

ILR *55+* *Fall 2021*

Now offering 20+ new classes,
as well as in-person and online
learning opportunities.

Register today!





**Registration
now open!**

ILRatFCC.com

.....

Please contact us with any questions.
301.846.2561

Kelli Ackiewicz,
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Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

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Contact Us

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

A LETTER FROM THE ILR PROGRAM MANAGER

Dear Lifelong Learners,

As we look ahead to the fall semester, we are grateful. Grateful to be where we are today compared to this time last year, during the height of the pandemic. Grateful for our health and the health of our loved ones. Grateful for the chance now to come back together for in-person learning and connection.

We are thrilled to welcome back some of our longtime and popular instructors who were unable to teach online courses last year. Those instructors who will teach in-person courses include:

- Dottie O'Neal, who is teaching Writing Your Life Story
- Karen Gray, who is teaching Beowulf Forensics: From Archaeology to Tolkien
- Roger Swartz, who is teaching Lincoln, Indians, and the West: Policy and Politics During the Civil War and The Burgoyne Campaign of 1777
- James Baer, who is teaching The History of the United States Supreme Court Series
- Bob Rubock, who is teaching Introduction to String Theory



While we know many of our students are excited to come back to our main campus for in-person learning, we also know others aren't ready to do so just yet. To ensure we have opportunities that make all our students feel comfortable, we will continue to offer online courses as well. Some highlights for the fall semester include:

- Art Appreciation
- The Life and Writings of Edgar Allan Poe
- Dante and His Divine Comedy
- History Bites - A History Series in Small Bites

Whether you're ready to come back together, or you'd like to continue taking advantage of online offerings, ILR has opportunities for you to learn, grow, and connect with others.

We thank our students for their patience and loyalty while we continue to respond to the pandemic and make decisions that prioritize the health of our entire College community. Our students are what make the ILR program so special.

Best,

A handwritten signature in black ink that reads "Kelli Ackiewicz". The signature is written in a cursive, flowing style.

Kelli Ackiewicz

BEFORE YOU BEGIN ...

Questions?

We're here to help!

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

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

Contact the ILR Program Office (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 day:

- **Monday, September 6**
(Labor Day, College Holiday)
- **November 24 - 28**
(Thanksgiving, College Holiday)
- **December 20 - January 1**
(Winter Break, College Holiday)

Response to COVID-19

Frederick Community College is in Stage 4 of the FCC Roadmap to Resilience and Recovery plan. The College is open for Fall 2021 classes.

Course offerings included in this schedule remain subject to change. See page 37 for details.



Structured Remote Courses (SR)

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



In-Person Courses

In-Person Courses meet face-to-face and are taught at designated locations during scheduled times. While on campus or attending an in-person class, face masks will be optional for FCC students and staff as of August 2, 2021.



Evening Classes

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



Instructor Bios

Instructor Bios are located on page 27 listed in alphabetical order by last name. Each class an instructor is teaching during Fall 2021 has been included.

LIR121 Drop-In Online Tutorial Sessions

Thinking about taking an online ILR or Lifelong Learning course but curious about how it would work? Register for one of our free 30-minute tutorial sessions.

We'll send you a link one day in advance of your session. Click on the link to enter the course and you'll join up with someone from the program and a small group of other curious students. We'll help familiarize you with the platform. You'll also have a chance to work out any issues you might have before deciding whether or not to register for an online course. Check our website for the latest dates. We are always adding more.



Lifelong LEARNING

Events and **experiences** for inquisitive minds.

Online Self-Paced Lifelong Learning classes

at Frederick Community College offer unique opportunities and experiences for inquisitive minds with a focus on personal enrichment, artistic growth, and self-discovery. Subjects include:

- Arts & Crafts (Drawing)
- Learn a Language (French, Speed Spanish, Italian and Sign Language)
- Home & Hobby (Interior Design)
- Photography
- The Writer's Institute

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

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

lifelonglearning@frederick.edu • 301.624.2727

WEBSITE

ILR 55+

ILRatFCC.com

FACEBOOK



facebook.com/ILRFCC

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



REGISTER FOR FCC ALERTS TODAY!

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

frederick.edu/FCCAlert

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LIR161 Fantasia

6 sessions, 12 hours

Learn about well-known composers as Tchaikovsky, Beethoven, Mussorgsky, and Stravinsky as we view the movie Fantasia. We'll discuss the history and importance of these composers and the music they created as part of this wonderful production.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Lynn Fleming

5-Digit Number: 22373 | Mon, 1:00 - 3:00 p.m., 9/20 - 10/25

Location: Visual & Performing Arts Center/ F141 | Fee: \$109



ILR908 Art Appreciation: Let There Be Light

2 sessions, 3 hours

We will interpret the techniques and inspirations used by a variety of artists in history to capture the essence of light in their work. We will explore how light dramatically enhanced religious paintings and historic scenes.

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

Instructor: Jeanne McDermott

5-Digit Number: 22409 | Thu, 9:30 - 11:00 a.m., 9/23 - 9/30

Location: Online | Fee: \$32



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 27.

SEN450 Exploring Watercolor Painting

10 sessions, 20 hours

Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover all-new content and instruction. A list of supplies is provided prior to the start of the first class.

Note: This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR). All students will be taught by the same instructor during the same scheduled class time.

Instructor: Cath Howard

Fri, 10:00 a.m. - 12:00 p.m., 10/1 - 12/10, No Class: 11/26 | Fee: \$159

Option 1: In-Person

5-Digit Number: 22431 | Location: Student Center/H210

OR

Option 2: Structured Remote (SR)

5-Digit Number: 22432 | Location: Online

LIR104 Exploring Watercolor Painting - Advanced

12 sessions, 24 hours

Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. A list of supplies need will be provided to the students prior to class.

Prerequisite: Exploring Watercolor Painting, SEN450

Note: This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR). All students will be taught by the same instructor during the same scheduled class time.

Instructor: Cath Howard

Tue, 10:00 a.m. - 12:00 p.m., 9/7 - 11/30, No Class: 9/21 | Fee: \$115

Option 1: In-Person

5-Digit Number: 22433 | Location: Student Center/H205

OR

Option 2: Structured Remote (SR)

5-Digit Number: 22434 | Location: Online



ACR172 Introduction to Voiceovers

1.5 hours

"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!" 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 they make it easy and affordable for just about anyone to get involved. 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. And then... we're rolling! Your instructor will record you as you read a real script, then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. 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!

Note: This Structured Remote Course (SR) is entirely online. This is an open-ended course meaning the course date and time is scheduled at your convenience. You will be contacted no later than a week from the date you register to arrange a date and time for your one-on-one course.

Instructor: Continuing Education Instructor

5-Digit Number: 22216 | Scheduled at your convenience
Location: Online | Fee: \$49

2021 CLASSES

LEARN TO RIDE

frederick.edu/Motorcycle
301.624.2727
motorcycle@frederick.edu



THE ARTS & MUSIC

ACR418 Foundations of Watercolor

6 sessions, 15 hours

This course is created to provide a strong foundation of knowledge of realistic watercolor theory and practice through discussion, demonstration, and practice. Students will be carefully guided through a step by step process and learn how to select an appropriate image to paint from, create accurate preliminary drawings, transfer drawings onto watercolor paper, as well as execute extensive test sheets of flat washes. While learning these skills, students will complete one monochromatic painting. Returning students will continue to develop their color theory skills through demonstrations and exercises while completing a full color painting. A list of supplies will be provided prior to the class start date. To learn more about this class and instructor, visit www.JMLittletonart.com.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Jennifer Littleton

5-Digit Number: 22444 | Tue, 3:30 - 6:00 p.m., 10/26 - 12/7

No Class: 11/23

Location: Visual & Performing Arts Center/ F118 | Fee: \$149

Evening Offering

ACR170 Drawing for Beginners

4 sessions, 6 hours

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. Students will be required to purchase special pencils and paper prior to the start of the course. Specifics will be provided one week prior to the beginning of the course. This course will show you that drawing is both fun and therapeutic.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Jeanne McDermott

5-Digit Number: 22445 | Thu, 9:30 - 11:00 a.m., 10/14 - 11/4

Location: Visual & Performing Arts Center/ F118 | Fee: \$62



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

ACR600 Happy Little Trees: The Bob Ross Painting Class

1 session, 6 hours

You’ve seen him before. He’s the soft spoken guy who paints happy clouds, mountains, and trees in about 26 television minutes, using big, house painting-type brushes while cooing soothing “you can do it’s” to the audience. His Joy of Painting program is the most recognized, most watched TV art show in history. Although Bob Ross is no longer with us, a Bob Ross Certified Instructor will teach you the magic behind painting happy little trees when you recreate one of Bob’s masterpieces in this five-hour class. All materials including brushes, Bob Ross paints, and canvases will be provided.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Dee Sullivan

5-Digit Number: 22446 | Sat, 10:00 a.m. - 4:00 p.m., 9/18

OR

5-Digit Number: 22447 | Sat, 10:00 a.m. - 4:00 p.m., 10/23

OR

5-Digit Number: 22448 | Sat, 10:00 a.m. - 4:00 p.m., 11/20

Location: Visual & Performing Arts Center/ F118 | Fee: \$99

ILR397 iPhone - Beginner

3 sessions, 6 hours

So you decided to upgrade your mobile phone to a smart phone from Apple. What do you need to know to set it up? We will focus on the settings to connect to the cell phone network and using WiFi and Bluetooth where available. The course will also walk you through the process of creating and using an Apple ID to acquire apps from The App Store, music and videos from the iTunes Store, as well as the initial setup of the iCloud and its advantages. There will also be a discussion about email considerations and text messaging using SMS and iMessage. This course requires that you use two devices to view and participate in the course. You will view the course on a personal computer so you can follow along on your phone.

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

Instructor: William O’Neal

5-Digit Number: 22424 | Tue, 1:00 - 3:00 p.m., 9/7 - 9/21

Location: Online

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

ILR396 iPhone - Advanced

3 sessions, 6 hours

Now that your iPhone is set up, let’s explore the default apps that come with the Apple operating system, or IOS, such as Calendar, Contacts, Camera, iMessage, and Facetime. Learn how to share information with other iPhone users and how to acquire popular apps from the App Store to help you better organize your phone. Finally, we will learn how to effectively manage storage on the iPhone. This class will be customized to address individual questions and use of your new smart phone. This course requires that you use two devices to view and participate in the course. You will view the course on a personal computer so you can follow along on your phone.

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

Instructor: William O’Neal

5-Digit Number: 22425 | Tue, 1:00 - 3:00 p.m., 10/5 - 10/19

Location: Online

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



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 27.

ILR899 Making the Most of Your Android Smart Phone

3 sessions, 6 hours

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

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

Instructor: William O’Neal

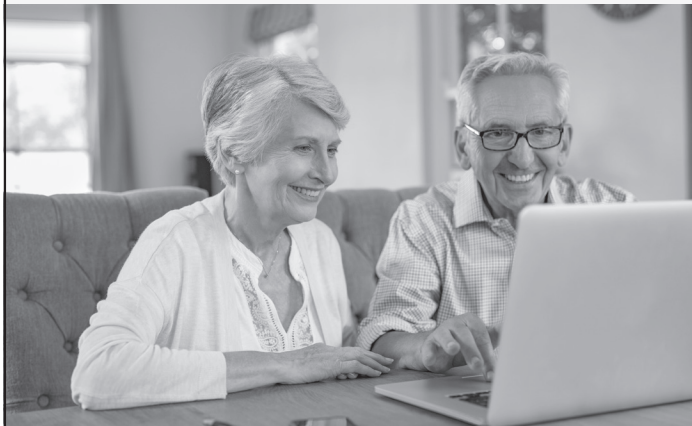
5-Digit Number: 22426 | Tue, 1:00 - 3:00 p.m., 11/2 - 11/16

Location: Online

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

**New Computer Course:
Computers for Scaredy Cats**

Coming soon! Visit ILRatFCC.com for information about this and other new course offerings.



