instructor:** Shelley Freeze

5-Digit Number: 28064 | Wed 1:00 - 3:30 p.m., 4/30

Location: Visual & Performing Arts Center/F130

Tuition: \$10 | Fee: \$52 | Total: \$62



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



## Master Gardner 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 - Garden Prep

This topic is about getting the area ready to plant, soil testing, soil amendments, location research, and modification.

5-Digit Number: 28066 | Thu 1:00 - 2:30 p.m., 4/10



### HOM192 Master Gardener Series - Plant Selection

This topic is about what to put where, learning the light, water needs, what grows when, and perennials.

5-Digit Number: 28068 | Thu 1:00 - 2:30 p.m., 4/17



### HOM192 Master Gardener Series - Garden Maintenance

This topic is about how to keep what you planted going, what and when to harvest, when to replant, and winterizing.

5-Digit Number: 28069 | Thu 1:00 - 2:30 p.m., 4/24

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

**For all classes:**

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

Location: Conference Center/E125

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

**ACR154 Beginning Soldering for Jewelry Making**1 session, 5 hours | **16+**

Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the “how” and “why” of jewelry soldering by combining an overview of the tools, techniques, and process + hands-on practice. Each student will fabricate textured stacking rings or bangles. Safety Requirements include: closed-toes, low or no-heeled shoes, comfortable “play clothes” without flowing sleeves and no bulky fabrics, long hair must be worn in a bun or ponytail, and protective eyewear will be provided and must be worn. No exceptions.

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

**Instructor:** Georgina Copanzzì

5-Digit Number: 28042 | Sat 9:30 a.m. - 2:30 p.m., 4/12

Location: Monroe Center/MC147

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

**ACR158 Introduction to Jewelry Making**1 session, 5 hours | **16+**

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

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

**Instructor:** Georgina Copanzzì

5-Digit Number: 28041 | Sat 9:30 a.m. - 2:30 p.m., 3/1

Location: Monroe Center/MC147

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

**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. Supplies costs vary but average \$65.

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

**Instructor:** Jodie Lide

5-Digit Number: 28043 | Fri 10:00 a.m. - 12:00 p.m., 2/7 - 3/28

Location: Conference Center/E125

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. Supplies costs vary but average \$90.

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

**Instructor:** Jodie Lide

5-Digit Number: 28044 | Fri 10:00 a.m. - 12:00 p.m., 4/25 - 6/13

Location: Visual & Performing Arts Center/F131

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



**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.



# Bee Keeping

## 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. 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.

5-Digit Number: 28046 | Wed 6:00 - 8:00 p.m., 2/5 - 3/12  
Tuition: \$20 | Fee: \$99 | Total: \$119

## HOM183 Beconomics

1 session, 2 hours | 16+ | 🐝\*

A cost benefit analysis of beekeeping. This course will help you decide if you should make the investment or just buy honey. We will go through a year with the bees and the expenses associated with them. 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.

5-Digit Number: 28045 | Wed 6:00 - 8:00 p.m., 3/26  
Tuition: \$10 | Fee: \$9 | Total: \$19



## HOM185 Advanced Apiculture: Beekeeping

7 sessions, 14 hours | 16+ | SW | 🐝\*


Learn more about beekeeping and how to turn beekeeping into a part-time or full-time business. Learn what it takes to keep your bees happy and producing while your develop the business basics to convert your hoppy into a potential revenue-generating side hustle. 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.

5-Digit Number: 28047 | Wed 6:00 - 8:00 p.m., 4/9 - 5/21  
Tuition: \$20 | Fee: \$119 | Total: \$139

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

### For all classes:

**Instructor:** John Klapac | **Location:** Conference Center/E125

**ILR870 Travel Light, Travel Easy**1 session, 2 hours | 

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

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

**Instructor:** Kathy Barylski

5-Digit Number: 27949 | Thu 6:30 - 8:30 p.m., 4/17

Location: Conference Center/E138

Tuition: \$10 | Fee: \$16 | Total: \$26

**HOM129 Crochet for Beginners**3 sessions, 6 hours |  | 

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

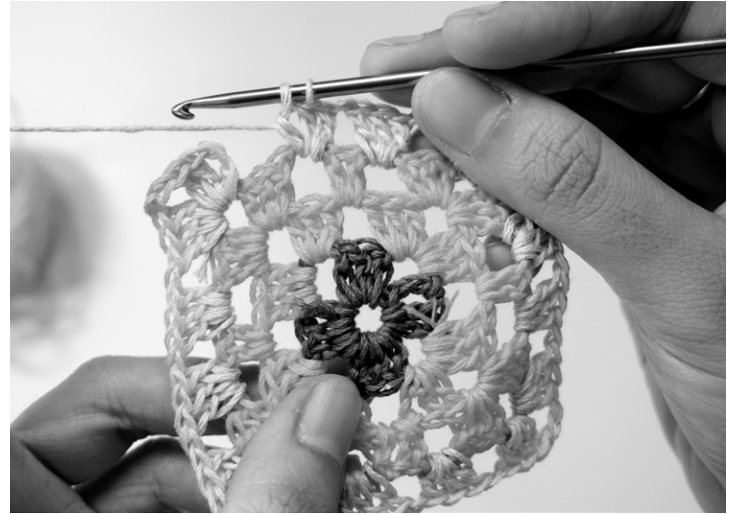


**Note:** This course will meet on campus in an in-person environment.

**Instructor:** Kathy Barylski

5-Digit Number: 28048 | Thu 6:30 - 8:30 p.m., 1/23 - 2/6

Location: Conference Center/E125

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

**HOM129 Crochet for Beginners: Introduction to Granny Squares**2 sessions, 4 hours |  | 

What can you do with just chain stitch and double crochet? Granny Squares! This fun, classic design makes for the perfect beginner project. This class will guide you through each step from starting, changing colors, and joining squares. Everyone should be able to leave the class able to start their own squares and make squares as big or small as they want. Examples of granny square designs will be provided to inspire unique and beautiful projects. This class is for students who have at least good ability to crochet chain stitch and double crochet. Students will need to bring their choice of "knitting worsted weight" (size 4) yarn(s) and a G or H hook (4.5 or 5 mm).

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

**Instructor:** Kathy Barylski

5-Digit Number: 28049 | Thu 6:30 - 8:30 p.m., 2/13 - 2/20


Location: Conference Center/E125

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



**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.

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

**Instructor:** Michelle Umlauf

**Option 1:** 5-Digit Number: 28056 | Mon, Wed 1:00 - 3:00 p.m., 2/3 - 2/5

Location: Conference Center/E136

**Option 2:** 5-Digit Number: 28057 | Mon, Wed 6:00 - 8:00 p.m., 5/5 - 5/7

Location: Conference Center/E134

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

## HOM195 Machine Embroidery Made Easy

2 sessions, 6 hours | 16+ |  | 

Learning the art of machine embroidery. Expect to acquire a wealth of knowledge, starting with the fundamentals of your embroidery machine. You'll learn what to consider when purchasing embroidery designs, how to transfer designs from your computer to your machine, how to set up the design, explore basic editing features, and discover what steps to take in case troubleshooting is needed. Additionally, you'll gain essential knowledge about proper threads, stabilizers, and needles needed. This class will empower you to either embroider and/or purchase a machine with confidence. If you have a machine, you will get to have an opportunity to stitch out some designs built into your machine. If you don't have a machine, you will be mesmerized by this technology. By the conclusion you will be prepared to start embroidering on your own and you'll likely wonder why you didn't embark on your machine embroidery journey sooner. All supplies are included.

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

**Instructor:** Michelle Umlauf

5-Digit Number: 28063 | Mon, Wed 6:00 - 9:00 p.m., 2/10 - 2/12

Location: Conference Center/E136

Tuition: \$15 | Fee: \$89 | Total: \$104



## HOM193 Basic Shirt Making

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.

