

ILR

55+

Fall 2022

Offering 30+ new classes,
in-person and online.

Registration opens
August 1, 2022!





**Registration
opens
August 1, 2022!**

ILRatFCC.com

.....

Please contact us with any questions.
301.846.2561

Kelli Ackiewicz,
ILR Program Manager
kackiewicz@frederick.edu

Cheryl Henman,
ILR Program Associate
chenman@frederick.edu

Institute for Learning in Retirement

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

THE ILR MISSION

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

THANK YOU!

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

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Contact Us

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



Lifelong LEARNING

Events and experiences for inquisitive minds.

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

Subjects for Fall 2022 include:

- Arts & Crafts (Drawing and Painting)
- Food & Drink (Asian Cuisine and Beer & Whiskey)
- Home & Hobby (Sewing, Iris Paper Folding, and Calligraphy)
- Backyard Gardening (Pressure Canning and Putting Your Garden to Bed)
- Learn a Language (Italian)
- Photography (Basic Photography)
- The Writer's Institute (Fiction Writing)

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

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

lifelonglearning@frederick.edu • 301.624.2727

WEBSITE

ILR 55+

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



2022

LEARN TO RIDE

CLASSES

frederick.edu/Motorcycle
301.624.2727 • motorcycle@frederick.edu

BEFORE YOU BEGIN ...

Questions?

We're here to help!

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

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

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

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

No Class Dates

Classes will not be held on the following days:

- **Monday, September 5** (Labor Day)
- **November 24 - 27**
(Thanksgiving, College Holiday)
- **December 19 - January 1**
(Winter Break, College Holiday)

COVID-19 Update

FCC is working to increase the number of in-person classes while continuing to comply with public health and safety standards. The College is open and face masks are optional. Vaccines are encouraged for all FCC students, administration, and staff. Course offerings included in this schedule remain subject to change. Visit [frederick.edu/Covid-19](https://www.frederick.edu/Covid-19) for more information.

FAQs

Who is eligible to take ILR Classes?

ILR 55+ classes are geared towards the 55 and over crowd, however, anyone is welcome to join us for a fabulous learning experience.

Can ILR benefit me?

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

What kinds of classes does ILR offer?

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

How do ILR classes differ from other college courses?

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

Who teaches ILR classes?

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

How can I learn more about becoming an ILR instructor?

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

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

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



Structured Remote Courses (SR)

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



In-Person Courses

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



Evening Classes

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



Instructor Bios

Instructor Bios are located on page 29 listed in alphabetical order by last name. Each class an instructor is teaching during Fall 2022 has been included.

Thrive!

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

Academic Skills • Art & Music Exploration • Food & Cooking Life & Social Skills • and Recreational Activities

frederick.edu/Thrive

301.846.2661 • thrive@frederick.edu



cadence
MUSIC LESSONS
& ENSEMBLES

frederick.edu/Cadence

301.624.2727 • cadence@frederick.edu

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CO-LISTED CLASSES FOR ILR STUDENTS

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

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

ACR233 Fundamentals of Music

Mon/Wed, 11:00 a.m. - 12:15 p.m.,
8/22 - 12/7

ACR234 Foundations of Audio Technology

Tue/Thu, 11:00 a.m. - 12:15 p.m.,
8/23 - 12/8

ACR235 Introduction to Acting

Mon/Wed, 11:00 a.m. - 12:15 p.m.,
8/22 - 12/7

ACR236 Improvisation I

Tue/Thu, 2:00 - 3:15 p.m.,
8/23 - 12/8

ACR237 Stagecraft

Tue, 3:30 - 6:05 p.m.,
8/23 - 12/6

REC223 Golf

Wed, 5:00 - 7:00 p.m.,
8/24 - 10/12

REC224 Tennis I

Mon/Wed, 11:00 a.m. - 12:15 p.m.,
8/22 - 10/12

REC236 Volleyball

Mon, 8:30 - 10:30 a.m.,
8/22 - 10/10

REC501 Elementary Fencing

Mon/Wed, 1:00 - 2:00 p.m.,
10/17 - 12/7/22

FOR418 Introductory Arabic I

Mon/Wed, 2:00 - 3:15 p.m.,
8/22 - 12/7

FOR419 American Sign Language I

Mon/Wed, 6:00 - 7:15 p.m.,
8/22 - 12/7

FOR420 Introductory Chinese I

Tue/Fri, 9:00 - 10:40 a.m.,
8/23 - 12/9

FOR421 Introductory Spanish I

Tue/Thu, 12:30 - 1:45 p.m.,
8/23 - 12/8

FOR422 Introductory Spanish II

Mon/Wed, 11:00 a.m. - 12:15 p.m.,
8/22 - 12/7

To learn more about the courses, please visit ILRatFCC.com for details and registration information.



LIR231 Chime Into Music – Music Reading Skills

5 sessions, 7.5 hours

Learn to read music or refresh your existing skills. Perhaps you have forgotten what the dots and squiggles mean, or you wished you'd paid more attention during your youth music lessons. This course will introduce you to musical concepts like tempo, rhythm, dynamics, and note-reading. Then these concepts will be reinforced by learning how to play hand chimes as an ensemble. You'll learn to play simple music by the end of the course. This course is the first part of a two-part series with the first part focused on learning to read music.

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

Instructor: Linda Franklin

5-Digit Number: 24130 | Wed, 2:30 - 4:00 p.m., 9/14 - 10/12

Location: Visual & Performing Arts Center/F109

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



LIR232 Chime Into Music – Music Reading Skills, Part 2

5 sessions, 7.5 hours

This course will build upon the music reading skills learned in Chime Into Music – Music Reading Skills. It is also appropriate for those that already have music reading skills and want to try ringing hand chimes as part of an ensemble. Our repertoire will include seasonal music, both secular and sacred. We will also analyze music to identify its underlining structure. If you can already read music, you can sign up for this course without first taking Part 1 of the series.

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

Instructor: Linda Franklin

5-Digit Number: 24132 | Wed, 2:30 - 4:00 p.m., 10/19 - 11/16

Location: Visual & Performing Arts Center/F109

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

ILR966 The Music of the Frederick Symphony Orchestra

1 session, 1.5 hours

Examine the music of an upcoming Frederick Symphony Orchestra concert through a lecture presentation, recorded music, and live demonstrations. Learn about the composer(s) and take time to ask questions and engage in a conversation about the music. Then if you choose, attend the actual FSO concert at a discounted rate. Just let the box office know that you took this ILR course.

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

Instructor: David Howard

Scary Music; Compositions by St. Saens, Berlioz, Mussorgsky, and Williams

Concert Date: Saturday, October 29 (*Halloween Themed*)

5-Digit Number: 23973 | Fri, 11:00 a.m. - 12:30 p.m., 10/14

Location: Visual & Performing Arts Center/F132 | Fee: \$16

Rimsky-Korsakov and Handel with a Messiah Sing-Along

Concert Date: Saturday, December 17 (*Holiday Themed*)

5-Digit Number: 23974 | Fri, 11:00 a.m. - 12:30 p.m., 12/2

Location: Visual & Performing Arts Center/F132 | Fee: \$16



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



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



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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 29.



LIR213 Music in Movies

4 sessions, 6 hours

This course will introduce students to music in modern film. Contemporary composers will be featured including Hans Zimmer, John Williams, Ennio Morricone, Rachel Portman, and Philip Glass. See what impact music has on famous movie scenes.

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

Instructor: Lynn Fleming

5-Digit Number: 24053 | Mon, 1:00 - 2:30 p.m., 10/17 - 11/7

Location: Braddock Hall, First Floor / KC100

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

ACR177 Drawing from Nature – Fall Themed

4 sessions, 8 hours

Learn the basics of drawing as you focus on the outside world by drawing natural and organic forms. Lessons include landscapes, natural still lifes, wildlife and plant life. Using the inspiration of the autumn, learn many drawing skills and concepts that are suitable for all levels of experience. Concepts will include use of shapes and three dimensional forms, symmetry, and creating tones and highlights. Practice with landscapes and some fall still life works. Great for beginners or those in need of continuing their drawing skills. This course requires using graphite and colored pencils. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$25.

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

Instructor: Jeanne McDermott

5-Digit Number: 23979 | Fri, 9:30 - 11:30 a.m., 9/9 - 9/30

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



ACR182 Introduction to Watercolor

4 sessions, 8 hours

Students will explore the world of watercolor through experimenting with various mediums. At the end of this course, students will walk away feeling confident in their ability to create a sunset, tree, and flowers. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$25. Watercolor paper will be provided by the college.

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

Instructor: Samantha Snyder

5-Digit Number: 24076 | Mon, 5:30 - 7:30 p.m., 9/12 - 10/3

Location: Visual & Performing Arts Center/F131 | Fee: \$86

Evening Offering

SEN450 Exploring Watercolor Painting – Beginner/Intermediate

12 sessions, 24 hours

Delve into watercolor painting while exploring artistic abilities and learning new painting techniques. Move to new levels of achievement in a relaxed atmosphere of enjoyable sessions. Learn about composition, mixing colors, shading techniques, reflections, and more. Explore this rewarding activity and gain satisfaction from personal works of art. Beginning students are welcome and returning students will discover all-new content and instruction. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$100.

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., 9/16 - 12/16 | No Class: 9/30 & 11/25

Option 1: In-Person

5-Digit Number: 23934 | Location: Monroe Center/MC144 | Fee: \$165

OR

Option 2: Structured Remote (SR)

5-Digit Number: 23935 | Location: Online | Fee: \$165

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 needed will be provided to you prior to the start of the course. The average cost of supplies is \$100.

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., 9/13 - 12/6 | No Class: 9/27

Option 1: In-Person

5-Digit Number: 23936 | Location: Monroe Center/MC144 | Fee: \$165

OR

Option 2: Structured Remote (SR)

5-Digit Number: 23937 | Location: Online | Fee: \$165

The Bob Ross Painting Class

You've seen him before. He's the soft spoken guy who paints happy clouds, mountains, and trees using big, house painting-type brushes while cooing "you can do it" to the audience. His *Joy of Painting* program is the most recognized and 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.

Note: All supplies are included. This class will take a lunch break so be sure to bring a packed lunch.

ACR600 Happy Little Trees: The Bob Ross Painting Class

1 session, 6 hours

5-Digit Number: 23981 | Sat, 10:00 a.m. - 4:00 p.m., 9/17

5-Digit Number: 23983 | Sat, 10:00 a.m. - 4:00 p.m., 10/22

5-Digit Number: 23985 | Sat, 10:00 a.m. - 4:00 p.m., 11/19

ACR600 Happy Little Trees: The Bob Ross Painting Class – Floral

1 session, 6 hours

5-Digit Number: 23982 | Sat, 10:00 a.m. - 4:00 p.m., 9/24

5-Digit Number: 23984 | Sat, 10:00 a.m. - 4:00 p.m., 11/5

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All Bob Ross Painting classes will meet on campus in an in-person environment.