ILR886 Secret to Aging with Less Aches and Pains

6 sessions, 12 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Carol Zehnacker

5-Digit Number: 22375 | Thu, 2:00 - 4:00 p.m., 9/2 - 10/7

Location: Student Center/H205

Tuition: \$42 | Fee: \$102 | Total: \$144 | *MD residents age 60+ pay fee only*

SEN153 Tai Chi for Balance and Well Being

10 sessions, 15 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Toni Minkel

5-Digit Number: 22382 | Thu, 1:00 - 2:30 p.m., 9/9 - 11/11

Location: Athletics Center/D129 | Fee: \$99



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



LIR176 Age Gracefully, Move Like A Child

8 sessions, 8 hours

With age, activities that used to be simple and automatic can become challenging. The Feldenkrais Method® helps you to re-learn the graceful, easy motor patterns that you developed as a child. These movements can be generalized and applied to a variety of situations, so you'll find greater ease in basic daily functions like rolling over and getting out of bed, washing your hair, putting on socks, getting in and out of a chair, backing up your car, reaching to high shelves, cooking, gardening and more. A mat (a heavy blanket or quilt works well) and chair are required. Students should be able to comfortably lie on the floor. The advantages of taking this class online is that you can be comfortable in your own home and immediately apply what you learned in your own environment.

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

Instructor: Hannah Vo-Dinh

5-Digit Number: 22410 | Mon, 10:00 - 11:00 a.m., 9/13 - 11/1

Location: Online | Fee: \$79

ILR970 Optimal Aging: How To Maintain A Sharp Brain As You Age

6 sessions, 12 hours

Would you like to have a sharp mind and a strong memory as you age? Learn how to use the brain's natural ability to adapt and change (i.e., neuroplasticity) to improve your memory and thinking skills, enhance your ability to learn new information, and increase your cognitive abilities. Specific topics include: distinguishing normal, age-related memory decline from Alzheimer's related dementia; lifestyle factors that impact memory, such as diet, exercise, and stress; and brain training exercises to improve memory.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Terry Leitma

5-Digit Number: 22437 | Mon, 11:00 a.m. - 1:00 p.m., 9/13 - 10/18

Location: Conference Center/E134

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

Are You Medically Curious?

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

ILR903 Medically Curious — Heart, Lungs, Blood & Oxygen

5-Digit Number: 22377 | Tue, 10:00 - 11:00 a.m., 10/5

Location: Conference Center/E134 | Fee: \$11

ILR903 Medically Curious — Heart Attack & Heart Failure

5-Digit Number: 22378 | Tue, 10:00 - 11:00 a.m., 10/12

Location: Conference Center/E134 | Fee: \$11

ILR903 Medically Curious — Stroke-Losing an Essential Part of You

5-Digit Number: 22379 | Tue, 10:00 - 11:00 a.m., 10/19

Location: Conference Center/E134 | Fee: \$11

Note: All Medically Curious courses are In-Person and taught at a designated, on-campus location during a scheduled time. All courses are 1 session, 1 hour.

Instructor for all courses: Dr. Larry Romane

FREE Fall Courses

ILR is proud to present **five new free courses this fall**. Join us for engaging classes focusing on history, literature, and health and wellness, all from the convenience of your home. **Free classes are held in partnership with Frederick County Public Libraries and the Frederick Senior Center. Paid for by the Shirley Cruickshank Wolfe Fund.**

Registration information is located on page 36.

LIR180 The American Way of War: From the American Revolution to World War II

5 sessions, 7.5 hours

The American way of war has evolved immensely throughout the past 246 years. In just over two centuries, the United States has transformed itself from colonial militias into a colossus on the world stage. This class will concentrate on the evolution of the American way of war by focusing on the American Revolution, Mexican War, Civil War, and World War I and II. We'll look into the evolution of strategy, equipment, and generalship. Not only will we study the battles as they occurred; but we'll also discuss what was the cause of victory or defeat.

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

Instructor: Antonio Salinas

5-Digit Number: 22514 | Thu, 6:30 - 8:00 p.m., 9/2 - 9/30

Location: Online

 Evening Offering

LIR166 Sleep Your Way to Better Brain Health

5 sessions, 7.5 hours

Based on the New York Times bestseller, *Why We Sleep*, by Matthew Walker, PhD, we will examine the critical need for sleep and the essential role it plays in brain health and functioning. Walker's groundbreaking research demonstrates how sleep impacts every aspect of our lives from decision-making to emotional regulation, immune system functioning, regulating our appetite, and more. Students may purchase the book to read but it is not a requirement for the course.

Note: This Structured Remote Course (SR) is entirely online. Hosted by the Frederick Senior Center. Upon registration, students may need to fill out a form with the Senior Center.

Instructor: Barbara Angleberger

5-Digit Number: 22403 | Wed, 1:30 - 2:45 p.m., 10/13 - 11/10

Location: Online

LIR168 The Life & Writings of Edgar Allan Poe

5 sessions, 7.5 hours

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

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

Instructor: Kierstin Klimas

5-Digit Number: 22428 | Tue, 6:00 - 7:30 p.m., 10/5 - 11/2

Location: Online

 Evening Offering

LIR175 Pirates in the Chesapeake Bay

3 sessions, 4.5 hours

"Pirates of the Chesapeake" tells the stories of the pirates and privateers who cruised the waters of the Chesapeake Bay during the early history of the United States. The course begins by relating the history of colonial British America, then continues to the history of piracy. The class discusses the pirates who roamed the bay and their impact on the Chesapeake region.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Tracy Lewis

5-Digit Number: 22399 | Tue, 10:00 - 11:30 a.m., 11/2 - 11/16

Location: Conference Center/E125

LIR162 Vintage Christmas Decorations

1 session, 2 hours

In this fun-filled class we will explore vintage Christmas ornaments that we remember from years past. Using a presentation and over a hundred actual items, we will learn the history of how these ornaments came about. From Christmas ornaments and lights, train garden houses, pine cone elves, greeting cards, and much more, we will enjoy both festive memories and the holiday spirit.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Jeanne McDermott

5-Digit Number: 22408 | Fri 9:00 - 11:00 a.m., 12/3

Location: Conference Center/E125

ILR700 Just Try It! Beginning Yoga

5 sessions, 7.5 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Linda Franklin

5-Digit Number: 22380 | Wed, 2:00 - 3:30 p.m., 9/15 - 10/13

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

ILR798 Continuing Gentle Yoga

5 sessions, 7.5 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Linda Franklin

5-Digit Number: 22381 | Wed, 2:00 - 3:30 p.m., 10/20 - 11/17

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



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.

ILR707 Developing a Personal Strength Training Plan

6 sessions, 12 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Carol Zehnacker

5-Digit Number: 22376 | Fri, 2:00 - 4:00 p.m., 10/15 - 11/19

Location: Athletics Center/D129 | Fee: \$102

ILR476 Medical Marijuana: Getting Into the Weeds

1 session, 2 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Helen Kerr

5-Digit Number: 22509 | Tue, 1:00 - 3:00 p.m., 10/26

Location: Conference Center/E134 | Fee: \$20

ILR834 Dementia 101 - A Three Part Series

3 sessions, 6 hours

Dementia 101 will provide a basic understanding of dementia. This class will define the term and discuss the difference between normal aging and dementia. We will also investigate the difference between reversible and irreversible forms of dementias and look at the risk factors. Then we'll discuss the process for diagnosing dementias and explore the symptoms of various forms of dementia.

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

Instructor: Thea Uhlig-Ruff

5-Digit Number: 22511 | Thu, 2:00 - 4:00 p.m., 10/7 - 10/21

Location: Online | Fee: \$64



ILR997 Prime-Time Health - Learning "Food Rules"

2 sessions, 4 hours

Frustrated by conflicting nutrition research and looking for a simple way to eat better? Wondering about the influence of food marketing and politics on our food supply? This course offers an opportunity to examine our current food system and to find answers to the following question: What should I eat and how should I eat? We'll explore food journalist Michael Pollan's "In Defense of Food" and "Food Rules". Pollan is a master at presenting diverse data on food history, culture, politics, and research and he offers a simple, easy-to-understand approach to eating well. You'll walk away with a much broader perspective on why we eat the way we do, with simple, effective ways to help yourself eat better to improve your health.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Kimberly Burdette

5-Digit Number: 22383 | Mon, 12:00 - 2:00 p.m., 11/1 - 11/8

Location: Conference Center/E134

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

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 In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Kirby Maybush

5-Digit Number: 22374 | Wed, 1:00 - 4:00 p.m., 11/10

Location: Conference Center/E134 | Fee: \$32

History Bites

Bring a snack and come listen to a one-hour history lesson. Topics vary each session and there will be time after the talk for questions and discussion. All courses are 1 session, 1.5 hours with a fee of \$12.

ILR941 History Bites: Sugarloaf - A Little Mountain with Big History

Instructor: Ralph Buglass

5-Digit Number: 22416 | Fri, 12:00 - 1:30 p.m., 9/10

ILR941 History Bites: Remembering Schools Past - One Room Schoolhouses

Instructor: Ralph Buglass

5-Digit Number: 22417 | Fri, 12:00 - 1:30 p.m., 9/24

ILR941 History Bites: Frederick's Segregated Schools - Why They Still Matter

Instructor: Ralph Buglass

5-Digit Number: 22418 | Fri, 12:00 - 1:30 p.m., 10/8

ILR941 History Bites: Faces of Union Soldiers - South Mountain & Harpers Ferry

Instructor: Matthew Borders

5-Digit Number: 22419 | Wed, 12:00 - 1:30 p.m., 10/20

ILR941 History Bites: Faces of Union Soldiers - Antietam

Instructor: Matthew Borders

5-Digit Number: 22420 | Wed, 12:00 - 1:30 p.m., 10/27

Note: All History Bites courses are Structured Remote (SR) and entirely online.

ILR947 The History of the United States Supreme Court Series - The Classical and Modern Courts: Hughes, Stone, and Vincent

6 sessions, 9 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: James Baer

5-Digit Number: 22396 | Mon, 2:00 - 3:30 p.m., 8/30 - 10/11

No Class: 9/6 | Location: Conference Center/E138

Tuition: \$40 | Fee: \$82 | Total: \$122 | *MD residents age 60+ pay fee only*

ILR947 The History of the United States Supreme Court Series - The Modern Courts, Warren and Berger

6 sessions, 9 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: James Baer

5-Digit Number: 22397 | Mon, 2:00 - 3:30 p.m., 10/18 - 11/22

Location: Conference Center/E138

Tuition: \$40 | Fee: \$82 | Total: \$122 | *MD residents age 60+ pay fee only*



LIR113 Handwoven History: Coverlets and Maryland Weavers in the Early 19th Century

2 sessions, 3 hours

Discover the antique coverlet, a handwoven bed covering popular in the antebellum United States. The course discusses the history of coverlets and how the bed coverings were made. In addition, the course familiarizes students with Maryland coverlet weavers. For the second session, students are encouraged to bring their own coverlets to display and discuss with classmates.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Tracy Lewis

5-Digit Number: 22398 | Tue, 10:00 - 11:30 a.m., 9/7 - 9/14

Location: Conference Center/E134 | Fee: \$29



LIR174 Why American Slavery Persisted

4 sessions, 6 hours

The American colonies were the international leaders in abolishing slavery. When the Constitution was established, according to Abraham Lincoln, there was a general consensus that slavery was on its way to extinction. Why then did it take a Civil War, 70 years later, to abolish this horror? Perhaps because the United States failed to adopt the American System principles laid out by Alexander Hamilton.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Nancy Spannaus

5-Digit Number: 22395 | Thu, 10:00 - 11:30 a.m., 9/9 - 9/30

Location: Student Center/H205

Tuition: \$20 | Fee: \$52 | Total: \$72 | *MD residents age 60+ pay fee only*



LIR165 The Burgoyne Campaign of 1777

6 sessions, 12 hours

As part of Burgoyne Campaign, we'll discuss the three-pronged British military campaign of 1777 and its conflicting instructions, the two battles of Saratoga, Benedict Arnold's roles in this campaign on behalf of the Northern Department Continental Army, and finally the British-surrendered "Convention Army" and the prisoners' relationship to Maryland, Pennsylvania, and Virginia.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Roger Swartz

5-Digit Number: 22394 | Mon, 9:30 - 11:30 a.m., 9/13 - 10/18

Location: Conference Center/E138

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



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.