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

**Instructor:** Michelle Umlauf

5-Digit Number: 28058 | Mon, Wed 6:00 - 9:00 p.m., 3/5 - 3/12

Location: Conference Center/E140

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



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

**NEW** HOM194 **Sewing Essentials: Mastering Digital Patterns for Beginners**4 sessions, 12 hours | **16+** | 

This hands-on class will guide you through every aspect of working with digital patterns to making a skirt. It is designed for beginners eager to dive into the world of garment construction. From deciphering patterns to learning essential sewing terminology, you'll explore everything from selecting and assembling patterns to understanding fabric fundamentals and sewing techniques. With valuable construction tips throughout, this course covers it all. The pattern is tailored for waist sizes ranging from 22" to 41.5". Unlock your creativity and start crafting your own garments. Students may use one of our machines or bring their own. If you bring your own machine, you must know how to operate it. Students must have either taken the Sewing in A Nutshell class or be proficient in operating a sewing machine. Students will be emailed a list of supplies needed prior to the course. Supply costs vary from \$30-\$40 depending on the exact items purchased.


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

**Instructor:** Michelle Umlauf

5-Digit Number: 28060 | Tue, Thu 6:00 - 9:00 p.m., 4/24 - 5/6

Location: Conference Center/E137

Tuition: \$10 | Fee: \$164 | Total: \$174

**NEW** HOM191 **Getting Started in Jewish Genealogy**2 sessions, 4 hours | **16+** | 

This workshop is designed to introduce participants to the fundamentals of Jewish genealogy. Whether you're just starting your journey into tracing your family history or looking to deepen your understanding of Jewish heritage, this workshop will provide the tools and resources needed to begin your exploration. We will cover the basics of genealogical research, with a focus on the unique challenges and resources associated with Jewish ancestry.

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

**Instructor:** Linda Frydl

5-Digit Number: 28054 | Tue 6:00 - 8:00 p.m., 2/4 - 2/11

Location: Conference Center/E138

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

**NEW** ENG242 **Digital Life Chronicles: Crafting Your Legacy in the Digital Age**3 sessions, 6 hours | **16+** | **SW**

This course equips participants with digital storytelling and legacy creation skills based on their life stories. Learners will explore digital writing, entry to multimedia production, and online publishing to create a personal digital story or legacy piece, effectively bridging traditional storytelling with modern technology. The course is designed to be interactive and engaging, focusing on collaborative learning and personal expression.

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

**Instructor:** Maru Willson

5-Digit Number: 28050 | Sat 1:00 - 3:00 p.m., 3/15 - 3/29

Location: Conference Center/E134

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



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



## HOM180 Breaking Down Genealogy Brick Walls: Family History Troubleshooting

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

Using both documents and DNA analysis, students will learn to develop useful methodologies for solving their genealogy research problems. This will be a hands-on class with group interaction. The instructors are experts in genealogy research and are looking forward to working with you as you plan the next steps of your family history journey. This course is taught by both Mary Mannix and Linda Fryd.

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

**Instructor:** Mary Mannix & Linda Fryd

5-Digit Number: 28055 | Thu 10:00 a.m. - 12:00 p.m., 5/1 - 5/22

Location: Conference Center/E138

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

## **NEW** HOM190 Searching Not Asking: Mastering Online Genealogy

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

While online resources are only a small percentage of the records that family historians should investigate, they are an important part of one's genealogy practice, especially if you cannot travel to pursue your research. This course, designed for genealogists of all levels of experience, will discuss how to make the most of the well-known resources, FamilySearch, HeritageQuest, and Ancestry, as well as how to locate unique websites and online sources. Improve your genealogy journey as you learn to "search" the internet, not just "ask" the web.

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

**Instructor:** Mary Mannix

5-Digit Number: 28053 | Tue 10:00 a.m. - 12:00 p.m., 5/6 - 5/20

Location: Conference Center/E125

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

## 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: 28051 | Thu 10:00 a.m. - 12:00 p.m., 2/6 - 2/20

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+**

We will dive deeper into the meanings of each of cards in the deck. We will also be integrating related fields such as numerology and astrology to broaden the tools we utilize when we interface with the cards. We will explore several different tarot spreads and dedicate a great deal of classroom time to reading for each other.

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

**Instructor:** Mary Mannix

5-Digit Number: 28052 | Wed 10:00 a.m. - 12:00 p.m., 4/9 - 4/30


Location: Conference Center/E138

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.

**NEW** **FOR156 French - Supplemental Language Lab**

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

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

**Option 1:** 5-Digit Number: 28243 | Mon 6:00 - 8:00 p.m., 2/3 - 2/24  
Location: Conference Center/E140

**Option 2:** 5-Digit Number: 28244 | Mon 6:00 - 8:00 p.m., 4/7 - 4/28  
Location: Conference Center/E134  
Tuition: \$10 | Fee: \$64 | Total: \$74

## CHECK BACK SOON!

Please check our web page for a new Beginner French course this spring.

**FOR124 Introduction to Italian Language & Culture - Part 1**

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

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

**Note: Students are required to purchase the following book: 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: 28081 | Fri 10:00 a.m. - 12:00 p.m., 3/7 - 5/2  
No Class: 4/4 | Location: Conference Center/E137  
Tuition: \$42 | Fee: \$138 | Total: \$180

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

**Instructor:** Dora Jaar

5-Digit Number: 28084 | Wed 10:00 a.m. - 12:00 p.m., 3/12 - 5/7  
No Class: 4/2 | Location: Student Center/H205  
Tuition: \$42 | Fee: \$138 | Total: \$180

**NEW** **FOR221 Introductory Latin**

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

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.

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

**Instructor:** Bryant Raisch

5-Digit Number: 28089 | Mon, Tue 9:00 - 11:00 a.m., 2/3 - 2/25  
Location: Conference Center/E126A  
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: 28070 | Tue, Thu 5:30 - 7:30 p.m., 3/18 - 4/17  
No Class: 4/1, 4/3 | Location: Conference Center/E134  
Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR101 Continuing Conversational Spanish

8 sessions, 16 hours |  |  | 

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

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

**Instructor:** Jennifer Books

5-Digit Number: 28071 | Tue, Thu 5:30 - 7:30 p.m., 5/6 - 5/29

Location: Conference Center/E140

Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR156 Spanish - Supplemental Language Lab

4 sessions, 8 hours |  | 

This group is for students who have either taken Basic Conversational Spanish and/or Continuing Conversational Spanish 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 Spanish speaking culture. Most instruction and discussions will be in Spanish.

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



**Instructor:** Jennifer Books

5-Digit Number: 28072 | Tue, Thu 5:30 - 7:30 p.m., 6/17 - 7/1

No Class: 6/19 | Location: Conference Center/E140

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

## 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: 28088 | Mon, Fri 3:00 - 5:00 p.m., 4/7 - 5/2

Location: Conference Center/E123

Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR300 American Sign Language I for Beginners

10 sessions, 15 hours |  |  | 

Learn the basic conversational skills used in American Sign Language. Topics include basic grammar structure related to the exchange of personal information, introductions, negotiation with the environment, calendar, and commands. Learn basic survival signs through demonstration. Students practice what is covered in class. This course may use a textbook or a digital curriculum platform.

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



**Instructor:** Gloria Dunham

5-Digit Number: 28085 | Tue, Thu 6:00 - 7:30 p.m., 2/25 - 3/27

Location: Conference Center/E125

Tuition: \$42 | Fee: \$138 | Total: \$180

## FOR303 American Sign Language II - Intermediate

10 sessions, 15 hours |  |  | 

Students will continue to learn and practice conversation skills used in American Sign Language I. They will learn more about ASL grammar structure, visual gestural, descriptive, negotiation with the environment, and deaf and hard-of-hearing culture. Students practice what is covered in class. There is an optional purchase of the digital curriculum platform True+Way. You 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.

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

**Instructor:** Gloria Dunham

5-Digit Number: 28087 | Tue, Thu 6:00 - 7:30 p.m., 4/8 - 5/8

Location: Conference Center/E125

Tuition: \$42 | Fee: \$138 | Total: \$180



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



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



# Learning on Location

## **ILR882 Brilliant Exiles: American Women in Paris, 1900-1939 Exhibit Bus Trip**

1 session, 6 hours

As a supplement to LIR309 on page 17, American Women Who Found Freedom and Fame: Paris in the 1920s, we are excited to offer a bus trip to the National Portrait Gallery to view the Brilliant Exiles: American Women in Paris, 1900-1939 exhibit. Students can join the bus trip without having taken the course however taking the course is encouraged. The tour is a drop and go tour. You will be on your own exploring the museum. Lunch will also be on your own. Lunch options include The Courtyard Cafe at the National Portrait Gallery. Exploring the display 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: 28075 | Wed 10:00 a.m. - 4:00 p.m., 2/12

Location: Off Campus

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

## **ILR974 George Washington Masonic National Memorial and Arlington Cemetery**

1 session, 9 hours

Visit the dramatic George Washington Masonic National Memorial and take a docent-led tour that is sure to intrigue with unique displays about our first president, American history, and the Masonic heritage. Lunch will be on your own at Westpost at National Landing in Arlington where you will have many restaurant options. Then we'll head to Arlington National Cemetery where more than 400,000 individuals are buried. We will learn about the historical connect between our military and society as we view memorials and visit notable graves. The tour involves moderate walking and standing but does include the use of a tram as we travel around Arlington National Cemetery.