For all classes:

Instructor: Denise Sullivan

Location: Visual & Performing Arts Center/F118

Fee: \$99



ACR167 Introduction to Oil Painting

5 session, 10 hours

Working with oil paints can be very flexible. This amazing medium can create a variety of effects from airy glazes to spontaneous brushwork. Oil paintings remain wet for several days, allowing you to make adjustments and corrections at your own pace. And oil paints have been reformulated to mix with water, so you do not need to work with harmful solvents. Clean-up is much easier. This course will focus on exploring fundamental oil painting techniques and ideas within the context of landscapes. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$100.

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

Instructor: Jodie Schmidt

5-Digit Number: 24078 | Wed, 12:00 - 2:00 p.m., 9/21 - 10/19

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



ACR181 Drawing and Painting: A Mixed Media Survey Course

5 sessions, 10 hours

This class will take you on a survey journey into the world of mixed media art, introducing you to various media including pencil, watercolor, acrylic, ink pens, collage, and pastel. The projects are inspired by a wide range of artists such as Claude Monet, Gustave Klimt, and Paul Klee. These assignments can be used as jumping off points for your own inspiration, using your own photos, book illustrations, or magazine photos to create your own composition. Or you can use the art demonstrations as a guide to help you feel more comfortable with the specific media. This is a class for those who want to study a variety of subjects, such as landscapes, imaginary landscapes, and still life. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$100.

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

Instructor: Jodie Schmidt

5-Digit Number: 24077 | Thu, 6:00 - 8:00 p.m., 9/22 - 10/20

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

 Evening Offering



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

ACR166 Acrylic Painting Techniques for Beginners – Fall Still Lifes

4 sessions, 8 hours

Explore the techniques of acrylic painting while capturing the exciting palette of the Fall season. We will create a still life and landscape, inspired by master artists who portrayed this enchanting time of the year. We will discover the use of brushes, art mediums to add to paint to change its texture, and creative ideas and techniques. This course is suitable for beginners and the experienced. All supplies are included.

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

Instructor: Jeanne McDermott

5-Digit Number: 23980 | Fri, 9:30 - 11:30 a.m., 10/21 - 11/11

Location: Visual & Performing Arts Center/F141 | Fee: \$99

ACR180 Designer Greeting Cards

1 session, 2 hours

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

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

Instructor: Kathy Barylski

5-Digit Number: 24075 | Tue, 1:00 - 3:00 p.m., 11/15

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



ILR908 Art Appreciation: You Call This Art

2 sessions, 3 hours

Explore the many varieties of art and learn to understand, explain, and justify the qualities that make a work "a piece of art." We will look at different artists whose works were questionable as "art," as well as many art forms, such as abstract, that change how we think about the concept of art.

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

Instructor: Jeanne McDermott

5-Digit Number: 23938 | Fri, 9:30 - 11:00 a.m., 12/9 - 12/16

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

LIR192 Social Networking for Beginners

2 sessions, 3 hours

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

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

Instructor: Beth Davis-Reinhold

5-Digit Number: 23951 | Tue, 9:30 - 11:00 a.m., 9/6 - 9/13

Location: Conference Center/E139 | Fee: \$39

LIR184 Computers for Scaredy Cats

3 sessions, 4.5 hours

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

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

Instructor: Beth Davis-Reinhold

5-Digit Number: 23952 | Wed, 9:30 - 11:00 a.m., 9/7 - 9/28

No Class: 9/21 | Location: Conference Center/E139

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

LIR205 Cyber Awareness: Internet Safety

 3 sessions, 6 hours

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

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

Instructor: Kimberly Perna

5-Digit Number: 24051 | Tue, 10:00 a.m. - 12:00 p.m., 9/27 - 10/11

Location: Online

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



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



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

COMPUTERS & TECHNOLOGY

NEW

LIR234 Understanding Wireless Technology

4 sessions, 6 hours

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

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

Instructor: Guillermo Warley

5-Digit Number: 24072 | Thu, 2:00 - 3:30 p.m., 10/6 - 10/27

Location: Conference Center/E138

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

NEW

LIR237 Windows to Word

3 sessions, 6 hours

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

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

Instructor: Beth Davis-Reinhold

5-Digit Number: 24209 | Thu, 9:30 - 11:30 a.m., 10/27 - 11/10

Location: Catocin Hall/C133

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

HEALTH & WELLNESS

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

Instructor: Toni Minkel

5-Digit Number: 23940 | Thu, 3:30 - 5:00 p.m., 9/8 - 11/10

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

NEW

LIR214 Better Body - Better Brain

8 sessions, 12 hours

Research is emerging to support what is good for your body is good for your brain. The American Academy of Neurology in 2018 reviewed the best practices for aging related decline in cognitive functioning. No medications were found effective but they highly recommended movement. This program is designed for active aging and evidence based for cognitive as well as emotional and physical health. Each week we'll review a new tidbit of information and then apply it in a meaningful way. The mindful movement allows for you to enjoy a slower pace but still challenge yourself for improved strength, flexibility, coordination, balance, body awareness and better function in everyday activities with less pain but also enhanced emotional well-being, resiliency and brain power. The class can be done seated without having to get on the floor. All levels are encouraged and welcome. Bring a towel and some water.

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

Instructor: Nanette Tummers

5-Digit Number: 24054 | Mon, 1:00 - 2:30 p.m., 9/12 - 10/31

Location: Conference Center/E123 | Fee: \$129



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



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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 29.

ILR700 Just Try It – Beginner Gentle Yoga

5 sessions, 7.5 hours

This 90-minute, introductory gentle yoga class explores the basics of yoga to relax and rejuvenate your body. You will learn to breathe more deeply, discover new strength and flexibility while honoring your limits, strengthen your concentration/ focus, and relax your nervous system. Taught in a non-competitive environment, each class includes warm-ups, postures, breathing, and a final relaxation. Options are offered to stay safely within your pain-free range of motion. All ages and flexibility levels can benefit from this class. Students should be able to get down to and up from the floor. Please bring your own yoga mat, two blocks, a blanket or towel, and a flat pillow to each class.

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

Instructor: Linda Franklin

5-Digit Number: 24048 | Tue, 2:00 - 3:30 p.m., 9/13 - 10/11

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

ILR798 Continuing Gentle Yoga

5 sessions, 7.5 hours

Continue your yoga journey to breathe more deeply, discover new strength and flexibility while honoring your limits, strengthen your concentration/focus, and relax your nervous system. Taught in a non-competitive environment, each class includes warm-ups, postures, breathing, and a final relaxation. Options are offered throughout the class to stay safely within your pain-free range of motion. All ages and flexibility levels can benefit from this class. Students should be able to get down to and up from the floor. Some prior yoga experience is helpful. Please bring your own yoga mat, two blocks, a blanket or towel, and a flat pillow to each class.

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

Instructor: Linda Franklin

5-Digit Number: 24134 | Tue, 3:30 - 5:00 p.m., 10/25 - 11/22

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

ILR837 Personal Self Defensive Tactics

1 session, 3 hours

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

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

Instructor: Kirby Maybush

5-Digit Number: 23939 | Wed, 1:00 - 4:00 p.m., 10/19

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



LIR216 As Time Goes By – Practical Tips on Aging

2 sessions, 5 hours

Learn practical tips on how to prepare yourself and your loved ones for the changes that you need to make as you age. Explore how to prepare essential legal documents, age-proof your living environment, and communicate your end of life decisions to your loved ones.

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

Instructor: Marcy Gouge

5-Digit Number: 24057 | Tue/Thu, 3:00 - 5:30 p.m., 11/1 - 11/3

Location: Conference Center/E138

Tuition: \$15 | Fee: \$49 | Total: \$64 | MD residents age 60+ pay fee only

Health & Fitness

HEA129 Nutrition, Sustainability, and Weight from College through Retirement

3 sessions, 4.5 hours

Creating a healthy eating plan at any age is important. Learn how to sift through Keto, Paleo, Vegetarian, Flexitarian, and Auto Immune diets. We'll explore using food to boost your immune system and improve your health. By the end of the course, you'll be able to create a nutrition program to meet your specific dietary needs.

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

Instructor: Susan Williams

5-Digit Number: 24009 | Wed, 5:30 - 7:00 p.m., 9/7 - 9/21

Location: Student Center/H262

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

MD residents age 60+ pay fee only

 Evening Offering

Middle Eastern Studies | Celebrating its 20th year at FCC!

ILR363 The Legacy Of The Crusades

4 sessions, 10 hours

“One of the most misunderstood events in western history.”
Thomas Madden, *A Concise History of the Crusades*

The Crusades, a series of alleged “holy wars” spanning two centuries, drew the peoples of Christian Europe and the Middle East into an unprecedented series of bloody, and ultimately inconclusive, conflicts. The saga of successive western incursions into the Holy Land during Europe’s Middle Ages stands out as one of the most pivotal chapters in modern history. Immortalized in folklore, its legacy resonates with the peoples of both cultures to this day, informing perceptions and often guiding policy.

Viewed through the lens of history, this course will offer a departure from popular, reductionist narratives of the Crusades. It will trace the roots of this transformative sequence of events, including the factors that precipitated and sustained a succession of crusading adventures, leaving in their wake popular narratives that endure to this day, narratives that have left an indelible imprint on both Eastern and Western societies. At the end of this course participants will have an understanding of the meaning of this transformative era and its implications, including the enduring notion of an inherent and irrevocable impasse between East and West.

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

Instructor: Linda Funsch

5-Digit Number: 24103 | Thu, 1:00 - 3:30 p.m., 9/22 - 10/13

Location: Sweadner Hall

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

ILR399 Beyond the Veil

5 sessions, 10 hours

For many in the West, women in Islamic societies are viewed as hapless victims of overbearing and misogynistic males, held in virtual bondage, deprived of education, and prevented from realizing their vast potential. These stubbornly entrenched, broad-brush characterizations of Muslim—and particularly, Middle Eastern societies—are simplistic and deeply flawed, the result of centuries of journal entries of western male travelers as well as popular media depictions that have tended to view one half of the world’s almost two billion Muslims inhabitants in monolithic “Orientalist” terms.

Join us as we seek to unravel the “Islamic mystique” as it relates to women and gender. Contrary to deeply ingrained beliefs and stereotypes, the role of women in Islam—a religion that transcends race, nationality, language, and ethnicity—is not confined to the private, domestic sphere.

The instructor will employ traditional lecture techniques, photographs, and anecdotes to illuminate the dynamic, non-traditional roles that women are increasingly exercising within the Islamic milieu. Participants will gain a greater, multilayered appreciation of the dynamic role of women in Muslim societies.

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

Instructor: Linda Funsch

5-Digit Number: 24104 | Thu, 1:00 - 3:00 p.m., 10/20 - 11/17

Location: Sweadner Hall

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

**Middle Eastern Studies courses are
for newcomers and veterans alike.**

Fall 2022 courses now on Thursdays.

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





LIR180 The American Way of War: From the American Revolution to Vietnam

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, the Mexican War, Civil War, World War I, World War II, and the Vietnam War. We'll look into the evolution of strategy, equipment, and generalship. We will not only study the battles as they occurred; but together we'll discuss what was the cause of victory or defeat. If you are ready to enter the minds of Washington, Lee, Grant, Pershing, and Bradley, this is the class for you.