ILR896 Modern Russian History Part 2 - Historic Events of Yeltsin and Putin (1991-present)

6 sessions, 12 hours

The course will offer an in-depth look at the main political and social events between 1991 and modern-day Russia. Learn about the developments that lead to and that transpired after the Soviet Union ceased to exist. Explore the historic role of Boris Yeltsin in the entire Russian history, as well as the Vladimir Putin era and the main events that have taken place during his tenure and how he single-handedly shaped the image of the new Russia and what implications that has had on both domestic and foreign policy.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Pavel Reznikov

5-Digit Number: 22400 | Thu, 1:30 - 3:30 p.m., 9/16 - 10/21

Location: Conference Center/E134

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

ILR585 National Security Current Events

6 sessions, 12 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 situations especially where the United States has a deep national security engagement. All new material - new administration, new national security challenges, new solutions.

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

Instructor: Jeffrey Steinberg

5-Digit Number: 22421 | Wed, 10:00 a.m. - 12:00 p.m., 9/22 - 10/27

Location: Online

Tuition: \$50 | Fee: \$105 | Total: \$155 | *MD residents age 60+ pay fee only*

LIR102 History of Rome: The Kings of Rome

4 sessions, 6 hours

The rise of Rome, from its origins as a small settlement to a transcontinental empire, is a story steeped in myth and a history already considered ancient before its most famous historians attempted to record it. In this course, we will explore the history of Rome's establishment and the kings who ruled before the establishment of the Roman Republic.

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

Instructor: Michael Newlin

5-Digit Number: 22422 | Thu, 5:00 - 6:30 p.m., 10/7 - 10/28

Location: Online

Tuition: \$20 | Fee: \$52 | Total: \$72 | *MD residents age 60+ pay fee only*

 Evening Offering

ILR198 The Life and Times of Charles Carroll - Frederick Signer of the Declaration of Independence

3 sessions, 2 hours

With a life spanning from 1737-1832, Charles Carroll of Carrollton was arguably Maryland's most influential resident throughout the Revolutionary struggle for Independence through the Federal Period to follow and well into the Antebellum period of the 19th Century. He saw radical change in government, transportation and commerce. He certainly put his "stamp" on Frederick County, but more importantly put "Frederick County" on the famed Declaration of Independence, both literally and figuratively. Carroll's specific ties (and influence) will be explored in this course. The first two sessions will meet at the Key Memorial Chapel in the Mt. Olivet cemetery. For the third session, participants will meet at St. Joseph-on-Carrolltown Manor church for a tour of the church and cemetery.

Note: This In-Person Course will meet a designated location during a scheduled time.

Instructor: Chris Haugh

5-Digit Number: 22527 | Tue, 10:00 a.m. - 12:00 p.m., 10/5 - 10/19

Location: Off Campus

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

ILR994 Lincoln, Indians and the West: Policy and Politics During the Civil War

3 sessions, 6 hours

Explore the policy and politics surrounding the Confederacy and Indian Territory during the Civil War. Topics will include the Sauntee Sioux Rebellion in Minnesota and the Indian War of 1864. We'll also examine corruption in the Bureau of Indian Affairs and Lincoln's interrelationships with the West and Indians as a way to maintain the Union.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Roger Swartz

5-Digit Number: 22393 | Mon, 9:30 - 11:30 a.m., 11/15 - 11/29

Location: Conference Center/E138

Tuition: \$20 | Fee: \$52 | Total: \$79 | *MD residents age 60+ pay fee only*



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

Middle Eastern Studies

SEN473 Current Issues in the Middle East

5 Sessions, 10 hours

“Current Issues in the Middle East,” one of the most popular courses in the long-running Middle East Studies program at ILR, examines the stories behind the headlines from one of the most dynamic areas of the world. Each week the instructor will present and analyze breaking news, framing issues in a historical context, identifying key players, exploring the tangled web of interrelationships, and analyzing the impact of current events on the peoples and governments of both the region and the world.

While weekly topics for discussion will be driven by breaking news, we will begin our analysis of current issues in the Middle East with a retrospective survey of pivotal moments that have shaped regional dynamics during the past fifty years. The trajectory of US foreign policy, particularly under the new administration, will be explored as will a host of timely subjects as they unfold, including the collapse of the Lebanese state, the ongoing Israel-Palestine conflict, escalating tensions between nations over access to water, the entrenchment of authoritarian regimes and erosion of civil rights in Egypt, Turkey, Iran, and Syria, Yemen’s efforts to rebuild, and the effects of the COVID-19 pandemic on the peoples and economies of the Middle East.

All are welcome — both the veterans of this class as well as the uninitiated. The only prerequisites are an interest in international affairs, foreign policy, and, above all, curiosity. Through lectures, selected reading, films, guest speakers, and group discussion, it is expected that after taking this course, participants will be better equipped to understand and address some of the most compelling issues of our time.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Linda Pappas Funsch

5-Digit Number: 22525 | Tue, 1:00- 3:00 p.m., 9/28 - 10/26

Location: Sweadner Hall

Tuition: \$40 | Fee: \$109 | Total: \$149

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



LIR171 The Arts of Islam: Legacy to the World

5 sessions, 10 hours

“The Arts of Islam: Legacy to the World” will take participants on a virtual tour through three continents and fourteen centuries, highlighting the arts of Islam, including calligraphy and illumination, architecture and design, textiles, carpets, and crafts.

From the Alhambra in Spain, to the Topkapi in Turkey, to 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.

From a historical perspective, the course will examine and illustrate the wide variety of art forms born and developed within the Islamic milieu, a rich mosaic of races, religions, and ethnicities, formed over the course of centuries and across cultures around the world. Participants will gain an understanding that “Islamic art” is as diverse as the people who have lived under Islamic empires and dynasties, from Spain, to China and beyond, including Christians, Jews, Zoroastrians, Hindus, and others. The cross-cultural transmission of ideas, including the influence of Islamic art forms in the West, will be discussed and illustrated through lectures, discussion, and films.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Linda Pappas Funsch

5-Digit Number: 22526 | Tue, 1:00- 3:00 p.m., 11/9 - 12/7

Location: Sweadner Hall

Tuition: \$40 | Fee: \$109 | Total: \$149



HOM126 Beginning Calligraphy: Italic

8 sessions, 16 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Jodie Lide

5-Digit Number: 22480 | Fri, 10:00 a.m. - 12:00 p.m., 8/27 - 10/15
Location: Conference Center/E134 | Fee: \$139

HOM132 Continuing Calligraphy

8 sessions, 16 hours

This class will provide an opportunity to take your calligraphy skills to the next level. You will learn to mix and apply colors, Italic style variations, and experiment with different writing tools to create colorful and expressionistic masterpieces.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Jodie Lide

5-Digit Number: 22481 | Fri, 10:00 a.m. - 12:00 p.m., 10/22 - 12/17
No Class: 11/26 | Location: Conference Center/E134 | Fee: \$139

ACR158 Introduction to Metalsmithing

1 session, 5.5 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Georgina Copanzz

5-Digit Number: 22477 | Sat, 9:30 a.m. - 3:00 p.m., 9/18
Location: Monroe Center/MC147 | Fee: \$79



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.

ACR154 Jewelry Soldering Workshop

1 session, 5 hours

Ready to tackle a new skill or take your current jewelry arts to the next level? This class was created so students may become comfortable with a torch. The curriculum covers the “how” and “why” of jewelry soldering by combining an overview of the tools, techniques, and process + hands-on practice. Each student will fabricate textured stacking rings or bangles.

Safety Requirements (no exceptions): Closed-toed, low-heeled, or no-heeled shoes • Comfortable “play-clothes” • No flowing sleeves or bulky fabrics • Long hair must be worn in a bun or ponytail • Protective eye-wear must be worn and will be provided.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Georgina Copanzz

5-Digit Number: 22459 | Sat, 9:30 a.m. - 3:00 p.m., 10/16
Location: Monroe Center/MC147 | Fee: \$79

HOM144 Introduction to Fold-Forming Jewelry

1 session, 5.5 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Georgina Copanzz

5-Digit Number: 22476 | Sat, 9:30 a.m. - 3:00 p.m., 11/20
Location: Monroe Center/MC147 | Fee: \$79

HOM102 Iris Paper Folding - Fall Leaves

1 session, 2 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Kathy Barylski

5-Digit Number: 22456 | Tue, 2:00 - 4:00 p.m., 10/12
Location: Conference Center/E125 | Fee: \$29

HOM102 Iris Paper Folding - Birds

1 session, 2 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Kathy Barylski

5-Digit Number: 22457 | Wed, 2:00 - 4:00 p.m., 10/20

Location: Conference Center/E125 | Fee: \$29



LIR173 Researching the People and Communities of Western Maryland

4 sessions, 8 hours

“Western Maryland,” which today consists of six separate counties, several of which would not be considered “western” by most, developed later than the rest of the state. Frederick County is considered the Mother of Western Maryland. Thousands of people, especially “Germans,” migrated through. Develop an understanding of the region’s history, along with the sources and institutions for both genealogy and local history research.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Mary Mannix

5-Digit Number: 22429 | Thu, 9:00 - 11:00 a.m., 10/7 - 10/28

Location: Conference Center/E134

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

LIR136 How to Use Your DNA Matches for your Genealogy Research

2 sessions, 4 hours

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

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

Instructor: Linda Frydl

5-Digit Number: 22412 | Wed, 9:00 - 11:00 a.m., 10/20 - 10/27

Location: Online | Fee: \$39



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



Practical Sustainability

We no longer live in a time when we can be totally self-sufficient, we can only be “practically” self-sufficient and sustainable. This multi course series is designed to prepare a family to “practically” provide sufficient food from a medium sized suburban home garden, a not-for-profit homestead, or a small farm. The series includes elements of composting, food preservation, caring for small animals, reducing energy consumption, and living a lifestyle in a more responsible way. The single topics will address many of the questions and issues you may have in pursuing such a lifestyle.

HOM163 Practical Sustainability - The Homesteading Series: Pressure Canning

1 session, 2 hours

Instructor: Don Ludke

5-Digit Number: 22517 | Wed, 6:30 - 8:30 p.m., 9/15

Location: Conference Center/E125 | Fee: \$19

HOM163 Practical Sustainability - The Homesteading Series: Freezing

1 session, 2 hours

Instructor: Don Ludke

5-Digit Number: 22516 | Thu, 6:30 - 8:30 p.m., 9/30

Location: Conference Center/E125 | Fee: \$19

HOM163 Practical Sustainability - The Homesteading Series: Putting Your Garden to Bed

1 session, 2 hours

Instructor: Don Ludke

5-Digit Number: 22518 | Wed, 6:30 - 8:30 p.m., 10/27

Location: Conference Center/E125 | Fee: \$19

Note: All Practical Sustainability courses are In-Person and taught at a designated, on-campus location during a scheduled time.



Evening Offerings

HOM127 DIY Home Maintenance for Beginners

1 session, 5 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: James Thuman

5-Digit Number: 22479 | Sat, 9:30 a.m. - 3:00 p.m., 10/2
Location: Monroe Center/MC129 | Fee: \$99

NEW HOM164 Creating a Family Emergency Plan

1 session, 3 hours

Hurricanes, civil unrest, global pandemics. There has never been a better time to develop an emergency plan for you and your family. Learn how to create a customized emergency plan. Topics will include how to plan, prepare, and respond to different types of emergencies and disasters, what types of supplies are necessary, how to make the decision between when to shelter in place or evacuate, and how to acquire supplies and create an effective plan on a budget. Attendees will be given both templates and supply lists and will work on their individualized plan during the course.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Matthew Lynch

5-Digit Number: 22478 | Wed, 6:00 - 9:00 p.m., 10/27
Location: Student Center/H210 | Fee: \$29

 Evening Offering



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



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

Learning on Location

NEW LIR167 Fascinating and Forgotten: Glimpses of the Past

1 session, 1.5 hours

Uncover overlooked and nearly hidden gems of Frederick's intriguing past, including the sites of former general and clothing stores, remains of vintage signs from the past, and historic houses. We will also admire and learn about murals that contribute to the ever growing art culture of Frederick and are symbolic of its heritage.

Note: This tour involves walking in downtown Frederick on mostly flat sidewalks for no more than 10 blocks moving at a slow pace.