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

**Instructor:** Marsha Adelson

5-Digit Number: 28077 | Thu 9:00 a.m. - 6:00 p.m., 3/27

Location: Off Campus

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

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

## **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 - Monday, 4/14

**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: 28192 | Fri 10:00 a.m. - 12:00 p.m., 4/11

Location: Off Campus

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

## **ILR936 Glenstone's Amazing Art and Landscapes**

1 session, 6.5 hours

Set in the rolling hills of Potomac, Glenstone Museum is a world class collection of post-WWII artworks, but it is so much more than just a typical museum. Glenstone seamlessly integrates art, architecture, and landscape into a serene and contemplative environment. The works are presented in a series of refined indoor and outdoor spaces for an experience like no other. This tour is a drop and go tour. Though a trip leader will be present, there will be no ILR tour guide offering commentary while on the bus. Spend the morning and early afternoon exploring the collection and grounds. Lunch is on your own at either the Café or Patio featuring sandwiches, salads, and snacks. Both dining options are located onsite. The museum grounds are vast. You will spend a considerable amount of time on foot; comfortable shoes are recommended.

**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: 28078 | Thu 9:00 a.m. - 3:30 p.m., 5/1

Location: Off Campus

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



**NEW** **LIR314 The Star-Spangled Banner Tour of Baltimore**

1 session, 8 hours

Our adventure begins at the Star-Spangled Banner Flag House, where you'll step into the home of Mary Pickersgill, the seamstress who crafted the enormous flag that inspired Francis Scott Key to write the national anthem. Immerse yourself in the story of resilience and patriotism during a guided tour that highlights the creation of the flag and its significant role in American history. We'll then make our way to Little Italy, a charming neighborhood known for its rich Italian heritage. We'll take a quick walking tour of the neighborhood. Then enjoy a leisurely lunch on your own at one of the authentic Italian restaurants in the area. Finally, we'll head to Fort McHenry, the birthplace of the Star-Spangled Banner. Here, you'll walk the grounds of this historic fortification, learn about its pivotal role in the War of 1812, and enjoy stunning views of the harbor. This tour involves moderate walking and standing during the tours including walking on uneven pavement at times. Due to the age of the historic Flag House, some areas are not accessible to individuals with physical 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:** Jeanne McDermott

5-Digit Number: 28079 | Thu 8:30 a.m. - 4:30 p.m., 5/8

Location: Off Campus

Tuition: \$10 | Fee: \$104 | Total: \$114

**LIR167 Glimpses of the Past: All About the East Street**

1 session, 1.5 hours

This easy walking tour includes East Street and its history from Shab Row extending north. We'll duck in and out of side streets along the walk while we learn the history of former factories such as the Oxe Fiber factory. We will also look at the architecture of the area and discover how the buildings have changed over time. This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with minor elevation changes for about 1.5 miles moving at a slow pace. Rain Date - 5/17

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

**Instructor:** Jeanne McDermott

**Option 1:** 5-Digit Number: 28080 | Sat 10:00 - 11:30 a.m., 5/3

**Option 2:** 5-Digit Number: 28082 | Sat 10:00 - 11:30 a.m., 5/10

Location: Off Campus

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

**LIR167 Glimpses of the Past Walking Tour: Along Market Street, from Retail to History**

1 session, 1.5 hours

This easy walking tour includes Market Street from Carroll Creek to 3rd Street and parts of East Patrick. We'll hear some Civil War history, learn about former Ma and Pa shops, discuss the history behind the Frederick Opera House, and see some interesting architecture. Faded signs along the way give us clues about the past. This tour involves walking in downtown Frederick on mostly flat sidewalks and walkways with minor elevation changes for about 1.5 miles moving at a slow pace. Rain Date - 6/7

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

**Instructor:** Jeanne McDermott

5-Digit Number: 28083 | Sat 10:00 - 11:30 a.m., 5/31

Location: Off Campus

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

*Continued on page 36*

# Learning on Location

(Continued from page 35)



## LIR320 The Generals Stars: Astrology at Antietam

1 session, 8.5 hours | **SW**

All generals "wear" stars, but do you know how the stars affect them? Civil War astrology seldom receives attention nor study. Students of the Civil War consider themselves too serious for the occult. But why should astrology be dismissed? All life is energy, and the position of the planets, moon, and stars influence human energies. Fluctuating energy, then, can play havoc with decisions. And decisions on a battlefield can transform societies and countries. The Antietam Battlefield is an ideal laboratory for the study of Civil War astrology. What influenced General Lee's decisions? What compelled General McClellan's actions? What wrought General Burnside's tactics? The answers, perhaps, are in the stars. The tour will mostly be via bus with tour stops and walking less than 1 mile. 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: 28238 | Wed 8:00 a.m. - 4:30 p.m., 5/14

Location: Off Campus

Tuition: \$15 | Fee: \$119 | Total: \$134

## LIR220 C&O Canal: Noland's Ferry History and Nature Walk

1 session, 1.5 hours

Ferries across the Potomac River were once very numerous, transporting people and cargo between Maryland and Virginia. On this walking tour of the Noland's Ferry site in southern Frederick County, we will discuss the ferries' importance, especially after construction of the adjacent C&O Canal. We'll focus on the history of Noland's Ferry which was originally a crossing for Native Americans. During the walk, we will identify trees and other plants as well as look for wildlife. The walk will be 1 mile in length along the level, gravel canal towpath with scenic views of the Potomac River. Rain Date - 5/21

**Note: 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:** Ralph Buglass

5-Digit Number: 28086 | Mon 10:30 a.m. - 12:00 p.m., 5/19

Location: Off Campus

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

# LIFE PLANNING & FINANCES

## ILR871 The Advantages of Trading Options

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.

**Instructor:** Richard Bender

**Option 1, Online:** 5-Digit Number: 27952

Mon, Wed 6:00 - 8:00 p.m., 1/27 - 2/5

Location: Online

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

**Option 2, In-Person:** 5-Digit Number: 27953

Mon, Wed 6:00 - 8:00 p.m., 4/14 - 4/23

Location: Conference Center/E138

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

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.



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

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

1 session, 2 hours

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

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

**Instructor:** Sharon Smith

5-Digit Number: 27954 | Wed 10:00 a.m. - 12:00 p.m., 3/5

Location: Conference Center/E138

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

## LIR272 Downsizing Simplified: Living Smaller and Loving it

2 sessions, 3 hours

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

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

**Instructor:** Stacy Reno

5-Digit Number: 27955 | Wed 3:00 - 4:30 p.m., 3/12 - 3/19

Location: Conference Center/E138

Tuition: \$10 | Fee: \$22 | Total: \$32

## 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: 27951 | Mon 10:00 a.m. - 12:00 p.m., 4/7

Location: Conference Center/E138


**Option 2:** 5-Digit Number: 28185 | Thu 10:00 a.m. - 12:00 p.m., 6/12

Location: Conference Center/E125

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

# 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)

**ILR521 Being Human: Religion and Spirituality**

4 sessions, 8 hours | **SW** | 

Religion is a cultural universal, occurring in some form in every society. In this course, we'll explore the nature of religion and spirituality from an anthropological perspective. We'll address the BIG questions: How does a person come to believe something? Is belief compatible with science? What do people of various faiths actually believe—and how do their spiritual traditions shape their lives? Does religion structure society, or vice versa? Join us for an exploration of human spirituality, a grand tour of world faiths, and a series of lively discussions.

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

**Instructor:** Julie Castillo

5-Digit Number: 27977 | Fri 10:00 a.m. - 12:00 p.m., 2/14 - 3/7

Location: Online

Tuition: \$14 | Fee: \$72 | Total: \$86

**LIR288 Discover Your Past Lives**

2 sessions, 3 hours

Discuss theories on reincarnation, choices before birth that guide your life, soul mates, patterns in past lives and the time between lives. Explore ways to uncover past lives through hints in your everyday routine, dreams and meditation. Class will include an exercise to recall several past lives and the opportunity to share impressions.