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

Instructor: Antonio Salinas

5-Digit Number: 24050 | Wed, 8:00 - 9:30 p.m., 9/7 - 10/5

Location: Online

Tuition: \$20 | Fee: \$64 | Total: \$84 | *MD residents age 60+ pay fee only*

Evening Offering



LIR188 American History as Seen Through Female Eyes – Part 2

4 sessions, 8 hours

Look at our country's history from the 16th to the 20th century through the female experience. U.S. History is many layered and it's important to be aware of it to truly understand the past and the present. We'll identify the female role in the development of the country and differentiate between racial experiences. We'll also discuss good and bad laws that impacted women and the validity of the "separate sphere" ideology. This course is a continuation of the course that was offered in Spring 2022.

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

Instructor: Mary Mannix

5-Digit Number: 23949 | Wed, 9:00 - 11:00 a.m., 9/7 - 9/28

Location: Conference Center/E138

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

ILR539 Ireland: Small Island – Big History

4 sessions, 6 hours

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

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

Instructor: Ernest O'Roark

5-Digit Number: 24092 | Thu, 2:00 - 3:30 p.m., 9/8 - 9/29

Location: Conference Center/E138

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



LIR222 The Constitution Today

5 sessions, 7.5 hours

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

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

Instructor: James Baer

Overview of the Constitution and Federal Judicial Power

5-Digit Number: 24067 | Mon, 2:00 - 3:30 p.m., 9/12 - 10/10

Location: Conference Center/E138

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

Federal Legislative Power

5-Digit Number: 24068 | Mon, 2:00 - 3:30 p.m., 10/24 - 11/21

Location: Conference Center/E138

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



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



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



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

History Bites: The Civil War Series



Join us for a quick bite of Civil War history. The American Civil War was a defining event in the nation's history. The roots of this terrible conflict reach back to the very founding of the country. Join us for an in-depth look at how the crisis came to be, the war itself and how its impact is still felt today. Session topics can be taken together or alone. There will be time after the talk for questions and discussion.

ILR941 A Troubled Nation, 1787-1857

5-Digit Number: 23986 | Wed, 12:00 - 1:30 p.m., 9/28

ILR941 The Secession Crisis, 1857-1861

5-Digit Number: 23987 | Wed, 12:00 - 1:30 p.m., 10/5

ILR941 Sundering the Nation, 1861

5-Digit Number: 23989 | Wed, 12:00 - 1:30 p.m., 10/12

ILR941 A New Birth of Freedom, 1862

5-Digit Number: 23990 | Wed, 12:00 - 1:30 p.m., 10/19

ILR941 Divide & Conquer, 1863

5-Digit Number: 23991 | Wed, 12:00 - 1:30 p.m., 10/26

ILR941 War on All Fronts, 1864

5-Digit Number: 23992 | Wed, 12:00 - 1:30 p.m., 11/2

ILR941 Triumph & Tragedy, 1865

5-Digit Number: 23993 | Wed, 12:00 - 1:30 p.m., 11/9

ILR941 The Long War - Reconstruction, 1865-1877

5-Digit Number: 23994 | Wed, 12:00 - 1:30 p.m., 11/16

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

For all classes:

1 session, 1.5 hours

Instructor: Matthew Borders

Location: Conference Center/E138 | Fee: \$15

HISTORY, CULTURES & CURRENT ISSUES

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. Specific topics include the Golden Age of Piracy and the use of privateers during wartime. The class discusses the pirates who roamed the bay and their impact on the Chesapeake region.

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

Instructor: Tracy Lewis

5-Digit Number: 24099 | Mon, 10:00 - 11:30 a.m., 9/19 - 10/3

Location: Student Center/H206

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



LIR218 The Real Abraham Lincoln and His Legacy

4 sessions, 8 hours

Historically Abraham Lincoln has been our most revered president, but also one of the most controversial, excoriated from all sides. Nancy Spannaus, author of Hamilton Versus Wall Street, will focus on Lincoln's thoughts, policies, and actions in detail, uncovering little-known, crucial aspects of his career. Special focus will be given to Lincoln's speeches, which students will be encouraged to read and discuss. There's lots to learn about and from this President who followed the philosophies of Hamilton.

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

Instructor: Nancy Spannaus

5-Digit Number: 24064 | Thu, 10:30 a.m. - 12:30 p.m., 10/6 - 10/27

Location: Conference Center/E134

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



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



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

ILR852 Survey of French History
 6 sessions, 12 hours

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

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

Instructor: Lois Jarman

5-Digit Number: 23941 | Thu, 4:00 - 6:00 p.m., 10/6 - 11/10

Location: Online

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

 Evening Offering
**LIR217 The Abolitionist Movement, 1775 -1863**

6 sessions, 12 hours

This course explores the rise and ebb of emancipation during and after the American Revolution. We'll cover Nat Turner's slave rebellion and Harriet Tubman and the Underground Railroad including the myths and realities. We'll also review the 1850 Fugitive Slave Law & Urban Vigilance Committees including the rise of militancy and Northern acceptance. Finally we'll discuss Abraham Lincoln's emancipation proclamation.

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

Instructor: Roger Swartz

5-Digit Number: 24061 | Mon, 9:30 - 11:30 a.m., 10/10 - 11/14

Location: Conference Center/E138

Tuition: \$42 | Fee: \$112 | Total: \$154 | *MD residents age 60+ pay fee only*

Check our webpage for a new offering this fall by Chris Haugh on the history of Fort Detrick.



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

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 needed will be provided to you prior to the start of the course. The average cost of supplies is \$65.

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

Instructor: Jodie Lide

5-Digit Number: 24019 | Fri, 10:00 a.m. - 12:00 p.m., 8/19 - 10/7

Location: Visual & Performing Arts Center/F141 | Fee: \$149

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. This class is meant for individuals who have taken the Beginning Calligraphy: Italic class. A list of supplies needed will be provided to you prior to the start of the course. The average cost of supplies is \$90.

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

Instructor: Jodie Lide

5-Digit Number: 24020 | Fri, 10:00 a.m. - 12:00 p.m., 10/21 - 12/16

No Class: 11/25 | Location: Visual & Performing Arts Center/F130 |

Fee: \$149

HOM129 Crochet for Beginners

3 sessions, 6 hours

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

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

Instructor: Kathy Barylski

5-Digit Number: 24025 | Mon, 6:00 - 8:00 p.m., 10/24 - 11/7

Location: Conference Center/E125 | Fee: \$66



Evening Offering

NEW

HOM166 Start Sewing in a Nutshell

2 sessions, 4 hours

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

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

Instructor: Michelle Umlauf

5-Digit Number: 24021 | Mon/Wed, 6:00 - 8:00 p.m., 10/17 - 10/19
Location: Conference Center/E134 | Fee: \$44

 Evening Offering

NEW

HOM170 My First Quilt Block: Mug Rug

2 sessions, 5 hours

Master the basic principles of making a quilt and create treasured family heirlooms. This is a hands-on class where you get the opportunity to create a fun and easy trivet during class. You will learn general piecing and pressing guidelines as well as safety precautions when using a rotary cutter. Apply decorative stitching to add pizzazz and learn a simple way to bind the block like a pro. You will be inspired to apply what you learn into a larger project. All supplies are included. We suggest that you either take Sewing in a Nutshell as a prerequisite or already have proficiency operating a sewing machine prior to taking this course.

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

Instructor: Michelle Umlauf

5-Digit Number: 24090 | Wed, 6:00 - 8:30 p.m., 11/9 - 11/16
Location: Conference Center/E138 | Fee: \$64

 Evening Offering

NEW

HOM171 Basic Sewing Techniques

4 sessions, 12 hours

Take your sewing skills to the next level and learn professional tips as you practice sewing techniques found in a variety of patterns from garment, home décor, quilting patterns, bag making, and more. Learn to use several specialty presser feet that make these techniques easier, and the results better. Create a sampler notebook containing your stitch outs and complete worksheets for future reference. Upon completing this class, you'll have the knowledge, skills and confidence to follow a sewing pattern and make something on your own. Techniques covered include seams and finishes, hems, closures, casings and decorative applications. This class is meant for individuals who have taken either a beginner sewing course or has fundamental knowledge of sewing but is looking to broaden their skills. All supplies are included.

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

Instructor: Michelle Umlauf

5-Digit Number: 24088 | Tue, 6:00 - 9:00 p.m., 11/15 - 12/6
Location: Conference Center/E138 | Fee: \$129

 Evening Offering

NEW

HOM169 Decipher A Sewing Pattern

1 session, 3 hours

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

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

Instructor: Michelle Umlauf

5-Digit Number: 24089 | Wed, 6:00 - 9:00 p.m., 12/7
Location: Conference Center/E138 | Fee: \$39

 Evening Offering



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



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

ILR870 Travel Light, Travel Easy

1 session, 2.5 hours

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

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

Instructor: Kathy Barylski

5-Digit Number: 23945 | Tue, 2:00 - 4:30 p.m., 9/27

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

ILR867 Becoming Your Family Historian

2 sessions, 4 hours

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

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

Instructor: Mary Mannix

5-Digit Number: 23970 | Wed, 9:00 - 11:00 a.m., 10/12 - 10/19

Location: Conference Center/E138

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

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

Instructor: Matthew Lynch

5-Digit Number: 24016 | Tue, 6:00 - 9:00 p.m., 8/23

 Evening Offering

OR

5-Digit Number: 24017 | Tue, 12:00 - 3:00 p.m., 9/27

Location: Conference Center/E138 | Fee: \$29

Backyard Gardening

We no longer live in a time where we must be or even can be totally self-sufficient but many of us enjoy exploring ways to be "practically" self-sufficient and sustainable. This multi course series is designed for the person interested in cultivating a small backyard or community garden designed to provide seasonal food for a small family. Or maybe you are thinking bigger and want to design and manage a not-for-profit homestead or a small farm. The series includes elements of soil preparing, seed starting, food preservation, composting, caring for small animals, and managing pests. The single topics will address many of the questions and issues you may have in pursuing your gardening dreams.

HOM168 Basic Water Bath Canning

1 session, 1 hour

5-Digit Number: 24086 | Wed, 6:30 - 8:30 p.m., 8/31

Fee: \$10

HOM168 Pressure Canning

1 session, 2 hours

5-Digit Number: 24085 | Wed, 6:30 - 8:30 p.m., 9/14

Fee: \$19

HOM168 Freezing and Other Methods of Food Preservation

1 session, 2 hours

5-Digit Number: 24084 | Wed, 6:30 - 8:30 p.m., 10/19

Fee: \$19

HOM168 Putting Your Garden to Bed for the Season

1 session, 2 hours

5-Digit Number: 24087 | Wed, 6:30 - 8:30 p.m., 10/26

Fee: \$19

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All Backyard Gardening classes will meet on campus in an in-person environment.

For all classes:

Instructor: Don Ludke

Location: Conference Center/E125

 Evening Offering

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. This class will take a lunch break so be sure to bring a packed lunch.