Rain date: Saturday, 9/18

Instructor: Jeanne McDermott

5-Digit Number: 22406 | Sat, 10:00 - 11:30 a.m., 9/11
Location: Off Campus | Fee: \$18

NEW LIR178 Frederick's Mount Olivet Cemetery in African American History

1 session, 3.5 hours

Frederick City and the county's history can be viewed as an amazing case study in the realm of our country's collective African American experience. This locale was truly a "border county within a border state." Participants will be given a rare view of Black history from the context of a cemetery that has served as a mirror on Frederick since its founding in the early 1850s. You'll hear stories of early "persons of color" buried at Mount Olivet, and give an overview of the locations of Frederick's early and exclusively African American cemeteries throughout the city and county. Other stops on this walk will include spotlighting influential white citizens who perhaps were leading local slaveholders, and/or played leadership roles in integrating our community up through the 1964 Civil Rights Movement and beyond.

Note: Bring your walking shoes as we plan to cover a few miles through the winding roads of Frederick's historic garden cemetery. We will meet at the Key Memorial Chapel just beyond the Francis Scott Key Memorial.

Rain date: Friday, 10/1

Instructor: Chris Haugh

5-Digit Number: 22528 | Tue, 9:00 a.m. - 12:30 p.m., 9/28
Location: Off Campus

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

MD residents age 60+ pay fee only

ILR897 The Appalachian Trail: 10 Things You May Not Know

1 session, 3 hours

The Appalachian Trail (AT) might be America's most famous footpath and it travels right through Frederick County. We will explore portions of the history of the AT and the hiking phenomenon it is today. The trail has a fun and quirky culture surrounding it and we will dive into some unique, fun facts. This course is entirely held outdoors and involves a hike to an Appalachian Trail shelter.

Note: We'll start the day with a 30 minute lecture near the trail head. The hike is 2 miles with moderate elevation change. Prepare to walk on rocky, uneven surfaces. Students should bring a foldable chair for the opening lecture. Students must provide their own transportation to the trail head which is located at Gathland State Park, 900 Arnoldtown Rd, Jefferson, MD 21755. Please dress for the weather and be sure to bring water and a snack.

Rain date: Wednesday, 10/27

Instructor: Tara Gettig

5-Digit Number: 22404 | Tue, 9:00 a.m. - 12:00 p.m., 10/19
Location: Off Campus | Fee: \$59

ILR968 Discover a Season - Discover Fall: Celebrating Nature's Grand Finale

1 session, 2 hours

Discover the progression of a season across Frederick County. Every aspect of nature progresses at its own pace. We'll meet on-site at a different location for each class to experience a different aspect of the season.

Note: Wear proper shoes and dress for the weather. During this course, you will walk about one mile over easy terrain. Students are required to provide their own transportation to the trail walk site. The exact location will be provided prior to the course via email.

Rain date: Monday, 10/25

Instructor: Kathy Barylski

5-Digit Number: 22402 | Fri, 10:00 a.m. - 12:00 p.m., 10/22
Location: Off Campus | Fee: \$22



LIR170 The Lost Fort: Civil War Hidden in the Woods

1 session, 3.5 hours

Let's discover a lost Civil War Fort that is almost unknown and seldom seen and it's practically in your backyard. Join Civil War historian Dennis Frye as he leads you to one of his favorite mystery places. Located near Harpers Ferry, Fort Duncan played a critical role in the defense of Maryland and helped save Washington during Jubal Early's 1864 Confederate invasion. The spectacular earthen remains make it one of the best preserved fortifications in the country.

Note: This tour involves walking on moderate terrain for about 2.5 miles.

Rain date: Wednesday, 11/10

Instructor: Dennis Frye

5-Digit Number: 22405 | Wed, 9:00 a.m. - 12:30 p.m., 11/3
Location: Off Campus | Fee: \$42

All Learning on Location courses are In-Person and taught at a designated location during a scheduled time.

Students will be required to provide their own transportation.

An email will be sent with trip details one week prior to the course date.



ILR871 Investment Strategies for Seniors Through Options

4 sessions, 8 hours

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

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

Instructor: Richard Bender

5-Digit Number: 22413 | Mon, Wed 6:00 - 8:00 p.m., 9/20 - 9/29

 Evening Offering

OR

5-Digit Number: 22414 | Mon, Wed 1:30 - 3:30 p.m., 11/1 - 11/10

Location: Online | Fee: \$89

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 In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Sharon Smith

5-Digit Number: 22387 | Thu, 10:00 a.m. - 12:00 p.m., 9/30

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



LIR164 The Frugal Retiree: Explore Travel Options

5 sessions, 7.5 hours

This series will take a deep dive into the great cities of Europe, with ideas on how to travel frugally without sacrificing comfort. Spend a little time to daydream about where you will go. Students will learn tips to navigate each city in a frugal and practical style, learning about places and experiences unique to that city.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Marcy Gouge

5-Digit Number: 22389 | Mon, Wed, Fri 3:00 - 4:30 p.m., 9/22 - 10/1

Location: Conference Center/E139 | Fee: \$76



LIR163 The Frugal Retiree: Having the Retired Life You Dreamed About

3 sessions, 6 hours

Many people fear that they will not be able to fund the retirement life that they have dreamed about while waiting to retire. The Frugal Retiree course will teach you how to find the joy in retirement life in spite of financial worries. This is not a financial investment class but an opportunity to explore ideas and understand how cultural norms, politics, and life decisions impact emotional and financial security for retirement.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Marcy Gouge

5-Digit Number: 22388 | Mon, Wed, Fri 6:30 - 8:30 p.m., 10/4 - 10/8

Location: Student Center/H205 | Fee: \$62

 Evening Offering



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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 27.

ILR860 Downsizing Simplified: Living Smaller and Loving it

3 sessions, 4.5 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Stacy Reno and Sharon Scarbough

5-Digit Number: 22392 | Wed, 10:00 - 11:30 a.m., 10/6 - 10/20

Location: Conference Center/E134

Tuition: \$20 | Fee: \$42 | Total: \$62 | *MD residents age 60+ pay fee only*

ILR872 Math for 55+

4 sessions, 6 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Nick Diaz

5-Digit Number: 22391 | Tue, 9:30 - 11:00 a.m., 10/26 - 11/16

Locations: Conference Center/E134

Tuition: \$20 | Fee: \$42 | Total: \$62 | *MD residents age 60+ pay fee only*

SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours

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

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Dorothy O'Neal

5-Digit Number: 22384 | Wed, 1:00 - 3:00 p.m., 9/15 - 10/27

Location: Conference Center/E134

Tuition: \$40 | Fee: \$79 | Total: \$119 | *MD residents age 60+ pay fee only*



LIR172 Dante and His Divine Comedy

6 sessions, 12 hours

Travel through the Inferno, Purgatorio, and Paradiso in this six-week study of Dante Alighieri's Divine Comedy. We will explore the three parts of Dante's famous narrative poem (Hell, Purgatory, and Paradise or Heaven) through readings, art, and the history of the work and its author. This course will be taught by Lois Jarman and Tiffany R. Jansen. The mother-and-daughter team have studied the medieval and Renaissance periods in Master's degree programs and penned children's books set during those periods.

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

Instructor: Lois Jarman and Tiffany R. Jansen

5-Digit Number: 22411 | Thu, 4:00 - 6:00 p.m., 9/23 - 10/28

Location: Online

Tuition: \$20 | Fee: \$99 | Total: \$119 | *MD residents age 60+ pay fee only*



Evening Offering



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.

Learn a Language

FOR100 Basic Conversational Spanish

8 sessions, 16 hours

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

Instructor: Angelina Garcia

5-Digit Number: 22181 Tue, Thu 6:00 - 8:00 p.m., 9/14 - 10/7

Location: Student Center/H205

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

 Evening Offering

FOR101 Continuing Conversational Spanish

8 sessions, 16 hours

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

Instructor: Angelina Garcia

5-Digit Number: 22482 | Tue, Thu 6:00 - 8:00 p.m., 10/19 - 11/11

Location: Student Center/H205

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

 Evening Offering

FOR124 Introduction to the Italian Language

8 sessions, 16 hours

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

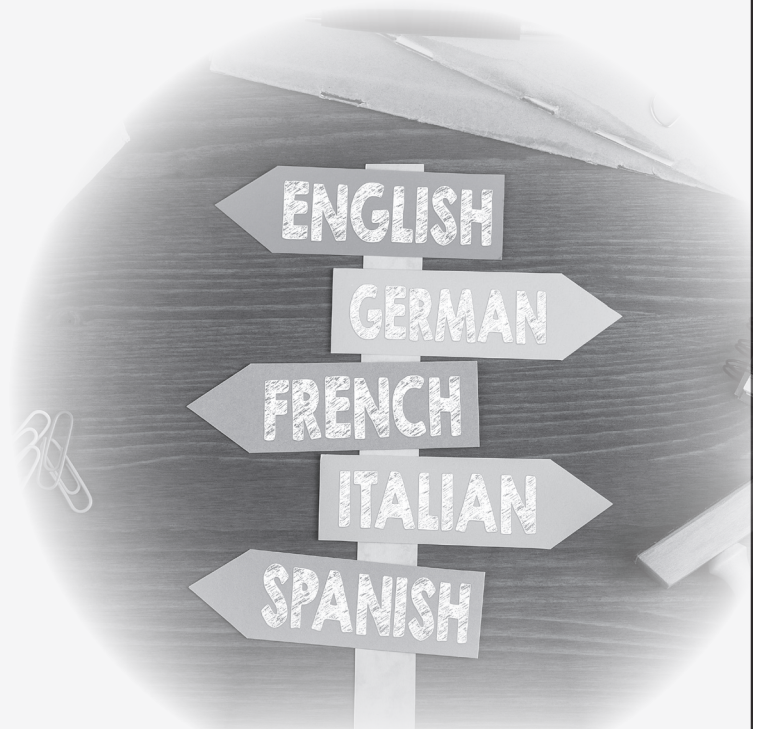
Note: Students are required to purchase the following book: *Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition* by Marcel Danesi (ISBN 978-1260463194).

Instructor: Dora Jaar

5-Digit Number: 22483 | Fri, 10:00 a.m. - 12:00 p.m., 10/1 - 11/19

Location: Conference Center/E139

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



All Learn a Language courses are In-Person and taught at designated, on-campus location during a scheduled time.

MD residents age 60+ pay fee only for all ILR Language courses.

LITERATURE, THEATER & WRITING



LIR109 Beowulf Forensics: From Archaeology to Tolkien

4 sessions, 10 hours

The Beowulf epic has astonishing mysteries and stories behind it that are the subject of this lecture series. The class explores new archaeology and real history now tied to people, places, and events in the story as well new information on the sole manuscript containing the epic and on its language and poetic form that offers insights into its date and mysterious author. Finally, the enormous influence of Oxford Professor J.R.R. Tolkien on the understanding and popularity of Beowulf is considered, along with the influence of Beowulf on his writing such as the "Lord of the Rings" trilogy.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Karen Gray

5-Digit Number: 22385 | Fri, 10:00 a.m. - 12:30 p.m., 10/1 - 10/22

Location: Conference Center/E138

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

PHILOSOPHY, RELIGION & EXPLORATION

LIR146 Wisdom From the World's Religions

6 sessions, 9 hours

How should we define religion? (Who benefits? Who decides?) From a twenty-first century perspective, how can wisdom from the world's religions inspire us ethically and spiritually? Join us for an exploration of Buddhism, Shintoism, Judaism, Christianity, Islam, Indigenous Spirituality, and more.

Note: This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR). All students will be taught by the same instructor during the same scheduled class time.

Instructor: Carl Gregg

Tue, 10:00 - 11:30 a.m., 10/5 - 11/9

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

Option 1: In-Person

5-Digit Number: 22435 | Location: Braddock Hall/B113

OR

Option 2: Structured Remote (SR)

5-Digit Number: 22436 | Location: Online

ILR670 The Ultimate Mobile Device: Meditation and Mindfulness

5 sessions, 7.5 hours

It has been said that "Meditation is the ultimate mobile device; you can use it anywhere, anytime, unobtrusively." This course will be an introduction to meditation or a refresher course for those acquainted with meditation and mindfulness. The teaching motif will be didactic, experiential, and reflective and include opportunities for group discussion and sharing. The sessions will enable participants to be more centered through a greater sense of self-awareness, relaxation, self-acceptance, compassion and healing through an exposure to a variety of meditative techniques.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Lawrence Neumark

5-Digit Number: 22401 | Thu, 10:30 a.m. - 12:00 p.m., 10/7 - 11/4

Location: Student Center/H205

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

LIR169 How To Meditate for Oneself and How To Meditate for Others

3 sessions, 4.5 hours

One often hears that one enters a meditation course to learn to relax. Although relaxing is often one of the byproducts of Buddhist meditation, the true purpose is to be present in one's life more fully rather than being riveted about according to one's hopes and fears. It is about being open to whatever arises in one's life. So one could say that a goal of meditation is to be present to whatever comes up in one's life. It is only by living in the present that one can truly live one's life, caring for oneself and others. The program will include lessons on mindfulness/awareness practice and loving-kindness/compassion practice. This is not a religious course, but it is about working with techniques that will allow one to enter one's life more fully through the benefits of a regular meditation practice. This program is open to both new and long-time meditation practitioners.