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

**Instructor:** Brenda Thew

5-Digit Number: 27975 | Tue 2:00 - 3:30 p.m., 3/11 - 3/18

Location: Student Center/H239

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



**Lifting the Veil: Paranormal and 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 - Differences Between Spirits, Souls, and Ghosts**

5-Digit Number: 27979 | Wed 6:00 - 8:00 p.m., 3/12

Location: Conference Center/E138

**LIR195 Lifting the Veil with Rhonda - Why is a Ghost a Ghost?**

5-Digit Number: 27980 | Wed 6:00 - 8:00 p.m., 4/16


Location: Conference Center/E140

**LIR195 Lifting the Veil with Rhonda - Entity Attachments to Humans, Places, and Objects**

5-Digit Number: 27981 | Wed 6:00 - 8:00 p.m., 6/4


Location: Conference Center/E138

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

**For above classes:** 1 session, 2 hours | 

**Instructor:** Rhonda Russo | Tuition: \$10 | Fee: \$14 | Total: \$24

**LIR195 Lifting the Veil with Rhonda - The Inn At Lincoln Square, Gettysburg Investigative Field Trip**

1 session, 3 hours | 

This investigative field trip involves the use of ghost hunting equipment and takes place in the dark. 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 Inn at Lincoln Square 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. Please call the inn directly to arrange and mention that you are part of this special investigation. 717.353.2471

**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.**

5-Digit Number: 27978 | Tue 7:00 - 10:00 p.m., 1/28

Location: Off Campus

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





## PHO120 Lightroom Classic

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

Learn to edit your digital photos using the powerful Lightroom Classic from Adobe Creative Suite. In this four-part class, you will learn how to organize and manage your photos by creating a master photo file, import your organized photos into the Lightroom Library module, apply key words, flag favorites, etc. In the Develop Module, you will learn how to make not only basic edits, such as cropping and adjusting the exposure, but more advanced edits to your images, including changing to photos to black and white, fixing camera distortions, adding texture and clarity, creating virtual copies, and more. You will create Collections in Lightroom, another tool to help you quickly locate topics and favorites. 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 to work on editing your own photos as well as ones provided by the instructor. For this class, all students will need their own laptops, because you will be customizing the software in each class and saving changes and settings to your own workspace. It is also highly recommended that students have an external drive, 1tb or larger, on which to save their work and build their photo file. Prior to the first class, students will be contacted with information about how to download and install Lightroom Classic on their own computer.

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

**Instructor:** Walter Calahan

5-Digit Number: 28010 | Sat 9:30 a.m. - 12:30 p.m., 3/8 - 3/29

Location: Conference Center/E138

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

## **NEW** 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 WindowsOS 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: 28013 | Sat 9:30 a.m. - 12:30 p.m., 5/17

Location: Conference Center/E139

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

## 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: 28004 | Sat 9:00 a.m. - 1:00 p.m., 5/31

Location: Conference Center/E125

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



**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.



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

**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: 28001 | Sat 9:00 a.m. - 12:30 p.m., 6/7 - 6/14

Location: Conference Center/E138

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

**NEW** **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: 28018 | Sat 9:00 a.m. - 1:00 p.m., 6/21

Location: Conference Center/E138

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

**LIR112 Psychological Well-Being in Older Adults:  
Disorders of Aging and Cognition**5 sessions, 7.5 hours | **SW**

Years ago, very little research focused on examining the mental health of older adults. However, as this segment of the population continues to grow, mental health professionals recognize the importance of addressing the psychological problems that often accompany the aging process. In this course, we will examine how some of the more common psychological disorders such as anxiety, depression, substance abuse, and neurocognitive disorders significantly impact the lives of both those struggling with a disorder, as well as their family members and care givers.

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

**Instructor:** Barbara Angleberger

5-Digit Number: 27986 | Tue 1:30 - 3:00 p.m., 2/25 - 3/25

Location: Conference Center/E125

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

**ILR968 Discover a Season - Wildflowers**

1 session, 2 hours

There are plenty of beautiful wildflowers to see on a nature walk. Be prepared for moderate walking up to 1 mile. Dress for the weather. Rain Date - 4/17

**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: 27987 | Thu 10:00 a.m. - 12:00 p.m., 4/10

Location: Off Campus

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



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

## 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: 27946 | Wed 1:00 - 3:00 p.m., 4/9 - 5/21

Location: Conference Center/E138

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

## ENG240 Writing Memoir for Women Using the Amherst Writers and Artists Method

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 (amherstwriters.org). Participants will practice writing exercises developed by writers Natalie Goldberg, Mary Karr, and Anne LaMott, among others, to craft pieces of writing. In the last week or two of the class, writers will be invited to submit work for a manuscript review. This is an opportunity to receive feedback on one's work. This class is a woman only offering for the spring.

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

**Instructor:** Sherri Philpott

5-Digit Number: 28090 | Mon 1:00 - 3:00 p.m., 3/17 - 5/12

No Class: 3/31 | Location: Conference Center/E134

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

## ENG241 Telling It Short: Short Story Writing

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

Designed for those interested in writing short stories, this course explores the many aspects of storytelling. We will delve into the fundamentals of story writing by examining what works in stories already out in the world so that when you put pen to paper you can develop engaging characters, build compelling plots, and create immersive settings. Through constructive feedback sessions and peer review, you will refine your writing style and receive guidance on how to captivate your readers. In addition, sessions on editing and revision will help you polish your work and develop a keen editorial eye. The goal is to help you continue along your writing journey with confidence. A blank page can be intimidating; there will be writing prompts and practical exercises to help jump start your imagination.

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

**Instructor:** Ellen Weeren

5-Digit Number: 28091 | Tue 10:00 a.m. - 12:00 p.m., 2/4 - 3/25

Location: Conference Center/E125

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




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

# FREE Spring 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, 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. Please consider making a donation.

## LIR261 Understanding Spiritual Experiences: Near Death Experiences, Mysticism, 19th Century Spiritualism

4 sessions, 6 hours | 

Spiritual experiences are not well understood or discussed. Experiencers often fear being misunderstood or judged. Richard Bucke coined the term cosmic consciousness in the late 1800s. Today, research is more common. Raymond Moody published his study of near-death experiences in his 1970s book *Life After Life*. In recent years, several organizations have been set up to study and understand these and other spiritual phenomena. This course will examine some of the enclaves of spiritual experiences including mysticism, near death experiences, nineteenth century spiritualism, after death communication, shared death experiences. The emphasis will be on understanding the experiences and finding common characteristics. This is not a class about beliefs or dogma. We will discuss recent research and the various organizations devoted to studying this dimension. And of course, sharing experiences is an important part of the course. This offering will be available in both an in-person and online format. All students will receive a link to the course one day prior to the start date. Students can decide how they would like to attend. Only registered students may attend in-person or online.

**Note: This course will meet on campus in an in-person format, with an option to attend virtually via Zoom. ILR staff will email the Zoom link directly to the students the day before the class start date.**

**Instructor:** Sara Towe

5-Digit Number: 28020 | Mon 11:00 a.m. - 12:30 p.m., 2/3 - 2/24  
Location: Conference Center/E123  
This is a free course.\*

## LIR274 Rebuilding the Capitol After the Fires of 1814: Benjamin Latrobe & Potomac Marble

3 sessions, 6 hours

The destruction of Washington in 1814 by the invading British challenged President Monroe and Benjamin Latrobe with the task of rebuilding the edifices which had been destroyed. They understood that the principal buildings of the government were not mere offices but symbols of the aspirations of the Republic. They had to be functional but also classically beautiful. The preferred building material was marble. Potomac marble, which exists in abundance on both sides of the Potomac River, was used as the building material. In this course, we will also learn about the invasion of 1814 and the methods the British used to burn stone buildings. And then, during the last session of the course, we will visit the actual quarry used by Latrobe and lost to history for years until rediscovered by Kreingold. Walk Rain Date - 2/25

**Note: This hike totals 4 miles and mostly takes place on a flat C&O Canal trail however there is one steep decline and another incline to enter the quarry site. Students are to provide their own transportation to the meet up location for the hike.**

**Instructor:** Paul Kreingold

**Lecture & Hike:** 5-Digit Number: 28016

Tue 11:00 a.m. - 12:30 p.m. & Tue 11:00 a.m. - 2:00 p.m., 2/4 - 2/18  
Location: Conference Center/E138, Off Campus  
This is a free course.\*

**Lecture Only:** 5-Digit Number: 28017


Tue 11:00 a.m. - 12:30 p.m., 2/4 - 2/11  
Location: Conference Center/E138  
This is a free course.\*



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

*\* A \$9 one-time-per-year, non-refundable registration fee is due at the time of registration. This fee is only refundable when FCC cancels a class for which the student paid the registration fee and the student has not enrolled in any other classes during the period.*

## LIR287 Making Smart Investment Decisions

1 session, 1.5 hours | 

Making smart investment decisions can make a big difference over your life-time and especially what you save for your retirement. With some basic understanding of investment products and risk and return, you can take steps to grow your nest egg. Discuss investment products, risk and return, volatility, and how fees can impact your portfolio. Learn the questions to ask before you invest, the red flags of fraud, and how to use the free resources on Investor.gov, the SEC's online portal for individual investors.