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

Instructor: James Thuman

5-Digit Number: 24018 | Sat, 9:30 a.m. - 3:00 p.m., 9/24

Location: Monroe Center/MC129 | Fee: \$99

HOM165 DIY Basic Vehicle Maintenance

1 session, 3 hours

Learn the basics of vehicle maintenance including why it is so important. You'll learn how to check your vehicle's fluids, check and determine proper tire pressure, locate and identify a burnt fuse, change wipers blades, and other basic maintenance tasks. We'll also teach you how to correctly jump start a vehicle. Bring the owner's manual to your gas or diesel vehicle and your questions.

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

Instructor: Matthew Lynch

5-Digit Number: 24015 | Mon, 6:00 - 9:00 p.m., 9/26

Location: Monroe Center/MC144 | Fee: \$36

 Evening Offering



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



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

Learning on Location



LIR220 C&O Canal: History and Nature

2 sessions, 3 hours

The Chesapeake and Ohio Canal--built as a commercial waterway through Frederick County alongside the unnavigable Potomac River when the nation was young--was doomed almost from the start by the railroad, and then put out of business altogether by river floods. Now a National Park, it is a cherished outdoor spot by cyclists, hikers, and others. This course examines the canal's history, especially the varied engineering marvels of its time, and as a place of both recreation and natural beauty today. The first session is in the classroom and the second session will be a walking tour of a section of the canal. The walk is less than 2 miles with minimal elevation changes along a well-maintained pathway.

Note: This course will meet on campus and on location in an in-person environment. Students are to provide their own transportation to the meet up location for the walk. Exact location will be determined at a later date.

Instructor: Ralph Buglass

5-Digit Number: 24074 | Mon, 10:00 - 11:30 a.m.

9/12 Location: Conference Center/E138

9/19 Location: C&O Canal

Fee: \$34

Rain Date: Monday, September 26

LIR182 Downtown Frederick Eastside Walking Tour

1 session, 1.5 hours

This easy walking tour includes a variety of buildings including a historic church, former factories and shops of Shab Row, the interesting past of Winchester Hall, and the Historical Society Building. We'll learn about the architecture, historic houses, and a little about the Civil War. This tour involves walking in downtown Frederick on mostly flat sidewalks for about 1.5 miles moving at a slow pace.

Note: This tour will be conducted in downtown Frederick. Students will be required to provide their own transportation. An email will be sent with trip details one week prior to the course date.

Instructor: Jeanne McDermott

5-Digit Number: 23958 | Sat, 10:00 - 11:30 a.m., 9/24

Location: Off Campus, Frederick | Fee: \$18

ILR986 National Building Museum and the District Wharf

1 session, 9.5 hours

Start the day with a quick stop at the National Law Enforcement Officers Memorial and then head to one of the most unique and historic buildings in the city: The National Building Museum. Constructed in the late 19th Century as the headquarters of the U.S. Pension Bureau it has provided a large, elegant space for Presidential Inaugural Balls since 1885, and continues to do so today. It was added to the National Register of Historic Places in 1969, and in 1985, it became the National Building Museum, dedicated to American achievements and developments in the building arts. For lunch, enjoy a fall stroll through Washington, DC's re-established wharf district. Enjoy beautiful views of the water, wonderful new restaurants, and visit one of the most exciting neighborhoods in our Nation's Capital. After lunch and some afternoon exploration on your own, we'll board the bus and head to a new memorial that will be a surprise. We're pretty sure you have not seen it yet. During our trip, Marsha Adelson will provide commentary before we arrive at each stop. This tour involves moderate walking, some steps, and moderate standing spread throughout the tour. Lunch is on your own with time to explore.

Note: Transportation will be provided via the FCC bus. No refunds after close of business on 9/15. All bus trips depart from FCC. An email will be sent with trip details one week prior to the course date.

Instructor: Marsha Adelson

5-Digit Number: 24052 | Thu, 8:30 a.m. - 6:00 p.m., 9/29
Location: Off Campus, Washington, D.C. | Fee: \$69

LIR158 Hiking Safety and Leave No Trace

1 session, 3 hours

The seven Leave No Trace Principles (LNT) are not only good for the natural resources we love, but they are an integral part of having a safe, comfortable and uneventful hike. We will learn the seven LNT principles and see how they apply to every outing. By the end of this course, participants will have a better understanding of how to plan and prepare for safe outdoor activity. As we hike, we will stop periodically to discuss various topics. We will be hiking up to 2.5 miles on the iconic Appalachian Trail, on an out-and-back hike to the trail shelter. The trail has moderate elevation changes. This course is held entirely outdoors.

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

Instructor: Tara Gettig

5-Digit Number: 23950 | Tue, 9:00 a.m. - 12:00 p.m., 10/18
Location: Off Campus, Appalachian Trail | Fee: \$34

Rain Date: Tuesday, October 25



LIR224 Soles to Souls: Harpers Ferry's Footprints

1 session, 8.5 hours

Few places have as many square feet of history as Harpers Ferry. Crammed between two rivers and sheltered within three mountains, Harpers Ferry represents layers of America's stories, from John Brown through the Civil War to the inception of Civil Rights. We will walk in the footsteps of people who transformed America while also engaging in the bountiful beauty of Harpers Ferry in the fall. Areas explored include: Camp Hill, Bolivar Heights Battlefield, School House Ridge Battlefield, and Chambers/Murphy Farm Battlefield. This bus tour involves walking on moderate terrain for up to 3.5 miles spread over the course of the day. Lunch will be on your own in Harpers Ferry.

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

Instructor: Dennis Frye

5-Digit Number: 24073 | Thu, 8:15 a.m. - 4:45 p.m., 10/20
Location: Off Campus, Harpers Ferry | Fee: \$79

Check our webpage this fall for added tours including an excursion with Chris Haugh.



LIR221 Preparing Important Documents for a Life Event

2 sessions, 4 hours

Having the legal, financial, and insurance paperwork that you or your family needs in case of a life event (death, disability, job loss, etc.) is very important. Are they organized so your family could easily know where they are, who to contact, what accounts you have, and other important items? If the thought of getting your documents organized overwhelms you, this class will teach you the LEAP - Life Event Advanced Planning – Process, which is an easy way to gather, organize, record, store, and review your important documents, so that if and when a life event occurs, your paperwork is sufficient and easily accessed. It is recommended (but not required) that you purchase the book *Didn't See That Coming!* by Karen R. Smith, available for purchase online.

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

Instructor: Karen R. Smith

5-Digit Number: 24058 | Thu/Fri, 12:00 - 2:00 p.m., 9/15 - 9/16

Location: Braddock Hall/B105

OR

5-Digit Number: 24059 | Mon/Tue, 6:00 - 8:00 p.m., 10/10 - 10/11

Location: Braddock Hall/B105

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

Evening Offering



LIR212 Introduction to Social Security

2 sessions, 4 hours

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

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

Instructor: Kathy Barylski

5-Digit Number: 24056 | Mon, 6:30 - 8:30 p.m., 10/3 - 10/10

Location: Conference Center/E138

Tuition: \$11 | Fee: \$38 | Total: \$49 | *MD residents age 60+ pay fee only*

Evening Offering

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

Instructor: Sharon Smith

5-Digit Number: 23946 | Wed, 10:00 a.m. - 12:00 p.m., 10/12

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

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 is a starting 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: Course will meet on campus in an in-person environment.

Instructor: Stacy Reno & Sharon Scarbough

5-Digit Number: 23975 | Thu, 10:00 - 11:30 a.m., 10/6 - 10/20

Location: Conference Center/E138

Tuition: \$20 | Fee: \$42 | Total: \$62



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



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



Instructor Bios | Interested in learning more about an instructor? ILR instructor bios are now located in their own section on page 29.

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. This options training program is strictly offered as an educational presentation. No claim is made that the options trading explanations and/or strategies presented in this workshop will result in profits and will not result in losses. Option trading may not be suitable for all participants of this program.

All comments, trading strategies, techniques, concepts and methods shown within this class presentation are not and should not be construed as an offer to buy or sell stocks and/or options - they are opinions based upon market observation and personal experience. Therefore, the thoughts expressed are not guaranteed to produce profits in any way. All opinions are subject to change without notice. Each option trader/investor is responsible for his or her own actions, if any. You affirm that your attendance in this Options class presentation constitutes your agreement to this disclaimer and that you hold harmless the presenter and host facility from any liability or litigation of any form emanating from market trading on your part.

Note: This course can be taken In-Person at a designated, on-campus location or entirely online as Structured Remote (SR).

Instructor: Richard Bender

Option 1: In-Person

5-Digit Number: 23947 | Mon/Wed, 1:30 - 3:30 p.m., 9/12 - 9/21
Location: Conference Center/E139 | Fee: \$89

OR

Option 2: Structured Remote (SR)

5-Digit Number: 23948 | Mon/Wed, 6:00 - 8:00 p.m., 11/7 - 11/16
Location: Online | Fee: \$89

 Evening Offering



LIR215 The Enjoyment of Poetry

 6 sessions, 12 hours

Explore a number of very important poets and examine several types of poetry writing forms. We will investigate an assortment of short poetic works by such writers as: William Butler Yeats, Langston Hughes, Robert Frost, Maya Angelou, William Carols Williams, Emily Dickinson, and T.S. Elliot, among others. While it is not required, students will get the opportunity to write their own poetry. This course has been known to produce some very interesting and fun conversations about poetry. So, even if you do not want to write original poems, the discussions alone will be very entertaining. Students will need to purchase the book *The Joy of Poetry* by Jacob Sylvester available online.

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

Instructor: Jacob Sylvester

5-Digit Number: 24055 | Sat, 1:00 - 3:00 p.m., 9/10 - 10/15
Location: Online | Fee: \$112



LIR226 The Master of Horror: Edgar Allan Poe's Great Works

 3 sessions, 4.5 hours

Edgar Allan Poe is a lasting figure in literary circles and mainstream culture alike. Known most famously (or infamously) as the Father of Horror. Learn why, or perhaps how, his writings and biography have captivated the world for nearly two centuries. During class, we will dive deep into Poe's most iconic poems and short stories, revealing the man behind the legend. All of Poe's works are available for free online, but if you want a physical copy, we recommend purchasing a copy of the Penguin Classics' "The Fall of the House of Usher and Other Writings" by Edgar Allan Poe. This is a comprehensive collection of Poe's most famous works.

The Edgar Allan Poe Festival and Awards is happening in Baltimore on October 8 & 9. For more information, go to <https://poefestinternational.com>.

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

Instructor: Kierstin Klimas

5-Digit Number: 24136 | Mon, 6:00 - 7:30 p.m., 9/19 - 10/3
Location: Online
Tuition: \$10 | Fee: \$39 | Total: \$49 | MD residents age 60+ pay fee only

 Evening Offering



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

SEN491 Writing Your Life Story: Tales for the Grandchildren

7 sessions, 14 hours

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

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

Instructor: Dorothy O'Neal

5-Digit Number: 23942 | Wed, 1:00 - 3:00 p.m., 10/5 - 11/16

Location: Braddock Hall/B112

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

LIR191 Poetry of Fall

 2 sessions, 2 hours

Celebrate poetry by reading, analyzing, and discussing a variety of poems that focus on a theme. Explore elements of the poems such as theme, metaphor, rhyme, and imagery. We'll explore poets of the past and present.