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

Instructor: Jerry Webster

5-Digit Number: 22423 | Wed, 10:00 - 11:30 a.m., 11/3 - 11/17

Location: Online

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



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



Religion Roundtable

Discuss your insights, concerns, and experiences about different religious views of the world. What have you discovered? Where has your life journey taken you? Where are your thoughts and feelings? Each discussion session will be introduced with a short lecture followed by a facilitated discussion. Space is limited, register early. Course will include no more than 12 students.

LIR179 Religion Roundtable: Measuring our Belief System

1 session, 1.5 hours

5-Digit Number: 22519 | Thu, 2:00 - 3:30 p.m., 11/4

Location: Conference Center/E134 | Fee: \$16

LIR179 Religion Roundtable: What Brings Us Together?

1 session, 1.5 hours

5-Digit Number: 22520 | Thu, 2:00 - 3:30 p.m., 11/11

Location: Conference Center/E134 | Fee: \$16

LIR179 Religion Roundtable: Sustaining Your Values and Still Respecting Other Traditions

1 session, 1.5 hours

5-Digit Number: 22521 | Thu, 2:00 - 3:30 p.m., 11/18

Location: Conference Center/E134 | Fee: \$16

Note: All Religion Roundtable courses are In-Person and taught at a designated, on-campus location during a scheduled time.

Instructor for all courses: Timothy Dissmeyer



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 both traditional and Americanized. Our chef will demonstrate how easy and simple these Asian dishes are to make. We'll venture into new types of vegetables and learn about stir frying, sauces, and cutting and slicing techniques. Students will also participate in Asian food trivia. This course is very interactive; our time together will fly by as you learn how to cook new dishes.

REC135 A Taste of Asia - Mongolian Beef

1 session, 2 hours

5-Digit Number: 22452 | Tue, 3:30 - 5:30 p.m., 9/14

Location: Online | Fee: \$29

REC135 A Taste of Asia - General Tso's Chicken

1 session, 2 hours

5-Digit Number: 22453 | Wed, 3:30 - 5:30 p.m., 10/13

Location: Online | Fee: \$29

REC135 A Taste of Asia - Chicken Lettuce Wrap

1 session, 2 hours

5-Digit Number: 22454 | Thu, 3:30 - 5:30 p.m., 11/18

Location: Online | Fee: \$29

Note: All A Taste of Asia courses are Structured Remote (SR) and taught entirely online.

Instructor for all courses: Stuart Woo



Frederick Community College is proud to offer a variety of 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.

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

REC120 Maryland Whiskey 101

1 session, 2 hours

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

Must be 21 to register.**Note: This In-Person Course will meet on campus at a designated location during a scheduled time.****Instructor:** McClintock Distilling

5-Digit Number: 22455 | Thu, 7:00 - 9:00 p.m., 10/21

Location: McClintock Distilling | Fee: \$34

 Evening Offering**ILR889 Raise Your Wine IQ - Northern Spanish Wines Edition**

1 session, 1.5 hours

Located on the Iberian Peninsula, Spain is the most widely planted wine producing region in the world with a total of 2.9 million acres. It is the third largest producer, after Italy and France. Spain has an abundance of native grapes with over 400 varieties planted throughout its many diverse wine regions. We will be tasting wines of Northern Spain, predominantly the Rioja and Navarra regions in the foothills of the Pyrenees, the land of Hemingway and the avant garde architecture of Frank Gehry. Come take a tasting tour with us through the modern wine facilities that share the land with centuries-old castles and chapels. This beautiful country has been producing wine for over 5,000 years. Today it is one of the great bargains of the wine world waiting for you to discover.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.**Instructor:** Jackie Rogers

5-Digit Number: 22430 | Thu, 1:00 - 2:30 p.m., 10/28

Location: Spin the Bottle Wine Company | Fee: \$25

PHO122 Getting the Best From Your Digital Camera

3 sessions, 6 hours

In this class we will cover the fundamentals of how your camera works. We'll abandon the auto & program modes and learn how the three major functions (aperture, shutter speed and ISO settings) work. Particular attention will be given to how they influence one another and how you can determine which one is most important for getting the picture you want. We will review secondary level settings such as resolution, color space, metering modes, white balance and more. You'll also learn about techniques and accessories that can help you produce even better photos.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.**Instructor:** Howard Clark

5-Digit Number: 22449 | Sat, 10:00 a.m. - 12:00 p.m., 10/16 - 10/30

Location: Conference Center/E134 | Fee: \$69

PHO124 Getting From Good to Great

2 sessions, 4 hours

This course illustrates how visible elements like composition or the effects of weather, the time of day, or your point of view can strengthen your photos. Ways your images can benefit from subjective elements like humor, mystery, or surprise will be explained. The first class ends with a look at high-quality images and a discussion by students on what elements may have contributed to the success of those photos. Later, students will submit photos that demonstrate the application of these elements and obtain a professional critique. The focus of this course is on capturing images not on processing them.

Note: This Structured Remote Course (SR) is entirely online.**Instructor:** Howard Clark

5-Digit Number: 22450 | Tue, 7:00 - 9:00 p.m., 11/16 - 11/23

Location: Online | Fee: \$39

 Evening Offering

Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 27.

ILR730 Using Your Smartphone for Digital Photography - Tips and Tricks

3 sessions, 6 hours

Today's smartphone cameras take excellent quality photos that rival your point and shoot camera. In fact, with the great photo taking and additional photo-enhancement features on your phone, you may not need to carry an additional camera. Your phone is right at hand when you need it! Learn how to use the camera and explore how the camera interfaces with other applications on the phone. Topics include: taking photos with the smartphone, how to enhance and share photos, apps to modify photos, printing photos from your phone, and other apps that use the camera. You might be surprised just what your camera can do. This course requires that you use two devices to view and participate in the course. You will view the course on a personal computer so you can follow along on your phone.

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

Instructor: William O'Neal

5-Digit Number: 22427 | Tue, 1:00 - 3:00 p.m., 11/30 - 12/14

Location: Online | Fee: \$59

PHO125 Digital Photo Management for Photographers

1 session, 2 hours

Learn how to use file management software to import, name, arrange, and safely store thousands of images. Also learn how to add key words and other data that will allow you to find a particular image. Students will eventually need to acquire a commercial file management/editing application such as ACDSsee Photo Studio, Corel AfterShot Pro, Skylulm Luminar, or Adobe Lightroom. The various applications will be discussed during the first course.

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

Instructor: Howard Clark

5-Digit Number: 22451 | Tue, 7:00 - 9:00 p.m., 12/7

Location: Online | Fee: \$19

 Evening Offering

LIR116 Introduction to String Theory

6 sessions, 12 hours

The physics world is at odds with itself. Einstein's theory of relativity and quantum mechanics cannot be reconciled and made to work together. The math that works for one falls apart when applied to the other. Obviously, both are reality and work well by themselves. What to do? String theory appears to have solved the conflict. Incredibly small vibrating filaments or strings comprise the solution. Find out what string theory is in this cutting edge course that examines state of the art physics. Students should purchase and read the following books prior to class: *The Elegant Universe* and *The Hidden Reality* by Brian Greene.

Note: This In-Person Course will meet on campus at a designated location during a scheduled time.

Instructor: Robert Rubock

5-Digit Number: 22407 | Wed, 10:00 a.m. - 12:00 p.m., 9/8 - 10/13

Location: Conference Center/E139

Tuition: \$32 | Fee: \$104 | Total: \$136 | MD residents age 60+ pay fee only



Structured Remote Courses (SR) | Courses offered in an online format only. See page 2 for details.



In-Person Courses | Courses taught in-person, on location, with specific class times. Details on page 2.



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

Instructor Bios

Barbara Angleberger

Barbara Angleberger is a retired FCC faculty member with over 40 years experience in education. She holds a master's degree in counseling psychology and taught numerous courses including: General Psychology, Honors Psychology, Abnormal Psychology, Social Psychology, Human Growth and Development, and Educational Psychology. She also served as Social Sciences Dept. Chair for 15 years, and for the last three years has taught several psychology-based courses for the ILR.

Sleep Your Way to Better Brain Health 10

James Baer

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

The History of the United States Supreme Court Series -
The Classical and Modern Courts: Hughes, Stone, and Vincent..... 13
The History of the United States Supreme Court Series -
The Modern Courts, Warren and Berger..... 13

Kathy Barylski

From outdoors to crafting to travel to finance, Kathy has expertise in them all. She is an ardent naturalist with specialization in butterflies, leading local butterfly counts and even traveling internationally in search of butterflies. Her travels have led Kathy to develop expertise in travel planning and light packing. Kathy also crochets, embroiders, and does paper crafting. Kathy is also a trained financial coach with special emphasis on the needs of widows and in understanding the nuances of social security.

Iris Paper Folding - Fall Leaves 16
Iris Paper Folding - Birds 17
Discover a Season - Discover Fall: Celebrating Nature's Grand Finale 19

Richard Bender

Richard attended New York University (Economics) and Drake University Law School. He has been teaching French and Options Investments classes, the proper method of earning weekly income through options, at FCC since 2015. He has taught French after living and working in France for 7 years. Richard has also taught numerous photography courses including Photoshop. He was the founder of the Washington School of Photography and the owner of RT Omega Industries, a company that manufactured photographic enlargers and photographic chemistry.

Investment Strategies for Seniors Through Options 20

Matthew Borders

Matthew Borders has a bachelor's degree in United States History and a master's in Historic Preservation with a focus in Battlefield Interpretation. He was a ranger for the National Park Service at Antietam National Battlefield and a historian with American Battlefield Protection Program personally surveying over 100 different American Civil War battlefields. Later he became involved with the Frederick County Civil War Round Table. Currently Matthew is a Park Ranger at Monocacy National Battlefield in Frederick, Maryland.

History Bites: Faces of Union Soldiers - South Mountain & Harpers Ferry 12
History Bites: Faces of Union Soldiers - Antietam 12

Ralph Buglass

Ralph Buglass is a frequent speaker for Montgomery History, our neighboring county's historical society, and an instructor at several lifelong learning programs in the metro DC area. In 2019, he was an invited speaker at the annual Frederick Docents Workshop. A retired communications professional and lifelong history buff, he has a BA in American history from Cornell University and an MA in journalism from American University. He volunteers as a docent at a one-room schoolhouse in Clarksburg, MD.

History Bites: Sugarloaf - A Little Mountain with Big History 12
History Bites: Remembering Schools Past - One Room Schoolhouses 12
History Bites: Frederick's Segregated Schools - Why They Still Matter 12

Kimberly Burdette

For over a decade, Kim Burdette has advised individuals on optimal health, by recommending balanced nutrition, physical fitness, and stress management plans. Seeking and achieving a masters level degree, as well as distinction in a variety of specialty certifications, in the field of health and wellness has lead Kim to want to share the knowledge she has gained in hopes it will be of great benefit to people and communities.

Prime-Time Health - Learning "Food Rules" 12

Howard Clark

Howard Clark is a professional photographer with over 55 years of experience with "enthusiast" and professional level photographic equipment. He is an active participant in two camera clubs and two art associations. He has exhibited photos in galleries around D.C. including solo exhibits.

Getting the Best From Your Digital Camera 25
Getting From Good to Great 25
Digital Photo Management for Photographers 26

Georgina Copanzz

Introduction to Metalsmithing 16
Jewelry Soldering Workshop 16
Introduction to Fold-Forming Jewelry 16

Instructor Bios *continued*

Nick Diaz

Nick Diaz taught mathematics for 30 years in the Frederick County Public School system. He currently serves as Mathematics and Enrichment Consultant, and coordinates the middle school mathematics competition and high school Academic Tournament for the county. He also conducts informal sessions and seminars with elementary school teachers to enhance their knowledge and understanding of mathematics. He has been recognized with numerous awards including the Washington Post Agnes Meyer Outstanding Teacher Award. Nick formerly served on the Frederick Community College Board of Trustees.