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

**Instructor:** Securities & Exchange Commission

5-Digit Number: 28014 | Thu 10:00 - 11:30 a.m., 2/27

Location: Online

This is a free course.\*



## LIR297 WWII's USS Houston's Survivor POW Experience - As Told By John K. Schwarz

1 session, 1.5 hours

There is a heroic story to tell which depicts men of the U.S. Navy during WWII in the Asia West Pacific. It is a story of one particular U.S. warship, the USS Houston CA-30, a story of POW's suffering horrendous hardship for 3.5 years used as slave laborers, and a story about our countries 'Greatest Generation'. The saga of the WWII U.S. Navy heavy cruiser USS Houston CA-30 is one which epitomizes naval bravery in the most challenging of circumstances in service to our great nation. The story includes those who were transported to Burma to be used as slave labor assisting in the construction of the 'Burma-Thailand Death Railway'. This entire saga was brilliantly described by the late James Hornfischer in his book, 'Ship of Ghosts' and somewhat depicted in the epic 1957 war movie, 'Bridge on the River Kwai'. As seen through the experience of CA-30 shipmate/survivor Otto C. Schwarz, this story will be told through the words of John Keith Schwarz. Following this special presentation, students will have the opportunity to engage in a Q&A session.

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

**Instructor:** John Schwarz

5-Digit Number: 28021 | Mon 2:00 - 3:30 p.m., 4/28

Location: Conference Center/E138

This is a free course.\*

## ILR942 Going Paperless

3 sessions, 6 hours

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: 28065 | Wed 11:00 a.m. - 1:00 p.m., 5/7 - 5/21

Location: Conference Center/E137

This is a free course.\*

## 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.

**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 all meeting locations.

**Instructor:** Jamie Burton

5-Digit Number: 28015 | Tue, Wed 1:00 - 3:00 p.m., 5/13 - 5/14

Location: Conference Center/E140, Off Campus

This is a free course.\*

# 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**

FOR406 **Introductory French I**

FOR421 **Introductory Spanish I**

FOR429 **American Sign Language II**

FOR408 **Introductory French II**

FOR422 **Introductory Spanish II**

FOR409 **Introductory Latin 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

ILR834 **Dementia 101**

ILR833 **The Making of Modern China: Can America and China Avoid the Thucydides Trap?**

LIR521 **Being Human: Religion and Spirituality**

ILR871 **The Advantages of Trading Options**

LIR287 **Making Smart Investment Decisions**

ILR585 **Current National Security Challenges**

LIR251 **Understanding Spiritual Experiences and Phenomena**

ACR172 **Voices For All**

# ILR WINTER/SPRING 2025 CALENDAR • MONDAY - FRIDAY

## January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  NEW YEAR'S DAY NO CLASSES	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>20</b>  MLK DAY NO CLASSES	<b>21</b>	<b>22</b>	<b>23</b> 6:30 Crochet for Beginners	<b>24</b>
<b>27</b> 10:00 How to Listen to Jazz 6:00 Adv. of Trading Options (SR)	<b>28</b> 10:00 The Outer Hebrides 6:00 Chickenology <u>7:00 Lifting the Veil, Theme 1</u>	<b>29</b> 10:00 Med. Cur., Healthy Tips 1:00 Mid. East. Studies, Oman 6:00 Adv. of Trading Options (SR) <u>6:30 Valentine's Day Cards</u>	<b>30</b> 10:00 The Outer Hebrides 2:00 Aviation History 6:30 Crochet for Beginners	<b>31</b> 9:30 Begin. Pen and Ink Drawing

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

February 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9:00 Introductory Latin 10:00 Ameri. Women Freedom &amp; Fame 10:00 How to Listen to Jazz 11:00 Understanding Spiritual Exps. 1:00 Start Sewing in a Nutshell 1:15 Personal Strength Training 6:00 Adv. of Trading Options (SR) 6:00 French, Sup. Language Lab</p>	<p><b>4</b> 9:00 Introductory Latin 9:00 Watercolor Painting, Multilevel 10:00 Telling It Short, St. Story Writing 11:00 Rebuilding the Capitol 12:00 Watercolor Painting - Adv. 2:00 Armchair Series, Shakespeare 6:00 Chickenology 6:00 Jewish Genealogy 6:30 Intro to Healthy Living</p>	<p><b>5</b> 10:00 Ameri. Women Freedom &amp; Fame 11:00 History Bites, South Campaign 12:00 Wars Def. History: World War I 1:00 Mid. East. Studies, Oman 1:00 Start Sewing in a Nutshell 2:00 Intro to Ballroom Dancing 6:00 Adv. of Trading Options (SR) 6:00 Bee Keeping, Intro. to Apiculture 6:30 Local African American History</p>	<p><b>6</b> 10:00 Fool's Journey: Tarot Cards 2:00 Armchair Series, Shakespeare 2:00 Aviation History 6:00 Portrait Drawing 6:30 Crochet for Beginners</p>	<p><b>7</b> 9:30 Begin. Pen and Ink Drawing 10:00 Ameri. Women Freedom &amp; Fame 10:00 Beginning Calligraphy: Italic 10:00 The Spy Trial in Frederick Town</p>
<p><b>10</b> 9:00 Introductory Latin 10:00 How to Listen to Jazz 11:00 Understanding Spiritual Exps. 1:15 Personal Strength Training 6:00 French, Sup. Language Lab 6:00 Mach. Embroidery Made Easy</p>	<p><b>11</b> 9:00 Introductory Latin 9:00 Watercolor Painting, Multilevel 10:00 Telling It Short, St. Story Writing 11:00 Rebuilding the Capitol 12:00 Watercolor Painting - Adv. 6:00 Chickenology 6:00 Jewish Genealogy 6:30 Intro to Healthy Living</p>	<p><b>12</b> 10:00 Brilliant Exiles Exhibit Bus Trip 12:00 Wars Def. History: World War I 1:00 Mid. East. Studies, Oman 2:00 Intro to Ballroom Dancing 6:00 Bee Keeping, Intro. to Apiculture 6:00 Mach. Embroidery Made Easy 6:30 Local African American History</p>	<p><b>13</b> 9:00 Afri. Ameri. Hist., Tale of the Lion 10:00 Fool's Journey: Tarot Card 2:00 Aviation History 6:00 Portrait Drawing 6:30 Crochet, Granny Squares</p>	<p><b>14</b> 9:30 Begin. Pen and Ink Drawing 10:00 Beginning Calligraphy: Italic 10:00 Being Human (SR) 10:00 The Spy Trial in Frederick Town</p>
<p><b>17</b> 9:00 Introductory Latin 9:30 Benedict Arnold and Canada 10:00 Calling All Book Lovers 10:00 How to Listen to Jazz 11:00 Understanding Spiritual Exps. 1:15 Personal Strength Training 6:00 French, Sup. Language Lab</p>	<p><b>18</b> 9:00 Introductory Latin 9:00 Watercolor Painting, Multilevel 9:00 World History, The Big Picture 10:00 Telling It Short, St. Story Writing 11:00 Rebuilding the Capitol 12:00 Watercolor Painting - Adv. 6:00 Chickenology 6:30 Intro to Healthy Living</p>	<p><b>19</b> 10:00 Aging in Place, Ind. Home 10:00 Calling All Book Lovers 10:00 Making of Modern China (SR) 12:00 Wars Def. History: World War I 1:00 A.I., An Introduction 1:00 Mid. East. Studies, Oman 2:00 Intro to Ballroom Dancing 6:00 Bee Keeping, Intro. to Apiculture 6:30 Local African American History</p>	<p><b>20</b> 10:00 Fool's Journey: Tarot Card 10:00 Med. Cur., Blood Clots 2:00 Aviation History 6:00 Portrait Drawing 6:30 Crochet, Granny Squares</p>	<p><b>21</b> 9:30 Drawing for Beginners 10:00 Beginning Calligraphy: Italic 10:00 Being Human (SR) 10:00 Calling All Book Lovers 10:00 The Spy Trial in Frederick Town</p>
<p><b>24</b> 9:00 Introductory Latin 9:30 Benedict Arnold and Canada 10:00 How to Listen to Jazz 11:00 Understanding Spiritual Exps. 1:15 Personal Strength Training 6:00 French, Sup. Language Lab</p>	<p><b>25</b> 9:00 Introductory Latin 9:00 Watercolor Painting, Multilevel 9:00 World History, The Big Picture 10:00 Telling It Short, St. Story Writing 12:00 Watercolor Painting - Adv. 1:00 Historic Context RU-UA War 1:30 Psychological Well-Being 6:00 American Sign Lang. I, Begin. 6:00 Chickenology 6:30 Intro to Healthy Living</p>	<p><b>26</b> 10:00 Aging in Place, Ind. Home 10:00 Making of Modern China (SR) 12:00 Afri. Ameri. Hist., Blk. Catholic 12:00 Wars Def. History: World War I 1:00 A.I., An Introduction 1:00 Mid. East. Studies, Oman 2:00 Intro to Ballroom Dancing 2:00 Raise Your Wine IQ, The Basics 6:00 Bee Keeping, Intro. to Apiculture 6:30 Local African American History 7:00 Mixology: The Basics</p>	<p><b>27</b> 10:00 Making Smart Inv. Dec. (SR) 2:00 Aviation History 6:00 American Sign Lang. I, Begin. 6:00 Law and Racism 6:00 Portrait Drawing</p>	<p><b>28</b> 9:30 Drawing for Beginners 10:00 Beginning Calligraphy: Italic 10:00 Being Human (SR) 10:00 The Spy Trial in Frederick Town</p>