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

Instructor: Jeanne McDermott

5-Digit Number: 23943 | Fri, 9:30 - 10:30 a.m., 10/7 - 10/14

Location: Online | Fee: \$19



Know Your Beer (REC136)
sessions coming this fall!



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



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



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

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.

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

Instructor: McClintock Distilling

5-Digit Number: 23998 | Thu, 7:00 - 9:00 p.m., 9/29

Location: McClintock Distilling | Fee: \$34

 *Evening Offering*

REC138 120-Minute Wine Expert: An Intro to Understanding and Appreciating Wine

1 session, 2 hours

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

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

Instructor: Dr. Joe Fiola

5-Digit Number: 24082 | Tue, 7:00 - 9:00 p.m., 10/12

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

 *Evening Offering*

ILR889 Raise Your Wine IQ - South Africa Edition

1 session, 1.5 hours

South Africa, the southernmost country on the continent of Africa, is known for its varied topography, great natural beauty, and cultural diversity. South Africa is the 8th largest producer of wine in the world, offering interesting varieties such as Pinotage and Chenin Blanc. Join us in our virtual journey to this beautiful country while enjoying some of its lovely wine offerings.

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

Instructor: Jacqueline Rogers

5-Digit Number: 23944 | Wed, 1:00 - 2:30 p.m., 11/9

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

Taste of Asia

Travel the Far East and learn about 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. 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 - there may be prizes. A list of ingredients and other preparations will be provided during the class so you can recreate these dishes at home.

Note: This is mostly a demonstration course with some interactive cooking.

REC135 Seafood Pan Fried Crispy Noodles and Chinese Sticky Rice

5-Digit Number: 24080 | Sat, 11:00 a.m. - 1:00 p.m., 9/10

REC135 Thai Basil/Lemongrass Chicken and Korean Chili Barbeque Wing in Air Fryer

5-Digit Number: 24081 | Sat, 11:00 a.m. - 1:00 p.m., 10/8

Details for all Taste of Asia courses:

- Each class is 1 session, 2 hours
- Instructed by Chef Stuart Woo
- Meet on campus, in-person, Conference Center/E125
- Fee: \$36



Learn a Language

FOR124 Introduction to the Italian Language and Culture

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: Course will meet on campus in an in-person environment. Students are required to purchase the following book: *Practice Makes Perfect: Complete Italian Grammar, Premium, 3rd Edition* by Marcel Danesi (ISBN 978-1260463194). The textbook can be purchased at the FCC Bookstore.

Instructor: Dora Jaar

5-Digit Number: 24026 | Fri, 10:00 a.m. - 12:00 p.m., 9/30 - 11/18 | Location: Conference Center/E138
Tuition: \$40 | Fee: \$129 | Total: \$169

MD residents age 60+ pay fee only



ILRatFCC.com

Please continue to check our website throughout the semester as we sometimes add additional courses, including new walking tours and seasonal classes.

REC119 Wines of Maryland and the World

1 session, 2 hours

Learn about grape variety names, what kind of wines they make, and which wines match with what foods. Dr. Fiola will walk through the process of grape variety names, what they could be called in other wine countries, and what kind of wine they make here in Maryland. This course will give you more confidence to navigate the sometimes threatening aisles of your favorite wine shop and make it a much more enjoyable experience.

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

Instructor: Dr. Joe Fiola

5-Digit Number: 24005 | Wed, 7:00 - 9:00 p.m., 11/16

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

 Evening Offering

REC137 Gin 101

1 session, 2 hours

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

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

Instructor: McClintock Distilling

5-Digit Number: 23999 | Thu, 7:00 - 9:00 p.m., 11/17

Location: McClintock Distilling | Fee: \$34

 Evening Offering

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

1 session, 1.5 hours

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

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

Instructor: Lebherz Oil & Vinegar Emporium

5-Digit Number: 24083 | Wed, 5:30 - 7:00 p.m., 12/7

Location: Lebherz Oil & Vinegar Emporium | Fee: \$39

 Evening Offering

**LIR194 Analyzing Thich Nhat Hahn's Zen and the Art of Saving the Planet**

 4 sessions, 6 hours

Thich Nhat Hahn distinguished himself through his activities as a peace activist in the Vietnam War, leading Martin Luther King, Jr., to nominate him for the Nobel Peace Award. As the foremost proponent of the movement that he himself labeled as "Engaged Buddhism," he carried social activism not only into the fight against violence but into many other areas of social concern. The focus of this course is his last book, *Zen and Art of Saving the Planet*. As in all his teachings, Nhat Hahn first focuses on individual self-transformation before addressing the collective work deemed necessary to save our world. As part of this process, he provides many poignant, radical Zen insights and penetrating meditative practices, thus furnishing us tools to engage productively in our current life situations. Meditation techniques will be explored and practiced during the course. We highly recommend that you purchase *Zen and the Art of Saving the Planet*, available in both print and e-reader forms. The book will be read during the course.

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

Instructor: Jerry Webster

5-Digit Number: 24069 | Mon, 10:00 - 11:30 a.m., 10/17 - 11/7

Location: Online

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

**LIR219 Introduction to Biblical Literature**

 8 sessions, 12 hours

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

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

Instructor: Logan Isaac

5-Digit Number: 24095 | Mon, 6:00 - 7:30 p.m., 10/24 - 12/12

Location: Online

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

 Evening Offering

Lifting the Veil, a Paranormal Series

The supernatural is embedded in our culture. We celebrate Halloween. We watch scary movies. We hold superstitions and use crystals. Many are curious about the unexplained and seek out information that helps us make sense of it all. Each session will focus on a different topic. We hope we can “lift the veil” for you and satisfy your curiosity about the paranormal through this lecture series.

LIR195 Paranormal Series – Connecting to Passed Loved Ones

1 session, 2 hours

Instructor: Rhonda Russo & Terri Rodabaugh

5-Digit Number: 23976 | Wed, 3:00 - 5:00 p.m., 10/5
Location: Braddock Hall/B103 | Fee: \$25

LIR195 Paranormal Series – Angels

1 session, 2 hours

Instructor: Rhonda Russo & Terri Rodabaugh

5-Digit Number: 23977 | Wed, 3:00 - 5:00 p.m., 10/19
Location: Braddock Hall/B103 | Fee: \$25

LIR195 Paranormal Series – The Dark Entities

1 session, 2 hours

Instructor: Rhonda Russo & Terri Rodabaugh

5-Digit Number: 23978 | Wed, 3:00 - 5:00 p.m., 11/9
Location: Braddock Hall/B103 | Fee: \$25

All Paranormal Series courses will meet on campus in an in-person environment.



SCIENCE & NATURE



LIR223 The Family in Film

5 sessions, 7.5 hours

This course will explore the family in film from a psychological viewpoint. It will look at families with dysfunction and difficulty, as well as families that function well, sometimes in spite of themselves. During class we will focus on themes from a variety of movies. Each class will include a teacher presentation, excerpts from the film, with comments, questions, and discussion. This fall we plan to view the following movies: Ordinary People (1980), Scenes from a Marriage (1984), What's Eating Gilbert Grape? (1996), In Her Shoes (2005), and CODA (2021). The list of the movies is subject to change. Ways to view them will be provided before the start of the course so that students may view the entire film prior to class.

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

Instructor: Patricia Dalton

5-Digit Number: 24070 | Thu, 12:30 - 2:00 p.m., 9/22 - 10/20

Location: Conference Center/E138

Tuition: \$15 | Fee: \$64 | Total: \$79 | MD residents age 60+ pay fee only



ILR466 Dark Matter, Dark Energy

7 sessions, 14 hours

We used to think that if you can't see or measure something, there is nothing there. Modern thinking and great technological advances have shown that there is far more to the Universe than what we can see and measure. Vera Rubin, an astronomer associated with the Carnegie Institute, showed that galaxies rotated in a way that was at odds with the accepted laws of motion. This led to the introduction of “Dark Matter”, a substance that can neither be measured or observed directly. Similarly, the observed phenomenon that the galaxies are not only rushing away from us, but are doing so at an ever increasing rate, has led to the acceptance of a new component in the Universe called Dark Energy. Learn more about this mysterious part of our Universe this spring. No technical or mathematical background necessary.

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

Instructor: Robert Rubock

5-Digit Number: 24071 | Thu, 10:00 a.m. - 12:00 p.m., 10/6 - 11/17

Location: Braddock Hall/B101

Tuition: \$40 | Fee: \$149 | Total: \$189 | MD residents age 60+ pay fee only

FREE Fall Courses

ILR is proud to present **three new free courses this fall**. Join us for engaging classes focusing on history, literature, and religion. *These courses are made possible by a generous donation from the Shirley Cruickshank Wolfe Fund.*

Registration information is located on page 36.

LIR181 Comparing Religions: Coming to Terms – Continuing

6 sessions, 9 hours

Explore the promises and perils of different comparative practices in the history of the world's religions and how they can help us navigate and understand our globalized, pluralistic, postmodern world. This course continues the exploration we began with the Spring 2022 offering. Newcomers are welcome. For this course, we highly recommend that you read the second half of "Comparing Religions" by Jeffrey J. Kripal, chapters 7-12, available in both print and e-reader forms.

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., 9/6 - 10/11

Option 1: In-Person

5-Digit Number: 23955 | Location: Conference Center/E125

OR

Option 2: Structured Remote (SR)

5-Digit Number: 23956 | Location: Online



LIR230 Mary's Monster: A Short Study on Frankenstein

 3 sessions, 3.75 hours

Over 200 years ago, a 20-year-old Mary Shelley anonymously published a story that revolutionized horror and science fiction, as well as introduced one of the western world's most iconic monsters: Frankenstein. Explore themes of ambition, alienation, monstrosity, hubris, and more to reveal how this legendary tale and creature have withstood the test of time. Join us as we attempt to answer one of literature's most enigmatic questions: Who is the real monster? No prior reading or watching required. If interested in reading the novel, the 1818 text/edition is recommended, and is available in free versions online or wherever you acquire your books.

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

Instructor: Kierstin Klimas

5-Digit Number: 24096 | Mon, 6:15 - 7:30 p.m., 10/10 - 10/24
Location: Online

 Evening Offering

LIR162 German Historic Holiday Heritage of Frederick

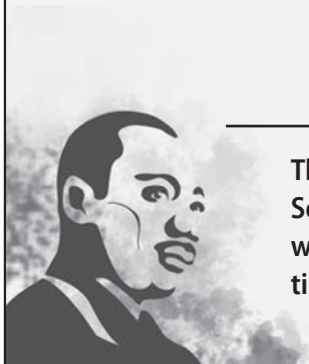
1 session, 2 hours

Celebrate and learn about German Christmas customs and traditions in honor of Frederick's heritage. We will also look at German holiday ornaments and decorations and explore the history behind them. We'll touch upon how Frederick has traditionally celebrated the holidays throughout the years with processions, parades, caroling, and other timely events.

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

Instructor: Jeanne McDermott

5-Digit Number: 23957 | Fri, 9:30 - 11:30 a.m., 12/2
Location: Conference Center/E125



The African American History Series is returning again this fall with new classes. For dates and times, visit ILRatFCC.com.