Math for 55+21

Timothy Dissmeyer

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

Religion Roundtable: Measuring our Belief System.....24

Religion Roundtable: What Brings Us Together?24

Religion Roundtable: Sustaining Your Values and Still Respecting Other Traditions.....24

Lynn Fleming

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

Fantasia.....5

Linda Franklin

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

Just Try It! Beginning Yoga11

Continuing Gentle Yoga11

Linda Frydl

Linda Frydl has a master's degree in English and Creative Writing. She works in Adult Services at the public library and has taught classes to adults and seniors on topics such as computer basics, knitting, writing, and geocaching. She has been a genealogist for over 20 years and is a member of the National Genealogical Society.

How to Use Your DNA Matches for your Genealogy Research..... 17

Dennis Frye

Dennis E. Frye has spent nearly 50 years studying and writing about Antietam. As a native of the battlefield region and an actual "Dunker," his distant relatives owned much of the ground where the battle occurred. Dennis retired from the National Park Service after more than a three-decade career, including 20 years as Chief Historian at Harpers Ferry National Historical Park. Dennis has written ten books and 102 articles, his most recent entitled: Antietam Shadows: Mystery, Myth & Machination. Dennis is a nationally recognized preservationist, as co-founder and past president of both the American Battlefields Trust and the Save Historic Antietam Foundation.

The Lost Fort: Civil War Hidden in the Woods..... 19

Linda Pappas Funsch

Linda Pappas Funsch is a career specialist in modern Middle Eastern history and Islamic studies. With an MA in Near Eastern Studies from New York University, she has studied, worked, and traveled extensively throughout the region. A freelance writer, consultant, and author, Ms. Funsch's latest book, "Oman Reborn: Balancing Tradition and Modernization," was published 2015 and has been translated into Arabic. She has taught at both Hood College and Mount Saint Mary's University. She is a frequent speaker at scholarly symposia across the US, including Georgetown University, the University of Illinois, Champaign/Urbana, the World Bank, the National Council on US-Arab Relations, the National Defense University, and the Council on Foreign Relations, Santa Fe, NM, as well as the World Affairs Councils of Washington, DC, Albuquerque, NM, and Brookings, SD. Ms. Funsch is a frequent leader of small-group "learning on location" study visits to the Middle East, including Egypt, Lebanon, Morocco, and Oman.

Current Issues in the Middle East..... 15

The Arts of Islam: Legacy to the World..... 15

Angelina Garcia

Basic Conversational Spanish.....22

Continuing Conversational Spanish..... 22

Tara Gettig

Tara Gettig worked as an educator for Pennsylvania State Parks where she developed and facilitated programs and also taught geography at Shippensburg University. She has a passion for sharing outdoor recreation in a safe and enjoyable manner. In her free time, she has organized hikes for women, families, and kids. Tara is particularly passionate about the Appalachian Trail, of which she hiked 900 miles (and counting).

The Appalachian Trail: 10 Things You May Not Know..... 19

Marcy Gouge

Marcy Gouge is a licensed elder law attorney with 20 years litigation experience. She has a certificate in Gerontology and is the former National Director of National Legal Training Project which provided training to elder advocates on topics which impact older adults such as Elder Abuse, Guardianship and Federal Benefits. She has spent her retirement traveling the world for months at a time. She blogs regularly about traveling as a solo older woman, and contributes articles to online and print magazines about the joys of solo travel for women.

The Frugal Retiree: Explore Travel Options20
The Frugal Retiree: Having the Retired Life You Dreamed About20

Karen Gray

Raised in Spokane, Washington, Karen Gray earned her bachelor's degree from Whitworth University, an STB from the Harvard Divinity School, and her PhD in religious philosophy from the University of Edinburgh, Scotland. She has created educational tours in the mid-Atlantic region for the Smithsonian Institution's educational outreach program. Since her youth she has been an intensive student of philosophy, religion, history, and literature, and since retiring she has taught courses in these areas for regional lifelong learning programs. While living in DC, she began to also study the C&O Canal's history and engineering and she serves as a volunteer historian for the C&O Canal National Historical Park with an office at the park's headquarters.

Beowulf Forensics: From Archaeology to Tolkien.....23

Carl Gregg

Rev. Dr. Carl Gregg has been the minister of the Unitarian Universalist Congregation of Frederick since 2012. He holds a Doctor of Ministry and a Diploma in the Art of Spiritual Direction from San Francisco Theological Seminary, a Master of Divinity from Brite Divinity School, and a Bachelor of Arts in Religion and Philosophy from Furman University. He is a featured blogger on Patheos (patheos.com/blogs/carlgregg).

Wisdom From the World's Religions.....23

Chris Haugh

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

The Life and Times of Charles Carroll - Frederick Signer
of the Declaration of Independence 14
Frederick's Mount Olivet Cemetery in African American History 18

Cath Howard

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

Exploring Watercolor Painting5
Exploring Watercolor Painting - Advanced5

Dora Jaar

Born in Haiti from Italian parents, Dora speaks four languages fluently. She worked at the Italian Embassy in Haiti upon her return from studying Naples. She works as an interpreter for the Asian American Center and Frederick County Public Schools and was employed by FCPS in the English as a Learning Language Program for many years. She also teaches French for the Alliance Francaise of Frederick.

Introduction to the Italian Language 22

Lois Jarman

Dr. Lois Jarman has been a world language educator for more than 17 years. She has taught English, French, Spanish, and Latin on a secondary and post-secondary level. Lois received her doctoral degree in second language acquisition and currently is the Director of the International Affairs at Shepherd University. She served as a mentor with Woman to Woman Mentoring, is a member of the Frederick County Commission for Women, and serves on the Frederick County Board of Education.

Dante and His Divine Comedy 21

Helen Kerr

Helen Kerr has been a pharmacist for 27 years, has her PharmD, is a Board Certified Geriatric pharmacist, has a specialty in anti-coagulation, and is now working as the Clinical Director of a local medical marijuana dispensary.

Medical Marijuana: Getting Into the Weeds 11

Kierstin Klimas

Kierstin has a master's degree from Temple University in English, focusing on literary study and Modernism, with a Concentration in Creative Writing and two Minors in Theatre and French. She works as an AmeriCorps VISTA Community Resource Liaison at Carroll Community College. She has previously served as a Supervisor, Trainer, and Content Tutor at Temple University's Writing Center, and held several administrative internships at a regional theatre and arts nonprofit. These experiences have impassioned Kierstin to teach and encourage others in their creative, academic, and literary explorations.

The Life & Writings of Edgar Allan Poe 10

Terry Leitma

Terry Leitma has taught psychology and health education at several colleges in Maryland. She has a master's degree in Human Development Education and completed all her doctoral coursework toward her Ph.D. in Health Education. Terry is a passionate and dedicated health educator who wants to motivate and empower people to take charge of both their physical and mental health as they age. Terry is also an accomplished seamstress, who has been artistically designing and machine sewing a variety of home decor, clothing, and gift items, as well as doing clothing alterations.

Optimal Aging: How To Maintain A Sharp Brain As You Age9

Instructor Bios *continued*

Tracy Lewis

Tracy Lewis is an early American historian with master's degrees in American History and Library Science, concentrating in Archival Studies. She wrote her thesis on Elizabeth Bayley Seton and her impact on female education in the early 19th century. Her areas of interest are Early National America and women's and religious history. Tracy also studies and collects antique coverlets. She is a novice weaver and belongs to both the National Museum of the American Coverlet and the Weavers Guild of Greater Baltimore.

Pirates in the Chesapeake Bay 10
 Handwoven History: Coverlets and Maryland Weavers
 in the Early 19th Century 13

Jodie Lide

Jodie learned calligraphy at a young age and was instantly hooked. After earning her degree from the University of Maryland, she began a career as a graphic designer and professional calligrapher. She taught calligraphy workshops and classes for the University of Maryland, Montgomery College, the Washington Calligraphers Guild, and currently for Frederick Community College. Her work has been displayed at galleries in D.C., Maryland, and Virginia. She's an active member of the Washington Calligraphers Guild, and continues to sharpen her skills by taking classes from master calligraphers.

Beginning Calligraphy: Italic 16
 Continuing Calligraphy 16

Jennifer Littleton

J. M. Littleton is a graduate of the Maryland Institute College of Art. She exhibits and has won awards at international competitions. She has taught watercolor workshops throughout the United States including the San Diego Watercolor Society, Hilton Head Art League, and Rhode Island Watercolor Society. She is a signature member of the Baltimore Watercolor Society and she founded the Littleton School of Art in Towson, MD. She has exhibited with the American Watercolor Society and the National Watercolor Society. She teaches in a "realistic watercolor" style.

Foundations Of Watercolor 6

Don Ludke

Don Ludke is a retired teacher, Certified Master Gardener, experienced woodworker, dedicated food preserver, want-to-be farmer, and pretend Philosopher. He grew up on a dairy farm. In addition to milking cows, he tended to extensive gardens and canned or preserved most of what he ate. He has worked for the past 20 years establishing "Donnie's Farm" as a tribute to all of those 'real farmers' that helped make him who he is today.

Practical Sustainability - The Homesteading Series: Pressure Canning 17
 Practical Sustainability - The Homesteading Series: Freezing 17
 Practical Sustainability - The Homesteading Series: Putting Your
 Garden to Bed 17

Matthew Lynch

Matt Lynch worked in law enforcement for over 23 years, where he was a member of a civil disturbance unit for 10 years. He has training and experience in emergency management and planning, civil unrest, radiation, and weapons of mass destruction.

Creating a Family Emergency Plan 18

Mary Mannix

Mary Mannix is currently the Maryland Room Manager of the C. Burr Artz Public Library of the Frederick County Public Libraries. She is very active in the Mid-Atlantic Regional Archives Conference (MARAC). In 2015, she was given the Martha Washington Medal from the Sergeant Lawrence Everhart Chapter of the Maryland Society of Sons of the American Revolution. She has taught genealogy librarianship at the University of Maryland and public history courses at Hood College. Mary is also a professional tarot educator and reader for over five years. She read and held classes at The Owl Nest, Frederick's former premier metaphysical store. She has taught "101 courses" and hosted "meet-ups". Mary strives to not only interpret the cards during a reading, but to also help her querents understand the history and symbolism of the cards they are dealt.

Researching the People and Communities of Western Maryland 17

Kirby Maybush

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

Personal Self Defensive Tactics 12

Jeanne McDermott

Jeanne has a master's degree in Art Education from the College of Notre Dame of Maryland and worked for more than seven years as a floral designer for Radebaughs in Towson, Maryland. She has over 10 years teaching experience for FCPS.

Art Appreciation: Let There Be Light 5
 Drawing for Beginners 6
 Vintage Christmas Decorations 10
 Fascinating and Forgotten: Glimpses of the Past 18

Toni Minkel

Toni Minkel has trained in martial arts since 1985 and has received black belt rank from the World Taekwondo Federation and rank in Modern Arnis directly from Grandmaster Remy Presas. She received instructor certification in the gentle art of Tai Chi Chuan from the Baltimore Academy of Martial Arts. She is the founder of Mt. Airy Tai Chi and teaches classes in Yang Style Tai Chi, Qi Gong, and Taiji Kungfu Fan and has been teaching Tai Chi for Balance and Well Being at ILR since the Fall of 2000.

Tai Chi for Balance and Well Being 8

Lawrence Neumark

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

The Ultimate Mobile Device: Meditation and Mindfulness23

Michael Newlin

Michael received his master's in history from George Mason University. He has worked as a substitute teacher for various school systems and is an adjunct instructor at Blue Ridge Community & Technical College in Martinsburg, WV.

History of Rome: The Kings of Rome 14

William O'Neal

Bill O'Neal has designed and been teaching computer curriculum since 1998. With more than 30 years of experience at FCC, he has taught both credit and continuing education classes. Prior to FCC, he was an adjunct in the Hood College graduate program. Bill is retired from the Federal Government in Information Management, where he most recently was a manager in the Directorate of Information Management at Fort Detrick.

iPhone - Beginner7

iPhone - Advanced7

Making the Most of Your Android Smart Phone8

Using Your Smartphone for Digital Photography - Tips and Tricks.....26

Dorothy O'Neal

Dottie O'Neal was hand-picked by the creator and long-time Tales for the Grandchildren teacher, Shirley Sandage, as the new facilitator of ILR's most popular writing course. Dottie was a student of Shirley's for many years and continues to write her own life story.