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



March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9:30 <u>Benedict Arnold and Canada</u> 10:00 <u>How to Listen to Jazz</u> <b>1:00 Roots of the Banjo</b> 1:15 Personal Strength Training</p>	<p><b>4</b> 9:00 Watercolor Painting, Multilevel 9:00 World History, The Big Picture 10:00 Telling It Short, St. Story Writing 12:00 Watercolor Painting - Adv. 1:00 Historic Context RU-UA War 1:30 Psychological Well-Being 6:00 American Sign Lang. I, Begin.</p>	<p><b>5</b> <b>10:00 Advance Care Planning</b> 10:00 Making of Modern China (SR) 12:00 Wars Def. History: World War I 1:00 A.I., An Introduction 2:00 Intro to Ballroom Dancing 2:00 Raise Your Wine IQ, The Basics <b>6:00 Basic Shirt Making</b> 6:00 Bee Keeping, Intro. to Apicology</p>	<p><b>6</b> <b>10:00 African Cooking, Vegan Dishes</b> <b>10:00 Germ. Heritage, Frederick Co.</b> <b>6:00 Afri. Ameri. Hist., Fred. Civil Rights</b> 6:00 American Sign Lang. I, Begin. 6:00 Law and Racism 6:00 Portrait Drawing</p>	<p><b>7</b> 9:30 Drawing for Beginners 10:00 Beginning Calligraphy: Italic <u>10:00 Being Human (SR)</u> <b>10:00 Dementia 101</b> <b>10:00 Intro. to Italian Lang. &amp; Cult.</b></p>
<p><b>10</b> 9:30 <u>Benedict Arnold and Canada</u> <b>10:00 The Lady and the Unicorn</b> 1:00 Roots of the Banjo <u>1:15 Personal Strength Training</u> 6:00 Basic Shirt Making</p>	<p><b>11</b> 9:00 Watercolor Painting, Multilevel 9:00 World History, The Big Picture 10:00 Telling It Short, St. Story Writing 12:00 Watercolor Painting - Adv. <u>1:00 Historic Context RU-UA War</u> 1:30 Psychological Well-Being <b>2:00 Discover Your Past Lives</b> 6:00 American Sign Lang. I, Begin.</p>	<p><b>12</b> <b>10:00 Intro. Italian Lang. &amp; Cult., Pt. 2</b> 10:00 Making of Modern China (SR) 10:00 The Lady and the Unicorn 12:00 Wars Def. History: World War I <u>1:00 A.I., An Introduction</u> 2:00 Intro to Ballroom Dancing <u>2:00 Raise Your Wine IQ, The Basics</u> <b>3:00 Downsizing Simplified</b> 6:00 Basic Shirt Making 6:00 Bee Keeping, Intro. to Apicology <b>6:00 Lifting the Veil, Theme 2</b></p>	<p><b>13</b> 10:00 African Cooking, Vegan Dishes 10:00 Germ. Heritage, Frederick Co. <b>1:00 Tai Chi, Balance and Well Being</b> 6:00 American Sign Lang. I, Begin. 6:00 Law and Racism 6:00 Portrait Drawing <b>7:00 Maryland Whiskey 101</b></p>	<p><b>14</b> 9:30 <u>Drawing for Beginners</u> 10:00 Beginning Calligraphy: Italic 10:00 Dementia 101 10:00 Intro. to Italian Lang. &amp; Cult. <u>10:00 The Lady and the Unicorn</u> <b>11:00 FSO - Concert 1</b></p>
<p><b>17</b> 9:30 <u>Revital., Downtown Frederick</u> 1:00 Roots of the Banjo <b>1:00 Writing Memoir for Women</b></p>	<p><b>18</b> 9:00 Watercolor Painting, Multilevel 9:00 World History, The Big Picture 10:00 Telling It Short, St. Story Writing 12:00 Watercolor Painting - Adv. 1:30 Psychological Well-Being 2:00 Discover Your Past Lives <b>5:30 Basic Conversational Spanish</b> 6:00 American Sign Lang. I, Begin.</p>	<p><b>19</b> 9:30 Revital., Downtown Frederick 10:00 Intro. Italian Lang. &amp; Cult., Pt. 2 10:00 Making of Modern China (SR) <b>11:00 History Bites, Atlantic Race</b> 12:00 Wars Def. History: World War I 2:00 Intro to Ballroom Dancing <u>3:00 Downsizing Simplified</u></p>	<p><b>20</b> 10:00 African Cooking, Vegan Dishes 10:00 Germ. Heritage, Frederick Co. 1:00 Tai Chi, Balance and Well Being 5:30 Basic Conversational Spanish 6:00 American Sign Lang. I, Begin. 6:00 Law and Racism 6:00 Portrait Drawing</p>	<p><b>21</b> 9:30 <u>Intermediate Drawing</u> <u>9:30 Revital., Downtown Frederick</u> 10:00 Beginning Calligraphy: Italic <u>10:00 Dementia 101</u> 10:00 Intro. to Italian Lang. &amp; Cult.</p>
<p><b>24</b> 1:00 Roots of the Banjo 1:00 Writing Memoir for Women</p>	<p><b>25</b> 9:00 Watercolor Painting, Multilevel <u>9:00 World History, The Big Picture</u> <u>10:00 Telling It Short, St. Story Writing</u> 12:00 Watercolor Painting - Adv. <u>1:30 Psychological Well-Being</u> 5:30 Basic Conversational Spanish 6:00 American Sign Lang. I, Begin.</p>	<p><b>26</b> 10:00 Intro. Italian Lang. &amp; Cult., Pt. 2 <u>10:00 Making of Modern China (SR)</u> <b>10:00 Med. Cur., Opioid Epidemic</b> 12:00 Wars Def. History: World War I <b>12:15 A Taste of Asia, Lunch Trip</b> 2:00 Intro to Ballroom Dancing <u>6:00 Bee Keeping, Beeconomics</u></p>	<p><b>27</b> <b>9:00 Nat. Memorial and Arl. Cem.</b> <u>10:00 African Cooking, Vegan Dishes</u> <u>10:00 Germ. Heritage, Frederick Co.</u> 1:00 Tai Chi, Balance and Well Being 5:30 Basic Conversational Spanish <u>6:00 American Sign Lang. I, Begin.</u> 6:00 Law and Racism <u>6:00 Portrait Drawing</u></p>	<p><b>28</b> 9:30 Intermediate Drawing <u>10:00 Beginning Calligraphy: Italic</u> 10:00 Intro. to Italian Lang. &amp; Cult.</p>
<p><b>31</b></p>				