SCIENCE & NATURE

ILR968 Discover a Season – Fall

1 session, 2 hours

There's nothing like a stroll in Maryland in October. See an array of colors as the leaves change along with our last flowers of the year. Many plants will have gone to seed, which will be a nice opportunity to admire the diverse way seeds are spread. Also, we should be able to hear a nice selection of birds.

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

Instructor: Kathy Barylski

5-Digit Number: 23971 | Tue, 1:00 - 3:00 p.m., 10/11

Location: Off Campus | Fee: \$22

Rain Date: Tuesday, October 25

PHOTOGRAPHY

PHO122 Get 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. Students should review their camera's user manual prior to class and familiarize themselves with how to adjust settings since camera functions may vary between brands.

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

Instructor: Howard Clark

5-Digit Number: 23988 | Sat, 10:00 a.m. - 12:00 p.m., 9/24 - 10/8

Location: Conference Center/E138 | Fee: \$69

PHOTOGRAPHY



PHO128 Portrait Basics

1 sessions, 4 hours

Students will learn the basics of portraiture in the areas of camera settings, lens choices, natural and artificial lighting, composition, posing, and working with subjects. Topics such as using the histogram and a gray card are also covered with a brief Lightroom Demo showing how to use the gray card to correct white balance. Content is taught through both a lecture and hands-on practice approach. Comprehensive notes are distributed to set students up for continued success at home. Participants would need to have access to their own DSLR or mirrorless cameras.

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

Instructor: Cat Simmons

5-Digit Number: 24079 | Mon, 5:00 - 9:00 p.m., 10/3

Location: Conference Center/E134 | Fee: \$44

Evening Offering

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 ACDSee Photo Studio, Corel AfterShot Pro, Skylulm Luminar, or Adobe Lightroom. The various applications will be discussed during the first class.

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

Instructor: Howard Clark

5-Digit Number: 23996 | Tue, 7:00 - 9:00 p.m., 10/18

Location: Online | Fee: \$19

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 29.

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: 23995 | Tue, 7:00 - 9:00 p.m., 11/1 & 11/15
 Location: Online | Fee: \$39

 Evening Offering

PHO126 Introduction to Photo Editing Without Adobe Software

 2 sessions, 4 hours

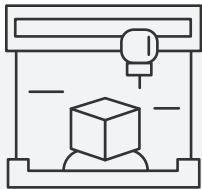
You've got a great camera, and you know how to use it. Still, many of your photos do not measure up to your expectations. What's the problem and how can you fix it? Often, the problem is that we do not photograph under ideal conditions, and the images suffer. The lighting may have been flat and the image lacks contrast. Something in the foreground needs to be removed. The horizon is tilted or cuts the picture in half. Oops, the picture is too dark. All of these problems and many more can be fixed with simple editing. This course will show you how it's done.

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

Instructor: Howard Clark

5-Digit Number: 23997 | Tue, 7:00 - 9:00 p.m., 11/29 & 12/13
 Location: Online | Fee: \$39

 Evening Offering



3D Printing

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

MKR105 Discover 3D Printing

4 hours

The course provides an introduction to 3D printing.

5-Digit Number: 23538 | Sat, 9:30 a.m. - 2:00 p.m., 9/10
 Location: Monroe Center/MC135
 Tuition: \$39 | Fee: \$10 | Total: \$49

MD residents age 60+ pay fee only for all 3D Printing courses.

MKR104 3D Printing and Prototyping

6 hours

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

5-Digit Number: 23537 | Sat, 9:30 a.m. - 4:00 p.m., 9/24
 Location: Monroe Center/MC135
 Tuition: \$60 | Fee: \$19 | Total: \$79

MKR117 Designing Smart Textiles: Arduino meets 3D Printing

6 hours

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

5-Digit Number: 23539 | Sat, 9:30 a.m. - 4:00 p.m., 10/8
 Location: Monroe Center/MC135
 Tuition: \$60 | Fee: \$29 | Total: \$89

Instructor Bios

Marsha Adelson

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

National Building Museum and the District Wharf 19

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 Constitution Today

Overview of the Constitution and Federal Judicial Power..... 13

The Constitution Today - Federal Legislative Power..... 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.

Designer Greeting Cards.....9

Crochet for Beginners..... 15

Travel Light, Travel Easy..... 17

Introduction to Social Security 20

Discover a Season - Fall 27

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..... 21

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 - The Civil War Series

A Troubled Nation, 1787-1857 14

The Secession Crisis, 1857-1861..... 14

Sundering the Nation, 1861..... 14

A New Birth of Freedom, 1862..... 14

Divide & Conquer, 1863 14

War on All Fronts, 1864 14

Triumph & Tragedy, 1865..... 14

The Long War - Reconstruction, 1865-1877 14

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.

C&O Canal: History and Nature 18

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.

Get the Best From Your Digital Camera 27

Digital Photo Management for Photographers 27

Getting From Good to Great 28

Introduction to Photo Editing Without Adobe Software..... 28

Patricia Dalton

Patricia Dalton is a retired PhD in clinical psychology from Catholic University who has worked in a variety of settings including private practice, mental health centers, a free clinic and a clinic for low income individuals and families. She has over thirty years of experience a therapist working with families, couples, and individuals.

The Family in Film 25

Instructor Bios *continued*

Beth Davis-Reinhold

Beth Davis-Reinhold taught job search and basic computer skills for Frederick County Workforce Services for over 20 years. She is an entertaining speaker who is skilled at explaining complicated concepts for the beginner.

Social Networking for Beginners.....	9
Computers for Scaredy Cats.....	9
Windows to Word.....	10

Dr. Joe Fiola

Dr. Fiola has over 25 years of academic and industry experience in research and extension in small fruit production and breeding, viticulture, and enology. He is currently the Specialist in Viticulture and Small Fruit for the University of Maryland Extension following being in a similar position at Rutgers from 1988-2001, and is responsible for a statewide viticulture and fruit research and extension program. His viticulture and enology R&E program concentrates on variety testing, including clonal comparisons, new and imported varieties, as well as cultural practices. He also conducts small batch winemaking studies of the varieties and the experimental treatments. He is an active member of the American Society of Enology and Viticulture and the American Wine Society.

120-Minute Wine Expert: An Introduction to Understanding and Appreciating Wine.....	22
Wines of Maryland and the World.....	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 FCC 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.

Music in Movies.....	7
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Linda Franklin

Dr. Linda Franklin is a longtime ILR teacher. She is a 200-h Kripalu yoga instructor certified through Yoga Alliance who has completed additional professional training in Integrative Yoga for Seniors at the Duke Health Integrative Medicine Center, and is also a teacher of Dynamic Gentle Yoga and Divine Sleep Yoga Nidra. Linda also rings with the FCC Handbell Choir and conducts choirs at two local churches and the BC Ringers at Buckingham's Choice. She has especially enjoyed working with mature-aged choirs made up of both beginning music readers and seasoned ringers having conducted classes with the Handbell Musicians of America.

Chime Into Music - Music Reading Skills.....	6
Chime Into Music - Music Reading Skills Part 2.....	6
Just Try It - Beginner Gentle Yoga.....	11
Continuing Gentle Yoga.....	11

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.

Soles to Souls: Harpers Ferry's Footprints.....	19
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Linda 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.

The Legacy Of The Crusades.....	12
Beyond the Veil.....	12

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).

Hiking Safety and Leave No Trace.....	19
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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.

As Time Goes By - Practical Tips on Aging.....	11
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Carl Gregg

The 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 (cum laude, Phi Beta Kappa) from Furman University. He is a featured blogger on Patheos (patheos.com/blogs/carlgregg).

Comparing Religions: Coming to Terms - Continuing 26

David Howard

David Howard was a member of the National Symphony Orchestra with which he performed until retiring in 2011. During those 41 years he also performed with various chamber groups, including The Foggy Bottom Chamber Ensemble, the Cameron String Quartet, and Eclipse Chamber Orchestra. He holds a Masters in Music Performance from Catholic University and a Masters in Education from George Washington University. Currently residing in Frederick, Maryland, David is a member of the Frederick Symphony Orchestra and teaches cello at Hood College.

The Music of the Frederick Symphony Orchestra

Scary Music; Compositions by St. Saens, Berlioz,
Mussorgsky, and Williams 6
Rimsky-Korsakov and Handel with a Messiah Sing-Along 6

Catherine 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 Painting

Beginner/Intermediate 7
Advanced 7

Logan Isaac

Logan Isaac, HoSM, served six years in the US Army as a forward observer in the 82nd Airborne and 25th Infantry (Light) divisions. Upon his discharge, he used the GI Bill to earn degrees from Hawaii Pacific University, Duke University, and the University of St Andrews. He has been a college professor since 2013 and has presented academic research at conferences in the United States, Greece, Italy, Denmark, and Great Britain.

Introduction to Biblical Literature 24

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 and Culture 23

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.

Survey of French History 15

Kierstin Klimas

Kierstin is a lifetime lover of literature with a master's degree in English, focusing on literary study and Modernism, with a Concentration in Creative Writing and Minors in Theatre and French. She has over four years of work experience in student support & success within higher education, as well as experience with regional theatre and the arts. She primarily loves to study the connections and overlays between life, history, culture, literature, and all the other forms story-telling can take. These interests and experiences have impassioned Kierstin to teach and encourage others in all their creative, academic, and literary explorations.

The Master of Horror: Edgar Allan Poe's Great Works 21

Mary's Monster: A Short Study on Frankenstein 26

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 14

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 15

Continuing Calligraphy 15

Instructor Bios *continued*

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.

Backyard Gardening	
Freezing and Other Methods of Food Preservation.....	17
Pressure Canning	17
Basic Water Bath Canning.....	17
Putting Your Garden to Bed for the Season	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.....	17
DIY Basic Vehicle Maintenance	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 MARAC (the Mid-Atlantic Regional Archives Conference). She has been involved in the History Section of RUSA and was the 2011 winner of the Genealogical Publishing Company Award. In 2015, she was given the Martha Washington Medal from the Sergeant Lawrence Everhart Chapter of the Maryland Society of Sons of the American Revolution. She has taught genealogy librarianship at the University of Maryland and public history courses at Hood College. 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.

American History as Seen Through Female Eyes - Part 2	13
Becoming Your Family Historian.....	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. After attending CPT Maybush’s classes several women 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.....	11
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Jeanne McDermott

Jeanne McDermott has a master’s degree in Art Education from the College of Notre Dame of Maryland and a bachelor’s degree in Writing from Towson University. In addition to teaching youth for FCPS and Kids on Campus at FCC, she also instructs adults in the ILR, Lifelong Learning, and Thrive Programs. Classes include drawing, acrylic painting, art history lectures, and tours of local downtown Frederick.

Drawing from Nature - Fall Themed.....	7
Acrylic Painting Techniques for Beginners - Fall Still Lifes	9
Art Appreciation: You Call This Art.....	9
Downtown Frederick Eastside Walking Tour	18
Poetry of Fall.....	22
German Historic Holiday Heritage of Frederick.....	26

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 in Mt. Airy and Frederick 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.....	10
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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.....	22
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Ernest O’Roark

Ernest O’Roark was a writer and team member for the World History for Us All curriculum project, working with David Christian, author of Maps of Time and This Fleeting World, as well as a number of other leading scholars in the field of World History. Ernie taught middle school in Montgomery County for 32 years.