Writing Your Life Story: Tales for the Grandchildren.....21

Stacy Reno & Sharon Scarborough

Stacy Reno and Sharon Scarborough are owners of Frederick's Premier Home Staging Company, Limelight Staged Homes. As Accredited Staging Professionals, they have helped homeowners prepare their homes to appeal to a wide range of buyers. They have also completed the Sellers Representative Specialist Designation, as well as the Senior Real Estate Specialist designation as another way to assist their clients with the downsizing process.

Downsizing Simplified: Living Smaller and Loving it!.....21

Pavel Reznikov

Pavel Reznikov is a Russian linguist. He holds a Juris Doctor and an LL.M. degrees from Vermont Law School. He has acted as a senior subject matter expert and a quality control point person for the development of language industry standards. Mr. Reznikov worked as an interpreter and translator for NASA. Mr. Reznikov also worked in the legal field as a judicial extern, a prosecutorial aide, and an analyst. Born in the Soviet Union, Mr. Reznikov is an avid student of modern Russian history, specifically the Boris Yeltsin era.

Modern Russian History Part 2 - Historic Events of Yeltsin and Putin (1991-present)..... 14

Jackie Rogers

Jackie Rogers lived up in the heart of Long Island Wine Country, where she enjoyed a second career as Executive Assistant of the Long Island Wine Council. A life member of the American Wine Society, Jackie served as Program Chair of two national conferences. Jackie has given presentations on wine at libraries, organizations, and national conferences throughout the northeast. Her continued wine education includes the Certified Specialist of Wine Certification from the Society of Wine Educators; and becoming 1 of the only 75 worldwide Doppel Members of the Century Wine Club.

Raise Your Wine IQ - Northern Spanish Wines Edition 25

Dr. Larry Romane

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

Medically Curious - Heart, Lungs, Blood & Oxygen9

Medically Curious - Heart Attack & Heart Failure9

Medically Curious - Stroke-Losing an Essential Part of You9

Robert Rubock

Bob graduated with a BS in Electrical Engineering from Rensselaer and an MSEE from the University of Connecticut. He began his career in electronic warfare at United Aircraft but eventually turned to design of spacecraft for humanitarian purposes at NASA. Bob likes to say, "Engineering made the dough, Cosmology makes me go." His courses require no math or formal scientific training, but a good sense of humor is mandatory. Bob believes that starting a class with good jokes improves the learning process. Bob's other passion is rock climbing, having traveled around the U.S. and Europe in its pursuit.

Introduction to String Theory 26

Antonio Salinas

Antonio Salinas is a Solider-Scholar with over twenty years of military service in both the United States Marine Corps and Army. He has served in combat in both Iraq as well as Afghanistan. He holds a Bachelors and Masters in History from Eastern Michigan University as well as a Masters in Eurasian studies from National Intelligence University, Antonio also taught Military and European History at West Point. Antonio enjoys writing books and continues to serve in uniform at the Defense Intelligence Agency.

The American Way of War: From the American Revolution to World War II 10

Instructor Bios *continued*

Sharon Smith

Sharon Smith has a B.A. in speech communication and English, an M.A. C. T. (Masters of Arts of College Teaching) in Speech Communication/Theatre with a secondary emphasis in English, and an M.A. in Thanatology. She has taught high school English and public speaking at FCC. Sharon is a member of the Frederick Health Advance Care Planning Committee and her role in the community is presenting on Advance Care Planning topics.

Advance Care Planning: Your Life, Your Plan 20

Nancy Spannaus

Nancy Bradeen Spannaus is a retired journalist/editor who began studying Alexander Hamilton and American history in the 1970s. In 1977 she co-edited *The Political Economy of the American Revolution*, a collection of economic writings which influenced and reflected the American System. In 2017 she started the blog *americanssystemnow* and in 2019 published *Hamilton Versus Wall Street: The Core Principles of the American System of Economics*. She's a graduate of Bryn Mawr College (BA) and Columbia University (MS).

Why American Slavery Persisted 13

Jeffrey Steinberg

Jeffrey Steinberg is both an analyst and practitioner of U.S. national security policy. He is an investigative journalist, serving on the editorial board of the *Executive Intelligence Review*, and writing for a range of international newsletters and magazines. He has also participated in various advisory capacities for U.S. government officials on a wide range of national security issues. He has lectured internationally on issues related to national security. Steinberg is the author and/or co-author of articles and special reports on a wide range of national security issues, current affairs, and history.

National Security Current Events 14

Dee Sullivan

Dee Sullivan wasn't just soothed by Bob Ross' "You can do it." In 1995, Dee found her own Joy of Painting and became a Bob Ross certified instructor. First in landscapes, Dee went on to become certified in Florals in 1996, and Wildlife in 2000. Though her focus at the time was raising a family and working as a nurse, since retirement in 2013, Dee found teaching helped fulfill her lifetime dream of becoming an artist. The Bob Ross technique inspired Dee to put brush to canvas and her goal is to help bring students the same courage, confidence and fulfillment painting brought her.

Happy Little Trees: The Bob Ross Painting Class 7

Roger Swartz

Colonial historian Roger G. Swartz received national acclaim for his two books covering the frontiers of the American Revolution. In 2004, he was chosen to be the educational coordinator for the 13-day bus tour sponsored by then National Elderhostel program for the 250th anniversary commemoration of the French Indian War, 1754 – 1763.

The Burgoyne Campaign of 1777 13

Lincoln, Indians and the West: Policy and Politics During the Civil War 14

James Thuman

DIY Home Maintenance for Beginners 18

Thea Uhlig-Ruff

Thea Uhlig-Ruff, M.G.A. is retired from an extensive career in the health care industry. She has spoken locally, state-wide, and nationally on health-related topics specializing in mental health issues and gerontology including dementia care, issues in long term care, and hospice care. She brings a unique perspective, as she has also been a family caregiver for both her parents and her husband.

Dementia 101 - A Three Part Series 11

Hannah Vo-Dinh

Hannah Vo-Dinh, GCFP, is the owner of Mind Body Sense, LLC and specializes in helping her clients' age with grace and ease. After decades of struggling with autoimmune arthritis, she found relief in the Feldenkrais Method because it fundamentally changed how she moved, dramatically reducing inflammation and eliminating the need for medications. Wanting to help others, she completed a 4-year training in the Feldenkrais Method, started a private practice, and deeply enjoys helping her clients thrive.

Age Gracefully, Move Like A Child 9

Jerry Webster

Dr. Jerry Webster (Curriculum and Instruction, University of Maryland) has taught numerous courses in literature for UMD and in multiculturalism for Montgomery County Public Schools. He taught English full-time in public school systems for 40 years. He served as the Shastri, or head teacher, with the Shambhala Buddhist Center in Washington, D.C., for 10 years prior to retiring. He regularly teaches courses for FCC, the Johns Hopkins Odyssey Program, the Washington, D.C., Politics Prose Bookstore, and Shambhala Buddhist Meditation Centers.

How To Meditate for Oneself and How To Meditate for Others 23

Stuart Woo

Chef Woo always had a fascination with cooking. He would watch his grandma cook huge feasts for the family. He later went to work for his uncle in New York's Chinatown where he learned all aspects of the kitchen. The experience taught him that there is a reason that you do things a certain way. He brings this experience to all his classes.

A Taste of Asia - Mongolian Beef 24

A Taste of Asia - General Tso's Chicken 24

A Taste of Asia - Chicken Lettuce Wrap 24

Carol Zehnacker

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

Secret to Aging with Less Aches and Pains 8

Developing a Personal Strength Training Plan 11

August 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
23	24	25	26	27 10:00 Begin Calligraphy: Italic
30 2:00 Classical and Modern Courts	31	SEPT 1	SEPT 2 2:00 Secret to Aging 6:30 American Way of War	SEPT 3 10:00 Begin Calligraphy: Italic