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

# ILR WINTER/SPRING 2025 CALENDAR • MONDAY - FRIDAY

April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
		SPRING BREAK NO CLASSES		
<b>7</b> 10:00 Dementia 101 (SR) <u>10:00 Preparing Imp. Documents</u> 1:00 Writing Memoir for Women 3:00 Korean Language, Beginner 6:00 French, Sup. Language Lab	<b>8</b> 9:00 Watercolor Painting, Multilevel 12:00 Watercolor Painting - Adv. 1:00 Wireless Technology 5:30 Basic Conversational Spanish 6:00 American Sign Lang. II, Inter.	<b>9</b> 10:00 Cont. Fool's Journey: Tarot Practice 10:00 Intro. Italian Lang. & Cult., Pt. 2 1:00 Mid. East. Studies, The Arts of Islam 1:00 Writing Your Life Story 2:00 Intro to Ballroom Dancing 6:00 Wine Boot Camp 6:00 Bee Keeping, Adv. Apiculture	<b>10</b> <u>10:00 Discover a Season, Wildflowers</u> <u>1:00 Gardener Series, Garden Prep</u> 1:00 Tai Chi, Balance and Well Being 5:30 Basic Conversational Spanish 6:00 American Sign Lang. II, Inter.	<b>11</b> 9:30 Intermediate Drawing 10:00 Early Hist. of MD, Part 1 10:00 Intro. to Italian Lang. & Cult. 10:00 Tree Tour of Baker Park 3:00 Korean Language, Beginner
<b>14</b> 10:00 Dementia 101 (SR) 1:00 Writing Memoir for Women 3:00 Korean Language, Beginner 6:00 Adv. of Trading Options 6:00 French, Sup. Language Lab	<b>15</b> 9:00 Watercolor Painting, Multilevel 12:00 Watercolor Painting - Adv. 1:00 Wireless Technology 5:30 Basic Conversational Spanish 6:00 American Sign Lang. II, Inter.	<b>16</b> 10:00 Cont. Fool's Journey: Tarot Practice 10:00 Intro. Italian Lang. & Cult., Pt. 2 1:00 Mid. East. Studies, The Arts of Islam 1:00 Writing Your Life Story 2:00 Intro to Ballroom Dancing 6:00 Adv. of Trading Options 6:00 Bee Keeping, Adv. Apiculture 6:00 Lifting the Veil, Theme 3	<b>17</b> <u>1:00 Gardener Series, Plant Selection</u> 1:00 Tai Chi, Balance and Well Being <u>5:30 Basic Conversational Spanish</u> 6:00 American Sign Lang. II, Inter. <u>6:30 Travel Light, Travel Easy</u>	<b>18</b> 9:30 Intermediate Drawing 10:00 Early Hist. of MD, Part 1 10:00 Intro. to Italian Lang. & Cult. <u>11:00 FSO - Concert 2</u> 3:00 Korean Language, Beginner
<b>21</b> 10:00 Dementia 101 (SR) 1:00 Writing Memoir for Women 3:00 Korean Language, Beginner 6:00 Adv. of Trading Options 6:00 French, Sup. Language Lab	<b>22</b> 9:00 Watercolor Painting, Multilevel <u>11:00 History Bites, USS Enterprise</u> 12:00 Watercolor Painting - Adv. 1:00 Wireless Technology 6:00 American Sign Lang. II, Inter.	<b>23</b> 10:00 Cont. Fool's Journey: Tarot Practice 10:00 Intro. Italian Lang. & Cult., Pt. 2 <b>10:00 Med. Cur., Medicaese</b> 1:00 Mid. East. Studies, The Arts of Islam 1:00 Writing Your Life Story 6:00 Adv. of Trading Options 6:00 Bee Keeping, Adv. Apiculture	<b>24</b> <u>1:00 Gardener Series, Garden Maint.</u> 1:00 Tai Chi, Balance and Well Being 6:00 American Sign Lang. II, Inter. 6:00 Sewing Essent., Digital Patterns <u>7:00 Gin 101</u>	<b>25</b> 9:30 Orp., Sch., Edu., Frederick's Past 10:00 Continuing Calligraphy 10:00 Early Hist. of MD, Part 1 10:00 Intro. to Italian Lang. & Cult. 3:00 Korean Language, Beginner
<b>28</b> 1:00 Writing Memoir for Women <u>2:00 WWII's USS Hou. Sur. POW Exp.</u> 3:00 Korean Language, Beginner 6:00 French, Sup. Language Lab	<b>29</b> 9:00 Watercolor Painting, Multilevel <u>12:00 Watercolor Painting - Adv.</u> 1:00 Wireless Technology 6:00 American Sign Lang. II, Inter. <b>6:00 Mus. &amp; Hist., Baker Park Carillon</b> 6:00 Sewing Essent., Digital Patterns	<b>30</b> 10:00 Cont. Fool's Journey: Tarot Practice 10:00 Intro. Italian Lang. & Cult., Pt. 2 1:00 Mid. East. Studies, The Arts of Islam <b>1:00 Start Scrapbooking</b> 1:00 Writing Your Life Story <u>5:30 Aged Vinegar</u> 6:00 Bee Keeping, Adv. Apiculture		

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

May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p><b>1</b> <u>9:00 Glenstone's Art and Landscapes</u>  <b>10:00 Genealogy Brick Walls</b>                      1:00 Tai Chi, Balance and Well Being                      6:00 American Sign Lang. II, Inter.                      6:00 Sewing Essent., Digital Patterns</p>	<p><b>2</b> 9:30 Orp., Sch., Edu., Frederick's Past                      10:00 Continuing Calligraphy  <u>10:00 Intro. to Italian Lang. &amp; Cult.</u>                      3:00 Korean Language, Beginner</p>
<p><b>5</b> 1:00 Writing Memoir for Women  <b>6:00 Start Sewing in a Nutshell</b></p>	<p><b>6</b> <b>10:00 Mastering Online Genealogy</b>  <b>5:30 Cont. Conversational Spanish</b>                      6:00 American Sign Lang. II, Inter.  <u>6:00 Sewing Essent., Digital Patterns</u></p>	<p><b>7</b> <u>10:00 Intro. Italian Lang. &amp; Cult., Pt. 2</u>  <b>11:00 Going Paperless</b>  <u>1:00 Mid. East. Studies, The Arts of Islam</u>                      1:00 Writing Your Life Story  <u>2:00 Raise Your Wine IQ, Spark. Wines</u>                      6:00 Bee Keeping, Adv. Apiculture  <u>6:00 Start Sewing in a Nutshell</u>  <b>6:00 Usui Reiki 2nd Degree</b></p>	<p><b>8</b> <b>8:30 Banner Tour of Baltimore</b>                      10:00 Genealogy Brick Walls                      1:00 Tai Chi, Balance and Well Being                      5:30 Cont. Conversational Spanish  <u>6:00 American Sign Lang. II, Inter.</u></p>	<p><b>9</b> 10:00 Continuing Calligraphy</p>
<p><b>12</b> 9:30 Ameri. Rev., Brit. Lost the War  <u>1:00 Writing Memoir for Women</u></p>	<p><b>13</b> 10:00 Mastering Online Genealogy  <b>1:00 Shinrin-yoku, Forest Therapy</b>                      5:30 Cont. Conversational Spanish</p>	<p><b>14</b> <b>8:00 Astrology at Antietam</b>                      11:00 Going Paperless  <b>12:00 The Vance Stance®</b>  <u>1:00 Shinrin-yoku, Forest Therapy</u>                      1:00 Writing Your Life Story                      6:00 Bee Keeping, Adv. Apiculture                      6:00 Usui Reiki 2nd Degree</p>	<p><b>15</b> 10:00 Genealogy Brick Walls                      1:00 Tai Chi, Balance and Well Being                      5:30 Cont. Conversational Spanish</p>	<p><b>16</b> <b>9:30 Murals of Frederick County</b>                      10:00 Continuing Calligraphy</p>
<p><b>19</b> 9:30 Ameri. Rev., Brit. Lost the War  <u>10:30 C&amp;O Canal: N. Ferry &amp; Walk</u></p>	<p><b>20</b> <u>10:00 Mastering Online Genealogy</u>  <b>11:00 History Bites, Indy 500</b>  <u>1:00 Personal Self Defensive Tactics</u>                      5:30 Cont. Conversational Spanish</p>	<p><b>21</b> <b>10:00 Med. Cur., Chronic Pain</b>                      11:00 Going Paperless                      12:00 The Vance Stance®  <u>1:00 Writing Your Life Story</u>                      6:00 Bee Keeping, Adv. Apiculture                      6:00 Usui Reiki 2nd Degree</p>	<p><b>22</b> <u>10:00 Genealogy Brick Walls</u>                      1:00 Tai Chi, Balance and Well Being                      5:30 Cont. Conversational Spanish</p>	<p><b>23</b> 10:00 Continuing Calligraphy</p>
<p><b>26</b></p> <p>MEMORIAL DAY NO CLASSES</p>	<p><b>27</b> 5:30 Cont. Conversational Spanish</p>	<p><b>28</b> <u>10:00 Med. Cur., Chronic Pain</u>                      12:00 The Vance Stance®                      6:00 Usui Reiki 2nd Degree</p>	<p><b>29</b> <u>5:30 Cont. Conversational Spanish</u></p>	<p><b>30</b> 9:30 Hist. Ind. of Frederick, Part 2                      9:30 Orp., Sch., Edu., Frederick's Past                      10:00 Continuing Calligraphy</p>