Ireland: Small Island - Big History.....	13
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Kimberly Perna

Kimberly Perna has worked in Information Technology for over 20 years. She is currently the Deputy Chief Technology Officer at the University of Redlands. Kimberly regularly teaches workshops and supports faculty, staff, and students in the use of technology specifically, Microsoft Office, Windows 10, mobile devices, videoconferencing, cybersecurity, cloud computing, and social media platforms.

Cyber Awareness: Internet Safety	9
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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! 20

Terri Rodabaugh & Rhonda Russo

Terri Rodabaugh and Rhonda Russo partner to form a podcast show entitled "Lifting The Veil with Terri and Rhonda." They also do live gallery mediumship messages performance events, as well as virtual gallery messages, spirit circles and one on one readings. Terri and Rhonda can often be heard on the WFRE Radio station giving live caller messages. They do free paranormal investigating for folks in need as a way of giving back to the community. Terri Rodabaugh is a medium that comes from a long line of intuitives. She resides in Gettysburg giving messages from loved ones who have passed and from guides and teachers in spirit. Terri has been a practicing mediumship for over 30 years and brings a lot of experience to her trade. Along with connecting people to their loved ones in spirit she also teaches tarot, angel communication, and intuitive development courses. Rhonda has over 20 years of experience investigating the paranormal, and was born a seer, sensitive and empath, and has turned those abilities into becoming a Psychic Medium and Animal Intuitive. She is also a Reiki Master/Teacher and enjoys certifying people in the Usui Reiki method so that they can heal themselves or others. Rhonda is the author of a book *Bump In The Night Investigations: Beginner Ghost Hunting Book* which she wrote for her ghost hunting classes.

Lifting the Veil, a Paranormal Series

Connecting to Passed Loved Ones 25
Angels 25
The Dark Entities 25

Jacqueline 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.

Raise Your Wine IQ - South Africa Edition 22

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.

Dark Matter, Dark Energy 25

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 Vietnam 13

Jodie Schmidt

Jodie Schmidt discovered her love of oil painting while earning a Bachelor of Fine Arts at McDaniel College in Westminster, Maryland. After graduating with honors, she continued studying art on her own and through classes with local artist and teacher, Rebecca Pearl. She studied watercolor, oil painting and pastel for several years before deciding to become a teacher. She recently joined the Institute for Learning in Retirement at Frederick Community College in 2019, as an art instructor, teaching pastel and drawing classes. Previously she worked as a short-term substitute art teacher at Buckingham's Choice, in Adamstown, MD.

Introduction to Oil Painting 8
Drawing and Painting: A Mixed Media Survey Course 8

Cat Simmons

Cat Simmons is a photographer specializing in studio and environmental portraiture. She holds a Master of Fine Arts in Photography from Savannah College of Art and Design and currently enjoys a variety of photography related interests such as teaching, creating portraits, and volunteering her time in her local camera club.

Portrait Basics 27

Instructor Bios *continued*

Karen R. Smith

Karen Smith is a certified life coach, speaker, and was an owner and employee of a local accounting business for 30 years. Her husband's sudden and unexpected death before the age of 50 made her realize that even though they were knowledgeable about finances, they were not prepared for this unexpected life event. That experience led her to author her book, "I Didn't See That Coming!" which includes worksheets and an easy 4-step process to organize, record, review and store the important legal, financial and insurance documents that have a significant impact on the after-effects of a Life Event.

Preparing Important Documents for a Life Event 20

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 Hospital 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

Samantha Snyder

Samantha Snyder has a Master of Arts in Teaching from Mount Saint Mary's University. She studied art at Hood College where she received her Bachelors in Art and Archeology, with a studio art concentration. As an artist, Samantha considers herself a lifelong learner. In Samantha's classroom, everyone is an artist and it is her job to encourage their creativity.

Introduction to Watercolor..... 7

Nancy Spannaus

Nancy Bradeen Spannaus is a retired journalist/editor who began studying Alexander Hamilton and American history in the 1970's. 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).

The Real Abraham Lincoln and His Legacy..... 14

Denise 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 "Happy Little Trees" brought her.

Happy Little Trees

The Bob Ross Painting Class..... 8

The Bob Ross Painting Class - Floral 8

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 Abolitionist Movement, 1775 -1863 15

Jacob Sylvester

Jacob Sylvester is a musician, writer, speaker, and educator. In addition to being an adjunct instructor, he teaches and tutors via his company Jakesong Research Center (JRC). As a musician, Jacob has performed in and around the DC-MD-VA area for many years. He is also the author of the poetry collections: *My World In Variables* (2014), *Reflections* (2016), *Haiku 2 U* (2020), and the editor of *Poetically Yours* (2022). Jacob loves learning new things and exchanging ideas with his students. In fact, he believes to teach is to learn. His motto: We can learn new things together.

The Enjoyment of Poetry 21

James Thuman

DIY Home Maintenance for Beginners 18

Nanette Tummers

Dr. Nanette Tummers has been a writer, scholar, and educator in the health behavioral change field for over 35 years. Her specific areas of interest include: yoga, gratitude, and movement. She is an international speaker and author of four books.

Better Body - Better Brain 10

Michelle Umlauf

Michelle Umlauf has made a career for herself in the sewing industry working as an independent educator representing herself and companies such as Sulky of America, Clover Needlecraft, Baby Lock, and Pam Damour, the Decorating Diva. She served as the Maryland Chapter President of the American Sewing Guild and founded Sewing Online with Sulky, an online webinar. Michelle teaches classes at national and international expos, quilt shops and guilds. She hosts UFO Friday, a weekly online Zoom meeting. Visit her website at <https://SewingMachineArtistry.com>.

Start Sewing in a Nutshell 16

My First Quilt Block: Mug Rug 16

Basic Sewing Techniques 16

Decipher A Sewing Pattern 16

Guillermo Warley

Guillermo Warley is an Electrical Engineer with degrees in electronics and signal processing. He has more than 30 years of experience designing products that use some of the technologies discussed in the class. He is a Senior Life Member of the IEEE (Institute for Electrical and Electronics Engineers), and a member of the SSIT (Society for the Social Implications of Technology). He has previously taught this class at the OSHER programs of Shepherd University, Johns Hopkins University, Anne Arundel Community College, and Towson University.

Understanding Wireless Technology 10

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.

Analyzing Thich Nhat Hahn's Zen and the Art of Saving the Planet 24

Susan Williams

Sue Williams earned her doctorate in Naturopathic Medicine in 2001. Over her career as a Health and Wellness Coach she has guided many individuals in their endeavors to improve their health through nutritional recommendations, mindfulness, botanical therapies. Sue has created courses for Massage Therapist, taught in a Medical Assisting program, instructed HIV and Virology to medical students, and ran a student clinic at SW Center for HIV AIDS for Naturopathic Medical students.

Nutrition, Sustainability, and Weight from College through Retirement 11

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. "If Chef Woo Can, You Can Too."

Taste of Asia

Seafood Pan Fried Crispy Noodles and Chinese Sticky Rice 23

Thai Basil/Lemongrass Chicken and Korean Chili Barbeque

Wing in Air Fryer 23

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19 10:00 Beginning Calligraphy
22	23 <u>6:00 Family Emergency Plan</u>	24	25	26 10:00 Beginning Calligraphy: Italic
29	30	31 <u>6:30 Basic Water Bath Canning</u>	SEPT 1	SEPT 2 10:00 Beginning Calligraphy: Italic

September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 LABOR DAY NO CLASSES	6 9:30 Social Networking, Beginner 10:00 Comparing Religions	7 9:00 American Hist, Female Eyes 9:30 Computers, Scaredy Cats 5:30 Nutrition/Sustainability 8:00 American Way of War	8 11:00 Tai Chi for Balance 2:00 Ireland: Island, History	9 9:30 Drawing from Nature, Fall 10:00 Beginning Calligraphy: Italic
12 10:00 C&O Canal: History, Nature 1:00 Better Body - Better Brain 1:30 Investment Strategies 2:00 The Constitution Today 5:30 Intro. to Watercolor	13 <u>9:30 Social Networking, Beginner</u> 10:00 Comparing Religions 10:00 Watercolor, Advanced 2:00 Beginner Gentle Yoga	14 9:00 American History, Female Eyes 9:30 Computers, Scaredy Cats 1:30 Investment Strategies, Seniors 2:30 Chime Into Music 5:30 Nutrition/Sustainability 6:30 Pressure Canning 8:00 American Way of War	15 11:00 Tai Chi for Balance 12:00 Prepare Docs, Life Event 2:00 Ireland: Island, History	16 9:30 Drawing from Nature, Fall 10:00 Beginning Calligraphy: Italic 10:00 Watercolor, Beginner <u>12:00 Prepare Docs, Life Event</u>
19 <u>10:00 C&O Canal: History, Nature</u> 10:00 Pirates, Chesapeake Bay 1:00 Better Body - Better Brain 1:30 Investment Strategies, Seniors 2:00 The Constitution Today 5:30 Intro. to Watercolor 6:00 Master of Horror	20 10:00 Comparing Religions 10:00 Watercolor, Advanced 2:00 Beginner Gentle Yoga	21 9:00 American History, Female Eyes 12:00 Intro. to Oil Painting <u>1:30 Investment Strategies, Seniors</u> 2:30 Chime Into Music <u>5:30 Nutrition/Sustainability</u> 8:00 American Way of War	22 11:00 Tai Chi for Balance 12:30 The Family in Film 1:00 Legacy Of The Crusades 2:00 Ireland: Island, History 6:00 Drawing & Painting	23 9:30 Drawing from Nature, Fall 10:00 Beginning Calligraphy: Italic 10:00 Watercolor, Beginner
26 10:00 Pirates, Chesapeake Bay 1:00 Better Body - Better Brain 2:00 The Constitution Today 5:30 Intro. to Watercolor 6:00 Master of Horror 6:00 DIY Basic Vehicle Maint.	27 10:00 Comparing Religions 10:00 Cyber Awareness 12:00 Family Emergency Plan 2:00 Beginner Gentle Yoga 2:00 Travel Light, Travel Easy	28 <u>9:00 American History, Female Eyes</u> <u>9:30 Computers, Scaredy Cats</u> 12:00 Intro. to Oil Painting 12:00 Bites, Troubled Nation 2:30 Chime Into Music 8:00 American Way of War	29 8:30 Natl. Building Museum 11:00 Tai Chi for Balance 12:30 The Family in Film 1:00 Legacy Of The Crusades <u>2:00 Ireland: Island, History</u> 6:00 Drawing & Painting 7:00 Maryland Whiskey 101	30 <u>9:30 Drawing from Nature, Fall</u> 10:00 Beginning Calligraphy: Italic 10:00 Intro., Italian Language