September 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 LABOR DAY NO CLASSES	7 10:00 Exploring Watercolor, Adv. 10:00 Handwoven History 1:00 iPhone - Beginner	8 10:00 Intro. to String Theory	9 10:00 American Slavery 1:00 Tai Chi Tai Chi for Balance 2:00 Secret to Aging 6:30 American Way of War	10 10:00 Begin Calligraphy: Italic 12:00 History Bites: Sugarloaf
13 9:30 Burgoyne Campaign 10:00 Age Gracefully 11:00 Optimal Aging 2:00 Classical and Modern Courts	14 10:00 Exploring Watercolor, Adv. <u>10:00 Handwoven History</u> 1:00 iPhone - Beginner 3:30 Asia - Mongolian Beef 6:00 Basic Conver. Spanish	15 10:00 Intro. to String Theory 1:00 Writing Your Life Story 2:00 Just Try It! Beginning Yoga 6:30 Homesteading: Canning	16 10:00 American Slavery 1:00 Tai Chi Tai Chi for Balance 1:30 Modern Russian, Part 2 2:00 Secret to Aging 6:00 Basic Conver. Spanish 6:30 American Way of War	17 10:00 Begin Calligraphy: Italic
20 9:30 Burgoyne Campaign 10:00 Age Gracefully 11:00 Optimal Aging 1:00 Fantasia 2:00 Classical and Modern Courts 6:00 Investment Strategies	21 <u>1:00 iPhone - Beginner</u> 6:00 Basic Conver. Spanish	22 10:00 Intro. to String Theory 10:00 National Security 1:00 Writing Your Life Story 2:00 Just Try It! Beginning Yoga 3:00 Frugal: Travel Options 6:00 Investment Strategies	23 9:30 Art Appreciation, Light 10:00 American Slavery 1:00 Tai Chi Tai Chi for Balance 1:30 Modern Russian, Part 2 2:00 Secret to Aging 4:00 Dante, Divine Comedy 6:00 Basic Conver. Spanish 6:30 American Way of War	24 10:00 Begin Calligraphy: Italic 12:00 History Bites: Schools Past 3:00 Frugal: Travel Options
27 9:30 Burgoyne Campaign 10:00 Age Gracefully 11:00 Optimal Aging 1:00 Fantasia 2:00 Classical and Modern Courts 3:00 Frugal: Travel Options 6:00 Investment Strategies	28 9:00 Mount Olivet Cemetery 10:00 Exploring Watercolor, Adv. 1:00 Current Issues, Middle East 6:00 Basic Conver. Spanish	29 10:00 Intro. to String Theory 10:00 National Security 1:00 Writing Your Life Story 2:00 Just Try It! Beginning Yoga 3:00 Frugal: Travel Options <u>6:00 Investment Strategies</u>	30 <u>9:30 Art Appreciation, Light</u> <u>10:00 American Slavery</u> 10:00 Advance Care Planning 1:00 Tai Chi Tai Chi for Balance 1:30 Modern Russian, Part 2 2:00 Secret to Aging 4:00 Dante, Divine Comedy 6:00 Basic Conver. Spanish <u>6:30 American Way of War</u> 6:30 Homesteading: Freezing	OCT 1 10:00 Begin Calligraphy: Italic 10:00 Exploring Watercolor 10:00 Beowulf Forensics 10:00 Intro to Italian <u>3:00 Frugal: Travel Options</u>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4 9:30 Burgoyne Campaign 10:00 Age Gracefully 11:00 Optimal Aging 1:00 Fantasia 2:00 Classical and Modern Courts 6:30 Frugal: Retired Life</p>	<p>5 10:00 Exploring Watercolor, Adv. 10:00 Med. Curious - Heart/Lungs 10:00 Life of Charles Carroll 10:00 Wisdom, World's Religions 1:00 iPhone - Advanced 1:00 Current Issues, Middle East 6:00 Basic Conver. Spanish 6:00 Edgar Allan Poe</p>	<p>6 10:00 Intro. to String Theory 10:00 National Security 10:00 Downsizing Simplified 1:00 Writing Your Life Story 2:00 Just Try It! Beginning Yoga 6:30 Frugal: Retired Life</p>	<p>7 9:00 People, Western Maryland 10:30 Ultimate Mobile Device 1:00 Tai Chi Tai Chi for Balance 1:30 Modern Russian, Part 2 <u>2:00 Secret to Aging</u> 2:00 Dementia 101 4:00 Dante, Divine Comedy 5:00 History of Rome <u>6:00 Basic Conver. Spanish</u></p>	<p>8 10:00 Begin Calligraphy: Italic 10:00 Exploring Watercolor 10:00 Beowulf Forensics 10:00 Intro to Italian 12:00 History Bites: Seg. Schools <u>6:30 Frugal: Retired Life</u></p>
<p>11 9:30 Burgoyne Campaign 10:00 Age Gracefully 11:00 Optimal Aging 1:00 Fantasia <u>2:00 Classical and Modern Courts</u></p>	<p>12 10:00 Exploring Watercolor, Adv. 10:00 Life of Charles Carroll 10:00 Wisdom, World's Religions 10:00 Med. Curious - Heart Attack 1:00 iPhone - Advanced 1:00 Current Issues, Middle East 2:00 Iris Paper Folding - Fall 6:00 Edgar Allan Poe</p>	<p>13 <u>10:00 Intro. to String Theory</u> 10:00 National Security 10:00 Downsizing Simplified 1:00 Writing Your Life Story 1:30 Sleep Your Way, Brain <u>2:00 Just Try It! Beginning Yoga</u> 3:30 Asia - General Tso's Chicken</p>	<p>14 9:00 People, Western Maryland 9:30 Drawing for Beginners 10:30 Ultimate Mobile Device 1:00 Tai Chi Tai Chi for Balance 1:30 Modern Russian, Part 2 2:00 Dementia 101 4:00 Dante, Divine Comedy 5:00 History of Rome</p>	<p>15 <u>10:00 Begin Calligraphy: Italic</u> 10:00 Exploring Watercolor 10:00 Beowulf Forensics 10:00 Intro to Italian 2:00 Developing Pers. Strength</p>
<p>18 <u>9:30 Burgoyne Campaign</u> 10:00 Age Gracefully <u>11:00 Optimal Aging</u> 1:00 Fantasia 2:00 The Modern Courts</p>	<p>19 9:00 The Appalachian Trail 10:00 Exploring Watercolor, Adv. <u>10:00 Life of Charles Carroll</u> 10:00 Wisdom, World's Religions 10:00 Med. Curious - Stroke <u>1:00 iPhone - Advanced</u> 1:00 Current Issues, Middle East 6:00 Edgar Allan Poe 6:00 Cont. Conver. Spanish</p>	<p>20 9:00 DNA, Genealogy Research 10:00 National Security <u>10:00 Downsizing Simplified</u> 12:00 History Bites: S. Mtn. 1:00 Writing Your Life Story 1:30 Sleep Your Way, Brain 2:00 Cont. Gentle Yoga 2:00 Iris Paper Folding - Birds</p>	<p>21 9:00 People, Western Maryland 9:30 Drawing for Beginners 10:30 Ultimate Mobile Device 1:00 Tai Chi Tai Chi for Balance <u>1:30 Modern Russian, Part 2</u> <u>2:00 Dementia 101</u> 4:00 Dante, Divine Comedy 5:00 History of Rome 6:00 Cont. Conver. Spanish 7:00 Maryland Whiskey 101</p>	<p>22 10:00 Exploring Watercolor <u>10:00 Beowulf Forensics</u> 10:00 Intro to Italian 10:00 Continuing Calligraphy 10:00 Disc. Season - Fall 2:00 Developing Pers. Strength</p>
<p>25 10:00 Age Gracefully <u>1:00 Fantasia</u> 2:00 The Modern Courts</p>	<p>26 9:30 Math for 55+ 10:00 Exploring Watercolor, Adv. 10:00 Wisdom, World's Religions 1:00 Medical Marijuana <u>1:00 Current Issues, Middle East</u> 3:30 Foundations, Watercolor 6:00 Edgar Allan Poe 6:00 Cont. Conver. Spanish</p>	<p>27 <u>9:00 DNA, Genealogy Research</u> <u>10:00 National Security</u> 12:00 History Bites: Antietam 1:00 Writing Your Life Story 1:30 Sleep Your Way, Brain 2:00 Cont. Gentle Yoga 6:00 Family Emergency Plan 6:30 Homesteading: Garden</p>	<p>28 9:00 People, Western Maryland 9:30 Drawing for Beginners 10:30 Ultimate Mobile Device 1:00 Tai Chi Tai Chi for Balance 1:00 Raise Your Wine IQ <u>4:00 Dante, Divine Comedy</u> <u>5:00 History of Rome</u> 6:00 Cont. Conver. Spanish</p>	<p>29 10:00 Exploring Watercolor 10:00 Intro to Italian 10:00 Continuing Calligraphy 2:00 Developing Pers. Strength</p>

September 2021

SATURDAY
<p>11 10:00 Fascinating and Forgotten: Glimpses of the Past</p>
<p>18 9:30 Introduction to Metalsmithing 10:00 Happy Little Trees: The Bob Ross Painting Class</p>

October 2021

SATURDAY
<p>2 9:30 DIY Home Maintenance for Beginners</p>
<p>16 9:30 Jewelry Soldering Workshop 10:00 Getting the Best From Your Digital Camera</p>
<p>23 10:00 Getting the Best From Your Digital Camera 10:00 Happy Little Trees: The Bob Ross Painting Class</p>
<p>30 <u>10:00 Getting the Best From Your Digital Camera</u></p>

November 2021

SATURDAY
<p>20 9:30 Introduction to Fold-Forming Jewelry 10:00 Happy Little Trees: The Bob Ross Painting Class</p>

November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>10:00 Age Gracefully</u> 12:00 Prime-Time Health 1:30 Investment Strategies 2:00 The Modern Courts	2 9:30 Math for 55+ 10:00 Exploring Watercolor, Adv. 10:00 Wisdom, World's Religions 10:00 Pirates, Chesapeake Bay 1:00 Android Smart Phone 3:30 Foundations, Watercolor <u>6:00 Edgar Allan Poe</u> 6:00 Cont. Conver. Spanish	3 9:00 The Lost Fort, Civil War 10:00 How To Meditate 1:30 Sleep Your Way, Brain 1:30 Investment Strategies 2:00 Cont. Gentle Yoga	4 <u>9:30 Drawing for Beginners</u> <u>10:30 Ultimate Mobile Device</u> 1:00 Tai Chi Tai Chi for Balance 2:00 Religion: Belief System 6:00 Cont. Conver. Spanish	5 10:00 Exploring Watercolor 10:00 Intro to Italian 10:00 Continuing Calligraphy 2:00 Developing Pers. Strength
8 <u>12:00 Prime-Time Health</u> 1:30 Investment Strategies 2:00 The Modern Courts	9 9:30 Math for 55+ 10:00 Exploring Watercolor, Adv. <u>10:00 Wisdom, World's Religions</u> 10:00 Pirates, Chesapeake Bay 1:00 Android Smart Phone 1:00 The Arts of Islam 3:30 Foundations, Watercolor 6:00 Cont. Conver. Spanish	10 10:00 How To Meditate 1:00 Self Defensive Tactics <u>1:30 Sleep Your Way, Brain</u> <u>1:30 Investment Strategies</u> 2:00 Cont. Gentle Yoga	11 <u>1:00 Tai Chi Tai Chi for Balance</u> 2:00 Religion: Together <u>6:00 Cont. Conver. Spanish</u>	12 10:00 Exploring Watercolor 10:00 Intro to Italian 10:00 Continuing Calligraphy 2:00 Developing Pers. Strength
15 9:30 Lincoln, Indians 2:00 The Modern Courts	16 <u>9:30 Math for 55+</u> 10:00 Exploring Watercolor, Adv. <u>10:00 Pirates, Chesapeake Bay</u> <u>1:00 Android Smart Phone</u> 1:00 The Arts of Islam 3:30 Foundations, Watercolor 7:00 Good to Great	17 <u>10:00 How To Meditate</u> <u>2:00 Cont. Gentle Yoga</u>	18 2:00 Religion: Sustaining Values 3:30 Asia - Chicken Lettuce Wrap	19 10:00 Exploring Watercolor <u>10:00 Intro to Italian</u> 10:00 Continuing Calligraphy <u>2:00 Developing Pers. Strength</u>
22 9:30 Lincoln, Indians <u>2:00 The Modern Courts</u>	23 10:00 Exploring Watercolor, Adv. 1:00 The Arts of Islam <u>7:00 Good to Great</u>	24 NO CLASSES	25 THANKSGIVING NO CLASSES	26 NO CLASSES
29 <u>9:30 Lincoln, Indians</u>	30 <u>10:00 Exploring Watercolor, Adv.</u> 1:00 Smartphone Photos 1:00 The Arts of Islam 3:30 Foundations, Watercolor	DEC 1	DEC 2	DEC 3 9:00 Vintage Christmas Decor 10:00 Exploring Watercolor 10:00 Continuing Calligraphy

December 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7 1:00 Smartphone Photos <u>1:00 The Arts of Islam</u> <u>3:30 Foundations, Watercolor</u> 7:00 Digital Photo Management	8	9	10 <u>10:00 Exploring Watercolor</u> 10:00 Continuing Calligraphy
13	14 <u>1:00 Smartphone Photos</u>	15	16	17 <u>10:00 Continuing Calligraphy</u>

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

How to Register for ILR55+ Classes



ONLINE

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



NEED HELP REGISTERING?

CEWD Registration Office – Jefferson Hall Now open 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.

Waiting List

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

Important Notes

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

Drop a Class

- Students now have the ability to drop classes online with our new self-service cancellation feature, often referred to as the “Self-drop” option. Available on select classes up to 7 days prior to the class start date, this option is now accessible from your dashboard.
- To get started, sign into your account and go to your account dashboard. Select “cancel” from the left side of the screen and then click the Cancel tab. Classes eligible for self-drop will be displayed. From that list, click on the class you wish to drop, or remove, from your schedule, and follow the prompts to complete the transaction.
- Students who choose to drop a class will receive a full refund, excluding registration fee, provided that they initiate the drop at least two business days before the beginning date of the class. Trips and some classes may have a different refund policy; trips and classes with a different full refund period will be noted in the shopping cart during checkout. Students electing to drop a class can do so by completing the CEWD Drop/Transfer form available at frederick.edu/QuickEnroll under the Registration Office link. This form must be submitted to the CEWD Registration Office by email at CEInfo@frederick.edu. Please note, refunds are determined based on the date a request is received. Exceptions to this policy must be requested in writing to the associate vice president of CEWD and are made on a case-by-case basis. Contact us with questions at 301.624.2888.
- If FCC cancels a class, all applicable tuition and fees are refunded to students.

Age Requirements

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

College Policies & Procedures

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

Family Educational Rights & Privacy Act of 1974 (FERPA)

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

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

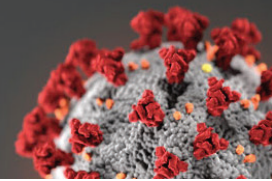
Happy Little Trees Series: Bob Ross Landscape Technique

Using Bob Ross techniques, you'll be given the opportunity to focus on fewer skills with these shorter sessions. Concentrate on a specific technique and then practice it between sessions for better results as you work towards completing your painting. Care of equipment will be taught. Students will be provided a list of supplies prior to class. Easel and canvas will be provided.

Register today for this new series! Courses are listed as ACR173 and ACR174. Visit ILRatFCC.com for full details, including available dates and times.



COVID-19 UPDATE



We thank our students for all they have done during this difficult time related to the coronavirus (COVID-19). Student success remains our top priority.

Please note that as we continue to follow the recommendations outlined by the State of Maryland and the Frederick County Health Department to ensure the health and safety of our College community, the course offerings included in this schedule remain subject to change.

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For digital course schedules, visit

frederick.edu/schedules

For important FCC updates and COVID-19 information, visit

frederick.edu/coronavirus

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

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

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

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

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

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Welcome to ILR 55+

Fall 2021 Registration is Open

The Institute for Learning in Retirement (ILR) at Frederick Community College (FCC) offers classes that are designed to provide adults, age 55+, with a collection of unique in-person and online learning opportunities.

Additional courses may be added during the fall semester. To register and view the most up-to-date list of courses, please visit

ILRatFCC.com

CEInfo@frederick.edu • 301.624.2888