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

# ILR WINTER/SPRING 2025 CALENDAR • MONDAY - FRIDAY

June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9:30 Ameri. Rev., Brit. Lost the War 5:30 <u>Introduction to Watercolor</u>	<b>3</b> 10:00 The History of Maryland	<b>4</b> 10:00 <u>Current Nat. Sec. Challenges (SR)</u> 12:00 The Vance Stance® 6:00 <u>Lifting the Veil, Theme 4</u> 7:00 <u>Mixology: The Basics</u>	<b>5</b>	<b>6</b> 9:30 Hist. Ind. of Frederick, Part 2 10:00 Continuing Calligraphy
<b>9</b> 9:30 Ameri. Rev., Brit. Lost the War 5:30 <u>Introduction to Watercolor</u>	<b>10</b> 10:00 The History of Maryland	<b>11</b> 10:00 <u>Current Nat. Sec. Challenges (SR)</u> 12:00 The Vance Stance®	<b>12</b> 10:00 <u>Preparing Imp. Documents</u>	<b>13</b> 10:00 <u>Continuing Calligraphy</u>
<b>16</b> 9:30 Ameri. Rev., Brit. Lost the War 5:30 <u>Introduction to Oil Pastels</u>	<b>17</b> 10:00 The History of Maryland 5:30 Spanish - Sup. Language Lab	<b>18</b> 10:00 <u>Current Nat. Sec. Challenges (SR)</u> 12:00 The Vance Stance® 5:00 <u>Animal Reiki Healing</u>	<b>19</b>  JUNETEENTH NO CLASSES	<b>20</b>
<b>23</b> 5:30 <u>Introduction to Oil Pastels</u>	<b>24</b> 10:00 The History of Maryland 5:30 Spanish - Sup. Language Lab	<b>25</b> 10:00 <u>Current Nat. Sec. Challenges (SR)</u> 5:30 <u>Liquid Gold, Olive Oil Class</u>	<b>26</b> 5:30 Spanish - Sup. Language Lab	<b>27</b>
<b>30</b>				

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

# ILR WINTER/SPRING 2025 CALENDAR • MONDAY - FRIDAY

## July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <u>5:30 Spanish - Sup. Language Lab</u>	<b>2</b>	<b>3</b>	<b>4</b>  FOURTH OF JULY NO CLASSES

# ILR WINTER/SPRING 2025 CALENDAR • SATURDAY

## February 2025

SATURDAY
<b>1</b> 1:00 Acrylic Painting Techniques for Beginners
<b>8</b> <b>9:00 Bread, Pastries and Cookies Series: Pastries</b> 1:00 Acrylic Painting Techniques for Beginners
<b>15</b> <b>11:00 A Taste of Asia: Pork Belly and Thai Spicy Pork</b> 1:00 Acrylic Painting Techniques for Beginners
<b>22</b> 1:00 Acrylic Painting Techniques for Beginners

## March 2025

SATURDAY
<b>1</b> <b>9:30 Introduction to Jewelry Making</b> <u>1:00 Acrylic Painting Techniques for Beginners</u>
<b>8</b> <b>9:00 Bread, Pastries and Cookies Series: Yeast Breads/Breads</b> 9:30 Lightroom Classic
<b>15</b> 9:30 Lightroom Classic <b>11:00 A Taste of Asia: Viet. Spring Rolls and Korean Jap Chae</b> 1:00 Digital Life Chronicles, Crafting Your Legacy
<b>22</b> 9:30 Lightroom Classic 1:00 Digital Life Chronicles: Crafting Your Legacy
<b>29</b> 9:30 Lightroom Classic <u>1:00 Digital Life Chronicles: Crafting Your Legacy</u>

## April 2025

SATURDAY
<b>12</b> <b>9:30 Beginning Soldering for Jewelry Making</b> <u>11:00 A Taste of Asia: Ketchup Shrimp &amp; Wonton Soup</u>
<b>26</b> <b>9:00 Bread, Pastries and Cookies Series: Cakes &amp; Cookies</b>

## May 2025

SATURDAY
<b>3</b> <b>10:00 Glimpses of the Past: All About the East Street</b> <u>11:00 A Taste of Asia: Chow Fun and Chicken Satay</u>
<b>10</b> 10:00 Glimpses of the Past: All About the East Street
<b>17</b> 9:30 Managing & Archiving Cell Phone Photographs
<b>31</b> 9:00 Mastering Exposure <u>10:00 Glimpses of the Past Walking Tour</u>

## June 2025

SATURDAY
<b>7</b> 9:00 Camera and Photography Basics
<b>14</b> 9:00 Camera and Photography Basics
<b>21</b> 9:00 Tabletop Photography

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

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

## ONLINE

- Go to Frederick.edu/ILR.
- Click Login/Create Account in the left menu.
- Enter username and password or choose Create Account. (Be sure to select Yes to email preference, as class confirmations and receipts are provided via email.)
- Click Browse, then 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 the period.
- The Tuition Waiver for Adults age 60+ is exclusive to Maryland residents for select classes.

### Class Refund Policy

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

### Drop/Refund Request within Refund Period

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

Students have two methods to drop a class:

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

The annual registration fee of \$9 is only refundable when FCC cancels a course and the student has not enrolled in any other classes during the period.

### 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 – The Carl and Norma Miller Children's Center |
| E – Conference Center                  | P – Plant Operations                            |
| F – Visual & Performing Arts Center    | S – Swadner Hall                                |
| G – Gambrill Hall                      | K – Mercer-Akre Kiln                            |
| KC – B/C Knuckle (bottom of stairwell) |   |

## The Monroe Center (MC)

200 Monroe Avenue  
Frederick, MD 21701

## Offsite Locations

- |   |   |
|---|---|
| <b>Fred Astaire Dance Studios</b><br>5500 Buckeystown Pike #615<br>Frederick, MD 21703  | <b>McClintock Distilling</b><br>35 S. Carroll Street<br>Frederick, MD 21701           |
| <b>Leberz Oil &amp; Vinegar Emporium</b><br>214 N. Market Street<br>Frederick, MD 21701 | <b>Tenth Ward Distilling Company</b><br>55 East Patrick Street<br>Frederick, MD 21701 |

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



- Evacuation Locations
- Accessible Parking
- Electric Car Charging

**Frederick Community College, ILR Winter/Spring 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 effected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

Frederick Community College (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* • 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 spring. Happy travels!

The club will be led by travel loving ILR instructor, Marcy Gouge. Meetings will be January - June. 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)**