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 10:00 <u>Pirates, Chesapeake Bay</u> 1:00 Better Body - Better Brain 2:00 The Constitution Today 5:00 Portrait Basics 5:30 <u>Intro. to Watercolor</u> 6:00 Master of Horror 6:30 Intro. to Social Security</p>	<p>4 10:00 Comparing Religions 10:00 Watercolor, Advanced 10:00 Cyber Awareness 2:00 Beginner Gentle Yoga</p>	<p>5 12:00 Intro. to Oil Painting 12:00 Bites, The Secession Crisis 1:00 Writing Your Life Story 2:30 Chime Into Music 3:00 Paranormal, Loved Ones 8:00 <u>American Way of War</u></p>	<p>6 10:00 Downsizing Simplified 10:00 Dark Matter, Part 2 10:30 Real Abraham Lincoln 11:00 Tai Chi for Balance 12:30 The Family in Film 1:00 Legacy Of The Crusades 2:00 Understand Wireless Tech 4:00 Survey of French History 6:00 Drawing & Painting</p>	<p>7 9:30 Poetry of Fall <u>10:00 Beginning Calligraphy: Italic</u> 10:00 Watercolor, Beginner 10:00 Intro., Italian Language</p>
<p>10 9:30 Abolitionist Movement 1:00 Better Body - Better Brain <u>2:00 The Constitution Today</u> 6:00 Prepare Docs, Life Event 6:15 Mary's Monster <u>6:30 Intro. to Social Security</u></p>	<p>11 10:00 <u>Comparing Religions</u> 10:00 Watercolor, Advanced <u>10:00 Cyber Awareness</u> 1:00 Discover a Season, Fall <u>2:00 Beginner Gentle Yoga</u> <u>6:00 Prepare Docs, Life Event</u></p>	<p>12 9:00 Becoming, Family Historian 10:00 Advance Care Planning 12:00 Intro. to Oil Painting 12:00 Bites, Sundering Nation 1:00 Writing Your Life Story 2:30 Chime Into Music 7:00 120-Min. Wine Expert</p>	<p>13 10:00 Downsizing Simplified 10:00 Dark Matter, Part 2 10:30 Real Abraham Lincoln 11:00 Tai Chi for Balance 12:30 The Family in Film <u>1:00 Legacy Of The Crusades</u> 2:00 Understand Wireless Tech 4:00 Survey of French History 6:00 Drawing & Painting</p>	<p>14 <u>9:30 Poetry of Fall</u> 10:00 Watercolor, Beginner 10:00 Intro., Italian Language 11:00 Music, Frederick Orchestra</p>
<p>17 9:30 Abolitionist Movement 10:00 Analyzing Zen, Planet 1:00 Better Body - Better Brain 1:00 Music in Movies 6:00 Start Sewing, Nutshell 6:15 Mary's Monster</p>	<p>18 9:00 Hiking Safety, LNT 10:00 Watercolor, Advanced 7:00 Digital Photo Mangmnt.</p>	<p>19 9:00 Becoming, Family Historian 12:00 <u>Intro. to Oil Painting</u> 12:00 Bites, New Birth, Freedom 1:00 Writing Your Life Story 1:00 Personal Self Defense 2:30 Chime Into Music, Part 2 3:00 Paranormal, Angels <u>6:00 Start Sewing, Nutshell</u> 6:30 Food Preservation</p>	<p>20 8:15 Soles to Souls <u>10:00 Downsizing Simplified</u> 10:00 Dark Matter, Part 2 10:30 Real Abraham Lincoln 11:00 Tai Chi for Balance <u>12:30 The Family in Film</u> 1:00 Beyond the Veil 2:00 Understand Wireless Tech 4:00 Survey of French History <u>6:00 Drawing & Painting</u></p>	<p>21 9:30 Acrylic Painting, Beginner 10:00 Watercolor, Beginner 10:00 Intro., Italian Language 10:00 Continuing Calligraphy</p>
<p>24 9:30 Abolitionist Movement 10:00 Analyzing Zen, Planet 1:00 Better Body - Better Brain 1:00 Music in Movies 2:00 The Constitution Today 6:00 Crochet for Beginners 6:00 Intro. Biblical Literature <u>6:15 Mary's Monster</u></p>	<p>25 10:00 Watercolor, Advanced 3:30 Continuing Gentle Yoga</p>	<p>26 12:00 Bites, Divide & Conquer 1:00 Writing Your Life Story 2:30 Chime Into Music, Part 2 6:30 Putting Garden to Bed</p>	<p>27 9:30 Windows to Word 10:00 Dark Matter, Part 2 <u>10:30 Real Abraham Lincoln</u> 11:00 Tai Chi for Balance 1:00 Beyond the Veil <u>2:00 Understand Wireless Tech</u> 4:00 Survey of French History</p>	<p>28 9:30 Acrylic Painting, Beginner 10:00 Watercolor, Beginner 10:00 Intro., Italian Language 10:00 Continuing Calligraphy</p>

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OCT 31 9:30 Abolitionist Movement 10:00 Analyzing Zen, Planet <u>1:00 Better Body - Better Brain</u> 1:00 Music in Movies 2:00 The Constitution Today 6:00 Crochet for Beginners 6:00 Intro. Biblical Literature	1 10:00 Watercolor, Advanced 3:00 As Time Goes By 3:30 Continuing Gentle Yoga 7:00 Getting Good to Great	2 12:00 Bites, War on All Fronts 1:00 Writing Your Life Story 2:30 Chime Into Music, Part 2	3 9:30 Windows to Word 10:00 Dark Matter, Part 2 11:00 Tai Chi for Balance 1:00 Beyond the Veil <u>3:00 As Time Goes By</u> 4:00 Survey of French History	4 9:30 Acrylic Painting, Beginner 10:00 Watercolor, Beginner 10:00 Intro., Italian Language 10:00 Continuing Calligraphy
7 9:30 Abolitionist Movement <u>10:00 Analyzing Zen, Planet</u> <u>1:00 Music in Movies</u> 2:00 The Constitution Today <u>6:00 Crochet for Beginners</u> 6:00 Intro. Biblical Literature 6:00 Investment Strategies	8 10:00 Watercolor, Advanced 3:30 Continuing Gentle Yoga	9 12:00 Bites, Triumph & Tragedy 1:00 Writing Your Life Story 1:00 Raise Your Wine IQ 2:30 Chime Into Music, Part 2 3:00 Paranormal, Dark 6:00 Investment Strategies, Seniors 6:00 My First Quilt Block	10 9:30 Windows to Word 10:00 Dark Matter, Part 2 <u>11:00 Tai Chi for Balance</u> 1:00 Beyond the Veil <u>4:00 Survey of French History</u>	11 9:30 Acrylic Painting, Beginner 10:00 Watercolor, Beginner 10:00 Intro., Italian Language 10:00 Continuing Calligraphy
14 9:30 Abolitionist Movement 2:00 The Constitution Today 6:00 Intro. Biblical Literature 6:00 Investment Strategies, Seniors	15 10:00 Watercolor, Advanced 1:00 Designer Greeting Cards 3:30 Continuing Gentle Yoga 6:00 Basic Sewing Techniques <u>7:00 Getting Good to Great</u>	16 12:00 Bites, The Long War 1:00 Writing Your Life Story 2:30 Chime Into Music, Part 2 <u>6:00 Investment Strategies, Seniors</u> 6:00 My First Quilt Block 7:00 Wines of Maryland/World	17 10:00 Dark Matter, Part 2 <u>1:00 Beyond the Veil</u> 7:00 Gin 101	18 10:00 Watercolor, Beginner <u>10:00 Intro., Italian Language</u> 10:00 Continuing Calligraphy
21 <u>2:00 The Constitution Today</u> 6:00 Intro. Biblical Literature	22 10:00 Watercolor, Advanced <u>3:30 Continuing Gentle Yoga</u> 6:00 Basic Sewing Techniques	23 NO CLASSES	24 THANKSGIVING, NO CLASSES	25 NO CLASSES
28 6:00 Intro. Biblical Literature	29 10:00 Watercolor, Advanced 6:00 Basic Sewing Techniques 7:00 Intro. Photo Editing	30	DEC 1	DEC 2 9:30 German, Holiday Heritage 10:00 Watercolor, Beginner 10:00 Continuing Calligraphy 11:00 Music, Frederick Orchestra

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 6:00 Intro. Biblical Literature	6 <u>10:00 Watercolor, Advanced</u> <u>6:00 Basic Sewing Techniques</u>	7 <u>5:30 Aged Vinegar</u> <u>6:00 Decipher, Sewing Pattern</u>	8	9 9:30 You Call This Art 10:00 Watercolor, Beginner 10:00 Continuing Calligraphy
12 <u>6:00 Intro. Biblical Literature</u>	13 <u>7:00 Intro. Photo Editing</u>	14	15	16 <u>9:30 You Call This Art</u> <u>10:00 Watercolor, Beginner</u> <u>10:00 Continuing Calligraphy</u>
19 WINTER BREAK	20 _____	21 _____	22 _____	23 _____
26 WINTER BREAK	27 _____	28 _____	29 _____	30 _____

ILR FALL 2022 CALENDAR • SATURDAY

September 2022

SATURDAY
10 <u>11:00 Taste of Asia: Seafood Crispy Noodles/Sticky Rice</u> 1:00 The Enjoyment of Poetry
17 <u>10:00 Happy Little Trees: Bob Ross Painting Class</u> 1:00 The Enjoyment of Poetry
24 <u>9:30 DIY Home Maintenance for Beginners</u> <u>10:00 Happy Little Trees: Bob Ross Painting Class /Floral</u> <u>10:00 Downtown Frederick Eastside Walking Tour</u> <u>10:00 Get the Best From Your Digital Camera</u> 1:00 The Enjoyment of Poetry

October 2022

SATURDAY
1 10:00 Get the Best From Your Digital Camera 1:00 The Enjoyment of Poetry
8 10:00 Get the Best From Your Digital Camera 11:00 Taste of Asia: Korean Chili Barbeque Wings 1:00 The Enjoyment of Poetry
15 1:00 The Enjoyment of Poetry
22 <u>10:00 Happy Little Trees: Bob Ross Painting Class</u>

November 2022

SATURDAY
5 <u>10:00 Happy Little Trees: Bob Ross Painting Class/Floral</u>
19 <u>10:00 Happy Little Trees: Bob Ross Painting Class</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 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 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.

CAMPUS LOCATIONS

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

Campus Locations

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

Addresses

FCC Main Campus
7932 Opossumtown Pike, Frederick, MD 21702

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

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

McClintock Distilling
35 S. Carroll Street, Frederick, MD 21701

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

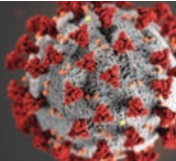
Visit frederick.edu for directions and hours of operation.



- Evacuation Locations
- Accessible Parking
- Electric Car Charging

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

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



Frederick Community College, ILR Fall 2022 – The information contained in this schedule is abbreviated for registration purposes. The provisions of this publication are not to be regarded as a contract between the student and Frederick Community College. Changes are effected from time to time in the schedule. FCC reserves the right to cancel courses due to insufficient enrollment. Full refunds will be issued for canceled courses.

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

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

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

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Frederick, Maryland 21702

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TRAVEL CLUB

Free and open to all ILR students

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

The club will be led by travel loving ILR instructor, Karen M. Smith.

Please check ILRatFCC.com for the most up to date meeting schedule, topics, and where to meet.



Register today! Scan the QR code or visit tinyurl.com/mr29dvw2